



MYLINS Family Recipes

*These stories and recipes were inspired by
significant people in our lives.*

Thank you for sharing your stories with us.

Casual

Aksell's Porcupine Meatballs



Fred was born in 1970. He was born and grew up in Hobart, Tasmania and worked on the fishing boats until he was old enough to move to the Australian mainland. In Fred's time growing up in Hobart, he went fishing a lot on his own and with his family. He and his father used to go out on a boat most weekends and this was how he began his love of fishing. Fred's family were very hard working; and they were very dedicated to each other, so they could live a stable and happy life. His family were not religious, although they had their own traditions.

In Fred's school years he enjoyed his sports at school. He played football a lot with his friends. He also a passion mathematician. His family also enjoyed watching football (AFL). He personally barracked for St Kilda, although he was the only one in his household who did.

Whilst Fred was growing up, there were many major events that he remebers. In Fred's later teen years there was a space shuttle launch called the Challenger. In 1986, the Space Shuttle Challenger broke apart 73 seconds into its flight, killing all seven crew members aboard. The spacecraft disintegrated above the Atlantic Ocean.

He lived in Melbourne for quite some time, until his son was born in Healesville, in 2007. Then he moved his family to Bairnsdale.

He remembers a happy childhood and lots of great meals together, such as Fred's favourite, Porcupine meatballs.

Porcupine Meatballs

Ingredients:

125g beef mince

15g rice uncooked

1 shallot finely diced

pinch of salt

pinch of pepper

1 quarter of tsp dried mixed herbs

125g Rosella canned condensed tomato soup

1 1/4 cups water

1 large potato

Serves 6

Method:

Peel 1 large potato.

Cover with water and boil for 20 minutes/ until soft.

Mix mince, rice, onion, herbs and seasoning together in a bowl.

Shape into bite-sized balls.

Heat tomato soup and water until boiling, then drop in meatballs.

Simmer for 45 minutes.

Prepare food on a plate for serving.



Olivia's Cornish Pasties

Lois was born in 1955. She was born at the Royal Women's Hospital, in Carlton. She grew up around the Preston area in Melbourne. She grew up with her mum, dad and her 3 sisters. She had a turtle named Teddy, a dog named Tin Tim and another dog named Suzy.

She went to several primary schools and an all-girl secondary school. This is different is I didn't go to an all-girl secondary school, but I went to 3 different primary schools. Her best friends were girls named Toni and Heather.

Lois remembers the moon landings that happened in 1969. Once she got married, she moved around quite a lot, until finally settling in Sale. Lois had 3 children – Jennifer (who was 24 when she passed away in 1998), Glenda and Leanne.

Lois know that she can do anything that she puts her mind to.

She liked to eat her Great Grandmother's Cornish pasties.

Cornish Pasties

Ingredients

Pack puff pastry
1 cup beef mince
600gms potatoes minced
450gms swede minced
2 large onions minced
Teaspoon pepper
 $\frac{3}{4}$ dsp salt

Method

Mix all ingredients well
Drain in colander
Cut sheets of pastry into 4
Place small handful of mixture on pastry
Wrap up in envelope style
(if mixture is still a bit moist, squeeze before placing on pastry)
Bake for about 30 minutes at 250-260°C
Serve with favourite relish



Jemima's Beef Tacos

Alena was born in 1973 in Slovakia. She grew up in a nice double story house in the mountains. Alena's favourite thing to do was playing outside and do things such as winter sports (ice skating/ skiing/ ice hockey). In the summer for family holidays Alena and her family would travel to different places to see the seaside because Slovakia doesn't have a sea (Italy, Spain, Mallorca, Turkey, Croatia, Bulgaria).

Alena lived in Slovakia for her adolescence, UK London for 5 years where she met her current partner, and Australia where she currently lives and has been for the past 14 years. Alena has 2 children, both being girls one is 12 years old and the other is 14 years old. She also has a German short haired pointer named Rex and she used to have 2 German Shepherds named Dora and Mayo.

Alena's favourite food growing up was tacos.

Beef Tacos

Ingredients

half a cos lettuce head
3 ripe tomatoes
1 white onion
1 cucumber
1 large avocado
1kg of minced beef
mince
2 hard and soft taco kits
1 jar of salsa
A bag of shredded
cheese
lemon juice
2 cloves of fresh garlic
dried parsley

Method

Chop up lettuce roughly and cucumber into wedges
Place in a container
Finely dice onion and one and a half tomatoes
Add half of the diced onion and tomatoes into a
container and toss together,
In additional containers add the salsa and cheese

Dice the rest of the tomato and put into a container.
Smash the avocado into a paste with some lemon juice
and garlic to taste, add salt pepper and parsley.

Taco mince: fry onion in a pan
Add the mince and cook until cooked through
Add taco seasoning and combine well.
Put meat into a bowl to serve.

Put hard taco shells into oven to warm.

Serve.

A wooden platter filled with several golden-brown, fried chicken birria tacos. The tacos are topped with shredded chicken, melted cheese, and fresh cilantro. A bowl of rich, red birria sauce sits on the right side of the platter, garnished with cilantro. Slices of fresh avocado and lime wedges are scattered around the tacos. The entire dish is presented on a rustic wooden surface.

Darcy's Chicken Birria Taco

Scott was born in the Bairnsdale Hospital in 1975. He has lived in the Bairnsdale region his entire life. His childhood was filled with lots of love.

He attended Lindenow Primary School and then the Tech School (BSC).

He used to like swimming down in the Mitchell River, playing cricket and footy for Lindenow; and wanted to be a fighter pilot when he grew up. He is still a big fan of sport, but instead of becoming a pilot, he became a traffic controller.

One of his best qualities is that he is very loyal to those he cares about.

One of his favourite dishes when he was little was Chicken Birria tacos.

Chicken Birria Taco

Ingredients

1 kg bone-in chicken thighs
1 tbs grapeseed oil
1 medium onion quartered
2 roma tomatoes quartered
4 cloves **garlic** crushed
3 dried chiles
2 dried chiles if you like spicy
2 **bay leaves**
2 tsp **oregano**
1 tsp **paprika**
½ tsp **cinnamon**
½ tsp **cumin**
1 tsp **salt**
1 c **chicken broth**

For the tacos:

16 **corn tortillas**
1 cup shredded melting cheese
½ cup finely diced onion
½ cup chopped **coriander**

Method

Heat a large dutch oven or pot over medium-high heat. Add oil. Season chicken thighs with salt and pepper to taste, and place in the pot. Add 2 of the onion quarters. Cook until chicken begins to brown, about 5 minutes on each side. Then remove pot from heat and set aside.

Prepare the chiles for the sauce: Remove the seeds and stems from the dried chiles. Place chiles in a pot along with the remaining half onion, tomatoes, and one bay leaf. Cover with about 2 cups water. Bring to a boil, then lower heat and simmer, uncovered, for 10 minutes. Remove from heat and allow to cool for a couple minutes. Remove and discard the bay leaf.

Prepare the sauce: Using a slotted spoon, move the chiles, tomatoes, and onion to a blender. Add the garlic, oregano, paprika, cinnamon, cumin, and salt to the blender. Add one cup of the water from the pot, strained with a sieve, to the blender. Top off with 1 cup of chicken broth. Whirl until well blended. Add more salt and pepper to taste.

Place the pot with the chicken back on the burner on medium heat. Pour sauce over the chicken. Toss in the remaining bay leaf. When the sauce begins to bubble, turn heat down to low and simmer, covered, until chicken is cooked through, about 30 minutes. (Internal temperature should be 165°F). Turn off heat. Remove and discard the bay leaf.

2 bay leaves

Remove chicken from the pot and allow to cool for a few minutes. Remove the bones and skin and shred the meat. Return chicken to pot and stir to coat.

Make the tacos: Bring a skillet to medium heat and add about a teaspoon of cooking oil. Dip a tortilla in the birria sauce then place in the skillet. Cook 30 seconds then flip. Add some shredded chicken, cheese, diced onion, and pinch of coriander to one side of tortilla. Fold in half and cook 30 seconds on each side, until cheese is melted, and tortilla begins to crisp up. Remove from skillet and keep warm. Repeat for each taco.

Serve tacos warm with a side of birria sauce for dipping.

Kyal's Southern Fried Chicken



Richard was born in Bairnsdale, in 1994. He has always lived in Bairnsdale. It was rough for Richard growing up. He never really had a home and was in and out of homes and then a women's shelter for about 3-4 years. He didn't really go to school until Year 9.

Richard didn't really travel when he was young, as he didn't really get the chance to go anywhere. Occasionally, he got to travel to Melbourne because he had family down in Melbourne. He did though, have two pets. His first pet was a cat, her name was Rocky. He named her Rocky because he liked the movie, Rocky. He then found out that she was he cat. Currently, he has a dog named Marvin, a 4-year-old American bulldog.

Richard's nickname was Slip. The reason he was called Slip was because when he played footy, he was hard to tackle. Slip is short for slippery and over time his nickname shortened from Slippery to Slip. His favourite hobby when growing up was footy. He was inspired to play footy when he watched his old man play at Bruthen and score goals. He was also inspired by watching his favourite footy team play which was Hawthorn. He still loves to play footy when he can but if he can't watch or play footy, he spends time together with his daughter, Peyton, whenever he can go to the park, to the pool or anything else with her.

What Richard wanted to do was kind of like what he is doing now. He felt like he always had a leadership role inside him and would always try to help others if he could.

His favourite food was KFC, as a kid, and he stills loves it to this day. He gets KFC after every footy game he plays on the weekend.

Southern Fried Chicken

Ingredients:

Buttermilk marinade:

1 cup buttermilk
1 tbsp salt
1 egg

Fried chicken breading:

2 ¼ cups plain flour
¾ cup corn flour/ corn-starch

KFC 11 herbs and spices:

3 tsp salt
¾ tsp celery salt
1.5 tsp black pepper
1.5 tsp sweet paprika
½ tsp cayenne pepper
1.5 tsp onion powder
3 tsp garlic powder
1 tsp mustard powder
¾ tsp ginger powder
1.5 tsp dried thyme
1.5 tsp dried oregano

To fry:

1.5-2 litres vegetable oil

Method

Buttermilk marinade chicken

Mix marinade in a bowl until salt dissolves.

Pour over chicken in Ziplock bag, massage to coat chicken.

Press out excess air, seal, refrigerate 12 to 24 hours, turning once or twice.

Pour chicken and marinade into large bowl.

Breading mixture:

Whisk together breading and all KFC herbs and spices.

Drizzle 4.5 tablespoons of marinade into flour mixture. Use fingers to rub in so you get lots of pea sized lumpy bits all throughout

Spread out in a shallow dish or pan (easier to work with).

Prepare to cook:

Preheat oven to 80c/175f and place rack on tray – to keep chicken warm.

Add oil to a wide, heavy based pot to a depth of 6cm

Heat oil over medium-to-medium high heat to 180c– maintain temp as best you can.

Breading:

Cooking order: Start with thighs and drumsticks, wings next cook breast last.

Squidge a piece of chicken in remaining marinade, place in flour.

Coat well, pressing very firmly to adhere. Transfer to plate

Frying

Carefully place chicken in oil, adjust heat if too hot.

Let crust bond to skin. Turn when brown

Cook approx. 8 min

Place on rack and keep warm in oven.

Repeat until cooked.

Icea's Beef Croquettes



Pam was born in Pambula 1985 and lived in Genoa . She grew up on a farm with her older brother and sister. Growing up on the farm was awesome because she loved being outdoors riding her quad bike and playing with her cows and pets. Suz and Kellie, both kelpies, were usually by her side when she was outdoors.

She went to Mallacoota P -12 College. There were usually only about 14 students in her classes. When she graduated from school, she decided to attend Monash University in Clayton to study Science and Teaching. She escaped Melbourne when she finished studying and moved back towards the family farm, settling in Bairnsdale, in 2008, because she had family here. She started teaching at BSC that year.

Pam and her husband have been together for 12 years - and they have a little daughter named Zoe. She was born in 2020, just before the covid lockdown.

Her love of medieval led her historical acting, and Pam is trained to fight with swords, shields and daggers. She has also learned many of the craft to make historical costumes for re-enacting events at festivals.

Pam's Oma (grandma) and Opa (grandpa) immigrated to Australia from the Netherlands in 1951 and moved to Orbost after quarantining in Bathurst. They share farmed until they found their Genoa farm. They passed the farm on to their 3 sons, and Oma and Opa continued to live there. Pam's Oma was a constant presence in her life, and she remembers with much love her, eating her beef croquettes.

Beef Croquettes

Ingredients

3 tbs butter
5 tbs plain flour
1 cup beef stock
250 g lean beef steak, cooked,
shredded
1/4 tsp salt
1/2 tsp ground pepper
1/8 tsp nutmeg
1/4 tsp Worcestershire sauce
1 cup dried breadcrumbs
2 egg whites
2 tbs oil
1 tsp parsley

To Serve

1/2 cup mild mustard

Method

Heat butter , stir in flour and cook for 2 minutes
Gradually add the beef stock, stirring constantly until a smooth paste is formed
Add meat, salt, pepper, nutmeg and Worcestershire sauce
Spread out on flat plate refrigerate until firm.
When set, form into 8x2 cm croquettes

Roll each in breadcrumbs, then in beaten egg whites, then breadcrumbs again, making sure that each one is completely covered in breadcrumbs

Deep fry in hot oil, a few at a time, for about 3-5 minutes

Drain and serve piping hot

Garnish with parsley

Serve with mustard



Chloe's Shepherd's Pie

Gillian was born in Richmond, Melbourne in 1960. She was the eldest of 4 girls. For the first couple of years, she lived in Camberwell and then moved to Chadstone. She is the same age Chadstone Shopping Centre but is without all the face lifts.

Being the eldest, she had a lot of big sister responsibilities. Their home backed on to Don Bosco Boys Centre. SHE spent lots of weekends playing out on the football fields. Growing up in the 60s was pretty tough. She used to walk nearly an hour to school and back, and there was a lot of discipline at school and home.

She and her best friend, Jenny, decided at the age of 3 that they were going to be teachers.

She has always been a Carlton fan, from their highs and to their lows. She got her first job so she could take herself to the football at Prince's Park. She earned \$6.36 for her Saturday morning job. She was always passionate about sport, reading and writing stories, and math.

She has lived in Melbourne, down on the Mornington Peninsula, Qatar, Sharjah, Dubai (UAE), Chiang Mai (Thailand), as well as Metung and Bairnsdale.

Gillian has two beautiful boys, Harrison and Connor..

According to Gillian, there is nothing better than left over roast lamb turned into Shepperd's pie. It's easy to make, not expensive, and it has vegetables and mash potato, all in one dish.

Shepherd's Pie

Ingredients:

1 teaspoon salt (plus more to taste)

3 large potatoes, peeled and quartered

110 grams butter

1 cup cream

1 medium onion, chopped

1 to 2 cups mixed vegetables,

750 grams of lamb

½ cup (125 ml) beef broth or lamb broth

1 teaspoon Worcestershire sauce

Pepper and/ or other seasonings of choice

Method

Preheat oven to 200.C

Boil potatoes until soft

Sauté vegetable in an oiled pan for 6 – 10 minutes

Add lamb mince, Worcestershire sauce and broth and mix until lamb is browned

Season to taste

Mash potato, add butter and cream

Lay lamb mixture in a casserole dish

Carefully spread mashed potato over mixture

Bake until potato has turned golden

Rest for 5 minutes and serve

Pasta



Ava's Spaghetti Bolognese

David was born in 1979. He was born prematurely in the Royal Women's' Hospital in Melbourne. He grew up with his brothers in Bruthen. When he was six, his mother passed away from cancer. He spent a lot of time with his aunty because his dad worked in the timber mill and was always too busy to care for, he and his brothers. He thinks he had an ordinary childhood.

He doesn't have many happy memories of going to school, in Bruthen and then BSC, however he did have one favourite teacher, one of his sports teachers. He eventually left at end of Year 11 and went to work with his dad in the timber mill. David's school memories differ to mine. All my classes have boys and girls, His's only had boys at BSC. Also, he said he got into a lot of trouble most of the time because he thought school was boring.

Growing up, he played for Bruthen Football Club and won the 2006 Best and Fairest award. He also played netball and cricket.

His favourite meal was Spaghetti Bolognese, no matter who cooked it for him. It is still his favourite dish, today.

Spaghetti Bolognese

Ingredients

1 1/2 tbsp olive oil
2 garlic cloves, *minced*
1 onion
500g beef mince
1/2 cup (125 ml) beef broth
2 beef stock cubes
800g crushed tomato
2 tbsp tomato paste
2 tsp white sugar
2 tsp Worcestershire sauce
2 dried bay leaves
1/2 tsp dried thyme or oregano
Salt and pepper

To Serve

400 g spaghetti
Parmesan cheese
finely chopped parsley (optional)

Serves 5

Method

Heat oil in a large pot or deep skillet over medium high heat
Add onion and garlic, cook for 3 minutes or until light golden and softened
Turn heat up to high and add beef
Cook, breaking it up as your go, until browned
Add beef stock
Bring to simmer and cook for 1 minute, scraping the bottom of the pot
Add remaining ingredients except salt and pepper
Stir, bring to a simmer then turn down to medium so it bubbles gently
Cook for 20 – 30 minutes (no lid), adding water if the sauce gets too thick for your taste
Stir occasionally
Adjust salt and pepper to taste right at the end

Bring a large pot of salted water to boil
Add pasta and cook per packet directions MINUS 1 minute
Scoop out a mug of pasta cooking water and set aside, then drain the pasta.
Add pasta into the Bolognese sauce with about 1/2 cup (125 ml) of reserved pasta water over medium heat

Toss gently for 1 1/2 – 2 minutes, or until the spaghetti turns red and the sauce thickens.

Divide between bowls. Garnish with parmesan and parsley if desired.



Jack's Lasagne



Nicholas was born in 1975 in Maffra.

He had a great upbringing, living in Maffra and Melbourne. He had a dog named Albert and a cat named Cleo. His parents are nice, caring and lovely people and he says he is so blessed to have them. They still live in Maffra. He remembers waking up at Byron bay on holiday with them and the milk cart would come around sounding like a mooing cow.

During his school years he really enjoyed woodwork and is still passionate about it today. He always played down ball at recess and lunch with Adam and John, his best friends. His favourite PE teacher was Mrs Thorpe.

Nicky John loved his sport especially playing basketball and golf. He loved riding his bike too. He has always been a Collingwood supporter.

He always wanted to drive a fire truck and now he drives buses.

Growing up, he absolutely loved lasagne.

Lasagne

Ingredients

2tsp olive oil
2 cloves garlic
1 brown onion
salt and pepper
750g beef mince
2x400g diced tomatoes
55g (1/4 cup) tomato paste
55g (1/2 cup) mozzarella cheese
4 lasagne sheets
Mixed salad leaves, to serve

Cheese Sauce

1L (4 cups) milk
1 brown onion
8 fresh parsley stalks
8 whole black peppercorns
4 whole cloves
2 bay leaves
60g butter
50g (1/3 cup) plain flour
70g (1 cup) grated parmesan
Pinch ground nutmeg

Heat the oil in a large frying pan over medium heat
Add chopped onion and garlic and cook, stirring, for 5 minutes
Add the mince and cook, stirring until mince changes colour
Add the tomato, tomato paste and cook
Reduce the heat and simmer uncovered for 30 minutes
Remove from heat, season with salt and pepper

Cheese sauce:

Combine the milk, onion, parsley stalks, peppercorns, cloves and bay leaves in a saucepan
Simmer over medium heat
Set aside for 15 mins
Strain the milk through a fine sieve into a jug
Throw out the solids
Melt the butter in a large saucepan and heat until foaming
Add the flour and cook for 1-2 minutes or until mixture bubbles
Remove from the heat
Gradually pour in half the milk, stirring constantly until mixture is smooth
Gradually add the remaining milk, stirring until smooth
Place a saucepan over medium heat, bring to the boil, stirring constantly for 5 minutes or until sauce thickens.
Remove from heat
Add parmesan cheese and stir until cheese melts
Season with nutmeg, salt and pepper

Preheat oven to 180C

Brush an ovenproof dish with oil

Spread ¼ of the bechamel sauce over the base of the dish

Place 1 lasagne sheet over the sauce

Continue layering with sheets, mince mixture and sauce, finish with a layer of sauce

Sprinkle with mozzarella.

Bake in oven for 40 minutes or until cheese is melted and the edges are bubbling

Beau's Bacon & Capsicum Pasta



Rebecca was born in 1984 at the Bairnsdale Hospital. Her family home consisted of her mum and dad, brother, and sister. They lived on a large block and always had animals to look after, such as calves and lambs, chickens, and ducks.

When she was child, she wanted to be a vet when she grew up, as she loved to be around animals. Her favourite things to do were playing with friends, fishing with her dad, and playing sports. Her favourite hobbies were playing badminton and tennis.

She went to Bruthen Primary School and then to Bairnsdale Secondary College. She didn't much like school.

Rebecca has lived in Wiseleigh all her life, apart from 2 years where she lived in Narooma in N.S.W. She loves watching AFL. Her favourite team is the Brisbane Lions, and her favourite players are Cam Rayner and Lachie Neal.

Growing up her favourite thing to eat was pasta, and she even made her own recipes.

Bacon & Capsicum Pasta

Ingredients

1 onion sliced
3 cloves garlic crushed
1 tsp oregano
1 tsp of basil
3 tbs tomato paste
500g bacon sliced
1 capsicum sliced
2 c passata
500g pasta of choice

Method

Heat oil in large pot

Add onion and cook until soft.

Add garlic, oregano, and basil, cook for about a minute until fragrant.

Add bacon. fry for about 3 minutes, then add capsicum and cook for a further 2 minutes.

Add tomato paste and stir for about a minute.

Add water, about 3 cups and bring to the boil and simmer for 30 minutes.

Add passata and simmer for a further 30mins, season with salt and pepper.

While sauce is cooking bring a pot of water to the boil and cook pasta for your liking as per direction on the packet

Once pasta is cooked serve in a bowl, add parmesan cheese if desired



Peter's Chicken Tetrazzini



Blake was born in Richmond, Virginia in the USA in 1985. He has an older sister and a younger brother. Growing up, his family moved to Merlin, Oregon. He also lived in Portland, Oregon before moving to Bairnsdale. Now he sees himself as half American and half Australian.

Spending time with friends outside and acting like Donatello were his favourite things to do as a young boy, because he always found a stick to swing, and he and three other friends would act like the Ninja Turtles and run through the forest.

He loved riding his bicycle with training wheels when he was four. He couldn't get enough of it. Now he has all sorts and sizes of motorcycles and whatever has two-wheels, he loves to ride. When Blake was growing up, he wanted to design and make race cars. At school he designed rocket ships and cars.

His grandma had a beach house and his mum's sisters (there are 5 sisters) and their children would all spend their holidays together. There would be fifteen kids running all over the place during the day and would go hunting or play board games at night.

Even though he isn't much of a spectator sports fan, he was passionate about playing rugby and wrestling. He really loved school and was a bit of a maths nerd, got into sport and the choir and was always at school early and left late.

He met his partner about 8 years ago at one of his mate's house playing a board game and he helped her get through the answers. She thought he was really smart. They have a young son, Theodore.

His favourite dinner was Chicken Tetrazzini, a creamy Italian pasta bake.

Chicken Tetrazzini

Method

Ingredients

500 grams penne
2 tbs butter
500 g chicken thighs
4 tbs butter
500 g mushrooms (sliced 1/2
cm thick)
2 garlic cloves (minced)
1 onion (finely chopped)
4 tbs plain flour
2 c milk
1 c cream
2 c chicken broth
1/2 tsp pepper
1 tsp salt
2 c shredded tasty cheese

Preheat oven to 160°C

Melt 2 tbsp butter in a large pot over high heat
Add chicken, sprinkle with pinch of salt and pepper
Cook 1 1/2 minutes until golden
Turn chicken, sprinkle with salt and pepper
Cook 1 minute until golden then remove onto plate - doesn't need to be fully cooked
(will cook more in oven).
Rest 5 minutes, then chop into small pieces, or shred

Melt 4 tbsp butter over high heat in the same pot
Add mushrooms and cook for 4 minutes until starting to go floppy but not yet golden
Add garlic and onion, cook for 3 minutes until mushrooms are golden
Add a pinch of salt and pepper halfway through
Turn heat down to medium
Add flour and stir for 30 seconds
Add milk and stir for 10 seconds or until it thickens
Add chicken stock, cream, 1 tsp salt and 1/2 tsp pepper and stir, then let the mixture
heat up, stirring every now and then so it doesn't catch on the base, and cook until the
sauce thickens enough so you can draw a path on the back of the spoon
Do not make it very thick - it gets thicker in next steps
Turn stove off. Stir through half the cheese (will melt in oven), then add pasta and
chicken
Toss to mix, taste and add more salt if needed
Pour into 23 x 33cm pan, smooth surface
Top with remaining cheese
Bake 25 minutes until golden and bubbly

Serve immediately!

Fancy



Cameron's Chicken Kiev

Katrina was born in Singapore in 1972.

Growing up she was known as Trine. She has moved a fair bit in her life, moving from Singapore to Orbost when she was 18 months old. Her family also moved to Melbourne, Churchill, Traralgon, and finally Lakes Entrance.

Their family home had 3 bedrooms, but it wasn't very big. Her favourite things to do growing up were horse riding and boating.

She went to primary school in Mallacoota, and secondary school in Lakes and Bairnsdale.

When she was small, she wanted to help other people, when she grew up. And that's what she's doing now.

Her favourite food growing up was Chicken Kiev.

Chicken Kiev

Ingredients

35.7 grams of softened butter
Half a clove of garlic
Half tbsp finely chopped parsley
1 chicken breast
¼ cup dried breadcrumbs
2 tbsp plain flour
1 egg
Rice bran oil to fry

Serves 1

Method

Place butter, garlic and parsley in a bowl
Season with salt and pepper
Mash with a fork to combine
Spoon mixture into the centre of a 20cm piece of plastic wrap
Roll up to enclose butter mixture, twisting ends to seal
Roll on a board to form a 10cm-long log
Refrigerate for 1 hour or until firm

Using a sharp knife, make a deep cut along 1 side of each chicken breast to form a large pocket (do not cut all the way through) Remove plastic wrap from butter
Cut butter into 16 thick slices
Place 4 butter slices into each pocket
Secure with toothpicks to enclose filling

Place breadcrumbs on a large plate
Season with salt and pepper
Place flour on a plate
Whisk eggs in a shallow bowl
Coat 1 piece of chicken in flour, shaking off excess
Dip in egg
Coat in breadcrumbs
Place on a plate
Repeat with remaining chicken, flour, egg and breadcrumbs

Preheat the oven to 180°C/160°C fan-forced
Grease a large baking tray
Pour enough oil into a large frying pan to cover the base
Heat over medium-high heat
Cook chicken, in batches, for 2 to 3 minutes each side or until golden Place on a prepared tray
Bake for 20 minutes or until cooked through

Serve on a bed of mashed potato or rice with choice of veggies



Madi's Yorkshire Puddings

Julie was born at home in a little town called Church Down, in Gloucester, England in 1958. The house was part of a blacksmith's forge. Her cultural identity is a mix of Welsh and English. Her family moved to Australia in 1964, when she was six.

Growing up, she lived in Keilor, Victoria, with 2 dogs, her sister, 3 brothers and her parents. She remembers the neighbourhood being like a 'migrant hotel'. There were a lot of cultures from around the world.

Julie went to Keilor Primary. School was slightly different back then. She liked primary school, but going onto secondary school wasn't so nice. School became better when she reached Year 10, as the teachers had more respect for her. Her Year 10 coordinator, Bill Earl, really influenced her. He understood young people very well and knew how to connect with the generation of that time. He had a great sense of humour.

Back in the day, she used to play in a band called Mama Toto. This was in her late 30's from 1994 to 2010.

The biggest world event she remembers as a child was the Vietnam War. She says she still remembers people being burnt and bombed. It was unforgettable.

She met her partner Rob, in 1998 at the government department in Orbost and they have been together ever since. Julie moved to East Gippsland because she wanted to get out of the city and got a job with the conservation of forests and lands, which is now called DEECA.

Coming back to Julie's childhood, her favourite dish growing up was Yorkshire pudding. This was usually served with Roast Beef, veggies and gravy. Yorkshire pudding was a Sunday roast English tradition.

Roast Beef & Yorkshire Pudding

Method

Ingredients

1.5 topside of beef

2 medium onions

2 carrots

2 sticks celery

1 bulb of garlic

1 bunch of mixed herbs

Olive oil

Yorkshire Pudding

140 grams of plain flour

4 eggs

200 ml milk

For cooking, sunflower oil

Roast Beef

Remove beef from the fridge 30 minutes before cooking

Preheat the oven to 240°C

Wash and chop the vegetables, break the garlic bulb into cloves.

Pile all the veg, garlic, and herbs into the middle of a large roasting tray and drizzle with oil

Drizzle the beef with oil and season & rub in well with sea salt and black pepper

Place the beef on top of the vegetables

Place the tray in the oven then turn the heat down immediately to 200°C

Cook for 1 hour for medium beef. If you prefer it medium-rare beef take it out 5 to 10 minutes earlier For well done, leave it in for another 10-15 minutes

Yorkshire Pudding

Heat oven to 230 fan/ 210.C

Drizzle some sunflower oil into 2 4-hole Yorkshire pudding tins

If that's not possible then use 2 x 12-hole non-stick muffin tins and place in the oven to heat through

To make the batter

Tip 140g of plain flour into a bowl and beat in 4 eggs

Gradually add 200ml milk and carry on beating until the mix is complete free of lumps

Season with salt and pepper

Pour the batter into a jug

Remove the hot tins from the oven

Carefully and evenly pour the batter into the holes

Place the tins back into the oven and leave undistributed for 20-25 minutes until the pudding has puffed up

Serve immediately with roast beef, veggies and gravy

The batter can be frozen for up to one month.



Wade's Baked Lamb Chops



Paul was born in Omeo in 1969 and grew up in Swifts Creek with his five siblings. Paul had lots of pets growing up, including dogs, pigeons and chooks. Pacman was his nickname at school, then this was replaced with Turk, because he acted like a turkey on the footy field. The name Turk stuck.

At school, his nickname was Pacman. He had many friends to play with. Growing up, Paul loved all sports including boxing, karate, football, tennis, basketball and wrestling. His favourites though were football and boxing.

He has several lifelong friends in primary and secondary school and Barry Walker was his best man at his wedding.

Turk left school at sixteen due to family circumstances. Now, he wishes that he had stayed at school longer. He also wishes he had tried harder.

Turk works at Bairnsdale Secondary College. He is the Coordinator of Clontarf. Clontarf is a program that helps indigenous boys finish school. The boys know Paul as Turk.

He has two children Riley and Lachlan.

His favourite dish growing up was lamb chops baked in the oven with mashed potato and veggies.

Baked Lamb Chops

Ingredients

2 lamb chops

1 potato

2 tbs butter

½ c cream

pinch black pepper

1 bunch broccolini

Rosemary for garnish

Method

Preheat oven to 180.C

Arrange chops in a baking tray

Bake in oven for 20 min

Turn chops over and continue cooking for another 20 min

Serve with mashed potatoes and steamed veggies

Garnish with torn rosemary and sea salt



Victor's Chicken Satay Stir Fry

Thu was born in Hanoi in 1973. She lived with her five siblings in rural Vietnam. When she was young, her family could only afford a small black and white tv. She spent a lot of time hanging out with her friends.

At school, Thu learned Math and Vietnamese. She really loved sports, especially running and long jump. Her school in Son Ha started at 7am and finished at 2pm. In Vietnam, teachers are allowed to punish students. She would get hit for talking and being naughty. The students were also responsible for maintaining the school grounds and she would have to go to school some weekends to help with the gardening.

She decided at school that she wanted to be a hairdresser.

To help earn money, she would go to the mountains and collect wood to sell to older people. She would also do chores for her neighbours.

In 2005 she emigrated to Australia with her husband, settling in Queensland for many years, before she moved with her son to Bairnsdale.

One of her favourite dishes she remembers is Chicken Satay with jasmine rice.

Chicken Satay Stir Fry

Ingredients

For the Chicken Marinade

500g chicken breast
1/2 tsp salt
1 tsp mild curry powder

For the Satay Sauce

1 cup coconut milk
1/2 cup water
3 tbs smooth peanut butter
1 tbs sugar
2 tsp soy sauce
4 tsp rice vinegar
1 tsp sriracha
1 teaspoon mild curry powder
1 tsp coriander
1 tsp cumin
1/2 tsp turmeric
1/2 tsp salt
1/2 tsp white pepper

For the Stir-Fry

3 tbs veg oil
1 red capsicum
1 green capsicum
1 brown onion
3 garlic cloves
1 lemongrass stalk
1 spring onion
coriander

Method

For the Chicken Marinade

Place the chicken in a bowl and sprinkle with salt and curry powder, mix well. Set the chicken aside for 10-15 minutes

Satay Sauce

Combine coconut milk and water, whisk in the rest of the ingredients.

Stir-Fry

Heat a large saucepan over high heat with a few tbs of oil.

Cook the chicken in batches until lightly golden. The chicken does not need to be fully cooked through at this stage. Use a slotted spoon to remove the chicken to a bowl.

Add more oil to the saucepan.

Cook the capsicums until soft.

Add the onion, garlic and lemongrass.

Toss veggies for a few minutes

Return the chicken to the pan, together with any juices which have collected in the bowl.

Add the satay sauce and give everything a good mix.

Simmer gently for a few minutes.

If the sauce is too thick, add some more coconut milk and/or boiling water, until you have the desired consistency.

Garnish with spring onions and coriander. Serve with rice.

Sweet Treats



Rebekah's ANZAC Biscuits

Sue was born in Red Cliffs, in 1952. When she was younger, she had the nickname of Jacko or Jack (this nickname was given to her by her father). Her family home was very happy. Her family owned a three-bedroom home for the three girls and their parents.

Family holidays that she remembers from when she was younger, were going camping 'up the river', with other families.

Her favourite hobby growing up was playing sport, as well as enjoying time with her family on holiday, knitting and sewing. Her primary and high school were both very large, but she didn't like high school that much.

As a child, she wanted to be a nurse, because she wanted to know how to take care of people without having to go to the doctor or the hospital.

Her best friend, Dorrien died from cancer after high school, and she hasn't had many other significant friends since, apart from family. An interesting fact about her was that she is a survivor of cancer, with her hair colour changing from black to white.

The biggest thing that happened in the world when she was younger was the Vietnam War.

She was passionate about cooking at school. They called it "home economics" and at art (drawing) too.

When she was growing up her favourite thing to eat was her grandma's ANZAC biscuits.

ANZAC Biscuits

- 1 cup rolled oats
- 1 ¼ cups plain flour, sifted
- 1/2 cup caster sugar
- 3/4 cup desiccated coconut
- 150g unsalted butter
- 2 tbsp golden syrup
- 1/12 tbsp water
- ½ tsp bicarbonate soda

Method

Preheat oven to 170C. Place the flour, oats sugar, and coconut in a large bowl and stir to combine.

In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 ½ tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove the heat.

Pour the dry ingredients and mix-together until fully combined.

Roll tablespoonfuls of mixture into balls and place on baking trays lined with non-stick baking paper, pressing down on the tops to flatted slightly.

Bake for 12 minutes or until golden brown.

A close-up photograph of a glass dessert. The glass is filled with a red jelly layer at the bottom, followed by a layer of yellow custard, and topped with fresh raspberries and sliced almonds. The background is softly blurred, showing more of the same dessert in a glass and some almonds on a white surface.

Beth's Raspberry Jelly & Custard

Coral was born in Melbourne, in 1942. She grew up in orphanages, in Bendigo Ballarat. Because her parents couldn't look after her, she was released to the State of Victoria and placed into the care of the nuns. Both the orphanages and school were very strict.

There weren't many interesting things to in the orphanage, so Coral had to entertain herself. Quite often she would save some of her food to feed the ants and she would entertain herself watching them march together and eat their treat and then march away again. Another time, she climbed to the top of the orphanage spire.

At school there was a teacher's aide named Enid who was very helpful, she taught her Math and English. She really enjoyed learning and doing sport and watches the Tour de France every year.

A good habit she developed to overcome her boredom was reading. She probably read every book in the orphanages, and is still an avid reader, today. She has read almost every Stephen King book written and has an extensive book selection at home.

Carol remembers the death of King George VI and the coronation of Queen Elizabeth in 1953. She has seen all of Elizabeth's reign.

When she was 15, she moved out of the orphanage system and was fostered by a family who lived on a farm. She wanted to be a teacher but couldn't afford the college fees, so she became a trained nurse and midwife, instead.

She is a great grandmother now and lives with her family in Paynesville now.

Jelly and custard was a rare treat living with the nuns and they only had it twice a year.

Raspberry Jelly & Vanilla Custard

Ingredients

Raspberry Jelly

4 c apple juice
1 c frozen raspberries
1 tbs gelatine powder

Custard

1 vanilla pod
600 ml whole milk
4 large egg yolks
2 tbs caster sugar
1 tablespoon cornflour

Method

Jelly

Place 2 cups (500ml) apple juice and the raspberries in a med pan
Bring to the boil
Remove from heat and whisk in gelatine to dissolve
Stir through remaining apple juice
Pour juice through a strainer to remove raspberry seeds
Pour strained juice into moulds or a bowl
Refrigerate for 3-4 hours, or overnight, to set

Custard

Halve the vanilla pod and scrape out the seeds
Add both the pod and seeds to a pan on a medium-low heat
Pour in the milk and bring just to the boil.
Remove from the heat and leave to cool slightly
Pick out the vanilla pod
In a large mixing bowl, whisk the egg yolks with the sugar and cornflour until pale
Gradually add the warm milk, a ladle at a time, whisking well before each addition
Pour the mixture back into the pan
Cook gently on a low heat for about 20 minutes or until thickened
Whisk continuously.



James' Lemon Meringue Pie



Tamara was born in Bairnsdale, Victoria in 1980. She grew up in Lindenow South with her four siblings: 3 sisters and 1 brother. The girls lived a quiet life and apart from having a horse that they rode often, there wasn't many other things for them to do; however, their brother had more options with sports and hobbies. Her dad wasn't home much because he was a truck driver, but her mum stayed home.

Growing up, Tamara didn't like school. She wanted to be a marine biologist but couldn't focus on school. She dropped out of school at the start of year ten so she could start earning money.

When Tamara was older, she moved to Moe, where her sister Kate lived with her three nephews. When she was living in Moe she decides to move to Queensland. After living in Queensland for a while, she came back to Moe and found out her nephew's great aunt lived in Texas on a horse ranch, and so she went and lived in Texas for two months working on the ranch. Then she moved back to Moe. She became pregnant with her son, James in 2007. In 2015, she moved to Bairnsdale.

One of the best things about she remembers about her childhood was Lemon Meringue Pie after a Sunday Roast, on special occasions.

Lemon Meringue Pie

Ingredients

Crust

- ¼ c graham crackers
- ¼ tsp sugar
- 1 tbs salted butter, melted

Filling

- 3 tbs sugar
- 1 tbs cornflour
- ⅓ c water
- 1 egg yolk
- ½ tbs salted butter
- 2 tbs lemon juice
- ½ tsp lemon fine zest

Meringue

- 1 egg white
- ⅓ tsp cream of tartar
- 1 ½ tbs sugar

Method

Crust

Heat the oven to 180°C)

Place 2 sheets of graham crackers in a ziplock bag, seal, crush

Pour the cookie crumbs into a small bowl and stir in the sugar and melted butter

Pour the crumbs into a small ramekin

Press the crumbs to form a crust on the bottom

Bake the crust for 15 minutes

Remove it from the oven and set it aside to cool

Filling

Increase the oven temperature to 200°C

Whisk the egg yolk in a small bowl and set aside

In a small saucepan, mix sugar and cornflour; gradually stir in water

Cook over medium heat, stirring constantly until the mixture thickens & begins to boil

Once thickened, reduce the heat to low

Stir 1 to 2 spoonfuls of the hot mixture into the egg yolk to temper the yolk

Slow and steady stream, whisk the egg yolk mixture into the saucepan

Bring the heat to medium and cook until the mixture is thick and begins to bubble, stirring constantly

Remove from the heat and stir in butter, lemon juice, and lemon zest if using

Pour the filling over the pie crust

Meringue

Beat the egg white and cream of tartar with an electric mixer on medium-high speed until foamy about 2 minutes

Beat in sugar, ½ tablespoon at a time; continue beating until stiff and glossy

Spoon the meringue over the pie filling and spread evenly over the top

Carefully seal the meringue to the edge of the crust to prevent "shrinking"

Bake until the meringue is golden brown, 8-10 minutes

Cool completely to room temperature

Cover and refrigerate the cooled pie until you are ready to enjoy it.

Store in the refrigerator

Heath's Chocolate Mousse



Jodie was born in Bairnsdale, Victoria in 1982. She has lived in Bonang, Phillip Island, Swan Reach and Queensland and Bairnsdale again, for the past 24 years.

She enjoyed primary school but found high school a lot harder. She did well academically and enjoyed all her creative classes like art and textiles. Her favorite thing in school was art class because she could be as creative and free as she wanted. When she was young, she wanted to be a fashion designer. When she got older, Jodie wanted to become an accountant or an architect because she loved designing and building.

Her best friends in school were Kyra and Charlene, Kyra was her best friend in primary school and Charlene was her best friend in high school. She is also friends with them to this day.

An interesting fact about her is that she's never broken a bone and used to ride motorbikes.

Her favorite hobbies outside of school were dance classes, ballet, tap and jazz. She did them for 10 years, and really enjoyed the time that I did them.

Her favorite food as a kid was chocolate mousse.

Chocolate Mousse

Method

Ingredients

1 ½ eggs

65g of dark cooking chocolate

5g unsalted cooking butter

¼ cup of full cream milk

1 ½ tbsp of caster sugar

Separate eggs and yolks while eggs are cold

Place whites in a large bowl and yolks in a small bowl

Leave whites while you prepare other ingredients

Whisk yolks until uniform.

Break chocolate into pieces and place in a microwave-proof bowl with the butter

Melt in the microwave in 30 second bursts, stirring in between, until smooth

Set aside to cool slightly while you proceed with other steps

Beat cream until stiff peaks form, being careful not to over- whip

Add sugar

Beat whites until firm peaks form

Fold egg yolks into cream using a rubber spatula – 8 folds max.

Chocolate should still be runny but warm

Pour chocolate into cream yolk mixture. Fold through – 8 folds max

Add 1/4 of beaten egg whites into chocolate mixture.

Fold through until incorporated – "smear" the spatula across surface to blend white lumps in

Pour chocolate mixture into egg whites

Fold through until incorporated and no more white lumps remain – aim for 12 folds max

Divide mixture between 4 small glasses or pots.

Refrigerate for at least 6 hours, preferably overnight.

To serve, garnish with cream and chocolate shavings.

Harry's Chocolate Cake



Jackie, also known as Jack Rat, growing up, was born in Geelong, October 1982. Her family then moved to Barwon Downs, before settling in Sarsfield when she was 5. Their house was 100 years old and was falling down and they renovated it together. Growing up, Jackie remembers planting the deciduous trees down on the Nicholson River flats.

Her first job was picking the gherkins used in McDonald's burgers. They had a small plot on the farm and Jackie's job was to go out every day before and after school to pick the new crops.

Jackie is an outdoors person and growing up, spent all her free time playing sport, canoeing on the river, and bike riding obstacle courses around their homestead veranda, just to name a few.

She moved to Melbourne to study and has also travelled the world. She has a science and a law degree. Jackie used to work with the Environment Protection Authority in Melbourne, before she became a teacher.

If Jackie wanted a treat, she had to cook it herself... in the combustion oven. She had to light the fire, heat to the correct temperature and cook their treat – without burning it, or the fire going out.

Chocolate cake was her favourite treat for her morning teas. We have taken Jackie's challenge to make an awesome Chocolate cake.

Chocolate Cake

Ingredients

1 3/4 cups plain flour
3/4 cup cocoa powder
1 1/2 tsp baking powder
1 1/2 tsp bi-carb soda
2 cups white sugar
1 tsp salt
2 eggs
1 cup milk
1/2 cup vegetable oil
2 tsp vanilla extract
1 cup boiling water

Chocolate Frosting

200g unsalted butter, softened
2 1/2 cups soft icing sugar
1/2 cup cocoa powder
1/4 cup milk
1 tsp vanilla extract

Method

Preheat oven to 180C°(160°C fan).
Grease 2 x 22cm/9" cake pans with butter, then line the base.

Sift flour, cocoa, baking powder and baking soda into a large bowl Add sugar and salt
Whisk briefly to combine.
Add eggs, milk, oil and vanilla
Whisk well to combine until lump free - about 30 seconds.
Add boiling water and whisk to incorporate
Pour batter into cake pans.
Bake for 35 minutes or until a wooden skewer inserted into the centre comes out clean
Cool for 10 minutes, then turn out onto wire racks upside down
Cool completely before frosting.

To make the frosting

Place butter in the bowl of a stand mixer with paddle attached
Beat for 3 minutes until it becomes pale.
Add half the icing sugar and cocoa powder
Beat for 3 minutes - start slow, increase to speed
Add remaining icing sugar and cocoa powder
Beat again for 3 minutes.
Add milk and vanilla if using
Beat again for 1 minute
Spread onto cake



Remy's Apple Sponge



Handwritten text on a piece of paper in the bottom left corner, partially visible and upside down. It appears to say "16 June 2011" and "Remy's Apple Sponge".

Robin was born in Bairnsdale, 1952 and has lived in Swan Reach all his life. Their first family home, an old wooden farm shack, was home to his five siblings and his dog, Tip. Poor Tip had a sad ending. He was drowned by a kangaroo in the family dam.

Robin always wanted to be a farmer, as he grew up on a dairy farm. In his free time, Robin's favorite thing to do was trap rabbits.

He went to Swan Reach Primary School and then Bairnsdale Technical School but left at 14 because he didn't like it. His first job was as a kitchen hand in Lakes Entrance, and then he moved into the building industry.

The biggest thing that happened during his life was the Vietnam War.

Robin's favorite dish as a child was Apple Sponge with lashings of cream.

Apple Sponge

Ingredients

Sponge

60 g low-fat spread

1/3 cup sugar

1 egg

1 cup self-raising flour, sifted

1/2 cup low-fat milk

Stewed fruit

2 large apples, peeled, cored, chopped

2 large pears, peeled, cored, chopped

2 tablespoon sugar

1 whole clove

1 slice lemon peel

ice-cream or cream, to serve

Method

Preheat oven to moderate, 180°C (160°C fan-forced).

Make stewed fruit:

Place 1 cm water in a saucepan with sugar, clove and lemon peel

Bring to boil, stirring

Add fruit

Cook gently, covered, for about 10 minutes until tender

Spoon stewed fruit into the base of a 20cm pie plate or casserole dish

In a bowl, beat spread and sugar together until creamy

Add egg, beating well

Lightly fold in flour, alternately with milk

Spread evenly over fruit.

Bake for 25-30 minutes, until top is firm and golden

Serve warm with ice-cream or cream

Lily's Bread & Butter Pudding



Simon was born on the 26th of July 1967.

Growing up, he was called 'Grovey' by his friends, peers, and family members. When he was young the most important things he loved to do in his spare time was take photos and sport.

He was and still is a massive sports fan. The sport he follows along with the most now is the footy and his team is Bulldogs. He would spend many hours of his day bike racing, playing tennis, horse riding, taking photos, but the one sport he spent the most time on was tennis. He competed in many state championships and hoped to pursue it as a career but chose photography instead.

Simon, throughout his 56 years, has moved 13 times to all different locations. He started living in Heidelberg with his family, then moved out on his own at 19 to suburbs in Melbourne to work for the Herald Sun. After a while he finally got sick the city and moved to Wangaratta, where he opened his own photography shop. Next, he moved up to Wodonga, then out to Glenrowan, and then he decided to make the big move down to Launceston, Tasmania and started working for a newspaper company as a photographer.

After a year of living in Launceston he moved back up to Wodonga and Wangaratta, where he met his wife, Kirsty. They have two kids, Harry and Lily. After 7 years in Wangaratta, they packed up and moved down to Paynesville where he bought the local Newsagency.

Growing up, Simon thought and still thinks, that bread and butter pudding is his favourite comfort dish.

Bread & Butter Pudding

Ingredients

2 heaped cups of white bread cut into 2.5cm cubes.

32g (1/4 cup) of sultanas

Egg mixture:

90ml (1/2 cups) of milk

1 egg

60 (1/2 cup) thickened cream

10g (1 tbs) unsalted butter, melted

25g (1 tbs) white sugar

1 tps cinnamon

1 tps vanilla extract

Finishing/serving

10g (1 tps) unsalted melted butter for baking

10g (1 tbs) butter for post baking

Icing sugar for dusting

Ice-cream, cream, custard

Method

Pre-heat oven to 180.C

Egg mixture:

Place eggs in a large bowl whisk briefly

Add remaining egg mixture ingredients and whisk

Add bread and sultanas

Briefly mix, then set aside for 3 minutes to allow egg mixture to soak through the bread

Pour into a baking dish.

Poke sultanas below the surface

Drizzle the melted butter over the batter

Bake for 25-30 min

Serve with favourite topping