



Healthy Eating  
Working Group

# RECIPE BOOK



## MULTICULTURAL FESTIVAL

*This book has been created using recipes kindly submitted by the stall holders from the Viva Grampians Pyrenees Festival*



The Grampians Pyrenees Healthy Eating Working Group was established in October 2005. The group consists of dietitians, school representatives, environmental health officers, community nurses, health workers and community members from across the Pyrenees, Ararat Rural City and Northern Grampians Shires. The purpose of the group is to identify and address barriers to people eating healthy food.

For more information please contact:

GPPCP Health Promotion Coordinator

Phone. 5352 6200

# The Stawell Community Garden

Community gardens are places where people come together to grow fresh food, to learn, relax and make new friends.

Community gardeners know that sharing land to grow food and other plants builds a sense of place and community.

The benefits of community gardening include:

- easy access to fresh, nutritious food
- a sense of achievement that comes through growing some of your own food needs
- making friends with people in the

neighbourhood

- learning the skills of gardening, shared decision making and cooperation, all of which are necessary to successful community gardens
- healthy outdoor exercise
- participating in a constructive and productive recreational activity
- improving the local environment.

The Stawell Community Garden currently has plots available and would love to hear from you!

For more information please contact  
Helen Giles (Tuesdays and Thursdays)  
5358 7402

## **Croatian Chevapi with fresh cabbage salad**

500 grams of beef mince  
500 grams of pork mince  
2 cloves garlic finely chopped  
2 tablespoon black pepper  
Vegeta stock powder  
1 Savoy Cabbage  
White wine vinegar  
Extra virgin olive oil  
Sea salt

Combine the beef and pork mince together making sure that they are mixed in well. The best way to do this is by using your hands. Add the finely chopped garlic together with the black pepper to the mince. Mix in well. Add approximately 2 tablespoons (or to taste) of Vegeta stock powder to the mince. Once all ingredients are mixed in well, mould the mince into small sausage shaped meat balls.

In a hot pan add oil and gently cook the chevapi.

Finely shred the savoy cabbage and add white wine vinegar, salt and pepper to taste and virgin olive oil. Toss all the ingredients together and serve with the chevapi.

Recipe submitted by Mario Miocic

## Spicy Lentils

### Ingredients:

500 grams lentils  
250 grams tomatoes  
1 tsp red chili powder  
¼ tsp turmeric powder  
¼ tsp tamarind paste

### For seasoning:

2 tbs oil  
½ tsp mustard seeds  
1 tsp cumin seeds  
½ tsp asoefitida  
Salt to taste

1. Cook lentils with a little bit of turmeric powder and keep them aside.
2. Put oil in a sauce pan and mustard seeds, cumin seeds and asoefitida followed by chopped tomatoes.
3. Cook until oil separates, then add cooked lentils, salt and red chili powder.
4. Add tamarind paste and garnish with chopped coriander.
5. Serve hot with rice or roti.

Recipe submitted by Usha Kalluri (India)

## **Grilled Chicken “Rica-Rica”**

### Ingredients:

1 chicken cut into 4 pieces  
Lemon juice from 1 lemon  
2 stems of lemon grass, cut finely  
3 kaffir limes, cut finely  
Tomatoes, cut into 4 pieces

### Blender:

2 big red chilies  
2 Thai chilies  
1 red onion  
1cm of ginger  
2 tsp salt

Take half of the blender seasoning, pour in half of the lemon juice, and mix well with 4 pieces of chicken in a bowl and cover with plastic wrap for 1 hour.

Pour oil into the pan for frying, add half of the rest of the rest of the seasoning, lemon grass, kaffir limes, a half of the lemon juice and tomatoes in the pan, fry well until soft, mix with chicken and cook for half an hour.

Heat up the grill until hot, grill chicken until golden brown, simmer with seasoning, turn chicken over slowly and simmer again with seasoning until cooked. Served with steamed rice and veggies.

Recipe submitted by Lilik Srinansih (Indonesia)

## **Machboos**

Ingredients:

- 1 whole chicken
- 3 cinnamon sticks
- 3 cardamoms (green)
- 2 onions (whole)
- ½ a ginger
- 2 or 3 whole cloves
- 2 tbsp salt
- ¼ tsp saffron
- 3 cups of basmati rice

Onion-spice topping (Hashu):

- 2 large yellow onions, finely chopped
- ¼ cup organic almonds, finely chopped
- ¼ cup organic sultanas, soaked in water
- ½ tsp ground cardamom
- ¼ tsp lemon powder
- ¼ tsp ground black pepper
- ¼ tsp salt

¼ cup gram lentil  
1 tbsp desi ghee/olive oil  
¼ tsp curry powder

Tomato sauce (Duqqus):

3 large tomatoes, chopped  
1 tbsp coriander  
½ tsp salt  
¼ tsp red chili powder  
½ litre of water  
2 cloves garlic, crushed  
1 tbs tomato paste

Method:

Step 1:

Put saffron into half a cup of water, so it leaves a good colour.

Step 2:

Rinse chicken inside and out. Place in a stockpot with enough water to cover. Add cinnamon stick, cardamom and cloves.

Bring to a boil, and then add whole chicken or in curry pieces, continue boiling to make good chicken stock on medium heat until chicken is done (approximately 20 minutes). Remove and drain the chicken, on a flat or round tray pour saffron water on it evenly reserving broth/chicken

stock. Keep chicken stock on a very low flame until required to cook rice.

Step 3:

Preparing Hashu/Garnishing

Boil gram lentil, drain water when softens.

Fry chopped onions in a small quantity of oil and mix all the spices and gram lentil to give a golden/brown colour. Remove from the stove in a small bowl for garnishing at the end.

Step 4:

Fry soaked rice in a pan with a small quantity of oil. Add cardamom powder into it, and then cook rice using broth/stock from chicken instead of water. Add salt if necessary.

When rice is nearly cooked at the end pour some saffron onto the top and leave aside.

Step 5:

In a clean skillet over medium high heat, brown the chicken, turning frequently, until the outside is brown and crispy.

Step 6: Preparing Tomato sauce/Duqqus

Add water, chopped tomatoes, crushed garlic, and tomato paste in a small skillet or saucepan, and

sauté until tomatoes are soft and the sauce well blended (the longer it cooks it turns more tasty).

Serving:

When the rice is done, spread it on a serving platter. Sprinkle the onion-spice mixture over the rice, and place the chicken on top. Eat plainly or add tomato sauce onto individual plates to enjoy the flavour.

Recipe submitted by Rabbia and Yusra (Kuwait)

## **Basbousa**

Ingredients:

1 cup caster sugar

¼ cup of butter

1 tsp vanilla essence

1 cup coconut flakes

¾ cup of yoghurt

2 cups semolina flour

2 eggs

1 tsp baking powder

½ tsp bi carb soda

1 cup of thickened cream

Sugar syrup:

2 cups of sugar

2 ½ cups of water  
5 drops of lemon juice

Garnish:

1 cup of pine nuts or almonds

Method:

Step 1:

Prepare syrup by putting the sugar and water in a heavy saucepan. Bring to a boil while constantly stirring to dissolve sugar. Let it boil until it appears clear. Add a few drops of lemon and let it boil for a minute or so. Remove from saucepan and let cool until luke warm.

Step 2:

Preheat the oven to 180°C. In a bowl combine all the remaining ingredients and stir until well mixed. Grease the pan before you pour the batter. Place almonds in halves on it before putting it into the oven. You can make into bite sized pieces in a mini muffin pan. Remove from oven and pour some syrup on each time and return the pan to the oven for a few minutes. Syrup should be luke warm before pouring on the semolina cake. Bake for 20-25 minutes at 180°C until golden.

Serving:

Serve hot or cold as desired. Can be eaten with tea or coffee.

Recipe submitted by Rabbia and Yusra (Kuwait)

## **Rougail**

Rougail is a base sauce to which you can add eggs, salted fish, sausages, prawns or octopus.

Ingredients:

Tomatoes

A pinch of thyme

Parsley

A teaspoon of ginger

A tablespoon of garlic

1 onion

A pinch of salt and pepper

Chilies

Heat the oil and add all the ingredients, cook until it reaches a thick tomato sauce. Then you can add any other ingredients you have chosen.

Recipe submitted by Brigitte Morrissey (Mauritius)

## Nigerian Tollof Rice

Serves 6 - 8

Ingredients:

4 cups (or about 1 litre) of white rice

2 tomatoes and 1 bell pepper (without the seeds if you don't like things too hot)

OR 8 ounces (or about ¼ litre) canned tomato sauce and 3 ounces (or about 90 mls) canned tomato paste.

Onion

Salt

Dry red pepper (like cayenne pepper)

Meat broth (about 1 cup or ¼ litres) or Magi cubes (about 4)

Water

Unless the rice is pretty clean, you will want to rinse it before cooking it.

Put the rice and about 6 cups (or about 1 ½ litres) of water into a pot and place on high heat. (Some people prefer to boil the water and add the rice to boiling water. This is fine too.)

If you are using fresh ingredients (the tomatoes and the pepper) blend them until they are smooth

in texture (you can also grind the onion with this mixture).

Let the rice cook 10-15 minutes.

Add either the tomato/pepper mixture or the tomato sauce and tomato paste. If you have not added the onion, you can slice or dice it now and add to the pot, depending on how large you like your onions.

Add enough water to allow the rice to complete cooking (since you will now be draining the rice, it is better to add too little and check up on it often, than to add too much).

If you have any meat broth from boiling any meat, you can add it to this as well. Otherwise, unless you are a vegetarian, suggest adding about 4 Magi cubes for taste.

Add about 2 teaspoons of salt, and about ½ a teaspoon of dry red pepper (as the rice is cooking, or as you are eating the finished product, you can add more of either one of these so I really suggest starting out small, also useful if different people who will be dining have different tastes).

Allow the rice to continue cooking until the rice is soft. If it is not dry at this point, then switch the heat to low to allow it to dry the excess water without making the rice much softer. (Also, some people prefer to bake it once they've added the ingredients...I suggest 350 degrees or so.) Once cooked, add more salt or pepper to it if you wish.

Recipe submitted by Azu Azubuike (Nigeria)

## **Adobo**

Ingredients:

(Choose either chicken or, pork or beef)

1 kg beef or pork (cut into two inch cubes)

Or

1 whole chicken (cut into serving pieces)

1/3 cup cooking oil

½ cup vinegar

1 tablespoon sugar

½ cup soy sauce

¼ teaspoon ground pepper

1 clove of garlic (chopped)

1 bay leaf

¼ teaspoon salt

10 pcs. Peppercorns

Combine all ingredients in a saucepan and let stand for 30 minutes except cooking oil. Cover saucepan and simmer for an hour or until meat is tender and the liquid has practically evaporated. Drain meat and set aside sauce in the saucepan.

In a skillet, heat cooking oil and fry meat until it gets brown on all sides. Transfer meat to the set aside sauce and cook for a few minutes more.

Transfer to a serving dish. Garnish with tomatoes and parsley. Serve hot. Good for 6 persons.

Recipe submitted by Riza Rilloraza (Phillipines)

## **Roti**

Ingredients:

100% Wheat flour

1. Mix 100grams of flour with 75ml of water to form a soft dough.
2. Knead the dough until it is smooth.
3. Make the dough into lemon sized balls and roll out to the required thickness. Keep sprinkling dry flour while rolling to avoid sticking.

4. Put the rolled dough on a pre heated pan and bake both sides until golden brown spots appear.
5. Roti is ready. Add oil or butter as desired and serve with curry.

Recipe submitted by Mumtana Waseem (Pakistan)

### **Lamb Potato Curry (Aloo Gasht)**

Ingredients:

2 small onions

2 chopped tomatoes

1 tsp of ginger and garlic paste

Salt as desired

1 tsp red chili

½ kg of lamb

½ kg of potato cut into small pieces

Turmeric

Method:

1. Fry onion in oil until tender and light brown
2. Add tomato paste or fresh tomato and fry with onion until it makes a thick paste.
3. Then add garlic ginger paste and fry with onion tomato until it makes a thick paste.

4. Add salt, red chili and turmeric. Add the lamb and mix in paste with a big spoon until the oil separates.
5. Then add some water and cook until the lamb becomes tender. Just before the lamb is cooked add the potatoes, because the potatoes become tender before the lamb will.

Recipe submitted by Mumtana Waseem (Pakistan)

### **Aji de gallina (o de pollo)**

Ingredients:

1 chicken breast

1 large onion, finely chopped

5 tsp ground garlic

6 yellow chili peppers liquidized

½ cup of oil

2 tsp ground garlic

10 slices of bread

1 large tin of evaporated milk, only use half tin

Salt and pepper to taste

6 boiled yellow potatoes (normal potatoes are fine), chopped into thick slices

100 grams of olives

4 hard boiled eggs

(Boiled Peruvian rice – enough for 8 servings)

½ packed palillo (Peruvian spice)

Ajinomoto to taste (Peruvian spice)

Leaves of lettuce

Directions:

Boil the chicken in salted water. Remove from bone and break into bite sized pieces. In a saucepan heat the oil and fry the onion until it gets lightly golden. Then add the garlic and chili peppers. Fry until golden. After that, add palillo, ajinomoto, salt and pepper to taste. Add chopped chicken and fry for one minute.

Add the bread which has been soaked in the chicken broth (only the necessary, not too liquid), having removed the crusts. Cook slowly for 10 minutes approximately, and then the evaporated milk.

Decorate the dish with leaves of lettuce, potato slices, eggs quartered lengthwise and olives. Serve with boiled rice.

Recipe submitted by Giovanna Monaghan (Peru)

## Koeksisters

### Ingredients:

2 kg sugar

1 litre water

20 ml golden syrup

2 gm cream of tartar

Pinch of salt

1 kg cake flour

20 gm baking powder

5 gm salt

60 gm butter or margarine

375 ml milk

1 egg

Cooking oil

Heat sugar, water and golden syrup until it reaches boiling point. Keep stirring – sugar should dissolve before the syrup reaches the boil.

Boil for 8 minutes then take off the heat. Stir in cream of tartar, salt and let it cool. Place syrup in fridge

Sift flour, baking powder and salt together. Rub butter in mix with your fingers. Beat egg and milk together in separate bowl then add to flour mix – combine until a soft scone like dough forms.

Cover with cling wrap and leave in fridge overnight

Next day... roll out dough onto lightly floured surface. Cut into strips about 1cm wide and 10cm long and flat. Put them into a tray with a damp tea-towel over them – flat all the dough before you begin to bake them.

Deep fry koeksisters in oil until golden brown, one side at a time. Dip the quickly into the ice cold syrup and hold them under to absorb the syrup. Drip off extra syrup by placing them on a wire cooling rack.

Makes about 5-6 dozen. Can be frozen or keep in the fridge otherwise.

Recipe submitted by Martie Peter (South Africa)

## **Cinnamon Pancakes**

Ingredients:

250gm flour

5gm baking powder

2gm salt

2 eggs

200ml milk

175ml water

5ml lemon juice

120ml sunflower oil

Stir flour, baking powder and salt together. Beat eggs, milk, water and lemon juice together. Add the flour mixture to the milk mixture and stir together well. Add the oil and stir until a thick and creamy consistency.

Let the mixture rest for about 15-20 minutes.

Heat a non-stick pan with a little bit of oil in it until quite hot. Stir the mixture and then cook thin pancakes ... sprinkle with cinnamon sugar when done and roll. Ready to eat!

Recipe submitted by Martie Peter (South Africa)

## **Chocolate Toothpaste Tarts**

Ingredients:

20gm cocoa powder

70gm margarine

150gm sugar

20gm instant hot chocolate powder

230gm dried milk

150gm warm water

Sweet pastry cases

Cream together margarine and sugar until smooth  
Add Chocolate powder and cocoa powder to  
margarine mix. Mix dried milk and warm water in a  
separate bowl until smooth. Blend both mixes  
together. Pour into case and set in fridge

Tips: Check that the tart is set by gently touching it  
– should be firm and not stick to your finger.

Recipe submitted by Dawn White and Millie Lewis  
(Britain)

### **Coronation Chicken**

Ingredients:

4oz mayonnaise

3oz mango chutney

1tsp curry powder

1dsp lime zest

4tbsp lime juice

1/2 tsp salt

500gm chicken – Cooked and diced

Mix all the ingredients together in a bowl then add  
chicken. Cover and refrigerate until serving.

Recipe submitted by Dawn White and Millie Lewis  
(Britain)

