

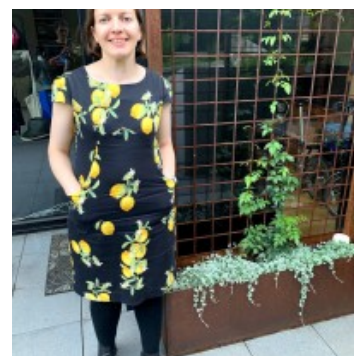


2021 Cookbook

A delicious celebration of recipes from
around the world, to enjoy and share!

tasteofharmony.org.au

Dundee Cake - easy fruit cake



AUTHOR

[Kate Eddy](#)

ORIGIN
Scottish

PREP TIME
20 Mins

COOKING TIME
150 Mins

SERVES
12

INGREDIENTS

225g butter
225g soft brown sugar (or 225g dates stewed in 250ml water and pureed)
4 large eggs, beaten
350g plain flour (50/50 white/wholewheat is good)
1-2 tablespoons milk
175g sultanas
175g currants
175g raisins
75g candied peel, chopped
75g glace cherries, halved
50g ground almonds
grated rind of 1 orange or lemon
75g blanched almonds, halved, for decoration
extra butter for greasing the cake tin

METHOD

1. Preheat oven to 170C
2. Grease 20cm cake tin and line with greaseproof paper or use non-stick tin
3. Cream butter and sugar until light and fluffy
4. Add eggs and beat well
5. Sift flour onto mixture and fold it in
6. Add milk if mixture does not drop from spoon
7. Stir in all remaining ingredients except blanched almonds
8. Put mixture into cake tin
9. Arrange halved blanched almonds on top
10. Bake for 2.5 hours.

Latkes



AUTHOR

Janette WITT

ORIGIN
Australian

PREP TIME
20 Mins

COOKING TIME
30 Mins

SERVES
12

INGREDIENTS

THIS IS A TRADITIONAL JEWISH FOOD COOKED ON FESTIVAL OF CHANUKAH (sorry it did not fit any of the cuisine country categories- wanted jewish, and then maybe european)

700 g potatoes- peeled , shredded or grated
1 small onion - peeled, shredded or grated
1 large egg
2 tbsp breadcrumbs unseasoned
1/2 tsp salt or to taste
1/2 tsp pepper or to taste
1/2 cup - canola oil for frying

METHOD

* Remove the Liquid from potatoes and onions- : Place about 4 paper towels folded in half over a medium size bowl and add the potatoes and onions. You can use a cheesecloth as well. Gather the corners of the paper towels up and squeeze as much of the liquid out of the potatoes and onion as possible.
* Transfer the potatoes and onion to another bowl. Add in the egg, breadcrumbs, salt and pepper. Mix everything well and set the batter aside while the oil heats up.
* Add the oil to a large pan and heat it over medium-high heat.
* Using a 1/4 cup measuring cup (or large spoon) scoop the mixture onto a flat spatula and flatten it with your fingers to form a patty. Transfer this to the fry pan and repeat until pan is full but don't overcrowd.
*Cook about 4 to 5 minutes per side, or until golden brown. Adjust heat if necessary. Repeat with remaining latkes.
Transfer the cooked latkes to a paper-towel lined plate plate.

Lamington Slice



AUTHOR

[Luella Monson-Wilbraham](#)

ORIGIN
Australian

PREP TIME
15 Mins

COOKING TIME
20 Mins

SERVES
About 16

INGREDIENTS

For cake

- 125g butter, softened
- 1 cup caster sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 1/2 cups plain flour (Gluten free flour works well too)
- 1 1/2 teaspoons baking powder
- 1 cup (125ml) milk
- 1/2 cup desiccated or shredded coconut

For Chocolate icing

- 1/2 cup icing sugar
- 2 or 3 tablespoons cocoa powder
- 1/2 cup (80ml) boiling water
- 20g butter

METHOD

Preheat oven to 160 C and line a lamington tin (20 x 30cm) with baking paper.

Beat the butter, sugar and vanilla with electric beaters until light and creamy.

Gradually add the eggs and beat well.

Sift over the flour and baking powder and mix with a spoon until well combined.

Now stir in the milk.

Spoon mixture into the prepared tin and bake for about 20 minutes.

In the meantime, make the chocolate icing - Place the icing sugar, cocoa, hot water and butter in a bowl and whisk until the butter melts. It will be runny.

While still warm, cut the cake into squares and carefully pour over the icing to cover the whole cake. Sprinkle over as much coconut as you like.

Note: Works well if you want to make it gluten free (but check all your ingredients are indeed gluten free). Credit to Donna Hay for the recipe - my kids love it!

MASGOUF / IRAQI GRILLED FISH



AUTHOR

[Joseph Youhana](#)

ORIGIN
Iraqi

PREP TIME
30 Mins

COOKING TIME
45 Mins

SERVES
4 people

INGREDIENTS

Ingredients

1/2 KL white fish fillets
2 tsp. salt divided
2 tsp. curry divided
1 large onion
2 cloves garlic
5 tsp. vegetable oil
2 medium tomatoes
1 & 1/2 cups chopped parsley
8 tsp. of can tomato paste
2 tsp. vinegar
3 TSP. lemon juice
cup water
tsp. cayenne pepper optional

METHOD

1. Wash fish fillets and pat dry. Rub it with one TS & 1 TS curry.
2. Place the fish on a grill-safe pan. Cover, to keep the fish from drying out and refrigerate until ready to cook.
3. Sauce: Chop half of the onion, along with the cloves of garlic & sauté in vegetable oil until translucent.
4. Chop 1 of the tomatoes, along with the parsley, tomato paste, vinegar, lemon juice, water, remaining salt, and curry.
5. Add cayenne pepper, if using. Stir until all the ingredients come together to form a nice, rich sauce. Simmer for approximately five minutes and set aside to cool.
6. Slice the remaining onion and tomato. Remove the fish from the refrigerator and smother with the tomato sauce.
7. Arrange the sliced tomatoes and onions on top of the sauce. Grill the fish in a grill basket to achieve smokey masgouf, you can also bake it in the oven.
8. Heat your barbecue grill, and once hot, add the fish. Cook for approximately 10 minutes. Flip halfway through.
9. Serve with rice

Sri Lankan Tempered Chickpeas



AUTHOR

[Charlotte Brooks](#)

ORIGIN
Sri Lankan

PREP TIME
5 Mins

COOKING TIME
5 Mins

SERVES
snack

INGREDIENTS

4 cups boiled chickpeas
1 onion chopped
2-4 dried red chillies broken into pieces
1-2 tsp mustard seeds
1/2 tsp cumin seeds
1 sprig curry leaves
1/2 tsp chillie powder
1 tbsp coconut oil
1/2 cup sliced coconut

METHOD

Heat oil in a pan, add mustard seed and cumin.
Fry for few minutes till the seeds pop.
You might want to close the pan with a lid so that the seeds will not pop out of the pan.
Add the rest of the ingredients except the chickpeas and fry till the onions are gold brown.
Finally add the chickpeas, add salt to taste.
Fry for another 2-3 minutes.
Serve hot.

Potato Bread



AUTHOR

Creina Budge

ORIGIN
Irish

PREP TIME
15 Mins

COOKING TIME
30 Mins

SERVES
4

INGREDIENTS

4 medium potatoes, peeled and cut in four
1 pinch salt
4 tablespoons plain flour, plus extra for
dusting
1 tablespoon melted butter

METHOD

In a pot, cover potatoes with water and bring to a boil over high heat.
Simmer on medium-high heat until the centre of the potatoes are tender
when pricked with a fork, about 20 minutes.
Turn off heat. Drain, return potatoes to pot and allow to completely dry out
over remaining heat.
Mash with a potato masher until smooth.
Place warm mashed potato in medium bowl.
Stir in flour, salt and melted butter. Mix lightly until dough forms
On a well floured surface, knead the dough lightly. The dough will be sticky.
Use a floured rolling pin to flatten into a 25cm circle about 5mm thick. Cut
into quarters using a floured knife.
Sprinkle a little flour into the base of a frying pan and cook for 3 minutes
on each side or until evenly browned. Season with a little salt and serve
straight away

I like to have mine with Runny Eggs and Bacon or the traditional Ulster Fry.

Lentil chilli cheese pie



AUTHOR

[Jen Austin](#)

ORIGIN
Australian

PREP TIME
60 Mins

COOKING TIME
60 Mins

SERVES
4

INGREDIENTS

LENTIL CHILLI CHEESE PIES

Foil pie trays (4 individual ones maybe?) or a piemaker

1 tblsp olive oil or ghee

1 onion, finely chopped

2 tsp minced garlic or cloves

1 carrot, finely chopped

1 capsicum, seeded, finely chopped (green looks best against tomato)

1 tsp dried chilli flakes

2 tsp ground cumin

2 tsp ground coriander

salt & pepper & sugar to taste

1 can tomatoes or fresh

400 g can lentils, drained, rinsed or just cook your own prior to

2 sheets frozen shortcrust pastry (bottoms)

thawed & 2 sheets puff (for tops)

1 cup grated tasty cheese

Natural yoghurt to serve

METHOD

Preheat oven to 180 C (fan forced). Heat oil/ghee in a large frying pan on high. Saute onion, carrot, capsicum and garlic for 2-3 minutes, until onion is tender.

Stir in spices/seasonings and cook for a minute or so until you can smell them. Mix in tomatoes and simmer for 5 mins. Add the lentils and cook for a couple of minutes (if canned) or til soft if they are fresh hard then take off hob and cool mixture down.

Press shortcrust pastry into pie trays. Prick bases and weigh down if desired - (if you don' t pastry may rise a bit but it goes back down when you put filling on top of it). Bake for 5 mins. If using a pie maker, do whatever you do.

Spoon filling evenly between pie bases & top with grated cheese before putting the puff pastry top on. Bake for approx 30 minutes, until golden on top.

Serve with yoghurt or a yummy homemade tomato ketchup.

Rice Paper Rolls



AUTHOR

David Huynh

ORIGIN
Vietnamese

PREP TIME
20 Mins

COOKING TIME
20 Mins

SERVES
6

INGREDIENTS

You can use almost anything to fill rice paper rolls, from leftover chicken, to all kinds of fresh vegetables. Traditionally, along with meat and vegetables, cooked rice vermicelli noodles are included for extra texture and bulk, although feel free to leave them out if that suits your taste. Another important inclusion is a range of fresh herbs, with Thai basil and mint being the most popular. Some popular fillings include:

- Prawn and barbecued pork with cucumber, basil and mint
- Barbecued chicken with Chinese cabbage, bean sprouts, mint and coriander
- Roast beef with cucumber and mint
- Chicken with lettuce mint and basil
- Prawn, carrot, pea sprouts and mint
- Julienned carrot, cucumber and capsicum with mint and basil

Best served dipping sauces are, Satay Hoisin and peanut and Sweet chilli

METHOD

STEP 1 - Soak the vermicelli noodles in just boiled water to soften, then rinse them in cold water to stop the cooking process. Drain well, then chop them into short lengths to make it easy to add to your rolls.

STEP 2 - Place each of your fillings in separate bowls along the bench. Keep your bulkiest items, such as the cooked noodles, closest to you, with the herbs furthest away.

STEP 3 - Pour boiling water into a shallow dish that is wide enough to take your dried rice paper. Working with one sheet of rice paper at a time, dip into the hot water for a few minutes to soften, then transfer to a plate covered with a damp tea towel.

STEP 4 - Working with one sheet at a time, place some of each of the fillings in the centre of the rice paper, ensuring it is kept 10 cm from each end. Do not overfill or you could risk the rice paper splitting.

STEP 5 - Bring the two ends of the rice paper over the filling, then roll up the sides to create a tight parcel. Repeat with remaining

Pumpkin Scones



AUTHOR

[Emma Blair](#)

ORIGIN
Australian

PREP TIME
15 Mins

COOKING TIME
15 Mins

SERVES
9 scones

INGREDIENTS

2 cups of self-raising flour
1 tablespoon of caster sugar
1 teaspoon of salt
80 grams of Nuttelex/other dairy free butter substitute
Half a cup of plant milk (plus extra to brush over the scones)
Half a teaspoon of nutmeg
Two-thirds of a cup of cooked, mashed pumpkin

METHOD

1. Preheat your oven to 230 degrees Celsius and line a tray with baking paper
2. Combine self-raising flour, salt and nutmeg in a large bowl
3. Add the Nuttelex and use your fingers to rub it into the flour mixture
4. Add plant milk, sugar and mashed pumpkin to the bowl and mix with a butter knife
5. Pour the combined mixture onto a clean, floured bench and knead gently until it forms a dough
6. Roll the mixture out until it is approximately 3cm thick and cut scones out using a scone cutter
7. Place scones on baking tray so they are almost touching each other and brush with extra plant milk
8. Bake in oven for 12-15 minutes until scones are risen and golden
9. Serve warm with Nuttelex spread on both sides

Coca-Cola Chicken Wings



AUTHOR

[Kimberley Chu](#)

ORIGIN
Hong Kong

PREP TIME
50 Mins

COOKING TIME
15 Mins

SERVES
2

INGREDIENTS

1 tablespoon oil
500 grams chicken wings
2 tablespoons soy sauce
1 tablespoon oyster sauce
250ml Coca-cola
5 slices ginger
1 shallot, sliced
2 cloves garlic, crushed
Salt (to taste)
4 lemon slices (optional)
White sesame seeds (for garnish)
Green onion, chopped (for garnish)

METHOD

- Cut the chicken wings into wingette and drumettes. [Optional: Brine them into a bowl of salted tap water for 30 minutes to get rid of the undesirable frozen smell.] Pat the chicken wings dry with paper towel.
- Add soy sauce and oyster sauce into chicken wings and marinate for 30 minutes.
- Heat oil in a pan over medium high heat until hot. Add ginger and cook until fragrant.
- Add chicken wings with skin side down. After 3 minutes until the bottom side turns golden brown, flip the wings and fry the other side. Add shallot and garlic in the middle of the pan.
- After frying the other side for 3 minutes, add Coca-cola and turn to medium low heat. [Optional: Add lemon slices for a bright freshness.]
- Let simmer for 10 minutes or until the sauce is thickened. Stir and flip occasionally to keep the wings evenly coated with sauce. Once the sauce becomes very thick and coats the wings well, transfer to a plate and garnish with green onion and white sesame seeds. Ready to Serve!

Sausage rolls



AUTHOR

[Karen Hagen](#)

ORIGIN
Australian

PREP TIME
10 minutes Mins

COOKING TIME
20 - 25 minutes Mins

SERVES
6 people

INGREDIENTS

3 sheets frozen puff pastry
1 onion finely chopped
1 small carrot grated
broccoli finely chopped
parsley chopped
400 gr tin lentils rinsed and well drained
1 cup breadcrumbs - can use your stale bread to make breadcrumbs
1 cup tasty cheese or can use cottage cheese
2 eggs
salt and pepper if you like
Your choice:
Replace some veges with mince beef and sausage mince about 1/4 kg each
Leave out veges (not the onion) use all meat about 1/2 kg of each
and one extra egg
Your choice:
Sesame or Poppy seeds or both

METHOD

Oven 200 degrees
Line baking tray with baking paper
Mix all the ingredients in big bowl
1/2 thaw pastry
Cut each sheet pastry in half
Spoon 1/6 mix into middle of each pastry sheet - more or less as you like
Cut these sections into the size you like usually about 1/4 for each roll
Fold pastry from both sides into the middle of the roll
Beat egg and brush on top of each roll
Sprinkle with seeds if you want
Bake in middle of the oven for 20 minutes or until cooked (depends on your oven)

Kangaroo Bolognese



AUTHOR

[Kristina Latham](#)

ORIGIN
Australian

PREP TIME
30mins Mins

COOKING TIME
2 hours Mins

SERVES
Approximately 4 serves

INGREDIENTS

1kg Kangaroo Mince
1 large onion, finely chopped
3 cloves garlic, crushed
400ml tomato paste
1 carrot, finely grated
1 small zucchini, finely grated
2 tsp sugar
1/4 teaspoon salt
1 cup water
4 bay leaves
2 tablespoons butter
Spaghetti (to serve)

METHOD

1. Melt butter in a large pot and add onion. Cook until golden
2. Add kangaroo mince and salt, cook over medium heat until browned, stirring well for approx 10 minutes.
3. Add carrot and zucchini, stir well over medium heat, 2-4 minutes.
4. Add tomato paste, 1 cup of water, garlic, sugar, bay leaves and stir well. If needed, add more water until you have enough sauce.
5. Cook on very low heat with lid on, stirring from time to time, for at least 2 hours. The longer the better! If too much liquid, cook with lid off for a short while.

Serve with spaghetti. Enjoy!

Suitable for freezing.

Cheesecake



AUTHOR

Melinda Illevold

ORIGIN
Norwegian

PREP TIME
NA Mins

COOKING TIME
NA Mins

SERVES
1 cheese cake

INGREDIENTS

Bottom:

225 g sweet oatmeal biscuits (eg 3/4 pk Bixit)

100 g butter

Fill:

1 pk lemon jelly powder

2.5 dl boiling water

3 dl light cream

200 g cream cheese (eg Philadelphia)

100 g sugar

1 teaspoon vanilla sugar

3 dl whipped cream

Decorations:

1 pack raspberry jelly powder

2.5 dl boiling water

METHOD

Approach

Crush the biscuits in a mortar or crush the biscuits by keeping it in a plastic bag and rolling it over. Mix the biscuit crumbs with melted butter. Place a cake ring (26 cm in diameter) directly on a suitable dish. Squeeze the biscuit mixture in the bottom and all the way to the edge of the cake.

Dissolve the lemon jelly powder in boiling water. Cool until cold but still liquid. Whisk together sour cream, cream cheese, powdered sugar and vanilla sugar. Whip the whipped cream stiff and then whip the cream into the filling. Finally, whip the cooled jelly into a thin stream. Pour the filling into the cake tin and let the cake set in the fridge (4-6 hours).

Dissolve the raspberry jelly powder in boiling water. Cool until cold but still liquid. Pour into the mold and put the cake back in the fridge until the jelly lid has hardened. Carefully cut along the cake with a knife and remove the cake.

Pork Wontons



AUTHOR

[Dara Duch](#)

ORIGIN
Chinese

PREP TIME
NA Mins

COOKING TIME
3 Mins

SERVES
25-30

INGREDIENTS

Ingredients

Ginger, finely chopped - 20gm
Garlic finely chopped - 20gm
Spring onion (whites) finely chopped - 30gm
Fresh shiitake mushroom - 4,
Pork mince - 500gm
Water chestnut finely chopped- 40gm
Bamboo heart finely chopped - 40gm
Coriander leaves finely chopped- 20gm
Spring onion (green) Finley chopped - 20gm
Light soy sauce - 2 tbs
Chinese cooking wine - 3 tbs
Corn flour - 1 tbs
Sesame oil - 1 tbs
Salt - 1 tsp
Vegetable oil - 40 mls

METHOD

Step 1 - Finely chop step 1 ingredients. (ginger, garlic, spring onion, fresh shitake mushrooms, vegetable oil) Combine the ingredients and heat over a low heat for 5 minutes until softened and fragrant, allow to cool.

Step 2 - Combine the cooled ingredients from step one with the prepared ingredients from step 2 (Pork mince, Water chestnut, Bamboo heart, Coriander leaves, Spring onion (green), Light soy sauce, Chinese cooking wine, Corn flour, Sesame oil, Salt) and work together vigorously for 2 minutes. The mince will appear to become slightly creamy as the fat is worked through. You can test the seasoning by panfrying or poaching a small amount of the filling adjusting salt if required.

Step 3 - Lay out 5 wrappers at a time onto a clean and dry bench and add a heaped teaspoon of the filling into the middle of each.

Using a pastry brush or your fingers dampen the edges of the wonton and fold the wonton into the desired shape.

Bring a wide pan of water to the boil, simmer wontons

