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(beef pho)

(Vietnamese)

Background Information

Pho is a dish that my father makes at home a lot. He started making pho at home when I was in primary school, before this we had only had pho in the restaurants. He learnt the recipe on a trip to Vietnam when I was a child. When I went to Vietnam, I ate a lot of pho - it's my favourite Vietnamese dish. I've tried making this with my dad, however it can take a long time to cook, so he often finishes it himself. Because it's quite a time consuming dish to make, my dad only makes this every now and then, but when he does, I get very excited and happy. I like this recipe because it tastes very good and the flavours are delicious. I also like it because my dad knows how to make it very well. One day I would like to learn how to make it from my dad.



(Source Recipe)



(Servings)



Prep: (Mins) Cook: (Mins)

INGREDIENTS

- 4 kg beef bones, shin bones, ox-tail bones, short rib with meat, should make up the majority if possible
- 15 - 20 cm Ginger, charred
- 3 brown onions (quartered, charred)
- 10 black cardamom pods
- 15 cloves of garlic
- 12 star anise
- 6 cinnamon sticks/quills
- 4 teaspoons fennel seeds
- 4 teaspoons coriander seeds
- 1/3 to 2/3 cup fish sauce, Add more if required
- 2 tsp MSG
- 2 teaspoons salt
- 3 inches rock sugar, or 3 tablespoons of caster sugar
- 1.5 gravy beef/top-side beef, cut into 5cm x 10 cm approx pieces
- 100 grams finely sliced raw top side beef per bowl of soup
- 100 grams finely sliced cooked beef, from the making of the stock
- pho noodles
- coriander, for garnish
- Red Onions, thinly sliced, for garnish
- spring onion, finely sliced, for garnish
- Vietnamese mint or Thai basil, for garnish
- bean sprouts, for garnish
- lemon (quartered)
- diced chilli or chilli sauce
- Hoisin sauce

INSTRUCTIONS

1. **Parboil the beef bones** Add bones to a stockpot that is large enough to submerge all the bones with water. Fill the stockpot with water. Add 1 tablespoon of vinegar, 1 tablespoon of salt to the stockpot. Bring the stockpot to a rolling boil. Boil the bones vigorously for ten minutes. Dump the bones into a clean sink or large colander. Wash and scrub all the scum and impurities off of each bone. The cleaned bones are ready for making broth! Add to a large stock pot.
2. **Parboil the beef** Cut gravy beef into 2 large chunks. Add to the stock pot. Parboil the beef for 5 minutes.
3. Dry fry or char the onions and ginger, as well as your other spices.
4. Fill a stock pot with 6 - 8 litres water. Add bones, beef, onion, ginger.
5. Remove 1 of the gravy beef chunks after 40 mins and place in bowl of cold water for 10 minutes; this prevents the meat from drying up and turning dark as it cools. Drain the meat, cool, then refrigerate. Boneless meat should be slightly chewy but not tough.
6. After about 1.5 hours, remove the remainder of the beef, place in water and refrigerate for use with the soup later.
7. Simmer for about another 8 hours. Skim for impurities. Top up the water a bit if needed.
8. Take your spices, and roughly crush them up a bit with a mortar and pestle. Add these and all remaining ingredients to the stock pot. Add the spices in the last 1.5 - 2 hours of cooking. Bring to boil. Lower heat to simmer, uncovered.
9. Wait until right before serving to season the broth with fish sauce and rock sugar.
10. Remove the bones and larger items with tongs. Strain the remaining liquid to remove as much material as possible.
11. Allow to cool so fat hardens. Remove fat
12. At this point, 1 place into 1 or 1/2 litres containers for freezing.

= SOUP

13. Bring stock in small saucepan to the boil. We tend to use 1 litre of stock for two adults and a child.
14. Prepare the noodles as per the packet instructions. It will usually involve soaking in boiling water for 30 seconds and draining.
15. Distribute the noodles into bowls. We usually have approx 120 grams per adult person.
16. Slice gravy beef into very thin slices. About 100 grams per adult. Dunk the slices in small quantities into the boiling stock, using a noodle basket, to reheat them. Distribute amongst the bowls, on top of the noodles.
17. Do the same as above with the raw top side beef.
18. Sprinkle garnish on top of noodles and beef.
19. Pour the stock into the bowls and serve.
20. On a separate plate at the table, have bean sprouts, Vietnamese mint/Thai basil, lemon and chilli to add to the pho, according to individual taste.



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Mum's Carbonara

Italy

Background Information

Carbonara, a beloved Italian pasta dish, is thought to have originated in Rome, potentially around 1944, after World War II, influenced by the arrival of American soldiers and their rations



RECIPE (CLICK
HERE)



2-4



Prep: 10 mins Cook: 10 mins

INGREDIENTS

- 450g Of Spaghetti
- 2 cups cubed pancetta rind removed
- 1/4 cup dry white wine or vermouth
- 2 teaspoons olive oil
- 4 eggs
- 1/2 cup freshly grated Parmesan
- 1/4 cup heavy cream
- Freshly ground black pepper
- Freshly ground nutmeg
- 2 cups Chopped Bacon

NOTES

Char the bacon for a unique dish experience

INSTRUCTIONS

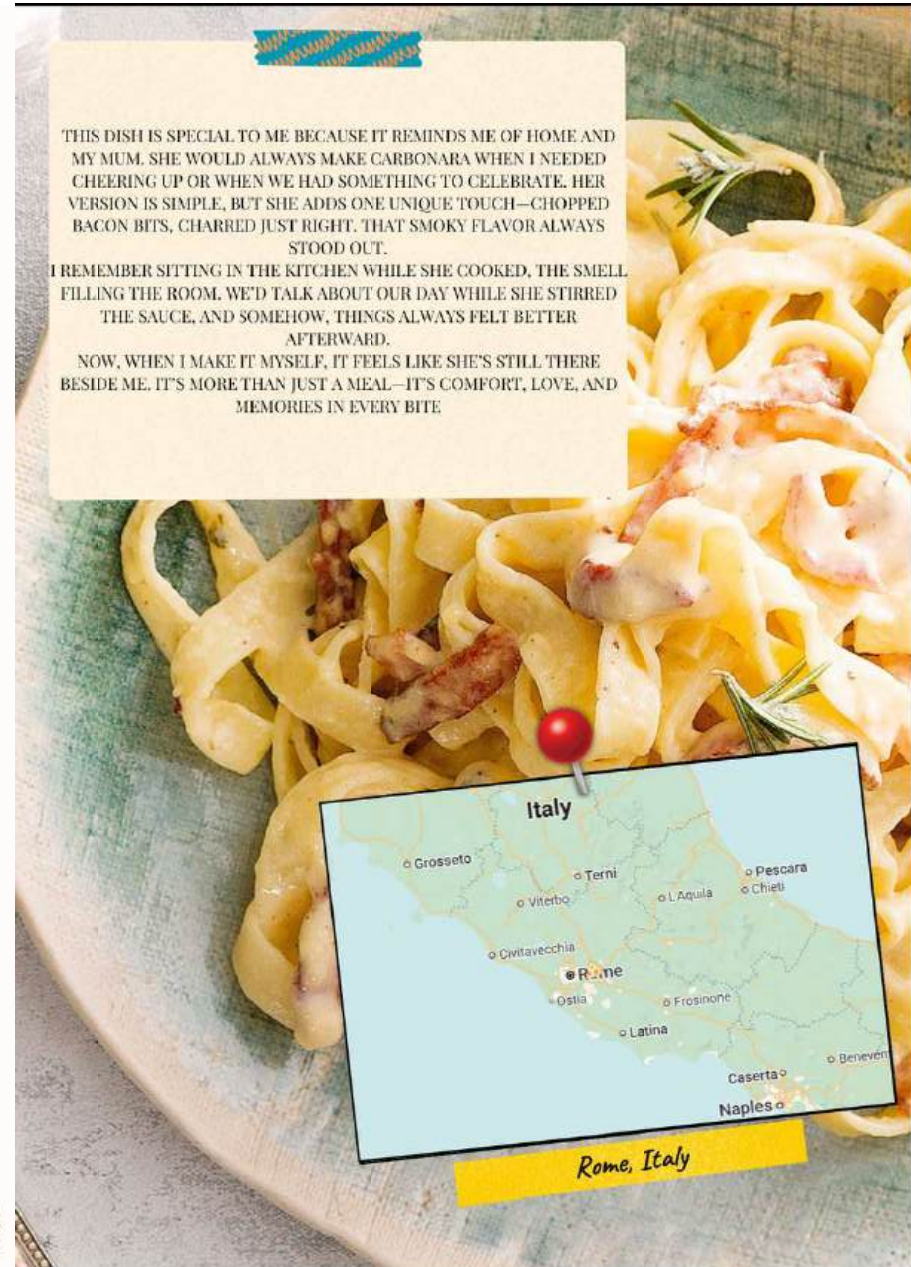
1. Put a large pan of water on to boil for the pasta.
2. In another large pan that will fit the pasta later, cook the pancetta cubes in the oil until crispy but not crunchy. Pour over the white wine or vermouth and let it bubble away.
3. After a few minutes, you have a small amount of salty winery syrup left. Take the pan off the heat.
4. In a bowl, beat together the eggs, Parmesan, cream, and pepper. Cook the pasta according to the packet instructions, but since you want it kept al dente start checking it 2 minutes before end of the recommended cooking time.
5. When the pasta is done, remove approximately 1/2 cup of the pasta water before draining.
6. Put the pan with the bacon cubes back on the heat and add the drained pasta, tossing well to coat with the syrupy pancetta.
7. Take the pan off the heat again and add the eggs and cheese mixture, swiftly tossing everything to mix. Thin with pasta water, if needed. Grind over some more pepper and grate over the nutmeg to serve.



THIS DISH IS SPECIAL TO ME BECAUSE IT REMINDS ME OF HOME AND MY MUM. SHE WOULD ALWAYS MAKE CARBONARA WHEN I NEEDED CHEERING UP OR WHEN WE HAD SOMETHING TO CELEBRATE. HER VERSION IS SIMPLE, BUT SHE ADDS ONE UNIQUE TOUCH—CHOPPED BACON BITS, CHARRED JUST RIGHT. THAT SMOKY FLAVOR ALWAYS STOOD OUT.

I REMEMBER SITTING IN THE KITCHEN WHILE SHE COOKED, THE SMELL FILLING THE ROOM. WE'D TALK ABOUT OUR DAY WHILE SHE STIRRED THE SAUCE, AND SOMEHOW, THINGS ALWAYS FELT BETTER AFTERWARD.

NOW, WHEN I MAKE IT MYSELF, IT FEELS LIKE SHE'S STILL THERE BESIDE ME. IT'S MORE THAN JUST A MEAL—IT'S COMFORT, LOVE, AND MEMORIES IN EVERY BITE





Pasta Forno

Italy, Calabria

Background Information

Pasta Forno is a beloved Italian baked pasta dish, particularly cherished in Southern Italy especially Calabria, Sicily, and Naples. Its name simply means 'oven pasta,' but it represents so much more than just baked pasta. It is a symbol of celebration, abundance, and family unity. In many Italian homes, Pasta Forno is not an everyday meal it's a special occasion dish, often prepared on Sundays, during holidays, and family gatherings. Each household might have its own version, but the core concept is the same. Pasta combined with rich meat sauces, cheeses, sometimes boiled eggs, salami, or even eggplant, then layered and baked until golden and bubbling.



Nonna



Servings: 6-7



Prep: 60 Mins Cook: 100 Mins

INGREDIENTS

500g of rigatoni or penne pasta

Passata (bottled sauce)

250g of mini meatballs

250g of salami (chopped)

250g provolone cheese

1/2 cup of parmesan cheese

Mozzarella cheese

NOTES

- 25cm by 35cm baking dish
- Cook past 'al dente' as the pasta will cook more in the oven
- To save time make the meatballs and sauce the day before and leave them in the fridge. If you make them any earlier put them in the freezer until you are ready to use.
- If sauce and meatballs are left over put them in the freezer for another time.
- Every oven is different.

INSTRUCTIONS

1. Preheat oven to 180°C.
2. Bring a large pot of salted water to the boil (for the pasta).
3. When making the meatball recipe, divide the meat mix into mini meatballs (not regular size).
4. Once the pasta sauce is nearly ready, drop the mini meatballs into the sauce to cook.
5. When the water starts boiling for the pasta, reduce to medium and cook the pasta until just underdone.
6. Once half-cooked, drain the pasta and stir it into the sauce and meatballs so it's fully coated.
7. Assemble the dish in layers: start with the pasta sauce, then pasta/meatball mix.
8. Roughly chop the Provolone cheese and alternate it with Parmesan cheese between layers.
9. Repeat layering until the dish is full. Top with shredded mozzarella and grated Parmesan cheese.
10. Cover with foil and bake in the oven for 30-40 minutes, removing the foil in the last 10 minutes of cooking.



One of my favourite memories is sitting around the table with my family enjoying this dish and talking to everyone. It gives me a feeling of happiness and a connection to my family that is hard to describe. The recipe has been passed down through a lot of generations in my family. I'm not exactly sure how far back it goes but I know it at least goes back to my great grandma who was the one who introduced it to our family. We don't make it often because it takes a lot of time and a lot of effort to prepare. That's why it's reserved for special events when we can all pitch in and help do it together. The effort makes it feel even more meaningful and worth the wait. It's a recipe filled with love and tradition.



Calabria, Sicily, Italy

Greek Lemon Roast Chicken and Potatoes

Κοτόπουλο λεμονάτο με πατάτες



Recipe from
Mum & Yiayia



4-6



Prep: 25 minutes
Cook: 45 minutes

INGREDIENTS

- For the marinade
- 3-4 clove(s) of garlic
- chicken bouillon cube
- 1 teaspoon(s) oregano, dry
- lemon juice, of 2 lemons
- lemon zest, of 2 lemons
- 50 g olive oil
- 200 g water
- thyme, fresh
- 40 g honey
- 60 g mustard, mild

For the potatoes

- 6 potatoes, medium sized
- 4 tablespoon(s) olive oil
- pepper
- salt
- thyme, fresh

Chicken

- 1 chicken, cut into 8 portions

INSTRUCTIONS

- Preheat oven to 200° C (390° F) Fan.

For the potatoes

- Peel the potatoes and chop them in to wedges.
- Place a frying pan over high heat and add olive oil.
- When it gets very hot, add the potatoes.
- Add salt, pepper and a few sprigs of fresh thyme.
- Sauté until golden.
- When ready, transfer to an ovenproof baking dish and set aside until needed.

For the marinade

- Beat the garlic, bouillon cube, oregano, lemon rind, lemon juice, extra virgin olive oil, water, honey, mustard and a generous amount of thyme in a food processor, until the garlic completely breaks down and all of the ingredients are combined.

For the chicken

- It is better to wear disposable gloves when working with raw chicken.
- Place the chicken in a large bowl and pour the marinade over it.
- Massage it on to chicken until it is completely coated.
- You can cook it immediately or refrigerate and let it marinate for up to 1 ½ days. The longer you let the marinade work on the chicken, the tastier it will turn out!
- When ready to cook, place chicken over the potatoes in the baking dish.
- Drizzle any remaining marinade over chicken and potatoes and cover with aluminum foil.
- Roast for 45 minutes, remove aluminum foil and roast for another 30-45 minutes, basting the chicken with the marinade and juices as often as possible.
- When ready, serve the chicken and the potatoes with Greek strained yogurt.



Background information

When I was little, eating lemon roast chicken and potatoes at my Greek grandma's house was pure comfort. Every Sunday, my family and I would go to her home for lunch, a tradition that brought us all together. The moment we walked through the door, the smell of roasted chicken with lemon and garlic filled the air—it was unmistakable and unforgettable. The golden potatoes, soaked in lemon juice and olive oil, were soft, flavorful, and always perfectly cooked. Sitting around her table, surrounded by laughter and familiar voices, I felt safe and loved. That meal wasn't just food it was love, heritage, and history all on a plate. Even now, the taste of lemon roast chicken brings back memories of those Sundays, of my grandma's warm kitchen and the joy of being with family. It reminds me of where I come from and who I am. Ήταν σαν να τρώω την ιστορία της οικογένειάς μου. (It was like eating my family's history.) That simple meal has stayed with me throughout my life, a symbol of connection and tradition that I carry with pride and deep affection.



Rome, Italy

Spanish Tortilla

Spain



Background Information

SPANISH OMELETTE OR SPANISH TORTILLA IS A TRADITIONAL DISH FROM SPAIN. IT IS CELEBRATED AS ONE OF THE MOST POPULAR DISHES OF THE SPANISH CUISINE. IT IS AN OMELETTE MADE WITH EGGS AND POTATOES, USUALLY INCLUDING ONION. IT IS OFTEN SERVED AT ROOM TEMPERATURE AS A TAPA.



Mum's recipe



Serves 5 people



Prep: 10 Minutes Cook: 10 Minutes

INGREDIENTS

- 5 Medium sized potatoes
- 1 Medium sized brown onion
- 5 Large eggs
- 400-600 ml's of half-half
- olive/veg oil
- Salt to taste

INSTRUCTIONS

1. Peel potatoes and thinly slice
2. Peel and thinly slice onion (around same size)
3. Place and mix together onion and potato in a bowl
4. Heat oil in a deep frying pan or wok
5. Cook potato and onion together slowly (confit)
6. In a separate bowl whisk the eggs, and salt them to taste
7. Once potatoes and onions are soft and cooked, drain them from the oil and let them cool down slightly
8. Add the potato/onion mix to the eggs
9. In a 10cm wide by 3cm deep pan, heat a little oil (you can reuse the drained oil from before)
10. Add potato and egg mix to the pan and cook at low heat for 3-5 minutes depending on taste
11. Flip over and cook for another 3-5 minutes or until desired texture is reached
12. Place on a plate, and enjoy alongside some friends, a loaf of crusty bread, and some aioli



Nuegados, Que Rico! by Janet Arevalo

Recipe Origin: El Salvador

I always helped my mom make *nuegados* as much as I could ... I would help her peel the yucca with a plastic knife. It took me forever but, you know, *safety* first. My face would lighten up brighter than the sun when my mom dropped the mushy balls of yucca into the roaring fire. The heat was so intense that over time my mom lost almost all of her lashes. I would help her pack them in bags of five, but I would always take a bite from one of them and put it back in. I called this taste testing for customers, satisfaction guaranteed. My mom would always laugh loudly at my shenanigans, you could hear it from miles away, but she would never get mad. How could I not bite those delicious *nuegados* itching to be eaten? The smell of the *atado de dulce* was like a pool of sugar that mixed with my saliva and the rest of the *nuegados*. (Of course, she took the bitten *nuegados* out, they had my coolies on them!) Then, after all the food was prepared, my mom would head out to the streets to sell her yummy food to the hungry people.



Madrid, Spain

(Baked Mac n, Cheese)

(America)

★★★★★

Background Information

(Add in any additional background information about this cuisine. This could be the country/region of origin, when its typically enjoyed, a description of its appearance?)



(Mac & Cheese)



8 Servings



Prep: 10 Minutes Cook: 35 Minutes

INGREDIENTS

- 250g - pasta (elbow pasta/penne)
- 1 tbsp (15g) - unsalted butter (or 2 tsp oil)
- 4 tbsp - unsalted butter
- 1/3 - cup flour, plain / all purpose
- 3 cups - milk, warmed
- 2 cups - freshly shredded cheese of your choice
- 1 cup - freshly shredded mozzarella cheese, or more other cheese of
- 3/4 - tsp salt

NOTES

Some recommended seasonings include garlic powder, onion powder, and mustard powder

INSTRUCTIONS

Pasta

1. Cook pasta: Bring a large pot of water to the boil. Add pasta and cook until just al dente.
2. Toss in butter: Drain, return pasta to pot, add butter and toss until melted. Set aside to cool while making the Sauce

Reheat the oven to 180 degrees C

Sauce

1. Make roux: In a large melt butter over medium heat. Add flour and cook, stirring constantly, for 1 minute.
2. Add milk: Add about 1 cup of the milk and mix to dissolve the paste into the milk. Then add remaining milk and mix until lump free (use whisk if required).
3. Add Seasonings: Mix in salt and Seasonings if using.
4. Thicken sauce: Cook, stirring/whisking regularly, for 5 - 8 minutes until thickened to a cream consistency.
5. Add cheese: Remove from stove, add cheese and stir - cheese doesn't need to melt.
6. Check salt: Adjust salt to taste

Assembling

1. Assemble: Pour Sauce into pot with pasta. Stir quickly, then pour into a baking dish. (At this point you can add extra cheese and/or panko breadcrumbs to the top)
2. Bake for 25 minutes or until top is light golden. I usually bake longer for crispier top.



This is a recipe that has been passed down and adapted since as far back as my great grandmother Leala Hagemester. She made it for her family in Hemmingford, Nebraska USA.

It has continued to be passed down to my grandmother, my mum and eventually me.

Its one of few recipes that have lasted long enough through my family to survive to this point.



Hemmingford, Nebraska, USA



Chilli Con Carny

San antonio, Texas

Background Information

Chili con carne, meaning "chili with meat" in Spanish, is a dish with a complex history and origins, primarily in the southwestern United States and northern Mexico. While often associated with Tex-Mex cuisine, its exact birthplace and origins remain debated, with various theories proposing different locations and influences



Dad



Serves: 4



Prep: 10 mins Cook: 40 mins

INGREDIENTS

- 1 tbsp oil
- 1 onion
- 500g minced beef
- 1 can of chopped tomatoes
- 1 can of kidney beans, drained
- 1 tbsp chilli powder
- 1 cup of sour cream
- half a lemon
- 1 bunch of parsley
- 1 bag of corn chips

INSTRUCTIONS

(Subheading) - Cooking, icing

1. Heat oil in large pan put onions in and wait until they are soft
2. Add minced beef and cook until browned
3. Add chopped tomato
4. Cook up some rice in another pan
5. Add salt and pepper
6. Drain the rice
7. Put the rice into the pan
8. Add lemon and parsley into pan
9. Then serve with sour cream and corn chips.



THE STORY OF MY RECIPE IS THAT MY DAD ALWAYS USED TO COOK THIS MEAL ON THURSDAYS AND WE HAD IT FOR DINNER AND THEN I ALWAYS GOT THE LEFTOVERS FOR FRIDAY IN MY THERMOS FOR SCHOOL.





Moussaka

Macedonia

Background Information

Meat and Potato Casserole, also known as Traditional Macedonian Moussaka, is a hearty and flavorful dish that combines layers of ground meat, potatoes, and creamy béchamel sauce. This traditional Macedonian recipe is a comfort food favorite, perfect for family gatherings or special occasions.



(Source Recipe)



(Servings)



Prep: (Mins) Cook: (Mins)

INGREDIENTS

- 500 gr mince pork peeled
- 1 kg potatoes (sliced thinly)
- 1 onion
- 2-3 eggs
- Salt and black pepper to taste
- Vegeta to taste
- 1 tsp paprika
- Oil for frying
- Dried parsley

NOTES

Macedonian moussaka is a layered dish of potatoes, ground meat (pork or beef), and béchamel sauce, spiced with paprika and garlic. It's baked until golden and creamy, reflecting Balkan flavors. Often served as a hearty family meal, it's a comforting dish with fresh, local ingredients.

INSTRUCTIONS

- In a saucepan heat a bit of oil and fry the chopped onion until soft
- Add the minced meat and cook until slightly brown
- Season with Vegeta, salt, pepper, dried parsley, and red paprika
- In a lightly oiled baking dish, place a layer of sliced potatoes
- Spread a layer of the cooked meat over the potatoes
- Repeat the layers until you finish with potatoes ending on top
- Add 1 cup of water to baking dish and cover with foil
- Cook for 45-60 minutes or until the potatoes are tender
- Beat the eggs, take foil off, and pour over the baked moussaka
- Return to oven and bake for another 15 minutes until golden



When I was little I grew up with this traditional Macedonian moussaka dish, me and my family would all sit at the table and all eat together all the time. When we have special events we always eat this and I would always eat it with my cousins all the time but now they all moved to our home country in Macedonia so it doesn't feel the same anymore but, every time I eat it I still think of them all the time and always think of all the memories we used to have while we would sit and all eat this amazing delightful dish together at the table and I just wish those days could come back.



Levant, Italy



Pizza toast

Australia

Background Information

This dish is a combination of having pizza ingredients but no base and having slices of bread with nothing to put on it



(Original recipe



2 servings



Prep: 5 mins Cook: (15-20 minutes)

INGREDIENTS

- 2 slices of any bread
- 2 slices of mozzarella cheese
- 2tbsp of pizza sauce
- 50g of salami(optional)
- 6 sliced cherry tomatoes
- 1 sheet of baking paper
- 1 baking tray

NOTES

Some toppings are optional suggestions are ham basil

INSTRUCTIONS

Cooking

1. Pre heat oven to 180 degrees
2. Place your 2 slices of bread on to baking sheet and tray
3. Spread 1 TBSP of pizza on each slice of bread
4. Place slices of Mozzarella on bread
5. Add additional toppings to liking
6. Leave in oven up to 15-20 minutes or until cheese is melted
7. Take the toast out of oven and let it cool down



A YEAR AGO I WENT TO A FRIENDS HOUSE FOR THE FIRST TIME. WE MET AT SCHOOL AND PLAYED FOOTY AROUND 9TH AND 10 GRADE AND EVENTUALLY AT ONE POINT THEY HAD ASKED ME TO COME OVER ONE DAY AFTER SCHOOL. ON THE WAY TO THERE HOUSE WE WOULD SHIT TALK ABOUT EACH OTHERS FOOTY TEAMS AND HOW ONE DAY BAZ WOULD JOIN US AND LEAVE THERE TEAM IN THE BINS.

THE FIRST THING THAT CAUGHT MY EYE WHEN WE REACHED THERE HOUSE WAS 2 SETS OF BONGOS NOT SURE WHY BUT WE DECIDED TO CAUSE A RACKET AND KEPT ON PLAYING THEM UNTIL I FELL ASLEEP. I WOKE UP TO WARM SMELL I WASN'T TOO SURE WHAT IT WAS BUT THAT SCENT WAS JUST MAJESTIC AND I WOKE UP TO SEE TOAST WITH PIZZA TOPPINGS. AT FIRST I WAS SKEPTICAL BUT AFTER ONE BITE I KNEW THIS DISH WAS THE PERFECT SNACK. THE REASON WHY I'VE CHOSEN THIS DISH WAS BECAUSE OF HOW SIMPLE YET DELICIOUS THIS DISH WAS IT WAS SUCH A EASY DISH TO MAKE YET TASTED LIKE IT WAS A PROPER MEAL.





Pastitsio

Greece



(NikoLopaa)



8 Servings



Prep: (30 Mins) Cook: (40 Mins)

INGREDIENTS

Meat Sauce

- 2 tablespoon olive oil
- 1 large red onion finely chopped
- 1 whole medium sized garlic minced
- 1 kg beef mince meat
- 1 cup red wine
- 800 grams crushed tomatoes
- ½ teaspoon cinnamon
- ½ teaspoon white pepper
- 1 teaspoon oregano
- ½ teaspoon nutmeg
- 2 teaspoon sugar
- 1 tablespoon salt
- ½ teaspoon thyme
- 3 bay leaves
- 1 bunch fresh parsley (chopped)

Pasta

- 500 grams pastitsio pasta tubed spaghetti
- 1 teaspoon salt
- 2 egg whites yolks in bechamel
- 200 grams feta cheese Greek
- 50 grams Kefalograviera cheese grated substitutes parmesan, kasseri or pecoroni

Greek Bechamel

- 150 grams butter unsalted
- 1 cup plain flour
- 1 litre milk
- 2 egg yolks whites in pasta
- ½ teaspoon nutmeg
- 250 grams Kefalograviera cheese grated substitutes parmesan, kasseri or pecoroni

INSTRUCTIONS

Pastitsio - Meat Sauce

- In a large pot over high heat, add inside olive oil, onion and garlic. Cook for a few minutes until soft and transparent.
- Add beef mince and cook until it turns from red to brown. Mixing and breaking it up as it cooks.
- Add your red wine and let it simmer until the liquid has dissolved (roughly 3 minutes)
- Add in tomatoes and mix well.
- Add the pepper, cinnamon, salt, sugar, oregano, thyme, nutmeg, bay leaves, and parsley. Mix everything very well and bring to a simmer. Reduce the heat and allow to simmer for around 10 minutes.
- Remove from the stove, and discard the bay leaves.

Pasta

- Cook your pasta as per instructions depending on the brand you purchase.
- Once cooked, drain the water and place evenly into your dish where you will be cooking the pastitsio. (my dish is 36cm x 24cm)
- Add the egg whites, feta and Kefalograviera cheese. Mix through so its evenly distributed. (Be careful if your pasta is still hot)

Bechamel

- To another saucepan over medium heat, begin by melting your butter. Slowly add your flour while continually stirring until a paste is formed.
- While mixing well, slowly add inside your milk until a thick creamy texture is created and mix until no lumps remain.
- Add your egg yolks, nutmeg and Kefalograviera cheese and mix thoroughly.
- Continuously mix and allow to cook for a few minutes. When it becomes really thick and begins to bubble, remove from the heat.

Assembly and Cooking

- Pre-heat oven to 165 degrees Celsius fan forced.
- Pour the meat mixture over the pasta, ensuring to spread it evenly and level.
- Top with the bechamel sauce, over the meat mixture. Spread it as even and neat as possible.
- Cook for 40 minutes or until golden brown. Keep your eyes on it from 30 minutes onwards.
- Allow to rest and cool down for 30 minutes before slicing.
- Cut, serve and Enjoy!



Recpie Story

EVERY SECOND SUNDAY, MY WHOLE FAMILY AND I WOULD GATHER AT MY YIA YIA'S HOUSE FOR DINNER. A FAMILY TRADITION THAT BROUGHT US TOGETHER THROUGH FOOD, STORIES, AND LOVE. THE HIGHLIGHT OF EVERY VISIT WAS ALWAYS THE PASTITSIO. RICH, COMFORTING, AND FULL OF FLAVOR, IT WAS MORE THAN JUST A MEAL; IT WAS A REMINDER OF OUR HERITAGE AND MY GRANDMOTHER'S INCREDIBLE TALENT IN THE KITCHEN. SHE HAD LEARNED THE RECIPE IN GREECE AS A YOUNG GIRL

AND HAD PERFECTED IT OVER THE YEARS, MAKING IT ENTIRELY HER OWN. THE LAYERS OF PASTA, SPICED MEAT, AND CREAMY BÉCHAMEL SAUCE WERE MADE WITH SUCH CARE THAT YOU COULD TASTE THE HISTORY AND HEART BEHIND EVERY BITE. SHE WOULD ALWAYS SERVE IT WITH A FRESH SALAD AND EITHER SPANAKOPITA OR TIROPITA FLAKY, GOLDEN PASTRIES FILLED WITH SPINACH OR CHEESE THAT WERE JUST AS BELOVED AS THE MAIN DISH. MY BROTHER, AND COUSINS, AND I WOULD RACE TO THE TABLE, EAGER TO DIG IN, AND MY YIA YIA WOULD SMILE, PROUD TO SEE HER FAMILY ENJOYING THE FOOD SHE POURED HER SOUL INTO.

SINCE HER PASSING IN 2020, THOSE SUNDAY DINNERS HAVE BECOME CHERISHED MEMORIES. PASTITSIO, IN PARTICULAR, NOW CARRIES A DEEP MEANING ACROSS MY FAMILY. IT'S A CONNECTION TO HER, TO HER ROOTS IN GREECE, AND TO THE WARMTH SHE BROUGHT INTO OUR LIVES. EVERY TIME I SMELL IT COOKING OR TAKE A BITE, I FEEL A LITTLE CLOSER TO HER AGAIN.

TIRAMISU

(ITALY)



Background Information

Tiramisu is an Italian dessert made of ladyfinger pastries (savoiardi) dipped in coffee, layered with a whipped mixture of egg yolks, sugar, and mascarpone, and flavored with cocoa powder.



(Family)



(5)



1-1:30 hrs

INGREDIENTS

- ladyfingers
- 500g mascarpone
- 1 ½ cups coffee
- 1tbs Vanilla Extract
- 3 Eggs
- 1 ½ cups Kailua
- 1 cup Baileys
- 1/2 cup Sugar

NOTES

MAKE SURE TO LEAVE IN THE FRIDGE OVERNIGHT FOR IT TO MARINATE

INSTRUCTIONS

MAKE SURE TO LEAVE IN THE FRIDGE OVERNIGHT

1. Separate egg whites
2. Mix yolks with mascarpone
3. Mix egg whites with sugar
4. Add Baileys to Mascarpone mixture
5. Mix whites with mascarpone mixture (this will be the cream)
6. Make a coffee and add Kailua into it
7. Dip in lady fingers and add into a tray
8. Once layer of lady fingers is complete cover with cream
9. Repeat until there no cream left
10. Dust with cocoa powder
11. Enjoy



THIS RECIPE ORIGINALLY CAME FROM MY MOM, AS SHE USED TO ALWAYS MAKE IT WHENEVER WE HAD A FAMILY DINNER OR GATHERING. SHE FIRST GOT THIS RECIPE FROM THE WEB, AS SHE HAD ALWAYS WANTED TO TRY AND MAKE IT HERSELF. AFTER MANY, MANY ATTEMPTS, SHE FINALLY MADE HER OWN TIRAMISU WITH HER OWN LITTLE TOUCH TO IT. NOW, MY SISTER HAS CONTINUED TO MAKE IT IN MEMORY OF HER, USING THE SAME RECIPE BUT WITH HER OWN TWIST.





Chicken Stir Fry

Chinese cooking technique

Background Information

This cuisine is typically enjoyed for dinner but could also be had for lunch. This dish is commonly had with family as it is a large portion cooked in a wok



Family Recipe



3 Servings



Prep: 30 Mins Cook: 11 Mins

INGREDIENTS

Marinade

- 2 tablespoons - Soy sauce
- 1 tablespoon - Dry sherry
- 1 teaspoon - Dark sesame oil
- 300g - Chicken breast

Sauce

- 1/3 cup - Chicken stock
- 1/4 cup - Soy sauce
- 2 tablespoons - Dry sherry
- 2 teaspoons - Dark sesame oil
- 2 teaspoons - Cornflour
- 2 tablespoons - Oyster sauce

Solids

- 2 tablespoons - vegetable oil
- 3 spring onions - (including tops) finely chopped
- 1 table - spoon ginger (fresh or jar)
- 1 table - spoon garlic (fresh or jar)
- 2 - Bok choy (chopped)
- 1 can - Baby corn
- 1/2 - A capsicum

INSTRUCTIONS

- Marinade** - Combine the soy sauce, dry sherry, dark sesame oil in a medium size bowl add the thinly sliced chicken and toss through the marinade and allow the chicken to sit in the marinade for 20 minutes
- Sauce** - In a medium sized bowl combine the chicken stock, soy sauce, sherry, sesame oil, cornflower and oyster sauce then set aside
- Stir fry** - Add the chicken to the wok (making sure to wash the bowl it was originally in) and stir fry until the chicken is cooked. After the chicken is cooked move it back to the bowl that was cleaned
- Stir fry** - Heat oil in the wok on high heat for 1 minute. Add half the spring onion, ginger and garlic and stir fry for 1 minute or until the vegetables look half cooked
- Stir fry** - Add in the sauce that was set aside and stir fry for 1 minute, add the chicken into the wok and continue to stir fry for 2 minutes
- Stir fry** - Let the stir fry to simmer on low heat for 5 minutes to thicken the sauce
- Serve** - Serve in bowls with the extra spring onions on top for a garnish then enjoy



THIS IS A DISH THAT HAS BEEN IN MY FAMILY FOR GENERATIONS. IT STARTED WITH MY GRANDMA ON MY DAD'S SIDE WHO STARTED MAKING THIS DISH FOR HIM WHEN HE WAS A CHILD. AFTER SHE PASSED AWAY THIS RECIPE GOT LOST IN MY GRANDPAS HOUSE IN THE SPARE ROOM. MY DAD FOUND THIS WHILST HE WAS HELPING CLEAN UP THE HOUSE AND

STARTED MAKING STIR FRY'S ALL THE TIME AND FROM THIS RECIPE STARTED EXPERIMENTING WITH DIFFERENT INGREDIENTS IN THE MARINADE, SAUCE AND SOLIDS IN THE STIR FRY. THIS ALLOWED FOR HIM TO CONTINUE TO TRY NEW THINGS FOR OTHER RECIPES TOO, WHICH HAS HELPED HIM GROW AS A CHEF. THE RECIPE FROM THE BOOK HAS ALSO BEEN EDITED SUCH AS ORIGINALLY STARTING AS PORK THEN CHANGES IN THE RECIPE SHOWING THAT IT IS A MUCH BETTER RECIPE WITH CHICKEN. THERE ARE ALSO OTHER NOTES IN THE BOOK REMINDING TO USE TEASPOONS INSTEAD OF TABLESPOONS. THE AMOUNT OF TIMES THAT MY DAD HAS MADE THIS RECIPE IS A LOT, BUT WITH EACH MODIFICATION THAT HE MAKES IT HAS HELPED THIS RECIPE GET MORE AND MORE GLUED INTO HIS MIND ALLOWING FOR HIM TO NEVER FORGET IT AND TO BE ABLE TO CONTINUE TO MAKE IT MORE AND MORE AND HOPEFULLY CONTINUE TO TEACH ME SHOWING ME ALL THE DIFFERENT CHANGES THAT HAVE BEEN MADE TO THIS RECIPE OVER THE YEARS.

Spam Fried Rice

China

★★★★★



Custom



1



Cook: 80 mins roughly

INGREDIENTS

- 1 tin of spam
- 3 cups of jasmine rice
- 3 free range eggs
- 1 tsp soy sauce
- 1 rice cooker
- 1 tbpn olive oil

NOTES

For those who do not know what SPAM is, it is not what you receive in the mail as "junk mail" or someone constantly messaging you every second, its processed meat that comes in various flavors such as hot and spicy, bacon etc You may also mix in some frozen veggies as a bonus.

INSTRUCTIONS

1. Add 3 cups of rice into a large pot that comes with your rice cooker.
2. Flatten the rice to ensure it is level.
3. Slowly fill up the pot with water, about 1 centimeter above the rice. There should be excess water above the rice.
4. Put the pot in the rice cooker and cook it for 30 mins or until you hear the rice cooker pop.
5. Pre-heat the oven to 180 degrees Celsius.
6. Dice up the spam into cubes.
7. Place the spam cubes into the oven. Bake for about 15-20 minutes or until the outside looks crispy.
8. Once the cooker pops, leave for 10 minutes before switching it off the power.
9. Crack 3 eggs into a bowl and whisk until the mixture is mostly yellow but with a bit of eggwhite still visible
10. Add one tablespoon of olive oil to a frying pan
11. Add the cooked rice into the pan along with the mixed eggs
12. Also add the spam to the pan. Mix well. Fry for about 5-7 minutes.
13. Serve in a bowl. Enjoy



My family does not have a specific recipe that we all eat as a family which led to me deciding on a certain favorite dish my mom or grandma would always cook up for me and my younger brother which was fried rice. I always remember growing up that whenever my mom, or my grandma was cooking fried rice for dinner, it would bring a smile to my face making me eager to munch it down in the one shot. I would also remember that my mom would usually make it slightly different when I was younger. She would instead scramble the eggs first before frying the rice in the pan with all the other ingredients that I do not remember eating it with but it was still delicious no matter what. What I learnt over the years that to make a better fried rice dish, was to place the rice in the hot pan then adding the eggs in and mixing it together. Fried rice was originally a Chinese dish but over many decades there has been different variations of this dish such as mixing in bacon, minced chicken, artificial seafood etc. For those who do not know what SPAM is, it is not what you receive in the mail as "junk mail" or someone constantly messaging you every second, its processed meat that comes in various flavors such as hot and spicy, bacon etc





Lasagna

Recipe origin: Italy

Background Information

Lasagne is a classic Italian dish made with layers of pasta, sauce, and cheese. The veggie version replaces meat with vegetables like zucchini, mushrooms, and spinach. It's often enjoyed at family dinners, holidays, or special occasions.



(Source Recipe)



(Servings)



Prep: (Mins) Cook: (Mins)

INGREDIENTS

- 2 lasagne sheets
- 1 jar marinara sauce (about 700g)
- 1 1/2 cups ricotta cheese
- 3 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 zucchini, sliced
- 1 capsicum, chopped
- 1 cup mushrooms, sliced
- 1 onion, chopped
- 2 cups spinach
- 1 tbsp olive oil
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper, to taste

INSTRUCTIONS

1. **Cook Noodles:**
2. Boil salted water and cook lasagne sheets as per package instructions. Drain and set aside.
3. **Cook Veggies:**
4. Heat olive oil in a pan. Sauté onion, capsicum, and garlic for 2-3 minutes. Add zucchini, mushrooms, and spinach. Cook for 5 minutes. Season with basil, oregano, salt, and pepper.
5. **Assemble Lasagne:**
6. Preheat oven to 190°C. In a baking dish, spread a little marinara sauce. Layer 3 sheets of lasagne, then 1/3 ricotta, 1/3 veggies, and 1/3 mozzarella. Repeat twice. Top with Parmesan.
7. **Bake:**
8. Cover with foil and bake for 25 minutes. Remove foil and bake for another 10-15 minutes, until bubbly.
9. **Serve:**
10. Let sit for 10 minutes before slicing. Garnish with fresh basil if you like.



Our family's lasagne is a special dish we've made every weekend for years. I remember mum making it every Sunday, and the smell of garlic and herbs filled the house. I'd always help out by stirring, layering the noodles, and grating cheese. It was always a fun time in the kitchen.

Over the years, we added veggies like zucchini, capsicum, mushrooms, and spinach. Now, it's the go-to meal for family dinners, holidays, or just when we want something comforting. It's simple to make but always delicious, with cheesy veggie layers that everyone loves. Veggie lasagne is perfect for any occasion, whether it's a quiet night or a gathering with friends. It's a comforting meal that always feels like home.





Banana bread

United States

Background Information

Banana bread is believed to have originated in the United States, specifically around the 1930s, during the Great Depression. It's thought to have emerged as a way to use up overripe bananas and became popular due to the availability of baking powder and soda in grocery stores. Some historians also suggest that corporate kitchens may have played a role in developing and promoting the recipe to encourage banana consumption.



(Source Recipe)



(8-10)



Prep: (15min) Cook: (50m)

INGREDIENTS

- 140g butter
- softened, plus extra for the tin
- 140g caster sugar
- 2 large eggs
- beaten
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas
- mashed
- 50g icing sugar

NOTES

- kcal268
- fat13g
- saturates8g
- carbs34g
- sugars24g
- fibre1g
- protein3g
- salt

INSTRUCTIONS

step 1

Heat oven to 180C/160C fan/gas 4. Butter a 2lb loaf tin and line the base and sides with baking parchment.

step 2

Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.

step 3

Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.

step 4

Pour the mixture into the prepared tin and bake for about 50 mins, or until cooked through. Check the loaf at 5-min intervals from around 30-40 mins in the oven by testing it with a skewer (it should be able to be inserted and removed cleanly), as the time may vary depending on the shape of your loaf tin

step 5

Cool in the tin for 10 mins, then remove to a wire rack.

step 6

Mix 50g icing sugar with 2-3 tsp water to make a runny icing.

step 7

Drizzle the icing across the top of the cake and decorate with a handful of banana chips.

1.



I started eating banana bread at a young age of 5 when i first had it it was one of the best type of bread i had it. i learnt how to make it at the age of 10 by my mother and i have not really mad it. But i still have it often.





Chicken Adobo

Philippines

Background Information

Chicken adobo, a beloved Filipino dish, is traditionally made by slow-cooking chicken in a marinade of vinegar, soy sauce, garlic, and other spices. The name "adobo" comes from the Spanish word "adobar," meaning to marinate. While the Spanish introduced the term, the dish itself is indigenous to the Philippines, developed as a method of preserving food in the humid, tropical climate.



family



Serving for 4



Prep: (1 hour) Cook: (40 mins)

INGREDIENTS

1 kg chicken (thighs or drumsticks work best)

1 cup soy sauce

½ cup white vinegar

3–4 bay leaves

1 tbsp whole black peppercorns

3–6 cloves garlic, crushed

1 tbsp sugar

Salt, to taste

1 cup water (adjust as needed)

Optional Add-ons:

2 boiled eggs

1 carrot, sliced

1 potato, cubed

To Serve:

Jasmine Thai white rice



INSTRUCTIONS

Defrost the chicken

If using frozen chicken, place it in a bowl and let it defrost at room temperature for about 1 hour.

Prep the chicken

Once defrosted, cut the chicken into your preferred size pieces.

Prepare the pot

In a large pot, combine the soy sauce, white vinegar, crushed garlic, bay leaves, whole peppercorns, and sugar. Add the chicken pieces and mix to coat.

Simmer the adobo

Place the pot on the stove over medium heat. Cover and simmer for 25–30 minutes, stirring occasionally.

Add water and extras

Add 1 cup of water to create more sauce (adjust to your preference). If you're adding carrots, potatoes, or boiled eggs, put them in now. Continue to simmer for another 10–15 minutes, or until the chicken is fully cooked and tender, and the sauce has slightly thickened.

Taste and season

Taste the sauce and adjust salt or sugar as needed to balance the flavour.

Serve

Serve hot over jasmine white rice.



Chicken Adobo was always a weekend tradition in my family, it didn't matter that most of us were scattered across the world, that dish somehow brought us all together. Every bite reminded me of laughter, stories, and love shared around the table. When I moved to Australia, everything felt so new and unfamiliar, but cooking Adobo gave me something to hold onto. The smell, the taste it was like a warm hug from home when I needed it most. Now that I know how to make it myself, it's more than just a meal. It's a piece of my family, my culture, and my heart that I get to carry with me wherever I go.

Cake

By Josh



Family



6 servings



Prep: 10 mins Cook: 5 mins

INGREDIENTS

- 4 tablespoons self-raising flour
- 4 tablespoons sugar
- 2 tablespoons cocoa powder
- 1 large egg
- 3 tablespoons milk
- 3 tablespoons vegetable oil
- 2 tablespoons chocolate chips (optional, but recommended)

NOTES

INSTRUCTIONS

1.Prepare ingredients.

Gather all ingredients and ensure the bowl is microwave safe and clean.

2. Combine the dry ingredients.

In the bowl, add the self-raising flour, sugar, and cocoa powder. Stir with a spoon until well combined.

3. Add wet ingredients.

Crack the egg into the bowl. Add the milk and vegetable oil. Stir thoroughly until the mixture is smooth and no dry ingredients remain.

4.Add chocolate chips.

Stir in the chocolate chips, making sure they are evenly distributed throughout the batter.

5.Microwave the cake.

Place the bowl in the microwave and cook on high for approximately 5 minutes. The cake should rise and look set on top.

6. Let it cool.

Allow the cake to cool for 1-2 minutes before eating.



THE CHOCOLATE CAKE RECIPE WAS ORIGINALLY MADE BY UNCLE BUT HE GAVE THE RECIPE TO MY MUM. I NORMALLY MAKE THIS FOR MY BIRTHDAY BUT ALSO FOR OTHER HOLIDAYS. IT IS A VERY SIMPLE RECIPE THAT IS COOKED IN THE MICROWAVE AND USES VERY FEW INGREDIENTS THAT MOST PEOPLE HAVE.





Recipetineats



20-24 servings



Prep: 30 mins Cook: 8 mins

INGREDIENTS

- 3 - Dried Shiitake mushroom
- 350g - pork mince
- 3/4 tsp - salt
- 2.5 tsp - sugar
- 1 tsp - light soy sauce
- 1.5 tbsp - Chinese cooking wine
- 150g - Shrimp
- 2tbsp - White part of green onion
- 20-25 - Wonton wrappers

NOTES



INSTRUCTIONS

Filling

1. Put salt, soy sauce, cooking wine, and sugar with the pork mince into a large mixing bowl. Mix vigorously for 30 seconds or until the ingredients become pasty.
2. Slice the dried shiitake and the white part of a green onion into finely diced pieces before adding them into the mix.

Cooking

1. Line a 30cm stove steamer with baking paper preferably with holes in it.
2. Fill a wok big enough to fit your steamer with 2 cups of water to rapid simmer at medium heat.
3. Place your Siu Mai into the steamer on top of the wok's simmering water.
4. Steam for 8 minutes, or until Siu Mai are at 75°C.
5. Remove steamer from wok. Remove lid and enjoy your **Siu Mai** on a platter!

Sauce

1. Provide soy sauce, Chinese black vinegar, and Chinese chili paste into a sauce cup to make your dipping sauce for Siu Mai.



(Prawn linguine)

(Italy)

Background Information

Me and my dad decided to make this meal one night on a Sunday. We love cooking and this was the perfect meal to make after a long day.



(4 servings)



Prep: (10-15 MINS) Cook: (35 MINS)

INGREDIENTS

- 300g prawns, peeled and deveined
- 1 onion, finely chopped
- 2-3 garlic cloves, minced
- 250g good-quality linguine or pasta of choice
- A handful of fresh parsley, chopped
- Freshly grated Parmesan cheese (to serve)
- ½ cup dry white wine
- Salt and freshly ground black pepper
- Olive oil

INSTRUCTIONS

1. Prep the ingredients: Finely chop the onion, mince the garlic, and roughly chop the parsley.
1. Cook the aromatics: Heat a drizzle of olive oil in a large pan over medium heat. Add the onion and garlic, and sauté until soft and fragrant (about 3-4 minutes).
1. Add prawns and wine: Add the prawns to the pan and cook until they just turn pink. Pour in the white wine and simmer for 2-3 minutes. Season with salt and pepper to taste. Stir through most of the chopped parsley, reserving some for garnish.
1. Cook the pasta: While the prawns are cooking, bring a large pot of salted water to a boil. Cook the pasta according to the packet instructions until al dente. Drain, reserving a little of the pasta water.
1. Combine: Add the cooked pasta to the prawn mixture. Toss to coat well, adding a splash of pasta water if needed to loosen the sauce.
1. Serve: Plate the pasta and top with a generous sprinkle of Parmesan and the remaining parsley.



MY DAD AND I ENJOY COOKING TOGETHER. ONE OF THE MEALS WE LOVE TO MAKE IS PRAWN LINGUINE. WE SHARE THE JOBS HE DOES THE FRYING, AND I HELP BY CHOPPING AND STIRRING. IT IS NICE BECAUSE WE GET TO SPEND TIME TOGETHER. I CAME UP WITH THE RECIPE IN AND MY HEAD ON A SUNDAY AFTERNOON AND MY DAD SAID THAT SOUNDS GOOD DO YOU WANT TO ADD SOME CHILLI? HE SAID. WE LIKE THOSE FLAVOURS AND THEY MAKE THE DISH SPICY, FRESH AND TASTY.



Pasta (Bolognese)



Ingredients

Same ingredients

- 5 Marble cloves finely chopped
 - 1 Parrot finely dried
 - 1 Pickery stick finely dried
 - 1/2 of tomato paste
 - 1 Finely chopped onion
 - 3 table spoons of tomato paste
 - 600g of fine beef mince
 - 3 tablespoons of olive oil
 - 1 Teaspoon of salt and pepper (each)
 - 1 Beef Stock cube
 - 1 teaspoon of mixed dried herbs
- optional if fresh - 1/2 cup of Parsley
 1/2 cup of Parsley

Background Information

[illegible]

Recipe

Method & Source

- Step 1 - Heat olive oil in a large heavy based pot on medium heat,
- Step 2 - Add carrot and celery then saute Step 3 for 5 mins,
- Step 4 - Add the onion and garlic then saute for 2-3 mins until golden and soft,
- Step 5 - Add the beef mince, cook and break it up as you mix until browned,
- Step 6 - Add tomato paste and tomato puree and stir them into the mixture,
- Step 7 - Then add the salt and pepper, mixed herbs and crumble the duck cake into the mixture then finally add
the beef if possible then fresh,
- Step 8 - Stir the mixture and then bring to a simmer then turn down to low heat so it bubbles gently and apply
the lid of the pot on, - Step 9 - Simmer the mixture for 2 hours to give it the best flavor and tenderness, stir
occasionally.

Catholical & Pascha

- Step 1. Bring a large pot of salted water to boil, add the pasta and cook as the packet directs you.
- Step 2. Once the pasta is cooked, drain in a colander.
- Step 3. Add the pasta back to the pot.
- Step 4. Toss with olive oil and dry.
- Step 5. Add in much of the sauce as you would like then stir and cook the pasta.
- Step 6. If you are serving, sprinkle grated parmesan cheese over the top.
- Step 7. Enjoy.

(GULAB JAMUN)



Gulab jamun (also spelled gulaab jamun; lit. 'Rose water berry' or 'Rose berry') is a sweet confectionery or dessert, originating in the Indian subcontinent, and a type of mithai popular in India, Pakistan, Nepal, the Maldives and Bangladesh, as well as Myanmar.



(Source Recipe)



Prep: (10mins) Cook: 20mins)

INGREDIENTS

1 cup milk powder

1/4 cup all-purpose flour (maida)

1/4 tsp baking soda

2 tbsp ghee (clarified butter)

1/4 cup milk (more if needed)

Oil or ghee (for deep frying)

For the Sugar Syrup:

1.5 cups sugar

1.5 cups water

4 cardamom pods (crushed)

A few drops of rose water or 1/4

tsp rose essence (optional)

A few strands of saffron (optional)

INSTRUCTIONS

1. PREPARE THE SUGAR SYRUP:

IN A SAUCEPAN, ADD SUGAR, WATER, AND CRUSHED CARDAMOM. BRING TO A BOIL, THEN SIMMER FOR 5-7 MINUTES UNTIL SLIGHTLY STICKY.

ADD ROSE WATER AND SAFFRON IF USING.

KEEP WARM ON VERY LOW HEAT.

2. MAKE THE DOUGH:

IN A BOWL, MIX MILK POWDER, FLOUR, SEMOLINA, AND BAKING SODA.

ADD GHEE AND MIX UNTIL CRUMBLY.

GRADUALLY ADD MILK TO FORM A SOFT, SMOOTH DOUGH. DO NOT OVER-KNEAD. LET IT REST FOR 5-10 MINUTES.

3. SHAPE THE BALLS:

DIVIDE THE DOUGH INTO SMALL EQUAL PORTIONS AND ROLL INTO SMOOTH BALLS WITH NO CRACKS.

4. FRY THE JAMUNS:

HEAT OIL OR GHEE ON MEDIUM-LOW. IT SHOULD BE HOT BUT NOT SMOKING.

FRY THE BALLS SLOWLY UNTIL THEY ARE GOLDEN BROWN ON ALL SIDES (THIS TAKES ABOUT 5-7 MINUTES).

DRAIN AND IMMEDIATELY IMMERSE THEM IN THE WARM SUGAR SYRUP.

5. SOAK & SERVE:

LET THE GULAB JAMUNS SOAK FOR AT LEAST 2 HOURS. THEY WILL DOUBLE IN SIZE AND ABSORB THE SYRUP.

SERVE WARM OR AT ROOM TEMPERATURE, OPTIONALLY GARNISHED WITH CHOPPED NUTS.



WHEN I THINK OF COMFORT AND CELEBRATION, I THINK OF GULAB JAMUN. I REMEMBER WATCHING MY GRANDMOTHER MAKE THEM DURING FESTIVALS, THE SMELL OF CARDAMOM AND SUGAR SYRUP FILLING THE HOUSE. IT ALWAYS FELT LIKE SOMETHING MAGICAL WAS HAPPENING IN THE KITCHEN.

THAT FIRST BITE BROUGHT ME RIGHT BACK TO MY CHILDHOOD. SOFT, SWEET, AND FULL OF MEMORIES. MAKING GULAB JAMUN ISN'T JUST ABOUT DESSERT—IT'S ABOUT LOVE, TRADITION, AND REMEMBERING WHERE I COME FROM.

beef lasagna with bachemel sauce

Ingredients

Meat Sauce

- 2 Tbsp olive oil
- 500g beef mince
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 small carrot, grated
- 1/2 cup mushrooms, finely chopped
- 2 tsp dried oregano
- 1/2 cup fresh basil leaves, chopped
- 1 x 400g tin diced tomatoes
- 1 bottle (approx. 700g) passata
- 1 cup water
- Salt and pepper to taste

Bechamel Sauce

- 60g butter
- 1/2 cup plain flour
- 2 1/2 cups milk
- 1/2 tsp ground nutmeg
- Salt and pepper to taste
- For Assembling
- 500g grated mozzarella
- Dried lasagna sheets (or fresh if preferred)
- Olive oil or butter for greasing



This recipe is a special dish in my family. My mum grew up eating it, and she learned how to make it from her mum. It's a recipe that has been passed down for many years. It's part of our family's culture and tradition.

The recipe is simple but always delicious. It has layers of pasta, rich meat sauce, creamy white sauce, and cheese. There's nothing fancy about it, but it's full of flavor and made with love. My mum still makes it the same way her mum did, and now I sometimes make it too.

I eat this lasagna about once a week. It's one of my favorite meals because it reminds me of home. I remember sitting at the table with my family, the smell of sauce in the air, and everyone looking forward to that first bite.

For us, lasagna is more than just food. It's comfort, memory, and connection.

Directions

Step 1: Prepare the Meat Sauce

Heat olive oil in a large frying pan over medium heat. Add the beef mince and cook for 5-7 minutes until browned. Stir in the chopped onion and garlic. Cook for 3-4 minutes until softened. Add the grated carrot, chopped mushrooms, and dried oregano. Stir well. Pour in the diced tomatoes, passata, and water. Bring to a boil. Reduce heat and let it simmer uncovered for 25 minutes, stirring occasionally. Season with salt and pepper. Stir in chopped basil just before turning off the heat.

Step 2: Make the Bechamel Sauce

In a medium saucepan, melt butter over low heat until foaming. Add flour and stir constantly for 2 minutes to form a smooth paste (roux). Remove the pan from heat. Gradually whisk in milk to avoid lumps. Return the pan to medium heat. Stir continuously until the sauce thickens and begins to boil. Reduce heat to low and cook for another 2 minutes, stirring gently. Season with nutmeg, salt, and pepper. Remove from heat.

Step 3: Assemble the Lasagna

Preheat your oven to 180°C (350°F, fan forced). Lightly grease a large ovenproof dish with olive oil or butter. Spread a thin layer of meat sauce over the base. Place a layer of lasagna sheets on top of the sauce. Spoon more meat sauce over the sheets, followed by a layer of bechamel sauce. Sprinkle a layer of grated mozzarella. Repeat the layers—sauce, meat sauce, bechamel, cheese—until all ingredients are used. Finish with a top layer of bechamel and a generous layer of mozzarella cheese.

Step 4: Bake the Lasagna

Cover the dish with foil and bake for 30 minutes.

Remove the foil and bake for an additional 15-20 minutes, or until the top is golden and bubbly. Let the lasagna rest for 10 minutes before slicing and serving.

Your paragraph text

Chicken Biryani

India

★★★★

Background Information

Chicken biryani is a beloved dish made with marinated chicken, aromatic spices, and fragrant basmati rice. Its roots trace back to South Asia, especially India and Pakistan, influenced by Persian cuisine. Traditionally enjoyed during festivals, weddings, and family gatherings, biryani is known for its vibrant layers—often featuring saffron or turmeric for a rich golden color. The tender chicken mingles with the fluffy rice, and it's commonly served with a cooling yogurt sauce called raita or langy salad, making each bite a delightful experience.



VahRehVah.com



4 people



Prep: 10 mins Cook: 45 mins

INGREDIENTS

500gm - Chicken
1/4 teaspoon - Turmeric powder
Salt - to taste
1 tablespoon - Ginger garlic paste
1 teaspoon - Cumin powder
1 tablespoon - Coriander powder
2 tablespoons - Red chili powder
1/2 cup - Golden fried onions
1/2 teaspoon - Pepper corns
9 - Cardamom
10 - Cloves
2 - Cinnamon sticks
2 - Star anise
2 - Bay leaf
400 grams - Basmati rice
1000 grams - Chicken
1 cup - Yogurt
1 bunch - Coriander leaves (chopped)
1 bunch or 1 cup - Mint leaves (chopped)
5 - Green chilies (chopped)
1 cup - Oil
2 tablespoons - Lime juice
1 pinch - Saffron
1 tablespoon - Ghee
1 teaspoon (optional) - Biryani phod
2 (optional) - Maze
1 teaspoon (optional) - Shahi jeera

INSTRUCTIONS

Pre-Preparation:

- Soak Rice: Rinse and soak 400g Basmati rice for 1 hour.
- Marinate Chicken: Mix 1000g chicken with ground spices, chili powder, turmeric, coriander powder, yogurt, herbs, lime juice, oil, and salt. Marinate overnight or for 30 minutes if short on time.

Preparation:

Method:

- Grind spices and prepare fried onions (1/2 cup).
- Cook Rice: Boil water with oil, salt, and bay leaf. Add rice and cook till 75% done. Drain.
- Layer: In a pan, layer marinated chicken, rice, fried onions, saffron milk, and 1 tbsp ghee.
- Cook: Cover and cook on high heat for 5 minutes, then low for 25-30 minutes. Rest for 40 minutes.
- Serve: Check doneness without mixing and enjoy!



Milk Barfi

India

★★★★

Background Information

Milk barfi is a cherished Indian dessert crafted from milk solids (khoya), sugar, and aromatic cardamom. Its origins lie in South Asia, where it became a staple in festivals, weddings, and family celebrations. Known for its rich, creamy texture and subtle sweetness, milk barfi is often garnished with nuts like almonds or pistachios. This fudge-like treat, with its simplicity and elegance, symbolizes the joy and togetherness of Indian traditions.



CookwithNabeela



16 pieces



Prep: 5 mins Cook: 30 mins Set: 1 hr

INGREDIENTS

- 50 g Butter
- 300 g Milk Powder
- 100 g Sugar
- ¼ tsp Cardamom Powder
- 200 ml Milk
- Almonds* Crushed
- Pistachios* Crushed

**Nuts are completely optional and can be skipped.*

NOTES

- Consistency: Allow the milk to cook down to a thick, creamy texture before adding sugar to ensure the perfect consistency.
- Chilling: Allow the barfi to cool completely before cutting into pieces for the ideal shape and smooth texture.

INSTRUCTIONS

Prep:

- Grease a baking tin and add the crushed almonds and pistachios, saving some for topping later.
- Measure out the butter, milk, milk powder, sugar, and cardamom powder.

Method:

- Melt the butter completely in a pan over low heat.
- Gradually heat the milk until warm, then slowly add the milk powder in small increments, stirring constantly to avoid lumps.
- Once the milk powder is fully incorporated, add the sugar and cardamom powder. Continue to mix the mixture on low heat for about 10 minutes.
- Transfer the mixture into the prepared baking tin and sprinkle the remaining almonds and pistachios on top.
- Let it set for 1 hour.





Pate Chaud

Vietnamese savoury pastry

Pâté chaud, also known as bánh patê sô in Vietnamese, is a popular savory pastry that reflects the blend of French and Vietnamese culinary traditions. Its origins date back to the period of French colonial influence in Vietnam when French cuisine was introduced to the country. Inspired by the French pâté en croûte or meat pie, Vietnamese cooks adapted the recipe to local tastes, often filling the flaky, buttery puff pastry with seasoned pork, chicken, or other meats instead of traditional French fillings. Today, pâté chaud is a beloved street food and bakery item in Vietnam and can also be found in Vietnamese bakeries around Australia.



Makes 40 pastries



Prep: 10 mins Cook: 30 mins
(for multiple batches)

INGREDIENTS

- 1 Large pack of puff pastries (10 sheets)
- 2 egg yolks
- Mixture
- 1kg chicken mince
- 1kg pork mince
- 1 large can of water chestnuts (drain and roughly chop)
- 6tbs MacWilliams Royal Reserves Sweet Sherry
- 1 egg, beaten
- 2 medium onions, finely chopped
- 2 garlic cloves, finely chopped
- 2 tbs (at least) cracked pepper (to taste)
- 2 tsp chicken stock (powdered)
- 2.5 tsp salt (to taste)
- 1 tsp sugar
- 1tbs oil

INSTRUCTIONS

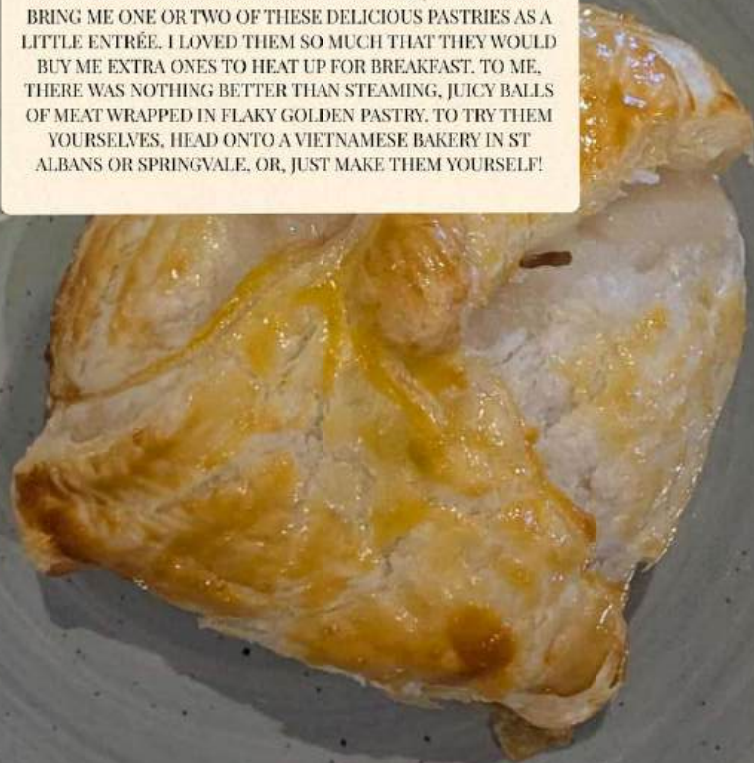
1. Mix all the mixture ingredients well.
2. Divide the mixture into four parts, cover and leave in the fridge for **at least 1 hour** (can leave overnight for stronger flavours).

Forming the pastries

1. Beat the egg yolks
2. Cut each pastry sheet into 4 squares
3. Preheat oven to 200°C (fanforced oven)
4. Each ¼ of the mixture should fill 2.5 sheets of pastry - place 1 large spoonful of mixture into the middle of the square. Wrap the pastry, fold in the four angles of the square then twist the top
5. Brush the top with egg yolk
6. Bake for 25 minutes
7. Place on cooling tray to cool.



WHEN PEOPLE THINK OF VIETNAMESE CUISINE, IT IS UNLIKELY THAT PASTRIES WOULD COME TO MIND. PATE CHAUDS ARE A BYPRODUCT OF FRENCH COLONIALISM IN VIETNAM, ALONG WITH THE LATIN ALPHABET. YOU WOULDN'T FIND THEM IN RESTAURANTS THOUGH, INSTEAD THEY ARE A FEATURE OF MANY VIETNAMESE BAKERIES, MORE KNOWN FOR THEIR UBIQUITOUS BANH MIS. EVERY TIME MY PARENTS WOULD GET US BANH MIS FROM THE BAKERY, THEY WOULD BRING ME ONE OR TWO OF THESE DELICIOUS PASTRIES AS A LITTLE ENTRÉE. I LOVED THEM SO MUCH THAT THEY WOULD BUY ME EXTRA ONES TO HEAT UP FOR BREAKFAST. TO ME, THERE WAS NOTHING BETTER THAN STEAMING, JUICY BALLS OF MEAT WRAPPED IN FLAKY GOLDEN PASTRY. TO TRY THEM YOURSELVES, HEAD ONTO A VIETNAMESE BAKERY IN ST ALBANS OR SPRINGVALE, OR, JUST MAKE THEM YOURSELF!





Food speaks thousands

"Ingredients only become the finest cuisines once they're infused with the soul of culture."

Nestled in the heart of our diverse community, the Preston High School Cultural Cookbook is more than just a collection of recipes. It's a vibrant celebration of our students' rich heritages. Within these pages, you'll find treasured family dishes passed down through generations, each telling a unique story of tradition, love, and connection.

From savoury entrees to sweet desserts, this cookbook offers a flavourful journey around the world, right from our very own Preston High Community.

