

Community Recipe Book

Nourishing Casey





Nourishing Casey

The Nourishing Casey recipe book grew out of a wonderful project which brought Enliven's Food from Home team into the Casey Community Hubs to inspire children and parents to grow healthy foods at home.

The Casey Hubs, as part of the national Community Hubs program and coordinated by AMES Australia are welcoming, place-based spaces, embedded in primary schools, that support families from culturally diverse backgrounds to connect with each other, their school, and the wider community. We would like to thank the Hub leaders and community of Fleetwood, Barton, Cranbourne, Fountain Gate and Hampton Park Primary Schools for all their support and enthusiasm for the project.

Thank you to the women who generously shared their stories and their recipes and gave us a glimpse into their kitchens. This book celebrates heritage and connecting through the joy of sharing recipes of foods that serve more than nourishment.

This project would not have been possible without the generous support of our funders, City of Casey. Your commitment has allowed us to bring an idea into reality.

We hope these recipes bring as much joy and togetherness into your kitchen as they have to us delivering the Nourishing Casey project.

We invite you to create, enjoy and share Nourishing Casey recipes with your family, friends and your community!



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Barton Primary School Community Hub

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Barton Primary School

Community Hub



**FOOD
FROM
HOME**

Hazari Cake



Aziza Nazari



Barton Primary School Community Hub

INGREDIENTS:

- 3 Eggs
- 1 cup Sugar
- 1 cup Oil
- 2 cups Flour
- 2Tbsp Baking powder
- 1Tbsp Vanilla
- 1Tbsp Cardamom powder
- ½ cup Milk

METHOD:

Step 1:

First, mix the eggs, then add the sugar and dissolve it for 5 minutes. Then slowly mix in the flour. After that, add the cardamom powder, oil, milk, and baking powder. At the same time, add the vanilla and mix well.

Step 2:

Preheat the oven to 220°C, put the mixture into a pan, and place it in the oven. Lower the heat and set it to 180°C. Bake for 30–40 minutes.

When it is slightly cool, cut it with a knife.

Filipino Chicken Adobo



Ellen Belangdal & Winefe (Wine) Recede



Barton Primary School Community Hub

INGREDIENTS:

- 2lbs Chicken
- 3 Dried bay leaves
- 4Tbsp Soy sauce
- 6Tbsp White vinegar
- 5 cloves Garlic
- 1 piece of Onion
- 1 ½ cups Water
- 3Tbsp Cooking oil
- 1Tbsp Sugar
- ¼tsp Whole peppercorn

METHOD:

Step 1:

Combine chicken, soy sauce, onion, and garlic in a large bowl. Mix well. Marinate the chicken for at least 1 hour.

Note: The longer time must be better.

Step 2:

Heat a cooking pot. Pour cooking oil.

METHOD (Continued):

Step 3:

When the oil is hot enough, pan-fry the marinated chicken for 2 minutes per side.

Step 4:

Pour in the remaining marinade, including garlic and onion. Add water. Bring to a boil.

Step 5:

Add dried bay leaves and whole peppercorn. Simmer for 30 minutes or until the chicken gets tender.

Step 6:

Add vinegar. Leave about 10 seconds. Stir and cook for 10 minutes.

Step 7:

Put in the sugar and salt. Stir and turn the heat off. Share and enjoy!

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NOTES:

Chicken: Slice the chicken into serving pieces before cooking. The cuts are usually smaller. For example, a regular piece of chicken breast can be divided into 2 to 3 pieces depending on your preference.

Bay leaves: This is an essential ingredient for Filipino adobo as far as I am concerned. Dried bay leaves (locally called “dahon ng laurel”) are usually used because they are available year round. It can also be stored longer at room temperature. However, fresh bay leaves can also be utilized for this recipe.

Soy sauce: I personally prefer Filipino brand soy sauce when making adobo. I have nothing against any brand of soy sauce, but the dish will taste more authentic if local soy sauce is used.

Vinegar: White vinegar is the most common type of vinegar to use for adobo. Sometimes I use cane or rice vinegar too.

Garlic: Adobo should be garlicky. The garlic can be sauteed and boiled just like in this recipe, or it can be toasted. I toast this by browning the crushed garlic in oil before adding the chicken. Sometimes I make extra toasted garlic so that I have more for garnish later on.

Onion: This is an optional ingredient. Onion enhances the dish by adding a savoury, slightly sweet flavour that balances the sour and salty components, and enriches the sauce. Create a savory base with garlic and add to the sauce’s stickiness and richness, especially when sauteed with the protein.

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NOTES (continued):

Sugar: This is an optional ingredient. Sugar is added to balance the saltiness of the dish. You can add more too if you want your chicken adobo to be on the sweet side.

Salt: This optional because the soy sauce is already salty to begin with. I only add salt when needed, which is not usual.

Peppercorn: It does not matter if it is whole, crushed or ground. Whole peppercorn has just been used traditionally.

NUTRITION:

Calories: 607kcal
Fat: 44g
Cholesterol: 170mg
Potassium: 496mg
Vitamin C: 5.1 mg

Carbohydrates: 4g
Saturated Fat: 10g
Sodium: 1317mg
Vitamin A: 365iu
Calcium: 50mg

Protein: 44g
Sugar: 1g
Iron: 3mg

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Lamb Biryani



Gul



Barton Primary School Community Hub

INGREDIENTS:

- ½kg Rice
- ½kg Lamb meat
- 2 Onions
- 3 Tomatoes
- 2tsp Tomato sauce
- 1tsp Ginger
- 1tsp Garlic
- 2 Green chillies
- ½ cup Oil
- Garam masala
- 4tsp Lamb biryani mix
- 3 glasses Water

METHOD:

Step 1: Soak rice in a water in a pot for one hour.

Step 2: Fry chopped onion in a pot until golden.

Step 3: Add lamb and fry for 5 minutes.

Step 4: Add chopped green chilli, mix masala and garam masala and keep with lid on until the meat is half cooked.

Step 5: Add sliced tomato and a cup of water and leave on low flame until the meat is tender.

Step 6: In a big pot boil water, add rice and 2 tsp salt and cook on high flame until the rice is 90% cooked. Strain the rice.

Step 7: Spread the rice in a pot, add the lamb on it and spread. Cook on low flame for 20 minutes.

Step 8: Cool for 10 minutes and serve.

Why is this recipe important to you and your family?

My family loves it because it is yummy and healthy.

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Mantu



Hakimeh



Barton Primary School Community Hub

INGREDIENTS:

- 1 Onion
- 700g Ground meat
- 100g Oil
- 500g Carrot
- Black pepper
- Turmeric
- 1kg Flour
- Yoghurt

METHOD:

Step 1:

First you cut the onion, and then you put oil in the frying pan and add the onion. Add ground meat and carrot and mix. Pour turmeric, black pepper and let it cook for 15 minutes.

Step 2:

We buy ready made dough and put ground meat on it. Close all corners like a flower.

METHOD (Continued):

Step 3:

After that when the water boils we put it in 25 minutes until ready.

Why is this dish important to you and your family?

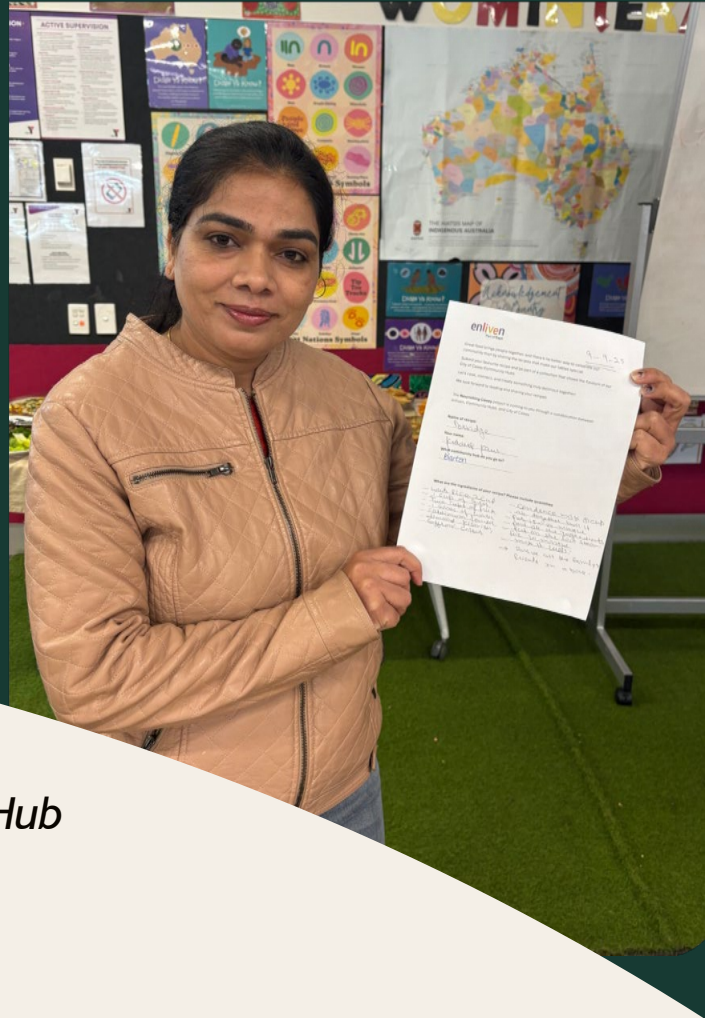
It teaches us how we cook.

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Porridge



Kuldeep Kaur



Barton Primary School Community Hub

INGREDIENTS:

- 2 cups White rice
- 1 cup Sugar
- 2 cups Milk
- 1 glass Water
- Cardamom powder
- Almond kismish
- Saffron colour
- 1 cup Condensed milk

METHOD:

Step 1: Boil

Mix all ingredients together and boil for 15–20 minutes.

Step 2: Steam

Put on a low steam for 10 minutes.

Step 3: Mix

Mix well.

Step 4: Serve

Serve to all the family & friends in a bowl.

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Vegetable Soup



Masuoma Amini



Barton Community Hub

INGREDIENTS:

- Beans
- Peas
- Onions
- Garlic
- Dolma
- Tomatoes
- Salt & pepper
- Turmeric
- Ash

METHOD:

Step 1.

First, boil beans and peas.

Step 2.

Then in a separate pot, fry onions, garlic and dolma.

Step 3.

Add tomatoes and salt, turmeric and pepper.

Step 4.

Add the boiled beans and peas.

Step 5.

Add water and boil for 2 minutes.

Step 6.

Add vegetables and Ash, and boil for 18 minutes.

Step 7.

Serve.

Why is this recipe important to you and your family?

It is important because it has all good things inside, like vegetables, grains and Ash.

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Kheer



Monika Paul



Barton Primary School Community Hub

INGREDIENTS:

- ½ cup Basmati rice
- 4 cups Full cream milk
- 1½ cans Condensed milk
- 1tsp Ghee
- 3-4 strands Saffron
- ¼tsp Green cardamom powder
- ¼ cup Sultanas
- ¼ cup Almonds, chopped
- 4 drops Kewra water (optional)

METHOD:

Step 1: Prep the rice

Wash the basmati rice thoroughly to remove excess starch. Soak the rice in water for 15–20 minutes, then drain.

Step 2: Boil the milk

In a heavy bottomed saucepan, melt ghee and pour in the full fat milk and bring it to a boil over medium heat. Once the milk begins to boil, reduce the heat to low and let it simmer for 10 minutes, stirring occasionally. Allow the milk to reduce slightly.

METHOD (Continued):

Step 3: Add the rice paste

Add the soaked drained rice to the simmering milk, stirring continuously to avoid lumps and don't burn to the bottom of the saucepan. Add the green cardamom powder to infuse the milk.

Step 4: Slow cook the kheer

Cook the mixture on low heat for 10–15 minutes or until the rice is fully cooked, while stirring frequently.

Step 5: Sweeten the kheer

Add condensed milk to the kheer and mix well. Let it cook for another 5 minutes or until it thickens and becomes creamy.

Step 6: Final touch

Stir in the soaked saffron along with sliced almonds, sultanas and kewra water. Cook for another 2 minutes to infuse all the flavours. Turn off the heat and let the kheer rest.

Step 7: Add garnish and serve

Serve the kheer warm or chilled, garnished with additional sliced nuts and a few saffron strands on top.

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Chapliy Kabab



Nabila Nabi



Barton Primary School Community Hub

INGREDIENTS:

- 1 kg Beef or veal
- 400g Onion
- 100g Fresh Coriander
- Black pepper, salt and coriander seeds as needed
- 500ml Oil

METHOD:

Step 1:

Pass the meat through the machine (mince it), or you can buy already-minced meat. Put it in a large bowl. Peel the onions and grate or chop them together with the fresh coriander. When they are well chopped, pour them over the meat and mix black pepper, salt, and coriander seeds with it. Mix them together for about 5 minutes so they combine well.

METHOD:

Step 2:

Then put the oil in a pan and place it on the fire to heat. After that, take the meat in the size of a medium lemon, shape it into a ball, flatten it in the palm of your hand, and place it into the oil. When one side is cooked, turn it over so the other side cooks. When it is cooked, take it out of the oil and place it in a dish. Cook all of them the same way.

Step 3:

Usually, for serving, arrange them with salad in another dish. Your food is ready. You can enjoy it with pickles, spicy chutney, or avocado chutney.

Why is this dish important to you and your family?

Because it is delicious.

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Egg Fried Rice & Chicken Jalfrezi



Narjis



Barton Primary School Community Hub

CHICKEN JALFREZI INGREDIENTS:

- 500g Chicken breast, cut into bite-sized pieces
- 2Tbsp oil (vegetable or mustard)
- 1 Large onion, sliced
- 2 Green bell peppers (capsicums), sliced
- 2 Tomatoes, chopped
- 2-3 Green chillies, sliced (adjust to taste)
- 3 Garlic cloves, minced
- 1- inch piece Ginger, minced
- 1tsp Cumin seeds
- 1tsp Turmeric powder
- 1tsp Coriander powder
- 1tsp Garam masala
- 1tsp Chilli powder (adjust to taste)
- 1tsp Ground cumin
- Salt to taste
- Fresh coriander leaves for garnish
- 2Tbsp Tomato ketchup or tomato paste (optional, for slight tang and sweetness)

CHICKEN JALFREZI METHOD:

Step 1: Heat oil in a large pan over medium heat. Add cumin seeds and let them sizzle for a few seconds.

Step 2: Add onions, sauté until golden brown.

Step 3: Add garlic and ginger, sauté for another minute until fragrant.

Step 4: Add the chicken pieces and cook until they turn white and start to brown slightly.

Step 5: Add turmeric, coriander powder, chilli powder, ground cumin, and salt. Mix well to coat the chicken in spices. Add the chopped tomatoes and green chillies. Cook until tomatoes soften and oil starts to separate (about 5–7 minutes).

Step 6: Add sliced bell peppers and cook for another 5 minutes, keeping the peppers slightly crunchy.

Step 7: Add garam masala and tomato ketchup or paste if using. Stir well. Cook for another 5 minutes on low heat until the chicken is cooked through and the flavours blend.

Step 8: Garnish with fresh coriander leaves and serve hot with naan, roti, or rice.

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Egg Fried Rice & Chicken Jalfrezi



Narjis



Barton Primary School Community Hub

EGG FRIED RICE INGREDIENTS:

- 2 cups Cooked rice (preferably day-old, cold rice)
- 2 Eggs
- 2Tbsp Oil (vegetable or sesame)
- 1 Small onion, finely chopped
- 2-3 Garlic cloves, minced
- ½ cup Mixed vegetables (like peas, carrots, corn) (optional)
- 2Tbsp Soy sauce
- Salt & pepper to taste
- 2 Green onions, chopped (for garnish)
- Dash of sesame oil for flavour (optional)

EGG FRIED RICE METHOD:

Step 1: Prepare the eggs

Beat the eggs lightly in a bowl.

Step 2: Cook the eggs

Heat 1 tablespoon of oil in a large pan or wok over medium heat. Pour in the eggs and scramble them until cooked. Remove from the pan and set aside.

Step 3: Sauté aromatics and veggies

Add the remaining oil to the pan. Sauté the chopped onion and garlic until fragrant and translucent. If using mixed vegetables, add them now and cook until tender.

Step 4: Add rice

Add the cooked rice to the pan. Break up any clumps and stir-fry for a few minutes until heated through.

Step 5: Season

Add soy sauce, salt, and pepper. Stir well to coat the rice evenly.

Step 6: Combine eggs and garnish

Add the scrambled eggs back into the pan. Mix well. Sprinkle chopped green onions on top and add a dash of sesame oil if you like.

Step 7: Serve and enjoy!

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Bolani



Rahima Amiri



Barton Primary School Community Hub

INGREDIENTS:

- ½kg Chives
- 1kg Potato
- 1 Onion
- 1tsp Salt
- ½ cup Oil
- 3 Green chillies
- 1kg Flour
- 1½ cup Water
- 1tsp Yeast
- 2tsp Salt

METHOD:

Step 1:

Dough making. Take a bowl and pour 1 kg of flour in it. Add 2tsp of yeast and knead it. Cover and leave for 1 hour to rise.

Step 2:

Peel potato and boil in water to soften. Cut chives into small pieces. Mash potato in a bowl. Cut onion in small pieces and fry in a pan with ½ cup of oil. Add potato – mashed, cut green chilli, salt and chives and mix together.

METHOD (Continued):

Step 3:

Make small balls of the dough. Spread it in a circle, add the ready mixture about a tablespoon, spread it about half of a circle, close it with the remaining half to give a D shape.

Step 4:

In a frying pan take two tablespoons of oil on medium flame and fry one by one, turning the sides.

Why is this dish important to you and your family?

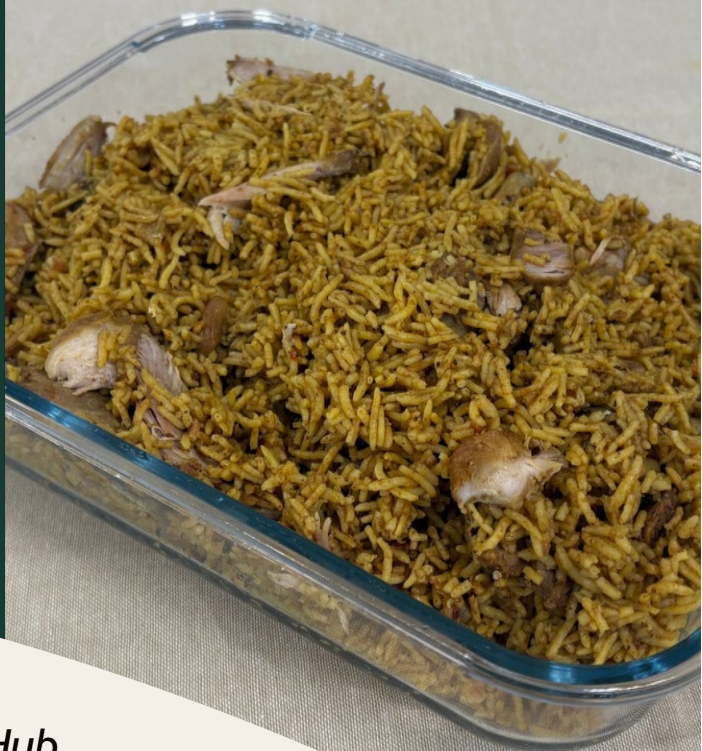
We love it because it's our traditional food.

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Chicken Biryani



Saliha



Barton Primary School Community Hub

INGREDIENTS

For the chicken marinade:

- 500g Chicken pieces (bone-in or boneless)
- 2Tbsp Ginger-garlic paste
- 1tsp Turmeric powder
- 1tsp Red chilli powder
- 1tsp Garam masala
- 1tsp Coriander powder
- Salt to taste
- Juice of half a lemon

For the biryani:

- 3Tbsp Oil or ghee
- 2 Large onions, thinly sliced
- 2 Tomatoes, chopped
- Fresh coriander leaves, chopped
- Pinch of saffron soaked in 2Tbsp warm milk
- Fried onions (optional garnish)

For the rice:

- 2 cups Basmati rice
- 4 cups Water
- Salt to taste

METHOD:

Step 1: Marinate the chicken

Mix chicken with yogurt, ginger–garlic paste, turmeric, red chilli powder, garam masala, coriander powder, salt, and lemon juice. Let it marinate for at least 1 hour (overnight is better).

Step 2: Prepare the rice

Rinse basmati rice under cold water until water runs clear. Soak rice for 30 minutes. Boil water with cardamom, cloves, bay leaves, cinnamon, and salt. Add rice and cook until 70% done (it should still have a bite). Drain and set aside.

Step 3: Cook the chicken

Heat oil or ghee in a heavy–bottomed pan. Fry onions until golden brown; remove half for garnish. Add green chillies and tomatoes to the remaining onions and cook until soft. Add marinated chicken and cook on medium heat until chicken is tender and oil separates (about 15–20 minutes).

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METHOD (continued):

Step 4: Layering the biryani

- In a heavy-bottomed pot, spread half of the cooked chicken.
- Add half of the partially cooked rice over the chicken.
- Sprinkle half of the chopped coriander, mint, and saffron milk.
- Repeat with the remaining chicken and rice layers.
- Top with fried onions.

Step 5: Dum cooking (slow steaming)

- Seal the pot with a tight-fitting lid or cover with dough to trap the steam.
- Cook on very low heat for 25–30 minutes.
- Alternatively, place the pot in an oven at 180°C (350°F) for 25 minutes.

Step 6: Serve

- Gently fluff up the biryani.
- Serve hot with raita, salad, or boiled eggs.

NOTE: Saffron milk is optional but gives great aroma and color.

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Mantu



Sima Haidari



Barton Primary School Community Hub

INGREDIENTS:

- 1.1 kg Ground veal
- 2kg Onions
- 2 bunches Coriander
- 1 bunch Green onions
- 80g Oil
- 1tsp Black pepper
- ½tsp Garlic powder
- 1tsp Coriander seeds
- Egg
- Water
- Flour
- Oil
- Salt as needed

Chickpea Dal:

- ½ cup Oil
- 1 Onion
- 2 Large tomatoes
- Turmeric
- Coriander seeds
- 1Tbsp tomato paste
- Salt as needed
- 1 cup Water

METHOD:

Step 1:

First, turn on the stove to medium heat and put the oil in the pot. After 10 seconds, add the ground meat to the pot. After 15 to 20 seconds, add salt, garlic, and turmeric and mix well. Let all the water dry completely. Turn off the heat. Then add black pepper and coriander seeds and mix. After that, add two bunches of fresh coriander and one bunch of chopped green onions and mix well.

Step 2: Manto dough method

In a bowl, mix the egg. Add some water to the egg and mix again. Add flour, oil, and salt. Mix the ingredients together. Start kneading the dough by hand until it is well combined. Let it rest for 15 minutes, then flatten it.

Step 3: Chickpea dal method

First, put oil in the pot and add one chopped large onion and fry slightly. Then fry tomatoes, turmeric, one tablespoon of tomato paste, salt, and coriander seeds. Add one or two cups of water, then add the chickpea dal. Lower the heat. It cooks in 20 minutes.

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Samosa



Uzra Hussaini



Barton Primary School Community Hub

INGREDIENTS:

- Spring onion
- Potato
- Coriander
- Spinach
- Oil
- Salt
- Fry onion
- Flour samosa
- Black pepper

METHOD:

Step 1:

First cut all the vegetables like spring onion and coriander and then wash them.

Step 2:

After that cut one of two onions and fry oil and add onion, fry onion for 2–3 minutes and then add black pepper and some salt.

METHOD (Continued):

Step 3:

Then add all vegetables and cook for 15 minutes.

Step 4:

Cook potato separately, cut and mix potato with vegetables.

NOTE:

Remember samosa has a special kind of flour, samosa flour.

Why is this recipe important to you and your family?

It is very good and healthy for us. My children love it, it is easy to cook it and takes a short time to cook.

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Cranbourne Primary School

Community Hub



Afghan Mantu



Adila Allah Yari



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

For the Dough:

- All-purpose flour
- Salt
- Water
- Vegetable oil (for greasing)

For the Tomato Sauce:

- Tomato paste or sauce
- Onion, diced
- Oil
- Spices (optional) e.g. cumin, coriander
- Salt to taste

For the Filling:

- Ground lamb or beef
- Onions, finely chopped
- Garlic, minced
- Vegetable oil
- Spices: Cumin, coriander, black pepper
- Fresh cilantro
- Green chilli (optional)

For the Yoghurt Sauce:

- Yoghurt
- Garlic
- Dried mint (optional)
- Salt to taste

METHOD:

Step 1: Make the dough. Mix flour, salt, and water to form a dough. Knead until smooth, then cover and let it rest.

Step 2: Prepare the filling. Cook diced onions and garlic in oil, then add the ground meat and cook until browned. Stir in spices, cilantro, and salt, then let it cool completely.

Step 3: Prepare the dumplings. Roll out the dough thinly and cut into squares or circles. Place about a teaspoon of the filling in the centre of each piece. Fold the dough over the filling, bringing the corners together, and press the edges to seal. Arrange the dumplings in a steamer basket, making sure they don't touch. Steam for 15–20 minutes, or until they are tender and translucent.

Step 4: Make the sauces and serve. Whisk together yoghurt sauce ingredients. For tomato sauce, sauté diced onion and garlic in oil, add tomato paste or sauce, simmer with spices until thickened. Spread a layer of the yoghurt sauce on a platter. Arrange the steamed dumplings on top, drizzle with the tomato sauce, add more yoghurt sauce on top. Garnish with fresh herbs like cilantro or mint if desired.

Why is this dish important to you and your family?

The recipe for Mantu is important to me and my family because it represents Afghan hospitality and tradition. Making Mantu is a family activity that requires teamwork, and it brings us closer while preserving the flavours and customs passed down through generations.

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Sheer Khurma



Anisha Shaik



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- 3Tbsp Ghee (divided)
- 1 cup Cashews, chopped
- 1 cup Pistachios, chopped
- 1 cup Almonds, soaked, peeled and thinly sliced
- 150g Thin vermicelli
- 2L Full cream milk
- 2-3 cups Sugar (adjust to taste)
- ½tsp Cardamom powder
- 2Tbsp Sweetened condensed milk
- Saffron strands - a few (optional)

METHOD:

Step 1:

Heat 2 tablespoons of ghee in a pan. Add the chopped cashews and roast until they turn light golden. Turn off the stove and, while the ghee is still warm, add the chopped pistachios. Stir gently to roast in the residual heat. Transfer both to a plate and set aside.

Step 2:

Peel the skin off the soaked almonds and slice them thinly. Keep them ready for later use. In the same pan, add 1 tablespoon of ghee and the thin vermicelli. Roast on medium heat, stirring constantly, until the vermicelli turns golden brown. Set aside.

METHOD (Continued):

Step 3:

In a large saucepan, bring 2 litres of full cream milk to a boil. Once it starts boiling, add 2 to 3 cups of sugar, adjusting to your desired sweetness. Stir until the sugar dissolves. Add the roasted vermicelli to the milk. Let it simmer until the vermicelli becomes soft and fully cooked.

Step 4:

Stir in the roasted cashews, pistachios, and sliced almonds. Add ½ teaspoon of cardamom powder for fragrance and warmth. Just before turning off the heat, add 2 tablespoons of sweetened condensed milk. Stir well. You may also add a few saffron strands for an extra festive aroma and color. Serve and Enjoy: Sheer Khurma can be served warm or chilled, based on your preference. It's delicious either way!

Why is this dish important to you and your family?

My Story Behind the Dish: This recipe holds a very special place in my heart. Sheer Khurma is one of the most loved traditional dishes in my hometown, especially during Eid celebrations. It's more than just a dessert — it's a symbol of joy, warmth, and togetherness. I learned this recipe from my mother, whose version is still unmatched in taste. Though I try my best, there's something magical about hers. On Eid, I prepare this in large quantities to share with family, friends, and neighbours. My children enjoy it so much that I make sure there's enough for them to have a cup every day for the entire week! With its rich ingredients and comforting taste, this dessert beautifully blends tradition with nutrition — filled with the goodness of milk and nuts.

Share it with us!

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Bolani



Fatima



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- 2kg Wheat flour
- 3 bundles Spinach
- 1 bundle Coriander leaves
- 2 Medium onions
- 1 bundle Spring onion
- 1 clove Garlic
- 1 cup Vegetable oil
- 1tsp Coriander seeds
- 2tsp Yeast
- Water
- 8 Potatoes
- 2tsp Salt
- 2tsp Black pepper
- 1 bundle Perennial leek
- 1 Green chilli

METHOD:

Step 1:

Knead the dough and let it rest.

Step 2:

Boil the potatoes & let it cool.

METHOD (Continued):

Step 3:

Chop the onions & garlic, fry until golden brown.

Step 4:

Chop all the greens.

Step 5:

Mash the potatoes, mix in the chopped greens, fried onions, garlic, salt, pepper & coriander seeds.

Step 6:

Divide the dough into smaller pieces. Flatten the dough into a circle, place the filling on one half of the circle. Fold the dough into a semi-circle and press the edges closed.

Step 7.

Fry in vegetable oil.

Why is this dish important to you and your family?

It is a traditional recipe.

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Okra Curry



Fatima Hussaini



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- 1kg Okra
- 2 Brown onions
- 8Tbsp Oil
- 1Tbsp Ginger paste
- 1Tbsp Garlic paste
- 2 Tomatoes
- 1Tbsp Tomato paste
- ½tsp Turmeric
- 1½Tbsp Curry powder
- 2Tbsp Salt

METHOD:

Step 1:

First cut the okras and put them in the oven, heat them at 190°C for 15 mins.

Step 2:

Put a cooking pot on medium flame and add oil, then fry onions until they turn golden brown colour.

METHOD (Continued):

Step 3:

Add chopped tomatoes and salt, cook until they are soft.

Step 4:

Add ginger, garlic, tomato paste and okra and cook for 2 mins.

Step 5:

Then add a cup of water and cook on low flame for 5 mins, then put the stove off. Then it is ready to be served with rice or bread.

Why is this dish important to you and your family?

Is healthy food.

Share it with us!

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Chapli Kebab



Homa Noori



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- 500g Beef or lamb mince (not too lean)
- 1 Small onion (finely chopped)
- 1 Tomato (finely chopped)
- 2 Green chillies (chopped)
- 1Tbsp Ginger-garlic paste
- 2Tbsp Fresh coriander (chopped)
- 1tsp Cumin seeds (crushed)
- 1tsp Coriander seeds (crushed)
- 1tsp Red chilli flakes
- ½tsp Garam masala
- 1tsp Salt (or to taste)
- 1 Egg
- 1 Potato
- 1 Carrot
- 1Tbsp Cornflour
- Oil (for frying)

METHOD:

Step 1:

Mix everything in a bowl – meat, onion, tomato, carrot, potato, spices, herbs, egg, and flour. Let it rest for 15–20 minutes in the fridge.

Step 2:

Shape into flat round patties with your hands.

Step 3:

Heat oil in a pan. Fry kebabs on medium heat until brown and cooked through (about 4–5 minutes each side).

Step 4:

Serve hot with naan, salad, or chutney.

Why is this dish important to you and your family?

This recipe is important because everyone in the family loves it. It's easy to make, doesn't take much time, and can be eaten hot or cold.

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Lamb Biryani



Jamila Qurbani



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- Rice
- Onions
- Lamb meat
- (Shan) Memoni mutton biryani
- (Shan) Sindhi biryani spice
- Salt
- Tomato paste
- Tomato
- Capsicum
- Garam masala whole
- (UT Tam) Chakri phool star anise
- Dried lemons
- Kaffir lime leaves
- (Rizwan) Mix pickle in oil

METHOD:

Step 1:

Fry onions in oil until yellow.

Step 2:

Throw in the meat to cook with the onions.

METHOD (Continued):

Step 3:

Salt and tomato paste (4 spoon).

Step 4:

Fresh tomato and capsicum, cut and mix into the pot/onto the top of the meat (cook with the meat until hot).

Step 5:

Mix in all the seasonings/masalas.

Step 6:

Pour 1 kettle hot water (full).

Step 7:

Once meat half cooked mix in your rice.

Step 8:

Approximately 40 minutes after mixing the rice with everything, you should have a nice biryani.

Why is this dish important to you and your family?

Because it tastes very good and is a signature dish in the South Asia region (Afghanistan/Pakistan/India/Sri Lanka etc.). Biryani is a food that no one can dislike. It's a food that is served at most cultural functions.

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Chicken Beryani



Latifa Nasseri



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- Rice
- Oil
- Onion
- Tomato
- Chilli pepper
- Chicken
- Capsicum
- Garlic
- Ginger
- Beryani masala
- Water
- Salt
- Black pepper
- Turmeric
- Achar

METHOD:

Step 1:

Fry chicken in oil, then add the sliced onion and tomato, garlic, capsicum, ginger, chilli pepper, masala, black pepper, turmeric, salt, achar.

Step 2:

Then add rice amount needed for example, 3 cups of rice with 1 kg of chicken.

METHOD (Continued):

Step 3:

Finally add hot/boiling water. After it evaporates completely leave it on low heat for 10–15 minutes.

Step 4:

Now enjoy your beryani!

Why is this dish important to you and your family?

Beryani is one of the most popular Afghan dishes that is widely loved by Afghans and others. The rice which makes the main meal in Afghan family is important dish. And beryani is no exception. Despite this, beryani represents Afghan culture to overseas world.

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Kabuli Pulao



Marziyeh Nazari



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- 2-3 cups Basmati rice
- 0.5-1kg meat (mutton/beef)
- 1-2 Lg onions, sliced
- ½ cups Ghee/oil
- 3-4 cups Water/stock
- 1-3 Lg carrots, julienned
- Whole spices: Cinnamon stick, black cardamom, green cardamom, cloves, cumin seeds
- Ground spices: Garam masala, salt, black pepper
- ¾ cup Raisins, soaked & drained
- 1tsp Sugar

METHOD:

Step 1: Cook the meat

Brown the meat in ghee or oil with onions and spices. Add water or stock, and simmer until the meat is tender. Set the meat aside and reserve the broth.

Step 2: Prepare the rice

Rinse the basmati rice until the water runs clear, then soak for at least 30 minutes. Drain the rice and set aside.

METHOD (continued):

Step 3: Cook the rice

In a pot with the broth, add the drained rice and adjust salt. Bring to a boil. Cover the pot and cook on low heat until the rice is fluffy and the liquid is absorbed, about 15–20 minutes.

Step 4: Prepare the toppings

In a separate pan, fry carrots and raisins in oil until the carrots are soft and the raisins are plump. Stir in sugar.

Step 5: Garnish and serve

Spread the carrot and raisin topping over the cooked rice, and garnish with toasted almonds. Serve hot.

Why is this dish important to you and your family?

The recipe for Kabuli Pulao is important to me and my family because it is a traditional dish that carries cultural and emotional significance. It reminds us of home, brings back family memories, and is often prepared for special occasions, symbolising love, togetherness, and celebration.

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Lamb Biryani



Tahera Hossaini



*Cranbourne Primary School
Community Hub*

INGREDIENTS:

- 4 Onions
- 6 Tomatoes
- 2 cups Oil
- 3kg Lamb
- 1 Biryani masala
- 1½tsp Salt
- 1 cup Rice

METHOD:

Step 1:

First add the oil and then the sliced onions and tomatoes.

Step 2:

Add the lamb and the biryani masala and salt.

METHOD (Continued):

Step 3:

Fry it until it's close to cooked.

Step 4:

Add the rice and cook on medium heat for 35 minutes.

NOTES:

If you don't add the masala then it's not called biryani. Make sure to add the right amount of rice compared to your meat, otherwise it will be inedible for an Afghan and not the best dish for other people, non-Afghans.

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Fleetwood Primary School

Community Hub



Chicken Devil Sri Lankan Style



Irosha



Fleetwood Primary School Community Hub

INGREDIENTS:

Chicken:

- 500-750g Chicken (see notes)
- 1tsp Turmeric
- 1-2tsp Red chilli powder
- Salt to season
- 2-3tsp Lime or lemon juice
- ¼ cup Oil (see notes)

Stir fry:

- 1Tbsp Minced ginger
- 1Tbsp Minced garlic
- 1 large Onions, cut into wedges
- 3 Capsicums, cut into slices
- 1 large Carrot, cut into wedges
- Tomatoes, cut into wedges
- 1tsp Red chilli flakes (to taste)
- 2Tbsp Soy sauce
- 4Tbsp Tomato sauce
- 2Tbsp Oyster sauce (optional)
- 2Tbsp Sugar (only if you need it to be slightly sweet for the kids)
- 2Tbsp Oil for frying
- Salt to taste

METHOD:

Step 1: Marinate the chicken

Prepare the ingredients as needed. Cut the chicken into the required size and place in a bowl. Add turmeric powder, red chilli powder, 1 tsp of lime or lemon juice and season with salt. Combine well. Use disposable gloves if you are sensitive to the spices. Cover and let the chicken parts marinate for 15–20 minutes.

Step 2: Frying the chicken

Place a shallow skillet or pan over medium heat. Pour in the oil, let it heat for a few seconds. Add the chicken pieces in a single layer. Shallow fry the chicken pieces on both sides until they turn golden brown and crispy. This should take about 10–15 minutes over low–medium heat. As you fry the chicken pieces, maintain a constant medium heat while tossing them regularly for an even fry. Once done, transfer the fried chicken to a paper towel.

Step 3: Stir fry with sauce

Place the same pan with the remaining oil over medium heat. Add the minced garlic and ginger to the oil and sauté for two minutes. Add the carrot slices or wedges first and after 1–2 min add onion wedges, capsicums, and tomatoes to the pan. Sauté until the capsicums turn slightly soft (should still have a crunch) over medium heat, 5–10 minutes. Reduce heat to low and pour in the soy sauce, tomato sauce and red chilli flakes. As well if you like oyster sauce this is the time to add. Combine and cook for a few minutes. Once the onion and capsicum turn soft with the sauce mixture, add the sugar. Reduce or increase the amount of sugar as per your need.

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METHOD:

Step 4:

Once you have the sauce mixture prepared, transfer the crispy chicken pieces to the pan. Over low heat, combine well and continue to cook for 2 minutes. Taste and adjust the flavour as per your need. Cook until the sauce is thick and completely coats the chicken, with a little gravy left in the bottom of the pan. Enjoy!

NOTES:

- Spicy and authentic.
- This Devilled Chicken we can use as a main dish as well as a starter. Spice can reduce as per your taste.
- Can use Devilled Chicken as a side dish for Fried Rice, Yellow rice or with plain rice or pasta or as a main dish.
- Medium-sized boneless + bone chicken pieces (use chicken breast + drumstick pieces. E.g. I cut 1 drumstick into three pieces and it gives a good taste for the devilled chicken dish) 500 – 750g.
- For frying the chicken, you can do it deep fry (it's oily) or air fry as alternative to shallow fry. However, shallow fry and air fry is more healthier than deep fry.
- Coconut oil is the best: alternative olive oil or rice bran oil.

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Green Apple Curry



Irosha



Fleetwood Primary School Community Hub

INGREDIENTS:

- 3-4 Medium apples, sliced into large wedges
- 1 Large onion, sliced into small pieces
- 3-4 Cloves garlic, chopped into paste
- 1tsp Ginger, chopped
- ¼tsp Turmeric powder
- 1tsp Raw curry powder
- ½tsp Fried curry powder
- 1 Green chilli (optional)
- A few curry leaves (cut into small pieces)
- 1Tbsp Oil
- Cinnamon (small piece), 2 cloves, 2 Cardamom, chopped together
- Salt & pepper to taste
- 1-2tsp Sugar

METHOD:

Step 1:

Take the apple wedges into a bowl and add salt, turmeric powder, raw curry powder, green chilli (if needed).

METHOD (continued):

Step 2:

Place the shallow pan and heat up then add the oil and when it is properly heated add the chopped garlic, ginger, curry leaves and let it to fry for 1–2 min then add the apple wedges mixture stir well. Add some water (2–3 tbsp). Cover with a lid and let it to cook for 3 – 4 min.

Step 3:

Now add the sugar and mix well and in the low flame let it combine.

Step 4:

Add salt and pepper to taste and ready for the table. Enjoy yourself!

NOTES:

- Our authentic recipe is used with Green Mango, but in Australia we taste with green apple. The sweet sour taste of Green apple makes this dish a mouth watering flavor.
- This is a very simple and vegetarian dish from Sri Lankan Culture.
- If you can use a clay pot instead of a steel or nonstick pan, taste will be really as Authentic as Sri Lankan!

Why is this dish important to you and your family?

We specially make this dish for expecting mums as they love sour taste during this period. And aroma enhances the appetite of their first 3 months. (This may differ from individuals, but in our culture believes that it is.)

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Tempered Beans



Irosha



Fleetwood Primary School Community Hub

INGREDIENTS:

- 250-400g beans (if you can use baby beans very tasty)
- 1 Large onion, sliced for small pieces
- 3-4 Cloves garlic, as paste
- 1tsp Chilli flakes
- ¼tsp Turmeric powder
- 1 Tomato, sliced into small pieces
- 1 Green chilli (optional)
- A few curry leaves (cut into small pieces)
- 1Tbsp Oil
- Salt & pepper to taste

METHOD:

Step 1:

Wash the whole bean properly (no washing after cutting as removes nutrients). Cut the beans into small slices and keep in a bowl. Add salt to your taste, turmeric powder, sliced onion into it and mix all together. Place the shallow pan and heat up then add the oil and when it is properly heated add the chopped garlic, curry leaves and let it fry for 1–2 minutes then add the beans mixture and stir well.

Step 2:

When the beans get soft add the tomato and mix and stir well. This is the time to add chilli flakes, ground pepper to your taste.

Step 3:

Ready to taste. Careful, it's hot. Enjoy!

Why is this dish important to you and your family?

This is a very simple but tasty recipe from Sri Lankan traditional cuisine.

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Ukrainian Borscht



Luda



Fleetwood Primary School Community Hub



INGREDIENTS:

- 300-400g lamb (on the bone is best - like neck, shank or ribs)
- 1-2Tbsp Vinegar or lemon juice (keeps the beet colour bright)
- 1 Medium beet, peeled & grated
- 1-2Tbsp Tomato paste (or 1 fresh tomato, grated)
- 1 Medium carrot, grated
- 1 Bay leaf (optional)
- 1 Medium onion, chopped
- Salt & pepper to taste
- 2-3 Potatoes, peeled & diced
- Optional: 1 Clove garlic, minced
- ½ Small cabbage, shredded
- Optional: Fresh dill or parsley for serving
- 6-7 cups Water
- Sour cream for topping
- 2Tbsp Vegetable oil

METHOD:

Step 1: Make the broth

Put lamb and water in a large pot. Bring to a boil, skim off any foam, then reduce heat and simmer for 40-60 minutes, until meat is tender. Add salt and bay leaf.

METHOD (continued):

Step 2: Prepare the sauté

In a pan, heat oil. Cook onions, carrots, and beets for 5–7 minutes. Add tomato paste and a splash of vinegar or lemon juice. Cook another 2–3 minutes.

Step 3: Add potatoes to the lamb broth. Cook 10 minutes.

Step 4: Add cabbage and the beet mixture. Cook for another 15–20 minutes, until all veggies are soft and flavors come together.

Step 5: Taste and season

More salt and pepper. Let it rest 10–15 minutes with the lid on before serving. Serve hot:

- With a spoon of sour cream
- Topped with chopped dill

Optional side: slice of rye bread or garlic bread. Also, you can make topping for bread with 200 sunflower oil (or olive oil), Bunch of fresh dill, and 5 cloves of garlic minced.

Why is this dish important to you and your family?

This recipe reminds me of my grandma. As a child I used to spend almost all of my days with her. I always asked for one more plate of borscht!

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Beef Kare Kare



Maria Sison



Fleetwood Primary School Community Hub

INGREDIENTS:

- 800g Beef chunks
- Salt to taste
- Black pepper to taste
- 3 cloves Garlic (smashed)
- 3 Bay leaves
- 1 Red onion (minced)
- 5 cloves Garlic (minced)
- $\frac{1}{3}$ cup Oil
- 3Tbsp Annatto powder
- 1.5 cups Peanut butter
- 1Tbsp Fish sauce
- 1tsp Sugar
- Eggplant
- Bok choy
- Snake beans

METHOD:

Step 1:

Season beef chucks with salt and pepper on all sides. Heat 3 Tbsp of oil in a pot on medium high heat. Once simmering, sear beef chunks on all sides until browned.

Step 2:

Add smashed garlic, bay leaves, cover with water. Bring to a simmer, skim off any scum, and cook on low with the lid for 1.5–2 hours or until the beef is tender. Remove the beef and strain the braising liquid.

Step 3:

Sauté onions and garlic with anatto powder for 3–4 minutes until fragrant. Add the braising liquid, peanut butter. Season with fish sauce and sugar and blend until smooth. Add back the beef chucks and simmer on low.

Step 4:

Boil bok choy for 45 seconds and snake beans for 2 minutes. Heat oil in a pan on medium heat and sauté eggplant until browned on all sides (5–6 minutes).

Why is this dish important to you and your family?

I cooked kare-kare, a Filipino dish I grew up eating and loving. It's more than just a meal for me it's a taste of home and childhood memories. Now, I'm sharing it with my family so they can enjoy the same comforting flavors I grew up with, and so our traditions continue at our table.

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Crispy Chicken



Masumeh Hoseini



Fleetwood Primary School Community Hub

INGREDIENTS:

For the Sauce:

- 1Tbsp Chilli sauce
- 1tsp Black pepper
- 1tsp Onion powder
- ½tsp Garlic powder
- 1tsp Paprika powder
- 1tsp Salt
- 1Tbsp mustard sauce
- 2-3 Tbsp milk

For the Chicken:

- 1kg Chicken fillet
- 500g Flour
- ¼tsp Black pepper
- ½tsp Salt
- 1tsp Garlic powder
- Ice water as needed

METHOD:

Step 1:

In a large bowl mix chilli sauce, black pepper, onion powder, garlic powder, paprika, salt, mustard sauce and milk. Add the chicken and mix them well so the sauce can reach to all parts of the chicken pieces. Leave marinated chicken in the fridge for 1–24 hours.

Step 2:

In a bowl, mix together flour, black pepper, salt and garlic powder. Dip the chicken in the mixed flour and shake the excess flour. Dip into cold water. Repeat the above 2–3 times. Fry in enough vegetable oil until golden brown colour.

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Mum's Nargisi Kofta – with a gentle twist



Sahar Shah Faridi



Fleetwood Primary School Community Hub

INGREDIENTS:

For the koftas (outer layer):

- 500g Minced lamb or chicken
- 1 Small onion, grated
- 1tsp Ginger-garlic paste
- ½tsp Garam masala
- ½tsp Ground cumin
- Salt to taste
- 1Tbsp Chopped fresh mint or coriander
- 2Tbsp Breadcrumbs or soaked oats
- 1Tbsp Thick yoghurt (adds softness)

Instant no-cook curd-mayo-coconut cream blend:

- ½ cup Thick curd (yoghurt)
- 2Tbsp Plain mayonnaise
- ¼ cup Coconut cream
- ½tsp Garam masala
- ¼tsp Roasted cumin powder
- Salt to taste
- ½tsp Black pepper or red chilli flakes
- 1Tbsp Fresh coriander or mint, finely chopped

For the filling:

- 4 Boiled eggs, peeled
- Pinch of salt & pepper to taste

METHOD: Instead of the usual tomato-based curry, this version uses yoghurt and coconut cream for a milder, royal taste.

Step 1: Prepare Nargisi Koftas

Mix all kofta ingredients in a bowl until well combined. Divide into 4 equal parts. Flatten one part in your palm. Place a boiled egg in the center, sprinkle a tiny pinch of salt and pepper, and gently wrap the meat around it. Seal well and shape it smoothly. Repeat with all the eggs. Lightly pan-fry or bake the koftas for a golden outside.

Step 2: Make instant no-cook gravy

In a mixing bowl, add curd, mayo, and coconut cream. Whisk until smooth and fully combined. Add salt, cumin powder, pepper/chilli flakes, and garam masala. Mix well and taste. Stir in chopped herbs.

Step 3: Serve our tempting koftas

Pour no-cook gravy over warm koftas. Let the koftas sit in the gravy for 5–10 minutes, so they soak up the flavour. Optional: garnish with a mint leaf and coconut flakes. Serve with steamed rice, garlic bread.

Why is this dish important to you and your family?

This recipe is dedicated to my beautiful mother as her hands fed me love, her recipes stay in my heart forever. This recipe is close to my heart because it reminds me of my mother. Even though I'm far from her, the smell and taste take me straight back to her kitchen. It feels like she's right beside me. The aroma makes me feel safe, loved, and closer to home, even when I'm miles away. Hope you all try this recipe. Make this for your mum, with your mum, or while missing your mum – then tell her about it. Trust me, she'll be proud (and maybe a little hungry). Enjoy!

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Pho



Vu Nguyen



Fleetwood Primary School Community Hub

INGREDIENTS:

Soup:

- 3 Large onions
- 200g Ginger thick sliced
- 15 Star anise
- 5 Cinnamon sticks
- 8 Cardamom pods
- 5 Cloves
- 2Tbsp Whole seed coriander
- 4Tbsp Sugar
- 150ml Fish sauce
- 2kg Ox tail
- 2kg Whole beef gravy
- 2kg Beef tendon
- 4L Water
- 1kg Instant dry pho noodles

Serving Top:

- 500g Bean sprouts
- Thai basil, sprig the leaf
- Coriander, 1cm cut
- Spring onions, thin sliced
- Lime wedges
- 1 Large onion, cut into wedges then thin sliced
- Chilli, thin sliced
- Hoisin sauce
- Sriracha

METHOD:

Step 1:

In a large pot add all above in pot, bring to boil for 2 hours, add more water when water drains down, keep level of water same at 4 litres.

Step 2:

After 2 hours of high heat, take beef gravy & tendon out, put in cool ice water. When it is cool thin slice beef gravy and set aside. Cube cut tendon into 1 or 2 cm thick and set aside.

Step 3: Prepare serving top

Place beansprouts quickly deep in hot water/pour hot water over it. Prepare the rest of the serving top ingredients.

Step 4: Cook noodles

Follow package instructions to cook.

Step 5: Serve

In each bowl, place 100g cooked pho noodles, 2 ox tail, 10 sliced beef gravy, 2 cubes tendon, 15g bean sprouts, ½tsp coriander, ½tsp spring onion, ½tsp sliced onion, 3 sliced chilli, 6 Thai basil leaves, 1 tsp hoisin sauce, ½tsp sriracha, 500g pho broth (remove the spice if it is in the broth soup), squeeze lime wedges. Mix and enjoy.

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**FOOD
FROM
HOME**

Qurooti



Amina Alizada



*Fountain Gate Primary School
Community Hub*

INGREDIENTS:

- Torn thin bread
- Yoghurt
- Qurut
- Cooking oil
- 1 Onion, thinly sliced
- Chilli peppers (optional)
- Walnuts (optional)
- Green onions (optional)
- Mint (optional)

METHOD:

Step 1:

First, take any sort of middle-eastern or Afghan bread. Tear the bread into small pieces and place it into a bowl. Set aside.

Step 2:

Next, in a pan heat 1/2–1 cup of oil to fry the onions. Fry 1 thinly sliced onion. Fry until dark brown. This will take about 10–15 minutes. Take onions out of oil and set onions and oil aside.

METHOD (continued):

Step 3:

In another pan boil water and add qurut and yoghurt. Then stir to make sure qurut is completely dissolved. Let come to boil and allow to simmer for two minutes. Pour qurut mixture over torn bread. Stir well to make sure bread well-coated. Then add fried onions on top.

Step 4:

Next, put your onion oil back on the heat. Add hot sliced chilli peppers (optional). Fry for about 30 seconds. Pour oil over bread mixture.

Step 5:

Finally, top with crushed walnuts, diced green onions and mint. Use whatever fresh herbs you have.

Why is this dish important to you and your family?

Very tasty.

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Bolani



Masooma Rahimi



*Fountain Gate Primary School
Community Hub*

INGREDIENTS:

Dough:

- 1 cup Lukewarm water
- 1½Tbsp Vegetable oil
- 1½tsp Salt
- ½tsp Instant yeast
- 3 cups + 1Tbsp Bread flour

Filling:

- 2 Large potatoes, peeled, cut into 1cm cubes
- 6 Green onions, sliced
- 1 cup Fresh cilantro, chopped
- 1 Green chilli pepper, minced
- 1tsp Ground coriander
- 1tsp Salt
- ½tsp Ground turmeric
- ½tsp Ground black pepper
- 2½Tbsp Vegetable oil, for frying

METHOD:

Step 1:

In a large bowl, combine the water, oil, salt, and yeast. Stir. Then add the flour. Mix well. Then knead the dough for a few minutes, until soft and elastic. Add a bit more flour as needed if the dough is too sticky. Cover with a damp cloth and let it rest for 30 minutes at room temperature.

Step 2:

Meanwhile, cook the potatoes in a large pot of boiling water for 15 minutes. When the potatoes are fully cooked through, drain and transfer to a large bowl. Add the green onion, cilantro, chilli pepper, and spices to the bowl as well. Use a fork or potato masher to mash everything. It's okay if a few lumps remain.

Step 3:

Cut the dough into 8 pieces. Roll each piece into a ball with your hands. Dust each ball with flour. Sprinkle flour on your working surface. Use a rolling pin to roll each ball into a thin circle about 20 – 22 cm in diameter, about as thin as a tortilla. The thinner the better, but not too thin that it will rip if handled. Gently lift the rolled-out dough and re-flour your working surface. Spread $\frac{1}{3}$ cup of the potato filling over half of the dough, leaving a $\frac{1}{2}$ inch (1 cm) border along the edge. Dip your fingers in water and spread the water along this edge, only on one half of the circle. Fold the dough in half, over the filling, to create a half-moon shape. Press out all the air bubbles, then pinch the edges with your fingers to fully seal the bolani.

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METHOD (continued):

Step 4:

Add a bit of the oil to a large pan over medium–high heat. When hot, add the bolani to the pan. Cook for 2 – 3 minutes. Meanwhile, use a silicone pastry brush to brush some more oil on top of the bolani. When the bottom is golden, flip, and let cook on the other side until golden. Then transfer to a cooling rack. Continue with the remaining bolani.

Step 5:

Cut the bolani in triangles and serve!

Why is this dish important to you and your family?

Easy to make. It's our family dish and good for all the occasions.

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Qabeli Pulao



Nargis



*Fountain Gate Primary School
Community Hub*

INGREDIENTS:

- 2-4Tbsp Char masala
- 2tsp Cumin seeds
- 1.5lb Lamb
- 350g Julienned carrots
- 250g Raisins
- ¼ cup Sesame oil
- 2 Sliced onions
- 4 Chopped garlic cloves
- Salt
- 2Tbsp Sugar
- 3 cups Rice

METHOD:

Step 1:

Rinse the rice. Make sure the water runs clear. Let the rice soak.

Step 2:

Prepare the lamb. Use your pressure cooker, or regular pot. Add sesame oil and heat. Add onions then add roughly cut garlic. Cook for 30 seconds and then add cumin. Next add the lamb. Then add tablespoon of salt. Finally, add 3 Cups of water. If you cook in a regular pot it will probably take about an hour.

METHOD (continued):

Step 3:

While your meat is cooking, next cook your carrots and raisins. Add to pan some vegetable oil. Then, add your shredded carrots. This will not take long, cook until soft. Place on your foil. Next, raisins – soak in hot water for about 5 minutes. Then, you will drain and add to the same pan you cooked the carrots in. This will go quick. Only cook for about 30 seconds. Then add them to the foil with your carrots and wrap into your foil packet to add to rice later.

Step 4:

Boil a large pot of salted water. Take your rice that you have rinsed and soaked and add to the boiling water. Only partially cooking your rice. If you fully cook it, you will have mushy pulao. On average 4 minutes should get you there. If you can break the rice in your finger you are done. Then, drain your rice.

Step 5:

Next, make our sugar solution to add a caramel color to our rice. In a pan add quarter cup of vegetable oil. Add your sugar. Let the sugar darken. Add 1 / 2 Cup of water, set aside.

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METHOD (continued):

Step 6:

Take your meat out of the broth when done cooking. Now it is time to assemble everything. Take a big pot and add half of your rice to the bottom. Then, add your lamb. Then add last of the rice. After that, use a few scoops of the lamb broth, add the sugar mixture, and char masala.

9. Poke some holes in the rice with the handle of a spoon. This will allow steam to release better. Take a packet of raisins and carrots and place in pan on top of your rice. Cover with more foil then put lid on rice.

10. Cook on stove top on medium–low heat for about 25 minutes.

Why is this dish important to you and your family?

Very tasty and It's the Afghan National dish.

Share it with us!

@foodfromh0me



Sheer Berenj (Rice Pudding)



Project Participant



*Fountain Gate Primary School
Community Hub*

INGREDIENTS:

- 1kg Milk
- Sugar as needed
- Water as needed
- 1tsp Salt
- 2 cups Rice
- 100g Butter (maska)

METHOD:

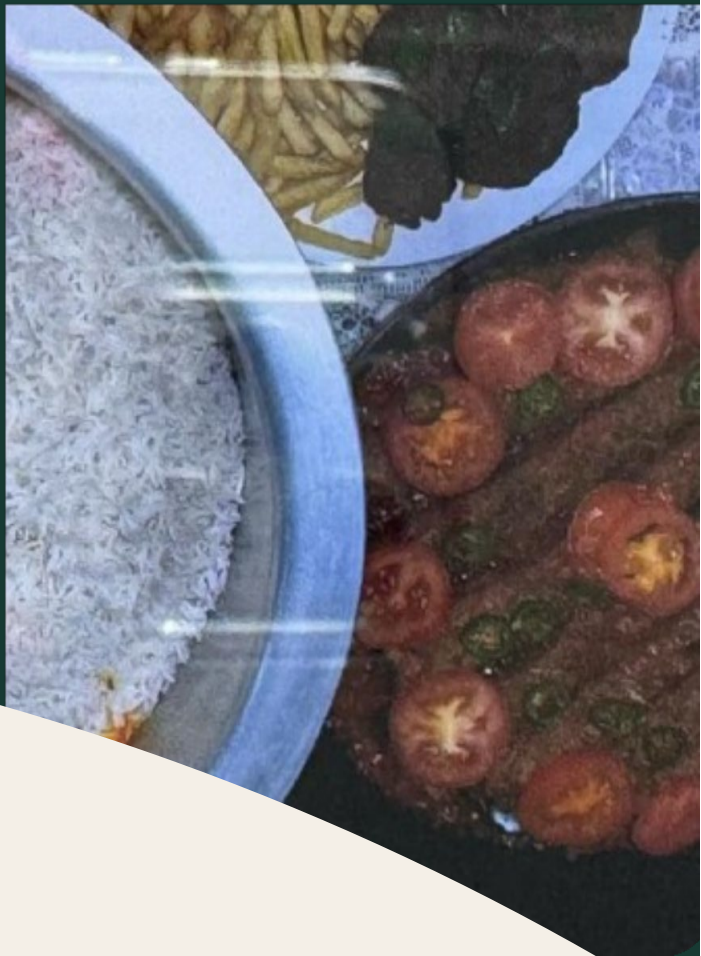
Step 1:

First steam the rice with water. Leave it to half cook.

Step 2:

When the rice is half cooked, then add milk and the rest of the recipe. Leave it to cook for 1 hour.

Kebab Degi (Pan-Fried Kebab)



Sharifa Rafi



*Fountain Gate Primary School
Community Hub*

INGREDIENTS:

- 1kg Minced beef/lamb
- 1Tbsp Turmeric
- 1Tbsp Salt
- 1Tbsp Black pepper & red pepper
- 2 Medium onions, grated
- 2Tbsp Coriander seeds, crushed
- 5 Pieces fresh garlic
- Tomato slices
- Green chilli

METHOD:

Step 1:

In a bowl mix minced meat with all the ingredients. Mix well and let it rest for 15 minutes.

Step 2:

Spread the mixture and make it flat on a non-stick frying pan. Cut the mixture in to strips using a spatula. Cook on medium heat. Cooking time will be 30-40 minutes.

Step 3:

Lastly, add tomato sauce and chilli.

Why is this dish important to you and your family?

Kebab degi is a great dish. It is quick and easy to make. This dish brings the taste of kebab to your home without a grill. The children and family love it.

Share it with us!

@foodfromh0me





Hampton Park Primary School

Community Hub



Pud Thai



Apinya Collins



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- Dried rice noodle
- Bean sprouts
- Vegetable oil
- Egg
- Chicken
- Vegetables
- Tamarind juice
- Palm sugar
- Salt
- Tomato sauce

METHOD:

Step 1: Pud Thai sauce

Mix together tomato sauce, salt, palm sugar, tamarind juice.

Step 2: Cook & Enjoy

Cook vegetable oil, egg, chicken, dried rice noodle, vegetable, Pud Thai sauce. Enjoy!

Why is this dish important to you and your family?

Because I love noodle and vegetable.

Kokis (Sri Lankan Traditional Food)



Duleeka Ranasingha



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 500g Rice flour
- 1 Egg
- 2 cups Coconut milk
- 1tsp Salt
- Turmeric powder (optional, for yellow colour)

METHOD:

Step 1:

Mix egg with coconut milk and add salt. Add coconut milk to the rice flour little by little and mix well.

Step 2:

Heat oil and hold our (kokis) mould in oil around 1 minute until mould is hot. When we do so the batter sticks to the mould properly. Once heated well make and fry until brown. Carefully remove it.

Honey Joys



Elizabeth Isaac



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 90g Butter or margarine
- 1Tbsp honey
- $\frac{1}{3}$ cup sugar
- 4 cups Corn flakes

METHOD:

Step 1:

Preheat oven to 150°C. Line 24 hole patty pan or 12 hole muffin pan with paper cases.

Step 2:

Melt butter, sugar and honey together in a large saucepan until frothy. Turn off heat. Add corn flakes and mix well. Working quickly, spoon into paper patty/muffin cases.

METHOD (Continued):

Step 3:

Bake in oven 150C for 10 minutes. Cool.

Why is this dish important to you and your family?

My mother always made these for all of our birthday parties and other special occasions. I now do the same for my kids and they love it.

Share it with us!

@foodfromh0me



Afghan Sweet Bread Naan-roghani



Farzana Hussaini



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 1 cup Milk, warm
- 4 Eggs
- 1½ cup Sugar
- 1Tbsp Baking powder
- 1 cup Oil
- 4 cups Self raising flour

METHOD:

Step 1:

Mix eggs in a bowl. Add sugar and mix well. Add milk & oil then mix. Add all remainder ingredients and mix well. Pour into baking dish. Cook in oven for 1 hour 150°C oven.

Step 2:

Take out, cool for 10 mins. Serve with green tea.

Why is this dish important to you and your family?

My mum used to make it for us siblings and we loved it. Now I make it for my children and they love it too. I feel connected to my mum and back home.

Share it with us!

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Afghan Tandoori Naan



Fawzia Paimda



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 4 cups Plain flour
- 2Tbsp Sugar
- 2Tbsp Yeast
- 1tsp Salt
- 2 cups Lukewarm water
- 3Tbsp Oil
- 1tsp Sesame seeds
- 1Tbsp Plain flour
- ½ cup water

METHOD:

Step 1:

Add sugar and yeast to 1 cup water. Let it sit for 10 minutes after mixing.

Step 2:

Add salt to plain flour. Add yeast mixture and remaining water. Knead until soft dough is formed. Cover and let it sit in a warm dry place for 1 hour.

METHOD (Continued):

Step 3:

In the meantime, prepare glaze by cooking 1 Tbsp plain flour and ½ cup water on low heat until it becomes a soft paste.

Step 4:

Take the dough and spread it on a greased baking tray. Coat with the glaze. Bake at 190°C for 15 minutes.

Step 5:

Serve with sweet tea, ricotta cheese or butter & jam! Enjoy!

Why is this dish important to you and your family?

Back home we bake our own bread everyday. Even on days when money was tight my mother would make this & we ate it with sweet tea! It has always been a blessing!

Share it with us!

@foodfromh0me



Ashak



Hamida



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 1 pack Dumpling wrap
- 2 bunches Chives
- 2 bunch Spinach & coriander
- 1 Green chilli
- 1 Onion chopped
- Red chilli, black pepper to taste
- ½tsp Crushed garlic
- 2 cups Yoghurt
- ½ cup Oil
- Salt

METHOD:

Step 1:

Chop into small pieces all the vegetables, wash well, add some salt and put aside.

Step 2:

Fill dumpling wraps with vegetable mixture and set aside.

METHOD (Continued):

Step 3:

Mix yoghurt, garlic and salt to create 'chaka' sauce.

Step 4:

In a pan add chopped onion and oil and fry into light golden colour. Now add tomatoes, salt and spices. Cover and let oil separate to create the 'korma' curry.

Step 5:

In a big pot bring water to boil, add the 'ashak' dumplings and boil for 6 minutes. Strain dumplings.

Step 6:

In a flat dish add the dumplings. Spread yoghurt sauce over the dumplings. Spread curry on top of sauce and serve with Afghani bread warm! Enjoy!

Why is this dish important to you and your family?

This is a traditional Afghan dish served for special occasions. The whole family comes together and it turns into a gathering. This takes me back into memories of Afghanistan.

Share it with us!

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Bolani



Nasrin Amanullah



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

Dough:

- 2 cups Plain flour
- 1tsp Yeast
- ½tsp Salt
- 1Tbsp Yoghurt
- Warm water

Filling:

- 2 Bunches chopped spinach
- 1 Bunch coriander
- ½tsp salt, black pepper, red chilli

METHOD:

Step 1:

Mix all dough ingredients and rest for 1 hour. Mix all filling ingredients.

Step 2:

Make into equal small balls of dough. Flatten using a rolling pin.

Step 3:

Add filling in half. Fold the dough, press edges to secure mixture. Fry in oil.

Step 4:

Serve with cold yoghurt.

Why is this dish important to you and your family?

This is a childhood favourite.

Share it with us!

@foodfromh0me



Halwa



Nooriq



Hampton Park Primary School
Community Hub

INGREDIENTS:

- 200ml Oil
- 1Tbsp Butter
- 225g Plain flour
- 600ml Hot water
- 300g Sugar
- ½Tbsp Cardamom
- 1Tbsp Rose water
- Pistachio powder

METHOD:

Step 1:

Heat oil in a medium pan. Add flour and fry it on low flame. Add butter and fry for 5 minutes.

Step 2:

Add boiling water, sugar, rose water and cardamom. Mix well on low flame. Use pistachio powder for garnishing.

Why is this dish important to you and your family?

We use this recipe in the breakfast as well as often dinner and lunch as dessert.

Rice Paper Rolls or Fresh Spring Rolls



Phuong



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 1-2 packs Rice paper wrappers
- 500g Fresh noodles
- 200g Salad or lettuce (washed)
- 100g Mint and chives (washed)
- 700g Pork belly (cooked)
- 700g Prawns (cooked)
- 1-2tsp/Tbsp fish sauce, garlic, chilli, brown sugar, lime juice

METHOD:

Step 1:

Gather all ingredients on the table. Fill a large bowl with warm water and dip one rice paper into it. Lay wrapper flat, place shrimp (prawn) halves in a row across the centre, add some cooked noodles, 2 slices of pork belly, some lettuce (salad) and mint.

Step 2:

Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with fresh chives. Repeat with remaining ingredients.

METHOD (Continued):

Step 3:

To make the chilli sauce for dipping, mix water, lime juice, sugar, fish sauce, garlic and chilli sauce in a small bowl until well combined.

Step 4:

Serve the fresh spring rolls with chilli sauce.

Why is this dish important to you and your family?

This recipe is very important to me and my family because I think that we eat healthy food. All ingredients from fresh vegetables and also not have so much fat, protein as well as provide enough calories for each person in their daily activities.

Share it with us!

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Kiribath (Milk Rice)



Rasika



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 2 cups Rice
- 3¾ cups Water
- 400ml Thick coconut milk
- 2tsp Salt
- 2 Banana leaves

METHOD:

Step 1:

Wash rice first, then drain water and put it into the rice cooker. Add water and 1 tsp salt (keep the rest of the salt for after). Cook the rice.

Step 2:

Add the rest of the salt with thick coconut milk and dissolve well. Add the coconut milk into the cooked rice as soon as the rice is done cooking. Mix rice very well using a spoon until the rice grains bread down and everything sticks together.

METHOD (Continued):

Step 3:

Transfer the rice to a cleaned banana leaf. Make sure to do it while milk rice is still hot. It starts to become hardened as it cools down. Shape it using another banana leaf and press firmly. Cut it into squares or diamond shapes.

Why is this dish important to you and your family?

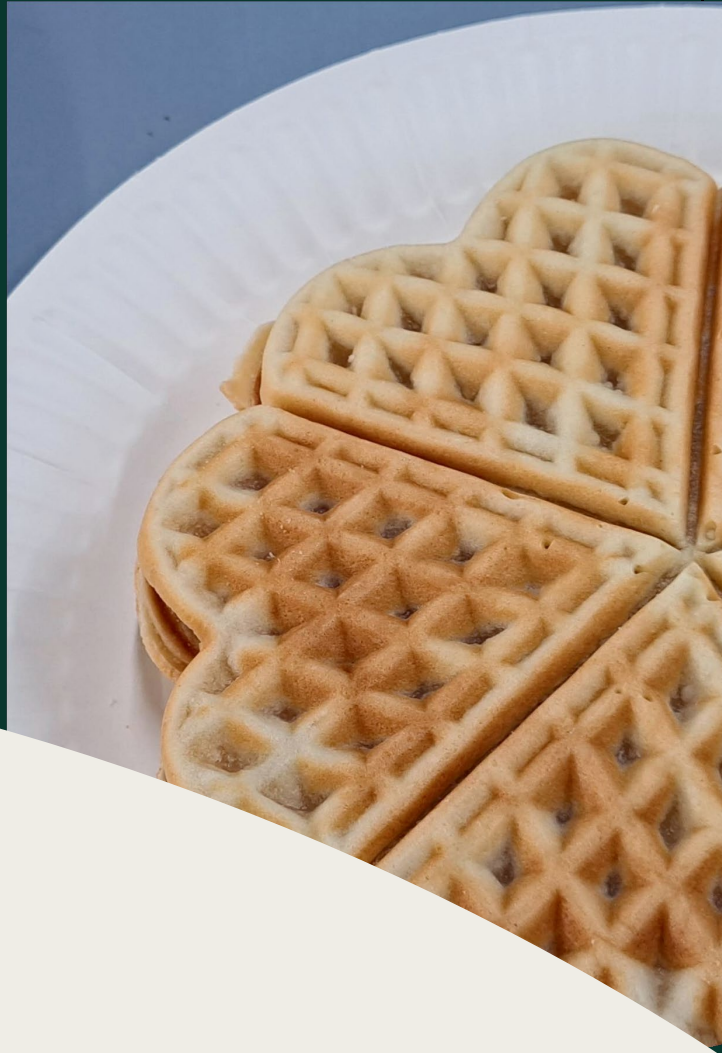
Milk rice is a symbol of celebration and new beginnings. It's traditionally prepared on special occasions like new year, birthdays, weddings etc. Eating it together marks good fortune, prosperity and blessings. It connects us to our culture and faith. Sharing milk rice strengthens family bonds and gives a sense of unity. Elders may make it with care, passing on tradition and values to children.

Share it with us!

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Vietnamese Waffle



Duol Muoi Ho (River)



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- 3 Eggs
- 300g Rice flour
- 50g All-purpose flour
- 200g Sugar
- 500ml Coconut milk
- Pinch of salt
- 5g Vanilla

METHOD:

Step 1:

Mix all egg, flour, sugar, vanilla, coconut milk together and let them rest for 1 hour.

Step 2:

Turn on waffle maker heat for 1 minute. Pour flour mix and cook until golden.

Why is this dish important to you and your family?

This is our Vietnamese popular dessert, easy to eat and suitable for adults and children.

Share it with us!

@foodfromh0me



Mantu



Syedah Mosavi



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

Filling:

- 1 pack Wonton wraps
- 1kg Lamb mince
- 3 Thinly sliced onions
- 1 Bunch coriander
- ½tsp Salt
- Red pepper, black pepper, dry coriander spice
- 4Tbsp Oil

Curry:

- 1cup Soaked & boiled yellow split dhal
- 1 Chopped onion
- 2 Diced tomatoes
- Salt & pepper to taste
- ¼ cup Oil
- ¼tsp Turmeric

METHOD:

Step 1:

In a fry pan fry sliced onion, lightly brown, with the oil. Add mince and garlic and cook well. Turn off heat.

Step 2:

Add all remaining ingredients for filling and mix. With a teaspoon add to wonton wraps and close edges like a triangle. Place all mantus in a steamer/wonton cooker. Let cook on high heat for 40 minutes, so steam cooks the mantus properly.

Step 3:

While mantu is getting cooked, in a pan add oil and onions until golden brown. Add chopped tomatoes, cover and cook on low heat for 5 minutes. Add spices and let simmer for 10 minutes. Add pre cooked split dhal and cook for another 2 minutes.

Step 4: Serve

On a plate take out the mantu, spread dhal curry over it and serve warm

Why is this dish important to you and your family?

In my country we cook mantu for special occasions and for special guests. It is a delicacy back home!

Share it with us!

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Chicken Banh Mi



Trang



*Hampton Park Primary School
Community Hub*

INGREDIENTS:

- Baguette
- Green onion
- Chilli
- Cucumber
- Grilled lemongrass chicken
- Coriander
- Quick pickled vegetables (vinegar, salt, sugar, carrot, radish)
- Maggi seasoning/ BBQ sauce
- Chicken paté
- Mayonnaise
- Butter/cowboy butter

METHOD:

Step 1: Spreads

Split the baguette in half but don't cut it all the way through. Spread the butter on the lid of the baguette. Spread the paté then mayo on the base of the baguette.

Step 2: Chicken and sauce

Top with shredded chicken then drizzle with Maggi seasoning, secret Banh mi sauce

METHOD (Continued):

Step 3: Vegetables and herbs

Stuff in a generous amount of pickled vegetables. Layer 2 slices of cucumber then stuff with 2–3 green onion stems and a few sprigs of coriander. Add fresh chilli to taste.

NOTES:

Making any type of Banh mi is just about the order in which you layer. Rich and creamy on the bottom, topped with meaty then finished with fresh.

Why is this dish important to you and your family?

Chicken Banh mi is the much-loved chicken variety of the classic Vietnamese Banh mi sandwich.

In Vietnam, Banh mi is a popular and delicious dish of the Vietnamese people.

It is considered as a fast food dish but still has nutrition (choose it as a breakfast dish or light snack).

Share it with us!

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Cold Seaweed Salad Vermicelli



Ying Zhao



Hampton Park Primary School
Community Hub

INGREDIENTS:

- 200g Kelp
- 200g Cabbage
- 200g Vermicelli
- Roasted sesame seeds
- Garlic moderate
- 1 Carrot
- Vinegar moderate
- Sichuan pepper moderate
- Pepper moderate
- Sesame oil moderate
- Soy sauce moderate
- Salt moderate

METHOD:

Step 1:

First, soak the kelp in cold water. Then boil water in a pot and add vermicelli. Boil for a few minutes. Take out the vermicelli.

Step 2:

Cut the kelp into shreds and put it into the pot and boil. Take it out and put it on a plate.

Step 3:

Wash the cabbage and cut it into shreds. Peel the carrot, wash and cut into shreds. Put them into a bowl. Chop the garlic and put in in the vegetables.

Step 4:

Heat oil in a pot and pour the oil on the garlic. Add cooked sesame seeds, sesame oil, peppercorns, pepper, soy sauce, vinegar, salt and olive oil. Mix well and you can eat.

Why is this dish important to you and your family?

This is Xinjiang cuisine, it tastes very good and is healthy food.

Share it with us!

@foodfromh0me



Achar Ghost Stew



Zubaida Kazemi



*Hampton Park Primary School
Community Hub*



INGREDIENTS:

- 1kg Chicken breast
- 200ml Oil
- 1.5kg Tomatoes
- 100g Peeled garlic fresh
- 100g Fresh ginger
- 4pcs of Lemon juices
- 500g Yoghurt
- 100g Achar ghost masala spice
- 1tsp Black pepper powder
- 5 pieces fresh chilli
- 1tsp Turmeric powder
- 100g Fresh coriander

METHOD:

Step 1:

Add everything together 1 hour before cooking.

Step 2:

Then put it on gas for 30 minutes. After that you will smell the Achar ghost stew. Ready to eat now.

Acknowledgements



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