



# The CGI Digital Cookbook



**CGI**

Harmony Week is an important event in our Diversity and Inclusion (D&I) calendar as it celebrates Australia's cultural diversity, inclusiveness, respect, and a sense of belonging for everyone.

At CGI, we are lucky to work with colleagues with different heritages from all over the world and usually celebrate Harmony Week by getting together over lunch and bringing a dish to share with the team. Over the last two years, due to the pandemic, we have not been able to so this year, we asked everybody to submit their favourite family recipes for everyone to enjoy in the comfort of their homes.

We put this cookbook together, not only to share our recipes but also to raise awareness and funds for the [Indigenous Literacy Foundation](#). The Indigenous Literacy Foundation supports remote indigenous communities by providing books and literacy resources to help close the indigenous literacy gap.

For more information, visit our [fundraising page](#) or send your questions to [sales.aus@cgi.com](mailto:sales.aus@cgi.com)

We hope you enjoy this recipe collection from our CGI members in Australia.

Bon appétit!

**CGI D&I Council - Australia**



# Contents

## Vegetable Recipes

- Air Fryer Zucchini Fritters
- Pohe (Flattened Rice)
- Vegetable Tartin

## Poultry Recipes

- Coq au Vin
- Moroccan Chicken Tagine
- Prawn Paste Fried Chicken
- Satay Ayam (Satay Chicken)
- Swiss Chicken

## Meat Recipes

- Beef Mechado
- Cornish Pasties
- Flammkuchen (Flamecake)
- Impossible Pie
- Red Braise Pork Belly
- Swedish Wallenbergare (Veal Burgers)

## Seafood Recipes

- Ceviche
- Mac's BBQ Prawns
- Salt and Pepper Seafood
- Seafood Pie

## Sweet Recipes

- 2468 Cake
- Anzac Biscuits
- Arroz Con Leche (Spanish Rice Pudding)
- Chocolate Cake
- Chocolate Fudge Brownies
- Christmas Cake Pops
- Daddy's Cherry Clafoutis
- Devil's Food Cakes
- Galaktoboureko (Greek Custard Slice)
- Lemon Cheese Cake
- Pavlova
- Sheera (with Banana)
- Special K Slice
- Vanilla Cup Cakes
- Indian Cardamon Tea

# Vegetable Recipes





# Air Fryer Zucchini Fritters



**Diane O'Connor (Sydney)**



Serves 4



15 minutes



Country of origin: Australia 

My kids, when they were at daycare, used to love zucchini slice that was made for them by the kindy chefs. I made it several times when they were young but the air fryer takes it to the next level. They recently bought me an air fryer for Christmas which made this zucchini slice next level. It is so much quicker to make and tastier. Please try it, my family loves it.

## Ingredients

- 225g block haloumi and chilli cheese, grated
- 2 zucchinis, grated (squeeze out excess moisture)
- 1 cup frozen corn (thawed) or canned corn
- 2 eggs, lightly whisked
- 2/3 cup self-raising flour
- 1 tsp. dried oregano
- Side salad to serve

## How to make

1. Mix all ingredients in a bowl.
2. Preheat air fryer to 200°C.
3. Line rack with baking or non-stick paper.
4. Drop tablespoons of mixture onto rack and brush with olive oil. Cook for 4 minutes on each side.
5. Repeat with the remaining mixture.
6. Serve with a side salad.



## Tips

1. The side salad in the photo is tomato, avocado, baby spinach leaves, crumbled feta, and balsamic drizzle.

# Pohe (Flattened Rice)



**Ranjit Tamhankar (Melbourne)**



Serves 4



15 minutes to prepare, 25 minutes to cook



Country of origin: India 

Pohe is a traditional dish from the state of Maharashtra, India. Maharashtrians eat this dish anytime they feel like it, be it for breakfast or lunch or in-between fillers. Many traditional engagement talks or discussions are done over this dish. There are many variants to this dish as it differs slightly when one travels across the towns and villages of Maharashtra, from homemakers to restaurants to street vendors. Some street vendors serve this dish as breakfast early in the morning and they are quite famous for it. Pohe is the best breakfast food because it packs approximately 70% of healthy carbohydrates and 30% fat.

I have been eating this dish since my childhood and still love it. I learned this dish from my mom and then improved it with the help of my wife. I am a pro now and prepare this dish regularly at home for breakfast or brunch on a weekend.

## Ingredients

- 2 cups medium-sized pohe\* (flattened rice)
- 2 medium-sized onions, chopped
- 5 or 6 green chillies, cut into small pieces (depends on your spice level)
- 10 curry leaves
- ½ cup coconut, grated
- ½ cup coriander, chopped
- Salt to taste
- Lemon juice from half a lemon



- ¼ cup oil
- 1 tsp. mustard seeds
- ¼ tsp. asafoetida\*
- 1 tsp. turmeric

Ingredients marked with \* are available in any Indian store.

## How to make

1. Prepare the dry ingredients and keep them ready.
2. Lightly wash the pohe in a strainer under running water, just so they are lightly coated with water and softened. Don't soak them in water as they will become soggy or mushy. The pohe should be fluffy. (see image)

3. Strain all the water. Set the pohe aside for 10 minutes so it rests until you start using it.
4. Meanwhile, add oil to a medium wok. Once hot, add mustard seeds and let them crackle then add asafoetida and turmeric. Stir a bit and lower the flame or heat if needed. This should not burn.
5. Add cut chillies, curry leaves, chopped onions, and a pinch of salt then stir.
6. Put a lid on the wok (this will cook the onion faster) and cook over medium heat until it steams.
7. Once the onions are translucent, take the lid off. Add pohe, salt to taste, half lemon juice, and stir until all pohe are coated evenly.
8. Put the lid back on. On medium heat, let it cook until it steams. Stir, place back the lid and continue cooking until it steams again.
9. When cooked, remove from heat.
10. Serve with grated coconut and coriander on top. Coconut and coriander can also be added directly to the wok and stirred in.



## Tips

1. Typically, Maharashtrians love to have a cup of tea with this dish.
2. Don't use thin pohe, as it soaks water quickly and becomes mushy easily.
3. Use a strainer so the water keeps running out of it and the pohe doesn't soak up too much water.
4. Minimal soaking is required for the pohe to become a bit soft.
5. If you like potatoes (commonly used in Maharashtra in this dish), you can add a medium-sized potato too. Wash, peel, and dice it thinly (as it cooks faster) and add the pieces in step 4, preferably before you add onions. Adding potatoes also gives more volume to the dish.
6. If you like green peas, they can also be added. Add one cup of green peas in step 4.

# Vegetable Tartin



**Diane O'Connor (Sydney)**



Serves 4



60 minutes



Country of origin: Australia 

This is a healthy recipe for those that like pie and want vegetables with a twist.

## Ingredients

- 3 carrots
- 5 small beetroots
- 1 leek
- 2 Tbsp. olive oil
- 4 Tbsp. honey
- 4 Tbsp. red wine vinegar
- 2 tsp. wholegrain mustard
- 1 sheet puff pastry
- Crumbled fetta
- Basil

## How to make

1. Preheat fan-forced oven to 180°C.
2. Cut beetroot, carrots and leek into 1cm rounds, drizzle with olive oil and roast for 15 minutes or until tender.
3. Remove carrots and leek and roast beetroot for another 10 minutes or until tender.
4. Place honey, vinegar and mustard in a saucepan. Cook over medium to low heat until the honey dissolves. Simmer for 5 minutes or until thickened. Pour into a 21cm base square cake pan.
5. Arrange the vegetables over the honey mixture in the pan. Top with pastry and tuck in edges.
6. Bake for 25 to 50 minutes or until golden. Cool in the pan for 5 minutes.
7. Turn onto a plate and sprinkle with fetta and basil.





# Poultry Recipes





# Coq au Vin



**Michael Ho (Sydney)**



Serves 4



Minimum 1 hour to marinate,  
1 hour to cook



Country of origin: France 

I never ate much French food growing up. The first time I enjoyed Coq au Vin was at a French restaurant in Crows Nest over 20 years ago. This was at a project meal back in the early days (before the transformation to CGI). I immediately thought this was the best dish I'd ever tasted.

The next weekend at home, I tried making it then a few times more. Each attempt was a total disaster and I gave up on trying to cook the dish. Then last year, my son started working as a casual at Coles. He happened to bring home a few packs of chicken one day that he picked up on special one day. After a bit of googling for chicken recipes, I came across a YouTube video by a French Cooking Academy. It looked fabulous and reminded me of how much I had enjoyed this dish so long ago. The version below is based on that video and cuts a few corners to save time, but I think it still turned out respectable (although our French colleagues may disagree).

## Ingredients

- 4 chicken Marylands or 6 to 8 bone-in thighs with skin on
- 300g streaky bacon, chopped into chunky pieces
- 1 cup whole button mushrooms
- 1 or 2 carrots, chopped
- 500ml red wine
- 750ml chicken stock (commercial box is fine)
- 100ml brandy (or cognac if you are feeling posh)



- 6 garlic cloves
- 1 Tbsp. tomato paste
- 1 tsp. dry thyme
- 2 Tbsp. butter
- 2 Tbsp. plain or corn flour
- Salt and pepper
- 8 to 12 small pickling onions, ends removed, peeled, and left whole
- 1 tsp. sugar
- Parsley, chopped
- Bread for serving

## How to make

1. Wipe down chicken pieces with paper towels and season them generously with salt and pepper.
2. Place chicken and garlic cloves in a large ziplock bag and add red wine.
3. Place in the fridge to marinate. Ideally overnight but at least an hour.
4. Remove chicken from marinade and dry chicken pieces with paper towels (keeping the marinade liquid).
5. Strain the wine and marinade then boil in a pot. Skim off any scum that forms.
6. Turn on the oven and preheat to 180°C.
7. Fry bacon pieces in a large Dutch oven. When done, set bacon pieces aside, keeping the bacon fat in the pot.
8. Use the same pot on medium heat and add a tablespoon of butter.
9. Add chicken pieces and cook until the skin is golden brown on all sides. Cook in a couple of batches and add more butter if needed. Set chicken aside when done.
10. Continuing with the fat and juices in the pan, add mushrooms, carrots, and garlic from the marinade. Sauté for a couple of minutes until some browning develops.
11. Add tomato paste, thyme, and mix into vegetables.
12. Return chicken to the pot.
13. Turn up the heat and add brandy. Flambé if you are game and cook off the alcohol.
14. Using another pot, melt the butter and add flour to make a roux.
15. Slowly add the wine and 500ml of stock to the roux and bring to the boil.
16. Pour the sauce over the chicken in the Dutch oven.
17. Cover the Dutch oven with a lid and place it in the oven. Reduce the temperature to 160°C and let it bake for about half an hour.
18. Meanwhile, in a clean pot, add the onions with some butter, a teaspoon of sugar and a pinch of salt.
19. Briefly sauté the onions, then add the remaining 250ml of chicken stock. Bring to a boil, then cover with a lid and slowly simmer the onions for half an hour.
20. Take the pan from the oven and check if the chicken is tender to your liking. Bake longer if it needs to be more tender.
21. Mix in the liquid from the onions. Check the thickness and taste of the sauce. Reduce the sauce and add extra salt and pepper if needed.
22. Stir in the parsley and serve with the onions and some bread.

## Tips

1. A can of champignon mushrooms is a very convenient substitute for fresh mushrooms.
2. If the sauce is too runny when the chicken is ready, pour the sauce into another pan and boil until it reduces and thickens, before adding it back to the dish.

# Moroccan Chicken Tagine



**Cathy Langman (Sydney)**



Serves 6



45 minutes to prepare, minimum 2 hours to marinate, 45 minutes to cook



Country of origin: Morocco



Several years ago, I attended a Moroccan Flavours cooking course with my daughter in the Kangaroo Valley. It was a wonderful bonding experience and I ended up with this fabulous signature dish that I have since made many times for family and friends!

## Ingredients

### Chermoula Marinade

- 2 cloves garlic, chopped
- ½ preserved lemon, rinsed and thinly sliced
- 2 onions, chopped
- ½ birds eye chilli
- 1 tsp. sweet paprika
- 2 Tbsp. tomato paste
- 1 tsp. ground cumin
- Salt
- 2 Tbsp. fresh coriander stems and leaves, chopped
- 2 Tbsp. fresh parsley, chopped
- 1 or 2 saffron threads, soaked in a little water
- ¼ cup olive oil
- 2 bay leaves, torn in half

### Tagine

- 6 large boneless skinless chicken breasts, chopped into large chunks (or assorted chicken pieces)



- 1 400g tin chickpeas
- 1 tomato, chopped
- 1 onion, chopped
- 2 large potatoes, cut into wedges (I parboil these so that they have started cooking before they go into the tagine)
- 1 onion, sliced
- 1 tomato, sliced or a bunch of truss tomatoes on the vine (my preference)
- 150g pitted green olives
- 1 bunch fresh coriander, chopped
- 1 cup water
- 1 preserved lemon, cut into 6 segments

### Garnish

- Greek yoghurt
- Coriander leaves
- Pomegranate seeds

### How to make

1. Prepare the marinade. Process all chermoula ingredients together in a food processor until finely chopped and thoroughly combined. Leave for 30 minutes before using. It can be stored in the refrigerator for up to 7 days.
2. Marinate the chicken in the chermoula and refrigerate overnight or for at least 2 hours.
3. Combine the chopped tomato and onion and spread them into the base of the tagine. This will prevent the chicken from burning on the bottom.
4. Arrange chicken pieces, potato, and chickpeas in the centre of the tagine on top of the tomato mixture. You can create a few layers of the three.
5. Top with onion slices, then the tomato slices or truss tomatoes and olives.
6. Mix chopped coriander with remaining chermoula and water. Pour over the mixture.
7. Decorate the top with preserved lemon wedges – poke them into the pile.
8. Cover the tagine with lid and cook over the stove on a very low heat for 45 minutes. Do not stir or lift the lid during the cooking process.
9. Serve the tagine directly to the table and impress your guests with a waft of fragrant steam. When it is time, serve it with couscous and yoghurt, and garnish with coriander and pomegranate seeds.

### Tips

1. You will need a large tagine for this recipe. Don't overfill the tagine or it will tend to boil over. If it starts to boil over the sides, reduce the heat and soak up some of the liquid from the tagine rim without removing the lid.

# Prawn Paste Fried Chicken



**E-Yang Tang (Melbourne)**



Serves 4



24 hours to marinate, 30 minutes to cook



Country of origin: Singapore



This is a classic Singaporean hawker fried chicken dish with strong and punchy umami flavours from the prawn paste and oyster sauce. This is arguably the unsung hero in hawker food next to chilli crab royalty. It is definitely more affordable.

I remember eating this when I was a little boy in the hawker markets. I cook it quite often and my kids love it. The hawkers have their own recipes, I learned my recipe from my mum. I only started making it when I arrived in Australia, whipping it up when I miss Singapore. Many hawkers have their techniques in velveting, I am sharing my version of this dish. It involves marinating the chicken 24 hours in a corn and rice batter. The batter slurry penetrates the meat, ensuring every bite is full of flavour.

## Ingredients

- 2 kg chicken wings
- 1 pot oil (sunflower or vegetable) for deep frying

## Marinade ingredients

- 2 Tbsp. prawn paste (Lee Kum Kee)
- 1 Tbsp. oyster sauce (Lee Kum Kee)
- 1 Tbsp. white pepper
- 3 Tbsp. Shaoxing wine
- 3 cloves garlic, crushed
- 3 Tbsp. corn flour
- 3 Tbsp. rice flour



## How to make

1. Combine the ingredients for the marinade in a big bowl.
2. Separate the drumette from the wings. Add the chicken wings and drumettes into the marinade.
3. Massage the chicken wings and drumettes until it is well-coated. Place it in the fridge for 24 hours.
4. Heat a pot of oil to 160°C.
5. Add the marinated chicken wings into the oil. Cook in batches, do not overcrowd the pot. Fry until golden brown.
6. Place fried chicken on racks, not paper towels to keep it crunchy.

## Tips

1. Beware that the prawn paste might be challenging for some, but when cooked and fried, it is an umami-flavour bomb. Enjoy!





# Satay Ayam (Satay Chicken)



**Yvonne Liew (Sydney)**



Serves 6 as a snack



45 minutes to prepare, minimum 6 hours to marinate, 10 minutes to cook



Country of origin: Malaysia 

Satay is a really popular Asian appetizer. As a kid, I'd go on family trips to Malaysia to visit extended family and we'd go to the hawker markets to sample all the different Malaysian foods. One of my favourite dishes was satay sticks. It was amazing to see so many being made at a time, with all the barbecue smoke. It smelled so good you couldn't go past without buying some. This recipe can't compare to the satay you get in Malaysia, but it's a good substitute.

## Ingredients

### Marinade

- 2 lemongrass stalks (white parts only)
- 2 cloves garlic, peeled
- 6 shallots, peeled
- 2 tsp. turmeric powder
- 1 tsp. coriander powder
- 1 tsp. chilli powder
- ½ tsp. salt
- 2 Tbsp. honey
- 3 Tbsp. vegetable oil

### Meat

- 1kg skinless and boneless chicken (thighs, breasts or leg meat)



### Peanut sauce

- 3 Tbsp. creamy peanut butter
- 1 Tbsp. soy sauce less salt (salt type if preferred)
- 1 Tbsp. lime juice
- 2 tsp. brown sugar
- 2 tsp. chilli garlic sauce
- 1 tsp. ginger, grated

### Tools

- Bamboo skewers
- Processor or mortar and pestle
- Grill or barbecue

### How to make

1. Cut chicken meat into small cubes and set aside.
2. Blend the marinade ingredients in a food processor or pound together using a mortar and pestle until it becomes a fine paste. Add a little water if needed.
3. Combine chicken pieces and marinade, stir to mix well.
4. Marinate the chicken for 6 hours or overnight in the fridge.
5. When ready to cook, thread 3 to 5 pieces of the chicken pieces onto the bamboo skewers.
6. Grill the satay skewers for around 3 minutes on each side until the meat is fully cooked and has a nice char. Baste and brush them with some oil while grilling.
7. Serve the satay hot with the peanut sauce.

### Peanut sauce

Whisk peanut sauce ingredients together and add in 2 to 3 tablespoons of water until it's your desired consistency. Set aside until ready to serve with the satay skewers.



### Tips

1. Soak skewer sticks for approximately 2 hours before cooking meat to help prevent the skewers from burning on the grill.
2. Beef is an alternative meat choice.
3. Diced cucumber and red onion are nice accompaniments with the satay.



# Swiss Chicken



**Adrian MacDougall (Melbourne)**



Serves 4



1 hour



Country of origin: Australia 

This is a dish for a special occasion when you want to impress your guests, date, in-laws, etc. Mum used to make it for my birthday when I was in primary school and high school but not sure where she got the recipe from since it is not in any of her cookbooks.

The recipe I am sharing today is my version of this dish, with a little help from the internet.

## Ingredients

- 2 Tbsp. plain flour
- 4 free-range chicken breasts (skin off) from your local butcher (or Coles if you must)
- 90g butter (low salt is my preference)
- 1 garlic clove, crushed or minced (from a jar in the fridge)
- 1.5 cups (375ml) dry white wine (bottle of Sauvignon Blanc)
- 8 slices of ham (better quality ham off the bone will make a difference)
- 8 slices of Swiss cheese (I use a pre-sliced Jarlsburg Swiss cheese packet from Coles)
- 1 tsp. French mustard
- 300ml cream
- 3 spring onions, thinly sliced
- Seasonal steamed vegetables to serve (i.e. broccoli, carrots, cauliflower, Brussel sprouts, beans, potato, etc)



## How to make

1. Preheat oven to 180°C (160°C if fan-forced).
2. Coat all chicken breasts lightly with plain flour.
3. Melt all the butter in a non-stick frypan over medium heat. When the melted butter starts to bubble, add garlic and then the chicken breasts. If you don't have a big frypan, use a smaller one and do this in two batches.
4. Cook the chicken for 2 to 3 minutes on each side, or until golden. If the frypan temperature is too high, the garlic will turn black, which affects the taste of the final dish. It is better to have lower temperature than high at this stage.

5. Once golden on both sides, add wine, bring to boil and reduce heat to low whilst the wine is simmering. Cover the frypan for 15 to 20 minutes (depends on chicken thickness, however, 20 minutes should be the maximum with a thick piece).
6. Meanwhile, cut your vegetables and start steaming. Also, place your serving plates into a plate warmer or oven.
7. Remove the chicken from the frypan and put it into a heatproof dish, such as a casserole dish (no lid needed).
8. Place the ham slices on the chicken, with the cheese slices on top. You may be tempted to use any leftover cheese or ham to stack onto the chicken but it will affect the taste, so put them back in the fridge for another day. Place casserole dish into the oven for 10 minutes or until cheese has melted.
9. Meanwhile, boil wine mixture in the frypan over high heat until it has reduced by half (about 5 to 7 minutes), then lower the heat to medium. Add the mustard, cream and spring onions. Don't go crazy with the spring onions, otherwise, the sauce will taste like onions. Mix and cook for 2 minutes while stirring.
10. Place the chicken breast on a serving plate and serve with steamed vegetables and spoon over the sauce. If you want a less lumpy sauce, strain spring onion and garlic bits before serving. Serve the leftover wine in wine glasses to your guests, enabling the compliments to flow all night long.

## Tips

1. Each serving, including vegetables, will be a lot of food for a single adult. I suggest using smaller size chicken breasts the first time, which would mean a shorter cooking time in the frypan.
2. If you only cook 2 chicken breasts, keep the sauce ingredient quantities the same so you have plenty of delicious sauce.
3. I use a lot of cooking tools and implements for this dish (frypan, frypan lid, casserole dish, etc.), so there may be more dishwashing at the end than you are normally used to. Don't be alarmed, as guests should hopefully volunteer after such a delicious meal.
4. The recipe does not include instructions for steaming vegetables. You can use your gas or electric steamer to cook these.
5. The recipe is adapted from [this page](#).



# Meat Recipes





# Beef Mechado



**Stephanie Calvert (Sydney)**



Serves 4



2.5 to 3 hours



Country of origin: Philippines 

The first time I met my Aus-Filo (Filipino) husband's family was at a christening. Apart from feeling very overwhelmed trying to remember the names of over 70 new titos (uncles), titas (aunts) and cousins I had just met, I remember thinking I had never seen this much food on a buffet in my life. It was my first experience of Filo food and I loved it.

This recipe is one of my personal favourites. It's a rich beef and vegetable stew slow-cooked in salty soy sauce. Traditionally, the recipe calls for larding the meat by inserting pork fat into the beef (this is actually where the recipe gets its name, as 'mecha' means wick in Spanish). If you use a nice fatty piece of beef (fat = flavour) you can skip this step and make it a little bit healthier.

## Ingredients

- 900g beef, cut into 5cm cubes (chuck, gravy, casserole or even brisket work well)
- Vegetable oil for frying
- 2 medium potatoes, peeled and cut into about 3cm pieces
- 2 medium carrots, peeled and cut into 3cm chunks
- 1 onion, peeled and chopped
- 5 large cloves garlic, minced
- ¼ cup calamansi\* juice or lemon
- ¼ cup soy sauce (Filo brand if you can get it)
- 1 tin tomatoes, chopped
- 2 Tbsp. tomato paste
- 500ml beef stock
- 2 bay leaves
- 1 of each, small green and red capsicums, de-seeded and cut into 3 to 4cm cubes
- Salt and pepper to season
- Roasted onion petals and white rice to serve



## How to make

1. Over medium-high heat, heat 2 Tbsp. of oil in a large saucepan with a lid or Dutch oven. When up to heat, brown the beef in batches to stop the meat from stewing (we stew it later). Remove beef from the pan when browned.
2. Reduce heat to medium. In the same pan, add chopped onions and garlic and cook until soft. Add more oil if necessary and don't let the garlic burn.
3. Return the beef to the pan, add soy and calamansi or lemon juice and cook for 2 to 3 minutes.
4. Add tinned tomatoes, tomato paste, bay leaves, and stock. Bring to a boil, skimming off any scum that floats to the top.
5. Reduce heat to low, cover, and cook for 1.5 to 2 hours or until meat is getting close to being tender. Keep a check on the dish to make sure it's not drying out and add water if necessary.
6. Meanwhile, in a separate pan, heat ¼ cup of oil and shallow fry potatoes and carrots in batches to brown them up a bit. Don't be tempted to skip this step, it helps keep the vegetables together so they don't turn to mush in the sauce.
7. When the meat is almost tender, add the carrots and potatoes and cook until they are cooked through (about 20 minutes depending on how much liquid is in the pan)
8. Add capsicum and cook for 2 to 3 minutes.
9. Season with salt and pepper to taste. Don't be tempted to add salt until the end, as the soy mixture will continue to reduce and get saltier.
10. Serve with white rice.

## Tips

1. Calamansi is a small citrus fruit often called 'Filipino limes' and can be substituted with lemon juice.
2. Everything is served over rice in the Philippines but to jazz this up I serve it with charred onion petals. Halve small onions or shallots. Heat 2 Tbsp. oil in an ovenproof pan or cast iron pan and cook onions, cut the size down, for about 20 minutes. Don't touch them, the bottoms should be black after 20 minutes. Transfer to a 150°C preheated oven and cook for 10 to 15 minutes until cooked through but not falling apart. Cool on baking paper, cut side up. When cool enough to handle, discard burnt over layer and roots and separate into little petals. They make a great vehicle to scoop up the salty gravy when no one is looking.
3. The recipe is adapted from [this page](#).



# Cornish Pasties



**Michelle Hinneberg (Melbourne)**



Makes 8 to 12, depending on size



40 minutes, plus additional time to make pastry



Country of origin: England 

My grandmother would often make these pasties and would always have them on hand in the freezer. She would make these pasties and do a sliced version as well that would be shared at functions and community events. This brings back many cherished memories of my grandmother, sitting at the kitchen table, making the pasties, and my grandfather helping by peeling the potatoes and using the old mincer for the vegetables.

## Ingredients

- 1kg minced steak
- 2 medium-sized carrots
- 2 onions
- 1 small turnip (optional)
- 8 potatoes (fairly large)
- Salt and pepper
- 1 quantity of pastry (see the following recipe)
- Milk for brushing

## How to make

1. Preheat the oven to 180°C fan-forced.
2. Peel and mince vegetables and add to the minced steak.
3. Season with salt and pepper and mix well.
4. Place pastie mix on a section of rolled-out pastry, fold the pastry over the top of the pastie mix, and pinch to seal the pastry.



5. Place on a baking tray then brush with a bit of milk.
6. Bake for approximately 40 minutes or until the pastry browns.

## Tips

1. The pasties are best reheated using the oven as the pastry will soften too much in the microwave.
2. For an authentic experience, use the following pastry recipe rather than purchasing frozen pastry.
3. If there is any mince leftover, add an egg and make the mix into a hamburger. If there is pastry leftover, I make an apple pie.



# My Grandmother's Pastry



**Michelle Hinneberg (Melbourne)**



Makes 1 serve of pastry for Cornish pasties recipe



10 minutes, plus at least 30 minutes resting time



Country of origin: England 

My grandmother was known for her pastry within the community and she used this pastry recipe for so many things. She would use this same pastry mix for pasties, sausage rolls, jam tarts, apple pies, and even as a pizza base.

## Ingredients

- 3 cups plain flour
- 1 cup self-raising flour
- 1 tsp. caster sugar
- 1 pinch of salt
- 250g lard
- 500g butter

## How to make

1. Rub butter and lard into flour, sugar and salt until it is a bit crumbly.
2. Mix with cold water to a stiff dough.
3. Sprinkle flour on a kitchen bench or pastry mat (keeping the same flour consistency with plain and self-raising flour).
4. Roll out and fold the pastry a few times.
5. Cover with cling wrap and let it stand for a minimum of 30 minutes in a cool place or overnight.
6. Roll out and use the pastry.



## Tips

1. When rolling out the pastry, try to keep it fairly thin as there is high-fat content. My grandmother used to place the rolled-out pastry on a plate, cover it with cling wrap and sit it in the empty bath as it was the coolest place in the house.
2. If you have leftover pastry, you can cover it with cling wrap and place it in the fridge to use the following day.

# Flammkuchen (Flamecake)



**Isabelle Gieschen (Sydney)**



Serves 2 to 3



30 minutes



Country of origin: France and Germany



Originally, this recipe came from a part of France called “Elsass” (Alsace). It’s an area close to Germany’s border.

I didn’t know about the history of the dish but it’s quite interesting. It dates back over 100 years ago when it was common for bread to be baked in the wood-fired ovens found in many households of that region. It was common practice to check when the oven had reached the right temperature for the bread. The farmers, therefore, separated a small piece of dough, rolled it out thinly and placed it on the hot stone plate in the oven for a few minutes, in the flames. When the dough got crispy, the temperature was perfect for the bread. One day, one of the farmers had the idea to put his favourite ingredients, bacon and onions, on the dough piece before putting it into the oven. He also added some cream to it. The scent that came out of the oven attracted the farmers in the neighbourhood so the flatbread was cut in pieces for everyone to try. The result was so delicious that it became a tradition and has become a delicacy over the years - the “Alsatian Flammkuchen”.

These days, you can even find it frozen in Germany next to the pizzas but make no mistake to compare it to a pizza!.

## Ingredients

### Dough

- 230g bakers flour
- 30ml olive oil



- 120ml water
- ¼ tsp. salt

### Topping

- 200g sour cream
- 200g onions
- 200g shortcut bacon
- Salt, pepper and a little nutmeg to taste
- Milk or cream (optional)
- Side salad to serve

### How to make

1. Preheat your oven to 230°C fan-forced.
2. In a large bowl, mix flour, salt, water, and oil. Mix until a dough begins to form, then turn the dough out onto a lightly-floured surface and knead until it is soft and smooth (3 to 5 minutes). Set the dough aside and cover it with a towel.
3. I have a food processor, where I mix all topping ingredients. You could also just hand cut the onion and mix it with the sour cream and potentially a tiny bit of cream or milk. Then, add the condiments and the bacon, cut into small pieces.
4. Roll the dough as thin as you can and lay it on baking paper or directly on a sheet, usually this recipe yields 3 sheets.
5. Place the sour cream mixture on top of the rolled dough, leaving a tiny bit of crust at the sides.
6. Put it in the oven for 5 to 10 minutes until the crust is golden brown but the toppings are not burned.
7. Et voilà! Cut it into pieces and enjoy immediately while it's still hot.

### Tips

1. This recipe works well with a side salad and we usually bake them separately to have hot ones. Leftovers are also delicious.
2. In step 3, some people sauté the bacon then caramelize the onions before mixing it with the sour cream.
3. Toppings can also vary. There are dedicated Flammkuchen restaurants with a huge variety of flavours including goat's cheese and figs, caramelised pear and rocket or sweet variations.

# Impossible Pie



**Tynagh Songberg (Brisbane)**



Serves 4 to 6



10 minutes to prepare, 30 to 40 minutes to cook



Country of origin: England and Australia



This recipe has been handed down the Songberg family line from my Nan (Grandma), who gave the recipe to my mum. I first ate this when I was a child when my mum would make it for me for dinner – it was a great way to convince me to eat my vegetables, especially when it had some melted cheese on top! Since then, I have started making it for my partner and I on busy weeknights when I want to eat something nutritious but with minimum prep time. Once the mixture is in the oven, you can set a timer and forget about it, which makes cooking a breeze.

My favourite part of this dish is that it can be made with any combination of vegetables or meat you want, and it is great for cleaning out the fridge of leftover vegetables. I also love to add halved cherry tomatoes on top; it makes it look extra fancy and adds a lovely sweetness to the pie.

Trivia: Why is it called Impossible Pie? Because it does not need any pastry to make the 'pie' crust, it stays together using flour, milk, and eggs. Technically, it's closer to a quiche!

## Ingredients

- 4 eggs
- ¼ cup butter, melted
- 1 cup milk
- ¼ cup plain flour
- 300g bacon
- 1 large leek



- 3 medium-sized carrots, grated
- 2 medium zucchinis, grated
- Cherry tomatoes to decorate

## How to make

1. Preheat oven to 180°C.
2. Dice the bacon and fry until cooked and crispy.
3. Chop the leek before adding to the bacon pan with 1 tsp. of oil. Cook until soft and slightly reduced.
4. Set bacon and leek aside to cool.



5. Beat eggs in a bowl, add the butter, milk, flour, and grated vegetables. Mix to combine.
6. Add cooked bacon and leek, and mix gently to combine.
7. Lightly grease a 10" pie plate or similar baking dish before adding the mixture and spreading evenly.
8. Chop cherry tomatoes in half and place on top of the mixture.
9. Cook at 180°C for 30 to 40 minutes, or until a skewer comes out clean from the middle.
10. Cut into slices and enjoy with a side salad.



## Tips

1. You can use any combination of meat or vegetables in this dish. Some other ingredients you can mix and match with are cooked salmon or tuna, ham, cheese, corn, olives, asparagus, capsicum, or any other combinations you can think of.

# Red Braise Pork Belly



**Michael Ho (Sydney)**



Serves 4



3 hours



Country of origin: China 

Red braising is a method of slow cooking in a caramelised soy-based braising liquid. The recipe for the braise will vary across regions and individuals but the fundamentals are similar. In case you are wondering, the 'red' in the name comes from the colour of the caramelised sugar in the dish. Different meats may be used. However, pork belly is a favourite as it comes out so tender and moist. My father-in-law used to make a traditional Cantonese version that involved a lot of effort with boiling, deep frying then steaming the pork for hours. This version is simpler using the oven and no deep-frying, although you still need to wait for it to slowly cook, the wait is worth it.

## Ingredients

- Around 1kg pork belly
- 1 cup soy sauce
- 1 cup Shaoxing cooking wine
- 1 to 2 cups water
- 35g yellow rock sugar (crushed) or 3 Tbsp. brown sugar
- 1 stick cinnamon
- 3 cardamom pods
- 3-star anise
- A chunk of ginger, sliced
- 2 stalks shallots, cut to 5cm lengths
- Oil for frying



## How to make

1. Preheat oven to 160°C.
2. Boil some water and blanch the pork belly for a few minutes to clean and remove impurities.
3. Remove pork and rinse under cold water.
4. Discard the blanching water and dry the pan.
5. Heat the pan and add the herbs spices with a little oil and toast them for about a minute. Remove and place them into a teabag. (see tip 1)
6. Add sugar with a couple of tablespoons of oil and heat gently until sugar melts and begins to caramelize. (see tip 2)

7. Pat dry the pork with paper towels then add to the pan. Try to coat and glaze the pork with the caramelised sugar or oil.
8. Add cooking wine, then soy sauce, and spice bag.
9. Add water so the pork is sitting in at least 1 to 2cm of liquid, then bring it all to a boil.
10. Taste the liquid and adjust with more sugar and soy if necessary. It should be quite strongly flavoured as juices from the pork will come out during cooking and dilute the liquid.
11. Cover the pot and place it in the oven (transfer to an oven-safe tray if the pot is not ovenproof). Reduce oven temperature to 130°C.
12. Turn the pork over a few times (e.g. every 30 to 45 min) to ensure it's evenly done and also check the tenderness. It's ready when the meat can be broken easily with a fork.
13. Remove the pork and allow it to cool.
14. Spoon off and discard the excess oil from the liquid.
15. Slice the pork when it's cool enough.
16. Serve over noodles or rice with eggs and greens then spoon over some of the braising liquid.

## Tips

1. Teabags are very handy for holding spices in a braise so they don't mess up the liquid. These are available at Daiso.
2. Be careful when caramelising the sugar in oil. Ensure the pan and ingredients are dry to avoid splatter. It's also a good idea to hold a splatter screen over the cooking.
3. The pork can be prepared ahead of time and cooled in the fridge. This will make it easier to slice then warm a little in the microwave with some of the liquid.
4. The leftover braising liquid can be used to soak boiled eggs, adding extra flavour to them. Place boiled eggs in a container and pour in the liquid at room temperature and let them sit for about an hour. Turn them around occasionally to coat evenly.
5. The liquid may also be kept for use again next time. Strain it through a paper towel to remove any meat sediment and store it in the fridge. Once it's solidified, there may be a layer of fat on top. Keep that there as it seals the braising liquid from the air and helps it keep from spoiling. It can be removed with a spoon before the next use.

# Swedish Wallenbergare (Veal Burgers)



**Dann Haimovitch (Melbourne)**



Serves 4



1 hour to chill, 15 minutes to cook



Country of origin: Sweden 

You may think that Swedish meatballs are the top classic Swedish dish, at least if you go to IKEA. However, for those who really want to discover a true Swedish classic dish, these delicious Veal Burgers, known as Wallenbergare, have been around since 1879 when the recipe was first published. The dish has been very popular in Sweden ever since it was first created by Amalia Wallenberg, a member of a Swedish financial and industrial dynasty. The Wallenberg Family is still around today as one of the most prominent families in Sweden, renowned as bankers, industrialists, politicians, bureaucrats, and diplomats. But don't worry, you don't have to be rich to make this dish at home.

The Wallenbergare should be magically light, quite unlike an ordinary burger. It is created using finely minced veal and made luxurious by adding egg yolks and cream. In Sweden, we love cream and butter. The classic accompaniments are small green peas, mash potato, and lingonberries (a trio that you would find in many other Swedish classic dishes).

To top off all the cholesterol in this dish, we drizzle some melted butter, 'beurre noisette', just before serving. Welcome to Swedish heaven!

## Ingredients

- 450g ground veal
- 1 tsp. salt
- ½ tsp. white pepper



- 4 egg yolks from free-range eggs
- 1 cup heavy cream
- 3 Tbsp. breadcrumbs
- Organic butter and vegetable oil for frying

## For serving

- 2 cups frozen green peas
- Lingonberry or red currant jam
- Mashed potatoes (see tips)



### How to make

1. In a large mixing bowl, place veal, salt, white pepper, and beat in the egg yolks one at a time.
2. Blend in the heavy cream while stirring with a wooden spoon. Make sure the mixture is completely smooth.
3. Shape into thick burgers and chill in the fridge for about an hour.
4. Heat the butter and oil in a sauté pan.
5. Take the burgers, coat them with bread crumbs and fry gently for 4 minutes on each side, or just until it's cooked.
6. Blanch the green peas for 45 seconds in lightly salted boiling water.
7. Arrange all ingredients on a plate and drizzle a little melted butter, 'beurre noisette', over the peas.
8. Serve with Lingonberry or red currant jam, and mashed potatoes.



### Tips

1. In Sweden, we use a lot of butter in our mash potato. Don't just mix it. Mash it gently, otherwise, it turns to glue.
2. A secret ingredient to mashed potatoes is a bit of freshly grated nutmeg.

# Seafood Recipes





# Ceviche



**Rocio Pospisil (Sydney)**



Serves 2



2 hours to chill, 30 minutes to prepare



Country of origin: Peru 

Ceviche is a South American seafood dish that originated in Peru, typically made from fresh raw fish cured in fresh citrus juices, most commonly lime, and spiced with ají, chilli peppers or other seasonings, including chopped onions, salt, and coriander. It's eaten any day, especially, on warm sunny days. I've eaten this dish since I was a young child. I first made this dish after I moved to Australia, it reminds me of Peru.

I learned this dish from other Peruvians living in Australia. A Ceviche could be eaten as an entrée and then a crispy pan-fried fish or seafood with rice as a main.

## Ingredients

- 500g white saltwater fish
- 1 Tbsp. salt
- 1 tsp. garlic
- 1 ½ cups lime juice
- 1 medium-sized Spanish onion, thinly sliced
- 1 chilli pepper



## Garnish

- 4 Tbsp. coriander, chopped
- 1 sweet potato and corn, cooked
- 2 lettuce leaves



## How to make

1. Cut the fish into small pieces. Dice the fish or leave it in pieces of up to 2.5cm square, but remember that the larger the pieces, the longer it will take to marinate.
2. Place the fish in a bowl (preferably a glass, ceramic or stainless steel bowl), add the salt, garlic and pour the lime juice on top.
3. Add the sliced onions and the chilli into the fish mixture and toss a few times to distribute.
4. Chill the fish mixture in the fridge for at least 2 hours. If your fish is truly sushi quality, it is fine if the centre of the fish is still raw-looking.
5. To serve, lay down some of the onions and chilli and top with the fish. Add some of the citrus juices on top. Garnish with the coriander. Serve with sweet potatoes, lettuce and corn.



## Tips

1. When choosing a whitefish, opt for kingfish, snapper, ling or anything else you would see on a sushi menu. High-quality, sushi-grade is best since Ceviche is not cooked with heat.
2. Be sure to remove the skin, bones, and bloodline from the fish before cutting it up. The bloodline is the dark red portion of the fillet; if left on the fillet, your Ceviche will have a very fishy flavour.

# Mac's BBQ Prawns



**Adrian MacDougall**



Serves 6 as an entrée



2+ hours to marinate, 8 minutes to cook



Country of origin: Australia 

This is a great, simple dish to make on the barbecue anytime. But for me, it always brings memories of Christmas and hot summer days. This reminds me of a summer entrée dish which we have been cooking at Christmas for many years.

## Ingredients

- 1.5kg uncooked green prawns; no tails, peeled and deveined (the bigger the better from a local fishmonger or supermarket if you must)
- Bamboo skewers

## Marinade

- ½ cup olive oil
- 2 Tbsp. honey
- 2 Tbsp. sweet chilli sauce
- 2 Tbsp. parsley, chopped (from a jar if you are short on time)
- 1 Tbsp. lemon juice
- 4 spring onions, finely chopped
- ¼ tsp. 5-spice powder



## How to make

1. Soak skewers in cold water for a couple of hours.
2. Combine marinade ingredients in a large bowl.
3. Add prawns to the bowl and stir into the sauce.
4. Refrigerate for 2+ hours.
5. Thread 3 to 4 prawns onto skewers (it depends on the prawn size).
6. Cook prawns over low-medium heat on barbecue for 4 minutes on each side or until prawns change colour.
7. Serve immediately with Christmas salads.

## Tips

1. If the heat is too high when cooking, the sauce will turn the prawns black. The lowest heat is a good starting point.
2. If you don't have a barbecue, you can use a grill or frypan instead (cook times don't change).
3. If there are any leftovers, they can be easily reheated the next day and still taste delicious.
4. When cooking on the barbecue, you can use an 'Oven Saver' Teflon sheet (from Coles) on top of the barbecue hotplate to help reduce the heat and this also makes cleaning up the barbecue a snap.



# Salt and Pepper Seafood



**Michael Ho (Sydney)**



Serves 4



1 hour



Country of origin: China and Hong Kong



Salt and pepper squid or whitebait is a popular dish served at yum-cha restaurants. The same salt and pepper style is also used with a variety of foods from pork chops to lobster or tofu for larger main-sized portions. The recipe below uses fish and prawns.

This dish is an occasional indulgence of deep-fried goodness that I've enjoyed since childhood.

I picked up how it was made from watching my dad and uncle cook at their restaurants many years ago. It reminds me of my time growing up with a family restaurant which I thought was very daggy at the time, but now when I look back, there were some pretty good times there.

I only started making it myself in the last few years and with more time at home during COVID, it has appeared on the dinner table a bit more this past year.

## Ingredients

- 750g firm-fleshed fish fillets (e.g. ling, snapper, flounder), prawns, or a mix of both
- Salt and pepper for seasoning
- 1 egg
- 1 cup plain flour
- 1 cup corn flour
- ½ tsp. ground ginger
- 3 tsp. salt
- ½ tsp. pepper
- 1 Tbsp. milk



- 1 Tbsp. cooking oil (e.g. rice bran or peanut oil)
- 2 tsp. granulated dried garlic
- 6 chillies, sliced (see tips 3 and 4 if you don't want it too hot)
- 3 shallot stalks, chopped
- 2 Tbsp. fried onion or shallot flakes
- 1 tsp. sugar
- 2 tsp. Shaoxing cooking wine (or dry sherry)
- Oil for deep frying
- Vermicelli (optional for serving)
- Steamed or stir-fried greens and rice for serving

## How to make

1. Scale, skin, and pin-bone the fish fillets. Slice into pieces about 4 to 5cm in size.
2. Shell and devein prawns. (optional: also see tip 1 below regarding prawn preparation)
3. Pat dry the seafood with kitchen towels.
4. Place fish or prawns in mixing bowl, season with salt and pepper.



5. Add milk, oil, corn flour, and an egg. Mix until evenly combined and the pieces are coated with a viscous slurry.
6. Using an air-tight plastic bag, add the 2 flours, 1 teaspoon of salt, half a teaspoon of pepper, half a teaspoon of ground ginger and combine.
7. Heat oil to 180°C.
8. When the oil is hot, add the seafood to the bag of flour. Hold the opening closed and shake to coat all the seafood. All pieces should end up with a dry cover of flour.
9. Grab a handful of seafood and gently shake within the bag to remove loose flour and place into the oil to deep fry until the fish is firm and the batter starts to show a bit of colour. Remove and set aside on kitchen towels to absorb excess oil. Repeat in batches (depending on the size of your fryer) until all the seafood is cooked.
10. Optional: Fry up a handful of vermicelli. Remove from oil as soon as it puffs up.
11. Bring a large pan or wok up to high heat with a bit of oil to thinly coat the base. Add garlic granules, shallots, chillies, onion flakes and half of the remaining salt and sugar. Stir to cook quickly until the oil has been absorbed and the chill and shallots start to caramelise (about a minute).
12. Add the cooking wine.
13. Add the seafood and toss to mix while adding extra salt and sugar to taste.
14. Place the fried vermicelli noodles on top and serve with steamed or stir-fried greens and rice.

## Tips

1. If you enjoy prawns, biting on a bouncy texture is more enjoyable than a mushy one. The way this texture is achieved at restaurants is with the use of an alkalising agent, normally bicarb soda. Let the shelled prawns soak in a bowl of water with a pinch of salt and a couple of teaspoons of bicarb soda for half an hour. Rinse them well before using to remove bicarb residue. Otherwise, it will leave a bitter taste
2. Granulated dried garlic works really well for this dish. This is a very tasty substitute for fresh garlic and is less pungent. A handy preparation is to half fill a small glass jar with garlic granules then cover the garlic with light olive oil and keep it in the pantry or fridge.
3. For less spiciness, use cayenne chillies which have less heat (compared to bird's eye or Thai chillies). Remove seeds from the chillies to make it even less spicy. The cayennes are fatter so a method for seed removal is to chop the ends off the chill and twist the handle of a thin teaspoon through it to push out the seeds.
4. For those that do not like chilli at all, Chinese 5-spice powder makes a great variation. Add half a teaspoon (plus or minus to suit your taste) in place of the chilli
5. The optional vermicelli noodles are used as a base for the seafood. Their purpose is to prop the actual seafood off the bottom of the plate, allowing steam to escape and preventing moisture from accumulating and making the food go soggy.
6. Using bags to flour or batter ingredients instead of an array of trays helps a lot to reduce the amount of clutter and mess in the kitchen when it comes to prepping food for deep frying.

# Seafood Pie



**Stephanie Calvert (Sydney)**



Serves 4



50 minutes to 1.25 hours depending on the pie size



Country of origin: England 

In my 10 years in Australia, I've come to learn that Aussies are big fans of the pie. This recipe is a little bit different from a classic Aussie meat pie, as I've chosen to submit a recipe from my childhood (in England).

The dish reminds me of going to my Aunt's for tea (dinner). My guess is that she used cod or haddock in the UK but I usually choose ling or salmon these days. I cook this for my husband regularly, especially when we get a chance to go to the Sydney fish markets. The recipe has been edited over the years and is now loosely based on an Andy Allen recipe with a few tweaks.

## Ingredients

- 1kg potatoes (starchy), roughly chopped
- 300g sour cream
- 1 Tbsp. corn flour
- 1 tsp. Dijon mustard (add more to your taste)
- 400g firm fish fillets, de-boned and cut into 3cm cubes (see Tips)
- 200g prawns, de-shelled, cleaned and deveined
- 150g frozen peas
- ¼ cup chives, chopped
- 150ml milk
- 1 cup cheese, grated (more or less to taste)
- ½ cup panko breadcrumbs
- Salt and pepper for seasoning



## How to make

1. Preheat the oven to 200°C, 180°C fan-forced.
2. Boil the potatoes in salted boiling water for approx. 12 minutes or until soft enough to mash.
3. Meanwhile, combine sour cream, corn flour, mustard in a large bowl.
4. Add the fish, prawns, peas and chives and stir well.
5. Drain and mash the potatoes, adding the milk, grated cheese, salt and pepper to make a lumpy mash. (Lumps are texture to me but mash until smooth if preferred.)

6. Spoon the fish mixture evenly between 4 ovenproof dishes or 1 big 2-litre pie dish for one big pie. Top with the mash potato and panko.
7. Bake for 30 to 50 minutes depending on the number of pies you are making.
8. Rest for 5 minutes before serving.

## Tips

1. Try and cut the fish the same size as the prawns so they all cook at the same time.
2. Sometimes de-shelled halved boiled eggs are added to bulk out the recipe.
3. Serve with a green salad or steamed vegetables.



# Sweet Recipes







# 2468 Cake



**Ailsa Goldring (Brisbane)**



Serves 6



15 to 35 minutes



Country of origin: Australia 

I got this recipe from my Great Aunt Esthelle who was an amazing hostess until she was in her early 90s. She made it almost every day as she played Bridge at least once and normally twice a day. This was her absolute standby as it always works and is easy to remember.

It is eaten whenever you want some and usually with a cup of tea or coffee. I first ate and then made this dish about 40 years ago in Melbourne and it always reminds me of this most amazing Great Aunt.

## Ingredients

- 2 Tbsp. butter
- 4 Tbsp. sugar
- 6 Tbsp. milk
- 8 Tbsp. self-raising flour
- A slurp of pure vanilla
- 1 55g egg

All spoon measurements are rounded.

## How to make

1. Preheat to 170-180°C for normal oven, 165-170°C for fan-forced oven (higher temperature for cupcakes).
2. Prepare a small loaf pan or 6-cup cupcake tray if required.
3. Mix all ingredients then beat well until smooth and creamy.



4. Pour into pan.
5. Cook for 30 to 35 minutes for a small loaf pan and 15 minutes for the cupcake tray.
6. Cool for a few minutes on a rack, then turn out.
7. Eat and enjoy.

## Tips

1. Margarine can be substituted for butter but it won't be quite as moist.
2. Add stewed apple but halve the milk as the recipe shouldn't be too sloppy.
3. Add dry ingredients, such as cocoa or coffee, with no adjustments needed to the recipe.

# Anzac Biscuits



**Craig Brown (Melbourne)**



Makes 20 biscuits



20 minutes



Country of origin: Australia 

There are mixed stories on the origin of this biscuit. It has been claimed that biscuits were sent by wives and women's groups to soldiers abroad because the ingredients do not spoil easily and the biscuits kept well during naval transportation. However, this information has been contradicted with the claim that Anzac Biscuits were never sent to soldiers and were instead eaten by Australians at home to raise funds for the war. Publication of the biscuit recipe is seen as early as 1916, with the first mention of the desiccated coconut seen in 1924.

The biscuit can be eaten as a snack, often with a cup of tea. When I visited my grandmother, she would always have biscuits and cakes. She'd make yo-yos, lamingtons, and Anzac Biscuits. I love to make the biscuit because it's very simple to make, tasty, and easy to take with you for a snack whilst working.

## Ingredients

- 1 cup (90g) rolled oats
- 1 cup (150g) plain flour
- 1 cup (220g) brown sugar, firmly packed
- ½ cup (40g) desiccated coconut
- 125g butter
- 2 Tbsp. golden syrup
- 1 Tbsp. water
- ½ tsp. bicarbonate soda



## How to make

1. Preheat oven to 160°C or 140°C if fan-forced.
2. Line oven trays with baking paper.
3. Combine oats, sifted flour, sugar, and coconut in a large bowl.
4. Combine butter, syrup, and water in a medium pot, stir over low heat until smooth.
5. Remove from heat, stir in bicarb soda.
6. Stir in dry ingredients.
7. Roll level tablespoons of mixture into balls and place about 5cm apart on the trays, flatten slightly.
8. Bake for about 20 minutes and allow to cool on trays.

## Tips

1. Biscuits can be kept for a week in a sealed container in the cupboard.



# Arroz Con Leche (Spanish Rice Pudding)



**Rocio Pospisil (Sydney)**



Serves 4



25 minutes

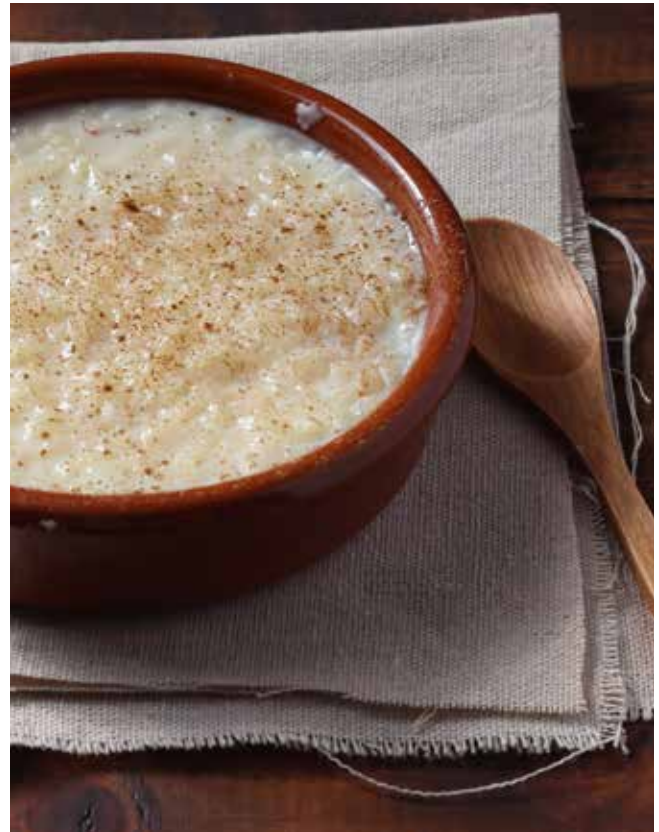


Country of origin: Spain 

Rice pudding is a dish made from rice mixed with milk and other ingredients such as cinnamon, vanilla essence, and raisins. It is commonly combined with a sweetener such as sugar. It's eaten as a dessert either warm or cold. I've eaten this dessert since I was a young child and this was definitely a must to serve at children's birthday parties. Because it is easy to make, I've made it many times since I was a teenager. I learned how to prepare this dessert from my family.

## Ingredients

- 1 cinnamon stick
- 6 cloves
- A piece of lemon skin
- 2 cups rice
- 5 cups hot water
- 1 can evaporated milk
- 1 can condensed milk
- 1 spoon vanilla essence
- Cinnamon ground
- Sultanas or raisins
- Coconut, shredded



## How to make

1. Put the rice, hot water, cinnamon stick, 6 cloves, and the piece of lemon skin in a pot. Bring to a boil until the rice is cooked.
2. Add the evaporated and condensed milk, vanilla essence, a few raisins or sultanas and the shredded coconut.
3. Mix everything, stirring constantly with a wooden spoon for 5 minutes.
4. Remove the cloves, lemon skin and cinnamon stick.
5. Serve in small containers adding a bit of cinnamon ground on top.

It is perfect to serve on a cold winter day.



# Chocolate Cake



**Karen Dawson (Melbourne)**



Serves 8



50 minutes



Country of origin: USA 

My grandparents would always come to visit us on a Sunday and my first memory was when I was about 5 years old. Mum would let me start baking this cake when I was 13. This cake gives me happy memories of our family get-togethers, and this recipe is passed down from my Nanna.

## Ingredients

- 1  $\frac{3}{4}$  cups self-raising flour
- 1  $\frac{1}{4}$  cups white sugar
- 2 Tbsp. cocoa
- $\frac{1}{2}$  tsp. bi-carbonate soda
- 125g butter at room temperature, sliced
- 2 eggs
- 1 cup milk

## Icing

- 200g dark chocolate
- 60g butter

## How to make

1. Preheat oven to 180°C.
2. Grease a 20cm (base measurement) round cake tin and line the base with baking paper.
3. Combine all the cake ingredients in a large mixing bowl and using electric beaters, beat for about 3 minutes until combined, smooth and the mixture is thick and pale.



4. Pour mixture into the tin and smooth the surface.
5. Bake for about 50 minutes until a skewer comes out clean when inserted and the cake comes away from the sides of the tin.
6. Cool in the tin for 5 minutes, and then turn onto a wire rack to cool completely.
7. For the icing, melt the chocolate and butter together in a saucepan over low heat. Cool for 15 minutes, then spread onto the cooled cake.

## Tips

1. The recipe originally said to cook for 1 hour but I cooked it for 50 minutes, as the cake comes out nice and soft. You could also have it as a chocolate pudding and add cream.
2. The recipe is adapted from [this page](#).

# Chocolate Fudge Brownies



**Ailsa Goldring (Brisbane)**



Makes 12



2 hours and 5 minutes



Country of origin: Australia 

I made this recipe regularly as part of fundraising activities when I worked with Montrose Therapy and Respite Services. They provide services, education and accommodation to the disabled to maximise their independence and provide therapy services to early childhood intervention participants. It is eaten whenever you want some and usually with a cup of tea or coffee.

## Ingredients

- 185g dark chocolate
- 125g butter
- $\frac{3}{4}$  cup sugar
- 2 eggs
- 1 cup plain flour
- 1 cup walnuts, chopped
- Icing sugar (optional)

## How to make

1. Preheat oven to 180°C.
2. Grease a deep 20cm square cake tin or slice pan, line base with baking paper.
3. Melt chocolate and butter together (over a pan of boiling water or in the microwave).
4. Stir in sugar and leave to cool slightly.
5. Add eggs one at a time, stirring constantly, and beat well with a wooden spoon.



6. Stir in sifted flour and add walnuts.
7. Pour into prepared tin or pan.
8. Bake in the oven for about 25 minutes.
9. Cool in pan before removing.
10. When completely cool, sprinkle with icing sugar, cut into squares. Enjoy!

## Tips

1. Good quality milk chocolate can be used in place of dark chocolate if preferred, but of course, it won't be as rich.
2. Do not add eggs when the mixture is too hot.





# Christmas Cake Pops



**Maria Apostolas (Sydney)**



Makes about 20



1 hour plus prep and decorating time (see Tips)



Country of origin: Australia 

Christmas at our house means lots of cooking, baking and eating! I've been making these Cake Pops ever since my boys were little and my eldest is almost 20 now so that's a long time. Warning: It's very hard to stop at one – they're very addictive.

You can get the kids involved and decorate them any which way you like. I wrap mine individually and wrap some decorative ribbon around them and they look beautiful on the table for Christmas Day dessert. Of course, they're not only for Christmas – you can make them at any time of the year and just vary the decorations.

Enjoy!

## Ingredients

- 200g butter
- 1  $\frac{3}{4}$  cups (370g) caster sugar
- 1 tsp. vanilla extract
- 4 eggs, at room temperature
- 2  $\frac{3}{4}$  (405g) cups self-raising flour
- 1 cup (250ml) milk

## Cake pops

- 2 Tbsp. store-bought vanilla frosting
- 375g packet white chocolate melts
- Sprinkles or other decorations
- About 20 lollipop sticks



## To make the butter cake

1. Preheat oven to 180°C degrees.
2. Grease and line a 10x20cm loaf tin with baking paper.
3. Using an electric mixer, beat the butter, sugar and vanilla until pale and creamy.
4. Add eggs one at a time, beating well between each addition.
5. Add flour and milk in alternate batches. Stir until just combined, spoon into the pan and smooth the surface.
6. Bake in a preheated oven for 1 hour or until a skewer comes out clean when inserted in the centre.
7. Remove from oven and set aside for 5 minutes before turning on a wire rack to cool completely.



### To make cake pops

1. Trim the crusts from the cake, break into small pieces and place in a food processor until it's fine crumbs.
2. Transfer to a bowl, add vanilla frosting and stir to combine.
3. Line an oven tray with baking paper. Roll the cake mixture into a 1 tablespoon sized ball and place it on the lined tray.
4. Place in the fridge for an hour or until firm.
5. Melt white chocolate in the microwave or by stirring over a pot of boiling water.
6. Dip a lollipop stick about half an inch into the melted chocolate then insert into the centre of the cake ball. (about halfway up)
7. Dip the cake ball into the melted chocolate until it's completely covered and gently tap the stick against the edge of a wide cup to get rid of excess coating.
8. Decorate as you please.

### Tips

1. The cake pops can be made over 2 days. Make the butter cake on day one. Roll the balls, cover them with chocolate and decorate on day two.
2. Have all ingredients at room temperature.
3. Get yourself a floral foam block (those green blocks that florists use) to put the cake pops once you've coated them with chocolate so they can set. You can even wrap the block in decorative paper to display them once finished.

# Daddy's Cherry Clafoutis



**Dann Haimovitch (Melbourne)**



Serves 4 to 6



1 hour



Country of origin: France 

When Dad came back from the Sunday markets with a sack of black cherries, we knew that it was clafoutis time. That was the best Sunday breakfast of all, and I guess it was for my Dad too when he was a child growing up in France. Clafoutis is one of the easiest desserts you can make, and yet so delicious. Kids love it as much as the adults. You simply get some good sweet and tasty cherries, add a batter (like a pancake mix) and put it in the oven. Daddy's secret was always to add a bit of 'kirsch liquor' to the batter and always keep the cherry pits. The pits give some almond flavour. Dad would also swap some milk for cream or add some chopped blanched slivered almonds if he had some in the pantry.

## Ingredients

- Unsalted butter, at room temperature (for greasing)
- 1 to 2 Tbsp. sugar
- 300g cherries (remove the pits if you prefer)
- Handful chopped blanched slivered almonds (optional)
- Icing sugar for dusting

## Batter mix

- 60g plain flour
- ½ tsp. baking powder
- 3 large free-range eggs
- 60g sugar



- 300ml milk
- ½ tsp. vanilla extract
- ½ Tbsp. kirsch liquor (optional)
- Zest of 1 lemon or orange

## How to make

1. Preheat the oven to 180°C.
2. Mix all the batter ingredients with a pinch of sea salt in a blender or food processor until totally smooth, then set aside for 20 to 30 minutes.
3. Meanwhile, grease a 25cm round baking dish or best, a cast iron pan (like my dad used to do) with the softened butter, then sprinkle over the sugar.

4. Dot your cherries (stoned, if you prefer) around the base of the dish.
5. Add some chopped blanched slivered almonds if using and then place in the oven for 5 minutes so the fruit can begin to soften.
6. Remove the dish from the oven and pour over the batter until the cherries are just covered. Return to oven to bake for about 30 to 35 minutes, or until puffy and golden.
7. Dust the clafoutis with icing sugar and serve lukewarm.



## Tips

1. The texture of clafoutis is like a sturdy custard, so if it wiggles when you take it out of the oven, that's just how it's supposed to be. The clafoutis will have puffed up quite a bit and will deflate while cooling. Always serve lukewarm and don't forget to dust with icing sugar.
2. The recipe is adapted from [this page](#).

# Devil's Food Cake



**Carly Deason (Melbourne)**




Makes one 3.5-4" high, 8" round cake or approximately 30 cupcakes



1.25 – 1.5 hours



Country of origin: New Zealand 

I originally found this recipe when I was looking around for cake recipes for my daughter's 7th birthday because I was feeling really over that heavy mud cake type of birthday cake. I found this on a website called "Sweetness & Bite", which is a recipe blog written by a woman named Natalie, living in New Zealand.

After making this for my daughter's birthday and really loving it, I made two for my best friend's twins' 2nd birthday, one as per the recipe and one substituting the dark chocolate for white chocolate. They were both a hit at the party and a few people asked for the recipe, especially for the white chocolate version.

I would describe it as being a light and fluffy version of a mud cake, good for when you don't want that heavy, dense dessert.

I recommend slicing your cake in half or thirds and filling it with buttercream then covering the outside with the buttercream icing.

## Ingredients

### Cake

- 225ml boiling water
- 1½ tsp. instant coffee powder (optional – leave out if making a kid's cake)
- 100g dark chocolate (50 to 70% cocoa solids)
- 225g unsalted butter, at room temperature
- 175g caster sugar
- 175g light brown sugar



- 1 tsp. vanilla extract
- 4 large eggs, at room temperature
- 350g plain flour (see Tips for gluten-free alternative)
- 2 Tbsp. Dutch cocoa
- 2 tsp. baking soda
- Pinch of salt

## Icing

- 250g unsalted butter
- 500g icing sugar
- 1 tsp. vanilla extract
- A touch of water or milk



## How to make

1. Preheat oven to 160°C for cakes or 180°C for cupcakes.
2. Line the base and sides of an 8" round cake tin with baking paper, or line two 12-hole muffin tins with cupcake papers.
3. Measure the boiling water in a heatproof bowl or jug and stir in the coffee.
4. Break or chop up the dark chocolate into small pieces and add to the water and coffee, stirring until the chocolate melts. Leave to cool.
5. In a large bowl, sift together the flour, cocoa, baking soda and salt (see tips below to make this gluten-free).
6. In an electric mixer fitted with the paddle attachment (or in a large bowl if you are using a hand-held mixer), beat the softened butter, caster sugar, brown sugar and vanilla together on medium speed until very light and fluffy.
7. Gradually add the eggs one at a time. The mixture may look a little curdled at this stage. Turn the mixer down to low speed and add the flour mixture and the chocolate mixture alternately, beating briefly between additions to combine.
8. Scrape down the sides of the bowl, then add the sour cream and mix on low speed until just combined. Pour into the lined cake tin or cupcake papers.
9. Bake for 1¼ to 1½ hours for an 8" cake, or approximately 18 minutes for cupcakes.
10. The cakes will spring back when touched lightly with a finger, and a skewer inserted into the middle will come out clean.
11. Cupcakes can be removed from the muffin pans straight away, but whole cakes benefit from being left to cool completely in the tin, covered with foil, overnight before turning out.
12. In an electric mixer fitted with the paddle attachment (or in a large bowl if you are using a hand-held mixer), beat the softened butter until light in colour for 5 minutes.
13. At a medium speed, add the icing sugar one spoon at a time.
14. Turn the mixer up to high and mix for 5 to 8 minutes until light and fluffy.
15. Just before turning the mixer off, add vanilla and a tablespoon of milk one at a time until you are happy with the consistency.
16. Ice your cake.

## Tips

1. To make this recipe gluten-free, replace the plain flour with 150g tapioca starch, 140g brown rice flour and 60g of potato starch. Also, add 1 tsp. Xanthan gum in step 5.
2. The recipe is adapted from [this page](#).

# Galaktoboureko (Greek Custard Slice)



**Maria Apostolas (Sydney)**




Serves 10



1.5 hours



Country of origin: Greece 

Being of Greek heritage, I grew up eating this dessert very regularly as my mother would make it often, especially during big family gatherings and parties – it's a great dessert to make when you're catering for a group. I've eaten many variations of this over the years but nothing beats my mum's version. Eating it only a few hours after it comes out of the oven, when it is soft and warm and creamy, is a sheer delight, but it's just as nice the next day, eaten straight from the fridge.

## Ingredients

- ¼ cup (40g) semolina
- 1 ½ cups (330g) caster sugar
- ¼ cup (35g) corn flour
- 6 eggs, at room temperature, lightly beaten
- 1 tsp. grated lemon rind
- 1 litre (4 cups) full cream milk
- ½ cup (80g) extra semolina
- 12 sheets filo pastry
- 125g butter, melted

## Syrup

- 1 medium lemon
- 1 ½ cups (330g) caster sugar
- ¾ cup (180ml) water
- 1 cinnamon stick



## How to make

1. Syrup: Using a vegetable peeler, peel rind thinly from half the lemon. Combine sugar and water in the pan, stir over heat without boiling, until sugar is completely dissolved. Add rind and cinnamon, simmer uncovered without stirring for 3 minutes. Set aside to cool completely. Discard rind and cinnamon.
2. Custard slice: Combine semolina, sugar, corn flour, eggs and rind in the bowl of an electric mixer and whisk until thick and combined.
3. Bring milk to boil in a pan, gradually whisk hot milk into the egg mixture then return mixture to the pan.

4. Stir over heat until mixture begins to thicken, gradually add extra semolina, stir until thick. Do not boil, cool slightly.
5. Lightly grease a 22cm x 30cm ovenproof dish. Cover pastry with a damp, clean tea towel to prevent drying out until you're ready to use it. Brush a pastry sheet with the melted butter, place it into the dish so the edges overhang sides. Repeat with 5 more sheets, continuing to brush each with melted butter.
6. Pour custard mixture evenly into the pastry case. Layer remaining sheets of pastry with butter, place on top of the custard, trim overlapping edges of the pastry. Fold ends inside the dish to enclose the filling.
7. Brush with remaining butter. Use a sharp knife to score pastry diagonally, cutting through only 1 or 2 layers of pastry
8. Bake in 180°C preheated oven for 55 to 60 minutes or until custard is set. Pour cold syrup evenly over custard; cool in dish before serving.



## Tips

1. Remember to score the filo pastry before you bake it in the oven. That will make it easier to cut it into pieces once it's cooked, without destroying the pastry.
2. When pouring the syrup over the slice, the syrup should be cold and the slice should be very hot (straight out of the oven).
3. It can be stored in the fridge for up to a week.

# Lemon Cheese Cake



**Robert Gubbins (Sydney)**




Serves 8+ depending on size slice



40 minutes to prepare, 2 hours to set



Country of origin: Australia 

This is a recipe I discovered by accident when cooking for my son and daughter-in-law. It comes from a Women's Weekly pie book that I think I picked up in a book sale somewhere.

It has been a great success and I have now been making it for many years. It is very easy to make, providing you follow the instructions, and has gone down well wherever I made it. It has sweetness but a great tang of lemon.

My son and daughter-in-law really enjoy their food and I would serve this for dessert after a roast lamb and roast potatoes dinner. I could never cook too many roast potatoes. At the end of the evening, we would divide up what was left of the cheese cake and they would leave happily with their little take-away.

## Ingredients

### Base

- 250g plain digestive biscuits
- 125g unsalted butter, melted

### Filling

- 250g packet cream cheese, softened
- 400g can sweetened condensed milk
- 2 tsp. grated lemon rind
- 80ml lemon juice
- 1 tsp. gelatine
- 1 Tbsp. water



## How to make

1. Grease a 20cm springform tin.
2. Blend or process biscuits until it's finely crushed, stir in butter. Using a flat-bottomed glass, press the mixture evenly over the base and side of the tin. Refrigerate for 30 minutes or until firm.
3. To make the filling, beat cream cheese in a small bowl with an electric mixer until smooth.
4. Beat in condensed milk, rind and juice until smooth.
5. In a small heatproof bowl, sprinkle gelatine over the water. Place the bowl over a small saucepan of simmering water, stirring until gelatine is dissolved.
6. Stir gelatine mixture into lemon mixture.
7. Pour filling into crumb crust, refrigerate for several hours or until set.
8. Serve with whipped cream if you prefer.

## Tips

1. Use Mcvities Digestive biscuits for best results.



# Pavlova



**Karen Dawson (Melbourne)**




Serves 10



1.5 hours



Country of origin: Australia 

This recipe is from Merle Parrish (Country Women's Association) old-fashioned baking at home.

It is such a popular Aussie dessert. Adapt to your own taste by adding whatever fruit you like such as passionfruit, kiwi fruit, raspberries, strawberries, blueberries – whatever is in season.

## Ingredients

- 6 egg whites
- 1 ½ cups caster sugar
- 1 ½ tsp. white vinegar
- 1 Tbsp. corn flour
- Whipped cream, sliced strawberries and grated peppermint crisp to serve

## How to make

1. Preheat oven to very slow 120°C fan-forced.
2. Grease a baking tray and line with a sheet of baking powder.
3. Use electric beaters to beat the egg whites until stiff peaks form. Add sugar a tablespoon at a time, beating until the sugar has dissolved between each addition.
4. Keep adding and beating until the mixture is thick, white and glossy. Beat in vinegar and corn flour.



5. Use a large spoon to transfer to the tray, then shape into a 22cm round.
6. Bake for 1½ hours, then turn off the oven. Prop the door open slightly and leave to cool completely.
7. Whip the cream, top with sliced strawberries and grated peppermint crisp.

The recipe is adapted from Merle's Kitchen, Merle Parrish.

# Sheera (with Banana)



**Ranjit Tamhankar (Melbourne)**



Serves 4



5 minutes to prepare, 25 minutes to cook



Country of origin: India 

This is another traditional dish from the state of Maharashtra, India, generally eaten as a dessert or prepared during any auspicious ceremony. There are many variants to this dish too as it differs slightly as one travels across the towns and villages of Maharashtra, from homemakers to restaurants to street vendors. A special variant is cooked during any auspicious day, especially when it's an offering or prasad to Lord Satyanarayana. Such an offering is done during a Satyanarayan puja. This is a sweet dish so no nutrition talks here .

Other occasions when this is made could vary from any joyous moments like marriage, graduation, new job, or purchase of a new home.

This is my favourite dessert. I have been eating this dish since my childhood and still love it. I prepare it sometimes but can't beat my wife's version.

## Ingredients

- 2 cups semolina (aka sooji – pronounced soo-jee in Hindi) or rava (pronounced ruh-waa in Marathi)
- 2 cups white sugar
- 2 cups ghee (clarified butter)
- 2 cups milk
- 2 cups water
- 2 ripe bananas
- Cashew or almonds for serving, chopped or sliced



## How to make

1. Take a pan or a medium wok and add ghee to it, heat until it melts. Ensure flame or heat is on medium setting.
2. Add semolina or rava to it. Stir it until golden brown - roast. Don't let it burn. The semolina should become fragrant.
3. Cut small pieces of banana and add to it. Sauté it well.
4. Take another pan or utensil. Add the milk and water to it. Bring it to a boil.
5. Once the milk and water combination is boiled, add it slowly into the roasted semolina, stirring at the same time.
6. The semolina will become fluffy and rise a bit. Keep the lid on the pan or wok and let it cook until it steams twice.

7. Once it steams twice, add the white sugar to the mix and stir nicely so the sugar mixes in well.
8. Let it cook again. Add the lid and cook until it steams again.
9. Garnish with chopped or sliced cashews or almonds on top if you prefer and serve while it's hot.



## Tips

1. When you add the banana during step 4, the dish carries the flavour until the end.
2. If you don't like bananas, don't add one. The rest of the recipe is the same.
3. In English, this dish is generally termed, "Banana Semolina Pudding". Generally, it is not served in restaurants here in Australia.
4. You can also get pre-roasted semolina. If you get that, there's no need to roast it again. Directly add the ghee.

# Special K Slice



**Andrew Smith (Melbourne)**



Serves 12 and more



10 minutes to prepare, 2+ hours to chill



Country of origin: USA 

I'm not sure about the origins of this recipe but my father ate this when he was growing up in New York so it may have come from a Reader's Digest magazine back in the 1940s. I remember eating a lot of this slice during visits to see my grandparents when I was young. My grandmother would make a big batch, chop it up into bite-sized pieces and store it all in a big plastic container on the kitchen bench. It became a game among my brother and I and our cousins to see who could sneak into the kitchen and grab a piece without getting caught.

My parents taught me the recipe only a few years ago when I realised I'd never attempted it. Given how much it makes, it's the sort of thing you would make for a party or any other occasion when there will be lots of people around to help eat it.

## Ingredients

- $\frac{3}{4}$  cup brown sugar
- $\frac{3}{4}$  cup corn syrup (see Tips)
- 1 cup smooth or chunky peanut butter (either will work)
- 5 cups Special K cereal
- 340g dark chocolate chips

## How to make

1. Mix brown sugar and corn syrup in a saucepan and bring to a boil.
2. Turn off heat, add peanut butter and stir well.



3. Pour cereal into a mixing bowl. Pour the sugar, syrup or peanut butter mixture into the cereal and mix well.
4. Melt chocolate chips in a saucepan (or microwave-safe bowl).
5. Grease a 25cm x 35cm baking tray or cookie sheet. Press the cereal mixture into the tray and spread out the melted chocolate over the top.
6. Put the tray into the fridge to cool until hard for at least a few hours.
7. After the mixture has hardened, do not attempt to cut into it as soon as you remove the tray from the fridge. Leave it out for half an hour or so to warm up to room temperature and then slice up the entire thing into individual pieces for immediate consumption or storage.
8. Store in a large plastic container or cookie tin in layers separated with baking paper. It can be frozen as well for long-term storage.

## Tips

1. The corn syrup normally used is Karo Light corn syrup. This is available online on Amazon and can also be found at some specialty food stores. A good and cheaper substitute is Queen glucose syrup which you can buy at Coles and Woolworths.





# Vanilla Cupcakes



**Karen Dawson (Melbourne)**



Serves 12 to 16



20 minutes



Country of origin: USA 

This recipe is from Julia Goodwin who was the first winner of MasterChef Australia and these are the best cupcakes because it's so light!

## Ingredients

- 4 eggs
- 2 cups (440g) caster sugar
- 2 cups (300g) plain flour
- 2 tsp. baking powder
- ¼ tsp. salt
- 1 cup (250ml) milk
- 125g butter
- 1 tsp. vanilla extract

## Icing

- 190g butter, at room temperature, chopped
- 1½ tsp. vanilla extract
- 2 Tbsp. rosewater
- 3 cups (450g) icing mixture, sifted
- 3 to 4 drops red food colouring

## How to make

1. Preheat the oven to 160°C (140°C fan-forced).
2. Line two 12-hole cupcake tins (50ml capacity) with paper patty cases.



3. In an electric mixer with the paddle attachment, beat the eggs for 4 to 5 minutes, or until pale and creamy.
4. With the mixer still running, gradually add the caster sugar and continue to beat for 3 to 4 minutes. The mixture is ready when it 'forms the ribbon'. This means when the paddle or a spoon is lifted out of the mixture, a trail is left across the surface for a moment before it sinks.
5. In a bowl, sift together the flour, baking powder and salt. Fold through the egg mixture.
6. In the microwave or in a small saucepan, heat the milk and butter until just melted.
7. Add the vanilla and gently fold through the batter.
8. Divide the batter between the patty cases.

9. Bake for 20 minutes, or until slightly risen and lightly golden brown. A skewer inserted into the centre will come out clean.
10. Cool for 10 minutes, before lifting out onto a wire rack to cool completely before icing.
11. To make the icing, cream the butter in the bowl of an electric mixer until lighter in colour.
12. Add the vanilla and rosewater and mix for a moment to combine.
13. Sift the icing mixture into the bowl and start to combine at a low speed. When the mixture is all wet, increase the speed and beat until light and fluffy.
14. Put a few drops of food colouring into the bowl and mix for a delicate, pale rose colour.
15. Place the icing in a piping bag with a 1cm star-shaped nozzle and pipe onto the cooled cupcakes.



## Tips

1. The recipe originally said to cook for 20 minutes but I usually take it out of the oven in 15 minutes.
2. You can also cheat by using Betty Crocker's icing spread.
3. You can also add sprinkles. My grandkids love cupcakes with sprinkles!
4. For an extra touch of elegance, they can be topped with pink icing roses and green leaves.
5. The recipe is adapted from [this page](#).

# Indian Cardamon Tea



**Jincy Sam (Brisbane)**



Serves 1



10 minutes to prepare



Country of origin: India 

Cardamon, otherwise known as Elaichi Tea, is a traditional drink you have before you start your day or late in the afternoon. Cardamon spice originally came from wild plants, located in the Southern part of India. This spice is very popular in Indian, Middle Eastern and Scandinavian cuisines.

As I am originally an Indian who migrated to Australian shores, I found that many of our friends love to have this thick and golden brown hue of aromatic taste.

Try it out and let me know what you think of the recipe!

## Ingredients

- ½ cup water
- ½ cup milk (you can use full or skimmed milk)
- 1 pod green cardamom seeds, crushed
- 1 Tbsp. tea powder or 3 tea bag (intense black)
- 1 Tbsp. sugar (optional)

## How to make

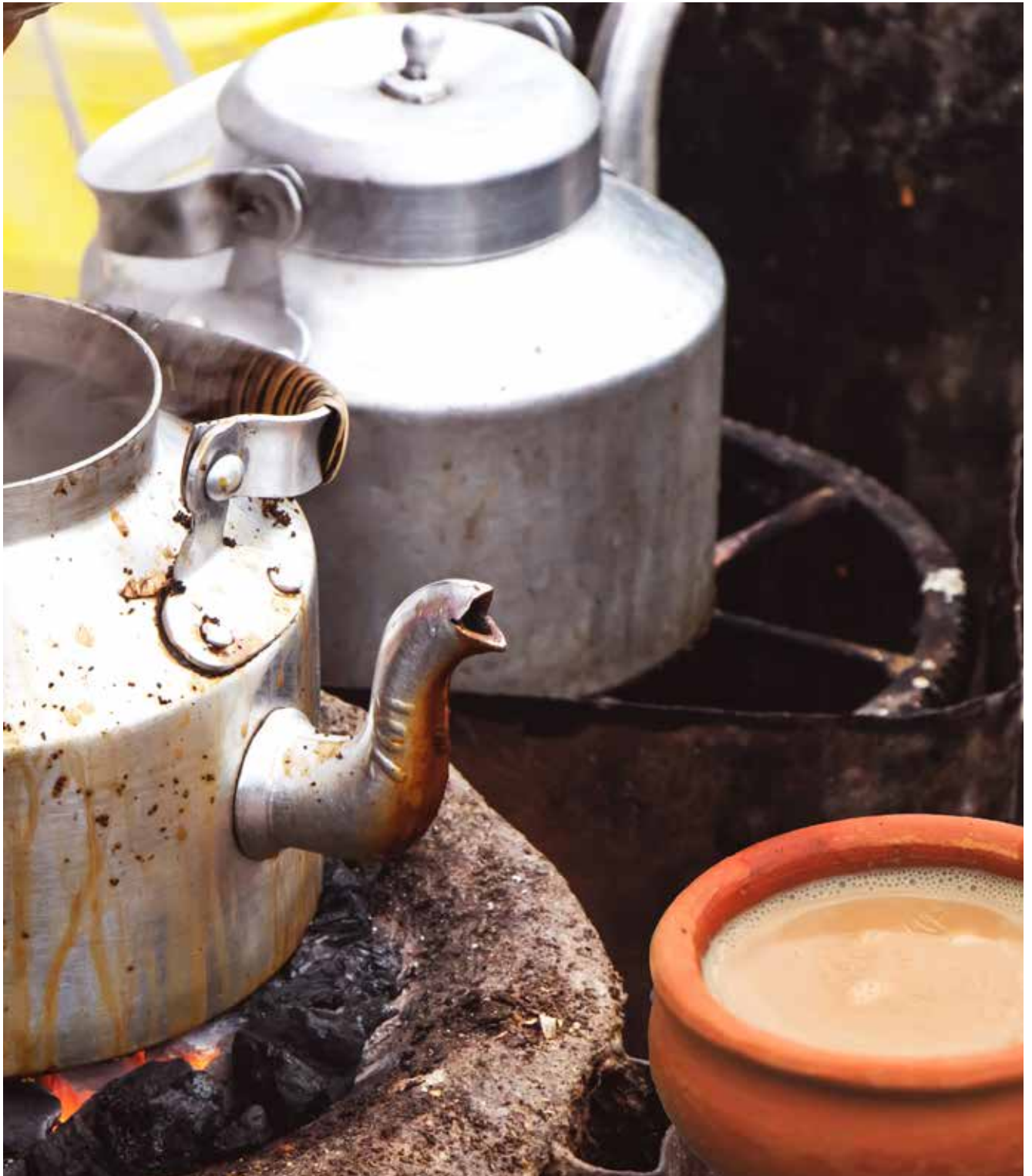
1. Combine all the ingredients and bring to a boil in stainless steel or non-stick pot.
2. You will know when a lovely aroma is released as the tea changes colour from pale to caramel.
3. Strain into a cup while piping hot and enjoy your Elaichi Tea.



## Tips

1. The amount of milk and water can be varied according to personal preference. If you want it more milky, increase the quantity of milk and lessen the water. If you want it less milky, reduce milk and increase the quantity of water.





We hope you enjoyed reading our members' stories and had fun making and sharing these recipes with your friends and family. To help us raise funds for the [Indigenous Literacy Foundation](#) and support literacy education in remote indigenous communities, please donate at our [fundraising page](#).

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