

Cultural Recipes

- *A collection of recipes from different communities living in the Eastern Region of Melbourne*

An initiative of the Migrant Information Centre's Cultural Partnerships for Harmony project to promote diversity by sharing cuisine from around the world.





Chin dancing (Burma)



Hornbill – the Chin national bird



Karen dancing (Burma)



A special thank you to

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*for contributing to the
Cultural Recipes Book and
for sharing their culture through
some of their favourite recipes*



*Chin young person
from Burma*



*A Dinka boat
sailing on the Nile*



Pakistani women

Contents:

1. Mantu
 - *homemade Afghan lamb dumplings with sauce*

p. 4
2. Ta Ka Paw
 - *a rice congee from the Karen people of Burma*

p. 6
3. Olovieh
 - *a cold Persian salad*

p. 8
4. Kaachi Biryani
 - *a meat and rice dish from Bangladesh*

p. 10
5. Firni
 - *a Pakistani dessert*

p. 12
6. Kasekuchen
 - *a German Cheesecake*

p. 14
7. Shorbet Ads
 - *a lentil soup from Sudan*

p. 16
8. Mrs Mac's Traditional Christmas Pudding
 - *from Australia*

p. 18
9. Messages from Contributors

p. 21
10. Messages from Steering Committee

p. 22
11. Map of Countries represented in this book

p. 23



Sudanese women carrying water



Chin men from Burma



Henna hands

Homemade Afghan Mantu

- Minced lamb dumplings with tomato and yoghurt

INGREDIENTS:

- 450g minced beef
- Salt (as needed)
- Pepper (as needed)
- 1½ tbsp ground coriander
- ¼ tbsp ground cumin
- 2 large finely chopped onions
- 1 packet wonton wrappers
- 2 tbsp tomato paste
- 6 tbsp oil
- ¾ cup yogurt
- ¼ tbsp dried mint
- 2 mashed garlic gloves
- boiled water



Mantu (Afghan dumplings)

INSTRUCTIONS:

1. Filling: Combine ground beef, onions, salt, pepper, cumin, ground coriander and 1 cup of water in a skillet. Stir and cook over medium heat for 30min or until the water is absorbed. Let it cool off.
2. Place wonton wrapper one at a time on a cutting board covered lightly with flour. Pour a cup of cold water in a bowl. Dip your index finger in the bowl of water and rub the edges of the wrapper to make it wet. Place one tablespoon of the mixed beef on the bottom half of the wrapper. Bring the other half on top of the bottom half making a triangle. Take two opposite corners each in different hands and seal them together making a bow. Place the oil in a bowl and dip the bottoms of the filled *mantu* in oil and place them in a steam cooker or you can spray some oil inside the steam cooker. Steam the dumplings for 40 minutes or longer on a medium heat.
3. Sauce: While waiting, place the remaining mixed beef filling in the skillet with tomato paste and cook it uncovered for 10 minutes.
4. Yoghurt: Add garlic and teaspoon of water and mint to the yoghurt mix.
5. To serve, put a layer of the yoghurt on a flat serving plate - *ghori*, then place the *mantu* on top of the yoghurt plate. Afterward put another layer of yoghurt on top of the *mantu* and add a layer of the mixed beef sauce. Then sprinkle some fresh or dry mint on top of the plate. Now your delicious Afghan *Mantu* is ready to serve.



Afghani women



Afghani children

Ta Ka Paw

- a rice congee recipe from the Karen people of Burma

INGREDIENTS:

- 1cup of rice powder
- ½kg of pork or chicken to be chopped into small pieces
- ½ tbsp salt
- 10g of ground ginger
- 2 onions cut into four pieces
- 3 garlic cloves
- ½ tbsp powdered chicken stock, can add more to taste (can also use Ajinomoto instead of chicken stock)
- Some lemon grass stalks (this is optional but if you plan to add lemon grass put the lemon grass in when boiling the meat)
- 1 can of bamboo shoot or dried mustard leaves
-> can be found in most Asian stores



Ta Ka Paw (rice congee)

INSTRUCTIONS:

Step 1: Put meat into a pot then add water to cover the meat, add the ground ginger, onions and garlic (and lemon grass if using). Boil until meat is tender.

Step 2: When meat is tender, add rice powder to water in the pot. Stir well to prevent sticking to the pot for about 5 minutes, continue to stir.

Step 3: When the rice is cooked, add bamboo shoot then continue to boil until the bamboo shoot is cooked. Then serve while hot.

****Optional:** add some freshly chopped coriander leaves / spring onions and ground chilli powder on top.



*Karen people from Burma
in traditional clothes*



Karen dancing

Olovieh

- Olovieh is a type of salad from Persia, which is served cold. It can be served as a light meal or if refrigerated, it is a good meal for summer time!

INGREDIENTS:

- 2 skinless chicken breasts, cooked and shredded
- 7 large potatoes, skin off, diced
- 2-4 large dill pickles, diced to small pieces
- 4 hard boiled eggs, diced
- 1 cup peas, cooked
- 3-4 tablespoons of mayonnaise (can add more or less based on the diet)
- 2-4 baby carrots, diced to small pieces
- ½ cup lemon juice
- 1-2 tsp salt
- 1-2 tsp pepper



Olovieh (Persian salad)

INSTRUCTIONS:

1. Boil potatoes and eggs and let cool
2. Dice up pickles and carrots
3. Peel potatoes and eggs, then dice
4. Pour all diced ingredients and peas into a LARGE mixing bowl
5. Add the enough mayonnaise to give it a smooth texture (adjust to your taste)
6. Add lemon juice
7. Add salt and pepper
8. Mix thoroughly and adjust to taste
9. Decorate and /or serve with bread (toasted) or make into a sandwich
10. You will need to store in the fridge



Persian carpet

Kaachi Biryani

*- A delicious Bangladeshi rice and meat recipe slowly cooked in the oven
to be eaten on special occasions*

INGREDIENTS:

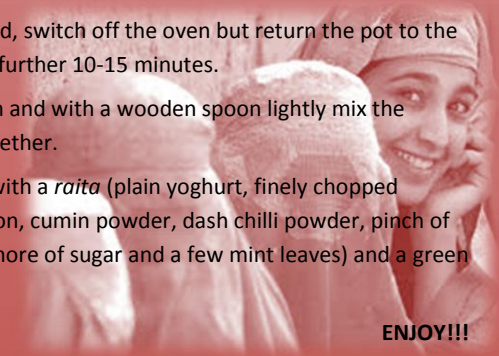
- 1 kilo lamb (cut in cubes)
- ½ kilo basmati rice
- ¼ - ½ cup Ghee (purified butter) - can use butter instead of ghee
- Extra oil for frying the onion
- 2 potatoes (cut in small cubes) (you can substitute a tin of chickpeas for potatoes)
- 1 large onion (thinly sliced)
- 1 tsp ginger (heaped)
- ½ tsp garlic (heaped)
- ¼ tsp cinnamon powder
- 2 tsp powdered clove
- 3 tsp powdered cardamom
- ½ level tsp nutmeg
- Small pinch mace
- Small quantity yellow food colour or saffron
- 125g thick plain yoghurt plain yoghurt
- ½ tbsp rose water (optional)
- 10-15 chopped pitted dates
- Good handful raisins
- 1 tsp Salt (to taste +/-)
- ½ heaped tbsp cumin powder (don't be afraid to use cumin)
- ½ level tsp red chilli powder (more if you like it hot)



Kaachi Biryani

INSTRUCTIONS:

1. Preheat the oven at 220c
2. Wash and drain the meat, place in a colander and mix with 1 teaspoon of salt and leave standing for 30 minutes.
3. Fry the sliced onion in very hot oil until golden brown and starting to get crispy. Put aside onions and retain the oil for use in frying potatoes
4. Add colour or saffron to potato pieces and fry in the same oil that you have used for frying the onion.
5. Choose a heavy based oven-proof pot with a tightly fitted lid. Lightly oil the dish.
6. Put the meat in a mixing bowl and add ginger, garlic, onion (fried & crushed), all powdered spices, yoghurt and rose water. Mix thoroughly. (You may wish to marinate the meat if you have the time to do so but this is not necessary). Place meat mixture in the base of your oven proof pot.
7. Spread the fried potato cubes over the meat, add some knobs of ghee/ butter and spread the dates and raisins over the potatoes.
8. Wash and drain the rice. Place a pot on the stove with 8 cups of salted water and bring to the boil. Add the rice to the boiling water leaving it to cook for 2 minutes only before taking it off stove and drain off the boiling water. Note: this step is to soften the rice grains only – not cook it. Note: when draining the rice, collect the water in a clean pot and reserve this starchy water for use in the dish
9. Take ½ cup of the reserved rice water, add half of the remaining ghee/butter, mix well and pour over the meat mixture. Spread the drained rice over the meat, add some colour/saffron strands and mix another 1.25 cups of rice water with the remaining ghee and pour over the rice.
10. Cover the pot with aluminium foil and then place the lid on top making sure the lid fits tight (to keep all steam in the pot while it is cooking).
11. Place your pot in the oven and cook at 220c for 15minutes before reducing the heat to 140c and leaving to cook for a further 1.75 hours. Note: don't disturb during this cooking time!
12. After the 1.5 hours take out and open pot to see if the rice is cooked by using a fork to turn the rice over in one spot. Note: that the very top thin layer of rice can sometimes become dried out if your oven has been too hot– remember to check underneath to see if the rice is done. (You can skim off the dry layer and discard before serving if this has happened)
13. If the rice is cooked, switch off the oven but return the pot to the cooling oven for a further 10-15 minutes.
14. Remove from oven and with a wooden spoon lightly mix the cooked *Biryani* together.
15. Serve the *Biryani* with a *raita* (plain yoghurt, finely chopped cucumber and onion, cumin powder, dash chilli powder, pinch of salt, teaspoon or more of sugar and a few mint leaves) and a green salad.



ENJOY!!!

Firni

- a traditional Pakistani sweet rice pudding

INGREDIENTS:

- 3 cups milk
- 3 tbsp of ground rice
- 3 tbsp of sugar
- ½ tsp of powdered cardamom
- 1 tbsp of rosewater (can use slightly less if you feel it might be too strong for you)
- 1 tbsp of blanched pistachios skinned and chopped
- 1 tbsp of slivered almonds



Firni

INSTRUCTIONS:

1. Mix $\frac{1}{2}$ cup of the milk with the ground rice to form a smooth cream
2. Heat the rest of the milk up on the stove with the sugar until it just comes to the boil, stirring with a wooden spoon
3. Remove milk mix from the heat and stir in the ground rice mix
4. Return to a low heat and stir constantly until the mix boils and thickens (will take about 3-5 minutes)
5. Remove from heat and sprinkle with the cardamom and rosewater
6. Pour into individual dessert dishes and decorate with the nuts and a further fine sprinkling of cardamom (optional)
7. Cool and serve (can also be served warm)



Pakistani Cloth



Pakistani women

Kasekuchen

- a German Cheesecake

INGREDIENTS:

For the Crust:

- 1.5 cups all purpose flour (plain flour)
- 1 tsp baking powder
- A pinch salt
- 2 tsp vanilla-sugar
- 1 tbsp finely grated lemon rind
- 1 egg beaten
- ¼ cup fine sugar
- 100g of butter

For the Filling:

- 3 egg yolks
- ¾ of a cup of fine sugar
- 2 tsp of vanilla-sugar
- 100g of butter - very soft at room temp
- 175mls of full fat cream
- 500g of Quark
- 1.5tsp of cornstarch - sifted
- 3 egg whites
- A pinch of salt



Kasekuchen

INSTRUCTIONS:

For the Crust:

1. Sift the flour and then stir in the baking powder, salt, vanilla-sugar, lemon peel and sugar. Rub in the butter and knead to a smooth consistency with the egg. Place in a plastic bag in the freezer for 10-15 minutes and then move it to the fridge for another 10min before taking out (in this time you should make the filling)
2. Preheat the oven to 150 deg C (if fan forced oven, make the heat a little lower than 150deg)
3. Roll out the dough on floured surface then make into a ball again. With your hand in a fist pound the ball into a disc before rolling out again. Place the dough in bottom of a 9 or 9.5inch spring-form pan pressing it up the sides almost to the top

For the Filling:

1. Beat the egg yolks with the sugar and vanilla-sugar until pale and foamy. Add the softened butter and beat well, then add the cream and beat again.
2. Add the quark and stir until the mixture is combined and smooth (note you might not be able to get it totally smooth - this is okay)
3. Whisk the egg whites with the salt until very stiff, then very gently fold in the quark mixture, also adding the sifted cornstarch a little at a time.
4. Pour the filling into the crust shell and gently wobble pan back and forth until surface is smooth.
5. Trim the dough leaving around 2 cm above the filling.
6. Bake in oven for 50-60mintues (or a little longer if needed) until well risen and golden - it will be like a souffle at this point and will sink somewhat - don't worry as it is usual for this to happen
7. Turn off the oven and let the cheesecake rest in the oven for 15 mins before removing.
8. Cool the cake for 1 hour or so at room temp and then refrigerate (or can leave at room temp) for a couple of hours before releasing spring form sides. Dust with icing sugar

**Enjoy! Nice to add some strawberries if you have them
and a dollop of cream on the side if calories don't worry you!**



Afghani Boys

Shorbet Ads

- *a lentil soup from Sudan*

INGREDIENTS:

- 2 cups *Ads Magroosh* (split red lentils)
- 2lts stock (either chicken or lamb)
- 2 medium onions
- 1 medium tomato
- 1 medium carrot
- 2 tbsp finely chopped onions
- 2 tbsp olive oil
- 2 tsp cumin
- 2 tsp salt
- ½ tsp coriander powder



Sudanese children

INSTRUCTIONS:

1. Chop vegetables into medium sized chunks
2. Wash lentils and place in 4-5lt pot of boiling water
3. Add onions, carrots, tomatoes and lentils and cook for 30min or until lentils are tender
4. Puree the mixture in a food processor or blender



Sudanese women



Young Nuer girl from Sudan

5. Sauté the onions in the olive oil until they are soft and brown
6. Add cumin, lentil, sautéed onions and salt/pepper and stir slowly over heat for 3 minutes

Mrs Mac's Traditional Christmas Pudding

INGREDIENTS:

- 6 eggs
- ½ cup treacle
- 1 tsp lemon essence
- 1 tsp almond essence
- 220g suet finely cut or grated
- 2 cups sugar
- 4 cups self raising flour
- Pinch of salt
- 1 tsp ginger powder
- 1 tsp mixed spice
- 1 cup mixed peel
- 220g currents
- 220g dates chopped & seeded
- 220g sultanas
- ½ cup cold tea (optional)
- 1m calico cloth
- String

'This recipe has been handed down from my great grandmother, to my grandmother, my mother and me. We no longer know where it originated from but it has been adapted to the Australian summer by generations of Australian women. The pudding should be made no more than 5 to 3 days before Christmas and hung in a dry, dark place. It can be reheated in the microwave after Christmas day and stored in the fridge'

– Judy McDougall



Christmas Pudding

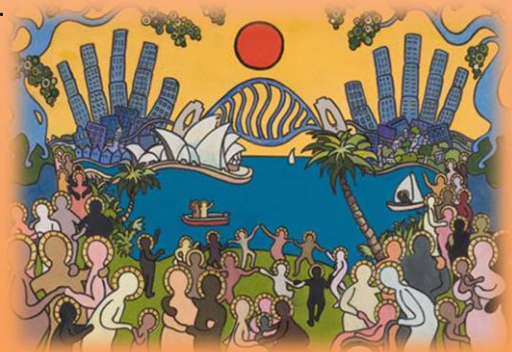
INSTRUCTIONS:

Sift flour, salt, ginger and mixed spice together. In a separate bowl beat eggs until fluffy, add treacle, lemon and almond essences. Add suet and sugar and mix well. Add fruit and mix well. Add sifted dry ingredients. If the mixture is too stiff, gradually add $\frac{1}{2}$ cup of cold tea until mixture is moist but firm. Using a large stockpot, place an enamel plate in the base and fill approximately $\frac{1}{2}$ the pot with water and place on a high heat to boil. (The pudding will rest on the plate which will stop the base of the pudding from burning.)

Once the water is boiled, place the middle of the cloth in the boiling water. Squeeze out excess water and sprinkle flour in the wet area. Spoon the pudding mixture in the centre of the cloth and tie cloth tightly leaving some room above the cloth for the pudding to rise. Place at least 3 ties, 2 cm apart around the pudding to help prevent water from getting into the pudding mixture.

Place the pudding into boiling water and cook for 6 hours ensuring that the pot does not become dry. Add boiling water to the pot to maintain water levels. Once cooked, place on plate until cool and then hang in dry, cool place away from direct sun light. The pudding can be reheated on Christmas day by placing back into boiling water for 1 to 2 hours. Serve with your favourite custard.

Note: Suet should be ordered fresh from your butcher and processed in a food processor so that it looks like bread crumbs.



Drawing depicting Australia's multiculturalism



Messages from Contributors

"Being involved in the project gave me an opportunity to mix with people from various cultures, a chance to learn about other cultures. It felt great to give something back to our community, to help make a difference. Truly a rare and unique experience!"

- Razeia Kargar

"It is really wonderful to be involved in the project because it gives me an opportunity to learn about other cultures and to give to a process that brings people together in friendship and understanding. I believe the greatest strength Australia has is its multiculturalism" – Julia Klieber

"Being a Baha'i, and also given my background in Junior Youth Empowerment Program, I have witnessed various situations of racism and intolerance not only for teenagers and other age groups but also in my own case, where I was denied the right to university education because of believing in the Baha'i Faith. This reference group was a great opportunity to explore some causes of racism and intolerance and to contribute to the betterment of the community around us. I am a firm believer in the following quote: "The well-being of mankind, its peace and security, are unattainable unless, and until, its unity is firmly established." I believe that there are many man-made barriers to unity-in-diversity that can be easily eliminated, if we make an effort. This is why I joined this group." – Donya Eghrir

Heaps of credit to the Recipe Book as multicultural awareness is very important for all of us, young and old. We are so lucky we have such beautiful multiculturalism in Melbourne. The recipe book is a milestone to bring us together. Thanks for letting me be a part of this project. Yummy go for it!

- Bwe Thay



Picture drawn by Melody Baysa, inspired by the Cultural Partnerships for Harmony project



Message from the Steering Committee

*“This Cultural Recipe Book
came out of the Cultural Partnerships for Harmony project.
The purpose of the project was to address issues of racism and
intolerance in our communities in the East.*

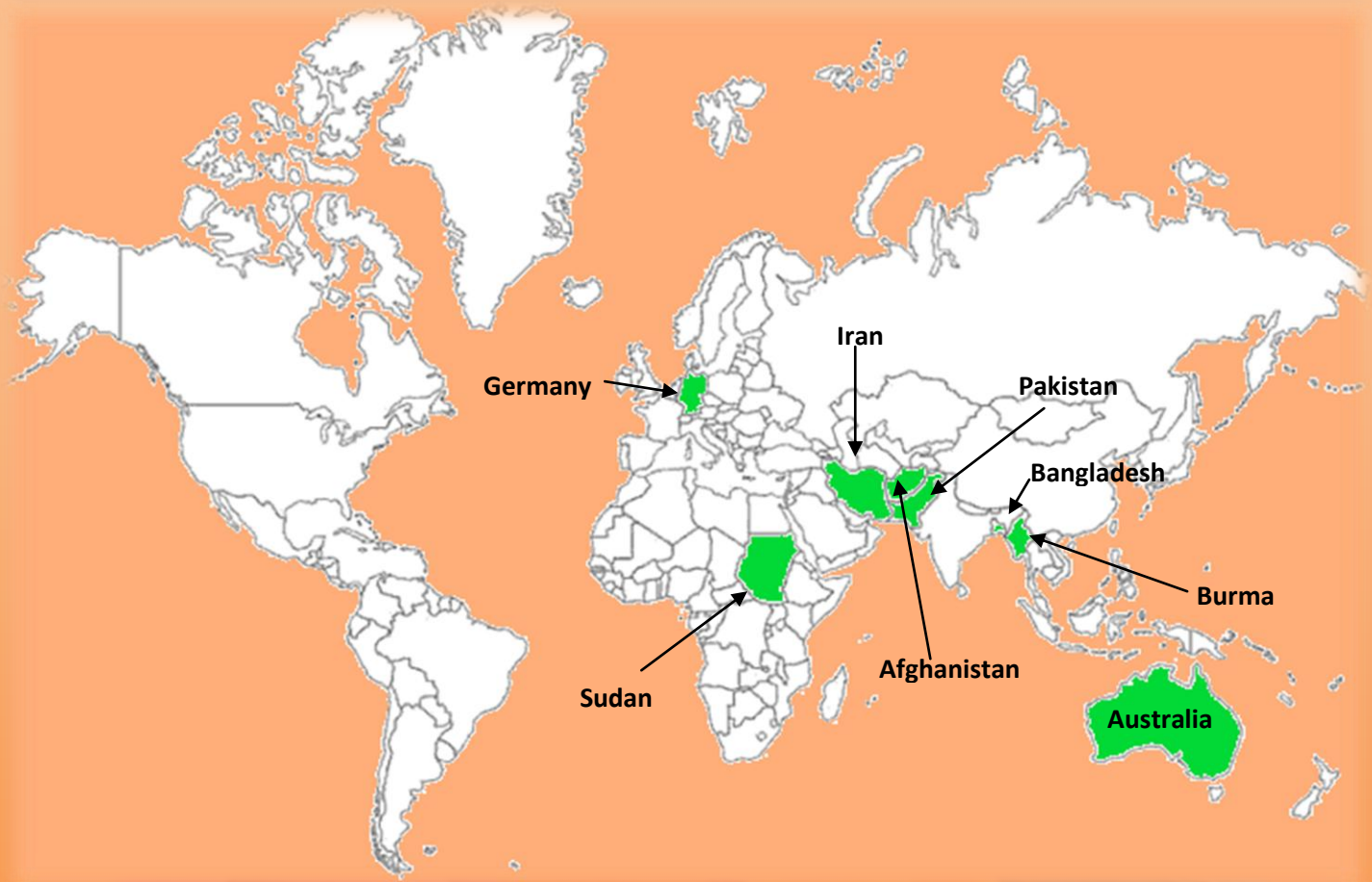
*We worked together with people from all backgrounds and cultures
with support of community organisations and government agencies.*

The project hopes to create a cohesive community by

- *promoting and enjoying the benefits of **diversity**;*
- *creating **social connections** between communities; and*
- *increasing **understanding** of the different cultures and the issues
they face living in Australia.*

*We hope you enjoy this recipe book and share it with your friends over
a meal you have never experienced before”*

- *Message from the Cultural Partnerships for Harmony project
Steering Committee*



Countries represented in the Cultural Recipe Book



This project is proudly supported by the Australian Government Department of Immigration and Citizenship through the Diversity and Social Cohesion Program. The Australian Government is committed to addressing issues of cultural, racial and religious intolerance by promoting respect, fairness, inclusion and a sense of belonging for everyone. The Government believes that strong social cohesion is best developed by projects that bring all Australians together and in particular create connections across the community. For more information on the Diversity and Social Cohesion Program, visit www.harmony.gov.au