

# HARMONY WEEK

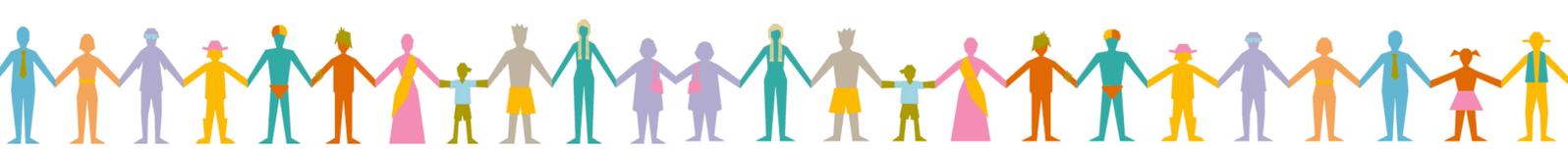


St Anthony's School

Harmony Day

Recipe Book 2021





# John's Family Damper (from Bullara Station)

Shared with love from the Baker family.

Country of origin: Australia

## Ingredients:

- 4 cups of sifted self raising flour
- 2 tbsp of full cream powdered milk
- 1 tsp of sugar
- 2 tsp of baking powder
- 1 tsp of salt

## Method:

1. Mix all dry ingredients thoroughly.
2. Put hot coals around outside base of oiled camp oven. Not on bottom or you will burn the base of the damper before it's cooked.
3. Add 500mls of water and mix until soft. Roll out onto a floured board using a sharp knife.
4. Place floured dough in the warmed camp oven. Floured side on top.
5. After 10 minutes put the coals on the lid of the camp oven to brown the top of the damper.
6. Cooking time approximately 40 minutes. Keep checking to make sure it is not cooking too quickly.
7. When cooked it will sound hollow when tapped and a skewer will slide in and out easily.
8. Remove, let stand before cutting.

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# Apple Strudel

Shared with love from the Miles family.

Country of origin: Croatia

## Ingredients:

### PASTRY:

- 300g plain flour
- 2 tbsps oil
- 200ml lukewarm water
- pinch of salt
- extra oil

### FILING:

- 1.5kg cooking apples (e.g. Granny Smiths)
- 120g sugar
- 80g butter
- 70g breadcrumbs
- 50g sultanas or raisins
- 2 tsp vanilla sugar
- 2 tsp castor sugar
- 1 tsp cinnamon
- 1 tbsp extra sugar

Oven Temperature: 200 C

## Method:

### PASTRY:

1. Sift flour into bowl, make a depression in centre and put oil in it.
2. Mix with wooden spoon by adding lukewarm water with pinch of salt. Then bring together with hands.
3. When dough is mixed to a soft consistency take out of bowl and put onto a lightly floured area and knead well.
4. Divide in to two, brush with extra oil and leave to stand 30mins.
5. Flour a table cloth on a big area and roll out dough.
6. Stretch out with fingers until the dough is thin and transparent. Then add filing.

### FILING:

1. Peel apples and grate them in a bowl.
2. Lightly fry breadcrumbs in butter and sprinkle over dough.
3. Lightly sprinkle with grated apples and the sugars and cinnamon mix.
4. Roll up with help of table cloth into a big log. Cut into lengths that fit onto your buttered or lined tray.
5. Brush with melted butter and bake for 40mins.
6. Sprinkle extra sugar on while hot.
7. Serve warm or cold.

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# Cupcakes

Shared with love from the Hipper family.

Country of origin: America

## Ingredients:

### Cupcakes:

- 2 cups self raising flour
- 3/4 cup caster sugar
- 2 eggs
- 3/4 cup milk
- 125 g butter melted
- 1 tsp vanilla essence.

### Icing:

- 1 1/2 cups icing sugar
- 1 tsp water
- Food colouring - optional

## Method:

1. Preheat oven to 180°C, grease pan and fill with paper cases.
2. Add milk, butter, eggs and vanilla to flour mixture.
3. Stir gently to combine.
4. Spoon mixture into muffin pan. Bake for 12-15 minutes. Leave in pan for 5 minutes before moving to rack to cool.
5. Sift icing sugar into bowl. Add food colouring and water, stir until smooth.
6. Spoon icing over cupcakes.

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# Sweet Rice

Shared with love from the Huang family.

Country of origin: Asia

## Ingredients:

- Gluten free rice
- White sugar
- Spices if desired

## Method:

1. Cook rice in a pot, microwave or rice cooker.
2. Once cooked stir in sugar and spices.
3. Spoon into a circular shape and serve.

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# Damper

Shared with love from the Hyatt family.

Country of origin: Australia

## Ingredients:

- 250g self raisin flour
- 1/2 tsp salt
- 25g butter
- 175ml milk

## Method:

1. Mix flour, salt in a large bowl.
2. Add butter and rub in with fingers.
3. Stir in the milk until mixture is soft but not sticky.
4. Turn onto a floured board and shape it into a soft smooth ball.
5. Set the ball onto a tray or baking sheet and flatten gently, cut a deep cross into the dough, brush with milk.
6. Bake at 190 degrees for 30 minutes.
7. Serve at room temperature.

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# Ravioli

Shared with love from the Borg family.

Country of origin: Malta

## Ingredients:

- 3 eggs
- 4 cups of flour
- 1/4 cup water
- 2 tbsps oil

### Filling:

- 1/2 kg ricotta
- 2 eggs
- 3/4 cup parmesan cheese
- 1/2 tsp salt
- 1/4 tsp pepper

## Method:

1. Sift flour and create a well in the flour.
2. Add egg, water and oil to the well.
3. Mix and knead well until smooth, then cut into strips.
4. Mix filling and put a tablespoon of filling onto each pasta strip at 3cm apart.
5. Dab a little water on each strip and place another strip on top.
6. Press down and cut into squares, repeat on each.
7. Cook in boiling water until cooked and serve with your favourite sauce.

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# Pizza Dough

Shared with love from the Brajkovich family.

Country of origin: Italy

## Ingredients:

- 2 cups plain flour
- 2 1/2 tsp dry yeast
- 1 tsp caster sugar
- 1/2 tsp salt
- 2 tsp olive oil
- 3/4 cup warm water

## Method:

1. Sift flour and add dry ingredients to a bowl.
2. Make a well and add olive oil and water.
3. Mix until sticky and knead until soft.
4. Cover with glad wrap and leave to rise for 30 mins.
5. Knead and roll out to desired size.
6. Add toppings and bake for 20 mins.

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# Honey Joys

Shared with love from the Barnes family.

Country of origin: Australia

## Ingredients:

- 90g butter or margarine
- 1/3 cup sugar
- 1 tsp honey
- 4 cups cornflakes

## Method:

1. Preheat oven to 150°C.
2. Line 24 patty pans on a tray.
3. Melt butter, sugar and honey together in a saucepan until frothy.
4. Add cornflakes and mix well.
5. Quickly spoon mixture into paper patty pans.
6. Cool and serve!

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# Basil Fried Rice

Shared with love from the Azam family.

Country of origin: Thailand

## Ingredients:

- 4 cups of cooked long grain rice
- 3 cloves garlic
- 3 tbsp oil
- 1/4 - 1/2 tsp chilli powder
- 1 tsp sugar
- 1 tbsp Thai fish sauce
- 1 tbsp soy sauce
- 1/4 cup fresh basil leaves (torn)
- 1 tbsp chopped fresh coriander
- Add cooked chicken to the dish

## Method:

1. Dry cooked rice in a 180°C oven for 10 - 15 mins.
2. Crush, peel and finely chop garlic.
3. Heat oil in a work or frying pan and stir fry garlic and chilli for 30 seconds.
4. Add rice and stir fry mix for about five minutes.
5. Mix sugar, fish and soy sauce together.
6. Toss through rice with basil and coriander.

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# Perehe

Shared with love from the Anderson family.

Country of origin: Ukraine

## Ingredients:

- 500g plain flour
- 1 egg
- Warm water
- Mashed potatoes 4/5 large potatoes
- Bacon bits
- Melted butter
- Sour cream

## Method:

1. Mix flour, egg and enough water to form a dough that is not sticky.
2. Knead until the dough is smooth and elastic.
3. Break off small pieces and roll into small balls.
4. Then roll out with a rolling pin into round disc shapes.
5. Place a spoon full of mashed potatoes into the perehe and fold in half and press close the edges.
6. The shape becomes a semi-circle.
7. When all of it is made, toss it into boiling water.
8. After that, turn them over.
9. When they begin to float to the top, continue cooking for 2 minutes.
10. Drain and top with butter. Toss well to coat.
11. Serve with bacon and sour cream.

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# Troy Family Recipe

Shared with love from the Troy family.

Country of origin: Germany

## Ingredients:

- 1 kg of diced round steak
- 2 diced tomatoes
- 1 cup beef stock
- 3 tbsp paprika

## Method:

1. Sauté beef and onions on stove top until meat is brown.
2. Add stock, tin tomatoes, paprika, salt and pepper.
3. Place lid on and simmer for 2-3 hours.
4. Serve with mashed potatoes and green beans.

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# Atta (Whole Wheat) Halwa

Shared with love from the Alisha family.

Country of origin: India

## Ingredients:

- Whole wheat flour
- Sugar
- Ghee (clarified butter)
- Cashews
- Raisins
- Cardamom

## Method:

1. Sieve the flour and roast it in a pan with 1/2 tsp ghee until it turns light brown in colour on a medium flame.
2. Take out the roasted flour onto a plate.
3. Now pour water and sugar into the pan and let them boil. The quantity of water should be the quantity of the flour.
4. Once the sugar dissolves into the water put flour into it and stir slowly and continuously with the spoon.
5. Mix chopped cashews and raisins into the halwa and mix well.
6. Keep on stirring the halwa so that it doesn't stick to the bottom of the pan.
7. Once the halwa gets thick in consistency pour the remaining ghee into it and cook the halwa while stirring continuously.
8. Turn off the flame and mix cardamom and ghee into the halwa.

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# Boiled Yam with Egg Stew

Shared with love from the Nkemijka family.

Country of origin: Nigeria

## Ingredients:

- 1 kg of yam
- 5 eggs
- Chicken season cube
- 1 big red onion
- Curry powder
- Thyme
- Red pepper
- Ginger
- Fresh tomatoes
- Salt
- Cooking oil

## Method:

1. Chop the onions, red pepper, ginger and fresh tomatoes.
2. Peel and cut the yam, wash and put in a pot.
3. Crack the eggs in a bowl and mix it very well.
4. Put oil in a frying pan on medium heat on the stove.
5. Put the onions in and stir ingredients except tomatoes and egg.
6. Put the pot of yam on the stove, for about 30 minutes.
7. Pour the tomatoes, after 10 minutes put the egg and continue to stir for 5 minutes to avoid burning.
8. Drain the yam, put the egg stew on the yam and serve.

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# Toad in the Hole

Shared with love from the Niven family.

Country of origin: England

## Ingredients:

- Olive oil
- 500g pork sausages (thick)
- 3/4 cup plain flour
- Pinch of salt
- 2 medium eggs
- 1 1/4 cup of milk
- 1 tbsp rosemary chopped

## Method:

1. Heat oven to 200 degrees.
2. Oil a large roasting pan / dish.
3. Cook the sausages in the pan for 10 mins and rotate if needed.
4. In a ball, add flour, salt and sift.
5. Add milk, eggs and rosemary in a container and whisk together.
6. Slowly add flour mixture and blend together to make a batter.
7. Remove roasting pan and add the batter and return to oven for 35-40 mins.
8. Once golden and puffy it is ready to eat.

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# Lolly Cake

Shared with love from the Ngata family.

Country of origin: New Zealand

## Ingredients:

- 100g butter melted
- 250g (1 packet) malt biscuits crushed
- 1/2 tin (200g) sweetened condensed milk
- 180g (1 packet) fruit puff sweets roughly chopped
- Desiccated coconut

## Method:

1. In a mixing bowl combine the crushed biscuits, melted butter, sweetened condensed milk and fruit puffs.
2. Turn the mixture out onto a surface and then shape into a log approx. 5-6 cm in diameter.
3. Roll the log in coconut, pressing firmly so that the coconut sticks.
4. Wrap securely in kitchen paper or plastic clingfilm. Refrigerate until firm and then slice into rounds. Store in an airtight container in the fridge.

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# Biscotti

Shared with love from the Musca family.

Country of origin: Italy

## Ingredients:

- Juice of one orange
- 180 grams butter (room temp)
- 3 eggs
- Dash of vanilla essence
- 3 1/2 cups self raising flour
- 1 cup corn flour
- 1 cup caster sugar

## Method:

1. Preheat oven to 180°C.
2. Mix self raising flour and corn flour in kitchen aid.
3. Gradually add butter while mixing when crumbly add sugar.
4. In a separate bowl combine eggs, juice and vanilla essence and whisk.
5. Add egg mixture to dry ingredients and mix. Dough to be a little wet.
6. Remove and knead dough.
7. Line trays with baking paper. Tear off little bits of dough and roll into a pencil shape. Then twist in a shape.
8. Place on tray and bake for 10 mins.

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# Meatballs

Shared with love from the Monteleone family.

Country of origin: Italy

## Ingredients:

- 500gms pork & veal mince
- 2 eggs
- 3/4 cups pecorino cheese
- 3/4 cups of breadcrumbs
- 2 cloves crushed garlic
- 1/2 cup of parsley finely chopped
- 1/2 cup of full cream milk
- Salt and pepper

## Method:

1. Mix all ingredients together by hand.
2. Roll them into the size of a round golf ball.
3. Fry them slightly in olive oil and then place them in a passata sauce to simmer for 30 mins.

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# Lasagna

Shared with love from the Mezzatesta family.

Country of origin: Italy

## Ingredients:

- Olive oil
- 500g beef mince
- Garlic mince
- Salt and pepper
- 1 large jar of passata
- 1 tsp brown sugar
- Lasagne sheets
- 500ml of milk
- 50g butter
- 50g flour
- Cheese

## Method:

1. Brown mince with olive oil and minced garlic.
2. Season with salt and pepper.
3. Pour in passata and 1 tsp of brown sugar.
4. Bring to boil then simmer for preferred time at least 20 minutes.
5. Make bechamel. Use thermomix but you can use the stove method.
6. Layer the red sauce and bechamel with the lasagne sheets.
7. Top with cheese.
8. Bake for 30 minutes.

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# Mcleod's Special

Shared with love from the Mcleod/ Trecorte family.

Country of origin: New Zealand

## Ingredients:

- 80g butter (melted)
- 1 cup sugar
- 2 tsp baking powder
- 1 cup coconut
- 2 tbsp cocoa

## Method:

1. Mix dry ingredients.
2. Add melted butter and mix.
3. Pour into saucepan and flatten down.
4. Cook slowly at approx. 160 degrees.
5. Check after 15 mins.
6. Ice and cut while still hot.

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# Pork Belly Ragu

Shared with love from the Muriale family.

Country of origin: Milan/ Calabria Italy

## Ingredients:

- Pork belly strips
- Tomato Paste
- Onion
- Garlic
- Chilli
- Salt/Pepper
- Thyme
- Passata
- Tomato puree
- Tin tomatoes
- Basil
- Oregano
- Olive oil
- Sugar
- Stock
- Red Wine (optional)

## Method:

1. belly strips, once browned remove from pan.
2. De-glaze pan with wine.
3. Sauté in another pan onion, garlic, once browned add tomato paste cook 2-3 minutes.
4. Then add wine and herbs, simmer 2-3 mins.
5. Add passata, tinned tomatoes and stock. Bring to boil then reduce heat.
6. Add pork belly back into pan/pot and gently simmer 2-3.5 hours, adjust seasoning.
7. Add chilli, salt, pepper, sugar to balance then serve with pasta.

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# Moh Let Saung

Shared with love from the Ormerod/ Marshall/ Daray family.

Country of origin: Myanmar (Burma)

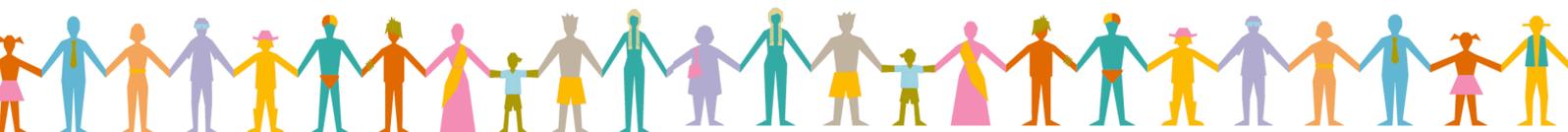
## Ingredients:

- Sago/ Tapioca- 1-2 cups
- Water 2 cups
- Sugar syrup
- Palm sugar, chopped - 1 cup
- 2 cups of water
- 1 cup of thick coconut milk
- Ice cubes for serving

## Method:

1. Wash and soak sago overnight.
2. In a large pan with water bring sago to boil and simmer to make sure its cooked well.
3. Remove from the heat then set aside to cool and store in the refrigerator.  
For the sugar syrup, melt the palm sugar in water and bring to boil in a pan.
4. Bring to boil on high till it forms a syrup.
5. For the coconut milk, extract the thick milk from a cup of chopped coconut with 1 cup of water.
6. To serve, place 2 tsp of sago into a glass cup and then add 3 tsp of palm sugar syrup.
7. Mix together then add 3 ice cubes to top of the glass and top the glass up with coconut milk.
8. Stir well and serve immediately.

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# Gingerbread Men (Gingernuts)

Shared with love from the Sturniolo family.

Country of origin: Australia

## Ingredients:

- 125g butter or marg
- 2 tbsp golden syrup
- 185g sugar
- 1 egg, beaten
- 315g Self Raising Flour
- 1/4 tsp salt
- 2 tsp ground ginger

## Method:

1. Grease or line oven tray.
2. Melt butter & golden syrup in a saucepan, then add sugar & egg. Lastly, add sifted flour, salt & ginger. Mix well.
3. For gingernuts, drop teaspoon full on a tray.
4. For gingerbread men, mould into shape or use a cutter, make faces with currants & peel.
5. Bake at 160°C until delicate brown, approximately 10 -12 mins.
6. Enjoy!

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# Chutney Chops

Shared with love from the Stamper family.

Country of origin: Australia

## Ingredients:

- 1 jar of fruit chutney
- 1 tbsp of mustard powder
- 1 tbsp of curry powder
- 1 tbsp of brown sugar
- 1 tbsp of soy sauce
- Lamb chops
- Rice

## Method:

1. Combine ingredients.
2. Let the chops marinate over night.
3. Cook in the oven at 180 degrees.
4. Serve with rice and green veggies.

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# Sapa Sui

Shared with love from the Vini family.

Country of origin: Samoa

## Ingredients:

- 250g mung beans
- 2 tsp oil
- 1 large onion
- 2-4 garlic cloves
- 1 tsp ginger root (grated)
- 300g fine meat (chicken/ lamb)
- 2 tbsp soy sauce
- 2 cups water
- 1/2 cup soy sauce
- 2 tbsp kechap manis
- 1 tsp chicken stock or beef powder

## Method:

1. In a large pan fry onion, garlic and ginger until onion is translucent.
2. Add meat.
3. Add soy sauce and water. This should almost cover the meat.
4. Prepare noodles.
5. Once the noodles are ready put all the ingredients together.
6. Let it simmer for 10-15 mins.

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# Leso Riba (steamed fish stew)

Shared with love from the Vuljan family.

Country of origin: Croatia

## Ingredients:

- White fish
- White onion sliced
- Potatoes
- Parsley
- Crushed garlic
- Black pepper
- Salt
- Bay leaf
- Olive oil
- 1/2 cup water

## Method:

1. Put 1/2 water in wide pan or pot.
2. Add fish fillets and potatoes around the pan. Add onions, bay leaf, crushed garlic and salt and pepper.
3. Pour 1/2 cup olive oil over ingredients in the pan and bring to the boil with the lid on for 10 mins.
4. Serve with french bread.

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# Arepas

Shared with love from the Webb family.

Country of origin: Colombia

## Ingredients:

- 1 cup warm water
- 1 cup corn flour (P.A.N)
- 1 cup shredded mozzarella cheese
- 1 tbsp butter
- 1/2 tsp salt
- Cooking spray (oil)

## Method:

1. Stir water and salt together in a bowl. Gradually stir cornflour into water with your fingers until mixture forms a soft, moist dough.
2. Divide dough into 8 golf ball- size balls and pat each one into a patty about 3/8 inch thick.
3. Cook corn patties in hot oil until golden brown. 4 to 5 minutes per side.
4. Serve with butter and mozzarella cheese on top.

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# Chilli Mussels

Shared with love from the Monterosso family.

Country of origin: Italy

## Ingredients:

- 1.5kg mussels
- 4 red chillies- sliced
- 1 red onion - sliced
- 2 acciatora sausages - sliced
- 3 can crushed tomato with basil
- 1 tsp garlic
- 1 cup of red wine
- 1 red capsicum
- Vegeta stock

## Method:

1. Sautee onion and garlic.
2. Add sausage.
3. Add capsicum and chilli.
4. Add wine and wait until reduced by 3/4.
5. Add tomatoes, reduce heat and simmer.
6. Add vegeta to taste, simmer for 5-10 minutes.
7. Add mussels, cook for 20 minutes, stirring every 5 minutes.
8. Serve once mussels start to open.
9. Serve with bread.

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# Oreo Milkshake

Shared with love from the Callisto family.

Country of origin: USA

## Ingredients:

- 1 cup milk
- 3 Oreos
- 3 scoops vanilla ice-cream
- Ready-made icing and whipped cream

## Method:

1. Grind/blend Oreos in a blender and place on foil.
2. Add ice-cream to blender.
3. Add milk and blend until smooth.
4. Apply icing to outside of glass and sprinkle the blended Oreo crumbs to icing on glass.
5. Pour ice-cream to mixture into glass.
6. Sprinkle remaining crumbs on top.

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# Savoury Muffins

Shared with love from the Potts family.

Country of origin: Australia

## Ingredients:

- 1 cup self raising flour
- 1 cup milk
- 1 cup grated cheese

### Optional:

- Pizza: diced tomato, capsicum, ham
- Spreads: vegemite, sweet chilli sauce

## Method:

1. Combine flour and milk until batter is smooth.
2. Add grated cheese and fold through. (optional - add pizza ingredients).
3. Spoon into cupcake tin.
4. Bake in 180°C oven until golden brown on top and cooked through (approx. 15 minutes)
5. Enjoy.

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# Palak (spinach) Paneer

Shared with love from the Patel family.

Country of origin: India

## Ingredients:

### For palak(spinach) paste:

- 5 cup water
- 1 bunch palak (spinach)
- 1-inch ginger
- 1 clove garlic
- 3 green chilli

### Other ingredients:

- 3 tsp oil
- 1 tsp butter
- 11 cube paneer / cottage cheese
- 1 tsp cumin
- 1-inch cinnamon
- 4 cloves
- 2 pods cardamom
- 1 bay leaf
- 2 tsp Dry fenugreek leaves
- ½ onion (finely chopped)
- ½ tomato (finely chopped)
- ¼ cup water
- ¾ tsp salt
- ¼ tsp garam masala
- 2 tbsp cream

## Method:

1. Take blanched palak, 1-inch ginger, 1 clove garlic and 3 green chilli.
2. Blend to smooth paste without adding any water. Keep aside.
3. Now in a large pan heat 3 tsp oil, 1 tsp butter and roast the spices till it turns aromatic.
4. Further, add ½ onion and sauté till it turns golden brown. Additionally, add ½ tomato and sauté till the tomatoes turn soft and mushy.
5. Add prepared palak paste, ¼ cup water and ¾ tsp salt. Mix well adjusting consistency as required.
6. Further, add cottage cheese (paneer) and mix well.
7. Simmer for 5 minutes or until cottage cheese (paneer) absorbs flavour.
8. Turn off the flame and add ¼ tsp garam masala, 1 tsp dry fenugreek leaves and 2 tbsp cream. Mix well.
9. Finally, serve palak paneer with roti / naan.

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# Yorkshire Puddings

Shared with love from the Parson/ Merrington/ Powell family.

Country of origin: England United Kingdom

## Ingredients:

- 1 cup of flour
- 1 cup of whole milk
- 3 large eggs
- 1 1/2 tsp salt
- 1/4 butter or drippings
  
- 1x positive mindset as it's hard
- Plus, your time of 30-35 mins

## Method:

1. Preheat oven to 250 degrees.
2. Place eggs, flour, milk and salt in a large bowl and mix.
3. Place muffin pan in oven and spoon butter or drippings evenly in each.
4. Place in oven at 180 degrees.
5. Once melted remove from oven and pour batter evenly into each.
6. Bake for 25 mins.

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# Posserati (Croatian Donut)

Shared with love from the Jurjevich family.

Country of origin: Croatia

## Ingredients:

- 2 cups flour
- 1/2 tsp cinnamon
- 1/4 tsp allspice
- 1/2 tsp salt
- 2 tsp baking powder
- 1/2 tsp nutmeg
- 3/4 cup caster sugar
- 200ml milk
- 1 egg
- 1/4 tsp aniseed oil
- 1/2 cup currants ( rehydrated)
- Vanilla sugar or icing sugar to dust
- Oil for deep frying

## Method:

1. Sift flour, cinnamon, allspice, salt, baking powder, nutmeg.
2. Stir in caster sugar in a mixing bowl.
3. In a separate bowl whisk together milk, eggs and oil.
4. Carefully combine the mixtures without overmixing as this will make the batter tight.
5. Fold in drained currants.
6. Heat a wok of oil to 180 degrees. regulate the heat at this temp and place spoonful's of batter to form small round donuts.
7. Drain on paper towels then dust/ roll through vanilla/ icing sugar.

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# Platzki

Shared with love from the Clohessy family.

Country of origin: Poland

## Ingredients:

- 6 potatoes
- 1 egg
- Plain flour
- Cream and sugar
- Tomato sauce

## Method:

1. Peel and grate potatoes.
2. Mix in one egg and flour to thicken (3 - 4 tbsp).
3. Fry spoonful's in pan with vegetable oil like a pancake, until golden brown.
4. Serve hot, sprinkled with cream and sugar or tomato sauce.

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# Beef Olives

Shared with love from the Coghill family.

Country of origin: Scotland

## Ingredients:

- 4 topside steak, seasoned dusted with flour
- 300ml beef stock
- 300ml white wine

### Stuffing:

- 150 grams smoked bacon
- 1 small onion - finely diced
- 1 large clove garlic - crushed
- 50 grams fresh bread crumbs
- 150 grams minced pork
- 2 tbsp finely chopped sage
- Finely pinched grated nutmeg
- Salt and pepper

### Cooking beef oil:

- Olive oil
- 2 onions
- 4 - 5 large carrots

## Method:

1. Mix all stuffing ingredients together until well combined.
2. Shape each into a 'sausage' and place into steak.
3. Roll to make parcels secure with skewer to hold stuffing.
4. To cook heat oil, brown off the beef olives.
5. Once done, fry the onions, carrots until well coloured, then add beef stock and wine. Cook gently, either on stove top or oven (170°C) for 2 1/2 hours or until tender.
6. Serve with mashed potato.

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# Vermicelli Kheez (Dessert)

Shared with love from the Kang family.

Country of origin: India

## Ingredients:

- 1/2 cup roasted vermicelli
- 1/2 tsp milk
- 1/2 cup of sugar
- 1 tbsp pure Ghee
- Nuts: chopped cashew, almonds, raisins.

## Method:

1. Boil the milk.
2. After boiling, keep aside.
3. Heat 1 tbsp Ghee in a non-stick pan
4. Add chopped cashew nuts, add raisin and sauté till golden brown.
5. Remove it and keep aside.
6. In the same pan add vermicelli and fry vermicelli to a light brown colour
7. Add boiled milk and stir it.
8. Cook over a medium flame for 5-7 mins.
9. Add chopped almonds and stir it again cook over medium heat for 5- 7 mins.
10. Add sugar only when vermicelli is cooked.
11. Serve hot or chilled.

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# Cheese and Vegemite Scrolls

Shared with love from the Lake family.

Country of origin: Australia

## Ingredients:

- 500g of grated cheese
- 1 puff pastry packet
- 1/4 cup of vegemite
- 1 egg beaten

## Method:

1. Pre heat oven to 220 degrees.
2. Line 3 baking trays with baking paper.
3. Place pastry one at a time on a chopping board.
4. Spread vegemite over the pastry then spread cheese over the vegemite.
5. Roll up pastry one at a time but not too tight.
6. Cut into 12 equal portions for each sheet.
7. Brush the top of the pastry with beaten egg.
8. Allow room for spreading.
9. Bake for 15 to 20 minutes or until golden brown and the cheese is melted.
10. Cool for 5 minutes and enjoy.

# HARMONY WEEK





# Irish Soda Bread

Shared with love from the Lawler family.

Country of origin: Ireland

## Ingredients:

- Buttermilk
- Soda
- Salt
- White wheat flour
- 2 cups buttermilk
- 1 1/2 tsp baking soda
- 1 tsp salt
- 2 cups buttermilk
- 4 cups flour

## Method:

1. Preheat oven to 220°C, line baking sheet with parchment paper or grease well.
2. In a large bowl whisk flour, salt, baking soda and stir in milk until just combined and becomes stiff to stir.
3. Transfer to surface with lightly floured hands knead until all the flour is moistened and dough comes together.
4. Form dough into a shape of an 8. Place on prepared pan. Cut 1/4-inch-deep onto top and bake for 35 mins.

# HARMONY WEEK





# Family Butter Birthday Cake

Shared with love from the Le Page family.

Country of origin: Australia

## Ingredients:

- 125g butter
- 165g sugar
- 225g self raising flour
- 1 tsp vanilla essence
- 2 eggs
- 1/2 cup milk

### Royal icing:

- 200g icing sugar
- 1 egg white
- 1/2 tsp lemon juice
- 1/2 tsp rose water

## Method:

1. Cream butter and sugar, add egg, flour and milk, mix well.
2. Put into cake tin and cook in oven at 170°C for 30 mins.
3. Once cooled - mix icing ingredients and ice cake.

# HARMONY WEEK





# Frikkadels (African Meatballs)

Shared with love from the Loosjes family.

Country of origin: South Africa

## Ingredients:

- Mince beef
- Garlic
- Onion
- Egg
- Bread crumbs
- Turmeric
- Salt & Pepper
- Coriander seeds
- Curry powder

## Method:

1. Place mince in a bowl and add beaten egg, sliced onions and all ingredients.
2. Mix with hands then roll into small balls.
3. In a pan heat olive oil and butter then fry until nice and brown.

# HARMONY WEEK





# Melanzane 'Meat' Balls

Shared with love from the McGrath (Scali) family.

Country of origin: Italy

## Ingredients:

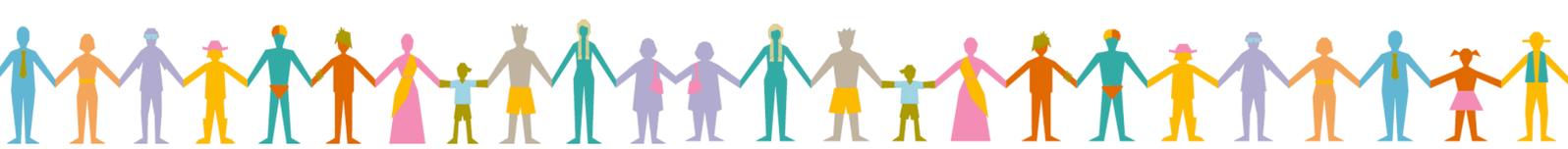
- 3 or 4 Melanzane (eggplant)
- Romano cheese (lots)
- Soft part of a crusty loaf of bread
- 6 or 7 eggs
- Basil (chopped)
- Salt

## Method:

1. Peel and dice the Melanzane.
2. Put them in a large saucepan with lots of water and bring to boil.
3. Simmer for 10 minutes then drain and cool until they are still warm but can be handled.
4. Place Melanzane in a large towel and squeeze out all the water.
5. Blend together a handful of Melanzane.
6. Place a handful of cheese and a handful of bread in one bowl.
7. Repeat until all Melanzane are finished.
8. In the bowl add the eggs and the chopped basil and salt and combine all together.
9. Shape into small oval balls.
10. Fry in shallow (olive) oil.

# HARMONY WEEK





# Chinese Crepes

(also known as Jian Bing)

Shared with love from the McLeod (Liu) family.

Country of origin: Australia/ China

## Ingredients:

### For the batter:

- 1/2 cup of all-purpose flour
- 1/4 cup of wholemeal flour
- 1 and 1/4 cup of water

### For the toppings:

- Tsp of oil to grease the pan
- 1 egg per crepe
- Pinch of sesame seeds
- 1/4 cup of chopped spring onion
- 1 small bag of corn chips or Doritos of your choice
- 1/4 cup of chopped coriander
- 1/2 cup of lettuce leaves
- 1 tsp of sauce of your choice (for example BBQ, chilli or tomato sauce) - per crepe.

## Method:

1. Combine all-purpose flour, wholemeal flour (or flour made of other grains) and water into a thin batter.
2. Pour the batter into a frying pan to form a crepe.
3. Crack an egg on top of the crepe then spread. Add sesame seeds & spring onion.
4. Flip over when the crepe firms up. Brush sauces of your choice. Add coriander & lettuce leaves. Then top with a few corn chips.
5. Fold the crepe around the corn chips and enjoy!

# HARMONY WEEK





# Honey Joys - A Popular Party Snack

Shared with love from the Davies family.

Country of origin: Australia

## Ingredients:

- 90g butter or margarine
- 1/3 cup sugar
- 1 tbs honey
- 4 cups corn flakes

## Method:

1. Preheat oven to 150°C.
2. Line 24-hole patty pan with paper cases.
3. Melt butter, sugar and honey together in a saucepan until frothy.
4. Add cornflakes and mix well.
5. Working quickly with a spoon into paper patty cases.
6. Bake in oven at 150°C for 10 minutes.
7. Cool.
8. Enjoy!

# HARMONY WEEK





# Zopf (Swiss Sunday Bread)

Shared with love from the Egli-McCullough family.

Country of origin: Switzerland

## Ingredients:

- 1 kg plain flour
- 2 packets dry yeast
- 1 tsp sugar
- 1 tsp salt
- 125g butter
- 1 egg
- 550ml milk - room temperature

## Method:

1. Prepare dry yeast with sugar and a small amount of milk in a small bowl - it should get frothy (foamy).
2. Put flour into a big bowl and make a hole in the middle sprinkle salt around edge.
3. Melt butter and cool down with milk.
4. Add all ingredients - yeast, butter and milk to the flour and bring together. Knead for 10-15min to work dough.
5. Rest for 1-2hrs - should double in size.
6. Knead the dough and divide into 2 equal pieces.
7. Roll both pieces into a rope and form bread - need to work quick if it's a hot day.
8. Keep criss-crossing/plaiting the two strands, then tuck the end pieces under.
9. Rest in fridge for about 30min to help maintain shape. In the meantime, pre-warm the oven 180°C fan forced.
10. Baste bread with beaten egg or egg yolk (colour will be strong with egg yolk only). Can add a pinch of sugar or tiny amount of oil.
11. Bake for about 35min. Bread will rise and may need turning. Be careful to not to open the oven door too early. It's ready when test needle is clean (not sticky).
12. Cool on a wire rack.
13. Enjoy with butter, jam or honey. Also tasty with cheese, ham or salami. We enjoy it as a Sunday brunch with all the above.

# HARMONY WEEK





# Homemade Pasta

Shared with love from the Fanetti family.

Country of origin: Italy

## Ingredients:

- 2 cups Plain Flour (Fine '00' flour)
- 3 eggs
- 1 tsp water
- 1 tsp olive oil
- Pinch salt

## Method:

1. Mix all ingredients together.
2. Knead and then roll out.
3. Cut into 2cm strips for fettucine.
4. Boil in salted water until cooked.
5. Enjoy with your favourite sauce.

# HARMONY WEEK





# Fried Kway Teow

Shared with love from the Frey family.

Country of origin: Singapore

## Ingredients:

- 80-90 fresh flat rice noodles
- 1 egg
- 2 tsp garlic
- 4-5 slices fish cake
- 4-5 slices Chinese sausage
- 10 chives (thinly sliced)
- 40g bean sprouts
- Vegetable oil for frying Seasoning:
- 3/4 tbsp fish sauce
- 3/4 tbsp sweet sauce

## Method:

1. In hot wok, add little oil and scramble egg, push egg to side of wok. Add a little more oil and fry the garlic until aromatic but not brown.
2. Add Chinese sausage. Stir fry with garlic for a minute more.
3. Use spatula to cut egg into smaller pieces. Mix all ingredients together.
4. Add noodles, sprouts and chives. Cook noodles until translucent, add in seasoning. Toss and mix well to ensure noodles are evenly coated with the sauce.
5. Enjoy!

# HARMONY WEEK





# Homemade Pasta

Shared with love from the Hall family.

Country of origin: Italy

## Ingredients:

- 4 large eggs
- 2 1/2 cups of flour
- 1 tbsp olive oil
- 1 tbsp fine sea salt

## Method:

1. Place all ingredients in a food processor.
2. Pulse until mixture starts to come together.
3. Remove dough and form a ball and lightly kneed for 1-2 mins.
4. Let it rest for 30 mins.
5. Roll out dough in desired shape.
6. Cook pasta in large pot of boiling water until al dente.

# HARMONY WEEK





# Oma's Apfelkuchen

Shared with love from the Hall family.

Country of origin: Germany

## Ingredients:

- 5 large egg yolks
- 2 medium tart apples, peeled, cored and halved.
- 1 cup. plus 2 tbsp unsalted butter, softened.
- 1-1/4 cups sugar
- 2 cups all-purpose flour
- 2 tbsp corn-starch
- 2 tsp of cream tartar
- 1 tsp of baking powder
- 1/2 tsp salt
- 1/4 cup 2% milk
- Confectioners sugar

## Method:

1. Preheat oven to 350°C. Let egg yolks stand at room temperature for 30 mins. Starting 1 1/2 inches from one end - Cut apples in halves lengthwise into 1/4-inch slices. Fan them out.
2. Cream butter and sugar until light and fluffy. 5-7 mins. Add egg yolks one at a time beating well. In another bowl. Sift flour, corn-starch, cream of tartar, baking powder and salt twice. Gradually beat into cream mixture, add milk and mix well. (Batter will be thick).
3. Spread batter into a greased gin springform pan wrapped in a sheet of heavy-duty foil. Gently press apples into batter. Bake until a toothpick poked in the centre comes out with crumbs. 45 - 50 mins.
4. Cool on a wire rack remove from pan, dust with icing sugar.

# HARMONY WEEK





# Nonna's Biscuits

Shared with love from the Hamilton family.

Country of origin: Sicily - Italy

## Ingredients:

- 4 large eggs
- 1/2 cup granulated sugar
- 1/2 cup vegetable oil
- 1 tsp pure vanilla extract
- 3 tsp baking powder
- 2 2/3 cups all-purpose flour
- sprinkles ( optional )

## Method:

1. Preheat oven to 180 °C
2. In a large bowl, combine eggs, sugar and oil. Mix well.
3. Add the vanilla and stir. Add the flour and baking powder and stir with a wooden spoon until all ingredients are combined well.
4. The dough will be firm but sticky.
5. Lightly grease surface with some vegetable oil.
6. Spoon about 1 tbsp of dough and roll into a rope about 7cm thick. Connect both ends and twist twice. Place onto a lined baking tray.
7. Top with sprinkles if desired. Bake for 30 mins or until the cookies are lightly browned underneath.
8. Cool completely before storing.

Note - vanilla may be replaced with lemon zest.

# HARMONY WEEK





# Scones

Shared with love from the Hanson family.

Country of origin: Australia

## Ingredients:

- 500 grams self raising flour
- 250 grams Philadelphia cream cheese
- 1 egg
- 1 teaspoon natural vanilla essence
- About 100ml full cream milk

## Method:

1. Cut the cream cheese into cubes.
2. Put flour and Philadelphia cheese into a mixing bowl.
3. Rub together until mixture resembles a bread crumb like texture.
4. Combine egg and add vanilla essence.
5. Fold egg and enough milk to the mixture.
6. Flour your benchtop.
7. Don't knead but roll your dough.
8. Use a cookie cutter to cut the dough.
9. Place scones onto baking paper and put in pre-heated oven at 180 degrees.
10. Bake for 15 mins.
11. Serve with butter or jam.

# HARMONY WEEK





# Pasta Carbonara

Shared with love from the La Macchia family.

Country of origin: Italy

## Ingredients:

- 500g of grated parmesan cheese pasta
- 600ml of cream
- 400g short cut bacon - diced
- 1 onion (diced)
- 2 garlic (diced)
- 2 tbsp flour
- Salt
- Pepper
- 1 tbsp chicken stock powder
- 2 tbsp basil
- 1 tbsp parsley
- 250g diced mushrooms
- 1 chicken breast (diced)
- 1 cup pumpkin (diced)

## Method:

1. Saute onion, bacon, chicken, mushrooms and pumpkin until golden.
2. Add in garlic and sprinkle flour over ingredients and coat until smooth.
3. Add in cream and chicken stock, parsley, salt and pepper and let it boil to thicken.
4. Once it has thickened turn off the fire and let it rest.
5. Boil pasta until it is cooked.
6. Drain pasta and combine the pasta with the creamy sauce.
7. Sprinkle parmesan and serve hot.

# HARMONY WEEK





# Beef and Guinness Pie

Shared with love from a family at St Anthony's School.

Country of origin: Ireland

## Ingredients:

- 2kg diced beef chuck steak
- 3 sliced onions
- 4 crushed cloves garlic
- 1 tbsp oil
- 2/3 cup plain flour
- 400ml Guinness beer
- 2 cups massel beef stock
- Rolled puff pastry
- 1 beaten egg

## Method:

1. Brown 2kg diced chuck steak in hot oil. Set aside. Cook 3 sliced onions and 4 crushed cloves of garlic in 1 tbsp until golden. Sprinkle in 2/3 cups plain flour and cook for 1 min.
2. Return meat and juices to pan, add 400ml Guinness and 2 cups of beef stock. Bring to the boil. Reduce heat, simmer for 2 hours until tender and sauce has thickened.
3. Pre heat the oven to 200 degrees. Poon beef mixture into eight 250ml oven proof ramekins. Cut out circles of puff pastry. Press firmly onto dishes and seal.
4. Brush with 1 beaten egg, place on tray and bake 25 mins until golden. Freeze uncooked pies, wrapped in plastic then foil. Defrost before cooking.

# HARMONY WEEK





# Lemonade Scones

Shared with love from a family at St Anthony's School.

Country of origin: Australia

## Ingredients:

- 3 1/2 cups SR flour
- 250ml cream
- 250ml lemonade

## Method:

1. Pre-heat oven to 180°C.
2. Measure flour into a mixing bowl, add cream and lemonade, then mix until just combined.
3. Remove dough and place on a floured surface.
4. Roll dough until about 1.5cm in height. Cut circles.
5. Place on a tray with sides touching.
6. Brush milk on top and cook for about 15 mins.

# HARMONY WEEK





# Hulk Lasagna

Shared with love from a family at St Anthony's School.

Country of origin: Australia

## Ingredients:

- Spinach
- Tin tomatoes
- Carrot
- Onion
- Pasta sheets
- Cheese
- Parmesan
- Plain flour
- Beef mince
- Pork mince

## Method:

1. Knead in a machine.
2. Cook carrot and onion then add mince and tomatoes.
3. Pour plain flour and cheeses into a thermomix and blend.
4. Layer pasta sheet with mince mixture then cheese mixture and repeat, then cook in oven.
5. Plate up the lasagna.

# HARMONY WEEK





# Yorkshire Puddings

Shared with love from the Smith family.

Country of origin: England

## Ingredients:

- 1 cup of flour
- 1 tsp of salt
- 1 cup of milk
- 2 eggs

## Method:

1. Sift flour and salt into a medium bowl.
2. Whisk in combined milk and eggs until batter is smooth.
3. Set aside for 30 mins.
4. In a muffin tray put a teaspoon of oil in each hole.
5. Heat the tray to 250 degrees until hot, quickly pour in the batter and bake until golden for approximately 10 mins.
6. Serve with roast beef and gravy.

# HARMONY WEEK





# Cucumber and Tomato Salad

Shared with love from the Selak family.

Country of origin: Estonia

## Ingredients:

- 2-3 large tomatoes
- 1 large cucumber
- 2-4 tbs sour cream
- Finely chopped fresh dill
- Salt and ground black pepper to taste

## Method:

1. Cut tomatoes and cucumber into a bowl.
2. Add sour cream, dill and stir.
3. Season with salt and pepper.
4. Serve cold with any meal or just alone.

# HARMONY WEEK





# Carrot Halwa

Shared with love from the Saini family.

Country of origin: India

## Ingredients:

- 2 cups grated carrot
- 2-3 cardamom pods
- 3 cups full cream milk
- 1/4 cup ghee (Indian butter)
- 10-12 chopped cashews
- 10-12 chopped almonds
- 3/4/cup sugar
- Pinch of saffron

## Method:

1. Heat ghee (butter) in heavy bottom pan.
2. Add saffron, cardamom, grated carrot and cook until soft.
3. Add full cream milk and cook on a low heat until all milk is evaporated.
4. In another pan add ghee, cashews, almonds and sauté until golden brown.
5. Add to first pot and mix well.
6. Now add sugar and mix well.
7. Cook for another 45 mins.
8. Serve

# HARMONY WEEK





# Greek Meatballs (Keftedes)

Shared with love from the Ranger-Sofoulis family.

Country of origin: Greece

## Ingredients:

- 500g minced beef
- 200g minced pork
- 1 grated medium red onion
- 1 garlic clove minced
- 150g stale bread, soaked in water
- Squeeze to remove excess water
- 1 large egg
- 1 1/2 tbsps chopped parsley
- 1 1/2 tbsps chopped fresh mint
- 1 pinch dried mint
- 2 tbsps red wine vinegar
- 1 tsp oregano
- 1 tsp salt
- 1 tsp pepper
- Olive oil for frying
- Flour for dredging

## Method:

1. Add all ingredients into a large bowl and mix well for 5-10 mins, squeezing with your hands. Cover with cling wrap and rest in fridge for 1 hour.
2. Roll mixture into meatballs about the size of a walnut. If frying, dredge meatballs in flour, shake off excess flour.
3. Fry until nicely browned on all sides. In batches of 10-15 at a time.
4. Instead of frying you can also bake in the oven. Preheat at 200°C, place unfloured keftedes on a greased baking sheet an inch apart. Bake for 20 mins, turn half way midway through cooking time.
5. Kefleles are ideally served as an appetiser with creamy tzatziki sauce, pita bread or as a main with basmati rice and greek salad. Opa!

# HARMONY WEEK





# Brown Soda Bread

Shared with love from the Fullam family.

Country of origin: Ireland

## Ingredients:

- 350g whole meal flour
- 75 g porridge rolled oats
- 55g all-purpose plain flour
- 1 tsp table salt
- 2 tsp bicarb soda
- 1 egg
- 500ml Buttermilk

## Method:

1. Mix all dry ingredients together.
2. Mix egg.
3. Mix Buttermilk.
4. Mix all together.
5. Place in 2lb loaf tin
6. Sprinkle oats on top.
7. Cook 150-170°C for 55mins.

# HARMONY WEEK





# Nonna Bellomo's Lasagna

Shared with love from the Gardner family.

Country of origin: Sicily

## Ingredients:

### Meat Sauce:

- 1 tbsp olive oil
- 1 onion finely chopped
- 1 carrot finely chopped
- 4 cloves garlic minced
- 700g beef mince
- 300g pork mince
- 700g Passata
- 400g tin crushed tomatoes
- 3 tbsp tomato paste
- 2 beef stock cubes
- 1 tsp oregano & basil
- Salt & Pepper

### Lasagna:

- 400g fresh lasagna sheets
- 500g mozzarella
- 2 tbsps finely chopped parley

## Method:

### Meat Sauce:

1. Heat oil in large pot on medium heat.
2. Cook onion and carrot until soften.
3. Add garlic and sauté for 1 minute.
4. Add beef and pork mince and cook until brown.
5. Pour in passata, crushed tomatoes, tomato paste. stock cubes and herbs.
6. Mix well and bring to a simmer.
7. Season with salt and pepper, cover and cook for 20-30mins.

### To Assemble:

1. Preheat oven to 180°C.
2. Spoon 1 cup of sauce on base of baking dish. Then cover with lasagna sheets.
3. Layer with 2 cups of sauce and half a cup of mozzarella cheese.
4. Repeat until tray is full.
5. Bake for 25mins.
6. Enjoy!

# HARMONY WEEK





# Halwa

Shared with love from the Gharial family.

Country of origin: India

## Ingredients:

- Ghee/ (oil)
- Wheat flour
- Sugar
- Water

## Method:

1. Heat Ghee in a pan, once the Ghee is melted, add wheat flour to it, mix to combine well and continue to stir the wheat flour and cook until it turns brown in colour and gives a nice aroma.
2. Add the sugar and water.
3. Take around 5-6 minutes on medium heat.
4. This halwa is smooth, soft and moist in texture.

# HARMONY WEEK





# Coddle

Shared with love from the Gogarty family.

Country of origin: Dublin, Ireland

## *Ingredients:*

- Potatoes
- Leek and potato soup packet or homemade.
- Pork sausages
- Bacon
- Onions
- Carrots
- Salt and pepper

## *Method:*

1. Boil potatoes.
2. Use water to make the soup.
3. Add soup to the potatoes.
4. Add sausages and bacon.
5. Peel carrots and onions and add to the pot.
6. Add seasoning.
7. Boil altogether for 25 mins on high.
8. Simmer on a low heat until ready to serve.

# HARMONY WEEK





# Quick and Easy Vegan Cannelloni

Shared with love from the Gibb family.

Country of origin: Italy

## Ingredients:

- 500g firm tofu
- 100g spinach
- 200g brown mushrooms - sliced
- 500g favourite pasta sauce
- 1 red capsicum
- 1 onion
- Pepper
- 250g cannelloni tubes (san remo doesn't use egg as an ingredient)
- Olive oil spray

Tip: must use a small baking tray so that the cannelloni shells fit snug otherwise the mixture will leak out - you can use a square or rectangle cake tin as an alternative

## Method:

1. Blend the tofu and spinach until you have a cream cheese consistency that is bright green in colour (do not add water - the tofu and the spinach alone will become watery, you may need to blend in small batches (using a nutribullet is excellent)).
2. Pre-heat the oven medium/high.
3. Prepare small baking tray with spray oil.
4. Use a piping bag or a plastic lunch bag with a corner piece snipped off, pipe the mixture into the cannelloni tubes.
5. This step is easier if you stand up all of the cannelloni tubes in your baking tray and pipe in the mixture, then lay them down in the tray. Don't worry if some of the mixture runs out it will firm when baked. Dice the onion, slice the mushrooms and capsicum and arrange on top of the cannelloni.
6. Pour your favourite tomato pasta sauce over the vegetables making sure to completely cover the cannelloni shells. Add pepper to your taste.
7. Cover with foil and bake in a medium to high oven for about 20 minutes and then remove foil and bake for a further 10 minutes (cooking time may vary depending on your oven).

# HARMONY WEEK





# Chocolate Coconut Slice

Shared with love from the Trower family.

Country of origin: Australia

## Ingredients:

### Slice:

- 125g butter
- 1/2 cup brown sugar
- 1 1/2 tsp cocoa
- 1 1/2 tsp of vanilla essence
- 1 cup coconut
- 1 cup self raising flour

### Icing:

- 1 cup icing sugar
- 2 tbsp of cocoa
- 30g butter
- 1 1/2 tbsp hot water
- Coconut to decorate

## Method:

1. Melt butter, add sugar, mix with a wooden spoon. Add vanilla , cocoa, mix well.
2. Add coconut and sifted self raising flour, mix. Mixture will still be crumbly.
3. Press mixture into a greased slice tin.
4. Bake in a moderate oven 180 deg for about 15 minutes.
5. Cool in tin. When cold, ice with chocolate icing and coconut.
6. Cut into bars and store in an airtight container.

### Chocolate icing:

1. Sift icing sugar and cocoa into a small bowl, add melted butter and water, mix until icing is smooth and glossy.

# HARMONY WEEK





# Little Jam Biscuits

Shared with love from the Ioppolo/ King family.

Country of origin: Australia/ Italy

## Ingredients:

- 80g butter/ margarine
- 3/4 cup caster sugar
- 2 eggs
- 2 tbsp honey
- 2 tsp baking powder
- 3 cups plain flour
- 3/4 cups nurses corn flour
- Pinch salt
- 1 tsp vanilla essence
- Pinch bi carb soda
- Jam strawberry or raspberry

## Method:

1. Beat butter / margarine well then add sugar and beat. Add eggs and beat.
2. Add honey then mix all dry ingredients in separate bowl and then add to mixture and beat.
3. Roll into medium size round balls and place on tray.
4. Press finger on the top to create small indent and fill with jam.
5. Place tray in fan forced oven at 160 degrees for 15 mins or until cooked.

# HARMONY WEEK





# North Italian Pasta Sauce

Shared with love from the Izzi family.

Country of origin: Italy

## Ingredients:

- 1 onion finely chopped
- 100g butter
- 1 tbsp olive oil
- 2 rashers - chopped
- 1/2 kg of good beef mince
- 1 clove garlic - chopped
- 3 springs fresh parsley- chopped
- 1 tsp basil
- 1 tsp oregano
- 1 tsp nutmeg
- 3/4 cup tomato puree'
- 1 cup boiling water
- Salt and pepper to taste

## Method:

1. Place onion, butter and oil in a pan and cook until onion browns and butter foams.
2. Add mince and cook until brown.
3. Add bacon, garlic and parsley and keep stirring for 2 minutes.
4. Add basil, oregano, nutmeg and salt and pepper to taste.
5. Keep stirring through.
6. Add tomato puree mixed with boiling water.
7. Cook slowly for around 30 min- 1 hour adding more water if needed.

# HARMONY WEEK





# Laminators

Shared with love from the Jackson family.

Country of origin: Australia

## Ingredients:

- 125g butter, soft
- 1 cup caster sugar
- 1/2 tsp vanilla extract
- 3 eggs
- 1 3/4 cups self raising flour sifted
- 1/2 cup milk
- 2 cups desiccated coconut
- Icing
- 3 1/2 soft icing mixture (Coles)
- 1/4 cup cocoa powder
- 1 tbsp butter soft
- 1/2 cup boiling water

## Method:

1. Preheat oven to 180 degrees.
2. Line baking tray with baking paper.
3. Use electric mixer to combine butter, sugar and vanilla extract until fluffy.
4. Add eggs one at a time.
5. Sift half the flour over the mix, stir in.
6. Add the remaining flour.
7. Spoon into baking tray. smooth top
8. Bake for 30 mins.
9. Stand in tray for 10 mins, then turn out onto wire rack.
10. Cover over and set aside over night or until cold.
11. Sift icing, sugar and cocoa into bowl.
12. Add butter and boiling water.
13. Stir until smooth.
14. Cut cake into 15 pieces.
15. Place coconut into a dish.
16. Using a fork, dip one piece into icing place on wire rack and stand for 2 hours or until set.

# HARMONY WEEK





# Chip Buddy and Bubble Squeak

Shared with love from the Jones family.

Country of origin: England

## Ingredients:

- Bread
- Butter
- Chips (hot)
- Bubble and squeak

## Method:

### Chip Buddy:

1. Butter bread and put hot chips in so butter melts on chips.

### Bubble and Squeak:

1. Place all leftover veggies in frypan and brown.
2. Add some meat if needed.

# HARMONY WEEK





# Spaghetti Bolognese

Shared with love from the Jones family.

Country of origin: Italy

## Ingredients:

### Sauce

- 2 tbsp of olive oil
- 1 large onion
- 1/2 kilo beef mince
- 1 tbsp dried oregano
- 1 large bottle passata sauce
- 1 tin crushed tomatoes
- 3 cloves garlic
- 1 small bunch basil
- Salt and pepper to taste
- 1 packet spaghetti
- Parmesan cheese to serve

## Method:

1. Add onions and sauté' until golden brown.
2. Add garlic and fry for another minute.
3. Add mince, fry until fully cooked, add oregano and tomatoes paste and mix with the meat.
4. Add passata, crushed tomatoes, parsley, basil and bring to boil.
5. Season with salt and pepper.
6. Reduce heat and cook for 30 minutes.
7. In the meantime, cook the spaghetti.
8. Drain and serve topped with sauce and cheese.

# HARMONY WEEK





# Easter Biscuits

Shared with love from the Tomlin family.

Country of origin: Italy

## Ingredients:

### Biscuit

- 125 grams butter, softened
- 1/2 cup caster sugar
- 3 eggs
- 2 teaspoon almond essence
- 1/2 teaspoon anise seeds
- 2 1/2 cup plain flour
- 1/4 cup milk

### Icing

- 2 cup icing sugar
- 1/4 cup milk
- 1 teaspoon almond essence
- 2 teaspoon hundreds & thousands

## Method:

1. Preheat oven to 180°C. Line 2 oven trays with baking paper.
2. Beat butter and sugar in a small bowl until pale and creamy. Add eggs, one at a time, beating well after each addition. Add essence and seeds; stir until combined. Add sifted flour and milk, in two batches, stirring to combine.
3. Using floured hands, roll 1 tablespoonful of mixture into a 25cm length, 1cm thick. Fold length in half and twist together to create a rope. Join ends together to create a wreath shape. Place on trays. Repeat.
4. Bake for 18 minutes or until biscuits are a light golden colour and cooked through. Cool on trays.
5. Make icing just before you need it. Sift icing sugar into a large bowl. Add milk and essence; stir until a smooth and of a slightly runny consistency, adding a little more milk if necessary.
6. Dip a biscuit into icing to lightly coat. Place on a wire rack over an oven tray, allowing excess icing to drip off. Before icing sets, lightly sprinkle with hundreds & thousands. Stand for 30 minutes or until set.

# HARMONY WEEK





# Tea Brack

Shared with love from the Hough family.

Country of origin: Ireland

## Ingredients:

- 225g Self Raising Flour
- 350g packet Fruit Mix
- 300ml cold Tea
- 125g Caster Sugar
- 1 Egg, beaten
- Good pinch Mixed Spice

## Method:

1. Place fruit and tea in bowl and leave to soak overnight.
2. Add sugar, egg, flour and mixed spice and mix well.
3. Transfer to a greased and base lined 900g/2lb loaf tin or a 20cm/8" round cake tin.
4. Bake in a preheated oven 170°C/325°F/Gas 3 for approx. 1 hour or until risen and firm to the touch.
5. Cool on a wire tray. When cold wrap in greaseproof paper and keep for two days before cutting.

# HARMONY WEEK





# Potato Gnocchi

Shared with love from the Rechichi family.

Country of origin: Italy

## Ingredients:

- 8 large Royal Blue potatoes
- 1kg basket of La Casa Del Formaggio
- Traditional Ricotta
- About 1kg of plain flour
- 3 large eggs

A saucepan of simmering tomato sauce to serve.

## Method:

1. Peel, chop and cook the potatoes in boiling water until soft.
2. Mash until very smooth, then allow to cool slightly.
3. Add ricotta, eggs and flour slowly until the mixture is not too sticky. You may not need the full 1kg of flour to get the right consistency.
4. Knead on a floured surface until smooth.
5. Take out handfuls of mixture and roll into skinny cylinders.
6. Cut to shape/size (around 2cm long and 1cm wide).
7. Boil a large saucepan of water with a pinch of salt.
8. Add 20 or so gnocchi at a time to the boiling water. When they rise to the top, they are ready.
9. Remove with a slotted spoon, drain and add to a saucepan of simmering tomato sauce. Repeat.
10. Fresh gnocchi freeze well so whatever you don't need, pop into a freezer bag to freeze for next time.

# HARMONY WEEK





# Rissoles

Shared with love from the Nicholas family.

Country of origin: Australia

## Ingredients:

- 500g mince
- 1 onion, diced
- 1 egg
- 2 tbsp chutney
- $\frac{3}{4}$  cup breadcrumbs
- Mixed herbs
- Salt and pepper
- Extra breadcrumbs
- Olive oil

## Method:

1. Mix the mince, onion, chutney and breadcrumbs together, then add the lightly beaten egg.
2. Add herbs, salt and pepper and mix.
3. Roll into small bite size balls the flatten into oval shaped rissoles.
4. Roll rissoles in extra breadcrumbs, then lightly fry in oil.
5. They only need a couple a couple of minutes on each side.

Alternatively, you can bake in the oven at 180 degrees for 30 minutes turning over half way through cooking.

# HARMONY WEEK





# Rizogalo (Greek Rice Pudding)

Shared with love from the Gard - Kikiros family.

Country of origin: Greece

## Ingredients:

- 100g Arborio rice
- 1200ml whole milk
- 60g sugar
- Vanilla pod
- Lemon peel
- Cinnamon

## Method:

1. Pudding recipe, heat the milk, lemon peel, sugar, vanilla pod and rice in a large heavy bottomed saucepan. Simmer over medium heat, stirring constantly, until it comes to just below boiling point. Reduce the heat to medium-low and gently cook, stirring occasionally, for 30-40 minutes until the pudding is thick and the rice is tender.
2. When preparing a Greek rice pudding, it is very important to simmer at low temperatures and to stir the mixture, so that the milk doesn't burn and the rizogalo doesn't stick on the bottom of the pan.
3. Remove the lemon peel, then spoon the rizogalo into individual bowls, sprinkle the top with cinnamon and store in the fridge.
4. Serve.

# HARMONY WEEK





# Versatile Basil Pesto Recipe - Pesto, Dressing or Dip

Shared with love from the Leahy family.

Country of origin: Italy

## Ingredients:

- 1 cup fresh basil - leaves only
- 40-50 grams parmesan cheese -refrigerated variety in block, grated or shredded form
- 1/4 - 1/3 cup natural walnuts
- 2 cloves garlic peeled
- 60 - 75 ml good quality olive oil
- Fresh pepper to taste - optional

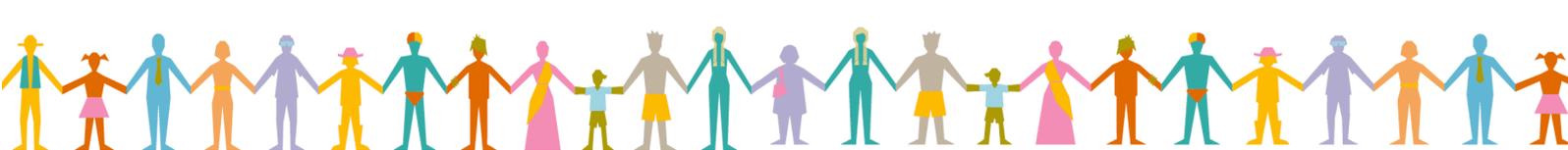
### Note:

Substitute the walnuts with pine nuts or blanched almonds. Recipe is very flexible and forgiving. If storing leftover, cover the pesto in jar with a drizzle of oil to stop oxidisation.

## Method:

1. Wash basil and shake well to remove water. Pick off the leaves and add them to food processor. Bin the stems.
2. Add parmesan, walnuts and garlic to food processor and blitz for 3 seconds.
3. On lower speed slowly drizzle in olive oil until reaches your preferred consistency and has emulsified. (Add more oil if to be used for pasta dressing and less for other uses)
4. Add a grind of pepper to taste.
5. Store up to a week in a jar in the fridge for:
  - A stir through sauce for pasta
  - A dip for bread or veg sticks
  - A spread on chicken sandwiches
  - Spread onto baked salmon or chicken
  - Add to lemon juice or vinegar for a tasty salad dressing.

# HARMONY WEEK





# Beef and Potato Curry

Shared with love from the Hultink family.

Country of origin: Mauritius

## Ingredients:

- 1kg beef cubed (1-2 cm)
- Vegetable oil
- 1 tsp ground coriander
- 1 tsp cumin seeds
- 4 cardamom pods
- 1 medium onion finely chopped
- 1 tbsp crushed garlic
- 1/2 tsp crushed ginger
- 2 tbsp curry powder
- 1 tbsp thyme finely chopped
- 1 tsp turmeric
- 2 tsp garam masala
- 1 tsp cardamom powder
- 2 tsp ground cumin
- 5-10 curry leaves
- 1/2 can diced tomatoes
- 500g potatoes, peeled and cubed(1-2 cm)
- 1 cup hot water
- 1 beef stock cube
- Salt and pepper to taste

## Method:

1. Season beef with salt and pepper.
2. Heat 2 tbsp of vegetable oil in a deep thick bottom saucepan over medium/high heat.
3. Brown the meat and set aside.
4. Add more oil to the pan.
5. Fry the ground coriander, cumin and cardamom until fragrant.
6. Add the onion, garlic and ginger. Cook until the onion is transparent.
7. Add all of the other spices.
8. Add the tomatoes and mix well.
9. Add the water and simmer for 5 minutes.
10. Add the potatoes and meat.
11. Cover and allow to simmer until the meat and potato are cooked to your liking. Stir at intervals to ensure the sauce does not stick to the bottom of the saucepan.
12. Let sit before serving to allow sauce to thicken.

# HARMONY WEEK





# Sadza Nenyama (Sadza and Meat)

Shared with love from the Fairlie family.

Country of origin: Zimbabwe

## Ingredients:

- 1 cup Sadza (maize meal)
- Generous pinch salt
- 2 cups Boiling Water
- Beef, onion and tomato relish
- Vegetable oil a good dollop
- 2 lbs beef diced
- 1 onion finely chopped
- 2 tomatoes chopped
- 1 tsp salt
- 1/2 tsp curry powder
- Good handful of leafy greens chopped (spinach, english chard etc)

## Method:

1. Mix the sadza, salt & boiling water. Microwave on high for 10 minutes, mixing the mixture well until and the mixture is stiff enough to hold together in your hand.
2. Fry the beef and onions in a pan with the oil.
3. Add the curry powder and salt.
4. Stir well. Add the tomato.
5. Once cooked down, add the greens.
6. Simmer until the meat is soft.
7. Serve the relish in a side bowl and shape the sadza into a ball with your hands to dip into the relish.

NO KNIVES OR FORKS!

# HARMONY WEEK





# Slow Cooker Meatballs in Tomato Sauce

Shared with love from the Cotellessa family.

Country of origin: Italy

## Ingredients:

- 2 slices white bread (crusts removed)
- 1/2 cup milk
- 1 kg beef mince (or 500g pork/500g beef)
- 1 large brown onion, chopped finely
- 1 medium carrot, finely grated
- 3 cloves garlic, crushed
- 1 egg
- 2 tbsp tomato paste
- 1/2 tsp dried oregano leaves
- 2 tbsp finely chopped fresh basil
- Salt and pepper
- 1 tbsp olive oil
- 1 medium brown onion (extra) chopped finely
- 2 cloves garlic (extra) crushed
- 400g canned diced tomatoes
- 400g canned cherry tomatoes
- 2 tbsp tomato paste (extra)
- 1 cup beef stock
- 1/4 cup loosely packed fresh basil leaves
- Salt and pepper (extra) to taste

## Method:

1. Combine bread and milk in a large bowl; stand 10 minutes.
2. Add beef, onion, carrot, garlic, egg, tomato paste, oregano and chopped basil; season, mix well.
3. Shape level tablespoons of mixture into balls.
4. Transfer to slow cooker.
5. Heat oil in a large frying pan; cook extra onion and garlic, stirring until onion softens. Stir in tomatoes, extra paste and stock; transfer to slow cooker.
6. Cook, covered, on low for about 6 hours.
7. Season to taste. Sprinkle with basil leaves.
8. Serve with spaghetti, pasta or mashed potato and greens. Sprinkle with parmesan.

### Tip:

A small square of mozzarella can be inserted into each meatball as transferring to slow cooker.

# HARMONY WEEK





# Irish Potato Bread

Shared with love from the Connolly family.

Country of origin: Ireland

## Ingredients:

- 450g cooked potatoes
- 55g butter
- 110g self-raising flour, or as needed
- 1/2 pinch salt

## Method:

1. Heat a lightly greased flat griddle or heavy based frying pan over medium-high heat.
2. Mash potatoes with flour, butter and salt until a stiff dough forms.
3. Turn dough out onto a lightly floured work surface. Knead dough lightly and roll dough out to about 1cm thick.
4. Cut into six triangular wedges.
5. Working in batches, cook potato bread in hot pan, turning once until golden brown, 4 to 5 minutes per side.

### Tip:

If you are using leftover (cold) potatoes, melt butter before mixing it in.

# HARMONY WEEK





# Vindaloo

Shared with love from the Cooper family.

Country of origin: India

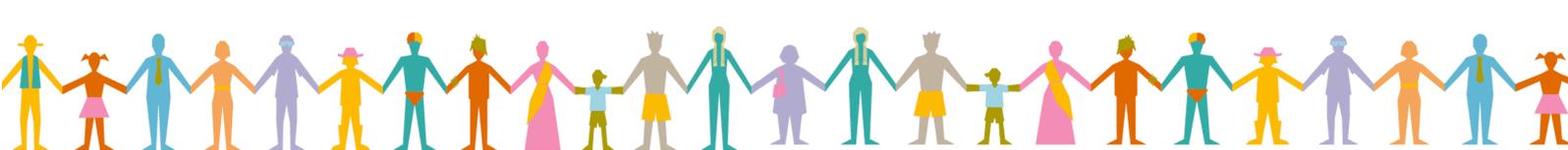
## Ingredients:

- 1kg Pork / Chicken / Beef
- 2 Medium onions
- 1 Large spoon of ginger paste
- 1 Large spoon of garlic paste
- 1 Tsp chilli powder
- 1 Tsp coriander powder
- 1 Tsp jeera powder (fried)
- 1 Tsp mustard seed powder
- ½ cup of vinegar
- ½ cup of oil
- Salt to taste
- Curry leaves if desired

## Method:

1. Slice onions and then lightly fry in the half cup of oil.
2. Add ginger paste, garlic paste, chilli powder, mustard seed powder and vinegar.
3. Add your selected meat and cook until the meat is tender.
4. Add the coriander powder and jeera powder towards the end of cooking.
5. Add salt to taste.
6. Serve with cooked rice. Enjoy!

# HARMONY WEEK





# Australian Meat Pies

## (Filling for Pie Makers)

Shared with love from the Elliot family.

Country of origin: Australia

### Ingredients:

- 750g minced steak
- 2 beef stock cubes
- 2 cups of water
- Salt and pepper
- Pinch of nutmeg
- 2 tbsp plain flour
- 1  $\frac{3}{4}$  cups extra water
- 1 tsp soy sauce

### Method:

1. Place meat into a pan, stir over low heat until well browned. Drain off surplus fat.
2. Add crumbled stock cubes, water (2 cups), salt, pepper, and nutmeg. Stir until boiling.
3. Reduce heat, cover, simmer gently for 20 minutes. Remove from heat.
4. Combine flour and extra water (1  $\frac{3}{4}$  cups) stirring until smooth. Add flour mixture to the meat, stir until combined.
5. Return to heat, stirring until meat boils and thickens.
6. Add soy sauce (for brown colour), stir until combined.
7. Simmer, uncovered, for 5 to 10 minutes, remove from heat, allow to become cold.
8. Pre-cut puff pastry sheets to pie maker size. Add filling to base of pie pastry. Add pastry pie top and cook according to pie maker instructions.

*Well used Elliot recipe from Classic Country Collection  
Recipe Book by Lady Flo Bjelke-Petersen.*

# HARMONY WEEK





# Palacinke

Shared with love from the Zloich family.

Country of origin: Croatia

## Ingredients:

- 3 large eggs
- 1 cup milk
- 1/3 cup club soda
- 1 cup plain flour
- 1/2 cup salt
- 2 tbsp butter
- 2 tbsp oil

## Method:

1. In a bowl beat together the eggs and milk until combined. Mix in the club soda.
2. Add the flour and salt and stir with whisk until only a few lumps of flour remain.
3. Cover with plastic wrap and let sit for 30 mins.
4. Once rested, stir the batter until completely smooth to prepare for cooking.
5. Heat a non-stick pan and add one teaspoon of butter and one tsp of oil.
6. Add approximately 1/4 cup of the batter to the pan so it covers the base of the pan.
7. Fry for about two to three mins, flip over and brown the second side.
8. Use a tbsp of your favourite chocolate spread, sliced bananas, fresh berries, fruit jam or ice-cream as a filling.
9. Roll up and dust with powdered sugar. Enjoy!

# HARMONY WEEK





# Chicken and Lemon Vegetable Pie

Shared with love from the Beardall family.

Country of origin: Australia

## Ingredients:

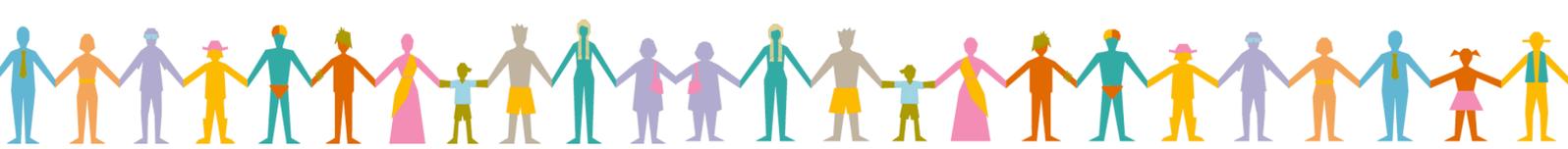
- 1 tbsp butter
- 600g diced chicken thigh
- 3 cloves garlic, minced
- 1 large carrot, finely chopped
- 1/2 broccoli, including stems
- 1/2 red onion, diced
- 1/2 zucchini, finely chopped
- 1 handful baby spinach, chopped
- 1 potato, diced
- 1 tsp parsley
- 1 tsp rosemary
- 1 cup cream
- 1/2 cup chicken stock
- 2 tbsp dijon mustard
- 2 lemons, zest only
- 1–2 tbsp plain flour
- Salt and pepper
- 1 sheet puff pastry
- 1 egg

## Method:

1. Preheat oven to 180°C.
2. Place butter in a large frying pan and cook your potato and carrot until tender, then put to the side. Season your chicken thigh and using the same pan cook your chicken until brown and caramelised.
3. Add all of the veggies (including potato & carrot) to the pan with garlic and herbs and stir through. Add cream and stock, bring to the boil then let simmer for a few minutes. Stir in the mustard and lemon zest.
4. Remove from the heat, stir in your flour to thicken the sauce add salt and pepper to taste.
5. Transfer chicken mixture to a pie dish. Cover with puff pastry and rub over with egg. Place in the oven for 40 minutes or until pastry is golden.

# HARMONY WEEK





# Mukimo (Kenyan Mashed Potatoes) and Green Beans

Shared with love from the Harman.

Country of origin: Kenya

## Ingredients:

- 10 potatoes
- Leaves, spinach or pumpkin leaves
- 3 garlic cloves
- Spring onions
- Salt
- Spoonful cooking oil
- Green maize (corn)

## Method:

1. Peel potatoes.
2. Put in pot and cover with water- bring to boil.
3. Cook till soft.
4. Boil maize in separate pot.
5. In another pot pour in garlic cloves, cooking oil, spring onions cook for 3 minutes add on your pumpkin leaves or spinach leaves cook for a few minutes.
6. Reduce heat add potatoes and maize to your greens. Mash everything together until it blends well.
7. Serve with beef stew.

# HARMONY WEEK





# Kanefeh

Shared with love from the Harfouche family.

Country of origin: Bebanon

## Ingredients:

- 2 litres of milk
- 1 large thickened cream
- 1 tsp rosewater
- 1 tbsp fine semolina
- 1 tbsp cornflour
- 1 cup sugar
- 1/2 small block unsalted butter
- 1 large bag shredded mozzarella
- 1 small tub ricotta
- 2 packets of milk arrowroot biscuits crushed
- Extra butter for greasing

## Method:

1. First place the first 9 ingredients into a large saucepan over low heat and stir constantly until thickened.
2. Crush arrowroot biscuits and spread 1 packet across buttered trays.
3. Pour cream/ cheese mixture on top of the biscuit layer.
4. Crumbled remains crushed biscuit on top.
5. Place in the oven until lightly brown on top.
6. Make rosewater syrup by combining 2 cups sugar, 1 drop rosewater, 1 cup water and a drop of lemon over heat until thickened.
7. Drizzle syrup on top of Kanefeh.

# HARMONY WEEK





# Quick and Easy Pizza

Shared with love from the Strudwick family.

Country of origin: Italy

## Ingredients:

- Serves 2
- 1 pizza base, ready-made or from 300g bread mix.
- Passata or tomato paste
- Mozzarella
- Toppings of your choice such as ham, pineapple, salami, pepperoni, capsicum mushrooms or chicken

## Method:

1. To make your own base: make up 300g bread mix following pack instructions.
2. Don't rise or knead- just roll into a rough 30 cm circle on a baking sheet OR use ready-made pizza base.
3. Heat oven to 240 degrees fan forced.
4. Spread the base with passata or tomato paste.
5. Top using your choice of topping and sprinkle with mozzarella.
6. Bake for 15-20 mins until crisp.

# HARMONY WEEK





# Paprika

Shared with love from the Zec family.

Country of origin: Croatia

## Ingredients:

- 8-10 red/yellow capsicums
- 1kg mince 1/2 veal and 1/2 pork
- Pinch of salt and cracked pepper
- 1 tbsp ground paprika
- 1 cup uncooked rice
- 1 egg
- 2 cloves crushed garlic
- 1/2 cup chopped parsley
- 200 grams speck, either diced or whole sauce
- 4 tbsp olive oil
- 2 tbsp flour
- 2 litres veg stock
- 1 diced onion
- 2 tbsp tomato paste
- Pinch of vegeta, salt and pepper

## Method:

1. Cut top off and pull out centres to wash and tip upside down to dry stuffing.
2. Put all ingredients into a bowl and mix with your hands until combined make sure you use a big bowl.
3. Fill peppers/ capsicum until they are 3/4 full. don't overfill as the rice expands and your capsicum will burst.
4. Arrange the peppers into saucepan sitting up. Add 2 bay leaves and celery sticks for flavour, no need to chop.

### Sauce

1. Put saucepan on medium heat with olive oil.
2. Fry onion until they are transparent. then add flour and fry until its light brown
3. Add tomato paste, 2L stock or water , with vegeta, salt and pepper.
4. Stir continuously until sauce boils.
5. Turn off and pour over capsicum and in-between them, the sauce should cover reduce the temp to simmer for approx. 2 hours, serve with mash potatoes.

# HARMONY WEEK





# Chicken and Broccoli Risotto

Shared with love from a family at St Anthony's School.

Country of origin: Australia

## Ingredients:

- 400g Broccoli, trimmed
- 15g Butter
- 2 tbsp extra virgin olive oil
- 1 onion, peeled and finely chopped
- 300g (1 ½ cups) Arborio rice
- 1.5L (approx. 6 cups) of hot chicken stock
- 2 Chicken breast fillets, cut into 1cm pieces
- 80g (1 cup) grated parmesan

## Method:

1. Cut florets from broccoli stems, chop and reserve.
2. Cut stems into 5mm pieces. Heat butter and oil in a large saucepan then add onion and broccoli stems and cook, stirring over medium heat for 5 minutes or until onion is softened.
3. Add rice and cook, stirring, for 2 minutes, then add a cupful of stock.
4. Bring to a simmer and stir mixture until stock is absorbed.
5. Add another cup of stock and cook, stirring, until it is absorbed.
6. Add broccoli florets and another cup of stock.
7. Cook mixture, stirring, until stock is absorbed.
8. Add chicken then continue adding stock, a cupful at a time.
9. Keep stirring until stock is absorbed, rice is just tender and chicken is cooked ( you may not need all the stock).
10. Season risotto to taste then divide among bowls, sprinkle with Parmesan and serve.

# HARMONY WEEK





# Roast Potatoes

Shared with love from the Whittle family.

Country of origin: Italy

## Ingredients:

- 8 potatoes
- 3 chicken stock cubes
- Olive oil

## Method:

1. Preheat oven to 180 degrees fan forced.
2. Peel and cut potatoes.
3. Boil water in large saucepan.
4. Place potatoes in saucepan and return to boil.
5. Once boiling continue to boil for 10 minutes.
6. Drain potatoes.
7. Cover the bottom of a roasting pan with a thin layer of olive oil.
8. Place potatoes in oven bake for approx. 1.5 hours.
9. Checking and turning potatoes.
10. One cooked drain potatoes on a paper towel and covered plate.

# HARMONY WEEK





# Curry Puffs

Shared with love from the Williams family.

Country of origin: India

## Ingredients:

- 500g beef mince
- 1 tbl oil
- 1 med onion diced
- 1 tsp garlic
- 1 tsp ginger
- 2-3 tbsp curry paste
- 2-3 tbsp curry powder
- 1 tbsp salt
- 6 sheets of puff pastry
- 1 cup frozen peas (optional)

## Method:

1. Cook onion in oil.
2. Add garlic and ginger.
3. Add mince and brown.
4. Add curry paste and cook for 2-3 mins.
5. Add salt and curry powder and cook for 2-3 mins.
6. Add peas and cook until peas are heated through.
7. Cool mixture!
8. Cut puff pastry into 8 triangles using 1 tsp of mixture fold pastry over and seal with a fork. Use a little water to help seal the pastry. Cook for 15 - 20 at 180°C until brown.

# HARMONY WEEK





# Scouse

Shared with love from the Williams-Warnes family.

Country of origin: England

## Ingredients:

- Beef
- Carrots
- Potatoes
- 2 Beef stock cubes
- 1 tsp cornflour
- 2 cups water

## Method:

1. Dice the beef and brown in pan.
2. Peel and chop vegetables into cubes.
3. Place the beef and vegetables in a slow cooker.
4. Add 2 cups of water.
5. Add 2 beef stock cubes.
6. Add 1 heaped teaspoon of cornflour.
7. Cook on low for 8 hours.

# HARMONY WEEK





# Vermicelli Kheer (Sweet) Dessert

Shared with love from the Suhani family.

Country of origin: India

## Ingredients:

- 1/2 cup vermicelli
- 2 1/2 cup milk
- 3-4 tbsp sugar
- 1/2 tsp of cardamom powder
- 1/2 tbsp of raisins
- 1 tbsp of cashew nuts
- 1 tbsp almonds
- 1 tbsp of ghee

### Or to serve cool

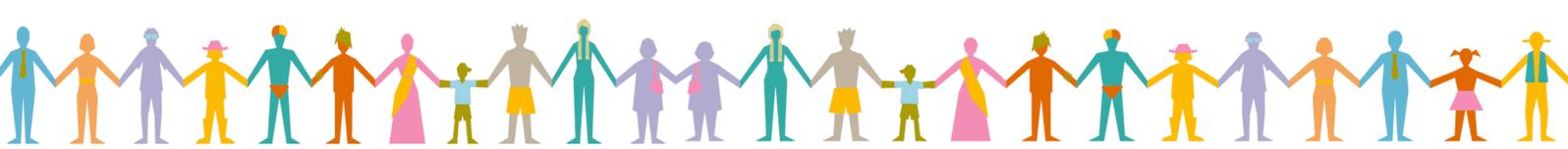
- keep the vermicelli Kheer in refrigerator for 1 to 2 hours to chill, then serve.

## Method:

1. Heat 1 tbsp of ghee in a pan.
2. Fry vermicelli until it becomes golden brown and keep aside.
3. In the same pan, heat ghee and fry raisins, cashews, almonds and keep aside.
4. In the same pan, boil milk and add roasted vermicelli, stir and cook until it turns soft. It takes around 5-7 minutes.
5. Add sugar as per taste and add cardamom powder, roasted raisins, cashew and almonds, cook for 2-3 minutes and turn off flame.
6. Serve hot and enjoy.

# HARMONY WEEK





# Pork Vindaloo

Shared with love from the Thomas family.

Country of origin: Bangladesh

## Ingredients:

- Pork - 1kg cut into pieces (size as desired)
- 1 large onion chopped
- 2 tbsp crushed garlic
- 1 tbsp crushed ginger
- 1 tsp crushed chilli
- 1 flat tbsp turmeric powder
- 2 tbsp roasted and ground coriander.
- 2 tbsp paprika powder
- 3 tbsp vinegar
- 5 tbsp olive oil

## Method:

1. Mix all ingredients except onion and soak for 3/4 hour in fridge.
2. Add chopped onion and cook on stove until all water is evaporated. Add salt for taste.
3. Serve with rice.

# HARMONY WEEK





# Cassata

Shared with love from the Trevatt family.

Country of origin: Italy/ Portugal

## Ingredients:

- Ice cream
- 500ml of cream (whipped)
- 250g of almonds (toasted)
- Choc topping
- Fruit (optional)

## Method:

1. Place a layer of ice cream, followed by nuts and topping in a cake tin.
2. Continue layering till full.
3. Freeze for 2 hours.
4. Remove and flip on a flat tray.
5. Cover in cream and freeze again.
6. Serve when frozen.

# HARMONY WEEK





# Vegemite Pinwheels

Shared with love from the Trew family.

Country of origin: Australia

## Ingredients:

- Vegemite
- Cheese
- Pastry

## Method:

1. Preheat oven to 180°C.
2. Lay pastry and on a chopping board.
3. Put the vegemite and cheese onto the pastry and carefully roll it up. Then chop it in half, then into fours and then into eights.
4. Then place into the oven until browned and cooked through.

# HARMONY WEEK





# Pavlova

Shared with love from the Cook family.

Country of origin: Australia and New Zealand

## Ingredients:

- 6 egg whites
- 375 grams caster sugar
- 3 tsp cornflour
- 1 1/2 tsp vinegar
- Few drops vanilla

### To decorate:

- Whipped cream
- Strawberries, blueberries, kiwi fruit
- Passionfruit pulp
- Crushed flake

## Method:

1. Preheat oven to 180 degrees. Place baking paper on oven tray and dust with a little corn flour.
2. Beat egg whites until peaks form.
3. Stop mixer and add a third of the sugar at a time, slowly beat until sugar dissolves and meringue is stiff.
4. Sprinkle on the cornflour, vanilla essence and vinegar. Fold in to meringue gently.
5. Spoon on to oven tray and spread to 3cm high circle shape.
6. Place in oven and immediately turn it to 150 degrees and cook for 30 minutes. Then reduce oven to 120 degrees for 45 minutes.
7. Turn off oven and leave Pavlova inside to cool.
8. Decorate and enjoy!

# HARMONY WEEK

