

House Recipes

Cultural family favourites





Bolani

Bolani is a traditional Afghani flatbread stuffed and baked with either spinach, pumpkin, red potato, or green lentil filling. Bolani is usually served warm and as a side-dish.

Ingredients

Dough Ingredients:

3 ½ cups all-purpose flour
1 cup water room temperature
1 tsp salt
1 tsp olive oil

Filling Ingredients:

2 medium potatoes
½ cup chopped cilantro
½ cup chopped scallions
2 tbsp olive oil
1 ½ tsp salt
1 tsp ground black pepper

For frying:

¼ cup olive oil

Yogurt Sauce:

1 cup plain Greek yoghurt
2 tbsp water
1 garlic clove, minced
1 tsp dried dill
¼ tsp coriander
½ tsp salt

Method

Mix flour and salt together. Gradually add in water and oil while continuing to mix, until dough forms a ball. If the dough is too dry, add more water one tablespoon at a time and then place dough in lightly oiled bowl, cover with a cloth, and let rest for one hour.

Filling: Scrub potatoes, and add to salted cold water. Boil on high heat for 20 minutes until soft. Drain potatoes and cool for 5-10 minute. Peel the potatoes and splash with 2 tbsp olive oil, salt, and pepper. Cut some scallions in small pieces then add with potatoes and continue mashing to combine.

Cooking the bolani: Take a portion of the dough (about the size of a small apple) and roll it into a smooth ball. Spread some flour onto your surface, and roll the ball with a rolling pin. The dough should be as thin as a tortilla and have a 25-30 cm diameter. Spread a little more than 1/4 cup of the filling on one half of the dough. Fold the dough in half over the filling and press to seal. If necessary, continue pressing and flattening the bolani to remove any excess air inside the pocket.

Heat olive oil in a pan. The oil should be hot enough that the bolani sizzles when placed in the pan. Fry the bolani until golden and crispy on both sides. Serve warm with a simple yogurt sauce of plain yogurt, garlic, dill, coriander, and salt.



Recipe from Sadiqa | Empowerment House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|---------|-------------------------------------|-------------------------|---------------------|----------|--------------------------|
| 28 | 29 | 30 | 31 | 1 New Year's Day | 2 | 3 |
| 4 | 5 | 6 Epiphany Orthodox Christmas | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 World Religion Day |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 Australia Day | 26 | 27 | 28 Mahayana New Year | 29 | 30 | 31 |
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DECEMBER

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FEBRUARY

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JANUARY 2021



Grilled Corn with Spam

Ingredients

3 corn on the cob
3 tbs Emmental cheese - grated
5 stalks spring onion - chopped
Spam cut into small cubes, as needed
4 tbsp vegetable oil for scallion oil
extra vegetable oil for grilling

Method

In a large bowl or pot, combine 6 cups of water with 1 tbsp of kosher salt. Submerge corns completely under the water and let them marinate for 15 minutes.

Turn on your grill or pre heat oven to 230°C.

Take those corns out of lightly salted water and brush with vegetable oil then put on the grill. If you are using oven, grill for 10 minutes, then turn the corn and cook for another 10 minutes. The corns will be lightly charred.

In a mean time, in a cooking pan, add 4 tbsp of vegetable oil and heat on medium high heat. When oil is hot enough, add chopped onion and stir for 5 seconds, immediately turn off the heat and let onions carry over cooking for a minute or so. Remove the pan off the heat completely.

Optional: you can eat spam directly from the package or you can quickly cook them with a little bit of oil over medium high heat.

When grilled corns are done, take them out of the oven. Immediately grate cheese on top of corns so they can be melted quickly. Add scallion oil followed by cubes of spam. Enjoy!



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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Lunar New Year

JANUARY

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MARCH

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FEBRUARY 2021



Pizza Scroll

These delicious scrolls are a Women's Weekly recipe and are sure to be a hit with the whole family. They are easy to make, perfect to get the kids involved and are a great snack or even meal, any time of the day! Take these along to a shared morning tea or lunch and they'll be a hit, and feel free to use whatever ingredients you have on hand - ham works a treat instead of salami. I made these as a healthy option for footy food. Give it a go!

Ingredients

2 cups (300g) self-raising flour
30g butter
¾ cup (180ml) milk
¼ cup (70g) tomato paste
2 tsp Italian herb blend
100 g sliced mild salami, cut into thin strips
1 medium green capsicum (200g), cut into thin strips
2 cups (200g) coarsely grated pizza cheese

Method

Preheat oven to 180C/160C fan forced. Grease 19 cm x 29 cm slice pan.

Place flour in medium bowl; use fingers to rub butter into flour mixture until it resembles coarse breadcrumbs. Stir in milk; mix to a soft, sticky dough. Knead dough lightly on floured surface; using rolling pin, roll dough out to form 30 cm x 40 cm rectangle.

Using back of large spoon, spread tomato paste all over base. Sprinkle herbs evenly over base; top with salami, capsicum then cheese. Starting from one of the long sides, roll dough tightly; trim edges. Using serrated knife, cut roll carefully into 12 even slices; place slices, facing cut-side up, in single layer, in prepared pan.

Bake scroll slices, uncovered, for about 30 minutes or until browned lightly.

Edit note: *For my latest batch of scrolls, I placed the uncooked scrolls into the holes of a muffin pan. I LOVED the result, they were so much neater and prettier! Will be doing this all the time now :-)* Also, the other variety are sweet chilli sauce and cheese - winner!



Recipe from Alice | Inclusion House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------|----------|--------|--------------------------------------|--------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 Labour Day International Women's Day | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 International Day of Happiness | 28 Harmony Day |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 Holi Festival |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |

FEBRUARY

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APRIL

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MARCH 2021



Salvadoran Quesadilla

(Sweet Cheese Bread)

Ingredients

- 1 1/2 cup grated Parmesan cheese
- 1/2 cup milk
- 4 eggs
- 1 1/2 cup rice flour
- 1 1/2 tsp baking powder
- 1 1/2 cup sugar
- 1/2 cup sour cream
- 1 cup melted butter
- 1/4 cup sesame seeds for sprinkling

Method

In a bowl, mix the grated cheese with the milk until very well combined. Set aside.

Separate the egg whites from the yolks and add them to another bowl. Beat with a mixer until soft peaks form. Now add the yolks, one by one, and continue beating after each addition. Set aside.

Sift the flour and the baking powder together into a third bowl. Add the sugar and stir. Now add the egg white and yolk mixture to the flour and mix well until all the flour is incorporated.

Add the sour cream, melted butter, and the cheese and milk mixture. Mix well until smooth.

Preheat an oven to 375°F (190°C). Butter and lightly flour a 9x13 inch baking dish. Pour the batter spreading it evenly. Sprinkle with the sesame seeds.

Bake for 35-40 minutes or until a toothpick inserted into the centre comes out clean. Allow to cool before removing from the baking dish. Cut into slices and enjoy!



Recipe from Carmen | Integrity House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------|------------------|-----------------|-------------|---------------|---------------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Easter Monday | | World Health Day | | Good Friday | Holy Saturday | Easter Sunday |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Ramadan | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | World Earth Day | | | Anzac Day |
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MARCH

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MAY

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APRIL 2021



Kafta

Ingredients

For the meatballs

- 1 kg mince meat
- ½ bunch of Lebanese parsley
- 1 brown onion
- 1 tps Summak (found in Lebanese store – type of berry seeds in powder, red in colour, with sour taste)
- Salt & pepper
- 1 kg potatoes

For the sauce

- 4 tps Tomato paste
- 3 tabs pomegranate syrup/ molasses sweet and sour (tangy taste) - found in Lebanese and Afghani stores

Method

Dice the onion.

Cut the parsley into small pieces.

Mix meat, onion, parsley, summak, pepper and salt into a dough.

Make it into small long shape balls.

Cut the potatoes into wedges.

Put the meat balls and potatoes in a oven pan add 2 L of water. Mix in the tomatoe paste and pomegranate molasses and add salt to taste.

Put in the oven and leave to boil then to reduce water and thicken.



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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APRIL

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JUNE

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MAY 2021



Pumpkin Soup

This is a classic, easy pumpkin soup made with fresh pumpkin that is very fast to make. Thick, creamy and full of flavour, this is THE pumpkin soup recipe you will make now and forever! Don't forget the hot buttered crusty bread for dunking.

Ingredients

1.2 kg pumpkin OR butternut squash
1 onion, sliced
2 garlic cloves
3 cups (750ml) vegetable or chicken broth/stock
1 cup (250 ml) water
Salt and pepper
1/2 cup cream
Roasted pumpkin seeds (optional)

Method

Cut the pumpkin into 3 cm slices. Cut the skin off and scrape seeds out. Cut into 4 cm chunks.

Place the pumpkin, onion, garlic, broth and water in a pot - liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender (check with butter knife) - about 10 minutes.

Remove from heat and use a stick blender to blend until smooth.

Season to taste with salt and pepper, stir through cream (never boil soup after adding cream as it will split).

Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and pumpkin seeds if desired. Serve with crusty bread!



Recipe from Zlata | Inclusion House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|---------------------------------------|-----------|----------|--------|----------------------------|--------------------|
| 31 | 1 | 2 | 3 | 4 | 5 World Environment Day | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Queen's Birthday | 15 World Elder Abuse Awareness Day | 16 | 17 | 18 | 19 | 20 Refugee Week |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
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MAY

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JULY

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JUNE 2021



Lamb and Chickpea Stew

If home was a food, it would be this soup. This Armenian soup is an absolute favourite in my household and I usually make two batches of it because one bowl is never enough. It is a recipe passed down and loved through generations. I hope you enjoy it too.

Ingredients

800 g boneless lamb leg steaks
2 tbsp olive oil
3 cloves garlic, crushed
3 tbsp tomato paste
1 tsp sea salt
1 tsp black pepper
1 tbs dried mint
2 cups good beef stock
3 cups water
1 x 400 g tin chickpeas
1 x 400 g tin brown lentils
200 g shell shaped pasta
Juice of 1 lemon

Method

Trim all the fat and skin from the lamb and cut into 1 cm pieces.

Heat the oil in a large saucepan and add the lamb in batches and cook over a high heat until lightly browned, stirring all the time. When the last batch of lamb has browned add the garlic and fry for a further 1 minute.

Add the tomato paste, beef stock, mint, lemon juice, salt, pepper and water and cook for 1 minute, stirring constantly.

Reduce the heat, cover and simmer gently for about 50 minutes or until the lamb is very tender.

Bring up to the boil again and add the pasta, chickpeas and lentils.

Boil for 10 minutes or until the pasta is cooked through.



Recipe from Silva | Diversity House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
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| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
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Eid-al-adha


JUNE

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AUGUST

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| 30 | 31 | | | | | |

JULY 2021



Afghan Eggplant Stew

Ingredients

6 small eggplants or 3 large eggplants
2 large garlic cloves, finely chopped
1 can diced tomatoes
3 banana chillis or 2 capsicums chopped
1/2 tsp turmeric powder
1 tsp chilli powder, optional
¼ cup water
oil, to fry the eggplants about 1/2 a cup.
I used the deep fryer and that's a viable option too.
salt, to taste

Method

Cut the eggplants into 2 x 5 cm fingers. Like fat chips.
Heat oil in a pan on medium flame. Once hot, add the eggplant slices and fry until they are golden brown in colour. Do this in batches to avoid overcrowding.
Place the eggplant slices on a kitchen towel to drain excess oil. Set aside. I like to leave this overnight, just to drain as much as possible.
Fry the capsicum in the same way and leave to drain.
In another pan, heat 2-3 teaspoons of oil and add chopped garlic. Cook until garlic is golden brown in colour.
Add the tomatoes, turmeric powder, chilli powder and salt and cook until tomatoes become soft and mushy. This will take 6-7 minutes.
Next, add the eggplants and capsicum, and 1/4 cup of water. Cover and cook on low for around 10 minutes. Turn off the heat.
To make the yoghurt sauce, mix the garlic and yoghurt together and then set aside.
To serve, add the eggplant and tomato to a dish. Spoon the yoghurt on top and garnish with some coriander. Enjoy!



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | International Youth Day | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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JULY

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SEPTEMBER

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AUGUST 2021



Serbian Stuffed Cutlet

Ingredients

For the schnitzel

1/2 kg pork or veal cutlets or fillet
Salt and freshly ground pepper
120 g cream cheese at room temperature
4-8 slices deli smoked ham depending on the size of the cutlets

4-8 pieces mozzarella string cheese or sliced cheese
2 eggs lightly beaten
2 cups all-purpose flour
3-4 cups breadcrumbs
Oil for frying

For the tartar sauce

1 cup mayonnaise
1 small clove garlic minced
2 tbsp diced dill pickles
1 tbsp pickle juice
2 tbsp dry white wine
Salt and freshly ground pepper to taste

Method

Place each cutlet between two pieces of plastic wrap, and pound with a meat mallet until about ¼ thick.

Spread one tablespoon of cream cheese on each cutlet and then season with salt and pepper.

Cover the cheese with 1 or 2 slices of ham.

Place string cheese in the middle of the cutlet, lengthwise.

Bring the short sides up and then roll up the cutlets. Secure with toothpicks if necessary.

Place the flour, eggs, and breadcrumbs in three separate shallow bowls.

Dip the rolls in the flour, the egg, and the breadcrumbs coating all sides and both edges at each stage. You can remove the toothpicks at this point or leave them in and be careful when eating.

Gently shake off the excess crumbs, and then dip again in egg and breadcrumbs. This "seals" the rolls so that cheese doesn't ooze out.

Heat the oil in a large nonstick or cast iron skillet over medium-high heat.

Add the schnitzels seam side down and immediately lower the heat. Fry schnitzels continually turning until deep golden brown in colour.

Transfer to a plate lined with paper towels. Serve warm with tartar sauce.



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------|-------------------------------------|--------|----------|-------------------|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 Father's Day |
| 6 | 7 | 8 | 9 R U Ok? Day | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 Australian Citizenship Day | 17 | 18 | 19 |
| 20 UN International Day of Peace | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
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AUGUST

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OCTOBER

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SEPTEMBER 2021



Buhtle

Buhtle are sweet rolls made of yeast dough and usually filled with jam or chocolate. The origin of the Buhtle is the region of Bohemia, but they are also popular in Austria, Slovakia, Slovenia and Hungary, and have made their way into Croatian kitchens.

Ingredients

180ml milk
240g fine flour
120g course flour
25g yeast
30g sugar
1 lemon
2 eggs
120g butter
10ml rum
150g plum jam
icing sugar

Method

In a bowl pour the milk (warm at around 35°C), add the yeast, teaspoon of sugar and mix well.

Combine the flours together and add about a third of the flour to the milk mixture and mix. Cover with a tea towel and leave at room temperature to rise.

After around 15 minutes add the rest of the flour to the mixture, grated lemon skin, sugar, rum, egg yolk, melted butter, a pinch of salt and mix.

Cover mixture again with a tea towel and leave to rise.

After around 40 minutes roll the mixture out (1 cm thick) on a surface sprinkled with flour. Cut dough into 6-7cm circles.

In the middle of each circle put a teaspoon of jam.

Brush the dish they will be cooked in with melted butter and sprinkle a bit of flour.

Close up the circles and dip the top in the melted butter and let them sit upright in the dish.



Recipe from Sanja | Diversity House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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SEPTEMBER

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NOVEMBER

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| 29 | 30 | | | | | |

OCTOBER 2021



Nasi Lemek

Ingredients

coconut milk
steamed rice

2 cups rice
3 screwpine leaves,
tie them into a knot as
shown above
salt to taste
1 can coconut milk
(5.6 oz)
water

sambal ikan bilis
(dried anchovies sambal)

1/2 red onion
1 cup ikan bilis, dried
anchovies
1 clove garlic
4 shallots
10 dried chillies
1 tsp belacan,
prawn paste
1/4 tsp salt
1 tbsp sugar

tamarind juice
1 cup water
tamarind pulp, size of a
small ping pong ball

other ingredients
2 hard boiled eggs,
cut into half
3 small fish, sardines
or smelt fish
1 small cucumber,
cut into slices and
then quarter

Method

Just like making steamed rice, rinse your rice and drain. Add the coconut milk, a pinch of salt, and some water. Add the pandan leaves into the rice and cook your rice.

Rinse the dried anchovies and drain the water. Fry the anchovies until they turn light brown and put aside.

Pound the prawn paste together with shallots, garlic, and deseeded dried chillies with a mortar and pestle. You can also grind them with a food processor. Slice the red onion into rings. Soak the tamarind pulp in water for 15 minutes. Squeeze the tamarind constantly to extract the flavour into the water. Drain the pulp and save the tamarind juice.

Heat some oil in a pan and fry the spice paste until fragrant. Add in the onion rings. Add in the ikan bilis and stir well. Add tamarind juice, salt, and sugar. Simmer on low heat until the gravy thickens. Set aside.

Clean the small fish, cut them into half and season with salt. Deep fry. Cut the cucumber into slices and then quartered into four small pieces.

Dish up the steamed coconut milk rice and pour some sambal ikan bilis on top of the rice. Serve with fried fish, cucumber slices, and hard-boiled eggs.



Recipe from Peng | Integrity House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------------------|-----------|-------------------------------|--------|----------|--------|
| 1 | 2 Melbourne Cup | 3 | 4 Diwali | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 Remembrance Day | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 International Men's Day | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |

OCTOBER

| M | T | W | T | F | S | S |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

DECEMBER

| M | T | W | T | F | S | S |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

NOVEMBER 2021



Soup Nothing Dessert

Polish Childhood Memories... what is "Nothing" soup? :-) It turns out to be a unique dessert for lovers of milk and vanilla flavours. Boiled milk with a vanilla pod, seasoned with egg yolks and finally decorated with light, fluffy foam of whipped egg white. The taste is like melted vanilla ice cream, only much better! I also added raspberries and blueberries. Gee, this is good! Oh, and one more thing - we serve it cold!

Ingredients

1 tbsp of sugar
1 vanilla pod
1 tsp of powdered sugar
2 eggs
400 ml of milk

Method

Put the milk on a slow heat, add sliced vanilla pod and sugar to it.

Beat the white of one egg with a teaspoon of powdered sugar.

When the milk is very warm, use a spoon to spread the protein - don't worry too much about the shape, oblong balls are formed.

Protein begins to cut slightly. After about 3 minutes, take the pot off the flame. Put egg whites - which are already light marshmallows - to the plate and warm the milk with 2 broken yolks. The milk will start to thicken.

Pour the milk over the egg whites, wait for everything to cool down properly. Add your favourite fruit and it is ready :)



Recipe from Danuta | Respect House

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Human Rights Day

International
Migrants Day

Christmas Day

Boxing Day

NOVEMBER

| M | T | W | T | F | S | S |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
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JANUARY

| M | T | W | T | F | S | S |
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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

DECEMBER 2021



Chicken Biryani

Ingredients

400g chicken mince
3 garlic cloves, crushed
1 tbs finely grated fresh ginger
1 tbs vegetable oil
1 brown onion, finely chopped
1 1/2 tbs madras curry paste
1 cup basmati rice
1/3 cup sultanas
2 cups salt-reduced chicken stock
150g spinach
1/3 cup unsalted cashews, chopped
1 fresh long green chilli, thinly sliced
1/3 cup fresh coriander leaves
plain Greek-style yoghurt, to serve

Method

Combine chicken, garlic and ginger in a bowl. Heat oil in a large saucepan over high heat. Cook lamb, breaking up lumps with a wooden spoon, for 6-8 minutes or until browned.

Add onion and cook, stirring, for 5 minutes or until softened. Add curry paste and rice. Cook, stirring, for 1 minute or until fragrant. Stir in sultanas and stock, and bring to the boil.

Reduce heat and simmer, covered, for 15 minutes. Remove from heat. Stir in spinach mix. Stand, covered, for 5 minutes. Season to taste. Serve biryani topped with cashews, chilli, coriander and yoghurt.

Tip: replace fresh ginger with ginger paste or substitute with 1-2 teaspoons of dried or powdered ginger instead.



Recipe from Caitlin | Integrity House

The SMRC Values Houses initiative was introduced in 2019. The Houses play an important role in strengthening relationships between staff and provides an avenue by which staff can collaborate on projects, exchange ideas and initiate positive change at SMRC. This has been especially important during the time that staff have been Working from Home.

It is with great pleasure that the SMRC Values Houses present the SMRC Cookbook Calendar. They have welcomed the opportunity to share some of their favourite recipes, holidays and thoughts on what their houses mean to them.

We hope you enjoy it as much as they have enjoyed putting it together for you.



Respect

Respect is a genuine acceptance of other customs and cultures that differ from your own. It is how we behave towards others in a way that encourages mutual understanding.



Inclusion

Inclusion means accepting, appreciating and embracing our individual differences.

Working together and be treated fairly and respectfully.

Inclusion to us is working as a whole and together.

It means colleagues checking on each other to ensure that we're all ok, well supported, and that no one gets left behind.



Resilience

Resilience means for us: The way Basketball bounce back, resilience is to survive a civil war, to migrate and resettle, to recreate self in a new country with a new job, new friends, to immerse yourself fully in the new world, resilience is to keep an eye on your injured homeland of origin, to see it destroyed on top of its people, who defy death every day with a finale of like atomic bomb explosion. Resilience is to ask them how are you and they reply "we're ok" "shattered glass, destroyed city" will rebuild again and will get a better future.

Melbourne, currently in a disaster state is also an example of Resilience!



Integrity

Integrity, to us, means being gracious, respectful, honest and trustworthy. If you have these qualities, follow them daily and treat other people the same you will feel rewarded and feel like you can achieve anything even during difficult times. The word integrity evolved from the Latin adjective integer, meaning whole or complete.



Diversity

Diversity is about appreciating that society is made up of many different groups with different interests, skills, talents and needs. At SMRC, it also means that we all recognise and appreciate that people in our community have different beliefs and cultures which make up the beautiful society that we live in.



Empowerment

Empowerment at SMRC is about working as a team to be better, always pursuing growth on all levels. We care and respect those we work with and those we serve, always empowering and supporting each other. Through our work, we provide constructive ideas and feedback for the SMRC's service growth.



Southern Migrant & Refugee Centre,
39 Clow St, Dandenong VIC 3175

ph: **(03) 9767 1900**

email: **smrc@smrc.org.au**

www.smrc.org.au