



Southern Grove  
PRIMARY

# Our Harmony Week Cookbook

Together we share a variety of cuisines that celebrate harmony among us.





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# Together we grow

Our school community has come together to share a variety of cuisines that celebrate harmony among us.

Through food, we are able to connect, appreciate different cultures, and foster a sense of unity and diversity within our community.

Let's continue to cherish these moments of togetherness and continue to celebrate the richness of our cultural backgrounds.

Cooking together is a wonderful way to bond with loved ones and create lasting memories. Enjoying a delicious meal that was made together adds an extra special touch to the time spent together.

Together we celebrate Harmony Week 2024

Southern Grove Primary School



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120  
Minutes

From the Florio Family

## Penne alla 'Florio'

### Ingredients

- 500 grams penne
- 700ml passata
- 1 tablespoon tomato paste
- 500 grams pork chipolatas
- 1 tablespoons olive oil
- 1 clove garlic, minced

This recipe is a simple version of a popular tomato-based ragu enjoyed in the Campania region of Italy. Maeve enjoys this meal every fortnight or so, when Grandad Florio hosts a dinner for his children and grandchildren. Meat, especially pork, is essential to flavour this dish. Pork chops, beef-and-pork meatballs or chicken drumsticks can be used instead of chipolatas. A 2 hour cooking time allows the sauce to become rich and full of flavour.

### Steps

1. In a large pot, add the oil and garlic. Turn the stove top to medium heat. Stir garlic to coat in oil.
2. Before the garlic browns, pour in the passata. Add 200ml water to the passata bottle, replace the lid and shake. Pour the water into the pot and stir the sauce. Stir in the tomato paste, turn the heat to high and bring to a boil.
3. Add the meat to the sauce, making sure they are all submerged. Bring the sauce back to a boil, then turn the heat to very low and let the sauce simmer for 2 hours, partially covered.
4. Half an hour before serving, boil at least 3 litres of water in an extra large pot. Add salt until the water is cloudy and tastes of seawater. Once boiling, add the penne, stirring occasionally to separate pieces of pasta.
5. 10 mins before serving, remove the meat from the sauce and place it in a serving dish, covered with a lid or foil.
6. When the pasta is cooked al dente, it should be cooked and a bit chewy, not soggy. Drain the pasta through a colander, then place the pasta back in its pot. Stir a spoonful of sauce through the pasta.
7. Serve the pasta in bowls, with a generous ladle of sauce over the top. Meat can be eaten with the pasta in the bowl, as a side, or do as the Italians do and have a meat course to follow the pasta course. *Buon appetito!*









From the Gaffoor Family

100  
Minutes

## Fat Cakes (Vetkoek)

### Steps

1. Place 2 tablespoons sugar and the dry active yeast in the bowl of a large stand mixer. Add lukewarm water to the bowl, and allow the mixture to foam for 10 minutes, to activate the yeast. \*Water that is too warm will kill the yeast, causing it to not rise. Make sure the water is just barely warmer than the temperature of your skin.
2. Add the remaining sugar and salt to the yeast mixture. Then place a bread hook on the mixer and turn on low. Slowly add the 4 cups of bread flour to the mix. Once the dough comes together allow it to knead for 5 minutes. That dough will be wet and tacky. If it looks dry, add a little more water to the dough.
3. Remove the bread hook and cover the bowl with plastic wrap. Then allow it to rise for 1 to 2 hours, until double in size.
4. Once the dough has risen, set a large pot over medium to medium-low heat. Attach a cooking thermometer to the side of the pot and pour in the oil. Allow the oil to rise to 350°F. Place a plate lined with paper towels on the side of the stove.
5. Once the oil is at the right temperature, use a 1 ½ to 2 tablespoon scoop to portion out pieces of the wet dough. Dunk the scoop in the fryer oil, if needed, to coat it so that the dough does not stick to the scoop. Place the balls into the fry oil and rotate immediately. Continue to portion out balls of dough, gently placing them in the fryer oil. Use a skimmer to rotate the balls throughout the cooking process so that they are evenly golden on all sides. Cook for 4-5 minutes until a fork inserted into the center of one ball comes out clean. \*The temperature will drop once the dough balls are in the oil. This is a good thing! Adjust the temperature to keep the oil around 320°F if possible. Use the skimmer to move the fried fat cakes to the plate. Repeat with the remaining though, dunking the scooper into the fry oil as needed.

### Ingredients

- 4 cups bread flour
- 4 teaspoons dry active yeast
- 7 tablespoons granulated sugar
- 1 1/2 teaspoons salt
- 1 1/2 cups lukewarm water
- 2 litres fry oil canola, sunflower, peanut, or safflower

Vetkoek Recipe – South African fat cakes are delicious bites of crisp, fluffy, and tender fried dough perfect for stuffing with sweet or savoury goodies... Like a homemade minced meat filling!



# Cheese Potatoes

## Steps

1. Wipe the potatoes clean and gently score the skin top and bottom with a knife (once on each side).
2. Bake whole potatoes in the oven at 180°C until tender (when a skewer or knife point comes out clean) (they can be microwaved to save time).
3. Carefully remove from oven and cut each cooked potato in half along the score-line.
4. Scoop out all the white potato leaving the skin-shell intact.
5. Mash the potato with butter.
6. Mix in cheese thoroughly while the potato is still hot (I use approx. ¾ quantity less cheese to potato ratio).
7. Add egg. Mixture should have a consistency similar to mash potato, not too stiff or too wet.
8. Add seasoning to taste.
9. Add optional ingredients if you choose to use them.
10. Mix thoroughly.
11. Using a teaspoon, gently scoop the mix back into the potato skin shells so it is rounded just above the rim.
12. Lay them on a baking sheet and return to the oven for 10-15 minutes until the top is golden.
13. Serve warm with meat and salad.

A baked potato is sometimes called a jacket potato in the United Kingdom. The baked potato has been popular in the UK for many years. In the mid-19th century, jacket potatoes were sold on the streets by hawkers during the autumn and winter months.



  
90  
Minutes

From the Thompson Family

## Ingredients

- Select enough medium/large clean whole potatoes to serve 2 halves per person.
- 1-2 eggs (depending on how many potatoes)
- 1-2 cups grated cheese (depending on how many potatoes)
- 1 tablespoon butter or margarine
- Seasoning to taste (i.e., paprika, chives, pepper)
- (optionally you can also add sautéed diced onion with bacon, tomato or mushroom)



# Pandan Cake

## Steps

1. Heat oven to 160°C. Do not grease baking tin.
2. Separate 4 eggs, placing the yolks in your electric mixer bowl, and 4 egg whites in a cereal bowl or similar.
3. Crack one more egg, place the egg white with the other egg whites, and discard the extra yolk.
4. Add the sugar and vegetable oil to the egg yolks.
5. Using your mixer, beat until combined.
6. Add the coconut milk and Pandan extract beat until combined. Switch off mixer.
7. In a separate bowl (the largest bowl you can find), weigh out the flour (and baking powder if using) and sieve from a height into the bowl. Make a well in the center.
8. Add the cake batter to your flour and using a balloon whisk, mix it all together.
9. Add all the egg whites into the mixer, and on a fast speed, beat until foaming.
10. Add the cream of tartar and continue to whisk until the egg whites become stiff peaks. You will know when it's at this stage if you lift the whisk out of the mixture, the egg whites don't move.
11. Now we add the egg whites, half the mixture first, to the Pandan egg mixture.
12. Using a balloon whisk, gently fold (be patient!) the egg whites to combine, trying to keep as much air as possible.
13. Add the second half of the egg whites and gently fold.
14. Carefully pour the cake batter into the tin.
15. Using a skewer, stick it into the batter and swirl in a circular motion to distribute the air bubbles.
16. Place in the oven for 45 minutes.

Pandan cake is very well-loved in Southeast Asia. Pandan is a leaf, also known as screwpine leaf. Pandan juice can be extracted to use in cooking and baking.

## Ingredients

- 4 eggs, separated
- Plus 1 extra egg white
- 1/2 cup sugar
- 1/3 cup vegetable oil
- 1/3 cup coconut milk
- 1/2 teaspoon Pandan extract
- 1/2 cup Self Raising Flour (if using plain or all-purpose flour, add 1/2 teaspoon Baking powder)
- 1/2 teaspoon cream of tartar



# Bhugal Chawal

## Traditional Rice

### Steps

1. Wash the rice well under running water and let it drain in a colander. You can also leave the rice to soak in water for 5-10 minutes.
2. In a wide pan, over medium flame, heat the oil. Do not use a high flame as we want the onions to brown nicely and this happens only on medium heat. On high heat, there is a chance that the onions burn/char.
3. Add onions, cloves, cinnamon, black cardamom, and bay leaves.
4. Stir-fry till the onions are caramelized and brown (takes roughly 15-20 minutes to get onion to brown). It is important to stir-fry, otherwise the onions may stick to the pan and burn. Do not add salt before the onions brown because salt may cause onions to soften.
5. After the onions are browned, add the chilli powder and some salt. If you want to add any vegetables like peas then add them now.
6. Mix well.
7. Add the washed rice and 2 cups water. Mix well.
8. Cook covered till the rice is cooked. Mix at regular intervals so that the rice does not stick to the pan.
9. Serve Bhuga Chawal hot with some coriander and fried cashews garnish.
10. Most importantly- Enjoy with your family.

Bhuga Chawal is a simple and delectable rice delicacy of Sindhi Cuisine which is made by caramelizing the onions.



  
50  
Minutes

From the Thadhani Family

### Ingredients

- 1 cup rice
- 1 cup diced onions
- Vegetables- peas, diced carrot, diced potatoes
- 2 tablespoons oil
- 1 teaspoon red chilli powder
- Salt to taste
- 1 black cardamom
- 2 cinnamon sticks
- 4 cloves
- 2 bay leaves



# Australian Style Beef Stroganoff

## Steps

1. Roll diced beef in flour with your desired amount of salt and paper.
2. Brown onion and beef.
3. In a jug, mix together
  - Mushrooms
  - Beef stock
  - Tomato paste
  - Water
4. Add mixture to beef and onion, stir until thick.
5. Turn heat off and add sour cream.
6. Sprinkle with parsley.
7. Serve with rice.

## Ingredients

- 1/2 cup plain flour
- Half a chopped onion
- 250 grams mushrooms sliced
- Handful of chopped parsley
- 500 grams diced beef
- 3 tablespoons of tomato paste
- 3 teaspoons of beef stock
- Salt and pepper
- 1 1/2 cups of water
- 250ml sour cream

A Russian dish of sautéed pieces of beef in a sauce of mustard and smetana (sour cream). From its origins in mid-19th-century Russia, it has become popular around the world.



# Ivy's Nonna's Meatballs

## Steps

1. Mix all the ingredients together in a mixing bowl and ball into bite size pieces (Nonna likes to make little oval shapes).
2. Heat oil in a large deep frypan over medium-low heat. In batches, cook the meatballs turning for 5-6 minutes until browned all over.
3. Can have them by themselves or with spaghetti and pasta sauce!



  
30  
Minutes

From the Casella Family

## Ingredients

- 1kg lean beef mince
- 2 eggs
- 1/4 cup of parmesan cheese
- 1/4 cup chopped fresh parsley
- 1 small onion
- 3 cloves garlic
- 1 cup bread crumbs
- Salt and pepper to taste

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Originally inspired by similar dishes from southern Italy, the modern version of spaghetti and meatballs was developed by Italian immigrants in the USA.



30  
Minutes

From the Thakkar Family

## Baingan Bharta Roast Eggplant Curry

### Ingredients

- 1 eggplant
- 1 tomato
- 1 bunch spring onion / can also use 1 medium onion
- 4-5 cloves garlic
- 100 grams green peas (after peeling)
- Salt
- Red chilli powder
- Turmeric powder - slightly
- Pav bhaji masala- *this can be bought from any Indian grocer*
- 2 tablespoons oil
- Mustard seeds
- Cumin seeds

An Indian dish prepared by mincing grilled eggplant and mixing it with tomato, onion, herbs and spices. Grilling the eggplant over charcoal or direct fire infuses the dish with a smoky flavour.

### Steps

1. Slit the eggplant.
2. Apply a little oil on it and roast over the burner, turning occasionally. Please note that it will drip, and you will have to clean the stove later. To avoid the mess around stove you can grill it on a BBQ or in the oven.
3. Once the eggplant becomes all mushy and soft, stop roasting. Peel it off when cool. If it has too many seeds inside, remove some of the seed portion as well. Mash it and keep it aside.
4. Chop the onion and tomatoes finely.
5. Make garlic paste out of the cloves.
6. Take oil in a cooking pan and add mustard and cumin seeds and heat. When the spluttering starts, add onion and garlic. Sauté for a while and add green peas. Add little salt and sauté the mixture.
7. After 2-3 mins add tomatoes and cover it. Let it cook for a while. Do not add water (tomato releases water). If the mixture is sticking to bottom, add more oil, but not water.
8. When tomato starts disintegrating, add eggplant mash and stir it. Add more salt if required, red chilli powder, turmeric powder, and pav bhaji masala.
9. Mix it well and cook it covered for a while checking intermittently, you will know when it is done and ready.









From the Trouchet Family

30  
Minutes

## Chorizo Spinach & Feta Penne

### Steps

1. Boil pasta in a large pot of salted water until al dente.
2. While pasta is boiling, heat 1 tablespoon olive oil over medium heat. Cook garlic for 30 secs, stirring then add chorizo slices to the pan and cook for a few mins or until browned.
3. Add cherry tomatoes to the pan, season generously with salt and pepper and simmer for a few mins. Add spinach, stir gently until wilted.
4. Drain pasta (reserve 1/2 cup pasta water) then add to the pan with the sauce and stir through. Turn off the heat, add as much pasta water as is necessary to achieve the right consistency and have the pasta sauce coating all of the pasta.
5. Serve into 4 bowls and top with pepper and crumbled feta.

### Ingredients

- 140 grams chorizo, sliced
- 50 grams feta cheese, crumbled
- 60 grams pack baby spinach
- 500 grams pack penne
- 400 grams tinned cherry tomatoes
- 2 cloves garlic, crushed
- Salt & pepper
- Olive oil for cooking

NOTES: I actually prefer the Aldi chorizo in the 2 pack to the brands stocked by Woolworths and Coles in the deli - it has way more flavour.

You can use any pasta for this - use whatever you have at home or whatever you prefer.

If you like heat, you could add in chilli flakes to the sauce, otherwise a tsp or 2 of dried oregano would work well too.



# Lucy's Chicken Soup

## Steps

1. Add water, whole chicken breast, carrots, celery, broccoli, curry powder and stock cubes to pot and bring to boil for 10 mins or until chicken breast is cooked.
2. Remove chicken breast from pot and shred with fork.
3. Return shredded chicken breast to pot and add pasta (if desired). Add more water if needed.
4. Boil for another 10 mins (or until pasta is cooked).



## Ingredients

- 2.5 liters of water
- 1 chicken breast
- 4 carrots, finely sliced
- 4 celery stalks, finely sliced
- 1 small broccoli head, finely sliced
- 1 teaspoon curry powder
- 3 x chicken stock cubes (salt reduced)
- 1/2 cup small pasta (optional)

Both chicken soup and noodle soup have been around for centuries. We can thank the ancient Greeks for the combination of chicken and broth. Chicken noodle soup is regarded as a therapeutic dish in several cultures, including Jewish-American and Chinese communities where traditional medicine is practised.



30  
Minutes

From the Osmani Family

## Beef Kafta Afghan Kebab

### Ingredients

- 1 medium yellow onion, quartered
- 2 garlic cloves
- 1 whole bunch parsley, stems removed (about 2 packed cups parsley leaves)
- 500 grams ground beef
- 250 grams ground lamb
- 1 slice of bread, toasted until browned and soaked in water until fully tender
- Salt and pepper
- 1 1/2 teaspoon ground allspice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground green cardamom
- 1/2 teaspoon ground sumac
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon paprika
- Pita bread to serve

Kebabs are part of a Middle Eastern family of cooked meat dishes. Afghan Kebab is traditionally prepared in the kofta or kafta style. Rather than skewering chunks of meat, Afghan cooks prepare a minced meat paste with vegetables, herbs and spices. The fragrant mixture is then moulded onto skewers by hand and grilled on a barbecue or open flame.

### Steps

1. Soak 10 wooden skewers in water for about 30 minutes to 1 hour. Remove from water when you are ready to begin. Lightly oil the grates of a gas grill and preheat it to medium-high for about 20 minutes.
2. Prepare pita bread and fixings. Prepare other sides and salads before you begin grilling.
3. In a food processor, chop the onion, garlic, and parsley.
4. Add the beef, lamb, bread (be sure to squeeze out the water completely), and the spices. Run the processor until all is well combined forming a pasty meat mixture.
5. Remove the meat mixture from the food processor and place in a large bowl. Take a fistful portion of the meat mixture and mold it on a wooden skewer. Repeat the process until you have run out of meat. For best results, make sure each kofta kebab is about 1 inch in thickness.
6. Lay the skewered kofta kebabs on a tray lined with baking paper.
7. Place the kofta kebabs on the lightly oiled, heated gas grill. Grill on medium-high heat for 4 minutes on one side, turn over and grill for another 3-4 minutes.
8. Serve the kofta kebabs immediately with pita bread.









# Greek Chicken Gyros with Tzaziki

## Steps

1. Place the Marinade ingredients in a ziplock bag and massage to mix. Add the chicken into the ziplock bag and massage to cover all the chicken in the marinade. Marinate for at least 2 hours, preferably 3 hours, ideally 12 hours and no longer than 24 hours.

### MAKE THE TZATZIKI

2. Cut the cucumber in half lengthwise. Use a teaspoon to scrape the watery seeds out. Coarsely grate the cucumber using a box grater. Then wrap in paper towels or a tea towel and squeeze to remove excess liquid.
3. Place cucumber in a bowl. Add remaining ingredients then mix to combine. Set aside for at least 20 minutes for the flavours to meld.

### COOK CHICKEN

4. Brush the outdoor grill with oil, then preheat on medium high. Or heat oil in a fry pan over medium high heat.
5. Remove chicken from marinade. Cook the chicken for 2 to 3 minutes on each side, until golden brown and cooked through.
6. Remove the chicken from the grill / fry pan onto a plate. Cover loosely with foil and allow to rest for 5 minutes before serving.

### ASSEMBLE GYROS

7. If your chicken thighs are large, you may need to cut them.
8. Get a pita bread or flatbread (preferably warmed) and place it on a piece of baking paper (or you could use foil). Place some salad down the middle of the bread, then top with chicken and tzatziki.
9. Roll the wrap up, enclosing it with the baking paper. Twist the end with the excess paper to secure it and cut if desired.

The origin of grilling meats on a skewer can be traced to the Eastern Mediterranean in the Mycenaean Greek and Minoan periods. The Gyro (the technique of vertical spit of stacked meat slices and cutting it off while cooking) first arrived in Greece in the 1920s, brought from Constantinople and Smyrna by refugees.

## Ingredients

- 1kg chicken thigh fillets, boneless skinless

### MARINADE

- 3 large garlic cloves, minced
- 1 teaspoon white wine vinegar
- 3 teaspoons lemon juice
- 1 teaspoon extra virgin olive oil
- 3 teaspoon Greek yogurt, preferably full fat
- 1 1/2 teaspoon dried oregano
- 1 teaspoon salt
- Black pepper

### TZATZIKI

- 2 cucumbers (1/2 cup grated cucumber)
- 1 1/4 cups Greek yoghurt, preferably full fat
- 1 teaspoon lemon juice
- 1 teaspoon extra virgin olive oil
- 1 garlic clove, minced
- 1/4 teaspoon salt
- Black pepper



# Easy-Peasy Pulao with Raita

## Ingredients

- 3 cups of basmati rice (wash several times with cold tap water until the water runs clear)
- 250 grams mixed frozen/fresh diced vegetables (peas, beans, carrots)
- 1 tablespoon ghee or 2 tablespoons vegetable oil
- Ground mixed spices with 2 cardamoms and 3 cloves
- 1 tiny stick of cinnamon
- 1-2 bay leaves
- 2 teaspoons of salt 2 or according to taste
- 1 tablespoon of sugar
- 5 cups of water
- 1/4 tsp of tumeric powder (optional)

### RAITA

- 2 cups plain Greek yoghurt
- 2 tablespoons chopped onion
- 2 tablespoons chopped coriander leaves
- 2 tablespoons diced skinless tomatoes
- 2 tablespoons grated carrot
- pinch of salt
- 2 tablespoons sugar
- 1 chopped green chilli (optional)



Pulao recipe is a one pot rice dish made with rice, spices, vegetables & herbs consumed mainly in Central Asia, South Asia and the Middle East.



  
**20**  
Minutes

From the Dutta Family

## Steps

### FOR PULAO

1. Mix all the ingredients and cook in a rice cooker. Once done, fluff it with a fork to let the excess steam escape (do it gently to avoid breaking the grains).
2. Garnish with deep fried onion slices (optional).

### FOR RAITA

3. Mix all of the above ingredients in a mixing bowl and the Raita is ready. Refrigerate before serving.

Serve hot Pulao with chilled Raita.



20  
Minutes

From the Rahman Family

## Nasi Goreng

### Ingredients

- A plate of cooked- cold rice
- Diced chicken/diced beef/prawn (optional)
- White cabbage, shredded (optional)
- Kecap Manis
- Salt
- Sugar
- Tablespoons cooking oil

#### PASTE

- 4 cloves Garlic
- 1 shallots
- 4 pcs of candle nuts
- 1 teaspoon dried shrimp, soak in warm water for 5 mins, drained
- 1/2 cup water, to help blending process

Nasi goreng is a Southeast Asian fried rice dish, usually cooked with pieces of meat and vegetables.

### Steps

1. Blend all paste ingredients together with hand blender until a purée form.
2. Heat 5 tablespoons cooking oil in high heat until shimmering.
3. Add spice paste and cook, stirring constantly and scraping the bottom of the wok or pan to prevent the paste from burning, until a pungent smell permeates your kitchen and the paste turns a few shades darker.
4. Add chicken/beef/prawn, stir to mix.
5. Add veggies, stir to mix.
6. Add cooked-cold rice, stir to mix.
7. Add kecap manis, salt, and sugar to taste. Stir to mix until combine. Ready to serve.









## Yum Yum's Bread Pudding Slice

### Steps

1. Preheat oven to 180°C.
2. Cover bread with water and then squeeze water out.
3. Add sugar, spices, melted butter, flour and beaten egg.
4. Mix to combine ingredients.
5. Lastly stir through dried fruit and lemon rind.
6. Spoon into well-greased rectangular tin approx. 20 x 30cm, lined with baking paper.
7. Sprinkle with demerara sugar.
8. Bake in a moderate oven for 1 hour.
9. Slice when cool.

### Ingredients

- 1 loaf white bread
- 500 grams mixed dried fruit
- 180 grams butter
- 180 grams sugar
- 125 grams SR Flour
- Zest of 1 lemon
- 1 large egg
- 1 teaspoon mixed spice
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- Demerara sugar (optional)

This is a recipe passed down from my nana (Yum Yum) and has been in our family for over 90 years.

Mrs Burns



# Easy Banana Bread

## Steps

1. Heat oven to 180°C.
2. Choose your cake tin (Loaf pan works best but any round tin or even individual muffins works fine).
3. Line the tin or pans with baking paper and a little oil or butter so they won't stick.
4. Put the mashed banana into a mixing bowl and add oil, eggs, sugar and vanilla, mix until just combined.
5. Add the flour and cinnamon, mix again thoroughly until combined.
6. Pour into your loaf pan or cake tins (or spoon into muffin cases).
7. Bake in oven, allow up to 55 minutes to an hour for your loaf pan (for a cake pan or muffins start testing after 30/35 minutes).
8. It is done when a clean skewer inserted comes out clean or you touch the top and it springs back into shape.
9. Remove from the oven and allow to cool in the pan for 5/10 minutes before turning out to cool on a cake rack.

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Banana bread recipes emerged in cookbooks across North America when baking powder became available in grocery stores in the 1930s. Some food historians believe banana bread was a byproduct of the Great Depression as resourceful housewives did not wish to throw away overripe bananas.



## Ingredients

- 4 soft / ripe bananas (~1 ½ cups) mashed
- ½ cup light flavoured vegetable oil
- 3 eggs
- 1 ½ cups of brown sugar
- 1 teaspoon vanilla essence
- 1 ½ cups self-raising flour (use new flour or add 1T baking powder)
- 1 teaspoon ground cinnamon



From the Coke Family

60  
Minutes

## Scottish Shortbread

### Steps

1. Preheat the oven to 150°C.
2. Put caster sugar, icing sugar and butter in a bowl and cream the mixture together.
3. Then add plain flour & cornflour, ensuring that this is done in stages and is well mixed in
4. Press the mixture into a lined baking tray and fork all over.
5. Bake in the pre heated oven for approximately one hour.
6. After 50 minutes remove the baking tray from the oven and score the top of the shortbread into bite sized pieces, return to the oven for the last 10 minutes.
7. Remove from the oven and sprinkle caster sugar over and cut the pieces whilst hot and leave in the tray until it cools.

### Ingredients

- 50 grams caster sugar
- 50 grams icing sugar
- 200 grams butter (Lurpak Salted Butter makes the best shortbread)
- 200 grams plain flour (sieved)
- 100 grams corn flour (sieved)

Although it was prepared during much of the 12th century, and probably benefited from cultural exchange with French pastry chefs during the Auld Alliance between France and Scotland, the refinement of shortbread is popularly credited to Mary, Queen of Scots in the 16th century.



# Sticky Date Pudding

## Steps

1. Preheat oven to 180°C. Grease and line the base of a 7cm deep, 22cm (base) cake pan.
2. Place dates and bicarbonate of soda into a bowl. Pour over boiling water. Allow to stand for 20 minutes. Puree in food processor until a paste forms. Blend until you're happy with the texture.
3. Using an electric mixer, beat butter, sugar and vanilla until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Using a large metal spoon, fold through date mixture and flour until well combined.
4. Spoon mixture into prepared cake pan. Bake for 35 to 40 minutes or until a skewer inserted into the centre comes out clean. Turn onto a plate.
5. Make sauce: Combine all sauce ingredients in a saucepan over medium heat. Cook, stirring often, until sauce comes to the boil. Reduce heat to medium-low. Simmer for 2 minutes.
6. Pierce pudding all over with a skewer. Pour 1/2 cup of warm sauce over warm pudding. Stand for 10 minutes. Serve with remaining sauce. Yummy with vanilla icecream on the side!

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Sticky toffee pudding, also known as sticky date pudding in Australia and New Zealand, is a British dessert consisting of a moist sponge cake.



  
60  
Minutes

From the Baker Family

## Ingredients

- 250 grams pitted dates, chopped
- 1 teaspoons bicarbonate soda
- 1 1/2 cups boiling water
- 125 grams unsalted butter, softened
- 1 cup brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 3/4 cups self-raising flour, sifted

### CARAMEL SAUCE

- 1 cup brown sugar
- 300ml thickened cream
- 1/2 teaspoon vanilla extract
- 60 grams butter



60  
Minutes



From the Smith Family

## Lamingtons

### Ingredients

#### LAMINGTON CAKE

- 4 eggs
- 2/3 cup (150 grams) caster sugar
- 1 cup (150 grams) self-raising flour
- 1/4 cup (35 grams) cornflour
- 25 grams soft butter, chopped
- 1/3 cup (80ml) boiling water
- 4 cups (270 grams) desiccated coconut

#### CHOCOLATE ICING

- 4 2/3 cups (750g) icing sugar mixture
- 1/2 cup (50g) cocoa powder
- 20 grams soft butter
- 3/4 cup (180ml) milk

A lamington is an Australian cake made from squares of butter cake or sponge cake coated in an outer layer of chocolate sauce and rolled in desiccated coconut.



### Steps

1. Preheat oven to 180°C. Grease and flour a 20cm x 30cm lamington pan, line with baking paper.
2. Beat eggs with an electric mixer until light in colour. Gradually add sugar; beat for 8 minutes or until the mixture is thick. Mixture should form thick ribbons when the beaters are lifted.
3. Sift flour and cornflour together three times. Combine butter and boiling water in a small heatproof bowl.
4. Transfer egg mixture to large bowl. Sift the flour mixture over the egg mixture; using a balloon whisk or a large metal spoon, gently fold the flour into egg mixture, then fold in butter mixture.
5. Pour mixture into pan. Bake for 25 minutes or until sponge springs back when touched lightly in the centre. Turn cake onto a wire rack to cool.
6. Cut cake into 20 even pieces
7. To make chocolate icing, sift the icing sugar and cocoa into a large heatproof bowl; add butter and milk; stir over medium saucepan of simmering water until icing is smooth and thick enough to coat the back of a spoon. Divide icing mixture into 2 small bowls.
8. Place coconut in a shallow bowl.
9. Using a large fork, dip each piece of cake briefly into icing until cake is coated in icing. Hold over bowl to drain off any excess. Dip half the cake pieces in one bowl of icing and the other half in the second bowl of icing. (We have separated the icing into two bowls, as cake crumbs will thicken the icing and make it difficult to use.) If the icing becomes too thick, stand it over hot water while dipping, or reheat gently with a little more milk.
10. Toss cake gently in coconut. Transfer cake to a wire rack; stand until set.









From the Kerr Family

60  
Minutes

# Chocolate Zucchini Cake

## Steps

1. Preheat the oven to 180°. Line an 20cm x 20cm metal baking pan with baking paper then spray with non-stick cooking spray.
2. In a large bowl, whisk together the flour, cocoa, sugar, salt, and baking soda.
3. In a small bowl, whisk together the melted butter, oil, sour cream, eggs, egg yolk, and vanilla extract.
4. Make a well in the centre of the dry ingredients and pour in the wet ingredients. Stir until a few streaks of flour remain. Squeeze out any additional moisture from the shredded zucchini before adding to the batter.
5. Add in the chocolate chips. Stir until just barely combined.
6. Pour the batter into the prepared pan and bake for 30 minutes or until a toothpick or cake tester comes out clean. If your cake sinks slightly in the middle, that's normal because it's so moist and rich!
7. Let cool completely.

### MAKE THE FROSTING

8. In a medium bowl, stir together the sugar and milk with a fork until smooth and thick but pourable. Drizzle all over the cake. Let set before serving.
9. Cake can be stored in an airtight container at room temperature for up to 4 days.

## Ingredients

- 1 cup plus 2 tablespoons flour
- 1/2 cup unsweetened cocoa
- 1 cup light brown sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 tablespoons unsalted butter, melted
- 1/4 cup fresh vegetable oil
- 1/2 cup full fat sour cream or plain whole milk yogurt, at room temperature
- 2 large eggs plus 1 egg yolk, at room temperature
- 2 teaspoons vanilla extract
- 1 cup shredded medium zucchini
- 1 cup semisweet chocolate chips

### FOR THE ICING

- 1/2 cup powdered sugar, sifted
- 1 tablespoon milk

NOTES: Super quick and easy. No mixer, no assembling, no decorating. Ultra chocolaty! I doubt any kids would guess there's a vegetable involved here.



# Indian Sweet-Kesari

## Steps

1. First in the cooking pan we need to add the ghee.
2. After 1 minute just add the cashews and dry grapes.
3. Once its turns to little bit gold put the rava on it and mix for 2 minutes.
4. Add the 3 cups of boiled water and also add food colour, mix it while it getting to thick consistency
5. Add sugar.
6. Finally, add the pinch of cardamom powder and mix it.

Now the sweet is ready and enjoy!



  
25  
Minutes

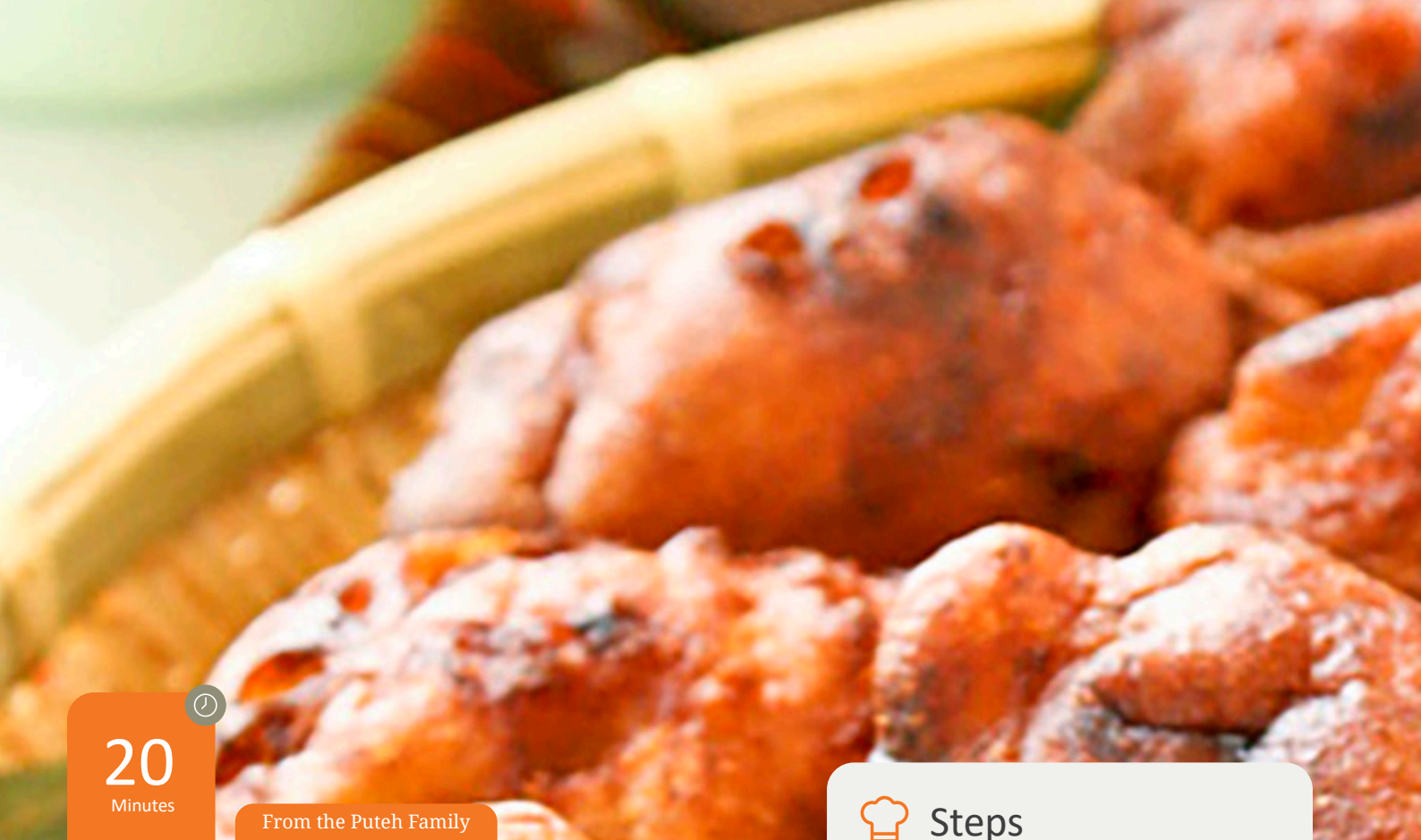
From the Ravikumar Family

## Ingredients

- 4 spoons ghee
- 7 each cashews & dry grapes
- 1 cup sooji
- 1/2 cup sugar
- 3 cups water
- Pinch of cardamom powder
- Yellow food colouring

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Rava kesari also known as kesari bath is a popular south Indian breakfast dessert made of Semolina, Ghee, Saffron, nuts and sugar.



20

Minutes



From the Puteh Family

## Malaysian Mashed Banana Fritters

### Ingredients

- 3 bananas (whole, peeled)
- 1/2 cup all-purpose flour
- 1/2 tablespoon sugar or to taste
- A bit of salt
- Oil (for deep frying)

This Malaysian authentic snack can be prepared in less than half an hour. It is a delicious afternoon tea snack with coffee or milk tea.



### Steps

1. In a big bowl, mash the bananas with the back of a fork until small chunks form.
2. Add the flour, egg and sugar.
3. Mix all the ingredients well to form a batter.
4. Heat up a frying pan and add some cooking oil for deep frying.
5. Once the oil is heated, drop a spoonful of batter into the frying pan. Try to “shape” the batter, so it’s somewhat round.
6. Deep fry the fritters until golden brown.
7. Remove the fritters using a strainer.
8. Drain on paper towels. Serve warm.









Together we grow

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