

2017 MULTICULTURAL
INTERGENERATIONAL



RECIPE BOOK



WELCOME TO THE MULTICULTURAL INTERGENERATIONAL COOK-OFF RECIPE BOOK

This recipe book is inspired by the Multicultural Intergenerational Cook-Off challenge, organised by Multicultural Communities Council of Illawarra (MCCI).

Starting in 2013, the event aims to grow relationships between young people and seniors by sharing stories, talents and a passion for cooking.

Seniors hand-down their cooking secrets to younger generations and work together in cultural teams to develop multicultural recipes from all-over-the-world!

Participants are involved in a number of sessions to research and prepare a dish within a set time.

The diverse recipes in this book are from the 2017 Multicultural Intergenerational Cook-Off challenge, a partnership between MCCI, The Shellharbour Club and Year 9 students at Lake Illawarra High School.

We hope you enjoy cooking and eating these delicious multicultural meals!

For more information please contact [MCCI](http://www.mcci.org.au) on (02) 4229 7566 or visit www.mcci.org.au

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DOLMA

(VINE LEAF ROLLS)



UTENSILS

- 1 BIG BOWL
- 1 BIG SAUCEPAN
- 1 SMALLER SAUCEPAN
- MEASURING CUPS
- MEASURING SPOONS
- 2 LONG WOODEN SPOONS
- 1 PLATE





TEAM
TURKISH-CYPRIOT

INGREDIENTS

- 1 kg beef mince
- 2 cups short grain rice
- 2 cans crushed tomatoes
- ½ cup chopped parsley
- 2 medium finely chopped onions
- ¼ cup olive oil
- Pepper
- Pinch of oregano
- 1½ kg vine leaves
- 1 tsp salt
- 1 tsp vegeta (spice)

METHOD

- 1 Blanch vine leaves and set aside.
- 2 Wash and cook rice and mix all ingredients together in a large bowl. Set mixture aside.
- 3 In the big saucepan add enough olive oil just to cover the bottom of the pan.
- 4 Cover the bottom of the pan with some of the vine leaves to prevent rolls from sticking.
- 5 Lay leaves on a plate. Place one tablespoon of the rice mixture in the middle of each leaf and roll, first folding in the sides, making sure to roll tight.
- 6 Place rolled leaves in rows in the saucepan.
- 7 Once finished and the pan is full, cover with vine leaves.
- 8 Place a plate on top and pour over hot water to cover leaves.
- 9 Place a cup of water on top to hold the plate down.
- 10 Place on the stove and bring to a boil.
- 11 Once boiled, turn down the heat and cook for a further ½ an hour.
- 12 Once cooked, remove from the heat and leave to cool down.
- 13 Serve with yoghurt dip and a toss salad.

SERVES
8



HELVA



UTENSILS

- 2 BIG POTS
- 2 WOODEN SPOONS (ONE EXTRA-LONG)
- 2 BOWLS
- MEASURING CUPS
- MEASURING SPOONS
- 1-3CM DEEP FLAT TRAY





TEAM
TURKISH-CYPRIOT

INGREDIENTS

3 cups coarse semolina

2 ½ cups sugar

½ cup sunflower oil

7 cups water

250g slivered almonds

2-3 tbsp rosewater

METHOD

- 1** Combine water, sugar and rosewater in a saucepan and stir until sugar has dissolved. Once dissolved leave mixture to boil.
- 2** In the second saucepan heat oil until hot and combine semolina. Keep stirring until the semolina starts to go brown.
- 3** Add slivered almonds to the mixture and continue stirring until the almonds start to brown.
- 4** As soon as the rosewater and sugar syrup has boiled, place semolina pan in the sink and stir in syrup.
- 5** Continue stirring to prevent the mixture from getting lumpy.
- 6** Once combined, pour mixture onto a 3cm deep flat tray and leave to cool.
- 7** Slice and serve.





YOGHURT DIP



UTENSILS

- 1 BIG BOWL WITH LID
- CHOPPING BOARD
- SHARP KNIFE
- MEASURING SPOONS
- GARLIC CRUSHER
- BIG SPOON





TEAM
TURKISH-CYPRIO

INGREDIENTS

500g plain yoghurt

2 small Lebanese cucumbers,
finely chopped

2 knobs crushed garlic

1 tbsp dry mint

Salt to taste

2 tbsp olive oil

METHOD

- 1 Put yoghurt in a bowl.
- 2 Combine cucumber, garlic, mint, olive oil and salt to taste.
- 3 Mix well.
- 4 Set aside in the fridge until ready to use.



GREEK SHORTBREAD



UTENSILS

- KNIFE
- MEASURING CUPS
- MIXING BOWL
- BAKING TRAY
- MIXING SPOONS
- SIFTER
- BAKING PAPER





INGREDIENTS

250g unsalted butter

250g copher

2 eggs

1 cup caster sugar

2 ½ cups almond meal

1 kg self-raising flour

Rosewater

Icing sugar

METHOD

1 Mix copher, butter, eggs and caster sugar by hand until sugar dissolves.

2 Add almond meal.

3 Fold in flour.

4 Take a level tablespoon of dough and roll between palms into a sausage shape. Taper at the ends and bend into a crescent moon shape.

5 Preheat oven to 180°C.

6 Line a baking tray with grease proof baking paper.

7 Bake in the oven for approximately 13 minutes.

8 Once cooked and still hot, add a few drops of rosewater to the top of each shortbread.

9 When completely cooled dust the tops of the shortbreads heavily with icing sugar.

MAKES
60



MOUSSAKA



UTENSILS

- 2 SAUCEPANS
- COLANDER
- LARGE BAKING DISH
- PAPER TOWEL
- COOKING BRUSH
- WOODEN SPOON
- SHARP KNIFE
- MEASURING SPOONS
- MEASURING JUG
- CHOPPING BOARD





TEAM
GREECE

INGREDIENTS

BEEF MINCE SAUCE

- 6 large eggplants
- 1 kg beef mince
- 6 large potatoes
- 1 large onion, finely chopped
- 6 cloves of garlic (crushed)
- 3 tbsp tomato paste
- 1 tsp cooking salt
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sugar
- ½ tsp pepper
- Oil

1 Fry chopped onion and crushed garlic in saucepan with 1 tablespoon of oil. Add mince and brown.

2 Add salt, pepper, paprika, cumin, coriander, sugar and tomato paste. Stir until combined.

WHITE SAUCE

- 1 l milk
- 2 tbsp unsalted butter
- ½ tsp salt
- 4 tbsp corn flour

1 Heat milk with butter and salt in a saucepan.

2 Mix cornflour with a little water and add to milk and stir until sauce thickens.

SERVES
12

METHOD

1 Slice eggplant and salt them.

2 Place eggplant slices in a colander and let drain for one hour.

3 Pat slices dry, brush with oil and grill.

4 Peel and slice potatoes.

5 Shallow fry potatoes in a pan of oil.

6 Line a large baking dish with eggplant, potato, **BEEF MINCE SAUCE** and cheeses (optional).

7 Finally pour over the top with **WHITE SAUCE** and sprinkle with grated cheese. Bake in the oven on 180°C for approximately 45 minutes.

CHICKEN PAPRIKASH



UTENSILS

- FRYING PAN
- PLATE
- MEASURING JUG
- MEASURING SPOONS
- SHARP KNIFE
- CHOPPING BOARD
- WOODEN SPOON
- COOKING SPOONS





TEAM
HUNGARY

INGREDIENTS

1 medium onion finely diced

½ kg chicken thighs, diced

2 tsp corn flour

2 tbsp oil

2 tsp paprika dried

3 tbsp sour cream

METHOD

- 1 Sauté onion in oil on low heat until browned.
- 2 Stir through paprika.
- 3 Add washed diced chicken to the onion and paprika mix. If required add ½ cup of water. Bring to the boil then reduce to a simmer.
- 4 Add salt to taste.
- 5 Simmer for 30 – 40 minutes until meat is tender.
- 6 Remove meat from pan leaving sauce.
- 7 Add corn flour to ½ cup water until dissolved and then whisk through sauce.
- 8 Slowly add sour cream, stirring to avoid lumps.
- 9 Return meat to sauce .
- 10 Stir and return to heat for 1-2 minutes. Serve over nokedli.

SERVES
2

SERVING SUGGESTIONS

Serve with nokedli, fried rice or pasta. Substitute chicken for beef, pork or veal.

If using pork, do not use sour cream. You can add chillies if desired.



FATOUCH



UTENSILS

- CHOPPING BOARD
- SHARP KNIFE
- TOASTER OR FRYING PAN
- SALAD BOWL
- MEASURING JUG
- MEASURING SPOONS





TEAM
LEBANON

INGREDIENTS

1 bag of pita bread

2 kg of tomatoes, chopped

2 red onions, diced

1 kg of Lebanese cucumber,
chopped

2 green capsicums, diced

2 red capsicums, diced

½ a lettuce

50 ml olive oil

1 tsp of salt

1 tsp of pepper

2 lemons

METHOD

- 1 Cut bread into small 1cm squares.
- 2 Cook in a toaster or fry bread in oil until crunchy like croutons.
- 3 Mix all the ingredients in a salad bowl.
- 4 Sprinkle croutons on top.
- 5 Serve right away with a squeeze of lemon juice (2 lemons).

SERVES
20



HUMMUS

UTENSILS

- FOOD PROCESSOR
- KNIFE
- MEASURING SPOONS
- GARLIC CRUSHER





TEAM
LEBANON

INGREDIENTS

400g can chickpeas, drained

3 tbsp lemon juice

2 garlic cloves, crushed

Sea salt and pepper

700g tahina (sesame seed paste)

4 tbsp water

2 tbsp extra virgin olive oil

METHOD

- 1 Combine chickpeas, lemon juice, garlic, salt, pepper and extra virgin olive oil in a food processor and whiz.
- 2 Add the tahina and water (or yoghurt) and whiz to a creamy puree, adding more water to lighten if need be.
- 3 Refrigerate until needed.





KAFTA

UTENSILS

- CHOPPING BOARD
- SHARP KNIFE
- MEASURING JUG
- MEASURING SPOONS
- LARGE BOWL





TEAM
LEBANON

INGREDIENTS

3 kg beef mince

1 kg of onion

1 tsp of pepper

1 tsp of salt

4 bunches of parsley

1 tsp of chilli powder

Skewers

METHOD

1 In a large bowl, stir together beef, parsley, onion, pepper, salt and chilli powder.

2 Take one tablespoon of the beef mixture and place it firmly around the end of a skewer.
(if using wooden skewers, make sure to soak them in water before using).

3 Grill the skewers, turning occasionally until lightly charred for about 4 minutes.





KEBBE



UTENSILS

- SAUCEPAN
- FRYING PAN
- CHOPPING BOARD
- SHARP KNIFE
- MEASURING CUPS
- TONGS
- WOODEN SPOON





TEAM
LEBANON

INGREDIENTS

2 kg of fine beef mince

1 kg of bulgur wheat (cracked wheat)

3 onions

Pepper

Salt

Chilli powder

Allspice

Oil

50-100g white flour

METHOD

- 1 Place the bulgur wheat in a saucepan, cover with water and bring to the boil.
- 2 Once boiled, simmer for 15 minutes. Drain and set aside.
- 3 Heat oil in a frying pan; add onion and sauté for 5-6 minutes until lightly golden.
- 4 Stir in the beef mince and fry for about 10 minutes.
- 5 Add the drained bulgur wheat and season generously with salt, pepper and the allspice mix.
- 6 Add flour and mix to incorporate thoroughly.
- 7 Make small 1 tbsp sized balls out of the mix and fry in oil.
- 8 Serve immediately with salad and yoghurt.





TABOULEH SALAD



UTENSILS

- CHOPPING BOARD
- SHARP KNIFE
- MEASURING CUPS
- MEASURING SPOONS
- GARLIC CRUSHER
- SMALL BOWL
- LARGE BOWL
- KETTLE
- WHISK OR FORK



INGREDIENTS

¼ cup olive oil

5 fresh lemons

3 large garlic cloves, minced

1 cup bulgur (cracked wheat)

1 cup boiling water

1 kg of tomatoes, chopped

4 bunches of chopped fresh Italian parsley

2 large green onions, chopped

2 tbs chopped fresh mint

Pepper and salt

METHOD

1 Whisk oil, lemon juice and garlic in small bowl and set aside.

2 Place bulgur in large bowl and mix in 1 cup of boiling water. Let stand for about 15 minutes until bulgur is tender and water has been absorbed.

3 Combine tomatoes, parsley, green onions, and mint to the bulgur and mix.

4 Add oil mixture and toss to combine.

5 Season with salt and pepper.

6 Let stand for at least 30 minutes to blend flavors.
(Can be made 1 day ahead. Cover and chill)

TEAM
LEBANON

SERVES
10



BAKED BEANS AND MEATBALLS

UTENSILS

- 6 LITRE POT
- 2 FRYING PANS
- MEASURING JUG
- SHARP KNIFE
- COOKING/WOODEN SPOONS
- CHOPPING BOARD
- MEASURING SPOONS
- LARGE CASSEROLE DISH /CLAY POT
- LARGE MIXING BOWL





SERVES
8

TEAM
MACEDONIA

INGREDIENTS

4 cups of white beans

Water

3 tbsp oil

1 large onion quartered

2 dried whole mild chillies

1 tbsp salt

1 large onion sliced into thick rounds

Salt and pepper to taste

Chopped parsley

MEATBALLS

1 kg pork or beef mince

3 eggs

2 tbsp bread crumbs

1 tsp vegeta

Chopped parsley

ROUX

½ cup oil

2 tbsp paprika

METHOD

1 Place the beans in a 6 litre pot and fill with water to approximately cover 2 inches above the beans.

2 Pour in the oil.

3 Add the quartered onions and dried mild chillies.

4 Cook beans over medium heat until soft, for 1½ hours.

5 Stir often and add warm water as it evaporates to get a stew like consistency.

6 While beans are cooking prepare the **MEATBALLS**.

7 In a large bowl mix minced meat, finely diced onion, crushed garlic, vegeta, parsley, bread crumbs and eggs.

8 Portion in egg sized balls and roll them in your hand. Flatten to make a patty.

9 Fry in a large fry pan until cooked and leave aside.

10 Once the beans are cooked prepare the **ROUX**. Do not remove beans from heat.

11 Slightly heat oil in a frying pan over a medium heat.

12 Stir in the paprika and keep stirring until just thoroughly combined and fragrant.

13 Pour the roux into the pot of beans and stir.

14 Mix in a tablespoon of salt and continue to boil for 2 to 3 minutes. Remove from heat.

15 Carefully pour the beans into a large casserole dish, dutch oven or large clay pot. Don't pour in all the water, just add enough water to barely cover the beans.

16 Place cooked meat balls on top of beans.

17 Place sliced rounds of onion and cooked chilli peppers on top to garnish.

18 Taste for salt and pepper and season appropriately.

19 Bake the beans for 30 minutes (**Preheated oven to 200°C**) or until a crusty layer forms on top of the beans.

20 Remove and let cool for 15 minutes before serving.

21 Add chopped parsley for garnish.



TULUMBE PASTRIES



UTENSILS

- MEASURING CUPS
- MEASURING SPOONS
- LARGE SAUCEPAN
- MEDIUM SAUCEPAN
- 2 LARGE BOWLS
- PARCHMENT/BAKING PAPER
- BAKING TRAY
- PASTRY BAG
- LARGE PASTRY STAR PIPING TIP





TEAM
MACEDONIA

INGREDIENTS

SYRUP

6¼ cups sugar (white)

4 cups water

1 tbsp vanilla

1 tsp lemon juice

DOUGH

170g unsalted butter

1½ cups water

½ teaspoon salt

1½ cups flour (all-purpose)

6 large eggs

METHOD

SYRUP

1 In a large saucepan, bring the sugar, 4 cups water, vanilla, and lemon juice to a boil. Reduce heat and cook down for 10 to 15 minutes.

2 Let cool completely and then divide into two large bowls.

DOUGH

1 Preheat oven to 220°C

2 In a medium saucepan, melt butter in 1½ cups water.

3 Add salt and flour and stir until a dough forms that cleans the sides of the pan.

4 Beat in the eggs, one at a time, until the batter is smooth.

BAKE PASTRIES

1 Line a sheet pan with parchment/baking paper.

2 Fill a pastry bag fitted with a large star tip with **DOUGH**.

3 Pipe 12 cm lengths onto the prepared pan. Bake for about 20 minutes or until the tulumbe puff up and turn golden brown.

4 Place hot tulumbe into the two bowls of **SYRUP**, pushing down lightly. Soak overnight and serve cold the next day.

MAKES
30



BRAZ STYLE COD FISH

UTENSILS

- POTATO PEELER
- CHOPPING BOARD
- PAPER TOWEL
- SHARP KNIVES
- FRYING PAN
- 2 SAUCEPANS
- BOWLS
- SERVING TRAY





TEAM
PORTUGAL

INGREDIENTS

2.5 kg of ready to eat cod fish
(shredded)

5 kg red potatoes

4 large onions

4-6 garlic cloves

8 eggs (or as needed)

50ml olive oil (add as needed)

Continental parsley (chopped)

Salt and pepper

Vegetable oil

Black olives – Spanish

METHOD

- 1 Peel and cut potatoes into thin fries.
- 2 Deep fry potato fries in (hot) vegetable oil until crispy. Place on absorbent paper/ paper towel to dry.
- 3 Boil the cod fish for 3-5 minutes in a saucepan of water. Drain the water and set aside.
- 4 Separately prepare and chop the parsley and garlic and set aside.
- 5 Thinly slice the onions and set aside.
- 6 Beat eggs in a bowl with salt and pepper and set aside.
- 7 Brown the onions and garlic in olive oil for 3-5 minutes.
- 8 Add Cod fish and stir until is golden.
- 9 Add the chips and mix them with the cod fish and the onion mixture.

- 10 Slowly add the eggs, constantly stirring.
- 11 Once the mixture starts drying up, turn off the stove and let it set for couple of minutes.
- 12 Serve on a tray decorated with the parsley and olives.

SERVES
12



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