



# Community Recipes

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your kitchen

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## Zucchini Slice (by Cindy Osborne)

### Ingredients

- 2 zucchinis
- 200g bacon
- 2 cups flour
- 5 eggs
- Salt and pepper

### Instructions

- Beat the eggs
- Grate the zucchini
- Sift the flour
- Mix eggs, zucchini, and bacon together
- Add cheese, salt and pepper
- Mix until combined and place in a greased tray.
- Put in the oven at 180°C until cooked through.



**- Special memories attached to the recipe -**

*"It's good for a school lunchbox."*

**- The connections this family has to food -**

*"It brings family together to sit, eat and enjoy."*

## Potato Salad (by Christine)

### Ingredients

- Royal blue potatoes
- Mayonnaise
- Bacon pieces
- Spring onion



### Instructions

1. Peel and chop the potatoes
2. Boil the potatoes, and drain when soft
3. Fry the bacon until crispy
4. Put the potato and chopped spring onion into bowl
5. Add the bacon and mayo
6. Mix
7. Add salt and pepper.

### - Special memories attached to the recipe -

*"My grandmother making it and then my mum teaching me."*

### - The connections this family has to food -

*"My family is from Belgium and cooking is how we bond."*

## Plov (by Paulina)

### Ingredients

- 500g meat (chicken or beef) diced
- 500g rice
- 3 carrots (grated)
- 1.5L water (hot)
- Cumin seeds



### Instructions

1. Fry the diced meat in a pot until lightly browned
2. Add carrots and stir for 2 minutes
3. Add the rice and stir for another 2 minutes
4. Add the boiled hot water and cover with a lid
5. Simmer until it is cooked
6. Crush the cumin seeds between your hands and sprinkle over the pot
7. Rest for 15 minutes before serving
8. Serve with a tomato and onion salad.

### - Special memories attached to this recipe -

*"Every family celebration would include this special dish. It would usually be cooked and served by mum and dad's strict instructions."*

## Alla Hollice (by Tiggi)

### Ingredients

- Rice
- Bok choy
- Cheese (grated)
- Chorizo
- Lemon juice

### Instructions

1. Boil the bok choy and cook the rice
2. In a wok, fry the chorizo in lemon juice and oil
3. Add the bok choy, rice, and cheese in the wok.

### - Special memories attached to the recipe -

*"My dad created this dish and we used to always make it together."*



## Potato Fritters (by Bianca Lupton)

### Ingredients

- 2 cups of flour
- 2 cups of milk
- 2 eggs
- Carrot (grated)
- Cheese (grated)
- Zucchini (grated)
- 5 - 6 potatoes



### Instructions

1. Combine flour, milk, and eggs to make a batter
2. Add grated potatoes and milk
3. Heat frying pan (lightly oiled)
4. Spoon mixture into frying pan
5. Cook it like pancakes (flip when bubbles appear)
6. Place on paper towel on plate.

### - Special memories attached to the recipe -

*"I love to make these with my son."*

### - The connections this family has to food -

*"We enjoy eating together and my mum and I bake together."*

## Pumpkin Soup (by Anna Wheeler)

### Ingredients

- Pumpkin
- 3 onions
- 2 carrots
- 3 potatoes
- 3 chicken stock cubes
- 2 sweet potatoes
- Sour cream / thickened cream
- Salt and pepper
- 500g diced bacon



### Instructions

1. Peel and chop the pumpkin, carrots, and potatoes
2. Place them in a pot with the chicken stock cubes
3. Chop onions and fry until tender with the bacon
4. Add the cooked onion and bacon into the pot with the stock
5. Then add in enough water to cover the ingredients
6. Simmer until vegetables are lovely and soft
7. Blend
8. Add sour cream and salt / pepper to serve.

### - Special memories attached to this recipe -

*"It reminds me of sitting at my grandmother's old wooden stove during the winter when I was a child."*

### - The connections this family has to food -

*"I believe food brings family and friends together."*

## Milo Balls (by Sharelle)

### Ingredients

- 1 cup of coconut
- ¾ cup of milo
- 250g packet of plain biscuits (arrowroot or marie are good)
- 1 can of condensed milk
- Extra coconut (for coating)



### Instructions

1. Put the biscuits into a food processor to make fine crumbs
2. Transfer into a bowl and add the remaining ingredients
3. Roll a small amount of the mixture into a ball
4. Coat with the extra coconut
5. Refrigerate overnight.

### - Special memories attached to the recipe -

*"Charlotte loves them."*



## Short Bread Cookies (by Shereen Baatjes)

### Ingredients

- 1 cup of butter softened
- 1 cup of sugar
- 2 – 2½ cups of flour (sifted)

### Instructions

1. Beat the butter and sugar until light and fluffy
2. Add flour a little at a time to form a soft dough
3. Pipe the dough or roll out and shape
4. Use a fork to prod holes in the top
5. Bake at 180°C for 12 minutes or until golden.



### - Special memories attached to this recipe -

*"We sometimes decorate them with chocolate or if we make finger shapes, we dip the baked cookies into chocolate."*

### - The connections this family has to food -

*"Love, love makes us all do beautiful things for our families."*

## Hungarian Goulash (stew) (by Gizella)

### Ingredients

- 1kg of beef, lamb, or chicken
- 2 large onions sliced
- 2 cloves of garlic
- 6 potatoes
- 2 carrots
- 1 red capsicum
- 1 tomato
- Paprika powder, salt and pepper

### Instructions

1. Sauté the 2 sliced onions in 2 tablespoons of oil for 5 minutes until they are translucent
2. Add the cubed beef, lamb, or chicken pieces, and fry on high for 2 minutes
3. Add 3 tablespoons of sweet paprika powder
4. Cover with enough water to submerge the meat
5. Add salt and pepper to your liking
6. Add the tomato whole, red capsicum, carrots, potatoes and 2 cloves of garlic and cook slowly for 1.5 hours
7. Serve it with green salad.



### - Special memories attached to this recipe -

*"My grandmother taught me how to cook this goulash when I was just 11 years old!"*

## Chicken Curry (by Huda)

### Ingredients

- 1kg chicken pieces (thigh) cut into bite size pieces
- ½ cup of oil
- 2 large onions finally chopped
- 1 cup tomato puree



### Marinade

4 Dry red chillies (deseeded)  
3 Tbsp Coriander Seeds  
4 Cloves 1 Inch Cinnamon sticks  
4 Green Cardamoms  
10 Black pepper corns  
1 Tsp Cumin seeds 1 Tsp Mustard seeds

*Dry roast on low flame until you smell an aroma coming out of it.* 1 Tsp Turmeric

2 Tbsp Ginger and also garlic

*Blend with ½ cup Vinegar in to paste.*

1 Tsp cracked chilli flakes  
1 Tbsp coriander powder  
1 Tsp Garam Masala  
1 Tsp Cumin Powder  
1 Tsp Mustard Seeds  
1 Tsp Turmeric

2 Tbsp Ginger Garlic paste

*Blend with ½ cup vinegar into a paste*

### Instructions

1. Pour the marinade over the chicken and rub it into the meat. Cover and refrigerate for at least 1 hour, preferably overnight
2. Put a pan on medium heat and add oil. Heat the oil and cook the onions until slightly brown
3. Add the chicken and cook on high heat until the chicken browns.
4. Add tomato puree and cook until dry and oil can be seen
5. Add 1 cup of water and stir. Reduce heat and simmer for 20 minutes
6. Garnish with coriander and serve with rice and kachumber.

## Nyonya Fish Custard Parcels (by Huey)

### Ingredients

- 1 banana leaf cut into 8x10" rectangles and soaked to soften
- 500g fish fillets sliced
- 20-30 wild betel leaves

### Custard ingredients

- 1 cup of coconut milk
- 2 eggs
- 2 teaspoons rice flour
- 3 kaffir lime leaves finely sliced
- 1 teaspoon of each salt and sugar



### Spice Paste

- 10 shallots
- 3 cloves of garlic
- 5 fresh red chillies and 4 dried red chillies
- 2 stalks lemon grass
- 1 inch of each galangal and turmeric
- 20g shrimp paste toasted

### Instructions

1. Chop spice paste ingredients and blend
2. Combine custard ingredients and mix into spice paste
3. Place 2-3 betel leaves in a banana leaf, top with 2-3 slices of fish and 2 tablespoons of the custard mixture
4. Form a pyramid shape by folding up both sides to meet in the centre and secure with bamboo tooth picks
5. Steam for 10 minutes over boiling water and serve immediately.