Recipes and stories that celebrate our diversity!
That is the question we put to the Moonee Valley community, to create a project which would showcase our city’s strong cultural and culinary diversity.

22 community members have shared recipes that mean something special to them, resulting in this very special cook book which will be enjoyed by our community for many years to come.

Moonee Valley City Council wishes to thank all the contributors for sharing a part of themselves throughout this project, as well as those who contributed behind the scenes in the making of this book.

We hope you enjoy experiencing a taste of Moonee Valley!
Coconut Sambol

Ingredients

- 1 cup desiccated coconut
- 3 tablespoons milk
- 1 tablespoon vegetable oil or butter
- 1 teaspoon chilli powder
- 2 green chillies, finely chopped
- 1 sprig of curry leaves, finely chopped
- 2 tablespoons onion, finely chopped (brown, Spanish or shallots)
- 3 teaspoons Maldive fish, finely ground (optional – can be left out for vegetarians)
- 2 teaspoons tomato, finely chopped (optional)
- Salt and black pepper powder
- Lime juice to taste

Method

1. Place coconut, milk and oil/butter in a microwave safe bowl and heat on high for 1 minute. Mix well and leave to cool
2. Place the coconut mix, onion, chilli powder, green chillies, salt, pepper, curry leaves and Maldive fish together and mix well, crushing the ingredients together. At this stage, it is preferable to use a mortar and pestle, if available, to mix the ingredients so that all juices blend well together
3. Add the chopped tomato and lime juice and mix well, using a wooden or plastic spoon

“This recipe is from Sri Lanka. It is a favourite side dish, an accompaniment to any bland food like rice, bread, roti or plain pancakes. It will add a kick to anything, served as an appetiser.”
Himbasha

Ingredients
- 500 grams plain extra white flour
- 1 teaspoon dried yeast
- 4 tablespoons sugar
- 1 egg
- 2 drops black seed oil (optional)
or 1 teaspoon vanilla essence
- 4 tablespoons milk
- ¼ teaspoon salt
- 3 tablespoons butter
- ½ cup warm water (more if needed)

Method
1. Set oven to 180 degrees C
2. Put flour in a bowl, add yeast and mix
3. Add all other ingredients into the bowl and mix into a dough
4. Cover the bowl with cling wrap and put in a warm place to rise, until it doubles in size (approx. 1 hour)
5. Punch the dough down and put into a round dish with sides (about 4cm to 5cm high)
6. Leave it to rise again
7. Glaze with some milk
8. Put into the oven for 30 to 40 minutes or until golden brown
9. Cut into pieces

“This is a traditional dish in Eritrea and usually eaten at morning tea with either tea or coffee.”
Fattouch Salad

This is a lovely and fun Lebanese salad made with lots of vegies and herbs plus toasted or fried pieces of pita bread. The secret in my version is the dressing and the little extras that take it up a notch. It’s extremely simple and very tasty. It’s my favourite and a winner at parties with friends. I hope you enjoy it.

Ingredients

For salad:
- 1 baby cos lettuce, chopped
- 1 large tomato, diced into medium-sized cubes
- 2 medium Lebanese cucumbers, sliced
- 1 small red onion, diced or julienne
- 3 medium radishes, sliced
- 1 medium capsicum, diced
- 1 cup total of mint, parsley and rocket, chopped
- 1 large pita bread, toasted and broken into pieces
- Sumac
- Zaatar

For dressing:
- 2 cloves of garlic, crushed
- Olive oil
- Lemon juice
- Salt and pepper
- Red chilli powder
- ¼ cup pomegranate molasses

Method

1. Wash and chop all the salad vegetables
2. Toast the pita bread and break into small pieces
3. Make the dressing by mixing together the garlic, lemon juice, salt and pepper, red chilli and pomegranate molasses
4. Toss salad, bread and dressing together well
5. Sprinkle with sumac and zaatar to top it off
6. Serve right away before bread gets soggy
**Taboule (Lebanese Salad)**

**Ingredients**
- A bunch of parsley, cut very fine
- 1/3 bunch of mint, cut very fine
- 4 tomatoes, diced and remove the juice
- 2 cucumbers, cut fine
- 1 handful of crushed wheat
- 1 lemon, juiced
- 1 spoon of pomegranate fruit
- Salt and pepper
- Splash of olive oil
- Spring onion (or red or white onion), finely diced

**Method**
1. Combine all ingredients and serve

"I learnt this recipe from my mother and I love it because of the history it has with my family. It is a traditional dish for Lebanese people and important to have on the table - it looks nice and it's very healthy. I always make this for my family when there is an occasion and my children love it."
Mexican Sausage Rolls

Ingredients

- 1 zucchini, grated
- 1 carrot, grated
- Corn kernels, 1 small tin
- Kidney beans, 1 small tin
- 2 tablespoons Mexican spice
- 500 grams chicken mince
- 1 egg
- 1 cup breadcrumbs
- Sour cream, 1 small tub
- 1 tablespoon salsa
- Coriander, a few stems
- Parsley, a few stems
- Poppy seeds or sesame seeds, to garnish
- ½ cup milk
- 4 frozen pastry sheets
- Salt and pepper

Method

1. Cut the pastry sheets in half. Let them thaw a bit
2. In a bowl, add chicken mince, salt, pepper, kidney beans, corn, zucchini, carrot, egg, breadcrumbs, salsa and Mexican spice
   Mix the ingredients together
3. Add coriander and parsley
4. Mix all ingredients well
5. Take a pastry sheet. Put the sausage mix in the pastry
6. Roll up the pastry from both sides. Use milk to stick both ends together
7. Turn it around. Cut it into 2 to 3 pieces
8. Brush the top with milk and sprinkle with poppy seeds or sesame seeds
9. Put in the oven for 25 minutes at 180 degrees C
10. Serve with salsa and sour cream

COOK
Jimmy Koutroulos and Elizabeth Ivanoff

NUMBER OF SERVINGS 4 servings
PREPARATION TIME 30 minutes
COOKING TIME 25 minutes

“...
Mushroom Pie

Ingredients

• 1 onion, finely chopped
• 2 tablespoons oil
• 300 grams mushrooms, thinly sliced
• Salt and pepper
• 1 ½ cups milk
• 2 tablespoons plain flour
• 2 eggs
• 2 sheets puff pastry

Method

1. Cook onion in oil in a frying pan, then add mushrooms and fry quickly until soft
2. Season with salt and pepper
3. Pour milk over the top and simmer gently for 5 minutes
4. Mix the flour with 1 egg, then add a couple of tablespoons of hot milk and mushrooms and stir
5. Return the mixture to the pan and stir until it thickens and boils
6. Let it cool
7. To finish, using a dinner plate as a guide, cut around the two sheets of puff pastry
8. Place one puff pastry round sheet on a flat buttered oven tray
9. Spread cooled mushroom mixture on top leaving the edges free and then top it with the second round sheet of puff pastry
10. Pinch edges together firmly and brush all over with egg
11. Prick the top
12. Bake in a hot oven at 200 degrees C for about 20 minutes or until puff pastry is golden brown
Ingredients

• 10 to 12 potatoes
• 1 can of tuna (450 grams)
• 3-4 cloves of garlic, crushed
• Salt and pepper
• 1 chilli, chopped
• 2 eggs
• 1 cup of breadcrumbs
• Oil for frying

Method

1. Peel and boil the potatoes until cooked, drain and then mash
2. Open the tuna and drain it very well
3. Add the tuna to the potatoes and then add in salt, pepper, chilli and garlic. Mix together until well combined
4. Divide the mixture into small parts and make into patties (about 1 inch or 2.5cm high)
5. Dip each patty in egg, then coat in bread crumbs
6. Then shallow fry until brown

"This recipe is from the Comoros Islands. I grew up cooking this and now I cook it for my family. My kids love it. They eat it as a snack or as a meal. We eat this a lot to break the fast during Ramadan. We also serve it when we have guests."
Ingredients

• 500 grams diced beef or lamb
• 1 carrot, diced
• 1 onion, diced
• Fresh coriander
• 2 cloves of garlic, crushed
• ½ green capsicum, diced
• 1 teaspoon curry powder
• 1 teaspoon lemon pepper
• 1 teaspoon powdered vegetable stock

Method

1. Blend coriander and garlic with a little bit of water
2. Cook onions with oil in a pan until soft
3. Add the meat to the pan with a little bit of water and cook slowly for about 20 minutes (until the meat is soft)
4. Add the carrot, spices, coriander and garlic
5. Cook for about 10 minutes (until the carrot is soft)
6. Add capsicum and simmer for 5 minutes
7. Serve with rice or bread

“This is a very common meal in Somalia and eaten anytime whether it be breakfast, lunch or dinner. It can be made every day and eaten with bread or rice.”
Cheese Pancakes

Ingredients

Pancake ingredients:
- 1 cup flour
- 1 egg
- 1 ½ cups milk
- ½ cup grated cheese
- Pinch of salt

Topping ingredients:
- 500 grams chicken mince
- 1 onion, chopped
- 1 carrot, grated
- 4 tablespoons tomato paste
- 1 tablespoon butter
- 2 tablespoons olive oil

Method

1. Take a bowl and stirrer. Mix milk, flour, egg and salt.
2. Add cheese to the mixture. Stir it and keep it aside.
3. Chop onion and grate carrots.
4. Put 2 tablespoons of oil in a pan. Add onion and stir until transparent.
5. Add chicken mince and break into granule size pieces.
6. Add carrot, tomato paste, salt and pepper. Stir well and wait for the chicken to cook.
7. In a separate pan, cook pancakes, then remove from pan.
8. To serve, smear pancakes with butter. Add toppings.

COOK: Jenna McDonall

NUMBER OF SERVINGS: 4 servings
PREPARATION TIME: 20 minutes
COOKING TIME: 30 minutes

“I love pancakes. And this is my favourite version of it.”
## Thai Tastic
### Fish and Chips

*(Steamed Fish and Roast Potatoes)*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>For fish:</strong></td>
<td><strong>To cook the fish:</strong></td>
</tr>
<tr>
<td>• 4 flake fillets</td>
<td>1. Chop the ginger finely. Chop the chilli and garlic. Juice the lime and grate the zest</td>
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<tr>
<td>• 1 piece of ginger (about 2.5cm)</td>
<td>2. Put the flake fillets in a tin foil square <em>(or baking dish lined with foil)</em></td>
</tr>
<tr>
<td>• 2 mild chillies</td>
<td>3. Place ginger, garlic, chilli and lime zest over the fillets. Then pour over the soy sauce and lime juice</td>
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<tr>
<td>• 1 lime</td>
<td>4. Fold the tin foil over the fish. Put in fridge for 30 minutes</td>
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<tr>
<td>• 2 cloves of garlic</td>
<td>5. Put the fish on a plate over a pot of simmering water and place lid on the pot</td>
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<tr>
<td>• 4 tablespoons of soy sauce</td>
<td>6. Steam the fish for 15 minutes</td>
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<tr>
<td><strong>For roast potatoes:</strong></td>
<td><strong>To cook the chips:</strong></td>
</tr>
<tr>
<td>• 5-6 Desiree potatoes</td>
<td>7. Peel the potatoes and cut them in half</td>
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<tr>
<td>• Salt to taste</td>
<td>8. Place in cold water and bring to medium heat</td>
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<tr>
<td>• A few twigs of rosemary</td>
<td>9. Simmer for 5 to 10 minutes</td>
</tr>
<tr>
<td><strong>For salad:</strong></td>
<td>10. Once out, place on an oven tray and drizzle with oil and salt and a few twigs of rosemary</td>
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<tr>
<td>• 1 lettuce</td>
<td>11. Put them in the oven at 180 degrees C for 40 to 60 minutes</td>
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<tr>
<td>• 2 tomatoes</td>
<td><strong>To make the salad:</strong></td>
</tr>
<tr>
<td>• ½ red onion</td>
<td>12. Tear up the lettuce</td>
</tr>
<tr>
<td>• 1 avocado</td>
<td>13. Chop the onion and capsicum</td>
</tr>
<tr>
<td>• 1 red capsicum</td>
<td>14. Dice the tomatoes and avocado</td>
</tr>
<tr>
<td>• 1 lime</td>
<td>15. Drizzle with lime juice. Mix well</td>
</tr>
</tbody>
</table>

**COOK**

Caroline Agius. Maryanne Agius. Shannon Sutton

**NUMBER OF SERVINGS**

4 servings

**PREPARATION TIME**

25 minutes

**COOKING TIME**

50 minutes

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“Fish and chips is an Australian favourite. It is one of our favourites too. One of us is not allowed to have fatty food (fried food). So we sat together and created a healthier version of this famous dish. We hope everyone likes it.”

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“Thai Tastic Fish and Chips”

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22
The Best Pizza in the World (Super Loaded)

Ingredients

- 1 capsicum
- 5 to 7 mushrooms
- 100 grams olives
- 100 grams feta
- 1 packet of cheese
- 200 grams salami
- 200 grams ham
- Small tin of tomato paste
- 4 pizza bases (or pita breads)

Method

1. Slice the mushrooms, capsicum, salami and olives
2. Break apart the feta
3. Grate the cheese
4. Turn on the oven to 180 degrees C
5. Unwrap the pizza bases (or pita bread)
6. Spread the tomato paste on the pizza base
7. Place the olives, capsicum, mushrooms, feta, salami, ham and grated cheese on the base
8. Place in the oven for 10 minutes
9. Plate up and serve

We are together in a creative writing program and we all love pizzas. When this project came up, we got together and thought about merging our favourite pizza recipes and created the best pizza in the world! Here is our version of the yummiest ‘super loaded’ pizza.

COOK
Caroline Agius, Maryanne Agius, Shannon Sutton

NUMBER OF SERVINGS
4 servings

PREPARATION TIME
20 minutes

COOKING TIME
10 minutes
Lady Gina’s
Salted Caramel Slice

Ingredients

- 125 grams gluten free plain flour
- 1 teaspoon baking powder
- 90 grams desiccated coconut
- 115 grams caster sugar
- 225 grams butter
- 100 grams brown sugar
- 395 grams condensed milk
- 2 tablespoons golden syrup
- 1 teaspoon vanilla bean paste (or extract)
- 150 grams dark chocolate
- 1 teaspoon Maldon salt

Method

1. Mix the flour, baking powder, coconut, caster sugar and 125 grams of melted butter in a bowl. Mix well, then press into a lined tin (22x22cm)
2. Bake at 180 degrees C for 12 minutes
3. Meanwhile, in a saucepan mix together the remaining butter (100 grams), brown sugar, condensed milk, golden syrup and vanilla bean paste over low heat. Continue stirring while the caramel develops. Be careful not to burn the bottom! If you do burn the caramel, just call it burnt caramel slice and no one will be any the wiser!
4. When the base is out of the oven, pour the caramel over the base then return to the oven for a further 10 minutes. Allow to cool completely
5. When the caramel is cool, melt the chocolate (either in a microwave or in a bowl over a saucepan of boiling water) then pour onto the slice
6. Just before the chocolate is completely set, scatter a teaspoon of Maldon salt onto it
7. Cut into 20 or more squares

COOK
Gina Wake

NUMBER OF SERVINGS 20 slices
PREPARATION TIME 20 minutes
COOKING TIME 25 minutes

“I love to feed people and love to cook, so when my children started kindergarten I was delighted to be able to cook (in bulk) for fetes. I created a cute logo “Something Delicious from Gina’s Kitchen” which I put on the packaging of my baked goods, including this Salted Caramel Slice. Since 2012 this slice has been sold at various fundraising events all over Flemington (and Victoria) and has helped raise funds for various charities.”
Footy Cake

Ingredients

For cake:
- 2 eggs
- ½ cup cream
- 1 cup self raising flour
- 1 teaspoon vanilla essence
- ¾ cup sugar

For icing:
- ¾ cup icing sugar
- 1 teaspoon vanilla essence
- 1 teaspoon butter
- Water
- 100 & 1000s

Method

1. Place two eggs and cream in a large bowl
2. Add sugar and stir with a fork
3. Add vanilla and sifted flour
4. Grease and flour a ring cake tin
5. Pour in mixture
6. Bake in 200 degree C oven for 20 minutes or until cooked and light brown
7. Turn out of cake tin when cool
8. Ice with icing
9. Sprinkle with 100 & 1000s

“The footy cake has been made in my family for nearly 20 years. It is a good luck charm for my Bulldogs football team. The colour of the decorations (100 & 1000s) on top of the cake are like the red, white and blue of our Bulldogs. The footy cake is made each week and taken to the footy match. It is very important to my family and can also be made for other special occasions.”

COOK Janice Murray
NUMBER OF SERVINGS 10 servings
PREPARATION TIME 10 minutes
COOKING TIME 20 minutes

28
**Featherlight Sponge**

**COOK** Dorothy McQuinn

**NUMBER OF SERVINGS** 10 servings

**PREPARATION TIME** 20 minutes

**COOKING TIME** 20 - 25 minutes

**Ingredients**

- 4 eggs
- ¾ cup caster sugar
- Pinch of salt
- ¾ cup cornflour
- ¼ cup custard powder
- ½ teaspoon bicarbonate of soda
- 1 teaspoon cream of tartar

**Method**

1. Separate egg whites and yolks
2. Beat egg whites with salt until soft peaks form
3. Gradually add sugar and beat until dissolved
4. Add egg yolks and beat for one minute
5. Fold in sifted dry ingredients
6. Pour into two deep 23cm cake tins
7. Bake for 20 to 25 minutes in a 180 degree C oven
8. Remove immediately from tins and cool on a rack
9. Serve with whipped cream and dust with icing sugar

“This sponge has been enjoyed for many years by my family, friends and grandchildren. If iced with passionfruit icing, it is yum yum!”
**Greek Shortbread**

**Ingredients**
- 250 grams unsalted butter
- ½ cup icing sugar, sifted
- 1 egg yolk
- 1 teaspoon vanilla essence
- 1 tablespoon brandy or port
- ¼ cup roasted hazelnuts or almonds, finely chopped
- 1 teaspoon baking powder
- 3 cups plain flour, sifted
- 1 cup icing sugar, for dusting

**Method**
1. Preheat oven to moderate 180 degrees C
2. Using electric beaters, beat butter and sugar in small mixing bowl until light and creamy. Add egg yolk, beat well
3. Add vanilla essence and brandy or port, beat until combined
4. Transfer mixture to a large mixing bowl, add nuts, baking powder and flour
5. Working quickly, use hands to press ingredients together to form a soft dough. Do not knead
6. Shape 2 tablespoons of mixture at a time into a crescent shape
7. Repeat with the remaining mixture
8. Place crescents onto ungreased biscuit tray about 4 cm apart
9. Bake for 25 minutes or until lightly golden
10. Remove and cool on tray
11. When cool, dust crescents liberally with icing sugar
12. Serve shortbread with Greek coffee

**Note:** If mixture is too soft to handle, use lightly floured hands to shape dough into crescents.

**When I first tried this recipe and brought it to Bowes Avenue Community Centre, everyone said they loved it, so I make it regularly and share it with people who come along to the centre for group programs. In Greece, desserts or sweets are traditionally served an hour after dinner with coffee.”**
Sponge Cake

Ingredients

- 1 cup of custard powder
- 1 teaspoon of baking powder
- 4 eggs separated
- ¾ cup caster sugar

Method

1. Sift custard powder and baking powder together into a bowl
2. Beat the separated egg whites until stiff, but not dry
3. Gently fold in egg yolks
4. Slowly add sugar to the eggs and mix
5. Fold in dry ingredients
6. Divide into 2 cake tins and bake at 180 degrees C for 20 to 25 minutes

COOK
Deborah Pennuto

NUMBER OF SERVINGS 8 servings
PREPARATION TIME 15 minutes
COOKING TIME 20 - 25 minutes

“This is a recipe I made for the Biggest Morning Tea at Bowes Avenue Community Centre, which helped to raise money for the Cancer Council. This cake is gluten free.”
Ingredients

- 750 grams self-raising flour
- 120 grams butter, softened
- 4 eggs
- 250 grams castor sugar
- Lemon rind
- 1 teaspoon vanilla sugar (or vanilla essence)
- Splash of rum (optional)

Method

1. Place flour in a large bowl
2. Rub flour and butter together
3. Add sugar and eggs: combine
4. Add lemon rind and rum: mix
5. Knead into a dough
6. Roll out the dough
7. Cut out into shapes, decorate to suit, and place on the baking tray (lined with baking paper)
8. Bake in a moderately hot oven (approximately 180 degrees C) until lightly browned

Optional – dust the baked biscuit in icing sugar

“This recipe brings back memories from my early childhood when I used to make these delicious biscuits with my mother back in my country of origin, Croatia. Now I make them with my kids (every Easter!) and also with the community at Bowes Avenue Community Centre. Easy to make, they keep well and are absolutely delicious. My daughter Luka likes creating different shapes or simply coating half of the baked biscuit in chocolate! Bon appetit!”
Our Omi’s 
Vanilla Kipferl

Ingredients

• 150 grams almond meal
• 250 grams unsalted butter
• 250 grams plain white flour
• 1 egg yolk
• 2 vanilla beans
• 200 grams caster sugar

Method

1. Put the 2 vanilla beans and caster sugar in a sealed container for 1 week
2. Mix butter, 2 tablespoons of vanilla caster sugar, almond meal and egg yolk with an electric beater. whisk until fluffy
3. Slowly add flour bit by bit and mix with a whisk until doughy
4. Remove from the bowl and knead into dough
5. Roll portions into 1 ½ cm tubes; cut and shape the dough into horseshoe shapes
6. Refrigerate for 1 hour
7. Preheat oven to 160 - 180 degrees C
8. Bake in the oven for 10 to 15 minutes until lightly brown
9. Allow to cool
10. Coat each kipferl in the remaining vanilla caster sugar

“...This recipe comes from my Omi, my maternal grandma who was from Austria and emigrated here with Opa, my maternal grandpa and my mum in 1949. It reminds me of her and how much joy baking gave her.”