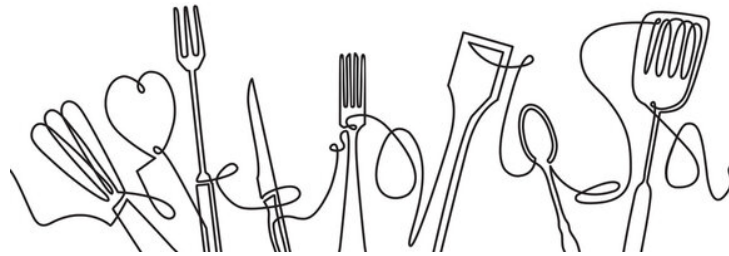


# ELC

## Family Recipes



*In recognition of Harmony Week 2022*



# Raclette

“There are many tasty Swiss dishes, one of them (and an easy one to make) is Raclette.

This is where you cook potatoes, use other veggies such as broccoli, pickles, pickled onions, and melt the Raclette cheese under a grill. Then, you pour it over the veggies on your plate and top it off with some nutmeg.

Raclette is a special cheese in that you can eat the chewy rind, also!”



# Tong Yuan (Chinese Sticky Rice Ball) Dessert

Pronounce in Cantonese as Tong Yoon

Tong Yoon is a Chinese dessert made with Glutinous rice flour (also known as sticky rice). It has a sticky and chewy texture. It has a sweet filling such as brown sugar cane or other ingredients (such as sesame or peanut paste) and is served in a sweet ginger broth. Traditionally this dessert is a symbol of family reunion and is often eaten on the last day of the Chinese New Year celebrations. However, we make and eat them whenever we want something sweet and warm after dinner, especially during the dark winter night.

## Ingredients

Sticky rice ball:

50g Glutinous rice flour

25g Warm water

20g Water

20 to 25 small pieces of the brown sugar cane

Sweet Ginger Broth

½ pieces of brown sugar cane

2 or 3 slices of ginger

## Method

Making Sticky Rice Ball:

Mix the flour with warm (not steaming hot) water, mixing well and adding water until a dough is formed.

Separate to the dough to equal size smaller balls (around the size of a 20 cents coin).

Press in the middle of the smaller balls and wrap one small piece of sugar cane in each.

Cook the rice balls in boiling water until they float and then kept on cooking for an extra 2 minutes, remove the balls from water and kept aside.

Making the ginger broth:

Fill a small saucepan halfway with water, bring to boil.

Put in the sugar cane and ginger slices.

Once the sugar cane is all melted, have a taste and adjust sweetness accordingly.

Once the sweet broth is ready, put in the cooked rice ball.



# Persian love cake

## Ingredients

200g unsalted butter  
150g caster sugar  
4 medium eggs  
12 cardamom pods  
100g plain flour, sifted  
275g ground almonds  
Zest & juice of 1 unwaxed lemon  
1 Tbsp rose water  
1 tsp baking powder  
A generous pinch of fine sea salt

## For the drizzle topping:

2 Tbsp caster sugar  
Juice of ½ lemon  
½ Tbsp rose water

## For the icing:

150g icing sugar  
Juice of ¾ lemon  
2 tsp cold water

## To decorate:

2 tsp sliced pistachios  
2 tsp dried rose petals (optional)



## Method

Pre-heat the oven to 160C. Grease a 22cm cake tin (one with a removable base) and line it with baking parchment.

In a large mixing bowl, cream the butter and sugar together. When the mixture is thoroughly combined, beat in the eggs.

Place the cardamom pods in a mortar and work with a pestle to get the seeds out of the pods. Discard the pods and grind the seeds to a fine powder. Add them to the cake mixture, along with the flour, ground almonds, lemon zest and juice, rose water, baking powder and salt. Mix well.

Pour the mixture into the cake tin and bake in the oven for 45 minutes. To check if it is ready, stick a fork in the middle of the cake – it should come out dry.

Towards the end of the cooking time, make your drizzle topping. Place the caster sugar, lemon juice and rose water in a small pan over a low heat and heat until the sugar melts.

Remove the cake from the oven and place it on a wire rack. Poke holes all over the top of the warm cake and drizzle over the syrup. When the cake is completely cool, make the icing by combining the icing sugar, lemon juice and a few teaspoons of water until you have a smooth, thick icing. Spoon the icing over the cake and finish with a sprinkling of sliced pistachios and, if you like, rose petals.

# Rice with lentils, dates and walnuts

## Ingredients

150g brown lentils, rinsed  
300g white basmati rice  
Sea salt  
½ tsp cumin seeds  
Sunflower oil  
1 tsp ground cinnamon  
½ tsp turmeric  
¼ tsp black pepper  
10g butter

## For the toppings:

2 medium onions, finely sliced into half moons  
2 Tbsp plain flour  
Sea salt  
Sunflower oil  
10g butter  
50g raisins  
12 Iranian or Medjool dates, pitted and roughly chopped  
60g walnuts, roughly chopped  
A handful of basil leaves (optional)



## Method

Place the lentils in a medium saucepan, cover with water, and bring to the boil. Reduce the heat and simmer for around 20 minutes, or until they are cooked through but still firm to the touch. Drain and place in a bowl.

Meanwhile, rinse and parboil your rice.

Dry fry the cumin and coriander seeds over a medium heat for a minute or two, then grind them with a pestle and mortar or a spice grinder. Place the cooked rice and lentils in a large mixing bowl and add 1Tbsp of sunflower oil, the cumin, coriander, cinnamon, turmeric, ¼ tsp pepper and ½ tsp salt. Gently fold the mixture together, taking care not to break the rice grains.

Heat 1 Tbsp of sunflower oil in a large non-stick saucepan with a tight-fitting lid. Transfer your rice into the pan.

Meanwhile, prepare your toppings. Sprinkle the sliced onions with the flour and a generous pinch of salt and mix well. Heat a few Tbsps of oil in a large frying pan. When the oil is very hot, add your onions (in batches) and fry them on a medium-high heat for about 6-8 minutes, or until they are golden brown and crunchy. Place the onions on some kitchen paper to soak up the excess oil and sprinkle over a little more salt.

When the rice is cooked, melt the butter for the toppings in a small frying pan and add the raisins, dates and walnuts. Sauté for 2 minutes.

To serve, spoon the raisins, dates and walnuts over the rice and top with the crunchy onions. Scatter with a handful of basil leaves, if you like, and serve immediately.



Poland

Finland

Peter, ELC 1

Freja, ELC 1

# Oven Pancake

## *Ingredients*

1 litre milk  
4 eggs  
3 Tbsp sugar  
1 tsp salt  
250g plain flour



## *Method*

Pour the milk, eggs, sugar and salt in a mixing bowl and whisk gently. Add the flour little by little and combine using an electric whisk. Allow the mixture to rest for around 10 minutes.

Heat the oven to 200C. Pour the mixture into a baking tray lined with a sheet of non-stick baking parchment. Bake the pancake in the oven for around 30 minutes until it is a beautiful brown colour. Serve the pancake warm, with, for example, your choice of fresh berries, jam and whipped cream.

# Loh Mai Chi

(Peanut snowball / Peanut Glutinous ball)

“A popular street food snack in Malaysia of crunchy peanuts stuffed into a soft chewy ball. It’s very similar to a Japanese mochi.”

## Ingredients

Filling (makes 30)

250g unsalted toasted peanuts from Coles

100g white sugar

Pulse peanuts in a food processor till coarsely chopped. Add sugar and mix.

Glutinous rice flour for coating

Fry 1/2 cup of glutinous rice flour over the stove for 5 mins at medium heat.

Skin (makes 10)

1 cup glutinous rice flour

1 cup water

1/2 cup fine sugar

## Method

Stir all ‘skin’ ingredients together till sugar has dissolved. If desired add colouring such as pink or green. Cover with cling wrap and microwave for about 3-4 mins. Take out and give contents a stir. If translucent, it's cooked. Otherwise put back in microwave for a further min or so. Remove bowl and let cool a bit.

Assembly

Spoon 1Tbsp of the sticky goo on a floured surface using cooked glutinous rice flour.

Roll into palm sized rounds and 4 mm thickness. Place 1.5 tsp of peanut filling in the middle and wrap by pinching edges in.

Place on a floured plate or in cupcake cases. Enjoy.



# Cheese and Vegemite Scrolls

## Ingredients

2 cups self raising flour  
90g butter, chopped  
150ml milk  
5 Tbsp vegemite  
1 cup shredded cheese



## Method

Preheat oven at 200C.  
Grease and line baking tin.  
Sift self-raising flour into a bowl.  
Add butter and rub into flour mixture until it resembles bread crumbs.  
Add milk and mix gently until mixture forms a dough.  
Knead dough and roll into long rectangular shape.  
Spread vegemite over the dough.  
Sprinkle cheese over vegemite. Roll the dough into a log and cut into slices.  
Bake for 15-20 minutes. Enjoy!



# Apricot Balls

## Ingredients

30 large dried apricots  
1 ½ cups oats  
½ cup desiccated coconut  
2 Tbsp coconut oil

Extra coconut for rolling

## Method

Soak the apricots in boiling water for 30 minutes.  
Combine with all other ingredients in the food processor.  
Pulse till mixture comes together.  
Shape 1 tablespoon of the mixture into a ball and roll in coconut.  
Freeze and enjoy straight from the freezer for a cool snack.

*Refrigerates for 3 weeks. Freezes for 3 months.*



# Oat Cakes

## *Ingredients*

8 oz. fine oatmeal  
½ level tsp salt  
Pinch bicarbonate of soda  
1 oz. butter  
Cold water to mix



## *Method*

Set oven to 300F or gas mark 2.  
Place the oatmeal, salt and bicarbonate of soda into a bowl.  
Rub the butter into the dry ingredients and add enough cold water to mix to form a dough.  
Knead lightly on an oatmeal dusted surface until the dough is smooth.  
Roll thinly and cut into round biscuits with a plain cutter.  
Place on a greased baking sheet and cook in the oven for 1 hour until crisp.  
Place on a wire rack to cool.

Serve cold with butter and cheese.

Oat cakes are the perfect accompaniment to Wensleydale cheese.

# Never Drop Puffs

## Ingredients

1 heaped Tbsp butter  
½ cup boiling water  
½ cup SR Flour  
2 eggs



## Method

Melt butter then add boiling water.  
When mixture boils up, add flour and mix quickly.  
Remove from stove and add unbeaten eggs one at a time. Beat until quite smooth.  
Place in desert spoonful's on greased tray and bake in moderate oven for 30 minutes.

When cool, cut at base and fill with whipped cream and dust with icing sugar.

# Italian Meatballs

“Millie’s recipe is Italian Meatballs (from her Nonna and Nonno)”

## Ingredients

500 gm pork mince  
500 gm veal mince  
2 eggs  
2 cups fresh breadcrumbs  
2 cups parmesan cheese, grated  
1 Tbs parsley, finely chopped  
1 Tbs oregano, finely chopped  
2 jars of good quality Napoletana sauce



## Method

To make the meatballs, place mince, egg, breadcrumbs, parmesan cheese, herbs, salt and pepper and about 6Tbsp of the pasta sauce in a bowl.

Mix well with your hands until well combined.

Roll into small balls.

Pan fry until golden brown.

Simmer them in the remaining pasta sauce and let them simmer for about 30 mins.

Serve with spaghetti and extra parmesan cheese.

# Jin Cai Guo Tie

韭菜锅贴 Pan-fried Garlic (Chinese) Chive Wraps (20 to 30 minutes)

## Ingredients

- 1 carrot
- 1 egg
- 1 bunch of fresh garlic chives
- 1 bag of Chinese dumpling pastry (aka Gow Gee)
- 100g dried potato noodle (optional)
- 2 Tbs soy source
- 1 Tbs table salt
- 3 Tbs vegetable oil

## Method

Prep the vegetables and egg omelet.

Peel carrot and halve lengthwise. Thinly slice the carrot and arrange the slices in a stack.

Further slice the carrot stack into matchsticks. Finely chop the carrot matchsticks, and place into a bowl.

Wash clean the bunch of garlic chives. Cut off the root (the white part) and keep only the greens.

Evenly cut the bunch into 0.5cm pieces, and place into the bowl with carrots.

Add 1 Tbs cooking oil to a large fry pan, and warm the pan with medium heat.

Evenly spread the whisked egg onto fry pan and cook the omelet thinly. Observe closely, and as soon as the egg is all solid, roll-up the omelet. Move out of the pan and cool, slice/chop and add to bowl.

## Cookware

- Medium or large fry pan
- Medium saucepan
- A Rolling Pin



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## *Method continued...*

Prep the potato noodle (optional)

Fill a medium saucepan with 2/3 of water. Bring the water to boil and then turn the heat to medium. Put the dry potato noodle into the hot water and cook for about 5 to 10 minutes, until it is softened. Bring the noodle out, and wash with cool water. Drain the water and move to the cutting board. Chop the noodles and add the noodles to bowl.

Add 2 Tbs vegetable oil, 1 Tbs soy sauce, 1 Tbs table salt to the vegetable and noodle mixture.

Mix well with a spoon.

Prep the pastry and wrap.

Stack 2 to 3 dumpling pastry (aka Gow Gee wrap).

Add 2 to 3 drops of water in between the wraps, if the wraps are too dry. Use the Rolling Pin to press and spread the pastry stack. Stop rolling until the pastry reaches almost a full-hand's size.

Add about 2 Tbs of the mixture onto the wrap.

Carefully wrap-up the mixture, in the way we make an old-fashioned envelope.

Cook and Serve.

Heat a large fry pan to medium heat.

Add 1 Tbs oil into the large fry pan and use a brush to spread the oil evenly. Add the wraps into the pan. Cook each side for about 5 minutes and move around pan until both sides are nicely browned.

Stack all wraps on a plate and serve. Enjoy!



# Cornish Pasties

## Ingredients

Shortcrust Pastry:

500g strong bread flour (it is important to use a stronger flour than normal as you need the extra strength in the gluten to produce strong pliable pastry)  
120g lard or white shortening  
125g Cornish butter  
1 tsp salt  
175ml cold water

## Filling:

400g good quality beef skirt, cut into cubes  
300g potato, peeled and diced  
150g onion, peeled and sliced  
Salt and pepper to taste  
Beaten egg or milk to glaze



## Method

Add the salt to the flour in a large mixing bowl.

Rub the two types of fat lightly into flour until it resembles breadcrumbs.

Add water, bring the mixture together and knead until the pastry becomes elastic. This will take longer than normal pastry but it gives the pastry the strength that is needed to hold the filling and retain good shape. This can also be done in a food mixer.

Cover with cling film and leave to rest for 3 hours in the fridge. This is a very important stage as it is almost impossible to roll and shape the pastry when fresh.

Roll out the pastry and cut into circles approx. 20cm in diameter. A side plate is an ideal size to use as a guide.

Layer the vegetables and meat on top of the pastry, adding plenty of seasoning as you go. The amount of salt and pepper to use will vary according to taste but a good rule of thumb is to use a good pinch of salt and a gentle pinch of pepper on each layer.

Bring the pastry around crimp the edges together.

Glaze with beaten egg or an egg and milk mixture.

Bake at 165C (fan forced) for about 50-55 minutes until golden.

# Sadza

“Sadza is Zimbabwe’s staple food. It is also the staple food in Southern and Eastern Africa. It is similar to Italy’s polenta, except that it is thicker and usually made with maize (corn) meal.”

## Ingredients

3 Cups Hot Water

1 Cup Cold Water

2.5 Cups Maize Meal



## Method

In a medium pot, combine 1/4 of the maize meal with one cup of cold water. Make a paste first then slowly add the hot water, to avoid any lumps.

Place on medium to high heat and stir with a wooden spoon until mixture thickens like porridge (Watch carefully to avoid burning at the bottom). Reduce heat slightly to medium, put the lid on the pot and let it simmer for around 15 minutes.

Lower the heat further, if necessary, to prevent burning at the bottom. It should also not boil but simmer. If the water/maize meal mixture is just right, the sadza will simmer without boiling over the edge. However, if it is too thin it might boil over, especially when the pot lid is on. (Keep an eye on it).

After it has finished simmering for 15 minutes, remove the lid and gradually add the remaining maize meal, about 1/5 at a time. Mix well to blend in any lumps that may form. It should be lump free! The sadza will thicken as the reminder of the maize meal is added to it.

Stir well. It usually requires strong arms for the job, as it becomes quite thick. (Some people prefer it thicker and some may prefer it thinner). Reduce the heat to very low. Cover and leave for five more minutes to allow further cooking.

Stir the sadza once again before serving. It can be served with vegetables, meat, poultry or fish. It goes particularly well with a helping of stew. We use our hands to eat sadza. We break of a little sadza with our fingers, dip it into the stew and enjoy!

# Basler Brunnsli

## Ingredients

150g sugar  
1 pinch of salt  
250g almond meal  
1/4 tsp cinnamon  
1 large pinch of clove powder  
2 Tbsp of cocoa powder  
2 Tbsp of flour

2 fresh egg whites (lightly beaten)  
100g dark chocolate

## Method

Mix everything except the egg whites and dark chocolate in a bowl.  
Add the egg whites and continue to mix.  
Melt the chocolate in a water bath.  
Add the melted chocolate to the mix.

Roll the mixture out between two sheets of cling wrap to 1cm thick.  
Cut out shapes and leave the biscuits to dry for 5-6 hours or overnight.  
Pre-heat oven to 250 degrees and bake for 4-6 minutes.

