



RECIPE BOOK

**CELEBRATING THE FOOD FROM
OUR NEW AND OLD HOMES.**

CHRISTMAS 2017



AREPAS

COLOMBIA

Ingredients

(4 Arepas)

- 1 cup **pre-cooked white or yellow arepa flour or cornmeal**
- 1 cup warm water
- 1/3 cup white or mozzarella cheese, grated
- 2 tbsp butter
- Pinch salt



Directions

1. Combine the cornmeal, warm water, cheese, 1 tbsp butter and salt, mixing thoroughly. Let mixture stand for five minutes.
2. Knead with your hands for about 3 minutes moistening your hands with water as you work.
3. Form 4 small balls with the dough. Place each ball between 2 plastic bags and with a flat pot cover flatten to ¼ inch.
4. Add the butter to a nonstick pan over medium heat. Place the arepas in the pan, and cook about 3 minutes on each side, until a crust forms or they are golden brown.

SPAGHETTI BOLOGNESE

ITALIAN RECIPE

1. *Put a large saucepan on a medium heat and add 1 tbsp olive oil*
2. *Reduce the heat and add the onion, carrot, celery and garlic, then fry for 10 min adding white wine. Stir the veg often until it softens.*
3. *Increase the heat to medium-high, add the mince and cook stirring for 3-4 mins until the meat is browned all over.*
4. *Add the tinned tomatoes, chopped basil and oregano. Stir with a wooden spoon and add salt.*
5. *Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce.*
6. *When the Bolognese is nearly finished put water in a large saucepan on a high heat.*
7. *Bring to the boil and add salt and spaghetti.*
8. *Drain the spaghetti and stir into the Bolognese sauce.*
9. *Serve with grated Parmesan and the extra basil leaves*
10. *Buon appetito.*



Nargesi Esfenaj - Spinach with Eggs

IRAN

Ingredients:

Serves 2

2 cups frozen chopped spinach, thawed and drained

2-4 eggs

1 large onion, thinly sliced

1-2 cloves of garlic, minced

1/3 teaspoon turmeric

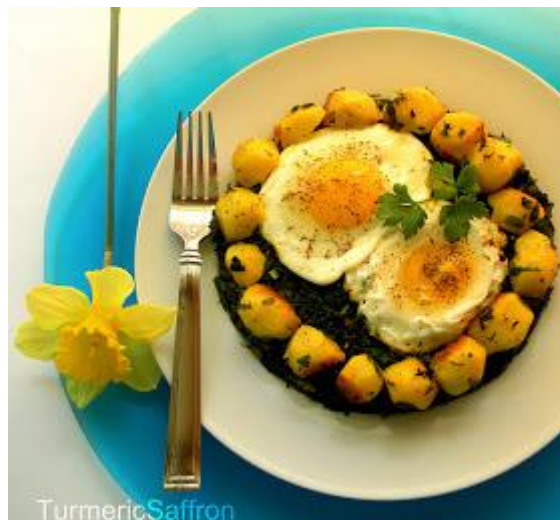
Salt and pepper to taste

Oil for frying (I used olive oil)

Method:

1. Heat oil in a large skillet over medium heat, saute onion till golden brown, add garlic, turmeric and saute for another 5 minutes.
2. Add spinach, season to taste with salt and pepper. Cook for 5-7 minutes on medium heat.
3. Break the eggs one at a time into a small bowl and then gently place it on top of the vegetables.
4. Cover and cook for few minutes until the eggs are set.

Serve warm on a platter with baked potatoes, yogurt and warm bread.



Fong's Spring Rolls

Malaysia

500g minced chicken

¼ of a cabbage, finely chopped

1 carrot, grated

3 cloves of garlic, minced

1 handful of black fungi (from Coles)

1 tablespoon soy sauce

2 tablespoons oyster sauce

Fry chicken first and then add all other ingredients and stir until cooked, add salt and pepper.

Do NOT add any water.

Roll in Spring Roll Pastry and deep fry until golden.



Japanese Potato Salad

Ingredients (Serves: 4)

- 450g potatoes
- 1 tbs vinegar
- 1 Lebanese cucumber
- 1/2 onion
- 1/2 carrot
- 3 slices ham
- 100ml Japanese mayonnaise (Kewpie mayonnaise)
- salt and pepper



- ① Peel the potatoes, cut into 3cm cubes, soak in water for about 5 minutes, and drain.
- ② Boil the potatoes in salted water for 15 minutes or until quite tender. Drain and return the potatoes to the hot pan. Stir regularly over very low heat for 2-3 minutes to dry the potatoes without burning.
- ③ Transfer the potatoes to a deep bowl and mash. Add the vinegar and mix well. Leave to cool to room temperature.
- ④ Meanwhile, slice the cucumber very thinly and rub it with salt. Let it stand for a while. And squeeze it.
- ⑤ Slice the onion very thinly, and soak in water for a while. Drain well.
- ⑥ Peel the carrot and thinly slice into half moons. Boil in salted water for 3-5 minutes until tender. Drain.
- ⑦ Cut the ham into small rectangles.
- ⑧ Add the mayonnaise, cucumber, onion, carrot and ham to the potatoes, and mix. Season with salt and pepper. Serve at room temperature or chilled.

Mayonnaise : 2 egg yolks
200ml vegetable oil
1 1/2 tbs vinegar
1 tsp lemon juice
Mustard, salt and pepper

"Vino navegado" (Sailed Wine)

CHILE

Ingredients

- cloves (3 or 5 cloves)*
- stick cinnamon (2 sticks per 1 lt of wine approximately)*
- orange slices of a whole orange*
- sugar (3 spoons, less or more depending on your taste)*
- 2 lt of red wine*

This recipe is very simple and easy you have just to boil in a pot together, wine, the orange slices with the delectable spices of cinnamon and cloves for around 10 minutes, and finally, to add the amount of sugar that you want. It is a heartwarming beverage on a cold and wintry night. I hope you enjoy my Chilean warm wine.



Kachi - Persian Halva Pudding

IRAN

Kachi is a Persian Halva pudding that is full of saffron and rose water flavor. It's easy to make and very delicious. It's a taste of the Middle East!

Ingredients

- 1 cup sugar
- 1 1/2 cup water
- 2 tbsp bloomed saffron see notes
- 1/4 cup rose water
- 3 tbsp all purpose flour For GF option, use rice flour
- 3 tbsp unsalted butter or 3 tbsp vegetable oil
- Pistachio and sesame seeds to garnish

Instructions

1. Heat sugar and water in a small sauce pan over medium heat until it starts boiling. then boil for about 3 minutes. The color doesn't have to change.
2. Add Saffron and rose water to the syrup. Set aside.
3. In another sauce pan over medium heat, stir flour constantly until light brown. Be very careful as flour burns fast.
4. Add butter and keep stirring for about a minute until it turns brown.
5. Turn the heat off, add the syrup slowly to the flour mixture, stirring continuously using a whisk.
6. Once all the syrup is poured, turn the heat on again to medium and keep stirring until it thickens, about 15 minutes.
7. Pour into serving bowls and top with pistachio and sesame seeds.
8. Serve warm or at room temperature.

Recipe Notes

To bloom saffron, first grind some, then sprinkle 1/8 - 1/4 tsp of it over a cube of ice and let it sit on the counter until the ice is fully melted.



PEBRE SALAD

CHILE

INGREDIENTS

- 2 Tomatoes
- 1 bunch of coriander
- ½ red onion
- 1 table spoon olive oil
- ½ lemon (juice)
- ½ yellow chili (optional)
- A pinch of salt

INSTRUCTIONS

Cut everything into really small pieces and mix together.

Serve in a clay bowl, it's perfect for a BBQ.



Fried Potato Cakes

China

Ingredients

- Potatoes
- Milk
- Pinch of salt

Method

1. Steam potatoes in water. Cool potatoes and mash.
2. Dissolve salt in milk and mix with mashed potatoes.
3. Form mashed potatoes into uniform sized cakes.
4. Fry the cakes until golden on both sides.



Baked Cheesecake

Bron - Australia

Ingredients

250g packet plain sweet biscuits (crumbed)
125g melted butter, more if needed
2 tablespoons water
500g cream cheese, softened
1/3 cup caster sugar
2 tablespoons lemon juice (less if adding chocolate)
1 teaspoon finely grated lemon rind (leave out lemon rind if adding chocolate)
3 eggs
1/2 cup cream
2 tablespoons plain flour

Method

1. Mix biscuit crumbs with melted butter. Add water. If still not moist enough to stay together add more melted butter. Spread over base of greased 23cm spring form tin, or in tin lined with foil. Chill in fridge for 30 minutes.
2. Beat cream cheese with electric mixer for 6-8 minutes, or more with hand beater, until smooth. Add caster sugar, lemon juice and rind and mix well.
3. Add eggs one at a time, followed by flour and cream.
4. Blend in choc chips, strawberries, raspberries or passionfruit (or other fruit) if desired. Pour over crumb crust and bake at 150 degrees Celsius for one hour, or until filling is set.
5. Decorate with beaten cream, melted or grated chocolate, jelly, fruit or whatever you like.



Chicken and Rice with Carrots and Green Beans Colombia

Ingredients for 5 people

1 large chicken breast

1 cup of rice

Salt

Olive oil

2 onions

½ cup of green beans

2 cloves garlic

Tomatoes

1 carrot

Method

First Step

1. Wash the chicken and put in pot with 2 cups water, a pinch of salt and one chopped onion. Cook for 20 minutes. Remove the chicken, but keep the cooking water.
2. Peel and crush garlic and chop the other onion.
3. Peel and grate carrot.

Second Step

1. Pour olive oil in pot with crushed garlic and chopped onion and cook over low heat until sautéed.
2. Shred the chicken.
3. Add the water the chicken was cooked in to the onion and garlic and boil.
4. Add rice, green beans, grated carrot, shredded chicken and a pinch of salt.
5. Cook until the water is completely absorbed then cover the pot and cook on low heat for 30 minutes.

Third Step

1. Slice the tomatoes.
2. When rice is ready serve with sliced tomato on top and a little tomato sauce.



Mango and Banana Cup Cake Muffins

Fong - Malaysia

Use two large bowls.

Dry ingredients:

2 cups self-raising flour

½ cup caster sugar

1 tsp cinnamon

Pinch of salt

Mix all the dry ingredients together in one bowl.

Wet ingredients:

100g soft butter

1 cup milk

1 egg

1 ½ cups chopped mango or banana

Mix all the wet ingredients together in the other bowl.

Combine dry ingredients and wet ingredients.

Spray 12 hole muffin pan with oil and spoon into pan.

Bake at 180°C for 10-15 minutes.



Broccolini Salad

Colombia

Ingredients

2 bunches broccolini

350g tomato medley

½ tbs extra virgin olive oil

200g haloumi, thinly sliced

Salsa Verde

¼ cup finely chopped basil

¼ cup finely chopped flat-leafed parsley

½ red onion, finely chopped

1 tbs drained baby capers

1 clove garlic crushed

1 tsp lemon zest

2 tbs lemon juice

2 tbs extra virgin olive oil

Method

1. Cook broccolini in large saucepan of boiling water for 2 mins, or until just tender. Refresh under cold water. Drain.
2. Meanwhile make the Salsa Verde. Combine basil, parsley, onion, capers, garlic, lemon zest, lemon juice and oil in small bowl. Season.
3. Heat barbecue grill or chargrill on medium high. Cook tomatoes and haloumi on grill for 2 mins each side or until lightly charred.
4. Arrange half the broccolini, tomato and haloumi on serving platter. Spoon over half the Salsa Verde. Top with remaining broccolini, tomato, haloumi and Salsa Verde.



FRIED YUCCA

El Salvador

What is fried yucca?

Is a typical dish from El Salvador really easy

To make and a delicious snack option.

INGREDIENTS

To make fried yucca you are going to need

A few ingredients: yucca, oil, salt and pepper.

DIRECTIONS:

- *In a large pot cover the yucca with water, add salt and bring to a boil, reduce the heat to medium low and cook about 15 to 20 minutes or until is tender.*
- *Remove the yucca from the water and pat dry with paper towels. Cut the cooked yucca into ½ – inch strips.*
- *Fill a large frying pan with enough vegetable oil to 350° F. When the oil is hot, place the yucca into the heated oil carefully. Fry them until golden brown on both sides about 6 to 8 minutes.*
- *Remove the yucca pieces from the oil using a slotted spoon and drain on paper towels. Sprinkle with salt and serve.*

Also you can eat the fried yucca with your favorite topping (meat or vegetables) or sauce (as guacamole, tomatoes sauce etc).



PUPUSAS RECIPE

El Salvador

What is pupusa?

Is a traditional [Salvadoran dish](#) of a thick corn [tortilla](#) stuffed with a savory filling, typically accompanied by [curtido](#) (a spicy cabbage [slaw](#)) and tomato sauce.



INGREDIENTS

To make pupusas you will need 3 principal ingredients: corn flour, fillings (in this case we are going to use refried black beans and mozzarella cheese), and tomato.

- 1 can of 400 g of refried black beans “La Costena”
- Mozzarella cheese “ Westacre” 500g
- 4 cups of corn flour
- 2 cups warm water
- 5 tomatoes
- Salt and pepper
- Garlic

DIRECTIONS

THE BEANS:

Heat a pan with 1 tea spoon of olive oil, add the can of refried black beans and heat up.

THE MASA:

Place the masa mix (corn flour) and water in a bowl and stir until fully mixed. The masa should be very sticky but should form an easy ball when rolled. If not, add water until it is sticky but easy to work with.

THE “SALSA” (SAUCE):

Place 5 tomatoes in a cooking pot and boil them about 10 minutes. When the tomatoes are boiled put them in a blender add 1 head of garlic and salt, pepper to taste then liquefy them and wait until the sauce is no to hot to serve.

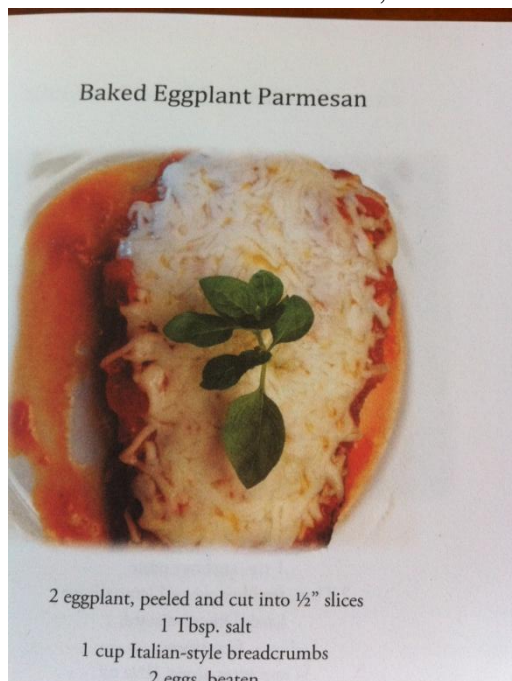
BAKED EGGPLANT PARMESAN Venezuela

Ingredients:

2 eggplants, peeled and cut into 1/2" slices
1 tbsp. salt
1 cup Italian-style breadcrumbs
2 eggs
1 jar tomato sauce with basil
1 cup mozzarella cheese
1/4 cup olive oil
1/4 tbsp. red pepper flakes
pepper

Method:

Beat eggs, and dip each eggplant slice into the beaten egg mixture.
Add pepper and red pepper flakes, then dip each slice into breadcrumbs.
Fry in a medium frypan over medium heat until brown.
Repeat with remaining slices.
Set slices in baking pan with tomato sauce, and top with mozzarella cheese.
Bake at 180 - 200°C for 30 minutes, or until cheese is fully melted.



Korean Traditional Food - Bulgogi

Bulgogi is well known to foreigners.

Ingredients :

- Beef
- Onions
- Mushrooms
- Green onions
- Carrots
- Starch noodles

Method :

1. The meat should be thinly cut (Slice)



2. Finely slice onions and mushrooms and Carrots
3. Chop green onions and soak in cold water

Tip: Water tames the harsh bite of green onions!

4. Marinate the meat for at least 30 minutes in bulgogi sauce



5. When the beef is cooked halfway add onions, mushrooms, carrots



6. The meat is all ripe, cook starch noodles



Bulgogi is ready!



Sauce for bulgogi

Ingredients :

- 1 cup soy sauce
- 4 tbsp starch syrup
- 1 grated onion
- 1 grated pear
- 1 tbsp minced garlic
- 1 tsp sesame seeds
- 1 tsp black pepper
- 1 tbsp sesame seed oil

Method :

Mix 6 cups of water with all the source materials



Tip: Pear can be replace by kiwi

Tip: Soak starch noodles before cooking to reduce cooking time and ensur they are cooked evenly

Bunuelos

Venezuela

Ingredients (Makes 20 Buñuelos):

- 400 grams mozzarella or feta cheese
- 350 grams Corn flour, or Corn starch flour
- 1 1/2 teaspoon sugar
- 2 medium eggs beaten
- 50 millilitres warm milk
- 1 teaspoon bicarbonate soda
- Enough oil for frying

Preparation:

1. *In a food processor grate the feta cheese very well until creamy.*
2. *Put all the ingredients in a recipient and mix very well until they are all incorporated and make a dough (like a bread).*
3. *Place into the fridge for 30 minutes.*
4. *Pre-heat the oil to a medium temperature about 180°C or 350°F.*
5. *Make small balls using a tablespoon to help you to measure the size of each one.*
6. *Put the small balls in the hot oil carefully, and when they float turn the heat higher until golden.*
7. *Place the buñuelos on a safe surface in a metallic colander with kitchen paper in the bottom to let the excess of the oil drain.*

Notes:

- *If the cheese is too dry and the mix is not very consistent add 2 or 3 tablespoons of milk.*
- *You can make the buñuelos a little bit more drier if you add a few drops of lemon juice in the oil.*



POTATO OMELETTE

Venezuela

Ingredients:

1 kg potatoes
1 1/3 cups olive oil
salt
6 eggs
1 large onion

Method:

In a medium bowl, beat eggs and set aside.

In a medium frying pan, heat oil over medium-high heat and saute onion until brown.

Add potatoes and cook until tender.

Add salt and eggs and cook until eggs are cooked and tortilla becomes easy to flip.

Transfer to a serving dish.

Tortilla can be served hot or at room temperature.



KOREAN BBQ

Grilled pork belly with soybean sauce : *Sam-gyup-sal* & *Ssam-jang*



Ingredients for 3 – 4 servings

Essential	Optional
<i>500g Fresh pork belly sliced Bacon-style (Sam-gyup-sal)</i> <i>2 Heads of green lettuce for wraps</i> <i>Ssamjang (sauce for lettuce wraps):</i> <i>Buy prepacked one from Asian grocery shop</i>	<i>3-4 cloves garlic, thinly sliced</i> <i>2 green chili, roughly sliced</i> <i>Some sliced onions or spring onion thinly sliced or mushrooms or kimchi if possible</i> <i>And whatever you want to grill</i>

- 1. Add the meat to the grill or pan along with the garlic, chilis, and any other vegetables you are using. Grill it, flipping once. Cut into bite sized pieces.*
- 2. It's best to serve right off the grill or pan as you cook.*
- 3. Wrap the grilled pork belly, vegies with lettuce, adding Ssamjang sauce.*
- 4. Help yourself. Happy Grilling!!!!*

Robin's PORK CHOPS AND APRICOTS

*Ingredients: 4 good size pork chops
1 tin of Apricot halves, 220g.
2 tablespoons of brown sugar
1/2 teaspoon oregano
salt and pepper*

*Method: Cut all excess fat off the chops
Put the chops in a baking dish without any oil
Sprinkle the brown sugar, oregano, salt and pepper over the chops
Cover the baking dish with foil.*

*Cooking: Cook in the oven for 10 minutes. At a high temperature (450⁰C)
After the 10 minutes. turn the chops over , spoon the liquid in the dish over
them.
Cook for another 5 -10 minutes. You need to check after 5 minutes.*

Serve with: Potatoes in their jackets and frozen peas, shell pasta or rice.

YANG'S ROADKILL CAFE

YOU KILL IT. WE GRILL IT.

The Chicken that Didn't Cross the Road. \$5.95

Flat Cat Served Single or in a Stack. \$3.50

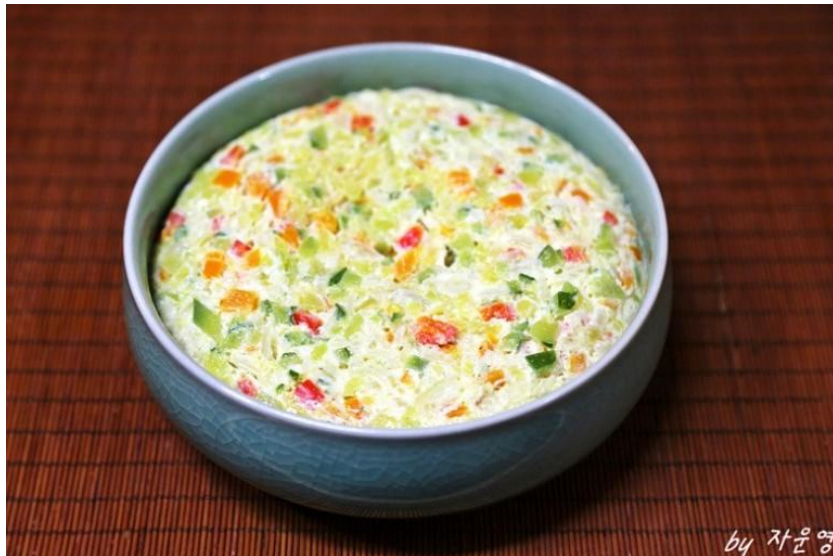
-Steamed egg-

<preperation>

Egg three, you want vegetables, salt 1/2tsp, water 200ml

- 1. Chop you want vegetables small piece.*
- 2. Water into a pot and boiling.*
- 3. Put eggs(three), salt(1/2 tsp) into bowl and mix.*
- 4. Mixed eggs, chopped vegetables, water(1cup), into glass container.*
- 5. "Number 3" glass container into a boiling pot and cover the pan.
and lowheat 15minute after remove from heat and let stand covered 5 minutes*
- 6. And than Enjoy eating :)*

Very easy recipe . You can try NOW :)



Okonomiyaki

Japan

Japanese Pancake Kansai Okonomiyaki style

Ingredients:

- 100g plain flour
- 160ml water
- 6g Dashi (fish soup base)
- 2 eggs
- 300g cabbage
- 2 stalks spring onion
- *30g Tenkasu (tempura bits)
- 6 strips bacon (sliced pork)
- *2 pinches red ginger
- *1 stick Chikuwa (fish cakes)
- 1 table spoon oil

Toppings:

Mayo As much as you want

*Okonomi sauce As much as you want

*Katsuobushi (Bonito Flakes) Sprinkle on top

*Aonori (seaweed flakes) sprinkle on top

*you can buy these ingredients at Japanese stores

Method:

1. Chop the cabbage, spring onion, chikuwa into small pieces.
2. In a large bowl, whisk together flour, water, dashi and eggs until smooth.
3. Add cabbage, spring onion, red ginger, tenkasu and chikuwa. Mix it together, but don't mix too much
4. Spread the oil in the pan and heat it up.
5. Put half of the mixture on the pan. The mixture must be thin.
6. Put the bacon on the okonomiyaki to cover top.
7. When one side of the okonomiyaki is ready, flip to the other side.
8. When the okonomiyaki is cooked on both sides, put on the dish.
9. Dress with mayo and okonomi sauce and sprinkle aonori and katsuobushi on the top.
10. Repeat these steps for the other one
11. Eat quickly before someone near you takes your portion!

Queensland Summer Salad

Ingredients

1 Mango
1 Avocado
Baby spinach or lettuce
100 g macadamia nuts
1 punnet of cherry tomatoes
Prawns or chicken (optional)

Dressing

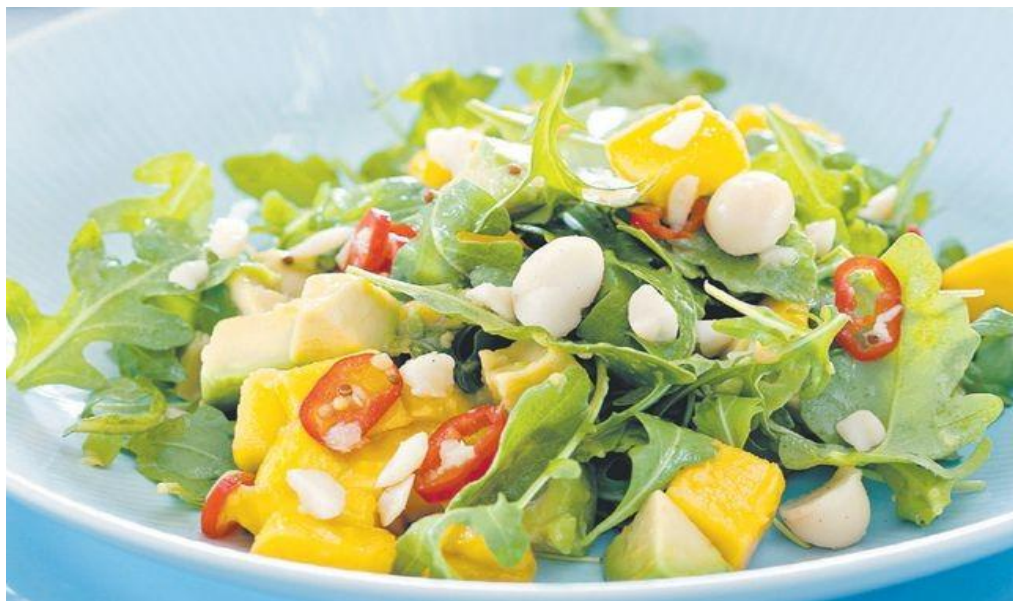
1 1/2 tablespoons of maple syrup
2/3 tablespoon of olive oil
1 tablespoon of lemon juice
1 heaped teaspoon wholegrain mustard

Peel and slice mango into cubes. Peel and slice avocado into cubes. Slice cherry tomatoes in half. Arrange these on top of the lettuce or baby spinach leaves.

Lightly toast macadamia nuts in the oven or in a frypan on a gentle heat. Sprinkle over salad.

Combine dressing ingredients in a small container and shake/whisk. Pour over salad just before serving.

This dressing works really well over a warm salad of rocket, roasted pumpkin, good quality feta cheese and almonds.



****Tahchin Morgh****

Tahchin means “arranged in the bottom” and Morgh means chicken in Farsi. This recipe is the Tabrizi (Azeri) version of the Tahchin and is different from the recipes that mix all of the rice layers with the yoghurt and saffron.

Ingredients:

Chicken: 2 pounds – skinless thighs or drumsticks (about 5 – 6) Onion: 1 medium yellow onion, peeled and cut into several pieces Salt: ½ tsp Red Pepper: ½ tsp Uncooked Basmati Rice: 2 ½ cups Yoghurt: 4 tbsp	Large Egg: 1 Dash of Saffron (optional): ½ tsp Vegetable Oil: 1 tbsp, to be mixed with the yoghurt and egg mixture Vegetable Oil: 3 tbsp Butter: 3 tbsp Cubed Butter: 2 tbsp, for the top of the rice
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Instructions:

1. Cook the thigh and/or leg pieces in little water with onion, salt, red pepper and turmeric until it easily falls apart with a fork.

Remove the chicken from the pot. Remove the meat in medium size chunks from the bones.

With the rack in the lowest setting preheat the oven to 400 °F.

2. Partially cook the rice up to where cooked rice is rinsed under cold water and drained.
3. In a medium bowl whisk together yoghurt, egg and saffron. Stir in 2 cups of the cooked rice into the yoghurt mix.
4. Add the butter and vegetable oil to the (9 x 13 x 2) glass baking dish. Place the dish in the preheated oven just until the butter melts and the mixture starts sizzling.
5. Remove the baking dish from the oven and spread the rice and yoghurt mixture evenly in the bottom of the dish (**this is the first layer**).
6. For the **second layer** add half of the remaining cooked rice to the baking dish.
7. For the **third layer** add the chilled chicken and add a little broth of it.

8. For the **fourth layer** add the remaining rice evenly on top of the cooked chicken, add the cubed butter on top.
9. Cover the baking dish with aluminum foil, make some cuts in the foil and bake. After 1 hour and 15 minutes remove the baking dish from the oven. You should be able to see some golden brown colour along the bottom of the glass dish without lifting it. Do not over-bake, the bottom of the Tahchin bakes darker than the sides. Since oven temperatures vary, the first time you make this Tahchin you might have to adjust the time according to your oven. If the sides are not golden brown, return the dish back to the oven and bake for another 7-10 minutes, or until it is golden brown. Remove the foil, run a knife along the sides of the baking dish to release the Tahchin. Place a large shallow baking tray or a rectangular serving platter over the baking dish. Hold the baking tray/serving dish and the glass dish together with oven mitts and invert.
10. Remove the baking dish and let **Tahchin Morgh** sit for 10 minutes on the counter before cutting it into 8 equal pieces.

www.persianmama.com/tachhin-morgh

