

Community Festival

World Kitchen

Recipes



City of
Whittlesea

Vegetable Pakoda

Ingredients

- Gram flour, sieved
- 1 medium onion
- 3 medium potatoes
- 1 tsp salt
- 2 tsp garam masala
- 1 tsp turmeric
- 2 chillies, finely chopped
- Handful of coriander, chopped
- 2 tsp dried fenugreek leaves
- 1 tsp cumin seeds
- ½ tsp chilli powder
- Water
- Oil for deep frying
- 1 tbsp ginger, grated (optional)

Mint Chutney

- Large bunch of fresh mint leaves
- Coriander leaves
- 1 onion cut into chunks
- Ginger small piece
- Garlic cloves 3 – 4
- 1 tsp salt
- 1 green chilli (add more for more heat)
- 1 or 2 lemons

Method

1. Heat up the oil in a karahi or wok to a medium heat.
2. Slice the onion lengthways very thinly and place in a bowl.
3. Sprinkle all the dry spices and freshly chopped coriander, chillies and ginger into the bowl and then sieve in the gram flour - mix together using your hands.
4. Add a small amount of water a little at a time to create a thick batter that coats all the vegetables. Squeeze the mixture through your fingers to ensure all the spices mix through. Do not leave the batter and vegetable mixture for too long before cooking.
5. Test if your oil is hot enough by dropping a little batter into the oil. If it browns and rises immediately then it is ready. Very carefully drop in spoonfuls of the mixture into the oil and fry until golden brown.
6. Using a slotted spoon move the pakora around, be careful not to overcrowd the karahi.
7. Once golden brown and crisp, remove from the oil and drain on some kitchen paper towel.

This can also be made with other vegetables like **cauliflower, eggplant and even bread**.

Mint Chutney

Mix all ingredients in blender till smooth. Can add 1 tablespoon yoghurt to it as well.

French Crepes

Ingredients

- 300g plain flour
- 3 eggs
- 750 ml full cream milk
- 7.5g sachet vanillin sugar
- salt
- rum
- 100g unsalted butter

Method

1. In a large bowl pour flour, salt and vanillin sugar.
2. Make a little hole and add the eggs.
3. Stir, gradually adding milk.
4. Add the rum and any other flavour you wish (orange, lemon etc.).
5. Heat a pan, when it's hot, spread a bit of (unsalted) butter in your pan with some paper towel.
6. Pour one full ladle of batter while rotating your pan to spread the batter.
7. Cook for 1 to 2 min then flip it over. Cook the other side.
8. Once fully cooked, put the crepe on a plate and add your favourite topping.

Suggested Toppings

Chocolate, lemon and sugar, strawberries, banana, whipped cream.

Biryani

Ingredients

- Rice
- Chicken breast
- Potatoes
- Onion
- Carrot
- Red capsicum
- Peas
- Almonds
- Oil
- Black pepper
- Biryani spices
- Salt

Method

1. Boil the chicken until cooked.
2. Cook rice. While rice is cooking, prepare rest of dish.
3. Cut potatoes into small cubes then fry with oil.
4. Cut onion and carrots into cubes and add to potatoes. Continue cooking until tender.
5. Mix in peas, chicken, salt, black pepper, biryani spices.
6. When rice is cooked, mix it in.

Tabouleh

Ingredients

- Burghul
- Tomatoes
- Onion
- Large bunch of fresh parsley
- Juice of 3 lemons
- Olive oil
- Salt

Method

1. Wash tomatoes and parsley, leave to dry thoroughly.
2. Put the burghul in water to soften for around 20 mins.
3. Chop tomatoes, onions and parsley finely.
4. Mix burghul, tomatoes, onion and parsley.
5. Add salt, lemon juice and olive oil.

Fatoush Salad

Ingredients

- 4 tomatoes
- 1 lettuce
- 3 cucumbers
- 2 bunches of parsley
- 1 bunch of mint
- 2 bunches of radishes
- 2 bunches of spring onions
- 1 red onion
- 1 red capsicum
- 1 yellow capsicum
- 1 packet of Lebanese bread

Dressing

- Pomegranate molasses
- 3 lemons
- Vinegar
- Olive oil
- Salt
- Pepper
- Sumac spice

Method

1. Cut all vegetables into small pieces
2. Cut bread into small pieces
3. Coat bread pieces lightly with olive oil
4. Toast bread in oven
5. Mix dressing
6. Mix together salad vegetables and dressing, top with toasted bread.

Shirazi salad

Ingredients

- Tomato
- Cucumber
- Onion
- Mint (dried)
- Dill
- Parsley
- Lemon
- Olive oil
- Salt
- Black paper

Method

1. Chop cucumbers, tomatoes and onion into very small pieces.
2. Chop parsley finely.
3. Mix cucumbers, tomatoes, onion and parsley.
4. Add lemon juice, olive oil, salt and black paper
5. Add dry mint and mix all together.
6. Keep it in the fridge for at least half an hour before serving.

Thai Green Curry with Jasmine Rice

Ingredients

- 3 cups Jasmine rice
- 2 tbsp olive oil
- 1 brown onion, cut into thin wedges
- 2 tbsp Thai green curry paste
- 500ml coconut milk
- 1 tbsp chicken seasoning
- 1kg chicken breasts or legs, sliced in small portions
- 1 red capsicum, thinly sliced
- 300g green beans
- 1 carrot, sliced into sticks
- 1 eggplant, diced
- 4 pieces of garlic, minced
- 100g Thai basil
- 1 can of baby bamboo
- 2 tbsp fish sauce
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 1 tbsp palm sugar (use ethically sourced)
- 200ml water

Method

1. Add rice to a pot with 4 ½ cups of water and 1 tbs of salt.
2. Cook for 15-20 minutes on medium heat. While rice is cooking make curry.
3. Stir fry garlic and brown onion until golden brown.
4. Add and mix in green curry paste and 125ml of coconut milk.
5. Add chicken and stir fry for about 2 minutes.
6. Add carrots, eggplant, baby bamboo, red capsicum, and green beans.
7. Mix in 375ml of coconut milk and 200ml of water.
8. Add fish sauce, soy sauce, palm and brown sugar, Thai basil, and chicken seasoning.
9. Cook for 5-10 minutes until thoroughly cooked.
10. Garnish with fresh Thai basil.