

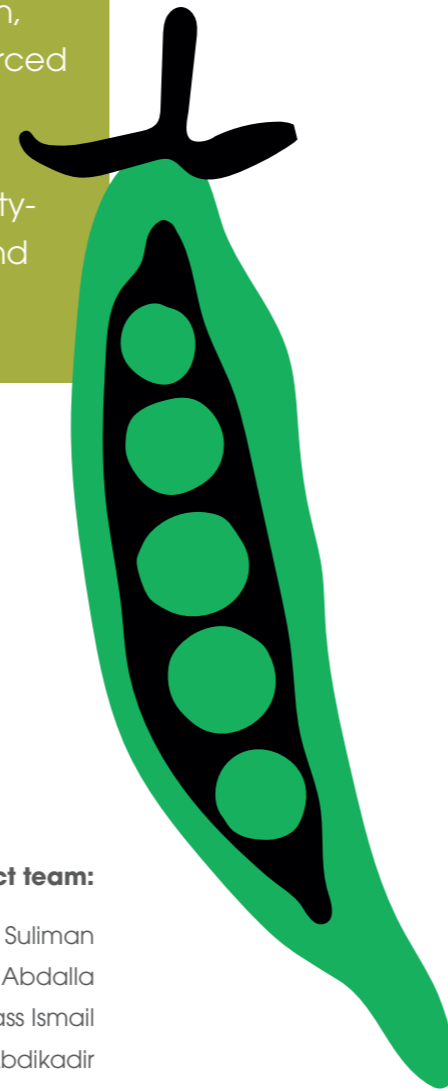
Cooking, Recovery & Connections

Community Cookbook



A community-led project and cookbook created
by residents of North Melbourne and Flemington.

The Cooking Recovery and Connections project has been led by a team of cohealth Health Concierges across North Melbourne and Flemington, February to May 2021. In July 2020 residents were subjected to an enforced 'hard lockdown', which removed residents' autonomy – even around cultural practices and food choices. This project is owned and led by public housing residents to support COVID-19 recovery, it is a community-driven response to support connection and wellbeing, produced by and for residents of the nine towers in North Melbourne and Flemington.



Contents

Acknowledgement

cohealth acknowledges the ancestors and Traditional Custodians of the land on which our offices stand and pays respect to Elders past and present. This project and community cookbook was led and produced by residents on Wurundjeri and Boon Wurrung lands. We acknowledge the Stolen Generations and the historical and ongoing impact of colonisation on Aboriginal and Torres Strait Islander peoples.

We also recognise the resilience, strength and pride of Aboriginal and Torres Strait Islander communities. Aboriginal and Torres Strait Islander peoples' living culture is the oldest continuing culture in the world, and the land and waterways are a place of age-old ceremonies of celebration, initiation and renewal.

Project team:

Furdus Suliman
Nagat Abdalla
Abdiwass Ismail
Baeda Abdikadir
Iqra Abdi
Mariam Ibrahim
Sri Andriyani Tassam
Zel Gebrehwot
Danayet Michael

With thanks to:

Yashwant Verma, Ayoub Sudi, Salim

Contributing authors:

Hajira Soliman, Mohamed Musa, Emebet Antonyo, Kedija Ibrahim, Aisha Suliman, Jameia Mohamed, Sara Zakaria, Kelli Willis, Awatif Taja, Nimo Mohamud, Navneet, Salih G Ahmed, Fateema Ali, Deepa Gupta, Halima Ahmed

Illustrators: Eman Suliman, Hibo Aden, Maeve Peterson, Reyana Eyakem

& thanks to: Hayaad Adan, Hadiya Mohammed, Zaid Osman, Asma Osman, Firdos Osman, Adiyah Mohamed, Maryama Hassan, Khadra Mohamed, Ibrahim, Zayd Badel, Mariam Ahmed, Mohamed Mahmoud, Samar Mahmoud, Ikram Abdella

Okra - Bamya	5
Prepared by Hajira Soliman	
Shakshuka	7
Prepared by Mohamed Musa	
Red Cabbage	9
Prepared by Emebet Antonyo	
Himbasha - Eritrean Sweet Bread	11
Prepared by Kedija Ibrahim	
Homemade Falafel	13
Prepared by Aisha Suliman	
Roasted Pumpkin Soup	15
Prepared by Halima Ahmed	
Fatteh of Lentils	17
Prepared by Jameia Mohamed	
Community Artwork	19
Sudanese Baklava	21
Prepared by Sara Zakaria	
Somali Oat and Meat Soup - Shurbad	23
Prepared by Kelli Willis	
Sudanese Lamb Koffa Meatballs in Curry Sauce	25
Prepared by Awatif Taha	
Bariis Kalakaris (rice with meat)	27
Prepared by Nimo Mohamud	
Butter Chicken	29
Prepared by Navneet	
Tibs Ethiopian Beef Stir Fry	31
Prepared by Salih G Ahmed	
Gajar Hawa - Indian Carrot Pudding	33
Prepared by Deepa Gupta	
Koshari	35
Prepared by Fateema Ali	



We want to celebrate our foods, our creativity, our community resilience and relationships. We have been through a lot together, we believe our futures are stronger and healthier when we connect together, sharing out stories and experiences.

We lead this project and connect with our neighbours, organisations and services, we facilitate these relationships to make us all stronger.

Our resilience is in our creativity, our cultures and our daily ways of working together for a healthy community where we all are safe, connected and able to thrive – our elders, young ones, those growing up and parents, all of us.

Furdus Suliman, Nagat Abdalla, Abdiwass Ismail, Baeda Abdikadir, Iqra Abdi, Mariam Ibrahim, Sri Andriyani Tassam, Zel Gebrehwoi, Danayet Michael

Cooking, Recovery & Connections team



Okra – Bamya

Prepared by Hajira Soliman

Ingredients:

1/2 kg okra (bamya)

2 tbsp olive oil

1 onion, minced

1 tsp minced garlic

1/4 cup tomato paste

1 tsp salt, or more to taste

1 tsp smoked paprika
(or substitute regular paprika)

1/2 tsp red pepper flakes - if spice sensitive, use sparingly or omit

1/4 tsp cayenne, or to taste

Directions:

Prepare your okra by rinsing it clean, then slicing off the top and bottom tips of each piece. At this point the okra will feel slimy. Don't worry, it will lose that texture as it cooks. To speed the process of prepping the okra, I sometimes line up the stem ends against my chef's knife.

Then slice those stem ends off 4-5 pieces at once.

Turn the okra pieces, realign the bottom tips with the knife, then slice off the very bottom tips. By grouping them this way you can speed through the whole batch and prep them relatively fast.

Heat 2 tbsp olive oil in a saute pan over medium. Add the minced onion and saute, stirring frequently, for about 10 minutes until softened and starting to caramelize. To save time, I usually prep the okra (as outlined above) while the onion is cooking. Just be sure to keep a close eye on the onions and don't let them burn.

When the onions are cooked, add the minced garlic to the pan and saute for another minute till fragrant. Add the okra to the pan and stir. It will feel like a lot of okra at first and the pan will be crowded, but it will quickly shrink up and soften as it cooks.



Whisk together 1 1/2 cups hot water, 1/4 cup tomato paste, 1 tsp salt, 1 tsp paprika, 1/2 tsp red pepper flakes and 1/4 tsp cayenne. Both the red pepper flakes and cayenne add heat; if you are super spice sensitive, omit the pepper flakes and start with a pinch of cayenne, then add more to taste as desired.

Pour the tomato liquid evenly over the top of the okra. Bring to a boil.

Cover the saute pan with a lid, vented at the edge. Reduce heat to a simmer. Let the okra cook for about 20-30 minutes, stirring every 5 minutes or so, until the largest

pieces of okra have softened to your liking. We like the okra quite tender and almost falling apart, but that is a matter of preference. At the end of cooking, your tomato sauce should have reduced and thickened. If there is a lot of liquid in the pan, remove the lid and turn up the heat to a high simmer till the sauce has reduced (careful, don't let it burn!). Add more salt or spice to taste, if desired.

Serve okra hot. Can be eaten it alone, or serve it over rice, quinoa or couscous.

Shakshuka

Prepared by Mohamed Musa

Shakshuka is a classic North African and Middle Eastern dish and one that's eaten for breakfast or any meal of the day. It's made from simple, healthy ingredients and is vegetarian.



Ingredients: (makes about 4-6 servings)

- | | |
|---|--------------------------------------|
| 1 tbsp olive oil | 1 tsp ground cumin |
| 1 medium onion, diced | 1 tsp paprika |
| 2 cloves garlic, minced | Chili flakes, to taste |
| 1 medium red bell pepper, chopped | 1 tsp sugar |
| 2 cans (14 oz.- 400g each) diced tomatoes | Salt and freshly ground black pepper |
| 2 tbsp (30g) tomato paste | 6 eggs |
| 1 tsp chili powder | Fresh parsley/cilantro for garnish |

Directions:

Heat olive oil in frying pan over medium heat. Add onion and cook for about 5 minutes until the onion begins to soften. Stir in garlic.

Add red pepper and continue to cook for 5-7 minutes over medium heat until softened.

Stir in tomato paste and diced tomatoes and add all the spices and sugar. Season with salt and pepper and allow to simmer over medium heat for 10-15 minutes until it starts to reduce. Adjust the seasonings according to your tastes, add more chili flakes for a spicier sauce or sugar for a sweeter one.

Crack the eggs over the tomato mixture, one in the middle and 5 around the edges of the pan. Cover the pan and simmer for 10-15 minutes, or until the eggs are cooked.

Garnish with fresh parsley or cilantro and serve with crusty bread or pita.

Enjoy!



Red Cabbage

Prepared by Emebet Antonyo

Preparation time: 5-7 minutes
Cook time: 10-15 minutes
Total: 22 minutes

Ingredients:

- 2 red onions
- 1 small red cabbage
- 4 garlic cloves (crushed)
- 1 tablespoon finely chopped ginger
- 2 tablespoons olive oil (extra or less, to taste)
- 1 tablespoon unsalted butter (optional)
- 1/2 teaspoon freshly ground Ethiopian cardamom
- 2 sliced green chillies
- 1/2 teaspoon salt



Directions:

- Thinly slice red onions.
- Cut red cabbage in half from top to bottom, place the cut side on your cutting board then slice it as thinly as possible.
- Heat a pan to medium heat, add olive oil and butter. Once the butter is melted add the garlic and ginger, wait for one minute and then add the red cabbage and salt. Sauter for 10 -15 minutes, stirring occasionally, slowly and gentle, until the cabbage is tender and begins to turn dark red.

A story about Red Cabbage by Emebet Antonyo

“As an Orthodox Christian we have two months of fasting as Lent. In the fasting season we abstain from consuming meat, milk, eggs and anything that contains these items, purple or red cabbage is one of the dishes that are great to eat in this time. I enjoy it because it is a quick and easy side dish and tastes delicious, I think it tastes especially well with potatoes and carrots. I think this dish is special because it is perfect for many diets and can be eaten with injera (Ethiopian flat bread) and also with rice.

Red Cabbage is an easy, delicious vegetable side dish that is healthy and goes with many Ethiopian vegetarian dishes. Ethiopian cardamom is a wonderful ingredient that makes the red cabbage taste great!”

Sprinkle the Ethiopian cardamom, stirring gently, add the green chillies.

Serve the dish warm.

Note to store: place red cabbage in an airtight container and keep up to three days.

To reheat: Reheat gently until warm in microwave, or heat slowly on stove.

To serve with: Red Cabbage goes with a variety of Ethiopian traditional vegetarian dishes and can be a side dish for meat dishes with rice.

Thank you! Enjoy your meal!
Emebet.

Himbasha – Eritrean Sweet Bread

Prepared by Kedija Ibrahim

Ingredients:

- 2 tablespoons of dried yeast
- ½ cup of sugar
- 4 cups of plain flour
- ½ cup oil
- 1 ½ cup of milk
- 2 teaspoons of salt
- 1 cup of water

Directions:

In a small bowl put the yeast, sugar, oil, milk and salt together

In a large bowl pour the mixed ingredients. Slowly add the flour while kneading it with the ingredients. If mixture is sticking to hands add water slowly until mixture is soft and not sticking to hands

Allow dough to rise and let it sit for 30 – 60 minutes. Make sure dough is covered.

Grease 9 inch pan or any oven safe pan, spread dough evenly across the pan. Let dough rest

for 5 minutes. Using a blunt knife make patterns on dough (traditional wheel pattern is commonly used)

Preheat oven to 28*, lightly brush milk on top of dough and bake for roughly 30 minutes or until golden brown

After cooked to golden brown, allow himbasha to cool down

Slice and serve, traditionally eaten with coffee or tea,

Enjoy!



Artist: Reyana Eyakem from Flemington, age 15.

Homemade Falafel

Prepared by Aisha Suliman

Ingredients:

2 cups (400g) dried chickpeas, don't use canned

1 small Onion

3-5 garlic cloves

1/3 bunch Parsley

1/2 bunch Cilantro

4 tablespoons (30g) Flour/ breadcrumbs or chickpea flour for gluten free version

1¼ teaspoon Salt

1/4 teaspoon Pepper

1 teaspoon Cumin

1 teaspoon Paprika

2 teaspoons baking soda

Oil for frying

For serving: pita bread, tahini sauce, salad.

Directions:

Put the chickpeas in a large bowl over them by about 2-3 inches of cold water. Let soak overnight, then wash and drain.

Put washed and drained chickpeas into a food processor, add garlic cloves, onion, parsley, cilantro, baking soda and spices. process until smooth but crumbly.

Transfer to a large bowl, add breadcrumbs and mix until combined. Cover and refrigerate for 1 hour.

Heat oil to 360°F (180°C).

Remove falafel mixture from the fridge and using wet hands shape into 1-inch balls.

Fry the falafels in batches, 4-6 at a time. Until golden brown and crispy, about 3-4 minutes. Transfer to a paper towel.

Serve as is or in a pita bread with salad and tahini sauce.

Falafel; is a deep-fried ball made from ground chickpeas, fava beans, or both. Falafel is a traditional Middle Eastern food, falafel commonly served wrapped in a flatbread known as Lebanese bread. "Falafel" also frequently refers to a wrapped sandwich that is prepared in this way. The falafel balls are topped with salads, pickled vegetables, hot sauce, and drizzled with tahini-based sauces. Falafel balls may also be eaten alone as a snack. Falafel is a common food eaten in the Middle East and is now found all over the world as an alternative to meat for vegetarians and a form of street food.



Roasted Pumpkin Soup

Prepared by Halima Ahmed

Ingredients:

- | | |
|------------------------------|-----------------------------|
| 1.5kg edible pumpkin | 1 carrot |
| Olive oil | 1 stick of celery |
| 1 teaspoon dried chilli | Half a kilo of tomato |
| 1 tablespoon coriander seeds | 1 litre hot vegetable stock |
| 1 large onion | |
| 3 cloves garlic | |



Directions:

Preheat the oven to 170°C/340°F.

Half the pumpkin and remove the seeds (you can keep these for roasting), then chop into wedges.

Place the pumpkin on two large baking trays and drizzle over a little olive oil.

In a pestle and mortar, grind the chilli and coriander seeds with a pinch of salt until finely ground.

Sprinkle the spices over the pumpkin with some black pepper.

Roast the pumpkin for 1 hour, or until soft and slightly caramelised at the edges.

Meanwhile, roughly chop the onion, garlic, carrot and celery.

Heat a lug of olive oil over a medium heat in a large saucepan then add the vegetables and cook for 15 minutes, or until soft and sweet but not coloured.

When the squash is ready, add to the pan with the hot stock. Blend with a stick blender, adding a little more water if you like a thinner consistency.

*"Great to eat for lunch or dinner,
with bread or injera!"*
Enjoy!

Fatteh of Lentils

Prepared by Jameia Mohamed

Ingredients:

1 cup of lentils (washed)	Small onion
Small potatoes	Salt to taste
Carrots	Small spoon of mixed spices
Tomatoes	Garlic
Coriander	Three tablespoons of oil
Ground cumin	

Note: Choose the vegetables you want to include (for example: capsicum, carrots, potato) and the quantity depending how many people you would like to feed. You can make a lot of this recipe or a small amount, it's up to you!

Directions:

Fry the onion in the oil, add the cumin and turn it until becomes golden.

Add the washed lentils, stir well and add water, carrots, potatoes and tomatoes, leave to cook together.

After 25 minutes add salt and the mixed spices, then mix together with lentils.

In a small bowl, put the tablespoons of oil and garlic, then add it to the lentils.

Cut the bread in a serving bowl, then pour the lentils over it, enjoy!



Community Artwork

an image of fruit
being seasoned in the
light of the sun.
-Maave



IBRAHIM LUL

(4)

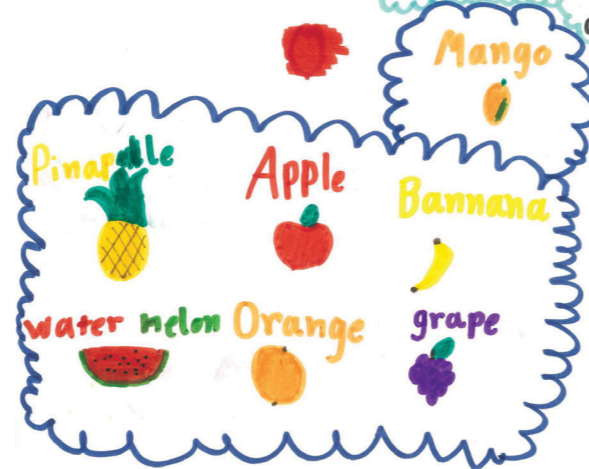


Rahman



Fruit's

My favourit
fruit is mango
because it is very
delicious.



WHOLE FOOD COOKING
EVERY DAY

IT IS ALL ABOUT
WHAT WE NEED ~~FOR~~
ALWAYS.



Previous Page
Top: Maave Peterson.
Bottom Left: Luqman (Hawa).
Bottom Right: Asma Osman.

This Page
Top: Ibrahim Lul.

Sudanese Baklava

Prepared by Sara Zakaria

Ingredients:

Filo pastry (1 box, approximately 30 sheets. This will make roughly 40 pieces of Baklava)

Fine Desiccated Coconut (1 packet)

Peanuts (optional)

Pure Butter Ghee (250 grams)

Syrup

2 cups of sugar

A little bit of lemon (to taste)

Directions:

Syrup: Combine two cups of sugar and lemon to make your syrup. Place the sugar and water in a pan on high heat, stir gently until the water is dissolved. Boil until clear and remove from stove. Add lemon juice (to taste) and bring back to boil. Take the mixture off heat and leave to cool.

Baklava: Preheat the oven to 160°C

Put the filo pastry on a tray and layer with ghee or butter.

Add coconut (or peanuts) on top of the pastry and roll it, next cut into pieces.

Place in the oven for 20 minutes, until the colour is gold. When it is golden and ready, add the cold syrup to the baklava as soon as it comes out of the oven. Enjoy eating your delicious sweet!



Somali Oat and Meat Soup – Shurbad

Prepared by Kelli Willis

Ingredients:

450 g Lamb or goat curry pieces	1 cup Porridge oats
4 litres Water	3 tbsp Canola or vegetable oil
¼ cup Short grain rice (Calrose rice)	1/2 Onion
¼ cup Pearl barley	1 tbsp Xawaash (see recipe below)
3 dried lemons	1/4 tsp Ground black pepper
2 tbsp Vegeta	1/4 tsp Turmeric powder
3 Tomatoes	2 Tbsp White vinegar
3 Garlic cloves	

Xawaash Somali Spice:

1/2 cup Cumin seeds
1/2 cup Coriander seeds
2 tbsp Black peppercorns
1 tbsp Cinnamon bark
1 tbsp Cardamom pods
1 tsp Cloves (whole)
2 tbsp Turmeric powder

Heat whole spices in a dry pan on medium heat until toasted.

Blend together until it is powder form. Add turmeric and mix well.

Store in airtight glass jar.

Directions:

Bring meat to the boil using 4 litres of water.

Add rice, barley, vegeta, tomatoes, garlic and dried lemons. Cook on medium heat for 1 ½ hours.

Add oats and cook for another 30 minutes. Stir to make sure oats don't stick to bottom of pot.

Remove the bone from the meat pieces and discard.

In a pan, fry the onion. Add the xawaash, black pepper and turmeric.

Add spices mix to soup. Add vinegar and mix well.

This soup can be blended for a smoother texture.



“This particular soup is of Somali origin. It is usually eaten during Ramadan. This soup signifies the month of fasting, the gathering of families and friends and the sharing of food between neighbours during the holy month. I have made and shared this soup with so many people over the years who absolutely love it. I have shared it with ones I have lost and ones that have left. As the soup is warm, the idea of it gives me the same feeling.

Making food for family and friends is something I love to do and how I express my love and gratitude. I hope by sharing this recipe, it will give others the same feelings and joy as it has for me.”

Sudanese Lamb Kofta Meatballs in Curry Sauce

Prepared by Awatif Taha

Ingredients:

Juice and finely grated zest of 1 lemon
¼ cup (60 ml) olive oil
1 white onion, thinly sliced
500g lean lamb mince
1 brown onion, coarsely grated
2 garlic cloves, crushed
1/3 cup (25g) fresh white breadcrumbs

¼ cup coriander leaves, chopped, plus extra leaves to garnish
¼ cup mint leaves, chopped
1/3 cup (100g) korma curry paste
1 tablespoon finely chopped ginger
400g can chopped tomatoes
400ml coconut milk
1 cinnamon quill

Directions:

In a bowl whisk lemon juice with 1 tablespoon oil. Add the sliced onion and set aside.

Place mince, grated onion, garlic, zest, breadcrumbs and herbs in a bowl. Season and mix to combine. Rinse your hands under cold water and, without drying them, use your hands to share the mixture into 16 small balls.

Place a deep non-stick frypan over medium heat. Add 1 tablespoon oil and when hot,

add the meatballs and fry, stirring for one minute. Stir in tomato, coconut milk and cinnamon until combined. Season and bring to the boil, then reduce heat and simmer gently for 3 minutes. Return meatballs to the pan and cook for a further 10 minutes or until cooked through and the sauce is reduced

Add the cucumber to the white onion mixture, mix to combine and season.



“I enjoy this recipe because we all come together as cousins and make a lamb meat ball kofta. Everyone likes to make them different shapes and this is a sign to know which one is theirs. We learn from our Grandmas how to make fresh sauce. I like to go to the farm and pick fresh vegetables especially tomatoes. At home and we blend everything together add it to the meat balls with other spices. I really miss my country, my family, my childhood life and all my memories.

Why the Lamb Sudanese Kofta is special to me because it reminds me of my Grandma’s village. When I was 10 years old I travelled with my dad by the train to visit my Mum’s and Dad’s family in a village. They have a really big farm near the Nile river. They plant a lot of vegetables and fruit. They also have a lot of animals like goats, lamb, donkey and horses. I like to go there and spend a lot of time with my Cousins. I like to cook with my Grandma her favourite dish Lamb Kofta. She taught us a lot of things. I will never forget her amazing Kofta.”

Bariis Kalakaris (rice with meat)

Prepared by Nimo Mohamud

Ingredients:

1kg lamb meat
2 onions, sliced
5 cloves garlic, chopped
2 cinnamon sticks
8 cardamom pods
1 tablespoon cumin seeds
1 teaspoon turmeric powder
Fresh coriander (1/2 bunch)
1 tablespoon coriander seed
1 tablespoon vegetable powder stock
4 cups chicken stock
1/2 cup canola oil
6 cups basmati rice
12 cups water

For the topping:

1/4 teaspoon red food color or 1/4
teaspoon yellow food color

Decoration:

2 tablespoons canola oil
2 red onions (round sliced)
150g dry sultanas
1 cup frozen mixed vegetables
1/2 teaspoon salt

Directions: (Rice)

Rice: Wash rice with water (3 times), soak rice in cold water for 30 minutes, then drain.

Heat 1/2 cup oil and onions in a wide, deep pot over medium-high heat, stirring frequently, until softened, for 5 minutes. Add garlic, cinnamon sticks, cardamom, cloves and cumin seeds, and cook stirring for 2 minutes.

Add soaked rice, vegetable powder stock and chicken stock and stir. Add hot water and bring to boil, then cover and cook on low heat for 20 minutes. Turn off heat and steam for 7 more minutes. Sprinkle topping over rice (red or yellow food color) in one corner. Transfer to serving platter, using a large spoon to pile rice in a heap onto a platter, sprinkle topping over rice and serve.

Meat: In a medium size pot add the oil and 1kg of meat (chopped), 1/2 cup of water, turmeric, vegetable stock, garlic, fresh coriander, cumin and black pepper. Cook with medium heat until the meat becomes red for 15 minutes, while stirring. Add onion on the top with low heat for 5 minutes.

Decoration: In a fry pan add canola oil, frozen vegetables, and sauté for 2 minutes, then add 1/2 cup water and salt. When the water is finished add the red onion (round sliced) and dry sultana and cover for 2 minutes.



“This rice dish is for those days when we want a meal that is easy, quick and delicious. It’s a traditional rice dish from Somali cuisine. For many centuries the Somali people cook the rice in this way.

I love that cooking gives me a chance to be creative and I enjoy chopping, stirring and tasting to make something special. This rice has a great flavour and aroma and I think it is very delicious!”

Butter Chicken

Prepared by Navneet

Ingredients:

Boneless chicken (500 grams),
cut into small pieces
Lemon juice, 1 tablespoon
Red chilli powder, 1 tablespoon
Salt (according to taste)
Butter, 2 tablespoons

For chicken marinade:

Yogurt, ½ cup
Ginger and garlic paste, 3
tablespoons
Salt (according to taste)
Red chilli powder, ½ tablespoon
Mustard oil, 2 tablespoon

For gravy:

Butter, 2 tablespoons
Green cardamom, 2
Clove, 2
Black pepper corns, 2-3
Cinnamon 1 inch piece
Ginger and garlic paste, ½
tablespoon
Tomato puree, ½ cup
Red chilli powder, ½ teaspoon
Sugar, 1 tablespoon
Kasoori Methi, ½ teaspoon
Fresh cream, ½ cup
Salt to taste

“I love butter chicken because there is a very beautiful story behind this. When I was a child my Mother cooked butter chicken for my big family and everyone enjoyed it very much. She taught me this recipe. I love this because it’s my family favourite dish and I am very far from them, whenever I miss them I cook butter chicken.”

Directions:

Mixture of red chilli powder, lemon juice and salt into chicken pieces and put aside for 1 hour in refrigerator.

Mix yogurt, ginger and garlic paste and, red chilli, masala, salt, oil and chicken (from step 1) and put in refrigerator for three hours.

Preheat oven to 200*c

String the chicken pieces onto skewers and cook in the preheated oven for 10 to 12 minutes or until almost done

Baste with the butter and cook for another two minutes.
Remove and set aside.

To make the gravy, heat the butter in a non stick pan. Add the green cardamoms, cloves, peppercorn and cinnamon.

Sauté for 2 minutes, add the ginger and garlic paste and sauté for two more minutes. Add the tomato puree, red chilli powder, salt and half a cup of water.



Bring the mixture to a boil, reduce the heat and simmer for 10 minutes. Add the sugar or honey and powdered kasoori methi.

Add the cooked tandoori chicken pieces, simmer for 5 minutes and add the fresh cream.

Serve hot with rice, bread, naan or paratha, enjoy!

Tibs Ethiopian Beef Stir Fry

Prepared by Salih G Ahmed

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients:

1 large red onion, about two cups, sliced thin

1/4 cup ghee spiced butter

2 pounds venison, lamb or beef, cut into bit sized pieces

2 tablespoons berbere/hot Chile

1 teaspoon ground fenugreek

1/2 teaspoon cardamom (optional)

1/2 teaspoon ground ginger

1/4 teaspoon cumin

1/4 teaspoon ground clove

1 teaspoon black pepper

3 to 4 garlic cloves, sliced thinly

2 cups whole peeled tomatoes, broken into bits

1 to 4 green chillies

Directions:

Chop the onions and cook them until golden, about 10-15 minutes, over medium high.

Meanwhile, grate the ginger and add with fresh garlic to the pan and cook a few more minutes.

Add berbere and the meat and cook until brown.

Cover with beef stock and simmer partially covered for about 35 minutes, or until the lamb is tender (if you'd like a less soupy texture simmer uncovered).

Season with salt and pepper.

Serve with injera, or other flatbread, or rice or couscous.

Spiced Lamb Stew; made with tender, boneless leg of lamb, this quick-cooking staple of Ethiopian home cooking is called tibs and is flavoured with sauce, a kicky blend of berbere spices.



Gajar Hawa - Indian Carrot Pudding

Prepared by Deepa Gupta

Ingredients:

Grated Carrots 1kg
Full cream Milk 1kg
Desi Ghee 1 Tablespoon
Sugar 1 Cup
Chopped dates 1cup
Almond slivered 100gms
Cashews Chopped 100gms
Green cardamom with shell semipowder 10pcs
Raisins 50gms

Directions:

Put grated carrots in a large pan. Add pure oil called 'Desi Ghee' in Indian language. (easily available). Let the mixture simmer for few minutes such that carrots become moist and soften.

Add chopped dates. Stir the mixture at short intervals so it doesn't stick to bottom of pan.

After 10 minutes add milk. Let carrots boil in milk, stirring it off and on until carrot and milk become mixed like a semi paste.

Add almonds, cashews and cardamom. Mix well. Add raisins.

Stir on low heat for 10minutes.

Pudding is ready to eat. Can be eaten piping hot or let it cool to room temperature. Healthy & Tasty. Serve in small transparent bowls. A favourite for the cold season!



*Most popular sweet dish of North India.
A winter favourite!*

Koshari

Prepared by Fateema Ali

“Koshari (also spelled, Kushari) is the national dish of my birthplace, Egypt. By far one of my favourite things to eat - ever! No matter how far I've travelled, I will always crave a humble bowl of koshari, as served in the streets of Egypt.”



Ingredients:

Crispy Onion Topping:

- 1 large onion, sliced into thin rings
- Salt (to taste)
- 1/3 cup all-purpose flour
- 1/2 cup cooking oil For Tomato Sauce
- Cooking oil
- 1 small onion, grated
- 4 garlic cloves, minced
- 1 tsp ground coriander
- 1/2 -1 tsp crushed red pepper flakes (optional)
- 1 can 28-oz tomato sauce
- Salt and pepper
- 1-2 tbsp distilled white vinegar

Koshari:

- 1 ½ cup brown lentils, picked over and well-rinsed
- 1 ½ cup medium-grain rice, rinsed, put in water for 15 minutes, drained
- 1/2 tsp each salt and pepper
- 1/2 tsp coriander
- 2 cups elbow pasta
- Cooking oil
- Water
- 1 15-oz can chickpeas, rinsed, drained and warmed

Directions:

Crispy onion topping:

Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour.

In a large skillet, heat the cooking oil over medium-high heat, cook the onion rings, stirring often, until they turn a nice caramelized brown. Onions must be crispy, but not burned (15-20 minutes).

Make the Tomato Sauce:

In a saucepan, heat 1 tbsp cooking oil. Add the grated onion, cook on medium-high until the onion turns a translucent gold (do not brown). Now add the garlic, coriander, and red pepper flakes, if using, and saute briefly until fragrant (30-45 seconds more).

Stir in tomato sauce and pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so).

Stir in the distilled white vinegar, and turn the heat to low. Cover and keep warm until ready to serve.

Make the Koshari:

Cook the lentils. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain from water and season with a little salt. (Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to

them as they need to finish cooking with the rice).

Now, for the rice. Drain the rice from its soaking water. Combine the par-cooked lentils and the rice in the saucepan over medium-high heat with 1 tbsp cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1 ½ inches (you'll probably use about 3 cups of water here). Bring to a boil; the water should reduce a bit. Now cover and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes). Keep covered and undisturbed for 5 minutes or so.

Now make the pasta. While the rice and lentils are cooking, make the pasta according to package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain.

Cover the chickpeas and warm in the microwave briefly before serving.

Put it all together!

To serve, fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and ½ of the tomato sauce, then the chickpeas, and finally ½ of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.



Dear reader,

Thank you for reading. We are proud of the creativity and resilience that our communities respond to challenges with, it has been our goal to celebrate examples of this in our community cookbook. This project is special to us because we have strengthened as a team, learnt new skills and interacted with different nationalities and ideas. This community cookbook belongs to all residents of North Melbourne and Flemington and wouldn't be possible without our work together and our support of each other. We are excited to own and produce this work and to support our communities' health, wellbeing and recovery into the future, thank you for being a part of this project with us.

Furdus Suliman, Nagat Abdalla, Abdiwass Ismail, Baeda Abdikadir, Iqra Abdi, Mariam Ibrahim, Sri Andriyani Tassam, Zel Gebrehwo, Danayet Michael

Cooking, Recovery & Connections team

