

# Our Food, Our Story



*A collection of 35  
delicious cultural  
recipes from the  
diverse Flinders  
International  
community!*



*Flavours from Home and  
Stories from the Heart*

The front cover features ISS cookbook recipe winner, Pavithra Wickramage. You can find her delicious recipe on page 44!

# Welcome to Our International Student Cookbook – Our Food, Our Story!

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We are absolutely thrilled to present this unique cookbook, a heartfelt collection of recipes contributed by Flinders international students & staff from around the world. This book is more than just a compilation of delicious dishes; it is a celebration of our diverse cultures, traditions, and the universal love for food.

## Connecting Students to Each Other and Their Homeland

Food has an incredible power to bring people together. As international students, we often find ourselves far from home, navigating new environments and cultures. This cookbook serves as a bridge, connecting us to our roots and to each other. Through these recipes, we can share our stories, our memories, and our love for the flavours that remind us of home.

Whether you are an experienced cook or just starting your culinary journey, we hope this cookbook inspires you to try new dishes, explore different cuisines, and connect with fellow students. Each recipe is a testament to the creativity, resilience, and warmth of our international student community.

## Sharing is Caring

In the spirit of “sharing is caring,” this cookbook embodies the essence of community and connection. Each recipe shared here is a piece of someone’s homeland, a taste of their family traditions, and a glimpse into their culinary heritage. By cooking these dishes, you are not only nourishing your body but also embracing the rich tapestry of cultures that make up the Flinders international community.

So, grab your apron, gather your ingredients, and let’s embark on this delicious adventure together. Remember, every dish you create is a step towards building a stronger, more connected community. Happy cooking!

Warm regards,  
The International Student Cookbook Project Team

## Acknowledgement of Country

We acknowledge the Kaurna people as traditional custodians of the land on which we gather, and we pay our respects to their Elders, past, present, and emerging. We also extend our respect and gratitude to all Indigenous communities around the world. Their enduring connection to the land and their rich cultural heritage inspire us to appreciate and honour the diverse backgrounds that make up our community.

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# Traditional Filipino Adobo

By Carla Cabiling from the Philippines



## Adobo is a cornerstone of Filipino cuisine, often regarded as the national dish of the Philippines.

Each family has their own unique take on adobo, and my family's version has been passed down through generations. This adobo is more than just a meal—it's the ultimate comfort food, a dish I always want to come home to.

For me, this adobo brings back memories of family gatherings and celebrations, where it always had a place on our dining table. It's a touch of heritage, a connection to our roots, and a reminder of the warmth and love of family.

### Ingredients

- 1 kg (2.2 lbs) chicken or pork, cut into serving pieces
- 2 medium size potatoes (cut in 6)
- 1 cup soy sauce
- 1 cup vinegar
- 1 medium onion, chopped
- 1 whole garlic, minced
- 2 bay leaves
- 1 tsp whole black peppercorns
- 2 tbsp cooking oil
- 1 tbsp sugar (optional)
- Chilli (optional)
- Salt and pepper to taste
- Cooked white rice, for serving

### Method

- In a large bowl, combine the chicken or pork with  $\frac{1}{2}$  cup soy sauce and minced garlic. Mix well, ensuring all pieces are coated. Cover and marinate for at least 30 minutes, preferably overnight in the refrigerator. Dice the onion and mince the garlic. Peel and cut the medium potatoes into 6 parts.
- Fry the meat until brown, then fry the potatoes. In the same pan, heat the cooking oil over medium heat. Sauté the chopped onion until translucent, and add garlic. Add the browned chicken or pork and cook until all is incorporated.

- Add the remaining  $\frac{1}{2}$  cup of soy sauce, bay leaves, and whole black peppercorns to the pot. Stir to combine. Bring the mixture to a boil for about 10 minutes, then add the vinegar. Do not stir. Reduce the heat to low and simmer, covered, for about 20 minutes or until the meat is tender.
- If you prefer a thicker sauce, uncover the pot and let it simmer for an additional 10-15 minutes. For a slightly sweeter flavour, you can add the sugar at this stage. For a slightly spicy flavour, add chilli flakes or fresh chopped chilli.
- Serve the adobo hot with cooked white rice. You may garnish it with onions or toasted garlic on top. Enjoy the rich, savoury flavours of this traditional Filipino dish.

**Cooking Time: 1 hour (plus marinating time)**

**Serving Size: 4-6 servings**



# Korean Japchae

By Seon Kim from South Korea



**Japchae used to be one of the dishes my mum makes on special occasions like birthdays.**

With this easy to follow recipe, we can make everyday a special day.

## Ingredients

- 250g Korean sweet potato noodles (Dangmyeon) – you can buy this in an Asian grocery store
- 1 bunch of English spinach chopped in half (can substitute with baby spinach)
- ½ white onion – sliced
- 2 carrot – julienned (cut into thin sticks)
- 1 cup dried shiitake mushrooms, stems removed and sliced thinly – soaked in hot water for at least an hour or until soft

## Sauce

- 3-4 tbsp olive oil
- 1 ½ tbsp sesame oil
- 2 tsp minced garlic
- ¼ cup soy sauce (standard/all purpose)
- 1 ½ tbsp corn syrup
- Salt (to taste)
- Pepper (to taste)

## Method

- Soak sweet potato noodles in water for at least 4 hours
- Mix the ingredients for dressing and set it aside
- In the meantime, prepare vegetables (spinach, carrot, shiitake mushroom, onion)
- Pan fry the vegetables with olive oil, seasoning with salt and pepper
- Set them aside
- Cook soaked sweet potato noodles in boiling water for approx. 2mins. (I'd try noodles to see if they are al dente) If your noodles are long, snip them with kitchen scissors once cooked.

- Drain, briefly rinse under tap water than shake off excess water well.
- Transfer the noodles into a large bowl, and add cooked vegetables
- Add the dressing and mix them well
- Have a taste and add more salt/pepper, sesame oil or corn syrup if needed
- Sprinkle some sesame seeds on top when serving (this is optional)
- Enjoy Japchae – try not to eat too much, you may have food coma later!





# Campfire Pasta

By Bethan Jackson from the United Kingdom



**It is really delicious and easy to make. It doesn't take too much time to make and is made to be shared with friends and family. Encourages people to sit and eat together.**

## Ingredients

- Pasta of choice
- 1 Bulb of Garlic
- Tomatoes on the vine (preferably homegrown- see below picture)
- Choice of peppers, chopped into rough chunks (whatever colour)
- Olive oil
- Salt
- Pepper
- Chilli Flakes
- Bacon (optional)
- Burrata
- Basil leaves

## Method

- Place fire starters in the centre of the campfire and create a teepee of sticks around them.
- lace larger sticks and wood around the sides.
- Light the fire starters with the matches.
- Once the flames have died down and the embers are white the fire is ready to cook on.
- Place the saucepan on fire and pour in water to boil.
- Once brought to the boil, add pasta and cook for 10 minutes.
- Meanwhile, place the garlic bulb, tomatoes and peppers on the baking tray.
- Drizzle with olive oil and season with salt, pepper and chilli flakes.

- Place the baking tray on the edge of the fire, so that the veg can cook but nothing burns.
- Remove the tray from the fire and drain pasta
- In a bowl, mix the pasta, veg and squeeze the smoked garlic in. Season again.
- Cut the bacon with scissors and add, if using. Serve in bowls, top with torn burrata and basil leaves.



Photo credit:<https://simplebites.net/campfire-one-pot-macaroni-cheese/>



# Bechamel Pistachio *Lasagna (with mortadella)*

By Vincenzo Stallone from Italy



**As an Italian, I am proud to share a recipe that reflects my heritage while also embracing modern culinary trends.**

## Ingredients

### Bechamel Sauce

- 1 litre of whole milk
- 100g of unsalted butter
- 100g of all-purpose flour
- Salt, to taste
- Nutmeg, to taste

### Pistachio Paste

- 200g of unsalted pistachios (de-shelled)
- 2-3 tbsp of extra virgin olive oil
- Salt, to taste

### Lasagna

- 500g of lasagna sheets
- 250g of mortadella (thinly sliced)
- 150g of grated Parmigiano-Reggiano cheese (parmesan)
- 250g of grated mozzarella cheese
- Salt and pepper to taste

## Method

Prepare the Bechamel:

In one pot, heat the milk until warm and set aside

- In another pot, melt the butter over medium heat
- Add the flour to the melted butter whisking constantly to form a roux. Cook for 2-3 minutes, until the roux is golden and smooth
- Gradually add the warm milk to the roux, whisking continuously to avoid lumps. Continue to cook and whisk until the sauce thickens
- Season with salt, pepper and nutmeg to taste.
- Remove from heat and set aside

Prepare the Pistachio Paste:

- In a food processor blend the pistachios until finely ground
- Add olive oil and a pinch of salt, blending until it forms into a smooth paste
- Combine pistachio paste with the bechamel sauce
- Mix well until the paste is fully incorporated into the sauce and set aside

Assemble the Lasagna:

- Preheat the oven to 200 °C
- In an aluminium tray or lasagna dish spread a thin layer of the pistachio bechamel sauce
- Add a layer of lasagna sheet and spread another layer of pistachio bechamel sauce, followed by a layer of mortadella slices
- Sprinkle with grated parmesan and mozzarella
- Repeat the layers until you've used all the ingredients
- Finish with a layer of the pistachio bechamel sauce and a generous topping of parmesan and mozzarella
- Bake for 20-25 minutes
- For the last 5 minutes, set the oven to grill mode to brown the top of the lasagna
- Remove from oven and let the lasagna cool slightly before serving



Photo credit: <https://www.sicilianicreativiincucina.it/lasagne-al-pistacchio/?lang=en>

# Show me love

## Beef

By Yuyao Li from China



**Even when far from Changsha, the flavour of this spicy beef ignites a strong sense of nostalgia.**

This is a prevalent dish in Changsha and is enjoyed by almost every family. It is a representative dish of the famous Hunan cuisine, one of China's eight major cuisines.

### Ingredients

- TanTanXiang Xiaomi pepper
- TanTanXiang diced red chillies
- Garlic
- Pickled mustard
- Thinly sliced oyster blade beef
- Coriander
- Beer
- Oyster sauce
- Cooking wine
- Soy sauce
- Premium dark soy sauce

### Sauce

- 3-4 tbsp olive oil
- 1 ½ tbsp sesame oil
- 2 tsp minced garlic
- ¼ cup soy sauce (standard/all purpose)
- 1 ½ tbsp corn syrup
- Salt (to taste)
- Pepper (to taste)

### Method

- Put 5-6 TanTanXiang Xiaomi peppers, 5-6 garlic gloves and 1 spoon of pickled mustard into the chopper to mince
- Cut the beef into thin, long slices
- Marinate the beef with 1 spoon of oyster sauce, 1-2 spoons of cooking wine, 1.5 spoons of soy sauce and 5 drops of premium dark soy sauce
- Prepare the coriander by washing it and tearing it into pieces
- Turn on the stove and set it to medium heat. Add oil to the wok

- Once the oil is heated, add the minced ingredients from step 1 and cook until fragrant
- Increase the heat to high and add the marinated beef to the wok and stir-fry quickly
- Add the TanTanXiang diced red chillies, depending on your spice tolerance
- Keep the stove on high heat and pour approximately 100ml of beer into the wok for about 30 seconds
- Turn off the heat, add the coriander and mix everything together



# Soto Ayam

## Indonesian Chicken Noodle Soup

By Alyaa Azzahra from Indonesia



**I have always attended school far from home and family. The city where I study is usually colder than my hometown, which is generally warm.**

Because of that, I really enjoy soup, and Soto Ayam is one of my favourites that reminds me of home.

### Ingredients

The spice paste

- 5 cloves garlic
- 1 medium shallot
- 1 tbsp macadamia or almond nuts
- 1 inch ginger
- ½ - 1 tsp turmeric powder (just make sure the paste turn yellow)
- ½ - 1 tsp pepper
- 1 tsp salt
- 3 tbsp vegetable oil (for frying the spices)

The Soup base

- 500g chicken thighs fillet (replacement: breast fillet)
- 1.5 - 2 litres water
- 3 kaffir lime leaves
- 1 stalk lemongrass cut into 2 pieces
- 1 chicken bouillon cube

Garnish

- Vermicelli
- Boiled eggs
- Potatoes, peeled, cut ½ cm slices
- Tomatoes
- Fried shallot to garnish
- Lime wedges to serve (optional)

### Method

- Blend all the spices paste ingredients. Blend until smooth
- Prepare a large pot, set the stove on a medium-high, then add 3 tbsp vegetable oil. When hot, add blended spice paste and cook 2 minutes, stirring throughout
- Add kaffir lime leave and lemongrass, cook again for 1 minute
- Add water, chicken, and chicken bouillon cube. Cook covered and simmer until the chicken cooked through
- Remove the chicken from the broth. You can shred the chicken directly. We will add the chicken together with the garnish
- Assemble all the garnish (as in the picture). This recipe is for 4 servings, but you can customise as you want



# Bánh hủ heo quay

## *Special rice vermicelli with crispy pork belly*

By Tuan Anh Nguyen from Vietnam



**This is a famous breakfast dish in my hometown, Quy Nhon, a peaceful city in the Central region of Vietnam.**

My mother often sells this dish in the morning, and I often help her in this work. Thanks to the income from selling this dish, accompany with my father's civil servant salary, our family can cover study and living expenses for the whole family. When you come to the area where I live, just mention my mother's name and everyone knows it. I'm really proud of this. This is not only a breakfast dish but also a memorable part of my childhood.

### Ingredients

- 300g pork belly
- 500g rice vermicelli
- 2 cucumber
- 200ml oil
- A bunch of chives
- 5 red onions
- 2 chilli pepper
- 4 cloves of minced garlic
- 100ml fish sauce
- 50g sugar
- 2ml vinegar or lime

### Method

- Preliminary processing of raw materials: Washing and draining the ingredients including pork belly, chives, chilli, garlic, lime, and cucumber.
- After washing and draining the pork belly, put it in the pan with a little bit oil to fry until it is golden brown on all sides.
- Boil dry "bánh hủ" for 1 minute then rinse with cold water to separate the pieces.
- Add oil to the pan, then add sliced red onions and fry until its colour turns to golden brown.
- Cut the chives into small pieces about 0.5 centimetres long.

- Put the chives in the oil (heated and then let cool completely). Arrange each layer of rice vermicelli on a plate. Use a spoon to evenly rub the chives and oil onto the surface of the "bánh hủ". Just continue until you run out of "bánh hủ".
- Slice the cucumber into thin slices 0.5 centimeters thick. Then place the circle above the plate of "bánh hủ". Sprinkle with fried red onions to form a third layer. Finally, place the crispy fried pork belly on top.
- Make dipping sauce - crush (or mince) chilli along with the garlic. Then put in a large bowl, add fish sauce, a little water and lemon (or vinegar). Season to taste so that it has enough mild spicy, mildly salty, sweet and sour flavours.





# Moong Dal Vada or Ram Laddu

By Anmoldeep Kaur from India



**This is a traditional snack from Jammu and is widely eaten all over India.**

After arriving in Australia I learned to make this dish from my mum, I make them on occasions for my sister as she loves them as well.

## Ingredients

- Yellow lentils (moong dal)
- Coriander leaves
- Mint leaves
- Tamarind
- Black pepper powder ( $\frac{3}{4}$  tablespoon)
- Salt (according to taste)
- Sugar (according to taste)
- Cooking oil
- Anardana powder (dry pomegranate powder)
- Raddish
- Ginger
- Green chillies
- Onions
- Water

## Method

- Take Moong Dal (yellow lentils) and grind them in a mixer jar. Make a powder of it.
- Add some finely chopped coriander, salt (according to taste), black pepper powder in it.
- Add some water and make a fine paste while mixing all the ingredients stated above in it.
- Add some oil in a pan and let it get hot.
- The time our oil is getting hot, we will make green chutney and tamarind chutney.
- For tamarind chutney make sure you soak the tamarind in water overnight or 7-8 hours before making the chutney.
- For Green Chutney - We will put the coriander leaves, mint leaves, little bit of ginger, green chillies, 1 tablespoon black salt, 1 tablespoon sugar,  $\frac{1}{2}$  tablespoon of anardana powder in the jar with some water and we will blend it until it's a smooth paste.

- For Tamarind Chutney - we will strain the tamarind soaked in water in another bowl and add 2 tablespoon of sugar and  $\frac{1}{2}$  tablespoon of salt in it. We will also add some finely chopped onions in it.
- With the help of a fine round spoon take the moong dal batter and put it in hot oil. You can add 5-6 vada at one time. Take them out when golden brown.
- Repeat step 6 until you finish all the batter.
- Serve it hot with some green chutney and tamarind chutney on top of them and some grated raddish as well.



# Hot and Spicy *Sri Lankan Fish Curry*

By Dileka Nirangi Wickramaarachchi from Sri Lanka



**This cherished family recipe originates from my grandmother, a true culinary artisan whose cooking secrets have been lovingly passed down through generations**

The dish is elevated by her special homemade spice blend, a secret ingredient that infuses it with an irresistible flavour.

## Ingredients

- 500 grams of boneless fish
- 1 large onion (chopped)
- 2 large green chillies (chopped)
- A few garlic cloves (peeled and smashed)
- A few curry leaves.
- A few pandan leaves
- 2 tablespoons of oil (vegetable oil, butter, or your preferred cooking oil)
- 2 cups of water
- 2 tablespoons of tamarind juice
- 1 teaspoon of chilli powder
- ½ teaspoon of ground pepper
- 2-3 pieces of cinnamon sticks.
- 1 teaspoon of roasted curry powder
- 1 teaspoon of raw curry powder
- 2 teaspoons of home-made secret spice powder
- Salt to taste

## Method

### Preparation:

- Clean and cut the 500 grams of fish into desired pieces and set aside.
- Wash, Peel and chop one large onion.
- Wash and chop the green chillies
- Wash, peel and smash a few garlic cloves.
- Wash and set aside few curry and pandan leaves.

### Cooking

- In a large pan or wok heat two tablespoons of oil over medium heat.
- Once the oil is hot, add the chopped onions, green chillies, garlic cloves, cinnamon sticks, curry and pandan leaves.
- Then sauté until it becomes translucent and slightly golden.
- Add one teaspoon of chilli powder, roasted curry powder, raw curry powder, ½ teaspoon of ground pepper and stir well.
- Then to the mixture pour two cups of water and cook for 2-3 minutes.
- Gently add the fish pieces to the sauce, home-made secret spice powder and finally the salt.
- Cover the pan and let the fish cook for 20-30 minutes in medium heat. Stir occasionally, being careful not to break the fish pieces.
- Taste the curry and adjust the seasoning if needed, you can add more chilli powder, salt, or tamarind juice as per your preference.
- Once the fish is cooked, turn off the heat and let the dish sit for a few minutes to allow the flavours to meld together.









# Saudi Kabsah

By Hassan Ageeli from Saudi Arabia



## Kabsa is a traditional dish from the Arabian Peninsula, with deep roots in Bedouin culture.

It's typically served in large communal platters, symbolising unity and hospitality, and is often enjoyed during special occasions. Today, Kabsa is cherished worldwide as a symbol of Middle Eastern culinary heritage.

### Ingredients

- Lamb
- Cooking oil
- 2 onions (chopped)
- 1 head of garlic (peeled and minced)
- Cinnamon stick
- Cloves
- Bay leaves
- Cumin
- Cardamom
- Black pepper
- Salt
- Turmeric
- Saffron
- Tomatoes (chopped)
- Tomato sauce
- Carrots (optional, chopped)
- Warm water
- Rice (preferably basmati)
- Toasted almonds (for garnish)

### Method

#### Prepare the Meat:

- Heat oil in a large pot over medium heat.
- Add the chopped onions and minced garlic. Sauté until they turn golden brown.
- Add the whole spices: cinnamon stick, cloves, and bay leaves. Stir for a minute until fragrant.
- Add the chopped carrots (if using) and mix well. Stir in the ground spices: cumin, cardamom, black pepper, salt, and turmeric. Cook for another 2 minutes.

#### Cook the Meat:

- Add the meat pieces to the pot. Sear them, turning occasionally until browned on all sides.
- Add the chopped tomatoes and let the mixture cook for about 10 minutes, allowing the tomatoes to soften and blend with the spices.
- Pour in warm water and add the tomato sauce. Stir everything together to combine.
- Cover the pot, reduce the heat to low, and let the meat simmer gently until it becomes tender. This can take up to 1-2 hours depending on the type and cut of meat.

#### Prepare the Rice:

- In a separate pot, begin cooking the rice according to the package instructions or until just tender.
- Once the meat is tender, layer the partially cooked rice over the meat in the pot. Sprinkle saffron over the rice for added flavour and colour.
- Cover the pot again and cook on very low heat until the rice is fully cooked and has absorbed all the flavours from the meat and spices. This can take about 40-45 minutes, but it might take longer if using brown rice.
- Once the rice is cooked, gently fluff it with a fork, mixing it with the meat.
- Transfer the rice and meat to a serving platter.





# Cow-Foot Gelatine

By Altaituya Burnee from Mongolia



## Historically, Mongolians have utilised all the body parts of livestock for their food.

As such, as a nomadic herder, my grandmother taught me how to make healthy and nutritious gelatine using beef feet. I often prepare this as a healthy lunchbox for my children. It's also perfect for our busy lifestyle as leftovers can be frozen for several days.

The preparation time is around 10 hours. The cow-food gelatine tastes incredible, but it requires some patience to prepare.

### Ingredients

- 1.5kg cow foot
- 1 tsp sea salt
- 3 capsicum
- 1 onion
- 3 cloves of garlic
- 4 carrots
- 2 bay leaves
- a pinch of black pepper
- a pinch of cumin

### Method

- Put into smaller pieces of cow-foot into water and add 2 bay leaves. The boiling time will be 3 hours if you use a pot (it will be 1 hour if you use a pressure cooker).
- Now prepare veggies by washing and cutting them into long slices.
- After the suggested cooking time, separate all the bones out of the cow feet and cut fleshy parts into small pieces.
- After putting back into the soup and add prepared veggies.
- Add chopped onions, garlic, a pinch of cumin and black pepper and boil for 15 minutes.
- The cow-foot gelatine forms after being left at room temperature for 7 hours.



# Chicken and Potato Stew

By Mengting Guo from China



**I made chicken stew with potatoes because it reminds me of home and comfort. It's a simple, hearty dish that my family often cooked.**

The tender chicken and soft potatoes bring back memories of shared meals and warmth. I wanted to recreate that feeling in my own kitchen today.

## Ingredients

- 4 Chicken thighs
- 4 small potatoes
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- Salt
- Pepper
- A pinch of sugar
- 1 Bay leaf

## Method

- Heat oil in a pot.
- Cut the chicken thighs and potatoes into chunks.
- Stir-fry the chicken and potatoes until they are evenly coated.
- Add soy sauce, oyster sauce, salt, pepper, and a pinch of sugar.
- Stir-fry until well-mixed.
- Add water until the chicken is just covered.
- Add two bay leaves.
- Boil on high heat until the potatoes are melted.



# Vietnamese

## Banh Xeo

By Thi Tien Truc Vu from Vietnam



**My recipe offers a unique and delightful twist on a classic dish, combining traditional flavours with innovative ingredients to create a memorable culinary experience**

It is designed to be both accessible for home cooks and impressive for special occasions, ensuring it becomes a favourite in any kitchen.

### Ingredients

#### For the Batter

- 1 cup rice flour
- ¼ cup corn starch
- ½ tsp turmeric powder
- ½ tsp salt
- ½ cups coconut water
- 1 ½ cups water
- 4 green onions, thinly sliced

#### For the Filling

- 225g (½ lb) shrimp, peeled and deveined
- 225g (½ lb) pork belly or thinly sliced pork shoulder
- 1 small onion, thinly sliced
- 1 cup bean sprouts
- Fresh herbs: mint, coriander, Thai basil
- Lettuce leaves (for wrapping)

### Method

#### Prepare the Batter:

- In a large bowl, whisk together the rice flour, corn starch, turmeric powder and salt. Gradually add the coconut milk and water, whisking until smooth. Stir in the green onions. Let the batter rest for at least 30 minutes.

#### Prepare the Filling:

- In a large skillet or wok, cook the pork over medium heat until browned and cooked through. Remove and set aside. In the same skillet, cook the shrimp until pink and opaque. Remove and set aside.

#### Make the dipping sauce:

- In a small bowl, combine the fish sauce, lime juice, water, sugar, garlic and chillies. Stir until the sugar dissolves. Adjust to taste if necessary.

#### Cook the Crepes:

- Heat a non-stick skillet over medium-high heat and lightly grease with oil. Pour a thin layer of batter into the skillet, tilting to cover the bottom evenly. Add a few slices of cooked pork, shrimp, onion and a handful of bean sprouts to one side of the crepe. Cover and cook for about 2-3 minutes or until the edges are crispy and the batter is set. Fold the crepe in half over the filling and transfer to a plate. Repeat with the remaining batter and filling

#### Serve:

- Serve the Bahn Xeo hot, wrapped in lettuce leaves with fresh herbs, and dip in the Nuoc Cham sauce.

#### Notes:

Banh Xeo is traditionally eaten by wrapping pieces of the crepe in lettuce leaves along with fresh herbs, creating a refreshing and flavourful bite.



# Sustainability Tips & Facts for the Kitchen

From the food we buy to how we cook and dispose of waste, our everyday choices in the kitchen directly impact the planet. By adopting sustainable practices like minimising food waste; choosing reusable products; sourcing local and seasonal ingredients, we can reduce our carbon footprint; conserve valuable resources such as water, energy and raw materials; decrease waste and pollution; and save money.

Below are some easy sustainability tips and facts for the kitchen that can help reduce our environmental impact and promote healthier living.

## Resource recovery

- All compostable items such as food scraps, paper towels and tissues should be placed in your home compost bin or green organics bin to be turned into compost for gardens, farms and vineyards.
- Choose “imperfect” looking produce at your local shop. These odd-shaped fruit and vegetables are just as healthy and tasty, and once chopped, peeled or grated, you can’t tell the difference.

## Shopping

- Visit the Farmers Market during the weekend to buy local and seasonal ingredients. This not only supports local farmers and small businesses but also ensures that the produce has higher nutritional content and lower food “food miles” from transporting food over long distances.
- Shopping for pantry staples such as spices, flour, grains, pulses, nuts and dry fruit at the bulk-food store allows you to buy what you need to prevent food waste, especially for items that you only need in small quantities. It also reduces plastic packaging waste, as you can bring reusable containers or use compostable bags to fill up your items.
- Stop by the local community garden to access free, nutritious, and fresh produce for your meals. Use this link to find a community garden near you:  
<https://communitygarden.org.au/sa/>

## Use leftovers creatively

- There are creative ways to use food that is no longer fresh rather than tossing it out. Vegetable peels and scraps can be used to make soup stock. Apples or berries that are soft can be cooked in oatmeal or made into jam. Leftover rice can be made into fried rice. Slightly wilted vegetables are great for soups or stir-fries. You can even use stale bread to make croutons.
- Instead of throwing away the bulbs, stems, or tops of vegetable scraps, you can regrow them in water to sprout more food. Some common vegetables that can be regrown from food scraps are: onions, garlic, leaks, shallots, celery, carrots, turnips, parsnips, beetroots, cabbage, lettuce, basil, mint, coriander and other herbs.

## Switching to reusable alternatives

- While disposable products and packaging are convenient, they come with numerous environmental impacts. The table below shows reusable alternatives you can switch to in your kitchen.



**Fact: Australia wastes over 7.3 million tonnes of food annually. This equates to nearly 300kg of food per person every year. ([Food Innovation Australia, 2021](#))**

**Fact: Food waste costs households \$2000-\$2500 per year. ([Food Innovation Australia, 2021](#))**



| Single-use item  | Reusable item  |
|--|--|
| <ul style="list-style-type: none"> <li>• Cling wrap</li> <li>• Ziplock bags</li> <li>• Freezer bags</li> </ul> | <ul style="list-style-type: none"> <li>• Beeswax wraps</li> <li>• Silicone food covers, lids and pouches</li> <li>• Jars and containers</li> </ul> |
| <ul style="list-style-type: none"> <li>• Baking paper</li> <li>• Aluminium foil</li> </ul>                     | <ul style="list-style-type: none"> <li>• Silicone baking mat</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Produce Bags</li> </ul>   | <ul style="list-style-type: none"> <li>• Cotton mesh produce bag</li> <li>• RPET produce mesh bags</li> </ul>                                      |



**For more tips and tricks to help you live sustainably, scan the QR code!**

Thank you to the Sustainability Officer at Flinders University for providing this information.

# Ghormeh Sabzi

By Mohammad Mahdi Jalilvand from Iran



## Ghormeh Sabzi is one of the favourite Iranian stews which is really delicious.

This type of food mainly consists of herbs and lamb or beef meat. It should be noted that the recipe is tailored for two persons.

### Ingredients

- Lamb or Beef (better to be lamb), cut into small cubes, 250g
- 1 cup freshly chopped parsley
- 1 cup of freshly chopped coriander
- 1/2 cup of finely chopped fenugreek
- 1 cup of finely chopped leek leaves
- 1 medium onion finely chopped
- 2 minced garlic cloves
- 400g drained and rinsed red kidney beans
- 2 dried limes
- 1/2 teaspoon of turmeric
- salt and pepper to taste
- 2-3 tablespoons of extra virgin olive oil
- 2 cups long grain rice
- 2 cups of water

### Method

- First, heat 1 tablespoon of vegetable oil in a large pan over medium heat. Then, add the chopped parsley, coriander, fenugreek, and leek. Mix and continue heating for about 10 minutes until the herbs are dark green and fragrant. After that set the herbs mixture aside.
- In the next stage in a large pot, heat the remaining oil over medium heat. Next, add the chopped onion and garlic, and sauté until they become golden brown. Following that, add the turmeric, pepper, and salt and then stir the mixture well. In the next stage, add the cubed meat and brown on all sides.

- When the herbs and meat are ready, add the sautéed herbs to the pot with the meat. Next, add the drained kidney beans and pierced dried limes. Then, pour water in the pot.
- Following that, the mixture should be simmered. To do that, bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for about 1.5 to 2 hours, stirring occasionally.
- The meat should be tender, and the flavours should meld together. You can season with salt and black pepper to taste. Eventually, serve hot rice. You can use a rice cooker to cook rice. It is recommended to use saffron in serving cooked rice.



# Kiri Kaju Maluwa

## Sri Lankan Cashew Curry

By Inupa Uthsara Gamamede Liyanage Mendis from Sri Lanka



**Kiri Kaju Maluwa is a popular Sri Lankan cashew curry, known for its rich and aromatic flavours.**

The curry's creamy texture is enhanced by coconut milk, a staple in Sri Lankan cuisine. The dish is prepared using freshly extracted coconut milk, soaked cashews, curry leaves, green chilli, and turmeric. Kiri Kaju Maluwa is a symbol of Sri Lanka's love for rich, flavourful, and comforting food, often served during significant events.

### Ingredients

- 250g raw cashew nuts
- 200ml coconut cream
- 300ml coconut milk
- 1 onion
- 2-3 green chilli
- 1/2 tsp turmeric powder
- 1/2 tsp mustard seeds
- 3-4 minced garlic
- Handful of curry leaves
- 100g green peas
- 1 cinnamon stick
- Pandan leaf (optional)
- Salt
- 2 tbsp oil

### Method

- **Soak Cashews:** Soak raw cashew nuts in water for several hours or overnight until they are soft.
- **Prepare Ingredients:** Slice the onion and green chilli. Gather curry leaves, mustard seeds, and other spices.
- **Cook the Cashews:** In a pot, heat oil and add mustard seeds. Once they splutter, add onions, green chilli, curry leaves, and cinnamon stick. Sauté until onions are translucent.
- **Add Cashews and Spices:** Add soaked cashew nuts, turmeric powder, and salt. Stir well.

- **Add Coconut Milk:** Pour in thin coconut milk and cook until the cashews are tender. Add the thick coconut milk towards the end and simmer for a few more minutes until the curry is creamy and well blended.
- **Finish and Serve:** Adjust seasoning as needed and serve hot with rice or bread.



Photo credit: <https://www.theflavorbender.com/sri-lankan-creamy-cashew-curry-vegan/>

# Paneer Pakora

By Amrit Kaur Bhathal from India



## Paneer Pakora is a beloved snack in Punjab, often enjoyed during monsoon seasons or chilly evenings.

The crispiness of the gram flour coating paired with the soft and flavourful paneer inside makes it an irresistible treat. This snack brings back memories of family tea-time gatherings, where conversations flow as freely as the hot chai. Paneer Pakora is not just a snack but a symbol of warmth and comfort, often served to guests as a gesture of hospitality.

In our family, Paneer Pakora holds a special place. We love making them during rainy days or cool evenings, sitting together and enjoying the delicious treat while sharing stories and laughter. It's more than just a snack for us—it's a way to create joyful memories and celebrate our time together. Whether it's for an evening snack or a late-night craving, Paneer Pakora is always a favourite in our home.

### Ingredients

- 200 grams paneer (cottage cheese), cut into cubes
- 1 cup gram flour (besan)
- 1 teaspoon red chilli powder
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 teaspoon chaat masala
- 1/2 teaspoon carom seeds (ajwain)
- Salt to taste
- Water (as needed to make a batter)
- Oil for deep frying

### Method

- Prepare the Batter - In a mixing bowl, combine gram flour, red chilli powder, turmeric powder, garam masala, chaat masala, carom seeds, and salt. Add water gradually to make a thick, smooth batter.
- Heat Oil - Heat oil in a deep-frying pan over medium heat.

- Coat Paneer - Dip each paneer cube into the batter, ensuring it is well-coated.
- Fry Pakoras - Carefully drop the batter-coated paneer cubes into the hot oil. Fry until golden brown and crispy.
- Remove with a slotted spoon and drain on paper towels.
- Serve - Serve hot with mint chutney, tamarind chutney, or ketchup.





# Tuna Cake

By Antoine Vivien from France



**This recipe is coming from my mother. In 1997, her friend made a tuna cake and when my mum tasted it, she instantly loved it and realised that the recipe was really simple to cook.**

So, she decided to keep the recipe and since 1997, she still loves to cook it, especially for my little brother and I. As I'm born in 1999, I always lived with my mum's tuna cake and today, it's still my favourite of my mum's recipe.

It is a salty cake that is often unfamiliar to international people. It is a simple recipe that only requires around 15 minutes before being put in the oven. Hopefully, you will like it!

## Ingredients

- 200g flour
- 4 eggs
- 1 sachet yeast
- 200ml milk
- 100ml olive oil
- 100g grated cheese
- 300g tuna
- 100g sliced mushrooms
- Salt
- Pepper

## Method

- Preheat oven at 180 degrees.
- In a bowl, add the flour and eggs.
- Gradually add the milk, stirring until the mixture is liquid and homogeneous.
- Add the olive oil, yeast, salt and pepper, and mix well.

- Pour the mixture into a flat-bottomed dish.
- Spread the tuna, sliced mushrooms and grated cheese over the surface, making sure they are completely submerged in the mixture.
- Put the dish in the oven for 45 minutes.



# Smørrebrød (open sandwiches)

By Haylee Nielsen from Australia



**My Dad is from Denmark, he moved to Australia when he was 9 years old. I have grown up eating Smørrebrød for as long as I can remember!**

I thought for a very long time this was a typical way to eat sandwiches for all households in Australia. Now that I know it's popular origin, it's a meal that is so simple but holds a very wholesome meaning to me. I also loved it whilst studying at Uni as it's super easy to make and the choice of toppings are completely a personal preference!

## Ingredients

- Danish Rye Bread (just needs to be a denser bread base to support the toppings)
- Butter
- Salt and Pepper to finish

## Smoked Salmon and Cucumber

- Sliced smoked salmon
- Thinly slices cucumber
- Mayonnaise
- Cayenne pepper
- Spring onion (garnish)

## Salami

- Salami slices
- Cherry tomato wedges
- Pickled red onions
- Diced pickles
- Fresh parsley (garnish)

## Avocado and Egg

- Mashed avocado spread
- Boiled egg slices
- Fresh parsley (garnish)
- Spring onion (garnish)

## Cheese and Tomato

- Hard cheese slices
- Tomato slices
- Basil (garnish)

## Beef and Pickles

- Butter lettuce slices
- Roast beef slices
- Mayonnaise
- Pickles
- Sliced radishes

## Methods

- Spread butter on slices of rye bread. Alternatively “Ryvita” type like crispbread can be used.
- Add your desired toppings and enjoy!



# Nepalese MoMo

By Sarita Gurung from Nepal



**It is a very sought after food from Nepal and here most of the people have liked it whenever I offered them at work or campus.**

## Ingredients

### For MoMo

- MoMo pastry round shape
- 250g chicken mince
- 2 finely chopped red onion
- 5 gloves of minced garlic
- coriander
- 2 tbsp cumin powder
- 2 tbsp coriander powder
- Salt
- 1 tbsp Sunflower/Olive Oil (to cook)
- Green chillies (optional)

### For Chutney

- 2 large tomato
- Coriander
- 2 cloves garlic
- 2/3 green Chillies
- 2 tbsp sesame Seed
- Black Nepali pepper

## Method

- Put 250g chicken mince, 2 x big finely chopped red onion, 5 x crushed garlic cloves, finely chopped coriander all in one big bowl and season with 2 tbsp of cumin and coriander powder, salt to taste, 1 tbsp of MoMo masala (can get in Asian shop, not mandatory) and 2 tbsp of oil. Mix all the ingredients well.
- Take one Momo pastry, rub water with your finger all around the edge of it and put a small amount of mixture in it just leaving enough room to wrap. Do not overfill the pastry with the mixture otherwise it is hard to wrap.

- There are different ways for wrapping but you just have to make sure you close the edges together, tucking the mixture inside.
- Put on the steamer you can use baking paper or some oil inside the steamer pot to avoid stickiness and steam for 30/40 minutes.
- For chutney take 2 big size tomato and boil it. Boil until it gets crack on it and let it cool on room temp.
- Put cool boiled tomatoes, 2 cloves of garlic, 2/3 green chillies (according to level of spice), black Nepali pepper, green coriander, salt to taste and 2 tbsp roasted sesame seed in the blender and blend it to a paste.
- Serve the MoMo with chutney. Dip the MoMo in the chutney and enjoy it.





# Pork Bafat

By Jayson Sandesh Lobo from India



**Pork Bafat is a flavoursome and fragrant Mangalorean dish that reflects immense riches in culinary traditions from this coastal Indian region.**

The principal ingredient used in its preparation is obviously bafat masala, which is what renders that unique taste.

## Ingredients

- 1 kg pork with fat (Pork belly is preferable)
- 3-4 big onions
- 2-3 green chillies
- 10-12 cloves garlic
- 2 inches ginger
- 2 inches cinnamon or cassia bark
- 4 cloves
- 2 bay leaves
- 2-3 tablespoons bafat powder
- 2-3 teaspoons thick tamarind extract
- 1/2 teaspoon vinegar
- Salt to taste

## Method

- Dice pork into medium-sized pieces, making sure each has a bit of fat on it.
- Prepare the aromatics: Chop the onions in big cubes, chop ginger fine, and slit green chillies.
- Put everything together: In a large pot, add pork, green chillies, ginger, cinnamon, cloves, bay leaves, salt, tamarind extract, bafat powder, and vinegar.
- Cook until pork is tender, and the gravy thickens on low heat.
- Saute onions and garlic at the very last for that extra flavor.
- Serve: It is traditionally served with Sanna (Mangalorean idlis or rice cakes).








Photo credit: <https://whiskwise.wordpress.com/2016/11/02/pork-bafat/>

# Nutrition Tips for Students

## Nutrition and Health

- Nutrition can have an impact on our thinking skills, behaviour and health.
- Poor nutrition can leave you susceptible to illness. A healthy diet is also linked to a reduced risk of mental health issues.
- Research has shown a significant negative correlation between poor eating habits (fuel eating, fun eating, fog eating, and storm eating) and academic performance.
- Studies have demonstrated that eating breakfast regularly and consuming adequate vegetables and fruits significantly impact academic achievement.

## Food Sources and it's benefits to the brain

|   |   |
|---|---|
|    | Kale, spinach, and broccoli are rich in vitamin K, leutin, folate, and beta-carotene, to assist in reducing cognitive decline.  |
|   | Source of Omega 3 fatty acids and unsaturated fat are correlated with lower beta-amyloid levels in the blood (protein that causes damaging clumps in the brain), reducing Alzheimer's disease.  |
|  | Flavonoids in berries improve memory and can delay memory decline if 2 servings are eaten per week.   |
|  | Caffeine found in tea and coffee can provide a short-term boost in concentration. A higher caffeine consumption may prevent the absorption of several mineral, cause sleep problems and make you feel irritable as well as anxious. Consume tea and coffee in moderation. |
|  | Nuts contain protein and healthy fats, and walnuts can improve memory.  |



## Benefits of Cooking

"It provides the nutrition our bodies crave and encourages social interaction, all of which are critical to preserving cognitive fitness."\*

Planning, organising, multi-tasking, and cooking, establishes goal-directed thoughts and actions, promoting the individual to focus, prioritise, and solve.\*\*

Cooking can improve mental health by reducing anxiety and depression, and overall wellbeing through stress relief. \*\*

### Healthy Eating on a Budget

- Check the foods already available in your fridge and pantry to incorporate into the next shop and avoid food wastage.
- Create a weekly meal plan and stick to a shopping list.
- Buy fruit and vegetables in season – most of the time they are on special.
- Select home brand products.
- Purchase canned or frozen fruit and vegetables.
- Cook at home and opt for meal-preparation.

### Meal Plan Examples

- Breakfast: Low fat yogurt with muesli, fruit, and honey OR wholegrain toast with avocado, egg, and spinach and tomato.
- Lunch: wholegrain roll with meat option and salad OR sushi OR tacos with meat and salsa/salad.
- Dinner: Oily fish, brown rice, and cooked mixed vegetables e.g. broccoli OR lamb cooked in the slow cooker with potatoes, chickpeas and spinach.
- Snacks: Power smoothie: mixed berries, banana, oats, almonds, and low-fat milk OR handful of nuts with a piece of fruit.

### Managing Homesickness by Cooking

The memory of happily sharing food with family and friends back home but the lack of access to it would feed into a homesickness cycle.

- Access cultural shops in the city and Chinatown and try making a dish from home
- Invite people to commune together and create memories.

### Find a Passion for Cooking

Cooking is engaging and enhances interaction to form friendships and the bond with family and friends. Allow yourself to feel inspired and allow nutrition, food and cooking to become a priority.

- Find a recipe each week that is interesting and nutritious.
- Save recipes on Pinterest.

You will be forming connections, increasing skills, while creating a meal for health.

Thank you to the Nutrition Students at Flinders University for providing this information.



# Sweet and sour Ribs

By Zongyi Jiang from China



**It is a representative dish of the famous Hunan cuisine, one of China's eight major cuisines.**

This is a prevalent dish in Changsha and is enjoyed by almost every family.

## Ingredients

- Fresh pork ribs
- White sugar
- Vinegar
- Soy sauce
- Cooking wine
- Salt
- Green onions
- Ginger

## Preparing the ribs

- Cut the ribs into sections, rinse them with clean water and allow them to soak for 30 minutes before washing again
- Place ribs into pot of cold water, add green onion, ginger slices, and cooking wine and bring to boil over high heat to remove blood

## Preparing the Caramel

- Add a small amount of oil to the pan, and melt the rock sugar over low heat. When it turns red and bubbles, add the ribs and quickly stir-fry them to evenly coat

## Adding Seasoning

- After stirring evenly, add green onions, ginger and stir-fry until fragrant
- Pour in the prepared sweet and sour sauce (a mixture of white sugar, vinegar, soy sauce, cooking wine and salt) and stir-fry evenly

## Simmering and reducing

- Add boiling water until it just covers the ribs and simmer over medium-low heat for about 40 minutes

## Final Steps

- Simmer until the ribs are tender and the sauce is thick. Sprinkle with white sesame seeds as a garnish before serving.



# Lomo Saltado

By Jose Diaz Armijo from Peru



**In recent years, Peruvian cuisine has gained international recognition due to its diverse ingredients, which include products from the coast, highlands, and jungle of Peru.**

This diversity is complemented by a rich blend of influences from different cultures. One of the most representative dishes is lomo saltado, which embodies this fusion and has significantly contributed to Peru being considered the gastronomic capital of Latin America.

## Ingredients

- 500 grams of beef tenderloin, cut into strips
- 2 red onions, cut into thick julienne strips (divided into two groups)
- 3 tomatoes, cut into wedges
- 1 yellow chilli pepper, cut into strips (optional)
- 3 cloves of garlic, minced
- 1 red capsicum, cut into strips (optional)
- 2 tablespoons of soy sauce
- 2 tablespoons of red wine vinegar
- 1 tablespoon of oyster sauce
- 1 teaspoon of ground cumin
- Salt and pepper to taste
- A bunch of coriander, chopped
- 2-3 green onions, chopped
- Vegetable oil
- French fries (as desired)
- Cooked white rice (as desired)

## Method

- **Marinate the Meat:** In a bowl, mix the beef with a bit of salt, pepper, cumin, and one tablespoon of soy sauce. Let it marinate for about 10-15 minutes.
- Fry the potatoes in hot oil until they are golden and crispy. Drain on paper towels and set aside.

- Heat a bit of oil in a large frying pan or wok over high heat. When it's very hot, add the beef strips and cook quickly until browned on the outside but still juicy inside. Remove the beef from the pan and set aside.
- In the same pan, add a bit more oil if necessary and add the minced garlic. Sauté for a few seconds and then add one group of onions and the yellow chilli pepper (and red capsicum if using). Cook until the onions are slightly browned.
- Add the tomatoes to the pan. Cook for about 2-3 minutes until the tomatoes start to soften. Then, return the beef to the pan.
- Add the vinegar, the rest of the soy sauce, and the oyster sauce. Sauté everything together for another 2 minutes, ensuring all ingredients are well-mixed and heated through. Add the green onions and mix gently.
- Add the other group of onions and gently mix. Sprinkle with chopped coriander.



# Mongolian

## *Boiled Meat (Chanasan mah)*

By Altaituya Burnee from Mongolia



**Traditional animal husbandry is a vital part of Mongolian culture. Consequently, most main dishes feature meat from the five major livestock:**

This boiled meat recipe, passed down from my beloved father, is special for its simplicity and the ease with which ingredients can be sourced from any grocery store. The preparation time is just one hour.

### Ingredients

- 1.5kg beef ribs
- 1 tsp sea salt
- 1 onion
- 3 carrots
- 6-7 potatoes
- oil (i.e., olive oil)

### Method:

- Prepare the meat for cooking. Mongolians typically use a whole sheep carcass for this dish when using mutton. They employ traditional methods to separate the meat, avoiding the use of cutting machines.
- Then, place the prepared meat (beef ribs in this recipe) into water and boil for half an hour.
- While the meat is boiling, make the dough and let it rest.
- Prepare the vegetables by peeling and washing them.
- Now, roll out the dough as thin as possible.
- Apply a thin layer of oil on the dough.
- Roll and cut into pieces.
- Add veggies into the soup.
- Place them on the steam trays and steam for 15 minutes above the meat. If you don't have steam trays, add them to the boiling soup instead.
- Meanwhile, make a sauce by combining chopped onion, salt, and meat broth.
- After 15 minutes, serve the food on the plate.





# Cantonese Style *Chicken and Potato*

By Peng Robson from Malaysia



**This dish has been long been revered as a Sum family favourite, cooked by my dad Ah Sui who was an incredible cook/chef and made dinner time always memorable**

Food was a very big part of my family and culture, and it is instilled in me that cooking for loved ones is one the most important way to show you care. In 2021 dad was diagnosed with leukemia and was terminal, before he passed away in June that year, we spoke on a video call where he shared the recipe with me.

This was the last recipe he shared before he passed away. Although this recipe brings me to a place of sadness, the dish holds so many happy memories and when I cook this, it takes me back to my childhood and this only ever brings a smile to my face.

## Ingredients

### Marinade for chicken

- 3-4 chicken thighs
- 1 tbsp of Chinese cooking wine (Shaoxing wine)
- 1 tsp of sesame oil
- 1 tbsp of light soy sauce
- Pinch of white pepper

### Rest of ingredients

- 2-3 potatoes
- 2-3 cloves of garlic
- 1 tbsp of vegetable oil
- 2 tbsp of light soy
- 2 tbsp of dark soy
- Half chicken stock cube
- Pinch of white pepper
- 250ml of water
- 1 tsp of corn flour
- 1 tbsp of water

## Method:

- Cut chicken thighs into 1-2cm cubes
- Marinate the chicken in a bowl with Chinese cooking wine, white pepper, sesame oil and light soy.
- Let it marinate for at least 1-2 hours before cooking (overnight is best)
- Cut potatoes into 2-3cm cubes with skin on or off
- Par boil potatoes, do not cook all the way through – once done set aside
- Finely chop garlic cloves
- Fry chicken on high heat with oil till it gets a nice golden colour.
- Turn down the heat and add garlic, and sauté but don't let the garlic burn.
- Add the potatoes in and sauté for about a minute till all chicken, potato is covered with garlic.
- Then add the light and dark soy sauce. Mix all together ensuring all ingredients in the pan are combined.
- Add water to the pan and allow it to come to a boil and then reduce heat and let it simmer. Let it simmer for 20 minutes or until you see the sauce getting thicker.
- If the sauce is not thickening, then mix corn flour and water to make a slurry and mix that into the pan and turn up the heat.
- Serve immediately with some rice and some steamed vegetables.



# Tomato and Egg Stir fry

By Xiaomin Qiu from China



**My recipe for Tomato and Egg Stir Fry represents a delicious and nutritious Chinese dish that is both simple to prepare and full of flavour**

It's not only a staple in Chinese households but also a versatile and satisfying option that can be enjoyed as a main dish or a side. By including this recipe, the cookbook can offer a taste of authentic Chinese cooking that is accessible and appreciated by people from diverse culinary backgrounds.

## Ingredients

- 4 eggs
- 5 tomatoes
- 2 cloves of garlic, minced
- 2 tbsp peanut oil
- 1 tbsp soy sauce
- Salt
- White Pepper
- 1 tsp cornflour
- Water

## Method

- Crack four eggs into a bowl, add a pinch of white pepper, and beat well. Set aside.
- Dice 5 tomatoes and chop 2 cloves of garlic. Set aside.
- Heat a little peanut oil in a pan. Add the beaten eggs and scramble over high heat until cooked through. Transfer to a bowl and set aside.
- Heat a little more peanut oil in the pan. Add the diced tomatoes with a pinch of salt and stir fry until tomatoes soften and release their juices. Add chopped garlic.

- Return the scrambled eggs to the pan with tomatoes. Cook together for 5 minutes, stirring occasionally. Season with a splash of soy sauce during cooking.
- Mix a small amount of cornflour with water, then add to the pan and stir until the sauce thickens slightly.
- Serve immediately. Enjoy your perfect Tomato and Egg Stir Fry!



Photo credit: <https://redhousespice.com/tomato-egg-stir-fry/>

# Indian Samosa

By Amrit Kaur Bhathal from India



## Samosas are a beloved part of Punjabi cuisine, enjoyed by people of all ages. This snack is often savoured during teatime or festive occasions

In our family, samosas hold a special place in our hearts. Whether we're feeling low or high in emotions, wanting to express gratitude or apologise, this recipe always brings us together. It's the one that makes everyone feel welcome and ensures we have a great time together, especially with a cup of chai. Samosas are more than just a snack; they travel with us wherever we go, creating moments of joy and connection.

### Ingredients:

For the Dough:

- 2 cups all-purpose flour
- 1/4 cup ghee or oil
- 1/2 teaspoon salt
- Water (as needed)

For the Filling:

- 4 medium-sized potatoes, boiled and mashed
- 1/2 cup green peas, boiled
- 1 onion, finely chopped
- 2 green chillies, finely chopped
- 1 teaspoon ginger, grated
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1 teaspoon chaat masala
- 1 teaspoon amchur (dry mango powder)
- Salt to taste
- Fresh coriander leaves
- Oil for frying

### Method:

- Prepare the Dough: In a large bowl, combine the all-purpose flour, ghee or oil, and salt. Mix well. Add water gradually and knead to form a firm dough. Cover and set aside for 30 minutes.
- Prepare the Filling: Heat a little oil in a pan. Add cumin seeds and let them splutter. Add chopped onions, green chillies, and grated ginger. Sauté until onions are golden brown. Add mashed potatoes, green peas, coriander powder, garam masala, chaat masala, amchur, and salt. Mix well and cook for a few minutes. Add chopped coriander leaves and mix again. Let the filling cool.
- Shape the Samosas: Divide the dough into equal portions and roll them into balls. Roll out each ball into an oval shape. Cut the oval in half to form two semi-circles. Take one semi-circle and fold it into a cone shape, sealing the edge with a little water. Fill the cone with the potato filling and seal the top edge, forming a triangular shape. Repeat with the remaining dough and filling.
- Fry the Samosas: Heat oil in a deep-frying pan over medium heat. Fry the samosas in batches until golden brown and crispy. Remove and drain on paper towels.
- Serve hot with mint chutney, tamarind chutney, or ketchup.





# Maldivian *Mashuni*

By Shazeena Ahmed Naseem from the Maldives



This traditional Maldivian breakfast is simply astounding and delicious. This is considered as a staple food in Maldives. It is simple to make with just few easily available ingredients. Mashuni can be eaten with roshi (flat bread), parata or even bread.

#### Ingredients:

- 1 can of Tuna
- 1 cup of freshly grated coconut
- 1 medium size onion
- 1 chilli
- 1 lime
- Salt to taste

#### Method

- Cut the onion and chilli into small pieces and add the content to a bowl
- Add salt and lime
- Mix well
- Add tuna and grated coconut
- Mix all the ingredients well
- Serve with roshi, parata or bread



# Sri Lankan Style Egg Curry



By Seya Manawamma from Sri Lanka

**I started to cook only after leaving home. As years passed by, cooking has become a joy and a therapeutic process for me.**

My go to comfort food is a simple Sri Lankan rice and curry meal.

## Ingredients:

- 4 large boiled eggs with shells removed
- 1/2 small chopped onion
- 1 minced garlic clove
- 1/2 green or red chilli sliced
- 1 sprig of curry leaves
- 1/4 tsp turmeric
- 1/8 tsp fenugreek seeds
- Small piece of cinnamon
- Salt to taste
- 250ml thin coconut milk
- 50ml thick coconut milk

## Method

Prepare your boiled eggs first.

- Bring a pot of water to the boil, add your eggs gently into the pot.
- Boil your eggs for 8-10 minutes for hard boiled eggs.
- Remove the eggs and refresh them under cold water.
- Once eggs have cooled down, peel the shells and set aside the eggs.

Now to the curry.

- Add all the ingredients except boiled eggs and thick coconut milk into a saucepan.
- Give it a good mix and cook it over medium heat stirring regularly for 8 minutes or until the coconut milk has come to a gentle boil.
- Add the eggs and cook for a couple of minutes while continuing to stir. When stirring, ensure that you don't break the eggs.
- Add the thick coconut milk and let the curry cook for another 2-3 minutes.
- This curry can be served with rice or bread.



# Egg Drop Soup

By Cassie Ankers from Australia



As a cash-strapped student, I scoured every corner of my budget for affordable yet nutritious meals. It was during those lean years that a friend introduced me to the humble egg drop soup.

The basic version was straightforward: a delicate broth, wisps of beaten egg, and creamed corn. But I craved more. I added spring onion for depth, bacon for richness, and chilli for a subtle kick. The result was a comforting bowl that transcended its humble origins.

Fast forward to today—It's become a cherished family tradition. The soup warms not only our bodies but also our hearts.

## Ingredients:

- Chicken noodle soup pack x 1 (45-50g pack)
- 6 cups of water
- Creamed corn (420g)
- 3 eggs
- Bacon (200g) - optional
- 3-4 stalks of spring onion
- 1-2 chillies (optional)
- Bread or roti to serve

## Method

- Slice bacon, spring onion and chilli
- Beat eggs in a bowl
- Heat large pot over medium heat
- Once the pot is hot, add bacon, stirring occasionally until crispy (3 minutes)
- Add spring onion and chilli to bacon and stir occasionally (2 minutes). Once finished remove and reserve for later
- Add water to pot and bring to boil
- Add chicken noodle soup and cook (4 minutes)
- Slowly add beaten eggs to soup (2 minutes)
- Add in the ingredients set aside before to reheat
- Remove from pot and serve with roti or bread







Flinders  
University

# Dutch *Pannenkoeken*

By Odile Ruijs from the Netherlands



**You can eat pancakes, especially these ones, any time of the day or night. In my family, they've become a tradition after sleepovers. The kids (then teenagers, now young adults) love it!**

Some of my family's favourite toppings: lemon or lime juice with honey; cheese sprinkled with ground paprika; appelstroop ("apple syrup" or use maple syrup); thinly sliced apples fried first then add batter, sprinkle with cinnamon; any type of jam; etc.

## Ingredients:

- 250 grams of flour
- 500 ml of milk
- Butter (approx. 50 gr)
- 2 eggs
- Pinch of salt

## Method

- Lightly beat the eggs in a separate bowl. Sift the flour and salt into a mixing bowl. Make a well in the middle and add the eggs. Beat the eggs into the flour with a whisk and gradually add half of the milk at the same time. Mix everything with a whisk or mixer until you have a thick, smooth batter. Then mix in the rest of the milk.
- Heat a bit of butter in the frying pan (medium to high) and add 1 soup ladle of batter (approx. 100 ml). Carefully move the pan in a circle so that the batter is spread over the entire bottom of the pan.
- Bake the pancake for approx. 3 minutes on medium heat (until top is dry). Turn the pancake with a spatula and bake the pancake for approx. 2 minutes. Use a little of the remaining butter for each next pancake if necessary. Colour should be as in the photos – may be less than 2-3 minutes.

- Serve the pancakes with topping of your choice (see above for ideas) and eat them while they're hot!





# Apple and Cabbage Oat Omelette

By Yawen Deng from China



**This recipe helps to provide basic nutrition for daily life. Also it is very important for student to intake enough vegetables and protein while studying and working with limited budget and time.**

## Ingredients

- Diced Apple (1/4 apple)
- Chopped Cabbages (2 leaves)
- Eggs (3)
- Milk (1/2 cup)
- Sugar (1 finger)
- Salt (1 finger)
- Oat (1 cup of oat and soak with milk or water and microwave for 2 minutes)
- Tabasco (optional)

## Method:

- Mix all ingredients together and stir
- Put oil on the stir fry pan
- Put all ingredients into the pan on low heat and fry until the bottom is golden and brown
- Flip omelette over and cook until golden and brown
- Serve with tabasco or other sauces you like



# Payesh

## Sweet Dessert

By Suraia Afrin from Bangladesh



**I introduced the dish to people from different cultures, and it felt like sharing a piece of Bangladesh with them.**

Rice porridge, known as "Payesh" in Bengali, is a cherished dish in Bangladesh, often bringing back memories of home for me. It's also called "kheer" and is believed to have originated in South India thousands of years ago.

The first time I made Payesh here was for a multicultural program arranged for Australia Awards scholars. I remember the moment vividly—the familiar, comforting aroma of simmering rice and milk filled the air, reminding me of home.

### Ingredients

- Aromatic /Kalijira rice - 1 cup (150ml cup)
- Liquid milk - 1.5 litre turn to 1 litre after boiling
- Powder milk - 1 cup
- Cardamom - 2-3
- Cinnamon - 2-3. (1 inch size)
- Clove - 2
- Bay leaf - 2
- Raisins - 1 tbsp
- Almonds - finely sliced 1 tbsp
- Sugar - 250 gram

### Method

- In a large pot, bring 1.5 litres of milk to a boil. Let it simmer until it reduces to about 1 litre. During this process, add sugar and keep stirring occasionally to prevent sticking.
- In a separate pan, boil the rice until it's partially cooked (about halfway). Once the rice is ready, pour the reduced milk into the rice and stir continuously. Cook on medium heat for 5-10 minutes, ensuring the rice and milk blend well. Add the powdered milk and stir frequently until the mixture turns creamy and thick.

- Let the Payesh cool to room temperature. Once cooled, stir in the raisins and garnish with sliced almonds for decoration.

Serve:

- Enjoy your creamy, delicious Payesh either warm or chilled. Yum!



Photo credit:<https://carveyourcraving.com/>



# Milk rice and Seeni Sambol

By Pavithra Wickramage from Sri Lanka



**Sri Lankan Milk Rice, which is also known as "Kiribath," is a traditional Sri Lankan dish often served during special occasions and celebrations.**

My friend and I brought a sweeter version of Sri Lankan Milk Rice to an event, assuming that majority in an Australian gathering would prefer sweeter version over the spicy one. Many enjoyed and loved the dish which brought much love and joy in a new home, in a new land with a new family.

## Ingredients

### Sri Lankan Milk Rice

- 2 cups of Australian long-grain rice or any variety of raw white rice
- 2 cups of water
- 2 cups of thick coconut milk
- 1 teaspoon salt

### Seeni Sambol (Caramelized Onion Relish)

- 100 g of chopped onion
- 100 g of brown sugar
- 2 tablespoons of coconut oil or cooking oil of your choice
- 1/2 teaspoon salt
- 1/2 teaspoon chilli
- 1 small cinnamon stick
- 10-12 curry leaves on stalk
- 1/2 cups of water

## Method

- Rinse the rice well under cold water until the water runs clear. This helps to remove excess starch
- In a large pot, combine the rice and water. Bring to a boil over medium heat. Once it starts boiling, reduce the heat to low, cover the pot, and let it simmer until the rice is fully cooked and all the water is absorbed (about 15-20 minutes). If you are using a rice cooker combine the rice and water and cook until it is automatically switched off.
- Once the rice is cooked, add the coconut milk and salt to the pot or rice cooker pot. Stir well to combine.

- Continue to cook on low heat, stirring occasionally, until the mixture thickens and the rice absorbs most of the coconut milk (about 5-10 minutes). If you are using a rice cooker switch off for about 5 minutes. The rice should have a creamy texture.
- Take a shallow dish or a tray. Transfer the cooked rice mixture into the dish, spreading it evenly and pressing it down with the back of a spoon or spatula to flatten it.
- Allow the milk rice to cool and set for about 15-20 minutes.
- Peel the onions and slice them thinly.
- Heat the oil in a pan. Add in the cinnamon and curry leaves. Let them stay in for a few seconds, without burning.
- Add the sliced onions to the pan now, along with a little salt and a little half a teaspoon of chilli. Mix well. Turn the flame down to medium. Saute the onions on a medium flame for 3-4 minutes and stir well.
- Cook on medium flame for 4-5 more minutes. Switch off the stove when the ingredients come together into a homogeneous mixture and get a nice dark brown colour.

Serve warm with milk rice pieces.



**Cookbook  
Competition  
Winner!**

# Filipino Crinkle Cut Cookies

By Carla Cabiling from the Philippines



**These crinkle cookies hold a special place in our family and in Filipino culture. Though not an original creation of my grandmother, she became known for her version of these popular cookies in Philippines.**

When my grandmother passed the recipe to my mum, it became more than just a set of instructions—it was a way to continue a cherished tradition. My mum kept the spirit of the cookies alive, using them to create moments of connection and delight as we make them.

Now, as I share this recipe, I'm honoring a tradition that celebrates how food can bring us closer. These crinkle cookies are not just a treat; they are a symbol of togetherness, sweetness and the happiness we share through every batch.

## Ingredients

- 2 cups all-purpose flour, sifted
- 1/2 cup canola oil
- 1 cup granulated sugar
- 4 eggs
- 1 tablespoon vanilla extract
- 140g bittersweet or dark chocolate chips
- 1 cup unsweetened cocoa powder
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 cup powdered sugar

## Method

- Melt the chocolate chips using a double boiler or a chocolate melter. Set aside to cool slightly.
- Prepare Dry Ingredients: In a large bowl, combine the sifted flour, salt, and baking powder. Mix well and set aside.

- Prepare Wet Ingredients: In another mixing bowl, combine the granulated sugar and cocoa powder. Mix until well distributed. Add the canola oil, vanilla extract, melted chocolate, and eggs to the sugar-cocoa mixture. Mix until thoroughly combined. (Using a stand mixer with a paddle attachment is ideal for this step.)
- Combine Wet and Dry Ingredients: Gradually add the flour mixture to the wet ingredients while mixing. Continue until all the ingredients are well incorporated.
- Cover the mixing bowl with plastic wrap and refrigerate for at least 4 hours or overnight.
- Preheat Oven: Preheat your oven to 350°F (175°C).
- Shape and Coat: Scoop out tablespoon-sized portions of the chilled chocolate mixture and shape them into balls using your hands. Slight press on the light surface (slight press only do not flatten). Cover each side in powdered sugar until fully coated.
- Bake: Arrange the powdered sugar-coated balls on a baking tray lined with parchment paper, spacing them about 2 inches apart.
- Bake in the preheated oven for 13 minutes.
- Cool: Remove from the oven and let the cookies cool on the baking tray for 10 minutes.
- Serve: Serve the cookies and enjoy!



# French Macarons

By Antoine Wanctin from France



**The following is a classical French recipe that I learned from my mother with all her tips and tricks to make the perfect macaron!**

## Ingredients

For the Chocolate Ganache (72 macarons):

- 500 g of thickened cream
- 500 g of dark chocolate (at least 64% of chocolate)
- 145 g of butter (or salted butter) at room temperature

For the Lemon Ganache (72 macarons):

- 225 g fresh whole eggs
- 240 g white sugar
- 8 g untreated lemon zest
- 160 g fresh lemon juice (around 4 or 5 lemons)
- 350 g butter (or salted butter)
- 100 g almond meal

For the shells (144 shells -> 72 macarons):

- 300 g almond meal
- 300 g icing sugar
- 220 g egg whites (7 egg whites, see Tips)
- 300 g white sugar
- 75 g water
- Food colouring or cocoa powder

## Method

Chocolate Ganache

- Cut the butter into small cubes and finely chop the chocolate into small pieces. Put these dry ingredients into separate bowls to the side for later.
- Bring the cream to a boil. Pour it over the chopped chocolate in three batches, mixing between each addition.
- When the mixture reaches 50°C gradually incorporate the butter, again in three successive batches. Ensure to mix until the butter is melted, and the ganache is smooth.
- Pour the mixture into a baking dish.
- Cover the ganache with plastic wrap, ensuring it touches the surface to prevent condensation from dripping into the mixture.
- Keep in the refrigerator until the ganache is creamy.

## Shells

- Sift the almond meal and the icing sugar. Weigh again to ensure the correct quantity.
- Prepare the "tant-pour-tant" by mixing the almond meal with the icing sugar.
- Incorporate half of the egg whites (110 g) into the tant-pour-tant and mix until you get a paste.
- Put the remaining egg whites into a stand mixer or a mixing bowl if using a hand mixer.
- Boil the water and white sugar to make a syrup. When it reaches 110°C, start whipping your egg whites.
- At 118°C pour the syrup over the egg whites while continuing to whip.
- Whip until the egg whites cool to about 50°C. The meringue should be smooth and shiny.
- You can add the food colouring or the cocoa powder either to the meringue or the tant-pour-tant. If adding to the meringue, whip a bit more until the colour is well incorporated.
- Add the meringue to the "tant pour tant." Mix with a spatula from the bottom to the top and from the sides to the centre. The batter should form a ribbon when lifting the spatula. This is called macaronage (see Tips). Be careful not to make the batter too runny.
- Preheat the oven to 180°C.
- Put the batter into a piping bag with a 10 mm round tip and pipe the shells onto a cold baking sheet. (See Tips)
- Tap the baking sheets on the counter to remove air bubbles.
- Let the shells rest in open air for 20 minutes.
- Bake for about 12 minutes. Occasionally open the oven door to let steam escape or wedge a spatula handle in the door to keep it slightly open. Do not remove the baking tray during the process or the shells will crack.
- After baking, gently hollow out the inside of the shells and let them cool.
- Fill the macarons with a ganache of your choice using a piping bag with a 10 mm round tip and let them rest in the fridge for 48 hours in an airtight container (See Tips).

# French Macarons

By Antioine Wancin from France



## Lemon Ganache

- Rinse and dry the lemons. Grate the zest.
- Rub the zest with the sugar using your hands.
- Mix the lemon juice, lemon sugar, and eggs in a bowl.
- Place the bowl over a double boiler.
- Whisk until the mixture reaches 83/84°C.
- Let it cool to 60°C before incorporating the butter in pieces.
- Whisk until the cream is smooth, then blend with an immersion blender for 10 minutes.
- Pour the cream into a baking dish.
- Cover the cream with plastic wrap, ensuring it touches the surface.
- Keep in the refrigerator until the next day or at least a few hours.
- The next day, mix the almond powder with the lemon cream.



## Tips

- Age the egg whites. It's better to separate the egg whites from the yolks a week before, then store them in the refrigerator in an airtight container. Remove them from the fridge a few hours before using them to ensure they are at room temperature.
- Master the macaronage. This involves incorporating the almond flour and powdered sugar mixture into the whipped egg whites. The technique is simple: using a spatula or a dough scraper, lift the mixture from the outside and bring it to the centre, turning the bowl a quarter turn each time. By hand, this takes about ten minutes. You can also macaronage using a stand mixer. Use the flat beater (or paddle) on the lowest speed for a few seconds (around 30 s). The macaronage is successful if the mixture forms a ribbon.
- Use cold baking sheets. Otherwise, the shell will crack. To save time, it's better to have two baking sheets on hand so you can bake without waiting and allow the first sheet to cool. Ideally, use a perforated baking sheet to promote hot air circulation.
- Open the oven. Macarons don't like humidity. To prevent the shells from cracking, keep the oven door slightly open to let the steam escape or open it every 4 or five minutes.
- Rest the macarons. This resting time is crucial for the macarons to develop all their flavours and have a nice and smooth texture.



# Student Resources

Below are some key resources to help you on your foodie journey in Adelaide!

## Supermarkets

[StudyAdelaide](#) has a page with information on Food in Adelaide. You can also find big supermarkets like Aldi, Coles, Drakes, Foodland, IGA, Romeo's, Woolworths nearby.

**Hot tip: Usually seasonal fruit and vegetables are on special.**

## Speciality Grocers

Adelaide's finest supermarkets - 20 Fiveash Drive, Pasadena SA 5042

Ali's Butcher - Inside Golden India Supermarket, 7/109 Findon Rd Woodville

Asian Grocery (General Asian) - 162 Henley Beach Rd, Torrensville SA 5031

Ceylon Super (Sub-Continental) - Shop 1/644 North East Road, Holden Hill SA 5088

Golden Star Spices (Sub-Continental) - 1156-1158 South Rd, Clovelly Park SA 5042

Homes Supermarket (General Asian) - 110 Gouger Street, Adelaide SA 5000

Hong Kong Grocery (Cantonese) - 93 Grote St, Adelaide SA 5000

Jai Shiv Fruit and Vegetables Shop (Sub-Continental) - 3/489 Marion Rd, South Plympton SA 5038

Kaurna Halal Corner - Richmond Village, Shop 6/200 Richmond Rd, Marlestone SA 5033

Koreana Mart - Market Plaza, Shop 2-5, 61/63 Grote St, Adelaide SA 5000

Latino House (South American) - Shop 2/105 Main N Rd, Nailsworth SA 5083

Loreto Pinoy Story (Filipino grocery store) - 271 Oaklands Rd, Marion SA 5043

Namaste Supermarket (Sub-Continental) - Parabanks Shopping Centre, Salisbury SA 5108

Parafield Plaza Supermarket (Southeast Asian) - Shop 8/482 Hwy, Parafield Gardens SA 5107

The Dutch Pantry (European) - 72 O G Rd, Klemzig SA 5087

Thuan Phat Supermarket (Vietnamese) - 113 Days Rd, Croydon Park SA 5008

Time Supermarket (General Asian) - 118 Grote St, Adelaide SA 5000

Together Mart (Korean) - Shop 2-3/291 Payneham Rd, Royston Park SA 5070

## Free or subsidised food

[Flinders OASIS Community Market](#)

[OZ Harvest](#)

[Baptist Care SA](#) - Requires a student ID card or immiCard

[The Food Centre](#)

## Other Resources

[Multicultural Communities Council of South Australia Preventative Health SA](#)



**Pictured: Flinders University students who contributed to this cook book. Not all contributors are shown**

Special thanks to every single person who contributed to this project. Thank you for sharing the vision of this cookbook and putting your precious time and energy to create something very special. This is our first cookbook, and you are now part of Flinders' history!

To all the chefs, thank you for sharing your culture, your family story and your delicious food. To the cookbook project team at Flinders International, thank you for your passion and genuine interest in supporting international students.

We hope this cookbook will inspire you to cook, create and reminisce of your own traditional recipes from your home. We also hope it cultivates a sense of belonging within the international student community at Flinders University.

## Notes

## Notes

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The International Student Services (ISS) team is the first point of contact for all international students studying at Flinders University campuses in Australia

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