



Food Story

Food, with a story to tell

CONTENTS



Thankyou	1
Glossary	2

SAVOURY

Aida Bailey - Adobo with Chilli Beans Sauce	3
Damien Loizou - Chicken Vermicelli	6
Lay Yean Woo - Vermicelli Fried Noodles	9
Natasha Wilton - Dahl	12
Polly Tan - Braised Coriander and Tamarind Duck	15
Sabiha Fatima - Bengali Chicken Curry	18
Tutana Bradshaw - Chop Soy	21

SWEET

Dyna Buntine - Basbousa (Semolina Syrup Cake)	24
Eileen Detering - Family Gingerbread Cake	27
Wendy Cuttler - German Potato Cake	30

Thank you!

A special thank you to everyone who contributed recipes to the Food Story Book! Without your generosity we wouldn't be able to make this book a reality. We hope you all enjoy making the recipes as much as we have enjoyed sharing them with you!

The Food Story Book is part of the Strengthening Multicultural Communities project, facilitated by the Djerriwarrh Health Services Health Promotion team, whose aim is to celebrate culture and diversity in the local community.

GLOSSARY

brown	Part cooking the surface of meat to remove excess fat and give meat a brown colour/crust
dice	Cut into cubes or squares
g	grams
julienne	Cutting into long thin strips, usually lengthways
kg	kilograms
mg	milligrams
ml	millilitres
saute	Cook in a small amount of oil or fat usually in a shallow pan over heat
seal/sear	Cook the surface of meat at high temperature until browned on the outside
simmer	Cook steadily below boiling point
tbsp	tablespoon
tsp	teaspoon

CONVERSIONS

1 teaspoon	5 mL
1 tablespoon	15 mL
1 cup	250 mL
1 kilogram (kg)	1000 grams
1 milligram (mg)	0.001 gram
1 kilogram (kg)	220 pounds
1 pound	4536 grams
1 ounce (1/16 pound)	284 grams
1 litre (L)	1000 mL
1 millilitre (mL)	0.001 L



Aida Bailey

"I found Australian families are very close to each other, something that is shared in common with the Filipino people"

Aida was born in Bogu City located in Northern Cebu, Philippines. Aida was raised in a very tight knit Catholic family where respect for elders was very important. This respect meant that elders in the family were always cared for by younger generations and nobody was left behind. Generational respect is one of the things Aida values most from her culture.

Being brought up in a middle class family with many opportunities meant life wasn't a struggle growing up, however after moving to Australia Aida had to start at the beginning to build a new life here. She believes her faith has been important in driving her success in life, and has helped shape her view of both the world and of its people. Aida believes her positive attitude and openness towards other cultures and religions has helped her build positive relationships with people from all walks of life.

The Adobo with Chilli Bean Sauce dish that Aida is sharing is a modified version of a popular dish in the Philippines. With her Spanish, Chinese and Portuguese background Aida modified the popular recipe to include more multicultural ingredients from her heritage that she learnt from her father. Aida and her family love food, and she is excited to share this Adobo with Chilli Beans Sauce recipe from her family that Aida says is easy to cook and very tasty.

Adobo with Chilli Beans Sauce

INGREDIENTS

1 kg chicken drumettes
½ cup soy sauce
¼ cup apple cider vinegar
2 tbs garlic (chopped)
3 bay (laurel) leaves
2 cups of water
½ tbsp pepper corns
1 tbsp chilli bean sauce
3 boiled eggs
2 onions



INSTRUCTIONS



1. To a large pot, add chicken, garlic, bay/laurel leaves, pepper corns, and chilli bean sauce.



2. Pour in apple cider vinegar and soy sauce.



3. Mix ingredients and cook on medium to high heat until boiled.

Adobo with Chilli Beans Sauce

INSTRUCTIONS (CONTINUED)



4. Add water and onion to the mixture and boil once more.



5. When it is boiled, add 3 boiled eggs, lower to medium temperature.



7. Cook until chicken meat is soft and when the soup is sticky, wait for 2 minutes and it is ready to serve.



8. Serve with rice - for extra flavour, add 1 tbsp turmeric to basmati rice and cook.



Damien Loizon

"This dish represents to me my culture's capability to adapt, welcome and find a place for all cultures"

Damien was born in Darwin of Warlpiri heritage. Warlpiri is an Aboriginal language nation of central Northern Territory. He grew up in a community with a variety of cultural groups including Filipino, Chinese, Greek, and many others. Damien comes from a very supportive community that is simultaneously conservative and progressive, with strong family values, tolerance and acceptance at its core. These qualities have been integral to the survival of Aboriginal communities, however addressing the long term impacts of injustice and discrimination on Aboriginal people is complex. Unique problems require unique solutions and Damien says that adaptability has been a strength of his community, and is evident through the food that is cooked with its multicultural influences.

The dish Damien is sharing is a Darwin specific dish that he grew up eating at home, and is well known in the Darwin community. He is yet to come across an Aboriginal family in Darwin who doesn't know how to cook it, and everyone prides themselves on cooking the best Chicken Vermicelli. The dish, like many in the area, is of mixed heritage, and is infused with different tastes of cultures that have come to Darwin.

Chicken Vermicelli

INGREDIENTS

2 medium onions
1 large ginger
1 garlic bulb
250g potatoes
Oil
Soy sauce
Fish sauce
500g chicken
250-500g pack vermicelli



INSTRUCTIONS



1. Dice up onion, grate ginger, and garlic. Peel and cut potatoes and chicken into bite size pieces.



2. To a large pot or pan, add oil, wait until it has become hot. Add ginger, garlic and onion, and cook until onion is transparent. Add dash of fish sauce and soy sauce (according to individual taste). Stir ingredients.



3. Add chicken and potatoes, cook until chicken is sealed.

Chicken Vermicelli

INSTRUCTIONS (CONTINUED)



4. Add water to mix, ensuring 1 inch of water is covering mix. Cook with water until potatoes soften.



5. Add vermicelli, add more water if necessary as the vermicelli will soak up the water.



6. Cook on medium heat. Ready to serve within half an hour.



Lay Yean Woo

"One does not need to travel far to experience the cuisines of the world; the world has merged into Melbourne!"

Lay is of Chinese descent, born and raised in Malaysia. Her parents and grandparents came from the Fujian province in China. In Malaysian culture meal time is an opportunity for all to sit down, share and enjoy a conversation. In her culture, sharing, respect and taking care of your loved ones are some of the values that she loves. Lay would like to cultivate tolerance, acceptance and understanding of each other. While it has been difficult not having immediate family in Melbourne, Lay really enjoys the sense of community here. Living in Melbourne, the multiculturalism and diversity provides an extension of the world.

Lay has shared her family's Vermicelli Fried Noodles recipe. It is an easy meal that can be prepared for breakfast, lunch, dinner or as a snack. The recipe reminds Lay of her younger school days. Food stalls, which Malaysians call hawkers, are set up along the streets or markets and are a popular source of income for many Malaysians. In the morning most people will buy a packet of fried noodles from the food stalls set up on the way to the workplace, and have this for breakfast or lunch. This basic recipe is a comfort food for kids after school or sports. Lay remembers kids squatting under the shade of trees to have a plate of fried noodles, it is the Malaysian version of a McDonalds Happy Meal.

Vermicelli Fried Noodles

INGREDIENTS

1 packet vermicelli noodles (small)
¼ cabbage (chopped)
4 carrots
10 button mushrooms
1 bunch pak choy
1 chicken breast fillet (sliced)
2 tsp sesame oil
black pepper
½ cup light soya sauce
2 tbsp thick soya sauce
2 cloves garlic (chopped)



INSTRUCTIONS



1. Soak vermicelli in cold water.



2. Cut cabbage, carrot and mushroom into julienne strips.



3. Cut or break pak choy into 2 inch pieces.

Vermicelli Fried Noodles

INSTRUCTIONS (CONTINUED)



4. Marinate chicken slices with some light soya sauce, sesame oil and pepper.



5. Drain vermicelli.



6. Heat up fry pan and add about $\frac{1}{4}$ cup of cooking oil and let it warm up, then add in garlic and brown it.



7. Add in chicken, cook until browned, then add carrot and cabbage.



8. Add in vermicelli and toss all ingredients, then add in a mixture of both thick and light soya sauce.



9. Add in mushroom, pak choy and toss.



10. Add salt to taste and $\frac{1}{4}$ cup of water to soften texture of vermicelli. Simmer for 5 minutes or until the water is soaked up by the vermicelli.



OPTIONAL: Add 5 Chinese mushrooms. To prepare: rinse and soak in a bowl with half a cup of boiling water until soft. Chop and cook the mushrooms during step 6 when you cook the garlic and add this water back in step 10.



"I love that our culture is centred on food and family! Sharing a meal is such a social event and the dining table was the heart of the home."

Natasha has worked at Djerriwarrh Health Services as a Dietitian for 8 years, her job has allowed her to share her passion for food with the community. Born in Melbourne, her parents came to Australia from Malaysia in the early 80s. Natasha's parents are of Chinese and Indian descent. Natasha has loved living in Melbourne, as it has been a great place to meet other people from different backgrounds. Natasha really loves the diversity of food available in Melbourne and hearing about the stories behind them.

As a child, Natasha wanted to fit in. She was one of the only students from an Asian background in her primary school. Often she felt embarrassed about what was in her lunchbox. Natasha struggled with having to balance her parents' expectations and the cultural norms at school. Natasha's experiences growing up have made her appreciate some of the challenges newly arrived migrants or refugees and their children face. Over the years Natasha has learnt to embrace her culture and appreciate the differences which had set her apart from the other kids at school.

Natasha is sharing a Dahl recipe, an Indian dish her mum taught her how to make. It is a high source of protein and a great vegetarian dish to go with rice and other curries. It is a dish that her family eat often "This is comfort food to me!"

Dahl

INGREDIENTS

1 brown onion (chopped)
1 tbsp ginger (minced)
3 cloves garlic (chopped)
2 tbsp curry powder
1 tbsp cumin seeds
1 tsp turmeric powder
1 cup dry red lentils
3 cups water
1 carrot
2 potatoes
salt
pepper
1 tomato



INSTRUCTIONS



1. Fry chopped onion, ginger and garlic until lightly softened



2. Add curry powder, cumin seeds and turmeric powder (adjust to taste).



3. Stir until mixed well, but keep these moving as they can burn easily.

Dahl

INSTRUCTIONS (CONTINUED)



4. Pour in lentils and water.



5. Stir and add in chopped carrots and potato. Stir occasionally while simmering.



6. Once vegetables are cooked and lentils have boiled, add salt and pepper to taste and stir through some chopped tomatoes.



7. Cook until liquid reduces to desired consistency.



8. Serve on basmati rice with raita or thick greek yoghurt.



Polly Tan

“Our culture defines our uniqueness in the community and cultural diversity is what makes life interesting.”

Born in Sarawak, Malaysia, Polly is of Chinese heritage. She made the move to Australia and settled in Caroline Springs for the betterment of her son’s education and to seek employment opportunities that would provide a greater work/life balance for her family. Although leaving her parents, siblings and friends was a challenge, Polly enjoys meeting new people of diverse backgrounds here in Australia. As much as she misses her family and friends in Malaysia, today Polly is proud to call Australia her home.

Family relationships and regular family gatherings are an important part of Polly’s culture. Food plays a big part in family gatherings, and brings people together in Chinese-Malaysian culture. For special occasions it’s common for everyone to bring a dish to share, or to have a big feast cooked up by the family.

The Braised Coriander and Tamarind Duck recipe Polly is sharing has been handed down from her husband’s late grandmother, and she feels a sense of pride and honour to be able to continue on and learn from the family legacy. The recipe is a Baba-Nyonya recipe – a mix of Malay and Chinese cooking style, and is loved by the whole family. For Polly’s husband it brings back memories of his grandmother and her cooking. Polly enjoys sharing the traditions, values and dishes from her cultural background, connecting to a strong family and cultural history.

Braised Coriander and Tamarind Duck

INGREDIENTS

4 tbsp vegetable oil
5 cloves garlic (chopped)
8 shallots (chopped)
2 tbsp caster sugar
2-3 tbsp ground coriander
4-5 tbsp tamarind paste
1.5 tbsp dark soy sauce
4 tbsp thick caramel soy sauce
1.5 tbsp powdered chicken stock
1 cup water
4 duck thighs
1 bunch fresh coriander herb



INSTRUCTIONS



1. Heat cooking oil



2. Saute garlic & shallots until fragrant.



3. Add caster sugar until caramelised.

Braised Coriander and Tamarind Duck

INSTRUCTIONS (CONTINUED)



4. Add ground coriander, tamarind paste, soy sauces and stock. Stir until thick paste is formed.



5. Add water.



6. Add duck thighs. Simmer in sauce until meat is soft.



7. Remove meat.



8. Continue cooking sauce on low heat until it slightly thickens.



9. Pour over duck thighs.



10. Garnish with fresh coriander herb.



Sabiha Fatima

"Everything we ate was grown with our hands and our hearts."

Sabiha was born in Bangladesh, a small country bordered by India and the Bay of Bangla. It has cultural similarities to a region in India called West Bengal. With over 160 million people in Bangladesh, Sabiha is proud of its cultural heritage, music, literature and sports especially the Cricket.

Sabiha was born and raised in the country as part of a large family. Her mum and dad would grow their own vegetables so everything they ate was seasonal and home grown. Their menus and curries would change with the seasons. The use of seasonal local produce in day to day cooking is still a strong childhood memory.

When Sabiha first came to Australia language was a big barrier for her, getting a job was also difficult. With strong determination Sabiha and her husband Rahat have made Australia home with their two lovely girls Titly and Tanushri. Now she has met many friends, people who want to hear her stories and to taste the food from Bangladesh.

Sabiha wanted to share a recipe everyone can afford to cook. It is a Bengali Chicken Curry recipe that is very easy to cook and has been in her family for years.

Bengali Chicken Curry

INGREDIENTS

5 tbsp cooking oil
4 medium potato (cut into chunky pieces)
Salt (for taste)
1 tsp red chilli powder
2 large onion (thinly sliced)
~20 cumin seeds (little pinch)
300ml water (as desired)
½ tsp ginger paste (optional)
2-3 cloves garlic (crushed)
½ tsp turmeric powder
½ tsp coriander powder
1 tsp cumin powder
1 kg chicken on bone (cut into pieces)



Garam Masala (blend of ground spices common in South Asian cuisines) - optional
1 cinnamon stick
3 cloves
3 green cardamoms
2 bay leaves
8-10 seeds fenugreek

INSTRUCTIONS



1. Heat the oil in a medium large frying pan (2 litre) over medium flame. Shallow fry the potatoes with a little bit of salt and chili powder and keep them aside; (optional, potatoes could be used as fresh).



2. Cook and stir the onions in the hot oil for about 5 minutes to tenderise it. Add salt and chilli powder and continue to cook it another 2 to 3 minutes (cooking the chilli power extra time will reduce the hotness of the spice).



3. Now add all garam masala if desired (cinnamon sticks, cloves, green cardamoms, bay leaves, fenugreek seeds) and whole cumin seeds, and let them rest for 2 minutes.

Bengali Chicken Curry

INSTRUCTIONS (CONTINUED)



4. Put a half glass of water and immediately add ginger, garlic paste, turmeric, coriander and cumin powder to cook about 5 minutes until a thick paste forms with oil on top.



5. Add the chicken to the spice paste in the frying pan, stirring it gently to mix the all spices with meats properly.



6. Let it simmer with medium low heat, no lid on for about 20 minutes and occasionally stir it 2-3 times.



7. At some points the meat will start to release water now add the potatoes back.



8. Stir the curry gently to mix the potatoes well with the meats and put extra water to make the gravy (water measurement depends on desired thickness).



9. By this time the meat would be cooked enough, but potatoes need to tender.



10. Cook the curry another 15 minutes until the potatoes are soft, and curry almost looks done with oil on top; (right time to check the salt to adjust it).



11. Turn off the heat and let it cool for 5 minutes before serving warm for best results. Eat chicken curry with rice or roti breads and some salad or pieces of lemon.



Tutana Bradshaw

"Culture is about welcoming a total stranger and sharing your way of life, an open relationship between people, learning and sharing ways"

Tutana left her home in Aitutaki Island in the Cook Islands at the age of 16 and finished her education in cooking at Cornwall Hospital in Auckland, New Zealand. She moved to Australia in 1977 and settled in Melton in 1982. Though Tutana found differences in the way of life between her two homes, she enjoyed the familiarity of a small town. Tutana's father was the Agriculture Minister of Aitutaki who was in charge of importing, exporting and administering to the needs of the people. Her mother ran the household along with the rest of the family who worked on the land. One of the lasting lessons from her grandfather was that the land, water and ocean are your life; destroy this and you have nothing. She has fond memories of people of the village providing food for the whole island as a large supportive community.

Cook Islands have changed since she left, however traditionally there is still a tremendous emphasis on food. Food is integral in all aspects of community life. Food welcomes a stranger to make them feel like they belong, and is always present during a family crisis, ceremonies, community events and celebrations. Their diet included local vegetables such as taro and coco-yam, fish, and on special occasions pork and chicken. Traditionally food is cooked underground (UMU) and open fire cooking was introduced in the 1820's. The dish Tutana has shared is cooked differently on the island with the use of leaves instead of noodles. Her recipe was modified by her sister Kura who enjoys creating a fusion of Polynesian and English cooking. Chop Soy is a favourite for most Polynesians and is used to feed large groups of 500 or more people.

Chop Soy

INGREDIENTS

2 cups of rice to every 4 cups of water
500g pork fillet
¼ cabbage
1 large onion
350g vermicelli noodles
6 large cloves of garlic
2-4 tbsp (as desired) soy sauce



INSTRUCTIONS



1. Wash and cook rice in rice cooker or on stove with water.



2. Dice pork into small pieces.



3. Slice cabbage and onion into thin strips.



4. Into a medium pot of boiling water soak the vermicelli.

Chop Soy

INSTRUCTIONS (CONTINUED)



5. In a larger pot add oil and brown the pork, and then add onion, garlic and sauté until onion is transparent.



6. Add sliced cabbage and quickly toss through.



7. Add vermicelli to the mix with enough soya sauce for flavour.



8. Serve on a bed of rice, garnished with parsley and coriander.



Dyna Buntine

"Accept each other how we are, through teaching each other our skills, as everybody has something to share"

Born in Australia to Egyptian parents meant that growing up for Dyna was a mix of different cultures, where the expectations at home didn't always reflect what she saw from the homes of other kids. Hard work and discipline was a big part of growing up. By the time she reached university, culture and differences became an asset and Dyna became more interested in the food and history of Egypt. This interest led to her YouTube fame, then an appearance on "The Taste Middle East" in Cairo. She enjoyed the challenge of the show and the way food brought everybody together, regardless of differences.

Egyptian food isn't well known in Australia so Dyna enjoys being able to introduce the dishes she grew up with to her local community. This recipe was something her mum made all the time as a go-to sweet because it's easy to prepare and enjoyed by all. Food sharing is important in Egyptian culture and so this was a dish that was often prepared for guests in Dyna's family. Traditionally made in Egypt to celebrate the end of Ramadan, Basbousa is well known to both the Muslim and non Muslim community of Egypt. Dyna has also recently launched a cook book called 'The Taste of Egypt' where you can find many more recipes. You can also visit her website for more recipes and cooking classes at www.dynaeldaief.com

Basbousa (Semolina Syrup Cake)

INGREDIENTS

Syrup

2 cups sugar

1 and ½ cups water

Half a lemon, juiced

A few drops of vanilla extract

2 cups semolina

1 cup sugar

250g unsalted butter, melted

1 cup/250 ml milk

1 cup self raising flour

15 whole raw almonds, skin removed and halved



INSTRUCTIONS



Prepare the Syrup:



1. Combine one cup of sugar, water and lemon juice in a small saucepan.



2. Bring to the boil, then reduce heat and simmer for 10 minutes. Remove from the heat and leave to cool. Once cool add a few drops of vanilla essence or 1 tablespoon rose water and stir. Place aside.

Basbousa (Semolina Syrup Cake)

INSTRUCTIONS (CONTINUED)



4. Preheat oven to moderate 180°C. Lightly grease a 30cm x 25cm cake tin with melted butter.



5. Place semolina and sugar in a large bowl and combine.



6. Add melted butter, milk and flour and mix well after each addition.



7. Transfer to prepared tin.



8. Peel the almonds - cover with a little water in a microwave safe bowl. Microwave on high for 1 -2 minutes . While hot, pop them out of their skins and cut or separate the halves.



9. Cut into squares and place an almond half in the centre of each square. Place in the oven and bake for 45 minutes or until golden brown.



10. Remove the Basbousa cake from the oven and carefully pour the cooled syrup evenly over the hot basbousa. Leave to cool to room temperature and serve.

A photograph of Eileen Detering, a woman with dark hair, smiling and holding a square slice of gingerbread cake topped with white icing and coconut flakes. The background shows a community kitchen with other people working.

Eileen Detering

"Food is a binding power with the family... and it is also delicious!"

While Eileen was born in Ballarat, her relatives originated from England, Ireland, Scotland and France, where she has discovered family associations with the British and French Royal families. Eileen's ancestry stretches back seven generations in Australia and is richly connected with the Ballarat goldfields spanning back to the gold rush during the mid-1850s. One of her direct line ancestors owned a gold smelter and another owned a local mine.

Eileen values the cultural diversity that has been evident from her ancestor's experiences with many neighbours from all over the world on the goldfields at Ballarat, to the diversity that has emerged in her own neighbourhood in Melton. She really enjoys living in Melton and her connection to the large community of Latter Day Saints who help to strengthen family connections and seek generational growth.

Eileen is excited to share this Family Gingerbread Cake recipe which her family have cooked and shared for 6 generations. This recipe is important to Eileen because she feels like she is walking in the footsteps of her female ancestors. She also feels honoured that it will continue to be passed down through generations to come.

Family Gingerbread Cake

INGREDIENTS

3 cups plain flour
1 tsp ground ginger
1 tsp cinnamon
1 tsp nutmeg
1 cup butter or margarine
1 cup sugar
1 cup treacle (or golden syrup)
2 eggs
1 cup sour milk (milk with a dash of vinegar –
let stand for a couple of minutes)
2 tsp bi-carb soda dissolved in
1 tbsp of warm water
½ - 1 cup icing sugar



Left: several of the women in Eileen's family who carried on the family recipe
Right: Maude Tinworth, Eileen's great grandmother

INSTRUCTIONS



1. Sift flour and spices - ginger, cinnamon and nutmeg.



2. Melt butter/margarine, sugar and treacle/golden syrup.



3. Add beaten eggs, sour milk and bi-carb soda.

Family Gingerbread Cake

INSTRUCTIONS (CONTINUED)



4. Pour this over the sifted flour and mix thoroughly.



5. Place into a greased cake tin (about 23cm x 33cm) which has been lined with baking paper and cook in a slow oven (150°C) for about 1 hour.



6. Sift icing sugar across the cake, and serve.



Wendy Cuttler

"Have respect for your family, as it's from them that you learn."

Growing up in Dimboola, in the north west of Victoria, Wendy has fond memories of life in Australia living in a very small town where everyone knew everyone. It was a time when everyone had large backyards to play in, and people had the freedom to move about their town. Living over 3 hours away from the capital city presented its challenges such as travelling long distances. However close family ties and gatherings and spending time with great grandparents made it worthwhile. Living now in Moorabool shire, much closer to the city and with a greater population, Wendy says that the continued growth and ability for the government to keep up with this growth are challenges that are faced now living in this area.

Wendy's grandmother was an incredible cook. As she grew up Wendy spent a lot of time helping her grandmother, which taught her a lot about food and cooking. Family is very important to Wendy, and she believes that respect for family and what they can teach you is most important. Wendy learnt this recipe from her grandmother so it is very special to her. The German Potato Cake was a great way to use up left over potato in her family. The recipe has origins in Germany and reminds Wendy of her childhood and the fun times she had with her grandmother.

German Potato Cake

INGREDIENTS

Cake mix:

1 cup milk

1 tbsp butter

2 large potatoes

½ cup white sugar

½ - 1tsp cinnamon ground

handful of sultanas and currants.

2 cups self-raising flour



Topping:

1 tbsp butter

2 tbsp white sugar

2 tbsp plain flour

some cinnamon ground

INSTRUCTIONS



1. Make mashed potato: Combine ¼ to ½ cups of milk, butter and 2 large potatoes into a bowl and mash together.



2. Add ½ cup sugar and beat well.

German Potato Cake

INSTRUCTIONS (CONTINUED)



3. Add ½ cup milk, cinnamon, some currants and sultanas.



4. Add 2 cups SR Flour and mix well.



5. Spread cake mixture in a shallow tin.



6. In another bowl combine topping ingredients and mix together by rubbing the butter in to the other ingredients until it resembles bread crumbs.



7. Sprinkle the cake mixture with topping.



8. Place in oven at 160 degrees for 40 minutes or until golden brown on top.



The Food Story Book is part of the Strengthening Multicultural Communities project, facilitated by the Djerriwarrh Health Services Health Promotion team, whose aim is to celebrate culture and diversity in the local community.

Book design and story compilation by
Benjamin Taylor - Health Promotion Officer

Photography by Shawn Smits

Published 2017



djerriwarrh health services
health hospital community
bacchus marsh - melton - caroline springs