

TEDx Sydney 2016





**'Food brings us together' is the underlying theme of the TEDxSydney 2016 food program.**

The program celebrates home cooking, the sharing of traditional family food and recipes, as well as all the stories behind them. We asked members of the TEDxSydney community to share recipes close to their heart, and these are the results. Every recipe has a story, and it's these stories that bring us together and keep us connected both to each other and to our heritage. Recipes were chosen based on the stories behind the recipes as well as their contribution to the overall menu.

TEDxSydney has teamed up with ARIA Catering and the Country Women's Association to prepare versions of these recipes to serve at the Sydney Opera House; and we encourage anyone hosting or attending a Satellite event; or watching the livestream at home or at work, to get stuck in and make their own - helping us all come together to truly share the TEDxSydney experience.

Photos of all recipes can be found at [pinterest.com/tedxsydney8081](https://pinterest.com/tedxsydney8081)

## Buttermilk Scones

### Recipe from Country Women's Association Sydney City Branch

**The Sydney City Branch of the CWA worked with us this year on a range of their “favourite” recipes for today’s menu. Their group exists to support women by coming together to support those in need.**

**The CWA are known as “devotees of the scone” and take the cooking of them very seriously... They say this recipe is “easy to bake and just perfect...we love this kind the most!”**

**Today they have been made by Brasserie Bread using Pepe Saya Buttermilk and will be served with Pepe Saya Marscapone and Hand’s Lane Jam. The CWA reckon they are best accompanied by a cuppa and a good chat!**

#### Recipe

##### *Ingredients*

2½ cups self-raising flour  
1 tbsp icing sugar or 2 tsp sugar  
50g butter  
Good pinch salt  
1¼ cup buttermilk

##### *Method*

1. Sift flour, sugar and salt into large bowl (or food processor).
2. Add butter and rub in by hand (or quickly pulse to a texture like coarse sand; empty from food processor into a bowl and do by hand from here).
3. Make a well in the centre of the mix and pour in buttermilk all at once.
4. Stir with a flat-bladed knife until it forms a soft dough – no more.
5. Turn out onto floured surface, no need to knead, just pat together.
6. Flatten dough evenly until about 2-3cm high and use a floured cutter to press out rounds (don’t twist the cutter!)
7. Place side by side – virtually touching – onto paper-lined high-sided baking pan to fit rounds. If you don’t have one, just place onto a baking tray
8. Brush tops only (not sides) with a little extra buttermilk
9. Bake at 220oC (fan OK) for about 15mins or until golden and risen – should sound hollow-ish when tapped underneath
10. Place onto rack to cool a little – cover with a tea-towel for soft scones, or uncovered for a harder crust
11. Split by hand (it’s the traditional way!) and enjoy with CWA Sydney City jam and cream – and a cuppa

## Jam Drops

### Recipe from Claire McAuliffe

**“This is my favourite recipe from my Grandma. The original recipe comes from the original Miranda's cook book, printed in Melbourne in 1935 which was given to Claire by her Grandma. Miranda had a cooking section in the Weekly Times paper and recipes were submitted from readers all around Australia, which were compiled into this little book. This particular recipe was submitted by a lady by the name of Glenample.**

**Nanna used to make these bikkies especially for us when we visited her in Echuca where she lived. To walk into her tiny, warm kitchen where she served we ‘little people’ bikkies and milk whilst she listened to our news is just the best memory ever. Thank you for allowing me to share this recipe with you all. Nanna would be so proud!”**

#### Recipe

##### *Ingredients*

2 cups flour  
¾ cup sugar  
½ cup butter  
2 tsp baking powder  
2 eggs  
Raspberry jam

##### *Method*

1. Cream butter and sugar.
2. Add eggs one at a time, beat well.
3. Sift in flour and mix.
4. Roll in balls, make hole in centre and fill with raspberry jam.
5. There are no baking instructions but it's a given that you put them in a 180 degree oven and bake till cooked, about 15 minutes.

# The Very Versatile Cheese & Bacon Muffins

## Recipe from Steph Scott

**“This recipe is a family favourite and one of my mum’s specialties. She says she learned it at a community class at the local church before I was born. This is the recipe that I chose the first time I was asked to 'bring a plate'. I thought it was very grown-up and sophisticated and it has since graced the tables at numerous afternoon teas.”**

### Recipe

#### *Ingredients*

1 cup plain flour  
1 cup grated cheese  
1 tbsp baking powder  
1 tsp dry mustard  
¼ tsp cayenne pepper  
1 cup liquid (bread 1 egg into cup and top with milk)  
½ cup chopped bacon

#### *Method*

1. Pre-heat oven to 200C.
2. Mix all ingredients together until nicely blended.
3. Place spoonfuls into greased and floured round bottomed patty pans.
4. Bake in a pre-heated oven for 10-12 mins.

Makes 18.

## Spanakopita

### Recipe from Renata Dubois

**“I love this recipe as it reminds me of sharing school lunches with my Greek and Macedonian school friends at the very multicultural primary school I went to; then my delight in discovering that this was among my sister's mother in law's staples. Love it when she makes these lovely squares.”**

#### Recipe

##### *Ingredients*

1 bunch spinach or silverbeet  
300g feta  
100g ricotta  
40g (½ cup) finely grated hard cheese such as kefalograviera, parmesan or pecorino  
5 eggs  
2 tbsp dry breadcrumbs  
¼ tsp ground nutmeg  
½ tsp freshly ground black pepper  
60 ml (¼ cup) olive oil  
2 dill sprigs, chopped  
4 spring onions (scallions), chopped  
375g fresh (not frozen) filo pastry  
125g butter, melted

*Method - see next page*



# Spanakopita

## Recipe from Renata Dubois

### *Method*

1. Preheat the oven to 180°C
2. Trim the roots from the spinach or if using silverbeet, cut out the stems. Wash leaves and drain well. Coarsely shred and set aside.
3. Place the feta in a large bowl and roughly mash with a fork. Add the ricotta, hard cheese, eggs, breadcrumbs, nutmeg, pepper, oil, dill and spring onions. Mix with a fork to combine. Place the spinach or silverbeet on top and mix lightly with your hands.
4. Lightly oil or butter a 20 cm x 30 cm x 5 cm baking dish. Lay the filo out on a work surface. Line the dish with a sheet of filo and brush it with butter. Top with another sheet of filo brushed with butter and continue until about half the filo is used. When not using the filo, cover it with a dry tea towel and then a damp one to keep it from drying out.
5. Use your hand or a large metal spoon to gently mix the spinach filling until thoroughly combined. Tip into the filo base and spread out evenly. Layer with the remaining sheets of filo brushed with butter, ensuring the final sheet is well buttered. Trim off any overhanging pastry and tuck in the sides.
6. Use a sharp knife to score the pastry into diamonds. Pierce the pastry once or twice to allow air to escape during baking. Sprinkle lightly with water and bake in the oven for 45–60 minutes or until well browned. Gently shake the baking dish; the spanakopita should slide easily when it is cooked. Cover with foil if it is over-browning.
7. Cool on a rack for 15 minutes before serving.

# Tabbouli Syndrome

## Recipe from Christine Abou Taan

**“Tabbouli is the dish that ties Lebanon together! Regardless of your gender, marital or financial status, politician or voter, Christian or Muslim... In the words of Julia Childs: “it’s fun to get together and have something good to eat at least once a day. That’s what human life is all about – enjoying things”.**

**In Lebanon, nothing says this better than enjoying a bowl of fresh tabbouli prepared by your mother and a glass of arak crafted by your father. Particularly under the vine leaves of Zahle, my hometown! I grew up in a house that always respected tabbouli and arak. My grandfather “Moussa” (may he rest in peace) loved his arak. He was a very reserved man and wasn’t that into kids, but he had his little cute way to teach me how to enjoy a tabbouli.**

**While kids normally grow up liking to sip the tabbouli’s lemony dressing rather than eating it, my grandfather tricked me by filling cos lettuce leaves with tabbouli fillings, calling it a tabbouli boat! I loved the idea of eating a boat and after eating a few, tabbouli literally owned me.**

**20 years later, I started making my own!”**

### Recipe

#### *Ingredients*

2 bunches of parsley  
Handful of mint leaves  
Few cos lettuce leaves  
3-4 tomatoes, diced  
1 spring onion, finely chopped  
1 lemon  
2 tbsp fine bulgur  
½ tsp salt  
½ tsp sumac  
Extra virgin olive oil

#### *Method*

1. Gather 2 bunches of parsley in a tight wad in your hand and finely shred the leaves with a very sharp knife, almost in a shaving action. Do the same with the mint and cos lettuce leaves.
2. Wash the chopped herbs, drain well and add to a large bowl, add tomatoes and spring onion.
3. Squeeze lemon juice over fine bulgur and set aside to soften for 10 minutes.
4. Combine everything and season with salt and sumac, add extra virgin olive oil to your taste and mix with your hands.

If you are lucky enough to have a father like mine, who handcrafts his own arak from the grapes he raised with care and with the addition of other Lebanese mezze plates of your choice like, Hommous, Baba Ghannouj and Kibbeh; you can enjoy a lazy afternoon with your beloved ones, under the leafy trees of my beautiful Zahle; unzip your pants to give your full belly the freedom of a big lunch and 'Sa7tayn'!



## Spanish Paella

### Recipe from Maria Lorenzo

**“In Spain, we love cooking and eating. Food has a big influence in our culture when we gather or celebrate.**

**Paella is a Sunday fun dish for all families in Spain, but when I first came to Australia, almost six years ago, there was not a lot of Spanish food around. My partner and I kept cooking paella on Sundays, taking time to chop all vegetables and laughing and spending time together just chilling.**

**I now teach Spanish at the University of Sydney and encourage my students to fall in love with the culture by trying its famous dishes.**

**This is the meaning paella has for me and most likely for all Spanish people that continue the tradition to bond over cooking this amazing dish on Sundays. I hope you enjoy it.”**

#### Recipe

##### *Ingredients*

2 carrots  
1 cup canned diced tomatoes, undrained  
1.5L of water  
3 tbsp veggie stock/powder  
1 red capsicum  
1 green capsicum  
100g green beans  
1 onion  
½ cup of olive oil  
2 cups of Arborio rice  
1 cup frozen green peas  
2 large garlic cloves  
1 little package of saffron  
1 tbsp sweet paprika

Lemon wedges (to decorate the paella at the end)

*Method - see next page*

# Spanish Paella

## Recipe from Maria Lorenzo

### *Method*

I am vegetarian but if you like meat/fish please buy some mussels, chicken, chorizo, prawns, etc... You will need approximately 500 grams of any type of meat or fish for 4 people. These will have to be cooked at the beginning before the veggies. Fry them for just 3-5 minutes in olive oil (not too much, just medium rare) and put them aside. You will add them back when you add the water to the pan.

1. Chop all the veggies before starting the awesome Spanish paella.
2. Heat olive oil in a paella pan over medium-high heat and make a sofrito by sauteeing the veggies.
3. Add the diced tomatoes, some pepper and salt (the quantity depends on your taste and if you are planning to add seafood/meat you will have to put less salt).
4. Pay attention when the mixture caramelizes to add the Arborio rice. Then mix all together and wait 1 or 2 minutes.
5. Mix the veggie stock powder in a boiling cup of water and pour it in the pan. Then add the rest of the water until all the rice is covered. Mix the water and the rice well so the seasoning reaches all the ingredients.
6. Put the timer and wait 20-25 minutes.

TRICKS for Spanish Master Chefs: do not stir the rice too much and ONLY add water if the rice grains are still hard after 10 minutes. Check the heat is not burning all the paella. The trick is to have some burnt on the bottom, but not so much that it all tastes like smoked paella. You achieve this by checking there is enough water while the rice is being cooked and also by not stirring the rice.

7. Decorate with some lemon wedges on the side. Some people might not like too much lemon on their paella.



## Nannu's Soup – Chicken and Veggie

### Recipe from Allison Grech

**“Growing up, every Sunday afternoon, I would visit Nannu and Nunna (grandparents in Maltese) in their small, red brick home. We lost Nunna when I was five, so my memories of Sundays are mostly of visiting Nannu.**

**The welcoming familiarity of Nannu's Soup was constant. You could smell the simmering broth as soon as Nannu opened the door, smiling, taking your face in his hands and kissing your cheeks. When I hadn't visited for a while, I missed the hearty smell, meticulously cubed vegetables, tender chicken, and rich, red broth of Nannu's Soup.**

**As with all good food, regardless of its simplicity and relatively little expense, his soup felt completely nourishing – the closest thing in food form you'll get to a hug for your soul (and a healthy dose of veggies to go with it).**

**We enjoy this soup with loved ones, crusty bread and a good dose of healthy, enthusiastic chatter over a slightly-too-cramped dinner table, so I hope you enjoy it too.”**

#### Recipe

Takes about 2 hours in total (15 minutes to prepare, plus about 1 hour 45 minutes to cook)

#### *Ingredients*

4 – 6 chicken drumsticks  
1 large brown onion  
2 large carrots, peeled  
2 large zucchinis  
3 large sticks of celery, white ends removed  
3 medium potatoes, peeled  
2 tbsp tomato paste  
About a third of a packet of thin spaghetti  
Extra virgin olive oil  
Salt and pepper to taste

Note: This recipe all about taste and preference, not exact measurements. If you don't like a vegetable, substitute it for something similar. If you like your soup thin, add more water, or less if the opposite.

*Method - see next page*

## Nannu's Soup – Chicken and Veggie

### Recipe from Allison Grech

#### *Method*

1. Start by dicing all the vegetables (onion, carrots, zucchini, celery and potato) into equal.
2. 1x1cm cubes. For this to be a proper Nannu's Soup, you'll need to be meticulous!
3. Pop the chicken drumsticks in a heavy base pan and fry on medium heat in a generous amount of olive oil. You want them to keep going until the skin is browned and crispy.
4. Then turn down the heat a little and add the chopped onion, carrots and celery and mix it all up for about five minutes, or until the vegetables start to soften.
5. Cover the drumsticks, onion, carrots and celery with boiling water. Depending on how many drumsticks you added and the size of your vegetables, you may need to add more or less than 2 cups. You want enough broth to add the remaining vegetables and spaghetti into later, so be sure there is a generous amount on top. Add the tomato paste and mix well. The broth should form a deep orange colour. Bring the soup to a boil and then simmer for at least an hour, but longer if you can manage. You want the chicken to be falling off the bone and the vegetables to be nice and soft.
6. Add the potato and zucchini cubes, and simmer for a further half an hour, or until soft.
7. Then break the spaghetti sticks into roughly 2-inch pieces, and mix them through the soup. Simmer until the spaghetti is al dente. Meanwhile, take the chicken drumsticks out of the broth and use a fork to gently pull the meat from the bone (this used to be my favourite job in the kitchen on a Sunday). Add the boneless chicken back into the soup.
8. Serve in bowls, ensuring everybody has a little chicken, a lot of veggies and some spaghetti. Add salt and pepper to taste.
9. Enjoy with a generous side of crusty Italian bread (or similar), perfect for mopping up the hearty, orangey broth that sticks to the sides of the bowl...



## Cevapcici with Ajvar (aka Kofta with capsicum relish)

Recipe from Silvana Griffin

**“This is absolutely the most delicious combo which has been the cornerstone of our family’s heritage all around the world for who knows how long.**

**What makes this duo really interesting is the debate as to whether each of these recipes was originally Croatian or Bosnian. Even more so in my family as my father was from Croatia and my mother; you guessed it, from Bosnia...**

**The cevapcici are lip smacking anytime, and best when they’re just snaffled hot from the grill! This ajvar, pronounced “eye-var” is the one we make and put onto virtually everything, including sandwiches and eggs (scrambled/poached/fried) with thick toast...”**

### Recipe - Cevapčići (Croatian sausages)

Best to get this underway the day before to give it time to rest, so the flavours develop and the mixture doesn’t fall apart as you cook.

#### Ingredients

700g minced veal  
300g lean minced pork (or 50/50 veal and pork – total mince 1kg; can substitute beef for veal too, or even equal quantities lamb, veal and pork)  
1 red onion, finely chopped or grated  
3-4 garlic cloves, crushed  
2 tsp sweet / smoked paprika (or use 1 tsp of each; add chilli flakes to taste, if you like too)  
1 tsp each salt and pepper  
1 tsp bicarb soda  
1 beaten egg  
200ml sparkling mineral water or soda water  
Olive oil spray  
Fresh lemon

*Method - see next page*

# Cevapcici with Ajvar (aka Kofta with capsicum relish)

## Recipe from Silvana Griffin

### *Method*

#### Preparation

1. Into a bowl, place the mince, onion, garlic, bicarb soda, paprika, salt and pepper and squish with your hands until well combined.
2. Bit by bit, mix in the egg and water by hand until the mix looks somewhat like a paste.
3. Shape mixture into thin 'torpedo-shaped' sausages (say about 10-12cm long).
4. Pop onto a paper-lined tray or plate, cover with cling, leave overnight in the fridge.

#### Cooking

5. Bring sausages to room temp for around 20-30 minutes before you need to start cooking.
6. Heat a BBQ or chargrill on medium.
7. Spray cevapcici with oil and cook, turning them frequently for 10 minutes or until nicely browned and done (not rare).
8. Squeeze over some lemon just as you're about to serve.

Serve with lots ajvar, fresh crusty bread, some sour cream and great with potato salad (dressed with a little garlic, fresh parsley, olive oil and vinegar - no mayo here!).

Cross-cultural I know, but also great with fresh tzatziki to dip into!



# Cevapcici with Ajvar (aka Kofta with capsicum relish)

## Recipe from Silvana Griffin

### Ajvar (capsicum relish)

This is the one we make and put onto virtually everything!

#### *Ingredients*

Say around 500gm red capsicums  
1 good sized eggplant  
3-4 garlic cloves in skin  
Olive oil spray  
1 garlic clove extra, skinned and crushed  
½ -1 lemon, juiced (depends on how big/juicy they are)  
Say around ¼ cup extra virgin olive oil  
2-3 tbsp flat leaf parsley, finely chopped

#### *Method*

1. Preheat oven to 220-230°C.
2. Place capsicum, eggplant and unskinned garlic cloves on a tray lined with baking paper, quickly spray with oil and roast until tender, skins have blackened and the garlic is softish – around 30-45 mins depending on your oven.
3. Pop into a bowl, cover with plastic wrap and set aside to cool.
4. Gently remove all the skins (and seeds from capsicum; squish soft garlic into the mix), roughly chop the lot and place into a food processor along with the fresh, crushed garlic and any juices that have drained from the roasting/cooling process.
5. Process and with the motor running, gradually add lemon juice and olive oil until mixture is thick and creamy.
6. Spoon into a serving bowl, season with salt and pepper to taste, and stir in the parsley and you're good to go!

# Everything Goes Fritters with Tzatziki & Fresh Lemon

Recipe from Emily Deegan

**“My mum is a genius. I grew up in Goulburn in the 80s and 90s with my brother and sister, and we did not have an abundance of money lying around. Dad was the sole breadwinner for most of our childhood, so it was up to my mum to be as creative as possible with our meals and home life to stretch our dollars as far as possible.**

**And how successful she was! We never felt we missed out and that is due to mum’s ingenuity in the kitchen. This recipe bears testament to that. When we kids looked in the fridge and saw nothing, our mum saw 'anything goes' fritters!**

**After whipping up the basic recipe, whatever was lying around went into the batter to make the meal. It is quite possible to create an entree, main and dessert fritter meal depending on what you have laying around.”**

## Recipe

### *Ingredients*

1 onion, grated  
2 large spuds, grated  
2-3 tbsp plain flour  
Salt  
Pepper  
3 eggs, whisked

### *Method*

1. Combine all ingredients in a bowl.
2. Add any extra grated veggies/herbs you have lying around.
3. Pan fry tablespoons of mix in oil/dripping/butter until golden.
4. Eat!



## Granny Liney's Monte Carlo Kisses

### Recipe from Jessica Whipp, CWA

**“This recipe from 1942 is a family favourite and has always been made to gift to friends and served at birthdays, Christmas and other special occasions - like any day ending in ‘y’!**

**Granny loved having people over and would always be bringing people together over meals or sharing laughs over tea and cake. Although sadly Granny is no longer with us, we honour that tradition and always bake our favourite recipes of hers and serve them as she would at parties for friends and family.**

**Granny always made these biscuits for special occasions and my mother has the fondest memories of being at fabulous parties and sneaking these biscuits under the table.**

**Although humble, these biscuits are always a showstopper and everyone always has room for at least one.”**

#### Recipe

##### *Ingredients*

½ cup (125g) soft butter  
½ cup sugar  
1 beaten egg  
1 dessert spoon golden syrup  
½ cup dessicated coconut  
2 cups self-raising flour  
½ tsp bicarb soda  
Raspberry or strawberry jam  
Whipped cream or butter icing

##### *Method*

1. Cream butter and sugar.
2. Gradually add egg and golden syrup.
3. Mix in coconut.
4. Sift together flour and bicarb soda.
5. Add to creamed mixture and mix to a dough.
6. Roll into small balls and place on a lined baking tray, press down with a fork.
7. Bake for 12 - 15 mins in a moderate oven.
8. Once cooled, sandwich together with raspberry or strawberry jam and whipped cream or butter icing.

# Coffee Tortoni

## Recipe from Anna Fisher

**“This is my absolute favourite from my mum! Mum always had to double it so we could all go back for seconds. She always made it for special birthdays, celebrations or whenever I would visit.**

**It’s a dessert like a coffee mousse that just melts in your mouth. It's not terribly healthy, but where is the fun in that?”**

### Recipe

#### *Ingredients*

1 egg white  
½ pint cream (300mls)  
1 tbsp sherry  
4 rounded tbsp castor sugar  
1 rounded dessert spoon instant coffee

#### *Method*

1. Beat the egg white until stiff, then gradually add sugar.
2. Beat until sugar is dissolved and mixture is of thick consistency.
3. Whip cream with coffee until thick and then fold into egg and sugar mixture.
4. Finally fold in sherry.
5. Put in fridge for at least 2-3 hours.

Note: Mum always chilled it in a big bowl and then scooped it out at the table into individual bowls for serving but it could also be chilled in individual ramekins.



## Welsh Bira-Brith

### Recipe from Deb Hunt, CWA

**“This recipe came from my Aunty Beth (real name Aunty Buddug) who lived in a tiny cottage in the Welsh mountains.**

**She often saved the last cup of tea in the pot for her next batch of Bara brith and the taste of this traditional Welsh bread - served to princes and paupers for centuries - brings me closer to family on the other side of the world.”**

#### Recipe

##### *Ingredients*

350g self-raising flour  
350g dried mixed fruit  
1 tbsp water  
200g honey  
200ml cold tea  
1 egg  
1 tsp mixed spice  
Honey to glaze

##### *Method*

1. Soak fruit in cold tea overnight.
2. Add rest of ingredients and mix well.
3. Tip mixture into greased and floured tin (a large 2lb 4oz loaf tin) and bake for 1 to 1+1/4 hours at 350F.
4. Brush with honey while still hot.
5. Delicious spread with salted butter.

NB mix can be split between two smaller loaf tins, will not take as long to cook.

## Tomato Soup Cake

Recipe from Alix MacLennan, CWA

**“My Canadian grandmother Ruth, learnt to make this cake during the 1930s when dairy products were scant. In our family we know it lovingly as “Weird Cake” as the tomato soup adds richness without the expected tomato soup taste”**

### Recipe

1 can of condensed tomato soup (the large one 305g)  
1 tsp bi-carb soda  
60g butter softened  
200g white sugar  
1 large egg beaten well  
185g plain flour  
½ tsp baking powder  
1 tsp cinnamon  
½ tsp ground cloves

### Method

1. Preheat oven to 180C. Grease and line a 23cm round cake pan.
2. Cream butter & sugar in a large bowl until pale & fluffy (5 minutes) then add egg and beat well.
3. Combine bi-carb & tomato soup in another bowl and let foam for 1 minute.
4. Pour soup mixture into butter mixture & blend well. A slightly curdled mixture is normal.
5. Combine flour, baking powder & spices in another bowl.
6. Whisk tomato soup mixture into flour mixture then beat for 1 minute.
7. Pour mixture into pan & bake for 30-35 minutes.
8. Cool on a wire rack then ice with creamed cheese frosting.

## “Clean out your fridge” Spring Rolls

### Recipe from Julie King

**“I taught my children how to make these rolls and the best time to make them is when you want to clean out the fridge! Just about anything can go into these rolls, and all you have to do is chop, wrap and devour!”**

#### Recipe

##### *Ingredients*

Vermicelli noodles  
Rice paper wraps  
Carrots, shallots, zucchini, lettuce, any veggie that's in the fridge  
Chicken, prawn or fish (cooked) if desired  
Mint, coriander, basil as preferred  
Lemon or lime juice  
Soy sauce (or any Asian style sauce)

##### *Method*

1. Chop all ingredients julienne style (ie into matchsticks).
2. Pour in juice and a dash of preferred sauce.
3. Soak wraps in cold water for 3 minutes.
4. Pour boiling water over vermicelli noodles. Let stand 5 minutes and drain. Add to veggies.
5. Drain wraps and place one by one on clean tea towel.
6. Place small amount of mixture on wrap at one end and roll up, tucking in ends.
7. Place on dish and serve with preferred sauce (soy/sweet chilli/hoisin/black bean).
8. Rolls keep well (covered) for a day!



# Lemon Chicken Tart

## Recipe from Annie Kiefer

**“This is from a series of tart recipes that were favourites in my mother’s kitchen.**

**My mother was a fabulous cook and hosted many high teas, cocktail and dinner parties. In the 50s and 60s she managed to source ingredients from our newly arrived Italian and Chinese migrant neighbours who were always eager to share their produce. So in the 1950s we had zucchini, eggplant, lemongrass, fennel and basil growing in our garden.**

**My grandmother was a fabulous pastry cook in the 1950s who catered for weddings. She made such things as cream horns, eclairs, swans (out of choux pastry and piped into swan shapes and filled with pastry cream or cream).**

**Every time I make any of these tarts, I feel all warm and fuzzy inside and it conjures up visions of a very happy time cooking by my grandmother and mother’s sides!”**

### Recipe

#### *Ingredients*

1 chicken breast poached in lemon grass and water  
1½ tbsp freshly squeezed lemon juice  
3 tbsp mayonnaise (of your choice)  
1 tbsp fresh chopped chervil  
1 tbsp fresh chopped parsley  
1 de-stringed celery stalk, finely chopped  
Extra sprigs chervil and parsley to garnish  
Red seedless grapes, sliced as garnish  
Salt & pepper  
3 dozen “tartlets” of your choice: traditional tartlets are small bite-size pastry cases, alternatively use sections of cucumber that have been scooped out leaving a base or crisp triangles of thin toast

#### *Method*

1. Chop and shred poached chicken breast and place in bowl.
2. Stir in freshly squeezed lemon juice.
3. Add mayonnaise, chervil, parsley and celery.
4. Stir all ingredients together.
5. Season with salt and pepper to taste.
6. Place teaspoonsful in prepared tartlet cases.
7. Garnish with sliced red seedless grapes and fresh sprig of parsley or chervil.

Makes 3 dozen

## Yannie's Chicken

### Recipe from Kelly O'Shaughnessy

#### Recipe

This recipe is written in my personal cookbook in exactly this way. No quantities, no timings, just the basic details.

In a bowl, put your chicken pieces and sprinkle with white pepper and garlic salt, then pour on light soy sauce and enough plain flour to make a sticky covering (using your fingers to coat). Fry in batches until cooked.

**“Yannie's Chicken was an important part of our upbringing and one of our 'introduced' family recipes.**

**I am an Australian, and grew up living with my family as an expat in Singapore. We had an amah at the time (live-in nanny/maid) and this is her recipe. Yan (we called her Yannie when I was around 5) would cook this for my brother and I when our parents were out for the evening.**

**My mother, a voracious cook and always wanting to learn new things, was keen to find out how she made this "Yannie's Chicken" we loved so much, and so Yannie taught her, and wrote down the 'recipe'...**

**We brought it back to Australia of course, and continued to make Yannie's Chicken whenever we needed comfort food. We'll continue to make it for our families to come.”**

# Susou-ka-kia

## Mrs Sarantides's Meatballs

### Recipe from Dorothea Sarantides

This meatballs, or 'rissoles', recipe was passed down from Dorothea Sarantides to her granddaughter Kay. Kay's family enjoys them with spaghetti or mashed potatoes.

The Sarantides family were Greek immigrants who lived at Susannah Place in Gloucester Street, The Rocks in the 1930s and 40s. Dorothea Sarantides's English was limited, but she endeared neighbours, offering samples of her cooking over the back fence. Her meatballs recipe, published in *Eat your history, stories and recipes from Australian tables*, has been handed down through the generations.

Susannah Place is one of 12 properties cared for by Sydney Living Museums. You can visit Susannah Place to find out more about the daily lives of its residents, including the Sarantides family.

#### Recipe

##### *Ingredients*

500g lean beef mince  
2 or 3 slices stale white bread  
¼ cup claret or other red wine  
1 clove garlic, finely chopped  
1 egg  
Salt and pepper (to taste)  
1 can chopped tomatoes  
2 tbsp butter  
1 tsp sugar

##### *Method*

1. Put the beef mince into a large bowl. Lay the bread in a shallow dish, pour the wine into the dish and allow it to soak into the bread.
2. Crumble the soaked bread and any residual wine (this will depend on the type of bread you use) into the mince.
3. Add the garlic, egg and salt and pepper to taste, and mix through the meat and bread until fully blended. If the mixture looks dry, add a tablespoon or two of water, but not enough to make it sloppy.
4. Using your hands, roll spoonfuls of the mixture into smallish balls or patties (makes about 15 - 20 meatballs or 4 -6 patties depending on size).
5. Fry the meatballs in a lightly oiled frying pan (in batches) until nicely browned all over.
6. Meanwhile, combine the tomatoes, butter and sugar with ½ cup water in a saucepan, and season with salt and pepper. Bring to the boil.
7. Add browned meatballs to sauce, and simmer for about 10–15 minutes before serving.
8. Alternatively, if you are making patties, serve the sauce on the side.



