



FROM OUR KITCHEN

11 SAVOURY AND SWEET RECIPES FROM OUR KITCHEN TO YOURS



**Link
Wentworth**
Providing homes, building futures.

FOREWORD TO “FROM OUR KITCHEN”

Welcome to the first Link Housing cookbook, From Our Kitchen. This amazing project started as a platform to celebrate the valuable role of Link Housing's older residents in preserving links to the past years, for future generations and the wider community. And, what better way to illustrate this than through the simple pleasure of cooking and enjoying food?

To align with our vision to enhance lives through community housing, over the past year, Link Housing has hosted activities and events to mark NSW Grandparents Day (in October 2018) and the NSW Seniors Festival (in February 2019).

As part of these activities, we invited Link Housing residents and staff to contribute their favourite homemade recipes to be featured in this book. Many recipes have been passed down through generations and some have even crossed cultural borders. The varied cuisines illustrate how diverse

the Link Housing community is, as well as how the familiarity of sharing a meal has the power to bring people together, reflect on who we are and create shared memories and meaning – no matter where in the world you come from.

The 11 recipes, including two from Link Housing staff, encompass sweet and savoury dishes, including vegetarian options. The recipes range from Chilean corn and chicken casserole (pastel de choclo) and lemon myrtle damper, to quandong chutney (native peach) and Armenian bulgur salad (itch). There are also crowd-pleasing biscuits – Patricia's Biscuits – which a tenant learnt from her British friend.

The recipes are easy to follow and can be customised, while the ingredients are affordable and widely available. So, no matter your cultural background or level of skill in the kitchen, we hope you will find a recipe in this book that you and your family can make and enjoy in From Our Kitchen..

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SAVOURY

INGREDIENTS

- 1 onion
- 1 can chopped tomatoes
- 1 cup of cracked wheat (Bulgar)
- 1 tbsp tomato paste
- 1 tbsp capsicum paste (or Ajvar)
- ½ bunch shallots
- 1 bunch parsley
- 1 capsicum
- 1 lemon
- ¾ cup vegetable oil
- ¾ cup water
- Salt to taste

ARMENIAN BULGAR SALAD (ITCH)

SONIA MARLO

This is a traditional Armenian dish. You can serve this dish with meat, fish, or chicken. If you are eating Itch on its own as a vegetarian meal, you can serve it in lettuce cups. It is very tasty!

METHOD

1. Chop onion and sweat in oil until translucent
2. Add tomato and capsicum paste, stir briefly until combined
3. Add can chopped tomatoes
4. Add ¾ water and allow to boil then add salt to taste
5. Cover and boil for 10 minutes
6. Turn the heat off, stir in the cracked wheat and replace the lid
7. Finely chop the shallots, capsicum and parsley
8. If the cracked wheat has softened, add the shallots, capsicum and parsley to the mix
9. Serve as desired



SAVOURY

INGREDIENTS

- 1 small brown onion
- ½ cup of rice
- 500g of beef mince
- 1 cup parmesan cheese
- 1 cup parsley
- 1sp smoked paprika
- Salt and pepper to taste
- 400g canned diced tomatoes
- 420g condensed tomato soup

PORCUPINE MEATBALLS

SHERYL TAYLOR

Old-Fashioned Porcupine Meatballs in tomato sauce make a delicious and easy family meal. Serve as is or over rice or mashed potatoes for a filling dinner.

METHOD

1. Use your hands to combine the mince, onion, rice, ½ the parmesan, ½ the parsley, paprika, salt and pepper in a large bowl
2. Shape the mixture into balls and set aside
3. Pour the soup (plus water according to soup instructions) and diced tomatoes into a large saucepan over medium heat, bringing it to a boil
4. Add the meatballs to the pot and simmer for 30 minutes until cooked through
5. Divide the meatballs into bowls and sprinkle with the remaining parmesan and parsley
6. Serve with bread and salad



SAVOURY

INGREDIENTS

Recipe makes 6 large portion.

- 500g of dried white beans (soaked overnight)
- 2-3 tbsp oil
- 2 medium onions
- 2-3 cloves of garlic
- 2 carrots
- 2 tbsp smoked paprika
- 1 smoked ham hock or 1kg of smoked pork ribs
- 1-2 tbsp Vegeta powder
- Salt and pepper to taste
- 1.5 – 2L water

SERBIAN BEAN SOUP (PASULJ)

DRAGANA DJURIC

This is one of my favourite winter dishes. Every Serbian family has their own recipe, which is never written down. This dish is my Grandfather's recipe, that I often cook for my son. It is the only Serbian food my son enjoys, so it is very special for me.

If I ever need comfort on a cold night, I always put on a pot of Pasulj.

METHOD

1. Chop all vegetables and garlic finely
2. Heat the oil in a large pot on medium heat
3. Add the onion, carrots and smoked meat and sauté for 5-6 minutes
4. Add paprika, beans, Vegeta, salt and pepper and mix well
5. Cover the pot and cook for 50 minutes on low heat
6. Serve with crusty bread



SAVOURY

INGREDIENTS

Dough

- 4 ½ cups plain flour
- 1 ½ tsp salt
- ½ cup margarine
- ½ lime
- 1 ¼ cup of cold water (or as much as needed)

Filling

- 200 grams of potatoes peeled and boiled
- 1 can salmon
- 1 onion finely chopped
- 1 tsp vegetable oil
- ½ tbsp curry powder
- ½ tsp of chilli powder
- Curry leaves
- Salt and pepper to taste

CURRY PATTIES

KUSUMAWATHI KALAUARACHCHI

This is a favourite of our family. These patties were a speciality of my grandparents.

METHOD

Dough

1. In a medium bowl stir together the flour and salt
2. Rub margarine into the flour, pinching into small pieces using your fingers until mixture resembles coarse crumbs
3. Add the lime juice into the mixture
4. Slowly add the water, a couple of tablespoons at a time until the mixture forms a ball
5. Roll the mixture together, wrap in plastic wrap and refrigerate for 1 hour

Mixture

1. Mash the potatoes and flake the salmon
2. Sauté the onion in a pan for 4-5 minutes on low heat
3. Add the curry and chilli powder and fry for a minute
4. Add the fish and stir through for a few more minutes
5. Add the potatoes, salt and pepper and stir combine

Construction

1. Dust some flour on a board and roll out the dough to about ½ cm thick
2. Cut the dough into circles using a cookie cutter or a glass
3. Spoon some of the filling into the centre of the dough circle and then fold into a half-moon shape
4. Wet the edges of the half-moon with a bit of water and seal the edges by pressing with a fork
5. Deep fry each piece until golden brown



SAVOURY

INGREDIENTS

500g beef, pork or lamb mince
 1 BBQ chicken diced (or leftover cooked chicken/ chicken schnitzel)
 1 can of green beans
 1 tbsp cooking oil
 1 finely chopped onion
 Beef stock
 1 tin of tomatoes (crushed or diced)
 Any vegetables of your choice diced, ensure root vegetables are parboiled

SUPER SAVOURY MINCE

VICKI FERFOLIA

I was making the usual savoury mince once while camping, but I didn't have enough mince. So I used all the leftovers we had and cooked it all up together. Delicious!

METHOD

1. Heat the oil in a pan and lightly fry the onion
2. Add the mince, break it up and brown the meat
3. Add your vegetables of choice
4. Stir through the cooked chicken
5. Add tin tomatoes, canned green beans and salt and pepper to taste
6. Mix well
7. Add beef stock to moisten the meat, but not too much as to make it 'watery'
8. Simmer for 20-30 minutes



SAVOURY

INGREDIENTS

1 kg chicken breast seasoned
 3 medium onions (chopped)
 3 tbsp vegetable oil
 2 tsp cumin
 2 tsp salt
 1/2 tsp ground pepper
 1kg corn kernels (fresh or frozen)
 1 tbsp sugar
 2 tbsp basil (finely chopped)
 1/2 cup sultanas
 1/3 cup chopped black olives

CHILEAN CORN AND CHICKEN CASSEROLE (PASTEL DE CHOCLO)

LUIS CARABANTES

This recipe comes from the south of Chile. It is a traditional and very delicious dish, that is curiously addictive

METHOD

1. Boil the corn until tender (or cook according to instructions) and remove to cool slightly
2. In a pot on medium heat, add the chopped onions, olive oil, half the basil and cumin
3. Allow the onions to sweat, then add the seasoned chicken and sultanas
4. While the chicken is cooking, add the corn and the remainder of the basil into a blender and puree corn
5. Once the chicken is cooked, remove from the heat and chop it into bite sized pieces
6. You can assemble the pie in either a large baking dish or smaller ramekins
7. Place the olives, sultanas and chicken into the dish of your choice
8. Top the dish with the pureed corn and bake at 200 degree for half an hour



SAVOURY

SRI LANKAN FISH CUTLETS

HEMA SIRIMANNE

Fish cutlets are a very famous snack or 'party food' in Sri Lanka. You can substitute the fish with mince meat or even vegetables.

INGREDIENTS

500 grams of fish (steamed or boiled) or tinned salmon

350 grams of potatoes (boiled)

2 tbsp of finely chopped onions

1 tbsp finely chopped green chillies

Juice of half a lime

1 tsp chilli powder

1 tsp ground pepper

4 - 5 finely chopped curry leaves

1 egg

Breadcrumbs

Oil for deep frying

METHOD

1. Remove the skin and bones from the fish and flake
2. Mash the potatoes roughly and mix well with the fish flakes
3. Sauté the onions, green chillies and curry leaves in a pan with a tablespoon of oil and add to the fish and potato mixture
4. Add all the other ingredients (except the egg and breadcrumbs) and mix well
5. Shape the mixture into small balls, or your desired shape
6. Dip each cutlet in the beaten egg and then roll in breadcrumbs
7. Heat the oil and deep fry the cutlets until golden brown



SWEET

INGREDIENTS

- 1.5 kg Quandong Fruit
- 500ml water
- 550g white sugar
- Half a bottle of Worcestershire sauce

QUANDONG
CHUTNEY
(NATIVE PEACH)

DAVID CLANCY

My Mother told me that my Grandmother used to make horrible Quandong chutney, that was only good if you had stale bread that needed softening. My mum tweaked her recipe to make it nice. She used to feed it to my old man and me, on toast. This chutney is great to have with garlic bread, cheese, toast or as an ingredient for cooking.

METHOD

1. Combine the water and sugar together in a pot over low heat until the sugar has dissolved
2. Add the Quandong and cook on low heat until the fruit has completely softened
3. Add Worcestershire sauce and simmer vigorously for 10 minutes
4. Remove some from the pot to eat hot
5. You can save the remaining chutney in jars or containers of your choosing



SWEET

INGREDIENTS

- 1 large can of pineapple pieces
- 2 tbsp oil
- 1 finely diced onion
- 1 sprig of curry leaf
- 2 crush garlic cloves
- 1 tsp white vinegar
- 1 tbsp chilli flakes
- 1 tsp turmeric
- 1 stick of cinnamon
- 2 tsp black pepper
- 1 tsp ground cumin
- 1 tsp salt

ASIAN PINEAPPLE
RELISH

GRISEL RAMBUKKANA

This is a favourite dish of mine, since it is an appetiser and you can eat a big portion of it over rice.

METHOD

1. Mix the pineapple pieces, turmeric, black pepper, cumin, chilli flakes, vinegar and salt and let it marinate together for 20 minutes
2. Heat oil in a pan on medium heat and sauté onions, garlic, curry leaf and cinnamon
3. Once the onion has been cooked down add the pineapple mixture
4. Cook everything on low heat for 15 minutes with a closed lid
5. Serve with rice and anything else you'd like



SWEET

INGREDIENTS

- 2 and ½ cups self-raising flour
- 5 tbsp sugar
- ½ tin condensed milk
- 250 grams of butter
- 1 tsp vanilla extract
- Small pinch of salt
- Hundreds & Thousands (or any sprinkles of your choice)

PATRICIA'S BISCUITS

KANKANI SALGADO

This recipe was given to me by my friend Pat, an English lady who loved baking for her grandkids. My grandkids and the people in my complex seem to love them. This is a very inexpensive recipe.

METHOD

1. Preheat the oven to 160C (fan forced)
2. Mix all wet ingredients into a large bowl and beat with an electric mixer until light and fluffy
3. Slowly add the flour while continuing to beat the mixture
4. Once combined well, roll the mixture into balls the size of a cherry tomato
5. Place the balls onto a tray lined with baking paper, about 2 cms apart
6. Press each ball with a fork and sprinkle with Hundreds & Thousands (or any sprinkles), then press again lightly with a teaspoon
7. Bake for 15-20 minutes



SWEET

INGREDIENTS

- ½ tsp of dried and ground lemon myrtle (you can source this locally, at a store, or grow your own easily)
- 3 cups of self-raising flour
- Couple of pinches of salt
- ½ cup of butter (room temp or cut into small pieces)
- ¾ cup of milk

LEMON MYRTLE DAMPER

BROOKE SCOBIE

My nan used to make a wicked damper. She even used her damper recipe to make small dumplings to throw into a stew. When I am making any of her old recipes, I like to include bush tucker to bring it back to our old people a bit more.

METHOD

1. Preheat the oven to 200C
2. Mix the dry ingredients in a large bowl
3. Add the butter and rub it into the flour
4. Add the milk and stir until combined
5. Knead the dough for a few minutes until it all comes together
6. Shape the dough into a ball and place on a baking paper lined tray
7. Brush the top with a little milk
8. Bake for 30 minutes, or until golden and sounds hollow when you tap it
9. Serve with butter while still hot



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