Harmony Day
2013

Part 1 – Mains
(Meat)
Forward

James Beard a rather well known American Chef once said, "Food is our common ground, a universal experience". I think that sums up rather well this year's Harmony day theme of "Many People, One Australia"

Food is our common ground, we all love to eat, we all love to try new things and we love to challenge our tastebuds to try new flavours and textures and we are, as a nation, rather addicted to reality cooking shows on TV.

This year, when thinking of an activity for Harmony day we decided to embrace the rich traditions we have at North Sydney among our staff and students and what better way to do this than share our recipes. Like a family who shares a good meal with relatives young and old we too as a community are sharing something that is close to our heart and close to our family, our treasured recipes from around the world.

Bon appetite

Appreciation of Contribution

We would like to say a heartfelt thank you to all the staff and students who have contributed recipes for Harmony Day 2013. We have had a diverse range of recipes from countries such as Korea, China, Afghanistan and Iran. All of the recipes have been presented in a well thought out and colourful way. It is interesting to hear about the background of the recipes - lots of family recipes!
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Abgoosht

**Ingredients**

- Lamb meat (with bones), or other meat as long as it has bones
- 3-4 potatoes (depending on size of potatoes)
- 1 medium onion
- Salt/Pepper
- Turmeric
- 1 cup garbanzo beans
- 1 cup white beans
- 1-2 dried limes
- 1 Tablespoon tomato paste
- Lemon Juice (optional)
- Cinnamon

**Method**

These directions are specific to a pressure cooker, but may be modified for a regular pot or slow cooker.

1. Place the meat, onion, white beans, garbanzo beans, and dried lime(s) in the pressure cooker. Pour in water to cover everything, you may just want to pour in the water used to soak the beans and maybe some more if its not enough. Cover the pot and place it on med. heat. Once it steams you can release some of the steam, but allow it to stay on the stove for 30 minutes.

2. After 30 minutes you will open the pressure cooker (steam will need to be released first if not done so completely). Add the washed potatoes (do not peel the skin off yet), tomato paste, and a little bit of cinnamon. At this time if you feel it is necessary you can add some lemon juice.

3. Cover the pressure cooker again and allow everything to cook for another 15 minutes on med. heat (it should steam up). Once it has steamed up, let the steam out and open up the pressure cooker. When ready to serve you will pour the water into a separate bowl and then prepare the meat to be mashed up.

4. Preparing the Mashed meat (goosht koobideh):
   You will peel the skin off the potatoes, clean the meat off the bones, and take out the dried limes. Mash the meat, potatoes (maybe not all the potatoes), and beans all together. Then you can pour some of the water on it is you desire. It is ready to eat with bread.

5. Preparing the tilit (water/bread):
   You will want to tear up pieces of pita or barbari bread (or a combination) and pour the water over the bread. The bread pieces become soaked and this part of Abgoosht is called Tilit.

📸 *This recipe was contributed by Michael S. 19/3/2013*
Ashak

**Ingredients**
- A packet round pastry (available from Chinese shop)
- 500gm beef mince or red kidney beans (cooked /canned) A bunch of chives - wash well and chop finely
- A bunch of coriander - wash well and chop finely
- 1 large fresh tomato
- 4 tbs. tomato paste
- 1 large onion
- 1 tsp. turmeric
- 1 tsp. sugar
- Salt and black pepper
- 1 clove of garlic – chopped
- 2-3 tbs. olive oil
- 1 cup plain yoghurt

**Method**

**Meat sauce**

1. Warm a large saucepan, add olive oil and chopped onions. Cook gently until the onion is soft.
2. Add turmeric and stir.
3. Add mince and cook 5 min on a high heat stirring constantly, until the mince changes colour.
4. Add 1 cup of water, salt and pepper to taste. Stir and leave it to cook on low heat for 5 to 10 mins.
5. Add fresh tomatoes, 1 tsp. chopped coriander and tomato paste. Stir and leave it until it looks like a good sauce.

**Filled pastry (Ashak)**

1. Wrap chives and coriander in the pastry – and make it like ravioli
2. Steam for about 10-15 minutes until soft cooked.

**Serves**
- Mix yogurt and garlic together with a pinch of salt and 1 tab. water.
- Spread half in a serving dish. Lay ashak on top.
- Pour over mince mixture.
- Spread rest of yoghurt mixture on top. Sprinkle with dry mint and chopped fresh coriander.
- Enjoy!

*This recipe was contributed by Zahira Noor on 14/3/2013*
BULGOGI
Serves 3 people

Ingredients
- 500g Beef
- 1 Large onion
- 2 Shallot
- 1 Carrot
- Half glove crushed Garlic
- 1 teaspoon Vegetable oil

Sauce
- 5 tbsp Soy sauce
- 2 tbsp Sugar
- ½ tablespoon Sesame oil
- 1 tbsp Rice wine

Method
1. After washed onion is sliced.
2. Shallots are cut into 3cm.
3. Carrot is sliced.
4. Slice beef thinly.
5. Put all ingredient and sauce mix together into one big bowl.
6. Leave 3 hours.
7. After 3 hours heat wok to high add oil.
8. Add ingredients to wok and stir fry until meat cooked.
9. Serve in a dish with rice

This recipe was contributed by Hae Kyong Jung on 14/3/2013
Lamb neck stew

**Origin:** Australian

**Story:** I chose this recipe as its one my Mother makes and one which I think embodies her rural background and her Irish roots. We all make this recipe although not always with the neck chops. The lamb is very Australian and the stew is very Irish. I like it as it’s warm and homey and gives a lovely aroma in the kitchen when it is bubbling away.

**Ingredients**

- Lamb neck chops (if you cannot get them, as they are not particularly popular use another lamb cut best choose one with a bone) quantity depends on the number of people you are feeding.
- Vegetables – potatoes, sweet potatoes, carrots, parsnip, swede, onion, celery and pumpkin any vegetable you like. Cut the vegetables up roughly. Cloves of Garlic – sliced not crushed
- Oil for cooking the chops – just a little or use a non-stick pan
- Salt and Pepper to season
- Tabasco sauce – a few shakes of the bottle – to taste
- Worcestershire sauce – a few good splashes – to taste
- Tomato Sauce- a few good splashes – to taste
- Rice

**Method**

If you use an electric frypan you can use it for the entire recipe. If not. You will need a saucepan, a frypan and a crock pot/slow cooker as the meat needs to be so tender it pulls away from the bone. This recipe is not a written one so the quantities are guesses.

1. Braise the chop and onions not till they are completely cooked but cooked a little on both sides
2. Toss in the chopped vegetables and sliced garlic
3. Add water depending on the number of vegetables and quantity of meat. You need enough water to simmer for a few hours so there needs to be a fair amount.
4. Add your seasonings such as pepper and salt to taste and few good splashes of tomato sauce
   - Worcestershire sauce and a few splashes of tabasco sauce (this is hot).
5. Simmer away for a few hours or until the meat is falling from the bone and vegies soft.
6. Add some gravy or corn flour to thicken.
7. Boil up some rice (enough for the people you need to feed)
8. Serve the stew on a bed of rice.

**This recipe was contributed by Cathy on 19/3/2013**
Sour and Sweet Pork Rib

Serves 3 people

Ingredients

- 500g Pork Rib
- 2 cups sour sauce
- 2 cups sugar
- 1 cup soy sauce
- 2 cups water
- a pinch of salt
- 3 spring onions - sliced

Method

- Cut the pork rib to 2-3cm pieces
- Add some oil to the frypan
- Fry the pork rib about 2 minutes
- Put the sour sauce, sugar, water and soy sauce over the pork rib and stir
- Cover the lid until the sauce becomes thick, during the time stir 2-3 times
- Put in the spring onions
- Plate the pork rib on a plate
- Serve and enjoy it

This recipe was contributed by May Jin on 18/3/2013

My mother used to do this recipe. It is very yummy and my family love it.
Thai curry roast duck

**Ingredients**
- 1 1/2 cups (375ml) coconut milk
- 1/3 cup basic Thai red curry paste
- 1/2 cup (125ml) coconut cream
- 3 kaffir lime leaves, torn
- 1 cup Thai basil leaves
- 1 bunch of lemongrass, cut in pieces
- Garlic
- Red onions, finely chopped
- 1 bunch of asparagus, cut in pieces
- 1/2 tbs vegetable oil
- 1/2 roast duck*, cut into bite-size pieces (bondless)
- 200g pineapple, cut into 2cm pieces
- 1/3 cup red seedless grapes
- 2 tbs fish sauce
- 1 tbs caster sugar
- 1 tbs grated palm sugar

**Method**
1. Pour the coconut milk into a saucepan with low heat; put the lime leaves, basil leaves, lemongrass and garlic in. Heat the coconut milk with all the herbs for around 15 minutes, but not boil. Pour out the coconut milk and set the herbs aside
2. Heat the wok; add vegetable oil and red onion. Add curry paste and stir for 2-3 minutes or until roasted and fragrant. Add coconut milk bring to the boil, and then add asparagus. Cook for 1 minutes or until asparagus are cooked
3. Add remaining ingredients to wok and cook for a further 3 minutes or until heated through. Serve immediately with steamed rice

This recipe was contributed by Vivian Deng on 19/3/2013

*This is a Thai and Chinese fusion dish. It tastes sweet and sour. I got this recipe from a Thailand cook*
Spring Roll

Ingredients
- kt large spring roll wrappers (20) – if frozen, take out from freezer and leave to thaw for 1 hour
- half medium cabbage shredded
- 1 orange carrot shredded
- 1 chicken breast shredded
- pepper to taste
- salt to taste
- chicken powder to taste
- combine cornflour with 1 tablespoon water in a small bowl
- vegetable oil for frying and cooking

Method
1. Preheat a frying pan & add oil
   - Add shredded chicken breast
   - Stir until almost cooked
   - Take out of pan
   - Add oil again to pan
   - Add shredded cabbage & shredded carrot mix
   - Add cooked chicken breast, pepper, salt, chicken powder and mix
   - Take out and cool
2. Place 1 wrapper on a board with a corner pointing towards you. Spoon 2 tablespoons of ingredient mixture into the corner of wrapper. Fold corner over filling, then roll up from corner to corner, folding edges in to enclose filling. Brush corn flour mixture around the final edges and continue rolling wrapper until a cylinder shape is formed.
3. Repeat with remaining wrappers until all wrapper are gone.
4. Fill the wok with enough oil to cover the spring rolls. Heat until really hot. Cook spring rolls until turn golden brown and drain on paper towel. Serve.

NOTE: If you are vegetarian you can leave out the chicken breast.

This recipe was contributed by Ruby Lin on 21/3/2013