Harmony Day
2013

Part 2 – Mains
(Seafood)
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 relative’s 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 appetit

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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Chinese Steam Fish
Serves 2-3 people

Ingredients
- A half kg of whole Barramundi fish
- 2 medium shallots
- 2 thin slices of ginger
- 1 tbsp of soy sauce with pinch sugar
- 2 tbsp of rice oil (in a small saucepan)
- A dish and a rack
- A Chinese wok with cover
- A knife and a chopping board

Method
- Clean all ingredients
- Chop shallots and ginger thin julienne style (5 cm)
- Put wok with 2 cups water on the stove
- Put rack in the wok then cover
- Heat the wok until boiling
- Open the cover put a dish with whole fish on the rack
- Cover the wok continue cook for 8 minutes
- Heat the oil in separate saucepan until boiling
- Open the cover and throw out the spare water on the dish
- Then decorate fish with shallots and ginger
- Put the boiling oil on the fish (you should hear sizzling sound)
- Then put the sauce over the top of fish.

This dish is from my home country of Guangzhou, China. I grew up watching my mother cook this dish and now I cook it for my family in Greenwich. This dish of steam fish should be tried and I hope you enjoy it.
Salt water soak Sliver fish with juice

**Ingredients**
- One silver fish (about 600g-800g)
- 3 tbsp. salt
- 1 tbsp. ginger

**Juice ingredients**
- 2 tbsp soy sauce
- 1 tbsp sugar
- 1 tbsp olive oil
- 1 tbsp ginger
- 2 tbsp garnish shallots

**Method**
1. Boil 2 litres water and add ginger and salt
2. Put the fish in the boiling water (the water must cover the fish) until the water boiling again, Turn off the stove
3. Let it soak in water about 15 minutes
4. Pierce the fish with chopstick to test if cooked, if chopstick enters fish – fish is cooked

**Method of juice**
1. Heat a small pan add ginger and olive oil
2. Put soy sauce and sugar together until boil

**Garnish**
1. Cut shallots on a diagonal
2. Put on fish
3. Cover the fish with the juice

*This recipe was contributed by Kelly Chang on 18/3/2013*
Stir fried mud crab with ginger and shallots

Ingredients

- 1 large mud crab, about 1 kg
- 2 teaspoons cooking wine
- 5 teaspoons corn flour
- 1 tablespoon peanut oil
- 1.5 tablespoons oyster sauce
- 7 sliced of Fresh ginger
- Half of garlic
- Shallots, chopped in 6cm portions
- Pinch of salt to taste
- 2 teaspoons sugar

Method

1. To prepare the mud crabs, clean it and chopped it in about 10 to 15 pieces
2. Mixing the corn flour with the mud crabs
3. Preheat the peanut oil (about 300ml); put the mud crabs into the oil for 1 minute
4. Heat the peanut oil in a wok, add garlic and ginger until slightly brown
5. Add the crab and stir until the crab is cooked. The shell will turn red when cooked
6. Once the crab is cooked, add the oyster sauce, sugar, salt, cooking wine and shallots

This recipe was contributed by Guy Liang on 19/3/2013

Stir fried mud crab with ginger and shallot is a very popular dish in Canton China. This recipe is from my mum.
Enjoy!

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