Harmony Day
2013

Part 3 – Mains
(Others)
**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 appetite

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**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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Age Tofu (Deep Fried Tofu)
Serves 4 people

Ingredients
- 1 pack Smooth fine-grained tofu (silken tofu)
- Potato starch for coating
- 1 cup Fish broth
- 3 tbsp Soy sauce
- 3 tbsp Sweet sake (Mirin)
- Chopped Spring onions for decoration
- Grated Ginger to taste
- 1 teaspoon grated White radish
- Oil – enough to deep fry the tofu
- Salt to taste

Method
1. Take 4 pieces of tofu out of the pack and dry by kitchen towels.
2. Coat all faces of tofu with potato starch.
3. Boil fish broth in a small sauce pan.
4. Add soy sauce, sweet sake and ginger into the sauce pan.
5. Add radish and salt to taste into the sauce pan.
6. Heat oil and deep fry tofu.
7. Remove tofu when they are golden.
8. Drain tofu on paper towels.
9. Serve each tofu in small bowls and pour hot fish broth.
10. Decorate with spring onions.

Age tofu is one of our popular traditional dishes in Japan. It has never become a main dish. It is always a side dish, but many people like this simple taste. It is easy to make so it very often appears on our family dinner when I need one more dish. It is a great helper for me as well.

Recipe contributed by Tomoko Okumura on 14/3/2013
Fried rice
Serves 2-3 people

Ingredients
- 1-2 bowls cooked rice - cold
- Half a white onion
- 250g cooked prawns
- 2 eggs - beaten
- 1 tbsp olive oil
- 1 cup peas
- Fresh ginger and a few spring onions

Method
1. Heat oil in a frypan
2. Cut onions, ginger, prawns and fry together in oil
3. Add beaten egg
4. Add soy sauce, to taste, and peas
5. Stir until combined
6. Add rice and mix
7. Add spring onions and combine
8. Serve in bowls
9. Eat and enjoy!

This recipe was contributed by Vivian Clark on 18/3/2013
Fry tomato and eggs

**Ingredients**
- 2 eggs
- 2 tomatoes
- 1 tab. oil
- 1tsp. sugar
- Pinch of salt
- Pinch of chicken salt

**Method**
1. Crack eggs into bowl and mix with fork
2. Slice the tomatoes
3. Heat the pan to high
4. Add 1 tab. olive oil
5. Pour the eggs mixture into pan
6. Add the tomatoes
7. Add the sugar, salt, chicken salt cook for 2 minutes
8. Serve on plate

*This recipe was contributed by Jingjing on 18/3/2013*
Korean seaweed and meat soup

Ingredients
- 10g seaweed
- 50g meat
- 3-4 cloves garlic
- 4 cups cold water
- 2 tsp black sauce
- 1 tsp sesame oil
- Salt and pepper

Method
Gently wash the seaweed, put in a basket and drain. Chop the meat, and combine salt, pepper.

1. Heat the sauce pan
2. Put in sesame oil
3. Fry meat and seaweed together for 5 minutes
4. Pour in cold water
5. Bring to the boil 30 minutes, after 10 minutes turn down heat and simmer
6. Add black sauce and chopped garlic
7. Serve hot with white rice

Seaweed soup is a very healthy food, because it stimulates blood circulation and helps make your blood clean.

This recipe was contributed by Roselin Lee on 14/3/2013
Tomato fry egg

Ingredients
- 4 tomatoes
- 2 eggs
- 2 cloves garlic – leave whole
- 1 tbsp oil
- 1 teaspoon salt

Method
1. Crack 2 eggs into a bowl and beat them with chopsticks
2. Put oil into frypan, wait until warm
3. Add eggs and garlic and fry until just set.
4. Slice the tomatoes
5. Heat another frypan to high
6. Add oil, and fry tomatoes
7. Add eggs and garlic to tomatoes
8. Heat together and add salt
9. Serve warm with steamed rice

This recipe was contributed by Lin Shi on 18/3/2013

My mother taught me this recipe. It is easy to cook and also my children love it.
Yangzhou fry rice
Serves 4 people

Ingredients
- 3 bowls steamed rice
- 2 eggs
- 3 spring onions
- 10g green beans
- 100g ham
- 3tbsp oil
- 2tbsp soy sauce
- 100g shelled prawns
- ½ a carrot

Method
1. Chop the ham, spring onion, carrot and prawns finely
2. Crack eggs and beat the egg
3. Then heat the pan to hot
4. Put the oil into pan fry egg until golden and finely
5. Put the finely chopped spring onion prawn ham green bean and steam rice mix together
6. Put soy sauce
7. Serve on the plate /bowl

This food is from Yangzhou. The people find it easy to make. I always make for my daughters to bring to school.

This recipe was contributed by Lucy on 18/3/2013
Enjoy!

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