Harmony Day
2013

Part 4 - Sweets
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

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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Almond Tart
Serves 10-12 people

Ingredients
- 4 sheets puff pastry
- 250g brown sugar
- 400g almond meal
- 250g butter
- Pinch of salt
- 5 eggs

Method
1. Preheat oven to 170°C
2. Put baking paper on the tray then place two sheets puff pastry on and pierce the pastry with a fork
3. Melt the butter in a small saucepan
4. Crack four eggs into big bowl add melted butter, almond meal, sugar and salt mix well
5. Pour the mixture onto the pastry spread evenly and place two sheets pastry on the top
6. Use a fork to join and create pattern around the edge of pastry and use a knife to create diamond pattern on top (ensure you cut through pastry)
7. Crack one egg into a small bowl and mix
8. Brush top with egg mixture
9. Bake in over 55mins or until golden brown
10. Delicious served with coffee!

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

The recipe is from my family in Paris. I make this recipe for my family and everyone enjoys it.
Betty’s Chive Pancakes

Ingredients
- 175 g oil
- A pinch of salt and pepper
- ½ cup water
- 1½ cup flour
- A bunch of chives – finely chopped
- Makes 3-4 chive pancakes. Good for two people.

Method
1. Beat the egg with water in a bowl
2. Add salt, pepper
3. Mix in flour to make a smooth liquid
4. Add chives
5. Pour oil on top of the liquid and use chopsticks to ‘slice’ into the mixture until just combined
6. Heat a fry pan and pour in a small amount of oil
7. Pour in about 1/4 or 1/3 of the mixture
8. Cook on both sides
9. Repeat with rest of the mixture to make another two or three pancakes
10. Cut each pancake into 4 and serve immediately

This is a most convenient recipe for me. It is delicious, healthy and simple to make.

Delicious when eaten together with Chinese tea or a hot and sour soup

This recipe was contributed by Betty on 14/3/2013
Chocolate cake

**Ingredients**
- 4 Large Eggs
- 2 litres Milk
- 100g Dark Chocolate
- ¾ cup Sugar
- 250g Butter
- 100g Plain flour

**Method**
1. Preheat your oven (temperatures of oven 180 °C/gas(350° F)
2. Whisk the eggs for 15 mins
3. Add eggs to plain flour
4. Add milk slowly
5. Cream butter and sugar in separate small bowl
6. add cream mixture to other ingredients (you can add ¾ salt, up to you)
7. Add melted dark chocolate
8. Put baking paper in a cake pan and pour in mixture
9. Test cake after 30 mins, leave in oven if not ready for a further 10-15 mins

"I used to make this cake in Iran for my husband on his birthday. We both really enjoy it."  

This recipe was contributed by Leila Salehi on 14/3/2013
Iris’ Chinese New Year’s Cake

Ingredients

- 1 ¾ cup sticky rice flour
- 1 ½ tsp baking powder
- 1 ½ cup dark sugars
- ½ cup water

Method

1. Put the water and the dark sugar into a saucepan
2. Boil together for 10 mins to make syrup, put into a large bowl
3. Sift together flour and baking powder
4. Add flour mixture to the syrup
5. Beat to combine
6. Put mixture into a steamed pudding mould
7. Steam for about for 1 hour, remove and cool
8. When cool, cut into pieces and to serve.

I learn this traditional recipe from my mother

This recipe was contributed by Iris Chan on 14/3/2013
Pari’s Iranian potato pancake

Ingredients
- 2 medium potatoes
- 5 eggs – separated
- 1 tsp. saffron
- Salt and pepper to taste

Method
1. Boil potatoes until soft
2. Peel the potatoes
3. Mash the potatoes in a bowl, add salt and pepper and put it aside.
4. Beat the eggs yolks, add to the potatoes and stir those thoroughly
5. Pour 1 tbsp. warm water over the strands of saffron in a small dish
6. Add to the potato mixture and stir well
7. Whip the egg whites until firm (when you tip the bowl the whites will not pour out) and fold into the mixture, stir lightly
8. Heat a frypan, add the butter and melt it
9. Pour the mixture into the frypan
10. Cook until brown on one side, turn over and cook the other side
11. Serve hot with fresh chopped tomato and basil

She created this recipe by herself and now it is one of my family’s favourite foods.

This recipe was contributed by Parivash Tahmasi Ghadim on 14/3/2013
Enjoy!

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