

School of Clinical Medicine COOKBOOK



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE



ADELE



CASEY



JODIE



KATHLEEN



KERSTIN



MEL



YIOTA

2020 was a year of massive change that has affected many facets of our lives. The School of Clinical Medicine (SoCM) Phase 1 Student Coordinators often discussed missing interactions with students and colleagues at the clinical units.

The group decided to seek out an activity that would allow them to engage with students during lockdown and found a universal platform through which students and staff from all cultures and nationalities can easily connect - FOOD. Cooking and food can evoke memories of times, places and people that we love. We wanted our students to connect with UQ Staff and their student community, through sharing their recipes, stories, and experiences from this global pandemic. This is where the idea of a digital School of Clinical Medicine Cookbook was born.

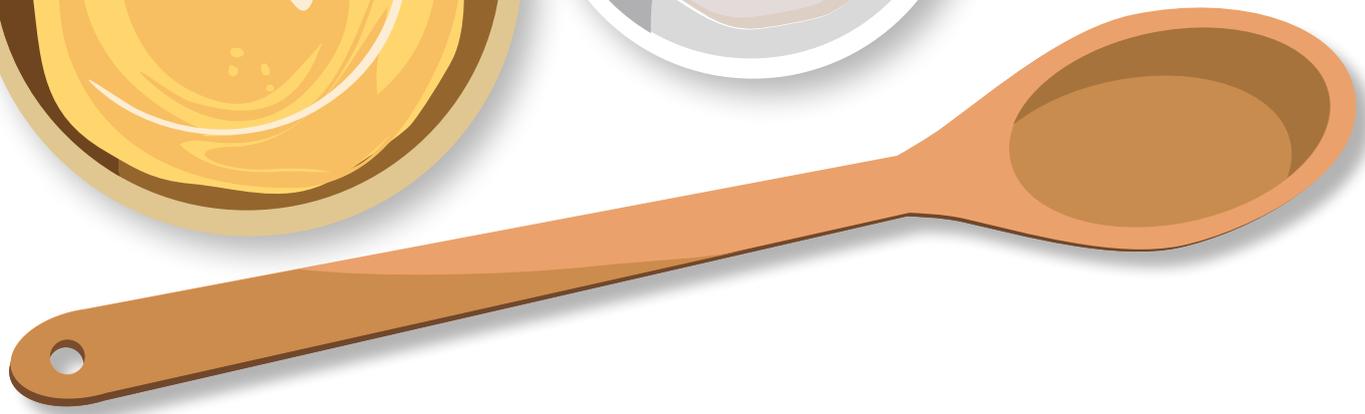
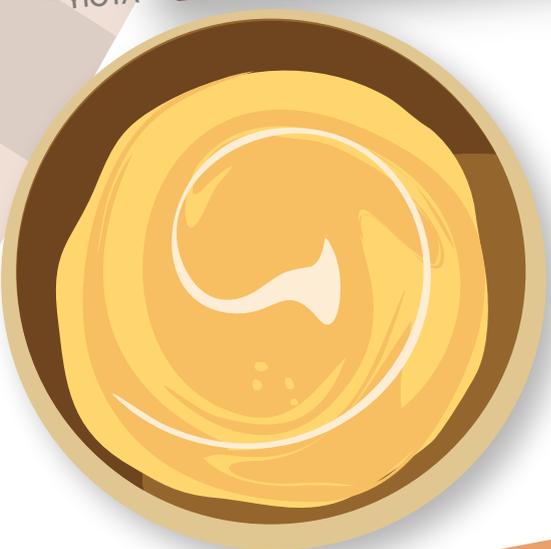
The aim and purpose of the School of Clinical Medicine Cookbook is to create a space designed for genuine community connection, where students and staff can share their love of food, cooking and storytelling. It is a virtual space that facilitates engagement, and where we support one another through sharing our favourite recipes.

In this book, we want to explore the many ways in which students and staff prepare and enjoy food by including a variety of international recipes and cooking styles. These recipes provide both nourishment and social connection and are a testament to personal strength and resilience during a difficult year for many.

We hope you enjoy reading the book, trying new recipes, connecting with fellow students and staff members, and adding new dishes to your list of weekly favourites!

'We are all in this together'

The School of Clinical Medicine team



School of Clinical Medicine cookbook

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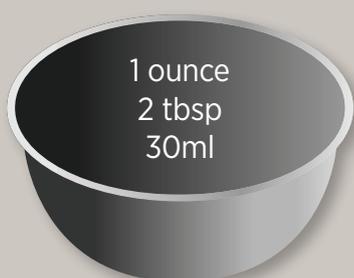
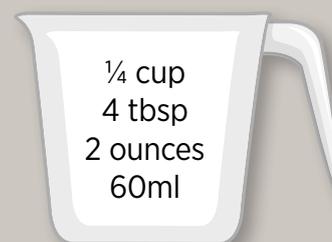
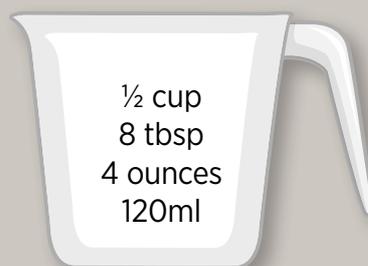
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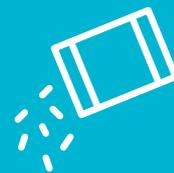
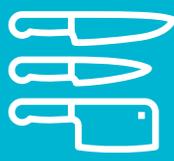
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Cooking measurements



Entrées





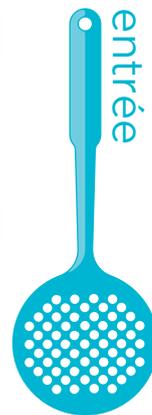
Currywurst

There's a reason over 800 million Currywursts are consumed each year in Germany – they're delicious and have been a German institution since 1949! Learn how to make the BEST authentic curry ketchup and traditional German Currywurst!

Katja Kircher



entrée



Ingredients

3 (15 ounce) cans tomato sauce

450g Kielbasa sausage

2 tablespoons chilli sauce

½ teaspoon onion salt

1 tablespoon white sugar

1 teaspoon ground black pepper

1 pinch paprika

Curry powder to taste

Method

- Preheat oven to Broil/Grill.
- Pour tomato sauce into a large saucepan, then stir in the chilli sauce, onion salt, sugar and pepper. Let simmer over medium heat, occasionally stirring; bring to a gentle boil and reduce heat to low. Simmer another 5 minutes.
- Meanwhile, broil/grill Kielbasa sausage for 3 to 4 minutes each side, or until cooked through. Slice into pieces 0.5cm to 1cm thick.
- Pour tomato sauce mixture over sausage, then sprinkle all with paprika and curry powder and serve.



Zucchini slice

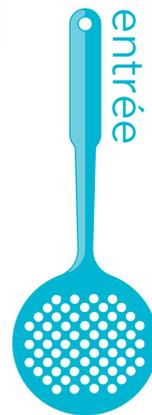
My family has made this recipe for as long as I can remember. It is a very simple recipe but it inspires many memories. Family catch ups, cooking with nieces and nephews as a first time cooking experience.

A little piece of advice: in times of need or loneliness like the COVID-19 pandemic, reach out. Everyone is battling something. You reaching out might be the highlight of someone's day. For you – it is a connection. You are never truly alone.

Ellice Ablitt



entrée



Ingredients

- 375g of zucchini - grated
- 1 large brown onion - grated or chopped
- 3 rashers of bacon - chopped small
- 1 cup of grated cheese
- 1 cup of self-raising flour
- 1 pinch of salt
- ¼ cup of oil
- 2 beaten eggs

Method

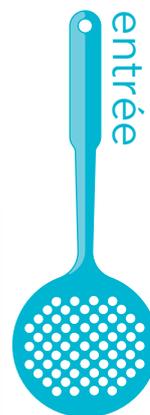
- Preheat oven to 180°C.
- Mix all ingredients together and then place in an oven tray lined with baking paper.
- Bake for 40 to 45 minutes.
- Zucchini slices can be eaten either hot or cold.



Ceviche de salmon de Lolina

This recipe is from when I studied abroad in Spain. A refreshing, light salmon ceviche is delicious and customisable to each individual. I hope you will enjoy this dish and challenge yourself to make every recipe in this cookbook!

Jessica Sophia Janneck



Ingredients

- 900g raw salmon, cubed
- 1 to 1 ½ cup of lime juice (about 10-12 limes)
- 1 large tomato (diced)
- 1 red onion (diced)
- 4 avocados (diced when ready to serve)
- ½ cup of minced jalapeño (if desired)
- 1 teaspoon of onion powder
- 1 teaspoon of granulated garlic
- Dash of black pepper
- 1-2 teaspoons of sea salt
- 2 garlic cloves (minced)
- 1 ½ teaspoons of white sugar (if desired, recommended!)
- ¼ cup of olive oil
- ¼ cup of freshly-squeezed orange juice

Method

- Mix the dry ingredients together: onion powder, granulated garlic, pepper, and sea salt.
- Cut the salmon into cubes. Coat in the dry rub and set aside to marinate for 30 to 60 minutes.
- In a bowl, dissolve the sugar in the lime juice. Slowly whisk in olive oil.
- When ready to prepare, mix the seasoned salmon with the liquid mixture.
- Place in the refrigerator for 2 to 6 hours. The less it is in the fridge, the more it will be like sushi. The longer it is in the fridge, the more it will be “cooked”. The citric acid in the lime juice kills the bacteria.
- Dice the tomatoes and red onions. Mince the jalapeños (if desired). Set aside.
- To serve, allow to warm to room temperature for 15 to 20 minutes. Mix in the diced red onions, diced tomatoes and minced jalapeños. Slice or dice the avocado. Top with a pinch of flake salt and a drizzle of olive oil.

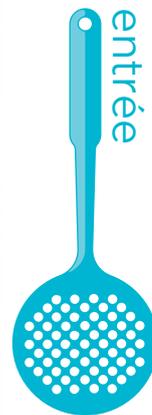
Coconut prawn miang

For tasty Thai-style finger food, you can't go past these coconut prawns – designed to be dunked and devoured, tail and all.

Osa Thor



entrée



Ingredients

- 1 cup shredded coconut
- ¼ cup plain flour
- 2 eggs
- 24 green prawns, peeled leaving tails intact, deveined
- 24 small English spinach leaves

Tamarind Sauce

- 2 teaspoons vegetable oil
- ½ small red onion finely chopped
- 2 garlic cloves finely chopped
- 1 long fresh red chilli, seeded, finely chopped
- 80g (½ cup, lightly packed) brown sugar
- 125ml (½ cup) water
- 2 tablespoons tamarind puree
- 2 teaspoons fish sauce

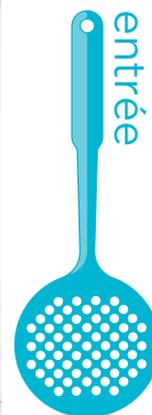
Method

- To make the tamarind sauce, heat oil in a saucepan over medium heat.
- Cook the onion, garlic and chilli, stirring, for 2 minutes or until soft.
- Add sugar, water and tamarind puree, and simmer for 5 minutes or until mixture thickens.
- Stir in fish sauce. Set aside to cool slightly.
- Place the coconut, flour and egg in separate bowls.
- Dip the prawns in flour and shake off any excess.
- Dip in the egg, then in the coconut to coat.
- Add oil to a wok to reach a depth of 5 cm.
- Heat to 180°C over medium-high heat (when oil is ready a cube of bread will turn golden in 15 seconds).
- Place one-third of the prawns in oil and cook for 3 minutes or until golden.
- Use a slotted spoon to transfer to a plate lined with paper towel.
- Repeat, in 2 more batches, with remaining prawns, reheating wok between batches.
- Serve with spinach leaves and tamarind sauce.

Gubbröra

Gubbröra means old man's mix, possibly because old men particularly like it! The mix is simply hard boiled eggs, spiced-cured anchovies, herbs and something to bind the mixture together. Classic gubbröra uses raw egg yolk as the binding but in this recipe, based on a version by Per Morberg a famous Swedish actor and TV chef, gräddfil (similar to sour cream) and crème fraiche are used instead.

Osa Thor



Ingredients

125g tin of cured anchovies

4 hard boiled eggs

1 red onion, finely chopped

3 tablespoons sour cream

3 tablespoons crème fraiche

3 tablespoons dill, finely chopped

3 tablespoons chives, finely chopped

4 slices dark rye bread

White pepper

Salad to garnish

Method

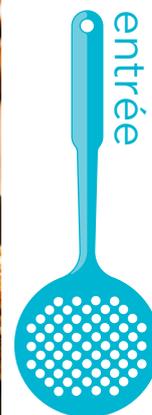
- Cut the anchovies into small pieces and place in a bowl, reserving the curing liquid.
- Shell and chop the eggs and add to the anchovies pieces along with the red onion, sour cream, crème fraiche and herbs.
- Mix thoroughly and season with white pepper to taste, but don't add any salt as the anchovies will be quite salty already.
- Add a little of the curing liquid if desired, but do so cautiously as it is quite strongly flavoured. Chill until required.
- Serve on some dark rye bread, toasted if desired, and garnish with a little salad.

French quiches

Quiche is a perfect winter-warmer, a very comforting dish that reminds me of home. Before you start making this recipe, make sure you have lots of butter in your fridge, it's a French dish after all! Quiche is a crowd-pleaser and the recipe below can be adapted to suit both vegetarians and non-vegetarians. You can serve small portions as an entrée or bigger portions a main meal, and any leftovers could last up to 3 days in the fridge. Surprise yourself with how easy it is to make a homemade quiche shortcrust – or make life easy using frozen pastry.

Bon appetit!

Julie Nicoli



Ingredients

For the pastry

1 sheet of shortcrust pastry

For the quiche

250g cream cheese

3 eggs

Salt and pepper

Butter

150g grated cheese
(any hard cheese you like)

1 leek

1 zucchini

6 mushrooms

1 tomato

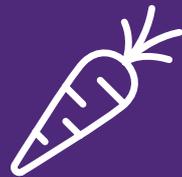
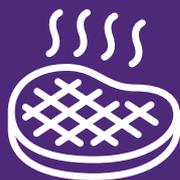
Method

For the quiche

- Preheat your oven to 180°C, fan-forced.
- In a medium to hot pan, cook the leek (with butter), until it starts to brown. Add the zucchini, mushrooms and tomatoes to the pan, and cook all together for 10-15 minutes.
- While your vegetables are cooking, in a separate bowl, mix 250g of cream cheese and 3 eggs, until smooth.
- Evenly roll out your shortcrust pastry and lay it into a quiche tin, cake tin, or even muffin tins (if you wanted to create multiple mini-quiches).
- Cook the pastry alone in the oven for 8 minutes.*
- In the meantime, incorporate your cooked vegetables in the cream cheese and egg mix you prepared earlier.
- Take the pastry out of the oven, and pour the filling evenly in your tin(s). Bake in the oven for 25 minutes.
- Grate 150g of cheese. Add it to the top of your quiche(s) and bake in the oven for another 5-10 minutes, until melted and slightly grilled.
- Serve with a rocket and tomato salad

*Tip: cover the pastry with baking paper or aluminium foil and weigh it down with rice or dry beans to ensure the pastry stays flat.

Mains



Best ever beef chilli

This is a modified recipe out of Mexican cookbook and is the best chilli I have ever had!

Paul Cleary



Ingredients

1kg lean beef mince
1 large brown onion
3 cloves garlic
1 red capsicum
2 flat dessert spoons Ancho chilli powder
1 teaspoon Chipotle chilli powder
1 teaspoon cumin powder
1 teaspoon oregano
½ teaspoon coriander powder
1 flat dessert spoon smoked paprika
1 teaspoon cinnamon
3 cups vegetable stock
500ml tomato passata
1 cup tomatoes, diced
3 heaped dessert spoons molasses with 1 tablespoon sugar

Method

- Put onion, garlic and red capsicum in food processor and puree.
- Cook mixture until onion is translucent then add mince and brown.
- Add all the spices and mix to combine.
- Then add vegetable stock, sugar and molasses and reduce.
- Add diced tomato and passata and reduce further.
- Add 1 teaspoon cornflour dissolved in juices to thicken.
- Continue to reduce until thick. You can also add a can of red kidney beans if desired.
- Serve with coriander, on hot dog or with salad and rice.

Keto baked chicken potato casserole

I sourced this recipe online and have been serving it up for the past 3 years. I really like it because it does taste like a baked potato but minus the carbs. It can be a main meal (when chicken is added) or a side dish. It's yummy and so easy to make. Because I love bacon, I also add a little bit through the mixture as well. It's a lovely winter meal and is always enjoyed by the family. Enjoy!

Kathleen Page



Ingredients

Serves 3-4

2 ½ slices bacon

1 ½ cups riced cauliflower

½ cup sour cream

2 green onions (chopped, divided)

1 ½ cups chicken (cooked)

¾ cup cheddar cheese
(shredded, divided)

¼ teaspoon sea salt

¼ teaspoon black pepper
(ground)

Method

- Preheat the oven to 180°C/Gas Mark 4/moderate oven.
- Place cauliflower pieces into a food processor with blade and blitz until resembles rice. Alternatively, use a hand grater.
- Cook the bacon in the skillet/pan until crispy. Remove bacon to a paper towel, and pour excess grease out of the skillet/pan.
- Add the cauliflower to the skillet/pan and cook on medium-high heat for 10 minutes, stirring occasionally.
- In a large bowl, combine sour cream, ⅔ green onions, chicken, ⅔ cheddar cheese, salt, and pepper. Add cauliflower and stir until well mixed.
- Put mixture into a baking dish, sprinkle with remaining cheese, and cook for 20 minutes. Chop bacon and add to the top along with the remaining green onion.

Petrohilo's beef and zucchini lasagne

This recipe means a lot to me as I cooked it together with my aunt and uncle in February of 2020 right before the lockdown started. I didn't know at the time that it would be the last time that we cooked together as he unfortunately passed away in September. My uncle, Michael Petrohilos, was a doctor who also graduated from the UQ School of Medicine. He has been such an inspiration to me, not only in studying medicine but also in persevering through the tough times in life. Despite having chronic disease and personal losses, he always gave his absolute best to his family and patients. His favourite saying regarding the practice of medicine was that "more mistakes are made through not caring than not knowing", and I hope that this will inform my own medical career as well.

Sachi Petrohilos



Ingredients

- 8 medium zucchinis
- 2 small carrots (peeled and grated)
- 1 onion (peeled, finely chopped onion)
- 200g mushrooms (finely sliced)
- 1 crushed garlic clove
- 800g beef mince
- 1 tablespoon oregano
- 2 x 400g tins crushed tomatoes
- 1 heaped tablespoon tomato paste
- 300g ricotta
- 300g shredded mozzarella
- Extra virgin olive oil
- Salt
- Pepper

Method

- Preheat oven to 200°C fan forced.

Zucchini preparation

- Slice zucchini into 1cm slices, lightly salt and set aside for 10 minutes.
- Blot excess moisture with a paper towel.
- Cook in a fan-forced oven (200°C) on a rack for about 20 mins or until cooked.
- Place on paper towels to soak up excess moisture.

Sauce preparation

- Bring a frypan to medium heat with a generous drizzle of extra virgin olive oil.
- Sauté onion, carrot, mushroom and garlic until soft (about 4 minutes).
- Add beef mince, dried oregano, salt and pepper.
- Break mince up as it browns for 3 to 4 minutes.
- Add tinned tomatoes.
- Add tomato paste.
- Bring to the boil and simmer until sauce thickens (approximately 5 to 10 minutes).
- Remove pan from heat and set aside.

Assembly

- In a baking dish, layer a third of mince to cover the base.
- Top with one third zucchini mix in a single layer, 110g ricotta and 100g mozzarella.
- Repeat twice ensuring the final layer is the remaining mozzarella.
- Bake for 25 minutes until the cheese is golden.
- Rest for 5 to 10 minutes and serve.



Picanha

This is my take on a Brazilian recipe I experimented with during lockdown. Brazilians traditionally only use rock salt as seasoning. Despite looking like a lot of work, each step of preparing picanha is simple, quick and easy. It's a versatile recipe – equally appropriate for serving to large groups, and to sorting out preparation for a whole week's worth of meals. Cooking is an invaluable skill and in times of potential loneliness and isolation, there is something important about the ritual of preparing a beautiful meal properly, even if it is just for yourself.

James Rosewarne



Ingredients

Rump (sirloin) cap

Rock salt

Black pepper

Paprika (optional)

Garlic powder (optional)

Method

- Pat the rump cap dry, paying close attention to the fat cap.
- Place on a rack and leave in the freezer for 20 to 30 minutes (this will make it easier to slice).
- Remove the rump cap from the freezer and slice into steaks about two finger's in width, taking care to slice against the grain. You can trim the underside of the rump cap, but leave the fat cap on in full.
- Season the steaks on all sides with equal parts salt and black pepper, with paprika and garlic powder to taste.
- Place the steaks back in the fridge on a rack and rest for at least 40 minutes, preferably overnight.
- Once ready to cook, coat the BBQ's cooking surface lightly with cooking oil or fat. I am partial to tallow/ beef dripping. Preheat the BBQ to 200°C. If using a skillet to finish, preheat the oven to 200°C.
- Cook the steaks to taste, flipping regularly. If using an oven and skillet, use a meat thermometer and cook until your steaks are about 5°C below their final temperature, and transfer to skillet to sear.
- Transfer to rack to rest for 5 to 7 minutes, loosely covering with foil. I like to serve with a side of sweet potato fries.



Sarma

Serbian 'sarma' is a traditional meal you'll likely find at the dinner table on special occasions. There are many recipe variations, based on regions and family traditions, but this one is tried and tested! A perfect winter warmer and crowd favourite.

Mila Miladinovic



Ingredients

Olive oil
 1 large onion, chopped
 4 garlic cloves, chopped
 3-4 slices bacon
 3 tomatoes, peeled
 500g beef mince
 500g pork mince
 70g tomato paste
 2 cubes beef stock, crumbled
 Sweet paprika powder
 Chicken and herb salt
 Salt and pepper
 1 egg
 1 cup white rice, rinsed
 6 bay leaves
 14 large leaves pickled cabbage
 1kg smoked pork ribs
 250g speck (smoked bacon)

Method

- Heat small amount of oil in a deep pot. Add onion, garlic and chopped bacon. Fry until onion is translucent. Roughly chop the tomatoes and add to onions. Then add the beef and pork mince, the tomato paste, crumbled stock cubes, paprika, chicken and herb salt, and salt and pepper. Mix together thoroughly and cook for about 30 minutes or until the moisture evaporates.
- Beat the egg lightly and add. Rinse the rice in cold water and add to meat mixture along with the bay leaves.
- Place a spoonful of the meat mixture onto each individual cabbage leaf and roll it up. Lay a couple of large outer leaves on the base of a deep greased pot, then begin packing the cabbage rolls on across the top.
- In between each layer of cabbage rolls, place pieces of the chopped pork ribs and speck to add flavour.
- When pot is completely filled with the cabbage rolls, pour in water to fill up the pot. Place some individual cabbage leaves on top to hold in the flavour.
- Place a tight fitting lid on top and cook on stove top for about 90 minutes.



[For full cooking notes and extra seasoning](#)



Slow cooker pulled pork

Easy and very tasty recipe! Particularly nice in winter. Note: it freezes and defrosts well.

David McIntyre



Ingredients

- 1 onion, finely chopped
- $\frac{3}{4}$ cup BBQ sauce
- 3 tablespoons tomato paste
- $\frac{1}{4}$ cup apple cider vinegar
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon mustard powder (or mustard)
- 1 teaspoon cumin
- 1 $\frac{1}{2}$ to 2kg pork shoulder (or any cheap pork cut), trimmed of excess fat
- Salt
- Freshly ground black pepper
- Coleslaw, for serving
- Buns, for serving

Method

- The secret to really good pulled pork is cooking it low and slow. There is no need to sear the meat before cooking in the slow cooker.
- Combine onion, BBQ sauce, tomato paste, apple cider vinegar and spices in the bowl of a slow cooker.
- Season pork shoulder all over with salt and pepper then add to slow cooker, covering it with sauce mixture.
- Cover and cook until very tender (the meat should fall apart easily with a fork!), on HIGH for 5 to 6 hours or on LOW for 8 to 10 hours.
- Remove pork from slow cooker and transfer to bowl.
- Shred with two forks and toss with juices from the slow cooker.
- Serve on buns with coleslaw.
- Also great over baked potatoes!



Sweet cottage pie

Adapted from Curtis Stone's Cottage Pie, this sweet cottage pie is a nutritious meal and a hot take on a classic. Delicious comfort food that is dead easy and always welcomed by others.

Marcus Littlewood



Ingredients

- 1kg sweet potato, peeled, cut into 3cm pieces
- 125ml full cream milk, warmed
- 40g butter, melted, divided
- 1kg beef mince (fatty)
- 500g Mirepoix (125g carrot, 125g celery, 250g onion)
- 2 garlic cloves, finely chopped
- 2 tablespoons tomato paste
- 1 tablespoon plain flour
- 500ml beef stock (liquid or powder)

Method

- Place potatoes in a large saucepan and add enough cold salted water to cover by 2.5cm. Cover and bring to a simmer over high heat, then tilt the lid, reduce heat to medium and simmer for 15 minutes or until potatoes are tender.
- Drain potatoes in a metal strainer and place strainer over the hot saucepan to evaporate excess steam. Mash potatoes in the saucepan (alternatively, mash with a potato masher). Fold in milk and half the butter. Season with salt.
- Meanwhile, heat a large heavy frying pan over high heat. Add beef and cook, stirring to break up any lumps, cook until beginning to brown. Using a slotted spoon, transfer beef to a bowl and set aside.
- Pour off all but 1 tablespoon of fat from pan and heat over medium heat. Add mirepoix to pan and cook, stirring, for 2 minutes or until onions pale golden. Add garlic. Cook, stirring, for 6 minutes or until vegetables soften. Stir in the tomato paste. Add the flour and cook, stirring, for 1 min. Stir in the stock. Return the beef to pan. Simmer for 5 minutes or until vegetables are tender and mixture thickens slightly. Season with salt and pepper. Transfer to a (at least) 1.875 L casserole dish.
- Preheat grill on high. Spread potato mixture over beef filling. Brush with remaining butter. Place under grill until top is crispy and golden brown. Stand for 5 minutes before serving.

Thai chicken meatballs

This recipe is super easy and quite cheap to make. I created this about a year ago just playing around with a few ingredients. The fact that it can be modified to be gluten free without compromising on flavour means that I don't have to cook something separate for the non-coeliacs in my family. Always a bonus! If you enjoy cooking then you should use lockdown times to experiment. You never know what deliciousness you'll come up with, either by design or by accident!

Alys Cottrill



Ingredients

1 packet of chicken mince

Sweet chilli sauce (the amount depends on your tolerance for chilli)

1 bunch of shallots - sliced

2 cups breadcrumbs - you can also use Gluten Free bread crumbs

Jasmine rice to serve

Method

- Break up the chicken mince in a large bowl.
- Add the sliced shallots and about $\frac{3}{4}$ cup of sweet chilli sauce to start.
- Mix together well. If you like things spicy, you can add more sweet chilli sauce.
- Add in enough breadcrumbs to dry the mixture out a little.
- Spread a thin layer of breadcrumbs on a plate.
- Remove a spoonful of mixture and roll between wet hands to form a ball. Ideally, they should be a bit bigger than a golf ball.
- Once formed, roll in the breadcrumbs until fully coated and set aside.
- Repeat until all the mixture is used, and then set aside in the fridge for approximately 1 hour to harden.
- Pre-heat the oven to 180°C and when ready cook the meatballs until golden brown and cooked in the middle.
- Serve with Jasmine rice and more sweet chilli sauce if desired.
- This is also yummy with satay sauce!



Camarones al ajillo (Cuban garlic shrimps)

Garlic shrimp is an easy recipe that tastes delicious all year round! I personally love eating this recipe on toasted baguette!

Sophia Janneck



Ingredients

900g of cleaned and uncooked shrimps

½ cup of extra virgin olive oil

3-4 tablespoons of unsalted butter

10-12 garlic cloves

½ cup of dry white wine

Juice of 3 limes + extra lime wedges

Juice of ½ an orange

½ teaspoon of oregano

½ teaspoon of cumin

1-2 tablespoons of salt

1 bay leaf

1-2 teaspoons of red pepper flakes (if desired, not traditional)

Method

- Remove the tails from the shrimp. Set the shrimp aside.
- Using a mortar and pestle, mash the garlic cloves with 1 tablespoon of salt into a paste.
- Place the garlic paste into a bowl. Whisk in the lime and orange juice. Allow for the flavours to come together for 20 to 30 minutes.
- Afterwards, place a medium saucepan over medium-high heat on the stove. Add the olive oil, butter and bay leaf. Allow to warm.
- Add the garlic-juice mixture. Cook for 2 to 3 minutes, stirring continuously.
- Add the seasoning (oregano, cumin, salt) and ½ cup of white wine. Cook for 2-3 minutes to bring the flavours together over medium-high heat.
- Add the shrimps and cook thoroughly (about 4 to 5 minutes). When it is ready, remove bay leaf (if bay leaves are left to soak, the taste may become overpowering).
- Flavour suggestion: add a few red pepper flakes for a spicy kick.



Crispy skin barramundi

I chose this recipe because it is one of the healthiest, tastiest and easiest recipes I know. For my housemate and I, this was a quick way to prepare a satisfying meal after a long day of uni (on zoom or otherwise) that was a bit different to what we usually had and was one we always enjoyed together.

Kevin Wang



Ingredients

For one serving

1 barramundi fillet skin on

200g of fresh green beans

Ice water

Salt and pepper

Cooking oil

Dressing

6 cherry tomatoes

10 fresh basil leaves

2 tablespoons of olive oil

Juice of one lemon

2 tablespoons of salt

1 teaspoon of freshly ground pepper

Method

- Preheat oven to 200°C fan forced.
- Take barramundi fillet out of fridge and allow to come to room-temperature.
- Remove any scales off the skin and season both sides with salt and pepper.
- Lightly oil a pan and heat over medium heat. Place fillet skin side down on the hot pan and cook until skin is golden and crispy, about 4 minutes.
- Then place fillet, skin side up, on a lined baking tray and bake in oven for 8 to 10 minutes depending on thickness of fillet.
- Wash the beans and trim off the ends.
- Poach beans in boiling salted water for 3 minutes then immediately plunge into ice water to maintain crispness.
- To make dressing: quarter the cherry tomatoes and slice the basil leaves, mix these with the rest of the dressing ingredients in a mixing bowl.
- Once the barramundi is done, take it out of oven and let rest for a few minutes. Lay the fillet on a bed of the beans and pour over the dressing. Enjoy!



Lemon butter barramundi

Delicious, easy and fast to make, and any extra sauce is perfect to use with any other seafood meal. This recipe was created during lockdown, after getting sick of the same flavours using tuna and (very occasionally) salmon. The barramundi, having a milder flavour, is a great base with which to experiment. It is delightful to be able to present yourself a meal so flavourful and aesthetic and left me with an almost 'restaurant' dining experience during lockdown at home!

James Rosewarne



Ingredients

Barramundi fillet(s)
Fresh lemon juice
Salt
Black pepper
Olive oil
Butter
1-2 cloves of garlic, minced
Basil leaves

Method

- Pat the barramundi fillet dry, paying close attention to the skin.
- Carefully season the barramundi with the salt and pepper, adding extra salt to the skin. Lightly coat in olive oil.
- Preheat a skillet over low-medium heat. Sauté the garlic in butter until golden. Stir in lemon juice and half of the basil before removing from heat.
- Preheat another skillet over medium heat. Add a small amount of olive oil and pan fry the barramundi fillet, skin down, until it becomes golden brown. Flip and cook the other side until cooked through.
- Spoon the lemon butter sauce over the barramundi and garnish with basil to serve.



Dolma

Dolma was found written in the Clay Sheets from the ancient Sumerian and Babylonian civilizations. It is a traditional Babylonian dish. People from Iraq used to cook this dish every Saturday for family gatherings.

Ameer Alhusuny



Ingredients

- ¼kg vine leaves
- 1 cabbage head (optional)
- 1 minced bulb of garlic
- 1kg onions (hollow out the inside)
- 3 green peppers (hollow out the inside) - optional
- ¼kg zucchini (hollow out the inside) - optional
- 1kg eggplant (hollow out the inside) - optional
- 3 spoons of tomato paste
- 2 cups of raw rice
- ½kg minced lamb meat
- 3 teaspoons allspice (black pepper, cumin, turmeric)
- 1kg of lamb ribs
- 3 spoons of pomegranate syrup or red wine (to make it sour)

Method

- Mix the allspice with rice, minced garlic, tomato paste, minced meat, (syrup or wine) in a bowl. Keep part of the juice aside, you will use it at the end.
- Stuff the hollowed-out onions, zucchini, green peppers and eggplants with the stuffing mix.
- Prepare a large pot, place the ribs in the bottom.
- Fill all the hollowed vegetables with the mixed stuff.
- Place each stuffed piece neatly side by side in a large pot (above the ribs).
- Take a small amount of mixed stuff on each of vine leaf (or cabbage), fold in the sides, and roll up tightly to form finger-like rolls. Then layer each one on top of the stuffed vegetables in the pot.
- Pour the rest of the juice you left aside on the stuff in the pot (be sure that the amount of the juice is considerable, not too much).
- Put a plate (or any other weight) on the stuff inside the pot and then cover the pot.
- Place the pot over a high heat (for 15 minutes) and bring it to a boil, then leave on low heat for 45 minutes or until vegetables are tender (be sure not to overcook the ribs at the bottom of the pot).
- Once cooked, take the cover off the pot and let it cool for 10 minutes. It has to be dry from all the juice.



Hollis' simple spaghetti

Since moving out of home (Vancouver, Canada) almost ten years ago, I have always tried to recreate the home cooking of my Mom, a near impossible feat! But while living as a student and studying health related topics I sought to develop a cost-effective, readily available, and healthier version of one of my favourite meals, spaghetti. Slowly this recipe came to fruition, and after exploring with many different variations, too much wine and spice, too little tomato, I came to find a balance in this ratio of ingredients.

Hollis Steeves



Ingredients

250-500g spaghetti

2 tablespoons olive oil

4-5 garlic cloves

1-2 onions

Salt and pepper

1-3 tablespoons of your favourite mixture of spaghetti spices

1 x 420g can of lentils

2 cups minced mushrooms (can leave out if you aren't a mushroom fan, just reduce cans of crushed tomatoes by 1).

3-4 cans crushed tomatoes (I use the ones with mixed herbs already in them for added flavour)

2 tablespoons balsamic vinegar

¼ to ½ cup of your favourite red wine

Method

- Cook spaghetti as per package instructions.
- Sauté minced garlic and chopped onions in olive oil in large frying pan, season with salt, pepper, and spaghetti spices, cook until fragrant and golden.
- Drain and rinse lentils, toss lentils and mushrooms in frying pan to coat with onion, garlic and spices; cook for 5 minutes.
- Add red wine, balsamic vinegar, and crushed tomatoes; stir to combine.
- Turn heat to medium, cover, let simmer until liquid reduces, approximately 20 minutes.

Notes

- This recipe changes almost every time I make it! Sometimes I add grated carrots with the onions and mushrooms to up my veggie intake. Sometimes I leave out the mushrooms when I don't have them on hand. You can change it to suit you!
- This recipe makes more sauce than you need for 250g of spaghetti. The sauce makes enough for 4 to 5 people.
- This sauce can be used as a base and meat alternative for many meals; I often use the same ingredients but swap the spaghetti spices for taco spices or chilli con carne spices depending on the meal I'm making it for.



Lemon and herb risotto

Risotto always mystified me, I could never cook it well. I would make it too salty or like glue and then have to throw it out. Risotto was a dish I would always order when out as I enjoyed eating it but could never make it. My sister-in-law made it for us while she stayed with us during 2019. When I watched her make it with my own cooking instruments, I realised I could no longer blame my tools. We had an abundance of lemons on our lemon tree, therefore it was really enjoyable to use our home grown produce. Meatless Mondays was also implemented in 2020, this was perfect for Mondays!

Sandra Comer



Ingredients

- 5 cups vegetable stock
- 1 cup white wine
- 2 tablespoons butter
- 1 small shallot chopped finely
- 2 cloves garlic minced
- 2 cups Arborio rice
- Juice + zest from 1 large lemon
- ½ cup (packed) mixed fresh herbs (I use oregano parsley, basil, chives, and dill) chopped finely
- Salt and pepper to taste
- Freshly grated parmesan cheese (optional)

Method

- Add the stock and wine into a pot on high heat. You'll want to reduce the heat to low just before it boils.
- Melt the butter in a skillet on medium heat.
- Chop shallot and mince garlic then add to the skillet and cook for a couple of minutes, making sure not to brown them.
- Add the rice to the skillet and stir constantly for a couple of minutes, ensuring that it is coated in the butter. Reduce heat to medium-low.
- Add the liquid into the rice one ladle at a time, adding more once the rice absorbs it. Make sure you stir often... basically constantly. Repeat this process until you've used up all the liquid and the risotto is al dente and nice and creamy.
- Once you've used up all the liquid, stir in the lemon juice and zest, herbs, and season it with salt and pepper.
- If desired, serve risotto with freshly grated parmesan cheese. The cheese can be stirred in prior to serving or sprinkled on top.



Mediterranean pie

It is simple, inexpensive and mostly healthy. To me, this recipe means deliciousness and health! We all enjoy these pies. I made them for my 1st year CBL, and again this year when we had a post-Covid party. Very popular!

Alain Mangan



Ingredients

1 pack of puff pastry

1 red capsicum

1 green capsicum

Olives: kalamata olives, sliced
black olives and green olives

Garlic

1 red onion

Mozzarella or feta or shredded
tasty cheese (or vegan cheese,
or no cheese)

Mixed Italian herbs, or fresh
rosemary and thyme finely
chopped

Pasta sauce (optional)

Method

- Preheat oven to 180°C. Chop capsicums, olives and onions finely and mix with diced garlic and herbs in a bowl.
- Take a sheet of puff pastry and slice in half. Place one-half on a baking tray.
- Slice the other half into six roughly even, long, strips. Take two of the strips and place on the long edge of the intact half.
- Take a third long strip and slice in the middle, making two shorter strips.
- Put these on the ends of the intact half.
- Take two more long strips and put on the side. Slice the final strip in half, as before and put each half on the ends.
- You should now have a sort of pastry bowl, ready for filling.
- Pasta sauce on the bottom is optional. It will make the bottom soggy, but it's also delicious, so you do you.
- Two big spoonful of the vegetable mixture should be enough. Spread evenly.
- Add cheese if you desire.
- Sprinkle more herbs on top.
- Bake until the pastry is puffed and golden brown.



Roti and chickpea curry

This recipe is full of flavours. It's an all-time family favourite, represents my origins and reminds me of my childhood.

Sophia David Amirtharajan



Ingredients

- 200g wheat flour
- 1 can chickpeas
- 2 medium sized onions
- 2 medium sized tomatoes
- ½ teaspoon tomato paste
- 1 teaspoon chilli powder
- 1 teaspoon coriander powder
- ½ teaspoon cumin powder
- Salt to taste
- 1 teaspoon oil

Method

Roti

- Take wheat flour in a large sized bowl and start kneading while adding water slowly.
- Add water roughly 1 teaspoon at a time and stop kneading when the dough is tight and smooth.
- Let the dough rest for 15 minutes. Tip: cover it with a damp cloth or a damp paper towel.
- Roll each dough ball to a smooth ball, round and with no cracks. Roll the dough balls evenly with a rolling pin.
- Cook in a pan, on medium-high heat (make sure the pan is well-heated before you start cooking).

Curry

- In a deep pan, add oil, chopped onions.
- Once onion is cooked, add chopped tomatoes and tomato paste.
- Once you get a sauce like consistency, add chilli powder, coriander powder and cumin powder.
- Cook thoroughly.
- Add chickpea and cook for another 10 minutes.
- Add salt to taste.

Mi Goreng – 5 ways

Anyone that has lived in a share house knows the real value of a 65c pack of Mi Goreng noodles, and how well you have to hide this treasure from your flatmates. A packet of these gems are not for the calorie conscious, but definitely for the comfort food seeker or cheap food hunter. I've shared my own Mi Goreng options below, but I've also shared some ways that you can spruce up this unshakable culinary classic that I've recently learnt and how I've found these compare to the original.

Rachel Crooks



1. Classic

You can't beat the flavour, taste and calories that you get in a classic pack of Mi Goreng noodles. My top tips for getting the best out of the packet include:

- Drain the water from the cooked noodles before adding the sauces.
- Try not adding the dried onion bits, personally I find the crunch distracting and take away from the flavour sensation.

Classic with a few twists:

- If you like it extra hot, add some Sriracha sauce.... yum!
- I've read that adding a few drops of sesame oil is not something to be missed, so I'll be giving that a try.
- I've also read that adding some chopped coriander and Thai basil is what Dan Wilson from Huxtaburger does to create a Mi Goreng masterpiece. I'll definitely be giving that a go too as I LOVE Thai food.

2. Canned tuna and cheese

If you need something a bit more filling and uber sophisticated, I love adding a small can of tuna into the mix and melting some grated cheddar cheese through! It's dreamy delicious and adds protein. You can do this to improve even the nastiest of the 2-minute noodle packets. I recommend repeating the classic recipe, but then adding a small chilli tuna at the end. After mixing this through, sprinkle grated cheese on top. Pop it back into the microwave for a minute to make sure you get the cheese nicely gooey, and bon appetit!

Mi Goreng – 5 ways – cont.



3. Fried egg

What I love about travelling in Indonesia is getting noodles and rice dishes with a fried egg on top. So why not fry one up and independently add it to this fine dish and then you can pretend you're in a restaurant, yes?

4. Kewpie Mayo Toasty*

The most addictive ingredient in the realm of addictive ingredients! If you want something to taste delicious, kewpie mayo is a dangerously tasty commodity to do this. I'm going to try the recommendation of making my classic batch of Mi Goreng (sans soup), inserting it into two slices of bread with a slice of cheddar cheese, squeeze in some kewpie mayo and toast in a regular waffle iron/toastie maker.

5. Supermarket BBQ Chicken and Peas*

Another option to add in some additional protein, or even vegetables is to grab some BBQ chicken from your local super, tear up some of the chicken meat and chuck this into your classic Mi Goreng. If you have frozen peas on hand like I normally do, you could separately microwave a handful and chuck these in at the end. At least now you've eaten one of your 5 veggies a day! An additional optional choice is to take some of the BBQ chicken skin and place this under a grill until crispy, then chuck on the top before eating.

* Reference and more recipes [here](#).

Desserts





Baked ricotta cheesecake

In one of my Zoom tutorial groups in Semester 1, we shared a recipe each week in lieu of the normal food roster. Someone shared a mango cheesecake recipe. This inspired me to make a baked ricotta cheesecake – something I had never done before. I was very pleased with the result, but more importantly my friends and husband loved it!

Penny Mainstone



dessert



Ingredients

Base

100g digestive biscuit crumbs

3 tablespoons butter (40g)

Filling

250g cream cheese, chopped and softened

400g to 500g fresh ricotta

1 cup sugar

¼ cup (60 ml) lemon juice

2 tablespoons finely grated lemon rind

1 teaspoon vanilla extract

1 tablespoon cornflour

1 tablespoon water

4 eggs at room temperature

* Apparently fresh ricotta cheese is best - drained well; I use the smooth ricotta in a tub and it still tastes yummy!

Method

- Lightly grease a 22 cm round springform cake tin and line the base with non-stick baking paper. Set aside.
- To make the base, crush biscuits. In a medium bowl mix crumbs and melted butter until evenly combined and moistened. Press mixture into pan. You can use the bottom of a glass to press it into an even layer. Bake for 8-10 minutes, until golden brown. Allow to cool completely on a wire rack before adding the filling. Meanwhile, prepare the filling.
- While the base is baking, make the filling. Place the cream cheese, ricotta, sugar, lemon juice, lemon rind and vanilla in a food processor and process until smooth. Place the cornflour and water in a small bowl and mix until smooth. Add the cornflour mixture and the eggs to the filling and process to combine.
- Lightly re-grease the sides of the cake tin and pour the filling over the base, tapping gently to remove any air bubbles.
- Bake for 50 minutes to 1 hour in 140-150°C (fan-forced), or until light golden and just set. Allow to cool in the closed oven for 50 minutes.
- Refrigerate for 1 hour or until chilled. Remove the cheesecake from the tin and place on a cake stand or plate to serve. Serves 8 to 10.



Chocolate fudge slice

Very yummy and easy to make! It is my family and friends favourite and I have made it 100s of times. The recipe originally came from a very old (my mum's) New Zealand Girl Guides Cookbook. My advice to future "isolators" (should we have to go through a pandemic again) is to be kind to yourself and others. Don't stress about the small stuff. Try and keep fit and healthy, it is so important for us all.

Heather Moore



Ingredients

Slice

2 packets of plain biscuits (I use 1 x malt and 1 x milk arrowroot)

1 cup coconut

2 tablespoons cocoa powder

1 tin condensed milk

250g butter

Handful of sultanas, walnuts or small marshmallows (anything you like!)

Chocolate Icing

2 cups icing sugar

2 tablespoons cocoa

Vanilla essence

1 tablespoon butter

Boiling water to mix to thick consistency

Method

- Melt butter and mix with condensed milk.
- Crush biscuits - do not 'overcrush' as it is nice to have a few larger pieces.
- Mix biscuits, nuts/sultanas, coconut and cocoa together.
- Add wet ingredients and mix well.
- Line large slice tin (this makes a large mix) with baking paper. Press in mix and smooth using back of spoon (press firmly). Place in refrigerator while making chocolate icing.
- Make chocolate icing with icing sugar, cocoa, vanilla essence, knob butter and spread on slice. Sprinkle with coconut or nuts.



Coffee cake

This was my mother's recipe. Although she had 7 sisters who were mostly all good cooks and a tradition of family recipes, Mum used to like to try new recipes. Mum just loved cake and this reminds me of her.

Susan Bennett



dessert

Ingredients

Cake

- 110g butter
- 1 cup caster sugar
- 2 eggs
- 1 ½ cups self-raising flour
- ½ teaspoon salt
- ½ cup milk
- 1 tablespoon coffee essence

Coffee Vienna Cream

- 170g sifted icing sugar
- 60g softened unsalted butter
- 1 tablespoon coffee essence (Bickford's Essence of Coffee & Chicory)
- 1 dessert spoon milk

Method

Cake

- Beat butter and caster sugar to cream with electric beater.
- Add 2 beaten eggs.
- Beat together.
- Combine sifted self-raising flour with ½ teaspoon salt.
- Add coffee essence to milk.
- Alternate between adding milk/coffee mix and flour mix to the egg mix until combined.
- Fold together well with spatula.
- Stir in 1 tablespoon boiling water.
- Pour mixture into 2 small sandwich tins which have been greased and lined with paper.
- Bake in oven (180°C) for 20 to 25 minutes.

Coffee Vienna Cream

- Beat all together to cream with electric beater.



Favourite choc chip cookie

These choc chip cookies are my kids' favourite. We cooked these a little more than we should have during lockdown. To us, these cookies represent everyday indulgence and simple pleasures. Even a bad day is not wholly bad with a good choc chip cookie in it! Try to focus on the good things you can find in your life, no matter how small.

Beth Shirley



dessert



Ingredients

230g butter

1 cup granulated sugar

1 cup brown sugar

2 eggs

1 teaspoon vanilla

2 cups flour

2 ½ cups oats, lightly chopped in blender for smoother texture (almost like flour)

½ teaspoon salt

1 teaspoon baking powder

1 teaspoon baking soda

1 bag chocolate chips

1 Mars bar, finely chopped or grated (or any other type of chocolate bar)

Method

- Preheat oven to 180°C.
- Cream together butter, sugar and brown sugar.
- Mix in eggs and vanilla.
- In separate bowl, mix flour, oats, salt, baking powder and baking soda.
- Mix all ingredients above together.
- Stir in chocolate chips and blitzed Mars Bar.
- Roll dough into balls and put them on baking paper lined baking trays.
- Bake for 8 to 10 minutes. (Do not overbake! The gooier the better.) Cool on a rack.



Flourless orange cake

This recipe is from my favourite food TV show “Food Safari” on SBS. I make it every year for Easter / Passover. My advice to future “isolators” (should we have to go through lockdown again) is to schedule in restorative activities like good food, exercise, and Zoom friends dinners!

Claire Ellender



dessert



Ingredients

2 oranges, washed

250g caster sugar, plus extra for dusting

6 eggs

250g almond meal

1 teaspoon baking powder

Icing sugar, to serve

Method

- Bring a large pot of water to the boil. Wash the oranges and cook in the boiling water for 2 hours. Drain; allow to cool to room temperature, then puree. This step can be done ahead of time.
- Preheat the oven to 160°C. Grease and line a 22cm spring form cake tin with baking paper.
- Beat the eggs and caster until well combined.
- Stir in the orange puree followed by the almond meal and baking powder.
- Pour the batter into the prepared tin and dust the top with extra caster sugar. Bake for 60 to 75 minutes, until the top is golden and a skewer inserted into the centre comes out clean.
- Allow to cool in the tin. Dust with icing sugar, cut into slices and serve.



[Video](#)

Greek baklava

Baklava is the most famous Greek pastry with layers of flaky phyllo dough and nuts. It is absolutely delicious and it is easy to make! The recipe below is my mum's favourite recipe. Full of memories. Sharing this recipe with family and friends is one of the highlights of social gatherings. The aromas of cloves and cinnamon sticks bring back memories of the "Zaxaroplastia" (sweet shops) back in Athens. It never fails to put a smile on loved ones faces. And that's priceless. You can never have too much Baklava!

Yiota Lallas



dessert

Ingredients

For the syrup

- 3 cups water
- 3 cups sugar
- 1 teaspoon glucose or honey
- 1 stick cinnamon
- 3 cloves
- 1 orange, cut in half or a piece of lemon peel

For the baklava

- 1 packet phyllo pastry
- 250g unsalted butter, melted
- 2 teaspoons ground cinnamon
- ½ teaspoon ground cloves
- 400g walnuts or almonds or pistachios chopped or grounded
- 50g breadcrumbs (optional)

Method

- To make the syrup, place sugar, water, glucose or honey, cinnamon stick, cloves and orange in a saucepan and stir over a medium heat until the sugar dissolves. Set aside to cool completely.
- Grease a 35 x 25cm or smaller baking pan with butter.
- To make the filling, mix walnuts, breadcrumbs and spices (cinnamon & clove) in a bowl with a spoon.
- Divide the nut mixture into 3 batches. Also divide the filo into 3 portions. Each batch of pastry should have 8 or 7 sheets of phyllo.
- Drizzle each pastry sheet with melted butter and sprinkle the nut mixture.
- Take each batch of filo lengthways and roll up tightly from the long side until the sides meet.
- Place the rolls into baking dish and brush with butter and score the tops of the rolls in diamonds. Place into oven 160°C and bake for 1 hour, until golden brown.
- Pour cold syrup evenly over warm baklava.





Greek shortbread (Kourabiethes)

Kourabiethes are these delicious traditional Christmas butter cookies, packed with the aromas of roasted almonds and fresh butter and garnished with layers of icing sugar! Kourathiebes is so easy, quick and delicious and you'll make it much more often going forward! The recipe below is a traditional family favourite recipe.

Yiota Lallas



dessert

Ingredients

250g butter, at room temperature

70g icing sugar

1 teaspoon vanilla extract

1 teaspoon rosewater or brandy (optional)

300g plain flour

1 teaspoon baking powder

150g almonds, toasted and ground (optional)

1 pinch salt

For the dust, icing sugar

Method

- Preheat oven to 175°C fan-forced.
- Beat butter, 70g of icing sugar, vanilla extract rosewater or brandy in a bowl of stand mixer.
- Whisk thoroughly until the mixture becomes fluffy and all of the ingredients are well combined.
- Add the flour and baking powder, toasted ground almonds and salt.
- Mix with your hands until all of the ingredients are completely combined.
- Shape the mixture into round balls that are 30g each. Make a small indentation in the center of each cookie with your finger.
- Place on baking trays lined with baking paper.
- Bake for 20 to 30 minutes, until golden.
- Cool on rack for 30 minutes.
- Dust generously with icing sugar.



Greek yoghurt mix

Very fast, easy, and nutritious snack. This is a favourite study recipe – if you're getting hungry but don't want to devote time to making a full meal, this Greek yogurt snack will get you across the line. This has been a staple of mine for many years, but I'd be lying if I said it had any meaning beyond being a favourite of mine, and instantly recognisable if a friend starts eating it – everyone knows they got it from me!

James Rosewarne



dessert



Ingredients

300g plain Greek yoghurt

30g macadamia nuts

40g dark chocolate
(I prefer 90%+ cocoa)

Berries (strawberries,
blueberries, blackberries, etc.)

Honey (optional)

Method

- Mix the yogurt and ingredients in a bowl, and top with honey if you like!



Milk chocolate chip cookies

Sweet and crunchy all-time favourites, great for the lunchbox and perfect with a glass of milk.

Jodie Caruana



Ingredients

125g butter, softened

½ cup brown sugar

⅓ cup caster sugar

1 egg

1 teaspoon vanilla

1 ½ cups self-raising flour

¾ cup Cadbury milk
chocolate baking chips

Method

- Cream together butter and sugars until light and fluffy. Whisk in egg and vanilla. Stir in flour then fold through chocolate chips.
- Place teaspoons sized portions on greased baking trays. Bake in a moderately slow oven at 160°C for 10 to 15 minutes or until cooked. Cool on a wire rack. Enjoy!



Persian love cake

“This enchanting cake reminds me of a Persian garden in the late spring, adorned with the floral scent of rose water and citrus, and decorated with bright green pistachios,” says cookbook author and blogger Yasmin Khan. “If it is not devoured in one sitting, the oil in the ground almond base ensures a moist, densely textured cake that will keep well for a couple of days, covered in foil. A sprinkling of dried rose petals looks ever so pretty for special occasions, but don’t worry if you can’t get hold of any. It’s still a cake to win hearts.”

Kerstin Cassar



dessert

Ingredients

Cake

200g unsalted butter

$\frac{2}{3}$ cup plus 2 tablespoons
super fine sugar

4 large eggs

12 cardamom pods

$\frac{3}{4}$ cup all-purpose flour, sifted

2 $\frac{3}{4}$ cups almond flour

Zest of 1 lemon

$\frac{1}{4}$ cup fresh lemon juice

1 $\frac{1}{2}$ tablespoons rose water

1 teaspoon baking powder

Pinch of fine sea salt

Icing

1 $\frac{1}{4}$ cups confectioners’ sugar
(icing sugar)

1 tablespoon fresh lemon juice

Chopped pistachios and dried
rose petals (optional), for garnish

Method

- Preheat the oven to 160°C and grease a 20cm spring form pan and line it with parchment paper.
- In a large mixing bowl and using a hand mixer, beat the butter and $\frac{2}{3}$ cup of the sugar until fluffy. Then beat in the eggs 1 at a time until incorporated.
- In a mortar and using a pestle, crack the cardamom pods to release the seeds. Discard the pods and grind the seeds to a fine powder. Beat them to the cake batter, along with the flour, almond flour, lemon zest, 3 tablespoons of the lemon juice, 1 tablespoon of the rose water, baking powder and salt until smooth. Pour the batter into the prepared pan and bake until the cake is set and a toothpick inserted in the middle comes out clean, about 45 minutes. Transfer the pan to a baking rack and let cool slightly.
- Meanwhile, in a small saucepan, bring the remaining 2 tablespoons of sugar, 1 tablespoon of lemon juice, $\frac{1}{2}$ tablespoon of rose water to a simmer, stirring to dissolve the sugar. Poke holes all over the cake and pour the warm syrup over the cake. Let the cake cool completely, then remove from the pan and transfer to a cake platter.

South African crepes (Pannekoek)

South African Pannekoek (pronounced pun-uh-cook) are a traditional Afrikaans treat. It is easy and fun to make especially when it comes to flipping the Pannekoek over, which can be done with a spatula, or if you are brave enough you can throw it into the air and catch it in the pan. It can be served with cinnamon sugar or fruit with a hot cup of tea. It is different from the US pancake versions as the batter is thinner and cooked on both sides. However, it is slightly thicker than the French version. It's easy to fill pannekoek with all sorts of delicious things, from sweet to savoury. It sure is a childhood favourite of mine!!

Adele Du Plessis



Ingredients

Pannekoek

500ml flour
1 teaspoon salt
½ teaspoon baking powder
2 eggs
500ml milk
40ml oil

Cinnamon sugar

3-4 tablespoons sugar
1 tablespoon cinnamon

Method

- In a large bowl, sift together flour, salt and baking powder.
- In a separate bowl, beat the eggs and milk together with an electric hand mixer. Mix into the flour mixture until no lumps remain. Stir in oil.
- Place a large 30cm skillet or non-stick frying pan over medium heat. Coat the hot pan with cooking spray. Use a small amount of cooking spray after each pannekoek.
- Pour about a half cup off batter into the center of the pan. Immediately swirl the pan in a circle to spread across the bottom in a thin layer. Once the pannekoek batter starts pulling from the sides and bubbles start to form on the top, it is ready to flip over with a spatula and cook the other side. Cook just until golden (thirty seconds to a minute) and put in a plate. Repeat with the remaining batter.
- In a small bowl, combine cinnamon and sugar and sprinkle over hot pannekoek. Roll the pannekoek up and serve immediately.





Tres leches de Magaly

Everyone always loves this cake! I learnt the recipe from my great grandmother in Cuba. It represents my maternal family's home.

Jessica Sophia Janneck



dessert

Ingredients

- 2 cups of flour
- 3 tablespoons of baking powder
- 2 ½ cups of white sugar
- 6 eggs (divide the yolk from the whites)
- 2 ½ cans of evaporated milk
- 2 cans of condensed milk
- 1 ½ teaspoons of vanilla extract
- 1 tablespoon of butter
- 450g of whipping cream

Method

Cake

- Lightly butter the pan and sprinkle with a little sugar.
- In a stand mixer, add the egg whites and beat until pointed.
- Very slowly, add the sugar while mixing. Beat for an additional 3 to 4 minutes.
- Add one egg yolk at a time while continuing to mix.
- Add ½ can of evaporated milk.
- Add the vanilla extract.
- Put the stand blender on the lowest setting. Slowly add the flour and baking powder.
- Bake at 180°C for 40 to 45 minutes.

Cake topping

- While it is baking, mix the cake topping: 2 cans of condensed milk, 2 cans of evaporated milk and 450g of whipping cream.
- Once baked, allow to cool for 10 to 15 minutes.
- Using a fork, poke holes into the cake.
- Slowly pour the cake topping over the cake.
- Place the “tres leches cake” in the fridge overnight.

Snacks / Sides



Bacon jam

This is a Martha Stewart recipe from one of her cookbooks. Delicious. A crowd pleaser and compliments galore! Make sure to hide it in the fridge so it lasts more than 1 day!

Paul Cleary



Ingredients

1kg short cut bacon cut finely
2 brown onions diced finely
4 cloves garlic diced finely
1 cup cider vinegar
½ cup brown sugar
½ cup pure maple sugar
3 shots of coffee-straight

Method

- Cook bacon until browning and then set aside.
- Cook onion and garlic on medium heat until the onion clears.
- Add cider vinegar, brown sugar and maple sugar as well as the 3 coffee shots.
- Reduce until it starts to reduce, then add bacon. Continue to reduce on low heat until it thickens. Cool down.

If kept in air tight containers in the fridge, this jam can last for 3 to 4 weeks.

You can use it as a dip, on sandwiches, with crumbled eggs or hamburgers, almost anything!

ISO-smoothies

I choose this recipe as I wanted to share food ideas that nourish and provide fuel and energy for our bodies. In a time like isolation, looking after ourselves is the most important thing! Sharing this recipe means to me that I am sharing an idea that might change or influence someone's day for the better.

Casey Timaloa



Ingredients

'ISO-Bored'

½ frozen banana
½ cup frozen mango
½ cup spinach
(fresh or frozen)
¼ cup frozen pineapple
1 tablespoon chia seeds
½ cup coconut water
or milk
Just blend and serve.

'ISO-Berry motivated'

1 frozen banana
½ cup mixed berries
¼ cup natural yoghurt
2 x walnuts
1 tablespoon flaxseed meal
1 teaspoon chia seeds
1 scoop vanilla protein
powder (optional)
½ cup milk of choice
or water
Just blend and serve.

'ISO-Lonely'

1 frozen banana
¼ cup oats
½ cup milk of choice
Dash of nutmeg
and cinnamon
Drizzle of honey
Just blend and serve.



No knead bread

One of the first reactions to Covid-19 was a rush on staples at the supermarket. Then when people started to isolate and work from home, I started to think about what to do if you couldn't get to the shops for the basics. Bread is one of the basics, however many people struggle with getting it right. This bread requires no kneading, is a really easy option with basic readily available ingredients, and it smells so good! It can also be used as a stuffed bread by filling it with all sorts of vegetables and topping it with cheese.

Melissa Hirth



Ingredients

- 4 cups plain flour
- 1 teaspoon yeast
- 1 teaspoon salt
- 2 cups water

Method

- Mix ingredients in a large bowl to form a shaggy dough.
- Leave a minimum of 3 hours up to 12 hours (overnight).
- Remix dough.
- Put into a Dutch oven*.
- Leave 1/2 hour to rise.
- Bake at 200°C for 30 to 40 minutes, taking the lid off for the last 15 minutes to brown.

* You can use a slow cooker or a Crock-Pot instead of a Dutch oven.

Strawberry jam

This homemade jam is made by following a simple Greek family recipe with only 4 ingredients! It is easy to make, and so delicious I used to eat bread with strawberry jam every morning when I was with my family in Athens.

Yiota Lallas



Ingredients

1kg strawberries

500g sugar

1 teaspoon vanilla extract

Juice of a lemon

Method

- Wash strawberries very well with cold water.
- Place strawberries in a heavy based saucepan and crush them with a potato masher or with your hands.
- Add sugar and lemon juice.
- Stir over low heat. Boil, stirring often and skim any foam from the jam.
- Boil approximately 20 to 30 minutes.
- When it is ready, transfer jam to hot sterile jars and seal.



Join our community!

Join our community! This Cookbook is a progressive project. We welcome you to help support your fellow students by sharing one of your favourite recipes with a photo or video-food demonstration (if desired) and share the significance of your recipe with us. For example, a recipe that provided you some comfort during the last lockdown may offer other students the same value through these ever-changing and challenging times.



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