

# **Lalor Library**

**Community Cookbook**

**2013**

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**Lalor Library  
Community Cookbook 2013  
City of Whittlesea**

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City of Whittlesea Positive Ageing Team

Προσωπικό "Θετικής Γήρανσης"

Committee and members of the Cypriot Women's Group Lalor

Η Επιτροπή και τα μέλη του Συλλόγου Κυπρίων Γυναικών Lalor

## **Lalor Library Community Cookbook**

Treasured favourite recipes from your local community.

Proudly sponsored by Yarra Plenty Regional Library – Lalor Library and the Cypriot Women's Group Lalor Victoria.

To celebrate the arrival of the Jamie's Ministry of Food Australia mobile kitchen here in the City of Whittlesea residents were asked to share their favourite recipes to be included in our community cookbook.

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ВЛЕЗ  
頭盤  
ANTIPASTO  
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**ENTRÉES**

**ΟΡΕΚΤΙΚΑ**

**ВЛЕЗ**

**頭盤**

**ANTIPASTO**

**MÓN KHAI VỊ**



# Chicken Sweet Corn Soup

*Fliss Macchion – Branch Manager Lalor/Thomastown Library*

Serves: 6

Preparation time: 15 to 30 minutes

## Ingredients

- 1 chicken fillet with skin
- 1 litre chicken stock
- Dash sesame oil
- 1 chicken stock cube
- 2 x 375 g can creamed corn
- 2x 375 g can corn kernels
- 2 tbsp cornflour
- 1-2 eggs
- Spring onions (optional)



## Method

1. Cover chicken fillet with water and simmer until cooked.
2. Remove chicken, cool and remove the skin. Discard skin but keep water.
3. Shred the chicken into long strips, but do not chop.
4. In a pot combine chicken stock, sesame oil, crumbled chicken stock cube, creamed corn and corn kernels.
5. Bring to the boil.
6. Add the shredded chicken and bring back to boil.
7. Mix cornflour with a small amount of chicken water to form a thin paste. Drizzle into the soup, mixing thoroughly.
8. Mix in 1 or 2 eggs whites together with a dash of the chicken water, then drizzle it into the pot very slowly from about 15 cm above the pot.
9. Garnish with chopped spring onions.

## Story

This is one of my favourite recipes. My dad loves cooking Chinese food and this is the first dish he taught me to cook. Now I have taught my own children how to cook it and it is one of their favourites too!

# Curry Rice Salad

*Janice Flowers – Community Member*

## Ingredients

2 cups cooked rice  
1 apple, core removed and chopped  
1 finely chopped red onion  
1 diced green capsicum  
1/3 cup chopped sultanas  
1/3 cup chopped parsley

## Dressing

¼ cup olive oil  
1/3 cup white vinegar  
2 tsp curry power  
1 tbsp caster sugar  
1 crushed clove garlic

## Method

Place rice into large bowl  
Add apple, onion, capsicum, raisins and parsley  
Toss in to gently combine  
Add dressing just before serving  
Can be served with barbeque chicken and fish

## Story

A lovely, delicious, easy salad. I have been making this for over fifty years and it is my favourite.

## Hommus

## Χούμους

*Rebecca Mouskos – Cypriot Women's Group Lalor*

### Ingredients

- 250g chickpeas
- Juice from 2 lemons
- 3 tsps tahini
- 2 cloves garlic
- 2 tsps olive oil
- Pinch salt
- Garnish with paprika and chopped parsley



### Method

1. Soak chickpeas in hot water overnight.
2. Boil chickpeas, strain and put in the blender.
3. Add remaining ingredients and blend well.
4. Place mixture in the fridge to cool.
5. Sprinkle paprika and add chopped parsley when ready to serve.

### Story

This recipe was passed down to Rebecca by her mother growing up in a small village in Nicosia, Cyprus.

# Koupes

## ΚΟΥΠΕΣ

*Kalliopi Constantinou – Cypriot Women's Group Lalor*

### Ingredients

#### Dough

- 6 cups crushed wheat
- 6 cups water
- 1 tsp salt

#### Filling

- 200g pork mince
- 200g beef mince
- 1 onion
- 1 cup vegetable oil
- 1 cup water
- 1 tsp salt
- 1 tsp cinnamon
- Pinch of pepper
- 1 bunch fresh parsley, chopped

### Method

#### Dough

1. Boil 6 cups of water. Turn off stove.
2. Add crushed wheat and salt to water. Cover and leave to soak for 1 hour.
3. When it has cooled, mix and knead to make a stiff dough. Use plain flour (and extra water if needed) until dough is at the right texture.

#### Filling

1. Heat oil in a large frying pan and sauté pork and beef mince.
2. Add onion, parsley, salt, pepper, cinnamon, and water. Cook until water has been absorbed.
3. Remove from heat and allow approximately one hour to cool.
4. Using wet hands, take a small amount of dough and form into an oval shape.





5. In one hand hold the oval ball and with your other hand use your index finger to make a hollow in the dough.
6. Place a teaspoon of filling inside and seal the opening with water.
6. Deep fry in oil until brown.

### **Story**

Kalliopi's aunty in Kolossi, Cyprus used to make koupes in her home in the village. Her koupes were so tasty and famous that villagers and tourists would come especially to her house to taste them. Her koupes were sold at the village fete each year. Since Kalliopi started making them in Australia she has added other ingredients to the recipe including mushrooms.

## **Potato Patties**

### **ΠΑΤΑΤΟΚΕΦΤΕΔΕΣ**

*Maria Marithis – Cypriot Women's Group Lalor*

#### **Ingredients**

3 cups grated potato  
2 cups breadcrumbs  
1kg mince beef  
1 small bunch of fresh parsley, chopped  
1 tsp dry mint  
2 onions, finely chopped  
4 eggs  
Salt and pepper to taste

#### **Method**

Mix all ingredients together in a bowl.  
Roll into round balls using 1 tablespoon of the mixture.  
Sprinkle flour on the bench and coat patties.  
Heat oil in frying pan and place patties in pan. Cook until brown.

#### **Story**

Maria learnt this recipe from her mother.

# Pumpkin Pies

## Κολοκυθοπιτάκια

*Maria Constantinou – Cypriot Women's Group Lalor*

### Ingredients

#### Filling

- 1 cup crushed wheat
- ½ cup olive oil
- 1 onion, chopped finely
- 1-2 cups sultanas
- 1 tsp fresh mint, grated
- 1 tsp cinnamon
- 450g pumpkin cut into small cubes (less than 1cm)



#### Dough

- 1kg plain flour
- ½ cup vegetable oil
- 2 cups warm water
- ½ tsp salt
- Juice of 1 lemon



### Method

#### Filling

1. Fry pumpkin and onion in warm oil until onion is transparent.
2. Place into a bowl and add all ingredients and mix well. Set aside

#### Dough

1. In a bowl combine, flour, oil, water, salt and lemon juice.
2. Knead the dough. Roll pastry out thinly and cut into oval shapes.
3. Place a spoonful of mixture into the centre of the oval and close, sealing the edges using a fork.
4. Place pies onto a tray lined with baking paper. Cook in a preheated oven on 180 until golden brown.

**Story**

Maria learned to make pumpkin pies when she was 12 in the Cypriot village Limnatis. The house she lived in had no oven so she would use the communal village oven, which the villagers would gather around, share stories, drink wine and sing whilst waiting for their pies to cook.

## **Vegetarian Seaweed Roll**

### **Gỏi Cuốn Chay**

*Kim Tran – Community Member*

#### **Ingredients**

5 pieces of dried fungus mushroom (found in Asian grocery supermarkets)  
500g fresh tofu  
1 pack vermicelli (37.5g)  
2 pieces of dried bean curd (found in Asian grocery supermarkets)  
1 tsp salt  
1 tsp sugar  
3 tbsp corn flour  
Seaweed leaf

#### **Method**

Put the dried fungus, vermicelli and dried bean curd into cold water for one hour.

Strain until dry.

Cut vermicelli, bean curd and fungus finely.

Use paper towel to dry tofu. Afterwards, mash then mix with salt, sugar, corn flour, fungus, vermicelli and bean curd – repeat with dried flour.

Take one seaweed leaf and put  $\frac{1}{4}$  of tofu mix into it, rolling it together to create a roll. Repeat with the remainder of the mixture. Put the rolls in the microwave, three minutes for each side.

Allow it to cool down and leave it in the fridge overnight.

Take the roll and cut it by 1cm and fry in oil until brown, repeat with the other side.

## Stuffed Vine Leaves

### Ντολμαδάκια/Κουπέπια

*Elpida Tellis – President Cypriot Women’s Group Lalor*

#### Ingredients

- 1 kilo mince beef
- 60 fresh vine leaves
- ¼ cup olive oil
- 2 onions, grated
- ½ cup parsley
- ¼ cup mint
- 100g canned tomatoes or 3 tomatoes
- ½ cup white rice
- ½ tsp. cinnamon
- 1 tsp salt
- 2 tsps tomato sauce
- the juice of 2 lemons



#### Method

1. Wash vine leaves and place in a bowl of warm water.
2. Heat oil in pot and add grated onion, mince, parsley, mint, tomatoes, lemon juice, rice, salt and cinnamon. Cook until brown.
3. Lay vine leaves out flat and spoon cooked mixture onto one edge, fold in sides and roll.
4. Place all rolled leaves in a pot side by side. Fill with water and place lid on top. Cook for 30-45 minutes on low heat.

#### Story

Elpida learnt this recipe from her mother Panayiota Kosta growing up in Avgorou, Cyprus.

# Traditional Hungarian Fish Soup

*Sonia K. Fachara – Lalor Library Volunteer*

## Ingredients

- 2 Bassa fish filets – cut into strips or squares
- 2 large brown onions – diced
- 2 large potatoes – grated
- 3 grated carrots
- 1 clove of garlic – finely diced
- 3 tsp salt
- 2 tsp sweet Hungarian paprika
- 1 cup tomato paste dissolved in 1 cup of water
- 1 cup of chilly – hot peppers of any sort
- 2 tbsp vinegar
- 3 tbsp oil
- 3-4 litres of water
- Hot peppers – traditional but not essential
- Separately boiled pasta of any kind – or 1 slice of Vienna bread



## Method

- Chop & grate all ingredients
- Warm up the oil in a 5 litre pot
- Add chopped onion and fry until they are light brown
- Stir for five minutes
- Add 1 litre of boiled water; bring to boil and simmer for ten minutes
- Add 1 litre of water and grated carrots and boil for fifteen minutes
- Add another litre of boiled water and grated potatoes and mix and simmer for ten minutes
- Mix tomato paste dissolved in water
- Mix in 2 tablespoons of vinegar and boil for five minutes – add salt
- Add fish and boil, simmer for ten minutes
- Add sweet paprika and garlic
- Put lid on pot and wait for ten minutes to cook and serve. Bon appetite!

## **Story**

Originally, fish soup is from Hungary, but also very popular along the river's in the Bolkan (Balkan) countries like Danube, Sava, Tisa, Vrbas, Bosut. It is traditionally made on an open fire, in a traditional big pot called KOTLICH-Kotlic. The fish will be freshly caught, as many different fish as possible, including carp, cat fish and fresh water trout. It will probably be more salty and spicy than what is in my recipe.



# Vietnamese Pancake

## Bánh Xèo

*Ngan Phan – Community Member*

### Ingredients

#### Batter

- 1 cup rice flour
- 1 cup plain flour
- ½ cup tapioca starch (or cornflour)
- 4 cups water
- 2 tbs chopped green onion
- ½ tsp salt
- ½ tsp turmeric

#### Filling

- 500g raw shrimp, peeled or leave whole
- 500g pork, thinly sliced
- Bean sprouts

### Method

1. Mix all the ingredients for the batter in a large mixing bowl until well combined. Allow the batter to rest for 30 minutes.
2. Heat 1 tsp oil in a non-stick skillet or pancake pan over medium-high heat. Add 2 to 3 pieces of pork and 2 shrimps, cook for 1 minute. Pour in 1 or 2 large spoons of batter into the pan (depending on the size you want your pancakes to be), swirling/tilting the pan as you pour to distribute the batter evenly.
3. Reduce the heat to low, cover the pan and leave for 3-4minutes. Remove the cover and allow the pancake to turn golden brown and crispy. Fold the pancake in half and slide onto a platter.
4. Repeat steps 2 and 3 until all the batter is used or alternatively cover the batter bowl with gladwrap and put in the fridge to use the next day.

Serve BANH XEO with Vietnamese herbs, fish sauce and grated carrot.

# Vietnamese Spring Rolls

## Chả Giò

*Ngan Phan – Community Member*

### Ingredients

50g mung bean noddles  
20g shredded black fungus (dried mushrooms)  
250g chicken or pork mince  
1 carrot, peeled and grated  
2 cloves of garlic crushed  
150g taro, peeled and grated  
2 tbsp caster sugar  
1 tbsp. salt  
½ tsp pepper  
1 pack of spring roll sheets  
1 egg white  
Vegetable oil for deep frying

### Method

1. Place the noodles and mushrooms into 2 separate bowls of water. Set aside for 10 minutes or until noodles are tender and mushrooms are soft.
2. Use your hands to squeeze out excess liquid from the mushrooms. Use scissors to cut noodles and mushrooms into short lengths.
3. Combine noddles, mushrooms, mince, carrot, taro, garlic, sugar, salt and pepper in a large bowl. Set aside for 30 minutes.
4. Take 1 spring roll sheet, place 1 heaped tbsp. of combined mixture along the top of the sheet. Fold in the sides and roll up tightly to enclose the filling and use the egg white to seal the end of the sheet. Put in the microwave for 10-15 seconds.
5. Place seam side down onto a tray and cover with damp tea towel.
6. Repeat Steps 4 and 5 until no mixture is remaining.
7. In a large saucepan add enough oil to reach the depth of 10cm. Heat to 180C or over high heat and add 5 -10 spring rolls to the oil until golden and filling is cooked through. Use tongs to transfer to a plate lined with paper towel, ready to eat.

**MAIN**

**ΚΥΡΙΑ ΠΙΆΤΑ**

**ГЛАВЕН**

**主菜**

**PIATTO PRINCIPALE**

**ΜΌΝ CHΪNH**



## **Afelia (Pork Dish)**

### **Αφέλια (Χοιρινό)**

*Panayiota Zaharia – Cypriot Women's Group Lalor*

#### **Ingredients**

- 1kg of pork with fat
- 1 cup red dry wine
- 2 tsp dry crushed coriander
- 2 tsp cooking oil

#### **Method**

- Cut pork into smaller pieces.
- Heat up oil in pot.
- Add pork pieces and fry until slightly brown for five minutes with low heat.
- Add red wine, coriander and salt.
- Put on lid and allow to cook until juice has soaked in, until meat is cooked.
- Serve it with bulgur.

#### **Story**

This was a recipe from my mother who grew up in Paphos Village in Cyprus.



## Chicken & Rice

### Пилешко и ориз

*Sofia Rosenlis – Community Member*

#### Ingredients

- 1/2 chicken, cut into pieces
- 1 onions, chopped
- 2-3 sprigs of parsley, chopped
- 1-2 tomatoes, diced
- 2 ½ cups rice
- 2 tsp salt
- 2 tsp black pepper
- 1 tbsp oil

#### Method

1. In a large pot place chicken pieces, ½ chopped onion and parsley. Bring to the boil and then simmer for 1 hour or until chicken is cooked. Remove chicken and set aside.
2. In a large saucepan heat oil and add remaining onion. Cook until transparent.
3. Add tomatoes, salt and pepper and cook for a further 2 minutes.
3. Add rice, stir and cook for 3 minutes.
4. Add 6 cups of stock made in step 1 and add chicken pieces. Bring to the boil.
5. Pour into a large baking pan. Bake in oven for 20 minutes on 200.

#### Story

All of Sofia's recipes are cooked from memories formed when she was a young girl watching her mother cook in their home in Macedonia.

## **Chicken with Walnut Sauce**

### **ΚΟΤΌΠΟΥΛΟ ΚΟΚΚΙΝΙΣΤΌ**

*Sophia Mastoris – Cypriot Women's Group Lalor*

#### **Ingredients**

2-3 chickens

Half tea cup butter or margarine

1 tea cup white wine

Half tea cup for each chopped walnuts, salt, pepper and water

#### **Method**

Clean and wash chicken(s) thoroughly.

Then stitch and allow to drain.

Season chicken by adding salt and pepper.

Put butter in a pan and sauté chicken from all sides.

Place in a wide pot adding the butter and returning to the fire.

Pour in the wine little at a time and add 1 cup of hot water.

Cover pot and allow chicken to simmer. Add more hot water if necessary.

Remove from fire when chicken cooked.

Allow to cool down and cut into four pieces.

Add ground walnuts in the sauce and allow to boil.

Add the chicken and stir.

Serve with hot potatoes and raw salad.

## Chicken with Quinces

*Jeanette Gregory – Lalor Library Staff Member*

### Ingredients

1kg chicken fillets or pieces  
2 onions  
5 large quinces stewed  
1 packet French onion soup  
1 cup chicken stock  
½ cup sugar  
½ teaspoon curry powder

### Method

If using fillets chop into lynch cubes. If using chicken pieces remove skin. Peel and slice the onions.

Peel and core the quinces.

Slice thinly – sprinkle with sugar.

Add ½ to ¾ cup of water.

Cook slowly until tender.

Add more sugar if too tart.

Place chicken in casserole dish, sprinkle curry powder and french onion soup mix on top.

Stir around to coat chicken.

Add onions, chicken stock and cooked quinces.

Stir gently to combine.

Put lid on casserole and place in oven at 140° for 1½ to 2 hours or until chicken is tender.

Stir once or twice.

Can be thickened with corn flour if required.

Serve with boiled rice or potatoes and green vegies.

### Story

This recipe is a variation of apricot chicken. In a hurry one day to get something on the go for dinner I picked up a tub of cooked quinces wrongly labelled in the freezer. The finished meal was a pleasant surprise.



## **Eggplant Rissoles**

*Mary Samartzis – Lalor Library Volunteer*

### **Ingredients**

1 large eggplant  
2 sliced onions  
3 cups water  
500g fined minced beef  
2 eggs  
½ cup breadcrumbs  
1 crushed garlic clove  
1 tsp oregano  
1 tsp mint  
Salt and pepper  
Extra breadcrumbs

### **Method**

Boil eggplant and onion in water until soft. Drain well and chop.  
Mix eggplant mixture with the other ingredients and form into balls.  
Coat the balls in the extra breadcrumbs.  
Fry in hot oil until golden brown, approx. 3 minutes each side.  
Serve hot or cold.

## Falafel

*Nadia Ghaly – Lalor Library Staff Member*

### Ingredients

- ¾ kilo fava beans
- 1 large brown onion
- 2 cloves garlic
- ½ stick leek
- 1 bunch parsley
- 1 bunch dill
- ½ bunch fresh coriander
- Salt and dry ground coriander for seasoning
- 1 tbsp. bicarb soda
- Canola oil for frying



### Method

1. Soak fava beans for 8-10 hours in water.
2. Chop all the vegetables in a big bowl,
3. Drain the fava beans and dry in a big towel
4. Mix the fava beans with the vegetables
5. Put the mix through the food processor (little at a time) until finished the mix
6. Put the mince mixture through the food processor again for a very fine smooth mix
7. Add salt, ground coriander and bicarb soda and mix very well. Let the mix rest for about 15 to 20 minutes
8. Heat oil in a deep frying pan
9. Scoop one tablespoon and drop in hot oil until golden to light brown, repeat for as many as you need

Falafel can be consumed with Tahini, tzatziki or hummus dips as well as green salad. It tastes yummy with Arabic bread or fresh white rolls or wraps.

### Story

Egyptians use Fava beans as the main source of protein. Falafel is the traditional meal of all Egyptian regardless of how rich or poor they are.

## **Fried He` Fen Noodles**

炒河粉

*Arthur B.W. Yong – Community Member*

### **Ingredients**

A plate of He` Fen noodles/ Mekong Stir Fry Noodles

2-3 tbsp olive oil

1 clove chopped garlic

Small slices of green beans

Small slices of red capsicum

Small slices of fried eggs

Thin slices of fish balls

Small slices of fresh bean curd puffs

2-3 tsp of oyster sauce

2-3 tsp of chilli sauce

3-4 tsp of Kikkoma natural brewed soy sauce

½ cup of water

### **Method**

Heat 2-3 tablespoons of oil in a wok or frying pan.

Add garlic, green beans, red capsicums, fish balls, fresh bean curd puffs and fried eggs.

When the mixture looks cooked, add noodles.

Soften the noodles by adding water.

Season with oyster sauce and soy sauce.

Mix all contents in the wok or pan.

Add chilli sauce at side of the plate, serve immediately.

### **Story**

Arthur grew up in Penang with all members of his family involved with the cooking. He learnt to cook from a young age. He would return home late from his high school and sport activities and his family would have finished eating their meals, so he cooked his own food. He used ingredients of whatever he could find in the kitchen and fridge.

## **Fried Keo Teow**

炒粿條

*Arthur B.W. Yong – Community Member*

### **Ingredients**

A plate of Keo Teo noodles (soften in microwave oven)

2-3 tablespoons of olive oil

1 clove of chopped garlic

Small slices of green beans

Small slices of red bell pepper

Handful of bean shoots

Fried egg

Small slices of Chinese sausage

Thin slices of fish balls

Thin slices of fish cakes

Small slices of fresh bean curd puff

2-3 teaspoons of oyster sauce

3-4 teaspoons Kikkoma Natural Brewed soy sauce

2-3 teaspoons of sweet chilli sauce for chicken

### **Method**

Heat 2-3 tablespoons of oil in a frying pan or wok.

Add garlic, green beans, red bell pepper, bean shoots, fish balls, fish cakes, fresh bean curd puff and fried egg.

When the mixture looks cooked, put it on a plate.

Fry noodles separately; season with oyster sauce, soy sauce, chilli sauce.

Mix all contents in pan.

Serve immediately.

# Homemade Pasta

## Pasta fatta in casa

*Rose Zappulla – Lalor Library Staff Member*

Serves: 5–6

### Ingredients

- 3 cups (500gms) plain flour
- 4 eggs (800 size)
- 2 tablespoons olive oil
- Pinch of salt
- Extra flour for dusting

### Method

Combine flour & salt in a large bowl, making a well in centre of flour to add the eggs and oil. Whisk eggs with a fork to gradually combine flour to form a dough. If sticky sprinkle extra flour until all combined and forms a ball shape.

Turn the dough and excess flour onto a clean counter or into a dish. Begin to knead dough with your hands, sprinkling flour as needed. Repeat this until texture is smooth and silky.

Cut a piece of dough and gently fold the dough on itself, flattening and folding again and repeat to form a rectangle shape.

Set your pasta machine to thickest setting. Take the piece of dough and feed it through the pasta roller. Fold and repeat once or twice, then adjust machine to thinner setting. Fold the dough into thirds and feed through machine again.

When dough is thin and smooth, place it through machine to make strips of pasta. Repeat this until all of the dough is used.



Boil a large pot of water and add 1 tablespoon of salt and the pasta. Cook for 2-3 minutes.

Add your favourite sauce, sprinkle with grated cheese and garnish with basil pieces to serve.

### **Story**

This is a very simple and inexpensive pasta recipe. It can line a 40cm large lasagne tray. It is a traditional Italian style meal. My mother Maria enjoys making homemade pasta, as she always loves to see her family together. She would call all her children to come for lunch or dinner, and we would always look forward to eating her tasty and delicious homemade lasagne. It would bring the family together.



## **Leek Slice**

### **Πρασόπιτα**

*Marina Tsipas – Cypriot Women's Group Lalor*

#### **Ingredients**

1kg leeks, cut small and washed  
4 eggs  
½ cup raw rice  
1 cup oil  
2 cups full cream milk  
½ cup plain flour  
½ cup polenta  
250g feta cheese  
Some parsley, mint or dill to your liking

#### **Method**

Sauté leeks, cool.  
Combine eggs, milk, flour, feta, rice, parsley and mix well.  
Pour in oven dish and cook in 180° oven.  
Cool, cut in squares.

#### **Story**

These are Greek dishes, very nice, healthy and just the thing for vegetarians.

# Mess!

*Cr. Nicola Davis – City Of Whittlesea*

## Ingredients

Cooked pumpkin and carrot  
Sliced onion  
Chopped zucchini  
Canned chickpeas  
Cooked lamb sausages  
Quartered dried apricots  
Olive oil & Moroccan spice to taste  
Dollop of sour cream  
Couscous  
Coriander leaves



## Method

Chop everything and put into large roasting pan.  
Drizzle with oil and spices and pop into oven (180°) for thirty minutes.  
After twenty minutes, toss vegetables and sausages and pop back into oven.  
Cook couscous as per packet instructions.  
Put couscous on cooked vegetable and sausage mix and stir.  
Serve on plate with dollop of sour cream on top and coriander leaves to garnish.



## Story

I wanted a recipe for the kids to increase their pulses and intake so I came up with Moroccan Mess. My girls love the taste of the combined roasted vegetables and chickpeas. Plus, it's so easy to prepare and cook; it gives me time to spend with my girls.



## Sheftales (Pork rissoles)

### Σεφταλιές

*Rebecca Mouskos – Cypriot Women's Group Lalor*

#### Ingredients

750g of mince (375g of pork, 375g of beef)

Salt & pepper

½ tsp cinnamon

½ bunch of parsley

2 large onions

Caul fat (pig)

3 tsp of breadcrumbs

#### Method

Wash caul fat with water and vinegar.

Mix all other ingredients together in a large bowl.

Roll mixed ingredients into patties (should make approximately 30).

Cut caul fat in squares.

Place rissoles in middle of squares, fold sides and roll.

Cook on a BBQ or grill.

#### Story

This was a recipe from my mother who grew up in Kambo Village in Nicosia, Cyprus.



## **Snapper Veronique**

*Jane Petryszyn – Lalor Library Staff Member*

### **Ingredients**

1 ½ lb snapper (filleted) or any white fish you like  
1 wineglass of water  
¾ wineglass of white wine  
6 peppercorns (optional)  
1 onion (sliced)  
4-6 oz green grapes,  
Lemon juice

### **Sauce**

1oz butter  
1 rounded tablespoon flour  
Salt & pepper  
4 fl oz creamy milk or cream  
1 egg yolk,  
Parsley (chopped)

### **Method**

Wash and dry fillets. Fold and place in a buttered ovenproof dish.  
Pour over the water and wine and add the peppercorns and onion.  
Cover with tin foil and poach in the oven at 180° for about 10-15 minutes (may take longer depending on the thickness of the fish)  
Peel and pip grapes, sprinkle with lemon juice and keep covered until required  
Put snapper on a serving dish and spoon over the sauce. Sprinkle with chopped parsley

### **Sauce**

Melt butter in saucepan, stir in flour off heat, strain in the liquid from the fish.  
Blend and stir until boiling, add salt and pepper and put to one side.  
Mix cream and yolk together, add to the sauce.  
Thicken over heat without boiling, then add grapes.

## Sofia's Ricotta Patties

### Ќофтиња со урда

*Sofia Rosenlis – Community Member*

#### Ingredients

- 1kg ricotta
- 2 eggs
- 2 zucchini grated
- 1 tsp salt
- 1 tsp black pepper
- ½ cup breadcrumbs
- Self-raising flour to coat the patties



#### Method

1. Mix all ingredients together.
2. Roll mixture into balls, flatten slightly to form a patty shape.
3. Sprinkle flour onto the bench and coat each patty.
3. Heat oil in pan over high-medium heat and fry patties.
4. Serve with your favourite salads.



#### Story

Sofia learnt to make these patties from her mother when living in Macedonia.

## Spanakopita (Greek Spinach Pie)

### ΣΠΑΝΑΚΟΠΙΤΑ

*Cr Kris Pavlidis – City of Whittlesea*

#### Ingredients

- 3 cups Special white flour (Greek/  
Lebanese grocery stores)
- ½ block unsalted butter
- 1 tsp vinegar
- ½ tbs salt
- 1 cup olive oil
- 1 bunch spinach
- 3 eggs
- ½ kg fresh ricotta cheese
- ½ kg Australian feta cheese



#### Method

##### Filling

*Usually prepared the night before*

1. Wash spinach thoroughly & cook slightly
2. Squeeze excess juice (nutritious to drink). Allow to cool
3. Mix cheeses together & add each egg
4. Add a little pepper
5. Combine spinach & cheese mixture

##### Pastry

1. Mix in flour slowly with lukewarm water, salt, and vinegar, constantly stirring. Add flour to form a soft ball of dough
2. Knead dough rigorously for 15 mins
3. Melt butter. When cool add oil
4. Roll dough into fat sausage and cut into 6 pieces
5. Roll out one piece at a time, greasing and folding into square envelope so insides are greased. Allow to sit
6. Pile 3 smaller squares together, using the rolling pin to roll a flat shape. Line baking tray (round or square) to form pie base

7. Repeat with remaining 3 squares to form pie lid
8. Scoop filling mixture onto pie base
9. Cover mixture with pie lid, creating folds as you go
10. Drizzle slightly with remaining fat liquid
11. Cook in preheated 250° fan-forced oven for 20 mins or so, reducing to 180° until golden brown

## **Spinach and Ricotta Strudel**

ΣΤΡΟΥΝΤΕΛ ΜΕ ΣΠΑΝΑΚΙ ΚΑΙ ΡΙΚΟΤΑ

*Marina Tsipas – Cypriot Women's Group Lalor*

### **Ingredients**

2 tablespoons oil  
1 onion chopped  
2 cloves garlic crushed  
250g spinach, roughly chopped  
250g ricotta cheese  
100g feta cheese  
2 eggs lightly beaten  
6 sheets filo pastry

### **Method**

Sauté the garlic and onion in hot oil in a frypan.  
Add the washed and chopped spinach and cinnamon until the liquid has reduced.  
Cool. Fold in the ricotta, feta and eggs.  
Brush each sheet of filo with a small amount of oil and layer on top of each other.  
Place mixture in the centre of the pastry and fold into a parcel triangle.  
Place onto a greased baking tray.  
Bake at 180° for 35-40 minutes or until golden brown.

### **Story**

These are Greek dishes, very nice, healthy and just the thing for vegetarians.

# Spinach Pie

## ΣΠΑΝΑΚΟΠΙΤΑ

*Sophia Pappas – Cypriot Women's Group Lalor*

### Ingredients

#### Mixture

- 1kg spinach
- 1kg silverbeet
- ½ cup dried parsley
- 3 onions, diced
- 2 tbsp fresh dill (anitho), diced
- 200g feta
- 2 eggs



#### Pastry

- 1 ½ kg plain flour
- 1 tsp. salt
- Warm water – as much is needed to make a soft dough
- ½ cup oil
- 1 egg



### Method

#### Pastry

Place flour, eggs, oil, salt and water into a bowl and mix until a soft dough is formed.

#### Mixture

- Place all ingredients into bowl and mix
- Cut pastries into squares and sprinkle corn flour
- Spray oil in cooking tray
- Add pastry squares, then mixture, then add top pastry. Brush top with oil
- Cook for one hour at 180°

### Story

This is an old family recipe of mine.

## Tavas (Lamb & Rice Dish)

### Ταβάς (Αρνί με Ρύζι)

*Fanoula Franzis – Cypriot Women's Group Lalor*

#### Ingredients

- ½ kg lamb cut in pieces
- 1 ½ teacups of rice
- 5 tomatoes
- 2 onions, sliced
- 2 potatoes, sliced
- Salt & pepper
- 1 tsp cumin
- ½ cup oil
- ½ cup water



#### Method

- Layer all ingredients in a ceramic pot with a lid.
- Fill with water.
- Cover with lid and cook in oven on medium heat for 3 hours.
- 20 minutes prior to finish, take off lid and allow it to cook until brown.



#### Story

This was a recipe from my mother in Lefkara, Cyprus.



## **Tourlou (Roast Mixed Vegetables)**

Τουρλού (λαχανικών στο φούρνο)

*Mary Nikolakakos – Cypriot Women's Group Lalor*

### **Ingredients**

- 1 medium onion
- 4 artichokes
- 4 zucchinis
- 2 green capsicums
- 4 potatoes
- 3 tomatoes
- ¾ cup of olive oil
- 1 ½ cup of water
- Salt & pepper
- 1 tsp dried mixed spice



### **Method**

- Cut artichokes in half – fresh or frozen
- Slice all other ingredients into smaller pieces.
- Put in glass baking tray.
- Add spices, pepper and other seasonings to other ingredients.
- Place potatoes on top of peppers.
- Put the olive oil on top.
- Cook in medium heat in oven for 45 minutes.

# Vietnamese Grilled Pork with Lemongrass “Thit Nuong”

## Thịt Heo Ướp Xả Nướng

*Yen B Nguyen – Lalor Library Staff Member*

### Ingredients

- 1.5lb of thinly sliced pork butt or shoulder (under ¼ of an inch or so) – do not use lean pork as it will become dry
- ¼ cup minced lemongrass (xa bam)
- 2 tbsp fish sauce
- ¼ cup sugar
- 1 tbsp ground pepper
- 2-3 cloves garlic, minced
- 2-3 minced shallots
- 3 tbsp sesame oil
- 1 tbsp thick soy sauce (not regular) – if unavailable, caramel sauce may be used – both may be purchased at Asian groceries
- 3 tbsp roasted sesame seeds
- Flexible grilling basket or indoor grill



### Method

Cut large pieces of sliced pork into roughly 2-3 inch strips; do not cut it too thin as it will dry out and will fall through the grill basket.

For the best result, grill outdoors using flexible grilling basket. Grilling on an indoor grill, however, is perfectly acceptable.

For the marinate, combine in large mixing bowl the lemongrass, shallots, garlic, sugar, fish sauce, pepper, dark soy sauce, sesame oil. Add pork and mix well before marinating for at least two hours.

Spread the meat loosely on the mesh and grill until nicely golden brown and slightly charred.

To prevent from over drying since the meat is so thinly sliced, keep the lid on the grill.

Remove the mesh basket onto platter on bowl and toss with roasted sesame. Of course, you can use an indoor grill or even sauce in a pan if these options aren't available.

## Yemista (Rice Stuffed Veggies)

### Γεμιστά

*Cr Kris Pavlidis – City of Whittlesea*

#### Ingredients

- 2 cups rice
- 2 each of capsicum, zucchini, eggplant, tomato
- 1 onion, chopped finely
- 1 garlic clove, finely chopped
- A few stems & leaves of parsley, finely chopped
- ½ cup olive oil
- Salt to taste (and cinnamon if you desire)
- 2 cups tomato puree



#### Method

1. Cook rice in frypan with ¼ cup of oil, adding salt and cinnamon, for 15 mins
2. Wash veggies and slice an attached vertical 'lid.' Scoop pulp, setting it aside
3. Add onion, garlic, vegetable pulp and parsley to pan and mix in. Stir for 15 mins
4. Scoop spoonfuls of rice mixture into each vegetable
5. Place vegetables into baking dish close together
6. Drizzle with oil, tomato puree and 1 cup of water
7. Cook in preheated oven at 250° covered with foil for 30 mins
8. Remove foil and cook for 30 mins+ at 180°

#### Story

Yemista literally means “stuffed” and refers to the traditional Greek dish of rice stuffed vegetables, cooked originally in the Greek rural villages during Summer. It represents a colourful celebration of homegrown at its best. Greek cooking and eating is a wonderful social occasion that brings together not only family members but friends and neighbours for the taste test. Most of the ingredients are from the household veggie patch. Today, forthcoming generations of Greeks enjoy the Yemista as a regular item on the staple Greek menu. There is great joy and satisfaction in the cultivation, cooking and eating of homegrown produce that is unmatched.

## **Zucchini Slice**

*Krystyna Sierant – Community Member*

### **Ingredients**

1 grated zucchini  
1 grated large onion  
1 cup grated tasty cheese  
3 rashers bacon, diced  
1 cup SR flour  
¼ cup oil  
5 beaten eggs  
Salt & pepper

### **Method**

Mix all ingredients together and bake at 180 degrees for forty to fifty minutes.

**SWEETS**

**ΕΠΙΔΩΡΓΙΑ**

**СЛАТКИ**

**甜點**

**DOLCI**

**MÓN TRÁNG MIỆNG**



## **Apricot Slice**

*Vanessa Flowers – Community Member*

### **Ingredients**

100g butter  
½ cup brown sugar  
½ cup honey  
3 cups rolled oats  
¾ cup SR flour  
1 cup dried apricots, chopped  
½ cup chopped walnuts or almonds  
½ tsp cinnamon

### **Method**

Preheat oven to 170°.  
Grease and line 25cm slice pan.  
Place butter, brown sugar and honey in a saucepan and stir over low heat until sugar dissolves. Allow to slightly cool.  
In a large bowl, combine the remaining ingredients and stir through the honey mixture.  
Using slightly wet hands, press mixture into slice pan  
Bake for thirty minutes or until golden brown  
Allow to cool, slice into squares and serve

### **Story**

This is much better and cheaper than bought slices for school lunches, a real treat. When I was at boarding school, my eldest sister Fiona would make this every time she came to Rockhampton (QLD) and visit me. At boarding school you got what they gave you and any extra visitors would have to bring it. Food was a premium, and girls who pinched it were your best friend for that time. Fiona made this the best out of anyone. This was in the 1980s and she did this for me and still does when I go to visit. I love it and her for making school a little better. No one has made it like Fiona with so much love and she made me lots.

## **Banana Choc-Chip Yoghurt Cake**

*Ashley Mariani – Jamies Ministry of Food Trainer*

### **Ingredients**

1 ½ cups caster sugar  
1 cup olive oil  
2 eggs  
1 cup yoghurt  
1 cup choc-chips  
2 cups self-rising flour  
3 mashed bananas

### **Method**

Preheat oven to 170°.

In a large bowl, whisk sugar and oil together. Later add eggs and continue whisking.

Add remaining ingredients and mix with a fork until just combined.

Pour batter into a well-greased and/ or lined cake tin (20-22cm works well).

Bake for one hour; test by inserting a skewer or knife into the centre – if it comes out clean, the cake is done. If not, bake for another five minutes and test again.

### **Story**

This is a big favourite in my children's lunch boxes. It is super easy, really moist, and keeps for a good week if you don't eat it all at first.



# Bethany's Muesli

*Kate Lansbury – Community Member*

## Ingredients

- 750g packet rolled oats
- 1 ½ cup sesame seeds
- 1 ½ cup sunflower kernels
- 1 ½ cup linseeds
- 1 cup coconut
- 1 ¼ cup linseed meal
- 1 ½ cup lecithin meal
- 1 ½ cup psyllium husks
- 1 cup honey
- 1 cup rice bran oil
- 1 cup mixed raw nuts (almonds, walnuts)
- 1 cup sultanas



## Method

- Mix dry ingredients together in baking dish
- Preheat oven to 180 degrees
- Cook for twenty minutes
- Add honey & oil
- Cook for thirty minutes, mixing every fifteen minutes
- Allow to cool
- Mix sultanas and walnuts in
- Enjoy every morning with milk!

## Story

This recipe has been in our family for forty years. We make it about once a month and the whole family enjoys it – even the kids! It adds wholegrain to our daily diet and we all look forward to breakfast daily. It's awesome! You won't be hungry until lunchtime!

## **Bishies (Greek flour pancakes)**

### **Πισίες (Τηγανίτες)**

*Androulla Christodoulou – Cypriot Women's Group Lalor*

#### **Ingredients**

4 cups flour

½ tsp salt

¼ cup olive oil

2 tbsp warm water

Icing sugar to dust pancakes

#### **Method**

Sift flour and salt into a bowl.

Add olive oil.

Mix together.

Add warm water.

Blend until it forms a pastry.

Spread pastry flat and thin.

Cut into small pieces.

Fold pieces over.

Cook in hot oil.

Dust with icing sugar.

# Chocolate Cherry Bar

*Patricia Hart – Community Member*

## **Ingredients**

6 ounces dark chocolate

3 eggs

1 cup caster sugar

2 cups coconut

4 ounces glazed cherries

Icing sugar

## **Method**

Melt chocolate over hot water; beat until smooth

Spread evenly over base of greased 7x11 lamington tin with base lined and greased with aluminium foil.

Refrigerate until set

Beat eggs lightly with fork; add sugar and beat until combined.

Fold in coconut and chopped cherries into batter and mix until combined.

Spread mixture evenly over chocolate.

Bake moderately for thirty minutes or until firm to touch.

Cool and dust over with icing sugar before serving

## **Chocolate Filling Cake**

*Patricia Hart – Community Member*

### **Ingredients**

¼ lb butter  
2 eggs  
1 cup caster sugar  
1 cup SR flour  
5 heaped tbsp. drinking chocolate  
½ cup milk  
Pinch salt  
1 tsp vanilla essence

### **Method**

Melt butter in oven.  
Mix butter and sugar together well.  
Add one egg at a time and mix well.  
Add milk and essence and sifted flour and salt.  
Pour half of mixture in butter-lined tin and sprinkle drinking chocolate in remainder of mixture on top.  
Bake for 45 minutes in moderately heated oven.

## Halvas

## Χαλβάς

*Thea Petrou – Cypriot Women's Group Lalor*

### Ingredients

- 2 cups semolina
- 1½ cups sugar
- ½ honey
- 5 cups water
- 1 cup white almonds
- ½ cup vegetable oil
- 100 mls rosewater
- 1 piece cinnamon

### Method

Add water, sugar, honey, cinnamon and rosewater in pot. Bring to the boil and set aside, removing the cinnamon stick.

Heat oil and add almonds until lightly roasted.

Add semolina and heat to low flame.

Lower heat and add syrup from step 1.

Mix until thick and solid.

Place into a mould and let it cool down before placing in the fridge.

Unmould in a platter and sprinkle cinnamon on top.

### Story

Recipe from my mother Vouni Limassol – Cyprus.



# Honey Joys

*Janice Flowers – Community Member*

## **Ingredients**

3 tbsp butter  
1 cup sugar  
1 tbsp honey  
4 cups cornflakes

## **Method**

Preheat oven to 150°.  
Heat butter, sugar and honey in a small saucepan, stirring to dissolve sugar.  
Remove from heat.  
Put cornflakes into a large bowl. Pour cooked mixture over and stir to combine, mixing well.  
Spoon to patty cake cases and bake for 10 minutes.

Enjoy!

## **Story**

As a child I helped to make these yummy cakes. I have taught my children and grandchildren to make these. Make sure you help with the hot oven. This is easy, tasty and low cost.

## Ladies Fingers

### Δάχτυλα Κυριών

*Elpida Tellis – President Cypriot Women's Group Lalor*

#### Ingredients

##### Pastry

- 8 cups flour
- 1 cup oil
- 1 tsp salt
- 2 ½ cups water

##### Mixture

- 300g crushed almonds
- 1 tsp. sugar
- 1 tsp ground cinnamon
- 4 tsp rose water

##### Syrup

- 4 cups of sugar
- 3 cups of water
- 1 tbsp lemon juice
- 1 small cinnamon stick
- 3-4 cloves
- 1 tbsp rosewater

#### Method

##### Pastry

- Sift flour into a bowl.
- Add oil, salt and water.
- Mix the dough and leave to rest for 30 minutes.

##### Mixture

- Mix together all ingredients.
- Roll out the dough to approximately 2mm thick and cut into squares (8x8cm)
- Place 1 tsp of the mixture onto the bottom third of each square and fold over to create a finger shape, seal edge with fork.



Fry in hot oil until golden brown.

Dip into cold syrup a few at a time and place in strainer.

### **Syrup**

Mix all ingredients together into a saucepan and bring to a boil.

Simmer for five minutes and remove from heat.

### **Story**

Elpida learnt this recipe from her mother who came from the village Avgorou in Famagusta, Cyprus.



## Traditional Cypriot Wedding Sweet – Loukoumia

Κυπριακά Λουκούμια του Γάμου

*Fay Yianni – Cypriot Women's Group Lalor*

### Ingredients

- 750g Semolina fine
- 750g Semolina coarse
- 750g Unsalted butter, melted
- 100g Vanilla
- 1kg Icing Sugar
- 500g Unsalted Pistachio nuts, crushed
- 1 cup self-raising flour
- 3 Cinnamon sticks
- ¾ cups Cinnamon water (boil water with 3 cinnamon sticks)
- 200ml Orange Blossom water
- 2 tbsp White Sugar
- 1 tbsp Ground Cinnamon
- 2 tbsp Orange Blossom Water
- 1 tsp ground clove



### Method

#### Filling

Mix ground cinnamon, orange blossom water, sugar and pistachio nuts together.

#### Dough

In a bowl, add melted butter, semolina, vanilla and mix well. Leave this overnight to set.

The next day mix all ingredients together with cinnamon water and flour. Let this rest for 15–20 minutes. Make into medium oval shapes using the palm of your hand. Add 1



spoonful of filling and close it off. Cook in medium oven at 170° for 50 minutes. Leave to cool and then dip into orange blossom water and then icing sugar and after one more time in icing sugar.

You make about 47 pieces.

### **Story**

Lokoumia is a traditional Cypriot wedding sweet. It's a very old tradition that was passed down from generation to generation. Fay was taught this recipe from an old friend from Larnaca, Cyprus.

## No Bake Pavlova

*Jeanette Gregory – Lalor Library Staff Member*

### Ingredients

1 tbsp gelatine  
½ cup cold water  
8 ounces boiled carnation evaporated milk  
3 egg whites  
½ tsp vanilla essence  
1/2 cup caster sugar  
Cream and fruit for topping  
Jelly crystals (optional)



### Method

Soak gelatine in water for ten minutes.  
Boil carnation milk and pour over gelatine and water; stir until dissolved.  
Add egg whites, sugar and vanilla – beat at a high speed until thick and white (approximately 30 minutes)  
Pour into an 8 inch spring form cake tin or serving bowl. Place in refrigerator to set (approximately three hours)  
Turn out tin, remove sides carefully or leave in serving bowl.  
Whip cream and spread on top. Decorate with fruit such as strawberries, blue berries, peaches, apricots, kiwi fruit as desired. Sprinkle with jelly crystals.

### Story

This came from my mother-in-law. She has been making it for over fifty years but can't recall where the recipe came from. It is a long-standing favourite at family get-togethers.

# Nonna Maria's Apple Pie

## Torta di mele di Nonna Maria

*Maria Palamara – Community Member*

### Ingredients

#### Pastry

- 1 cup SR flour
- 1 cup plain flour
- ½ cup raw sugar
- 1 tsp vanilla essence
- 80g unsalted melted butter
- 2 eggs

#### Filling

- 1kg peeled, cut and stewed granny smith apples
- 3-4 tbsp. sugar
- Juice of one lemon



### Method

Peel and cut apples into wedges, place into a medium saucepan, sprinkle sugar and squeeze lemon all over apples.

Cook apples for approximately 15 minutes stir occasionally until tender. Leave to cool down. Sift flours into a large bowl and add sugar. Make a well to add eggs, melted butter and vanilla essence.

With a fork whisk all ingredients together until all combined.

With your hands combine all of the ingredients and commence to knead it until smooth.

Cut dough into two pieces, one piece smaller than the other. The smaller piece is used for the top of the pie.

Smooth a little amount of butter with fingers onto a pie dish.

Sprinkle some flour onto working area. Start off with the large piece of dough and roll out with a rolling pin, adding flour when needed so the dough doesn't stick.

Place dough onto the pie dish. Stab dough gently with a fork and place into preheated oven for approx. 5 minutes oven 150° to half cook the pastry.

While dough is cooking roll out the other half of pastry in the same way. After 5 minutes take dish out of oven and place apple mixture into pie dish.

Then place the other rolled out pastry onto the pie and trim edges around dish. Pinch the dough all around the dish with your fingers and sprinkle a little sugar on top of pie. Make a few holes in the dough with a knife.

Place apple pie into oven at 180° for approximately 35 minutes or until a golden colour, then take out of oven and let cool.

### **Story**

I have made this apple pie for approximately 40 years now. I am making approximately four apple pies a week and sharing them out to my children. Every time there is a family birthday or a family gathering there has to be Nonna Maria's apple pie. If there is a dinner with all my children there has to be an apple pie. If for some reason I haven't seen my children in a week or so I will make some apple pies and ring them up and tell them that I have made an apple pie; they will be down to have a coffee or tea and a piece of pie in an instant. When there is a birth in the family the apple pie is made and sent to the family of the newborn. If for some reason the apple pie doesn't make it to a function, it is greatly missed and everyone is asking what happened to the apple pie. (I would have to be very unwell to not make the pie.) It also goes to a wake at extended family funerals, where everyone enjoys a piece as well. So I can say that I am very proud of my much loved and wanted apple pie; it has become a family ritual. Hopefully this recipe will always be remembered with much love and that it be passed down for many, many more generations to come so the next generation can also enjoy gatherings and share a laugh, a piece of conversation and also a nice piece of Nonna Maria's apple pie.

# **Pavlova**

*Haylee Eagle – Lalor Library Community Coordinator*

## **Ingredients**

### **Meringue**

- 6 egg whites
- 2 cups caster sugar
- 2 heaped tsp cornflour
- 2 tsp vinegar
- 2 tsp vanilla essence
- 4 tbsp boiling water

### **Topping**

- 300ml cream, whipped
- 2 peppermint crisp bars (crushed) or any fresh fruit

## **Method**

Using an electric mixer or hand beater, beat all meringue ingredients (add the boiling water last) for 15 minutes at high speed.

Cover a large round baking tray with foil and spoon mixture onto the centre using your spoon to create a circle shape. Do not spread it all the way to the edges as the meringue will expand.

Bake in a preheated fanforced oven at 120° for 1 hour. Once cooked, remove from oven and allow to cool.

Spoon whipped cream onto the meringue and add your favourite topping.

## **Story**

This recipe has been in our family for years passed down from my nan to my mum and then to me. The pavlova is a very popular choice for all family birthday celebrations and I would always fight with my brother and sister as to who would get to lick the bowl and beaters.

## Quick & Easy Crepe Pancakes

*Sonia K. Fachara – Community Member*

### Ingredients

- 3 eggs
- 200ml milk
- 3 tbsp sunflower vegetable oil
- 250g flour
- Pinch of bi-carb soda
- Pinch of salt
- 2 tbsp sugar
- Extra 200ml milk & 100ml of water



### Method

Mix the three eggwhites well, add the three egg yolks and mix well together with vegetable oil.

Gradually add three to four tablespoons of flour and add 200ml milk.

Mix well and add additional 200ml milk and 100ml water.

Mix gently to make smooth texture.

Warm up frying pan with teaspoon of oil.

Add batter into frying pan.

When one side appears to be cooked, flip pancake over to other side.

Repeat using the remainder of the batter – this recipe will make twelve crepe pancakes.

Spread with jam or walnuts of your choice or a children's favourite – Nutella.

Roll them up and enjoy!



## Story

Most popular cake in my house is pancakes. When my girls were little, they use to push the high chair next to stove, put the plate in front and wait for the turn for hot pancakes. And my grandchildren now do the same.





## Ricotta Pastries

### Μπουρέκια με ρικότα

*Savoulla Anastasiou – Cypriot Women's Group Lalor*

#### Ingredients

##### Pastry

500g flour

3 eggs

¼ cup oil

Water

Salt



##### Mixture

500g ricotta (fresh)

100g sugar

Rosewater

#### Method

##### Pastry

Mix all pastry ingredients together until thickened.

Stir for 10 minutes.

Cover with tea towel.

Put in fridge for 1 hour.



##### Mixture

Mix all ingredients.

Open pastry in thin pieces glass size.

Add 1 tablespoon of mixture in each piece.

Fold over and close with fork – wet the edges.

Cook in hot oil until golden brown

Strain them and dust with icing sugar to serve.

#### Story

Recipe from my mother from the village of Gaimakli Nicosia – Cyprus.

## Shamishi – Traditional Cypriot Sweet

### Σιάμιση

*Christalla Christoforou – Cypriot Women's Group Lalor*

#### Ingredients

##### For Cream

- 5 cups of water
- 1 cup of semolina
- 1 cup of sugar
- 2 tablespoons of rose water
- ½ teaspoon mastiha gum (crushed)

##### For Pastry

- 4 cups of farina flour
- ¾ cup vegetable oil
- ½ teaspoon salt
- 3 cups of warm water.



#### Method

##### Cream

1. Heat sugar and water slowly while adding semolina, stirring constantly until it becomes thick.
2. Add rosewater and mastiha gum and stir well.
3. Remove from heat & place mixture evenly into 2 greased platters.
4. Leave overnight.

##### Pastry

1. Mix flour, oil and salt into warm water until soft.
2. Rest for 10 minutes.
3. Roll out mixture thinly and cut into small squares.
4. Add cream mixture as smaller squares into square-shaped pastry and close.
5. Fry them in 2 cups of hot oil until golden brown.
6. Place on paper and dust with icing sugar for serving.



## Walnut Cake (when fasting)

### Καρυδόπιτα

*Sophia Mastoris – Cypriot Women's Group Lalor*

#### Ingredients

- 1 teaspoon oil
- 1.5 tea cups sugar
- 1.5 tea cups coarsely chopped walnuts
- 4 tea cups flour
- 1 tea cup raisins (light ones)
- 2 tea cups water
- Half tea cup cognac
- 1 tablespoon clove cutters
- 1 tablespoon lemon zest cutters
- 3 teaspoons baking powder
- 1 teaspoon soda

#### Method

##### Pastry

- Sieve the flour and stir with clove cutters and baking powder.
- Clean raisins by washing them.
- Dry raisins and sprinkle a little flour.
- Put flour in clay bowl, pour in oil and stir well.
- Make a groove in centre and pour the sugar, water, baking soda, melted inside the cognac, lemon zest, raisins and nuts.
- Stir well until mixed together.
- Pour into greased pan and bake in moderate oven for one hour.
- When cooked, sprinkle with powdered sugar and cinnamon.
- Cut into pieces and serve cold.

##### Mixture

- Add apricot jam.
- Mix walnuts with cinnamon.
- Cook sugar with ½ cup water to warm until becomes thick syrup.
- Beat egg whites and add syrup.

Add walnuts

Add mixture to jam.

Cook in oven for 20 minutes on 180.

Allow to cool and serve

On behalf of Yarra Plenty Regional Library's Lalor Library,  
we wish to thank each person for his or her contribution.

Committee and members of the Cypriot Women's Group Lalor  
Η Επιτροπή και τα μέλη του Συλλόγου Κυπρίων Γυναικών Lalor

