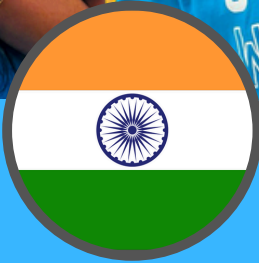




WORLD FLAVOURS
A Culinary Journey



COOKBOOK



BROUGHT TO YOU BY
City of Melbourne - My Melbourne Program
& Laneway Learning



ABOUT THIS COOKBOOK



Welcome to *World Flavours: A Culinary Journey*, a cookbook featuring recipes from the *World Flavours Cooking Workshops 2024*.

These workshops, part of the City of Melbourne's My Melbourne Program, offered a unique opportunity to learn from and connect with international students while exploring the vibrant culinary traditions of South Korea, Zimbabwe, Indonesia, India, Mauritius, and Malaysia through hands-on cooking classes held from September to November 2024.

The workshops were delivered by the *My Melbourne Student Ambassadors*, a volunteer student leadership program led by the International Education team within the Economic Development and International branch at the City of Melbourne.

The workshops were supported by Laneway Learning, a not-for-profit organization committed to making lifelong learning fun, interactive, and accessible to everyone. Led by Maria Yebra, Laneway Learning has been helping individuals discover new hobbies and skills since 2012.

We hope this cookbook brings these global flavours into your kitchen and inspires you to share the joy of cooking with your loved ones. Happy cooking!



TABLE OF CONTENTS

Korea: Samsaekjeon / Kimchi Pancake	Page 2
Zimbabwe: Sadza and Beef Relish 'Haifiridzi'	Page 4
Indonesia: Nasi Goreng and Pisang Goreng	Page 7
India: Bhel Puri, Sev Puri and Authentic Chai	Page 10
Mauritius: Bol Renverse or Magic Bowl	Page 12
Malaysia: Kari Ayam or Malaysian Chicken Curry	Page 14





SAMSAEKJEON / KIMCHI PANCAKE

Summary of the dish: Samseokjeon is a type of jeon (Korean pan-fried or battered food) made with ingredients like crab sticks, ham, pickled radish, and spring onion and Kimchijeon is a jeon with kimchi.

Ingredients

Samseokjeon/삼색전

(Three-coloured pancake)

- 200g crab stick
- 100g pickled radish
- 200g ham
- 4 spring onion
- 1 mushroom
- 2 eggs
- 1 egg yolk
- 5-7 wooden toothpicks or wooden skewers
- 150g frying flour

Kimchijeon/김치전

(Kimchi pancakes)

- Sunflower oil (or any oil good for shallow frying)
- 250g sour kimchi
- 1/2 tbsp (6g) brown sugar
- 1 & 2/3 cups (300g) water
- 2 cups (220g) Korean pancake mix
- 2 baby hot chili
- 2/5 stalks (40g) green onions
- 1 (6g) fine red pepper powder

Sauce

- 2 tbsp soy sauce
- 1 tbsp white vinegar
- 0.5 tbsp brown sugar
- 0.5 tsp chili powder or baby chili



60
Minutes



4
People

Head Chef: Jin Park

Sous Chef: Hezha Hesami, Cam Ha Nguyen, Vishan Amarasinghe

Method

Samsekjeon

1. Place toothpicks into boiling water to clean them, then let them dry.
2. Cut all the ingredients to the same length.
3. Thread the ingredients onto the toothpicks.
4. Spread frying flour on a plate by using a strainer.
5. Lay the skewers on the plate and press them gently into the flour.
6. Sprinkle frying flour on top of the skewers as well.
7. Stir the eggs and add a pinch of salt.
8. Add a generous amount of oil on a pan and heat up slowly
9. Dip the skewers into the egg mixture, then place them in the heated pan.
10. Cook until the skewers hold their shape, then flip them over.
11. Once the other side is cooked, they're ready to serve.

Kimchi Pancake

1. Chop kimchi with scissors on a bowl
2. Finely chop spring onions.
3. Add all the ingredients to the bowl and mix them together using chopsticks.
4. Adjust the texture by adding water.
5. Add a generous amount of oil to a pan and heat it up
6. Pour the mixture into the pan and gently swirl it around to ensure the oil spreads evenly underneath.
7. Flip the pancake and repeat the process until both sides are golden and crispy.





SADZA AND BEEF RELISH 'HAIFIRIDZI'

Summary of the dish: Sadza, the beloved staple food of Zimbabwe, is a thick porridge made from white maize meal. Pair it with a rich, savory beef relish for a perfect combination.

Ingredients

Sadza:

- 2 cups white maize meal
- Water

Beef relish:

- 450g beef (lean)
- 2 cloves garlic
- 1 medium onion
- 1 can diced tomatoes
- 1 bundle leafy greens (Chinese kale)
- 2 tsp salt
- 1 tsp paprika
- 3/4 tsp curry powder
- Water/250ml beef stock
- Oil



90 Minutes



4 People

Head Chef: Ruva Mandizha

Sous Chef: Jin Park, Vishan Amarasinghe, Shivani Meharwade

Method

Beef Relish

1. Heat cooking oil over medium heat in a large skillet or pan.
2. Cut beef into medium-sized cubes and add the seasoned beef cubes to the pan. Cook until browned on all sides.
3. Add chopped onion, garlic, and bell pepper to the pan. Sauté until the onions are translucent.
4. Stir in chopped tomatoes and spices, cooking until the tomatoes soften and form a thick sauce.
5. Add Worcestershire sauce and soy sauce if available. Season with salt and pepper to taste.
6. Cover the pan and let the beef simmer on low heat for about 20-30 minutes, until tender and the flavors are well combined.
7. Meanwhile, chop your green vegetables.
8. When the beef is ready, add the vegetables. Stir and let the mixture simmer for another 5-10 minutes until well combined. Adjust seasoning with salt and pepper if needed.

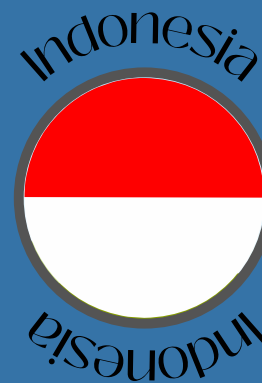


Method

Sadza

1. Boil water and have it ready for use.
2. In a separate bowl, mix 1 cup of maize meal with 1 cup of cold water to form a smooth paste. Stir until thoroughly combined.
3. Place the mixture over medium heat and bring to a boil, stirring continuously. Gradually add the boiled water while stirring. Continue stirring for about 5 minutes until the mixture starts to bubble. Let it boil for a few more minutes.
4. Once the porridge is ready, gradually add more maize meal paste to the boiling water, stirring continuously to avoid lumps.
5. Reduce the heat to low and continue stirring. Add the remaining maize meal gradually, stirring constantly, until the mixture thickens to your desired consistency.
6. Cover the pot and let it simmer on low heat for about 10-15 minutes, stirring occasionally to prevent sticking.
7. Give the sadza a final stir before serving.





NASI GORENG AND PISANG GORENG

Summary of the dish: Nasi goreng is an Indonesian take on fried rice and made with local ingredients which gives it a unique, sweet, salty and a bit spicy flavour.

Ingredients

Nasi Goreng

Protein (chicken)

- 1 tbsp oil
- 150g chicken breast (thinly sliced)
- 1 tbsp kecap manis

Rice

- 1.5 tbsp oil
- 2 garlic cloves (finely chopped)
- 1 tsp red chili
- 1 onion
- 3 cups cooked white rice (day old, cold)
- 2 tbsp sweet soy sauce (kecap manis)
- - 2 tsp shrimp paste (optional)

Garnishes

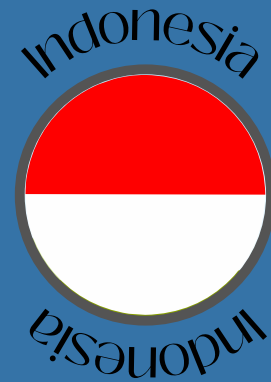
- Fried shallots
- 1 sunny side up eggs per serving



20 Minutes



4 People



PISANG GORENG

Summary of the dish: Pisang goreng is a childhood snack that is very popular even until now.

Ingredients

Pisang Goreng

- 8 bananas (or 4 ripe plantains)
- oil for deep frying
- Pisang goreng batter
- 100 gram rice flour or all purposed flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 cup water
- Chocolate sauce and condensed milk (toppings)
- Cheese (toppings)



40 Minutes



4 People

Method

Nasi Goreng

1. Heat oil in a large skillet or wok over high heat.
2. Add chilli and garlic, stir for 10 seconds.
3. Add onion, and cook for 1 minute.
4. Add chicken and cook until it mostly turns white, then add 1 tbsp kecap manis and cook further for 1 minute or until chicken is mostly cooked through and a bit caramelised.
5. Add rice, 2 tbsp kecap manis and shrimp paste, if using. Cook, stirring constantly, for 2 minutes until the sauce reduces down and rice grains start to caramelize.
6. Serve, garnished with fried shallot and sunny side-up egg.

Pisang Goreng

1. Heat enough oil in a pot for deep frying, make sure there are at least 2 inches of oil, preferably 3 inches.
2. Meanwhile, peel all the bananas. Optionally, make three slits along its length, but keep the bottom 1 inch intact, so the bananas can be opened up like a fan.
3. Whisk together all pisang goreng batter in a mixing bowl.
4. Once the oil is hot, scoop 1 tablespoon of hot oil and add to the batter, whisk again.
5. Coat the bananas with batter and deep-fry until golden brown and crispy, about 3-4 minutes. At around 2 minutes into frying, drop batter in drips into the hot oil to make plenty of batter droplets, then quickly coat the bananas with the resulting crispy bits. This creates an additional layer to ensure your resulting pisang goreng stays crispy for longer.
6. Remove bananas and drain on a wire rack to remove excess oil and plate them.
7. Add chocolate condensed milk and shredded cheese as toppings and serve.





BHEL PURI, SEV PURI AND AUTHENTIC CHAI

Summary of the dish: Bhel Puri is a light and tangy Indian street food made with puffed rice, sev (crispy noodles), vegetables, and tangy chutneys, offering a perfect blend of crunch and flavor. Sev Puri features crisp puris (flatbread disks) topped with spiced potatoes, onions, chutneys, and a generous sprinkling of sev, delivering a delightful burst of sweet, tangy, and spicy flavors in every bite.

Ingredients

Bhel Puri

- Haldiram's Ready-to-Make Bhel Puri Mix Packet
- Onion
- Tomato
- Coriander Leaves
- Lemon: for juice

Sev Puri

- Flat Puris (Papdis)
- Boiled Potatoes: mashed
- Onion
- Tomato
- Coriander Leaves
- Tamarind Chutney bottle
- Green Chutney bottle
- Sev
- Chaat Masala
- Lemon
- Salt



60 Minutes



unlimited
pending on the
amount of
ingredients

Head Chef: Shivani Meharwade

Sous Chef: Andi Xu, Kaviya Ramma Naiken , Ruva Mandizha, Amanda

Abeyasinghe



Method

Bhel Puri

1. Finely chop onion, tomato, and a handful of fresh coriander leaves.
2. Mix Bhel: Empty the Haldiram's Bhel Puri packet into a large mixing bowl.
3. Add the chopped onion, tomato, and coriander to the bhel mix.
4. Squeeze the juice of half a lemon over the mixture.
5. Gently toss everything together until well combined.
6. Taste the mixture and adjust the seasoning with more lemon juice or salt if needed.

Sev Puri

1. Finely chop small onion, tomato, and a handful of coriander leaves.
2. Place flat puris (or papdis) on a serving plate.
3. Spoon a small amount of boiled, mashed potatoes onto each puri.
4. Drizzle with tamarind chutney and green chutney on top of the potatoes.
5. Sprinkle the chopped onion, tomato, and coriander on each puri.
6. Generously sprinkle sev over each puri.
7. Add a dash of chaat masala and a squeeze of lemon juice.

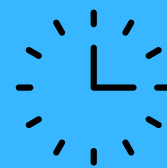


BOL RENVERSE OR MAGIC BOWL

Summary of the dish: Also known as “Bol Renverse” or upside-down bowl, this dish is a beloved part of Mauritius' culinary tradition, symbolising the island's rich cultural blend of Chinese, Creole, Indian, and French influences.

Ingredients

- 400 g chicken thigh/breast sliced
- 300 g bok choy chopped (White & green part separated)
- 200 g mushroom sliced
- 100 g baby corn sliced
- 100 g carrot sliced in half moon
- 4 eggs
- 4 tbsp oyster sauce
- 2 tbsp light soy sauce or 1 tbsp dark soy sauce
- 2 tbsp cornstarch mix well with 2 tbsp cold water
- 2 tbsp cornstarch mix well with 2 tbsp cold water
- 2 cups water
- oil for stir frying
- sesame oil
- salt and pepper
- Garlic paste
- 4 serves white rice
- Spring onions



90 Minutes



4 People

Method

Preparation

- Marinate chicken with salt, pepper, garlic and soy sauce.
- Cook rice and set aside to cool down. (Leave rice in water for a bit before cooking).
- In a frying pan, prepare your fried eggs (4) as per your preference and set aside for later.

1. In a medium pot, heat up some oil on medium-high heat then cook the sliced chicken, for about 3 mins.

2. In the same pot, add in the carrots, baby corn, mushroom and white part of bok choy. Cover pan with a lid and cook for about 5 minutes.

3. Add oyster sauce, dark soy sauce, sesame oil, pepper and water. Mix well to combine.

4. Cover pan with a lid and let it cook for about 10 mins.

5. Add green part of bok choy

6. Once the sauce starts to simmer rapidly, take the lid off and pour in the corn starch mixture while stirring the sauce at the same time.

7. The sauce is ready when the starch mixture has combined well and the sauce has thickened.

8. In a medium bowl, place your fried egg at the bottom then fill the bowl halfway with your sauce.

8. Next, cover the sauce by placing your rice on top until the bowl is full. Press down on the rice gently to flatten it.

9. Now put a plate on top of the bowl so that one hand is holding the bowl at the bottom and your other hand is pressing the plate against the bowl.

10. Carefully, but also rapidly flip it so that the bowl is now upside down on the plate and ta-da!

11. Gently lift the bowl and voila, bol renverse is ready! Garnish with sprout onions and pepper.



WORKSHOP





KARI AYAM OR MALAYSIAN CHICKEN CURRY

Summary of the dish:

Chicken curry is a well-known delicacy among Malays and Indians. The dish is commonly made with mutton and dhal curry dishes. Since the cow is considered sacred amongst India's Hindu population, it is common to see more vegetable or fish-based curry dishes.

Ingredients

- 10 chicken pieces
- 4 tbsp oil
- 1 onion, sliced
- 6 garlic cloves, sliced
- 2" ginger, sliced
- 2 medium potatoes, quartered
- 6 tbsp Baba's curry powder
- 200ml coconut milk
- 1 cinnamon stick

- 2 star anise
- 3-4 cardamom pods
- 5-10 curry leaves
- Water
- Salt to taste



90 Minutes



15 People



Method

1. Heat up the oil in a deep pot or wok set over medium heat.
2. Add the sliced ingredients (onion, garlic, ginger) and the spices (cinnamon stick, star anise, cardamom pods) and stir-fry until they turn fragrant and intensify in colour. This should take 6 to 8 minutes.
3. Then, add the curry powder with a little bit of water, frying until the spice paste starts to glisten and split and you can see an oily film separate from the paste itself. (If your paste is cooking too quickly and starts to burn, add a teaspoon or two of water.)
4. Add the curry leaves and chicken. Mix and continue frying for 3 to 5 minutes, until the chicken is evenly coated in the curry paste.
5. Pour a bit of water into the pot until the pieces of chicken are just covered. Cover the pot with a lid and let it simmer for 10 minutes. Add the potatoes, and simmer until both the chicken and potatoes are cooked through.
6. Finally, pour in the coconut milk. Give it a quick stir, and let the curry simmer for another 5 minutes. Taste the curry, adding salt at this stage if necessary.

WORLD FLAVOURS
A Culinary Journey

COOKBOOK



Brought to you by
City of Melbourne - My Melbourne Program
& Laneway Learning



CITY OF MELBOURNE



*Recipe Booklet designed on Canva by
Amanda Abeysinghe, Hitomi Nakamura and Christian Valerian*