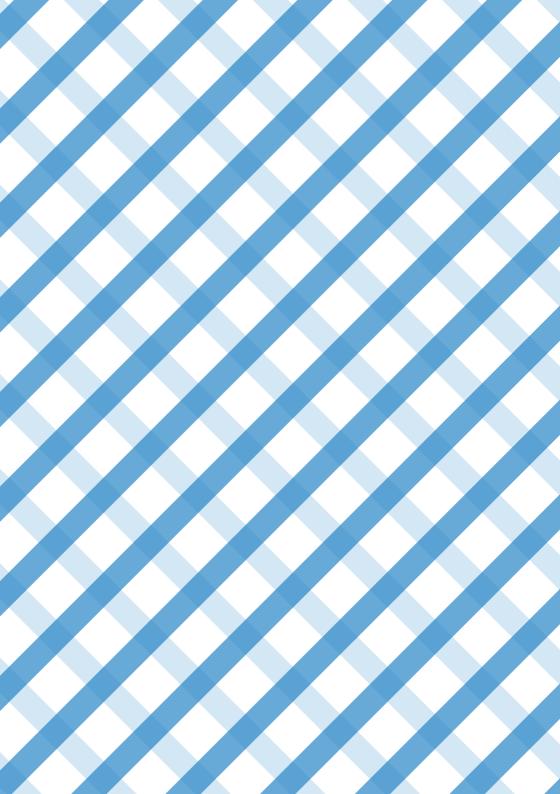
# THE STUDENT COOKBOOK 2015



# CONTENTS

### **INTRODUCTION**

Welcome	4
Celebrity Chef: Somer Sivrioglu	7
Somer's Recipe: Spoon Salad	8
Celebrity Journalist: Maeve O'Meara	11
Maeve's Recipe: Cassava Chips and Salsa Huancaina	12

### **UNDERGRADUATE: ENTREES**

Bean Goulash	16
Chicken Wings	19
Energy Booster Snack Balls	20
Coconut Quinoa	23
Rosemary and Olive Oil Focaccia	24
Tomato Chutney	27

### **HONOURS: MAINS**

Fresh Tomato, Watermelon and Feta Salad	30
Highlighter Potatoes	33
Rose's All-in-One Feast	34
Oven-Baked Lamb	37
Persian Lamb and Pea Curry	38
Kale Lovin'	41
Shashucka	42
Shepherd's Pie	45
Bracioline	46

## **PHD: DESSERTS**

Black Tea Cupcakes	50
Earl Grey Scones	53
Ultimate Brownies	54
Unforgettables	57
No Bake Mocha Choc Chip Cookies	58
Profiterole Tower	61
Quick Strawberry Cheesecake	62
Chocolate Soufflé	65

Discounts	67
Cookbook Team	68
Thanks	70



Regardless of the degree you're working towards, one attribute binds all UNSW students: an appreciation for diversity. What better way to showcase this diversity than through food?

Whether you're aspiring to be an altruistic doctor, a confused mathematician or an inquisitive material scientist, your greatest memories and learning won't be from within your faculty, but from those around you. That's why the *2015 Student Cookbook* has been put together around the theme 'Food for Faculty'.

As you use this cookbook, I hope you will be reminded of all the enthusiastic and incredible people that attend this university. I also hope you recognise that no matter what our background (or our future) holds, we are all united by a love of sharing food.

So heat up your oven, get your best dicing knives sharpened and fill up your growling stomach.

Every dish you cook is a meal closer to graduating. Congratulations and keep that appetite up!



**CAITLIN REULEIN 2015 COOKBOOK COORDINATOR** 





# SOMER SIVRIOGLU



'TURKISH PEOPLE HAVE A PASSION FOR EATING WELL. WHILE THEY ARE ENJOYING BREAKFAST, THEY ARE PLANNING DINNER...'

Somer Sivrioglu grew up in Instanbul and moved to Sydney when he was twentyfive. He now runs the extremely popular Efendy restaurant in Balmain, where he draws on a multitude of cultural influences to recreate the food traditions of his homeland.

His new book, *Anatolia*, is a richly illustrated exploration of Turkey's cooking culture. Somer and food scholar David Dale explain the traditions and diversity of Turkish cooking.

Somer shares the history of his homeland's different regions, covering ingredients, essential equipment, top techniques and even a phonetic breakdown of the Turkish alphabet to help readers recreate these dishes at home. For travellers itching to get a firsthand taste of Turkey, Somer also delves into the best places to eat and stay.

As Somer says, 'I think I'm simply doing what the peoples of Anatolia have been doing for millennia – getting the best out of local produce with techniques tested and proved by my ancestors'.

# **CELEBRITY CHEF**

#### SOMER SIVRIOGLU CELEBRITY CHEF

# SPOON SALAD

serves 4 people

# **INGREDIENTS**

6 ripe tomatoes

1 red onion

1 bunch mint

1∕₂ bunch flat-leaf (Italian) parsley

115g (4 oz/1 cup) walnuts

**3** green bullhorn pepper OR 1 green pepper

1 green chilli

1 tbsp sumac

2 tbsp pomegranate molasses

60ml (2 fl oz/1/4 cup) olive oil

1 tbsp apple vinegar

1 tbsp sea salt

**150g** (5½ oz/½ cup) pomegranate seeds

## METHOD

- 1. Quarter the tomatoes, remove the white centres and then finely chop. Finely chop the red onion.
- 2. Discard the mint and parsley stalks and finely chop the leaves. Finely chop the walnuts.
- 3. Cut the bullhorn peppers and the chilli in half, and remove the seeds and stalks. Finely chop.
- 4. Mix all the chopped ingredients together in a salad bowl.
- 5. Mix the sumac, molasses, olive oil, vinegar and salt together, pour onto the salad and toss.
- 6. Sprinkle the pomegranate seeds on top and serve.

BACKGROUND

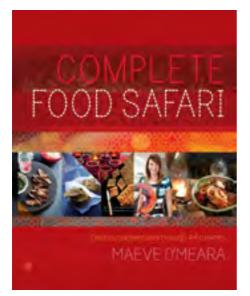
This salad is served with kebaps all over Turkey, and is designed to be eaten with a spoon. It's just a finely chopped salad, with the tomato pieces no bigger than the pomegranate seeds, but you'll see it on menus in Istanbul described as the famous 'Gavurdag' salad (apparently named after a mountain in southeast Anatolia). My friend Musa points out in his scholarly journal *Yemek ve Kültür* (Food and Culture) that there's a trend in Turkey for chefs to give obscure names to standard dishes in an attempt to suggest authentic regional origins. This could well be one of those.

ANATOLIA By Somer Sivridglu And David Dale (MURDOCH BOOKS) \$79.99

RECIPE FROM:



# MAEVE O'MEARA



Maeve O'Meara's life revolves around food – tasting, talking, writing, cooking, filming and simply revelling in the vast array of food and its many amazing incarnations amongst the cuisines of the world. An award-winning food and cooking author, journalist, broadcaster, television producer and presenter she has spent many years travelling, discovering food, only to find the most varied range of food on the planet right here in Australia.

Maeve O'Meara is the presenter and producer of the enormously popular series *Food Safari* made for SBS Television and screening in over 30 countries around the world. Maeve has co-authored 11 books, including the bestselling *Food Safari*, *French Food Safari* and *Complete Food Safari* with a new series called *Food Safari Fire* currently in production.

# **CELEBRITY JOURNALIST**

#### MAEVE O'MEARA CELEBRITY JOURNALIST

# CASSAVA CHIPS AND SALSA HUANCAINA

serves 6-8 people

## **INGREDIENTS**

1 kg fresh cassava, peeled, OR frozen whole cassava, thawed

Vegetable oil for deep-frying

Sea salt

#### SALSA HUACAINA

1 tbsp olive oil

1 garlic clove, finely chopped

1/2 red onion, chopped

2 small red chillies, seeded and chopped

4 aji amarillo chillies, seeded and chopped (or a mixture of yellow banana chillies and extra small red chillies, or 3–4 tablespoons aji amarillo chilli paste)

400g creamy fetta, crumbled

4 Sao or Salada biscuits, roughly broken

100–150ml evaporated milk

### METHOD

- Cook the whole cassava in lightly salted boiling water for 20 minutes or until soft. Drain. When cool enough to handle cut it into thick chips and refrigerate until ready to fry.
- 2. To make the salsa, heat the oil in a small frying pan over low-medium heat and add the garlic, onion and chillies (but not the chilli paste if using). Cook, stirring, for 3–4 minutes. Transfer to a blender and add the chilli paste if using fetta, biscuits and half the milk and blend until smooth. Taste for seasoning, adjusting if needed, and add more milk if the mixture is too thick. Scrape into a bowl.
- 3. Heat the oil in a large saucepan or wok until very hot and fry the cassava chips in batches until golden and crisp. Drain on paper towel, then sprinkle with salt. Serve with the salsa for dipping.

#### BACKGROUND

This is a delicious Peruvian recipe from Jorge Chacon. Surely the crunchiest, sexiest chips in the world come from cassava – extra creamy inside and crunchy outside due to their low moisture content. You can find frozen or fresh cassava at Asian Supermarkets or Pacific Island grocers. They look like a slightly more slender version of a sweet potato with dark brown skin.

Salsa huancaina is a smooth and creamy sauce with a hint of chilli. It uses long yellow Peruvian chillies called aji amarillo, but if these aren't to be found you can use yellow banana chillies and small red chillies to boost the heat, or some bought aji amarillo paste. Mild queso fresco cheese is the other main ingredient (fetta can be used as a substitute), and traditionally a few dry biscuits give the sauce extra body. The sauce is also a great companion for potatoes or corn.

RECIPE FROM: Complete food Safari By Maeve o'Meara

Sec. and



#### **HEALTHY LIFE**



The local health food shop specialising in quality health advice, superfoods, organic and wholefoods, supplements, sports nutrition and natural hair and skincare.

#### **CHICKEN GEORGE**



Locals come here for all things chicken including fresh cuts, sausages and freshly cooked hot foods like their famous BBQ chicken and chips.

#### **VINA BAKEHOUSE**



For over 20 years, Vina Bakehouse has supplied locals with fresh bread and cakes including lamingtons, slices, tarts and much more.

10% OFF FOR Arc MEMBERS royalrandwick.com.au

royalrandwick.com.au

royalrandwick.com.au



#### PRECIOUS BUU DICH NGO UNSW BUSINESS SCHOOL

Time management is crucial to make sure this dish tastes the way it should - a skill that all Business students need.

# **BEAN GOULASH**

#### serves 5 people

# INGREDIENTS

1 can red kidney beans, drained

- 1 can corn kernels, drained
- 1 can crushed tomatoes
- 1 tbsp olive oil
- 1 tbsp crushed garlic
- 1/2 onion, finely chopped
- 1 capsicum, diced
- 1 zucchini, diced
- Tomato paste
- Corn chips
- Sour cream

### METHOD

- 1. Place olive oil, onion and garlic in a medium saucepan over high heat. Stir occasionally until soft and translucent.
- 2. Add the capsicum and zucchini. Continue to stir for 2-3 minutes.
- Add the corn kernels, kidney beans, tomato paste and crushed tomatoes.
- 4. Simmer until all the vegetables are soft. Ensure the consistency is thick enough to sit on a corn chip.
- 5. Serve hot with sour cream and corn chips.

#### CHEF'S TIP

This is a great communal dish. You can add more veggies: a variety of beans, carrots, turnips and chickpeas work well too.





#### FELICIA NGYUEN UNSW ARTS AND SOCIAL SCIENCES

Like any reliable arts student, this dish is creative and unique.

# CHICKEN WINGS

serves 4-5 people

# **INGREDIENTS**

4 tbsp fiery harissa paste

1/2 tbsp olive oil

16-20 chicken wings

4 blood oranges, quartered

Icing sugar

1 bunch fresh coriander, finely chopped

Salt

### METHOD

- 1. Heat a grill or barbeque.
- 2. Mix the harissa with the olive oil in a small bowl. Add salt to taste.
- 3. Coat the chicken wings with the mixture.
- 4. Dip the oranges lightly in icing sugar and run them along skewer sticks.
- Place the wings on the hot barbecue or under the grill for 5 minutes on each side. Once the wings begin to cook and brown, add the skewers. Cook them until they appear dry but not burnt.
- 6. Serve the chicken wings immediately with the oranges, sprinkled with a little chopped fresh coriander.

#### CHEF'S TIP

If you are using a very small grill, watch the chicken very carefully. The wings may touch the top of the element and burn.

#### CHAI WEI TONG UNSW MEDICINE

In Medicine, you must refuel and re-energise to beat long contact hours. This is a caffeine free alternative to stay awake in afternoon tutorials.

# **ENERGY BOOSTER SNACK BALLS**

#### about 12 balls

# **INGREDIENTS**

## METHOD

- 1 cup pitted dates, chopped
- 1 cup blanched almonds
- 1/2 cup raw cashews
- 2 tbsp chia seeds
- 2 tbsp rolled oats
- 1 tbsp coconut oil, melted

**1 tbsp** protein powder (optional)

- 1. Soak cashews overnight in water (or at least 4 hours).
- 2. Drain cashews and chop.
- 3. Place the cashews, chia seeds, oats, coconut oil and protein powder (if using) into a food processor or blender and blend until mixture is sticky.
- 4. Roll into balls and place into an airtight container. Refrigerate until you need a boost!

#### CHEF'S TIP

If using a stick blender, finely chop dates and cashews before blending. You will not receive a paste. Instead, it will be delicious and chunky.





#### **MEG FOSTER UNSW ARTS AND SOCIAL SCIENCES**

Tropical and wintery, warming and refreshing. Breaking down those binaries - it's all in the interpretation!

# COCONUT QUINOA

#### serves 1 person

# **INGREDIENTS**

2 tbsp quinoa, rinsed

1/4 cup rolled oats

1/2 cup water

1/2 cup coconut cream

1/2 pear, grated

### METHOD

- 1. Place the water in a saucepan with the quinoa and bring to boil.
- 2. Once boiled, simmer and cook for 15 minutes or until the quinoa becomes fluffy. Add more water if necessary.
- 3. Add the pear, coconut cream and oats into the saucepan and stir for 10 minutes, or until thick.
- 4. Serve with kiwi and passionfruit, toasted nuts and seeds, if desired.

#### BACKGROUND

This is a recipe learnt through years of food Jedi training in the remote mountains of Asia, passed down by a 100 year old food magic master. Or in laymen's terms - I was mucking around in the kitchen unsupervised and this happened.

#### ROGER SAM UNSW BUILT ENVIRONMENT

Harnessing the Built Environment in the kitchen, you'll build this recipe with your hands.

# **ROSEMARY AND OLIVE OIL FOCACCIA**

### **INGREDIENTS**

500g bread flour

1 x 7g sachet dried yeast

2 tsp salt

250ml warm water

80ml olive oil

1 bunch rosemary

Extra olive oil to drizzle over

**1 pinch** sea salt flakes (optional)

1 pinch sesame seeds (optional)

#### BACKGROUND

The first time I made this was at a beach house down at Callala. We were short on sides, so I brought some baking ingredients and picked some rosemary from the backyard. I managed to whip this up in about an hour.

## METHOD

- 1. Preheat oven to 200°C or 180°C fan-forced and oil a large baking tray.
- Place flour in a large bowl, add salt to one side of the bowl and yeast to other side (this is important for the yeast not to activate).
- Add water and oil and combine. At first it will look like it's too wet but don't add more flour because as you knead it, it will come together.
- 4. Knead the dough for 10 minutes, or until consistency is elastic and firm. To check if the dough has been kneaded enough, use your finger and poke 2cm into the dough to see if it returns to its original shape.
- 5. Place dough onto baking tray, roll and flatten evenly to a thickness of 1.5cm.
- 6. Cover with a tea towel and leave dough to rise for 25-30 minutes in a warm and humid environment. (This could be outside in the sun, or if no sun is available, place a bowl of hot water next to the baking tray, rotating the tray and refilling the bowl every 10 minutes.)
- 7. Wash and dry rosemary, pick individual sprigs that normally come in 3 or more leaves.
- 8. Remove cover of tray and gently poke holes into the dough, 3-5 cm apart from each other and place rosemary sprigs inside.
- 9. Sprinkle sea flakes and sesame seeds generously over dough, if using.
- 10. Bake for 25-30 minutes or until golden brown.
- **11**. Pour olive oil generously and let sit to cool down for a few minutes before cutting into squares.
- 12. Serve warm with soups, pasta, lasagna or as a starter.



DIDN'T MAKE THE FOCACCIA? HEAD TO **PAGE 67** TO FIND OUT WHERE YOU CAN GET YOUR Exclusive discount on bread at Royal Randwick Shopping Centre.

#### CAROL CHENG UNSW LAW

Like the law, this chutney is applicable everywhere in everyday life and can be used to legitimise anything.

# TOMATO CHUTNEY

#### makes 250g

# **INGREDIENTS**

2 tbsp olive oil

1 brown onion, finely chopped

2 cloves garlic, finely chopped

1/2 tsp ground cumin

1/2 tsp ground coriander

4 tomatoes, roughly chopped

2 tbsp balsamic vinegar

2 tbsp brown sugar

3 tbsp water

Sea salt, to taste

Black pepper, to taste

### **METHOD**

- 1. Heat the olive oil in a saucepan over medium heat. It should be hot enough that onion will sizzle when added.
- 2. Include the onion, garlic, cumin and coriander. Stir for 5 minutes, or until the onion begins to soften.
- 3. Add the chopped tomatoes, balsamic vinegar, brown sugar and water and bring mixture to the boil.
- 4. Reduce heat and simmer, stirring occasionally for 15-20 minutes. The liquid will have reduced and the chutney will be thick and glossy. Season.
- 5. Set aside to cool before serving.



#### **RANDWICK GOURMET DELI**



#### 

For over 20 years, Gourmet Deli has provided the local community with the highest quality deli produce.

10% OFF FOR Arc MEMBERS royalrandwick.com.au

#### **GREEN VALLEY SPICES**



#### 

At Green Valley Spices you'll find the best in teas, nuts, herbs and spices. Allan and his team pride themselves on providing a selection of quality products at low prices.

10% OFF FOR Arc MEMBERS

royalrandwick.com.au

#### ROYAL RANDWICK FRUIT MARKET



#### 

Providing the highest quality fresh fruit and vegetables in Randwick, delivered straight from the growers market every day.



#### SUSANNAH BROWN UNSW SCIENCE

This salad is representative of both chemistry and mathematics because it is a colourful mixture of attractive flavours, textures and states.

# FRESH TOMATO, WATERMELON AND FETA SALAD

#### serves 4 people

# INGREDIENTS

METHOD

- 1. Place tomatoes and watermelon in a large serving bowl.
- 2. Gently mix in the onion, tomato and watermelon.
- 3. Incorporate basil leaves and mint.
- 4. Sprinkle on feta cheese.
- 5. Drizzle olive oil over salad and season liberally with pepper.

500g tomatoes, cubed

1/8 seedless watermelon, cubed

1/4 red onion, finely sliced

Handful fresh basil, torn

Handful fresh mint, torn

200g hard feta cheese, cubed

2 tbsp good quality olive oil

Pepper, to taste

DELICIOUS FETA AT A STUDENT DISCOUNT AT ROYAL RANDWICK SHOPPING CENTRE! FIND OUT MORE ON PAGE 67.



#### GUSTAD IRANI UNSW MATERIAL SCIENCE

Like Material Science, this dish comes together easily when you know what you're doing.

# HIGHLIGHTER POTATOES

#### serves 5 people

# INGREDIENTS

8 medium potatoes, peeled and chopped into 2cm cubes

2 tbsp oil

- 1 tsp salt
- 1 tsp black mustard seeds

1/2 heaped tsp turmeric

1/2 heaped tsp chilli powder

1/2 heaped tsp coriander powder

1/2 heaped tsp cumin powder

10 bay leaves

2 small green chillies, finely chopped

2 cloves garlic, finely chopped

1/4 cup water

Fresh coriander leaves, chopped

### METHOD

- 1. Heat the oil in a pan over medium heat.
- 2. Add mustard seeds and wait until the seeds start to pop.
- Then add the curry leaves, green chillies and garlic. Stir until garlic is lightly browned.
- Place turmeric, chilli powder, coriander powder and cumin powder into pan and allow the spices to cook for 1 minute.
- 5. Add potatoes, stir and coat in spice mixture.
- Pour water into pan and cook for 10-15 minutes until potatoes cooked through.
- 7. Garnish with fresh coriander and serve hot.

**BACKGROUND** This is a simple Indian dish that isn't spicy and tastes amazing.

#### HANNAH LORIZIO UNSW SCIENCE

As with Science, this dish requires at least a basic understanding of maths.

# **ROSE'S ALL-IN-ONE FEAST**

#### serves 6 people

# INGREDIENTS

1 tbsp vegetable oil

6 lamb or beef sausages

1 white onion, chopped

400g kidney beans, drained

1/2 red capsicum, chopped

**400g** tomato sauce, flavoured or unflavoured (eg. passata)

Handful of parsley, torn

Cooked Jasmine rice (optional)

### METHOD

- 1. Heat vegetable oil in a large saucepan over medium-high heat. Fry sausages until cooked through.
- 2. Remove sausages from the pan and cut into bite-size pieces. Return to the saucepan along with chopped onion.
- 3. Once onions are browned, add kidney beans, capsicum and tomato sauce.
- 4. Simmer for 30 minutes.
- 5. Serve with parsley and rice (if using).

#### BACKGROUND

Named after a friend of mine who inspired the meal with a simultaneous demand for "tomato, sausage and rice".





# FARIA HUQ UNSW BUSINESS SCHOOL

Just like a tricky finance exam, this will sear to the core to get the juices out.

# **OVEN-BAKED LAMB**

### serves 4 people

# **INGREDIENTS**

2 tbsp olive oil

1/2 tsp dried thyme leaves

1⁄2 lemon

500g lamb cutlets

1 brown onion

Salt, to taste

Black pepper, to taste

Vegetables (roughly chopped red capsicums, carrot and potatoes work well)

# METHOD

- 1. Preheat oven to 180°C or 160°C fan-forced.
- 2. Lay the cutlets on a lined baking tray.
- 3. In a small bowl, combine the olive oil, thyme leaves, lemon juice and salt and pepper.
- 4. Lather the cutlets with the mixture.
- 5. Place the onion and mixed vegetables with the cutlets. Bake in oven for 15-20 minutes or until cutlets are brown.
- 6. Remove the tray from the oven and serve warm.

# ARMIN CHITIZADEH UNSW COMPUTER SCIENCE AND ENGINEERING

While ( ! @stomach.full ) { @stomach.Add(\$my\_dish) ; } #eat the dish until full.

# PERSIAN LAMB AND PEA CURRY

serves 6 people

# **INGREDIENTS**

### PERSIAN LAMB AND PEA CURRY

2 tbsp vegetable oil

1 white onion, finely chopped

250g lamb tenderloin, chopped in rough chunks

4 cups water

1½ cups split peas

2 cups tomato puree (passata)

1 tbsp turmeric powder

1 tbsp cinnamon powder

1 pinch saffron

2 pieces dried lime, whole

1 tbsp salt

1/2 tbsp black pepper

Handful of parsley, torn

### YELLOW RICE CAKE

**3 cups** basmati rice, soaked overnight (or at least 3 hours)

1/2 cup natural yoghurt

1 egg

1 pinch saffron

3 tbsp vegetable oil

# METHOD

### PERSIAN LAMB AND PEA CURRY

- 1. Heat vegetable oil in a large frying pan over medium high heat. Fry onions until softened.
- 2. Place lamb into the pan and fry until browned.
- Add water, split peas, tomato puree, turmeric, saffron, cinnamon and dried lime. Simmer on medium heat until peas are cooked.
- 4. Season.

### YELLOW RICE CAKE

- 5. Boil rice in a medium-sized saucepan for 3-4 minutes. It should be half-cooked.
- 6. Drain rice and mix one third with yoghurt, egg and saffron.
- Place oil into a rice cooker and place the yellow rice mixture on the bottom before adding the rest of the rice on.
- 8. Cook rice for 20 minutes.
- 9. Serve rice cake with the curry, garnish with parsley.

### BACKGROUND

There is a Persian saying that, "each chef should find his/her own right quantity of ingredient". My mother never told me the exact amounts of ingredients or cooking times for this dish. I had to figure it out myself.





# YAMINN AUNG UNSW ENGINEERING

The great thing about Engineering is that you know it is good for you and will get you far in life, just like this healthy salad.

# KALE LOVIN'

### serves 2 people

# **INGREDIENTS**

500g kale

1/2 tsp ground black pepper

1 tsp sea salt

1 lemon, juiced

2 tbsp olive oil/flaxseed oil

1/4 tsp cayenne pepper

2 tbsp sliced almonds

3 spring onions, finely sliced

1 pomegranate

1 Granny Smith apple, sliced

Diced avocado (optional)

1 tbsp walnuts (optional)

Chia, quinoa, feta and/or flaxseeds (optional)

# METHOD

- 1. Remove the stems from the kale leaves, and wash well. Pat dry with kitchen paper.
- 2. Finely shred the kale and place into a large bowl.
- 3. Combine the pepper, salt, lemon juice, olive oil and cayenne pepper into a small bowl.
- Pour the dressing over the shredded kale and massage the leaves gently until they slowly soften and wilt. The kale will become tender at this point.
- 5. Fry sliced almonds in a pan until golden (no oil is needed). Remove from heat.
- Add the spring onion, pomegranate, toasted sliced almonds and apple slices to the kale. Optional add-ons include avocado, walnuts, chia, qunioa, feta or flaxseeds.
- 7. Toss the salad and serve.

# BACKGROUND

One day, I was hungry and being the health nut I am, I found whatever healthy things I could and threw them together.

# **OTHILIA NGUYEN-LE UNSW LAW**

It makes you feel nice and warm inside after a solid day of doing your readings.

# SHASHUCKA

Place the olive oil in a large saucepan over a medium-high

heat. Add onions, garlic and capsicum. Cook until tender.

2. Add the chilli, salt, pepper and spices. Cook until fragrant.

4. Reduce the heat to medium and cook for 12-15 minutes, or

6. Make 6 small holes in the sauce and crack one egg inside

7. Simmer for 10 minutes. Cover the pan and simmer for a

further 3 minutes. The egg whites should have set but the

3. Add the tomatoes, tomato paste, honey and vinegar.

until the sauce has thickened slightly.

5. Distribute the feta evenly.

yolk should remain runny.

each hole.

**MFTHOD** 

1.

serves 3 people

# **INGREDIENTS**

2 tbsp olive oil

- 1 brown onion, diced
- 3 cloves garlic, thinly sliced
- 1 small red chilli, finely diced

1½ tsp salt

1 tsp ground black pepper

- 1 red capsicum, diced
- 2 tbsp tomato paste
- 2 tsp honey
- 1 tsp cider vinegar

100g feta cheese, cubed

6 eggs

42

CHEF'S TIP Toast up some stale bread to scoop up the leftover sauce!

- 2 jalapeños, finely diced

1 tsp sweet paprika

1 tsp caraway seeds, crushed

3/4 tsp ground cumin

1/2 tsp turmeric powder

- 2 cans diced tomatoes

HEAD TO PAGE 67 TO Get a great deal on Paprika at Royal Randwick Shopping Centre.



# JOHANNA HAGENAUER UNSW LAW

The dish has multiple layers, so it's complex and requires some analytical thinking skills - typical law school requirement.

# SHEPHERD'S PIE

### serves 4 people

# INGREDIENTS

1 tbsp olive oil

1 red or white onion, chopped

1 garlic clove, chopped

1 cup leftover vegetables, chopped

1/2 can diced tomatoes

1/2 cup vegetable stock

1 tbsp Dijon mustard

1 tsp dried paprika

1 tsp dried thyme

1 tsp dried rosemary

1 tsp fresh parsley

400g beef mince

100g goat's feta cheese

Salt

Pepper

### MASH

4 cups mash – either potato, or pumpkin

40g butter

1/2 cup milk

# METHOD

- 1. Preheat the oven to 220°C or 200°C fan-forced.
- 2. Heat the oil on medium heat in a frying pan.
- 3. Fry the garlic, onion, and leftover vegetables for 5 minutes.
- 4. Add the mince and cook until browned.
- Add the canned tomatoes, stock, mustard and herbs. Simmer for about 25 minutes. Season to taste. Transfer to an ovenproof dish.
- 6. To make the mash, cook pumpkin/potato in a pan of boiling water until tender. Drain. Add butter and mash until smooth. Add milk until combined. Season to taste.
- 7. Put mash on top of meat mixture made in step 5. Crumble feta on top of mash and add freshly ground pepper.
- 8. Bake the pie for about 20 minutes or until the mash is golden brown.
- 9. Serve on its own, with salad or steamed vegetables.

**CHEF TIP** A great end of month recipe when the budget is tight – throw in any droopy leftover vegetables!

# CLARA MICHIELON UNSW BUILT ENVIRONMENT

This recipe is a sturdy base for a meal. Every good Built Environment project needs a solid foundation.

# BRACIOLINE

### serves 2 people

# **INGREDIENTS**

5 large slices red meat

2 tbsp olive oil

5 tbsp breadcrumbs

1 tbsp fresh parsley

2 garlic cloves, crushed

5 tbsp tasty cheese, grated

Salt, to taste

Pepper, to taste

# METHOD

- 1. Preheat oven to 180°C or 160°C fan-forced. Line baking tray with baking paper.
- 2. Place meat between 2 sheets of baking paper, roll each slice with a rolling pin until thin.
- 3. Combine oil, breadcrumbs, parsley, garlic, cheese, salt and pepper in a mixing bowl.
- 4. Spread the mixture onto the surface of each slice of meat.
- 5. Place meat on baking tray and cook in the oven for about 20 minutes.
- 6. Serve hot with your choice of vegetables.

### BACKGROUND

This is a very delicious Sicilian dish. My mum would always prepare this dish as it reminded her of her happy childhood.





# **CHRISTOPHER'S CAKE SHOP**



### 

Christopher's Cake Shop offers traditional and contemporary cakes, sweets and savoury items.

### FREE REGULAR COFFEE WITH ANY SAVOURY OR SWEET PURCHASE

royalrandwick.com.au

# SEAFOOD @ ROYAL RANDWICK



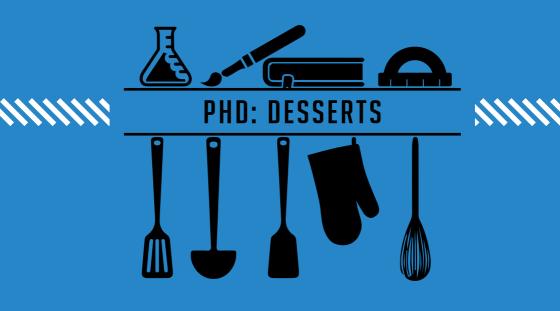
Providing locals with the freshest selection of seafood including salmon, fish fillets, prawns and calamari.

10% OFF FOR Arc MEMBERS royalrandwick.com.au

# **JOE'S MEAT MARKET**



Specialises in tasty roasts; lamb, beef, pork, turkey they've got it all! At Joe's Meat Market you'll also find a great selection of fresh cuts, sausages and steaks.



# WISRUTHIY SHANKAR UNSW ARTS AND SOCIAL SCIENCES

What could possibly scream 'Arts' more than a steaming hot cup of black tea? My dish brings together the classic and sophisticated tea drink with all the novelty and fun of a cupcake.

# **BLACK TEA CUPCAKES**

makes 12 cupcakes

# **INGREDIENTS**

### CUPCAKE

100g unsalted butter, softened
% cup caster sugar
2 eggs
1 tbsp honey
1 cup self-raising flour
% cup milk
3 black tea bags

### ICING

125g unsalted butter, softened

2 cups icing sugar 1/2 tbsp lemon juice

# METHOD

### CUPCAKE

- 1. Preheat the oven to 180°C or 160°C fan-forced. Line a 12hole medium muffin pan with paper cupcake cases.
- 2. Place milk and tea bags in a saucepan over a medium heat. Stir regularly until almost boiling (about 4-5 minutes).
- 3. Remove from heat and allow to cool. For a stronger brew leave teabags in milk while cooling, otherwise remove.
- In a large mixing bowl, beat the butter and caster sugar with electric beaters until creamy.
- 5. Add the eggs one at a time, beating well after each egg. Add the honey and mix well.
- 6. Gently fold through the flour, then the milk.
- 7. Divide the mixture evenly among the paper cases.
- Bake for 15-20 minutes, or until a skewer inserted into the cupcake comes out clean. Remove from oven and transfer to a wire rack to cool completely before decorating.

### ICING

- In a medium bowl, beat the butter on high speed until light and creamy.
- **10**. Gradually add the icing sugar a little at a time, beating constantly until the mixture is pale, light and fluffy.
- **11**. Add half the lemon juice and beat until smooth. Add the remaining lemon juice a little at a time.
- 12. Spread icing on cooled cupcakes.

**BACKGROUND** Growing up in a Sri Lankan family, I quickly learnt that tea was not merely a hot beverage, it was an art form. Being an avid baker with a soft spot for cupcakes, a lightning bolt of wisdom struck and what results is the best of both worlds.





# VICTORIA LIU UNSW MEDICINE

These scones are as trustworthy as Medicine students - they are a bread-and-butter staple in any society.

# EARL GREY SCONES

makes 12 scones

# INGREDIENTS

**500g** plain flour, plus extra for dusting

**1 tsp** bicarbonate of soda

2 heaped tsp cream of tartar

1 tsp sea salt

125g unsalted butter, cubed

25g caster sugar

1 egg, beaten

275ml milk, plus extra for the egg wash

**50g** caster or granulated sugar, (optional)

3 earl grey tea bags

2 rose black tea bags (optional but recommended)

1 tsp buttermilk

Handful of rosebuds, crushed and green part removed

# METHOD

- 1. Preheat the oven to 220°C or 200°C fan-forced.
- In a small saucepan, warm milk on low heat and add in tea. If using teabags, secure teabags to the saucepan handle with a knot. If using loose-leaf tea, spoon directly into saucepan but be sure to strain afterwards.
- 3. Infuse for 5-10 minutes, ensuring milk does not boil over. Spoon off any 'milk-skin' that may have formed.
- 4. Remove from heat and cool to room temperature before removing teabags or straining.
- 5. Sift the flour, bicarbonate of soda, cream of tartar and salt into a large bowl.
- 6. Using your fingertips, rub in the butter until the mixture resembles breadcrumbs. Add sugar and crushed rosebuds. Mix well.
- 7. Combine two thirds of the beaten egg with the tea-infused milk, then add to the flour mixture and mix briefly to combine into a moist dough.
- 8. Place dough on a lightly floured work surface and knead, then press or roll out to a thickness of 2cm.
- 9. Cut out approximately 12 scones and place on a tray lined with baking paper.
- Add the buttermilk to the remainder of the beaten egg, then brush the scones with the egg wash and bake in the oven for 10–12 minutes. Serve.

# BACKGROUND

This recipe was inspired by my travels in London where I first discovered my love for scones, English tea and being an Anglophile!

# SARAH ALICE SCHOFIELD UNSW ARTS AND SOCIAL SCIENCES

This recipe encompasses what it's like to be an Arts student: easy marks, lots of sugar and flexible add-ins.

# **ULTIMATE BROWNIES**

### about 12 brownies

# INGREDIENTS

Margarine to grease

- 180g unsalted butter
- 220g dark chocolate
- 21/2 cups of sugar
- 4 eggs
- 2 tsp vanilla extract
- 1 cup plain flour
- 1 tsp salt
- 1 cup chocolate chips

1 cup chopped nuts (optional)

# METHOD

- 1. Preheat oven to 180°C or 160°C fan-forced.
- 2. Fill a kettle with water and boil. Grease a baking tin with margarine and line with baking paper.
- Pour boiling water into a small saucepan. Place a medium-sized bowl on top. The bowl should sit on the rim of the saucepan and the bottom of the bowl shouldn't touch the water.
- 4. Melt butter and chocolate in the bowl, stirring to combine. Set aside to cool.
- 5. In a large bowl, mix sugar and cooled chocolate mixture. Stir in the eggs and vanilla extract.
- 6. Fold in the flour, salt and any chocolate chips or nuts.
- 7. Pour into a baking tin.
- 8. Bake for 25-30 minutes.
- Remove from oven and cool for half an hour before cutting into squares.
- 10. Serve with a combination of ice-cream or whipped cream and shaved chocolate.

### CHEF'S TIP

Don't be tempted to reduce the sugar and butter content - they're called 'Ultimate Brownies' for a reason!





# DECLAN WALSH UNSW COMPUTER SCIENCE AND ENGINEERING

It looks like it isn't really going anywhere at the beginning, but all starts to come together right before the end.

# UNFORGETTABLES

about 14 meringues

# **INGREDIENTS**

2 egg whites

120g caster sugar

120g walnuts, chopped

150g dark chocolate, chopped

# METHOD

- 1. Preheat oven to 200°C or 180°C fan-forced.
- In a mixing bowl, beat the egg whites with an electric whisk until they become stiff.
- Add the sugar gradually to make a thick and glossy meringue, before adding the walnuts and chocolate.
- 4. Using a spoon, lump mixture into balls and place on a lined baking tray.
- 5. Place tray in the oven and immediately turn oven off.
- 6. Leave overnight before removing from trays and serving.

# MANA OHORI UNSW COMPUTER SCIENCE AND ENGINEERING

These cookie balls are straight to the point with no distracting frivolities. Welcome to Computer Science.

# NO BAKE MOCHA CHOCOLATE Chip cookie balls

about 12 balls

# INGREDIENTS

2 tbsp cocoa powder

3/4 cup quick oats

60g oat bran

¼ **tsp** salt

1⁄4 cup sugar

1½ tsp instant coffee granules

1/4 cup chocolate chips

1/4 cup coconut oil, melted

2 tbsp water

1/2 tsp vanilla extract

# METHOD

- 1. In a medium mixing bowl, stir all dry ingredients.
- 2. In a cup, mix the wet ingredients.
- 3. Combine the wet and dry mixtures, stir until a sticky paste forms.
- 4. Roll into small balls and refrigerate until serving.

# BACKGROUND

Cocoa powder provides a good source of choline, an essential nutrient for efficient nerve communication with the brain. Hmm brain food!





# ISABEL BYRNES UNSW ENGINEERING

As with Engineering, this dish has elements that can be quite difficult to assemble.

# **PROFITEROLE TOWER**

about 12 profiteroles

# **INGREDIENTS**

### PASTRY

- 60g butter 1 cup flour 1¼ cups water
- 3 eggs

### CUSTARD

- 2 cups milk
- 2 eggs
- 3 tbsp cornflour
- 1/4 cup sugar
- 1 tsp vanilla essence
- Zest of 1 lemon
- OR

2 tsp cocoa powder 50g cooking chocolate, chopped (optional)

### TOFFEE

1½ cup sugar ½ cup water 30ml malt vinegar

# \_\_\_\_\_

# CHEF'S TIP

Warning: the toffee hardens quickly so make sure you're prepared.

# METHOD

### PASTRY

- Preheat oven to 230°C or 210°C fan-forced. Line baking tray with baking paper.
- 2. Place butter and water in saucepan over medium heat until boiling.
- Remove from heat, stir in flour and beat with wooden spoon until smooth.
- 4. Return to heat, cooking and beating until mixture stops sticking to the sides of pan.
- 5. Mix in beaten eggs and remove from heat. Allow to cool for 5 minutes.
- 6. Pipe or spoon mix onto baking tray in 3cm diameter circles. Bake for 30 minutes, gradually reducing heat. Do not open oven door for first 10 minutes.
- 7. Remove from oven and leave to cool completely before adding custard.

### CUSTARD

- 8. Combine milk, eggs, cornflour, sugar, vanilla essence in a saucepan. Mix until smooth. Add either lemon zest OR the cocoa powder.
- 9. Cook over a low heat, stirring constantly, until mixture thickens. Melt in cooking chocolate if desired.
- Fill the pastry with custard. This can be done using a piping bag or cut pastry with a knife and fill with a spoon.

### TOFFEE

- **11**. In a saucepan, add sugar, water and vinegar. Stir until sugar is dissolved and bring to a boil. Cook until syrup is golden brown.
- 12. Remove from heat and allow it to cool and set.
- Serve by placing profiteroles on a plate in a tower formation. Spoon the toffee over them.

# VANESSA LI UNSW BUSINESS

As with a Business degree, this recipe requires low contact hours, is very rewarding, and great to share with friends!

# **QUICK STRAWBERRY CHEESECAKE**

### about 2 servings

# **INGREDIENTS**

### FILLING

200g mascarpone cheese

11/2 tbsp icing sugar, sifted

### BASE

1 tbsp boiling water

1/2 tsp instant coffee powder

1/3 cup Marsala wine (or grape juice)

8 sponge finger biscuits, crushed

1/4 cup brown sugar

### TO SERVE

**250g** strawberries, hulled and halved lengthways

Instant coffee powder, crushed to dust

Twigs of mint

Wafers

# METHOD

### FILLING

- 1. In a mixing bowl, combine mascarpone cheese and icing sugar using a wooden spoon, until the mixture is smooth.
- 2. Cover and store mixture in the fridge until assembly.

### BASE

- 3. In a cup, add the boiling water to the coffee powder and stir until the coffee is dissolved.
- In a medium frying pan, add the dissolved coffee, brown sugar and Marsala wine. Stir gently over medium-high heat for 2-3 minutes or until sugar is completely dissolved.
- 5. Add the crushed biscuits and stir until the biscuits absorb all liquid.
- 6. Allow the mixture to cool before assembly.

### TO SERVE

- 7. Fill each cup quarter way with the base mixture.
- 8. Spoon the filling mixture into each cup until the entire cup is two-thirds full.
- 9. Top with strawberries, wafers and mint leaves.
- 10. Dust with crushed coffee powder. Serve.

CHEF'S TIP

Shell out on marscapone - it's the real star of this dessert.





# ROGER SAM UNSW BUILT ENVIRONMENT

Built Environment is a degree that requires a great deal of delicacy. This dessert represents exactly that.

# CHOCOLATE SOUFFLÉ

### serves 2 people

# INGREDIENTS

60g dark chocolate, chopped

2 eggs, separated

**25g** caster sugar, plus extra to coat ramekins

Butter to coat ramekins

250g of strawberries

4 tbsp caster sugar

300ml cream, whipped

# **METHOD**

- 1. Preheat oven to 200°C or 180°C fan-forced.
- 2. Grease two ramekins with butter and thinly coat with caster sugar, tipping out any excess.
- 3. Wash strawberries, dry, hull and slice into slivers. Place into a bowl and coat with caster sugar. Cover bowl and place in fridge.
- To melt the chocolate, microwave for 15 second bursts, stirring in between until completely melted. Cool for about 5 minutes.
- 5. Beat in egg yolks until smooth.
- 6. In another large bowl, add egg whites and begin whisking or machine beating. As the egg whites become foamy, take three breaks and add one third of the caster sugar in each time. Continue whisking until egg whites stiffen up. This may take up to 10 minutes.
- 7. Whisk in one third of the egg whites to the chocolate mixture (this will lighten the batter so that you won't end up with lumps of egg white).
- 8. Carefully fold the rest of egg whites into the mixture with a spatula in two intervals until mixture is smooth.
- 9. Spoon mixture into the ramekins and tap ramekin gently on the bench to knock out any air.

CHEF TIP

It's not as hard as it looks and even if you fail you've got this chocolatey, hot mousse-like dessert. Great for dates or romantic evenings.

- 10. Bake for 10-13 minutes.
- **11**. Remove from oven and serve with the macerated strawberries and whipped cream.

# THAT TASTES LIKE NAUGHTY

RFECT



# FROZEN FRUIT WHIP MADE WITH 100% AUSSIE FRUIT.



'Perfect Fruit' is a trade mark of SPC Ardmona. 'SPC' is a registered trade mark of SPC Ardmona.

# DISCOUNTS

# FREE REGULAR COFFEE

WHEN YOU BUY ANY SAVOURY ITEM, BISCUIT OR CAKE



# **VINA BAKEHOUSE**

10% OFF



10% OFF

\_\_\_\_\_

# SEAFOOD AT Royal Randwick

# 10% OFF OR \$10 OFF (WHICHEVER IS THE SMALLER AMOUNT)

# RANDWICK Gourmet deli

# 10% OFF



OFFERS VALID FOR Arc MEMBERS ONLY. DON'T FORGET YOUR MEMBER CARD!



# COOKBOOK TEAM

# WHAT'S THE ONE INGREDIENT A STUDENT SHOULD NEVER BUY CHEAPLY AND WHY?



"Chocolate. You can always tell the difference!"

# JENNY CHU GRAPHIC DESIGNER

"Definitely Kewpie mayonnaise. It goes with practically everything! Salad? Add some mayo. Grilled salmon? Mayo that fish. You cannot go wrong."



# 



### "Dark chocolate - the organic stuff is just so much better!"

# JOHANNA HAGENAUER PHOTOGRAPHER

"Meat and cheese: good food always begins and ends with great ingredients."

### MANAGE PHOTOGRAPHER FELICIA NGUYEN





"Cheese! Good quality cheese will make your dish too Gouda to be true."

# VANESSA LI SOCIAL MEDIA AND EVENTS

"Flour. It might not be much but quality flour will allow your cake to rise properly and every other flour-related recipe taste that much better."



### EDITOR ACE NGUYEN



"Gelato: if prepared with healthy ingredients and seasonal fruits it will be a light, tasty and delicate dessert."

# CLARA MICHIELON GRAPHIC DESIGNER

"Chocolate: cooking or otherwise, never scrimp on chocolate. If you wouldn't eat it, don't cook with it."



### EDITOR SARAH SCHOFIELD



"Always invest in good quality knives! It pays off in the long run."

EMILY VU EDITOR

# **PRESENTED BY**



# **SPONSORED BY**



Royal Randwick Shopping Centre 73 Belmore Road, Randwick

royalrandwick.com.au

# **SPECIAL THANKS**

Arc @ UNSW Limited

arc.unsw.edu.au

Jessica Troester Student Development Coordinator

James Yau Deputy Director of Student Services

Caroline Page Marketing and Publications Manager

Ryan Carceller Senior Graphic Designer

Kathryn O'Connell Business Development Manager

The Volunteers UNSW's Eating Elite

# ACKNOWLEDGEMENTS

Somer Sivrioglu Celebrity Chef

Mauve O'Meara Celebrity Journalist

The Big Feed

### **PERSONAL THANKS**

Declan Walsh, Eric Souksai, Scarlett Ha, Jeeves Verma, Amy Emerson, Mia Fukuyama, Brittney Mann and Steve Coull. I'd also like to thank the countless smiley faces in the Arc office. Most of all my mum and dad for 'advising' me not to be lazy and to cook my own food.

