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VEG: Vegetarian  V: Vegan  GF: Gluten Free  DF: Dairy Free

Always check food labels to make sure the product is gluten/dairy free
IT IS WITH GREAT PLEASURE THAT I WELCOME YOU TO THE 2014 STUDENT COOKBOOK “SIMPLE RECIPES TO IMPRESS,” OR AS WE HAVE APTLY REFERRED TO IT “SIMPRECIPE”.

THE FEATURED RECIPES STEM FROM A VARIETY OF INDIVIDUAL STORIES, BUT THEY ALL SHARE THREE THINGS: ORIGINALITY, SIMPLICITY AND ABILITY TO EASILY IMPRESS.

WE ARE INCREDIBLY HONoured TO HAVE HAD A WONDERFUL CONTRIBUTION THIS YEAR FROM KUMAR PEREIRA, OF SEASON 3 MASTERCHEF. KUMAR CAME IN TO GIVE OUR TEAM A VERY INSPIRING COOKING DEMONSTRATION AND WE ARE SO THANKFUL FOR HIS GENEROSITY.

IT HAS BEEN SUCH A PLEASURE WORKING WITH THE COOKBOOK TEAM WHO HAVE ALL SELFLESSLY VOLUNTEERED HOURS OF THEIR TIME TO PRODUCE THIS HIGH QUALITY PUBLICATION.

BE SURE TO CHECK OUT OUR PANTRY STAPLES FOR THE STUDENT KITCHEN ON PAGE 10 FEATURING A SELECTION OF INGREDIENTS WE THINK YOU SHOULD NEVER BE WITHOUT.

I WISH YOU ALL THE BEST IN IMPRESSING THE WORLD WITH THESE FANTASTIC RECIPES!

ANY EMERSON
STUDENT COOKBOOK COORDINATOR 2014
CELEBRITY JUDGE
KUMAR PEREIRA

Born in Sri Lanka, Kumar studied typographic design at the London College of Printing. After working in London he lived in Hong Kong for 18 years.

He left Hong Kong for Australia in 1988 and lives and works in Sydney. In 2011 he was a contestant in MasterChef Australia, Series 3 where he made it to the top 12. In 2012 he was part of MasterChef Allstars.

Kumar previously worked in publishing, before joining Sydney Institute, TAFE NSW Design Centre, Enmore where he was senior head graphic design teacher until 2007. His book Kumar’s Family Cookbook was published by Allen & Unwin, in May 2013 and is available in major bookstores.

Palettes a set of six illustrated cards with cooking suggestions was published in March 2014 and is available at selected stores and online at www.kumarpereira.net.
INGREDIENTS

- 1 cup short or medium rice (uncooked)
- 200ml packet chicken stock or 1 cube/sachet
- 1 small brown onion, chopped
- 1 bunch parsley, chopped (stalk and leaves)
- 1 punnet cherry or grape tomatoes, cut in half
- 1 cup frozen peas
- 1 chorizo sausage per person, peeled and thinly sliced
- 1 large king prawn per person or 1 cup green prawns
- 1 red capsicum, sliced thinly
- 1 pinch saffron strands (optional)
- 100ml white wine
- olive oil, salt & pepper

METHOD

1. If using prawns, devein and shell, and reserve the heads and shells. If using chicken, slice thinly.
2. Soak the saffron in ¼ cup warm chicken stock.
3. In the frying pan, fry off the prawn shells and heads in a little oil over medium heat until shells turn red, add 1 cup water and the wine and bring to boil, crushing shells into the liquid. Cook on high for about 2 minutes, remove shells and save liquid.
4. Wipe out pan, add more oil and fry the slices of chorizo until just crisp and the oil is coloured.
5. Add the onions to the pan and cook until softened, then add the chicken and cook for a few minutes until chicken is just tender. Remove and then add the prawns to the pan and cook until prawns turn opaque.
6. Remove prawns and use more oil if needed and then add the rice, and stir through in the oil until rice is coated. Add the capsicum and prawn liquid, including the soaked saffron, and stock (1 cup rice to 2 ½ cup of liquid). Add parsley stalks and half the parsley leaves, paprika powder, tomatoes, salt and pepper to taste and cover and cook if using a rice cooker, or bring to boil if using a regular pan, then lower heat and cover and simmer for 15 minutes.
7. Check if rice is cooked. If not give it another 5 minutes, then add the cooked prawns and/or the sliced chicken and the peas, stir through and leave covered for another 5 minutes.
8. Fork through the cooked rice, add a drizzle of olive oil and the remaining chopped parsley. Serve.

PREP & COOK TIME 45 MINUTES  SERVES 5-6  COST $$

BY KUMAR PEREIRA

THE ONE DISH
ENTRÉES
INGREDIENTS

Vermicelli Salad

200g rice vermicelli noodles
500g cooked prawns, shelled and deveined
2 ripe mangoes, cut into chunks
1/2 bunch fresh mint leaves, loosely torn
1/2 red bird’s eye chilli, sliced
1/4 cup unsalted peanuts, finely chopped
1/4 head red cabbage, finely sliced
Finely chopped peanuts, to serve

Chilli-Lime Sauce

4 tbsp lime juice
4 tbsp rice vinegar
1 tsp sesame oil
4 tbsp water
2 tbsp white sugar
1 red bird’s eye chilli, finely chopped
1 spring onion, finely chopped

METHOD

1. In a bowl, soak rice vermicelli noodles in lukewarm water until tender. Drain and set aside.
2. Combine sauce ingredients in a bowl and mix well (yields about 1/2 cup sauce).
3. Add the salad ingredients to a large bowl and mix through. Dress with the chilli-lime sauce.
4. Garnish with extra peanuts and a few mint leaves. Serve.

CHEF’S TIP

This recipe is all about the intense variety of flavours, so invest in quality ingredients to really give it the best punch.
CHEESE BALLS WITH ROSEMARY AND SALMON

THIS RECIPE IS MUCH SIMPLER THAN IT LOOKS! ONLY REQUIRING A FEW INGREDIENTS, IT LENDS ITSELF TO CREATIVITY AND AMENDMENT – A SIMPLE RECIPE SURE TO IMPRESS. - VANESSA LOW

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1L</td>
<td>milk</td>
</tr>
<tr>
<td>1</td>
<td>lemon, juiced</td>
</tr>
<tr>
<td>Salt, to taste</td>
<td></td>
</tr>
<tr>
<td>Dried rosemary, or a few sprigs, finely chopped</td>
<td></td>
</tr>
<tr>
<td>500g</td>
<td>smoked salmon, cut into 2cm strips</td>
</tr>
</tbody>
</table>

METHOD

1. Slowly heat milk in a large pot over a medium-low heat until just below boiling point, continuously stirring to prevent it from sticking.
2. Remove from stove and add the lemon juice. Stir twice, then let sit for 30 minutes. The milk will separate into curds and whey.
3. Line a strainer with a cheesecloth/muslin and place over a bowl in kitchen sink. Spoon curd mixture from pot into strainer.
4. Gather the corners of the cheesecloth, tie them together so that the curds hang in a ball. Tie this onto a kitchen tap or cupboard handle and suspend over the sink by tying it to the tap. Let it drip for about an hour (be sure to put a bowl below it to catch the whey).
5. Untie and open the cloth and you should have a ball of fresh cheese (also known as farmer’s cheese). Put cheese on chopping board, and spread flat using a spatula. Sprinkle rosemary and salt; fold; then repeat until preferred seasoning.
6. Section the cheese and roll into small balls, about 1 heaped tsp in size.
7. Wrap a strip of salmon around a cheese ball, and pierce with toothpick to hold in place. Repeat with remaining balls of cheese. Serve

PREP & COOK TIME: 120 MINUTES • SERVES 2 • COST $$$

CHEF’S TIP

When tying cheese, use around ¼ metre of cheesecloth/muslin. This can be purchased from a fabric store.
INGREDIENTS

Croutons
1 Turkish bread roll
1/4 cup chopped almonds
1/2 cup olive oil

Soup
1/2 cup sour cream
1/4 fresh lime
2 tbsp olive oil
1/2 cup almonds
1 medium brown onion, sliced
500g carrots, sliced
2 tsp paprika
1/2 tsp ground coriander
Salt and pepper, to taste
5 cups water
425g can lentils, drained

METHOD

1. Rip bread into bite sized pieces and toss with sliced almonds and olive oil in a bowl.
2. Sprinkle onto a lined baking tray and put in oven for 5 minutes on 220°C.
3. Combine sour cream, lime and pepper in a bowl. Set aside.
4. Heat olive oil in a large saucepan over medium heat. Add almonds and stir for 5 minutes until brown. Transfer to a plate and set aside.
5. Add onion, carrots, paprika and coriander to the same pan. Stir intermittently on medium heat for 15 minutes until vegetables are tender, add salt and pepper to taste.
6. Increase heat to high and cook for another 5 minutes or until vegetables brown.
7. Stir in water and lentils. Bring to boil then simmer for 10 minutes.
8. Add the previously prepared almonds to the soup.
9. Use a hand held mixer or blender to combine ingredients in pan until smooth.
10. Pour into bowls. Add 2 tsp of the sour cream mixture to each bowl and sprinkle croutons on top. Serve.

CHEF’S TIP

For a different flavour, or if you don’t have any lentils handy, you can always replace the lentils with cannellini beans or chickpeas instead.
COLA CHICKEN WINGS

THIS RECIPE CAME TO ME ONE DAY WHEN I WAS WANTING TO BRAISE SOME CHICKEN WINGS. FINDING THERE WAS NO SUGAR LEFT IN MY HOUSE, IN AN ACT OF DESPERATION AND EXTREME LAZINESS, I DECIDED TO USE COLA INSTEAD. IT TASTED EVEN BETTER! NOW IT’S ONE OF MY BEST DISHES TO COOK FOR MY FRIENDS.
- MICHELLE DING

INGREDIENTS

- 10 chicken wings
- 1 shallot, chopped
- 2cm piece ginger, chopped
- 2 tbsp soy sauce
- 375ml can cola
- 2tbsp oil
- Dash Chinese cooking wine (optional)
- Sesame seeds, to serve
- Chopped parsley, to serve

METHOD

1. Heat oil in a large wok or non-stick frying pan over medium-high heat. Fry chicken wings, shallots and ginger until wings turn golden yellow.
2. Reduce to medium heat and pour soy sauce, cola and cooking wine (if using) into pan. Ensure it covers the chicken wings, adding water if needed. Stir.
3. Cover pan and increase to high heat. Bring to a boil.
4. Reduce heat to low-medium and cook until they become soft and all of the cola is evaporated, about 30-40 minutes.
5. Garnish with sesame seeds and parsley. Serve.

CHEF’S TIP

If you’d like the chicken wings to be extra sweet, you can add a teaspoon of sugar.
I THREW TOGETHER THIS DISH ON A LAZY SATURDAY AT HOME WITH NOTHING BUT LEFTOVERS, A SPUR OF CREATIVITY AND THE DESPERATION OF NEEDING TO FEED SOME FRIENDS COMING FOR LUNCH. IT IS SOMETHING THAT MY FAMILY AND FRIENDS MAKE EVERY NOW AND THEN AND IT REMINDS ME OF HOW A LITTLE CREATIVITY GOES A LONG WAY. - ELAINE SONG

PREP & COOK TIME 20 MINUTES  ●  SERVES 2  ●  COST $$$

INGREDIENTS

Salad
1 cup brown rice, uncooked
1/4 medium carrot, julienned
1/4 medium red capsicum, diced
1/2 cup baby spinach, chopped

Dressing
2 garlic cloves, minced
1/4 onion, finely grated
1/2 cup orange juice
2 tbsp balsamic vinegar
1 tbsp honey
1/2 cup olive oil
Salt and pepper, to taste

METHOD

1. Cook rice according to packet instructions and set aside to cool.
2. Transfer rice to a large bowl and add remaining salad ingredients. Mix together gently.
3. Put all dressing ingredients into a jar with a lid. Shake to emulsify.
4. Pour dressing over the rice and vegetables and toss thoroughly.
5. Serve as an appetiser or side dish.

CHEF’S TIP

This can be made in big batches and stores really well in an air-tight container in the fridge. Leftovers taste even better the next day. Store salad and dressing separately. Add dressing just before serving.
**MINI LASAGNES**

ONE NIGHT, I WANTED SOMETHING TO SNACK ON. I DIDN’T HAVE INGREDIENTS FOR DESSERT, SO I LOOKED UP WHAT I COULD DO WITH MUFFIN PANS. I CREATED A NEW VERSION OF A RECIPE WITH WHATEVER I HAD IN THE FRIDGE. MY HOUSE MATES WERE SO IMPRESSED THAT THEY BORROWED THE RECIPE FOR A DINNER PARTY!

- ELAINE CHONG

**INGREDIENTS**

1/2 tsp oil  
1/2 cup onion, chopped  
2 cloves garlic, chopped  
1/2 cup mushrooms, chopped  
300g minced beef or pork  
300g tomato paste (Bolognese pasta sauce works)  
1 tsp Italian herbs  
24 small square wonton wrappers  
12 slices cheddar cheese  
1 cup shredded mozzarella cheese  
Salt and pepper, to taste

**METHOD**

1. Preheat oven to 180°C and grease a 12-cup muffin tin.  
2. Heat oil in a large frying pan over medium heat and add the onion and garlic. Once softened, add the mince and cook until browned.  
3. Stir in mushrooms, then tomato paste and Italian herbs and bring to a gentle boil. Pour in a small amount of water if it looks a little dry. Reduce heat to low and simmer for 10-15 minutes, add salt and pepper to taste.  
4. Remove from heat and set aside.  
5. Place 1 wonton wrapper into each greased muffin tin cup, pressing firmly into the bottom and sides.  
6. Place half a slice of cheddar in each muffin cup base.  
7. Spoon in some of the meat mixture pressing down in each cup. Sprinkle each with mozzarella cheese.  
8. Gently press another wonton wrapper on top of the mozzarella layer.  
9. Distribute remaining mince and sprinkle more mozzarella on each muffin cup to create lasagne layers.  
10. Bake for 10 minutes or until cheese has melted and the sides of the wonton wrappers are slightly brown.  
11. Let the cups cool and remove from tin.  

**CHEF’S TIP**

This treat is best served when it’s warm as you get melted cheese oozing out as you bite through! Serve these at dinner parties or just for yourself.

**PREP & COOK TIME**  30 MINUTES  •  SERVES 12  •  COST $$$


BENGALI EGG COCONUT CURRY

THIS IS MY MOTHER’S RECIPE, AND I’VE WANTED TO SEND IT INTO THE STUDENT COOKBOOK SINCE I WAS IN FIRST YEAR! WARNING: THE AROMA OF THIS BEAUTIFUL DISH MAY ATTRACT STRANGERS TO YOUR KITCHEN AND REKINDLE OLD RELATIONSHIPS. - SUMAYA MOZUMDER

INGREDIENTS

- 4 eggs
- 1 1/2 tbsp oil
- 2 cloves of garlic, crushed
- 1 small onion, finely chopped
- 1/2 tsp turmeric powder
- 1/2 tsp chilli powder
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 200ml light coconut cream
- 2 Lebanese cucumbers, peeled, seeded and diagonally chopped
- Salt, to taste
- Steamed rice

METHOD

1. Boil eggs for at least 10 minutes, drain and leave to cool. Peel carefully.
2. Heat oil in a large saucepan on medium-high heat. Fry garlic and onion until slightly brown.
3. Add hard-boiled eggs and spices and stir gently until eggs are evenly coated.
4. Pour in coconut cream. Cover and cook for 1 minute.
5. Remove lid and stir in cucumber. Cook until curry starts to boil.
6. Stir in 50 ml of hot water and replace lid. Reduce heat to medium and cook for 3-5 minutes.
7. Remove from heat. Slice or leave eggs whole, season dish with salt and garnish with coriander. Serve with rice.

CHEF’S TIP

Eggs can be replaced with tofu to create a vegan curry. You can also add other green vegetables such as beans, zucchini, snap peas or broccoli in addition to the cucumber.
CHEAP AS CHIPS VEGETARIAN PIZZA

THIS IS A BUDGET, HIPSTER TAKE ON THE CLASSIC SPINACH AND EGG ‘FLORENTINE’ PIZZA. MY FATHER HAS ALWAYS USED FLATBREAD INSTEAD OF TRADITIONAL DOUGH FOR HOME-MADE PIZZAS, SO WHY NOT CONTINUE THE TRADITION AT UNIVERSITY? - BENJI VELLA

INGREDIENTS
- 80g passata (tomato puree)
- 2 large Middle Eastern flatbreads
- 150g frozen spinach, defrosted
- 2 garlic cloves, chopped
- 2 large balls mozzarella, wiped dry and torn
- 2 medium eggs
- Nutmeg, powdered or grated
- 1/2 bunch of basil, chopped
- Shaved Parmesan, to serve
- Salt and pepper, to taste

METHOD
1. Preheat oven to approximately 230°C.
2. Spread 1-2 tbsp of passata over each flatbread.
3. Hand squeeze spinach to remove excess water. Scatter the spinach on the flatbreads.
4. Divide garlic and mozzarella evenly between each flatbread making a ‘nest’ in the centre.
5. Crack an egg into the middle of each.
6. Season egg with nutmeg, salt, pepper and basil.
7. Bake for about 7 minutes, or until cheese has melted and the egg is cooked to preference (i.e. runny, soft).
8. Cut into slices, garnish with basil and Parmesan cheese.

CHEF’S TIP
This meal is great for freezing and taking to uni or work the next day for lunch!

PREP & COOK TIME 30 MINUTES  SERVES 2  COST $$

This is a budget, hipster take on the classic spinach and egg ‘Florentine’ pizza. My father has always used flatbread instead of traditional dough for home-made pizzas, so why not continue the tradition at university? - Benji Vella

Ingredients
- 80g passata (tomato puree)
- 2 large Middle Eastern flatbreads
- 150g frozen spinach, defrosted
- 2 garlic cloves, chopped
- 2 large balls mozzarella, wiped dry and torn
- 2 medium eggs
- Nutmeg, powdered or grated
- 1/2 bunch of basil, chopped
- Shaved Parmesan, to serve
- Salt and pepper, to taste

Method
1. Preheat oven to approximately 230°C.
2. Spread 1-2 tbsp of passata over each flatbread.
3. Hand squeeze spinach to remove excess water. Scatter the spinach on the flatbreads.
4. Divide garlic and mozzarella evenly between each flatbread making a ‘nest’ in the centre.
5. Crack an egg into the middle of each.
6. Season egg with nutmeg, salt, pepper and basil.
7. Bake for about 7 minutes, or until cheese has melted and the egg is cooked to preference (i.e. runny, soft).
8. Cut into slices, garnish with basil and Parmesan cheese.

Chef’s Tip
This meal is great for freezing and taking to uni or work the next day for lunch!
### INGREDIENTS

- 300g fettuccine
- 40g flaked almonds
- 3 cloves garlic, finely chopped
- 1-2 tbsp olive oil
- 2 bunches broccolini, stems removed
- 425g canned spring water tuna, drained
- 2 handfuls fresh basil, chopped
- 2 handfuls fresh mint, chopped
- 1/2 lemon, freshly squeezed
- 50g Parmesan cheese, freshly grated
- Black pepper, to taste

### METHOD

1. Preheat oven to 200°C.
2. Cook pasta in a large pot of boiling water sprinkled with salt, following packet instructions.
3. Meanwhile, roast almonds on a lined oven tray for approximately 2 minutes, watching closely as they will burn easily.
4. Remove from oven and cool.
5. Fry garlic with 1 tbsp olive oil in a large frying pan on medium-high until golden.
6. Stir in broccolini, reduce to low-medium heat and cook until softened.
7. Mix in tuna until warmed through. Add more olive oil, if necessary, to prevent sticking.
8. Add basil and mint to pan. Stir well and reduce to low heat.
9. Drain pasta and add to tuna mix. Add lemon juice, sprinkle generously with cracked black pepper and toss well. You may like to drizzle it with a little extra olive oil.
10. Serve pasta straight from pan. Garnish with roasted almonds, a few extra sprigs of mint and Parmesan cheese.

### CHEF’S TIP

This recipe requires multitasking, so having all ingredients chopped and prepared before you start will make it super easy!

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**YES, TUNA PASTA CAN BE YOUR FANCY DISH TO IMPRESS. ESPECIALLY WHEN IT’S RIDICULOUSLY HEALTHY, TOTALLY SILKY AND REALLY EASY TO MAKE.**

- TAYLOR EGGLETON
INGREDIENTS

Curry Paste
6-7 large kaffir lime leaves, stems removed
3 large green chillies, deseeded and chopped
1 cup boiling water
1 cup coriander stems and roots, washed and roughly chopped
1 cup fresh basil, washed and stems removed
5-7 large garlic cloves, chopped
3 cm piece of galangal
1/2 red onion, chopped
1 tsp ground cardamom
1 tsp ground cumin
1 tsp white pepper
1 tbsp shrimp paste

Stir Fry
2 tbsp vegetable oil
1 kg lean chicken, sliced thinly
2 large onions, chopped
400 ml coconut milk
1 red capsicum, chopped
1/2 head broccoli, chopped
500 g snow peas
1 cup peas
Salt, to taste
1 tsp brown sugar
Oyster or fish sauce, to taste
Long grain rice, to serve

METHOD

1. Combine lime leaves, chillies and boiling water in a small bowl with a lid. Cover and leave for 30 minutes while preparing other ingredients.
2. Place coriander and basil in a blender or food processor and combine. Add the galangal, onion, garlic and soaked chilli-lime mixture (including water). Blend into thick paste.
3. Add shrimp paste and spices and blend.
4. Heat vegetable oil in a large frying pan or wok over medium-high heat. Fry the onions and brown the chicken until just cooked.
5. Add curry paste to the pan, stirring thoroughly for even distribution. Pour in coconut milk and continue mixing.
6. Gradually add the stir fry vegetables. Bring to a boil, then reduce to a simmer.
7. Taste test the finished curry then add oyster/fish sauce (approximately 1-2 tbsp) and brown sugar to taste. If oyster/fish sauce doesn’t make it salty enough, add salt, sparingly.
8. Serve with rice and garnish with remaining coriander leaves.

CHEF’S TIP

Like all stir fries, these ingredients are very flexible.
Chicken can be replaced with other meats or seafood.
Or, if you are vegetarian, leave the meat out and replace shrimp paste with soy bean sauce – it will still taste great!
INGREDIENTS

1 tbsp olive oil
2 large brown onions, chopped
1 tbsp cumin seeds
1 tbsp fennel seeds
3 garlic cloves, chopped
1 cm piece ginger, grated
1 tsp chilli, finely chopped
Salt and pepper, to taste
6 tomatoes, diced
2 cups red lentils, rinsed
3 cups water
1 cup tomato paste
1-2 celery stalks, chopped
1 tsp garam masala
1 lemon, juiced
Parsley or coriander
Brown rice, steamed

METHOD

1. Heat oil in a medium saucepan over medium heat. Sauté brown onions, cumin seeds, fennel seeds, garlic, ginger, chilli, salt and pepper. Cook until onions have browned.
2. Add tomatoes and cook for another 5 minutes.
3. Mix in lentils, water and tomato paste and cook for 20 minutes, stirring frequently. Add celery.
4. Stir in garam masala and lemon juice.
5. Garnish with parsley or coriander and serve over rice.

CHEF’S TIP

This recipe tastes great the next day for lunch. You can also freeze portions and reheat it for a quick, healthy meal.
**INGREDIENTS**

- 800g ground beef
- 3 cloves garlic, chopped
- 3 tbsp all-purpose seasoning salt
- 1 tbsp ground black pepper
- 3 tbsp canola oil
- 1 egg
- 120g shredded mozzarella cheese
- 2 medium onions, sliced
- 2 tbsp honey BBQ sauce, extra to serve
- 1/4 tsp salt
- 3 wholemeal hamburger buns
- 3 large slices cheddar cheese
- 1 large tomato, sliced
- 150g baby spinach
- Garlic chilli sauce

**METHOD**

1. Place ground beef, garlic, all-purpose seasoning salt, ground black pepper, canola oil and egg in a large mixing bowl and combine well.
2. Divide mixture into six even portions and roll into balls.
3. Flatten each portion into a round disc and place approximately 20g of mozzarella cheese in centre.
4. Form a patty around the cheese and flatten. Set aside.
5. Drizzle some oil on a medium, non-stick frying pan and fry onions with salt and honey BBQ sauce on medium-high heat for 10 minutes or until onions caramelise. They should be translucent and golden brown.
6. Transfer the caramelised onions into a bowl. Set aside.
7. Place each patty in frying pan and cook each side for 4-5 minutes.
8. Assemble in the following order: bottom layer of bun, caramelised onions, patty #1, sliced tomato, cheese, patty #2, honey BBQ sauce and garlic chilli sauce, baby spinach, top layer of bun.
9. Serve alone or with oven-roasted fries.

**CHEF’S TIP**

Have fun mixing up the ingredients. For example, you can substitute the beef with ground lamb mince or add sliced avocado and crispy bacon.
INGREDIENTS

1 1/4 cups self-raising flour
1/2 cup brown sugar
1/4 cup skim milk powder
1 egg
1/2 cup flavoured or plain yoghurt
1/2 cup orange or apple juice
150g white chocolate, roughly chopped
1 cup frozen raspberries

METHOD

1. Preheat the oven to 200°C.
2. Place self-raising flour, brown sugar and skim milk powder into a large mixing bowl and mix together.
3. Make a well in the middle of the dry ingredients, and crack the egg into it, followed by the yoghurt and juice. Mix well.
4. Once mixed together, stir in the raspberries and most of the white chocolate. The mixture should be slightly runny. Use the leftover white chocolate to place on top of each muffin.
5. Grease a muffin/cupcake pan and place the mixture into each mould, filling about 3/4 full.
6. Place in the oven and bake for 15-20 minutes or until golden brown and a thin knife comes out clean.
7. Transfer to a wire rack and let cool for 5-10 minutes and serve warm, or keep in an airtight container at room temperature for 3-4 days.

CHEF’S TIP

You can substitute the raspberries and white chocolate for other great combinations such as caramel and milk chocolate (use jersey caramels as they will be delicious when they ooze) or banana and chocolate. The options are limitless!
BIKO FILIPINO RICE PUDDING

I AM AN AUSTRALIAN-BORN FILIPINO AND THIS IS MY MUM’S RECIPE. WHENEVER I CRAVE FILO FOOD I LIKE TO WHIP THIS UP! IF YOU LOVE STICKY RICE, YOU’LL LOVE THIS. THIS SIMPLE AND TASTY DISH IS GREAT FOR DESSERT OR AFTERNOON TEA.
- ZYRAH JANE BERNARDINO

INGREDIENTS

METHOD

2. Cook cream, stirring occasionally, for approximately 30 minutes, until it curdles and separates into brown crumbs and oil called latik.
3. Meanwhile, cook the sticky rice according to directions on packet.
4. In another pan, dissolve the sugar in coconut milk over low-medium heat in a wok or medium saucepan. Stir to even thickness.
5. Add cooked sticky rice to the sauce.
6. Fold the rice until sauce has evaporated. It should become difficult to stir, with mixture sticking to the spoon.
7. Transfer to a serving container, lined with optional banana leaves for decoration.
8. Top with latik. Serve at room temperature.

PREP & COOK TIME 50 MINUTES ◆ SERVES 8 ◆ COST $$

You can refrigerate leftovers and keep for 3-4 days. It’s great to have ready for when friends visit!
MUM’S SELF-SAUCING CHOCOLATE PUDDING

GROWING UP, THIS RECIPE WAS A ‘SPECIAL OCCASION’ STAPLE IN OUR HOUSE. IT’S SOMETHING MY BROTHERS AND I ALWAYS REQUEST WHEN WE’RE BACK HOME FOR A VISIT, OFTEN ACCOMPANIED BY THE INEVITABLE BICKERING OVER WHO GETS THE LAST DROPS OF SAUCE DRIBBLED ONTO OUR PLATE. - EMILY HAWORTH

INGREDIENTS

Base
- 1/2 cup self-raising flour
- 1/3 cup white sugar
- 2 tbsp cocoa
- 1/4 cup milk
- 1 tbsp butter, melted
- 1 tsp vanilla essence
- 1/4 cup nuts, chopped (optional)

Sauce
- 1/2 cup brown sugar
- 1 tbsp cocoa
- 3/4 cup boiling water

To serve
- 2 cups ice cream
- 1 cup raspberries
- 1 cup blueberries

METHOD

1. Preheat oven to 180°C.
2. Grease a deep casserole dish.
3. Combine base ingredients in a medium bowl then pour into greased dish.
4. In a small bowl, combine sugar, cocoa and water to make sauce.
5. Carefully pour sauce over pudding base.
7. Remove from oven and serve with ice cream and berries.

CHEF’S TIP

This recipe can easily be doubled or tripled for large gatherings, same for the sauce if you prefer more liquid.

PREP & COOK TIME 50 MINUTES  SERVES 4  COST $5$
MICROWAVE BAKED APPLES FOR TWO

WHEN FRIENDS ASK ME WHAT’S FOR DESSERT I LOVE SEEING THEIR FACES WHEN I TELL THEM THAT I’M JUST GOING THROW AN APPLE IN THE MICROWAVE. BUT, BETTER THAN THAT IS THE EXPRESSION ON THEIR FACES WHEN THEY SEE WHAT COMES OUT!

- Urvashi Agarwal

PREP & COOK TIME 30 MINUTES  SERVES 2  COST $$

INGREDIENTS

1-2 tbsp apple juice
1 tbsp raisins
2 large Pink Lady apples, washed and dried thoroughly
1 tbsp mixed spices
1 tbsp walnuts or pecans, roughly chopped
1 tsp brown sugar
1 tsp cinnamon
1 tsp nutmeg

Serve
1/2 cup maple syrup
2 scoops ice cream

METHOD

1. Heat apple juice in a glass in the microwave for 20 seconds on high.
2. Place raisins in the heated apple juice and let soak for 10-15 minutes.
3. Core the apples leaving bottoms intact.
4. Combine spices and nuts.
5. Drain the raisins, keeping the reserve juice and combine with spices and nuts.
6. Fill apple cavities with mixture and place in a bowl.
7. Drizzle reserve apple juice in and on sides of apples. Alternatively, maple syrup can be used for this step.
8. Sprinkle with brown sugar.
9. Cover and microwave each apple for 3 minutes or until tender. Keep an eye on the microwave so that you can take it out when ready.
10. Serve with ice cream and drizzle with maple syrup.

CHEF’S TIP

For extra sweetness replace half of the nuts with caramel chips.
INGREDIENTS

- 500g plain flour
- 1 tsp dried yeast
- 1 tbsp warm water
- Extra water for dough, as required
- 1 cup olive oil
- 4 tbsp rosemary, leaves divided
- 500g black (or red) grapes, washed and drained
- 4 tbsp white sugar

METHOD

1. Preheat oven to 180°C.
2. Place flour in a large bowl and form a well in the middle.
3. In a separate bowl, mix the dried yeast and warm water, then pour this into the well.
4. Knead dough, adding additional water until consistency is elastic and firm.
5. Cover with a tea towel and leave dough to rise for 1 hour at room temperature.
6. In a medium fry pan combine olive oil and rosemary. Cook on low-medium heat for 3-5 minutes before setting aside to cool.
7. Grease baking tray with a small amount of cooked oil.
8. Work 3 tbsp sugar, oil and half of the grapes into the dough. Knead until consistency becomes sticky.
9. Place dough onto greased tray, stretching it across the pan.
10. Top with remaining grapes and leave to rise for another hour.
11. Sprinkle with remaining sugar and garnish with rosemary.
12. Bake for 30 minutes at 180°C.
13. Cut into quarters and serve.

SCHIACCIATA CON L’UVA GRAPES AND ROSEMARY

SCHIACCIATA CON L’UVA IS A TYPICAL FLORENTINE DESSERT OF AUTUMN, IN PARTICULAR, IT IS COMMONLY MADE IN THE CHIANTI REGION OF TUSCANY. IT IS A DISH CLOSELY RELATED TO THE HARVEST PERIOD AND ONE ENJOYED BY MANY. - MANUELA CALLARI

PREP & COOK TIME 180 MINUTES  
SERVES 4  
COST $$$

CHEF’S TIP

Be sure to invest in good quality grapes. The best kinds are small, dark and juicy. Just be sure they have an intense flavour and are not too watery.
### Green Tea and Red Bean Tiramisu

**THE FLAVOURS IN THIS DISH WERE INSPIRED BY A GREEN TEA AND RED BEAN ICE CREAM I TRIED ONCE THAT TOTALLY BLEW MY MIND! I FIND GREEN TEA REALLY BITTER BUT WITH RED BEANS IT’S WONDERFUL. I RECENTLY PRESENTED THIS DISH AS A TIRAMISU TO MY FAMILY WITH THE HOPES OF SHARING THIS MIND-BLOWING YET WARM AND FUZZY SENSATION. THEY ADORED IT! - SYLVIAN TRAN**

**PREP & COOK TIME**
- **30 MINUTES**
- **SERVES 5-6**
- **COST $$**

### Ingredients
- 15g green tea powder (matcha), plus a small amount for decorating
- 120g sugar
- 100ml hot water
- 100g red beans
- 4 eggs, separated
- 500g mascarpone cheese
- 200g thick whipping cream
- 210g Madeira or sponge cake, cut into finger-sized strips

### Method
1. To make green tea sauce, combine green tea powder and 30g of sugar in a bowl.
2. Slowly pour in hot water, stirring thoroughly until dissolved. Set aside to cool.
3. Pour beans into a medium sized pot and cover with water. Bring to boil then reduce to low heat and simmer until beans are soft and most of the water is absorbed. Set aside to cool. (A small amount of sugar can be added here to sweeten mixture, if desired.)
4. Cream egg yolks with 60g of sugar in a bowl until mixture is pale and thick. Mix in mascarpone cheese.
5. In a separate bowl, with an electric beater or hand whisker, whisk egg whites and remaining sugar until mixture is light and fluffy and forms soft peaks.
6. In another bowl, whisk cream until it thickens and forms stiff peaks.
7. Gently fold egg mixtures with cream until combined. Fold slowly to keep air bubbles.
8. In a small ramekin or glass, place a base layer of cake and evenly spread some green tea sauce on top.
9. Spread a layer of red bean paste over sauce.
10. Pour a layer of mascarpone mixture on top and smooth the surface.
11. Repeat steps 8-10 in another four to five cups or until all remaining ingredients are used.
12. Cover and refrigerate overnight if time permits or serve immediately.
13. Sprinkle each tiramisu with green tea powder and serve.

### Chef’s Tip
If you’re feeling creative, you can cut up some shapes out of foil (I like to use love hearts), and place on tiramisu before sprinkling the green tea powder. Remove the shapes when you finish sprinkling for some edible artwork!
I DON’T THINK YOUR TASTE BUDS HAVE TO SUFFER WHEN YOU’RE TRYING TO STAY FIT, SO I CAME UP WITH SOMETHING THAT WAS HEALTHY AND TASTY! I OFFER MY FRIENDS AND FAMILY THIS RECIPE AS A REWARD FOR GOING TO THE GYM. - SAM DAVID HARRIS

SERVES 1  COST $$

INGREDIENTS
1 1/2 cups coconut water
50g blueberries (frozen or fresh)
1/2 ripe banana (frozen or fresh)
5 whole almonds
1 tbsp honey
Ice cubes (optional)

METHOD
1. Add ingredients to a blender. If using fresh fruit, add several ice cubes.
2. Pulse until thoroughly combined.
3. Pour into a glass and leave for 20 seconds to smooth out and thicken. Serve.

THIS IS A TRADITIONAL MALAYSIAN DRINK MY DAD WOULD MAKE FOR OUR FAMILY. IT’S HOT AND SWEET, AND FUN TO WATCH BEING MADE. - SARAH FERNANDES

SERVES 1  COST $$

INGREDIENTS
1 1/2 tbsp black tea powder or 1 tea bag
1 tbsp sweetened condensed milk
2 tbsp evaporated milk
200ml boiling water

METHOD
1. Steep tea in boiling water for approximately 5 minutes.
2. Mix in condensed and evaporated milk.
3. Using two large mugs, carefully pour tea back and forth until it develops a foam on top. Pour from as high as possible to get the most bubbles.
4. Pour tea into a preheated mug to serve.
**HOT BUBLE CHOCOLATE**

ONE COLD CHRISTMAS NIGHT, A HOT CHOCOLATE SEEMED THE PERFECT IDEA. I SEARCHED MY PANTRY AND THREE BUBLÉ CHRISTMAS SONGS LATER I HAD THE DRINK FROM HEAVEN. - KAJOL MOOPANAR

**SERVES 1** **COST $$$$**

**INGREDIENTS**
125ml milk  
2 tsp icing sugar, heaped  
2 tsp chocolate powder  
3 squares of dark chocolate  
1 tsp cinnamon  
1/2 tsp Nutella  
3 tsp double cream  
Marshmallows to serve (optional)

**METHOD**
1. Pour milk into a small saucepan and warm over a low-medium heat. Be careful not to boil.  
2. Add icing sugar, chocolate powder, dark chocolate, cinnamon and Nutella. Stir until chocolate has melted and ingredients are well combined.  
3. Mix in cream until consistency is thick and silky.  
4. Pour mixture into a mug and top with marshmallows and shaved chocolate. Serve.

**MUMMA DHAWAN’S MASALA CHAI**

MUM USED TO MAKE THIS FOR ME WHEN I WAS COLD, NOW I MAKE IT FOR HER BECAUSE SHE’S OLD! - ANUJ DHAWAN

**SERVES 2** **COST $$$$**

**INGREDIENTS**
2 cups cold tap water  
1 tsp sugar  
1/2 tsp freshly grated ginger  
2 tsp black tea leaves  
1 green cardamon pod, slightly crushed between fingers  
Pinch ground black pepper  
1 clove  
Milk

**METHOD**
1. In a small saucepan, bring water, sugar and ginger to the boil.  
2. Add tea leaves, black pepper, clove and cardamon pod and boil for 2 minutes.  
3. Add milk until mixture achieves a caramel colour. Adjust amount of milk to preferred taste. Bring back to the boil.  
4. Once mixture starts boiling, remove from heat. Allow to settle, then return saucepan to the heat to boil. Repeat this process 2-4 times.  
5. Use a fine strainer to pour into cups. Serve.
MEET THE COOKBOOK TEAM

AMY EMERSON
COOKBOOK COORDINATOR
“WHENEVER I COOK I ALWAYS SEEM TO MAKE THE BIGGEST MESS, AND I NEVER LIKE TO CLEAN IT UP MYSELF”

JULIA VAN VUUREN
GRAPHIC DESIGNER AND ILLUSTRATOR
“WHEN NEEDING A BREAK FROM UNI, I LOVE TO BAKE AND TO SHARE MY COOKING WITH MY FRIENDS”

PARIS BETHEL
GRAPHIC DESIGNER
“THE KEY TO ANY KITCHEN IS OLIVE OIL AND GARLIC; IT SMELLS GREAT AND TASTES EVEN BETTER”

HANNAH VAN DER VELDEN
ILLUSTRATOR
“FOOD HAS ALWAYS BROUGHT MY FAMILY TOGETHER. ON SUNDAY NIGHTS WE ALWAYS MAKE MEATBALLS TOGETHER”

CHRISTINE AI
FOOD PHOTOGRAPHER
“I’M ALWAYS THE ONE AT THE TABLE THAT HOLDS EVERYONE UP BECAUSE I SAY “WAIT A MIN I NEED TO INSTAGRAM THIS”

MADDY SMITH
PHOTOGRAPHER
“WHENEVER I COOK, MY PUPPY IS ALWAYS WILLING TO HELP VACUUM THE FLOOR”

EMILY HAWORTH
EDITOR
“I WAS A FUSSY EATER GROWING UP. I ONLY STARTED COOKING TO TRICK PEOPLE INTO EATING THE FOODS I LIKED”

ZINTHI OO
SPONSORSHIP
“I LOVE TO USE A LOT OF SALT WHEN COOKING, SOMETIMES I FEEL BAD FOR THE PERSON WHO HAS TO EAT WHAT I COOK”

GEOFFREY WILSON
FOOD STYLIST
“When I go to bed each night, I dream of what I’m going to have for breakfast the next morning”
Wasting food wastes the energy, water and natural resources used to grow, package, transport and market that food.

Sad, isn’t it?

Sadder still, most of it could have been eaten. Reduce the amount of food you waste by shopping to a list and buying only what you need.

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