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Welcome

On Sunday afternoons when I was five, I would make my mum and dad hors d'oeuvres of American Cheese and ham rolled into a spiral. I had seen them made at a fancy party, and wanted to replicate them. I served them with fancy toothpicks with frilly, multicoloured cellophane toppers, delicately arranged on a tray and passed to each of my party guests. My sweet parents 'oohed' and 'ahhed' at how wonderful they were.

Throughout the years, they would try all of my concoctions. Since my first success was so great, I realised that I did not need to follow recipes. I was a natural. From casseroles with dry, still crunchy split peas, to scrambled eggs that resembled rehydrated astronaut food, I continued to play gracious chef and waiter. All I knew was that I pleased my customers. What I didn't know was that my true calling was not so much savoury as it was sweet.

I was twelve when I baked my first cake. I think it could be the best thing I ever made. I remember sneaking into the kitchen and discovering my rhythm: I measured and poured while the egg beaters did the rest. I loved watching the swirls in the bowl become light and pillowy. Later that night I cut my cake and served my happy customers once again. They were amazed that I evolved into a new baker who advanced far beyond Sunday afternoon ham and cheese rolls. I have since lost the recipe, but every now and again I try to use a combination of words that I vaguely remember to try to find it online. I am still searching.

I chose the theme "The Best Thing I Ever Made", because I want you to share your stories and recipes. Hopefully you didn't lose yours like I did. Let's share our memories while eating, drinking and being merry.

Julia Dankberg
Student Cookbook Coordinator 2017



Matt Caldicott

Guest Chef

Matt's earliest food memories stem from nights spent as a young boy, smelling the aromas of his mother's dinner parties and cooking cakes by her side. He still credits his mother as his greatest culinary inspiration. Although he has amassed an array of kitchen equipment over the years, he still believes you don't need every gadget under the sun to create a beautiful dish in the home. His kitchen essentials include a sharp knife set, a sturdy blender, one good non-stick fry pan and a large pot.

Matt has always tried to merge his shared love of food and travel, starring in Season 2 of MasterChef Australia and working in Europe and America, honing his crafts to allow him to develop innovative and delicious recipes.

After years of experimentation and research with numerous nutrition supplements, Matt and his business partner created Nourished Nutrition in 2016 to develop a range of all-in-one nutritional products, that incorporate targeted blends of health supplements in convenient formats. Their goal is for their customers to be confident that they have chosen products that are designed to support them in achieving their health goals.



Spiced Lamb Lollipops Matt Caldicott

Serves 6 • Prep 20 mins • Cook 15 mins • \$\$\$ • 2/3 Ease • Gluten-Free option

This is a super delicious dish that is quick and easy to prepare, and is great to share around the table, because everyone can just pick up a lamb cutlet and get stuck in!

INGREDIENTS

Yoghurt dip

- 1 cup fat-free natural yoghurt
- 1 handful coriander,
finely chopped
- ½ lemon, juiced
- 2 tbsp extra virgin olive oil
- ½ long red chilli,
finely chopped
- ½ teaspoon cumin powder

Spiced nuts

- 50g almonds
- 50g Brazil nuts
- ½ teaspoon cumin powder
- ½ teaspoon paprika powder

Lamb Lollipops

- 12 lamb cutlets
- Sea salt
- Pepper
- Olive oil

Salad

- 1-2 handfuls rocket leaves
- 1 sliced plum
- Marinated feta
- 1-2 tbsp extra virgin
olive oil
- 1 tsp balsamic vinegar

METHOD

1. For the yoghurt dip, mix together coriander, red chilli, yoghurt, lemon juice, olive oil and cumin in a bowl. Taste for seasoning and adjust to your liking.
2. For the spiced nuts, gently roast the nuts in a dry frying pan and over medium-high heat until the nuts have browned slightly (this will take a couple of mins).
3. Pound the nuts in a mortar and pestle, or quickly blitz in a blender, to a fine crumb. Mix in the cumin and paprika and season to taste.
4. To prepare lamb, score fat on cutlets and season with salt and pepper generously.
5. Heat oil in a frypan over medium high heat. Fry the lamb fat side down until the fat is golden.
6. Turn the cutlets onto their side and cook for 3-4 mins on each side until they are sizzling and golden. Let the lamb rest for a couple of minutes.
7. Toss a handful or two of rocket in a bowl with a sliced plum, some marinated feta and a tablespoon or two of extra virgin olive oil and a teaspoon of balsamic vinegar.
8. Serve the lamb cutlets and salad with flatbread and bowls of yoghurt dip and spiced nuts on the side.

TIP

When eating, dip the lamb in the yoghurt dip and nut mix. It's so tasty you'll be forgiven for licking your fingers after!



Snickerdoodles

Julia Dankberg

Makes 24 • Prep 20 mins • Bake 10 mins • \$ • 1/3 Ease • Vego • Vegan option

These are my all-time favorite cookies. My mum has made these for me since I was little. She has toted them in her suitcase all over the world – New York, Florence and Sydney – because I request that she bring them every time she comes to visit. They are truly a phenomenal cookie and this recipe is out of this world.

INGREDIENTS

230g butter at room temperature
1½ cup white sugar
2 eggs
½ tsp vanilla extract
2¾ cups plain flour
2 tsp cream of tartar
1 tsp baking soda
½ tsp salt
½ cup white sugar
4-6 tbsp ground cinnamon

TIP

- If you don't have cream of tartar on hand, substitute lemon juice or vinegar
- Electric mixers are a great tool to have in the kitchen, especially if you bake a lot. While stirring by hand works too, beating ensures that the mixture is light, fluffy and mixed well without those pesky lumps
- For a vegan variation, substitute Nuttalex for butter and flaxseed meal or chia seeds for the eggs (3 tbsp water + 1 tbsp flaxseed meal/ chia seeds = 1 egg)

METHOD

1. Preheat oven to 170°C and line a baking tray with baking paper.
2. Combine sugar and butter together in a mixing bowl with an electric mixer until well mixed. Add eggs and vanilla extract. Continue to mix until pale and fluffy.
3. Add cream of tartar, baking soda and salt. Mix together while adding ½ cup increments of flour until everything is combined.
4. For the cinnamon sugar, combine sugar and cinnamon.
5. Shape dough into small balls (approx 2 tbsp in size) and roll in the cinnamon sugar.
6. Place coated dough balls 2 inches apart on the baking tray.
7. Press a fork across the middle of each dough ball twice to flatten slightly.
8. Bake for 8-10 mins, until the edges are lightly golden brown. Cool on the trays for 10 mins, before transferring to a cooling rack.



Double Decker Pumpkin Brownie Bars

Rosie-Anne Bogumil

Makes 16 • Prep 25 mins • Bake 25 mins • \$\$ • 2/3 Ease • Vego/Gluten-Free • Vegan option

The first time I made this recipe, I had let my pantry run dry – no flour, no butter, no sugar... whoops! I still managed to make something amazing: part-brownie, part-cake, part-biscuit. Whatever it is, it's damn delicious.

INGREDIENTS

Pumpkin layer

250g Kent pumpkin
210g rolled oats
80g brown sugar
2 tsp baking powder
1½ tsp ground cinnamon
1 tsp ground nutmeg
½ tsp bicarbonate soda
½ tsp ground ginger
½ tsp ground cloves
100g coconut oil, softened

Chocolate layer

140g coconut oil, melted
5 eggs at room temperature
110g coconut sugar
100g raw cacao powder
50g coconut flour

METHOD

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. For the pumpkin layer, steam the pumpkin in the microwave or on the stovetop until soft. Set aside to cool slightly.
3. Using a food processor pulse the oats until a coarse flour forms. Transfer the flour to a mixing bowl.
4. Add the rest of the dry ingredients to the oat flour and stir to combine, ensuring that there are no lumps of brown sugar left.
5. Meanwhile, add the pumpkin and coconut oil to a food processor and puree until smooth. Pour the mixture into the dry ingredients and stir until well combined.
6. For the chocolate layer, in a separate mixing bowl, whisk together the coconut oil and eggs.
7. Add the coconut sugar, cacao powder and coconut flour. Mix until a thick, shiny dough forms.
8. Spread half the chocolate dough into an even layer at the bottom of the baking tray.
9. Make the next layer with half the pumpkin mixture. Repeat with the rest of the chocolate dough and pumpkin mixture.
10. Bake for 25 mins until the edges are golden and the centre is firm. Allow to cool completely in the tray before transferring it to the fridge to set.

TIPS

- For a vegan variation, substitute flaxseed meal or chia seeds for the eggs (3 tbsp water + 1 tbsp flaxseed meal/ chia seeds = 1 egg)



Vegetarian Shepherd's Pie

Sam Cunningham

Serves 6 • Prep 25 mins • Cook 25 mins • \$ • 2/3 Ease • Vego/Gluten Free • Vegan option

This is a great, hearty and healthy dish that is absolutely delicious. It's definitely a favourite in my kitchen. My meat-eating friends and family love it too!

INGREDIENTS

1 tbsp olive oil
1 medium brown onion,
finely diced
1 (400g) can lentils, drained
and rinsed
1 beef or chicken stock cube
½-1 cup frozen vegetable mix
3-4 potatoes, peeled
and chopped
2 tbsp milk
2 tbsp butter
Salt and pepper, to taste
½-1 cup grated cheese

METHOD

1. Preheat oven to 180°C.
2. Heat oil in a large saucepan over medium heat. Sauté onion until cooked through.
3. Add lentils to the saucepan and cook until hot.
4. Meanwhile in a cup, add the stock cube to ½ cup of boiling water and stir until stock cube is fully dissolved.
5. Add stock and frozen vegetables to the saucepan and simmer until the vegetables are hot and the sauce is at the desired consistency (if the sauce becomes too thick, add more water for a thinner consistency). Set aside.
6. For the mashed potatoes, boil potatoes in a large pot until tender (15-20 mins).
7. Drain potatoes. Mash with an electric mixer, potato masher or fork. Add milk, butter, salt and pepper. Mix until fluffy.
8. Place the lentil mixture into a small casserole dish and cover with the mashed potatoes.
9. Sprinkle cheese evenly over the top and bake in the oven until the cheese is melted.

TIPS

- If you don't have access to an oven, use a microwave instead
- Stock cubes are generally vegan
- For a vegan variation, leave out the cheese, use dairy-free milk and substitute Nuttelex for butter



Nutella Brownies

Pierre Hemming

Serves 16 • Prep 10 mins • Cook 15 mins • \$\$ • 1/3 Ease • Vego • Vegan option

The first time I made these brownies, they were for my Melbournian girlfriend who came over to Sydney for a couple of days. She loved them! Since then, I've made it for my friends and college mates who all seem to enjoy it.

INGREDIENTS

1½ cups Nutella
2 eggs
1 cup self-raising flour

METHOD

1. Preheat oven to 180°C. Line a 20 cm baking tray with aluminium foil.
2. Mix Nutella, flour and eggs into a large bowl until smooth and lump-free.
3. Pour the mixture into the tray and bake for 15-20 mins.
4. Cool for 15 mins in the tray before serving.

TIPS

- Stick a toothpick in the centre 15 mins into the baking to check if the brownies are done. When you pull out the toothpick, it should look moist with tiny crumbs. If it comes out with wet batter, continue baking. If the toothpick comes out dry, it is overdone
- For a vegan variation, substitute flaxseed meal or chia seeds for the eggs (3 tbsp water + 1 tbsp flaxseed meal/ chia seeds = 1 egg)



Chicken & Pumpkin Bake

Munawwar Abdulla

Serves 2 • Prep 10 mins • Cook 1 hr • \$\$ • 1/3 Ease • Gluten-Free

This is my grandpa's recipe. This is surprising in three respects: he only ever eats Uyghur (Central Asian Turkic) food, it includes pumpkin (which he normally despises) and he never cooks. The sweetness of the pumpkin goes incredibly well with the cumin-flavoured juiciness of the chicken, making it a simple but effective recipe.

INGREDIENTS

5 chicken wings
¼-½ pumpkin, unpeeled, chopped
Cumin powder
Salt or chicken salt
Cooking oil
Chilli powder
Pepper
Paprika
Bread of choice, to serve

METHOD

1. Preheat oven to 200°C. Thinly coat a baking tray with oil.
2. Place chicken wings and pumpkin onto tray so that they sit snugly without overlapping.
3. Evenly and generously sprinkle the spices and drizzle oil over the chicken and pumpkin.
4. Bake for 1 hour.
5. Serve hot, with bread.

TIP

Turn over the chicken after it has been baking for 30 mins and season the other side for an even taste. Serve with bread and "etken chai" (black tea + milk + salt + cream) for a traditional Uyghur experience



Icy Fruity Yoghurt Treats

Roy King Cao

Makes 24 • Prep 10 • Freeze 2 hrs • \$\$ • 1/3 Ease • Vego/Gluten-Free

It's like a kiss – sweet, quick, and most people you give it to will love you for it.

INGREDIENTS

2 cups frozen fruit of choice
2 cups vanilla yoghurt
3 tsp honey

METHOD

1. Blend all ingredients for 2 mins at low-medium speed.
2. Pour into an airtight container and wrap securely.
3. Freeze for 2 hours, or until completely frozen.

TIP

A nice party tip is to use cheap, mini cupcake containers or ice cube trays to make individual servings of the treats for easier serving and cleanup

CHEF RECOMMENDS

Mango and banana

Pictured: Berry mix treats



Spicy Pumpkin Soup

Ella Cannon

Serves 4-6 • Prep 10 mins • Cook 1 hr 15 mins • \$\$ • 2/3 Ease • Vego/Vegan/Gluten-Free

I loved when my father would make this dish because he would use all the spices in our kitchen. He would add extra chilli, and over the years I've added more and more cayenne pepper. When people eat it they almost forget it's a pumpkin soup.

INGREDIENTS

500g butternut pumpkin, skin removed and diced
1 tsp rosemary
4 tbsp olive oil
1 large white onion, chopped
2 medium garlic cloves, minced
½ tsp sea salt
1-2 tsp cayenne pepper
1 tsp chilli flakes
½ tsp cumin
½ tsp garam masala
1 (400g) can lentils, drained
1 cup vegetable stock
½ cup full fat coconut milk
Ground black pepper, to taste
Turkish bread, to serve

METHOD

1. Preheat oven to 220°C and line a baking tray with baking paper.
2. In a large bowl, combine pumpkin, rosemary and 1 tbsp olive oil and toss until the pumpkin is evenly coated.
3. Spread pumpkin evenly onto baking tray and roast for 20-35 mins, or until pumpkin is easily pierced through with fork. Set aside to cool.
4. Heat remaining 3 tbsp olive oil in a large heavy-based pot over medium heat. Add onion, garlic and salt and stir to combine. Cook for 5 mins, or until onions are translucent.
5. Add cayenne pepper, chilli flakes, cumin and garam masala and stir for 1 min.
6. Add pumpkin and lentils. Mix to break up the pumpkin.
7. Pour in the stock and bring to boil. Reduce heat and simmer for 15 mins.
8. Stir in coconut milk, then remove from heat to cool slightly.
9. Once cooled, blitz soup with blender until creamy. Season with pepper.
10. Serve with toasted Turkish bread.

TIPS

- Soup may be refrigerated for up to 4 days or frozen for up to 3 months
- For a chunkier soup, mix with a hand mixer instead of a blender
- Substitute the Turkish bread if you are gluten-conscious



Bubur Manado

(Manado Porridge)

Antoni Tsaputra

Serves 6 • Prep 20 mins • Cook 30 mins • \$ • 1/3 Ease • Vego/Vegan/Gluten-Free

This is my favourite breakfast dish, especially when prepared with love by my wife when I am feeling unwell or exhausted from working too hard. This traditional Indonesian dish is healthy and restores my energy and emotional spirit.

INGREDIENTS

600 mL water
1 cup uncooked rice, washed
and drained
100g pumpkin, peeled and diced
into 1cm cubes
1 lemongrass stalk
2 garlic cloves, minced
300g corn kernels
1 cup broth (any variety)
100g spinach leaves, washed
Salt, to taste

METHOD

1. Bruise the lemongrass stalk by crushing it lightly with the side of a large knife.
2. Cook the water, rice, pumpkin, lemongrass and garlic in a large saucepan over medium heat until the water boils. Stir until the pumpkin is soft and incorporated into the rice porridge.
3. Add corn, broth, spinach and salt. Cook until the spinach wilts and the porridge is thick and creamy.
4. Serve alone or with fried or grilled fish.



Caramel Fudge

Evangeline Woodford

Serves 24 • Cook 20 mins • \$ • 2/3 Ease • Vego/Gluten-Free

I found that this recipe was even better received when I absentmindedly left the sugar out, so I haven't bothered with it since! Plus... it means I can pass it off as "sugar-free" now... that means it's healthy, right?

INGREDIENTS

- 1 (400g) can sweetened condensed milk
- 125g butter, melted
- $\frac{3}{4}$ cup white chocolate melts
- 1 cup brown sugar (optional)
- 2 tbsps golden syrup

METHOD

1. Line a 20cm square cake tin with baking paper.
2. Combine the sweetened condensed milk, sugar, butter and golden syrup in a medium saucepan over low heat, stirring throughout to prevent clumping and burning. Allow the mixture to come to the boil while continuing to stir.
3. Boil for 10 mins, stirring continuously until it becomes thick and creamy.
4. Immediately remove from the heat and quickly add the white chocolate melts. Stir the mixture until the chocolate has mostly melted. Pour into the prepared tin before it cools.
5. Place in the fridge for 3-4 hours to set. Slice into small pieces to serve.

TIPS

- Store in the fridge for up to 2 months
- The key to this recipe is stirring continuously so the fudge doesn't burn, and boiling it for 10 mins so that it sets. Slightly burned fudge is still edible (and yummy), but there will be small flecks of burned bits throughout. If you underboil the fudge and it doesn't set, roll it into balls and coat them in cocoa powder, or flatten out the pliable fudge to use as wrappers for your own yummy fillings



Nanijan's Aaloo

Haya Saboor

Serves 2 • Prep 10 mins • Cook 45 mins • \$ • 2/3 Ease • Vego/Vegan/Gluten-Free

While this is a very simple recipe, it holds memories of growing up with my late grandmother and having this dish every other day. No matter where I am in the world, this dish takes me home.

INGREDIENTS

2 tbsp vegetable or olive oil
1 onion, finely diced
1 large, 2 small or 8 cherry tomatoes, finely diced
 $\frac{1}{2}$ tsp chilli powder
 $\frac{1}{2}$ tsp ground coriander
 $\frac{1}{4}$ tsp turmeric
2 medium potatoes, peeled and cut into rough chunks
1 tsp salt
Bread of choice, to serve

METHOD

1. Heat oil in a large saucepan over medium heat. Add onion and cook until browned.
2. Add tomatoes, chilli powder, ground coriander and turmeric. Stir until well combined. Cover the saucepan and cook for 5 mins, or until the onions and tomatoes are soft.
3. Add potatoes and enough water to completely submerge them (about $1\frac{1}{2}$ cups).
4. Reduce heat to low and cook for 20 mins, or until the potatoes are tender.
5. Uncover the mixture and simmer over medium high heat for 15 mins or until it is thick and evenly coats the potatoes. Season with salt.
6. Serve hot with bread.

TIP

If using a hotplate to cook, add more water and allow more cooking time



Cheese Sauce

Bernice Chung

.....
Cook 20 mins • \$ • 1/3 Ease • Vego/Gluten-Free
.....

A friend and I were cooking up a feast when we realised we were missing a vegetable side dish. We quickly rustled this up with what was lying around in her fridge and it turned out to be the best thing we made all day!

INGREDIENTS

2 tbsp butter
2 tbsp flour
1 cup milk
Salt and pepper, to taste
1½ cups shredded
cheddar cheese

METHOD

1. Melt butter in a medium saucepan over medium heat. Add flour and whisk for 1 min.
2. Slowly whisk in the milk and season with salt and pepper.
3. Stir with a wooden spoon until thickened (4-5 mins).
4. Remove from the heat and add cheese. Stir until melted.

TIP

Serve with broccoli or
experiment with your own
pairings

Pictured: Broccoli with
cheese sauce



Besto Pesto

Christopher Poulton

.....
Prep 10 mins • \$\$ • 1/3 Ease • Vego/Vegan/Gluten-Free
.....

The greatest thing about this pesto is that it counts as eating your greens and it can be used on anything to add a bit of a kick. I learned this amazing, simple recipe while working in England, in a small beach shack, serving fresh fish and steak. While running the barbecue, of course I had someone ask whether I had any shrimp on the barbie...

INGREDIENTS

3-5 tbsp olive oil
1 bunch fresh coriander
1 bunch fresh parsley
1 bunch fresh basil
5 garlic cloves
Salt and pepper, to taste

METHOD

1. Add 3 tsp olive oil, garlic, coriander, basil, parsley, salt and pepper into a blender or food processor.
2. Pulse until relatively smooth.
3. Add more olive oil depending on desired consistency.

TIPS

- Don't have a food processor? Roughly chop all of the ingredients for a chunkier, rustic pesto
- Rub it onto steak or fish before cooking, put it in pasta for some extra flavour or just spread it on toast



Pizza Dough

Cassandra Anne Roberts

.....
Prep 60 mins • Cook 10 mins • \$ • 1/3 Ease • Vego/Vegan
.....

This is a staple dish in my household. I remember the first time I ever made this with my parents for my nan. It was hectic in the kitchen, trying to fit into the tiny space with my nan's curious eyes following our movements. She no longer makes pizza the old way – she uses this healthier and lighter recipe instead.

INGREDIENTS

1 cup warm water
3 tsp dry yeast
2 tbsp olive oil
1 tsp sugar
Salt and pepper, to taste
2½-3½ cups plain flour

METHOD

1. Preheat oven to 180°C.
2. Mix together water, yeast, sugar, oil and salt and pepper in a large bowl. Cover with a tea towel and allow to rest for 15 mins.
3. Add one cup of flour and stir until the dough thickens. Add 1½ cups of flour and knead until the dough is relatively smooth and is not too sticky. Add more flour as required.
4. Place dough in a large, oiled bowl. Cover with a tea towel and rest for at least of 45 mins.
5. Sprinkle flour onto the counter and roll out the dough into 1-2 circular pizza bases. Top with your choice of toppings.
6. Bake for 8-10 mins.

TIPS

- This recipe can be used to make pie dough too. Skip the second resting time and roll it out straight away
- Sauté a clove of garlic in oil before adding to the dough for extra flavour
- If you do not use the dough straight away, store in the freezer in a Ziploc bag for up to 3 months



Microwave Chocolate Mug Cake

Sam Cunningham

Serves 1 • Cook 5 mins • \$ • 1/3 Ease • Vego • Vegan option

This is my favourite indulgent dish. I love baking but I don't have an oven in my apartment so I needed a delicious microwave recipe. After almost a year of experimentation, this is the result. It's perfect for after a draining exam, or during a long night of study.

INGREDIENTS

30-45g (4-6 squares)
dark chocolate
2 tbsp butter or vegetable oil
4 tbsp white sugar
1 egg
Pinch of salt
2 tbsp plain flour
1 tbsp cocoa powder
Splash of vanilla extract

METHOD

1. In a small bowl or large mug, combine chocolate and butter (or oil).
2. Microwave on high for 40 secs. Stir until all of the chocolate is melted. If it is not completely melted, microwave for another 20 secs.
3. Add the remaining ingredients to the melted mixture and mix well.
4. Microwave on high for 60 secs for a pudding-like consistency or 90 secs for a cakey texture.

TIP

- Try adding some peanut butter or serving with a scoop of ice cream
- For a vegan variation, use vegan chocolate and substitute flaxseed meal or chia seeds for the eggs (3 tbsp water + 1 tbsp flaxseed meal/ chia seeds = 1 egg)



Alambre with Mexican Salsa

Omar Barrueta Gallardo

Serves 4-6 • Prep 20 mins • Cook 30 mins • \$\$ • 2/3 Ease • Gluten-Free

I usually have this dish – along with a couple of margaritas – with my family on special occasions. Not only is it a delicious Mexican dish, it's also easy to find all the ingredients and simple to make!

INGREDIENTS

Alambre

300g bacon, sliced
500g beef, sliced
3 capsicums, diced
2 onions, chopped
2 tsp oil
250g mild shredded cheese
½ cup pineapple, chopped

Mexican Salsa

3 tomatoes, diced
3 green chillies, finely diced
½ coriander bunch, finely chopped
2 limes, juiced
½ tsp salt

Tortillas of choice, to serve

METHOD

Alambre

1. Fry bacon in a pan over medium heat. Add beef and stir until browned.
2. Add capsicums, onions and oil and stir for a few minutes until tender.
3. Remove from heat and add pineapple and cheese. Cover the pan to melt the cheese.

Mexican Salsa

4. In a separate bowl, mix tomatoes, onion, chillies, and coriander in a bowl.
5. Add salt and drizzle with lime juice.
6. Serve the alambre on hot wheat or maize tortillas, with a side of the Mexican salsa.

TIPS

- Steam the capsicums for 10 mins before frying for a softer texture
- Choose a tender beef cut (such as sirloin, ribeye or tenderloin), or use beef strips sold as “stir fry beef” at the supermarket
- Select gluten-free tortillas if you are gluten-conscious



Butter Chicken

Rahul Anand

Serves 4-6 • Prep 2 hrs • Cook 45 mins • \$\$ • 2/3 Ease • Gluten-Free

This is one of my favourite dishes. I order it at every Indian restaurant I go to and it is the sole way that I decide how the restaurant ranks in my books.

INGREDIENTS

500g chicken thigh or breast fillets, cut in to medium sized pieces
½ cup yoghurt
3 tsp garam masala
1½ tsp chilli powder
1 tsp ginger garlic paste
1 tsp salt
½ tsp turmeric
25g butter
1 tbsp oil
1 onion, finely diced
2 (170g) cans tomato paste
½ cup chicken stock
½ cup thickened cream
Rice, to serve

METHOD

1. Mix chicken, garam masala, chilli powder, turmeric powder, ginger garlic paste, salt, and yoghurt. Set in fridge for 2 hours.
2. Heat oil and butter in a frying pan over medium heat. Add onion and fry until softened.
3. Add chicken mixture and fry until browned.
4. Stir in tomato paste and stock, cover and to bring to boil.
5. Turn heat down to simmer for 15 mins, occasionally stirring until the curry thickens and the chicken is cooked.
6. Add cream and simmer for 5 mins.
7. Serve hot with rice.

TIP

Add coriander leaves and a hint of lemon for added flavour and aroma



Bulgogi Rice Burger

Olivia Wong

Serves 4 • Prep 45 mins • Cook 20 mins • \$\$ • 3/3 Ease • Gluten-Free

I had my first rice burger when I was travelling with my family in Korea. It was Winter, so the temperature was around 0°C. When I had the rice burger, I immediately felt warm from the spiciness!

INGREDIENTS

Bulgogi Pork

100g pork chop, cut into thin strips

1 tbsp minced garlic

2 tsp Korean chilli paste

1 tsp soy sauce

1 tsp rice wine

$\frac{1}{2}$ tsp sugar

80g kimchi

$\frac{1}{4}$ onion, finely sliced

30mL water

1 tsp sesame oil

Rice Buns

2 bowls cooked short grain rice

$\frac{3}{4}$ tbsp sesame oil

$\frac{1}{2}$ tsp sesame seeds

Pinch of salt

$\frac{1}{4}$ tsp soy sauce

Seaweed slices, to serve

METHOD

1. For the bulgogi pork, mix the pork with the garlic, chilli paste, soy sauce, rice wine and sugar in a medium bowl.
2. For the rice buns, combine rice, $\frac{1}{4}$ tsp sesame oil, sesame seeds and salt in a large bowl. Mix well and set aside.
3. Line two small circular cake pans or clean tuna cans with cling wrap. They will act as rice bun moulds. Make 2cm thick buns by filling the mould with some of the seasoned rice and pressing down to flatten. Gather the cling wrap to cover the rice. Rest the rice bun in the mould for 5 mins.
4. Uncover the rice from the cling wrap and mould. Brush the top of the rice buns with sesame oil and soy sauce. Repeat for the remaining rice.
5. Heat a large frying pan over low heat. Place the rice buns oil side down and cook on both sides until they are lightly crusted. Transfer onto non-stick baking paper.
6. Using the same pan, increase heat to medium high. Add the marinated pork, kimchi, onion, water and sesame oil into the pan. Cook for 5-7 mins, stirring occasionally until the pork is tender.
7. To serve, arrange some slices of pork onto a rice bun, add some seaweed slices, and top with another rice bun. Repeat with the remaining pork and buns.

TIP

- You can use other proteins, such as fish, beef and chicken, instead of pork. Feel free to adapt to your own tastes
- If Korean chilli paste is not available, substitute normal chilli paste or powder



Masala Fish Curry

Jaya Punjabi

Serves 4 • Prep 5 mins • Cook 40 mins • \$\$ • 2/3 Ease • Gluten-Free

I love cooking, but I always feel like my mum's recipes are too hard to imitate. This is the first dish I ever learned from her, and I am glad that it turned out delicious! Over time, I've learned that Indian cooking is all about having the right quantities of spices.

INGREDIENTS

2 tbsp vegetable oil
2 large onions, diced
2-3 garlic cloves, crushed
2 (400g) cans diced tomatoes
Small bunch fresh coriander leaves, roughly chopped
2 tbsp dried fenugreek leaves
1 tbsp ground coriander
1 tsp garam masala
½ tsp turmeric
Chilli powder, to taste
Salt, to taste
700-800g fish fillets, rough chunks
Rice, to serve

METHOD

1. Heat oil in a large saucepan over medium heat. Add the onions and garlic and cook for about 5 mins.
2. Add the tomatoes, coriander leaves, fenugreek, ground coriander, garam masala, turmeric and chili powder, and salt and stir. Cover and simmer over medium heat until reduced.
3. Increase heat to high. Add fish and stir occasionally for 2 mins. Turn the fish very slowly, so that the pieces do not break.
4. Reduce the heat to medium-low and simmer for another 10-15 mins until well combined and the fish is cooked.
5. If desired, add ¼ cup water for a thinner consistency.
6. Serve hot, with steamed rice.

CHEF RECCOMENDS

I use boneless basa, but any white fish will work



Chilli Con Carne

Alexander Chen

Serves 4-6 • Prep 10 mins • Cook 45 mins • \$\$ • 1/3 Ease • Gluten-Free

You know it's good when your girlfriend's mum asks for the recipe.

INGREDIENTS

2 tbsp olive oil
1 large or 2 small brown
onions, finely diced
1 carrot, finely diced
1 can beans of choice,
drained and rinsed
1 (400g) can diced tomatoes
1 beef stock cube
2 garlic cloves, minced
1 capsicum, diced
500g minced meat (any variety)
1 tbsp Italian herb mix
Chilli flakes or powder,
to taste
Salt and pepper, to taste
Rice, avocado, shredded cheese
and sourcream, to serve

METHOD

1. Heat oil in a large saucepan over medium heat. Add garlic and cook until fragrant.
2. Stir in the onion, capsicum and carrot and cook until the vegetables soften.
3. Add minced meat and cook while stirring to break up mince until browned and cooked through.
4. Add remaining ingredients. Reduce to low-medium heat. Simmer while stirring occasionally for 5-10 mins.
5. Serve hot with rice, avocado, shredded cheese and/or sour cream.



Mushroom & Leek Pappardelle

Madison Sloane

Serves 4 • Prep 10 mins • Cook 30 mins • \$\$\$ • 2/3 Ease • Vego/Vegan/Gluten-Free option

When I was younger I didn't like mushrooms at all, and was always horrified whenever they appeared in my dinner. I changed my mind completely when I was a bit older and realised that they actually taste amazing. Now I can't get enough of them!

INGREDIENTS

10g dried porcini mushrooms
1 tbsp olive oil
1 leek, washed, finely chopped
8 slices pancetta, finely chopped
2 large garlic cloves, crushed
500g mixed mushrooms, sliced
(fresh shiitake, Swiss brown and flats)
350mL stock (any kind)
400g pappardelle pasta
4 eggs
2 tbsp fresh thyme leaves
Parmesan cheese
Salt and pepper, to taste

TIPS

- Use vegetable broth and leave out the pancetta (be sure to use extra salt) and parmesan for a vegetarian or vegan option
- For extra flavour, substitute stock for white wine
- Poaching eggs can be difficult. Use an egg poacher or add vinegar to the simmering water
- Use any mushrooms you like
- Use gluten-free pasta if you are gluten-conscious

METHOD

1. Cover porcini mushrooms in boiling water and allow to stand for 10 mins to soften. Drain, reserving liquid. Finely chop the porcini mushrooms.
2. Heat oil in a large, deep frying pan over medium heat. Add leek, garlic and pancetta and sauté for 5 mins or until pancetta starts to colour.
3. Add mixed mushrooms and porcini mushrooms and cook, stirring often, for 5 mins or until softened.
4. Add the reserved porcini liquid and stock into the pan and simmer over medium heat for 4-5 mins or until sauce reduces slightly.
5. Meanwhile, cook the pappardelle in a large saucepan of boiling salted water until al dente. Drain pasta and return to the hot saucepan.
6. Poach eggs in a separate saucepan of simmering water.
7. Add mushroom sauce and thyme to the pappardelle and toss over low heat until combined.
8. Pile the pasta and sauce into warm bowls and top each with a poached egg. Grate parmesan over the top and season with salt and pepper.



Spaghetti & Meatballs

Jun Wey Lau

Serves 4 • Prep 30 mins • Cook 45 mins • \$\$ • 2/3 Ease • Gluten-Free option

Before moving into my college, I didn't know how to cook, but after I made this dish, I felt like I could make anything. It is by far the best pasta dish I've ever made or tasted in my life – nothing else compares. This dish is guaranteed to impress your friends and family.

INGREDIENTS

Meatballs

500g minced beef
250g minced pork
250g minced veal (or pork)
1 cup fresh breadcrumbs
¾ cup warm water
½ cup freshly grated
Parmesan cheese
¼ cup dry breadcrumbs
1 egg, beaten
2 tbsp fresh flat-leaf
parsley, chopped
½ tsp ground nutmeg
Salt and pepper, to taste
2 tbsp olive oil
2 tbsp vegetable oil

Sauce

1 tbsp olive oil
3 cloves garlic
1 onion, finely diced
½ cup Merlot (red wine)
2 (400g) cans crushed tomatoes
1 tbsp fresh flat-leaf parsley,
chopped
2 tbsp sugar
Salt and pepper, to taste

500g cooked spaghetti
Grated Parmesan cheese

METHOD

1. Using a fork, mix the minced meats, both types of breadcrumbs, water, cheese, egg, parsley, nutmeg, salt and pepper in a large bowl until just combined. Form the mixture into 3cm diameter meatballs.
2. In a large frying pan, heat the olive oil and vegetable oil over medium-low heat. Add the meatballs into the pan in batches and brown on all sides.
3. Remove the meatballs onto a paper towel-lined plate. Discard the oil, but do not clean the pan. For the sauce, heat olive oil in the same pan over medium heat. Add onion and sauté for 5-10 mins until translucent.
4. Remove the meatballs onto a paper towel-lined plate. Discard the oil, but do not clean the pan.
5. For the sauce, heat olive oil in the same pan over medium heat. Add onion and sauté for 5-10 mins until translucent. Add garlic and cook for 1 min.
6. Increase heat to high. Add wine and stir through, scraping up all the brown bits in the pan. Cook for 3 mins until almost all the liquid has evaporated.
7. Stir in tomatoes, parsley, sugar and salt and pepper. Return the meatballs to the sauce, cover, and simmer on the lowest heat for 25-30 mins.
8. Serve hot with spaghetti and grated Parmesan cheese.

TIP

Use gluten-free pasta if you are gluten-conscious



Chickpea Curry

Ellen Hewitt

Serves 4-6 • Prep 10 mins • Cook 30 mins • \$ • 2/3 Ease • Vego/Vegan/Gluten-Free

My best friend and I always make a double batch of this dish so that we can save some for lunches. We both have such hectic schedules and always need food that will be ready in a snap and won't break the bank. We avoid wearing white when making this dish because we chop, measure and simmer all the ingredients with such haste that a significant amount of the meal ends up on our clothes, and not in our mouths. Despite that, it always seems to turn out perfectly.

INGREDIENTS

1 tbsp olive oil
1 medium onion, finely chopped
3-4 garlic cloves, minced
2 tsp ground cumin
2 tsp garam masala
¼ tsp turmeric
¼ tsp smoked paprika
Salt and pepper, to taste
2 (400g) cans
chickpeas, drained
Fresh coriander, rinsed
and chopped
Rice, to serve

For classic version add

1 (3cm) knob of fresh
ginger, minced
1 (400g) can diced tomatoes

For eggplant variation add

1 eggplant, finely diced
1 cup unsweetened coconut milk
1 tbsp curry powder

For sweet potato variation add

1 (3cm) knob of fresh
ginger, minced
1 (400mL) can coconut milk
2 tbsp red Thai curry paste

METHOD

Classic version

1. Heat oil in a large saucepan over medium-high heat. Add onion, garlic and ginger and cook, stirring occasionally until softened and onion is translucent.
2. Add cumin, garam masala, turmeric and paprika, and cook while stirring for 2 mins.
3. Add tomatoes and salt and pepper to the pan. Reduce heat to a simmer and cook, stirring occasionally, for 4 mins.
4. Add chickpeas. Cover and cook, stirring occasionally, for 5 mins.
5. Sprinkle with coriander and serve hot with rice.

Other variations on the next page

Pictured: Classic
Chickpea Curry

Eggplant variation

1. Heat oil in a large saucepan over medium-high heat. Add onion, garlic and eggplant to the pan, cook while stirring occasionally until softened and onion is translucent.
2. Add cumin, garam masala, turmeric, paprika, salt and pepper, chickpeas, curry powder, and coconut milk. Reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 mins.
3. Sprinkle with coriander and serve with rice.

Sweet potato variation

1. Heat oil in a large saucepan over medium-high heat. Add onion, garlic and ginger and cook while stirring occasionally until softened and onion is translucent.
2. Add cumin, garam masala, turmeric, paprika, salt and pepper, sweet potato, coconut milk and curry paste and stir to combine.
3. Bring to a boil, then reduce heat to maintain a simmer and cook, stirring occasionally, for 20-30 mins uncovered.
4. Sprinkle with coriander and serve with rice.

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NOURISHED
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Matt Caldicott
Our Guest Chef

PRESENTED BY



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For more information about the Student Cookbook, please visit:
arc.unsw.edu.au/cookbook

