





China Dumplings







Haly Pasta





France Bread Bon Apetit

The Arts and Culture Team presents





SHAHI PANEER

Recipe sent in by Aman

INGREDIENTS:

paneer (ricotta cheese)

onion

tomatoes

ginger

chillies (optional)

oil/butter

coriander leaves

salt

turmeric

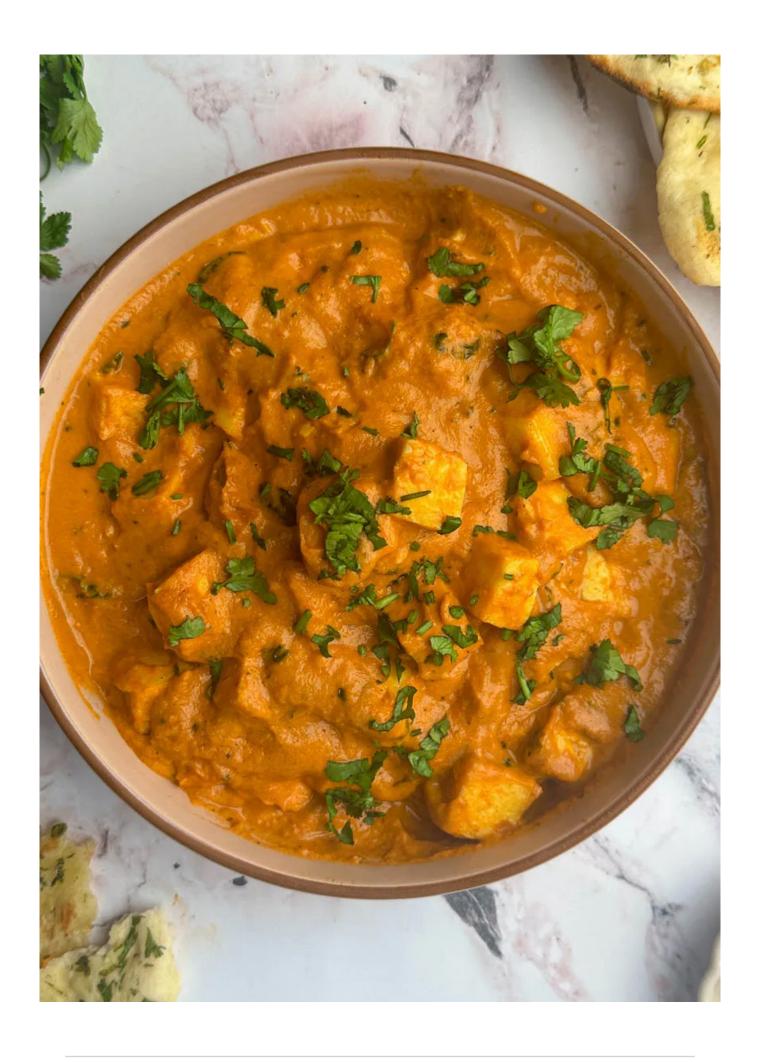
cumin seeds

whipping cream

INSRUCTIONS:

Put chopped onion, tomatoes and ginger in a pan with some water. When soft turn the flame off. Put the ingredients in a mixing jar and grind it to a fine paste.

In a pan put some oil or butter depending on your preference. Place half a teaspoon of cumin seeds, mixed onion/tomato paste. Let it cook for 10 minutes then add salt, turmeric and whipping cream. Cook for an additional 2 minutes. Put paneer cubes in and garnish with coriander leaves.



SRI LANKAN KOKIS

Recipe sent in by Maheeka

INGREDIENTS:

1 Egg250g rice flour1/2 tsp turmeric1/4 tsp salt1 litre oilcoconut milk

Please note, you will need a Kokis mould for this

INSRUCTIONS:

Beat the egg. Sieve flour into a bowl and add the egg, turmeric, salt and sufficient coconut milk to make a thick batter. Heat the oil and when bubbling hold the kokis mould in the oil until the mould is hot. Carefully dip the mould into the batter, taking care not to submerge it completely.

Remove from the batter and place in the hot oil where the batter should separate from the mould but still retain its shape as it deep fries.

If the batter sticks it may need to be eased from the mould with a wooden toothpick. Repeat the process until all the batter is used.



MILK RICE

Recipe sent in by Dilanthi

INGREDIENTS:

2 cups raw rice 4 1/4 cups coconut milk 6 cups water 1 pinch salt

INSRUCTIONS:

Steam the rice with the water and salt. Add the coconut milk. Put it into a dish before it get cold. Shape it with a flat spoon into any shape (eg: round, square, triangle, heart, flower). Cut into pieces and serve. This can be eaten with curries.



BANGLADESHI CHICKEN KORMA

Recipe sent in by Tahzeeba

INGREDIENTS:

1 kg chicken with bone

1 large onion thinly sliced

1.5 tbs ginger paste

1 tbs garlic paste

1 stick of cinnamon

2 green cardamom

2 bay leaves

1 tbs coriander powder

1/2 cup warm milk

2 tbs natural yogurt

6/7 green chillies (do not slit)

salt to taste

sugar 1 tsp

oil half cup.

pure ghee 2 tsp (optional)

1 tsp Diluted kewra water

1 wedge of lime or lemon

INSRUCTIONS:

Heat oil in a pan on medium flame and fry onion slices until golden brown. Add cinnamon, cardamom and bay leaves (alternatively you can use garam masala powder). Add ginger, garlic paste and coriander powder. Add 1/2 tablespoons of water so the spices don't burn. Sauté and once the oil has seperated from the spices add your chicken, whisked yoghurt and salt.

Mix well and cook with the lid on for 5 minutes. Add warm milk and sugar. Cook with the lid on until chicken is done. In the last 5 minutes of cooking add chillies, ghee, kewra water and a squeeze of small lemon wedge. It goes with polao (pilaf of Bangladesh) or plain rice best.

Tips:

- Please always take caution when using kewra water because a little too much will ruin the smell and always buy the diluted one that comes in a glass bottle as it's easier to use.
- Instead of frying onions you can cheat and use store bought fried onions.
- Chillies are just for the flavour because the dish is not spicy at all. Not slitting and adding in the last few minutes ensures you will get the aroma of it without making it spicy.
- To make the dish richer use 2 tablespoon of cashew or almond paste, more ghee and add sultanas at the end.



SPINACH WHEAT FLOUR FLATBREAD (POORI)

Recipe sent in by Pragati

INGREDIENTS:

spinach poppy seeds

chilli whole wheat flour

garlic oil

cumin powder turmeric sesame seeds yoghurt

salt

INSRUCTIONS:

Make a puree of spinach with chilli, garlic, cumin powder, salt and just keep aside. Add puree to the whole wheat flour.

Add some sesame seeds, poppy seeds, 1 teaspoon of yoghurt and make this into a soft dough. Once your dough is ready make some small different shapes of flatbread with roller.

Put a pan with oil for deep frying on the stove top. Deep fry spinach the flatbread. Once cooked this is ready to eat!



THEPLA (TRADITIONAL PARATHA)

Recipe sent in by Hiral

INGREDIENTS:

2 cups wheat flour 1 small piece Ginger 2 fenugreek leaves 1 tsp garlic paste 1 tbs yoghurt 1 tsp sesame seeds

1 tsp salt 1 tsp oil

1 tsp turmeric powder 1 cup coriander 2 tsp green chilli paste 1 tsp carom seeds

INSRUCTIONS:

Take a large mixing bowl and add wheat flour, turmeric powder, ginger, garlic and chilli paste, carom and sesame seeds, salt, oil, yoghurt.

Mix it well.

Chop the fenugreek leaves and add it. If you don't have any fresh fenugreek leaves, you can use dry kasuri methi. Add chopped coriander.

Mix all ingredients well and add a little warm water as required. Knead it to a semi stiff smooth a dough. Now make small lemon size balls from dough. Take a ball, dust it in to the flour and roll it using rolling pin. Make a thin circle shape.

Heat a tawa/griddle over medium high heat. Once the is hot, place the roll thepla on it. Cook it both sides over medium heat until you see light brown spots.

Apply 1/2 tsp oil and spread evenly. Lightly spread all over using spatula and roast on both sides for few seconds. Remove thepla from tawa and keep it in a basket. This is best recipe for picnic. You can store 3 days at room temperature.



GIBANICA/PHYLLO FETA CHEESE PIE

Recipe sent in by Marina

INGREDIENTS:

1 package phyllo dough (500g)6 large eggs2 cups crumbled feta cheese1 cup cottage cheesedrained sitan sira

1/2 cup oil(more for greasing pan)1 tbs baking powder1 1/3 cup sparkling water salt, to taste

INSRUCTIONS:

Preheat over to 200C). Grease a 9×13 baking pan with oil and set aside.

In a mixing bowl, beat the eggs until well combined then add in the sparkling water, baking powder, oil, and oil. Mix well.

Add the crumbled feta cheese and drained cottage cheese to the egg mixture. Stir everything well and set aside. Make sure you taste your feta cheese first to determine how salty it is. If it is really salty, add just a pinch of salt to the egg mixture. If not too salty, add about 1/2 teaspoon of salt.

Unroll the phyllo dough sheets. Place 1 sheet in the bottom of the baking pan and add in 1-2 ladles of the egg and cheese mixture, making sure to include pieces of cheese. Spread the mixture across the phyllo dough but don't press down on the dough. Let it naturally settle. If your phyllo dough sheets are too big, tear them to make them fit in the baking pan.

Continue layering the phyllo sheets and egg/cheese mixture until you've used up all of your ingredients. Make sure the last layer (top of the dish) is the egg/cheese mixture. If it's not, you'll need to beat a couple of additional eggs with a little bit of cheese to cover the top.

Using a spoon or fork, go around the baking dish and tuck in the corners and sides of the phyllo dough into the baking dish. Do this by pushing the sides and corners of the phyllo dough down into the dish using your spoon/fork.

Let the Gibanica sit on the counter for 15 minutes before placing it in the oven. This allows the phyllo sheets to absorb the liquid. After 15 minutes, place the Gibanica in the oven and bake until golden brown and cooked through (about 45 minutes). When the top has turned golden brown, place a piece of aluminum foil on top to prevent the top of the Gibanica from getting too dark.

After 45 minutes, remove the Gibanica from the oven. It will be very puffed up, about double in size. Cover it with aluminum foil and let it cool slightly and deflate, then remove the aluminum foil and cover with a dish towel. This prevents too much water from falling back onto the Gibanica as steam is released.

Serve at room temperature, cut into squares with yoghurt. This recipe good for breakfast or dinner.



CHICKEN BIRIYANI

Recipe sent in by Sumithra

INGREDIENTS:

For chicken masala:

1.2 kg chicken full chicken cut to medium pieces

8 medium onions

20 green chillies moderately hot

15 cloves garlic

2 inch ginger

7 medium tomatoes ripe

1 cup mint leaves chopped

1 1/2 cup cilantro coriander leaves

1 tsp cumin seeds

2 tsp fennel seeds

3 tsp cardamom

4 inch cinnamon pieces

1/4 nutmeg one small piece

4 tbs yogurt

salt to taste

For rice:

4 cups basmati rice

3 bay leaves

2 cardamom

2 inch cinnamon piece

1 star anise

1 mace

10 black peppercorn

1 lime small

salt to taste

For garnish:

2 onions thinly sliced

1 cup sultana raisins

1 cup Cashew nuts

salt to taste

INSRUCTIONS:

Add 1 teaspoon turmeric powder, 1 tablespoon Kashmiri chili powder, two tablespoons yogurt, and salt to the chicken. Mix well until the chicken pieces are coated well with this marinade. Keep it aside.

Wash and soak 4 cups of rice in water. The rice should be soaked for at least 1 hour.

Chicken masala:

Thinly slice the onions. Heat a cup of oil in a large pan. Once the oil is hot, lower the flame, and add the sliced onions to fry. Stir occasionally.

Give the green chilies, ginger, and garlic a quick blitz to make a coarse paste.

Slow-cook the onions till they turn brown, and add the ginger-garlicchilli paste. Combine and cook for a few minutes.

Add the chopped tomatoes, and continue cooking. Cook the tomatoes until they disappear into the mix. Now add chopped coriander leaves and mint leaves.

Mix well, and cook for 2-3 minutes. Add the marinated chicken pieces, two tablespoons yoghurt, and salt to the pan. Mix gently to get chicken pieces evenly coated with the onion masala in the pan. Close with a lid, and cook covered till the chicken is soft.

Powder cinnamon, cardamom, cumin seeds, fennel seeds, and nutmeg into a coarse powder.

This is our garam masala powder.

Open the lid, add the garam masala to the cooked chicken, mix well, and cook for another 3 minutes. Switch off the flame. That completes the first part of our biriyani - the chicken masala. Make sure that the chicken masala is moist enough so that biriyani won't go dry when we add the rice later.

Cooking rice:

In another pan heat 3 tablespoon of oil and 3 tablespoons of ghee on a medium flame. Fry 2 sliced onions, raisins, and cashew nuts until the onions turn brown. Lower the flame. Scoop them out, and leave them on a paper towel to soak up the extra oil.

Add the whole spices to the same pan and give them a quick fry. Drain off the water from the rice, and add it to the pan. Stir gently, and fry to get the rice to a crispy texture.

Add boiling water to the pan to cook the rice you are using. Squeeze one lime, add salt, and mix well.

Switch off the flame once the rice is cooked just enough.

Layering the biriyani:

Now we'll bring together all these elements to complete our biriyani.

From the pan, transfer half of the cooked rice to a bowl.

Evenly spread the cooked chicken masala on top of the remaining rice in the pan.

Now spread the remaining rice on the chicken masala. Now we add a layer of rice, a layer of chicken masala, and another layer of rice.

Garnish with the fried onions, sultanas, and cashew nuts that we had kept aside.

Close the lid. Cover tightly along the edges with aluminium foil. You can place something heavy on the lid to make it airtight.

On a low flame, cook again for 10 minutes. Switch off the flame, open the lid, and serve the biriyani hot.



KID-FRIENDLY RICE COOKER MUSHROOM CHICKEN RICE

Recipe sent in by Sangitha

INGREDIENTS:

1 cup uncooked rice
100g chicken breast/thigh,
minced or chopped into
small pieces
1 cup of shimeji and
sliced mushrooms
1 cup of thinly sliced cabbage

1 leek, white part only - sliced thinly
1 tablespoon ginger-garlic paste
2 slices ginger
drizzle of sesame oil
2 cups of chicken stock to
replace water for cooking rice

INSRUCTIONS:

In the rice cooker, combine rice grains, ginger-garlic paste and sesame oil. Stir in the chopped leeks.

Mix in the chicken, mushrooms and cabbage. Place the ginger on top and add chicken stock. Press the 'white rice' function on your rice cooker, or cook as you would regular rice, if your cooker doesn't have specific functions.

Tip:

• Once done, fluff up the rice, let it sit for another 5-10 minutes before serving.



GULABJAMUN

Recipe sent in by Dipika

INGREDIENTS:

milk powder sugar cardamom sunflower oil

INSRUCTIONS:

Form ball shapes from milk powder. Deep fry them in sunflower oil until they become brown. Put the balls in a sugar syrup made with cardamom seeds and serve.



RAS MALAI

Recipe sent in by Amna

INGREDIENTS:

1 tsp Baking powder2 cups Powder milk (nido)2 packs of Long life milk8-10 cardamom seedsalmonds as required

pistachio as required 1.5-2 cups Sugar 2 tbsp Clarified butter 1 tbsp Plain flour 2 eggs

INSRUCTIONS:

In mixing bowl, add powder milk, plain flour, baking powder, clarified butter and eggs. Mix them and knead them and make small balls from it or any shape you like.

Take a pot and add long life milk, add sugar and cardamons in it, let it boil. When it starts boil, add the balls in it. Give 2-3 boils and cook them on low flame for 10 minutes.

Put them in the fridge to cool and decorate it with almonds and pistachios chopped when served.



RICE IDLI

Recipe sent in by Pooja

INGREDIENTS:

1 1/2 cup rice flour, fine 1/2 cup rava/semolina/suji 1/2 tsp salt 1 cup curd1 cup water1/2 tsp eno fruit salt

INSRUCTIONS:

In a large bowl take 1 1/2 cup rice flour, 1/2 cup rava and 1/2 tsp salt.

Add 1 cup curd and 1 cup water. Mix well making sure there are no lumps.

Add water as required to form a smooth batter. Cover and rest for 10 minutes. After 10 minutes, the batter should have absorbed well.

Now add 1/2 tsp eno fruit salt and mix gently forming a frothy batter. Pour the idli batter into greased idli plate mould and keep in steamer. Steam for 10 minutes or until idli are cooked well. Finally, enjoy rice flour idli recipe with spicy chutney.



DOSA

Recipe sent in by Ramya

INGREDIENTS:

4 cups rice 1 cup Urad dhal 1 tsp fenugreek seeds

INSRUCTIONS:

Wash and soak rice, urad dhal and fenugreek seeds for 8 hours.

After 8 hours grind them in the mixer grinder until it is a smooth paste.

Keep the batter at a warm temperature to ferment for 10 hours.

Once it is fermented, mix well and pour in the pan into a thin shape similar to pancakes. Cook until slightly browned and enjoy!



SUSHI ROLL

Recipe sent in by Chihiro

INGREDIENTS:

sushi ricesoy saucevinegarseaweedsugarchickensaltavocado

INSRUCTIONS:

Cook the rice, then pour sushi vinegar over rice and mix before leaving to cool.

Put the nori sheet on a bamboo mat and spread sushi rice over the nori sheet. Put the ingredients on rice and roll. Enjoy!



SCOTTISH TABLET

Recipe sent in by Paula

INGREDIENTS:

900g granulated white sugar (yes, that much sugar!)
250ml of full-fat milk

397g tin of sweetened condensed milk 6 tbs butter

INSRUCTIONS:

Slowly dissolve the sugar, milk, and butter until it's smooth. This can be done in a pot on the stove but it's also easy to do in the microwave and lowers the risk of burning.

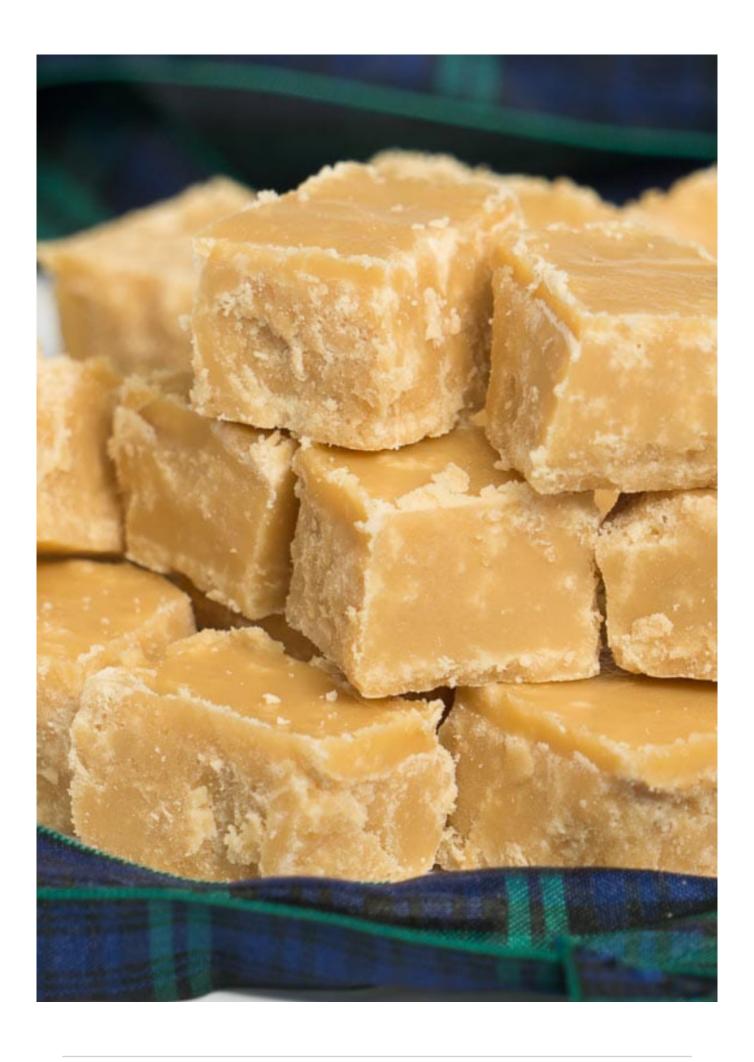
Put in a microwave-safe bowl and blast for 90 seconds at a time on a low or defrost setting. It'll take approximately 6 times in the microwave for it to melt into a smooth mixture.

Pour the liquid into a large pot on the stove. If you're using an electric stovetop you can use a trivet to stop the mixture burning.

Add the condensed milk and bring it up to a boil (stir continuously to stop it catching on the bottom of the pan).

Briskly simmer for about 20 minutes until the mixture darkens to a caramel colour, stirring continuously.

Take off the heat, quickly beat the mixture and pour it into a buttered swiss roll tin. Serve.



LOLLY CAKE

Recipe sent in by Alisha

INGREDIENTS:

120g Butter
1/2 tin of Sweetened
condensed Milk
desiccated coconut

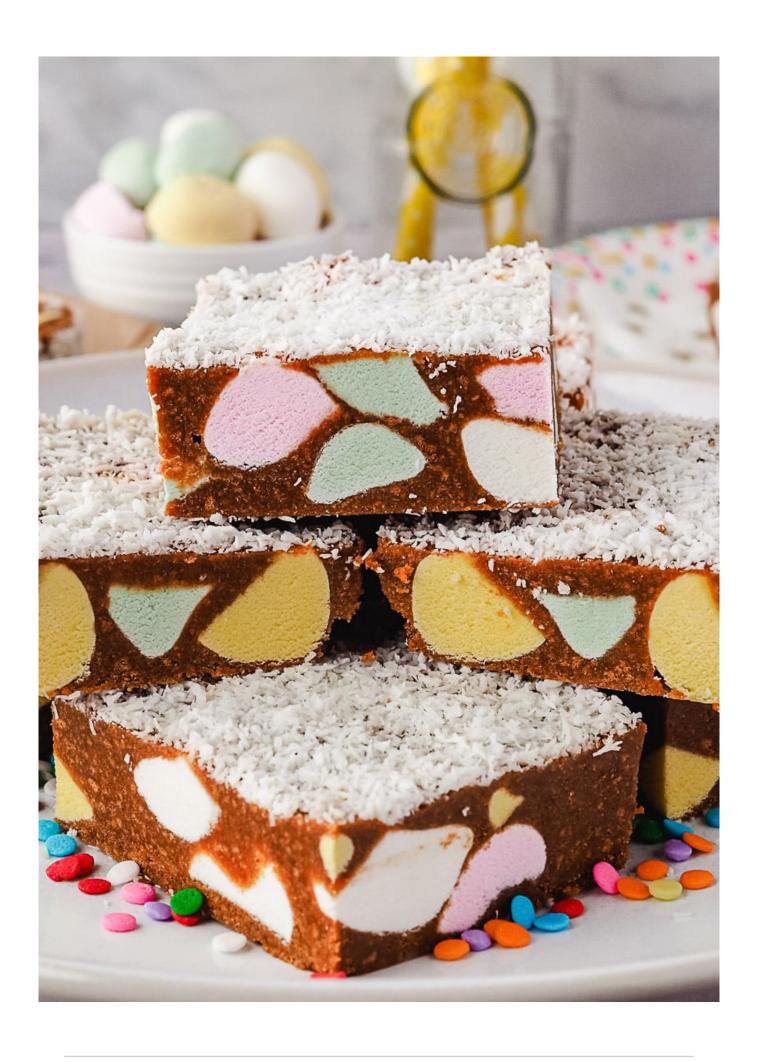
1 packet of Pascall explorers or fruit puff lollies 1 packet of Griffin's Malt biscuits (crushed)

INSRUCTIONS:

Warm butter and condensed milk in microwave. Cut explorers or fruit puffs into bite sized chunks.

Mix butter, condensed milk, crushed Malt biscuits and lollies together. Form into a log shape. Roll in coconut.

Chill in fridge for 4 hours. When set, cut into slices and serve.



VITUMBUA (COCONUT RICE PANCAKES)

Recipe sent in by Ibtisam

INGREDIENTS:

1 3/4 cup Coconut Milk,1 1/2 cups rice1 cup sugar

1 tsp instant yeast1 tsp cardamom powder

INSRUCTIONS:

Soak the rice for 4 hours or overnight in water then drain and put into a blender.

Add the coconut milk, yeast and cardamom powder and blend until batter is completely smooth for about 5 to 10 mins, in between pulses.

Once batter is smooth, pour into deep bowl, cover and set aside for at least half an hour in a warm, dark place.

The batter should have have risen, take it out, and add the cup of sugar and mix until incorporated.

Place a 7 hole cake/pancake/appam pan or a small kadai on the stove and add some oil, put it into each hole. Let the oil become hot. Take some batter and pour into the pan and let it fry on medium low heat, turn the pancakes with a skewer to cook the other side.

Serve warm with hot brewed tea (chai!)



JELLY CAKES

Recipe sent in by Emma-Lee

INGREDIENTS:

1 x 85 g Aeroplane Original Raspberry flavour Jelly400ml boiling water1 cup desiccated coconut 1 x 20 cm square vanilla sponge or butter cake cream to serve

INSRUCTIONS:

Mix your chosen flavour of Aeroplane Original Jelly Crystals with boiling water, and allow to cool to an egg white like consistency.

Cut the sponge cake into 12 large squares and then dip each square into jelly mixture, coating all sides, before gently rolling in coconut.

Place in the refrigerator until completely set (approx 2 hours).

Serve Jelly Cakes as is, or alternatively halve and sandwich together with whipped cream. Enjoy with your friends and family! You might like to try different jelly flavours. Maybe even orange to represent Harmony Day!



GHORMEH SABZI (PERSIAN HERB STEW)

Recipe sent in by Elham

INGREDIENTS:

1/4 cup canola oil, divided
1 large yellow onion, finely chopped
1 teaspoon ground turmeric
680gms boneless chuck roast,
cut into 1 1/2 inch cubes
1 1/2 cups finely chopped spinach
1 cup finely chopped green onions
(green part only)
1/2 cup finely chopped Italian
flat-leaf parsley
1/4 cup finely chopped cilantro

1/4 cup finely chopped chives
1/4 cup finely chopped
fenugreek leaves
1 1/2 cups water, or more as needed
salt and ground black
pepper to taste
1 lemon, juiced
4 dried Persian limes (limoo amani)
or more to taste
1 can red kidney beans,
drained and rinsed

INSRUCTIONS:

Heat 2 tablespoons oil in a large pot over medium-high heat. Add onion; cook and stir until deep golden brown, 10 to 15 minutes. Stir in turmeric for 1 to 2 minutes. Add chuck cubes; cook until coated in turmeric and browned on all sides, 8 to 10 minutes.

Heat remaining 2 tablespoons oil in a separate pot over medium heat. Add spinach, green onions, parsley, cilantro, chives, and fenugreek leaves; cook and stir until deep dark green in color, 5 to 10 minutes.

Stir spinach mixture into onion and chuck mixture. Pour in enough water to create a slurry consistency. Season with salt and pepper. Stir in lemon juice. Reduce heat, cover, and simmer stew until greens soften, about 1 hour.

Pierce dried limes with a fork; add to stew.

Continue simmering until chuck is tender, 30 minutes to 1 hour. Stir in red kidney beans. Cook until flavors combine, about 30 more minutes.

Discard dried limes before serving.

Serve with rice and enjoy.



POTATO ONION FRITTERS

Recipe sent in by Habiba

INGREDIENTS:

250g chickpea flour 1/2 tbs chilli 2 onions 1 tbs coriander

2 potatoes water
1 tbs salt oil to fry

INSRUCTIONS:

Chop thin slices of onions and potatoes then add chickpea flour. Add spices as mentioned and water to make a thick paste. Seperate the fritters into small balls and press them flat and fry.



PAV BHAJI

Recipe sent in by Shweta

INGREDIENTS:

4 tbs butter, divided.

2 ths oil

1/2 cup green bell pepper, chopped

1/2 cup green peas

1/2 cup tomato, chopped/canned diced tomatoes or crushed tomatoes.

1/2 cup red onion, chopped.

1/2 cup beetroot

1 potato, mashed, medium.

2 tsp ginger, paste.

2 tsp garlic, paste.

2 tsp pav bhaji masala

1 tsp coriander powder

salt, as per need

1 tsp lemon juice

water as per the consistency

tip: don't add too much water at once: If you add too much water in one go, the bhaji can get runny. This also makes it super tough to mash veggies if bhaji is too watery.

To Serve:

2 sprigs cilantro, chopped.

A dollop of Butter

finely chopped Onion.

INSRUCTIONS:

Boil veggies in a pressure cooker or you can also soften the veggies in a pan filled with some water, with lid on.

In a pan add the 2 tablespoon of butter and oil together. When hot, add the vegetables. Add ginger paste, garlic paste, pav bhaji masala, coriander powder, salt. Mix well.

With a vegetable masher, start mashing the vegetables till they combine well. Add little water till you get desired consistency. Serve this with chopped cilantro, chopped onion, lemon juice and dollop of butter.

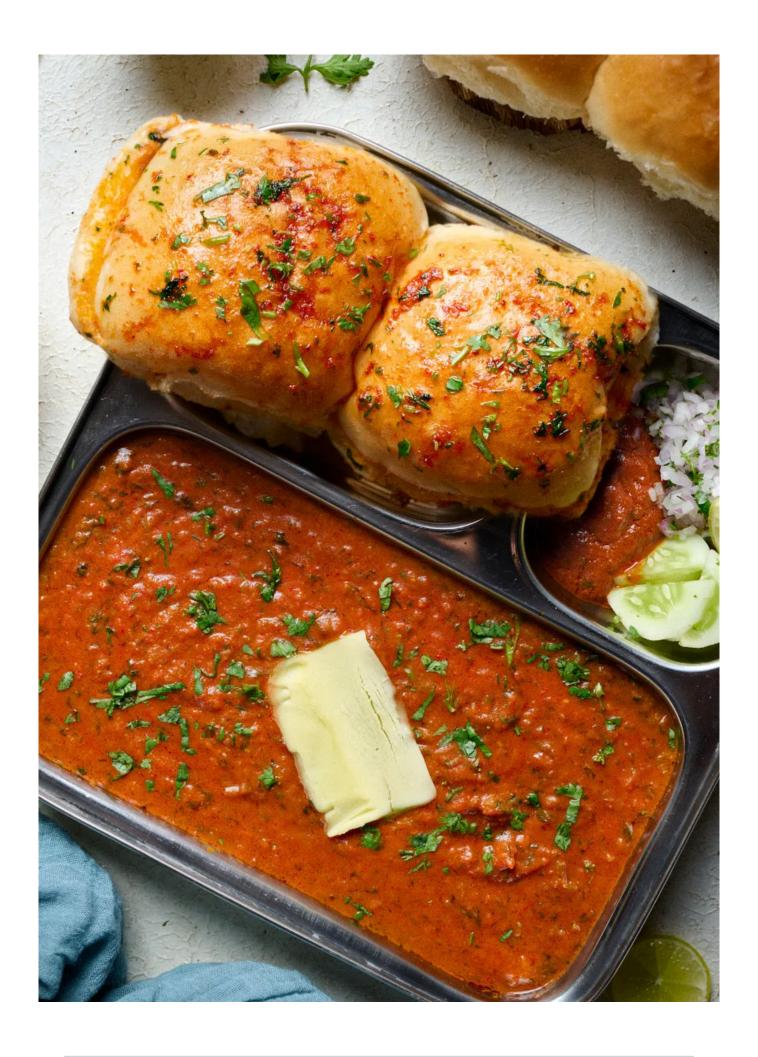
Slit the Pav vertically, on skillet, add butter and cilantro when hot, coat the Pav well on all sides with butter and serve immediately.

Want to make your own pav bhaji masala?

Roast the following spices slightly over medium heat. Allow them to cool completely. Then blend them together.

- 2 green cardamom seeds
- 2 bay Leaves
- 5 cloves
- 1 black cardamom
- 2 tablespoons coriander seeds
- 2 teaspoons fennel seeds
- 1 teaspoon peppercorns

- 5 red chillies (Dried)
- 1 tablespoon cumin Seeds
- 2 inch cinnamon stick
- 1 star anise
- 1/2 tablespoon dried mango powder



VEGEMITE SCROLLS

Recipe sent in by Dianne

INGREDIENTS:

2 puff pastry sheets Vegemite 2 cups grated tasty cheese

INSRUCTIONS:

Remove puff pastry from freezer and spread a thin layer of Vegemite leaving a 3cm strip at one end with no Vegemite. Spread grated cheese evenly over Vegemite.

Roll up and slice into 3cm pieces. Place in 180 degree oven for 10-15 minutes until golden. Cool and enjoy





THANK YOU

to the following people submitted a recipe for the Harrisdale Harmony Cook Book

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