

Knox Festival

Sat
4 March
2023

KNOX CHINESE ELDERLY CITIZENS CLUB

Prosperity Toss Salad

Ingredients A

15 Prawn or vegetable dumplings
15 Vegetarian Spring rolls
Wonton pastries, divide into 3 strips
Fried noodle
3 large carrots, finely julienned
1 small daikon, finely julienned

1 continental cucumber, julienned
½ iceberg lettuce, finely shredded
3 cups purple cabbage, finely shredded
Oil for frying

Ingredients B

2 Tablespoons Toasted sesame

Dressing Option 1:

1/2 cup plum sauce
1/3 cup hoisin sauce
1/3 cup hot water
2 Tablespoons sesame oil

Dressing Option 2:

210ml Kewpie Roasted Sesame
Dressing
210ml Kewpie Sesame Soy

Method

1. Heat two cups of cooking oil, fry wonton pastries until golden brown. Remove and drain on absorbent paper.
2. Fry spring rolls until golden brown. Remove and drain.
3. Fry prawn dumplings until golden brown. Remove and drain.
4. Divide a large platter into segments to fit all the ingredients A.
5. Divide ingredient B into 3 separate Red Envelopes
6. Combine dressing ingredients of choice in a bowl
7. Sprinkle 2 and 3 over salad before tossing
8. Call out wishes during the salad toss otherwise wishes would not come true

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ZOMI INNKUAN MELBOURNE

THE COMMUNITY OF MELBOURNE ZOMI

Chicken Rice Soup

Ingredients:

Rice
Chicken thigh, sliced thinly
Ginger, finely chopped
Garlic, finely chopped
Salt and Pepper
Oil
Spring Onion, chopped
Coriander, chopped

Instructions:

1. Wash and rinse Rice. Place Rice in a stockpot, add water and bring to a boil. Reduce heat and simmer until the Rice breaks up and turns gooey, stirring occasionally. Stir in chicken and continue cooking.
2. Place a tablespoon of oil in a small frypan, stir in chopped ginger and garlic, cook until fragrant, then add to rice soup.
3. Add salt to the congee. Adjust taste to personal liking.
4. Serve with chopped spring onion and coriander

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SANT NIRANKARI MANDAL AUSTRALIA INC.

Paneer Butter Masala

Ingredients

500g Paneer cottage cheese)

cut into triangles

5 tablespoons butter

1 teaspoon oil

2 Bay leaves

2 Cloves

2 one-inch cinnamon stick

2 Dried red Chillies

2 Tablespoons coriander seeds

1 medium onion, sliced

2 teaspoons ginger paste

2 teaspoons garlic paste

1 teaspoon coriander powder

1 teaspoon red chili powder

5-6 medium tomatoes, chopped

Salt to taste

½ teaspoon Kasoori Methi, crushed

2 tablespoons fresh cream.

1. Heat three tablespoons butter with one teaspoon oil in a kadai. Add bay leaves, cloves, cinnamon, red chillies and half of the crushed coriander seeds. Sauté for half a minute.
2. Add onion and stir-fry for thirty seconds and add ginger paste and garlic paste.
Cook for another thirty seconds. Add coriander powder, red chilli powder and tomatoes.
Cook on high heat till oil leaves the masala.
Puree the mixture.
3. Heat the remaining butter in a non-stick, cook the pureed mixture for two minutes.
Add paneer pieces and salt.
Add half a cup of water.
Cook covered on low heat for five minutes.
4. Sprinkle kasoori methi and mix in lightly. Remove from heat and mix in cream.
Serve hot, garnished with remaining crushed coriander seed.

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SRI LANKA VICTORIA FRIENDSHIP ASSOCIATION

Beef Curry

Ingredients:

400 grams Beef, small cubes	2 teaspoons red chili powder	1 cinnamon stick
2 teaspoons white vinegar	(substitute with paprika for	¼ teaspoon of fenugreek seeds
½ teaspoon black pepper powder	low heat)	4 cloves of garlic, chopped
¼ teaspoon turmeric powder	3 cardamom	1/3 cup of onion, finely chopped
½ teaspoon salt	3 cloves	1 cup thin coconut milk
2 tablespoons coconut oil	1 small sprig of curry leaves	Water as needed
¼ teaspoon cumin seeds	1 pandan leaf cut/broken into pieces	

Instructions

1. Marinade your beef cubes with Sri Lankan roasted curry powder, black pepper powder, turmeric, white vinegar, and a bit of salt. Leave it on the counter while you prep other ingredients. (about 10mins).
2. Heat 2tbsps of coconut oil in a pot. (clay pots and cast iron pots are better as they retain the heat). Add 1/4 tsp cumin seeds, 2 tsp red chili powder, and fry them in oil until the red chili powder becomes dark and your oil becomes red in color.
3. Add 3 cloves, 3 cardamoms (crush the pods lightly to open them), curry leaves, pandan leaves, cinnamon stick, fenugreek seeds to the oil, and sauté for about 30seconds until you get a really good aroma.
4. Add 4 cloves of garlic chopped and fry for few seconds. Then add your chopped onion and bit of salt and fry in oil until the onions become soft and translucent.
5. Add your marinated beef cubes into the oil and fry for about a minute to get a good sear on the outside of the beef pieces.
6. Add one cup of thin coconut milk, cover, and cook on very low heat for about an hour. Check the curry from time to time to see if it has enough liquid. If it doesn't, add more water or thin coconut milk. Make sure you stir it to avoid the bottom meat from roasting and sticking to the pot.
7. Taste and adjust salt after one hour. If you used small meat cubes, the meat should be already tender now. If you want a lighter curry with less milk, then you can stop here at this point and enjoy the curry as it is. Optional: spoon out the excess oil that is on top of the dish
8. If you want a thicker and creamier gravy, add another 1/2cup of coconut milk (first or second squeeze depending on how creamy you want it) and mix. Cook it on very low heat until you get the desired amount of gravy or about 20mins. At the end of the cooking, meat should be tender and melt in your mouth.

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Dhal Curry

Ingredients for tempering dhal curry:

- 3 tablespoons of oil
- A sprig of curry leaves (a few to be used for tempering and half while cooking the dhal)
- 4 cloves of garlic (a few to be used for tempering and half while cooking the dhal)
- 1 large onion (a few to be used for tempering and half while cooking the dhal)
- A teaspoon of turmeric powder (half to be used for tempering and half while cooking the dhal)
- 1 teaspoon of red chillies flecks or two whole dry red chillies
- 1/2 a teaspoon of mustard seeds

Ingredients for dhal curry:

- 1 cup Dhal (lentils, paprika)
- 1/2 a cup of water (increase to 1 cup if you find that the amount of water is suggested is not adequate to cook the dhal at this stage)
- A few of all the other ingredients mentioned for tempering above (turmeric, curry leaves, garlic, onions)
- 1 or 2 green chilies sliced
- 1 teaspoon of Salt
- 1/2 a cup of thick coconut milk

Method

1. Cut the large onion and garlic (4 pods) into thin slices and set aside.
2. Add three tablespoons of oil to a pan, include the curry leaves, sliced garlic, onions, and turmeric powder (1 tsp).
3. Leave it to cook until the onions turn translucent over medium heat for 2 minutes
4. Reduce heat and include the chili flakes (1 tsp) or 2 whole dried red chillies, once you see the onions turning golden brown, add the mustard seeds (1 tsp) and cook for 2 minutes.
5. Once all the ingredients turn golden brown, remove the tempered ingredients from the heat and transfer them to a separate dish
6. Wash the lentils thoroughly.
7. Turn in the washed lentils/daal (1 cup) to the pan you used for tempering (saves washing).
8. Pour in the water (1/2 cup, increase to 1 cup if you find that the amount of water suggested is not adequate to cook the dhal at this stage).



SRI LANKA VICTORIA FRIENDSHIP ASSOCIATION

Dhal Curry Continued:

9. Add a pinch of turmeric and a few slices of onions, garlic, green chilies and curry leaves.
10. Over medium heat, let the lentils/daal cook until the water evaporates, this takes 10-15 minutes
11. When the lentils are cooked, gradually add the coconut milk(1/2cup) and let it simmer on low fire. 10-15 minutes, add salt to taste.
12. Finally, add the tempered onions to the curry and mix. if you are serving guests, keep a bit of the tempering
13. Once you add the dhal curry to a serving bowl and top the lentils/dal with the remaining temper for a true Sri Lankan presentation.

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MULLUM MULLUM INDIGENOUS GATHERING PLACE

Hoppy Joes

Ingredients:

4 Tbsp butter	1 Green capsicum, fine chop
1.5kg kangaroo mince	2 tsp chilli powder
600g bacon	2 tsp Worcestershire sauce
3 ½ cups Mountain pepper relish	

Instructions:

1. Heat butter and oil in large fry pan over MED-HIGH heat. Add kangaroo and brown, breaking apart into crumbles as it cooks, about 5 minutes. Transfer to colander to drain.
2. Add bacon and capsicum to same fry pan and cook 2-3 minutes. Add Kangaroo back to the pan and add mountain pepper relish
3. Add Worcestershire sauce and chili powder
4. Cook over MED heat for 10-15 minutes, until mixture has thickened to your liking then add salt and pepper.
5. Remove from heat and serve over toasted buns.

Mountain Pepper Tomato Relish

Makes: 1 500ml jar.

800g fresh or tinned tomatoes	1 teaspoon Mountain pepper
2 small or 1 large brown onion/s	2 tsp curry powder
2 cloves garlic	2 tsp mustard powder
1 cup Raw Sugar or white sugar	1 1/2 Tbsp Cornflour
1/2 cup apple cider vinegar	1-2 Tbsp extra cider apple cider vinegar
2 tsp salt	

Method

Finely chop the onions and garlic. Place the tomatoes, onions, garlic, sugar, vinegar and salt in a large saucepan and bring to the boil. Reduce to a medium heat and gently cook for 15-20 minutes. Mix the curry powder, mustard powder and cornflour with the extra vinegar to form a smooth paste. Stir into the tomatoes and cook until thickened. Spoon into a large, warm, sterilised jar and seal. Refrigerate once opened.

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FEED ONE FEED ALL

Okonomiyaki – Japanese Vegetable Pancakes

Ingredients:

½ cup frozen peas, defrost	4 spring onions, chopped
4 cups finely shredded cabbage	2 cups self-raising flour *
2 carrots, grated	6 eggs
2 cups grated pumpkin or sweet potato	salt and pepper to taste
2 large potatoes, grated	Vegetable oil, for cooking
1 large onion, finely chopped	

Topping:

ABC Sweet Soy Sauce, BBQ Sauce and/or Kewpie mayonnaise

Instructions:

1. Defrost frozen peas in the microwave for 2 minutes, place into a large bowl
2. Finely shred cabbage and place into the bowl
3. Grate two carrots and place into the bowl
4. Grate pumpkin or sweet potato and place into the bowl
5. Grate potatoes and place into the bowl
6. Finely chop onion and place into the bowl
7. Finely chop spring onions
8. Add 2 cups of self-raising flour to the bowl
9. Add 6 eggs to the mixture in the bowl
10. Season with salt and pepper
11. Combine all vegetables, flour, eggs, salt and pepper. Mix well.
12. Heat 2 tablespoons of oil in a non-stick pan over medium heat. Add ½ cup of the vegetable mixture into a frying pan for each pancake.
13. Cook pancake until bottom is golden brown then flip over. Squash pancake slightly and cook until golden brown.
14. Serve hot drizzled with sweet soy sauce and mayonnaise.

*for a gluten-free recipe, use GF SRF