

Multicultural Recipe Book

recipe *noun* [res-uh-pee] A set of instructions, or steps, for making a meal; usually includes a description of the final product and a detailed list of ingredients and their amounts. For example, a recipe for tea might describe how to steep a tea bag or tea leaves in water.



By:

The participants on the Advanced Business Communication Course

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The reason for our recipes: The Selwyn Advanced Business Communication Course focused on building computer, literacy, numeracy and spoken skills. A focus of the course was Wellbeing for staff and residents. We wanted to encourage a healthy lifestyle, including healthy eating. Our group was a multicultural group and sharing food during the lessons was a big part of the course. We decided to make a recipe book that included foods from our culture, and adapted recipes to be low sugar, low fat and low salt. Working on these recipes included the skills we had learned on the course: computer, numeracy, literacy, vocabulary, speaking and writing skills. Food is a good way to communicate cross-culturally and we wanted to share this with The Selwyn Foundation.

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Spinach and Feta Dip & Avocado Cream

From: Sione's resident
Serves: 10

Prep Time: 10 min
Cook Time: 00 min

Instructions

1. Chop 1 avocado into a bowl.
2. Add the zest and juice of half a lemon and whisk or mash together until smooth.
3. Add 350g of Spinach and Feta Whipped Dip and gently fold into the avocado to form a light cream refrigerate.
4. To serve, pipe on to thin rounds of cucumber or corn chips, and garnish with fresh coriander or chives.
5. Or serve in a bowl for dipping.

Notes

This is one of the resident healthy snacks. She mentioned that she sometimes prepares it for a special occasions.

Ingredients

1 Avocado

1/2 a Lemon

350g Spinach and Feta Whipped Dip

Cucumber

Corn Chips

Fresh Coriander or Chives



Steamed Chicken Salad

From: Seiola Palavi
Serves: 6 People

Prep Time:
Cook Time:

Instructions

1. Wash and cut all the vegetables.
2. Steam the chicken in a pot of water until it cooks.
3. Mix the olive oil and apple cider vinegar.
4. Get the big bowl and pour all the vegetables in.
5. Cut the chicken into pieces and pour in the vegetables.
6. Pour the mixture of the olive oil and apple cider vinegar.
7. Mix them well and Enjoy.

Notes

Ingredients

1 whole lettuce
Half a chicken breast
2 tomatoes
2 capsicum
1 cucumber
Cashew nuts
5Tbs olive oil
3Tbs apple cider vinegar



Ethiopian Sourdough

From: Firnus Ferede

Prep Time: 00 min

Serves: Number of People

Cook Time: 00 min

Instructions

1. Together we make dough
2. Let it rise up and then we mix with hot and cold water the dough rise up again. We make (cook) it on the pan like soft bread.
3. We cook silver beat with 2 spoon of oil ,onion, garlic and different spices.
4. Fourth step. We use silver beat as sauce and we eat with soft bread.

Notes

Approximate Total cost
\$67;50

Ingredients

Rice flour	25 kg	\$ 49 (for 2 months)
Wheat flour	10 kg	\$5
Corn flour	3 kg	\$ 5
Millet flour	1 kg	\$ 2

Vegetables

Silver beat	\$4
Potatoes	\$2
Cabbage	\$2.50
different spices.	\$5
Garlic	\$4
Onion	\$3
Sunflower Oil	\$10



Chicken curry

From: Lila Nair
Serves: 2 to 3 people

Prep Time: 25 min
Cook Time: 20 min

Instructions

1. Chop chicken in small pieces
2. Crush about 3 or 4 garlic and few chillies and crushed ginger,.
3. Slice half a onion and 1tbsp of oil
4. Heat the oil in the pot and add onion mustard seed till it gets golden brown
5. Add turmeric garlic and chillies Masada.
6. Add chicken and 1tbsp of salt let it cook till the water dries.
7. Once the water is dried add 1 bowl of water and cook in slow heat for half and hour
8. Add chopped coriander at the end and chicken is cooked.
9. Enjoy.

Notes

Ingredients

1Chicken
2tsp Turmeric
2tsp Masala
A small amount of Mustard seeds
1 Garlic 1
1/2 Ginger
1tbsp Rice bran oil
2 Chillies
1/2 Onion
Small amount of Coriander leaves
1 tsp Salt



CHOP SUEY

From: Letila Lagilagi
Serves: 2 People

Prep Time: 25 min
Cook Time: 20 min

Instructions

1. Mix the marinate ingredients together and marinate Chicken for 15mins.
2. Heat oil in a wok and added marinated chicken
3. When the chicken is cooked remove it from the pan and a side.
4. Add all the vegetables to the pan and stir-fry.
5. When the vegetables are cooked adds chicken and combine.
5. Gradually pour stock and corn starch and cook until the sauce thickens.

Notes

Serve with rice

Ingredients

2 chicken breasts
1 whole broccoli
½ cauli flower
2 carrots
1 whole onion
4 cloves garlic
½ ginger
3 table spoon soy sauce
1 table spoon sesame oil
1tea spoon chicken powder/flavour
Pinch salt
1 tbsp. sugar
1tsp corn starch



Healthy Fijian Indian Lamb Curry

From: Rozina Yashmin

Prep Time: 00 min

Instructions

1. Trim off excess fat from the lamb. Keep some on for Flavour. Cut lamb bite size and wash then drain.
2. Heat up big pot, low heat and oil, fry mustard seed, fenugreek and cumin seeds in hot until seeds start to crackle and split. Add bay leaves and sauté until golden.
3. Add sliced onion until golden brown and add ginger garlic until you start to smell the nice fragrance.
4. Add the garam masala, turmeric powder and chilli powder and cook the spice until it separates. Add some water if you feel the spices start to burn. Avoid burning spice.
5. Add the diced lamb pieces, potato and salt and stir evenly. Increase to high heat. Cook for 40-50mins everything is tender and soft. Cooking time should depend on type of meat.
6. Add chopped tomato and cook further 5mins. Add coriander leaves and salt to taste. Enjoy lamb curry with rice and roti.

Notes

1. Costs about \$25

Ingredients

- 1kg Lamb shoulder chop
- 1 large potato
- 2Tbsp Canola Oil
- 2 sprigs Bay Leaves
- 1 tsp Tumeric Powder
- 2 Tbsp Garam Masala
- 1 tsp Red Chilli Powder
- 4 cloves of Garlic, crushed
- 1 tsp fresh Ginger
- 2 Cups Water
- 2 sprigs of fresh, chopped Coriander
- 2 tsp Salt
- 1 Tomato
- 1 Onion, sliced
- 1/4 tsp Mustard Seeds
- 1/4 tsp Cumin Seeds
- 1/4 tsp Fenugreek Seeds



Island food / Lu /

Palusami

From: Panela Tahitua
Serves: 4 People

Prep Time: 15 min
Cook Time: 30-45 min

Instructions

1. Clean the leaves
2. Lay the leaves flat on the table
3. Put meat and onion and coconut milk in the taro leaves
4. Fold the taro leaf together
5. Put it on the oven tray.
6. Cover the oven tray with foil
7. Put the tray in the oven and cook for 30 mins
8. Heat temp 200°C
9. When it cooked serve on a plate ready to eat and enjoy.

Notes

Total expenses is \$20.00

Ingredients

- 8 taro leaves
- 1 tins of coconut milk
- 2 tins of fish or any meat



STEAMED FISH

From: Vere Marama
Serves: 4 people

Prep Time: 30 min
Cook Time: 15 min

Instructions

1. Prepare the fish first (scale and gut).
2. Cut the silver beet.
3. Put the silver beet in a pan with cold salted water and steam it for 5 minutes.
4. Put the fish into another pan and sprinkle with salt and pepper.
5. Add the crushed garlic and chop onion to the fish.
6. Put at least 1 inch of water in the pan with the fish
7. Steam the fish for 8 minutes until the fish is done.
8. Just before serving, squeeze lemon juice over the fish and add coconut milk.
9. Enjoy.

Notes

1. When you are ready to serve, put the fish on a plate then put the silver beet on top of the fish.

Ingredients

1 fresh fish
1 onion
2 tomatoes
Silver beet
2 lemon
3 table spoon of coconut milk
Salt
Black pepper
1 onion
Garlic



Coconut Cream Buns

From: Monica Huch

Prep Time: 00 min

Serves: Number of People

Cook Time: 00 min

Instructions

1. Put yeast and salt into the jug of warm water, mix the flour and stand to rise.
2. Mix the dough again and let it stand and rise again, sprinkle a handful of flour on the bench and make the dough. Use a rolling pin to flatten it, then roll it and cut into 2cm and place them in the baking dish and stand to rise.
3. Mix sugar, pinch of salt, and coconut cream.
4. Pour into the baking dish and bake it on 180degree for 30 to 45minutes
5. When it cooks make half a cup of hot water three t/spoon of sugar stir it and then glaze the buns.

Notes

Ingredients

3 Cups of flour

2 Tablespoons of yeast

2 Tins of Karla coconut cream

2 cups of sugar

Half a teaspoon of salt

500mls warm water.



Fruit and Nut Energy Bites

From: Dérene

Serves: Makes 20-30 balls

Prep Time: 20 min

Cook Time: 00 min

Instructions

1. Pour 3 cups of boiling water over the dried fruit to soften.
2. Process the nuts and seeds in a food processor.
3. Drain the dried fruit and add to the food processor.
4. Mix / Pulse until combined.
5. Shape into balls.
6. Roll in sesame seeds or coconut.

Notes

You can adjust ingredients and add different things to suit.

Ingredients

- 1 cup dried Apricots
- 1 cup dried Dates
- ½ cup Almonds
- ½ cup Cashews
- ¼ cup Walnuts
- ¼ cup Sunflower Seeds



Cornflakes Biscuits

From: Faauga Tina Misa
Serves: 6 People

Prep Time: 10 min
Cook Time: 15 min

Instructions

1. Melt butter sugar in a saucepan large enough to mix all ingredients.
2. Cool slightly then mix in egg, sultana, sifted flour and baking powder until combine, lightly crush cornflakes.
3. Using table spoon of mixture, drop into cornflakes and toss to coat. Place on a greased oven tray and flatten with a fork.
4. Allowing room for spreading.
5. Bake 180c for 15 minutes or until golden.

Notes

Ingredients

150g butter
½ cup sugar
1 egg
¼ cup sultanas
1 ½ cup flour
1 tsp baking powder
2 cups cornflakes.



OTAI DRINK

From: Mavae Futi
Serves: 8 people

Prep Time: 30 min

Instructions

1. Scrape the watermelon into a bowl.
2. Peel mangoes and scrape into the watermelon mix.
3. Add the remaining ingredients and stir in enough sugar to sweeten to taste.
4. Teaspoon of lime juice
5. Mix well and refrigerate

Notes

COST \$25

Ingredients

Half watermelon [small]

4 mangoes

3 oranges

1 coconut

8 cups of water

4tbs of sugar

1 small can of crush pineapple

Lime juice

ICE

