

INTRODUCING

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COOKBOOK



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dinner
is served

Tortilla de Patata from Spain

Almudena de Zulueta

This is the most Spanish traditional dish. Cooked in every single home of the country, it's cooked by parents with a large family and uni students that just moved to a new city. You can cook it even if you don't have experience in the kitchen. You can eat it at home, takeaway to the beach or a picnic in the park. Also, great dish to take to a friend's house for a share dinner. And it's very cheap!



Ingredients

3 Big potatoes
4/5 eggs (If you use 5 it will be juicier. I did it this way, using 5)
A bottle of 1 litre of olive oil
Half of an onion. (You can do it without onion if you don't like it, not necessary) *
Salt

**Spaniards are divided by people who likes tortilla with onion and who doesn't. - If someone from Spain ask you: "With or without"? they mean about the tortilla*

Materials

A frying pan of about 20-25 cm of diameter.
A potato peeler
A skimmer
An electric mixer
A knife for potatoes
A dish bigger than the frying pan to turn the tortilla when the moment comes.
Some bowls (to mix the things inside)
One sieve or strainer
A cutting board
A spatula

Tortilla de Patata from Spain

Almudena de Zulueta

Directions

- 1** Start peeling the potatoes (and clean them) and the onions (as shown in the pictures). You can cut the potato first in two halves and then from the centre to the extreme in slices. As you can see, the slices of my friend mother's way are thicker on one side and thinner on the other one. The Onion is cut in arch-shape.
- 2** When you finish, mix everything and add salt.
- 3** Fill in up to the middle with olive oil the frying pan. If you put few oils, the potatoes will get more fried and crunchier. On the other hand, the more oil you put, the softer and more cooked they will get. So, until the middle of the pan is ok.
- 4** Turn on the stove, wait for the oil to get hot enough, and introduce the mixed potato and onion slices.
- 5** Once things are getting cooked, you can low the temperature a little bit. You will have to wait some time until the potatoes are softened. Use the skimmer to check how are the potatoes and to squash and cut them.
- 6** When the potatoes are soft and ready, it's time to take everything out from the oil using the skimmer and put it in the sieve (with one dish below it!) to let the excess of oil fall out.
- 7** Time to mix the eggs, and we want them mixed with a spongy texture (that's part of my friend mother's trick). There are two ways of doing it: (In any case, add salt again when you finish shaking the eggs!)
 - a.** The 1st one, using the electric mixer with all the five eggs until you see a part of the mix creamy and foamy (as in the picture, like a mousse). This is extremely quick: Put the eggs, introduce the mixer, hit the button... and done.
 - b.** The 2nd way is if you do it manually: You must separate the transparent (egg white) and orange part (yolk) of the egg and mix them separately. The egg white should be moved and beat until we get the spongy texture and then put together with the orange beat part.
- 8** Almost finished! Put the cooked potatoes/onions with the mixed spongy eggs altogether in the same recipient.
- 9** Then we'll have to use again the frying pan, but this time we are only going to use very little oil, just as if we were "painting" the surface of the pan so things won't get stuck on it.
- 10** Turn on the fire (low), wait for it to get hot and next pour the mix in the frying pan, distribute the mix equally all around the pan, and now you just must wait for things to get fried... on one of the two sides. (Careful! This doesn't take long, it could get burnt on one side or more cooked than we want it!).
- 11** You can check on the part in contact with the sides of the pan at what point it is. If you can separate the tortilla on the sides with a spatula and you can see it is yellow enough... It is time to switch the tortilla!!
- 12** Just pick the pan, put a big dish on it... and at the count of three be quick to switch...
- 13** Fry the side of the Tortilla that was unfried....
- 14** And you make it!!

Indonesian Beef Rendang

Lisna Oktaviani

Beef rendang is Indonesian beef curry cooked in spiced coconut milk until all the liquid evaporates leaving the meat taste rich and delicious.

Prep Time: 15 mins

Cook Time: 2 hrs

Total Time: 2 hrs 15 mins

Ingredients

800 grams/ 28.2 oz of boneless beef cut in chunks.
2 medium-sized onions finely chopped.
2 teaspoons of ground cumin.
2 teaspoons of ground coriander.
½ Inch of galangal.
1 inch of ginger.
1 ½ teaspoons of chilli powder or 10-15 fresh red chillies (see the note)
1 Lemongrass.
½ turmeric leaf optional.
5 Kaffir lime leaves.
2 x 400ml cans of coconut milk
1-2 teaspoons of salt to taste.

Directions

- 1 Using a pestle and mortar, pound and grind the onions, galangal, ginger, and fresh chilies (if using) into a paste. You can also use a food processor to make this paste. Just put the onion, galangal, ginger, and chilies in the food processor. Then give it a blitz until all the become a thick paste.
- 2 Put the meat in a big wok, add in the spices and herbs paste, the cumin, coriander, lemongrass, turmeric leaf, kaffir lime leaves, and salt.
- 3 Stir until all the meat pieces are covered with spices. Put the lid on and cook at medium heat. Keep checking and stirring every now and again.
- 4 After about 20-30 minutes when the meat looks cooked, add in the coconut milk. Stir and cook further with the lid on at medium-high heat until the milk reaches boiling point, then turn the heat to low. If the coconut milk overflows your cooking pan, you can take the lid off or leave it slightly ajar. Don't forget to always keep checking and stirring. And be careful with the boiling gravy that can be scattered around.
- 5 Rendang should be ready within a few hours. But at this point, the rendang will have quite a bit of gravy. You can enjoy it if you want to.
- 6 If you like to have a proper Rendang Hitam (black rendang), you must cook longer for at least another hour. Until all the liquid evaporates completely and the colour of your rendang becomes very dark brown. You can quicken the process by cooking at medium-high heat, so the gravy evaporates quickly. But take care not to let it stick to the wok, or worse, to burn. Keep checking and stirring.
- 7 When all the sauce is gone, and the rendang turns dark brown, you can switch the heat off. Your black rendang/ rendang hitam is ready.



Provençal White Bean Soup

Gretchen Hambly

Makes 6 Servings

This recipe was from a beautiful spot in Alaska near Denali National Park. Alaska, and the people that are attracted there, hold a magical mystery. They are left of centre, passionate, love Alaska and somehow survive lots of long dark nights and days.

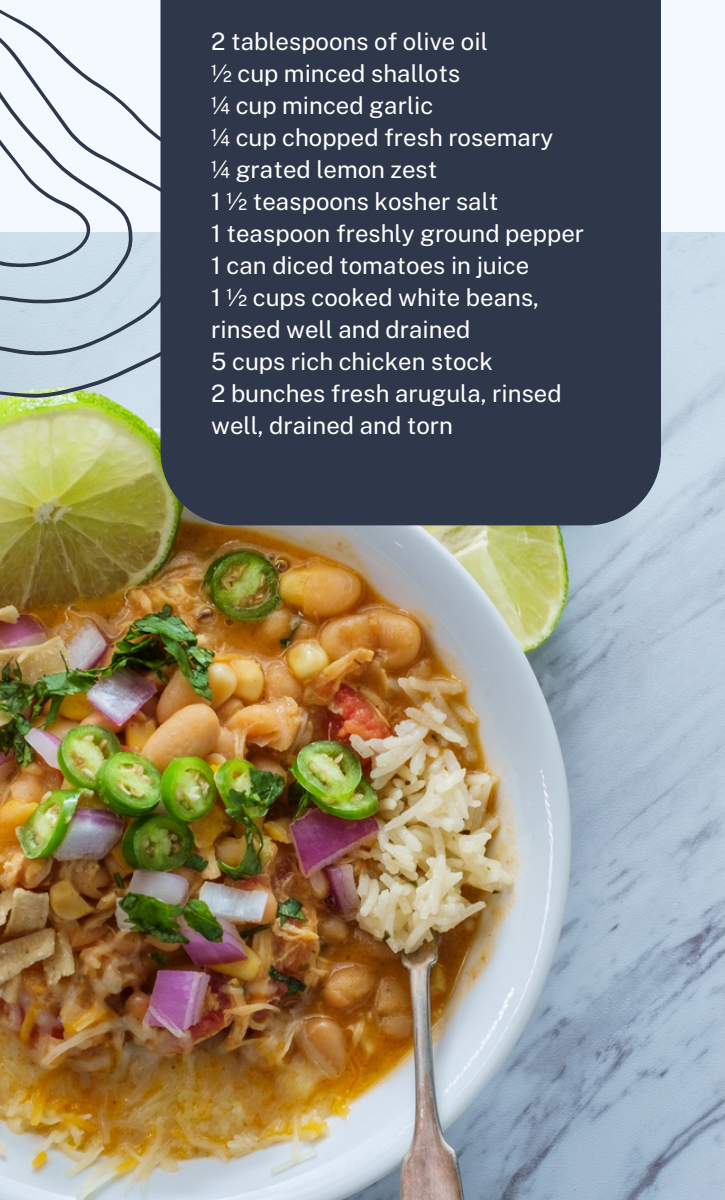
This recipe transports me back to that spot I visited over 20 years ago.

Ingredients

2 tablespoons of olive oil
½ cup minced shallots
¼ cup minced garlic
¼ cup chopped fresh rosemary
¼ grated lemon zest
1 ½ teaspoons kosher salt
1 teaspoon freshly ground pepper
1 can diced tomatoes in juice
1 ½ cups cooked white beans, rinsed well and drained
5 cups rich chicken stock
2 bunches fresh arugula, rinsed well, drained and torn

Directions

- 1** In a large, heavy bottomed stockpot, heat the oil over medium-high heat.
- 2** Add the shallots and garlic, sauté until slightly golden.
- 3** Reduce the heat and add rosemary and lemon zest and season with salt and pepper.
- 4** Add diced tomatoes and their juice and simmer until the liquid has reduced to half.
- 5** Add white beans and chicken stock.
- 6** Simmer, uncovered for 30 minutes, stirring occasionally.
- 7** To serve, place arugula on the bottom of a serving bowl and ladle soup on top.
- 8** Enjoy!



'Bits and Pieces' Manda's Australian Dim Sum

Amanda Cook

A bit of a cheeky 'recipe' entry. In our family, my mother has a physical disability and so this was our favourite dinner as kids (and even now when we visit especially at Christmas).

Ingredients

1 Carrot
1 Apple
1 Additional Fruit or Vegetable
1 Tin Canned or Sachet of Soup
1 Tin Baked Beans or Spaghetti
Twiggy Sticks or any cured meat
Half a block of cheese
Yoghurt
4 Slices of Bread
1 Egg
1/2 Cup Milk
Salt & Pepper to taste
Butter

Directions

- 1 Top and tail saggy carrot, and peel off any black or wrinkly parts. Cut into fingers.
- 2 Remove stem from apple. Removing the grocery store sticker is optional. Cut into wedges. Repeat for additional fruit or vegetable.
- 3 Warm soup following instruction on the packet. Warm beans or spaghetti following instructions on the can.
- 4 Cut around mould on cheese block and cut into cubes. Give the dog a tiny bit so it stops bothering you in the kitchen.
- 5 If you are unsure how old the egg is, place it in a bowl of water. If the egg sinks, this means it is not bad. If it almost sinks, its probably still good. If it floats, throw it over the fence.
- 6 Crack the egg into a bowl, ensuring no eggshells are present unless you like the crunch.
- 7 Pour milk into bowl and whisk together egg and milk.
- 8 Season with salt and pepper to taste some actual flavour.
- 9 Push the cat off the kitchen bench.
- 10 Soak bread in eggy mix. Be wary of bread mould in Summer, Spring, Autumn and sometimes Winter.
- 11 Put a saucepan on medium heat and grease with butter. Add more butter.
- 12 Fry the eggy bread in the butter until golden brown both sides. Fight the urge to push it flat with the spatula.
- 13 Cut bread into squares and serve with a side bowl of soup, a side bowl of beans or spaghetti, a side bowl of mixed fruit/vegetables, a side serving of meat and a side serving of cheese.
- 14 Pair with flat lemonade or generic brand cola.

Alice's Pesto Pasta

Alice O'Brien

While I have an Irish and Scottish background my parents lived like good Italians and had a beautiful veggie garden that we'd harvest from all year around. As a young child I was taught to make things from scratch, and it makes all the difference in taste, satisfaction and appreciation of the food. I make this pasta when I want to care for myself and others, making everything fresh and choosing quality ingredients makes the biggest difference. When I make this, I slow down and make sure I'm being grateful for all the things in my life, make sure you rest the eggs, choose quality ingredients and really savor the tastes. Drinking a little vino while preparing always helps and the versatility of this dish means you can add extra protein or vegetables to your liking.

Ingredients

Pasta

4 large eggs- room temp
4 cups plain flour, plus extra for kneading
Salt to taste

Pesto

1 cup fresh basil leaves
2 cloves fresh garlic
3 tablespoons olive oil (approx.)
1 cup grates parmesan cheese
½ cup toasted pine nuts

Directions

PASTA

- 1 In a large bowl sift the flour and make a well in the middle to place the eggs in. Crack the eggs in the well in the flour and whisk until the eggs combine. Using your hand, a utensil or a mixer with a kneading dough attachment, slowly combine the flour and the egg until a firm yellow dough is formed. On a clean bench sprinkle some extra plain flour and put the dough on the board. Knead the dough firmly for 10-20 mins, you are aiming for a firm but elastic feeling dough. Wrap the dough in cling wrap and place in the fridge for at least 30 mins, can be left for 24 hours.
- 2 Once chilled remove dough from the fridge, divide dough into 4 portions and on a lightly floured bench use a rolling pin to roll out each portion one at a time. Alternatively, you can use a pasta rolling machine if you have one. If rolling by hand, flour your rolling pin and roll out each portion into a rough rectangle shape about 1-2mm thin. Using a large knife, cut the dough length ways into long strips approximately 1cm wide.
- 3 Once all your dough has been turned into pasta, place the pasta into a pot of boiling salted water and cook for 2 mins only. Drain pasta well and let sit to add pesto later.

PESTO

- 1 In a blender/food processor add the basil leaves, oil, parmesan, garlic, toasted pine nuts and add salt and pepper to taste, blend together until a chunky pasta has formed, taste along the way and add more olive oil to make it thinner if desired.
- 2 In your saucepan place the pesto and then place the cooked pasta on top, using tongs combine the pesto through the pasta until all the pasta is coated with pesto.
- 3 Serve as is, or add chicken, peas, fresh basil or more parmesan on top.
- 4 Bon appetite.



Chickpea Wrap

Sarah Cardilini

This is a recipe I'm still trying to perfect. I go through phases of being super mindful of how I am treating my body with food but learning more to enjoy more of what my body is craving. This recipe is always something I turn to when I haven't done my grocery shop or just wanting something tasty and healthy to snack on. It's super simple. I really like recipes that have a base but are easily changeable with a few different ingredients.

Ingredients

1 cup of water
1 cup of chickpea flour
1 tablespoon of onion powder
1/4-1/2 teaspoon of turmeric
A pinch of mixed herbs

Kale Pesto

1 garlic clove - minced
1 cup of packed kale (destemmed)
1/4 cup sundried tomatoes
1/4 cup hemp seeds
1 tablespoon of lemon juice
1 tablespoon of olive oil
1/4 teaspoon fine-grain salt

Other Ingredients can be:

Sliced and roasted sweet potato, Egg, Avocado, Onion, Sauerkraut, Broccoli or bean sprouts, Mayo, Hummus, Nutritional yeast

Directions

- 1 Add to a bowl and stir. Let it sit for 10 minutes. If it's too thin to pour out, I would recommend add more water slowly.
- 2 While waiting for the batter to settle you can make or cook other ingredients
- 3 Add all ingredients into a food processor. Add 2 tablespoons of water. Process until smooth. Scrap down the sides when necessary.
- 4 Once the batter has settled. It should pour out onto the pan quite easily, but it should also be thick enough that when swirling the pan, it expands in size. (I use a flat crepe pan) I tend to use a 3/4 cup - 1 cup to pour out the mixture, depending on how thick the batter is.
- 5 Once you make the crepe it's up to you how to create it. I would recommend the kale pesto, with sweet potato, avocado, broccoli sprouts, hummus + some sauerkraut. Or some avocado and nutritional yeast with an egg is awesome. (Maybe some mayo if you're feeling naughty).
- 6 Once the batter has settled it should pour onto the pan quite easily but it should also be thick enough that when swirling the pan it expands in size. (I use a flat crepe pan)
- 7 I tend to use a 3/4 cup - 1 cup to pour out the mixture, depending on how thick the batter is.
- 8 When the bottom is becomes golden brown - flip and repeat on both sides.

Salt & Pepper Eggplants

Siu Yau Yeung

I enjoy cooking a lot, and sometimes it's good to have something that's easy to prepare and tasty. I go to my local famers' market every Sunday and my favourite stall sells beautiful eggplants and tomatoes. I then started to share recipes with the owner about cooking eggplants. As a Hong Konger myself, I enjoy sharing Asian food with other westerners.

Directions

- 1 Cut the eggplants into long pieces, put them in the water (enough to cover the eggplants), add white vinegar and make sure the skin side is down. Let it sit for 5 mins
- 2 Steam the eggplants (skin side up) for around 3-5 minutes

Ingredients

Eggplants
½ tsp salt
½ tsp sugar
¼ tsp Sichuan peppercorn powder
1 tsp white vinegar

Exotic Tahitian Fish Salad

Prisca Dijou

My favourite as every time I have it, it takes me back to my island.

Makes 4 servings.

Directions

- 1 Dice the tuna into 1 cm square, place into a large bowl and squeeze the lemons on top. Let it cook for 20 mins.
- 2 Once the 20 mins have gone, drain the tuna by squeezing the juice out. You could eventually rinse it under cold water if you are afraid of the lemon acidity.
- 3 Add the diced tomatoes and cucumber the spring onions, the grated carrot, salt and pepper.
- 4 Poor the coconut milk all over the mixture and place in the fridge for 2 hours.

Tip: It's a great dish to enjoy over summer with a glass of dry white "Chablis"

Ingredients

1kg of yellow fin tuna
1/2 cup of fresh lemon juice
2 home grown tomatoes well-ripe
1 carrot
1 continental cucumber
2 spring onion sliced finely
500ml of fresh coconut milk
Salt & pepper

Vegan Coconut Curry

Ella O'Brien

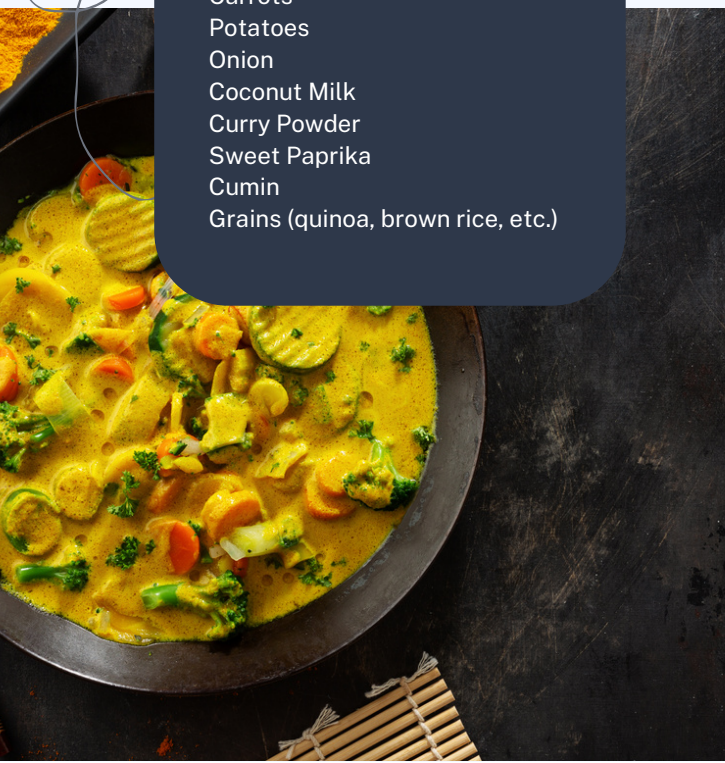
It is one that I cook every week because it is yummy, nourishing, easy to make and cheap - so great for student life.

Directions

- 1 Boil some water and in a pot, steam some diced carrots and potatoes.
- 2 In a pan cook some brown onion until it is slightly golden
- 3 Then add in any other veggies you have (I often use green beans and zucchini) with a little olive oil.
- 4 When the veggies are mostly cooked add in coconut milk, curry powder, sweet paprika, and cumin and let it simmer on medium heat for like 15 minutes or until it all seems cooked.
- 5 Serve with quinoa or brown rice

Ingredients

Carrots
Potatoes
Onion
Coconut Milk
Curry Powder
Sweet Paprika
Cumin
Grains (quinoa, brown rice, etc.)



Balinese Shredded Chicken

Selvy Lawandra

Directions

- 1 Boil the chicken breast until it's fully cooked
- 2 Let the chicken cool down, while waiting, we can cut into small cuts of garlic, shallot (spanish onion), cayenne chilli (Hint: easy way using a chopper!).
- 3 Let it cool down, and shred the chicken.
- 4 Heat the oil, stir fry the garlic, shallot (spanish onion), kaffir lime leaves, and cayenne chilli until fragrant
- 5 Pour the shredded chicken and stir fry until it mixed well, then add salt, chicken stock powder, and turmeric powder until it mixed well.
- 6 Taste and serve with white rice!

Ingredients

1 kg Chicken breast
4 Kaffir lime leaves
3 Red cayenne chilli (it can be added more, if you love spicy!)
1 tsp Turmeric powder
1 tsp Salt
1/2 tsp Chicken stock powder
2 tbsp cooking oil
Enough water to boil the chicken
2 cloves of garlic
3 pcs of shallot (spanish onion)



Arepa with Cheese

Diana Sofia Mera

The corn arepa is a typical Colombian dish, which within its history has a dispute with the Venezuelan country over its origin.

However, it is a food that cannot be missing from any house, and within the various regions of Colombia, it has a different way of preparing it, but it does have something in common, it is part of our diet, and any Colombian knows how to make it.

Arepas are mostly known as corn cakes made of corn dough or precooked corn flour in a flat circular shape, like a pancake. It can be cooked on a grill, fried, or roasted.

Ingredients

1 cup pre-cooked white or yellow
arepa flour or cornmeal
1 cup warm water
½ cup white or mozzarella cheese
grated
2 tbsp butter
Pinch salt

Directions

- 1** Combine the cornmeal, warm water, cheese, 1 tbsp butter and salt, mixing thoroughly. Let the mixture stand for five minutes.
- 2** Knead with your hands for about 3 minutes moistening your hands with water as you work.
- 3** Form 4 small balls with the dough. Place each ball between 2 plastic bags and with a flat pot cover flatten to ½ inch.
- 4** Add the butter to a nonstick pan over medium heat. Place the arepas in the pan, and cook for about 3 minutes on each side, until a crust forms or they are golden brown.
- 5** Optional, you can spread a bit of butter on top before eating it.



Sabzi Polo Ba Mahi

Ela Jafari

Ingredients

Rice

2 cups white basmati rice, soaked for 1 hour and rinsed
8 1/4 cups water, divided
3 tablespoons salt, for parboiling the rice and will be rinsed out
2/3 cup coarsely chopped fresh dill
1/2 cup coarsely chopped fresh parsley
1/2 cup coarsely chopped fresh cilantro
1/4 cup coarsely chopped Nira (garlic chives), or chives
1 tablespoon Fenugreek leaves, dried
4 tablespoons ghee, butter or oil divided
1/4 teaspoon ground saffron, dissolved in 1 tablespoon hot water

FISH

1 white-fleshed fish, sea bass, trout, sea bream, branzino
1/2 teaspoon salt
1/2 teaspoon pepper, ground
1/4 teaspoon turmeric, ground
3 tablespoons oil

Persian New Year happens at the Spring equinox somewhere around the 3rd week of March, and many rituals and traditions go along with the Nowruz celebration.

Persians, food, and gatherings go hand in hand, and there is not a single celebration that doesn't revolve around food. Many reflect and represent Persians' deep belief in mythology and symbolism.

Nowruz is no different, and there are various traditional dishes that are served before, during, and for the 13 days after the equinox. With Nowruz, Iranians celebrate spring by eating food that highlights rebirth, fertility, and new beginnings. Herbs, fish and eggs satisfy these rituals and beliefs, and Sabzi Polo ba Mahi is one the most traditional dishes that Iranians consume the night before Nowruz.



Sabzi Polo Ba Mahi

Ela Jafari

Directions

RICE

- 1** In a large, covered pot, bring 8 cups of water and the salt to a boil.
- 2** Add the rinsed rice and boil on high heat uncovered for about 5-7 minutes, or until the rice has slightly softened.
- 3** Drain the rice in a colander and quickly rinse with warm water.
- 4** Remove about one cup of the parboiled rice and place it in a small bowl. Combine with 1 tablespoon of the saffron-water mixture and gently mix. Set aside.
- 5** Place the remainder of the parboiled and strained rice in a mixing bowl.
- 6** Add the chopped herbs to the rice and gently stir until the rice and herbs are mixed.
- 7** Melt 2 tablespoons of ghee in a non-stick pot over low heat.
- 8** Spread the saffron rice evenly in the bottom of the pot. This will be the crispy rice referred to as the Tahdig.
- 9** Pour the remainder of the rinsed rice and herbs mixture into the pot and lightly fluff with a fork.
- 10** Cut the remaining 2 tablespoons of ghee into pieces and evenly spread over the top of the rice.
- 11** Pour 1/4 cup of water evenly over the top of the rice. Wrap the lid with a clean towel and place on top of the pot. This will allow the rice to steam.
- 12** Steam the rice over a medium-low to medium heat for about 45-50 minutes.
- 13** Turn off the heat and allow to cool for 5 minutes before serving.

FISH

- 1** About 15 minutes before the rice is ready begin preparing the fish.
- 2** Rinse the fish under cool water and pat dry with paper towels. Season the fish with salt, pepper and turmeric all over, including the inside.
- 3** Heat the oil in a large enough frying pan to fit the size of your fish and fry on medium-high heat for about 3-5 minutes on each side. The times will vary based on the size of the fish.
- 4** The fish will become crispy and golden on the outside and remain flaky and tender on the inside.

ASSEMBLY

- 1** Select a large tray or platter to place upside down on top of the pan and carefully and swiftly invert the rice onto the platter.
- 2** There are many ways to serve this rice. You can keep the rice and Tahdig as is and place the fried fish on top. Or you can remove the Tahdig and place it on a separate plate while decoratively arranging the fish on top of the rice.
- 3** Sabzi polo is often served with Persian pickled garlic and bitter orange. Otherwise, a squeeze.

Soya Chunks Curry

Luniva Maharjan

Soy chunks are a great source of protein, and it is plant-based which is perfect for vegans too! The short story behind this recipe is that it was my mom's recipe and I hated it at the beginning. But one day when I had to cook for my vegetarian friends and I could not think of any other vegetarian recipe, so I nervously cooked this. I thought they were joking when they all asked for my recipe and that's when I appreciated simple cooking recipes from my mom.

Ingredients

Soya chunks
Tomato
Onion
Ginger garlic paste
Green chilly (optional)

Directions

- 1 Start by soaking your soy chunks in warm water to hydrate them.
- 2 Meanwhile, you can chop up your onions (and green chili if you decided to use it) and dice your tomatoes small.
- 3 Your soy chunks must have been soft by now. Squeeze the excess water, throw out the soaked water, and repeat the process. (rinse the soya chunks 3 times in total squeeze and throw out the water)
- 4 Heat a pot/pan (preferably with a lid) and heat some oil.
- 5 Fry onions till they are soft and then add in your ginger garlic (and green chilli if u have it)
- 6 Fry up these until fragrant and then add in your tomatoes.
- 7 Add in salt, red chili powder, and cumin powder. Give it a stir and cover it with a lid to speed up the softening process.
- 8 If your tomatoes are super dry, you may add some hot water whenever you feel like it.
- 9 After the tomatoes are mushy and gravy consistency, Throw in your soy chunks, give it a mix, and cover it with a lid.
- 10 Simmer in low heat till the soy chunks absorb all the flavours.

You can enjoy it with rice or naan or any bread. I have mine over hot steaming long-grain rice. So comforting!



Bara (Mung bean pancakes)

Luniva Maharjan

I am from the Newar community, the historical inhabitants of Kathmandu Valley. We have a huge culture around food, and I would like to share a tiny one with you guys. Bara or Wo is a Newari dish from Kathmandu. It is a lentil pancake often served with a Newari platter with many other dishes. It is made from mung split beans or black split beans. I am using green mung beans as it is easy to find here in Sydney. This dish is super easy to make, you basically must soak and churn the beans into the batter and fry it. I have included the Coles link for easy access. They have Mung split with skin (Pattu brand, the only brand I trust in Sydney) that retails for \$4.50.

Ingredients

Mung Split with skin.
Salt, Cumin powder, Chili powder
Ginger garlic paste

Directions

- 1** Prep your mung beans by soaking them overnight. (They double in size so you will need lesser than what you think you'll need)
- 2** [Optional] Rub them together and try to remove as much skin as possible. This is tricky. You must fill enough water to cover the beans, spin it to form a mild tornado, and quickly discard the water as soon as you see the light skin floating on top.
- 3** Strain the beans and make a paste out of it.
- 4** Mix in salt, cumin, ginger garlic paste and little chilli powder with the batter.
- 5** Grab a pan, and on medium heat, put some oil in it.
- 6** Spread a thin layer of batter and cook both sides until firm.

OPTIONAL

- You can also add an egg after spreading the batter and flip it once the bottom side sizzles/ turn brown.
- Or, for meat lovers, you can add chunks of ground meat on top of the spread batter. But make sure to cook this one on a low flame and with a lid on as meat takes longer to cook than the batter.
- I personally add both egg and meat and cook for 6-8 minutes on low flame, flipping on each side and enjoy my lentil pancake pizza.



Middle East – Bulgur Salad

Roman Ilgauskas

With fresh herbs, chopped vegetables, and chickpeas, this Middle Eastern-style bulgur salad is like a bulked-up tabbouleh.

Servings: 4 to 6 as a side dish (2 to 3 as a main course)

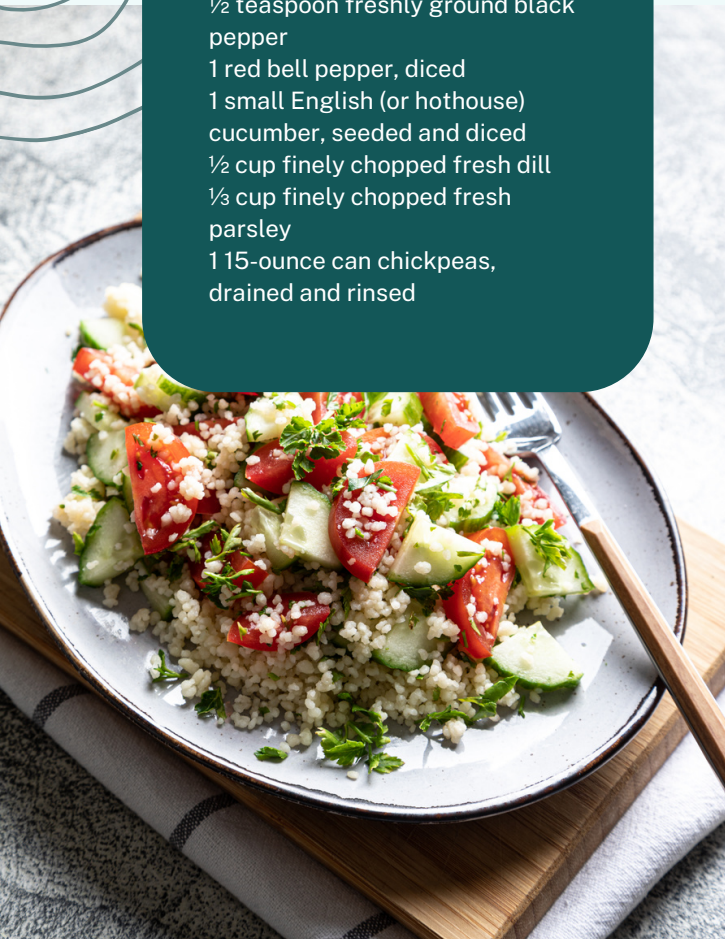
Total Time: 40 Minutes

Ingredients

1 cup medium-grind (#2) bulgur
1½ teaspoons salt, divided
⅓ cup diced red onion
¼ cup extra-virgin olive oil
¼ cup fresh lemon juice, from 2 lemons
1 large garlic clove, finely minced
1 teaspoon cumin
1 teaspoon sugar
½ teaspoon freshly ground black pepper
1 red bell pepper, diced
1 small English (or hothouse) cucumber, seeded and diced
½ cup finely chopped fresh dill
⅓ cup finely chopped fresh parsley
1 15-ounce can chickpeas, drained and rinsed

Directions

- 1 Bring a kettle of water to a boil. Place the bulgur in a large bowl with ½ teaspoon salt and 1¼ cups boiling water. Cover the bowl tightly with saran wrap and let sit for 15-30 minutes, or until all the water is absorbed. Let cool, then fluff with a fork.
- 2 Meanwhile, to soften the bite of the raw onions, place them in a small bowl and cover with cold water. Let sit for ten minutes, and then drain. (Feel free to skip this step if you don't mind the strong taste of raw onions.)
- 3 In a large bowl, whisk together the oil, lemon juice, garlic, cumin, sugar, pepper, and remaining 1 teaspoon salt. Add the cooled bulgur, onion, bell pepper, cucumber, dill, parsley, and chickpeas. Toss well, then taste and adjust seasoning if necessary. Chill until ready to serve or up to two days. Serve cold or room temperature. Have hummus on the side.





Always save room for
dessert

Ekmek Kataifi

Rosa Slape

This recipe is for a large serving, approx 10 - 12 big slices. The recipe can be halved if necessary.

This is a staple dessert for big occasions like birthdays, large family get-togethers, and most importantly Christmas! Bringing out the Kataifi is, for me, the best part of Christmas as it is the most anticipated dish. I hope someone takes on this recipe, it is not too difficult and is certainly worth the effort!

Ekmek Kataifi, my favourite Greek dessert (and dessert in general). This dish has three layers, the first being shredded pastry soaked in sugar syrup. Next, a layer of smooth, thick custard tops the pastry. Finally, a beautiful layer of whipped cream finished with cinnamon and pistachios brings together this decadent dessert.



Ingredients

BASE

250g kataifi dough (mostly found in Foodland)
50g butter, melted
80-100g pistachios, chopped

SYRUP

100g sugar
100h honey
200g water
Peel from half a lemon or orange
1 cinnamon stick

CUSTARD

750g whole milk (3 cups)
150g sugar
1/2 tsp vanilla extract
75g cornstarch
5 egg yolks
75g butter

WHIPPED CREAM

500g cold heavy whipping cream (2 cups)
60g icing sugar
1/2 tsp vanilla extract
Cinnamon, for sprinkling

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Directions

- 1** Preheat the oven to 170C and unroll the kataifi dough from the plastic sleeve. Work the kataifi dough with your hands, tearing apart the shreds and spreading the strands out a bit if they clump together, in order to get fluffy. For this ekmek kataifi recipe, you will need a 25cm square non-sticking baking dish. Butter the bottom of the baking dish and spread the kataifi dough to form the base of the ekmek kataifi. Pour over the melted butter and bake for 40-50 minutes depending on your oven, until crispy and nicely coloured.
- 2** In the meantime prepare the custard. Add in a large bowl the egg yolks with half the sugar (~100g) and whisk until fluffy. Add 3-4 tbsps of milk, add the cornstarch and whisk again until the cornstarch has dissolved. Set aside.
- 3** Pour the milk into a large pot and add the sugar and the vanilla extract. Place the pan over high heat and bring to the boil. As soon as the milk comes to a boil, remove from the heat and ladle 1/3 of the milk into the egg mixture, whilst whisking. This is to bring the temperature of the eggs up so that they don't scramble in the hot milk. Place the pot (with the remaining milk) again on the stove and turn the heat down to medium. Add the egg mixture into the pot with the remaining warm milk. Whisk continuously, until the mixture has thickened and is smooth and creamy. Remove the pan from the stove, add the butter and stir.
- 4** Take the kataifi out of the oven and let it cool down completely.
- 5** Prepare the syrup. Add all the ingredients for the syrup into a small pot and bring to a boil. Simmer the syrup for 5 minutes until aromatic and slightly thickened. Leave the syrup aside to cool down for a while, until lukewarm. Ladle slowly the lukewarm syrup over the cooled pastry. The pastry may look like it is swimming in the syrup, but it will all absorb in time.
- 6** Prepare the whipped cream and assemble the ekmek kataifi. Top the pastry base with the custard, smoothing it with a spatula. Put the cold heavy cream into a mixing bowl, add the icing sugar, and whisk on high speed until medium peaks form, about 1 minute. Top the ekmek kataifi with the whipped cream and even out. Sprinkle with the chopped pistachios and a healthy serving of cinnamon.

Store the ekmek kataifi in the fridge for at least a few hours and serve cold. Enjoy!

Pour the custard into a large bowl, cover it with plastic wrap (the plastic wrap should be touching the custard so that it doesn't form a skin), and let it cool.

Tres Leches Cake

Ella Burgun

Tres Leches Cake is an authentic Mexican cake soaked in three kinds of milk, topped with whipped cream and cinnamon. The ultimate indulgent dessert recipe!

This recipe is so bad and so good! There is a local restaurant near me that helped me fall in love with South American cuisine, and every time I make this it is devoured in about 2 days.

Ingredients

1 1/2 cups flour
1 teaspoon baking powder
1/4 teaspoon baking soda
5 large eggs, separated
1/2 cup unsalted butter
1 cup sugar
1 teaspoon vanilla extract
1/3 cup whole milk
1/2 cup heavy cream
14 ounces sweetened condensed milk
12 ounces evaporated milk
4 cups Whipped Cream (recipe)
1/4 teaspoon ground cinnamon

Directions

- 1 Preheat oven to 350 degrees and spray a 9x13 pan with baking spray or butter and flour it.
- 2 Sift together your flour, baking powder and baking soda.
- 3 In a large stand mixer whip your 5 egg whites to stiff peaks form (if you remove the whisk the tip of the egg white stands instead of fall) on medium-high speed.
- 4 Remove the egg whites to a large bowl and add the butter and sugar to your stand mixer on medium speed until light and fluffy, about 1-2 minutes.
- 5 Add in the egg yolks one at a time, then add in the vanilla and milk.
- 6 Add in the flour mixture until just barely combined, then fold into the egg white mixture gently.
- 7 Pour the mixture into the baking pan and bake for 30-35 minutes.
- 8 While the cake is baking whisk together the heavy cream, condensed milk and evaporated milk.
- 9 Remove from the oven, pierce all over with a fork and pour the milk mixture over the cake, then cover and chill for at least 3-4 hours.
- 10 Top with whipped cream and sift ground cinnamon on top before serving.



Green Banana Ice

Nurdiah Amalia Sam

Green banana ice (es pisang ijo) is one of the South Sulawesi (Indonesia) specialties that has recently gained popularity and is worth a try. And perhaps you are wondering what "es pisang ijo" (green banana ice) is?

Green banana ice (es pisang ijo) is a dessert consisting of banana sago flour dough covered with coloured ijo (green) and coconut milk, then drizzled with syrup.

Ingredients

50g of Sago Flour & 175 grammes of corn flour combined and sieved
1/2 teaspoon of salt
Five Suji Leaf pieces
6 Banana Fruit
300 ml of scalded water Cheddar Cheese Shreds
Chocolate Meses
Strawberry Simple Syrup
Sweetened condensed milk
Fragmented Ice

Directions

- 1 Mix together all the cornflour, suji leaves, salt, and boiled water. Stir the mixture over a low flame until it forms a dough. Then, incorporate the sago flour until the dough is perfect.
- 2 Divide the dough into six portions, and then trim it to a thickness of half a centimetre
- 3 Cover the bananas with the dough, and then boil them until they float; the float indicates that the bananas are perfectly cooked.
- 4 Add shredded ice, sweetened condensed milk, strawberry syrup, shredded Cheddar cheese, and chocolate chips to a large bowl.



Aussie Family Christmas Cake

Nicole Russ

This recipe is for all those who love fruit cake but think it is too hard to bake.

The basic recipe only has dried fruit, self-raising flour, and a liquid of your choice. Below is a list of suggestions. Note: If you chose the alcohol option, pick another liquid from the other lists to make up the extra 2.5 cups you will need.

MILK	JUICE	COOLED BEVERAGE	SOFT DRINK	ALCOHOL (1 cup only)
Full Cream, Lactose Free, Chocolate, Soy, Almond	Orange, Apple, Prune, Cranberry, Topical	Coffee, Tea, Hot Chocolate, Mulled Wine	Ginger Beer, Ginger Ale, Coke, Fanta, Lemonade	Rum, Whiskey, Brandy, Malibu, Fireball, Kahlua

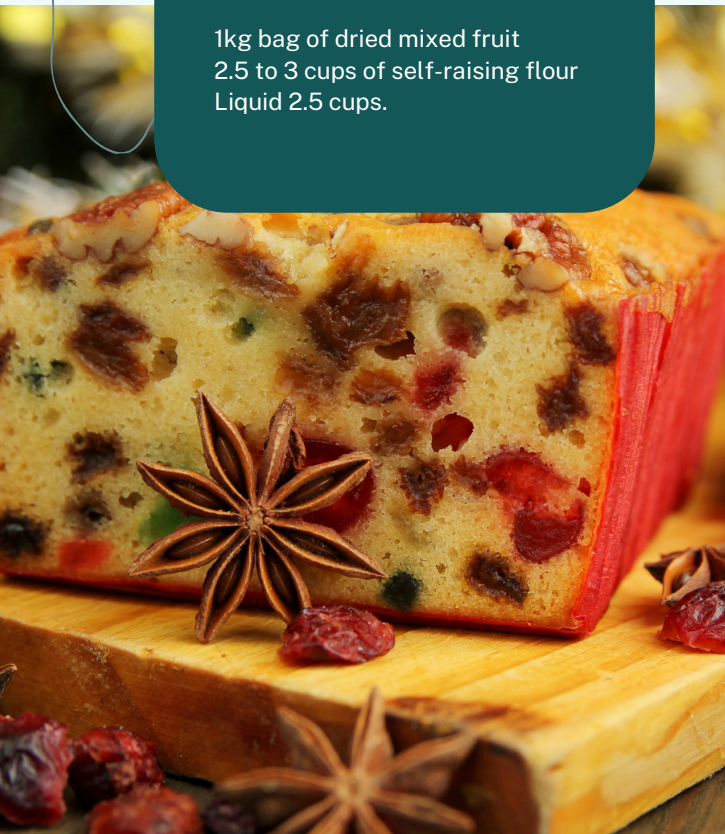
Other Options: When I make mine at Christmas, I include nutmeg, cinnamon, ground clove, ground ginger, and occasionally ground chili. Start at half a teaspoon and test the mix to meet your taste. I also like to add glace cherries and nuts for something special.

Ingredients

1kg bag of dried mixed fruit
2.5 to 3 cups of self-raising flour
Liquid 2.5 cups.

Directions

- 1 Place dried fruit in a sealable container.
- 2 Pour the liquid over the fruit, seal the container, and place it in the fridge overnight.
- 3 Take the mix out of the fridge and let come to room temperature.
- 4 Mix in self-raising flour and spices/nuts if using.
- 5 Line a baking tin with baking paper and pour in the cake mix. Level out the mix.
- 6 Pre-heat fan forced oven to 150 degrees and bake for 2 hours 'ish'. Use a skewer to test readiness. If it comes out with mix on it, place the cake back in for another 15 minutes and repeat until done to your satisfaction.
- 7 Now the hard bit.... Leave the cake for 1 day to cool and settle the flavours.



happy eating

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