



ONE POT

AT A

TIME

FAIRFIELD FOOD
STORIES

DEDICATED
TO YOUNG
PEOPLE IN
FAIRFIELD
CONNECTING
WITH THEIR
ROOTS
THROUGH
FOOD!

FOREWORD

This cookbook is dedicated to young people in Fairfield connecting with their roots through food!

One Pot at a Time is a collection of food stories sharing young people's perspective of culture and heritage through connecting with food and family.

This book has been put together by young people of Fairfield City who have generously shared their stories and recipes. Each recipe reflects each contributor's connection to their heritage and is accompanied by a short story.

We give thanks to each contributor for their generosity in sharing their personal stories and recipes.

This recipe book has been published by Fairfield City Council supported by the NSW Department of Communities and Justice through their Youth Opportunities Grant Program.

We acknowledge the Cabrogal of the Darug Nation who are the Traditional Custodians of the lands on which Fairfield City is placed.

We pay respect to Elders past, present and future and to Aboriginal and Torres Strait Islander peoples in our wider community.



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Note on our recipes:

The recipes included in this book are from young local people of Fairfield City and it represents their version of their cultural dishes. Many of these recipes:

- Have been learnt directly from family and stay true to their family traditions.
- Are core childhood dishes being learnt on the fly and cooked for the first time by our contributors.
- Or have been made by calling on their memories of watching the oldies in the kitchen growing up!

These are the food stories of young local people!

We acknowledge the deep knowledge of aunties, parents, caregivers, grandparents and ancestors.

To any aunties reading this book, some recipes will be just as you would remember them, while some will be a different take on a core dish – but we hope these food stories and young people's desire to maintain culture will inspire you to open up conversations about heritage with the next generation of knowledge keepers.



I wanted to showcase lachmagine in this project because it's an under appreciated food. It is something that doesn't get much attention even though it's so iconic around our local area, so I wanted to highlight this part of my culture to the rest of the community.

- Andy Elias

ANDY'S LACHMAGINE

Lachmachine, lahmacun, lahamajoun, lahm b'ajeen... one food, many names, all delicious! This snack food is simply meat on dough and originates from several communities across the Middle East, Mediterranean and SWANA region (particularly around the Fertile Crescent). Lachmachine is an under appreciated flavour from the many Middle Eastern communities in Australia and can be bought from many pizza and manoosh shops on the streets of Fairfield.

The recipe below is slightly untraditional but a simple challenge for brand new cooks.

Ingredients:

DOUGH:

2 ½ cups flour

¾ cups water

1 tbsp yeast

1 tsp salt

MEAT MIXTURE:

500 g minced beef or lamb

1 onion

3 cloves garlic

1 tsp all spice

1 tbsp paprika

1 tbsp cumin powder

1 green capsicum

250 g tomato paste

1 tbsp oil

Lemon (for juice)



Method:

DOUGH (BASE):

- 1 Mix together all dough ingredients in a bowl and knead by hand until it becomes firm.
- 2 Cover the bowl with a towel or cloth and let it rest for 30 minutes.
- 3 Split the dough into smaller balls. The size of these dough balls is up to you – make larger balls if you want a larger lachmagine.
- 4 On a clean bench, use your hand to squish them into thin, round circles.

MEAT MIXTURE (TOPPING):

- 1 Finely dice the onions, garlic and green capsicum.
- 2 In a bowl, add minced meat, diced vegetables, tomato paste, spices and a bit of oil. Mix together with clean hands.

BAKING:

- 1 Place a thin layer of the meat mixture onto your lachmagine dough and press it down onto the dough with your fingers.
- 2 Preheat an oven to around 200 degrees Celsius. Place the lachmagine on a lined baking tray and bake for 10-15 minutes or until you see the dough has become golden brown and crispy.
- 3 Squeeze some lemon juice over your lachmagine and enjoy!

ACKNOWLEDGEMENT: THE RECIPE FOR LACHMAGINE WAS MADE FOR THE FIRST TIME BY ANDY ELIAS WITH HELP FROM JENNIFER AND LEANNE.



Elina Betcanon's Potato Chop

As a child, I remember watching my grandmother expertly shape the mashed potato mixture into perfect patties, infused with a blend of spices passed down through generations. Each bite of potato chop was a journey back to my roots, a taste of the flavours and aromas that defined my Assyrian upbringing. Assyrian dishes, rich in history and flavour, often remained undiscovered by many. While cuisines from other cultures took the spotlight, Assyrian culinary treasures like potato chop stayed hidden. Recently, I brought potato chop to a pot-luck and was thrilled to see everyone enjoy it. The sight of people from diverse backgrounds relishing a taste of my culture filled me with pride and joy.

- Elina Betcanon

ELINA BETCANON'S POTATO CHOP

Assyrian potato chop (pronounced “chap”) is simply meat stuffed into a potato shell – YUM! Crunchy on the outside, fluffy and juicy on the inside, this dish is the ultimate comfort food for many Assyrian kids growing up in Australia. Shaping potato chop is all in the hands, so practice and experiment until you can get a good size and shape.

Ingredients:

POTATO SHELL:

1 kg of russet potatoes

1 egg

2.5 tbsp corn starch

1 tsp salt

¼ tsp pepper

1 tsp turmeric

FILLING:

500 g of minced meat (beef, lamb or a mix of both)

1 small onion finely diced

1 tsp salt

½ tsp pepper

1-2 tsp baharat spices

Oil for frying

Water

Method:

POTATO SHELL:

- 1 Boil potatoes with the skin on. Drain and cool slightly.
- 2 Once the potatoes have cooled, peel the skins. Cut the potatoes into small chunks. Mix in salt, pepper and turmeric.
- 3 Add cornstarch and egg. Knead the mixture until it turns into a dough-like consistency. You can force the potato mixture through a potato ricer (if you have one) to make it easier to knead. You will know it's ready when it doesn't stick to your fingers. Set it aside.

FILLING:

- 1 Using a large sauté pan, heat 2 tbsp oil. Sauté onions and ground beef. Begin to break up the ground meat to make small pieces as you sauté. Once the meat is cooked, season with salt, pepper, and baharat spices. Mix well and set aside to cool.
- 2 Prepare a large sheet tray lined with parchment paper. Set aside a small bowl of water and wet your hands slightly (wet hands make the shell easier to work with).

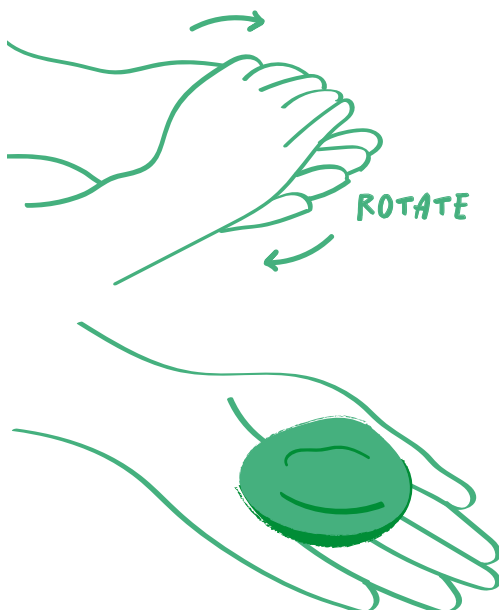
- 3 Scoop a small amount of the potato into your palm (enough to make the whole shell of the potato chop, around $\frac{1}{5}$ cup worth would be good. Add more if you want a bigger potato chop). Press the potato flat into your palm to create a disk with a small well in the middle.



- 4 Scoop about a tablespoon of meat filling (or more if you want a bigger potato chop).



- 5 Fold the disk in half, and pinch the seams together. To make it look like a disk, gently press it and rotate the disk between your palms until you make the desired shape.



- 6 Place it on your sheet tray. Repeat this process until all your potato mix and meat mixture have been formed into chops. If you run out of space on your tray, add a layer of parchment on top of the potato chops and start placing it on the parchment paper.
- 7 Once finished, place the tray in the freezer for a minimum of 20 minutes (until it is cool). Or, keep it frozen longer in a plastic bag or airtight container for future use.
- 8 Once they have chilled, preheat a frying pan on high heat with oil. Prepare a plate with a paper towel on it (paper towel will drain the oil from the potato chop).
- 9 Once the oil is heated, drop potato chops in. Try to not have the potato chops touching each other. Fry one side until it turns deeply gold, flip, and fry again until it turns deeply gold. Each side will probably take about 3 minutes. Remove the chops from the oil and place them on the plate. Repeat until all the potato chops you want are cooked.
- 10 Now you're ready to serve it! Add a sauce of your choosing to your side, such as chilli sauce.

ACKNOWLEDGEMENT: THIS FAMILY RECIPE FOR POTATO CHAP WAS DONATED BY ELINA BETCANON.

Tips: Baharat is a spice mix that can be found in many Middle Eastern groceries and fruit markets across all of Fairfield City. As a product of the mixing of cultures in the area, a few Mediterranean and Eastern European shops also stock it on their shelves! Try shopping in Fairfield, Fairfield Heights or Edensor Park to find it easily or ask an Assyrian aunty to teach you their blend to try making it at home!



Anthea and her Yia Yia's Pastitsio

Passing down the pastitsio recipe has been going on for generations in my family! I only learnt how to make it very recently. My very talented Yia Yia (grandma) and mum taught me how to cook it, but she learnt it from HER mum (my great-grandmother)! My face lights up every time I eat this dish with family

- Anthea Mavroucas

ANTHEA AND HER YIA YIA'S PASTITSIO

Pastitsio is one of the signature dishes of the Greek community! It's a rich and creamy plate of meat, pasta, sauce and cheese. Pastitsio is a more difficult recipe to cook, recommended for those who have a bit more experience in the kitchen or want a challenge! The recipe below is a simplified version of Anthea's Yia Yia's famous recipe - we're not giving away any family secrets!

**For this recipe, we recommend following along with our video. Check out episode 3 on our playlist and follow along with Anthea and Yia Yia.*

Ingredients:

BOLOGNAISE:

500 g penne pasta

Minced beef (About 800 g)

1 onion (finely diced)

Garlic (grated)

1 tin (790 g) of Mutti brand Polpa (finely chopped and half-cooked tomato, like passata but chunkier)

2 sachets of tomato paste (passata)

Spoon of sugar

BECHAMEL (WHITE SAUCE):

Butter 250 g

Self-raising flour, 3 heaped tbsp

Corn flour, 2 tbsp

Milk (about 1-1.5 L)

Parmesan cheese

5 eggs (beaten)

EQUIPMENT:

2 saucepans

1 frying pan

Tablespoons

Silicon baker's brush

Foil tray or baking tray

Plenty of wooden spoons and bowls

Method:

BOLOGNAISE PREP:

- 1 Dice onion and grate garlic and have it ready in a small bowl.
- 2 Use a can opener to open the can of polpa (tomato).
- 3 Fill a saucepan with water (this will be used to cook the penne pasta) and pull out a large frying pan (to cook the meat bolognese). Place them both on the stove to get ready for the cook.

BOLOGNAISE COOK:

- 1 Turn on both stoves.
- 2 Cook the minced beef, with onion and garlic in the frying pan.
- 3 Once beef has browned, add the tin of polpa and squeeze in 2 sachets of tomato paste.
- 4 Add a spoonful of sugar.
- 5 Let the beef bolognese cook slowly.
- 6 Once the pot of water starts to simmer, put your penne pasta in the water to cook. It should take 12-15 mins, but if using dry pasta follow the instructions on the packet for the best cook time.
- 7 When both the pasta and bolognese has cooked, drain the pasta. Then add the pasta and bolognese back to the clean saucepan and mix together with a wooden spoon. Set the bolognese aside.

BECHAMEL PREP:

- 1 Place a new saucepan on the stove.
- 2 Spoon cornflour into a cup or glass. Pour in a bit of milk to dissolve it and stir with a spoon until it turns into a smooth paste. (This will help keep your final sauce from going lumpy).

BECHAMEL COOK:

- 1 Add butter and 3 heaped teaspoons of self-raising flour into the saucepan. Turn the stove on low heat and stir with a wooden spoon over low heat until butter melts and it all mixes together.
- 2 Pour in milk slowly while stirring. Heat your mixture back up while still stirring and pour in your cornflour paste. As you stir, you will feel the sauce getting thick.
- 3 Add grated parmesan cheese and keep stirring! Don't stop stirring yet... bring everything slowly back up to heat and keep stirring until smooth and thick.
- 4 Take the sauce off the heat.

- 5 Beat 5 eggs and add it to the bechamel sauce once it's off the stove and mix it in. (Remember to leave a little bit of the beaten eggs in the bowl to brush over the pastitsio once you have put it in the dish for colour when it cooks).

PUTTING IT ALL TOGETHER:

- 1 Spoon the bolognese pasta into a foil tray or baking tray. Spread it so it is level and covers the whole bottom of the tray.
- 2 Spoon the bechamel sauce all over the bolognese until it's completely covered.
- 3 With a brush, lightly brush the leftover egg all over the top of the bechamel sauce layer.
- 4 Bake it until the top of the pastitsio browns.
- 5 Slice into squares and serve hot.

ACKNOWLEDGEMENT: *This is a family recipe shared by ANTHEA MAVROUCAS. THANK YOU TO ANTHEA, HER MOTHER MARIA AND HER YIA YIA (GRANDMA) FOR SHARING THIS INTERGENERATIONAL RECIPE.*

Tips: When it comes to ingredients, make sure to buy the GOOD stuff! Fresh ingredients are make-or-break for Eastern and Southern European food. Luckily, there's heaps of family-owned European delis and grocers in Fairfield City that have been around for decades, where you can find good pasta and the right kind of polpa. Just go for a wander on The Horsely Drive around Smithfield and Wetherill Park, Mimosa Road heading to Bossley Park and there's a big one on Smithfield Rd between Edensor Park and Bonnyrigg – if you know you know!



The Samoan Chef's Sapa Sui

Nothing like the long dark noodles and smell of soya sauce with diced meat, ginger and onions! It's a signature dish found at every special occasion on a Samoan table. Weddings, church events, reunions, funerals and even a good old-fashioned dinner or Sunday lunch! Chop suey, or as we Samoans call it, sapa sui, comes in many variations with some people adding some vegetables or changing the meat for chicken or even corned beef. Families all have their own way of making chop suey. Our dad had a special way and a secret ingredient that made his chop suey different from the rest and one that many people asked for. This recipe has been passed down (through Syprus) and will live on with us. Dad's chop suey has been shared at the annual Samoa Day Festival in Western Sydney where huge silver pots were made to sell. Plated with taro, a piece of chicken and some curry, this was a plate that we remember and love to this day. It was a legacy plate that will move through the generations.

- Laleiah and Syprus Lakisoe-Mapuna

THE SAMOAN CHEF'S SAPA SUI (CHOP SUEY)

Sapa Sui (or Chop Suey) is a staple dish for the Samoan community that came to existence in the early 20th century through a melding of cultures in the islands. The story on the previous page references the recipe of a Samoan Chef, the late Wales Mapuna through the eyes of his daughters. His recipe was a favourite in the community and has been passed down to his eldest daughter Syprus, who will share it to her younger sister Laleiah and their younger sister in turn.

Syprus shares her family recipe below (minus the secret ingredient), passed down to her by her late father, Samoan Chef Wales Mapuna.

Ingredients:

MEAT:

Beef (chuck or rump steak)

Or chicken (portions or boneless)

Or pork

Or corned beef

Vermicelli bean noodles (also called glass noodles)

Onion

Garlic

Ginger

Mushroom soy sauce

Method:

PREP:

- 1 Peel and slice the onion and garlic.
- 2 Peel and crush some ginger.
- 3 Cut your meat of choice into bite size cubes.
- 4 Soak vermicelli noodles in COLD water to soften. Trim the vermicelli into shorter threads with scissors.

COOK:

- 1 Add oil to a frying pan or pot and heat it. (We often use an electric frying pan).
- 2 Add the meat to the pan. Stir fry the meat in oil with onion and garlic, then add the ginger to the pan.

- 3 Add mushroom soy sauce to the pan
– add enough to cover the meat. Stir
and leave to cook for a few minutes.
- 4 Add the vermicelli into the pan.
Then add 1 or 2 cups of water.
- 5 Cover the pan and leave the sapa
sui to cook for 5-6 minutes. (If
you like fresh vegetables or more
onion in your sapa sui, you can
add them now if you wish).
- 6 Stir, serve and enjoy!

ACKNOWLEDGEMENT: THIS STORY AND RECIPE HAVE BEEN GENEROUSLY SHARED BY LALEIAH AND SYPRUS LAKISOE-MAPUNA. THE RECIPE BELONGS TO THEIR FATHER AND CHEF, THE LATE WALES MAPUNA. THE SAPA SUI (ACCOMPANIED WITH SIDE DISHES) PICTURED ON THE PREVIOUS PAGE WAS COOKED BY THEIR UNCLE JASON EKVETI. THANK YOU TO THE LAKISOE-MAPUNA FAMILY FOR SHARING THIS PRECIOUS MEMORY.

Tips: Sapa sui can often be served as one part of a Samoan Supper, a plate of different sides and meats served together at parties, festivals and after church. We think this way of serving food reflects the community itself – coming together as a family to share and connect!

Most ingredients for sapa sui are pretty easy to find. Pasifika shops in Lansvale and Heckenburg will sell freshly cooked sapa sui by weight and will also usually stock the ingredients to make it. Fittingly (with the dish's influence from southern China), most local Asian supermarkets also stock the packs of vermicelli bean noodles (glass noodles) that you need for this dish.





Allie and her Mum's Koko Fish Stew

This recipe was what my grandma and mother would make me when I was growing up. It has a very distinct taste of fermented fish and lemongrass which is essential to Cambodian cuisine. Despite not being fond of it as a child due to its deep green colour, I have grown to love it alongside my appreciation for my own culture. Living in Australia whilst my relatives are distant in our home country, the soup brings alive the flavours and aromas which coated my grandma's walls. It gives us all a sense of comfort, identity and familiarity.

- Allie Hang

ALLIE AND HER MUM'S KOKO FISH STEW

Ingredients:

KROEUNG:

Fresh lemongrass

Fresh turmeric

Fresh garlic

Galangal paste

EVERYTHING ELSE:

2 tbsp oil of choice

1 tbsp prahok (fermented fish paste)



2 tbsp kroeung

1.5 L water

4 cutlets of fish (barramundi
or snapper)

1 tsp salt

2 tbsp palm sugar

0.5 peeled green pawpaw

1 green banana, sliced

¼ pumpkin diced into small cubes

2 Asian (Thai) eggplants



A handful of “pea eggplants”



Snake beans (as much as one wants)



2 tbsp fish sauce

Method:

KROEUNG:

- 1 For our kroeung, we use fresh lemongrass, turmeric, garlic, and galangal paste. Chop all fresh ingredients as finely as you can with a good knife, mandolin or any other kind of blade. These fresh ingredients are HARD so make sure to chop into fine pieces to make the next step easier.

Mortar and pestle method: With a heavy stone mortar and pestle, grab a handful of ingredients at a time and pound them together until it becomes a grainy paste.

Food processor method: Add all your ingredients to a food processor and pulse until it becomes a grainy paste. Make sure to chop the harder ingredients as finely as you can before you blend as large pieces can dull the blades.

SOMLAR (SOUP):

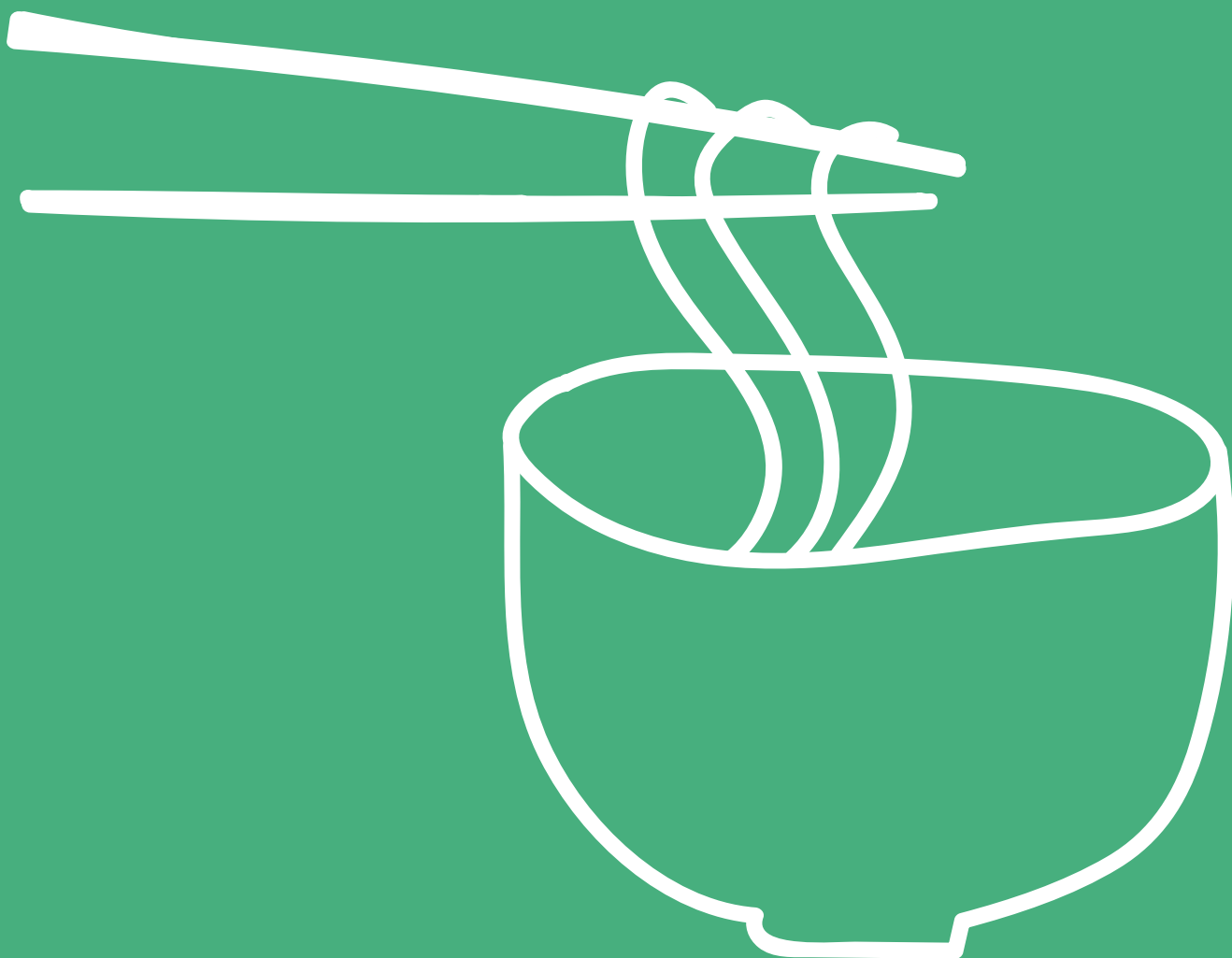
- 1 Heat oil in a saucepan over medium heat and add the prahok and kroeung. Cook it until it turns green and fragrant.
- 2 Add the water, your protein of choice and seasonings (fish, salt and sugar). Stir until the sugar is dissolved.
- 3 Stir the sauce pan for a few minutes before adding pawpaw, banana, pumpkin, eggplants and snake beans.
- 4 Bring the stew to a boil and add fish sauce if needed.
- 5 Simmer and cook the food for 10-15 minutes reducing the heat and placing a lid on top.
- 6 Serve with rice. The dish can alternatively be cooked with chicken or tofu.

ACKNOWLEDGEMENT: THIS RECIPE IS A VERSION OF 'SOMLAR KOKO' DONATED BY SOKLA HENG (MOTHER OF ALLIE HANG). HER OWN RECIPE WAS INSPIRED BY THE COOKBOOK 'OFFERINGS' FOREWORD BY CHRISTINE MANFIELD.

Tips: You can find prahok around Asian grocers in Cabramatta, Bonnyrigg or Fairfield. It can be trickier to find than Vietnamese ingredients, but your best bet is to visit a Khmer-owned grocer on the East-side (or "Cambo-side") of the train tracks in Cabramatta along Broomfield Street.

Kroeung is a uniquely Cambodian mix of aromatics that is very rarely found being sold in stores. Every family has their own recipe and ratios, so your best bet is to get a good mortar and pestle and try making your own! You'll be rewarded with a versatile herb mix and a kitchen that smells like lemongrass for days.





It's phở not pho! You pronounce this as if you're asking a question, a bit like the accent it's written with. Luckily, I'm pretty well connected to my culture. My family speaks Vietnamese and I usually speak Vietnamese to other people in my community, so luckily I grew up in a community where I could keep the language.

The first time my mum had phở is when her mum (my grandma) made it! For me to be able to cook dishes that are part of my culture as someone who's born in Australia and doesn't get to go overseas often, it's an important way for me to connect with my family and ancestors. My mum said she will keep passing the recipe down and show her future grandkids how to cook it, so we can keep passing down the culture.

- Thuy Trang Phan

TRANG AND HER MUM'S PHỞ

Phở is a traditional Vietnamese rice noodle dish. The dish is basically a beef bone broth (that could also be made with alternatives like chicken) with flat rice noodles and topped with vegetables like bean sprout, basil and mint. It is an iconic dish for the Vietnamese community and is a strong symbol of connection for many young people in Fairfield to their heritage.

Ingredients:

BROTH:

2 L (8 cups) water

3 kg of beef bones

2 thick slices ginger

1 onion, thinly sliced

2 garlic cloves, sliced

3 star anise

2 cinnamon quills

2 tbsp caster sugar

1/3 cup (80 ml) fish sauce

Beef tendon balls

NOODLES:

Flat rice noodles

Beef for phở, very thinly sliced

TOPPINGS:

Bean sprouts

Thai/Vietnamese basil

Vietnamese mint

Coriander

Hoisin sauce

Chilli sauce

Method:

BOILING THE BROTH:

- 1 Boil your beef bones in the water and let it simmer on medium-low heat for at least 1-2 hours.
 - 2 Once boiled, strain out the water and let the beef bones rest for 30 minutes to an hour.
 - 3 Place the bones back into a large pot. Pour in your water and spices into a cheesecloth/spice bag and let your broth simmer on medium-low heat for 3 hours minimum till the meat is tender and falling off the bone.
 - 4 Add your beef tendon balls and turn down the heat once cooked.
- 3 With a ladle, pour the broth onto your beef and noodles. As you pour the hot broth, it will cook the beef (the broth should be just boiled and poured straight out of the pot).
 - 4 Add bean sprouts, basil leaves, mint, coriander, sriracha and hoisin sauce and lemon to your personal taste! You can also have the broth straight up and have hoisin and sriracha for dipping on the side. It's up to you!

ACKNOWLEDGEMENT: THIS RECIPE FOR PHỞ HAS BEEN DONATED BY THUY TRANG PHAN AND HER MUM CHAU LE.

SERVING THE NOODLES:

- 1 Blanch noodles in boiling water, then grab a handful and place into your bowl.
- 2 Put as many raw beef slices as you'd like into your bowl on the noodles. Add some beef bones that were used to make the broth to your bowl if you'd like.

Tips: If you're unsure what kind of cuts to get, you can usually go to any Southeast Asian butcher and ask for bones for phở broth and pre-sliced beef for phở. Many households use ox tail as well, so lean into the knowledge of local butchers and ask for their recommendation.



Trang and her Mum's Phở



This dish is one of the first meals my mum taught me when I was young. It's one of the most comfort-est comfort food dishes from my culture. Congee, in many Asian cultures, is associated as a meal to have when you're sick because there are many different varieties of congee that people's parents make for them when they are sick.

By making this dish, I am able to connect to my culture and think about how my future children will be able to make and eat this for themselves. I also think about their own future family connecting in some way to their culture through the love of foods and meals that they can make and share with their loved ones.

- Thuy Trang Phan

TRANG'S PLAIN CONGEE (CHÁO)

Plain congee at its most basic is simply water (or stock) and rice. From this foundation, the variations that can be created are almost limitless. Variations of congee are shared by a huge diversity of communities, particularly stemming from Southeast, Eastern, South, and Central Asia, each with their own stocks, proteins, sauces and condiments.

Ingredients:

1 cup of white rice (better cooked)

2 cup of water

1 tbsp of fish sauce

A sprinkle of pepper

1 egg

2 sliced spam (or Vietnamese spam - chả lụa)

Soy sauce (optional)

Method:

- 1 Grab a spacious pot and add in your cooked rice and water. Using already cooked rice will speed up the time your congee will take to cook.
- 2 Once you have done that, let the rice come to a boil. Add fish sauce and stir every 2-5 minutes until the consistency becomes thick. Add more water if needed.
- 3 In a separate pan, cook your egg and spam and set aside until serving.
- 4 Once your congee is done, scoop into a bowl. Add in your egg, spam and a sprinkle of pepper to taste. Drizzle with a bit of soy sauce (if you want).

ACKNOWLEDGEMENT: THIS RECIPE FOR PLAIN CONGEE (CHÁO) HAS BEEN DONATED BY THUY TRANG PHAN AND WAS TAUGHT TO HER BY HER MUM.

Tips: Rice can also be cooked from scratch on the stove top but adding pre-cooked rice from the rice cooker works just as well as a more easy-to-do method!





Trang's Plain Congee (Cháo)



Anna and Gia's Thịt Kho

We chose to share this dish because we wanted to remind people of a dish that reminds us of home. Eating this dish gives us a feeling of home and eating with the whole family. Home is where we belong – the Vietnamese culture. Usually – my dad is the one who makes the dish, or we buy it fresh from the markets in Cabramatta. To be honest, the best part of thit kho is not the food itself but it's the people we eat it with!

- Anna and Gia

ANNA AND GIA'S THỊT KHO

Thịt kho is a Vietnamese braised pork dish made with marinated pork belly cooked low and slow and usually finished with boiled eggs. Different versions are also shared by many Southeast Asian communities. It's sweet, peppery and seriously comforting. Anna and Gia have cooked theirs in a well-loved ceramic pot but you can make it in any sort of pot if you don't have the traditional one.

Ingredients:

Pork belly (a 500 g slab)

5-6 cloves of garlic

Soy sauce

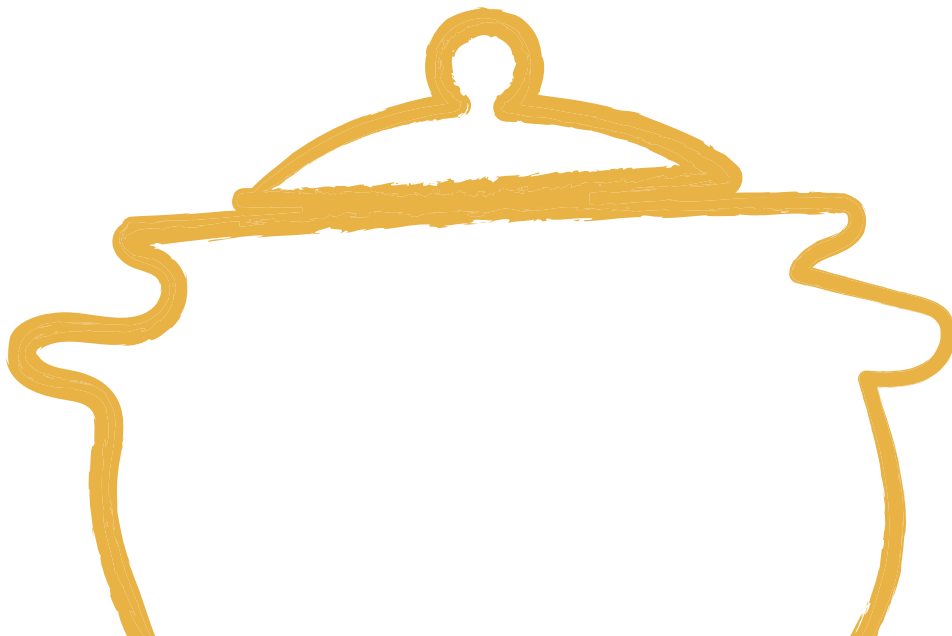
Fish sauce

Whole black peppercorns

Sugar

Coconut water

Quail eggs (or chicken eggs)



Method:

- 1 Cut the pork belly into big cubes. Crush garlic and crack some black pepper in a mortar and pestle (or a grinder). Marinate the pork with garlic, pepper, about 4 tbsp soy sauce, 1 tbsp fish sauce and 1 tbsp sugar. Let the flavours soak in for at least an hour (or overnight).



CUT PORK BELLY
INTO CUBES

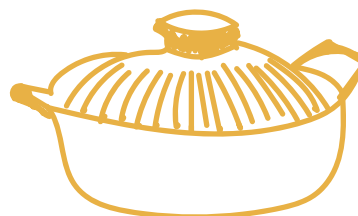
- 2 In a ceramic pot, add 1 tbsp of sugar to the bottom of the pot and add a small amount of water – just enough to cover the sugar.
- 3 Place the pot on low heat and heat up the sugar and water mixture, just enough to see the colour change to a light caramel colour. Don't leave it too long because the caramel can burn really quickly.
- 4 As soon as you see the caramel colour, add your marinated pork belly to the pot and stir it until the pork is covered on all sides with the caramel and the outside starts to sear.



CARAMELISED
THE SUGAR

- 5 Pour in coconut water. Fill the pot until the water just covers the top of the pork.

- 6 Put a lid on the pot and leave it to simmer low and slow until the pork is soft and cooked and the water has reduced. This can be 1-2 hours depending on how much you're cooking.



PUT THE LID ON
THE POT AND
LEAVE TO SIMMER

- 7 While you're waiting, hard boil the eggs and peel. If you're using quail eggs, they can often be bought pre-boiled and peeled in cans.
- 8 When your pork is cooked and tender, add in the eggs. Serve over rice and enjoy with friends and family.

ACKNOWLEDGEMENT: THIS RECIPE WAS SHOWN TO US BY ANNA AND GIA WHO BASED THEIR VERSION ON THEIR FAMILY'S DISH.

Tips: Buy your pork belly as a slab at a butcher in Cabramatta, not cut into bacon strips, as this dish needs the pork pieces to be chunky.

While you don't need it to make great thịt kho, you can find Vietnamese ceramic cooking pots in markets in Cabramatta.



[Maya's Dal Bhat](#)

I wanted to showcase Dal Bhat because it's the national dish of Nepal. This dish is very popular in Nepal and a lot of people eat it in South Asia. It's important to cook it in Australia because we need to represent our South Asian culture. It's important we learn to cook these dishes ourselves and keep teaching young ones to keep the tradition alive.

- Maya Limbu

MAYA'S DAL BHAT

Dal Bhat translates to lentil soup with rice - Dal is lentils and Bhat is rice. This simple and flavourful dish is the national dish of Nepal. Dal Bhat is a staple food, so there are many ways of making it depending on the taste of the cook

In her video, Maya's mum cooks her lentils in a manual stovetop pressure cooker, which is familiar for many people who grew up in a Nepali household, but you don't need one to cook this dish. Maya has shared a simple recipe here using chicken as a protein, which doesn't need a pressure cooker.

Ingredients:

BHAT (RICE) AND MEAT:

Rice

Chicken (or any other meat)

Turmeric powder

Salt

Tomatoes

Coriander seeds

Cumin seeds

Panch Phoran (optional)

DAL:

Red lentils

Garlic (crushed)

Turmeric powder

Salt

Chopped onion, ginger,
chilli and lime (optional)

Method:

BHAT (RICE) AND CHICKEN:

- 1 Begin cooking rice in a rice cooker or on the stove (however you usually cook it). Usually the ratio is 2 parts water to 1 part rice however, this may vary depending on the equipment used and personal preferences
- 2 Once the rice gets cooking, get your preferred meat ready (try chicken!) and cut them into pieces according to your preference. Season with turmeric and salt to your taste and stir well.
- 3 Heat up a pan on the stove and add some canola oil (or any preferred oil) to the hot pan.
- 4 Add your meat into a pan or saucepan. Let the meat cook for 30 minutes on low heat and keep on stirring or else it'll get burnt! This will make the meat soft, but if you prefer to cook your meat another way, adjust the timing and heat to whatever your preference is.

- 5 When the meat is almost cooked, slice some tomatoes and make a coriander-cumin powder (to make this, just grind the two spices into a smooth powder). Add these to the pan.

OPTIONAL: You can also sprinkle some panch phoran on your chicken if you would like to taste a lot of different flavours.

- 6 Once cooked, chop up coriander (leaves and stems) and sprinkle all into the pan of meat. Remove the cooked meat from the pan.

DAL:

- 1 To make your dal, fill a pot (or stove top pressure cooker if you have one) with cold water and red lentils.
- 2 Wash your lentils by pouring out the cold water. Rinse and replace with fresh, clean water until the lentils are submerged (about 1 part lentils to 3 parts water). Place your pot on a stove and turn on the heat.
- 3 Cook the dal. You know when it is cooked when the dal is mushy and the grains are soft. The dal should be slightly thick but still be a bit watery.
- 4 In a separate pan, heat 2 tsp of oil and add crushed garlic (you may also add chopped onion and ginger) and wait until they turn brown.
- 5 Add into cooked dal, along with turmeric and salt. Simmer for approximately 10 minutes until lentils are fully cooked and flavours have melded together perfectly. If you like more flavours, you may add any additional seasonings and spices you wish!
- 6 Once the dal seems soft and mushy (ready to eat), stop cooking it.

SERVING DAL BHAT:

- 7 Spoon some rice and meat onto one side of the plate and dal on the other. Serve and enjoy!

OPTIONAL: You may add hints of chilli and coriander as well as a squeeze of lime, along with your serving!

ACKNOWLEDGEMENT: THIS DAL BHAT RECIPE WAS GENEROUSLY SHARED BY MAYA LIMBU WITH HELP FROM HER MUM.

Tips: Panch phoran, sometimes called “Indian Five Spice” is a mix of different seeds and spices used a lot in the cooking of many South Asian communities (including Nepali, Bengali and many parts of India). It can be found as a pre-made powder in many South Asian grocery stores across Fairfield and Liverpool.





This dish is very important to me because it will always remind me of helping my mum in the kitchen while we cooked the sopaipillas together and then sitting around the dinner table with my family talking and eating them. My first time making sopaipillas was when my grandfather's sisters visited from Chile. While we were preparing them as a family, my dad was telling stories about sopaipillas from his youth – it was amazing!

- Misael Monsalve

MiSAEL'S SOPAIPILLAS

Sopaipillas (also known as sopaipas) are a fried bread that is made by people across many parts of Latin America but is particularly associated with Chileans, who usually add zapallo to the dough! It's a childhood dish for many families across Fairfield City's large Chilean diaspora.

Ingredients:

1 cup zapallo (type of
Chilean pumpkin)

4¼ cups all-purpose flour

1 tsp baking soda

1 tsp salt

10 tbsp butter, melted

2 cups canola oil for pan-frying

Method:

- 1 Peel, seed, and cut zapallo into chunks. Place in a saucepan, cover with water, and bring to a boil over medium-high heat. Cook for 15-20 minutes until zapallo is soft and easily pierced with a fork. Drain and allow to cool slightly.
- 2 Mix flour, baking soda, and salt together in a mixing bowl, and set aside. Stir together zapallo and melted butter. Stir the flour mixture into the butter mixture until blended. Turn the dough out onto a lightly floured surface and knead until soft and satiny, adding a little more flour if necessary. Cover dough with a towel and allow to rest for 15 minutes.

- 3 Roll out the dough to half a centimetre thick and cut into 7 centimetre diameter circles. Poke each circle a few times with a fork to make holes and prevent from rising.
- 4 Pour oil into a large, deep skillet and heat over medium-high heat until hot, 195 degrees Celsius. Place several of the dough circles into hot oil; cook until lightly browned, 3 to 4 minutes. Drain on paper towels. Cook remainder of dough circles in batches and enjoy.

ACKNOWLEDGEMENT: THIS RECIPE FOR SOPAIPILLAS WAS DONATED BY MISAEL MONSALVE AND IS INSPIRED BY HIS FAMILY'S VERSION.

Tips: You can eat plain or with strawberry jam! Any other type of jam goes great as well.



Misael's Sopaipillas

VIDEO SERIES

We hope you enjoyed our recipe book of short stories and familiar food!

Hungry for more? Scan the QR Code below to find our video mini-series to go with this recipe book.

The video mini-series was written, directed and filmed by young people on our One Pot at a Time Steering Committee alongside Fairfield City Council and the creatives at CuriousWorks.

Explore our playlist to hear from Fairfield young people about connecting with and sharing their cultural dishes!



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- 2023/2024 Fairfield Youth Advisory Committee members Elina Esho Betcanon, Laleiah Lakisoe-Mapuna (and her sister Syprus), Misael Monsalve, Keith Phan, Rachana Oeng, Allie Hang, Simone Luong and Tepy Moth, who were also involved in scripting, filming, working behind the scenes or donating recipes.
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