MOUNT WAVERLEY

Melting Pot

RECIPES FROM OUR SCHOOL COMMUNITY
Snack Time

BISCUITS, SLICES, CAKES & MORE
**Gallipooli**

Gallipooli's design honours the many Gippsland dairy farmers who enlisted in the Australian Army during World War I, especially those who went to Gallipoli in 1915 and all who lost their lives during the war.

MNPS Senior Environment Team

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**ANZAC Biscuits**

**Australia/New Zealand**

ANZAC biscuits are associated with the Australian and New Zealand Army Corps (ANZAC) established in World War I. These biscuits were said to have been sent by wives to soldiers abroad because the ingredients do not spoil easily and the biscuits kept well during transportation. *Lachlan B, Prep F*

**PREP 30 minutes** | **COOK 20 minutes** | **MAKES 20**

1 cup rolled oats  
1 cup plain flour  
1 cup white sugar  
¾ cup desiccated coconut  
125g butter  
2 tbsp golden syrup  
½ tsp bicarbonate soda  
1 tbsp boiling water

Preheat oven to 150°C (fan forced).
Combine oats, flour, sugar and coconut in mixing bowl.
Add chopped butter and golden syrup to a saucepan and stir over low heat until melted.
Mix bicarb soda with boiling water and add to melted butter and syrup. Stir (mixture should foam).
Whilst butter mixture is still foaming, stir into dry ingredients.
Take tablespoons of mixture, roll and flatten.
Place on lightly greased oven trays (allow room for spreading).
Bake for 20 minutes or until golden brown.
Loosen while warm and cool on trays.

These biscuits keep well so are great for making ahead for the week’s lunch boxes.

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**Afghan Biscuits**

**New Zealand**

A Kiwi favourite! This recipe comes from New Zealand’s most popular and one of its oldest cookbooks - *The Edmonds Cookery Book. Dylan & Riley S, 6D & 5D*

**PREP 10 minutes** | **COOK 12-15 minutes** | **MAKES 24**

200g butter  
75g sugar  
175g plain flour  
25g cocoa powder  
50g cornflakes

Preheat oven to 160°C (fan forced).
Softken butter, add sugar and beat to a cream. Add flour and cocoa powder.
Crunch cornflakes up by hand and add to the mixture. Put spoonfuls onto 2 lined baking trays.
Bake for 12-15 minutes.

When cold, ice with your favourite chocolate icing. Walnuts or pecans can be placed on top for decoration.
On the Side

STARTERS, SALADS & SOUPS
Nonna’s Minestrone Soup

Italy

This family favourite was passed on to me by my late mother (Chloe’s grandmother). I have tried other versions but always come back to this one. It is a healthy, filling meal, perfect for cold winter days, especially with fresh crusty bread to mop up any of the leftovers. Chloe B, 4E

PREP 10 minutes | COOK 40 minutes | SERVES 4-6

1 tbsp oil
1 clove garlic, crushed
1 onion, chopped
2 bacon rashers, chopped
425g tin crushed tomatoes
4 cups (1 litre) water
2 small (or 1 large) beef stock cube, crumbled
2 large potatoes, chopped
2 large carrots, chopped
2 parsnips, chopped
2 sticks celery, chopped
125g green beans, chopped
3 zucchinis, chopped
310g butter beans, chopped
1 tbsp chopped fresh basil or ¼ tsp dried basil
grated parmesan cheese

Heat the oil in a large saucepan. Add garlic, onion, bacon and cook until the onion is soft. Add undrained crushed tomatoes, water and stock cubes and bring to the boil. Add potatoes, carrots and parsnips. Reduce heat and simmer, covered, for 20 minutes. Add celery, green beans and zucchini. Simmer covered for another 10-15 minutes. Add rinsed butter beans and basil, cook for a further minute.

If you prefer a thinner consistency to your soup add an extra 1 cup of water.

Serve soup with grated parmesan cheese (with cheese in a separate bowl or sprinkled over the top of individual bowls of soup). You can use any vegetables and herbs you may have on hand.

Pumpkin Soup with a Punch

Australia

This is my own take on the traditional pumpkin soup recipe with a couple of extra ingredients to make it fresh and extra tasty. The carrots add extra sweetness and colour. Frances S.M. 1B

PREP 10 minutes | COOK 45 minutes | MAKES enough for a hearty meal

1 butternut pumpkin, chopped
2 carrots, chopped
4-5 cloves garlic
olive oil
1 leek
2cm knob fresh ginger, grated
1 tsp cumin
½ tsp chilli powder
1 litre chicken stock
squeeze lemon juice (optional)
salt
pepper

Preheat oven to 180°C.

Roast the pumpkin, carrots and garlic (with a good sprinkle of salt and pepper) in a good dash of olive oil for about 20 minutes or until soft and starting to brown (a little bit of brown on the pumpkin gives a delicious nutty flavour). There is no need to peel the garlic cloves, once they’re roasted it’s easy to squeeze the garlic out of the peel.

Slice the leek and cook in a large stockpot in a little oil until soft. Add the grated ginger, cumin and chilli and cook for a further 5 minutes. Add the roasted vegetables and chicken stock. Season to taste with salt and a dash of lemon. Bring to the boil and then simmer for a further 15 minutes. Blend with a stick blender or in batches in a food processor or blender.

Serve with warm crusty bread.
Family Favourites

DINNER
**Saikyo Miso Marinated Grilled Fish**

*Japan*

This recipe came from Mineko Moreno (co-author of ‘Sushi for Dummies’ and my partner’s mother).

**Natasha Gangell, Teacher 2A**

**PREP 5 minutes | MARINATE overnight | COOK 30 minutes | SERVES 4**

700g choice of the following: cod, sea bass, yellowtail, salmon, red snapper
½ tsp salt

**SAIKYO MISO MARINADE**

⅛ cup saikyo miso
2 tbsp sugar, or to taste
⅓ cup sake

Place the fish on a wire rack in one layer. Sprinkle with salt to draw the water for 2-3 hours in the refrigerator.

Combine miso, sugar and sake and mix well.

In a shallow glass pan, large enough to arrange the fish fillets in one layer, spread half of the miso marinade and place a double layer of cheesecloth to cover the entire surface. Pat dry the fish fillets and place over the cheesecloth in one layer (make sure not to overlap). Place another double layer of cheesecloth over the fish and cover with remaining miso marinade. Cover with plastic wrap and marinade overnight in the refrigerator.

Wipe off miso marinade. Grill or broil over medium heat on both sides. Be careful not to burn the fish due to the miso marinade.

Serve with rice, steamed vegetables or a crisp green salad.

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**Best Ever Oven Roasted Salmon**

*Australia (with Asian flavours)*

This recipe is an adaptation from my family.

**Vicki Martin, Assistant Principal**

**PREP 10 minutes | COOK 12 minutes | SERVES 4**

⅛ cup chopped coriander leaves
1 tbsp grated ginger
2 cloves garlic, crushed
1 small red chilli, chopped
⅛ cup oyster sauce
⅛ cup teriyaki sauce
4 fillets Tasmanian salmon

Heat oven to 180°C.

Combine all marinade ingredients. Place salmon in marinade for 10 minutes, turning once or twice. Discard leftover marinade.

Bake salmon for 12-15 minutes on tray or dish lined with baking paper.

Serve on sweet potato mash with any favourite green vegetables or salad.

Alternatively you might like to grill the salmon on a BBQ.
Something Sweet

DESSERTS
Indian Mango Lassi

India

This recipe was chosen because this is the favourite drink of millions around the world. Enjoyed by both young and old equally. Vishnu S, 3A

PREP 10 minutes | COOK 10 minutes | SERVES 4

MANGO SYRUP
1 cup (220g) caster sugar
1 cup (250ml) mango puree
1 cup (250ml) water

LASSI MIXTURE
2 cups (400g) chopped mango (about 2 mangoes)
⅓ cup (60ml) milk
1 tsp castor sugar
⅛ tsp ground cardamom, plus extra, to sprinkle
2 cups (550g) thick natural yoghurt
crushed ice, to serve

To make Mango Syrup: Place sugar, mango puree and water in a small saucepan over low heat, and stir until sugar dissolves. Increase heat to high, bring to the boil and cook for 5 minutes or until thick and reduced. Set aside to cool completely.

To make Lassi mixture: Place chopped mango, milk, sugar, cardamom and 1 cup yoghurt in a blender and process until smooth.

Fill 4 tall serving glasses with crushed ice, then divide mango syrup and remaining 1 cup yoghurt between glasses. Top with lassi mixture.

Serve sprinkled with extra cardamom.

“When a dish works, it works for everyone, whether you’re Asian, European, African, American or anybody else.”

Joel Robuchon
**Featherlight Sponge**

*England*

This recipe came from a lovely local gentleman. I have made it many, many times for family get togethers and it never fails! Gabrielle & Lucy D, 6C & 3C

**PREP** 15 minutes | **COOK** 25-30 minutes | **SERVES** 8

4 eggs
⅓ cup caster sugar
⅓ cup cornflour
1 tbsp custard powder
½ tsp bicarbonate of soda
1 tsp cream of tartar
300ml cream (full fat), whipped
1 punnet of strawberries, washed

Preheat oven to 180°C.
Spray 2 x 20cm baking tins with cooking spray and line base with baking paper. Cover bottom of tins with cornflour and shake out excess.
Beat egg whites until soft peaks form. Add sugar gradually and beat until all dissolved. Add egg yolks and beat for 2 minutes. Fold in twice sifted dry ingredients. Pour equal amounts into each tin.
Bake for 25-30 minutes. Carefully remove from tins and cool on cake rack.

Once cool, sandwich the two cakes together with half the whipped cream. Spread remaining whipped cream over the top of the cake and arrange strawberries on top.

**Sticky Date Pudding**

*England*

This recipe is a family favourite! Hayley C, 2E

This recipe came from a lovely friend I used to work with. This recipe is absolutely foolproof and I’m yet to meet a person who did not love this sweet dessert! Emma & Tilly R, 5D & 3D

**PREP** 20 minutes | **COOK** 30-40 minutes | **SERVES** 8

1 cup (170g) dates, pitted and chopped
1 tsp bicarbonate of soda
1 cup boiling water
60g unsalted butter
1 cup (170g) caster sugar
2 eggs
1½ cups (200g) self-raising flour
½ tsp vanilla essence

**SAUCE**
1 cup (150g) brown sugar
⅔ cup (150ml) cream
1½ tsp vanilla essence
2 tbsp (50g) unsalted butter

Preheat oven to 180°C (165°C fan forced).
Mix dates and bicarbonate soda in a bowl. Pour 1 cup of boiling water over dates and leave to stand.
Cream butter and sugar until pale then add eggs one at a time, beating well after each addition. Gently fold in flour, stir in date mixture and vanilla essence.
Pour into a well greased 18cm square cake tin. Bake for 30-40 minutes, or until skewer comes out clean.

**SAUCE**
Put all ingredients in a small saucepan and bring to the boil, stirring continuously.
Reduce heat and simmer for 5 minutes, keeping an eye on it so it doesn’t boil over. Set aside.

Serve pudding and sauce while they are still warm.