

# Persian Pizza

## Ingredients

### Tomato base

3 large tomatoes, skinned and roughly chopped

3 cloves garlic, peeled

Basil, oregano, salt and pepper to taste

1 teaspoon sugar

1 teaspoon salt

2 teaspoons olive oil

2 teaspoons tomato paste

### Lamb topping

100 g lamb fillet, diced to 1 cm

150 g Persian feta

1 eggplant, sliced into 2 cm circles

200 g kidney beans

1 teaspoon turmeric powder

1½ cups mozzarella cheese

Fresh herbs (rosemary, parsley, coriander, mint, fenugreek), chopped

1 Pizza Base



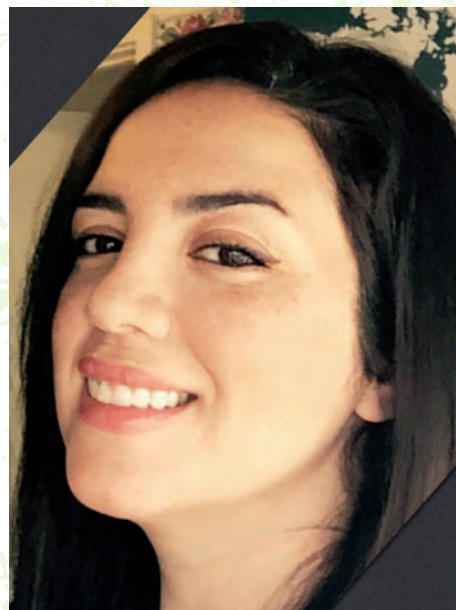
## Method

For the sauce, put all ingredients in a blender and make a puree. Heat a saucepan and cook the puree over a medium heat, stirring constantly until the liquid has reduced and formed a sauce. Place the lamb and feta in two separate bowls and divide the herbs between them. Cover both with oil and marinade.

Gently fry turmeric, onion and eggplant in the oil. Drain on paper towel to absorb excess oil. Fry the meat until brown, and add the herbs.

To make the pizza: spread the pizza sauce over a pizza base, followed by some mozzarella cheese. Then layer the fried eggplant and onion followed by the rest of the mozzarella. Add diced lamb, feta and kidney beans. Bake for 15–20 min in a 180 °C oven. Serve garnished with fresh chopped herbs.

**Recipe source** Dr Bahareh Lajevardi, an asylum seeker from Iran who is now living in the Castlemaine area, following a treacherous journey via Malaysia, Indonesia and Christmas Island.





# Ethiopian Flatbread (Himbasha)

## Ingredients

Makes 2 flat, circular loaves

1 x 7 g sachet dried yeast

¼ cup castor sugar

4 cups plain flour

1 teaspoon salt

2 teaspoons black  
sesame seeds

2 teaspoons ground  
cardamom

⅓ cup vegetable oil, plus  
extra to grease and  
brush

Melted butter, to serve



## Method

Dissolve yeast in 250 ml warm water. Stir in sugar and set aside in a warm place for 10 mins or until the mixture bubbles. Combine flour, salt, sesame seeds and cardamom in a large bowl. Add yeast mixture and oil and mix to form a soft dough. Knead on a lightly floured board for 5 mins or until smooth and stretchy. Place in a lightly greased bowl, cover with plastic wrap and leave in a warm place until dough doubles in size. Preheat oven to 180 °C. Oil two oven trays. Divide dough into 2 equal portions and roll out to form two 30 cm rounds. Place onto greased oven trays. Using a sharp knife, score 3 concentric circles in each round, then make 4 shallow cuts intersecting through the centre to form a wheel pattern. Brush with oil and bake for 20 minutes or until cooked through and golden. Brush with butter and serve.

**Recipe source** Nate & Tensae McLaren left Ethiopia and came to live in the Castlemaine area when they were young and Nate is currently working in a gold mine near Bendigo (Inglewood)!





# Greek Almond Crescents

## Ingredients

6 egg whites  
2 cups castor sugar  
Zest of one lemon  
15ml rosewater  
Approx 1 kg almond meal  
Almond flakes for rolling  
before cooking



## Method

Preheat oven to 180 °C. Combine almond meal, sugar, lemon zest and rosewater in a large bowl. Add the lightly beaten egg whites and stir until the mixture forms a firm paste. Roll level tablespoons of mixture into the flaked almonds, then roll into approximately 8cm logs. Press on the remaining almonds. Shape the logs to form crescents. Place on baking paper-lined oven trays and bake for about 15 minutes or until lightly browned. Cool on a wire rack. Dust with icing sugar if desired.

**Recipe source** Sophie Halacas, *Castlemaine Fresh*, Mostyn Street, Castlemaine.



# Scones

## Ingredients

3 cups Self Raising Flour

80g butter, cubed

1 cup milk.



My mother used to make these regularly.

## Method

Preheat oven to 200 °C. Lightly dust flat baking tray with plain flour. Sift SR flour into large bowl. Rub butter into flour, until mixture resembles breadcrumbs. Make a well in centre of mixture, add 1 cup of milk with flat-bladed knife until mixture forms soft dough. Pat dough into 2 cm thick round. Use cutter to form scones. Place on prepared tray. Sprinkle with a little plain flour. Bake for 20–25 mins until golden and well risen. Serve warm with jam and cream.

**Recipe source** Trish Pilley, a local senior resident.





# Chinese Coconut Chicken and Potato Curry

## Ingredients

(enough to feed  
a hungry class of  
students!)

12 chicken breast fillets

2 kg potatoes

3 onions

6 cloves garlic

1 piece ginger

½ cup Joes special curry  
paste

2 cans coconut cream

## Marinade

60g salt,

90g sugar,

50g soy sauce per 1 kg  
chicken

This curry makes a delicious filling for mini pies – baked in the solar ovens!

## Method

Marinate chicken pieces for 2–3 hours or overnight. Peel and dice the potatoes. Deep fry until cooked. Stir fry chicken to seal and remove from pan. Brown onion then fry garlic and ginger to release flavor. Return chicken to the pan with the potato, curry sauce and sufficient water to make the sauce. Bring to the boil, then simmer until the chicken is tender. Add coconut cream and adapt consistency, using cornflour if required.

To prepare pies, simply use shortcrust pastry and cook in muffin tins, glaze with egg and sesame seeds.

**Recipe source** Joe Lam, *Taste of the Orient*, Barker Street, Castlemaine.



# ANZAC Biscuits

## Ingredients

1 cup rolled oats  
1 cup plain flour  
1 cup sugar  
1 cup coconut  
2 tablespoons golden syrup  
120g butter  
¼ cup boiling water  
1½ teaspoons bicarbonate of soda

An *Anzac biscuit* is a sweet biscuit popular in Australia and New Zealand made using rolled oats, flour, desiccated coconut, sugar, butter, golden syrup, baking soda and boiling water. Anzac biscuits have long been associated with the Australian and New Zealand Army Corps (ANZAC) established in World War I.

It has been claimed the biscuits were sent by wives to soldiers abroad because the ingredients do not spoil easily and the biscuits kept well during naval transportation.



## Method

Pre-heat the oven to 160 °C. Line 3 baking trays with baking paper. Combine the oats, flour, sugar and coconut in a large bowl. Gently melt the butter and golden syrup in a saucepan. Mix the bicarbonate of soda with the boiling water. Combine all ingredients in the large bowl and mix well. Place tablespoons of the mixture onto the baking tray, leaving plenty of space between each biscuit. Bake for 10–15 minutes until golden brown. Cool on the baking tray for 5 minutes then place on a cooling rack.

Cranberries can also be added to this recipe!

**Recipe source** Nan Pen a 102 year old local senior.



# Harcourt Valley Apple Cake

## Ingredients

2 cups peeled and chopped apples (pink lady or royal gala are a good choice)

juice & zest of 1 lemon

1 teaspoon cinnamon

140g butter

160g plain flour

1 teaspoon baking powder

3 eggs

120g caster sugar

## Method

Grease & line a 22 cm cake tin. Mix chopped apples with lemon juice and zest in a bowl. Melt butter. Sift flour, baking powder & cinnamon. Beat eggs and sugar until thick, fold in flour mixture. Blend in butter and apples. Place in prepared cake tin and bake 40 minutes at 180 °C or cook using solar power!

**Recipe source** Sally Kaptein, a local senior resident, is a supporter of local produce and eating seasonally. She suggests you use the freshest apples in season to make this delicious cake. Serve warm or cold with cream or yoghurt.





# Welsh cakes or Pessary mean .....

## Ingredients

125g butter

225g flour

125g sugar

75g sultanas and/or  
currants

1 egg pinch salt



My mother Kaye Turner's recipe from her childhood. Many people from South Wales settled in the area north of Chewton. This was later abandoned but aspects of the mining background and Welsh culture remain.

## Method

Rub the butter into the flour, add sugar, fruit and salt. Mix with the beaten egg to a pastry texture. Roll out about 6–7 mm thick with flour to dust. Cut into rounds with a small glass. Fry in fry pan at 170 °C. Cook until golden – about 5 mins each side. Cool on rack. Best eaten warm.

**Recipe source** Sue Turner, a local senior resident.







Year 10 Castlemaine Secondary College Food Technology students with Yutaka Kobayashi at the Solar Mining installation.

The students collected traditional recipes from Castlemaine residents, reflecting the rich and diverse cultural heritage of the area.

The recipes were trialed, perfected and cooked in the solar ovens.