



STORIES & RECIPES

CONNECTING US TO CULTURE IN CAIRNS

RECIPE FOR LIFE

WRITTEN BY STUDENTS OF TRINITY BAY HIGH SCHOOL AS PART OF CENTACARE FNQ'S STORY BEATS PROGRAM
IN PARTNERSHIP WITH MUSICIAN EMMALINE ANDERSON



"THANK YOU FAMILY"

Since I was a child I never lacked anything
You had little but you gave what you had to me
Because of you, I can reach my Dreams
I always pray for my family.

Chorus: I want to say thank you to my family
Asante, Dhanyabad, Teshekkur, Merci
Cam On, Makasih, Chay zuu temari

Thank you for teaching me to grow well,
And to respect my elders
Thank you for loving me and
keeping me connected to my culture.

Thank you for educating me,
paying school fees, (so I can learn more)
Thank you for making me laugh,
and bringing me to Australia.

(Repeat chorus)

Thank you for giving us life, and giving us food
Thank you for letting us go to school
Thank you for teaching values, and everything you do
We want to make you proud
Look after you when you are older
Return the love you give to us.

Written by students of Trinity Bay High School as part of Centacare’s Story Beats
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ACKNOWLEDGEMENTS



This project was run by Centacare FNQ's Multicultural Services with funding from Multicultural Affairs Queensland. The key project worker was Dominika Ricardi who worked closely with local musician Emmaline Anderson and a team of bicultural workers including Ambika Gautam, Tity Nshimirimana, Ambika Gautam, Tejman Monger and Colin Kyaw.

We warmly acknowledge the support of our project partner Trinity Bay High School, in particular, Wendy Chiu, as well as other community members and volunteers who supported us in this project.

Book designed by Astrid Murray with photos courtesy of Donna Nee.

PROJECT BACKGROUND

From September 2018 to May 2019 Centacare Multicultural Services worked closely with students and parents from Trinity Bay High School on an intergenerational project called 'Story Beats.' The aim of the project was to strengthen relationships between young adults from multicultural communities and their parents/elders, by celebrating cultural connection and identity through song, stories and recipes. Over 30 students and their families participated in this project, from backgrounds including the Congo, Bhutan, Myanmar, Papua New Guinea, Torres Strait Islands, Turkey, Vietnam and Indonesia.

For the first phase of the project, focus groups were facilitated with students and their parents to discuss themes including connection to culture and family, strengths, values, hopes and dreams. Local musician Emmaline Anderson then facilitated weekly song writing workshops with students, who wrote a song of thankfulness for their families, which they later performed.

In the second phase of the project, students were supported to write the biography of their parent or a significant elder in their community, based on discussions around their favourite food and how it connects them to their culture or homeland.

This booklet is a compilation of those stories and recipes and gives us a privileged insight into the lives of some of the refugees, migrants and new arrivals that now call Cairns their home. They are stories of loss, of hope, and above all, of resilience. The culture, strengths and stories they bring enrich us all.



Amrita Darjee

by Mahima Darjee (Bhutan)

My mum's name is Amrita Darjee and she was born in Bhutan in 1981. She and many others were forced to leave Bhutan in the early 1990s as she is Lhotshampa, one of Bhutan's three main ethnic groups (originally from Nepal). My mum and over 105,000 Bhutanese have spent 15 to 20 years living in UNHCR- run refugee camps in Nepal. Bhutanese refugees now live all over the world. Yet the story is largely unknown.

My mum was a clever and thoughtful girl who married at the age of 17. Her life there was hard and lonely. My father remarried when I was a child, leaving mum with me and my brother Manish. We moved to Australia with my mum in 2017.

Now my mum is studying at TAFE. She likes to help other people. Her favourite meal from her childhood was Roti and Curry. She used to prepare it on the weekends. My mum hopes that my brother and I will get a good education and have a good future in Australia.

1. Roti and Curry

INGREDIENTS

1 clove garlic, peeled and crushed
2 tsp. fish masala
1 tsp. coriander powder
1 tsp. cumin powder
1 tsp. chilli flakes
1/2 tsp. turmeric
1 tsp. salt
2 Tbsp. olive oil
1 onion, finely sliced
400g lightly smoked salmon or chicken breast, cut into chunks
1/2 tsp. mustard seeds
2 Tbsp. crème fraîche
Rotis: white flour or whole wheat

INSTRUCTIONS

1. Toast all the spices in a dry pan until aromatic.
2. Heat the olive oil in a large pan over medium heat, then add the onion, fry until soft and lightly golden.
3. Stir in the spice mix. Cook, stirring for a couple of minutes, until you can smell the spices and add the crème fraîche. Turn down the heat and simmer for about 10 minutes. Taste for seasoning.
4. Add the salmon or chicken and cook for about 10 minutes or until cooked through.
5. Garnish with fresh coriander and serve with Rotis (heat rotis prior to serving).





Mugele Saleh

by Chanice Saleh Mwamini (Congo)

Mugele Saleh was born in 1969 in Congo. He arrived in Australia in June 2018 and has six children who are all studying.

He loves playing with his children, watching cartoons and learning more. His proudest moment was having his children. His favourite food is fish and plantain banana but when he was young his favourite food was French toast. He would only eat that on Saturdays. He says it is easy to make, all you need is an onion, an egg, bread, salt and oil.

His dream was to become an electrician like his father and he achieved his goal. He believes that to achieve your goals you have to trust yourself and God too, have faith in God, never give up and work hard. When life doesn't turn out as he expects, he prays to God and asks for advice from his wife and his father.

His brothers were the closest people in his life and they were really important because they gave him love, respect and advice.

The most significant event in his life was when he got married. He wants his children to study, to realize their dreams and have a better life than him. He also wants them to maintain values like respect for everyone. He is inspired by his wife Therese because she is really wise, generous and also because she loves to take care of others and herself.

2. Savoury French Toast

INGREDIENTS

1 egg
2 tsp milk
2 slices bread
Finely diced onion
Salt to taste

INSTRUCTIONS

1. Heat a small amount of margarine or butter in a frypan.
2. Beat the egg and milk together in a shallow bowl. Add diced onion.
3. Dip a bread slice in the mixture, thoroughly coating both sides.
4. Allow excess mixture to drain and place bread slice in frying pan.
5. Fry for a few minutes on each side, adding extra butter or margarine if needed and salt to taste.
6. Repeat with remaining bread.



PHOTO BY RANDY FATH ON UNSPLASH



Leng Tin Lem

by Lal Hruai Lian (Myanmar)

My grandmother's name is Leng Tin Lem, she was born in 1953 in Sai Hmun, Myanmar. Sai Hmun is a little village near a mountain. She has 5 brothers and 4 sisters. She only went to school for a couple of years and then she worked on her father's farm. She worked hard on the farm. She was a farmer all her life, she also sold her family's vegetables at a market. Her brothers greatly influenced her life, helping her when she was younger. When she became an adult she started her own farm. It was very hard to find a job in Myanmar, so she was always a farmer.

When she was 23, she got married. She had only one child. She had a daughter whose name is Sum Len Ting. She separated from her husband and had to look after her daughter by herself so it was a hard life. The government started to persecute her family, so the family moved to Malaysia.

Leng lived in Malaysia for 5 years from 2013 to 2017. In Malaysia she did not work but her family supported her. The family lived in Pudu in Malaysia. Leng is a Christian and her hobbies are singing and worshipping. Her favourite food was potato when she was young but now she loves pork curry.

The most significant event in her life was coming to Australia. She arrived in Australia in 2017 as a refugee. She loves Australia because the government looks after her. She lives with her family in Manoora in a 3 bedroom house. She is happy that her family does not have to support her now. She likes Australia but misses Myanmar and Malaysia. She misses her friends from both countries.

3. Burmese Pork Curry

INGREDIENTS

1 onion, finely chopped
5 garlic cloves, crushed
5 cm-piece ginger, peeled, grated
Spices: 2 tsp chili powder, 1 tsp ground turmeric, 1 tsp paprika
100 ml peanut oil
2 tbsp tomato paste
1 kg boneless pork belly, skin removed, diced
1 lemongrass stalk, bruised
100 g ($\frac{1}{2}$ cup) tamarind pulp concentrate
1 tbsp fish sauce
3 tsp caster sugar
steamed white rice, to serve

INSTRUCTIONS

1. Place onion, garlic and ginger in a food processor and process to a smooth paste. Stir through chili powder, turmeric, and paprika.
2. Heat oil in a saucepan over medium heat, add onion mixture and tomato paste. Cook, stirring, for 15 minutes or until browned and oil separates.
3. Add pork and season with salt and pepper.
4. Add lemongrass and 160 ml water. Cook, uncovered, for 1½ hours or until pork is tender; you may need to add extra water.
5. Add tamarind, fish sauce and sugar and check seasoning. Cook for a further 10 minutes or until liquid has evaporated and oil has returned to the surface.
6. Serve with rice.





Sum Len Ting

by David Lal Nei Thang (Myanmar)

My mother's name is Sum Len Ting. She was born in Myanmar Burma. When she was little my grandma taught her how to cook. When she was in Burma, she worked on a farm. We travelled to Malaysia with my grandma. When she was in Malaysia, she worked as a waitress with my father, uncle and my brother.

In Australia, my mother sometimes cooks chicken soup on Sunday. Her favourite meal is chicken, pork and beef. She does not have a job yet so she goes to school to learn English. My mum's hopes and dreams are that we will have a good life in Australia. My dad and my mum are important for us because they always love us, they work hard so that we can go to school and have a good life.

4. Chicken Soup

INGREDIENTS

2 tablespoons olive oil
1 yellow onion, chopped
2 carrots, chopped
2 cloves garlic, minced
4 cups chicken broth
1 cup water
1/2 cup uncooked white rice
1 bay leaf
1/2 teaspoon dried thyme
2 cups chopped cooked chicken
1/2 cup frozen peas
Salt and pepper, to taste

INSTRUCTIONS

1. Heat olive oil in large pot set over medium heat. Add onion and carrots and cook for 4 - 5 minutes or until softened.
2. Add garlic and cook for 1 minute until fragrant.
3. Stir in broth, water, rice, bay leaf and thyme. Bring to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes or until rice is cooked.
4. Stir in chicken and peas. Simmer, uncovered, for 5 minutes until heated through.
5. Remove bay leaf and season with salt and pepper to taste.





Gaudencia Nyiranvabakuze

by Esperance Kibwene (Congo)

Gaudencia Nyiranvabakuze was born in 1966 and she was born in the Democratic Republic of Congo. She has 4 sisters and 3 brothers. Her aunt was an important mentor in her life as she helped Gaudencia when the war was happening. Her aunt looked after her and protected her.

Her favourite meal in her childhood was African banana and yams. She prepared it when she was 10 years old and her mother taught her to make it. The first time she made the dish was on a Saturday when she met her grandpa for the very first time. It was a special occasion so they made the banana and yam dish. You cannot find African bananas in Cairns so she misses this meal a lot.

Her dream was to be a nurse but she couldn't finish school because her parents didn't have money for school fees so she became a farmer. She worked very hard as a farmer. It was a hard life.

She got married when she was 19 years old to Alphonse Hicurvugo. They had 11 children of whom 6 died in the war in Congo. After losing her children the family moved to Uganda and they lived in a refugee camp there for 13 years.

Gaudencia is very proud of her eldest son as he became a doctor in DRC (Democratic Republic of Congo). He lives in the Congo and works as a doctor. Sometimes he is not safe and has to run to the forest and hide.

The most significant event that happened in her life was losing her parents and children in the war. Gaudencia really misses her country, friends and family.

5. Banana-Yam Casserole

INGREDIENTS

2 tablespoons unsalted butter, for greasing the baking dish
700g yams, peeled and cut lengthwise into 1-inch thick slices
32 sweet biscuits (eg. Marie biscuits)
3/4 cup whole almonds, coarsely chopped
1 teaspoon ground cinnamon
1/2 teaspoon salt
6 tablespoons (3/4 stick) chilled unsalted butter, diced
4 large ripe but firm bananas, peeled and halved lengthwise
1 bag mini marshmallows

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Coat the bottom of a 13 by 9 by 2-inch glass baking dish with 2 tablespoons butter. Set aside
2. In a heavy medium pot add the yams and cover with cold water. Bring to a boil over high heat. Reduce the heat and simmer until tender, about 10 minutes. (The color of the yams will turn brighter).
3. Meanwhile, put the biscuits, almonds, cinnamon, and salt in a food processor and pulse a few times to combine until coarse but not fully ground. Add 6 tablespoons butter and pulse until the mixture forms lumps slightly larger than peas. Refrigerate the streusel topping until ready to use.
4. Spread half of the bananas and yams in 1 layer in the bottom of the prepared dish. Sprinkle with half of the streusel and half of the marshmallows. Repeat to make 1 more layer.
5. Bake until the marshmallows are golden, about 25 minutes. Serve warm.





Karma Zangpo

by Minjur Zangpo (Bhutan)

Karma was born in Tashigang, Bhutan in 1968. Because of the persecution of her family in the country in 1988, she escaped with her family to Nepal when she was thirty years old. She lived in Jhapa for some years before moving to the capital, Kathmandu, with her family. She has 2 children, a son and a daughter. Even though she was not educated she was hardworking and clever.

Her hobbies were knitting and weaving. Whenever she gets the chance now she does knitting and weaving. She knits things like sweaters, scarfs, curtains, bedsheets, and many more items. Her mother taught her how to knit when she was approximately 18 years old. Her favourite food is Ema Dachi (a hot chilli curry) with rice. Her mother taught her how to prepare it for the first time when she was 20 years.

For many years she never had a formal job but worked as a housewife caring for her children. From the very beginning her dream was to own a restaurant, which through hard work she achieved at the age of 35. She had many hurdles to achieve her goals, but she overcame the challenges by acceptance and searching to find solutions to the problems that arose. She also helps others in the community. She used to say helping, loving and caring for others was a recipe necessary to make a good life.

In 2017, she moved to Australia with her family and she hoped her kids would get a good education. The most significant event in her life was when she came to Australia and her kids were able to get a good education in a good place. Her greatest achievement in her life was being a mother.

6. Ema Datshi

INGREDIENTS

300g chili peppers (spicy Thai green/red chillies and jalapeño)
1 red onion, sliced
1 tomato, sliced
3 cloves garlic, crushed
1 tsp unsalted butter
300g cheese, grated (combination of feta, cheddar or farmers cheese)
Salt to taste
1 cup water (to cook the veggies)

INSTRUCTIONS

1. Heat a pan and add butter: Add the sliced onion and tomato, cook until lightly brown.
2. Add a cup of water and a variety of Thai or Indian chillies. Suggested varieties are Anaheim, jalapeño, and green chillies.
3. Give them a quick toss within the water. Season them with salt. Cover and cook until the peppers become tender.
4. Turn off the flame, add the cheese and let it melt in the residual heat.
5. Serve it over a bed of red or white rice.

Notes:

Increase or reduce the amount of chillies based on your tolerance for heat. You can also remove the pith and ribs to reduce the heat.

You can use any type of cheese especially one that melts. Avoid using stringy cheese like mozzarella.





Laura Moresby

by Patrick Imani (Torres Strait Islands)

Laura Moresby was born in Cairns and she is 50 years old. She has two beautiful daughters and her first job was working in York Island as a counsellor. Her hobbies and interests are listening to jazz music and spending time with her family. Her favourite food is chilli chicken and her favourite food when she was a child was 'sugar pancake' and vermicelli "simur chicken". She prepared it for traditional occasions and her mother taught her to make it.

When she was a young girl she went to school at Trinity Bay State High School. She graduated from year 11 and worked in the Torres Strait. From 1984 to 1985 she worked at Oasis Resort on Green Island. She can speak three languages. On 11 February 2002 she came back to work at Trinity Bay State High school.

She now works as an administration officer at Trinity Bay State High School and she helps other people in her job. Mrs Moresby is the first person at the school visitors meet. She has a very important and busy job as she also helps staff at the school. She is a happy person and loves to help others. She is also very hard working and likes caring for other people in the school and in the community.

A significant thing that happened to Laura was when her she became a mother. She said that everything changed after she had her two beautiful daughters. She had to work hard but Ms Laura is very happy being a mother.

7. Vermicelli "Simur Chicken"

INGREDIENTS

Chicken Pieces
1 Pkt Vermicelli Bean Thread
Sauces: 1 Bottle Old Cathay Soy
Sauce (Mandarin)
1 Bottle ABC Kecap Manis (Sweet
Soy Sauce)
1 Lge Brown Onion
1 Lge Garlic
1 Ginger
Butter Margarine

INSTRUCTIONS

1. Cut chicken in pieces, wash & drain chicken
2. Marinade chicken with 2 sauces, cover up.
3. Soak & Cover Vemicelli in water.
4. Drain & Cut into shorter lengths.
5. Heat butter in Saucepan with Garlic, Ginger and Onion until lightly brown.
6. Drain marinate chicken and place into the saucepan.
7. Cook and stir with wooden spoon until the chicken is cooked.
8. Add Vermicelli, mix thru
9. Serve with rice



PHOTO BY CHATTERSNAP ON UNSPLASH



Shanti Ram Bhattarai

by Samir Bhattarai (Bhutan)

Shanti Ram was born in Bhutan in 1965. He has 4 children. Because of persecution in the county he had to leave Bhutan with his family. They left Bhutan and moved to Nepal now he is living in Cairns with his family. He has been living in Cairns since 2011.

He really enjoyed soccer in his youth and he used to play for his local team. In Nepal his work was picking tea leaves. His favourite food from his childhood and homeland is Kheer. Kheer is a very sweet rice pudding. He would have it during celebrations and when they felt like eating it. He didn't really know how to make it as his mum used to make it for him. He also liked Samosa but didn't eat it as much as he ate Kheer.

In 2011 he left Nepal and moved to Australia where most of his family are living. Now he is living with his family and has most of his family around him and he is glad that they came to a really good country. His adult daughter Hema moved to the United States. She lives in Iowa, he speaks to her often on the telephone and through social media.

The most significant thing that happened to him was being able to come to Australia but also a sad event was leaving family behind and having his daughter go to a different country. His parents greatly influenced him and helped him to become the man he is today.

7. Kheer

INGREDIENTS

1 cup of rice
4 cups of milk
¼ cup of sugar
2 tablespoon raisins
¼ teaspoon of ground cardamoms
¼ of flaked almonds

INSTRUCTIONS

1. Boil the rice and milk in a deep pan.
2. Simmer over low flame, stirring occasionally until the rice is cooked and the milk becomes thick.
3. When done add sugar, raisins and cardamoms.
4. Stir up until the sugar is dissolved properly.
5. Transfer into a serving dish and garnish with almonds





Andre Emungu Shungu

by Andre Emungu (Congo)

My dad's name is Andre Emungu Shungu. He was born in Congo in 1969. He arrived in Australia in March 2018. He has 5 children, one sister and 4 brothers. He is studying English at TAFE. His likes to go to the cinema and his favourite food is rice and chicken.

This meal of chicken and rice is shared with all the family. My mum cooks this meal a couple of times a week. My dad is filled with love for Jesus and is happy to be in Australia. His friends influenced him to follow his dreams. The most important events of my dad's life was when he received Jesus as ruler of his life and when he moved from Africa to Australia.



Kenge Asongo

by Riziki Asongo (Congo)

Kenge Asongo was born 1972 in the Democratic Republic of Congo. Because of the war in his country, his family escaped into the forest when he was fifteen years old. They lived in the forest for 10 years with little food. His favourite food as a child was cassava. He was so clever and hardworking but in Congo going to school is hard because if your mother had too many children, she couldn't afford to send them all to school.

He moved out of the forest and went to live in Fizi. When he was living in Fizi people started fighting and his mother and father died. He was the first born and when his mother died, he had to look after his younger brothers and sisters. He has 2 brothers and 3 sisters. It was very hard for Kenge to support his family. He became a businessman selling things to support his brothers and sisters.

When they were living in Fizi he met a girl called Josephine, she became his wife. Josephine became pregnant and gave birth to a boy they called him Stanley. It was too hard to move, but eventually they moved to Tanzania where his wife became pregnant again and gave birth to a baby girl called Stella. Then came baby George Kamulete. After George they had 5 more children.

When the life in Tanzania became too hard, they moved to Kenya. They moved to Kenya in 2010. The most significant event that happened in his life was when his mum and dad died and left him with young brothers and sisters to care for. When he was living in Kenya, he was working in Kakuma refugee camp in a clinic as a supervisor.

He moved to Australia in 2017 with 9 children. It was a very stressful time because the family had to leave one adult son behind in Kenya. All the family was so sad to leave Stanley in Kenya. So even though they were happy to come to Australia, the family was really unhappy thinking about Stanley left in Kenya. However after 1 month Stanley was also sent to Australia. The family celebrated that they were altogether living in the safety of Australia.

8. Spiced Roast Chicken

INGREDIENTS

1.8 kgs whole chicken
1 1/2 tsp salt
Ground black pepper, to taste
2 tsp garlic powder
2 tsp smoked paprika
2 tsp oregano
Avocado oil

INSTRUCTIONS

1. Rinse whole chicken with cold water and pat dry with a clean cloth towel. Drizzle with a bit of oil and using your hands rub it all over chicken. This step will ensure proper "sticking" of spices to frozen chicken.
2. Brown chicken in a fry pan until all sides are nicely browned
3. Place in a preheated oven at 180 degrees and cook for 90 minutes or until juices run clear.



Dhan Bir Gurung

by Prasanta Gurung (Bhutan)

Dhan Bir was born in Bhutan in 1966. Because of persecution in the country he had to leave Bhutan with his family and move to Nepal. He moved to Australia in 2016 with his family. His favourite meal from his childhood was rice and curry. He also likes Momos (a type of Nepali dumpling). He used to prepare this meal in the morning, eat it for breakfast, and again at night for dinner. Dhan Bir used to go to the kitchen and watch his mother while she was cooking. He likes to travel around the world and this makes his life good.

We arrived in Australia in August 2016. Dhan has five children including me. His hobbies were playing soccer and his favourite foods are rice with lentil curry. The achievement he is most proud of is that he was once head of the village in which I used to live.

9. Momo

INGREDIENTS

4 cups all-purpose flour
1kg ground chicken thighs
1 cup chopped fresh coriander
1 cup chopped onions
4 tablespoons minced garlic
4 tablespoons minced peeled ginger
2 tablespoons ground cumin
1 teaspoon ground cinnamon
Salt and black pepper
Non-stick cooking spray

INSTRUCTIONS

1. Mix together the flour and 1 1/2 cups room temperature water in a bowl. Knead the dough well until it is medium-firm and flexible. Cover and rest for 1 hour.
2. Mix together the chicken, coriander, onions, garlic, ginger, cumin, cinnamon, 2 tablespoons salt and 1/2 teaspoon pepper in a bowl.
3. To make the wrappers; Break off 1/2 ounce of dough, forming it into a ball, place the ball on a flat surface and roll it into a 4-inch round with a rolling pin. Repeat with the remaining dough.
4. Place a tablespoon of the chicken filling in the middle of a wrapper. Holding the wrapper in your left hand. Use your right thumb and index finger for pinching the edges of the wrapper together. Pinch and fold until the edges of the circle close up like a little satchel. Place the momo in the steamer pan sprayed with cooking spray. Repeat with remaining wrappers and filling.
5. Fill the steamer pot halfway with water and bring to a boil. Set the steamer pan with the momos on top of the pot and cover with a tight lid. Steam the momos until cooked, 8 to 9 minutes.



PHOTO BY ABISHEK SINWA LIMBU ON UNSPLASH



Dhanbhadur Adhikari

by Yuba Chettri (Bhutan)

My grandfather's name is Dhanbhadur Adhikari. He was born in Bhutan in 1959. He got married when he was 13 years old and had seven children. They were forced to leave Bhutan in 1990. His family escaped to Nepal when he was 35 years old. He felt sad when he left Bhutan. He and his wife worked on a farm for very little money.

His family arrived in Australia in August 2019. His favourite meal when he was a child was rice, eggs, and curry. This meal he use to prepare in the morning and at night. He also loves chicken biryani. My grandmother loved to cook. Traveling around the world makes his life happier. He used to study at TAFE learning English. He likes to play cards with his family and spend time with his family.

10. Chicken Biryani

INGREDIENTS

1kg chicken thighs
2-3 tablespoons cooking oil/butter/
Ghee
1/4 - 1/2 cup yogurt
1 tablespoon minced garlic
2 teaspoons minced ginger
1 medium onion chopped
1 small jalapeno pepper, deseeded
and chopped
1 bay leaf
1 teaspoon cumin spice
3-4 cardamom pods, cracked tspn
1 teaspoon curry spice
1-2 cinnamon stick
1 teaspoon chilli spice (optional)
1 teaspoon smoked paprika
1/3 - 1/2 cup cashew (optional)
2 cups Basmati rice
1 red bell pepper, chopped
4 cups Liquid Broth or water, and/or
coconut milk
1 1/2 teaspoon salt - adjust to taste

INSTRUCTIONS

1. Wash chicken thighs, for faster cooking make a ½ slit into the chicken thigh meat on either side of the chicken, then pat dry with a cloth. Season with salt (about 1½ teaspoons).
2. Add chicken to a bowl then add garlic, ginger and cumin mix.
3. Add yoghurt to the bowl, thoroughly mix. Refrigerate until ready to use.
4. Place chicken skin side up in a skillet/Dutch oven or oven safe pot/pan for about 3 min each, until the chicken is seared through. Remove from the pan and set aside.
5. Preheat Oven to 350 degrees F.
6. Add 2 tablespoons of oil to a pre-heated pan. When the oil has warmed, add the onions, bell pepper, garlic and bay leaf. Sauté for 2-3 minutes, when ingredients are soft (but not golden), add the remaining ingredients of cumin, coriander, curry, cardamom pods, cinnamon sticks, chilli pepper, red bell pepper and cashews. Stir for another minute.
7. Place all the remaining ingredients of chicken, rice, stock and salt to taste into the pan, bringing the contents to a boil.
8. Place in the pre-heated oven, uncovered. Cook for about 30- 35 minutes or until chicken is fully cooked.
9. Remove pan from the oven, leaving to rest and cool.
10. Optional: Garnish with cilantro and serve.



PHOTO BY ANNIE SPRATT ON UNSPLASH



Thura Aung

by Naing Naing(Myanmar)

My brother's name is Thura Aung. He is 21 years old. He was born in Myanmar in Sittwe in Rakhine State. He arrived in Australia in August 2018. He went to school in Myanmar. His hobbies are playing the guitar, skateboard, playing soccer and playing games. His favourite foods are Banana Prawn and chicken giblets. He was awarded a trophy with his team when he was 17 in his town at the Futsal match. His favourite meal was thin rice noodles with fish soup (Rakhine Moti) from his homeland. In his homeland, if he wanted to eat it, he would buy it from a street vendor. Sometime our mum prepares it. Our mother taught him to make it. Both parents have been important in our life.

11. Rakhine Moti

INGREDIENTS

300g catfish (or brown trout)
 ¼ tspoon ground turmeric
 1.5 litres water
 2cm fresh galangal, peeled & sliced
 3 garlic cloves, crushed
 1 tspoon black pepper corn, ground
 ½ tspoon shrimp paste
 salt to season

For the fish
 2 tbspoons peanut oil
 ¼ tspoon ground turmeric
 ½ teaspoon salt
Chilli sauce
 3 tbspoons crushed dried chillies
 2 tbspoons peanut oil
 3 tbspoons water
 2 tbspoons fish sauce

Garnishes
 2 shallots, made into crispy shallots
 1 shallot, thinly sliced lengthways & soaked in cold water
 45g tamarind pulp
 250 ml water

Serving suggestion
 500g rice noodles, cooked
 lge handful of fresh coriander, chopped
 extra fish sauce & ground black pepper

INSTRUCTIONS

1. Soup base; Put the fish in a large pan, add the water and turmeric. Bring to the boil and simmer for 6-10 mins until the fish is cooked. Remove the fish from the pan, leave aside. When cool enough to handle, peel the skin and flake the flesh, discarding any bones. Squeeze the flaked fish, using a fine sieve or a muslin cloth until all the juices are removed. Keep the flaked fish in a bowl until ready for preparation. Add the fish juice to the soup with the remaining soup base ingredients. Put a lid on the pan, allow the soup to simmer for 10 mins. Season with salt.
2. Fish; In a wok, heat the peanut oil and stir in the turmeric. When the oil has turned a vibrant yellow, add the flaked fish and stir fry for 10 mins on low heat until the fish has become dry and very flaky. Season with salt. Keep stirring to prevent the fish burning. Season with salt, transfer to a bowl and leave to one side.
3. Chilli sauce; Heat the oil in a small saucepan, add the dried chillies, water and fish sauce. Simmer for 2 mins until the liquid has reduced. Pour into a small serving dish.
4. Garnishes; Put the tamarind and water in a small saucepan and simmer for 2 minutes. Strain the pulp through a sieve to remove any fibres and stones, leaving the juice. Prepare the crispy shallots, fry the shallots or cook until golden and crispy in a heated oven at 180 degrees F for 4 mins. Cook the noodles according to the packet instructions and chop the coriander.
5. Serving suggestions; put a handful of noodles in a bowl, some flaked fish and ladle over the soup. Let everyone add the garnishes as they wish. It should taste spicy, salty and tangy from the tamarind. If you want to eat as a dry dish then assemble the soup with noodles, a generous amount of flaked fish, garnishes, chopped coriander and add a tablespoon of the oil used to fry the shallots. Serve the soup as a side dish.



PHOTO BY CHARLES PH ON UNSPLASH



Nar Maya Magar
by Niruta Magar (Bhutan)

My mother's name is Nar Maya Magar. She was born in Bhutan in 1957. She was married when she was 14 year old. She was forced to leave Bhutan and moved to Nepal when she was 35 years old. Her life was hard and lonely. She and her husband were working in a farm for very little money. She arrived in Australia on 3 August 2017. She has 1 sister, 2 brothers and 5 children.

She is a kind, helpful and caring woman. Her childhood or homeland favourite meal was rice and lentil. She always shares meals with her family and her family always has been important in her life. She always prepared it on festivals for special occasions. Her mom taught her to make it. She studies English at TAFE. Her hobbies and interests are watching TV, cleaning the house, watering the garden and walking as well.

Her favourite Nepalese foods are rice, lentils and Nepali cuisine called dhido. To make good food she needs ingredients like oil, salt, onion, cumin seed, coriander seed, turmeric powder and chilli. Her greatest achievement and most proud moment was coming to Australia. Her dream was to go school because she never went to school when she was young. She couldn't achieve her goals because she has problems with her eye.

She doesn't expect much in her life because she is old now, but she has many hopes and dreams for her children in Australia. She would like them to stick to their culture and not forget it. The most significant thing that has happened in her life was coming to Australia because she wants her children to have a good future. Her family has always influenced her life.

11. Dhido (ढिडौं)

INGREDIENTS

Water- 1 litre
Flour (any type best is corn flour)-
200gram

For 2 to 3 people

UTENSILS

A big Pot (Kasaudi)
Spatula (Panau)

INSTRUCTIONS

1. Heat a heavy pan on the gas (kasaudi is best)
2. Put the water in the pan adding a pinch of flour in it and cover it to let it boil.
3. Let the water boil properly, if the water is not well boiled dhido may not be well cooked.
4. Add 2 spatula of flour in the water and stir it properly.
5. You have to continuously stir the dhido till it gets cooked. (otherwise the dhido will have balls on it). (ढिडौं मस्काउने)
6. Let it cook for about 5 mins
7. Serve with homemade pickles and vegetables





RECIPE FOR LIFE