



SMHS
TASTE OF HARMONY
COOKBOOK





WELCOME TO THE
FIRST SOUTH
METROPOLITAN
HEALTH SERVICE
HARMONY WEEK
COOKBOOK -

A TASTE OF HARMONY 2024

The SMHS is committed to inclusion and diversity in our workforce, and aim to represent the patients and families we serve in our workforce.

During Harmony Week we celebrate our cultural diversity, inclusiveness, respect and promote a sense of belonging for all - from the traditional owners of the land to those who have come from many countries around the world.

We hope you enjoy this selection of recipes from our staff, celebrating their cultural backgrounds.

All recipes are published as provided.

KANGAROO STEW

Hi, my name is Lionel and I work in the SMHS Aboriginal Health Strategy Team. I'm sharing some recipes that are very popular, and have always been a success for me and the family.



Ingredients

- 600g kangaroo meat, diced
- 3 potatoes, diced
- 1.5 large onions, diced
- 3 carrots, diced
- 0.5 pumpkin, diced
- 2 garlic cloves
- 3 tablespoons oyster sauce
- 3 tablespoons tomato sauce
- 3 beef stock cubes
- 3.5 cups water
- cornflour to thicken

Cooking things:

Large pot, chopping board, large knife, garlic crusher, tablespoon, cup measure.

Steps:

- Put beef stock cubes in water and mix well
- Put the roo pieces in a pot with the lid on, cook in own juices on moderate heat until the meat is soft (about 45 minutes)
- Add potatoes, carrots, onions and pumpkin. Add tomato sauce and beef stock. Mix together and add enough water to cover the meat. Simmer for 10-15 minutes.
- Mix a little cornflour with water to a paste and add to pot. Cook for a further 10-15 minutes.
- Continue cooking until meat and vegies are tender. Serve with rice, pasta or bread.

BUSH DAMPER IN COALS

Ingredients

- 3 cups plain flour
- 3 cups wholemeal flour
- 1 dessert spoon of baking powder
- half cup of HiLo or skim milk
- three quarters to 1 cup water

Cooking things

Bowl, cup measure, dessert spoon



Steps:

- Mix all dry ingredients together, then add water
- Knead and then shape dough to about 1 - 1.5 inches thick
- To cook in the oven: heat oven to 180 Celsius. Sprinkle flour on an oven tray. Flatten the dough into an oval or round shape and place on the oven tray
- Bake in the oven for half an hour
- Then turn and bake on the other side for another half an hour

To cook over an open fire:

- scrape off half the coals and sand on the fire.
- Put a thick layer of plain flour on the hot sand, place the damper on the flour and then another layer of flour on the damper.
- Cover carefully with hot sand and coals.
- Leave for 30 minutes then remove from fire and brush off.
- Knock the top of the damper, it will make a dull sound when it is cooked.

BRAZILIAN CHICKEN CROQUETTES (COXINHA)

Sabrina from SMHS WHS has shared these Brazilian croquettes. Crispy on the outside and packed with savory chicken filling on the inside, they're the ultimate finger food for any occasion.



FILLING

- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 1 white onion, diced
- 2 cups chicken(250 g), cooked, shredded
- ½ teaspoon paprika, or cayenne pepper
- salt, to taste
- 4 oz cream cheese(110 g)
- 3 tablespoons fresh parsley, chopped

DOUGH

- 1 tablespoon unsalted butter
- 2 cups whole milk(470 mL)
- ¼ cup chicken broth(60 mL)
- 2 cups all-purpose flour(250 g)
- egg
- 2 cups panko breadcrumbs(100 g)
- oil, for frying

Preparation

- In a medium pot, heat olive oil, then sauté garlic and onions until soft and brown. Add shredded chicken, salt, and paprika (or cayenne pepper). Stir to incorporate.
- Transfer mixture into a bowl, add cream cheese and parsley. Mix well.
- In the same pot, add butter, chicken broth, and milk. Bring to a boil. Stir in flour until dough is formed.
- Transfer dough to a flat surface. Knead the dough while it is warm, but not hot.
- Pinch a piece of dough, about the size of a large egg, and roll into a ball. Using your hands, flatten the dough and spoon filling into the center. Wrap the dough into a pear shape and make sure there aren't any holes.
- While heating a pot of oil to 350°F/180°C, dredge the dough in egg and panko, then deep-fry till golden brown and cooked through.
- Drain on a towel, or wire rack and serve immediately.
- Enjoy!

POTATO OMLETT (SPANISH OMLETT)

My name is Erik and I am a Data Analyst working for SMHS Digital Health in Fiona Stanley Hospital. I am originally from Spain. I have been living in Perth for around 6 years now and I would like to share with you my grandma's/mom's recipe for the "Potato Omelett", but also called and known as "Spanish Omelett".

In Spain there is a huge debate on whether this dish should have onion or not, but my family and I have always been putting onion to give it a little bit of more flavour 😊 but it is totally up to you.



Ingredients:

- 5-6 eggs
- 500g of potatoes
- 1 onion
- Salt
- Olive Oil (Extra Virgin if possible)

Steps:

- Wash the potatoes and onion, peel them and cut them in slices (try make them as thin as possible (it is a preference but not mandatory))
- Grab a pan, put olive oil and cook the onion and potatoes (sliced)
- Let them cook for a bit with medium heat until the potato can be easily mashed/broken (you can test this with a spatula or fork. If it breaks easy, it means it is ready) Make sure the potato is cooked! Not raw at all!
- Grab the eggs and whisk them on a bowl (like a normal omelette)
- Take off the pan the onion and potatoes and put it in the bowl with the eggs. Try to not put the olive oil in the bowl
- Mix all together (the potatoes, onion and eggs) and add salt (as much as you need to give it enough flavour)

- Grab the pan again and put a little bit of olive oil but not too much. Just enough to cover a little bit the surface (a few drops/couple of spoons)
- Pour the mix into the pan and let it cook for a bit. While it is cooking make sure you're shaping the corners of the omelette
- Once you see that the omelette is getting solid and there is not too much liquid (very important), grab a plate, put it on top of the pan and flip it over (180 degrees). It is very important that the eggs are more or less cooked, otherwise it can be a bit dangerous to flip it over.
- Put the omelette back into the pan with the area that is missing to be cooked until it gets golden. Once it is cooked, flip it again on a plate and it is ready to be served.



CHICKEN BIRYANI

My name is Aneeqa, and I am HR Administrator in HR Connect team. I was born and raised in Pakistan and would love to share the recipe for Biryani which is an intricate rice dish made with layers of curried meat and rice. Given its use of adornments and luxurious finishes.

Biryani is cooked in homes across the regions on special occasions and festivals, also available on the menus of fancy restaurants and roadside eateries in South Asia.

Biryani is a dish everyone revels in, and Pakistani's will include Biryani in each occasion including weddings, engagements, birthdays, religious gatherings, cricket matches or any other gathering. In fact, there is no feasting without Biryani in the menu, for us Biryani is more than a dish.

I am sharing the ingredients that my grandma and my mum would use to prepare chicken biryani.

Ingredients:

- 1 whole chicken diced in small pieces.
- 2 cups of aged white Basmati Rice. (Soak in warm water for 30 mins before cooking)
- Oil/ghee ½ cup
- 2 onions finely chopped/sliced
- 3 tomatoes finely crushed
- 1/3 cup Yogurt
- Ginger garlic (crushed)
- 2 Tsp Lemon juice
- Spices; Salt, pepper, red chilli flakes, Garam masala, Turmeric, 1 piece cinnamon stick, 4 cloves, dried bay leaf, cumin seed. (All spices can be used from half teaspoon to 1 teaspoon depending on your spice level)



Steps:

Step 1: Prepare the curry

- Fry onions in the oil/ghee, you can either thinly slice them (more traditional) or finely chop.
- Once onions change colour from pinkish tones to light browns, add chicken with above mention spices and fry the chicken until golden.
- Add crushed Ginger and Garlic and the lemon juice and fry for 2 mins.
- Add finely chopped tomatoes and lemon juice and let it cook until it looks like a curry.
- Add some yogurt now and wait until the curry turns to a smoother paste.
- The curry should not be runny to be layered and mixed well with the rice.

Step 2: Boiling Rice

- Bring a pot of water to boil.
- Add pre-soaked rice in the water with saffron and some turmeric for colour and let it boil until the rice is 90 percent cooked.
- Don't let the rice get super soft as it will not mix well with the curry then.

Step 3: Layering the Biryani

- Layer half of the rice in the pot, put all the chicken, and then the remaining rice on top. Add the finishing touches.
- I will sprinkle some saffron, cilantro, roasted cashews, and some fried onions on top.
- I sometimes add boil eggs cut in half for decoration.
- Put the lid back on the pot and airtight using a tea towel
- Allow steam to develop, then lower the heat and let the flavours meld.
- Open lid in 10 mins and mix the rice.



YORKSHIRE PUDDINGS

Yorkshire Puddings were a staple, growing up on a farm in the North of England. They were a cheap way to curb the appetite of farm workers, used to heavy manual work before technology took over. They'd often be eaten as a starter; a large round pudding filled with onion gravy. Then served as smaller puddings, along with the traditional meat and two vegetables. Finally, if one was still hungry, served as a sweet pudding with golden syrup. As a meal in itself, Toad in the Hole was popular; a large round pudding cooked with sausages and served with onion gravy.

During Australian winters, we enjoy our Yorkshire Puddings with the traditional Sunday roast. From Sarah Glover - Patient Experience and Consumer Engagement Lead, Safety, Quality and Consumer Engagement

This recipe makes makes 10-12.

Ingredients

- 200g plain flour
- 3 eggs, plus 1 egg white
- 285 ml milk
- Dripping (use vegetable oil or lard if you do not have dripping)

You'll need 1 x 12 hole muffin tray



- Heat the oven to the hottest temperature.
- Put a knob of dripping into the holes in your muffin tin and put in the oven to heat until smoking.
- Beat the flour and eggs, slowly adding the milk to loosen the mixture. The batter will be the consistency of cream.
- Once the oil is hot, reduce the heat to 220d, fill each hole to $\frac{3}{4}$ full and quickly return to the oven.
- Bake for around 30 minutes until golden.

Tips

- Make the batter earlier in the day and chill in the fridge for a few hours.
- Turn the heat down a little once they've risen, if they are browning too much for your liking.
- You can also make 2 large Yorkshire puddings by baking in cake tins. Add sausages before baking for Toad in the Hole.

BAINGAN BHARTA

My Name is Hiral Panchal, working as a Ward Clerk, Ward 3C- Maternity in Fiona Stanley Hospital. I am originally from India. I have been in Perth about 14 years and I would really like to share my cultural dish that normally cooked for ages.

I am presenting “Baingan Bharta” dish here. This is a main course dish served with Chapati or Naan.

Baingan Bharta is a traditional dish made with grilled Eggplants, onion, tomatoes, spices, and herbs. If you love or not eggplants, you should try this Indian vegetarian dish. Simple yet tastes super delicious with a unique smoky flavour that comes from grilling eggplants on direct fire. This dish specially cooks more often on winter season.

“Baingan” is a Hindi Word for eggplant and Bharta is a word meaning “mashed.” So It typically translates to Eggplant Mash.

Ingredients:

- 500g Eggplants (Giant not a small one)
- 4 Medium Garlic Cloves
- 2 Green Chilies (slit, adjust to taste)
- 1 teaspoon Oil (mustard oil or any other)
- 1 ½ tablespoon Oil (mustard oil or any other)
- ½ cup Onions (chopped)
- ¾ cup Tomato (deseeded & chopped)
- 3 Large Garlic Cloves (fine chopped)
- ¾ inch Ginger (fine chopped)
- ½ teaspoon Red Chilli Powder (adjust to taste)
- ½ teaspoon Garam Masala (optional)
- ¾ teaspoon Salt (adjust to taste)
- 2 tablespoons Coriander Leaves (fine chopped)
- Chop spring onion for garnishing.



Steps:

- Rinse eggplants well under running water and wipe dry with a kitchen tissue. Make four slits on the eggplant and push the garlic cloves deep inside two slits. Also push the slit green chilies in the other two slits. Brush them with oil.
- On direct fire, place the eggplant with the help of tong. The flame must be moderately high not low. You can also do in Oven or Air fryer or BBQ. Keep turning the eggplant to all other sides.
- When done, the skin of the eggplant is completely charred. It becomes soft - also check with a fork, that it goes smoothly inside.
- Cool slightly and peel the skin.
- Finely chop the eggplant.
- Pour oil to hot pan. After heating the oil add ginger, garlic and sauté for one minute. Then add fine chop onion. Sauté until light golden.
- Add chop tomatoes and salt. Cook until tomatoes become soft.
- Add red chilli powder and cook until two to three minutes.
- Add mashed eggplant, garlic, green chilli.
- Mix well and add Garam Masala (optional). Cook for two minutes more and garnish with coriander and chopped spring onion.

I am sure after trying this recipe, you would love it.

Note:

You can use spring onion instead of onion and can also add crush peanuts when tomatoes are cooked. You can do variation. But typically, is needed smoky flavour.



DORSET APPLE CAKE

I'm Nicky and I work in the Safety Improvement Team at Fiona Stanley Hospital. This is a gorgeous apple cake from my home county of Dorset in the south of the UK. My first job (aged 14) was waitressing in an old English tea shop in a tiny village, and serving huge wedges of Dorset Apple Cake to visitors who'd come to see the amazing Jurassic coastline.



Ingredients:

- 225g butter, softened, plus extra for greasing the tin
- 450g apples (preferably Bramleys, but any cooking apple will do)
- Finely grated zest and juice of 1 lemon
- 225g caster sugar, plus extra for dredging
- 3 large eggs
- 225g self-raising flour
- 2tsp baking powder
- 25g ground almonds
- 1 tbsp demerara sugar

Steps:

- Preheat oven to 180c/160c fan, gas mk 4
- Grease a deep 23-24 cm springform cake tin and line with baking paper.
- Peel, core and cut the apples into 1cm pieces and toss with the lemon juice.
- Using electric whisk, cream the butter, caster sugar and lemon zest together until pale and fluffy.
- Beat in the eggs, one at a time adding a little flour to keep the mixture smooth.
- Sift the remaining flour and baking powder into the bowl and add the almonds.
- Drain the apple pieces and stir in.
- Spoon into the cake tin, lightly level the top and sprinkle with the demerara sugar.
- Bake for 1 hour or until well risen and brown, and a skewer comes out clean from the centre of the cake.
- If the cake starts looking too brown, cover with a sheet of baking paper after about 45 minutes.
- Leave to cool in the tin for 10 minutes. Remove from the tin and place on a serving plate. Dredge with caster sugar. Cut into generous wedges and serve with cream (clotted cream is best!)

CAPE MALAY KEOKSISTER (SOUTH AFRICAN DOUGHNUT)

Hi there, I'm Kaye Mendes and I am currently working in the HRBP role within the HR Connect team at Fiona Stanley. I was born in South Africa, Johannesburg and emigrated to Perth in 2013. One thing I really missed the most in the early years was my family - the laughs, the chats, and the eating!

My grandma's house was always open to everyone in the community, and I missed these times- everyone knew her and the love she had for the people and feeding people.

On a Sunday it was our family tradition to all go to Ouma's (grandma) house after church; drink coffee and eat Koeksisters and cheesies (open toasted cheese sandwich-grilled in the oven). You would get the koeksisters from an "aunty" (lady) in the neighbourhood making the best koeksisters - you would order them in the week and pick it up fresh for Sunday.

I knew I would not be able to get all my family here - so the next best thing was learn how to make Koeksisters- I had to learn to make these all on my own. Found the recipe and my journey to chef-ing it up began. It took a few go's to get it perfect- just the way I remember the taste of "family and love" back in Ouma's kitchen...but now I make it and I am transported back to her house and the memory of her! It is so special!

It's not everyone's "cup of tea", but as a Coloured (mixed-race) who grew up in South Africa- it's a Sunday tradition in almost everyone's home.

Ingredients:

- | | |
|------------------------------------|----------------------------|
| • 6 Cups of Flour | • 1.5 cup milk |
| • 5ml of baking powder | • 15ml oil (not olive oil) |
| • ½ teaspoon of salt | • 1 large potato |
| • 30g sugar | |
| • 30g cinnamon powder | • Oil for deep fry |
| • 30g ground star anise (aniseed) | • Syrup |
| • 20g fine cardamon powder | • 2.5 cups sugar |
| • 8g fine ginger powder | • 2 cups of water |
| • 30g butter | |
| • 10g dry yeast (1 packet) | • Desiccated coconut |
| • 1 egg | |
| • 1.5 cup water (warm from kettle) | |

Makes about 4.5 dozen

Steps:

- Peel and cut potato into chunks for boiling (like you would when you make mashed potato)- boil until really soft
- Mix flour with spices, sugar, salt and yeast in a bowl
- Melt butter in boiling water and mix milk in a separate jug
- To dry ingredients add egg, oil and milk-water mixture, and mashed potato
- Mix thoroughly to form soft dough
- Cover and leave to rise for about 2 hours in a warm spot (cover with a cloth if needed)
- Once risen, moisten hands with some oil and make small balls in the palm of your hand
- Set aside to rise again (10-15minutes)
- Lightly stretch each ball and deep fry in medium hot oil, turning as they turn brown
- Take out when it's a nice darkish brown colour
- Set aside to cool

Making the Syrup

- 2.5 cups of sugar
- 2 cups of water
- Allow to simmer over low heat until syrupy- (this takes a while)
- Can add a stick of cinnamon and 4 cardamom pods while boiling the syrup

Coating the balls/Koeksisters

- Place a few of the cooled down balls into the syrup- turning them a few times and keeping them in for about 2-5
- Remove from the syrup (be careful they are hot and sticky)
- Roll them around in some coconut



PS: not to be confused with the Afrikaans Syruped Koeksister - which is plaited and soaked in cold syrup - those are sticky and crunchy

STUFFED CABBAGE ROLLS (CROATIAN/SINJ STYLE)

This is a typical Croatian dish, provided courtesy of Penny Stoysic, Executive Assistant, SMHS.

Ingredients:

- 700g lean beef, diced
- 200g lean pork, diced
- 100g pancetta, finely chopped
- 150g smoked bacon, coarsely chopped
- 1 onion, finely chopped
- 5 cloves garlic, finely chopped
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 3 cloves
- 4 soup spoons oil
- 1 kg. pickled cabbage leaves
- lemon rind
- 2 bay leaves
- Freshly ground pepper
- 1 soup spoon Vegeta



Steps:

- Rinse cabbage leaves in warm water and let them drain well. Mix together the beef, pork, onions, pancetta, garlic, nutmeg, cinnamon, Vegeta and pepper. Place on top of each leaf, roll it up, tuck the ends inside or close with toothpicks.
- Take a large saucepan. Line the bottom and sides of the pot with the rest of the cabbage leaves. Place the rolls on top of the leaves and sprinkle with bacon. Add bay leaves, cloves, rind and oil, cover with water or light beef stock and bring to the boil.
- Reduce the heat to low, cover and cook for two to two and half hours. Don't stir but shake the pot occasionally. If 'sour cabbage is not available, use plain cabbage. Serve with mashed potatoes or polenta.

Gateau Napolitaines (Shortbread Cookies)

Napolitaines are delicious little shortbread cookies with a guava jam in the centre and covered in a light pink icing. They literally melt in your mouth.

Whilst we make them here, whenever we have a relative coming from Mauritius, there is always a little box of Napolitaines which come along as part of the luggage. 😊 These are made in every little bakery in Mauritius and are also used for special occasions.

They make me think of my childhood. From Veronique Renel, Head of Organisational Development, SMHS.

Ingredients:

- 3 cups Plain flour
- 300 g Unsalted butter at room temperature, cut into cubes
- Jam preferably strawberry
- 2 cups Icing sugar
- Water room temperature
- Pink food colouring
- Vanilla extract



Steps:

- Sift flour into a large mixing bowl and add butter.
- Combine the mixture using your thumb and fingers to pinch and rub the contents together until all lumps are gone and you are left with a crumble-like texture.
- Combine and press the mixture into a ball and gently knead over a lightly floured surface to bond together. Wrap dough in cling wrap and place in the fridge for 30 minutes.
- Remove dough from the fridge and return to the lightly floured surface. Meanwhile, preheat the oven to 180 degrees C.
- Roll dough out to 6mm thick and use a 4cm diameter round cookie cutter to cut out circles. Place on a tray lined with baking paper. Combine unused dough and roll out again, repeating the process until the majority of the dough can be used and that there are an even number of cuts.

Steps continued:

- Place in the oven and bake for approximately 20-25 minutes or until the edges begin to turn golden. Remove and set aside to cool.
- Once cooled, place half a tsp of jam between two biscuits and sandwich together. Place on an icing (or oven) rack with a tray underside.
- Sift icing sugar into a mixing bowl. Create a 'well' in the center of the bowl and mix in 1 tbsp of water, 1 drop of food colouring, and 1 drop of vanilla extract. Continue to add ½ tbsp of water at a time, mixing well to create icing to a consistency similar to honey.
- Use a ladle or a large spoon to pour icing evenly over each biscuit to coat. The tray underneath should capture any excess icing to be re-poured.
- Allow the icing to set for a couple of hours and enjoy with a hot cup of tea.

Please note:

- This recipe requires preparation half an hour in advance, not included in prep time.
- Do not over-knead the dough as you may lose the crumbling texture.
- Alternatively use a shot glass to cut out circles in the dough.
- Gradually add water. If icing becomes too runny add additional icing sugar as necessary.
- Although pink is the traditional colour, get creative with other colours or try pouring multiple colours together to create a marble texture. Adding a few drops of lemon or lime juice will also give it some shine.
- Store in an airtight container.

TURMERIC COCONUT CHICKEN SOUP

Hi, I'm Jeff from SMHS Workforce. Growing up in Australia being mixed race and living overseas for a long time, I've been lucky enough to try a range of different foods and live as part of varied cultures.

One of my favourite things (be it winter or summer) are the fresh flavours of coconut and lime, the healing benefits of turmeric, and those earthy aromatics of coriander, cumin, and lemongrass.

Add Sambal Oelek to this recipe and use the optional noodles make this recipe a bit more Indonesian in style; reduce the chicken stock (to half), remove the limes, add a cinnamon stick and three star anise at the broth stage, use some fish sauce to flavour, and serve with rice to bring a bit more Indian curry style to the table.

This recipe makes four large serves

Ingredients:

- 2 tablespoons vegetable oil
- 400g tin coconut milk
- 2 limes (juice)
- Bean sprouts, to serve
- Some lime wedges, to serve
- Optional: 250g dried rice vermicelli
- Optional: Sambal oelek, to serve (if you like some spice - I recommend it)



Chicken stock:

- 2 tablespoons vegetable oil
- 6-8 chicken thigh fillets (skin on best, but not necessary)
- 1 medium to long stalk lemongrass, whole, bruised
- 4 shallots, quartered (or 2 large brown onions)
- 4 slices fresh ginger (no need to peel)
- 3 kaffir/makrut lime leaves (whole)
- 1 litre chicken stock (I use the premade variety)

Spice paste:

- 1 medium to long stalk lemongrass, finely chop the pale part only
- 6 small red Asian shallots (or 3 large brown onions), roughly chopped
- 3 teaspoons chopped garlic (from a jar), or 3 garlic cloves, roughly chopped

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- 1 medium to long stalk lemongrass, finely chop the pale part only
- 6 small red Asian shallots (or 3 large brown onions), roughly chopped

Steps:

- For the chicken and chicken stock: heat the vegetable oil in large dutch oven style pot over high heat. Season the chicken with salt and sear in the pot for 2-3 minutes each side (it should start to become a little golden in colour on the outside). Start skin side down if skin on.
- Add the other stock ingredients, the premade chicken stock, and 4-6 cups of water. Bring this to a simmer, then reduce the heat to medium, cover and cook for 45 minutes to an hour, skimming the surface every so often if residue builds.
- Whilst the stock is bubbling away, you can get started on the spice paste: blend the spice paste ingredients in a blender until smooth (add a couple of tablespoons of the hot chicken stock if the paste won't blend well - but remember you want a paste and not a liquid. It's okay to be a little chunky).
- Remove the chicken from the stock and set them aside, covered, for later. Strain the broth into a large bowl (mixing bowls work well) and keep for now.
- When the chicken is cool enough to manage, shred or roughly chop the meat and re-cover.
- In the empty dutch oven pot, heat 2 tablespoons of oil over medium-high heat. Add the spice paste and cook stirring for about a minute or until fragrant. Stir through the coconut milk and simmer for another 2-4 minutes or so until it feels combined. Then stir through the broth you kept aside, and simmer for another 5-8 minutes. Then add the juice of 2 limes.

Optional: You might like to add noodles to this soup, and I prefer vermicelli noodles. Soak the dried noodles in hot water for about 3-5 minutes or until tender. Drain and divide the noodles among serving bowls (deep bowls are best).

Add beans sprouts to the deep serving bowl. Then add the chopped/shredded chicken. Ladle over the soup. Top with sambal oelek and a lime wedge or two, and enjoy!

MUM'S LEMON PIE

I'm Paul Forden and have the honour of being Chief Executive of South Metropolitan Health Service. I came to Australia a little over 7 years ago from the UK. During my childhood years I was very picky about what foods I would eat but when I hit my 20s, I realised what a fool I had been and now love experimenting with foods and flavours from all over the world. It has become such a passion that for a number of years I owned a restaurant.

My parents were both brought up in Liverpool in England and sadly their early years were during and post World War 2. In the UK this meant ration books and making do with whatever you could to offset hunger. Substance was more important than flavour. We were therefore brought up on traditional working-class fayre which involved meat and potatoes, fish on a Friday and always a Sunday roast.

What my mum did excel in was baking and one of my favourites memories is her lemon pie.

Ingredients:

The three components were homemade pastry, lemon filling and meringue on top.

- Pastry – 1 egg yolks, 175 g plain flour, 100 g butter, tablespoon sugar (alternatively buy and use frozen pastry)
- Lemon filling – zest of 2 lemons, juice from the 2 lemons zested, 2 tablespoons cornflour, 100 g sugar, 85 g butter, 3 egg yolks
- Meringue – 4 egg whites, 200 g sugar, 2 tablespoons cornflour, 1 tablespoon cold water

Steps:

- For pastry, blend all ingredients together in food processor and roll out to cover the base and sides of your flan tin. Bake at 180c (fan oven) for 25 minutes covered in foil. Put in fridge to cool.
- For the lemon filling, mix the cornflour, sugar and lemon zest in a saucepan over a medium heat. Slowly incorporate the lemon juice and heat until it becomes thickened and starts to bubble.

Steps continued:

- Take off the heat and stir in the butter and beaten egg yolks. Put the pan back on medium heat and stir. When it has really thickened take off the heat.
- **For the meringue** whisk the egg yolks and gradually incorporate half the sugar. Then gradually whisk in the cornflour, remaining sugar and water.
- Take the pastry base out of the fridge and fill it with the warm lemon filling.
- Pipe the meringue all over the surface of the pie. Put the pie back in the oven for 20 minutes. Allow to cool then enjoy.

