

# WOMADelaide

- THE WORLD'S FESTIVAL -

## TASTE THE WORLD ~ RECIPE

Prepared by: **BUSH GOTHIC**

### PICAU AR Y MARN (WELSH CAKES)

**Makes 35-40**

#### *Ingredients*

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- 500g self raising flour
- 75 g caster sugar
- 1 teaspoon mixed spice
- 250 g unsalted butter
- 150 g dried currants
- 1 large egg
- 200ml milk
- Pinch of salt

#### *For Serving*

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- 300ml double cream
- 1 teaspoon vanilla bean paste
- 400 g fresh berries (strawberries, blackberries or raspberries)
- 1 lemon
- 100g butter

#### *Method*

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Sieve flour, sugar & spice into a bowl with a pinch of salt. Cut up 250g of butter and add to the bowl with the salt. Get stuck in with your hands to mix it together until the mix resembles breadcrumbs. Add the currants, then make a well in the centre and add the egg. Add a splash of milk, then using your hands, bind the mixture to make a dough.

Use a rolling pin and extra flour to roll out the dough to about 1cm thick. Place a heavy cast iron griddle pan (if unavailable a heavy based non stick fry pan) on medium heat. Cut out rounds from the rolled dough using a 6-8 cm cookie cutter. Test the heat by sprinkling a few drops of water in the pan - it should form little beads. Cook each round for approximately 4 minutes each side.

Dust each round with sugar. Whip the cream and vanilla bean paste and throw the berries into a bowl, cutting up any large ones and tossing them with the lemon juice.

Serve with strawberries and cream or just butter.

## TASTE THE WORLD ~ RECIPE

Prepared by: **CARLA LIPPIS**

### NONNA VINCENZA'S POLPETTI CON PATATE E PISELI (MEATBALLS WITH POTATO AND PEAS IN RED SAUCE)

**Serves 4-6**

#### *Meatballs - Ingredients*

- 500g chicken mince
- 500g turkey mince
- 1 small bunch of flat leaf parsley, chopped
- Roughly 1 cup of grated Grana Padano parmesan cheese
- 1 large egg
- Roughly 1 cup of fresh breadcrumbs
- Herbamare salt to taste
- Cracked black pepper to taste

#### *Sauce ~ Ingredients*

- Quality local extra virgin olive oil
- 2 x tins of good quality crushed Roma tomatoes
- 1 clove of crushed garlic
- 1 bay leaf
- 1 medium brown onion, finely chopped
- 1 medium carrot, finely chopped
- 1 stalk of celery, finely chopped
- 2-3 waxy potatoes peeled and chopped into chunks
- 2/3 cup of frozen peas
- To garnish- fresh chopped oregano and parmesan

#### *Method*

Combine the meatball ingredients in a bowl. Take a 30/32cm deep sauté pan with a lid and heat some olive oil on a medium heat.

Gently mould the meatball mix into Aussie Rules style footballs (they cook quicker this way but make sure they are smaller!) and cook in the sauce pan on medium heat until nice and browned on each side. Do in batches if necessary. Don't squish the mixture together too tightly as we want to make sure they stay soft and juicy.

Once the meatballs are cooked, put aside in a bowl. Using the same pan, fry the onion, garlic, carrot and celery over medium/low heat along with the juices of the meatballs. Add a little extra oil if necessary. When the vegetables are cooked through, add the cans of tomatoes and the bay leaf. Bring to a simmer and reduce down until the sauce thickens.

Once the tomatoes are cooked, you can take off the heat, remove the bay leaf and give it a blitz in a food processor or blender to make it a little smoother. Put the sauce back on the hob over medium heat and add the potatoes. Once they are cooked, add back in the meatballs and the peas. Once these are warmed through, you're ready to serve!

You can garnish with a little fresh chopped oregano or extra parmesan if desired.

## TASTE THE WORLD ~ RECIPE

Prepared by: **EISHAN ENSEMBLE**

### MIRZA GHASEMI WITH MASTO KHIAR

#### *Ingredients*

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- 6 large eggplants
- 7 tomatoes
- 6 eggs
- 1 bulb garlic
- 1 can tomato paste
- 4 tablespoons turmeric
- 3 tablespoons black pepper
- 3 tablespoons salt
- 1 cup olive oil
- 2kg full cream Greek yoghurt
- 6 Lebanese cucumbers
- 1 packet walnuts
- 1 packet dried raisins
- 1 packet dried mint
- 2 packets Lebanese bread

#### *Method*

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Grill the eggplants and tomatoes, peel and smash them separately and set them aside.

In a large pot coated with 2 tablespoons olive oil, add diced garlic and turmeric on a medium high heat until brown.

Add the smashed tomatoes and 4 tablespoons of tomato paste.

Add salt and pepper and stir them. Crack the eggs and add them, wait until they are semi cooked and then stir it properly.

Add the smashed eggplants, stir them in and cook on a medium high heat for 15 minutes.

#### *Masto Khيار - Method*

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Grate the cucumbers and add yoghurt, walnuts, dried raisins and mint. Mix them and stir them.

Serve the dish with Lebanese bread and Masto Khيار on the side.

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## TASTE THE WORLD ~ RECIPE

Prepared by: **GRACE BARBÉ**

### PRAWN CURRY AND CREOLE PAPAYA CHUTNEY, SERVED WITH RICE

#### 1. Prawn Curry - Ingredients

- 250g, about 16 large prawns, cleaned and deveined (without shell)
- 1/2 eggplant, peeled and diced about 80g
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 piece of ginger, chopped
- 5 cloves of garlic, roughly chopped
- 8-10 curry leaves
- 1 cinnamon stick
- 1 teaspoon salt
- 1 teaspoon turmeric powder
- ¼ teaspoon black pepper, freshly ground
- 2 tablespoons curry powder
- 1 tablespoon garam masala
- 2 tablespoons vegetable oil
- ½ cup water
- 1 ½ cups of coconut milk
- 1 teaspoon lime juice
- 2 tablespoons parsley
- 1 fresh red chilli thinly chopped
- 1kg premium basmati rice

#### Method

Apply ½ teaspoon of salt and turmeric to cleaned prawns and allow them to marinate while prepping other ingredients.

Grind ginger and garlic in a chopper/grinder to make a coarse paste.

Heat oil in a frying pan on a medium heat. Add onion, curry leaves and a cinnamon stick, fresh chilli, and stir for one minute, or until the onions soften and turn translucent.

Add tomatoes and garlic and ginger paste, cook until soft for about 2 minutes.

Add eggplant, curry powder, garam masala, black pepper and ½ teaspoon of salt. Add ½ cup of water and allow to simmer for 8-10 minutes until the eggplant is soft.

Add prawns to pan and sauté until they cook through and change colour (about 4-6 minutes)

Add the coconut milk and lower heat to simmer. Simmer for about 6-8 minutes until the curry has thickened.

Add freshly squeezed lime juice, stir and garnish with parsley.

#### 2. Creole Papaya Chutney - Ingredients

- ½ raw papaya, washed, peeled and grated (about 250g)
- 1 onion, thinly sliced
- 1 tomato, seeds removed, thinly sliced
- ½ a red capsicum, thinly sliced
- 4 tablespoons parsley, finely chopped
- ¼ teaspoon black pepper, freshly ground

#### 2. Vinaigrette - Ingredients

- 3 tablespoons freshly squeezed lime juice
- 1 ½ tablespoons freshly squeezed orange juice
- 2 tablespoons of honey
- 1 fresh sweet chilli, chopped
- 1 teaspoon salt

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# TASTE THE WORLD ~ RECIPE

Prepared by: **GRACE BARBÉ**

## **Method**

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Combine papaya, tomato, peppers and 3 tablespoons of parsley in a bowl.

Use a food processor or blender to combine vinaigrette ingredients until you get a smooth emulsion.

Pour dressing over the salad, tossing well to combine.

Season with freshly ground pepper and garnish with the remaining parsley.

## **3. Basmati Rice**

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Wash the required amount of rice for the servings several times, until most of the starch is washed out.

Fill up with water for cooking, then allow rice to cook until ready.

Food is now ready for serving!



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- THE WORLD'S FESTIVAL -

## TASTE THE WORLD ~ RECIPE

Prepared by: **JOSEPH TAWADROS**

### EGYPTIAN KOSHARI

**Serves 8**

#### *Ingredients*

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- 500g rice
- 500g macaroni (or elbow pasta)
- 500g vermicelli noodles
- 1 can chickpeas (400g)
- 1 can lentils
- 1 can chopped tomatoes
- 3 fresh tomatoes
- Coriander powder
- Chilli flakes
- Garlic paste (minced garlic)
- 2 large onions, grated
- 2 large onions (cut into strips)
- 1 large onion cut finely
- Vegetable ghee
- Distilled vinegar
- Flour
- Paprika powder
- Curry powder
- Salt
- Pepper
- Olive oil

#### *Crispy Onion Topping*

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Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour.

In a large skillet, heat the cooking oil over medium-high heat, cook the onion rings, stirring often, until

they turn a nice caramelized brown. Onions must be crispy, but not burned (15 - 20 minutes)

#### *TOMATO SAUCE*

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In a saucepan, heat 1 tablespoon of cooking oil. Add the grated onion, cook on a medium-high heat until the onion turns a translucent gold (do not brown). Now add the garlic, coriander, and red pepper flakes, if using, and saute briefly until fragrant (30-45 seconds more)

Stir in tomato sauce and a pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so).

Stir in the distilled white vinegar, and turn the heat to low. Cover and keep warm until ready to serve.

#### *KOSHARI*

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Cook the lentils. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over a high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain from water and season with a little salt. (Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice).

Now, for the rice. Drain the rice from its soaking water. Combine the par-cooked lentils and the rice in the saucepan over a medium-high heat with 1 tablespoon cooking oil, salt, pepper and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 4cm (you'll probably use about 3 cups of water here). Bring to a boil; the water should reduce a bit. Now cover over and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes). Keep covered and undisturbed for 5 minutes

# TASTE THE WORLD ~ RECIPE

Prepared by **JOSEPH TAWADROS**

Now make the pasta. While the rice and lentils are cooking, make the pasta according to the package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain.

Cover the chickpeas and warm in the microwave briefly before serving.

Put it all together!

To serve, fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and ½ of the tomato sauce, then the chickpeas, and finally ½ of the crispy onions for garnish.

Serve, passing the remaining sauce and crispy onions separately.

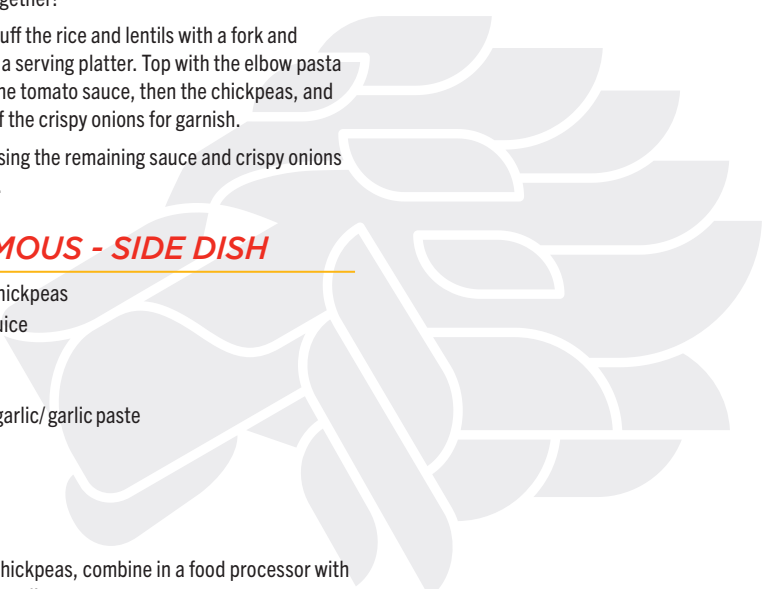
## **HOMMOUS - SIDE DISH**

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- 2 cans chickpeas
- Lemon juice
- Tahini
- Paprika
- Minced garlic/ garlic paste
- Olive oil
- Salt
- Pepper

Drain the chickpeas, combine in a food processor with all other ingredients.

Season to your taste.



## TASTE THE WORLD ~ RECIPE

Prepared by: **L-FRESH THE LION**

### BUTTER PANEER WITH RICE

**Serves 4**

#### *Ingredients*

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- Approx 1kg paneer, cubed
- Roughly 3-4 tablespoons ghee
- 1 tablespoon olive oil
- Roughly 4-5 tablespoons of thickened cream (light preferred)
- 1 cup basmati rice, rinsed
- Roughly ½ cup frozen peas
- 4 to 5 small to medium red onions
- 1 ½ medium tomatoes
- Roughly 3 tablespoons tomato paste
- 1 small handful cashews
- 1 small squeeze honey
- Fresh ginger
- 4-5 garlic cloves
- 1 bird's eye red chilli
- 3 bay leaves
- 1 cinnamon stick
- Coriander, finely chopped
- Cumin seeds
- Salt
- Black pepper
- Chilli powder
- Turmeric powder
- Garam masala

#### *Rice*

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Add 1 tablespoon of olive oil to a large pot on high heat. Add 1 teaspoon of cumin seeds, ½ red onion, finely chopped, and roughly ½ cup of frozen peas. Add salt and pepper as per your taste.

While it's cooking, rinse basmati rice in a bowl then drain.

Once the onion and peas are cooked, add the basmati rice with 2 cups of water and cover the pot.

Leave on high heat until the water has evaporated then turn off the heat.

Leave the pot covered for at least 5 minutes before serving

#### *Butter Paneer*

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Coat a large non-stick fry pan with roughly 2 tablespoons of ghee on a medium heat. Add the remaining red onions, roughly chopped with 1 ½ teaspoons of cumin seeds.

Cook for approx 2 minutes before adding some ginger and garlic, both roughly chopped and 3 bay leaves

Cook for a further 2-3 minutes before adding tomatoes and red chilli, both roughly chopped

Cook for 2 minutes before adding 3 tablespoons of tomato paste and a handful of cashews.

Cook for 1-2 minutes before adding 1 teaspoon of salt, a pinch of chilli powder and roughly ½ teaspoon of turmeric powder

Cook for another 1-2 minutes before adding 1 small splash of water and cook for a further 2 minutes.

Place the onion & tomato mixture in a high powered blender, add roughly ¾ of a cup of water and blend until it becomes a sauce and set aside.

Add the paneer cubes and some finely chopped coriander. Cook for another 2 minutes before adding the sauce. Add 1 cinnamon stick, a generous pinch of garam masala and some more finely chopped coriander.

Cook for 1 minute before adding 4-5 tablespoons of cream.



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## TASTE THE WORLD ~ RECIPE

Prepared by: **L-FRESH THE LION**

Stir in the cream then add 1 small squeeze of Cook for 1 minute before adding 4-5 tablespoons of cream.

Stir in the cream then add 1 small squeeze of honey.

Cook for 1-2 minutes then remove the butter paneer from the pan so the hot pan doesn't overcook the sauce.

Serve with rice.



## TASTE THE WORLD ~ RECIPE

Prepared by **MARLON X RULLA**

### COCONUT CURRY BARRAMUNDI

**Serves 8**

#### *Ingredients*

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- Vegetable oil
- 1 tablespoon ginger
- 1 tablespoon garlic
- 1 lemongrass bulb
- 1 brown onion
- 3 curry leaves
- 1 lime (juice)
- Tasmanian pepper berry (ground)
- 2 tablespoons red curry paste
- 1L vegetable stock
- 1 can coconut milk
- Fish sauce to taste
- Oyster sauce to taste
- ABC sauce to taste
- 3 potatoes (peeled)
- 2 zucchinis
- 4 okra
- Green beans
- Corriander
- River mint
- Warrigal greens
- Bok choy
- Thai basil
- 2 fillets of saltwater barramundi
- Steamed rice

#### *Method*

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Heat the oil in a deep frying pan over medium-high heat.

Add in diced ginger, garlic and onions, lemongrass bulb and cook until soft and aromatic

Stir in the curry paste for 2 minutes, or until fragrant, before adding potatoes, zucchinis and okra, followed by coconut milk and stock.

Bring to a simmer and add the fish, oyster and ABC sauce. Sprinkle in the green beans, Tasmanian pepper berry, curry leaves, then cover and cook for 2 minutes.

Lift the lid and add the barramundi fillets. Reduce the heat to medium and cook, covered for 6-8 minutes, adding the Warrigal greens, bok choy and Thai basil for the last 3 minutes of cooking followed by a fresh squeeze of lime juice.

Finish by tearing up coriander, river mint and sprinkling on top.

Serve in bowls with steamed rice.

## TASTE THE WORLD ~ RECIPE

Prepared by: **MELBOURNE SKA**

### JERK CHICKEN WITH RICE & PEAS

**Serves 6-8**

#### *Ingredients*

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- 2 tablespoons minced spring onion
- 5-6 cloves of garlic
- 2 ½ teaspoons thyme
- 2 teaspoons ground allspice
- 2 teaspoons ground black pepper
- ½ teaspoon cinnamon
- ½ teaspoon cayenne pepper
- 2 tablespoons vegetable oil
- ½ teaspoon salt
- 2 or 3 scotch bonnet chillis (or habanero) finely diced
- ½ kilogram chicken drumettes
- ½ kilogram chicken mid-wings
- Dark soy sauce
- 1 can of coconut cream
- 1 can red kidney beans
- 2 cups long grain basmati rice
- 2 bags coleslaw
- 1 bottle coconut-lime mayonnaise

#### *Method*

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Dice the spring onion, garlic and chilli and add to a mixing bowl along with thyme, allspice, black pepper, cinnamon, cayenne pepper, vegetable oil and salt. Mix it all together to make a sticky paste.

Add the chicken and vigorously rub in the seasoning then leave it to rest, the longer you leave it the more flavour it gets.

When ready add a few splashes of dark soy also rubbed in.

Get an oven tray, cover with baking paper and then the chicken, place in the oven at 160° for 30 minutes. At some point remove the tray to pour off excess liquid then back to the oven.

Pour the cups of rice into a saucepan or pot that has a lid, wash the rice with cold water to get rid of excess starch. Add the contents of the can of kidney beans and the coconut cream plus half a cup of water and a pinch of salt. Cover with the lid and bring to the boil, keeping an eye on the rice and stirring every so often so that the coconut cream doesn't stick to the bottom of the pot.

When most of the liquid has been absorbed turn the heat off, leaving the rice to finish cooking by itself (put the rice on 10 minutes after the chicken starts cooking).

Get a serving bowl, add the bags of coleslaw and the coconut-lime mayonnaise.

Mix it until all of the slaw is coated.

Serve food in bowls.

# TASTE THE WORLD ~ RECIPE

Prepared by: **MOTEZ & MARK KAMLEH**

## MOTEZ & KAMLEH'S EXQUISITE FATTOUSH & KEBABS

### ***Kebab - Ingredients***

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- 1.5 kg fine minced lamb (fat is good)
- ½kg fine minced beef (fat is good)
- 2x garlic cloves (crushed)
- ½ brown onion (finely diced)
- 3 teaspoons salt
- ½ teaspoon pimento
- ½ teaspoon nutmeg
- ¼ teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground coriander
- ¼ teaspoon cumin

### ***Method***

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Combine all ingredients.

Mix well and knead like a dough to incorporate and stretch the fat through the mixture.

Final mix should have no chunks and look like a dough.

Break off chunks of the meat mix and build the kebab onto a skewer, repeat until all the meat mix is on the skewers.

Cook the assembled kebabs over charcoal.

### ***Fattoush - Ingredients***

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- Head of lettuce, diced into 2cm cubes
- 4x tomatoes, diced into 1 cm cubes
- ½ red onion, sliced
- 1 bunch of parsley, coarsely chopped
- ½ bunch of fresh mint, picked and coarsely chopped
- Large handful of purslane, chopped
- 2 cups of lightly smashed deep fried pita bread (approx 2cm sized chunks)
- 80ml pomegranate molasses
- 100ml lemon juice
- 200ml extra virgin olive oil
- 2 tbsps green thyme
- Salt to taste
- 2 tbsps sumac

### ***Method***

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Mix all the salad ingredients together.

Mix all the dressing ingredients together.

Dress salad with the dressing.

Serve the cooked kebab with the fattoush and flat bread.

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- THE WORLD'S FESTIVAL -

## TASTE THE WORLD ~ RECIPE

Prepared by: **THE NEW MONOS**

### EMPANADAS FRITAS

#### *Ingredients*

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- 500g veal mince
- Spring onion
- 1 cup fine chopped onions
- 4 cooked boiled eggs
- 1 cup fine chopped red capsicum
- 1 cup of red wine
- 1kg of lard (animal fat)
- Salt
- Pepper
- Paprika
- Shortcrust pastry

#### *Method*

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Finely cut of the brown onion, capsicum and spring onion (white part only).

Boil the 4 eggs in a large pot of water.

Get 4-6 spoons of lard and put it in a deep saucepan on high heat. Once melted, add onions, the capsicum, and cover with a lid.

Add the meat and red wine, seal it, then change the heat to low and leave it cooking until the meat is soft.

Cut the boiled eggs into small fragments, then add them to the meat.

Add spring onion (green part), salt, pepper, paprika.

Put the meat into the freezer for 10 min to allow the meat to cool down quickly.

Cut the pastry into different segments, approximately 130 cm diameter.

Fill the pastry with the meat filling, then seal securely around the edges.

Melt the lard in a deep frypan and fry the empanadas.

## TASTE THE WORLD ~ RECIPE

Prepared by: **PARVYN**

### SAAG PANEER WITH ROTI

#### Ingredients

- 500g dried black beans, rinsed well or canned black
- 1 teaspoon turmeric powder
- ½ teaspoon cayenne/chilli powder
- Salt
- 3 tablespoons plus 1 ½ tablespoons vegetable oil
- 350g paneer cut into 1-inch cubes,
- 500g chopped spinach (frozen packets is fine)
- 1 large onion, finely chopped
- 1 (1-inch thumb) ginger, peeled and minced (about 1 tablespoon)
- 4 cloves garlic, minced
- 1 large green chilli, finely chopped (seeds removed if you don't like it spicy!)
- ½ teaspoon garam masala
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ½ cup plain yogurt, stirred until smooth

#### Method

In a large bowl, whisk together the turmeric, cayenne, 1 teaspoon salt and 3 tablespoons oil. Gently, drop in the cubes of paneer and gently toss, taking care not to break the cubes. Let the cubes marinate while you get the rest of your ingredients together and prepped.

Thaw the spinach and briefly cook over stove then puree with stick blender until smooth. Alternatively, you can chop it up very finely with your knife.

Place a large nonstick frying pan over medium heat, and add the paneer as the pan warms. In a couple of minutes give the pan a toss; each piece of paneer should be browned on one side. Fry for another minute or so, and then remove the paneer from the pan onto a plate.

Add the remaining 1 ½ tablespoons oil to the pan. Add the onions, ginger, garlic, and chilli. Now here's the important part: saute the mixture until it's evenly toffee-coloured, which should take about 15 minutes. Don't skip this step - this is the foundation of the dish! If you feel like the mixture is drying out and burning, add a couple of tablespoons of water.

Add the garam masala, coriander and cumin. If you haven't already, sprinkle a little water to keep the spices from burning. Cook, stirring often, until the raw scent of the spices cook out, and it all smells a bit more melodious, 3 to 5 minutes.

Add the spinach and stir well, incorporating the spiced onion mixture into the spinach. Add a little salt and 1/2 cup of water, stir, and cook about 5 minutes with the lid off.

Turn the heat off. Add the yogurt, a little at a time to keep it from curdling. Once the yogurt is well mixed into the spinach, add the paneer. Turn the heat back on, cover and cook until everything is warmed through, about 5 minutes. Serve.

## TASTE THE WORLD ~ RECIPE

Prepared by: **SORONG SAMARAI**

### SAMBAL IKAN OF WEST PAPUA

**Serves 8-10**

#### *Ingredients*

- 2 medium size mackerel fish
- 1kg jasmine rice
- 2 cans coconut milk
- 2 stems lemon grass
- 1 bay leaf
- Turmeric powder
- Coriander powder
- Salt
- 500ml olive oil
- 2 bags lemons
- Black pepper
- 70g fresh garlic
- 6 shallots
- 2 large brown onions
- Asian shrimp paste
- Small bottle sweet soy sauce
- 1 medium size ginger
- 5 tomatoes
- 3 punnets red chili bird eye red chillies
- 1 packet Thai basil
- 2 tbsp sugar

#### *Method*

Marinate the fish in lemon, garlic powder, ground coriander and salt for 10-15 minutes.

While fish is still in the marinade, cut the garlic, brown onion, shallots and tomatoes into tiny pieces and put in a separate bowl.

Blend the chilli, ginger, shrimp paste and 1 lemongrass.

In a frying pan, add the oil followed by all the cut up ingredients above - except the tomatoes - then add the ingredients that have been blended. When it's half cooked, add the tomatoes.

Keep stirring the sauce and add salt, sugar and lemon to get the perfect taste.

When it's cooked, set aside for later.

Rinse the rice then add the coconut milk, turmeric and a pinch of salt.

Mix well evenly, then put in the lemongrass and bay leaf (add water if needed) then cook in a rice cooker.

Prepare the grill pan and make sure it's hot. Spray with olive oil then grill the fish.

Mix 4 tbsp olive oil, salt, 2 tbsp sweet soy sauce and garlic powder and smear it on the fish to keep it moist.

When the fish is cooked, put on the plate then pour on the sauce that was made earlier.

Check if the rice is cooked then put it in the bowl.

Roughly cut the basil and lemons and put it on top as garnish.

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- THE WORLD'S FESTIVAL -

## TASTE THE WORLD ~ RECIPE

Prepared by: **YID!**

### FALAFEL

#### Ingredients

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- 1 cup of chickpeas (soaked overnight)
- 1 bunch of coriander
- 1 bunch of parsley
- 1 large onion
- 6 garlic cloves
- 1 carrot
- 2 tsp cumin seeds
- 2 tsp sesame seeds
- 1 tsp bicarb of soda
- 1 ½ tbsp extra virgin olive oil
- Approx. ¾ cup of chickpea flour (besan)
- Salt/pepper/chilli flakes to taste

#### Method

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Drain your chickpeas and leave to dry as much as possible.

Wash your coriander and parsley, roots and all, by soaking it in tub for 20 mins or so - you want to make sure all the earth and grit is gone! Dry thoroughly.

In a low oven, bake the onion till it begins to soften slightly to the touch, turn the oven off, throw in the garlic bulbs and let the whole thing cool down.

In a skillet roast the cumin seeds and sesame seeds till they're lightly browned.

Grab your food processor -

Throw in your drained and dried chickpeas. A quick blend as you don't want them too fine, just broken up. Put into a large mixing bowl.

Blend your fresh coriander, parsley, carrot, peeled onion and garlic into a fine paste; this is your mortar and will glue your mixture together. You can add the olive oil at this stage if it helps your grinding or add it later.

Add this to the mixing bowl, as well as your roasted seeds, your bicarb, your oil (if you haven't already done so). Salt/pepper/chilli to taste. I would probably add 2 tsp of salt as I think worrying about blood pressure is for people who don't love life. Don't be scared to taste it raw, nothing will kill you.

Mix it thoroughly, your mixture should be a lovely green color.

Now the mixture, for all your drying, is still a bit mushy and moist and don't forget you're going to have to form balls that need to stay together as you fry them - this is where the besan flour comes in. You need to add it to the point where your balls will just stay together and not to the point where they are dry, dull and leaden like most commercial falafel are. Add flour, be bold, fry one and see what happens, if it falls apart you may have to add a bit more flour.

Fry your balls (or patties, the shape is up to you) in a tasty olive oil mixed with some other oil that allows a higher cooking temperature. They should be well fried, dark and crispy on the outside and soft and green on the inside. Eat with hummous, tahini, pickles, salad and pita. Mmmm.

This will make enough mixture for many falafels, it will keep for a week or so in the fridge but can also be frozen and used later.



## TASTE THE WORLD ~ RECIPE

Prepared by: **ZÖJ**

### PERSIAN HERB AND NOODLE SOUP - AASH RESHTEH WITH ZATAAR BREAD

#### Ingredients

- 1 cup mixed cooked beans (chickpeas, red kidney beans)
- 1 cup cooked lentils
- 1 jar Exotic Bazaar Ghormeh Sabzi - Persian Five Herbs & Lime OR 200g spinach, 200g chives, 200g coriander, 200g parsley, 200g dill (all fresh and chopped up)
- 1 tsp turmeric
- 2 large onions chopped + 3 tbsp olive oil for frying
- 3 cloves garlic sliced
- 2 tbsp chopped mint or dried mint + 2 tbsp olive oil
- 100g Persian whole wheat noodle (reshteh - recommended) OR rice noodle
- 5 tbsp kashk or qurut (If kashk was unavailable you can use Greek yoghurt or unsweetened coconut yoghurt as vegan option)
- 1/2 fresh lemon (or 3 tbsp lemon juice)
- Salt
- Pepper
- 1 shot saffron bloom (optional)

#### Method

In a large pot add oil and fry the onions until golden. Add the turmeric and fry for few more minutes.

Set aside half of the onions to use as garnish.

Add all the beans and lentils along with one jar of Exotic Bazaar Ghormeh Sabzi - Persian Five Herbs & Lime.

Add 1 L of boiling water to the pot. Break the noodles into half pieces and add them to the soup. Let the noodles cook for about 10 minutes. Stir occasionally so they don't stick together.

While the soup is cooking, heat 4 tbsp of olive oil in a frying pan, add the sliced garlic and fry until golden. Remove from the pan and set aside. Clean the pan then lightly fry the mint for a few seconds, then remove from heat and set aside. Check the soup, if it is too thick you can add some more boiling water.

When the noodles are cooked, turn off the heat and cover the pot with the lid. Let it stand for around 10-15 minutes before serving the soup.

Serve Aash Reshte in a large bowl and garnish with the fried onions, garlic, mint, and kashk (If you don't have access to kashk, top your Aash with the mixture of yogurt, salt, pepper and lemon juice).

If you want to be fancy, top with a shot of saffron.

Enjoy this dish with Zataar Bread on the side.

# TASTE THE WORLD ~ RECIPE

Prepared by: **ZÖJ**

## TIPS:

- Feel free to change the selection of beans based on what you have already in your pantry.

Traditionally Aash Reshteh is made with Persian whole wheat noodles, you can use any kind of thick noodles as an alternative such as udon noodles or thick rice noodles.

Fried onions are very important to achieve the flavour of this soup, be generous with the amount of fried onions.

Traditionally Aash is topped with a whey sauce called Kashk. You can source that from any Persian store. You can replace the Kashk with yoghurt and lemon juice.

## Zaatar Bread Ingredients

For this recipe we are making the bread fresh but you can also skip the first 5 ingredients and instead use 3-4 pieces of Naan bread for 8 servings.

- 300g plain white flour (leave some extra for bread glazing)
- 150g whole wheat flour
- Rice flour for sprinkling
- 7g instant dry yeast
- 9g salt
- 337g water (note- this is a 75% hydration dough)
- Zataar (<https://www.exoticbazaar.com.au/product-page/zataar>)
- Olive oil (spray and bottle)

## Method

Preheat the oven to 200C, in a small bowl, mix instant yeast with lukewarm water. Let it sit till bubbles appear on the surface.

Add white, whole wheat flour and salt in a large mixing bowl and mix well.

Create a hole in the middle of your mixture, first add the yeast mixture and then add water. Mix well with a large wooden spoon. Cover with a clean tea towel and let it sit for 30 mins.

Stretch and fold the dough every 30 mins. Repeat this 3 times. You can speed this process up by keeping your bowl in a warm place. By the third time your dough will be tripled in size and stretchy.

Sprinkle a bit of rice flour on a clean flat surface (large wooden board or counter top), transfer the dough on the surface and divide it into 4 equal pieces.

Work the dough pieces into little buns carefully. Avoid popping those beautiful gas bubbles formed inside the dough.

Spread the dough from the middle with the tip of your fingers, smoothly flatten the dough into the shape of naan.

Place the naan on a tray covered with baking paper.

Mix 3 tablespoons of water with 1 tablespoon of flour in a saucepan. Simmer on the stove till it's thickened and clear. Do not overcook the bread glazing mixture.

Brush the bread glazing on your prepared naan thoroughly and place the dough inside the oven for 15-20 mins. Remove your beautiful golden bread from the oven, spray with olive oil and cover with Zataar.

Return to the oven for 4-5 mins.

Enjoy this with your Aash Reshteh.

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