




RISE

cooking up character

recipe book





The recipes in this collection have been provided by each participant of the *Rise – cooking up character* exhibition and compiled by artist, Morley Grainger

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1. Australia: Yvonne's Johnny cakes recipe

INGREDIENTS:

3 cups of self-raising flour
1½ cups water
pinch of salt

METHOD:

Place flour and salt in a bowl and mix thoroughly with dry hands
Make a well in the centre of mixture and pour in one cup of water
Use hands to combine the flour and water
Mixture should be pretty dry, so gradually add the remaining water
Knead dough on a floured surface
When well kneaded, divide into little balls
Press dough flat with the palm of your hands and flip from hand to hand
To cook, place on chicken wire over coals of an open fire
Cook for a few minutes on each side
Modern-day Johnny cakes are now cooked on wire raised over a hotplate of a regular kitchen stove

Yvonne adds, "Johnny cakes can be eaten hot or cold, as bread with soups, curries, etc or as a sweet with butter and syrup."

2. Australia:

Helen's Patty cakes recipe

INGREDIENTS:

Patty cakes

4 oz (4 level tablespoons) butter or margarine
7 oz (1 level cup) sugar
 $\frac{3}{4}$ teaspoon pure vanilla
2 eggs
 $\frac{1}{2}$ cup milk
8 oz (2 level cups) self-raising flour

Whipped snow frosting

$\frac{1}{2}$ cup condensed milk
2 oz (2 level tablespoons) soft butter or margarine
3 teaspoons lemon juice
 $\frac{1}{2}$ teaspoon of grated lemon rind
1 cup lump-free icing sugar

Patty cakes

METHOD:

Cream the shortening, sugar and vanilla
Beat in the eggs, one at a time
Add the milk and flour a little at a time, beating smooth after each addition
Place paper patty pans in a patty pan baking tray
Half-fill patty pans and bake 10-15 minutes in a brisk oven
When cold, frost with fluffy whipped snow frosting and decorate

Whipped snow frosting

METHOD:

Combine condensed milk with soft butter or margarine
Beat in lemon juice, grated lemon rind and icing sugar
Beat till frosting holds its shape, adding extra icing sugar if necessary

Decoration suggestions

- hundreds-and-thousands
- tinted coconut
- cherries
- fresh strawberries
- chocolate sprinkles

3. Australia: Helen's Healthy Christmas cake recipe

Traditional Christmas fruit-cakes tend to be loaded with butter and sugar. This recipe makes a moist, fruity, spicy cake but has no added fat or refined sugar.

INGREDIENTS:

125g sun dried apricots, chopped
125g organic raisins
125g peel from an organic orange, chopped
125g organic currants
125g dried figs chopped
225g stoned dates, chopped
2 tablespoons port or brandy
1 cup freshly squeezed orange juice
500g peeled pumpkin, cooked and mashed
½ cup apple juice concentrate, honey or maple syrup
3 cups white self-raising flour
1 cup plain wholemeal flour
1 teaspoon ground cinnamon
1 teaspoon mixed spice
½ teaspoon freshly ground nutmeg
6 organic eggs, separated
2 teaspoons vanilla extract or ½ teaspoon pure vanilla
Whole blanched almonds to decorate

METHOD:

Soak the fruits in port/brandy and orange juice

Cover and leave to stand overnight

Preheat oven to 160°C

Line the base and sides of a deep 21cm cake tin with a double layer of baking paper

Add the pumpkin and apple juice concentrate to the fruit mixture, add the egg yolks and mix well

Sift the flours and spices together and fold into the fruit mixture in three lots

Beat the egg whites until stiff, then gently fold through the fruit mixture and add the vanilla

Spoon into the prepared tin, place almonds on top and bake cake for 2½ – 3 hours or until a wooden skewer or strand of spaghetti inserted into the centre of the cake comes out clean

Cool in the tin

Decorate as desired

Helen adds, "The original recipe for this cake was taken from Julie Stafford's book *Sweets* but she omits the egg yolks completely. I have made some changes to her recipe."

4. Australia

June's Lamington recipe

INGREDIENTS:

Butter cake

175g butter
¾ cup castor sugar
2 eggs
2 cups self-raising flour
small cup milk
1 teaspoon vanilla essence

Chocolate icing

500g pure icing sugar
2 tablespoons good quality cocoa powder
1 tablespoon butter

METHOD:

Beat butter and sugar until creamy
Add eggs one at a time, beating thoroughly
Mix in sifted flour and milk alternately
Add vanilla essence
Pour into greased and lined lamington tin
Bake in moderate oven for 40 minutes or until slightly browned on top
Place cooled cake in freezer overnight

Chocolate icing

METHOD:

Mix icing sugar, cocoa powder and butter together with enough boiling water to be slightly runny

Icing Lamingtons

METHOD:

Take the frozen cake out of the freezer and cut up into suitable sized pieces
Keep 3 or 4 pieces out, returning the others to freezer
Holding a piece of cake with a small, sharp-pronged fork, dip into the icing
When completely covered, roll in coconut, spread on a piece of greaseproof paper
Transfer and leave to set on another piece of greaseproof paper
Continue in this way until all pieces are iced

June adds, "This method of coating lamingtons helps to prevent the cake from falling to pieces during the icing process."

5. Australia

Patricia's Aldersyde cassata recipe

INGREDIENTS:

4-5 litres vanilla ice cream

1 honey sponge roll

1 heaped dessertspoon instant coffee dissolved in a little hot water

Vanilla essence to taste

1 teaspoon icing sugar

1 600ml carton of thickened cream

½ jar cumquat marmalade (about 1 cup)

Galliano liqueur to taste or any other liqueur or flavouring (for the second layer)

Mixed dried fruit and rum; strawberry jam; or chocolate chips or anything else you may have at hand

(If the cassata is for children, omit rum and liqueur!)

METHOD:

Put a little more than half the ice cream in a bowl

With an electric mixer at medium speed, beat in half the cream and the dissolved coffee

Meanwhile slice the sponge roll into 6 slices and arrange 3 in the bottom of a large, round Tupperware container

Pour over enough coffee ice cream mixture to cover, easing a bit under the cake

Arrange remaining 3 slices askew on the first 3 and cover the lot with the rest of the coffee ice cream mixture

Place in the freezer overnight

Next day, beat up the rest of the ice cream with cumquat marmalade and a dash of liqueur (or whatever your chosen addition for the second layer)

Pour mixture over the first layer and freeze

On the morning of the party, turn the cassata onto a large glass or china platter that is freezer-proof

To do this, it may be helpful to sit a pan of hot water on the upturned container for a couple of minutes to loosen the cassata

Meanwhile, whip the rest of the cream with icing sugar and vanilla

Smooth over the frozen cassata and top with toasted, slivered almonds and chopped ginger or anything you fancy

Return cassata to freezer until a few minutes before serving

Patricia adds, "This recipe is an approximation – I doubt I have ever made two cassatas exactly the same!"

6. Australia

Diane's Wedding cake recipe

INGREDIENTS:

Rich fruit cake

1 kg mixed fruit or your choice of fruit to 1kg
250g butter, chopped
1 cup brown sugar (packed)
½ cup water
½ cup brandy
5 lightly beaten eggs
1 tablespoon treacle
2 teaspoons of orange rind
1 teaspoon lemon rind
1¾ cup of plain flour
⅓ cup self-raising flour
½ teaspoon bicarbonate of soda

Fondant icing

1kg pure icing sugar
½ cup liquid glucose
15g gelatine
23ml glycerine
¼ cup water

Modelling paste for flowers

500g pure icing sugar
15ml liquid glucose
8g gelatine
60ml water

Rich fruit cake

METHOD:

In a large saucepan combine mixed fruit, butter, brown sugar, water and brandy
Stir over heat until sugar dissolves and butter melts

Bring to the boil and reduce heat

Simmer covered 10 minutes

Transfer to large bowl & cool to room temperature

Grease 23cm tin and line with 2 thicknesses of greaseproof paper bringing paper 6cm higher than top of tin

To the cooled mixture add beaten eggs, treacle, orange rind, lemon rind, plain flour, self-raising flour and bicarbonate of soda

Mix well and spoon into prepared tin

Bake in very slow oven for 2½ hours

When cooked, cover with foil and leave to cool in tin

Ice and decorate

Fondant icing

METHOD:

Melt gelatine in hot water

Add glucose and glycerine

Add to sifted icing sugar until a dough-like consistency is achieved

Roll out and cover cake

Modelling paste for flowers

METHOD:

Melt gelatine in hot water, add glucose and mix into finely sifted icing sugar

Knead well & add colours as desired

Roll paste in plastic film and keep in airtight container as it hardens quickly

7. Argentina

Rosa's Empanadas criollas recipe

(Argentine meat pies)

INGREDIENTS:

250g onion
500g beef mince
Salt, pepper & paprika (to taste)
1 teaspoon sugar
Puff or shortcrust pastry (purchased in sheets)
3-4 hardboiled eggs
1 bottle olives
50g sultanas
1 egg for glazing pastry
Oil or dripping for frying

METHOD:

Remove the stones from the olives or use the stuffed variety
Boil the eggs until hard and slice each egg
Fry the onion in oil or dripping until transparent
Add the mince and continue frying until browned
Add spices, sugar and sultanas

Note: The meat mixture is best allowed to cool and then refrigerated before assembling the empanadas

Cut each sheet of pastry into four circles
Half-fill each circle with the cooked mixture
Add a slice of hardboiled egg and an olive
Fold the circles in half and join edges securely
Glaze with beaten egg
Cook in a hot oven (200°C) for approximately 25 minutes

8. Burma (Myanmar)
Charmaine's Mok lone ye baw recipe
(Little balls rising above the water)

INGREDIENTS:

375 glutinous rice flour
Enough coconut milk to make dough
Pinch salt
1 teaspoon sugar (optional)
Peanut oil
1cm cubes jaggery (very dark brown palm sugar)

METHOD:

Mix rice flour, salt and sugar in a bowl rubbed with peanut oil
Make well in the centre
Add coconut milk a little at a time and mix to the consistency of bread dough
Cover with plastic film and set aside for ½ hour
Rub some oil on your hands
Make small balls with the dough
Insert jaggery cube into centre of each, and re-shape ball with the palms of your hands
Place on an oiled plate
Repeat till all the dough is used up
Drop balls, one at a time, into a stockpot full of boiling water (must be boiling rapidly)
The balls will sink to the bottom and rise when cooked
Using a Chinese wire ladle, lift each ball out of the water and drain well
Place on an oiled plate the same depth as the balls
Cover with fresh coconut shavings or desiccated coconut
Cover with plastic film

9. France

Daniel's La brioche des Rois recipe (Cake of the Kings)

INGREDIENTS:

20g baker's yeast
4 tablespoons warm milk
200g castor sugar
500 g plain flour
4 eggs
1 teaspoon salt
1 teaspoon rum
1 tablespoon orange flower essence
Zest from 1 orange
Zest from 1 lemon
100g softened butter
100g mixed glace fruit
100g coarsely crushed white sugar lumps

METHOD:

Combine yeast, warm milk, 1 tablespoon of sugar and 50g of flour
Mix well
Cover mixture with a damp towel and place in a warm spot until double in volume
Place remaining flour in a mixing bowl
Add 3 eggs and 1 egg yolk – (keep the white of the fourth egg separately), yeast mixture, softened butter, sugar, salt, orange & lemon zests, orange essence and rum
Beat at medium speed using a dough hook until the dough no longer sticks to the sides of the bowl
Remove dough from mixing bowl, sprinkle with flour and return to bowl
Cover with a towel and place in a warm spot to rise for 2 hours
Place dough into a 21cm ring tin, buttered and floured, sprinkle with flour, cover and let rise again for 1 hour at room temperature
Baste dough with the lightly beaten egg white
Sprinkle dough with crushed sugar and diced glace fruit, gently pressing them into the dough
Bake in a pre-heated oven at 210°C for approximately 35-40 minutes
Remove from oven when cooked and golden brown
Cool on a cooling rack
Insert token before serving

10. Germany

Regina's Black Forest torte recipe

INGREDIENTS:

Chocolate sponge

150g plain flour
50g cornflour
50g cocoa powder
200g castor sugar
250g eggs (approx. 5 eggs)
1 pinch of salt
1 teaspoon baking powder
1 teaspoon vanilla essence
1 tablespoon water

To soak sponge tiers

50ml kirsch
150ml water
2 tablespoons sugar

Cream filling

900ml thickened cream
50g icing sugar

Cherry filling

1 jar morello cherries
50g castor sugar
2 tablespoons cornflour
1 pinch cinnamon

For decoration

Retain 16 cherries
50g chocolate shavings

Chocolate sponge

METHOD:

Crack eggs into mixing bowl and whisk

Add water, sugar and vanilla essence and whisk till pale and creamy and the mixture has thickened

Sift flour, cocoa and baking powder into separate bowl and mix.

Add a couple of spoons at a time to egg mixture and fold in gently till combined

Pour sponge mixture into a greaseproof paper lined, round 23cm baking tin

Form a slight hollow in the centre of the mixture so that on rising, the cooked cake will have a flat surface

Bake for approximately 30-40 mins at 160-180°C

Check with skewer – it's baked when skewer comes out clean

Remove from tin and cool and cut into three equal layers

Cherry filling

Strain cherries and retain 250ml of the juice

In a small saucepan, heat 200ml of juice and sugar until simmering

In a cup, mix cornflour and remaining juice

Add to saucepan, stirring continually till thickened

Remove from heat and gently fold in drained cherries and cinnamon

Spread cherry filling onto base layer of chocolate sponge, staying clear of the edge and set aside to cool

Spoon the kirsch/water/sugar mixture onto the remaining sponge layers

Assembling

Whip cream and icing sugar to soft peaks

Spread a thin layer of whipped cream on cherry-sponge layer, then place a kirsch-soaked layer on top. Spread it with cream and add the third layer.

Next, cover the cake top and sides with whipped cream

Decoration

Sprinkle side and centre of top with chocolate shavings

Using a fluted piping nozzle, make 16 rosettes, placing a cherry in the centre of each

11. Greece

Toula's Yiaourtopita recipe (Yoghurt cake)

INGREDIENTS:

125g butter
1 cup (220g) castor sugar
3 eggs, separated
2 cups (300g) self-raising flour
½ teaspoon bicarbonate of soda
¼ cup (25g) finely chopped blanched almonds
1 cup (250ml) plain yoghurt
Icing sugar

METHOD:

Lightly grease 20cm x 30cm lamington pan
Line base and sides with greased paper
Cream butter and sugar in small bowl with electric mixer until light and fluffy
Add egg yolks one at a time, beating well between additions
Transfer mixture to large bowl
Stir in sifted flour, and bicarb soda in two batches
Add nuts and yoghurt, stir until smooth
Beat egg whites in small bowl with electric mixer until soft peaks form
Gently fold egg whites into yoghurt mixture in two batches
Spread mixture into prepared pan
Bake in a moderate oven for about 35 minutes
Turn cake onto wire rack to cool
Dust with sifted icing sugar
Cut into squares

Toula adds, "This recipe is best made on the day of serving and can be frozen."

12. Lebanon
Catharine's Ghoraybeh recipe
(Lebanese shortbread biscuits)

INGREDIENTS:

1 cup ghee or clarified butter
1 cup icing sugar
2 cups self-raising flour

METHOD:

Mix butter, sugar and self-raising flour together
Work into a dough
Take a generous tablespoon of dough and make it into a ball
Press down into a circle
Place on greased baking tray
Using index finger, make a slight indentation in centre of each
Place a blanched almond in each indentation
Continue this process with the rest of the dough
Bake at 300 °C for 10 minutes (do not brown these biscuits – they are supposed to be creamy white)

13. Malaysia
Zainun's Kuih lapis recipe
(Layered cake)

375g sugar
2 cups water
2 screwpine leaves
4 cups coconut milk from 1½ grated coconuts
3 cups warm water
600g rice flour
3 tablespoons cornflour
1 teaspoon red colouring
1 pinch of salt

METHOD:

Combine the sugar, water and screwpine leaves in a heavy pot
Bring the syrup to the boil
Turn off the heat and leave to cool
Combine half the coconut milk with the syrup in a bowl
In another bowl, stir in the rice flour and cornflour and 2 cups of the coconut milk
Mix well and strain the mixture
Combine both the syrup and flour mixture
Pour 4 cups of the mixture into another bowl
Add a few drops of red colouring to the 4-cup portion and mix well
Leave the other portion white
Heat a round 21cm cake tin for 5 minutes in a steamer
Then pour 1½ cups of the red mixture into it and steam for 6-8 minutes
Add 1 cup of the white mixture and steam for another 5 minutes
Repeat the process, alternating between red and white mixtures till both portions are used up
Cut into diamond shapes when thoroughly cool

14. Malta

Helen's Imqaret ta tamal recipe (Deep fried date slice)

INGREDIENTS:

2 cups plain flour

¼ cup sugar

½ teaspoon baking powder

100g butter

1 egg

Filling

450g dates

½ teaspoon cloves

Grated rind of 1 orange and 1 mandarin

1 tablespoon brandy or anisette

Pastry

METHOD:

Put the flour into a bowl and rub in the butter until it looks like fine bread crumbs

Add baking powder and sugar and rub through

Add beaten egg and a little water to make a smooth, pliable dough

Filling

METHOD:

Chop dates or put through a blender with all other ingredients

Roll the dough out into a long wide strip on a lightly floured surface

Spread the date filling along the centre and fold the pastry over to encase the filling

Lightly flatten the top and cut into shapes, squares or diamonds

Fry in hot oil until golden brown

Drain on paper towel

Serve warm

15. Papua New Guinea Eva's bananas in coconut milk recipe

Depending upon the number of people, allow 2 bananas per person

INGREDIENTS:

Green bananas
1 450g tin coconut cream
1 teaspoon fresh ginger, chopped
Salt and pepper to taste
Water

METHOD:

Peel bananas
Cut in half lengthwise
Loosen the middle of each half by scraping with a spoon taking care not to break the banana (this is done to help the flavours penetrate during cooking and to make it softer to eat)
Put both halves back together
Gently pack into a saucepan
Add ginger to saucepan
Cover bananas with water
Heat until water starts to boil then add coconut cream, salt and pepper
Cook on high heat until bananas are tender

16. South Africa
Estelle's Vetkoek recipe
(Deep fried bread)

INGREDIENTS:

7g dry yeast
125ml lukewarm water
15g sugar
500g (4 cups) sifted plain flour
Pinch of salt
7g baking powder
100g sugar (optional for taste)
300ml lukewarm water
Oil for deep-frying

METHOD:

Mix the yeast, water and sugar and let the fermenting process begin (about 5 minutes)
Sift all dry ingredients together
Add the yeast mixture using folding-in action
Begin adding the lukewarm water and continue until a soft dropping consistency dough is achieved
Cover with plastic film and a towel for extra warmth and leave to rise (about 1 hour, till doubled in size)
When ready to fry, remove plastic film
Lightly stir mixture
Heat oil
Dip ladles-full (size depends on you) into the hot oil, turn until golden and a baked spongy look is achieved
Can be served savoury or sweet; typical South African accompaniment is apricot jam

17. Ukraine

Viktoria's Cake Napoleon recipe

Note: This recipe makes a big cake. Halve quantities for a medium size cake

INGREDIENTS:

Pastry

400g sour cream
Mix ½ teaspoon vinegar with
1 teaspoon baking soda
1 tablespoon of sunflower or
canola oil
200g sugar
2 medium eggs
500g plain flour

Cream

1½ litre milk
5 medium eggs,
separated
400g sugar
2 tablespoons plain flour
2 tablespoons milk
200g diced butter
1/3 teaspoon vanilla

Pastry

METHOD:

With the exception of the flour, mix all ingredients

Add flour gradually, using hands to mix

Knead dough until elastic and smooth

Divide the dough into 10 equal portions and refrigerate for 40-60 minutes

Roll out each portion to 3mm thickness

Cut out shape; place on greased baking tray; pierce with fork

Bake in a preheated oven until light golden colour

Repeat for each portion

Cream

METHOD:

Boil 1½ litres milk in a saucepan and allow to cool

Beat 400g sugar and egg yolks in a bowl

Add to saucepan

Mix flour with 2 tablespoons milk

Add to saucepan

Add diced butter and vanilla

Beat egg whites until stiff

Add to saucepan

Cook on a low heat, stirring regularly until mixture thickens and allow to cool

Assembling

METHOD:

Spread cream between each pastry layer, then on the top and sides

Crumble shortcake remains and sprinkle onto cream around sides

Use chopped cashew nuts and chocolate sprinkles to decorate

Refrigerate for 3 hours, allowing the pastry layers to absorb the cream

Cake Napoleon is ready to serve

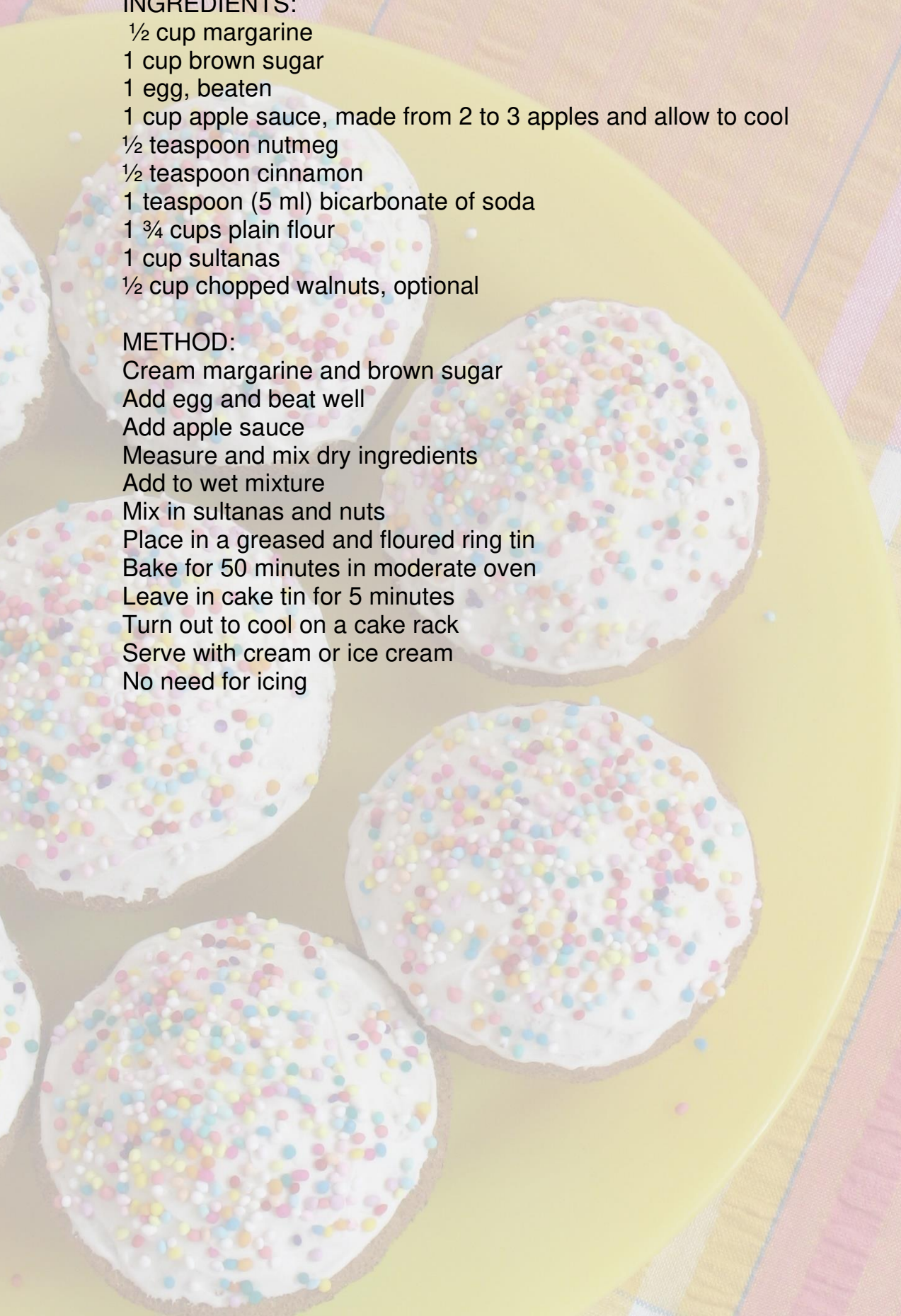
18. United States of America

INGREDIENTS:

- ½ cup margarine
- 1 cup brown sugar
- 1 egg, beaten
- 1 cup apple sauce, made from 2 to 3 apples and allow to cool
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 1 teaspoon (5 ml) bicarbonate of soda
- 1 ¾ cups plain flour
- 1 cup sultanas
- ½ cup chopped walnuts, optional

METHOD:

- Cream margarine and brown sugar
- Add egg and beat well
- Add apple sauce
- Measure and mix dry ingredients
- Add to wet mixture
- Mix in sultanas and nuts
- Place in a greased and floured ring tin
- Bake for 50 minutes in moderate oven
- Leave in cake tin for 5 minutes
- Turn out to cool on a cake rack
- Serve with cream or ice cream
- No need for icing



My sincere thanks to each of the eighteen participants in this project, *Rise – cooking up character*.

Over the past eighteen months their generosity has given me a privileged glimpse into the culinary heritage of their diverse cultures.

For me, it has been a wonderful learning experience and in making the work I hope I have been able to honour the rich cultural 'recipe' that is contemporary Australia.

Morley Grainger
April 2006

