

## Food Around the World in Oz

### Ethnic Master Chefs showcase their winning healthy and tasty recipes

It was the perfect day for the Ethnic Off, the first of its kind event in Sydney. Bright, sunny with a soft breeze fanning the trees outside the Roselea Community Centre at Carlingford, Hornsby NSW.

There was an exciting buzz in the air. Inside, the huge empty hall had been transformed into a cooking arena divided into 6 sections with small ovens, knives, chopping boards and mouth watering ingredients and all the Ethnic Healthy and Tasty Chinese, Filipino, Italian, Samoan, Sri Lankan Sinhalese and Sri Lankan Tamil Master Chefs had gingerly taken their places for their cooking demonstrations.

People filled up the place with guests, friends, family, community members and media including television crews from SBS World News Australia, ABS-CBN Global News Australia, Sri Lanka Weekly as well as ethnic radio and print broadcasters to give their full support.

My fellow project officers from the NSW Multicultural Health Communication Service (MHCS) Germana Morassi, Chris Gollan and Sam Shen and I knew from the moment we stepped into the enormous hall for a site inspection in April that this would be the right venue for the Cook Off in July where the future winners of the Chinese, Filipino, Italian, Samoan, Sri Lankan Sinhalese and Sri Lankan Tamil Healthy and Tasty 2009 Recipe Competitions would demonstrate their winning recipes to their communities.

That day, 4<sup>th</sup> July, 2010 Saturday morning had finally arrived after months of promotions of the recipe contests through a massive advertising and communication campaign with ads, articles and interviews on ethnic media. The Healthy and Tasty Challenge 2009 was one of the biggest campaigns of our organisation yet. MHCS, a state-wide service funded by NSW Health was commissioned by the Australian Better Health Initiative (ABHI) to support their national "Measure Up" campaign to promote the healthy eating message "2 & 5" a daily diet of 2 serves of fruit and 5 serves of vegetables every day to prevent Diabetes and other chronic diseases targeting the Chinese, Filipino, Samoan, Sri Lankan and Tongan groups.

The competition encouraged people from these communities to submit recipes relevant to their culture and using healthy food tips from an information pack supplied by contents organisers – the Chinese Australian Services Society (CASS), Philippine-Australian Community Services Inc (PACSI), Italian Association of Assistance (Co.As.It), Samoan Council NSW, Sri Lanka Association of NSW (SLANSW), working in partnership with MHCS.

The 'Master Chefs' from each community were announced being chosen the best out of close to 200 entries in June after battling off with other top contestants from their language group. The judging panel consisted of dietitians, top Sydney chefs and five members from each targeted community.

The Healthy and Tasty Recipe Competition Winners are:

Language	Winner	Recipe
Filipino	Ma Neria Nidea Soliman	Adobo Supreme
Italian	Manuela Di Giovanni	Italian Capsicum Stew
Samoan	Talia McKinlay	Fish (Salmon) in Coconut Milk with avocado, papaya and rockmelon salad
Chinese	Le Sheng Liang	King Prawn Salad
Sri Lankan Sinhalese	Roshani Abeywickrema Recipe by Indra Abeywickrema	Southern Salad with Chicken and Walnut
Sri Lankan Tamil	Seetha Santiago	Carrot and Cabbage Salad

Risk factors such as a high incidence of diabetes were used to identify the six communities (eight language groups).

In Australia, the 2002-2005 NSW Population Health Survey reported the prevalence of diabetes or high blood glucose levels in Australian residents from these communities as follows:

Country/Area	Prevalence in home country (%)	Prevalence in Australia (%) +
China	4 %	4.4 % 2.6 % (NSW)
Hong Kong	9.8 %	2.8 %
Singapore	20 %	17.1 %
Philippines	10 %	7.4 % (NSW)
Italy	6.6 %	8.1 %
Samoa	22 %	
Sri Lanka	5 %	9.31 %
Tonga	15 %	

All the winning recipes will be published in a cookbook together with the top four finalist dishes from each community group in both English and the language of the relevant community. The cookbook will be distributed to the communities in NSW in early 2010.

These dishes are truly sumptuous, easy to prepare and most of all HEALTHY! So this Christmas, why not try preparing these winning multicultural recipes during the festive season and show your friends and families that you too can be a Healthy and Tasty Master Chef. Happy Healthy Cooking to All!



## Healthy & Tasty Challenge 2009: Ethnic “Master Chefs” and their Winning Recipes

Healthy and Tasty “Master Chefs” from the Chinese, Filipino, Italian, Samoan, Sri Lankan Sinhalese and Sri Lankan Tamil, showcased their winning recipes at the Ethnic Cook Off in July at the Roselea Community Centre, Carlingford.

### Sri Lankan Tamil Healthy & Tasty “Master Chef”: *Seetha Santiago*

#### **Sri Lankan Tamil Winning Recipe:** *Carrot and Cabbage Salad*

##### **Ingredients**

- 200 grams Cabbage
- 1 Medium Carrot
- 1 Medium Onion (Preferable Red)
- 3 Green Chillies
- 1/4 Cup chopped Coriander leaves
- 1/2 Cup cooked Whole Green Mong Dhal
- 2 Teaspoon Mustard powder
- Lemon juice
- Salt to taste

##### **Method**

- Wash thoroughly all ingredients
- Finely chop Cabbage and grate Carrot using grater
- Add chopped Onion, Green chillies, Coriander leaves, Cooked Mong Dhal and Mustard powder
- At last add salt for your taste and lemon juice



### Sri Lankan Sinhalese Healthy & Tasty “Master Chef”: *Roshani Abeywickrema*

#### **Sri Lankan Sinhalese Winning Recipe:** *Southern Salad with Chicken and Walnut*

##### **Ingredients**

- 500g eggplant (brinjal) cut into thick batons
- 400g bitter melon thinly sliced
- 4-5 spring onions
- Half a Spanish onion
- 1/3 cup walnut (toasted or raw)
- 1 chicken breast grilled with soy sauce
- Salt & pepper
- ½ bunch flat leaf parsley
- Green chilli finely chopped without seeds
- 1 ½ tablespoon balsamic vinegar or red wine vinegar
- 1 tbsp lemon or lime
- Adjust salt and pepper to taste

##### **Method**

- Sprinkle eggplant and bitter melon with salt and set aside for 15-20 minutes
- Arrange on a thin layer on an oven tray
- Spray or coat with olive oil and grill for 20 – 30 minutes
- Mix rest of the ingredients with the chicken and serve



**Filipino Healthy & Tasty “Master Chef”:** *Neria Soliman*

**Filipino Winning Recipe:** *Adobo Supreme*

**Ingredients**

- 1 kg mixed chicken w/o skin
- ½ cup native coconut vinegar
- ¼ cup soy sauce
- ½ tsp cracked peppercorn
- 1 small bay leaf
- 4 cloves of garlic minced
- ¼ cup vegetable oil
- 1 cup pineapple juice from the tin of crushed pineapple
- 2 cups pineapple crushed
- 2 slices fresh pineapple rings as sidings

**Method**

- Combine all ingredients except for pineapple crushed and let stand for 10 mins
- Cook in a pan, cover and simmer till chicken is tender
- Drain the chicken and fry briefly in small amount of oil until golden brown
- Add the fried chicken mixture to the sauce where the chicken was simmered
- Add the crushed pineapple
- Continue cooking until sauce is thick and partly reduced
- Top in a ½ cup moulded rice
- Put 2-3 slices of pineapple rings as garnish and sidings
- Serve with grilled eggplant salad in lemon dressing



**Serving portions:**

250 gms chicken with ½ cup rice,  
1 cup grilled eggplant, tomatoes,  
green mango, green onions salad  
in lemon dressing  
Slice of pineapple fruit in season

**Samoa Healthy & Tasty “Master Chef”:** *Talia McKinlay*  
(Represented by Kessa Gollan)

**Samoa Winning Recipe:** *Fish (Salmon or White Fish)*  
*in Coconut Milk with avocado, papaya and rockmelon salad*

**Ingredients**

- 4 Fish portions (best to use Salmon )
- 1 sliced onion
- 2 cloves of garlic
- 1 small tin of light coconut cream (coconut flavoured evaporated milk)
- Flour (2 tablespoons)
- Salt and pepper to taste
- Small amount of olive oil

**Method**

- Mix flour salt and pepper
- Dip fish in flour mixture
- In saucepan put enough oil, 2 tbsp lightly cover the bottom of the pan. When hot place fish in pan and fry. (Also option to bake in baking dish)
- Remove fish from pan remove oil from pan
- Add onion, garlic and sauté till clear
- Add coconut cream.
- Return fish to pan and cook for a few more minutes
- Salad: cook sweet potato, dice and let cool. Slice avocado, papaya, rock melon and mix with mixed green salad leaves



### **Italian Healthy & Tasty “Master Chef”:**

*Manuela Di Giovanni*

#### **Italian Winning Recipe: Italian Capsicum Stew**

##### **Ingredients**

- 3 big red capsicums or 4 small ones
- 2 tbs extra virgin olive oil
- 1 garlic clove, finely chopped
- 1 tbs finely chopped parsley
- 1 tbs grated parmesan cheese
- 2 tbs coarsely grated toasted breadcrumbs

##### **Method**

- Wash the capsicums.
- Cut the top part (stalk) and discard
- Cut the rest vertically and slice in 2cm long strips
- Discard the seeds and the white filaments.
- In a non-stick fry pan heat the oil and add garlic
- When ready, add the capsicums
- Stir well and cover.
- Let cook on a medium flame (stirring often) until capsicums are cooked
- Add the parsley, salt, pepper, breadcrumbs and parmesan.
- Stir for 1 min



### **Chinese Healthy & Tasty “Master Chef”:**

*Le Sheng Liang*

#### **Chinese Winning Recipe: King Prawns Salad**

##### **Ingredients**

- 20 pieces king prawns
- 800 grams sweet Potatoes
- 50 grams pine Nuts
- 200 grams sweet corn kernels
- 200 grams green Peas
- 5 pieces tomatoes
- 300 grams mayonnaise (reduced-fat)

##### **Method**

- Cook sweet corn kernels and green peas till soft;
- Slice the tomatoes and place sliced tomatoes around the edge of the serving dish;
- Boil sweet potatoes for 15 minutes until soft and cut them into cubes;
- Put prawn in boiling water for 1-2 minutes until red, then rinse and pat dry well on paper towels;
- Mix all salad ingredients (king prawns, sweet potatoes, sweet corns, green peas) in a serving bowl;
- Combine mayonnaise, pour over salad and mix well;
- Slightly roast pine nut till it turns brown;
- Add roasted pine nuts on top of the salad.



For more information on the Healthy and Tasty Challenge 2009 Campaign, please contact the following MHCS Project Officers or visit [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)

Jess Helaratne	T. 02 9816 0306	<a href="mailto:jesusa.helaratne@sesiahs.health.nsw.gov.au">jesusa.helaratne@sesiahs.health.nsw.gov.au</a>	Filipino, Sri Lankan Sinhalese & Tamil
Germana Morassi	T. 02 9816 0303	<a href="mailto:germana.morassi@sesiahs.health.nsw.gov.au">germana.morassi@sesiahs.health.nsw.gov.au</a>	Italian
Chris Gollan	T. 02 9816 0545	<a href="mailto:chris.gollan@sesiahs.health.nsw.gov.au">chris.gollan@sesiahs.health.nsw.gov.au</a>	Samoan
Sam Shen	T. 02 9816 0310	<a href="mailto:fang.shen@sesiahs.health.nsw.gov.au">fang.shen@sesiahs.health.nsw.gov.au</a>	Chinese