A Taste of Harmony

SHARE A WORLD OF FOOD AND CULTURE AT WORK

2015 MULTICULTURAL RECIPE BOOKLET

by

Seniors Information Service

Board, Staff and Volunteers
Celebrating Harmony Day

Welcome to the 4th edition of “A Taste of Harmony”. We originally produced this recipe booklet to celebrate Harmony Day and the cultural diversity of our staff, volunteers and Board members. We were delighted with the response to the booklet that year and due to the demand of future editions we have continued the production of a new edition every year since.

At Seniors Information Service we have a wonderfully diverse group of multilingual staff and volunteers and currently provide support and assistance in over 19 languages to our clients and the community generally.

We believe the sharing of food brings with it great joy and a stronger understanding of our different personal life stories. Food provides a wonderful way to come together and celebrate Australia’s diversity and offer cultural respect to everyone who calls Australia home.

We hope that you enjoy and try the recipes in the 2015 edition of “A Taste of Harmony” and that it inspires you to share and taste food from many different cultures with friends, family and loved ones.

Jenny Hughes
# Index

**AUSTRALIA**
- Anzac Biscuit 1
- Three Baked Beans 2
- Boiling Water 3
- Beach Holiday Pasta 4
- Fig Salad 5

**BRAZIL**
- Brigaderio - Brazilian Chocolate Truffles 6

**COLOMBIA**
- Almojabanas - Colombian Cheese Bread 7

**CROATIA**
- Stuffed Barbequed Squid 8

**GERMANY**
- Mango and Macadamia Cheesecake 9
- Surendesian Friendship Cake 10 - 11

**GLUTEN-FREE**
- Jamie Oliver’s ‘San Fran Quinoa Salad’ 12
- Eton Mess 13

**GREECE**
- Moussaka 14

**IRELAND**
- Colcannon with Guinness Stew 15
- Chocolate and Guinness Cake 16 - 17

**PERU**
- Seco De Carne - Corriander Beef Stew 18
- Lomo Saltado - Stir-fried Steak 19

**PHILIPPINES**
- Leche Flan 20

**VENEZUELA**
- Papitas De Leche - Milk Bombons 21
Use this map to plot your cultural heritage or the origin of your dishes.
ANZAC BISCUITS

Anzac biscuits are an Aussie classic

Ingredients

1 cup flaked (rolled) oats
½ teaspoon salt
2 level teaspoons bicarbonate soda
4 ozs (120g) butter
2 ozs (60 g) chopped nuts (optional)
1 cup coconut
1 tablespoon Golden Syrup
1 cup sugar
3 tablespoons water

Method

1. Preheat oven to 180°C.
2. Boil water, golden syrup, bicarbonate soda and butter and add to the dry ingredients. Mix well.
3. Place a teaspoon of the mixture on a greased tray leaving room for the biscuits to spread. Repeat until all the mixture is used.
4. Bake in a slow oven for 30 minutes.
5. Wait until the biscuits have cooled before removing them from the tray as they are very soft when they first come out of the oven.

Note: if you like them crunchy cook for a further 5 minutes.
THREE BAKED BEANS

Ingredients

1 tablespoon oil
2 onions, sliced
4 garlic cloves, sliced
1 tablespoon oregano leaves
sea salt and black pepper
400g (14 oz) can butter beans, drained and rinsed
2 x 400g (14 oz) cans borlotti beans, drained and rinsed
400g (14 oz) can white beans, drained and rinsed
500ml (16 fl oz) tomato puree
1 cup (8 fl oz) vegetable or beef stock
1/3 cup red wine
1 tablespoon brown sugar

Method

1. Heat a frying pan over high heat. Add the oil, onions, garlic, oregano, salt and pepper and then cook for 5 minutes or until the onions are a light golden colour.

2. Add the butter, borlotti and cannellini beans, tomato puree, stock, wine and sugar and simmer for 10 minutes or until the mixture has thickened.

3. Serve the beans with crisp grilled (broiled) bacon and hot buttered toast.
BOILING WATER

**Ingredients**

1.5 litres of water

**Method**

1. In a 1.7 litre kettle fill with water no more than the mark for 1.5 litres.

2. Switch on the kettle.

3. Wait for the kettle to steam ferociously and let it switch itself off.

4. Try to remember why you decided to boil some water. If it was for a cup of instant coffee fill the cup with water, add desired quantity of instant coffee, milk and sugar.

5. Feel pleased at the accomplishment.
BEACH HOLIDAY PASTA

This recipe is a favourite that has achieved a certain cult status as the First Night at the Beach Dinner because it is so easy/quick and the option of raw garlic seems to somehow help crystallise the sense of freedom from routine. It goes tremendously well with good company and, given the garlic, some cheerful, not too good wine!

**Ingredients**

- Spaghetti
- Fresh garlic
- Chillies
- Basil leaves or parsley
- Olive oil
- Butter
- Pepper
- Parmesan or Pecorino cheese

**Method**

1. Cook spaghetti.
2. While it is cooking slice 2-3 cloves (to taste) of fresh garlic and chillies (to taste).
3. Finely chop half a bunch of parsley or tear half (ish) cup of basil leaves.
4. Turn pasta out into a large heated china bowl in which a tablespoon of olive oil is warming.
5. Mix in garlic, chillies and herbs.
6. Add butter, pepper and be lavish with freshly grated parmesan or pecorino cheese.
7. Serve with green salad and crusty bread.

Option: first fry the garlic lightly in the olive oil until slightly coloured.
FIG SALAD
I have a large fig tree hanging over our back fence and other than eating them fresh off the tree I like to make a salad with the figs.

**Ingredients**
- Figs
- Mixed greens
- Prosciutto
- Mozzarella
- Olive Oil
- Balsamic Vinegar
- Honey

**Method**
1. Cut figs in quarters, serve with mixed greens, prosciutto and mozzarella all sliced thinly.
2. To add flavour make a vinaigrette using olive oil, balsamic vinegar and honey to taste. I like to soak the figs for half an hour in the vinaigrette but just drizzling the vinaigrette over the top of the salad is also fine.
BRIGADERIO - Brazilian chocolate truffles

This is often found children’s birthday parties in Brazil, but the adults love them just as much!

**Ingredients**

- 3 tbsp unsweetened cocoa powder
- 1 tbsp unsalted butter
- 395g sweetened condensed milk

**Method**

1. Place the cocoa powder, butter and condensed milk in a saucepan over medium heat and cook, stirring constantly for 10 minutes or until the mixture starts to come away from the sides of the pan.
2. Remove from heat and allow to cool. When cool enough to handle, using your hands, shape the mixture into walnut-sized balls.
3. Roll in chocolate sprinkles (or coating of your choice, e.g. hundreds and thousands), then place in patty cases.
4. Eat immediately or refrigerate until ready to serve. Store in an airtight container in the fridge for up to 1 week.
Colombia
Volunteer: Andres

ALMOJABANAS - Colombian Cheese Bread

Almojabanas are a Colombian favorite - cheesy bread made especially in the capital (Bogota) and the regions of Cundinamarca and Boyaca. Almojabanas are easy to make and can be enjoyed for breakfast or as a mid-morning snack with coffee or tea. They are also gluten free.

Ingredients

1 cup (150 g) precooked cornmeal
2 tbsp white granulated sugar
1 tsp baking powder.
¼ tsp salt, or to taste
1 cup (250 g) ricotta cheese
1 cup (150 g) monterey jack (preferably) or Colby semi hard or cheddar cheese, grated.
1 large egg, beaten and at room temperature
Milk, as needed, about 5-6 tbsp

Method

1. Preheat oven at 450ºF (232ºC).
2. In a large bowl, mix cornmeal, sugar, baking powder and salt.
3. Then add the grated cheese and mix well. Now, add the beaten egg and start kneading with your hands. Finally, add a tbsp of milk at a time until you get a smooth dough (up to 6 tbsp).
4. Divide dough into 10-12 equal portions, shape the almojabanas into small discs and place them on a baking sheet lined with parchment paper or a silicone baking mat.
5. Bake for about 15-20 minutes or until golden brown. Let them cool for a few minutes and serve warm.
STUFFED BARBECUED SQUID
Serves: 6

Ingredients

- 6 squid
- 100 ml olive oil
- 1/2 small onion, finely chopped
- 3 small garlic cloves, finely chopped
- 1 1/2 cup (105 g) fresh breadcrumbs
- 2 tbsp chopped flat-leaf parsley leaves
- 6 slices prosciutto, chopped
- lemon wedges, to serve.

Method

1. To prepare squid, pull tentacles with heads away from the hoods, removing them with the internal sacs. Discard heads and sacs. Cut off tentacles, chop and set aside. Pull out quills (clear cartilage) and discard. Rinse out squid tubes and set aside.

2. To make the stuffing, preheat a barbecue or a chargrill pan to medium-high heat. Place 2 tablespoons of oil in a frying pan over medium heat, add onion and cook for 2 minutes. Add chopped tentacles and garlic and cook for a further minute. Remove from heat, stir through breadcrumbs, parsley and prosciutto and season with salt and pepper.

3. Fill each squid tube two-thirds full with the stuffing, then secure each end with a toothpick. Place in a dish and drizzle over remaining 60 ml olive oil.

4. Cook squid on preheated barbecue or chargrill pan for 4 minutes on each side, or until lightly charred and cooked through. Serve with lemon wedges.

Cook’s notes

Oven temperatures are for a conventional oven; if using a fan-forced (convection oven), reduce the temperature by 20°C. The measurements are based as follows; 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed.
MANGO AND MACADAMIA CHEESECAKE

Ingredients

- 2 large mangoes (cube 1.5 mango, leave the rest for decoration)
- 1 cup roughly chopped macadamias
- 600 ml thickened cream
- 600 ml Paris Creek (Swiss or German Style) Quark (you can use cream cheese instead if you can’t get quark)
- 100 – 150 g sugar, depending on how sweet you like it
- 250 g packet biscuits (Buttersnaps work well, but any other including gluten free biscuits work as well) crushed
- 150 g salt less butter, melted
- 2-3 tablespoons gelatine (3 if the mangoes are very juicy)
- 2-3 tablespoons hot water

Method

1. Cover springform tin floor and walls with baking paper.
2. Mix 1/3rd of the chopped Macadamias with the crushed biscuits and melted butter and spread over tin floor and press down. Put the tin in the fridge while mixing the cheese mixture.
3. Whip thickened cream.
4. Whip quark until smooth, add sugar, remaining chopped macadamias and mango cubes.
5. Mix cream and quark mixture.
6. Dissolve gelatine in 2-3 tablespoons of very hot water, cool down, then mix into the cheesecake mixture and spread the mixture on top of the biscuit base.
7. Decorate to your hearts content and cool overnight in the fridge. Grated chocolate or chocolate rounds are nice.
SURRENDESIAN FRIENDSHIP CAKE - HERMANN THE GERMAN FRIENDSHIP CAKE

Ingredients

To make your own starter:
5oz plain flour
8oz castor sugar
1 packet of active dry yeast
Half a pint of warm milk
2 fl oz. of warm water

To make the cake:
1 cup of sugar (8oz or 225g)
2 cups plain flour (10oz or 300g)
half tsp. (teaspoon) salt
2/3 (two thirds) cup of cooking oil (5.3oz or 160ml)
2 eggs
2 tsp. vanilla essence
2 cooking apples cut into chunks
1 cup raisins (7oz or 200g)
2 heaped tsp. cinnamon
2 heaped tsp. baking powder

Optional:
¼ cup brown sugar
¼ cup melted butter

Method for the starter

1. Dissolve the yeast in warm water for 10 minutes then stir.
2. Add the flour and sugar then mix thoroughly.
4. Cover the bowl in a clean cloth.
5. Leave in a cool dry place for 24 hours
6. Now proceed from day one of the 10 day cycle.
Method for the cake

1. Day 1: Put me in a large mixing bowl and cover loosely with a tea towel.
2. Day 2: Stir well
3. Day 3: Stir well
4. Day 4: Herman is hungry. Add 1 cup each of plain flour, sugar and milk. Stir well.
5. Day 5: Stir well
6. Day 6: Stir well
7. Day 7: Stir well
8. Day 8: Stir well
9. Day 9: Add the same as day 4 and stir well. Divide into 4 equal portions and give away to friends with a copy of these instructions. Keep the fourth portion.
10. Day 10: Now you are ready to make the cake. Stir well and add the remaining ingredients.
11. Mix everything together and put into a large greased baking tin.
12. Sprinkle with a quarter of a cup of brown sugar and a quarter of a cup of melted butter. Bake for 45 minutes at 170-180°C.
13. Test the middle with a clean knife; you may need to cover in tin foil and bake for a further 20 minutes to make sure your Herman is cooked properly in the middle.
14. When baked, Herman can be frozen.
Gluten Free
Information Officer: Jane

JAMIE OLIVER’S ‘SAN FRAN QUINOA SALAD’
(Not an exact reproduction)

Ingredients

300g Quinoa
1 red chilli
100g baby spinach
4 spring onions
1 bunch fresh coriander
1 bunch fresh mint
1 ripe large mango
2 limes
2 tbsp extra virgin olive oil or rapeseed oil
1 ripe avocado
50g feta cheese (I used 100g)
1 punnet of cress (I couldn’t get hold of this so left it out)

Method

1. Place the quinoa in a saucepan, just cover with boiling water and simmer with a lid on while you prepare the salad (take care not to let it dry out completely and top up with water if necessary).
2. Put the red chilli, baby spinach, spring onions, coriander and leaves of the mint into the processor and blitz until finely chopped.
3. Peel and cut the mango into cubes. Halve the avocado and remove the stone.
4. Drain and rinse the cooked quinoa under a cold tap and drain again.
5. Place the quinoa on a large serving platter then mix through the blitzed spinach mixture.
6. Squeeze over the juice of the two limes and drizzle over the 2 tbsp of oil and mix again.
7. Top with the cubed mango.
8. Using a spoon scoop out curls of avocado and top the salad with this and the crumbled feta.
9. Snip the cress on the top.

(*)picture above shows salad topped with blackened chicken – simply rub chicken with smoked paprika & allspice and then pan-fry before being slicing up the chicken.
ETON MESS

Ingredients

600g fresh or frozen raspberries
1-2 tablespoons icing sugar or less to taste
150ml thick cream
150ml thick greek yogurt
4 (10g each) meringue nests, crumbled

Method

1. Stir the icing sugar into the cream. Fold the cream and the yogurt together.

2. Combine crumbled meringue with the raspberries. Fold through the yogurt and cream mixture until just combined.

3. Spoon into four glasses and serve immediately. You could place some reserved raspberries on top for decoration. (If using frozen berries for decoration choose ones that are whole and undamaged. Thaw them in a single layer in the fridge. This helps them keep their shape.) This recipe is traditionally made using raspberries or a combination of raspberries and strawberries. Other berries or fruits could be used instead.
MOUSSAKA
Serves: 4

Ingredients
- 2/3 cup oil
- 1 onion, chopped
- 4 celery sticks, chopped
- 1 clove garlic, crushed
- 1 x 400g can tomatoes
- 1 1/4 cups green lentils
- 1/4 teaspoon pepper
- 4 cups water
- 500g eggplant/aubergine
- salt

TOPPING:
- 2 eggs, beaten
- 2/3 cup yogurt

TO FINISH:
- 2 tablespoons grated vegetarian Parmesan cheese

Method
1. Heat 1 tablespoon of the oil in a pan, add the onion and cook until softened. Add the celery, garlic, tomatoes with their juice, lentils, pepper and water. Cover and simmer for 50 minutes, until cooked.
2. Meanwhile, slice the eggplant, sprinkle with salt and leave in a colander for 1 hour. Drain and pat dry with kitchen paper.
3. Heat some of the remaining oil in a frying pan, add the eggplant in batches and cook on both sides until golden; add more oil as required. Drain on kitchen paper.
4. Cover the base of a shallow ovenproof dish with the lentil mixture and arrange a layer of eggplant slices on top. Repeat the layers, finishing with eggplant.
5. Mix the topping ingredients with salt and pepper to taste, and pour over the eggplant. Top with the cheese and bake in a preheated moderate oven, 180°C for 30 to 40 minutes, until golden.
6. Allow to stand for up to 50 minutes: trying to cut the moussaka straight from the oven may cause the layers to slip to the side.
COLCANNON WITH GUINNESS STEW
Serves: 4

Ingredients
- 50g (1/3 cup) plain flour
- 1kg gravy beef, cut into 3cm pieces
- 60ml (1/4 cup) olive oil
- 3 carrots, peeled, coarsely chopped
- 1 brown onion, halved, coarsely chopped
- 2 garlic cloves, crushed
- 2 tablespoons tomato paste
- 250ml (1 cup) Guinness beer
- 250ml (1 cup) Beef stock
- 2 sprigs fresh thyme
- 2 dried bay leaves
- 1/4 cup coarsely chopped fresh parsley
- 2 teaspoons finely grated lemon rind

Colcannon
- 1kg potatoes, peeled, chopped
- 40g butter, chopped
- 1/4 (about 500g) savoy cabbage, hard core removed, coarsely chopped
- 4 green shallots, ends trimmed, thinly sliced
- 125ml (1/2 cup) milk

Method
1. Preheat oven to 180°C. Place the flour in a bowl and season with salt and pepper. Add beef and turn to coat.
2. Heat half the oil in a large frying pan over medium-high heat. Add half the beef and cook for 2-5 minutes each side or until browned. Transfer to a 2.5L (10-cup) capacity ovenproof dish. Repeat with the remaining beef, reheating pan between batches.
3. Heat the remaining oil in the pan over medium-high heat. Add the carrot, onion and garlic and cook for 5 minutes or until the onion is soft. Add the tomato paste and cook for 1 minute. Add the Guinness, stock, thyme and bay leaves and bring to the boil. Transfer to the ovenproof dish. Bake, covered, for 2 hours or until meat is tender. Season with salt and pepper.
4. Meanwhile, to make the colcannon, cook the potato in a saucepan of boiling water for 15 minutes or until tender. Drain and return to pan. Use a potato masher to mash until smooth. Heat butter in a frying pan over medium heat until foaming. Add the cabbage and shallot and cook for 3-4 minutes or until tender (do not brown). Add the cabbage mixture and milk to the potato and stir to combine. Season with salt and pepper.
5. Divide the colcannon among serving plates. Top with the stew and sprinkle with parsley and lemon rind to serve.
CHOCOLATE AND GUINNESS CAKE (not for the faint hearted)

Ingredients
250g dark chocolate (70% cocoa preferred), chopped
250g dark brown sugar
60g butter, chopped
60ml (1/4 cup) vegetable oil
200ml Guinness
1 1/2 teaspoons vanilla extract
3 eggs, separated
100ml buttermilk
150g (1 cup) plain flour
100g ground almonds
1 teaspoon baking powder
1/2 teaspoon bicarbonate of soda

Filling
250g dark chocolate (70% cocoa solids), chopped
150g unsalted butter, chopped
80ml (1/3 cup) pouring cream
2 tablespoons brandy
75g raisins, torn in half
50g shortbread biscuits, cut into small cubes

Chocolate cream
250ml (1 cup) pouring cream
350g Lindt milk chocolate, chopped

Method
1. Preheat oven to 180°C. Grease a 26cm springform tin. Cut a length of baking paper to wrap around the circumference of the tin. Fold lengthwise in 3, with a 2cm overlap along one edge. Cut slits into the overlap at 1cm intervals to form a fringe. Fit paper collar into tin so the fringed part sits flat on the base. Cut a round of baking paper to fit over the base.
2. Place chocolate, sugar, butter, oil, Guinness and vanilla in a saucepan and stir over medium heat until smooth. Remove from heat and whisk in yolks, then buttermilk. Sift over dry ingredients and whisk until just combined. Using an electric mixer, whisk whites to soft peaks and fold into chocolate mixture. Pour into prepared tin, bake for 20 minutes, then cover and bake for a further 30 minutes or until a cake tester inserted in the centre comes away with moist crumbs attached. Cool cake in tin for 20 minutes, then turn out onto a wire rack to cool completely.
3. For filling, stir chocolate, butter and cream in a bowl over a saucepan of simmering water until smooth. Stand for 15 minutes or until thickened slightly. Combine brandy and raisins and set
aside. Meanwhile, cut cooled cake horizontally into 3. Place 1 cake layer on a plate, spread with half the filling and scatter with half each of the soaked raisins and shortbread. Repeat with another layer, filling, raisins and shortbread, finishing with third cake layer. Refrigerate.

4. For chocolate cream, bring cream to the boil in a small pan, remove from heat, add chocolate and stir until smooth. Stir over a bowl of iced water until the consistency of double cream. Spread over top and side of cake, then refrigerate for several hours to set. Bring to room temperature to serve.

<table>
<thead>
<tr>
<th>INFORMATION SESSIONS</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial Planning for Retirement—What should I know?</td>
<td>1st Wed Monthly</td>
<td>10am—12pm</td>
</tr>
<tr>
<td>Estate Planning—Overview (Wills, Trusts, Assets, Pensions, Power of Attorney and Advanced Care Directives)</td>
<td>2nd Thu Monthly</td>
<td>10am—12pm</td>
</tr>
<tr>
<td>Mobility Equipment—What you need to know...</td>
<td>1st Thu Monthly</td>
<td>10am—12pm</td>
</tr>
<tr>
<td>Retirement Housing—What should I know?</td>
<td>2nd Wed Monthly</td>
<td>10am—12pm</td>
</tr>
<tr>
<td>Understanding Aged Care Costs</td>
<td>4th Wed Monthly</td>
<td>10am—12pm</td>
</tr>
<tr>
<td>Tablet showcase—Which tablet is best for you?</td>
<td>Tuesdays</td>
<td>1pm—3pm</td>
</tr>
<tr>
<td>Learn how to use your iPad</td>
<td>Various days</td>
<td>10am—12pm</td>
</tr>
<tr>
<td>Learn how to use your Android tablet</td>
<td>Tuesdays</td>
<td>10am—12pm</td>
</tr>
<tr>
<td>Cyber Security for Seniors Protection</td>
<td>2nd Fri Monthly</td>
<td>10am—12pm</td>
</tr>
</tbody>
</table>

Seniors Information Service Off-site Community Presentations providing information sessions to your community group.

Bookings are essential. Please contact us for more information on 8168 8776.

149 Currie Street—Adelaide - www.seniors.asn.au
SECO DE CARNE - CORIANDER BEEF STEW

Seco is one of the most popular recipes of Peruvian cuisine, and one of the main elements of traditional “comida criolla”, which is the name given to food from the coastal region of Peru. The roots of this dish in Peru’s gastronomy are very old, a product of the Arabian influence that the Spanish brought with them during colonial times. Seco was originally prepared in the northern part of the country, but it is now eaten all along the coast. It can also be cooked with lamb or chicken as an alternative.

Serves: 8

**Ingredients**
- 2kg beef, cut in medium size pieces
- ½ cup vegetable oil
- 2 large onions, finely chopped
- 1 tablespoon garlic, finely chopped
- ½ teaspoon cumin
- Salt
- Pepper
- 1 ½ cup of coriander leaves, blended with ½ cup of water
- ½ cup beer or water
- 1kg potato, peeled and chopped in quarters
- 1 cup fresh green peas
- ¼ cup of finely chopped carrots

**Method**
1. Heat oil in a large saucepan and when it is very hot sear the beef or preferred meat pieces until they are golden brown
2. Remove beef from saucepan and reserve.
3. Sauté onion and garlic in the same saucepan until cooked and translucent. Add cumin and the lamb. Stir to combine. Season with salt and pepper.
4. Add beer or water and coriander.
5. Cover saucepan and cook over low heat until meat is tender.
6. Add green peas, carrots and potatoes.
7. Continue cooking until liquid almost evaporates and thickens.
8. Serve with steamed rice and cooked beans (optional).
LOMO SALTADO (Stir-Fried Steak)

Ingredients

1 kg sirloin steak cut in thin slices
3 red onions, peeled and cut in eight pieces
2 cups french fries
4 chilli pepper cut in thin slices
4 tomatoes cut in eighths
2 tablespoons chopped parsley
1 tablespoon balsamic vinegar
2 tablespoons soy sauce
1 ¼ cups oil
½ teaspoon lime juice

Method

1. Heat ½ cup oil in a large skillet over high heat. Add beef and quickly sauté until beef is seared and browned on all sides. Remove pan from heat and transfer beef to a plate. Save covered.
2. Return pan to medium-high heat and add 1 ½ tablespoons oil. Add onions and sauté until edges are seared and they begin to soften, about 2 minutes.
3. Add chilli pepper, tomatoes, parsley, salt, pepper, soy sauce and vinegar. Sauté until tomatoes have softened, about 2 minutes.
4. Add beef and toss gently.
5. Heat ¾ cups oil in a large non-stick skillet over medium heat. Add potatoes and sauté until browned and tender, about 15 minutes. Drain on paper towel.
6. Place beef and french fries on each side. Sprinkle with finely chopped parsley.
**Philippines**
**Volunteer: Marita**

**LECHE FLAN**

Leche Flan is a popular dessert in the Philippines. It is commonly served at fiestas, christenings, birthdays, at any gathering or a dessert after a family meal.

**Ingredients**
- 1 can evaporated milk
- 1 can condensed milk
- 12 egg yolks
- 1 teaspoon of vanilla extract
- For the caramel syrup
  - 1 cup brown sugar
  - 1/2 cup hot water

**Method**

1. In a sauce pan, melt the sugar. When melted, pour in hot water; mix and boil for a few minutes until the sugar has melted. Pour the caramelized sugar into the mould, spreading around bottom of the mould. (Tin moulds can be bought at any Asian store.)
2. Mix the evaporated milk, condensed milk, egg yolks and vanilla thoroughly.
3. Gently pour the mixture on top of the caramel in the mould. Fill the mould to about ¾ full.
4. Cover mould with aluminium foil.
5. Steam for about 20 minutes or until cake tester comes out clean. Let it cool to room temperature and it is ready to serve.
PAPITAS DE LECHE - Milk Bombons

Ingredients

- 2 cups of powdered milk
- 1 can of condensed milk
- 1 ½ cups of powdered sugar
- Cloves for decorating

Method

1. Mix the powdered milk with the condensed milk well.
2. Add the powdered sugar little by little and mix with your hands until you have a soft mixture.
3. Make small round balls and decorate each one with one clove. Makes 50.
Notes
Notes
Seniors Information Service (SIS) is an inclusive, independent not-for-profit organisation.

We can provide up-to-date and relevant information about:

- How to access services and support for seniors and people with a disability
- Residential Aged Care Facilities
- Retirement housing options
- Home care and support options
- Financial concessions for seniors
- IT Training (computers, tablets and smartphones)
- Financial and Estate Planning

Help Line 8168 8776
SA Country 1800 636 368
149 Currie Street Adelaide
www.seniors.asn.au
information@seniors.asn.au