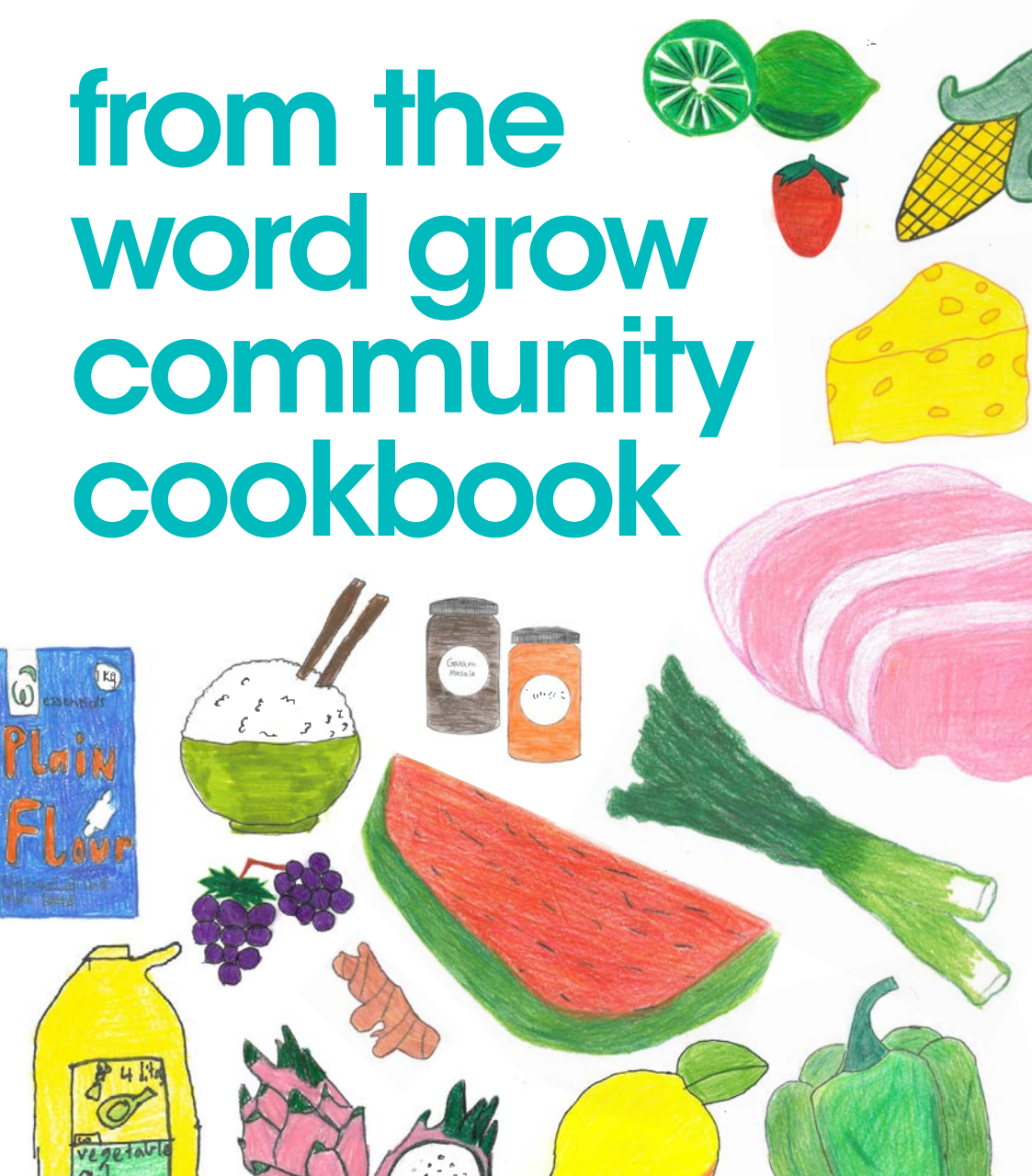


from the word grow community cookbook



cohealth acknowledges the Traditional Custodians of the land and waterways on which our offices stand, the Boon Wurrung, Wurundjeri and Wathaurong people, and pays respects to Elders past, present and emerging.

We acknowledge the Stolen Generations and the historical and ongoing impact of colonisation on Aboriginal and Torres Strait Islander peoples.

We also recognise the resilience, strength and pride of Aboriginal and Torres Strait Islander communities.

Aboriginal and Torres Strait Islander peoples' living culture is the oldest continuing culture in the world, and we acknowledge that the land and waterways are a place of age-old ceremonies of celebration, initiation and renewal.

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Project Coordinator: Sujata Joshi, cohealth

Project partners: Merri Health Health Promotion team, Glenroy Memorial Kinder , Glenroy Hub Children's Centre, Glenroy Hub Library, Glenroy Neighbourhood learning Centre, Moreland Council, Healthy ageing and Youth Services, Mulberry Garden and Hub garden volunteers.



everyone is welcome at **cohealth**

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vegetable samosa

recipe from Tanu Garg

4

Serve up these crisp vegan samosas as a tasty starter or side dish with your favourite curry. They also make great snacks for your next party.

Prep: 30 mins

Cook: 1 hr and 10 mins
(plus resting time)

Makes: 24

Ingredients

1 tbsp vegetable oil
1 onion, finely chopped
2 garlic cloves, crushed
1 potato (about 150g)
finely diced
1 carrot (about 100g)
finely diced
100g frozen peas
2 tsp curry powder or your own
spices according to taste
100ml vegetable stock/water

For the pastry

225g plain flour
2 tsp sea salt
2 tbsp vegetable oil
2l vegetable oil to deep fry

Step 1

To make the filling, heat the oil in a frying pan, add the onion and garlic, mix in the spices and fry for 10 mins until soft. Add the vegetables, seasoning and stir well until coated. Add the stock, cover and simmer for 30 mins until cooked. Leave to cool.

Step 2

To make the pastry, mix flour and salt into a bowl. Make a well in the centre, add the oil and 100ml water to make a firm dough. Knead the dough on a floured surface for 5-10 mins until smooth and roll into a ball. Cover in cling film and set aside at room temperature for 30 mins.

Step 3

Divide the pastry into 12 equal pieces. Roll each piece into a ball and roll out into a circle of 15cm. Divide this circle into two equal pieces with a knife.

Step 4

Brush each edge with a little water and form a cone shape around your fingers, sealing the dampened edge. Fill with 1 tbsp mixture and press the two dampened edges together to seal the top of the cone. Repeat with the remaining pastry.

Step 5

Heat the oil in a large deep saucepan to 180C. The oil should come 1/3rd of the way up the pan. Deep fry the samosas in batches for 8-10 mins until crisp and brown. Take out and drain on kitchen paper.

zuppa di lenticchie (lentil soup)

recipe from Laura Marchese

5

Ingredients

1 tablespoon olive oil
3 cloves garlic, crushed/
smashed with a knife
Herbs (any of: basil, bay leaves,
thyme, rosemary)
1 brown onion - diced
1 stalk of celery - diced
1 carrot - diced
250g brown/puy/French lentils
400g tin chopped tomatoes
1 litre stock
1 diced zucchini
1 large white potato
1 bunch chopped leafy greens
(e.g. spinach/kale/silverbeet)
Optional: 500g small pasta
shape
Salt and pepper

Step 1

Place a large pot on medium heat, add olive oil, garlic, and herbs, and infuse the oil for a minute (do not use basil at this step)

Step 2

Add diced brown onion, celery, and carrot and cook until transparent. If you have basil stalks, chop them up and add them here too

Step 3

Add brown lentils, tinned chopped tomatoes, zucchini, potato, 1 litre stock, and lots of ground black pepper. If using basil, add the leaves at this step.

Step 4

Bring to the boil, then reduce heat and cook on low with the lid on for roughly 90 minutes, until the lentils are cooked, and soup is brown, not red. You may need to add extra water, depending on how much liquid has been absorbed

Step 5

Add leafy greens once the soup is cooked and allow to wilt for a minute or two

Step 6

Taste, and add salt to desired preference

Step 7

If desired, add 500g cooked pasta. (I prefer to add pasta on the second day once the liquid has been absorbed from the soup)

Step 8

Serve with a drizzle of olive oil on top.



bhindi or okra masala

recipe from Madeeha Khalil

6

Ingredients

Okra/Bhindi – ½ Kg
Oil – 1 cup
Onion – 2 medium thinly sliced
Tomatoes – 2 medium finely chopped
Ginger garlic paste – 1 tbsp
Red chilli powder – 1 tsp
Salt to taste
Coriander Powder – 1 tsp
Cumin Powder – 1 tsp
Turmeric powder – 1 tsp
Garam masala powder – ½ tsp
Cilantro – finely chopped

Step 1

Wash the okra thoroughly and pat dry it completely. There should be no traces of water otherwise it will turn soggy.

Cut it into 1 inch long cubes, discard the top of it.

Step 2

In a pan take ½ a cup of oil and pan fry okra until it is light golden. You can air-fry it too. Once done, set it aside on a paper towel.

Step 3

In the same pan take ½ cup of oil to make the masala.

Put in the pan sliced onions and fry until light golden.

Then add ginger and garlic paste and fry for another 2 minutes.

Step 4

Add finely chopped tomatoes and cook on a low heat so that tomatoes incorporate well into the onions. Do not add water as it will make the okra soggy.

Now add red chilli powder, salt, coriander powder, cumin powder, turmeric powder and cook until oil separates from the masala.

Step 5

It's time to add okra into the masala, cook on a low heat mixing frequently until okra is mixed well into masala.

Step 6

Turn off the flame and add garam masala powder

Garnish with chopped cilantro

Serve with hot naan

pancit bihon guisado (noodles with vegetables) 7

recipe from Ivy Ona

Pancit Bihon Guisado is a Filipino sautéed noodle dish.

Serves: 4-6

Ingredients

1/4 lb Chicken breast, boneless
1/2 lb Pork shoulder, thin
Seafood
1/4 lb Shrimps, fresh medium-sized
2 cups Cabbage
1 Carrot, whole
1 cup Celery
1 tsp Garlic
2 cups Green beans
1 Lemon, whole
1 Onion, whole
2 stalks Scallion greens
5 1/2 cups Vegetable or chicken broth
1 tbsp Patis or filipino fish sauce
2 tbsp Soy sauce
Pasta & Grains
225 g Pancit bihon or dried rice noodles
1 tsp Black pepper, ground powder
1 tsp Salt
1/8 tsp Sesame oil
4 tbsp Vegetable or corn oil

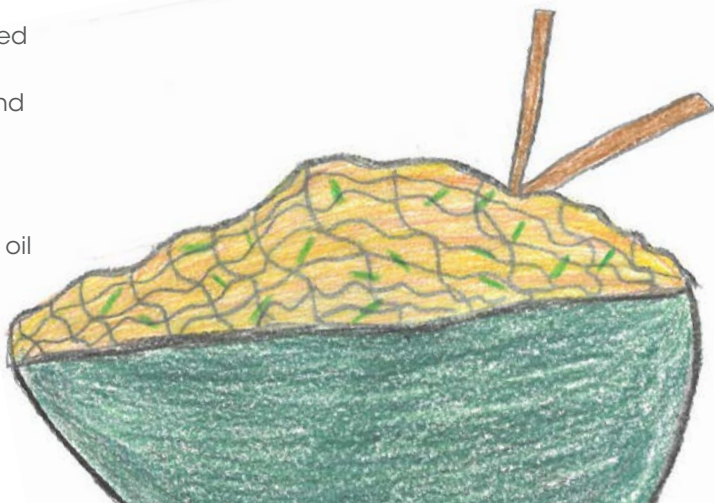
Step 1

Sauté dry thin noodles, slices of pork, chicken, shrimps, assorted vegetables cut up in garlic, onions, celery and soy-fish sauces together with some broth.

The layers of ingredients cook quickly and make a hefty, filling noodle entrée that's good for a family weeknight meal or if cooked in large quantities make a good holiday dish.

Step 2

Sprinkle some lemon juice and scallions just before serving. This is an AsianInAmericamag recipe.



prawn and mango salad with avocado

recipe from Ivy Ona

8

This recipe is Vegan. Dairy and egg free.

Makes: 12

Ingredients

4 handfuls Mixed Lettuce
Leaves

2 Mangoes (cut into cubes)

½ Red Onion (thinly sliced)

20 Prawns (cooked, peeled
and deveined)

2 Avocados (cut into cubes)

1 handful Coriander Leaves
(chopped)

1 Long Red Chilli (chopped,
optional)

40 mL White Condiment (white
balsamic vinegar)

120 mL Olive Oil

20 mL Honey

10 mL Wholegrain Mustard

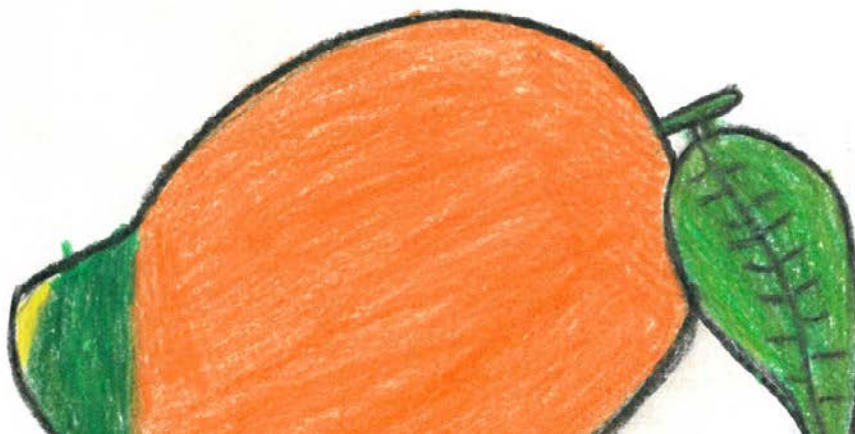
Step 1

In a large bowl or on a platter, arrange lettuce, mango, onion, prawns and avocado.

Step 2

To make the dressing, shake ingredients in a jar until combined. Taste and adjust to your liking.

Pour over salad, and sprinkle with coriander leaves and chill.



aviyal

recipe from Sonu Mohan

9

This is a delicious and a healthy dish with high nutritive value as it is a mixture of different veggies. This is popular in South India, especially Kerala.

Serves: 15

Ingredients

Hairy melon/Chinese melon - 1 medium

(we use Ash gourd/Indian yellow cucumber, as it is not available here hairy melon can use instead)

Carrots -2-3

Beans - 125 gm

Snake gourd -1 or 2

Raw banana(Cooking banana) -1

Taro - 1 small

Yam - 1 1/4

Snake beans - 6

Raw paw paw -1 medium

Drumsticks - 2/3

Optional - eggplant, Broccoli, tomato, onion

Salt : to taste

Turmeric: 1 teaspoon

Curry leaves: as required(6-8 leaves)

To grind:

Coconut :one small bowl

Cumin: 1 teaspoon

Green chilly: 1

Step 1

Wash the Ingredients and cut them into pieces length wise.

Step 2

Put all the sliced veggies in a pan and add salt and turmeric in small quantities.

Step 3

Blend coconut with cumin ,green chilly with little water and keep it aside.

Step 4

When the veggies are well cooked, add the blended coconut and mix well.

Step 5

Lower the flame for 5 minutes after closing the lid.

Step 6

Then add 2-3 tablespoons of curd(slightly sour) and mix well.Turn off the flame.

Step 7

Finally add 1-2 tablespoon coconut oil and curry leaves.This will increase the entire taste.

Step 8

Mix well before serving.Adjust the salt.

apple and cinnamon pancakes

recipe from Tania SanGiorgio

10

Ingredients

1 cup self-raising flour.
1 cup wholemeal self-raising flour.
2tsp ground cinnamon
2 tbsp caster sugar.
1 cup milk.
4 eggs lightly beaten.
60g. butter, melted.
425g can pie apple chopped.

Step 1

Sift flour and cinnamon into a large bowl. Stir in sugar.

Step 2

Whisk milk, eggs and 2 tablespoons butter with a fork. Add to flour mixture. Stir until combined. Fold through apples.

Step 3

Heat a non-stick frying pan over medium heat. Brush pan with a little remaining butter. Pour 1/3 cup of batter into pan. Cook for 2 minutes or until bubbles start to appear on surface. Turn. Cook for a further 2 minutes or until cooked through. Remove to a plate. Cover. Repeat with remaining batter, greasing pan in between pancakes. Serve.



date and chia muffins

recipe from Tania SanGiorgio

11

This recipe is Vegan. Dairy and egg free.

Makes: 12

Ingredients

1 banana
2 cups of self raising flour
Half cup of Canola oil or light oliva oil
Half cup of sultanas
Half cup of rolled oats
1/2 cup brown sugar or 2-3 tablespoons of honey
1/4 cup of chia seeds
1 cup of soya milk, mix 2 teaspoons vanilla essence

Step 1

Place all dry ingredients in a large bowl

Step 2

Make a well in the centre, add soya milk, vanilla essence, oil and banana

Step 3

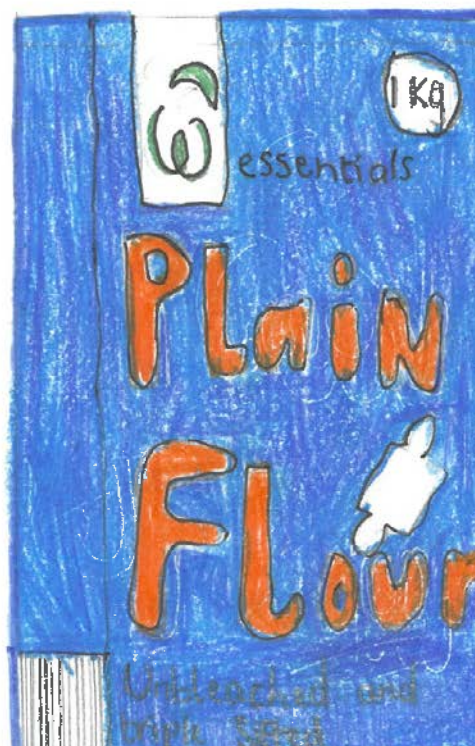
Place in muffin tins

Step 4

Cook for 15-20 minutes until golden brown

Step 5

Place bana chips on muffins if desired



my Baba's vegetarian borscht

recipe from Jess Bellamy

12

Ingredients

1 Onion, chopped
A few sticks of celery, chopped
1 Red Capsicum, sliced
A bunch of potatoes, quartered (depends "how much you like potatoes". About 4 small ones.)
4 little or 2 big Beetroots, quartered
A couple of grated carrots
A can of tinned tomatoes, or some chopped and peeled fresh tomatoes
A quarter of a robust cabbage (or one small sugarloaf cabbage)
1 bunch of Parsley
1 bunch of Dill
A bit of lemon
Salt to taste
Pinch of sugar
Mustard and sour cream to taste

Step 1

Fry onion and celery in oil.

Step 2

Add potatoes (cut in quarters), capsicum chunks and grated carrot, and fry these too.

Step 3

Cover this with water and then chuck in the beetroot and tomatoes.

Step 4

Add salt and let it boil for 20 minutes.

Step 5

Put in the sliced cabbage, dill and parsley and cook the combined soup ingredients for another 10 minutes.

Step 6

Turn off the heat and let it sit and steep for a bit.

Step 7

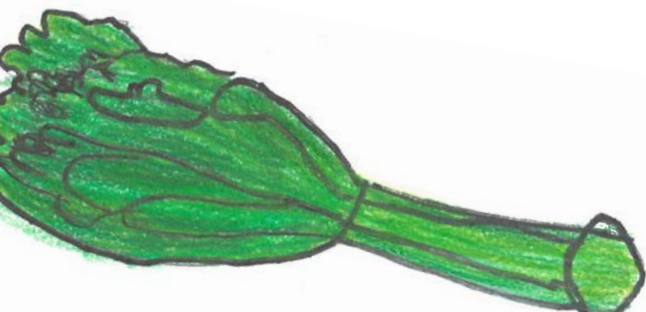
Squeeze a bit of lemon in and whack in a pinch of sugar.

Step 8

Serve seasoned with a bit of spicy mustard and sour cream (for a great vegan sour cream, use Made With Plants Sour Cream from Woolworths).

NAZHDROVYE!

P.S. My mum says "add verenicki as a side dish, and you've got yourself a dinner party."



chocolate, beetroot and raspberry cake

recipe from Sujata Joshi

13

This freezes well, is a healthier morning tea option, and is sure to become a family favorite.

Makes: 12 slices

Hands on time: 15 mins

Time to make: 1 hr 45mins

Ingredients

3 eggs

1/3 cup brown sugar

2 cups grated raw beetroot (from 2 medium sized beetroots)

1 cup almond meal

1tsp Cinnamon

2 tbspn Olive oil

120g dark chocolate

1 cup grated pear (from 1 large pear)

½ cup cocoa powder, plus extra to serve

2/3 cup frozen raspberries

Step 1

Pre-heat oven to 160C . Line a 10cmx21cmx7cm loaf tin with baking paper. Mix eggs, oil and sugar in a large mixing bowl until sugar dissolves

Step 2

Place chocolate in a microwave safe container and microwave on high, stirring at 20 sec intervals until smooth.

Step 3

Whisk melted chocolate into egg mixture . Stir in beetroot, pear , almond meal and cinnamon. Gently fold raspberries into batter so they remain intact .

Step 4

Spoon batter into prepared loaf tin and bake for 80-90mins or until a skewer inserted into centre comes out clean. Set aside to cool.

Step 5

Turn cake out of tin, dust with extra cocoa powder and serve.

Serving Suggestion

Serve cake with in-season fresh fruit and a dollop of plain yoghurt

pumpkin and chickpea salad

recipe from Sujata Joshi

14

Ingredients

1.2kg butternut pumpkin,
peeled, deseeded, cut into
2cm pieces
1/3 cup olive oil
1 teaspoon ground coriander
1 teaspoon ground cumin
400g chickpeas, drained,
rinsed
1/3 cup sultanas
1 small red onion, thinly sliced
½ cup coriander leaves,
roughly chopped
150g spinach leaves
1 large lemon, rind grated,
juiced

Step 1

Preheat oven to 200°C. Lightly grease a large roasting pan. Combine pumpkin, 2 tablespoons oil, ground coriander and cumin in a large bowl. Season with salt and pepper. Transfer to prepared pan. Roast for 20 minutes or until pumpkin is tender. Allow to cool.

Step 2

Combine pumpkin, chickpeas, sultanas, onion, coriander and spinach leaves in a large bowl.

Step 3

Combine remaining 2 tablespoons oil, lemon rind, 2 tablespoons lemon juice and salt and pepper in a jug. Pour over salad. Toss until well combined. Serve.



sambhar

recipe from Kavita Menon

15

Ingredients

To Pressure Cook the Dal

- 1 cup toor dal
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 3 cups water

Tamarind pulp

- 1 tablespoon tamarind piece
- 1/3 cup hot water

For Cooking The Vegetable

- 2 teaspoons oil
- 1/2 cup chopped eggplant
- 2 medium carrots diced
- 7-8 okra
- 1/2 teaspoon salt adjust to taste
- 1 medium tomato chopped
- 3 cups water
- 2 tablespoons sambar powder
homemade or store bought,
adjust to taste

Tadka/Tempering

- 1 tablespoon ghee or use
coconut oil
- 3/4 teaspoon black mustard/
fenugreek seeds
- 1/4 teaspoon hing
(asafoetida)
- 10-15 curry leaves
- chopped coriander to garnish

Step 1

Pressure cook the dal with water,salt & turmeric powder on medium flame for 3 whistles. Keep it closed for a few minutes or till the steam goes.

Step 2

Mash the cooked dal well using a wooden spoon. Add 3 cups of water to the mashed dal and blend it well. Add all the veggies except okra. The vegetables could include potato, tomato, ash gourd, carrots, pumpkin etc.

Step 3

When the veggies are half cooked add tamarind pulp .Cook till all the veggies are cooked. You may also pressure cook them for 1 whistle. Add the okra in the last as it gets cooked fast.

Step 4

Meanwhile, heat coconut oil in another pan and add the sambar powder and a pinch of asafoetida. Fry it for a minute, make sure that it doesn't get burnt.

Step 5

Add some water to the powder and make a thick paste. Add this to the veggies and let it boil.

Step 6

Heat some more oil in the same pan and crackle the mustard and fenugreek seeds along with some curry leaves and dried red chilli which adds flavour to the curry.

Step 7

Add sliced, small onions,Fry it till the onion becomes golden brown. Add this to the sambar and mixwell. Remove from fire.

