



# Flavours of the World Cookbook



The Salvation Army acknowledges the Traditional Owners of the lands and waters throughout Australia.

We pay our respect to Elders and acknowledge their continuing relationship to this land and the ongoing living cultures of Aboriginal and Torres Strait Islander peoples across Australia. We also acknowledge future aspirations of all First Nations peoples.

Through respectful relationships we will work for the mutual flourishing of Indigenous and non-Indigenous Australians.

We commit ourselves in prayer and practice to this land of Australia and its people, seeking reconciliation, unity and equity.



Welcome to our Harmony Day 'international recipe book', which celebrates our Australian Salvation Army communities that share cultural heritage through food and stories.

The kitchen and mealtimes hold significance in almost every culture. Meals are a time when people gather to share, discover and learn more about each other. The Bible contains many stories about Jesus and his followers coming together over meals to share stories or celebrate significant occasions.

This book of recipes from around the world was created to encourage other people to gather with family, friends and acquaintances, and appreciate and celebrate the diversity of Australia and The Salvation Army.

We are grateful to all contributors who have generously shared their favourite culturally inspired dishes from home, learned from a friend or discovered on a journey, so others can enjoy them and deepen their cultural understanding.

Acknowledging and appreciating ethnic and cultural diversity benefits society by making it more inclusive, sensitive to diverse needs, and welcoming to all members of our community. A broad range of ethnic and cultural origins strengthens our country of Australia and The Salvation Army by bringing new perspectives and experiences.

Harmony Week (21-27 March) is a beautiful opportunity to appreciate and celebrate this diversity. This recipe book was created as a memento for The Salvation Army's Harmony Week 2022.

We hope you enjoy trying these recipes and celebrating the many cultures that add to the flavour of Australia.

**Intercultural & All Abilities Team**  
THE SALVATION ARMY

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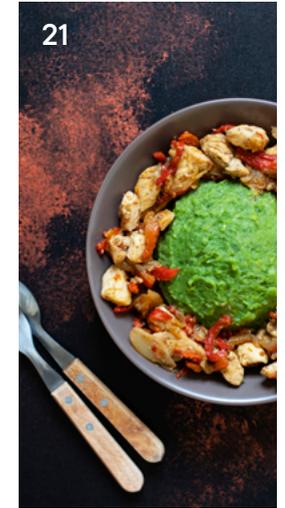
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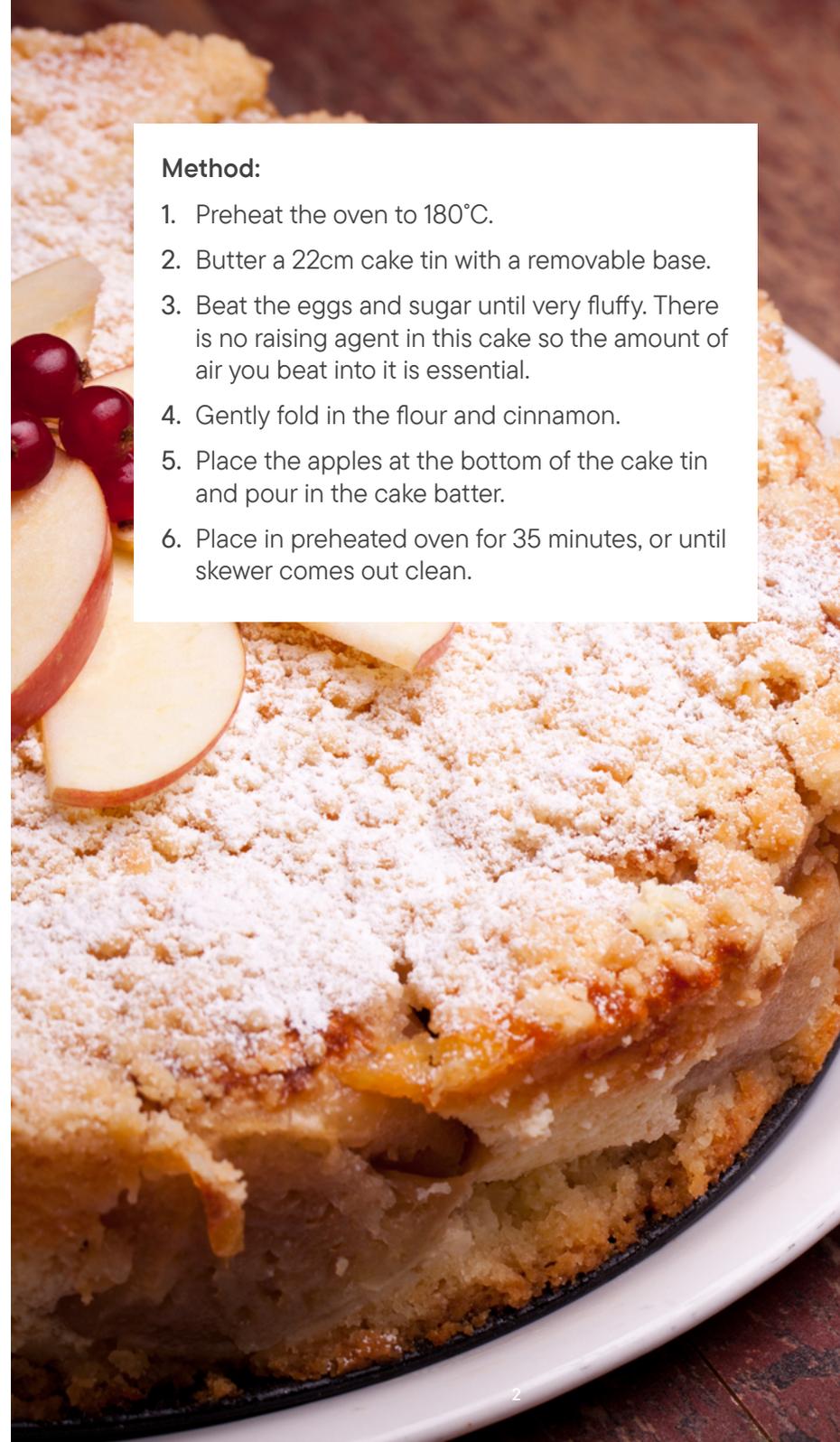
## Apple cake (Biskvit)

Ukrainian sweet dessert | Serves 6

### Ingredients:

- 5 eggs
- 200g caster sugar
- 200g plain flour
- 1 tsp cinnamon
- 4 green apples, cored and thinly sliced
- Icing sugar, to serve

*It is so simple and comforting.*  
#CookForUkraine



### Method:

1. Preheat the oven to 180°C.
2. Butter a 22cm cake tin with a removable base.
3. Beat the eggs and sugar until very fluffy. There is no raising agent in this cake so the amount of air you beat into it is essential.
4. Gently fold in the flour and cinnamon.
5. Place the apples at the bottom of the cake tin and pour in the cake batter.
6. Place in preheated oven for 35 minutes, or until skewer comes out clean.



## Avgolemono (Greek egg and lemon soup)

Greek savoury family dish | Serves 6

### Ingredients:

Olive oil	1 whole chicken
1 onion, finely chopped	1 cup medium grain rice
4 garlic cloves, minced	5 eggs
2 sticks celery, finely chopped	3 lemons, juiced
2 carrots, finely chopped	Salt and pepper
3L water	

*It's heart-warming and comforting.  
Great for cold and flu recovery!*

### Method:

1. Place all vegetables in a large stock pot and cook in a little olive oil over medium heat until onion is softened slightly.
2. Cover with the water and add in your chicken, salt and pepper. Allow to simmer over low heat for approximately 3 hours.
3. Remove chicken and shred the meat, leave to the side.
4. Add rice to the pot and simmer until the rice starts to fall apart.
5. Meanwhile, in a separate bowl, whisk your eggs until they become light and fluffy.
6. While whisking, add some hot soup into the eggs, one ladle at a time, until the egg mixture feels warm.
7. Add lemon juice.
8. Pour egg mixture into soup and whisk until it starts to thicken.
9. Add chicken and serve.

Total  
cooking  
time:  
3 hrs 45 min



GLUTEN FREE



## Beef bulgogi

Korean savoury family meal | Serves 4

### Ingredients:

⅓ cup oyster sauce	2½ cups water
2 Tbsp soy sauce	Pinch of salt
2 Tbsp brown sugar	1 carrot
30ml sesame oil	2 generous handfuls of snow peas
½ cup mayonnaise	1 bunch of Chinese broccoli
50g butter	4 spring onions
Olive oil	2 tsp fresh ginger
6 tsp minced garlic (or fresh)	500g beef mince
2 cups jasmine rice	

*This dish packs a punch in the flavour department, but is mild enough for everyone to enjoy.*

### Method:

1. In a bowl, mix the oyster sauce, half the soy sauce, brown sugar and half the sesame oil. In a different bowl, mix mayonnaise with remaining soy sauce and sesame oil.
2. Melt the butter and a splash of olive oil in a saucepan over medium heat. Add 3 tsp garlic, cooking for 2 minutes. Add rice and mix. Add water and salt and bring to the boil. Once boiling, reduce heat and cover with lid. Cook for 12 minutes, then turn off heat and keep sealed with lid for 10-15 minutes.
3. Grate carrot, thinly slice snow peas and chop Chinese broccoli. Thinly slice spring onions, separating the white and green ends.
4. Over high heat, with a dash of olive oil, heat frypan. Add carrot, broccoli, snow peas and white part of spring onions and cook for 2 minutes. Put aside and keep warm.
5. Heat frypan on high with another dash of olive oil. Add mince and cook, until brown. Then add ginger and remaining garlic and cook for another minute. Add oyster sauce mixture and stir until completely coated.
6. Put rice in bowls, add beef and vegetables and top with mayonnaise mixture and the green part of spring onions. Enjoy!!!!



## Butter chicken

Indian family dinner | Serves 5

### Marinade:

1kg chicken thigh, diced

60ml (2 Tbsp) yoghurt or thickened cream

1 Tbsp each of ginger and garlic paste

3 Tbsp vegetable oil

### Sauce:

2 cardamom pods

2 cloves

½ stick cinnamon, chopped, or ½ Tbsp powder

1 large onion

4 tomatoes, chopped

1 Tbsp butter chicken masala spice mix

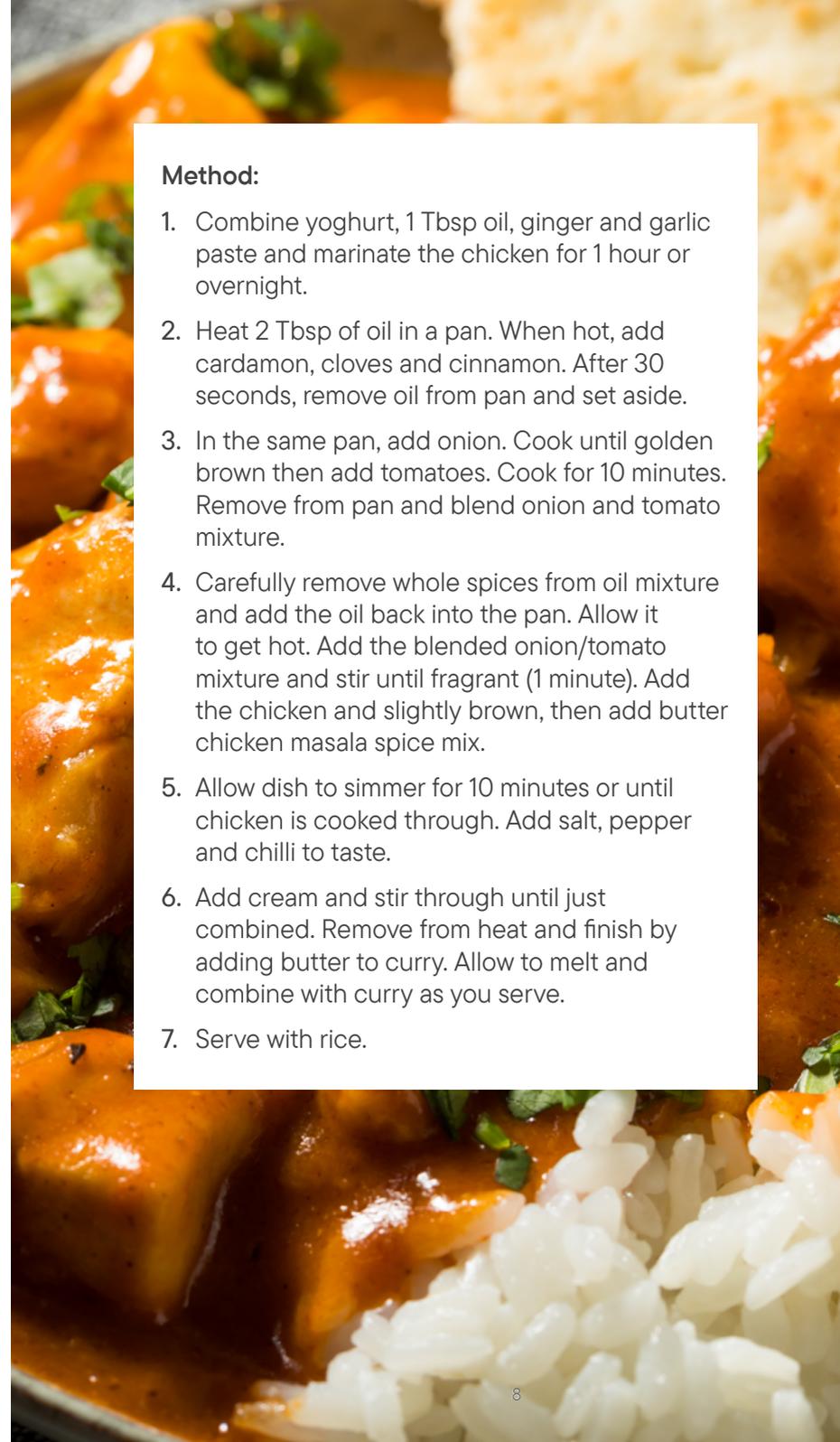
### To serve:

100g butter

½ cup (150g) cream

Black pepper, salt and chilli according to taste

*It's tasty and mild so kids, adults, everyone enjoys.*



### Method:

1. Combine yoghurt, 1 Tbsp oil, ginger and garlic paste and marinate the chicken for 1 hour or overnight.
2. Heat 2 Tbsp of oil in a pan. When hot, add cardamom, cloves and cinnamon. After 30 seconds, remove oil from pan and set aside.
3. In the same pan, add onion. Cook until golden brown then add tomatoes. Cook for 10 minutes. Remove from pan and blend onion and tomato mixture.
4. Carefully remove whole spices from oil mixture and add the oil back into the pan. Allow it to get hot. Add the blended onion/tomato mixture and stir until fragrant (1 minute). Add the chicken and slightly brown, then add butter chicken masala spice mix.
5. Allow dish to simmer for 10 minutes or until chicken is cooked through. Add salt, pepper and chilli to taste.
6. Add cream and stir through until just combined. Remove from heat and finish by adding butter to curry. Allow to melt and combine with curry as you serve.
7. Serve with rice.

**Total cooking time:**  
30 min, plus 1 hr or more marinating time



COOK



DAIRY



## Crab meat salad

New Zealand summer side salad | Serves 6

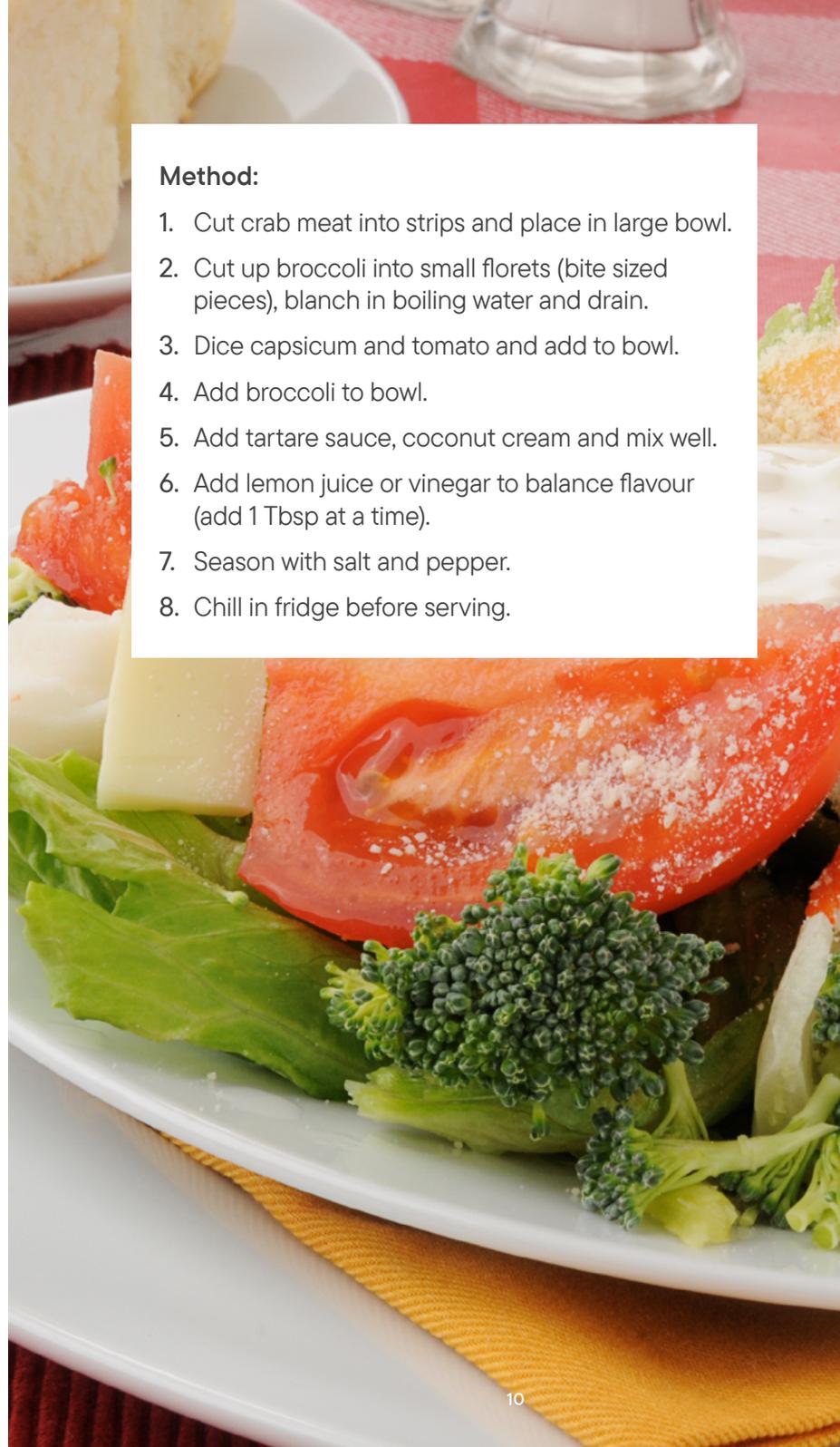
### Ingredients:

1kg crab meat or seafood highlighter	$\frac{3}{4}$ cup tartare sauce (or to your liking)
$\frac{1}{2}$ head broccoli (blanched)	$\frac{1}{4}$ cup coconut cream
1 large yellow capsicum	1-2 Tbsp lemon juice or white vinegar
4 large tomatoes	Salt and pepper, to taste

*A lovely alternative salad to accompany a summer barbecue.*

### Method:

1. Cut crab meat into strips and place in large bowl.
2. Cut up broccoli into small florets (bite sized pieces), blanch in boiling water and drain.
3. Dice capsicum and tomato and add to bowl.
4. Add broccoli to bowl.
5. Add tartare sauce, coconut cream and mix well.
6. Add lemon juice or vinegar to balance flavour (add 1 Tbsp at a time).
7. Season with salt and pepper.
8. Chill in fridge before serving.



Total cooking time: 30 min



COOK



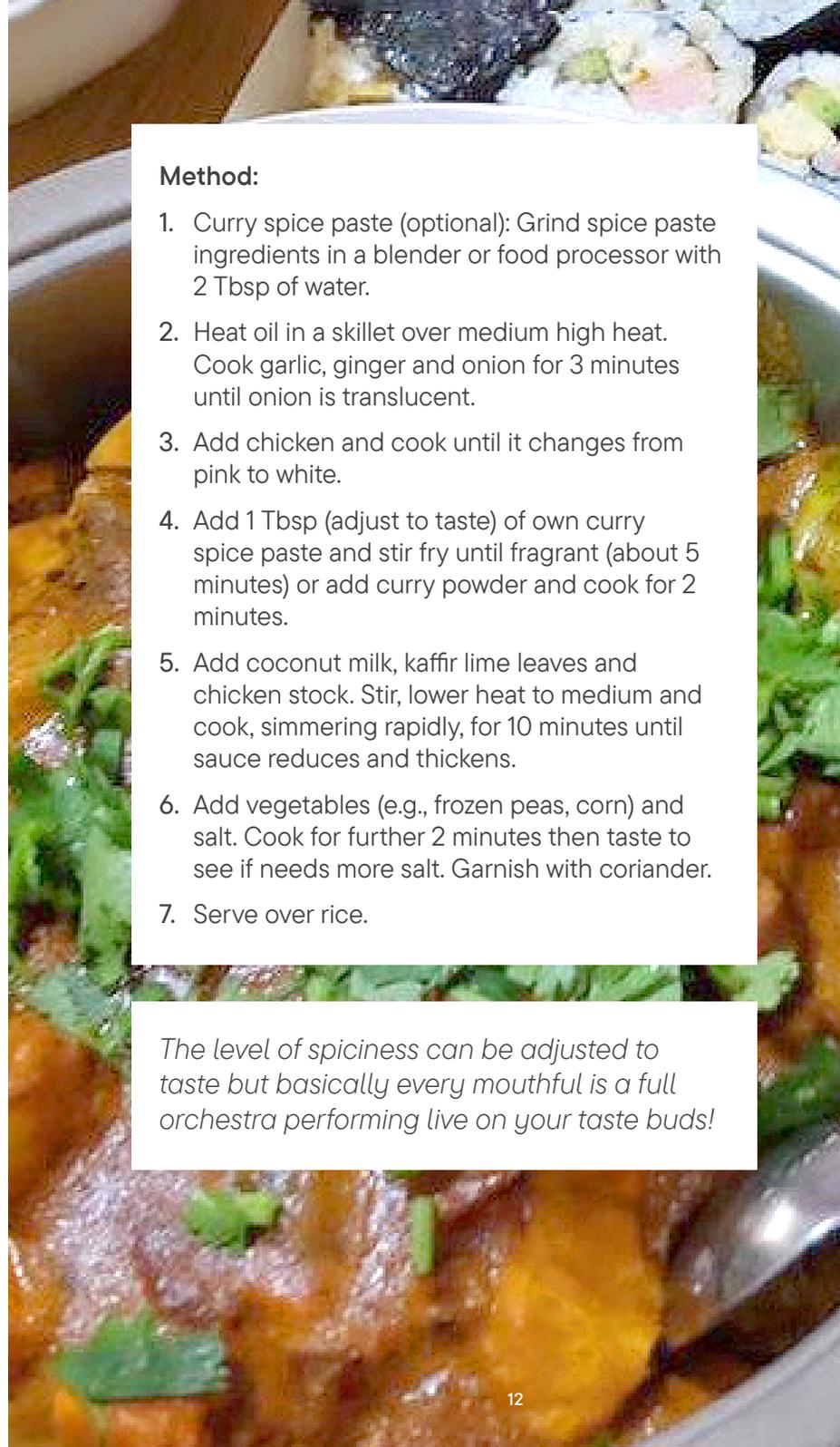
FRIDGE/  
FREEZER



## Dad's secret curry chicken recipe

Malaysian dinner | Serves 6

- |  |  |
|--|--|
| 2 Tbsp oil   | ¼ cup coriander, chopped   |
| 3 garlic cloves, minced  | 5 kaffir lime leaves   |
| 3 tsp ginger, grated   | Rice, to serve   |
| 1 onion, chopped   | <b>Make your own curry paste:</b>                                    |
| 500g chicken thighs, sliced  | 5 fresh red chillies, cut into small pieces                          |
| 3 Tbsp curry powder (Keen's and Clive's brand – or see right to make your own curry paste) | 6 shallots or 1 medium sized onion, peeled and cut into small pieces |
| 1 ½ cups coconut milk  | 1 stalk lemongrass, sliced bottom third into rings                   |
| 1 ½ cups (375ml) chicken stock, low sodium   | 45g galangal or ginger root  |
| ½ tsp salt   | 3 cloves garlic, peeled and halved                                   |
| ¾ cup mixed vegetables of choice, such as peas or corn, fresh or frozen                    | ½ tsp ground turmeric  |



### Method:

1. Curry spice paste (optional): Grind spice paste ingredients in a blender or food processor with 2 Tbsp of water.
2. Heat oil in a skillet over medium high heat. Cook garlic, ginger and onion for 3 minutes until onion is translucent.
3. Add chicken and cook until it changes from pink to white.
4. Add 1 Tbsp (adjust to taste) of own curry spice paste and stir fry until fragrant (about 5 minutes) or add curry powder and cook for 2 minutes.
5. Add coconut milk, kaffir lime leaves and chicken stock. Stir, lower heat to medium and cook, simmering rapidly, for 10 minutes until sauce reduces and thickens.
6. Add vegetables (e.g., frozen peas, corn) and salt. Cook for further 2 minutes then taste to see if needs more salt. Garnish with coriander.
7. Serve over rice.

*The level of spiciness can be adjusted to taste but basically every mouthful is a full orchestra performing live on your taste buds!*



## Gurkensalat (German cucumber salad)

Traditional German side dish | Serves 4

### Ingredients:

2 telegraph cucumbers,  
peeled and thinly sliced (with a  
mandolin is ideal)

4 Tbsp white or white wine  
vinegar

4 Tbsp water

1 Tbsp caster sugar

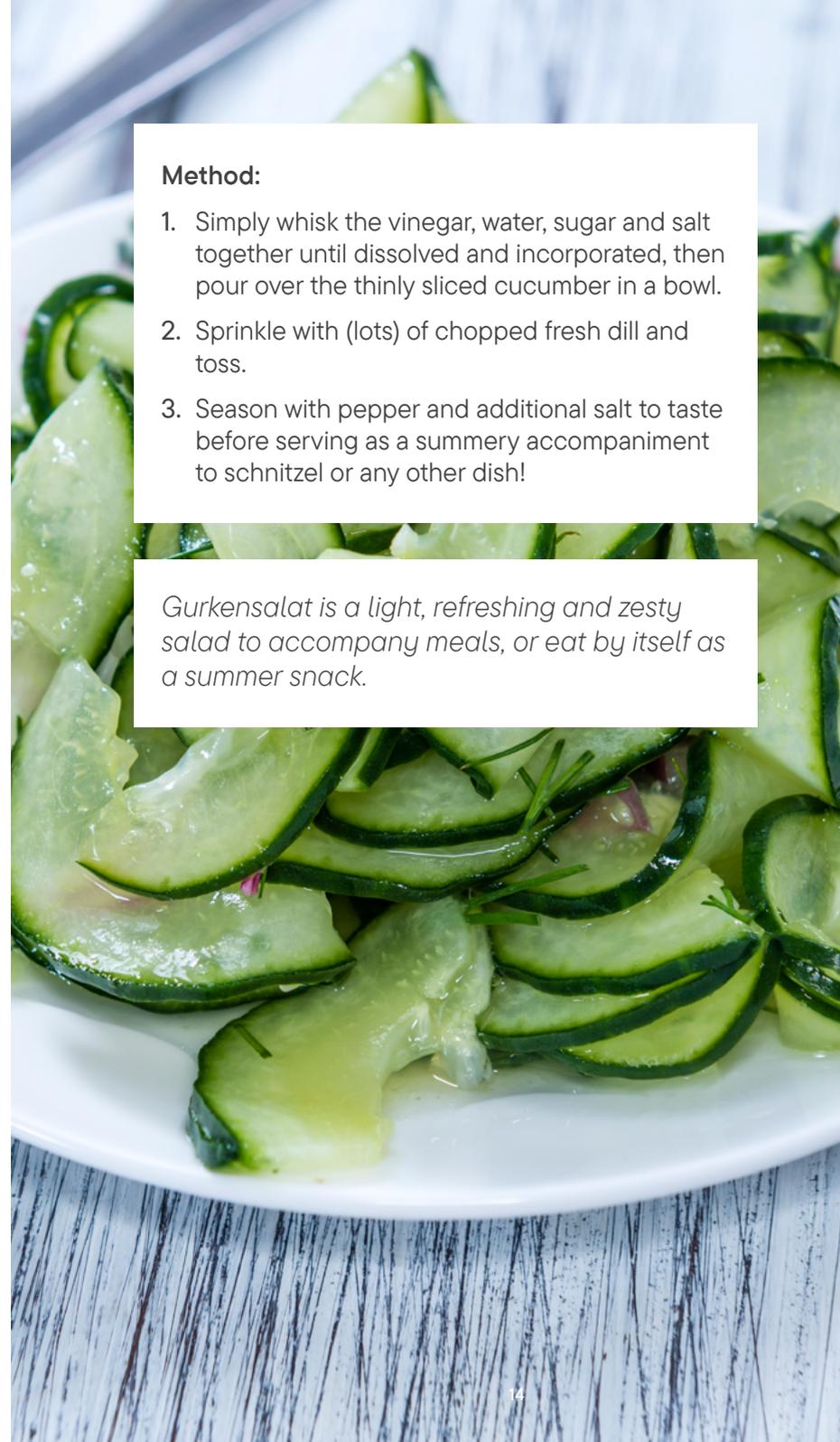
A couple of pinches of salt, to  
taste

Black or white pepper, to taste

Fresh dill, as much as you like,  
chopped

(If you want a creamy salad  
dressing instead of this  
vinaigrette, you can also  
substitute the water for a few  
tablespoons of sour cream or  
plain/Greek yoghurt.)

Contributed by Claudia



### Method:

1. Simply whisk the vinegar, water, sugar and salt together until dissolved and incorporated, then pour over the thinly sliced cucumber in a bowl.
2. Sprinkle with (lots) of chopped fresh dill and toss.
3. Season with pepper and additional salt to taste before serving as a summery accompaniment to schnitzel or any other dish!

*Gurkensalat is a light, refreshing and zesty salad to accompany meals, or eat by itself as a summer snack.*



## Jollof rice

Ghanaian family rice dish | Serves 6

### Ingredients:

1kg of stewing beef, in chunks	2 Tbsp tomato paste
Salt, to taste	6 plum (roma) tomatoes, blended
2 habanero peppers	3 cups of jasmine rice
A thumb of ginger	Water for rice
3 cloves of garlic	Spring onions, to serve
3 large onions	Shito hot sauce, to serve
1 cup of cooking oil of your choice	

*Jollof rice is a well-known rice dish originating from West Africa. It's very nutritious, economical and something every person in the family can eat.*

### Method:

1. Season the beef with salt. Blend the peppers with 2 onions, ginger and garlic.
2. Pour some oil in the pan and fry the steamed beef until browned and put it aside.
3. Slice 1 onion and fry in the oil (add more to the pan after removing the beef, if required) for a minute.
4. Add tomato paste and cook for 10-15 minutes.
5. Add mix of blended onion, pepper, ginger and garlic into the pan. Stir it and let it cook for 20-30 minutes.
6. Blend plum tomatoes, add to mix and cook for 30-40 minutes or until there's no bubbles on top and stir in between.
7. Pour the fried beef into the stew and sauce and let it cook for another 5 minutes. Add salt to taste.
8. Wash the rice and pour it into the stew.
9. Stir it and let it cook for 30 minutes but check in between by stirring and adding extra water as needed until the rice is soft and cooked.

Serve with shito and a sprinkle of spring onions on top.

Total cooking time:  
2 hrs

# Kiev cake

Ukrainian traditional dessert | Serves 8

## For Meringue:

150g hazelnuts, plus extra for decorating (you can use other nuts like cashews or walnuts, but these are my favourite)

200g sugar

1 vanilla bean

45g flour

5 egg whites

## For cream:

190ml milk

140g sugar

5 egg yolks

240g butter, at room temperature

1 tsp vanilla paste or extract

1-2 Tbsp cocoa powder

½ tsp salt (optional)

*The cake is crunchy, tasty, not too sweet and relatively easy to make (forgiving) for new bakers. #CookForUkraine*

## Making meringue layers

1. Put nuts in a preheated frypan (no oil). Fry over medium heat until golden brown. Chop nuts with a knife (not too fine).
2. Put half the sugar in a bowl, add flour and seeds from vanilla pod. Add chopped nuts, stir well.
3. Separate the yolks from the whites. Start whipping the whites, gradually add the remaining sugar. Beat the whites in a dense foam until stable peaks form. Add the mixture of nuts with flour and sugar to the whipped whites in 3 steps.
4. Divide the meringue into 4 and make 4 round layers on baking paper (about 18cm diameter). You can use a pencil outline of a dinner plate on the underside of the baking paper (as a guide). Do not worry if there are little gaps in the meringue – it will not be smooth because of the nuts.
5. Bake for 2 hours at 120°C. I bake all four in my oven – two on the middle shelf and two on a lower shelf. After 1 hour of baking, swap the baking sheets: top-down. Leave the cakes to cool completely in the oven.

## Cooking the cream

6. Pour milk into a small saucepan. Add sugar and yolks. Stir well with a whisk and put on a slow fire. Cook the cream, CONSTANTLY stirring with a spatula until thickened – about 10 minutes. Leave the cream to cool completely, strain if necessary.
7. Using butter at room temperature, beat with a mixer until fluffy. (Tip: generally, I leave the butter out when I start making the cake – this way it is nice and soft by the time you get to this step.)
8. Pour the cooled yolks mixture in 2-3 doses into the butter, continuing to whisk. Add 1 tsp of vanilla paste or extract, mix well. Add salt to taste, optional.
9. Set aside about ⅓ of the cream, add cocoa powder, mix well. Set aside for top layer.

## Assembling the Cake

10. Divide the remaining cream into 4 equal parts. Put the first cake layer on a serving plate. Put ¼ of the cream on the cake layer, smooth the cream. Cover with a second cake layer. Put the second part of the cream, smooth, cover with a third cake layer. Put the third part of the cream, smooth, cover with the last cake layer. Smooth the side of the cake with the remaining white cream.
11. Put the chocolate cream on the top of the cake, smooth. Sprinkle with toasted nuts.
12. Refrigerate for at least 4 hours before serving.

Contributed by Kothy

**Total cooking time:**  
3 hrs 20 min, plus 8 hrs of cooling time (in two steps)



COOK



FRIDGE/  
FREEZER



DAIRY



NUTS



## Latvian piragi

Savoury Latvian treats | Serves 12

### Ingredients:

125g melted butter	2 tsp salt, divided
600ml milk	300g bacon, diced
2 tsp sugar	3 onions, diced
28g (1 oz) compressed yeast or 2 sachets dry yeast	1 Tbsp ground black pepper
6 cups plain white flour (+extra flour for dusting)	<b>For glaze:</b>
1 egg	1 egg
	A splash of milk

*Our family enjoys this traditional dish at Easter; it's something that is always devoured eagerly!!*

### Method:

1. In a saucepan, warm the milk with melted butter until milk is tepid (just warm). Add yeast and sugar, stir gently but do not overheat.
2. Add this to flour in a large bowl. Add egg and 1 tsp of salt. Mix well, knead thoroughly then sprinkle with flour, cover and leave in a warm place until doubled in size.
3. Knead again. Cut dough into small (about 5cm) portions.
4. Mix filling ingredients in a separate bowl: bacon, onion, pepper, 1 tsp salt in a bowl.
5. Form small circles of dough either by rolling or pressing out, fill with a spoonful of filling mix and fill into crescent shapes.
6. Place well-spaced crescents onto a baking tray, brush over glaze (a beaten egg mixed with a little milk) and bake in a hot oven at 200°C for about 12 minutes, until brown and hollow sounding when knocked.

Note: Bacon and onion is the classic filling, but for variety, alternate fillings we've tried are: spinach and feta, Vegemite and cheese, and corn, onion and cheese.



## Massaman curry dipping sauce

Thai dipping sauce | Serves 4

### Ingredients:

Sesame oil

2 cloves of garlic, crushed

3 Tbsp crushed peanuts

2 Tbsp Massaman paste

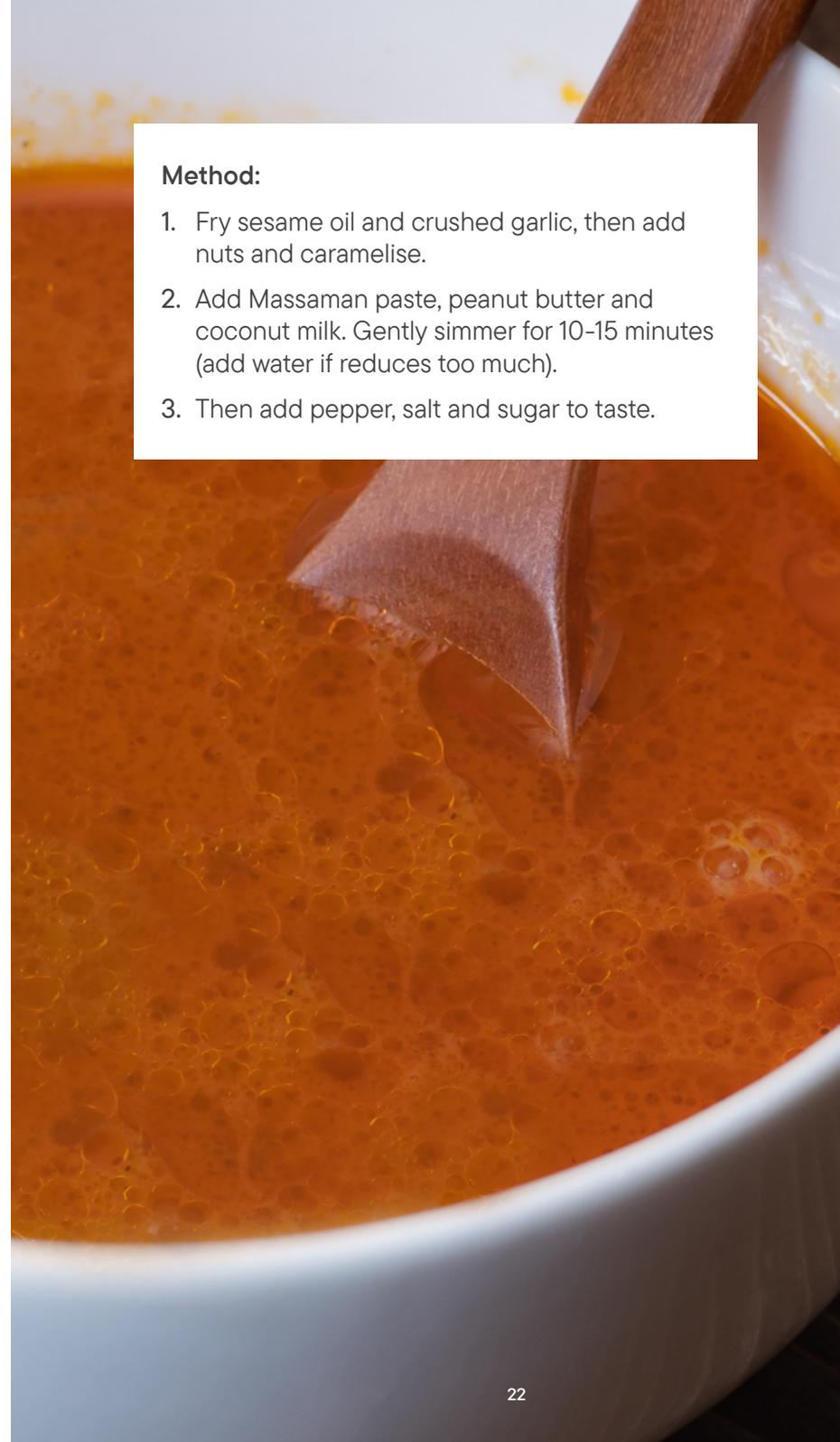
½ cup peanut butter

1 can of coconut milk

3 Tbsp soy sauce

Sprinkle of light brown sugar, sea salt and black pepper, to taste

*Great for a snack or with a meal, serve with naan or roti, but can also add leftovers to rice dishes.*



### Method:

1. Fry sesame oil and crushed garlic, then add nuts and caramelize.
2. Add Massaman paste, peanut butter and coconut milk. Gently simmer for 10-15 minutes (add water if reduces too much).
3. Then add pepper, salt and sugar to taste.

Total  
cooking  
time:  
30 min



COOK



NUTS



## Mish mash

Bulgarian traditional meal | Serves 4

### Ingredients:

1 large sized onion	8 eggs
7-8 red peppers	200g feta cheese
60g of butter or ¼ cup of olive oil	Parsley, chives, salt and pepper, to taste
4 ripe tomatoes, peeled and chopped	

*This is a quick and tasty vegetarian meal for every occasion and is easy to customise.*

### Method:

1. Cut the onion in half-rings and slice the red peppers in strips, then add them to a frypan with the heated butter/olive oil.
2. Cover the pan and sauté the vegetables for 2-3 minutes on medium high heat. Then add the peeled and chopped tomatoes. Simmer the mixture on medium-low heat, stirring occasionally, until there is little liquid.
3. Meanwhile, whisk the eggs in a bowl, break the feta cheese with a fork into small pieces and add it to the eggs. Lastly, add half of the parsley/chives and a pinch of salt, and mix all ingredients in the bowl.
4. When there is little liquid left in the frypan, add the egg and feta mixture and keep stirring until the eggs are cooked and set. Do not over fry as the feta cheese may burn.
5. Serve the dish warm and sprinkle with the remaining parsley/chives. Add salt and pepper to taste.

*Mish mash in Bulgarian means “hodgepodge; a messy mixture of things” and is an easy meal that is enjoyed for breakfast, lunch or dinner.*





## Miso udon noodles

Japanese main meal | Serves 2-4

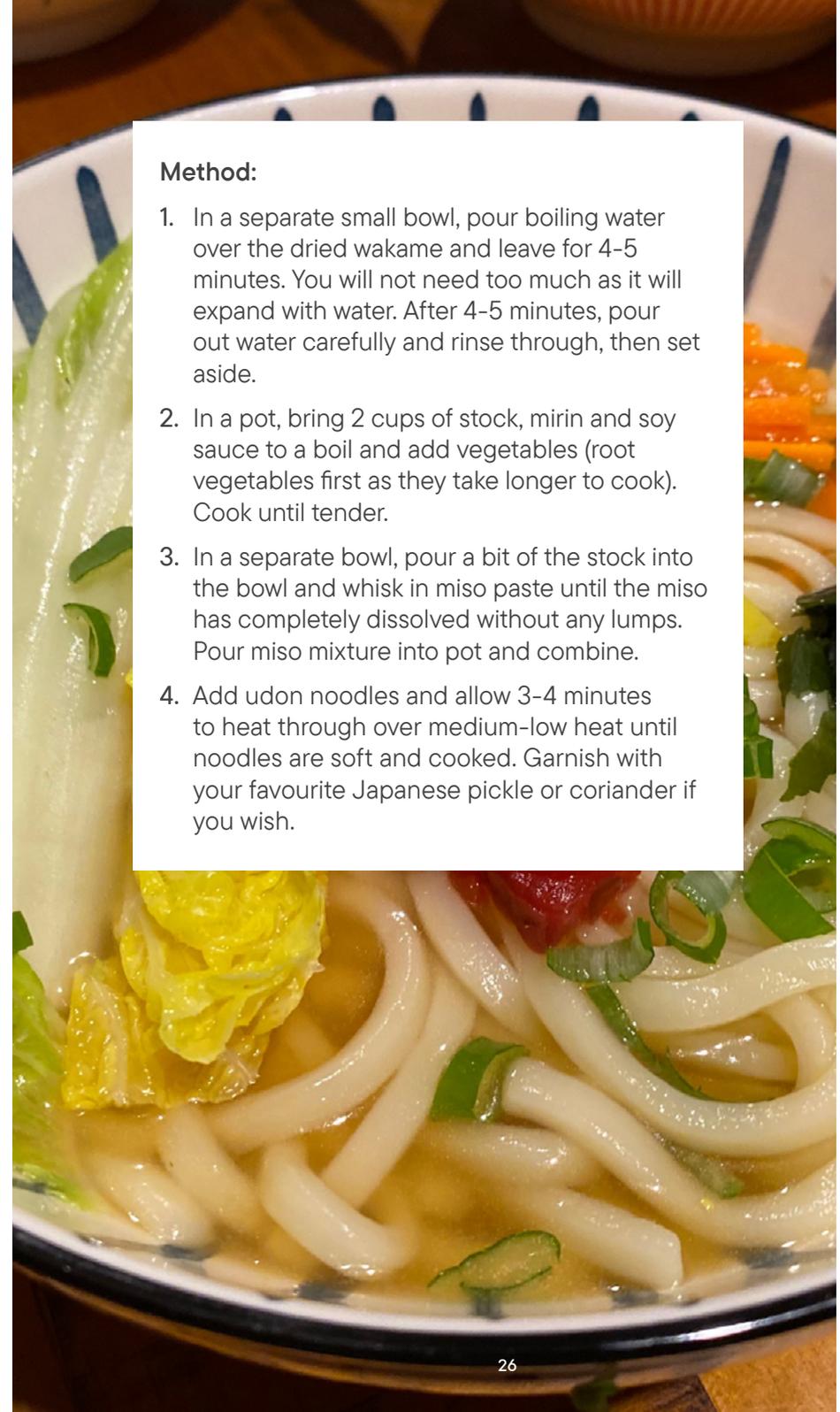
### Ingredients:

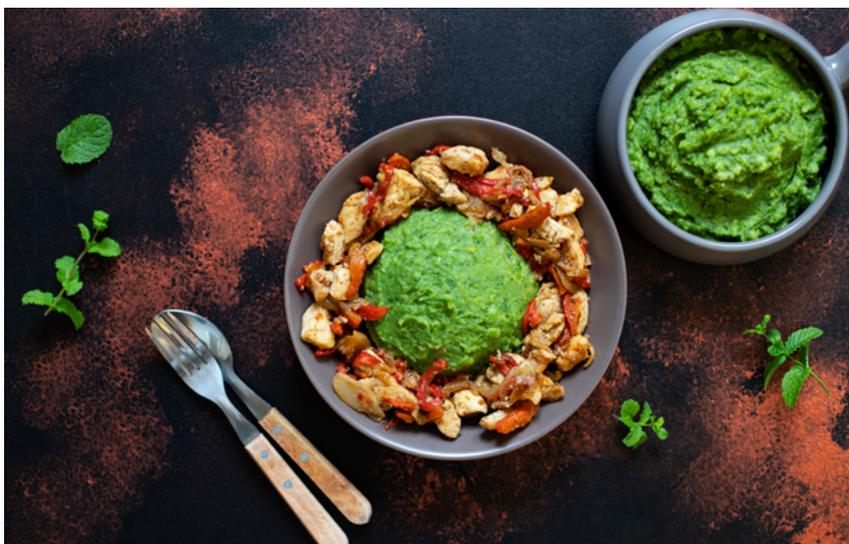
Vegetables of your choice – I often use bok choy, carrots, wakame	2 Tbsp mirin
	1 Tbsp soy sauce
3 cups Hondashi stock, if unavailable, any vegetable stock will suffice	2 Tbsp miso paste
	Udon noodles (can use frozen)

*Brings so much warmth and comfort. It is great for families as you can make as little or as much as you want very easily by just adding more noodles and vegetables.*

### Method:

1. In a separate small bowl, pour boiling water over the dried wakame and leave for 4-5 minutes. You will not need too much as it will expand with water. After 4-5 minutes, pour out water carefully and rinse through, then set aside.
2. In a pot, bring 2 cups of stock, mirin and soy sauce to a boil and add vegetables (root vegetables first as they take longer to cook). Cook until tender.
3. In a separate bowl, pour a bit of the stock into the bowl and whisk in miso paste until the miso has completely dissolved without any lumps. Pour miso mixture into pot and combine.
4. Add udon noodles and allow 3-4 minutes to heat through over medium-low heat until noodles are soft and cooked. Garnish with your favourite Japanese pickle or coriander if you wish.





## Mukimo

Traditional Kenyan family dish | Serves 5

### Ingredients:

3 cups of sweet corn

2 cups of peas

1kg of potatoes

*Healthy and easy to cook.*



### Method:

1. Boil vegetables until cooked.
2. Smash and mix the potatoes, corn and peas.

Total  
cooking  
time:  
25 min



COOK



GLUTEN FREE



## Myrtle's tomato relish

Australian savoury condiment | Serves 12

### Ingredients:

3kg Roma tomatoes

1.5kg brown onions

Salt

1kg sugar

$\frac{3}{4}$  cup vinegar

2 Tbsp curry powder  
(recommend Keen's brand in  
the orange tin)

3 Tbsp mustard powder

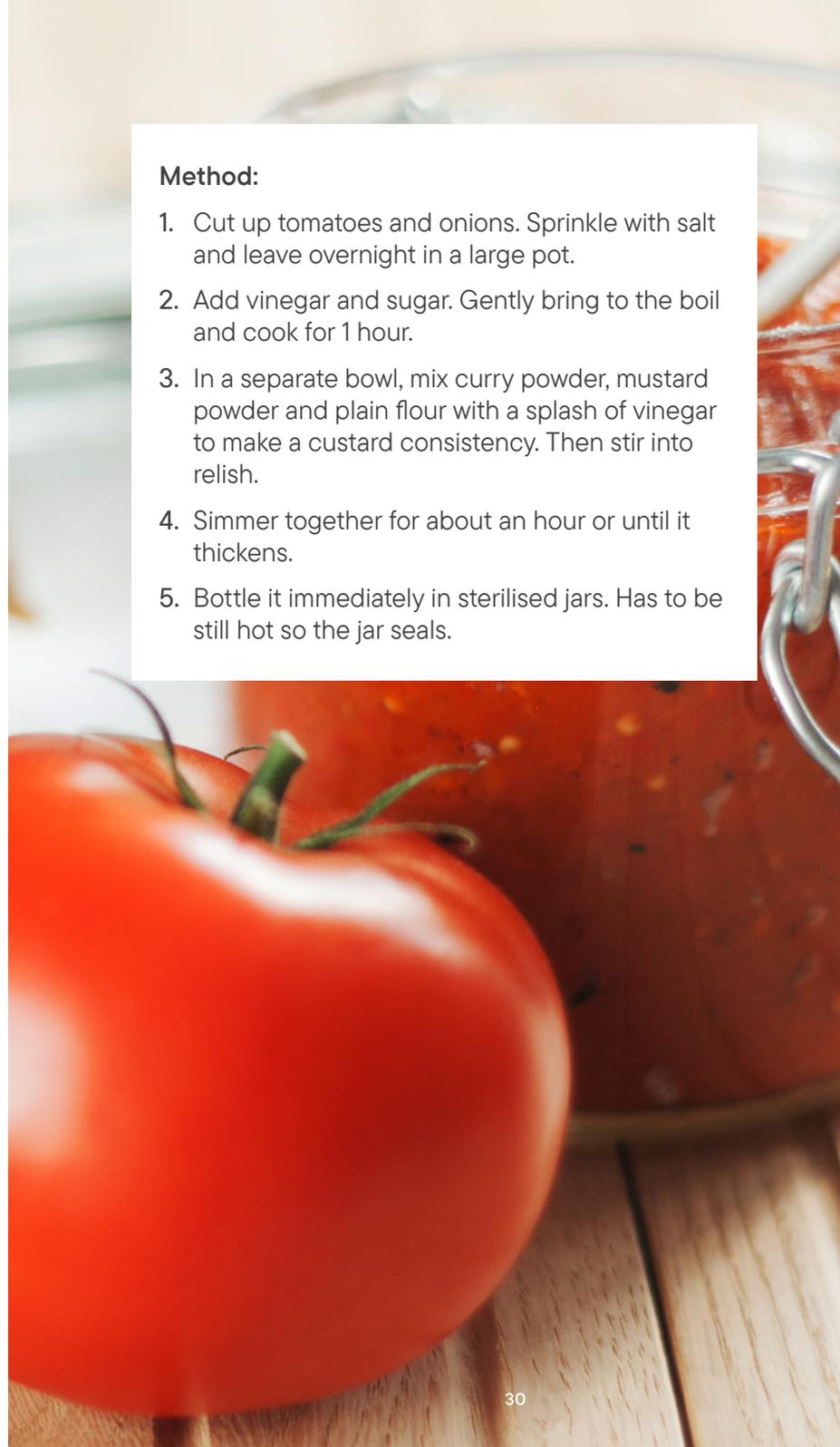
4 Tbsp plain flour

*It goes great on a roll, with crackers or on top of meat dishes  
to balance out other flavours.*

### Method:

1. Cut up tomatoes and onions. Sprinkle with salt and leave overnight in a large pot.
2. Add vinegar and sugar. Gently bring to the boil and cook for 1 hour.
3. In a separate bowl, mix curry powder, mustard powder and plain flour with a splash of vinegar to make a custard consistency. Then stir into relish.
4. Simmer together for about an hour or until it thickens.
5. Bottle it immediately in sterilised jars. Has to be still hot so the jar seals.

**Total  
cooking  
time:**  
2 hrs 20  
min, plus  
overnight  
soaking  
time





## Simple butter chicken

Indian family meal | Serves 4

### Marinade:

1 Tbsp ginger and garlic paste  
2 spoons of full cream thick yoghurt  
1kg chicken thigh fillets, diced  
Salt

Salt

2 Tbsp ginger and garlic paste  
2 cans of diced tomatoes  
1 tub of tomato paste  
50g (handful) of raw cashews

### Sauce:

3 spoons of ghee or butter  
1 small onion, diced (always add salt with onions for quick cooking)  
3-4 cardamom whole or 1 tsp powder

### Garnish:

2 spoons of full cream  
1 spoonful of sugar or honey  
Rice, to serve

### Method:

1. Mix together the marinade ingredients and marinate chicken for at least 2 hours.
2. Heat the ghee/butter and then onions, cardamom, salt, and ginger and garlic paste. Once the onion is translucent, add tomatoes and paste.
3. Cook 20-25 minutes on medium heat until the raw flavour of the tomato is gone. (Tip: the sauce will leave the oil on the edges.) Let the sauce cool down and then make a smooth paste (preferably strain it).
4. In a pan, take some butter/ghee and cook the marinated chicken until cooked through. Should take 10-12 minutes.
5. Add the sauce and cashew nuts, and cook on low flame for another 5 minutes.
6. Switch off the heat and add cream and sugar. Serve with steamed rice.

*Tangy and mild versatile curry – ideal for kids and adults for any occasion, goes with rice or bread.*

**Total cooking time:**  
35 min,  
plus 2 hrs  
marinating  
time



GLUTEN FREE



DAIRY



NUTS



## Zucchini slice (gluten free)

Australian savoury dish | Serves 6

### Ingredients:

1 cup grated cheese	½ cup oil
2 large zucchinis	1 cup gluten free self-raising flour
1 cup diced bacon	1 chicken stock cube (gluten free)
2 spring onions	¼ tsp salt
2 sprigs of parsley	
6 eggs	

*It's easy to prepare and delicious. It can be eaten cold also if there are leftovers.*

### Method:

1. Grate the zucchini and cheese into one bowl.
2. Cook the bacon in a frypan and add to the mix.
3. Chop the parsley and spring onion and add to the mix. Crack the eggs in and stir.
4. Add the chicken stock cube, salt, oil and gluten free flour then stir all together.
5. Pour into a rectangular baking tray and bake for 40 minutes at 180°C until cooked in the middle and brown on top. Slice up and serve warm.







**The Salvation Army Intercultural and All Abilities Team**

To create a more inclusive Salvation Army where everyone belongs

[www.mysalvos.org.au/diversity-and-inclusion-team/](http://www.mysalvos.org.au/diversity-and-inclusion-team/)

All recipes in this book were contributed by Salvation Army personnel and volunteers to celebrate the cultural diversity within The Salvation Army.