

**Chinese Cooking Demonstration
by Zaini Issadeen**

Recipe for Diced Chicken with Cashew

Ingredients:

- 1kg Chicken Breasts (cubed)
- 1 $\frac{1}{2}$ tsp salt
- 2 tbsp light soy sauce
- 2 tbsp Golden Mountain sauce
- 1 tbsp sesame oil

Marinate for 4-6 hours then sauté in hot oil on high heat until cooked.

- 2 tbsp chopped garlic
- 1 tsp chopped ginger
- 1 tsp crushed chillies
- 1 tbsp Soya sauce
- 10 tbsp tomato sauce
- 3 tbsp sweet chilly sauce
- Approx $\frac{1}{4}$ cup water]
- 2 tsp cornflour mixed together
- 1 tbsp Golden Mountain sauce
- 1 tbsp hoisin sauce
- 1 tsp chilly paste Sesame oil



In a tbsp or 2 of oil, sauté chopped ginger and garlic. Then add rest of ingredients until it boils. Add the cooked chicken and stir fry for a minute. Add 1 cup fried cashew just before serving and toss well. Sprinkle with sesame oil, spring onions and deep fried chillies.

**Malaysian Cooking Demonstration
By Kassie Hayes**

Recipe for Vegetarian Noodles (Rice Noodles)

Ingredients:

1. Rice Vermicelli 200g
2. 2 table spoon Soy Sauce (Seasoning Sauce)

3. Salt to taste
4. $\frac{1}{2}$ teaspoon Sugar
5. 2 teaspoon Sesame Oil
6. 2 teaspoon crushed Black Pepper.
7. Oil
8. One carrot
9. $\frac{1}{2}$ Cup Spring Onions
10. 1 Onion
11. $\frac{1}{2}$ cup shredded cabbage
12. 1 Tomato
13. 2 teaspoons crushed garlic



Method:

1. Cut all the vegetables finely. Heat oil in pan. Add all the chopped vegetables into the pan. Fry until half cooked.
2. Add the rice noodles. Mix well and cook for 10 minutes
3. Add the soy sauce, sugar, salt, black pepper and sesame oil. Stir well until cooked.
4. Serve immediately.

**Malaysian Cooking Demonstration
By Kassie Hayes**

Recipe for Ayam Lemak (Coconut Chicken Coriander)

Ingredients:

1. 2 Carrots
2. 2 Celery sticks
3. 2 Chicken Breast
4. Oil
5. 1 teaspoon crushed ginger.
6. 1 teaspoon crushed garlic.
7. 2 Brown onions
8. Salt to taste.
9. 3 teaspoon fresh coriander for garnish.
10. 3 teaspoon Curry Powder
11. Coconut Milk as needed.



Method:

1. Slice chicken breasts, slice celery, slice carrots and slice onions. Mix curry powder and coconut milk into a paste. Heat cooking oil in a pan.
2. Add the onions, garlic and ginger. Stir well until brown.
3. Slowly add curry paste. Stir for 30 seconds. Add everything together including the chicken. Simmer over low heat until well cooked.

Serve with steamed rice.

Allo ka Paratha

Pakistani Cooking Demonstration

Paratha with potato stuffing, Alloo ka paratha is everyone's favourite. It is often eaten for breakfast. Sometimes it is served at lunch because it is a substantial meal itself.

Ingredients:

2 cups flour, whole wheat
1 teaspoon salt
water for mixing
oil for frying

For Filling -

4 medium potatoes
1 small onion, finely chopped
2 whole green chillies, crushed
1 teaspoon coriander seeds crushed
1 teaspoon salt
1 teaspoon red chilli powder
1 teaspoon coriander leaves, chopped

How to Cook:

1. Sift flour with salt. Slowly add water. Mix well. Make a stiff dough. Cover with a damp cloth for 20 minutes.
2. Boil potatoes, peel and mash. Add onion, green chillies, coriander seeds, salt, chilli powder and coriander leaves. Mix well. Divide into 6 portions.
3. Knead dough well until smooth and pliable. Divide into 6 round balls. Flatten each ball slightly. Put one portion of filling in centre. Close up completely. Shape into round balls again.
4. Roll out each ball on a lightly floured board into a round disk 6" (15 cm) diameter.
5. Cook one at a time on a hot pan over medium heat. Put about 2 to 3

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tablespoons oil around the edges. Turn gently. Cook until sides turn golden brown.

6. Serve with yoghurt or Raita.

Indian cooking demonstration by Fazila Ismail

Recipe for Butter Chicken

- 1 Kg Chicken breast
- 1 cup yogurt
- 1 cup fresh cream
- 250 grams butter
- 2 teaspoon chilly powder (adjust according to taste)
- 2 teaspoon crushed red chilli (adjust according to taste)
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 2 teaspoon salt
- $\frac{1}{2}$ teaspoon turmeric powder
- 1 tablespoon ginger and garlic mix
- 1 onion sliced
- $\frac{1}{2}$ cup tomato puree



Method

Mix together, spices, yogurt and tomato puree.
Smear over chicken and marinate overnight.
Heat butter, add onions and fry until light brown over medium heat.
Add chicken and cook until nearly done.
Add fresh cream and simmer until done.

Somalian Cooking Demonstration By Anab Keinan

Recipe for Rice with Chicken

Ingredients:

- 2 chicken breast diced



3 cups of rice
2 table spoons of olive oil
1 onion chopped
3 garlic pieces
1 chicken stock
 $\frac{1}{2}$ teaspoon of cumin seeds
3 tablespoons of Mc Cain mixed vegetables
a pinch of salt
Water

Method:

1. Put the pan on the stove and heat 2 tablespoons of olive oil
2. Add the chopped up onion, 3 small pieces of garlic, diced chicken, chicken stock and cumin seeds and braise (stir)
3. Add a little bit of water then add the 3 cups of rice and stir
4. Wait 5 minutes than add Mc Cain mixed vegetables
5. Add pinch of salt
6. Simmer until done