

# SPAGHETTINI AGLIO OLIO

BY ADAM D'SYLVA

## INGREDIENTS

<b>500g</b>	spaghettini. Choose a good quality band with a rough texture.
<b>2 tbs</b>	table salt for the pasta water
<b>8</b>	birds eye red chillies, sliced
<b>5</b>	cloves garlic, chopped
<b>½ bunch</b>	flat leaf parsley, washed and chopped finely. Use the stem & leaf.
<b>250ml</b>	olive oil
-	Sea salt and fresh black pepper
<b>200g</b>	Pamigiano Reggiano cheese

## METHOD

1. Bring a large pot of water to the boil. Add the salt to be salty like the sea.
2. Add the spaghettini and cook ½ way, only for about 4 minutes.
3. Reserve 1 cup of the pasta water then strain out the spaghettini.
4. Now cook the sauce.
5. In a heavy based saucepan, add the oil and sauté the chilli and garlic briefly.
6. Add the pasta water then add the semi cooked pasta and parsley. Stir and flip vigorously to emulsify the oil, pasta water and the pasta. The sauce should be velvety and smooth.
7. Season with pepper and check for salt. The pasta water may provide enough seasoning.
8. Grate over a generous amount of Pamigiano cheese.
9. Serve immediately.

# BLACK PEPPER PRAWNS

BY ADAM D'SYLVA

## INGREDIENTS

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**24** whole prawns. Heads on, peeled and deveined.

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## SAUCE

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**2 tbs** Vegetable oil

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**1 cup** peppercorns, freshly crushed

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**3** cloves garlic, sliced

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**1** knob ginger, julienned

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**2** red banana chillies, julienned

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**200ml** chicken stock

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**1.5 tbs** soy sauce

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**2 tbs** oyster sauce

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**1 tbs** caster sugar

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**300g** butter, cubed

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## GARNISH

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- Coriander stems and leaves.

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- Lime

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- Steamed jasmine rice

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## METHOD

1. First, prepare all of your ingredients as described, this is a quick cooking recipe.
2. Heat a wok and the oil, chilli, garlic, ginger and peppercorns.
3. Fry until fragrant.
4. Add the chicken stock, oyster sauce, soy sauce and sugar. Check the sweet versus salty balance.
5. Add the butter and stir vigorously until emulsified and slightly thicker.
6. Add the prawns and cook in the sauce.
7. Serve with steamed jasmine rice, coriander sprigs and lime wedges.

# BROAD BEAN FUL MEDAMES

BY TOM SARAFIAN

This recipe is inspired by Sarafian's grandma Dika. It is his favourite dish that she cooks for him when he visits her. Sarafian shares his recipe with us, which can also be made with dried broad beans if you are unable to source them fresh.

## FUL

### INGREDIENTS

<b>1kg</b>	broad beans
<b>1</b>	brown onion, peeled and thinly sliced
<b>3 tsp</b>	cumin seeds
<b>1 tbsp</b>	sea salt
<b>3</b>	cloves garlic, peeled
<b>300ml</b>	olive oil
<b>500ml</b>	water

### METHOD

1. Place a medium-sized pot full of water on high heat and bring to boil. Pod broad beans then blanch in boiling water for 3 minutes.
2. Drain and set aside.
3. In the same pot, place sliced onion and olive oil. Cook over low heat for 5 minutes, or until softened, stirring occasionally.
4. In a small pan, toast cumin seeds over medium heat for 3 minutes.
5. Add cumin to mortar and pestle with a pinch of salt and grind to a coarse powder. Add garlic and continue to pound until you have a paste.
6. Add the garlic and cumin to onions and cook for 3 minutes or until fragrant.
7. Add broad beans and water, (the water should just cover beans, add more if necessary).
8. Bring to a gentle simmer then turn to the lowest heat possible, place a lid on the pot, and cook for 1 hour or until skins are very soft and tender.
9. Turn off and set aside to cool to room temperature.

## TARATOR

### INGREDIENTS

<b>375g</b>	tahini
<b>125ml</b>	orange juice
<b>110ml</b>	lemon juice
<b>1 tbsp</b>	water
	pinch salt

### METHOD

1. Place all ingredients in a bowl for tarator and whisk till smooth. The consistency should be similar to pour big cream, if too thick whisk in another tablespoon of water.
2. Set aside at room temperature.

# BROAD BEAN FUL MEDAMES

BY TOM SARAFIAN

## SALAD

### INGREDIENTS

½ bunch	spring onions
1 cup	cherry tomatoes
2	green chilli
1	Lebanese cucumber
¼ cup	pickled Iranian cucumbers
4	eggs
½ bunch	coriander, chopped
½ bunch	parsley, chopped
1	lemon, juiced

### METHOD

1. Bring a small pot of water to boil over high heat.
2. Add eggs, turn heat to medium, and cook for 7 minutes.
3. Drain and run cold water over eggs to stop cooking. Set aside.
4. Slice tomatoes, spring onions, fresh and pickled cucumbers into approximately 1 cm rings, place in a large mixing bowl.
5. Thinly slice green chilli and add to bowl.
6. Roughly chop herbs and add to the bowl along with a teaspoon of salt and lemon juice.

## TO SERVE

### INGREDIENTS

Black pepper
Smoked paprika
Cayenne pepper
Olive oil

### METHOD

1. When ready to serve, bring the ful to a boil, then with the back of a large spoon gently mash the beans against the side of the pot. The trick is to smash about half of the beans then leave the other half whole.
2. Remove from heat, add ½ cup of tarator and mix well, the ful will emulsify and become very creamy. If too thick add a splash of water.
3. Combine the salad ingredients and mix well.
4. Divide into 4 serving bowls or plates and top with egg.
5. Serve the remaining tarator on the side, along with the paprika, cayenne, black pepper and olive oil. Adjust the seasoning to your liking and enjoy.

## NOTES

- Iranian pickled cucumbers can be found at Persian grocery stores, small baby pickled cucumbers may be substituted.

# RAWAN'S FOUL

BY RAWAN ABDUL

Served with za'atar bread or Lebanese flat bread.

## INGREDIENTS

<b>3</b>	400gms tins Fava Beans
<b>4</b>	Garlic Cloves (microplaned)
<b>400gms</b>	Onions (finely diced)
<b>1</b>	Green Capsicums (medium, finely diced)
<b>4</b>	Tomatoes (medium, diced)
<b>1</b>	Long red chilli (roughly chopped)
<b>2 tbs</b>	Cumin seeds, ground fresh
<b>2 tbs</b>	Coriander seeds, ground fresh
<b>Pinch</b>	Kashmiri Chili
<b>1</b>	Lemon (juiced)
<b>1 bunch</b>	Parsley

## GARNISH

-	A few sprigs mint
-	Extra Virgin Olive Oil

## METHOD

1. Over a medium heat, sautee garlic and onions until the onion is translucent, add in diced capsicum, chilli and tomatoes and cook until quite soft.
2. Add the drained fava bean, freshly ground cumin, coriander, Kashmiri chilli and cook out, then mash while in pan.
3. Take off the heat and finish with the lemon juice, chopped parsley & serve with a good glug of olive oil and fresh mint.

# SRI LANKAN CHICKEN CURRY WITH CUMIN RICE

BY SASHI CHELIAH AND SARAH TODD

## CHICKEN CURRY

### INGREDIENTS

<b>1kg</b>	boneless chicken thigh, cubed
<b>1 tsp</b>	ground turmeric
<b>1 tsp</b>	ground chilli
<b>1 tsp</b>	coriander seeds
<b>4</b>	dried chillies
<b>1 tbsp</b>	black peppercorns
<b>1 tsp</b>	fennel seeds
<b>1 tsp</b>	white poppy seeds
<b>1 tsp</b>	Split gram lentils (Chana Dal)
<b>2 tbsp</b>	desiccated coconut
<b>1 tbsp</b>	ghee
<b>1 tbsp</b>	vegetable oil
<b>1 tsp</b>	mustard seeds
<b>2</b>	large onions, chopped
<b>2</b>	stems curry leaves
<b>1 tsp</b>	finely grated ginger
<b>1</b>	large clove garlic, crushed
<b>2</b>	large tomatoes, chopped
<b>1 tbsp</b>	garam masala
<b>100ml</b>	coconut milk
<b>1 tsp</b>	sugar
<b>1 bunch</b>	coriander, leaves picked
<b>-</b>	Salt to taste

### METHOD

1. For the Chicken Curry, place chicken, turmeric and chilli in a bowl and mix until chicken is well coated. Cover and set aside in fridge.
2. Place coriander seeds, dried chilli, pepper, rice, fennel seeds, poppy seeds, and desiccated coconut in a small fry pan. Set over medium heat and toast until fragrant, about 3 minutes. Transfer to a spice blender and process to a powder. Set aside.
3. Place ghee and oil in a heavy based saucepan and set over medium heat. Add mustard seeds and fry until they start to pop. Add onions and fry, stirring frequently, until soft. Add curry leaves, ginger and garlic and fry, stirring, until fragrant. Add tomatoes and cook, stirring, for a further 2 to 3 minutes.
4. Add marinated chicken pieces, Garam masala, dry spice powder and coconut milk, stir through and cook for 3 minutes. Add sugar and 1 ½ cups water and stir to combine. Bring to a boil then reduce heat and allow to simmer until chicken is cooked through, about 20-25 minutes. Add coriander leaves, season with salt and remove from heat. Set aside, keeping warm, until serving.
5. Best serve with Cumin rice

SERVES  
10

# SRI LANKAN CHICKEN CURRY WITH CUMIN RICE

BY SASHI CHELIAH AND SARAH TODD

## CUMIN RICE

### INGREDIENTS

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**1 cup** Basmati Rice

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**2 cup** water

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**1tbsp** ghee

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**½ tbsp** cumin

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**½ tsp** salt

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### METHOD

1. Wash the rice and set aside.
2. Dry roast the cumin and set aside.
3. Mix all the ingredients with water. Place the pot over medium heat until the water starts to boil reduce the low and cover with a lid and cook for 10mins.
4. After 10mins remove from the heat and allow the rice to rest for 5mins.