

# Our Community Cookbook



A collection of family favourite recipes with heart-warming stories from around South Australia.



# Everyday cooking for everyday people!



*Andrew and Giselle's recipes are featured in this cookbook.*

Together with our fabulous tenants across South Australia, Unity Housing is proud to bring you this collection of 18 delicious recipes as part of our new Community Cookbook.

Over the last six months we have been collecting, baking and tasting more than 30 recipes put forward by our tenants, and we hope you enjoy making them as much as we have enjoyed tasting them.

These much loved family favourites are delicious, no-fuss recipes suited for new cooks and experienced cooks alike, and are also available on Unity Housing's website as a downloadable PDF together with several bonus recipes that we couldn't squeeze into these pages.

*Eat well - Live well - Stay well*

**Xx From The Unity Housing Community Cookbook Team**



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# Lorraine's Cornflake Biscuits



Prep: 15 minutes



Bake: 15 minutes



Makes: 18 biscuits

## Ingredients

- 142g margarine
- 113g sugar
- 1 egg
- 1 ¼ cups self raising flour
- Crushed cornflakes

### NOTE

Various dried fruits may be added, such as sultanas or mixed peel.



## Cooking steps

1. Preheat oven to 180°C
2. Beat margarine and sugar to cream
3. Beat in egg
4. Mix in flour
5. Roll mixture into balls then roll balls in crushed cornflakes
6. Place on greased tray (allow for spreading)
7. Bake at 180°C for 15 minutes





# Sue's Apple & Cinnamon Slice



Prep: 10 minutes



Bake time: 20 minutes



Makes: 12 pieces



## Ingredients

- 1 packet butter or vanilla cake mix (a home brand packet)
- 1 cup desiccated coconut
- 125g melted butter
- 400g can apple mix (not in juice, the type you use in apple pie mix)
- 300g sour cream
- 1 tsp cinnamon sugar



## Cooking steps

1. Preheat oven to 180°C
2. Grease a square or round cake tin
3. Line tin with baking paper higher than the tin to help lift out
4. Mix cake mix, coconut and butter in a bowl
5. Press into lined cake tin and bake at 180°C for 15 mins then cool
6. Spread apple mix over sponge
7. Put sour cream over apple mix
8. Sprinkle cinnamon sugar over sour cream
9. Cook for 20 mins until sour cream sets
10. Let it cool in tin



# Lorraine's Fruity Super Slice



Prep: 15 minutes



Bake: 20-25 minutes



Makes: 20 pieces



## Ingredients

- $\frac{3}{4}$  cup butter
- 1  $\frac{1}{2}$  cups self raising flour
- 2 large eggs
- 2 cups rice bubbles
- 1 cup coconut
- 1 Tbsp golden syrup
- $\frac{3}{4}$  cup sugar
- $\frac{3}{4}$  cup sultanas
- 1 tsp vanilla essence
- $\frac{1}{2}$  tsp salt

## Cooking steps

1. Preheat oven to 180°C
2. Combine all dry ingredients including sultanas
3. Add eggs, vanilla and combine
4. Melt butter and syrup and add to mixture
5. Press into greased baking tray
6. Bake at 180°C for 20-25mins
7. While still warm, cut into squares
8. Leave to cool



# Alberton Dip



Prep: 15 minutes



Cook: 20-25 minutes

## Ingredients

- 1 egg
- 1 tsp mustard
- 1 tsp butter
- 6 Tbsp milk
- 2 Tbsp sugar
- 2 Tbsp vinegar
- pinch of salt
- 250g cream cheese
- 1 onion chopped
- 3 Tbsp gherkins chopped
- 3 slices ham chopped

## Cooking steps

1. In small saucepan beat egg
2. Add sugar, vinegar, salt, mustard, milk and butter
3. Bring to the boil, stir well
4. When cooled, add cream cheese and beat until creamy and smooth
5. Stir in ham, gherkins and onion



Chloe Bower came up with the idea to paint a recipe on the Stobie pole next to the Alberton IGA car park so if anyone needed a last-minute recipe, they could look on the Stobie pole and get the ingredients from the shop there and then. Neighbour Chelsea submitted the Alberton Dip recipe and says: "A group of friends in the neighbourhood would play cards once a week and bring a plate. One woman named Ann would make this recipe and bring it along so it was known as 'Ann's dip'. Then my mother would make it for family and friends and it was known as 'that dip Sandra makes'. Now lovingly re-named 'Alberton Dip', we hope some of you give it a try and it becomes 'that dip everyone from Alberton brings to a party'!"



# Bandit's Spring Rolls



Prep: 15 minutes



Fry until brown



Makes: 35 pieces

## NOTE

It's important to use sunflower oil and spring roll pastry. Remember to moisten the edges of the pastry to seal the spring rolls!

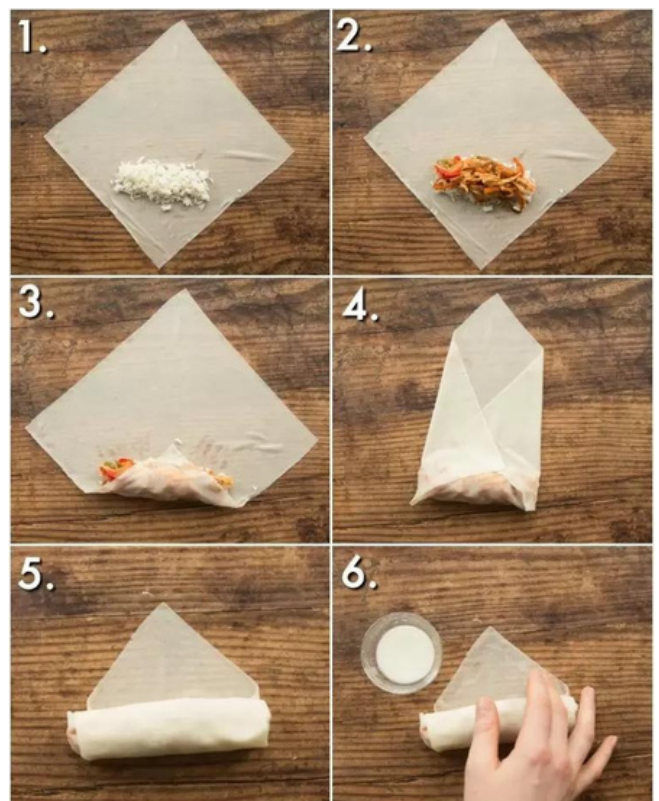
## Ingredients

- 500g chicken mince
- 150g vermicelli noodles
- 3 carrots (small/medium)
- 1 onion (medium/large)
- Spring roll pastry (medium)
- Salt and pepper
- 1 egg (for binding pastry)
- Sunflower oil



## Cooking steps

1. Finely grate carrot
2. Finely chop onion (you can sauté this)
3. Soak vermicelli in hot water until soft, drain and cut into small pieces
4. Mix carrot, onion, vermicelli noodles and raw mince together
5. Add a pinch of salt and pepper to taste
6. Beat egg (this is used to bind the pastry together)
7. Roll the spring rolls (see instructions, right)
8. Deep or medium fry in sunflower oil until golden brown





# Andrew's Lucky Dumplings



Prep: 25 minutes



Steam: 15 minutes



Makes: 30 pieces



## Cooking steps

1. In a bowl, combine pork mince, baby corn, garlic, water chestnuts, shallots and coriander with soy sauce, sugar and sesame oil. Stir until coated
2. Place 1 teaspoon of mixture to the centre of each wonton wrapper, brush with a little water or milk along to edges to enclose

## Ingredients

- 300g pork mince
- 1 tin baby corn finely chopped
- 2 cloves garlic finely chopped
- 2 Tbsp soy sauce
- 1 Tbsp caster sugar
- ¼ tsp sesame oil
- 2 Tbsp vegetable oil
- ¼ cup chopped water chestnuts
- 4 green shallots sliced plus extra to serve
- 1 bunch coriander finely chopped
- 300g packet wonton wrappers

### Dipping Sauce

- ¼ cup soy sauce
- 1 Tbsp lemon juice
- 1 Tbsp caster sugar
- 1 Tbsp mirin rice wine
- 1 Tbsp sesame oil

**For steamed dumplings:** Place dumplings in steamer basket lined with baking paper over a saucepan or wok with boiling water, or over a double boiler for a few minutes until cooked through.

**For fried dumplings:** Heat frypan to medium-high heat and add a drizzle of oil, pan fry dumplings a few times until crispy on one side. Drain on paper towel.

**Dipping sauce:** Combine all ingredients in a small bowl. Serve dumplings with dipping sauce with extra shallots if desired.

TIP

Use wonton wrappers available from Taings Noodles in Angle Park.



# Giselle's Potato Salad



Prep: 15 minutes



Cook: 25 minutes



Serves: 4-6



## Ingredients

- 4 large or 6 medium potatoes
- 1 dessert spoon salt
- 1 medium red onion or 3 spring onions
- 1 dill gherkin or 2 large Tbsp capers
- 5 anchovy fillets
- 1 tsp crushed garlic
- 2/3 cup frozen peas and corn
- 6 cherry tomatoes
- 3 Tbsp fresh dill
- ½ cup aioli

## NOTE

You can also add a boiled egg to the salad.



## Cooking steps

1. Cook potatoes with 1 dessert spoon of salt for 15 minutes
2. Add peas and corn to water for 10 minutes
3. Chop onion, anchovies, cherry tomatoes and dill
4. Drain and slice potatoes into quarters
5. Mix all ingredients in a large bowl
6. Serve with fish, meat, seafood or any protein of your choice



# Aaron's Hungarian Goulash



Prep: 25 minutes



Cook: 2-3 hours



Serves: 4-6

## Ingredients

- 700g stewing steak
- 2 chorizo sausages chopped roughly
- 1 large onion
- 1 red capsicum
- 1 green capsicum
- 2 Tbsp sweet paprika
- 300ml beef stock
- 4 potatoes (cut chunky but can cut how you prefer)
- 2 tomatoes diced
- 150ml sour cream (for serving)
- salt and pepper

## Cooking steps

1. Roughly chop and braise steak (braise steak separately)
2. Braise onion, capsicum and chorizo, add paprika and salt and pepper
3. Put all ingredients in a pot with the stock and tomatoes
4. Bring to the boil then reduce to a simmer with lid ajar
5. Slow cook for 2 to 3 hours
6. Dish is ready when all veggies are soft and tender with a fork

### NOTE

The longer it's cooked, the better. This meal could also be done in a slow cooker – just pop all ingredients in together.







**Cookbooks are more than just a collection of recipes, they are a snapshot of the community that created them. And this is never more true than when it comes to community cookbook champions – people who have come together to create something truly special. So without further ado, we would like to introduce you to three of our community cookbook champions.**

## ANDREW

Andrew started cooking at 10-years-old. As the oldest child, he often cooked meals for his three younger siblings and his parents, who worked long hours. Andrew was a natural cook who could make up meals and recipes. Andrew's parents were amazed by his self-taught ability and his natural instinct to "grab ingredients and throw them together". Naturally drawn to cooking, Andrew completed a Certificate III in Commercial Cookery at TAFE and then worked as a chef at The Elbow Room in McLaren Vale and in fine dining with famous chef Nigel Rich. Andrew enjoys making food for his wife and children so it needs to taste good, be nutritious and broaden his children's palettes. Andrew's family likes cooking together, especially pizza, Cornish pasties and cakes.





# GISELLE

Giselle uses her imagination to inspire her cooking, through trialing different ingredients and flavours together and she prefers not to use recipes. Giselle enjoys creating and writing her own. Giselle learnt to cook by watching her Mum when she was growing up. She made her first cake almost completely independently when she was five-years-old after watching her Mum make it first. Giselle is an accomplished author and her life story has been published in her autobiography titled *Shadows over the Sun*, available online.



# MANDY

Mandy developed an interest in cooking when she began cooking and baking at home as a young child. She always loved helping her Mum and Grandma in the kitchen with measuring and mixing ingredients. Mandy recalls her early memories of cooking with great fondness, and remembers licking the beaters and tasting the yummy creations. Mandy's Date and Nut Loaf recipe (pictured) is one of her beloved recipes from her Grandma (Laural) Crump. Grandma Crump, who has sadly since passed, was an amazing self-taught cook who was well known by family and friends for her delicious cakes, slices, pies, pikelets and scones. Grandma Crump's Date and Nut Loaf was Mandy's favourite. She says: "I have so many wonderful memories visiting Grandma; laughing and chatting over morning or afternoon tea while eating this yummy loaf with a dob of butter. I think the love she put into her cooking is why it tasted extra special."



# Sue's Chicken & Broccoli Pasta



Prep: 15 minutes



Cook: 20 minutes



Serves: 4



## TIP

You could also add some bacon to this dish.



## Ingredients

- 400g chicken thighs
- 1 Tbsp crushed garlic (home brand jar)
- 2 bunch broccoli
- 2 Tbsp chicken stock powder
- 2 cups penne pasta
- 150ml cream
- olive oil
- ground pepper

## Cooking steps

1. Heat oil in pan and sauté chicken
2. Add garlic to personal taste and stir with chicken
3. While chicken is cooking, in a separate pot boil water and add pasta
4. After pasta has been cooking for 5 minutes add broccoli and cook to desired consistency
5. Drain pasta keeping half a coffee cup of the pasta water for the sauce
6. Add pasta, broccoli and pasta water to the chicken and stir to combine
7. Mix in chicken stock powder
8. Add cream and mix in
9. Add pepper to taste



# Jayanthi's Chicken Curry



Prep: 25 minutes



Cook: 45 minutes



Serves: 3 (small)



## Ingredients

- 500g chicken thighs
- 1 onion
- 3 garlic cloves
- 1 tsp chilli powder
- 1 tsp roasted curry powder
- ½ tsp turmeric powder
- 1 tsp pepper powder
- 1 Tbsp olive or vegetable oil
- 2 tomatoes
- 1 cup water
- pinch of salt

## Cooking steps

1. Heat oil in pot
2. Add onion and garlic and sauté for 2 minutes
3. Add chilli powder, curry powder, turmeric and pepper
4. Add tomatoes, salt and water
5. Put lid on and cook for 45 minutes, stirring and checking every 15 minutes, adding more water if needed
6. When ready, leave to cool for 15 minutes and serve with rice or bread

### TIP

Double the ingredients to make 5 generous serves.

# David's Mixed Dahl



Prep: 45 minutes



Cook: 90 minutes



Serves: 6-8



## Ingredients

### Spice mix

- 1 (small) jar Massaman curry paste
- 4 heaped tsp chopped garlic
- 4 heaped tsp chopped/crushed ginger
- 1 Tbsp/handful dried salted anchovies

### Dahl

- 2 ½ Tbsp vegetable oil
- 2 brown onions finely chopped
- 1 large leek finely chopped
- 1 large carrot (around 180g) finely chopped
- 1 medium capsicum (yellow or red) finely chopped
- Approx 12 medium green stringless beans sliced, around 3mm
- ½ cup whole red (or brown) lentils
- ½ cup quinoa
- ½ cup yellow split peas
- ½ green split peas
- ½ cup buckwheat
- 2 Tbsp amaranth\*
- 3 to 4 cups vegetable or chicken stock

*\*if you can't find amaranth at the supermarket or health food store you can leave it out*

## Cooking steps

1. Crush dried anchovies, cover with remaining spice mix ingredients and chop thoroughly to break up anchovies and blend the ingredients then set aside
2. In a large casserole pan combine chopped onions with oil and fry on high heat until the onions clear
3. Add the chopped leek and stir fry until soft
4. Combine and add carrot and capsicum and stir in, cooking briefly
5. Add green beans and stir in, cooking briefly
6. Add spice mix and stir constantly for 1 to 2 minutes
7. Add red lentils and stir for around 1 minute
8. Add half to one cup of water/stock, stirring to loosen the mixture (use water and a Massel stock cube cut into the mix before the final simmering)
9. Stir in and combine quinoa, split peas, buckwheat and amaranth for a few minutes, adding a little liquid if needed for loosening. Continue adding stock gradually, stirring until the grains are covered and the mixture is simmering
10. Keep adding liquid as the dahl absorbs it, and keep stirring (like making a risotto) for 15 to 20 mins until the grains have softened but still have a little bite



# Jerome's Chicken Soup in a Pot



Prep: 20 minutes



Cook: 1 hour



Serves: 4-6



## NOTE

This is a handy recipe for weekly meal prep and it's easily stored in plastic containers.

## Ingredients

- 1kg chicken drumsticks (leave skin on)
- 3 carrots peeled and sliced
- 2 potatoes peeled and chopped into chunks
- 1 onion diced
- 3 garlic cloves finely diced
- 1 litre chicken stock
- Bok choy chopped
- 3 sticks celery sliced
- knob of ginger diced
- olive oil
- salt and pepper to taste

## Cooking steps

1. Using a large pot on low heat add olive oil and sweat off garlic, ginger and onion
2. Add celery and mix together
3. Once sweated off add drumsticks and let them cook for a minute while mixing around well in the pot
4. Add chicken stock (stock should be just above the chicken)
5. Add potato
6. Bring to the boil then simmer for 1 hour
7. Add carrots and bok choy after 30 minutes when chicken is tender and ready to eat



# Troy's Butter Chicken



Prep: 10 minutes



Cook: 35 minutes



Serves: 4-6

## Ingredients

- 300g chicken thighs cut into pieces
- 2 packets Thai vegetables frozen
- 'Passage to India' butter chicken sauce packet
- Hokkien noodles or rice
- 1 Tbsp oyster sauce
- 1 Tbsp Worcestershire sauce (optional)
- 1 Tbsp sunflower or vegetable oil

## Cooking steps

1. Heat oil and cook chicken
2. Add vegetables and simmer until cooked
3. Add sauce and optional sauce if using and simmer for 10-20 mins until warm and combine
4. Serve with noodles/rice



## NOTE

This can all be cooked in the microwave too!





# Wendy's Boiled Pineapple Fruit Cake



Prep: 30 minutes



Bake: 1 ¼ - 1 ½ hours



Makes: 16 pieces



## Ingredients

- 400g can crushed pineapple in juice
- 125g cubed butter
- 1 cup light brown sugar
- 500g minced dried fruit
- 1 tsp bi-carb soda
- 1 cup self raising flour
- 1 cup plain flour
- 1 to 1 ½ tsp mixed ground spices (can use extra spice to taste)
- 2 eggs beaten
- ½ cup blanched almonds for decoration

## Cooking steps

1. Preheat oven to 160°C. Grease or line a 21x21x8cm deep cake pan
2. Place pineapple and juice into a large saucepan
3. Add cubed butter, sugar and dried fruit. Bring to the boil and reduce heat
4. Simmer for 10 minutes then remove from heat
5. Stir in bi-carb soda and allow to cool
6. Stir in sifted flours and spices
7. Add beaten egg and mix thoroughly
8. Spoon mixture into prepared tin
9. Arrange almonds on top
10. Bake for 1 ¼ to 1 ½ hours (depending on oven)
11. Allow to cool for 10 mins then turn out onto wire rack to cool



# Connor's Sticky Date Pudding



Prep: 15 minutes



Bake: 25 minutes



Serves: 8



## Cooking steps

1. Pre-heat oven to 190°C
2. Cook dates, bi-carb soda and water on low heat until jam consistency and allow to cool
3. Beat butter and sugar with electric beaters until pale and creamy consistency. Beat in eggs and vanilla essence. Stir in flour and date mixture until combined
4. Pour mixture into a greased baking tin and bake in centre shelf of oven at 190°C for 25 minutes or until cooked
5. Pour sauce ingredients into a saucepan and cook on low heat until combined and sugar dissolved
6. Serve cake warm with drizzle of sauce

## Ingredients

### Cake

- 185g pitted dates chopped
- 250ml water
- 60g butter
- 185g sugar
- 2 small eggs
- 1 level tsp bi-carb soda
- 1 cup self raising flour
- ¼ tsp vanilla essence

### Sauce

- 150g brown sugar
- 150ml cream
- ½ cup butter
- ½ tsp vanilla essence





# Mandy's Date and Nut Loaf



Prep: 15 minutes



Bake: 50 minutes



Serves: 8



## Ingredients

- 1 cup chopped dates
- ½ cup sugar
- 2 cups self raising flour
- 2 Tbsp butter
- 1 egg
- ½ cup walnuts (or almonds)
- 1 ½ cups boiling water

## Cooking steps

1. Preheat oven to 190°C
2. In a bowl pour boiling water over chopped dates
3. In a separate bowl cream butter and sugar
4. Add egg, nuts and flour
5. Pour water and dates in when cooled
6. Pour mixture into cylinder baking tins  $\frac{3}{4}$  of the way, leaving the space for it to rise
7. Bake for 50 minutes at 190°C

### TIP

If you don't have a nut roll tin you can use a washed/clean baked bean tin. Simply grease or line with baking paper.

# Marianne's GF Lemon Cheesecake



Prep: 20 minutes



Refrigerate: 4 hours



Serves: 8



## Ingredients

- 1 packet GF ginger nut biscuits crushed
- 80g melted butter
- 250g cream cheese softened
- 1 Tbsp lemon juice
- ½ cup sugar
- 2 Tbsp gelatine
- 1 ½ Tbsp boiling water
- 300ml cream

## Cooking steps

### Base

1. Mix crushed ginger nuts and melted butter
2. Press into greased pie dish, over bottom and part way up sides
3. Refrigerate

### Cheesecake filling

1. Beat together the cream cheese, lemon juice and sugar
2. In a separate bowl dissolve gelatine over boiling water, mix well with a fork, let cool
3. In another bowl whip cream until thick
4. Beat gelatine mixture into cheesecake mix then gently fold in whipped cream
5. Spoon over cooled base and refrigerate until set



# Thank You

First and foremost, Unity Housing wishes to express our sincere appreciation to our Tenants who contributed their recipes, time and advice throughout the baking, tasting and creation of this collaborative Community Cookbook. Recipes have been submitted from across South Australia and come to you from home kitchens in Adelaide, Millicent, Naracoorte and beyond. Thanks to our project funding partner SA Health without whom this cookbook would not have been possible.

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*We hope you enjoy!*

