

FOOD FROM OUR HOMELAND

Armenian Gata

Recipe supplied by Lilit Petrosyan

ingredients

2 sheets of puff pastry
6 tablespoons of self-raising flour
6 tablespoons of white sugar
6 tablespoons of olive oil
1 egg
Baking paper

directions

Set oven to 220C (430F)

- Ensure puff pastry is at room temperature
- Combine flour, sugar and olive oil until well mixed
- Place two sheets of puff pastry on the bench
- Spread half of the filling mixture evenly over the surface of each sheet
- Place thumb and forefingers of both hands on the end of the sheet nearest you on the bench.
- Roll each sheet forward (like rolling up a carpet), until the furthest end is **underneath** the rolled up sheet (it is a loose end)
- You now have the Gata ready to cut.
- Using a very sharp knife, gently cut your roll into 4-5 pieces.
- You now 4-5 discs of Gata
- Line baking tray with baking paper
- Using a flat knife transfer them carefully into the baking tray, lying them flat
- Ensure the loose end does not come away from the rolled up sheet, but remains in place, when you lay it flat
- Separate egg yolk and white and beat egg yolk with fork
- Brush each serve with egg yolk
- Place tray in oven for 20-25 minutes, until golden brown in colour.

Serve warm or cold.

Optional: Variations add one or more of the following to filling

- 2 tablespoons of sultanas (each sheet needs one tablespoon)
- 2 tablespoons of walnuts (each sheet needs one tablespoon)
- a pinch of cinnamon powder

Office for the Ageing



Government
of South Australia

SA Health

FOOD FROM OUR HOMELAND

Urfa Kololak

Recipe supplied by Lilit Petrosyan

ingredients

- 2 medium eggplants (approximately 700gr)
 - 1 cup of virgin olive oil (250 mls)
 - salt and black pepper to taste
 - 10 tablespoons of salsa (Mexican Mission Salsa chunky medium or Old El Paso mild chunky tomato salsa)
 - 2 garlic cloves
 - 1/2 medium-sized sliced green or red capsicum
- One handful of fresh parsley or coriander to garnish dish when complete

Meatballs

150g mix of ground lean beef mince

- 150g turkey mince
 - 50ml of cold water to sprinkle over the meat mix
 - 0.5 teaspoon ground black pepper to taste
 - 0.5 teaspoon smoked paprika to taste
 - 0.5 teaspoon Cayenne pepper or crushed red chillis to taste
 - 1 teaspoon of dried herbs (e.g. parsley, basil, or dill)
 - 1-2 cloves of garlic finely chopped
 - 0.5 medium brown onion, finely chopped
 - Salt to taste
- 1/2 medium capsicum (red or green) finely chopped

directions

You will need a baking pan. We can use individual silver platters to save space in the oven. **Heat oven to 190C NOT fan forced**

- Wash eggplants and dry with paper towel.
 - Cut the eggplants into circles of 2-3 cm diameter.
 - Fry them on both sides in preheated oil until golden in colour.
 - Lightly salt and set aside on paper towel.
 - To make **meatballs**, place all ingredients in the large bowl, put a splash of water in the palm of your hand and combine all ingredients, using both hands. The water is to help keep it moist.
 - Using a dessertspoon as a measure (to create equal-sized meatballs), scoop out meat mix and roll each in your hands to shape the ball.
 - To make tomato base for the dish mix 2 cloves of finely chopped garlic with salsa to create an even blend.
 - Drizzle baking pan with half of the tomato mix.
 - Arrange meatballs and eggplants in the baking pan, by placing side by side, alternating each element in a pattern.
 - Season top with salt and pinch of paprika.
 - Drizzle remaining tomato mix on top.
 - Arrange sliced peppers over and in the dish.
 - Cover with foil and bake at 190C for 25 minutes
- Use a knife to check if meat is properly cooked. Ease sharp end into a meatball. If it is moist, yielding and juicy it is ready. Also, eggplant needs to be turning a little brown. Check with knife. If soft, it's ready.
- Remove foil, increase oven temperature to 205C (400F) and bake another 10 minutes to brown it at the top. If not ready cook another five minutes under foil and recheck before removing foil.
 - Let it stand 10-15 minutes before serving.
- Garnish with fresh herbs (coriander, parsley etc).

Options

This dish can be cooked on the stovetop using a thick-based stove-top cooking pan.

Office for the Ageing



Government
of South Australia

SA Health



MCCSA

FOOD FROM OUR HOMELAND

Eggplant Dahl Curry

ingredients

Recipe supplied by Akhter Ramon

- 100g yellow split mung beans
- 1 Eggplant, cut into roughly about an inch size pieces.
- 5-6 cherry tomatoes, chopped into quarters
- 2 sprigs of fresh curry leaves
- 4 fresh Bay leaves
- 2 cloves of garlic, thinly sliced
- 2 tsp garlic paste
- 2 tsp ginger paste
- 2 large onions finely sliced
- 2 tsp ground turmeric
- Chilli powder (to taste)
- 1tsp ground Cumin seeds
- ½ tsp ground Coriander seeds
- 1tsp Panch (means, 5) Phoran (can get it in Indian or Afghan Shops: or the following ingredients can be separately used in ¼ tsp amounts:
 - `whole cumin seeds
 - `whole fennel seeds
 - `whole fenugreek seeds,
 - `whole black cumin seeds,
 - `whole black mustard seeds
- 4 long dry red chillies
- 2 fresh green chillies
- 3 tbs Sunflower oil (for cooking):
 - 1 tbs Mustard oil (for flavour)
 - 2 tbs Rice oil for frying onions and panch phoran
- Salt to taste
- ½ cup yoghurt (for garnish) (optional)
- Finely chopped coriander leaves (for garnish)

Optional can also add a couple of lime leaves

directions

Step 1:

- Halve then quarter eggplant and chop into one inch pieces then soak in water for awhile.
- Dry roast the mung beans in a frying pan: about 3-4 minutes. Keep stirring, and remove from heat when the mung beans turn golden.
- Wash the roasted mung beans, draining by hand, and place them in a pot with 2 cups of water. Add the turmeric, half of the sliced onions, garlic paste, ginger paste, ground cumin seeds, ground coriander seeds, sunflower oil, chilli powder, salt.
- Place the pot, covered, on the cooktop, and turn the heat on. Stir from time to time, watching that it does not boil over. Reduce heat to medium when bubbles arise, and cook, covered, stirring from time to time, till the beans are half cooked: about 15 minutes.
- Add the eggplant, the tomatoes, the green chillies, a little water as required, and the mustard oil. Cook till the vegetables are done, and the dahl has a thick soupy consistency.
- Remove pot from heat.

Step 2:

Heat the Rice Oil in a frypan. Add the sliced garlic, and the Panch Phoran, stirring constantly, till the garlic gets golden. Add the rest of the sliced onions, Curry leaves, Bay leaves, and the dry red Chillies, and stir constantly. Remove from heat when the onions are golden, and pour the oil with its ingredients into the cooked dahl. Stir in the fried ingredients. Place the dahl pot back on low heat, and simmer for 5 minutes, covered.

Garnish with coriander leaves.

Serve with cooked Basmati Rice (Indian Gate brand), and a dollop of yoghurt (if using).

Eat with fingers or spoon and fork.

Office for the Ageing



Government
of South Australia

SA Health



MCCSA

Arroz Caldo

Recipe supplied by Miriam Cocking

ingredients

2 pieces of chicken thigh fillet (cleaned, washed, drained and cut into square inch sizes)

1 cup of sticky glutinous rice (washed rice until water is clear and drain

1/2 small to medium size white onion (cut in small squares)

½ tsp of grated ginger

1 Tbs. of crushed garlic (when fried set aside for garnishing)

2 Tbs of Vegetable/canola oil

2 cups of clear chicken broth

½ of baby spinach (rinsed and drained

1 stem of spring onion (washed, drain and sliced thinly for garnishing)

2 quail eggs (cooked and chop coarsely for garnishing)

1/8 teaspoon of salt

Dash of ground white pepper

2 slices of lemon

directions

- Heat sauce pan over the stove on a low heat.
- Make sticky rice by rinsing rice until water is clear, drain and set aside.
- When saucepan is warm enough, add the oil heat it until it reaches desired temperature.
- Add crushed garlic to the heated oil and toss until golden brown, dish it out and drain on a piece of grease proof paper.
- Slice white onion and grate ginger and add to pan at the same time, toss together and when onion sautes, add the chicken pieces.
- Keep tossing the chicken for a minute or so then add sticky rice and the chicken broth.
- Stir the mixture every so often until chicken and rice cooked to avoid sticking at the bottom of the saucepan.
- Add baby spinach and toss till spinach wilted.
- Add salt and pepper to taste.
- Dish out Arroz Caldo into a bowl.
- Garnish with chopped quail eggs in the middle of the dish.
- Add fried crushed garlic on top of the egg.
- Sprinkle the Arroz Caldo with finely chopped spring onion.
- Place bowl on a plate and place a sliced of lemon on the side.
- Squeeze lemon of top of the dish and mix it up before eating.



FOOD FROM OUR HOMELAND

Spanakopita

Recipe supplied by Anastasia Volis

ingredients

1 pkt of filo pastry fresh or frozen (frozen must be removed from freezer 1 hour before cooking session) or make your own

250 grams unsalted butter

1 cup olive oil

(start with 125 grams of butter and 1/2 oil) combine more if needed

Some of oil will be used for sautéing spinach and spring onions

1 bunch of spinach

1 cup crumbled feta

1 cup crumbled ricotta

1 egg

Dash of milk

1/2 teaspoon dried dill or 1 dessert spoon chopped fresh dill

Pinch of dried oregano (can use fresh if have it)

1/2 teaspoon dried parsley (can use fresh if have it)

Salt to taste

Pepper to taste

directions

Preheat oven to 180 degrees Celsius

Step 1

Remove leaves from stems and discard stems, wash spinach and chop coarsely.

Chop spring onions finely.

In a saucepan/frypan, heat a little oil and lightly sauté spinach until soft over a low heat, approximately 5 minutes to wilt spinach, do not brown.

Remove spinach from saucepan/frypan and set aside, allow the moisture to drain away, place in colander or something similar.

Then add spring onions into the saucepan/frypan and sauté until soft, drain as above.

Leave spinach and spring onion to cool, when cool drain all excess liquid by either gently squeezing with the back of a wooden spoon or a with your hands.

In a small bowl add feta cheese, ricotta, dill, oregano, parsley and beaten egg, dash of milk mix well.

Add cooled and drained cooked spinach and spring onion to bowl and mix well. Season well with pepper and add salt to taste.

Step 2

Use a rectangular tray with a high side; make sure the tray is smaller than your filo pastry sheet, as you need some pastry to hand over the sides.

Melt butter and oil. Start with 125 grams of butter and 1/2 cup oil. Make more if needed. Brush the melted butter and oil mixture over the bottom and sides of baking dish.

To prepare filo, Place one sheet of filo on chopping board or bench, Brush with butter and oil mixture, cover with another sheet of pastry, brush with butter oil and mixture, repeat these steps until you have 8 sheets all together, move to baking dish allow pastry to hang over sides of tray, can be trimmed later if necessary.

Step 3

Add spinach, cheese etc. mixture into the base of the pastry lined baking tray and spread evenly over pastry layers.

Step 4

To prepare filo for top of the spanakopita, add two sheets of pastry on top of spinach mixture, brush with butter oil mix, repeat 4 times until you have 10 sheets of pastry in top layer.

Overlap the pastry hanging on the side of the tray with the top layers of pastry you may need to trim the excess pastry if necessary.

Make sure the top sheet of filo is covered well with the oil and butter mix so that is almost wet, this will give it a crunchy golden top colouring.

Step 5

Cook in preheated oven (180 degrees Celsius) for 45-55 minutes or until golden brown.



MCCSA

Office for the Ageing



**Government
of South Australia**

SA Health

Satay Ayam

Recipe supplied by Henny Alianto Kadarwsman

ingredients

400 grams thigh fillet

2 brown onions

2-3 cloves Garlic

sweet soya sauce

vegetable oil

6 skewers

directions

- 2 cloves of garlic, 8 slices of onion, chopped together.
- Cut chicken 2x2 cm.
- Place 5 pieces of chicken on each skewer.
- Marinate with chopped garlic and onion, oil and sweet soya sauce. Leave it for 15 minutes.
- Heat griddle frying pan 120 degrees Celsius and brush with oil.
- Place chicken on frying pan, turn until golden brown (10 minutes).

Satay Sauce

ingredients

100 ml water

4 tablespoons crunchy peanut butter

2 tablespoons soya sauce

½ lemon

Salt

Sugar

Pepper

directions

- Heat saucepan 100 degrees Celsius, add 100 ml water, 4 tablespoons peanut butter, 2 tablespoons soya sauce, squeeze of lemon, pinch of pepper, sugar and salt.
- Stir until even and thick.
- Serve sauce on top of cooked satays.



Nasi Goreng

Recipe supplied by Henny Alianto Kadarwsman

ingredients

2 brown onions
2 clove garlic
4 pieces of candle nut
1 tbl Sweet Soya Sauce
4 tbl vegetable oil plus additional oil for cooking fried egg
2 eggs
2 bowls of cooked rice
Pepper
Pinch of salt (to taste)
Pinch of sugar (to taste)
1 tsp fried onion
2 tomatoes
1 Lebanese cucumber

directions

- Combine garlic, 8 slices of onion and candle nuts in mini blender or finely chop by hand.
- Heat up frying pan then add oil.
- Add chopped garlic, onion and candlenuts to oil and stir until golden brown.
- Add steamed rice and stir until golden brown (5 minutes).
- Add 1 tablespoon soya sauce, pinch each of salt, pepper and sugar to taste.
- Heat a frying pan to 80 degrees Celsius, break 2 eggs on frying pan, add a pinch of salt.
- Turn around until cooked.
- Serve on two plates add fried egg, 2 slices of tomato, 2 slices of cucumber and a pinch of fried onion.

Note re cooked rice

Rice is best cooked in the morning if using it later that day.

- Wash the rice with tap water, rinse.
- Place rice in rice cooker, add water about 2,0 cm on top of rice.
- Switch “ON”
- Rice will be cooked automatically.



Bulgogi

Recipe supplied by Clair Ross

ingredients

- 500g thinly sliced sirloin beef
- ½ brown onion
- 2 tablespoons frying oil
- 2 ½ tablespoons Korean soy sauce
- 2 tablespoons sugar
- 2 cloves of chopped garlic
- 1 tablespoon sesame oil
- 1 tablespoon (15ml) red wine
- 2.5 grams of black pepper (good pinch)

directions

- Slice onion into thin slices and set aside
- Combine soy sauce, sugar, chopped garlic, sesame oil, red wine and black pepper in a large bowl and whisk with fork.
- Add sliced beef to marinade and make sure the sauce covers all of the beef. You will need to use your hands to massage everything together.
- Marinate the beef for about 30 minutes.
- Heat frying pan on high heat, then add oil and stir fry the meat until it is slightly brown on both sides. Pan should be hot enough so that the meat sizzles as it touches the pan.
- Add sliced onion.
- Optionally, you could also add other ingredients such as finely sliced carrot at this stage if you want more vegetable.

FOOD FROM OUR HOMELAND

Kimbap

Recipe supplied by Clair Ross

ingredients

- 500g thinly sliced sirloin beef
- ½ brown onion
- 2 tablespoons frying oil
- 2 ½ tablespoons Korean soy sauce
- 2 tablespoons sugar
- 2 cloves of chopped garlic
- 1 tablespoon sesame oil
- 1 tablespoon (15ml) red wine
- 2.5 grams of black pepper (good pinch)

directions

- Slice onion into thin slices and set aside.
- Combine soy sauce, sugar, chopped garlic, sesame oil, red wine and black pepper in a large bowl and whisk with fork.
- Add sliced beef to marinade and make sure the sauce covers all of the beef. You will need to use your hands to massage everything together.
- Marinate the beef for about 30 minutes.
- Heat frying pan on high heat, then add oil and stir fry the meat until it is slightly brown on both sides. Pan should be hot enough so that the meat sizzles as it touches the pan.
- Add sliced onion.
- Optionally, you could also add other ingredients such as finely sliced carrot at this stage if you want more vegetable.



MCCSA

Office for the Ageing



**Government
of South Australia**

SA Health

FOOD FROM OUR HOMELAND

Piragi

Recipe supplied by Ulla Gicasvili

ingredients

2 cups plain flour
2 level teaspoons of granulated yeast
1/2 teaspoons salt
125 ml milk
125 ml sour cream
2 eggs
100 gm butter

FILLING

300 grams bacon
200 grams onions
2 tablespoons oil
30 grams butter

directions

- Preheat oven to 180 fan-forced or 200 degrees normal.
- Dice bacon and onions and fry gently in the oil and butter until onions are clear.
- Drain through a strainer but leave a little of the fat in the mixture. Allow the mixture to cool.
- Place flour, yeast and salt into a bowl with a teaspoon of sugar to feed the yeast.
- In a saucepan, slowly warm the milk, butter and cream.
- Combine the flour mixture with the milk and cream mixture and add the cooled, strained onion and oil mixture.
- Add an egg and mix using either a dough hook or a wooden spoon. The mixture is quite soft in texture. Cover and allow to rise in a warm place until doubled in size.
- Take small portions of dough and roll out to be about 3mm thick. Sometimes you may need to add a little more flour.
- Place small portions of onion and bacon mixture on the dough. Cover with dough and press out moon shaped piragi using the scone cutter or a wide opened mug.
- Place piragi onto a baking tray on baking paper and baste with beaten egg.
- Allow to stand for about 20 minutes and then bake in a moderate oven for 25 minutes.



MCCSA

Office for the Ageing



**Government
of South Australia**

SA Health

Sals standzinas

Recipe supplied by Ints Pukitis

ingredients

250 gms. self raising flour

150 mls. thickened cream

125 gms. finely grated parmesan

50 gms. butter (or Nuttelex original)

1 egg

4 tbs. Caraway seeds

Coarsely ground salt

1egg for glazing

directions

- Preheat oven 180 degrees Centigrade.
- Cut butter into small pieces and combine with cream, parmesan cheese and beaten egg.
- Then slowly add the flour and knead to a smooth consistency.
- When smooth put on a board and use a rolling pin roll the dough to about 3mm.thickness.
- With a knife cut long strips 10 mms wide. Carefully transfer the strips onto a baking tray lined with baking paper.
- Beat egg in bowl and use it for glazing.
- Sprinkle sticks lightly with salt and caraway seeds.
- Bake in oven 10-15 minutes till golden. Transfer to cooling rack.



Adasi

Recipe supplied by Shohreh Entesari-Tatafi

ingredients

2 cups brown lentils
3 cups of water (more if necessary)
4 brown onions
2 medium potato
1/2 cup cooking oil
30 grams butter (optional gives a better taste)
2 tablespoons tomato paste
2 teaspoons turmeric
2 teaspoons cinnamon powder
Salt and pepper to taste

directions

- Rinse lentils in cold water, remove any debris or shrivelled lentils.
- Soak lentils overnight, changing water once (this helps the lentils retain a better colour and helps prevent bloating after eating).
- Thinly slice onions, heat oil over medium heat in a large pot and sauté onions until golden.
- Add turmeric and fry another minute.
- Take out one third of this mixture and reserve.
- Add the butter if using and the tomato paste.
- Continue cooking.
- Drain lentils and add to pot.
- Add water and bring to boil.
- Put the lid on and let it cook until the lentils are soft.
- This could be 1-1 1/2 hours BUT cooking time reduces if lentils are soaked overnight and/ or lentils are fresh. With some fresh lentils which have been soaked this could reduce to 1/2 hour. Older lentils and/ or those with less or no soaking will require a longer cooking time.
- Peel potatoes.
- Once lentils are soft add to soup and cook for 30 minutes.
- Remove potatoes, mash and add to soup.
- Add the rest of the onion (aside from one tablespoon for garnish), cinnamon and then season with salt and pepper.
- Let it cook until thick.
- Serve garnished with fried onion. Add the rest of onion and cinnamon, salt and pepper and let it cook until it is thick.

Notes:

If lentils soaked overnight it is better to at least change the water once. This will help the have a better colour and at the same time helps not to get bloated stomach.

One tbsp. of the fried onion can be put aside for garnish.



Sultana cookies

Recipe supplied by Shohreh Entesari-Tatafi

ingredients

1 egg

150 grams plain flour

100 grams castor sugar

100 grams unsalted butter at room temperature

1 teaspoon baking powder

50 grams Persian sultanas

(these are usually smaller and darker)

1 teaspoon vanilla essence

Baking paper

directions

- Preheat oven to 175 degrees centigrade.
- Cream butter and sugar.
- Beat in egg until mixture is creamy and soft Add sieved flour, baking powder and vanilla essence Mix well so that all the ingredients are combined. The mixture should be smooth and moist.
- Add sultanas and mix well.
- Line baking tray with baking paper.
- Scoop heaped teaspoons of dough and roll to 2-3 centimeter ball.
- Place balls apart on tray.
- Bake one batch at a time in centre of preheated oven, 175 degrees C until golden on top and browned at edges. This takes 10-12 minutes.
- Take off tray, cool on racks and repeat.



Salmon and Spinach Pirog

Recipe supplied by Nikolay Kalistratov

ingredients

1 clove of garlic

1 clove of nutmeg

15 grams of pine nuts

45 grams unsalted butter

40 grams of thickened cream

2 eggs

2 sheets of commercial puff pastry e.g. Pampas (keep in fridge until needed)

50 grams of plain flour

20 grams of olive oil

250 grams of spinach (after stems removed) approximately 3/4 of a bunch

250 grams of fresh salmon without skin

Salt and pepper to season

directions

- Fill saucepan with 3 litres of water and bring to boil.
- Wash spinach, remove thick stems, chop spinach coarsely, place spinach in boiling water and cook for 1- 2 minutes until wilted.
- Drain spinach in colander for 5 minutes.
- Place a small amount of oil in the large frying pan, warm oil and add spinach. Cook spinach over a low heat for 5 minutes until dry then add 40 grams of butter cook for a further 5 minutes until spinach is dark green.
- Put the rest of the oil in a small frying pan and toast pinenuts until light golden in colour.
- Combine spinach and pinenuts, take off heat and cool down.
- Warm oven to 200 degrees Celsius.
- Rinse salmon, dry with a tea towel and dice into cubes.
- Combine spinach, salmon and toasted pinenuts.
- Mix together cream, 1 egg, grated garlic and good pinch of grated nutmeg.
- Add mixture to spinach, salmon and pine nuts and season with salt and pepper.
- If there is any excess moisture remove with a spoon.
- Brush pastry dish lightly with butter.
- Put flour on hands before handling pastry.
- Cut 1 sheet of puff pastry large enough so that it covers base and sides of pastry dish. Press pastry into buttered dish.
- Fill with pie filling and then cut second sheet of puff pastry to cover top of pie. Place on top of filling and fold down pie shell and pinch rim to create decorative rim.
- Separate egg yolk from white and beat egg yolk with fork.
- Brush pastry with beaten egg yolk.
- Make small cuts on the top of the pie with scissors to let out steam during cooking.
- Cook in 200 degrees Celsius oven for 30-35 minutes.



FOOD FROM OUR HOMELAND

Arepas

Recipe supplied by Gloria Cisneros de Pares

ingredients

2 1/2 cups of water plus more as necessary

2 cups of corn flour "Harina Pan" (it must be this brand, that can be bought in Gaganis)

1 teaspoon of salt

1 tablespoon of butter

FILLING (chicken)

1 chicken breast

Pinch of salt

1 clove

1 red onion

1 brown onion

1 red capsicum

4 fresh avocados

½ bunch of coriander chopped to taste

Salt and pepper to taste

1/2 cup of mayonnaise

directions

- Preheat oven to 180 degrees.
- Add flour and salt to the water slowly, stirring until an even texture is achieved.
- Leave it to rest for a few minutes.
- Divide the mixture into 8 balls and flatten each ball with your hands (like clapping).
- Once the arepas are flattened, melt the butter in frying pan and place arepas into a hot frying pan.
- Flip arepas from one side to another once cooked.
- Then place them in the pre-heated (180 degrees) oven on a tray for about 15 to 20 minutes.
- You will know they are ready when you tap them and they sound a bit like a drum.

Preparing chicken

- Before making Arepas boil chicken breast with quartered brown onion, chopped garlic, chopped capsicum and salt until cooked (approximately 15 minutes). Remove from the water and let cool down.
- While Arepas are in the oven and chicken is cold to the touch, shred it.
- Dice red onion finely, mash the avocados.

Office for the Ageing



Government
of South Australia

SA Health



MCCSA

FOOD FROM OUR HOMELAND

Quesillo

Recipe supplied by Gloria Cisneros de Pares

ingredients

5 medium sized eggs

1 tin of condensed milk

1 tin of milk (the condensed milk tin is used as the measurement for the milk)

1 teaspoon of vanilla

Caramel ingredients

¼ cup of sugar

Water (to cover sugar)

directions

- Pre-heat oven for approximately 10 minutes at 180 degrees.
- Put 1/4 cup of sugar into the "Quesillera" bowl and cover with water.
- Place bowl over medium heat to caramelize.
- Blend eggs for a few seconds and then add the condensed milk, milk and vanilla, blend until everything is combined.
- Pour mixture into the "Quesillera" bowl over the caramel.
- Put the "Quesillera" (bowl) in a pie tray with water (au bain marie) into the oven on the middle rack for 1 hour at 180 degrees. The flan will be ready when the centre is just set (mixture will jiggle).
- Set aside and let it cool. Place in refrigerator for at least 2 hours before serving or until firm.
- To unmold, run a knife around edges and invert onto a large rimmed serving platter.



MCCSA

Office for the Ageing



**Government
of South Australia**

SA Health