

# A TASTE OF CULTURE

RECIPE BOOK





# WELCOME.

Welcome to the Taste of Culture gastronomic experience!  
Our chefs from Italy, Spain, Australia, Ireland and Romania will be sharing their tried and trusted favourite recipes with us, as well as secret tips to ensure an authentic flavour!

Gateways Support Services, MACS and the residents of Bella Chara Supported Care have come together to bring you an easy to follow and oh-so-tasty virtual recipe book that will allow you to create these delicious meals in your own homes!

Enjoy!

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# AUSTRALIAN

ALMA PATTERSON  
SCONES

## INGREDIENTS

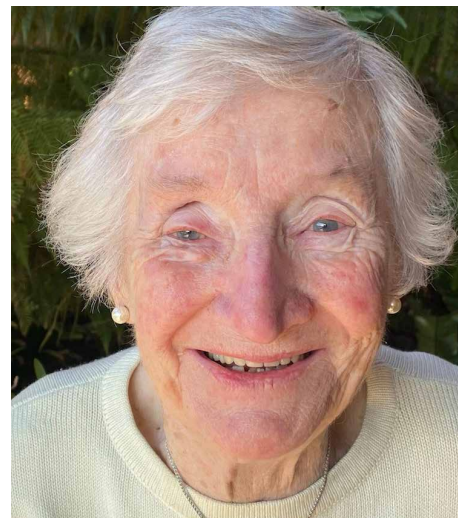
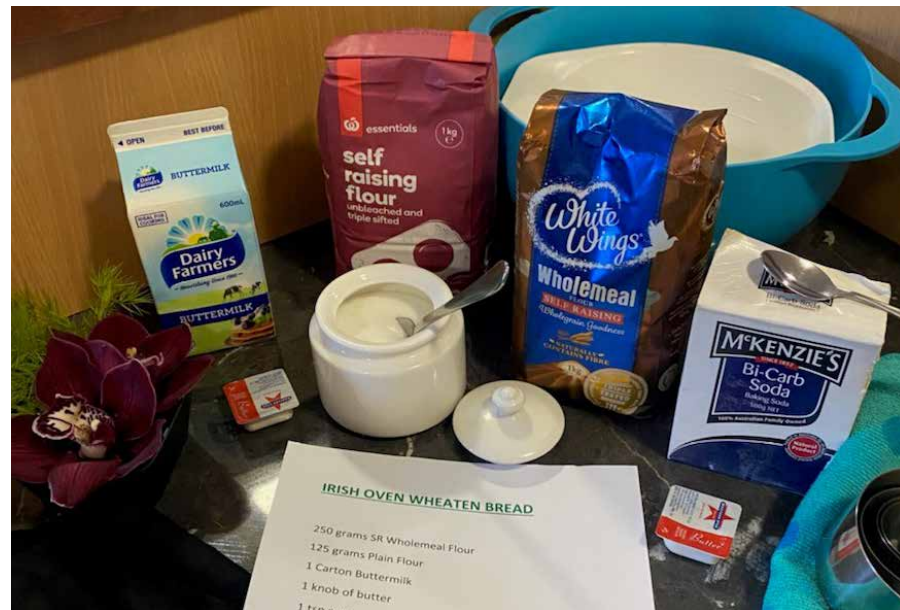
3 cups of SR flour  
80 grams chilled butter cubed  
1 1/4 cups milk  
Whipped cream and jam to serve

## METHOD

Make a well in the centre of the flour, add 1 cup of milk. Mix with a knife until mixture forms a soft dough, adding more milk if required. Turn onto board and knead slightly. Pat dough into 2cm thick round. Cut dough into rounds and place onto tray. Cook 20 min.







# IRELAND

DINAH MAYBIN  
IRISH WHEATEN BREAD

## INGREDIENTS

250 grams SR Wholemeal Flour  
125 grams Plain Flour  
1 Carton Buttermilk  
1 knob of butter  
1 tsp sugar  
Pinch of salt

## METHOD

Mix all together, until a stiff dough. Shape onto a tray, criss cross on the top.  
Bake in a hot oven for 40 minutes.





# ROMANIA

HILDE BRENNER  
GERMAN ALMOND CAKE

## INGREDIENTS

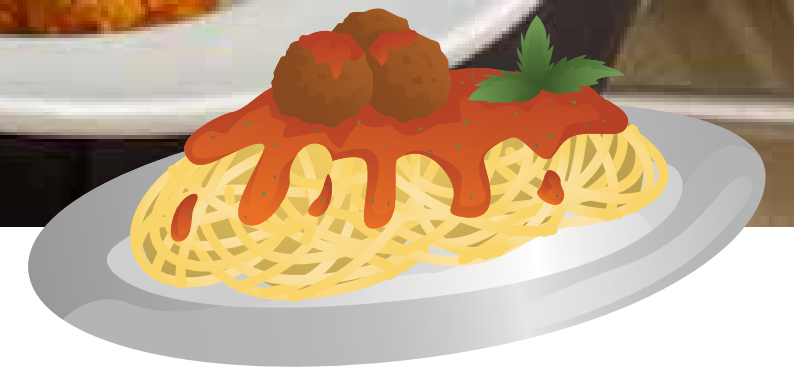
$\frac{3}{4}$  cup butter  
 $\frac{1}{4}$  cup castor sugar  
3 eggs  
3 drops almond essence  
1  $\frac{1}{2}$  cups SR flour  
 $\frac{3}{4}$  cup ground almonds  
1 tablespoon water

## METHOD

Preheat oven to 180 degrees.  
Mix the butter with an electric mixer, add eggs and caster sugar, keep mixing until all the mixture is blended.  
Then add a drop of almond essence, ground almonds and 3 tablespoons water, continue to blend with mixer until all combined.  
Pour mixture evenly into prepared cake tin.  
Place in oven and cook for approx. 45 mins.  
Allow to cool. Then turn on to cake rack and sprinkle with icing sugar.







# ITALY + SPAIN

## LEANDRO + GIUSEPPINA CASADO MEATBALLS + PASTA

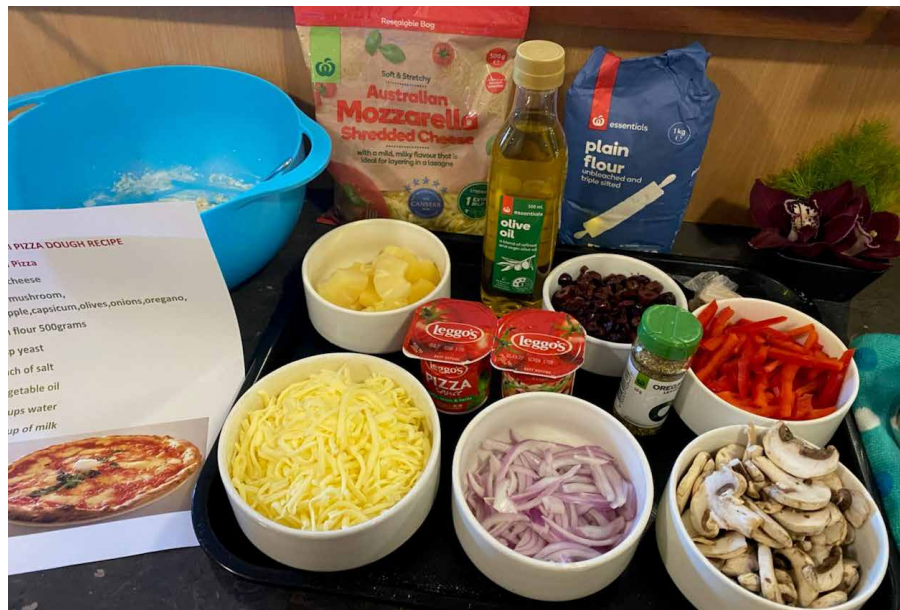
### INGREDIENTS

500 grams mince pork  
500 grams mince beef  
2 bottles Passata sauce  
1 tin chopped tomatoes  
300 grams parmigiana grated cheese  
3 eggs  
3 tablespoons breadcrumbs  
3 cloves garlic, bunch parsley, basil  
1 onion  
Olive oil  
1 kg Pasta (penne or rigatoni)

### METHOD

In a bowl mix beef mince and pork mince together.  
Crush 3 cloves of garlic.  
Dice 1 onion and add garlic and parsley.  
Add ¼ of the garlic, onion and parsley mixture to the minced meat. Mix well.  
Add 3 eggs, breadcrumbs and parmesan cheese to the minced meat mixture and mix through.  
Shape mixture into balls to whatever size you like.  
To make the sauce  
In a large pot add the rest of the garlic, onion and parsley, mix and fry in olive oil until brown.  
Add two bottles of the Passata sauce and one tin of diced tomatoes and mix through.  
Then add all of the prepared meat balls to the sauce mix.  
Allow all to cook on low heat for two hours, stirring occasionally.  
Cook the 1kg of pasta  
Add the meatball sauce and sprinkle with parmigiana cheese and parsley.





# ITALY

## MARIA ROSSI PIZZA

### INGREDIENTS

500 grams plain flour  
50 grams yeast  
Pinch of salt  
¼ cup olive oil  
2 cups water  
½ cup of milk  
Topping  
1 cup of cheese, tomato paste,  
chopped mushrooms, pineapple,  
capsicum, olives, onions, oregano

### METHOD

Preheat oven to 220 degrees.  
In a bowl mix 50 grams of yeast, 1 teaspoon sugar and 1 teaspoon salt.  
Then add 1/4 cup of olive oil to the flour, mixing all together while gradually  
adding water and milk until mixture becomes doughy but not sticky in texture.  
Place dough on flat pizza tray and use your hands to flatten dough to fit on the  
tray. The dough should be about 1 cm in height evenly spread over the pan.  
Then cover pizza base with tomato paste, grated cheese and add your favourite  
toppings.



# A LITTLE BIT ABOUT THE PROJECT!

There are few things that bring people together like food. Encouraging sharing, connection and community, eating a meal together can be a very special experience and often preparation can be a big part of the fun!

To celebrate the Geelong Seniors Festival, Gateways Support Services and MACS have called on a few of the residents from Bella Chara Supported Care to share some of their favorite traditional family recipes and cooking tips.

Dust off those spatulas and tighten those apron strings as you prepare one of these delicious recipes!

## BROUGHT TO YOU BY MACS AND GATEWAYS SUPPORT SERVICES.



Diversity in  
Aged Care

MACS was established in 1994, with the support of Geelong Ethnic Communities Council (GECC). The dream of providing respectful care services to the aging culturally and linguistically diverse community took its first step with the opening of the Geelong Multicultural Hostel.

The hostel operated successfully for 10 years before Mary Costa House - a high care facility - was constructed on the same site.

With the goal of creating a model of care termed 'Invisible Walls' that accommodates the aging transition with minimal stress and disruption to residents, MACS opened Bella Chara in 2009, adding a 60-bed supported residential facility to its services. MACS also added independent living units, palliative care, dementia specific care, respite care, privately funded home services and home care.

[www.macs.org.au](http://www.macs.org.au)



Gateways Support Services is a not-for-profit community organisation making a positive difference in the lives of children and adults with a disability or additional needs and their families for more than 20 years.

Recognised and respected for our expertise in supporting children and adults with a broad range of disabilities, we are committed to providing quality, safety and wellbeing to every person we support.

We currently provide services throughout the Geelong region, Wyndham, western Melbourne, Warrnambool and South West Victoria with offices in Geelong, Werribee, Footscray, and Warrnambool.

Services includes early intervention and therapy, support coordination, group recreation and skill development activities, individual in-home support as well as parent support and education, day activities, housing and support for adults as well as children in out of home care.

[www.gateways.com.au](http://www.gateways.com.au)