

GEOGRAPHIES OF FOOD

The BA International Studies 25th Anniversary Cookbook



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Edited by Paul Allatson, Angela Giovanangeli and Emi Otsuji

2019©The School of International Studies and Education, Faculty of Arts and Social Sciences,
University of Technology Sydney, PO BOX 123, Broadway NSW 2007 Australia.

ISBNs:

Paperback print version: 978-0-6486647-0-3

PDF version: 978-0-6486647-2-7

Online ePub version: 978-0-6486647-1-0

Book design and cover by Mundane Matters Pty Ltd. mundanematters.co

Printing by Fast Print Services Pty Ltd, Studio 3, 163-173 McEvoy Street Alexandria NSW 2015.



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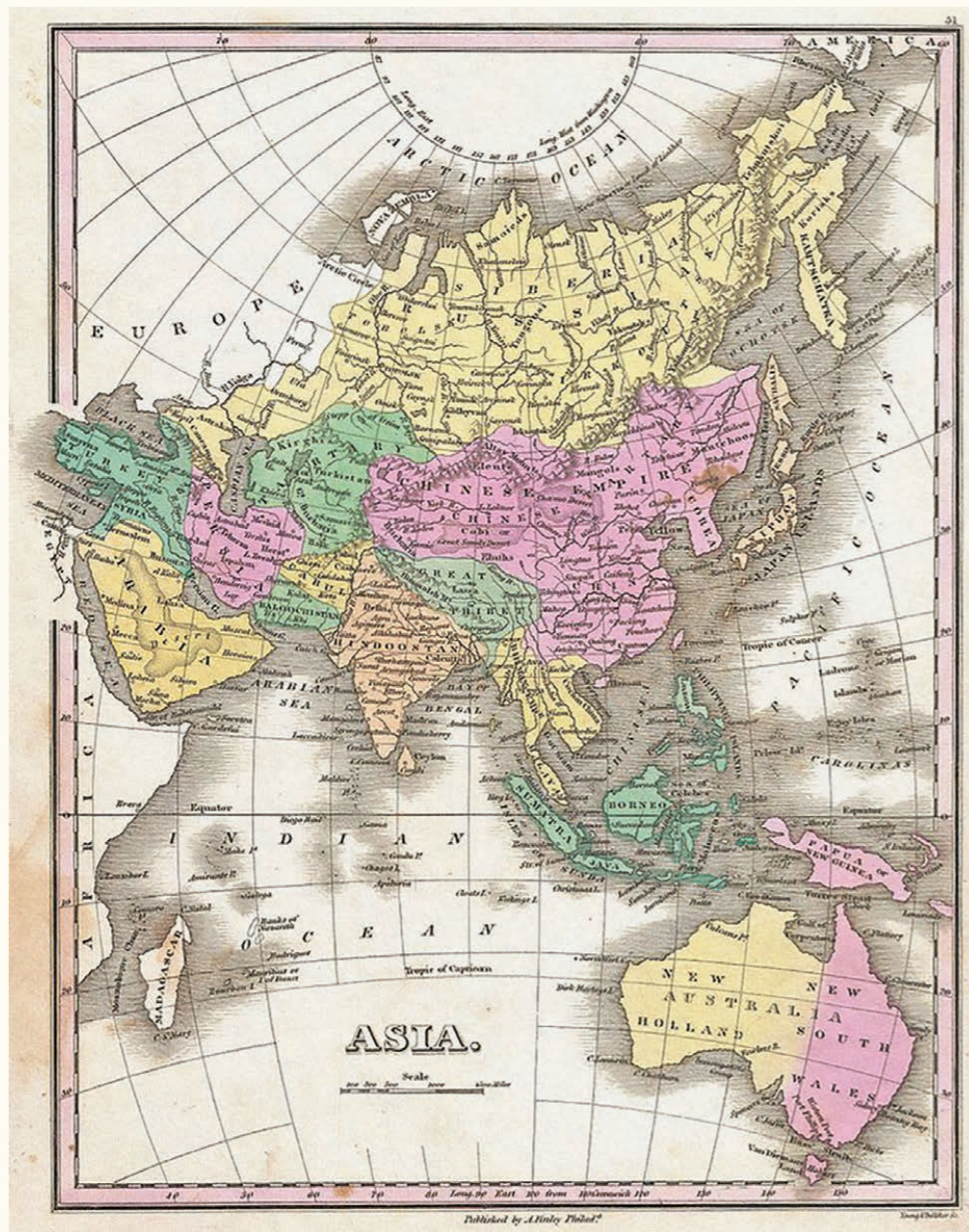


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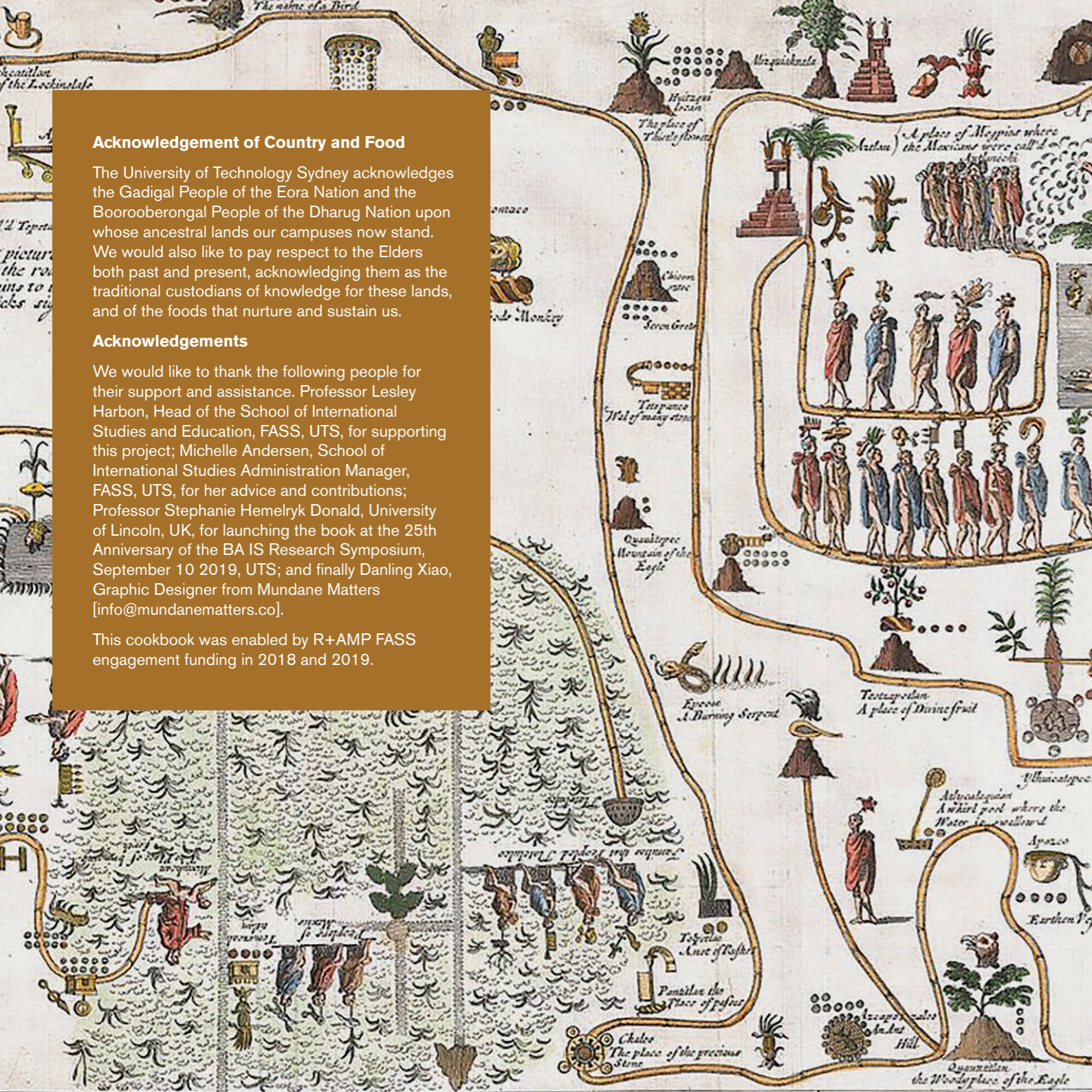
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Acknowledgement of Country and Food

The University of Technology Sydney acknowledges the Gadigal People of the Eora Nation and the Boorooberongal People of the Dharug Nation upon whose ancestral lands our campuses now stand. We would also like to pay respect to the Elders both past and present, acknowledging them as the traditional custodians of knowledge for these lands, and of the foods that nurture and sustain us.

Acknowledgements

We would like to thank the following people for their support and assistance. Professor Lesley Harbon, Head of the School of International Studies and Education, FASS, UTS, for supporting this project; Michelle Andersen, School of International Studies Administration Manager, FASS, UTS, for her advice and contributions; Professor Stephanie Hemelryk Donald, University of Lincoln, UK, for launching the book at the 25th Anniversary of the BA IS Research Symposium, September 10 2019, UTS; and finally Danling Xiao, Graphic Designer from Mundane Matters [info@mundanematters.co].

This cookbook was enabled by R+AMP FASS engagement funding in 2018 and 2019.

THE UTS WAY OF DOING INTERNATIONAL STUDIES

In June 1994, the Bachelor of Arts in International Studies (BAIS) was created with the aim of providing an international education to UTS students in a language of instruction that was not in English. 2019 marks the 25th anniversary of that program. Over the years the range of BAIS Majors or countries of specialisation offered has changed and evolved, as has the part of the university responsible for administering and teaching the program. Originally the BAIS was delivered through the Institute for International Studies (IIS), under the leadership of founding IIS Director Professor David S.G. Goodman, followed by Ms Lyn Shoemark and Professor Stephanie Hemelryk Donald. In 2008, the IIS was merged into a new Faculty of Arts and Social Sciences, and the program is now delivered from the School of International Studies and Education within that faculty, under the leadership of Professor Lesley Harbon.

The design of the BAIS was unique in 1994, and remains so twenty-five years later. That is, the BAIS would not be a stand-alone degree; rather it would be offered in combination with a majority of the professional degrees delivered by all faculties of UTS. The resulting combination meant that students could graduate with two degree qualifications, and do so in either five or six years depending on the professional degree program of study. The structure of the BAIS was, and remains, choreographed

tightly to prepare students for year four, a year of In-country Study (ICS and Fieldwork Project) in one of the countries of specialisation that the BAIS offers. All students select the appropriate language (Language and Culture subjects), and undertake preparatory subjects that focus on the UTS way of doing International Studies (Foundations in International Studies) and the country specialisation (Contemporary Society subjects). The centrepiece of the degree, the year of ICS, requires all students to be undertaking studies at one of UTS's partner universities, while completing reflective pieces about studying abroad and on-the-ground research projects.

Today we teach the BAIS combined with any one of 32 other degrees offered across UTS. There are around 1,250 students enrolled over the five or six years of these combined degrees. In terms of languages, we offer Chinese, French, German, Italian, Japanese and Spanish language and culture programs. In 2019, 190 students will complete their In-country study for Majors (countries of study) in Argentina, Canada (Quebec), Chile, China, Colombia, Costa Rica, France, Germany, Italy, Japan, Latino USA, Mexico, Spain and Switzerland. Previous Majors included South-east Asia (Indonesia, Malaysia and Thailand) and a Heritage Major for students wishing to learn more about their familial countries of origin. Additionally, in collaboration with UTS International, we manage

relationships with 90+ exchange partner universities in the fourteen countries to which we send students.

To celebrate the 25th anniversary of the BAIS we have created this cookbook to reflect some of the values and identities animating this flagship program. Food is associated with cooking, eating and storytelling across cultures. It is closely connected to concepts such as transculturation, transnationalism, multilingualism, place making, memorialisation and sensoria. The cookbook also reflects our local and global community engagement by showcasing some of the countries of our program and honouring the international university connections that have enabled the success of the BAIS since its inception. These objectives align with the University's strategic goals, notably Connect and Engage that aims to connect students, staff, alumni, industry and the community to create sustained opportunities for collaboration and enduring relationships. They also align with the strategic goal Adapt and Thrive by focusing on our highly diverse staff profile over time, which again reflects our local and international engagement links. The cookbook is organised via an A to Z of key terms or concepts about food and our understandings of international studies, with contributors supplying recipes introduced by a short narrative that speaks to one or more of those concepts. Enjoy! 🍴

Assemblages

Artefacts

Relocalisations

**Emi Otsuji**

International Studies

2002+

As part of my metrolingualism research project, which looks at everyday, multilingual language use in urban workplaces, I frequented a Bangladeshi-owned corner shop located in Isuramu Yokochō (Islamic alley) in Tokyo between 2015 and 2018. I was particularly interested in the ways in which different people, different interactions, different artefacts, different senses and different languages come together. Because Bangladeshi and some African and Middle Eastern cuisines share similar ingredients, such as halal chicken and lamb, some spices, and freshwater dried fish, I was fascinated by how these products attract people of diverse backgrounds (therefore various languages, religions, and ethnicities). These products can be considered as 'assembling artifacts' linking and attracting various people, linguistic resources, practices, senses and objects.

Chefu, the owner and the chef of Carthago (Carthage) visits the Bangladeshi owned corner shop twice a week. Chefu opened Carthago 29 years ago in search of couscous, the version he remembered from Paris when he was an art student living in a precinct with a large Tunisian population. He decided to open a restaurant that encompasses the 'Mediterranean sea' connections,

and thus Carthago. The largest customer group is Japanese, though the food also attracts Northern Africans, Middle Eastern and French customers (with 'home cooking' cravings). This is the same as the ICS students' craving TimTams or 'home cooking' or when they make an occasional visit to a Chinatown or a Vietnamese restaurant for a 'culinary fix.' Like Chefu did for his couscous, returned students also miss and search for a Japanese dish which they savoured during their ICS year.

In October 2017, I trailed Chefu when he went shopping in Isuramu Yokochō. He bought a large pack of frozen Halal lamb meat, unsalted butter and basmati rice. Remembering the occasion, I recently asked Chefu for a lamb dish recipe which is easy and goes well with couscous (and my successful attempt to cook the dish proves that it is easy).

ءافشلاو ءانهلاب

May you have your meal with gladness and health. 🍴

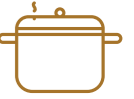
GÜVEÇ

Turkish stew, courtesy of Chefu Hiroshi Karim Hatanaka

Lamb

Eggplant

Zucchini

**Ingredients**

1 kg	boneless lamb meat (cut into approximately 3cm cubes, preferably thigh)
2	onions (chopped)
3	large tomatoes (skin off)
5	Lebanese eggplants (peeled)
2	zucchini
2	tablespoons olive oil
20 g	butter
1/3 tbsp	cumin powder
1/3 tbsp	coriander powder
	Salt and pepper

Optional

Chick peas

Harissa (Tunisian) if you want more kick. (Harissa: dried red chilli, garlic, whole caraway seeds, cumin powder, whole coriander seeds, dry mint, olive oil and salt - mix them with a mortar and pestle)

Method

Fry lamb (3cm cubes) with olive oil and butter in a casserole pot. Add chopped onions when the meat is browned. Fry the onion for a few minutes until it softens. Cut the peeled tomatoes into 4 and add in the pot and stew. Season with salt and pepper. Add cumin powder, coriander powder and turn the heat down to low. Chop eggplants and zucchinis into 2 cm cubes. Cover the surface of the stew with cubed eggplants and zucchini. Stew for approx. 2 hours till the meat is tender.



Beginnings

Fish



Milica Gavran
International Studies UTS
1995–2007

My life at the Institute for International Studies (IIS) began in 1995 in the Co-op bookshop building on Broadway. I joined the initially small group of staff with Professor David Goodman as the director. When I started working at IIS I felt at home, especially as more multiculturally diverse staff joined the team.

I could not have foreseen that the IIS would grow to become the thriving international studies centre of UTS in such a short time, and that was largely due to David's hard work and leadership and to the dedication of all staff, both academic and administrative. It was this team spirit with all parts of the Institute working together which I believe contributed to the success of IIS and which made it such a great place to work.

As part of the administrative staff, I really appreciated the opportunity and the encouragement to also participate in travel to international destinations. It helped me to understand student needs, I felt included and was able to more fully contribute to the overall direction of the Institute.

Eventually we moved from Broadway to Quay Street which was the beginning of our own 'cafe society.' Bella Caio became one of our meeting places where many of our important decisions were made, and many of the critical world issues of the day were discussed and resolved. And, on returning from visiting students from the various overseas locations, it was a great place to debrief and share our experiences, especially our culinary experiences! 🍴

BRODET

Croatian fish stew

Fish
Tomato
Mussel

**Ingredients**

1.5 kg fish such as coral trout or rock flathead, cleaned and scaled, heads and tails removed, cut into cutlets
12 mussels, cleaned and debearded
6 scampi, Balmain bugs or crabs
1 large onion, finely chopped
1/2 cup finely chopped tomatoes
12 cherry tomatoes
1/2 lemon, juiced
20 garlic cloves, minced
1/2 bunch flat-leaf parsley, chopped
100 ml extra virgin olive oil, plus extra for frying
100 ml white wine
500 ml fish stock or water
Salt and pepper

Method

Marinate the fish in the oil, lemon juice, a couple of tablespoons of the minced garlic and most of the parsley (reserve a little for garnish) for 3 hours in the refrigerator. Heat some more oil in a large, heavy-based saucepan or clay pot and sauté the remaining garlic, adding the onion after a few seconds. When the onion is lightly coloured, add the chopped tomato and cook for 1 minute. Add the wine and cook for about 20 minutes, until it loses its acidity.



Season the marinated fish with salt and pepper, making sure you cover each piece. Add to the pan and stir well, then add the fish stock or water to just cover the fish. Bring to the boil over high heat then continue cooking rapidly for 20 minutes. Don't stir but carefully shake the pan instead to avoid breaking up the fish. Add the mussels, scampi (or Balmain bugs or crabs) and cherry tomatoes in the last 5 minutes.

Serve the stew with soft polenta. Garnish with parsley.

Border crossings

Celebration
Traditions

**Sabina Groeneveld**

International Studies UTS
2003+

Waffles need neither introductions nor a passport—they have crossed borders easily since they became popular around the 9th–10th centuries in Northern Europe. Over the centuries, local variations based on the type of recipe and waffle iron originated in Scandinavia, Belgium, Northern France, the Netherlands and Northern Germany.

The following traditional recipe is from East Friesland, Germany. The Ostfriesische Neujahrswaffeln (East Frisian New Year's Waffles) are prepared during the advent season to ensure that a large amount is available on New Year's Day for the extended family

and New Year's well-wishers. They taste like crispy and spicy ice cream cones and should be served together with a steaming hot cup of Frisian tea. I remember many cosy afternoons, preparing these waffles together with my siblings, mother and grandmother. The final process of rolling these waffles is trickier than it may seem because they need to be rolled to a cone as soon as they leave the waffle iron. This resulted in many slightly burned fingertips, which could only be relieved by eating the offending waffle straight away! 🍴

NEUJAHRSWAFFELN

East Frisian new year's waffles

Flour
Butter
Egg

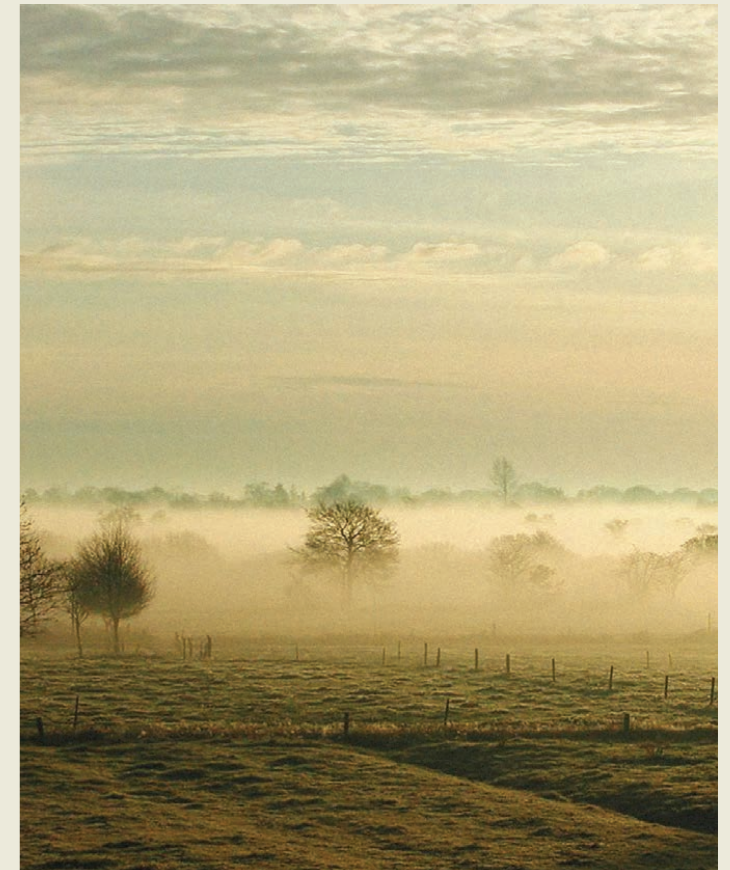
**Ingredients**

500 ml	water
500 g	flour
250 g	kluntjes (rock candy)
200 g	melted butter
3	eggs
1	pinch of salt
7 g	cardamom powder
15 g	aniseed powder
10 g	aniseed

Method

Bring the water to a boil, add the rock candy and stir carefully until it is completely dissolved. Add the butter and continue to stir until the butter has melted. Transfer to a bowl and set aside to cool overnight. The next morning, add the flour, eggs, salt, cardamom and anis and stir until there are no lumps left. Preheat your Frisian waffle maker (5–10 min). Spoon about 2 tablespoons of batter in the centre of the iron. Bake for about a minute or two, then check for proper colour. Quickly remove the waffle from the waffle maker and roll a cone. If the waffle is too hot to handle with your bare hands, use a cloth to help lift and roll the waffle. Place the waffle on a wire rack to cool completely.

Once cooled down, the waffles are ready to eat. Enjoy!



Charity Community



Michelle Andersen
International Studies UTS
2009+

This has been my go to cake when asked to bake a cake. I found the recipe on a food blog 'Chocolate and Zucchini' by Clotilde Dusoulier—a French food writer*. The School of International Studies' community has participated in raising money for different charities over the years and bake offs are held to assist with the fundraising. The cake is very easy to make and those who love chocolate can't get enough of it. It has a thin crust on the outside and is runny on the inside. Delicious! Clotilde has edited this recipe over the years to a slightly healthier option and I have added these updates in the notes on the right.

Notes

Like most intensely chocolaty cakes, this cake is best made a day ahead, or in the morning if you serve it for dinner. Cover, refrigerate, and take it out about an hour before serving. The batter can also be baked in muffin tins lined with muffin liners; reduce the baking time to 15 minutes. It is pretty rich and is great served with fresh strawberries or fruit salad, ice-cream and/or thickened cream. If you want a healthier option use 180gms of sugar and 4 large eggs instead and preheat oven to 180°C (350°F). 🍴

CHOCOLATE CAKE

Melt-in-your-mouth chocolate cake

Chocolate
Egg
Flour



Ingredients

200 g	unsalted butter, diced (substitute almond butter or coconut oil to make this dairy-free)
200 g	good quality dark chocolate, roughly chopped
250 g	sugar
5	eggs
1	rounded tablespoon flour (all-purpose or other, including any gluten-free flour; can be omitted altogether to make this grain-free)

Method

Preheat the oven to 200°C (400°F). Line a 20cm (8 inch) round cake pan with parchment (baking) paper. Melt together the butter with the chocolate (in a double-boiler or in the microwave, slowly and for just a few seconds at a time, blending with a spoon between each pass). Transfer to a medium mixing bowl. Add in the sugar, stir with a wooden spoon and let cool a little. Add the eggs one by one, mixing well after each addition. Finally, add in the flour, if using, and mix well. Pour the batter into the prepared pan, and put into the oven to bake for 25 minutes, until the centre is set. The centre can be a little trembling. Transfer to a rack to cool completely. Run a knife around the cake to loosen, then transfer to a serving dish.

Death Entertaining



Elaine Jeffreys
International Studies UTS
2002+

Cooking entwines life and death in a permanent embrace; death, the cessation of the vital functions of a living thing, is intrinsic to eating—a precondition of continued life. Human cultures' management of the ethical and environmental consequences of eating inform spiritual philosophies, lifestyles (vegetarian, freegan, vegan), and animal welfare-conservation activism.

While sharks as apex predators (species at the top of the food chain) cause immeasurable fish/sea deaths, many shark species are endangered because of entanglement in commercial fishing gear and commercial finning for shark-fin soup.

Shark-fin soup is a luxury consumed mainly by ethnically Chinese people at banquets marking momentous occasions (New Year, weddings, etc.). The soup was served during the Ming Dynasty (1368–1644) to honour the emperor (ruler of all under heaven). It did so because of the risk and expense involved in catching a 'fierce' wild animal, and the belief that some of the animal's vitality would be conferred on those who ate its fins. Today, eating shark-fin soup is a celebratory social event that confirms the status of the host and/or guest.

Since late 2012, government anti-corruption measures have massively reduced the demand for shark fin in mainland China. Regulations on Domestic Official Hospitality for Party and Government Organs state that: 'Official dinners should not involve ... [dishes containing] shark fin, bird's nest, or any protected animals.'

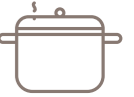
The death of government-sponsored luxury consumption may guarantee the survival of certain sharks and traditional street food. Imitation and vegetarian shark-fin soup is popular, cheap (\$2–\$3) and widely available in China.* 🐟



'SHARK-FIN' SOUP

Imitation shark-fin soup. 碗仔翅

Fish
Tomato
Mussel



Ingredients

- 1 can of bamboo shoots and some white dry tofu (rinse and slice) OR 50g chicken breast + 50g lean pork (sliced thinly) OR 10 scallops + 2 tbsp of crab meat
- 2–3 shitake mushrooms OR 20g dried shitake mushrooms (soak in hot water for at least an hour or overnight until soft, rinse and slice thinly)
- 8 pieces dried black fungus (黑木耳 called 'cloud ear' 雲耳 or 'wood ear' 木耳) (soak, trim, rinse and slice thinly)
- 30–40g bean thread vermicelli (also known as cellophane, transparent or glass noodle) (soak, drain and cut into shorter lengths)
- 1 slice of ginger
- 1 egg, lightly beaten with 2 tbsp of water
- 4 cups water OR 2 cups water + vegetable OR reduced salt chicken stock

Seasoning

- 1 tbsp soy sauce
- 1 tbsp oyster sauce (optional)
- 1/2 tbsp dark soy sauce
- 1 tsp sugar
- 1 tbsp Chinese cooking wine (optional)
- Sesame oil to taste (a dash)
- Ground white pepper and salt to taste

Thickening

- 2 tbsp water chestnut flour OR cornflour mixed with 3–4 tbsp water

To serve

- Black vinegar and white pepper

Method

Mix seasoning in a bowl, set aside. When using pork, slice and marinate with 1 teaspoon corn starch, 1 teaspoon water, dash of sesame oil, pepper and salt for 10 minutes, to tenderize. Put 2 teaspoons of vegetable cooking oil in a large pot and sauté ginger on medium-high heat. Add mushroom, bamboo shoots OR meat/seafood in vegetable oil until cooked (2 minutes). Add in water, stock and black fungus and bring to boil.

Add noodles and seasoning to taste. When it boils again, turn the heat to low. Stir in thickening mixture slowly until reaching a desired consistency (note: adding a beaten egg at the end will further thicken the soup). Turn off heat and drizzle in the beaten egg, mixing well. Serve warm in a small bowl with black vinegar and white pepper to taste.



Entertaining

Fish



David SG Goodman

International Studies UTS
1994–2008

I have been living and working in Suzhou, the cultural centre of Jiangnan in China for the last six years. These days I am the Vice President Academic of Xi'an Jiaotong-Liverpool University, China's largest and probably most successful Joint Venture university. In that role I have to do a lot of entertaining, and in the process introducing visitors, often from other parts of the world, to Suzhou's famous cuisine. One of the most famous dishes is Squirrel Fish. Despite its name, it is still a fish, but shaped like a squirrel, with a bushy tail turned back on its body.

How did this variety of Sweet and Sour Fish become Squirrel Fish? One of the early emperors visiting Suzhou is said to have been very fond of Sweet and Sour Fish, but being a Buddhist was not supposed to eat fish. (It is said that fish are carriers of human souls.) Not to be outdone and always eager to please (two well-known Suzhou characteristics) the local chefs prepared Squirrel Fish, there being no sanctions against eating squirrels, and turned the tail of the fish back into the body. Honour and taste were satisfied. 🍴

SQUIRREL FISH

Suzhou's favourite

Fish
Prawn
Green peas



Ingredients

1 Mandarin fish
1/4 cup peeled prawns
2 egg yolks
1 tbsp bamboo shoots, cut finely
2–3 tbsp green peas
1 tsp white vinegar
15 tsp sugar
1 pinch of white pepper
2 tbsp corn starch made into a paste
3 tbsp tomato sauce (homemade is best)
Cooking oil, enough to cover the fish
Local yellow (Jiangnan) wine
Salt

Method

Clean the mandarin fish and cut off the head. Do not discard the head. Slice the flesh of the fish on both sides. Remove the bone. Do not cut off the tail. Turn the flesh of the fish inside out so that it is facing outside and make cuts with 1 cm spaces in between to create a diamond-shaped pattern. Do not cut through the skin. This should create a quill-like pattern. Season the fish with yellow wine, 5 teaspoons of sugar, one egg yoke (beaten) and salt, baste with corn starch and set aside for 20 minutes.

Heat the wok, add oil until there is enough to submerge the fish, and deep-fry the

fish when the oil is at a high temperature. Take the fish out when it is half cooked. Wait until the temperature goes higher and then put the fish back into the wok. Check the fish; it should be golden and crispy. Set aside. Deep fry the head until crispy, and place on the fish.

For the sauce, add to wok 3 tablespoons of tomato sauce, water, salt, 10 teaspoons sugar, one egg yolk (beaten), white pepper, the finely cut bamboo shoots, prawns, and green peas. Mix with two tablespoons of water and corn starch mixture and the vinegar, then pour the sauce over the fish.



Ethnography

Memory


Ilaria Vannia Accarigi
International Studies UTS
2002+

Il Rivotto is the first recipe I ever wrote. I must have been about nine. Rivotto comes from the verb rivoltare, which means to turn upside down, to flip, to reverse something and show the other side. As a reflexive, rivoltarsi, it means to riot, to turn against given power geometries, and rivolta is an uprising. In the context of this recipe the name comes from the action of flipping this thin pancake over.

This is the translation: Put some oil into a pan, whisk together some flour, 1 egg and some salt. Leave the batter alone in a bowl for one quarter of an hour, then fry everything together.

Three things about this recipe. First, the name is a sign: I am still drawn to both rivolti the pancakes and rivolte the protests and I find turning things upside down to look at the other side

still enjoyable and epistemologically useful. Second, in the original recipe there are drawings (I know, good thing I didn't have ambitions to become a painter) but no quantities, because in my family we cook a occhio, literally at a glance, but it means to measure things without measuring implements, relying on sensory experience and knowledge. Third, I wrote this as a result of my observations in the kitchen, because I enjoyed deep hanging out as a way to learn stuff. I still do.

I don't know what prompted the nine-year old me to document the making of the rivotto, but this page is my first ethnographic fieldnote. 



IL RIVOLTO

Pancake

Egg
Flour
Salt

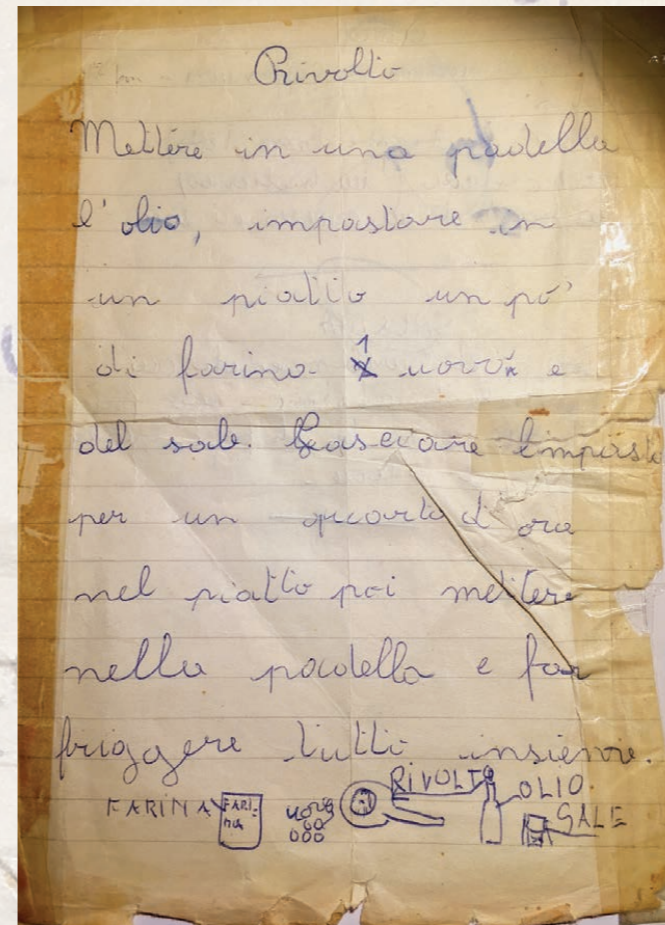


Ingredients

1 egg
Flour
Salt

Method

Put some oil into a pan, whisk together some flour, 1 egg and some salt. Leave the batter alone in a bowl for one quarter of an hour, then fry everything together.



F

Families / Festivities / Flying / Fire / Fish

Families Festivities



Patricia Maggiora de Iturralde International Studies UTS 2008+

I remember this dish as an iconic one at Christmas Eve, when everyone used to bring their specialty for that special dinner. It was also very common as an entrée in our usual Sunday gatherings at my grandmother's house. These lunches were something special, the adults would start with a vermouth and the table would be set with different types of cheese, olives, peanuts and jamón crudo (cured ham or what we call here prosciutto). Normally, kids would grab a piece of cheese with difficulty, as we were not tall enough to reach it if it was far from our side and would go back to our games somewhere else. Then when the meal was ready, we would have to sit at the table and eat the usual first course of homemade pasta, a main of baked chicken or meat and the dessert. By the time the dessert arrived, we would normally have to loosen our clothes or try to rest for a while until the dessert would look appealing again. Our grandmother did not like it very much when we left food on the plate.

Argentina had at that time a recent history of immigration. Most of our grandparents were either Spanish or Italian, or both, as in my case from paternal and maternal sides. At school, my schoolmates also

had grandparents—German, British, Armenian, Syrian-Lebanese (as we called them there)—from different places or the traditional families with years of permanence in our country. Normally, the newcomers would embrace the culture of the new soil, and most of them had a mate (a traditional container to drink the infusion of the same name) in their homes though keeping at the same time some of their traditions which have permeated our culture. I feel now that they considered themselves Argentinians as they identified themselves as such. However, I remember some discussions on TV where journalists would say that Argentina had no identity because we were 'a melting pot of races.' In the end all these cultural gifts are now part of our culture and this is why it is so rich and diverse.

The recipe of the Vitel Toné (originally Vitello Tonnato in the Piedmont region) must have travelled in the cookbooks and memories of the first Italian immigrants who arrived in our lands in the 19th century. Today, it cannot be absent from the table at Christmas or New Year's Eve, even among the Argentine families that have landed in Australia*. 🍴

VITEL TONÉ

Veal with tuna sauce

Veal
Tuna
Onion



Ingredients

1 kg young veal girello, trimmed of all sinew (trimmings reserved)
1/2 onion, roughly chopped
1 celery stalk, roughly chopped
1/2 carrot, roughly chopped
1 sprig rosemary
2 bay leaves
1 handful flat-leaf parsley, chopped
10–12 anchovy fillets
250 ml chardonnay vinegar
250 ml white wine
1 clove
1 L chicken stock, approximately
1 lemon, juiced
Olive oil
Sea salt and freshly ground black pepper

Tuna sauce

5 eggs, hard-boiled (only the yolks will be used in the sauce, reserve the egg whites for the garnish)
500 g good-quality tinned tuna
100 g baby capers
1 lemon, juiced
250 ml extra virgin olive oil
Sea salt and freshly ground black pepper

Garnish

Baby capers, 2–3 egg whites chopped and continental parsley chopped

Method

Heat a little oil in a frying pan and seal the veal on all sides until lightly golden. Transfer to a plate. Pour a little more oil into the pan and add the veal trimmings, vegetables and herbs. Cook until the trimmings are well browned. Transfer the mixture to a saucepan and add the vinegar, wine, clove, and the veal girello. Add enough stock to cover the veal. Season with salt and pepper. Simmer for 30 minutes or until the veal is just cooked. (To check, remove to a plate and insert a skewer—the juices should run clear.) Let it rest in the liquid until cold.

Once the veal is removed, boil the stock until reduced by half. Stir in the lemon juice then strain the stock through a fine sieve and allow to cool.

To make the sauce, place the tuna, capers, anchovy fillets and egg yolks in a food processor and blitz for about 30 seconds. Add the lemon juice and blitz for another 10 seconds. Season with black pepper. Slowly add the oil with the machine going, then, if necessary, slowly add enough cooled veal stock to make a creamy sauce a little thinner



than mayonnaise. Slice the cooled veal as thinly as you can. Spread half the sauce over the bottom of a serving dish and cover with the veal slices. Spread with the remaining sauce. To serve, garnish with the grated egg whites, baby capers, and a sprinkle of parsley.

Genocide

Colonialism



Narelle Fletcher
International Studies UTS
2003+

When the small East African country of Rwanda came under Belgian control in the early 20th century, French was introduced as an official language. Following decolonisation, it was to France that the new Republic of Rwanda turned in the 1960s for economic, social and military support. French President Charles de Gaulle was happy to agree 'in the name of the defence of Francophonie.' The relationship between Rwanda and France since that time, particularly France's complex and controversial role in the 1994 genocide in Rwanda, is explored in the BAIS advanced French language and culture course focussing on francophone societies in conflict.

Mandazi are small semi-sweet doughnuts that are common throughout East Africa

and very popular in Rwanda. They are frequently seen in a triangular shape, although they are also often made as small to medium-sized balls. In her novel *Our Lady of the Nile*, set in a Rwandan girls' school before the genocide, Rwandan author Scholastique Mukasonga describes 'women sitting on their frayed mats selling golden brown doughnuts from bowls decorated with red flowers.' In the wake of the genocide, widows with no other source of income would make mandazi to sell to neighbours and passers-by to earn money to feed their families.

Mandazi are crisp on the outside and soft and chewy on the inside. They are traditionally eaten as a snack on the go, or at home with a cup of tea. They are also sometimes served as a desert after dinner. 🍴

RWANDAN MANDAZI

Doughnuts

Egg
Sugar
Flour



Ingredients

1 egg, beaten
1/2 cup sugar
1/2 cup milk
2 tbsp butter, melted
2 tps baking powder
2 cups white flour
1/2 tps salt
Vegetable oil for frying
Powdered sugar for sprinkling (optional)

Variations

The following can be added to the basic recipe to create a range of different flavours:

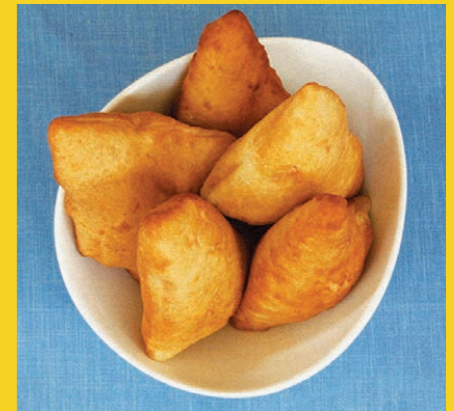
1 tps cinnamon
1 tps crushed cardamom
3 tps coconut flakes
Zest 1 lemon
Zest 1–2 oranges

Method

Mix together the egg, sugar, milk and butter. Slowly mix in the flour, baking powder and salt, forming dough that is soft but not sticky. Add more flour if needed. Cover the bowl and allow the dough to rest for about 20–30 minutes.

For triangles: With a rolling pin, roll the dough on a lightly floured surface until it is about 1 cm thick. Cut the dough into 12–16 into triangles. For balls: Divide the dough and form into 6–10 medium sized balls.

Place enough oil in a frypan so it is at least 5 cms high. Heat the oil to medium heat. Gently drop the mandazi into the oil. Do not overcrowd the pan—fry in batches. Cook until the mandazi are golden all over, turning as required. Remove and drain on a paper towel. Sprinkle with powdered sugar if desired.



Histories

Hospitality



Luke Sharp
International Studies UTS
2018+

Historians are always interested in how stories are told, and historiographies are as much a product of their own time as the events they retell. For contemporary historians, it's somewhat of a cliché to say that Japan has a very long history of taking ideas and cultural artifacts from abroad, changing them subtly to suit, and making them its own. There is, however, a truth to this. From the seventh century CE onwards, Japan directly imported a style of government, Buddhism, a writing system, and Confucian values all from Tang China. Chinese Cuisine has also made its mark in Japan, with gyōza (dumplings) and ramen (noodles), though the introduction of these comes much later in history during the nineteenth century.

In 1998 I made my own history by doing a high school exchange for one year in a rural area of Hiroshima prefecture. My host parents are avid gardeners and still grow all their own produce in the field—they only go shopping for pantry staples. It was during this time that I learned to make gyōza, and the recipe below is one I still use today (they're quite flexible as you can substitute ingredients). I would pick the produce with my host father in the field, and then help my host mother prepare it. ICS students make their own histories too—they adapt, incorporate ideas and cultural artifacts into their lives, and then bring these back home with them where they make them their own. 🍜

GYŌZA

Dumpling

Fish
Prawn
Green peas



Ingredients

Filling

400g pork mince
1/4 cabbage finely chopped
1 carrot cut into matchsticks and then finely chopped
5 small garlic cloves grated
1 knob of ginger (1.5 cms long) grated

Salt to season
Pepper to season
Sugar pinch
Sesame oil drizzle
Soy sauce drizzle

Sauce

2 tbsp soy sauce
2 tbsp rice vinegar
A few drops chilli oil

Others

1 packet gyōza wrappers
2 tbsp vegetable oil



Method

Mix all the ingredients for the filling together in a medium-sized bowl with your hands. Make sure they are combined well and evenly distributed. Fill a small bowl up with water. Dip your index finger in it, and circle the edge of the round gyōza wrapper to make it wet. Scoop a heaped teaspoon of the filling from the bowl and place it in the centre of the wrapper. Fold it in half and pinch the edges to close it. Heat the tablespoon of vegetable oil in a large nonstick electric frying pan over medium heat.

Cook the gyōza in batches and turn them frequently. Add more vegetable oil if necessary. The final step is to pour in 1/2 cup of water and cover the frying pan with a lid, and wait until it completely evaporates. They are ready when they turn a crisp golden brown. Combine the ingredients for the dipping sauce in a small bowl. Once cooked serve on a plate. Dip the gyōza in the sauce.

Invasions

Fish
Transculturation



Elena Sheldon
International Studies UTS 1996+

Ceviche is a Peruvian dish based around raw fish marinated in citrus juice, most commonly lime. A genuinely transcultural dish, as food linguist Dan Jurafsky explains, ceviche is genealogically related to ancient Persian *Sikbāj*, and its descendants such as *aspic*, *escabeche*, fish and chips, and tempura. The ingredients of ceviche, moreover, combine local Indigenous elements with those brought by the Spanish conquistadores, including the limes*.

As a Peruvian, I enjoyed the flavours of ceviche during my childhood, adolescence and as an adult, usually for Sunday meals, birthdays, anniversaries etc. In fact, having ceviche as part of our meals created a special bond between us, and it is a fabulous appetizer that

connects people rich or poor. I remember that it was a family ritual where my mother, grandmother aunts and uncles had to approve if the ceviche hit the flavour spot. Its effect is like having a cocktail that encourages people to relax and talk, about families, politics and national issues. It is a dish that represents our culture and we are very proud to share it throughout the world. Hopefully it is enjoyed by people in other countries and has a similar effect, as experienced by Peruvians. 🍴

CEVICHE

Peruvian raw fish marinated in citrus juice

Fish
Lime
Red onion



Ingredients

- 800 g freshest firm fish you can find, such as sole, red snapper, bass, cut into cubes (2x2cms roughly)
- 1/2 red onion, thinly sliced
- 1/2 a red chilli or red jalapeño, diced very finely
- 1 1/2 cups fresh lime juice, about 16 limes
- 3 sweet potatoes, peeled and boiled, cut into small cubes
- 1/2 large cup of white Peruvian corn
- Salt and pepper to taste

Method

Marinate the fish in the lime juice for 45 to 60 minutes. Then mix all the ingredients together. Chill and serve.

Jetlag
Journeying
Roughage



Stephanie Hemelryk Donald
International Studies UTS
2006–2008

My connection with the Institute for International Studies (where the BA IS was incubated and delivered before the Faculty of Arts and Social Sciences was formed in 2008) began in 2005 when I attended one of the Institute's famous symposia. All participants prepared a short paper in advance—speaking to a theme—and shared that with peer readers who then dissected it in the symposium, for better or worse. The intellectual environment was robust and exacting, and fiercely international in outlook and understanding. I have never been so stimulated and found myself in such genuinely culturally informed and nuanced company. When I joined the Institute on staff a year or so later, I found that the environment revolved around ideas, students, and food, and it was this conviviality and culture of sharing that

allowed the strong standards and mutual expectations, which I had observed at the symposium, to flourish. My only problem is that, despite my best efforts, I am quite an ordinary cook, albeit with particularities. I was raised as a child in Singapore, Hong Kong and Malaysia. I like green vegetables. I love roughage. I adore spice and strong tastes, and I cook to make myself feel at home when travelling. So, I offer a very easy and quick hybrid dahl matched with a flatbread. It's designed to match the budgets of travelling students and scholars. You will make your own versions depending on what is available to you wherever you are, so it exemplifies the necessary flexibility of travelling and learning away from home, whilst also keeping you warm and healthy when homesickness taps on the window. 🍴

MISO DAHL

Traveller's miso dahl with probiotic flatbread

Red lentils
Miso paste
Flour



Ingredients

Dahl

3 cups red lentils
1 bunch lightly chopped spinach
2–3 chopped spring onions
3 tbsp miso paste (you might not need so much depending on taste)
8+ cups water
Squeeze lemon (or lime)
Small bowl soured cream to serve

Flatbread

2 cups white flour
1 cup rye flour (or malted / wholemeal flour)
2 cups keffir
1 cup warm water
3 oz quick yeast
1 tsp salt
3 tbsp olive oil
1 bunch leafy herbs

Method

Flatbread

Combine flour in mixing bowl. Make central well and pour in warm water. Add salt and yeast to the water and stir gently. Mix flour and water until sticky. Add keffir, mix well, add olive oil and knead to form a large elastic ball. Cover with a slightly damp teatowel or muslin and leave for 30 minutes (while you make the dahl.) Divide the ball into 6 small balls. Flatten into circles on floured surface. Transfer to oiled griddle or frying pan and cook to brown on both sides. Serve with sprinkled herbs (coriander is my favourite but whatever you like).

Dahl

Place lentils in pan with water and bring to boil, simmer to soften. Add miso and stir. Add spinach and lemon and stir. When fully softened, remove from heat, transfer to serving bowl, add spring onions and sour cream to taste.

Pour big glass of chilled water. Eat and relax.



KinshipFamilies
Colonisation**Jeff Browitt**International Studies UTS
2004+

This recipe for ayacos is one I learned from my Colombian partner, who hails from the north-eastern state of Santander. Its basic ingredient is maize (corn), whose name stems from the Castilian adaptation, maíz, from the Indigenous Taíno word, mahiz. This starchy cereal has been the staple food of Mesoamerican societies for thousands of years. Corn was originally domesticated and cultivated by the Indigenous peoples of southern Mexico several thousand years ago and gradually spread both north through Central America and south throughout the Andean countries. The pre-conquest Indigenous peoples believed that human flesh and corn were the same matter in different transformations. Corn was sacred and Chicomecoátl was its great goddess. During the so-called Columbian Exchange after the Iberian colonisation of the Americas, when foodstuffs and livestock criss-crossed the Atlantic during arguably the first stage of globalisation, corn was taken to Europe and thence began to spread around the world. Today it's as common as flour and rice in most countries, including Colombia, where it

was a staple in the diet of the Muisca Indigenous peoples. Corn eventually came to form the basis of innumerable recipes, including ayacos and their close cousins, tamales. Both consist of corn mash and other ingredients wrapped in corn husks or plantain leaves and usually steamed. I associate this particular recipe of ayacos with the courtship of my partner during academic studies in Colombia and being subsequently invited to her home in Bucaramanga, Santander, where I was introduced to comida típica Santander-style. Being welcomed into her home and offered local dishes by her mother was a form of symbolic acceptance. My partner brought her mother's recipes to Australia, another form of global exchange. Our daughter and I became the happy consumers of the dishes and I an enthusiastic 'kitchen hand.' This culinary cultural inheritance is now preserved in a book of beautifully hand-written recipes, which our daughter received as a present for her 21st birthday. 🌽

AYACOS SANTANDEREANOS

Steamed fresh corn rolls

Corn
Rice
Onion**Ingredients****Ayacos** (makes 12)

12 ears corn with entire husk intact
1 kg lean mince steak
1 cup cooked white rice
1 medium brown onion, finely chopped
1 tsp crushed cumin seeds
2 tbsp chopped coriander
1 egg (optional)
Salt to taste

Salsa (ají picante)

1 medium red onion, finely chopped
2 spring onions (green stems included), finely chopped
2 medium-size red tomatoes, chopped
1 small handful chopped fresh coriander leaves
1 flat tsp chilli flakes or fresh chopped chilli to taste

Add enough water to make a salsa (approximately 2/3 of a cup)

Salt to taste

Preparation: mix everything together

**Method**

Take corn husks off gently—the bigger outer leaves (you will need them to wrap the ayacos). Grate the corn into a large bowl (kitchen hands are good for this!) and strain off all the liquid. You can add a third of a cup of polenta if the mash is still too wet and also an egg to help bind the mix. Sauté chopped onion in a bit of oil and once soft add the ground cumin. Cook a couple of minutes then add the mince. Season with salt. Once it is cooked, turn off heat add the coriander and rice and mix. Place a corn husk in your hand and add a scoop of corn mash and on top place a heaped tablespoon of the meat-rice mix. Cover with more corn mash and another corn leaf. Fold and wrap neatly and tightly and tie with butcher string or strips of corn husk so the ayacos do not open during steaming. Place gently in a steamer pot and cook on low boil for one hour. Serve nestled in the corn husks with ají picante.





Lesley Harbon
International Studies UTS
2015+

Lauk, sometimes lauk-pauk, is actually a culturally embedded word in Indonesian language meaning the side dishes: small servings of any combination of meats and vegetables, legumes, spices, oils, flavours, which are then served alongside the larger rice, noodle, tofu, meat and vegetable dishes.

The layers of meaning of lauk are endless as I ponder notions embedded in our Bachelor of Arts in International Studies. Added here at letter 'L' entries, the significance to me is how food—in this case lauk—nourishes Life. On another level I believe that the Indonesian lauk are rather like Indonesia's presence in the current International Studies program: a side dish, appearing in intensive language programs in 2018, visible from our short term visitors and longer term Indonesian higher degree research students, as well as threaded through my own and other International Studies colleagues' scholarly outputs. More historically of course, is the place of Indonesia as a Major destination in the first years the degree was offered. Many of our Indonesia graduates continue to make a difference to the world: their lauk flavours the worlds they inhabit.

That not every Indonesian can afford lauk, let alone larger meat or vegetable dishes, and that the choice and abundance of food is a taken-for-granted in so many places, especially in the developed West, are difficult lessons to learn. Our students in the Bachelor of Arts in International Studies come to examine different societies, and year-abroad experiences allow deep examination of culture and daily life in other countries, variously touching on issues related to social justice. As I look over the very successful 25 years of the degree program and my wider personal and professional experiences with cultures and languages other than my own, I am comforted that intercultural educational experiences can help us put Life's taken-for-granted into perspective.

Tumis Labu Siam (choko or chayote stir-fry) is a delicious spicy side dish for tofu, meat and/or vegetables with rice or noodles. 🌿

LAUK/TUMIS LABU SIAM

Side dish / choko stir-fry*

Choko
Red chilli
Garlic



Ingredients

- 1 large choko (sliced into matchstick size pieces)
- 2–3 red chillies (finely sliced)
- 2–3 cloves garlic (finely sliced)
- Salt to taste
- Sugar to taste
- Water
- Oil for frying
- Mushroom stock (optional)

Method

Slice choko (chayote) into matchstick size pieces. Finely slice chillies and garlic cloves. In a fry pan, stir fry the garlic and chillies in a little oil. Once the garlic and chillies have started to soften, add two tablespoons of water (mushroom stock here as an option), sliced choko pieces, salt and sugar. Stir all ingredients and simmer until the liquid has evaporated and the choko is tender. Cool, serve with tofu, meat dishes, vegetables, rice and or noodles.

Selamat menikmati Tumis Labu Siam!
(Enjoy this choko stir-fry!)



MemoryMeat
Class**Maja Mikula**
International Studies UTS
1999–2009

It is no secret that food has its own language. It tells stories that stay with us and become part of our memories, part of who we are.

Perhaps like no other culinary creation, Bosanski lonac (Bosnian stew, claypot or hotpot) is the dominant trope in the Bosnian narrative of belonging. The story of its origins is as humble as the dish itself: a stew prepared by miners every day before descending to the pit, left in the cinders to slowly 'whisper' during the twelve-hour shift, and eaten communally once the daily work was over. Ethnographers describe Bosanski lonac as the centrepiece of the food spread served during *teferič*, or family picnic in nature, once loved and practised by Bosnians regardless of religion or ethnic affiliation (Kulier 1934).

Countless varieties of the recipe circulate on- and offline, especially among former Bosnian refugees scattered around the globe, and their descendants. No two cooks prepare the dish the same way. Most recipes include several kinds of meat, vegetables, herbs and spices. There are no mandatory ingredients: the stew is as diverse and fluid as Bosnia itself.

Bosanski lonac may be a simple dish, but its mythology is compelling. It is thus not surprising that it has found its way into Bosnian literary prose. Miljenko Jergović makes it the protagonist of a short story of a star-crossed love between Bosnian Muslim Zlaja and Croatian Elena. Forced in the 1990s to flee war-torn Sarajevo and move to Zagreb, Zlaja develops a passion for cooking. The dish he desires to re-create in exile, the unattainable fulfilment of his nostalgic yearning, is, of course, Bosanski lonac. He wants to prepare it in the traditional clay pot, which is hard to find in Zagreb. Once he finally finds it, he is yet again forced to move on: there are rumours that Zagreb is no longer safe for undocumented refugees. Zlaja thus never gets to use his clay pot: both his relationship with Elena, and his culinary dream, remain unfulfilled.

The recipe that follows feeds six people, and is based on a Bosnian cookbook authored by the late Sarajevan linguist and teacher Lamija Hadžiosmanović (2007).* 🌿

BOSANSKI LONAC

Bosnian stew, claypot or hotpot

Lamb
Beef
Onion**Ingredients**

500 g	lamb with bones (preferably neck or ribs)
500 g	beef with bones
3	onions
1 bulb	garlic
3	tomatoes
1	chilli pepper
1 handful	parsley
2–3	leaves of mint
1	sprig of dill
3–4	potatoes
2–3	green peppers
1 tbsp	lard
2 glasses	water
2–3	peppercorns
1 tsp	salt

Method

Cut the meat into medium-sized pieces, and the vegetables in larger slices. Wash garlic, drain it and leave the skin on. In an oiled clay pot, put a layer of meat, followed by a layer of vegetables. Add the chilli pepper (uncut). Add peppercorn, finely cut herbs and paprika. Add water and lard. Cover, making sure that the lid has a vent hole to let the steam out. Pre-heat the oven to high. Put the clay pot into the oven, and lower the temperature after a while. Leave stewing overnight, or for at least 4–5 hours. Some people add cabbage, but that is a matter of taste. Most traditional recipes do not include cabbage (Hadžiosmanović 2007; Lakišić 1999).



*Hadžiosmanović, Lamija (2007) *Bosanski Kuhar*. Sarajevo: Sejtarija. Jergović, Miljenko (2004) *Sarajevo Marlboro*, trans. Stela Tomasević. Brooklyn, NY: Archipelago Books, electronic edition Apple Books. Kulier, Andrija (1934) *Prela, sijela i teferiči*. Sarejevo: Napredak-Kalendar, pp 210-16. Lakišić, Alija (1999) *Bosanski kuhar: Tradicionalno kulinarstvo u Bosni i Hercegovini*. Sarajevo: Svjetlost.

Neoculturation

Migrations
Languages



Angela Giovanangeli
International Studies UTS
1999+

A small handwritten cookbook sits on my shelf alongside my other cookbooks. It was one of the few things my mother was able to bring with her when she migrated from Alexandria, Egypt, to Sydney. This little book is full of recipes written in French, Italian, Greek and English, of European dishes sprinkled with Middle Eastern flavours: dates, cumin, chickpeas ... When I read this cookbook I hear the languages spoken in Alexandria in the first half of the twentieth century when European communities lived alongside Egyptian nationals. When these European communities left in the late 1950s, their languages left with them. This small cookbook reminds me of how languages can travel, might be temporary and are shaped by history and politics.

It also makes me think about some of the places where UTS students go to study for their International Studies program and the opportunities they have to reflect on languages and the role languages play in the creation of the linguistic and cultural heritage of peoples and places.

The recipe I have chosen reminds me of the way language can move around. It is a recipe called Batons Salés, or savoury sticks. It has a French name, is similar to Italian breadsticks, but has a shortbread texture more reminiscent of Greek biscuits. And it is rolled in cumin for a Middle Eastern flavour. They make a good late afternoon snack with a warm drink, a beer, an ouzo or a cognac. 🍷

BATONS SALÉS

Savoury sticks

Flour
Butter
Cumin

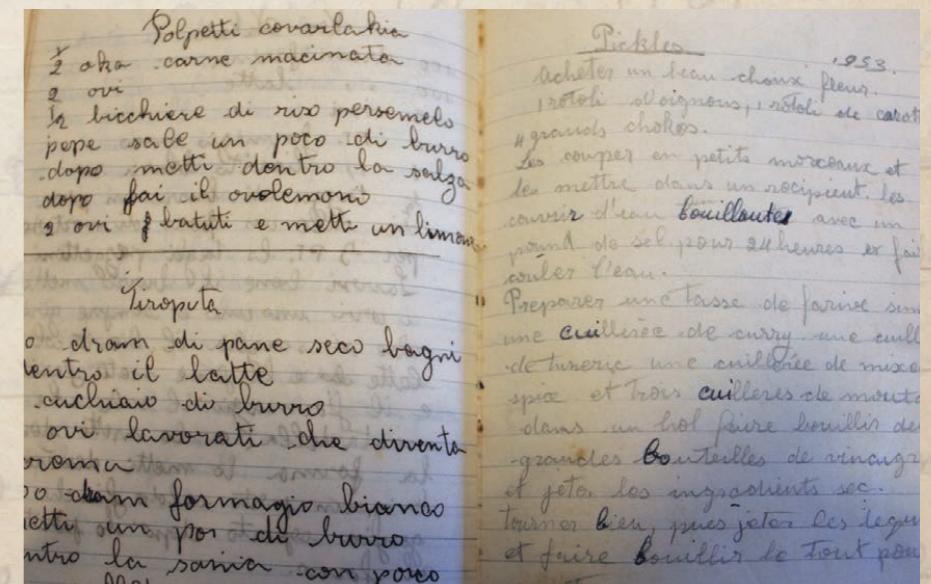


Ingredients

3 cups	plain flour
250g	butter
2 tsp	salt
2 tbsp	cumin seeds
1 tbsp	dry yeast
1 tsp	sugar
2 1/4+ tbsp	lukewarm water

Method

Start by adding all the dry ingredients together then melt the butter and add it to the dry ingredients. Slowly add water until you get a firm dough. Take a small ball of the dough and roll into thin long 18cm sticks. Sprinkle the cumin seeds liberally over the dough. Bake for 10–12 minutes in a pre-heated 180 C oven. Brush with egg if you would like a glazed look.





Olfaction
Smellscapes



Alice Loda
International Studies UTS
2017+

This recipe is typical of the Valle Bormida (a valley in west Liguria, in the northwest of Italy) and the name of this particular kind of focaccina is in the local dialect.

Sciacarotto is a very small focaccia which is baked traditionally for the merenda (so to be consumed at 4 pm) and in particular for special occasions (such as greeting someone who is back from a long journey). It is made with bread dough that is topped with a sauce made (rigorously) with onion, fresh handmade tomato sauce, and the very dark basil

which grows in the valley. The sauce needs to be cooked slowly, so one of the characteristics of the sciacarotto is that the room is filled with the smell of basil, onion, and tomato. When I was a kid, I remember I could perceive this very particular smell from my nonna's garden, and the festive mood of course used to come with the smell. I now bake it from time to time in Sydney, and like to observe the same reactions from my daughter Elsa and our guests. 🍷

SCIACAROTTI O FAZZINI

Focaccia with tomatoes and basil

Flour
Tomato sauce
Basil



Ingredients

- Dough** (make 6 sciacarotti)
 500 g flour
 300 g water (tepid or room temperature)
 35 g extra virgin olive oil
 5 g brewer's yeast or 150 g sourdough starter
- Salt
 Sugar
- Sauce**
 1 bottle passata/tomato sauce, preferably homemade
 2 white onions
 35 g extra virgin olive oil
 Basil
 Salt

Method

First of all, I melt brewer's yeast in water adding half of a teaspoon of sugar. I then incorporate water and yeast in the flour, kneading and adding extra virgin olive oil and salt as the last things. I then wait 2–3 hours for the dough to rise. In the meantime, I chop the onion (not too fine, as the slow cooking will make them naturally tender and they need to be visible on the sciacarotti). In a saucepan, I add olive oil onion, and salt, and I begin to cook the onion at low temperature. When the onion is starting to be golden I add abundant basil and my homemade tomato sauce. The best basil to use is Basilico di Pra (which has very small, perfumed and coloured leaves). I cook the sauce at the lowest heat for around 2 hours, stirring occasionally and adjusting salt if necessary. I preheat the oven to 200 C (not fan forced). When the dough is ready I divide it into 6 portions and proceed to create the focaccette trying to re-work the dough as little as possible. Sciacarotti have an oval shape as per the picture. Once done, I top them with the slow-cooked sauce (it needs to be abundant). Then I put the sciacarotti in the oven for 18–20 min (depending on their thickness). Do not forget to invite friends for the merenda, as sciacarotti is made to express love and sharing joy for a special occasion.



Politics Power



Paul Allatson International Studies UTS 2000+

The Spanish Autonomous Community of Andalusia occupies the south of the Iberian peninsula. Aside from being the home of flamenco and sherry, the region has also produced colourful political figures. One, Juan Manuel Sánchez Gordillo, mayor of Marinaleda since 1979, has distributed evenly the town's wealth to all its residents, thereby making what some commentators call a Communist utopia, and earning him the nickname of 'Spain's Robin Hood.' Another fascinating figure is José Bardallo, from 1986 the Socialist mayor of the village of Alájar (800 residents). Before he became mayor Bardallo had been the village priest, a position he renounced when he fell in love with a woman from Seville. As an ex-priest Bardallo brought

to the electoral cycle a long history of taking confessions and thus of amassing intimate insights into the sins and failings of every adult in the village. In 2002 a group of villagers, and a Communist Party rival, complained to the Spanish press that Bardallo ruled Alájar like a dictator, effectively holding the villagers to ransom for over 16 years due to a widespread fear of being blackmailed. He labelled his critics 'half-hippies.' I can imagine the people in Alájar sitting down on a hot summer day to enjoy a refreshing gazpacho, an Andalusian cold soup specialty with numerous variations, while quietly sharing snide remarks about their mayor's enduring regimen. 🍷

GAZPACHO DE SANDÍA

Andalusian watermelon, tomato and basil cold soup

Watermelon
Tomato
Basil



Ingredients

Quarter	medium sized watermelon
5	ripe tomatoes
1	red capsicum
1	small cucumber
2	cloves garlic (but don't overpower the gazpacho; it is not ajo blanco, Andalusia's famous white gazpacho made from almonds, bread and garlic)
1	bunch basil
1	generous sprig fresh oregano
1	tablespoon sweet paprika
150 ml	red wine or red sherry vinegar
150 ml	good quality olive oil
1/2 tsp	ground black pepper

Optional

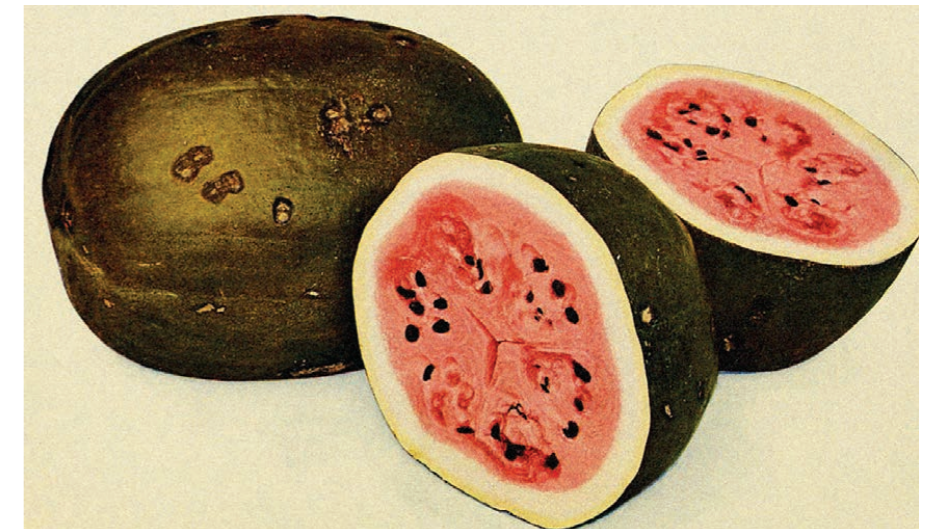
1 can tomatoes

Garnish suggestions: Finely chopped basil and: slices of hard-boiled egg; or slices of avocado; or slices of grilled halloumi (not done in Spain of course, but very delicious). If you want to make a thicker gazpacho or even a dip, add pieces of stale bread to the mix when blending. The recipe also works well without the watermelon. For a cooling summer drink fill a tumbler with ice cubes and add the gazpacho.

Method

In a large serving bowl shave off 2–3 centimetre slices of watermelon, a handful worth. In a blender, add 500 or so grams (a large handful worth) of watermelon (don't worry about the seeds), tomatoes, cucumber (don't worry about the seeds), capsicum, garlic, basil, oregano, paprika, pepper, vinegar and olive oil, and blend until all ingredients have been pulverised and a nice smooth consistency is achieved. Note: this might take two goes as the ingredients may be too large for

one blending. The canned tomatoes add additional flavour and colour. Taste test: this gazpacho should be savoury with the sweetness of the watermelon cutting through, and the vinegar should not overdominate. Add salt as needed. It's fine to add more vinegar and olive oil if necessary. Pour into the serving bowl, sprinkle surface with salt. Refrigerate. Serve in bowls with the watermelon pieces. It is best eaten some hours after blending; it improves with age.



QueasinessDisgust
Hospitality**Andrew Hurley**
International Studies UTS
2007+

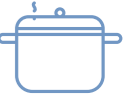
'In Regensburg there are two beer gardens on the Danube, the one on the island in the middle is for the tourists, the one on the far side of the old stone bridge is where the locals go,' Richard Wiedamann, the late director of the Bavarian Jazz Institute told me. Herr Wiedamann was showing me some hospitality on my first visit to students at the University of Regensburg. Part of that involved having lunch with him at the Spital Beergarden, a local institution which in addition to serving hungry and thirsty visitors, brews beer (has done for many centuries) and supplies a bottle a day, for medicinal purposes, to the old folks who live in the Spital (aka Hospital) which gives the Beergarden its name. At this time, the Pope was Benedict, and his home town was Regensburg. Herr Wiedamann told me that whenever he was in town, the Pope's culinary needs were addressed by the family who ran the Spital Beergarden. What's more, it was possible to 'eat like a Pope' by ordering his favourite dish, Salzkotelette. What

an opportunity! It is very 'special' Herr Wiedamann added; 'it may not be to your liking.' But I was not listening as sharply as I could have been. Salzkotelette; 'salted cutlet,' that sounded fine to me. Salzkotelette it would be.

The Salzkotelette came to the table in a suspiciously short period of time. If you do not like the sound of a cold porkchop—which is what the Salzkotelette is—then the way it is garnished is not likely to appeal either. The chop was sitting under a thick layer of aspic—jelly. Also trapped in the aspic were crinkle-cut slices of gherkin, carrot and boiled egg. Although I was, to be honest, disgusted by what sat before me, I knew that hospitality demanded I eat it. In the event, it was OK, although I have not been tempted to eat Papal porkchops since. 🍴

SALZKOTELETTE

The Pope's pork chops

Pork chops
Onion
Carrot**Ingredients**

4 pork chops
3 cups water and 1 cup white wine
1 cloved onion (an onion studded with cloves)
1 sliced carrot
2 sliced stalks celery with leaves
1 small sliced parsley root
6 peppercorns
1 bay leaf
1/2 cup white vinegar
1 egg white
1 egg shell, cracked
Gelatine
Salt

Method

Cover pork in a pot with the wine and water. Add a pinch of salt. Cover the pot, and bring to a boil, reduce heat and simmer. Remove scum from surface as it rises. After 15 minutes, add all the vegetables, spices and vinegar and continue cooking slowly 1 to 1-1/2 hours, or until meat is tender. Do not overcook. Remove meat, let it cool and trim excess fat.

Cool stockpot in cold water bath and skim off fat. Season with salt, wine or vinegar to taste. Beat egg white with crushed shell, add it with 3 tablespoons of cold water to the stock. Heat this new stock, stirring, until it boils. The egg white coagulates and clears the stock. Put the stockpot in the cold water bath again. When this stock is cool and clarified, skim surface and strain (this will remove the egg shells). Boil 2 cups of this clarified stock and stir in gelatine until dissolved.

After rinsing jelly mold in cold water, pour in about 2 centimetres of stock and refrigerate for 20 minutes, until stock has set. Garnish this layer with slices of gherkin, carrot, boiled egg, parsley root etc. Put chop on jelly bed and pour enough stock over it to fill the mold. If aspic begins to set too soon re-heat it and let it cool slightly before continuing. Place mold in refrigerator for 2 hours or until set. If you cannot dislodge the jelly from the mold, apply a heated tea-towel to the base of the mold.

If you prefer, you can add calves feet (cleaned) to the stock, which alleviates the need for gelatine*.



Rawness

Fish



Kate Barclay
International Studies UTS
1997+

I first joined the then Institute of International Studies (IIS) in February 1997 as one of the IIS's first PhD students. As part of my PhD fieldwork I visited a small fishing island in the south of Okinawa. One morning I went out on a pole-and-line fishing boat to get a sense of how the fishing was done. We left for the fishing grounds offshore before dawn and the fisherman's wife prepared for us big warm handmade rice balls called onigiri. The boat fished around dawn for a couple of hours. After the fish were all put away and we were steaming back to port my host pulled out one of the skipjack tuna from the catch and carved off pieces of sashimi for us to eat in our hands with the rice balls, adding a sprinkle of soy sauce or a pickled ume for salt. Another time I had raw fish with rice as part of my doctoral experience as one of the regular cafeteria dishes at Kagoshima University, where I spent a year as a visiting scholar. That dish—negi toro don—consisted of the offcuts from yellowfin tuna belly (toro) chopped fine, like for a tartare. This raw fish mince was served on a bowl of hot rice (donburi), with a liberal handful of thinly sliced green onion rings (negi), and a soy sauce dressing poured over the top.

After finishing my PhD and joining the IIS team as a staff member I also had raw fish with rice when at conferences in Hawai'i.

In Honolulu I always seek out the poke at every restaurant I go to. With poke the sliced sashimi is tossed in the dressing before being served, rather than pouring the dressing over the top as I've had it in Japan. Poke variations I have tried have included delicious dressings for the fish sushi as soy sauce, lime juice and zest, toasted sesame seeds and sesame oil, grated fresh ginger, finely chopped green onions, dried chilli flakes, shredded nori, and so on.

I've also had raw fish with rice on my research trips to various Pacific island countries. One version, called kokoda in Fiji, involves a light fleshed reef fish, such as parrot fish, lightly cured in lime juice and served in a sauce including fresh coconut milk, salt, and finely chopped tomatoes and green onions. In Kiribati the fish is often yellow fin tuna or another variety from deeper water outside the reef. I had it a couple of different ways there. Once in a Chinese restaurant the fish was in a soy sauce-based sauce, with chopped and lightly wok-fried white onions, garlic and ginger. So the sauce was cooked and the raw fish tossed in the sauce before serving. Another time my hotel served it up like a kokoda, in coconut milk, but with some curry powder and wilted green leaves added to the mix. Delicious! 🌿

KOKODA

Raw fish and rice across the Pacific (kokoda – pronounced kokonda)

Raw fish
Lime juice
Coconut milk

**Ingredients**

- 500 g sashimi-grade (fresh enough to eat raw) white fish, such as trevally, snapper or parrotfish
- 120 ml freshly squeezed lime juice (could substitute lemon, but it may be more tart, so experiment with the taste)
- 120 ml coconut cream (from a can is fine, but if you can grate and squeeze fresh coconut the taste will be even better)
- 1 red onion, finely chopped
- 1 red chilli, finely chopped
- 2 green onions (spring onions) finely sliced
- 2 tomatoes, finely diced
- 1 green capsicum, finely diced (optional)

Method

Chop fish into 1–2 cm cubes. Combine with lime juice in a non-corrosive bowl. Cover and put in the fridge to marinate for 30 minutes to 1 hour. The citrus juice will 'cook' the fish. Add the coconut cream, red onion, chilli, tomatoes and capsicum (if using). Combine gently so the fish is evenly covered in the mixture. Serve with rice. Sprinkle the sliced green onions over the dish as a tasty decoration.



Saltiness

Sweetness



Julie Robert
International Studies UTS
2010+



The cycles of freezing and thawing that occur in Quebec when spring pretends to roll around are excellent for instilling false hope that winter will end and for getting the sap in the maple trees flowing. ICS trips to Quebec typically bring me to Quebec in spring. My first such trip in 2011 caught me, and many locals believing the snows to be done for another year, off guard. As proof, even my rental car had been sent out from the fleet garage with no ice scraper. I hadn't packed boots and wasn't keen on walking through seven inches of

powdery snow to get a meal. An omelette featuring the saltiness of bacon and cheese, the tartness of apple and the ubiquitous sweetness of maple syrup was the hotel kitchen's answer to nature's mocking but yearly play with collective expectations. The tastes encapsulate not only the flavours of the cabane à sucre (as per the pictures, the rustic sheds in which sap is boiled down into syrup and ICS students embrace sugar-fuelled square dancing), but the perennial disappointment that winter isn't done with us just yet. 🍴

OMELETTE

Springtime omelette

Bacon
Egg
Apple



Ingredients

- 1 rasher smoked streaky bacon, finely chopped
- 3 large eggs
- 1/4 granny smith apple (or other firm, tart variety), julienned
- 20 g vintage cheddar (crumbly and strong)
- 1 tbsp butter
- 2 tbsp maple syrup
- Salt and pepper

Method

Heat a non-stick skillet over medium heat and render the bacon fat, allowing the bacon to begin to brown and get crispy. While the bacon is cooking, lightly beat the eggs, seasoning lightly with salt and pepper. When the bacon is ready, pour eggs into the skillet, scatter apple and cheese over the eggs and reduce heat to low. Cook until the centre just wobbles when you jiggle the pan, or a little longer if you prefer a firmer omelette. Don't let the bottom burn. Turn out onto a plate, folding in half as you go. Douse with maple syrup.



TransculturationContact zones
Trade**Mariana Rodríguez**International Studies UTS
2008+

In Roman times flan was called tyropatina. The first recipe, written by Marco Gavio Apicius, used honey and a sprinkle of black pepper on top. The name flan was first used in France around the seventh century CE and the recipe started to evolve with the inclusion of sugar and later vanilla. Tlilxochitl or 'black flower' (vanilla) was originally cultivated in the southeast of Mexico (now Veracruz) by the Totonacas. The beans were of such value that the Totonacas would pay part of their taxes to the Aztecs in vanilla, which royalty and soldiers going to battle drank mixed with xocoatl (chocolate). After the conquest, the Spanish took vanilla to Europe using it for medicinal

purposes. Later vanilla was added to food, drinks and desserts. In the 1600s Queen Elizabeth I's apothecary created sweets flavoured with vanilla that she loved.

The following is a recipe that has been inspired by my grandmother's flan. Most memories of my loved ones revolve around food. My grandmother, Carmen, was a great cook, so good she built a very successful catering business later in her life and her mole verde and flanes were legendary. Whilst hers was more traditional, this one includes corn and cream cheese. 🌿

FLAN

Grandmother's flan

Egg
Corn
Vanilla**Ingredients**

1/2 cup	burnt sugar with cinnamon or cajeta (a caramel sauce made with goat's milk)
6	free range eggs
1 can	sweetened condensed milk
1 can	milk (use the can of condensed milk to measure)
1/2 tsp	vanilla
1 cup	corn kernels
190g	cream cheese

Method

Coat the bottom of the baking dish with the cajeta or cinnamon sugar (be careful not to burn the sugar too much in a pan). Put dish in the fridge for the cajeta/sugar to harden. Mix all other ingredients and put them in the baking dish. Bake on a bain marie at 170–180 degrees for around 45 minutes or until you stick a toothpick in and it comes out (of the flan) clean. After cooking leave it to cool down and turn it over onto a big plate.

Understanding
Learning
Love



Barbara Leigh
International Studies UTS
1996+

Students from what was the Institute for International Studies at UTS first went to Southeast Asia in 1997. In the following year, 1998, the financial crash in Thailand spread throughout the region and in Indonesia President Suharto was ousted in a dramatic coup. Our students coped well with both events, although there were some worrying moments—especially when the Army entered the campus of Universitas Gadjah Mada—and our students heard gun shots at a closer range than was comfortable.

The recipe that I have chosen is called Gado-gado. This literally means a mixture or potpourri. The recipe is that of the late Dr Ailsa Thomson Zainuddin or 'Tommy.' She was an academic whose life was devoted to the study of Indonesia. Among her scholarly books and articles is a tome about the diverse Australian volunteer graduates and those with whom they worked. These young people went to Indonesia after the country's independence was

achieved in 1949. Following in their footsteps, the mixture of UTS students who studied in Southeast Asia was outstanding. This recipe is in honour of those who went to Indonesia, Malaysia and Thailand at a time when there was a Southeast Asia Major (1996–2007). Whilst there, they truly mixed with the local culture: their music, dance, art, festivals, mass communications, politics, health, occupational health and safety, language and literature. Some have chosen to reside and work long term in Southeast Asia. The recipe also recalls those students who went to Russia, Greece, Poland, The Philippines, India and South Korea at a time when I was responsible for the Heritage Major (1999–2007). Their ethnic heritage, Australian experience and In-Country Study year led to their deeper understanding of the world at many levels, along with fascinating career opportunities. 🍴

GADO-GADO

Mixed salad with spicy peanut sauce

Carrot
Egg
Peanut butter

**Ingredients**

1–2 carrots
200 g beans
2 medium tomatoes
200 g pea shoots
5–6 lettuce leaves
2–3 medium potatoes
1/4 cabbage shredded
2 hard boiled eggs
1 medium cucumber
1/2 cup crisp fried onion flakes

Sauce

3 tbsp peanut butter
1 tsp brown sugar
1 clove garlic crushed
1 bay leaf
1 tbsp Indonesian kecap manis (sweet soy sauce)
1 small onion grated
2–3 chopped chillies (with seeds removed)
1 cup coconut cream
1 tbsp asam liquid (or lemon juice)
1 tbsp oil
Salt to taste

Method

Cook the carrot and potato in boiling salted water, then drain and set aside to cool. Cook the chopped beans and shredded cabbage, either by boiling for a short while, or by frying gently in a little butter. Line the serving dish with lettuce leaves. Arrange layers of cabbage, potato (sliced), carrot rings, beans and pea shoots that have been soaked in boiling water for 5 minutes and well drained.

Sauce

Fry the onion, chilli and garlic in the oil until the onion changes colour. Reduce the heat and add the peanut butter and sugar, then the kecap manis, stirring constantly to avoid catching. Add the coconut cream and bay leaf. Continue stirring until the sauce thickens a little. It should be of pouring consistency, and can be diluted, if necessary, with water (up to a cup). If too thin it can be cooked a little longer. Finally add the asam liquid and remove the bay leaf.

Pour the sauce over this and garnish with chunks of tomatoes, sliced cucumber, sliced or quartered eggs and fried onion flakes. Alternatively, the sauce can be served separately. Rendang, steamed rice and prawn crackers are a delicious accompaniment to gado-gado.

Selamat makan!



Voyaging
Globalisation
Memory



Jo McCormack
International Studies UTS
2002–2008

I chose this Italian recipe because although I am a lecturer in French language and culture, and worked at the Institute for International Studies from 2002 to 2008, moving there from the UK, this is a recipe I learnt to make in Sydney, home of the IIS and UTS. It's still one of my (few) 'signature dishes' back in the UK where I now live and work again. I learnt it on a 10-week Italian cooking evening class in the inner west in Sydney, as I continued my quest to meet new people in Australia as an 'expat.' It's very simple but I love it. I think it also reminds me of a pasta dish I used to enjoy when I lived in Lyon, France, as a language assistant and PhD student (1995–2001) which was a pasta goats cheese bake that the little restaurant over the road from my flat served. That was somewhere

I went for a treat—which was often needed, particularly in the latter stages of dissertation writing! I chose this dish over various French or Scottish dishes that I also enjoy. I certainly see my taste in food and drink as something that has developed greatly through my time 'abroad'—split between France and Australia in my case—and that has often played a role in socialising, learning from, and sharing with people during that time. I hope that in the years to come I discover and share many more international dishes, and that along the way my students and colleagues have also enjoyed such experiences. For now, please do try this pesto fettucine! Bon appétit! 🍴

PESTO FETTUCINE

An Italian recipe for a French teacher

Basil
Pine nut
Flour



Ingredients

Pesto

2 bunches fresh basil
(can be frozen to keep),
leaves removed from stalks
2 tbsp pine nuts, grilled
2 cloves garlic, crushed
1/4 cup olive oil
3 tbsp parmesan cheese, grated
Salt and pepper to taste

Fettucine

3/4–1 cup plain flour
1 egg
1 tbsp olive oil
1 tbsp water

Method

Pesto

Grill the pine nuts on a baking tray for a few minutes being very careful not to burn. Then place the first four ingredients in a food processor. Process until mixture is finely chopped. While the processor is still going, add the oil in a thin stream. Place the pesto in a bowl and fold through the cheese.

Pasta

Place the flour in a bowl. Make a well in the centre, add the egg, oil and water and combine to form a dough. Turn out onto a floured board and knead for 15 minutes until smooth. Wrap with plastic wrap and rest for 10 minutes. Make chosen type of pasta with pasta machine. OR buy fresh or hard pasta ready made.

Cook pasta until al dente, strain and return to saucepan. While still hot, add the pesto sauce.



War

Sweetness

Memory



Nicholas Manganas
International Studies UTS
2016+

I still remember the smell of crackling batter bubbling in the deep-frying pan; the honey that would stick to my fingers as I devoured this traditional Greek breakfast delicacy. Τηγανίτες (Tiganites), Greek honey pancakes, are supposedly the world's original pancakes, one recipe dating back to Greek physician Galen's book *On the Properties of Foodstuffs*, written sometime between 207 CE and 216 CE. If tiganites are still popular today, it is surely due to their remarkable simplicity. Some flour, some water, a little bit of salt, dunk them in hot olive oil and smother them in honey. It was the only dish my grandfather knew how to cook. He was a guerrilla with the Greek resistance—armed groups

called αντάρτες (andartes) that hid in the mountains, resisting the Axis occupation of Greece. I like to imagine that this little dish, this slight recipe of five ingredients, sustained one of the strongest resistance movements in Nazi-occupied Europe. Or perhaps, for those men who risked their lives, and who have also been accused of horrible crimes themselves, eating tiganites on those mountains was one comfort when they had no streets, nor no neighbourhood, in which to walk through. Today, we still lick the dripping honey off our fingers as the simple tiganita continues its journey into our homes. And with each bite I like to think I am savouring the sweet taste of resistance. 🍯

TIGANITES

Τηγανίτες (Greek honey pancakes)

Flour

Olive oil

Honey

**Ingredients**

2 cups plain flour
2 cups water
1 pinch of salt
Olive oil
Honey

Method

Add the flour to a mixing bowl. Stir in the water and mix until a smooth batter forms. Add a pinch of salt. Pour a quarter of a cup of olive oil in a frying pan and warm to a medium heat. Spoon a generous dollop of batter for each tiganita into the frying pan. Cook on each side for about 3 minutes or until the tiganita sets. Repeat until all the batter is gone. Drizzle fresh honey on the tiganites before serving.



X

Xenophobia / X-ings

X-ings
Traditions
Edges



Narelle Fletcher
International Studies UTS
2003+

Switzerland is a country with four national languages (German, French, Italian and Romansh) and a long-standing, generally friendly rivalry between the German-speaking cantons to the north and the French-speaking cantons to the south-west. These two linguistic areas are separated by the so-called 'Röstigraben,' literally the 'Rösti ditch.' Rösti is a type of grated potato fritter that is now a popular national Swiss dish, but its origins lie in the German-speaking canton of Bern, where it was originally eaten as a hearty hot breakfast by farmers. For this reason, Rösti became a symbol of Swiss-German culture, in contrast to the Latin culture of the French-speaking areas.

The differences between the Swiss Germans and the Swiss French can be traced back more than 7,000 years to the arrival of different tribes in this geographical area—certainly well before the introduction of the potato in Switzerland! However, the strong desire to work together to create a unified and stable nation has meant that Switzerland has successfully implemented a policy that celebrates difference, creating unity from pluralism. From this perspective, the Röstigraben has been identified as an important Swiss living tradition, with suggestions that it should be registered on UNESCO's world heritage list. In the meantime, the humble Rösti continues to be enjoyed throughout the country as a side dish for lunch or dinner. 🍟

RÖSTI

Potato fritter

Potato
Onion
Oil



Ingredients

8 potatoes
1 onion
Oil
Butter or margarine
Pepper
Salt

Method

The day before you want to make your Rösti, parboil the whole potatoes in salted water. They should still be a little hard. Drain the potatoes and leave them in the fridge overnight. On the following day, peel the potatoes and grate them using a standard grater. Heat a mix of oil and butter (or margarine) in a fry pan. When the mixture is hot, add the onion and cook until transparent. Add the grated potatoes to the pan, mix together with the onion and season with salt

and pepper. Press lightly to form into a rounded fritter shape. Leave to cook on a low heat undisturbed until golden (approx. 10–15 mins), then place a plate upside down over the potatoes so you can turn them over like a pancake. Return to the pan and cook the other side until golden. It is also possible to make smaller individual servings using the same method. Simply divide your potato and onion mixture into the required number of servings and cook individually.



Yearnings

Exile
Nostalgia



Marivic Wyndham
International Studies UTS
2004+

Just the word lechoncito—the little roasted pig—conjures up a myriad of wonderful associations and memories for Cubans—both in and out of the island. It's the centrepiece of every Cuban Christmas Eve meal—Nochebuena—and is usually accompanied by platanitos maduros—little fried plantains—and white rice with black bean sauce. Typically, it's also served with 'yuca' and a green salad. As a little girl in Cuba, Nochebuena was always a huge family occasion where members of my extended family would join in celebrating the beginning of the festive season. El lechoncito was not only the centrepiece of the meal, but also of family conversations. Everyone had something to contribute about its flavour—too little (never too much!) garlic, the combination of spices that were used, how the various citrus fruits had contributed (or not!) to the final product. The original recipe seemed always to be in a process of refinement in these conversations. My aunt Hilda—the family chef—would listen patiently—and every year would stick faithfully to her original recipe. The slicing of the lechoncito was always my father's ceremonial duty—and joy! This could take some time as we all 'sampled' the slices and then insisted on

'sampling' a few more. When my family left Cuba for Miami—and exile—this Christmas ritual became a treasured way of re-connecting with our lost island. And every year the same toast would be raised to 'Next Year in Cuba.' For me, when I moved to Australia, el lechoncito assumed even greater significance—now I was not only mourning the loss of Cuba, but also of my Cuban family in Miami. For very special occasions, I've cooked el lechoncito for my Aussie friends and over time have found myself adapting the recipe to include such non-Cuban ingredients as cumquats and an even greater variety of citrus fruits, like ruby grapefruits and tangerines. Somehow these new flavours seemed to speak to and celebrate my new culture—and in the process of adapting the old recipe I realised I was also embracing the new possibilities that my adopted country had to offer. And so el lechoncito has become a kind of metaphor for the three main chapters of my life—Cuba, Miami exile and finally migration to Australia: it both holds the core recipe of my Cubanness but also embraces the many exciting flavours and experiences that define my adopted Aussie culture. 🍴

EL LECHONCITO ASADO

Little roasted pig

Pork
Orange
Ginger



This is the recipe that I sent to my Australian daughter when she first showed signs of being interested in Cuban cooking. It's in its original form, including personal touches, as they are part of that 'passing on' of family traditions, from generation to generation.

Get the butcher to prepare you a leg of pork that has had the skin and most of the fat removed. (Important: ask him to leave on the pork about a quarter inch of fat so it stays moist throughout the long cooking time). When you pick it up, make sure you don't throw away the sheet of skin/fat because this will come in handy in the last half hour or so of cooking the pork. It is THEN that you sit the sheet on a rack above the leg of pork and let it (a) coat the leg with the drippings of fat and (b) turn the sheet into crackling. Magic! It is worthwhile keeping an eye on the sheet every 10–15 minutes to make sure it's not turning too brown too quickly. Temperature of the oven by that last half hour should not, in any event, be very high.



Recipe on following spread >

YearningsExile
Nostalgia**Marivic Wyndham**International Studies UTS
2004+**Ingredients**

Extra large oven bag or two large oven bags, one for each end of the leg and tied tightly around the leg. Leg of pork, usually you allow 2 people/pound (45kg) (remember there's bone and also by the time fat drips, meat cooks, etc etc, it's much less than you think).

- | | |
|---------|--|
| 1 | whole big 'head' of garlic, cut into thin slivers |
| 2 | big thick pieces ginger, grated |
| 2-3 | medium-hot red chillies (of the little ones) with seeds removed |
| 1-1 1/2 | tablespoons powdered cumin |
| 1-1 1/2 | tablespoons oregano flakes (preferably powder if you can get it) |

Salt and freshly ground black pepper to taste (The pork NEEDS sufficient salt to assume all its flavour)

To marinade

(4 kilogram leg of pork)

- | | |
|-------|---|
| 6-8 | naranjas agrias (sour oranges)
If they can be found, they're small and darkish and very pungent. Otherwise ordinary oranges. |
| 4 | grapefruits (red ruby) |
| 2-3 | lemons |
| 8 | limes |
| 2 | tangerines |
| 10-12 | cumquats |

THIS IS REALLY AN IMPORTANT FLAVOUR SO I'D TRY AND FIND IT IF AT ALL POSSIBLE.

Remember to keep the skin of the cumquats to press onto the leg after it's been marinated and leave on throughout cooking.

EL LECHONCITO ASADO

Little roasted pig

**Method**

Make one-inch deep incisions into leg of pork no more than one-inch apart, and into these incisions squeeze slivers of garlic. Pork should be well and truly covered with these all 'round: bottom and top and sideways. Squeeze all the citrus juices (including cumquats) and add to them thinly cut chillies, grated ginger, and the cumin, oregano, salt and pepper. Mix this well. Then pour mixture all 'round the pork. It is now, after all else has been spread around the leg, that you press the cumquats skins onto the leg for cooking. Spend a few minutes marinating and marinating the leg of pork to ensure that as much of the juices get a chance to get into the leg before you set it in the refrigerator overnight. **THIS IS ESSENTIAL.** Don't marinate on the same day you intend to cook the pork or you'll have sacrificed 90 percent of the flavour. Trust Mummy.

The next day

Preheat oven for 180-200 degrees (in my oven). Again spend some minutes marinating and marinating the leg of pork before you place it carefully inside the oven bag(s). Pour ALL juices into the bag holding the pork and then tie the bag(s). Sit the leg on a rack that will take it comfortably and just before

you place it in the middle rack of the oven (not too hot, not too cold) with a sharp knife make 2 to 3 incisions into the bag, wide apart: one left, one middle, one right. These should ensure the bag does not explode in the oven by allowing the steam to escape, but should not be large or close enough together to allow the juices to escape.

Cooking time

The oven bag should tell you the correct times. Clearly when in the bag it's going to cook faster than when out. Normally for a 4kg leg, I'd allow about 4 hours in all to cook. 2-2 1/2 hrs inside the bag and the rest out. Between taking the pork

out of the bag and placing it again on the rack you should marinate the leg again for a few minutes. It's at this stage of the cooking that, if you're not careful, the pork can start to get dry. So keep an eye on it and marinate it every so often. You won't have to once the sheet of fat goes on the top rack. Once you've sat the sheet on the rack with its sides drooping, salt it lightly. Quite insipid otherwise. If at some point after the bag has been removed from the pork you decide that the leg is sufficiently browned (very browned) but needs more cooking, simply shape a sheet of aluminum foil around the leg and put it back in a medium-oven.





Lorely Aponte Ortiz
International Studies UTS
2009+

Insects have been a food source in Mexico for generations. They can be found in tianguis (open markets) and some upscale restaurants, where they are served as a delicacy. They have been present in some of my family's dishes for as long as I can remember. This recipe reminds me of my last visit to Mexico, with friends and family trying their best to please me and prepare their own specialties knowing that I crave 'real' Mexican food. Prior to my arrival, it was decided that our family would get together and have chapulines (grasshoppers), along with other dishes. This was not the first time I had eaten them, but I was mesmerized by the process; not so much the cooking process, but the conversations and exchanges that were taking place.

Cooks in the kitchen, sharing the best way to cook chapulines, telling each other how much salt to add, what type of chillies to use or how long to keep them in the pan. Children coming in and peeking at the pan just to say 'I'm not eating insects,' and the occasional uncle who eats them alive just to shock the younglings. In the end, the result is as always fantastic and although not everybody eats them, everybody joins in. Eating insects is the starting point for endless conversations and stories that are passed down for generations and that make going back to Mexico an unforgettable experience. 🌿



TORTITAS DE CHAPULÍN

Grasshopper mini-cakes with salsa

Grasshopper
Onion
Egg



Ingredients

Tortitas

1 cup dried grasshoppers
1 bunch spinach
1 clove garlic
1/2 onion (red/brown/white)
3 eggs
1 cup flour
Salt and pepper

Salsa

1/2 cup dried grasshoppers
1 clove garlic
3-4 serrano chillies
3 tomatoes
1 small bunch coriander

Method

First, finely chop the garlic and onion. Add some oil to a pan and fry the garlic and onion until they're soft. Add the spinach leaves until they wilt. Add salt and pepper to taste and mix well. Let the mixture sit. In a bowl, beat the egg whites and gradually add the yolks. Keep beating until the whites and yolks are evenly mixed. Take some spinach mixture and 4 to 5 grasshoppers and make a small ball the size of your palm. Place the ball in the flour until it's covered, then dip it in the egg mixture and fry it until golden. When the tortita is golden place it on a paper towel to absorb excess oil.

Salsa

Put the tomatoes, garlic and chillies on the pan. Cook them for about 3 minutes, turning them so they don't burn. Peel the tomatoes. Place the tomatoes, garlic, chillies and chapulines in a mortar. Crush them until they are well mixed. Add salt to taste. You can add some coriander for extra flavor.

The result will be a chunky spicy salsa you can pour over your tortitas de chapulin. Of course, you will need freshly made corn tortillas to accompany this dish.





1827 FINLEY MAP OF ASIA AND AUSTRALIA

Source: Wikimedia commons © public domain, 1827 Finley Map of Asia and Australia, Finley, Anthony, A New General Atlas, Comprising a Complete Set of Maps, representing the Grand Divisions of the Globe, Together with the several Empires, Kingdoms and States in the World; Compiled from the Best Authorities, and corrected by the Most Recent Discoveries, Philadelphia, 1827.
http://commons.wikimedia.org/wiki/File:1827_Finley_Map_of_Asia_and_Australia_-_Geographicus_-_Asia-finley-1827.jpg



AZTEC MIGRATION FROM AZTLAN TO TENOCHTITLAN (CHAPULTEPEC HILL)

Source: Wikimedia Commons © public domain, GF Gemelli Careri, A Voyage Round The World. In Six Parts, viz. I. of Turkey. II. of Persia. III. Of India. IV. Of China. V. of the Philippine Islands. VI. Of New Spain Written Originally in Italian, Translated into English, (Printed for Awnsham and John Churchill at the Black Swan in Pater-noster-Row, London) 1704.
http://commons.wikimedia.org/wiki/File:1704_Gemelli_Map_of_the_Aztec_Migration_from_Aztlan_to_Chapultepe_-_Geographicus_-_AztecMigration-gemelli-1704.jpg



GÜVEÇ
 Source: Wikimedia Commons © E4024, 3 August 2017.
http://commons.wikimedia.org/wiki/File:G%C3%BCve%C3%A7_with_mutton.jpg



BRODET
 Source: Wikimedia Commons © Public domain, Chiqui Teo, 29 March 2010.
<http://commons.wikimedia.org/wiki/File:Brodet.JPG>



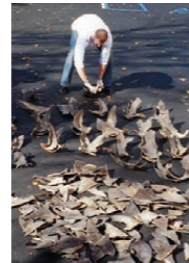
EAST FRIESLAND
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SQUIRREL FISH
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IL RIVOLTO
 Source © Ilaria Vanni Accarigi



(VITEL TONE) VITTELO TONNATO
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MANDAZI
 Source: Wikimedia Commons © Child of Midnight, Kenya, 19 November 2009.
http://commons.wikimedia.org/wiki/File:Bowl_of_mandazi.jpg?uselang=fr



JAPANESE PAN FRIED GYOZA (餃子) TOPPED WITH NORI AND BONITO FLAKES
 Source: Wikimedia Commons © Adryan R. Villanueva, 12 July 2018.commons.
http://wikimedia.org/wiki/File:Japanese_pan_fried_.jpg



CEVICHE DE PESCADO
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[http://commons.wikimedia.org/wiki/File:Ceviche_de_pescado_\(La_Punta,_Callao\)](http://commons.wikimedia.org/wiki/File:Ceviche_de_pescado_(La_Punta,_Callao))



RED LENTILS
 Source: Wikimedia Commons © Mytinytank, 6 June 2011.
https://commons.wikimedia.org/wiki/File:Dried_red_lentil.jpg



AYACOS
 Source © Jeff Browitt



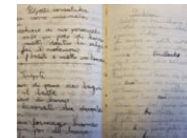
CHICOMECOATL SCULPTURE
 Source: Wikimedia Commons © Public domain Chicomecoatl, déesse du maïs. Culture aztèque, c. 1325-1521. Roche volcanique, Don Alphonse Pinart. Ancienne collection Boban.
http://commons.wikimedia.org/wiki/File:Chicomecoatl,_71.1878.1.96_Mus%C3%A9e_du_quai_Branly.jpg?uselang=fr



CHOKO (Chayote) (Sechium edule)
 Source: Wikimedia Commons © Wendy Cutler, 6 October 2010.
http://commons.wikimedia.org/wiki/File:Sechium_edule_Main_Chayote_Cutler_P1050272.jpg



LONAC
 Source © Maja Mikula



BATONS SALES
 Cookbook recipe page
 Source © Angela Giovanangeli



BATONS SALES
 Source © Angela Giovanangeli



SCIACAROTTO
 Source © Alice Loda

**WATERMELON (CITRULLUS LANATUS)**

Source: Wikimedia Commons © Public domain, Birds and Nature, v. 15 Jan-May 1904. Chicago, Ill. :AW Mumford, Publisher. http://commons.wikimedia.org/wiki/File:Citrullus_lanatus_1904.jpg?uselang=fr

**SPITAL BEERGARDEN REGENSBURG**

Source: Wikimedia Commons © Peter Bubenik, 13 April 2004. http://commons.wikimedia.org/wiki/File:130404_regensburg-spitalgarten_1-640x480.jpg

**FISHMARKET HONIARA SOLOMON ISLANDS**

Source: Wikimedia Commons © IreneScott/AUSAID, 18 May 2013 [http://commons.wikimedia.org/wiki/File:A_man_selling_fish_at_Honiara%E2%80%99s_central_market_\(10662316344\).jpg?uselang=fr](http://commons.wikimedia.org/wiki/File:A_man_selling_fish_at_Honiara%E2%80%99s_central_market_(10662316344).jpg?uselang=fr)

**CABANE A SUCRE**

Y a du monde à la cabane. La cabane à sucre est une affaire de famille. La nourriture est savoureuse et on en profite pour boire

un p'tit coup c. 1900

Source: Wikimedia Commons © Bibliothèque et Archives nationales du Québec Trois-Rivières, Public domain. http://commons.wikimedia.org/wiki/File:Cabane_a_sucres.jpg

**CABANE A SUCRE DUPUIS QUEBEC**

Source: Wikimedia Commons © Emmanuel Huybrechts, 9 April 2011. [http://commons.wikimedia.org/wiki/File:Cabane_%C3%A0_sucres_Dupuis_\(5633487872\).jpg](http://commons.wikimedia.org/wiki/File:Cabane_%C3%A0_sucres_Dupuis_(5633487872).jpg)

**VANILLA (EPIDENDRUM VANILLA)**

Source: Wikimedia Commons © Biodiversity Heritage Library, Lukas Hochenleitter und Kompagnie, Plantarum indigenarum et exoticarum icones ad vivum coloratae, oder, Sammlung nach der Natur gemalter Abbildungen inn- und ausländischer Pflanzen, für Liebhaber und Beflissene der Botanik, 1778. [http://commons.wikimedia.org/wiki/File:Plantarum_indigenarum_et_exoticarum_icones_ad_vivum_coloratae_oder_Sammlung_nach_der_Natur_gemalter_Abbildungen_inn-und_ausl%C3%A4ndlicher_Pflanzen_f%C3%BCr_Liebhaber_und_Beflissene_der_Botanik_\(15470028093\).jpg](http://commons.wikimedia.org/wiki/File:Plantarum_indigenarum_et_exoticarum_icones_ad_vivum_coloratae_oder_Sammlung_nach_der_Natur_gemalter_Abbildungen_inn-und_ausl%C3%A4ndlicher_Pflanzen_f%C3%BCr_Liebhaber_und_Beflissene_der_Botanik_(15470028093).jpg)

**GADO-GADO**

Source: Wikimedia Commons © Sakurai Midori, 30 September 2009. http://commons.wikimedia.org/wiki/File:Gado-gado_in_Jakarta.jpg

**FETTUCINE PESTO**

Source: Wikimedia Commons © Cliff Hutson, 18 August 2006. http://commons.wikimedia.org/wiki/File:Fettuccine_Pesto.JPG

**GALEN**

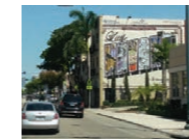
Source: Wikimedia Commons © Wellcome Trust and Gallery, GALEN {c 130-200 [CE]} Line engraving: portrait of Galen holding book and ointment jar; anon., n.d. {17th century}. http://commons.wikimedia.org/wiki/File:Line_engraving_portrait_of_Galen_holding_Wellcome_L0012416.jpg

**ROSTI**

Source: Wikimedia Commons © 4028mdk09, fotografiert auf einem Wochenmarkt in Karlsruhe (Baden-Württemberg, Deutschland), 28 September 2011. http://commons.wikimedia.org/wiki/File:Wochenmarkt_Karlsruhe_R%C3%B6sti_2011.jpg?uselang=fr

**CUBA-US MAP**

Source: Wikimedia Commons © Public domain http://commons.wikimedia.org/wiki/File:Cuba-US_map.jpg

**LITTLE HAVANA**

Source: Wikimedia Commons © Ivan Curra, Little Havana Miami Entrance https://commons.wikimedia.org/wiki/File:Little_Havana_Entrance_-_panoramio.jpg

**CHAPULÍN DE MILPA**

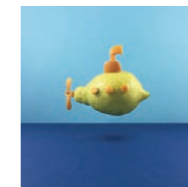
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**CHAPULINES IN MEXICAN CITY MARKET**

A basket of Chapulines (Roasted Crickets) in a market in Tepoztlán, Mexico, December 2006
Source: Wikimedia Commons © Meutia Chaerani / Indradi Soemardjan, CNU Free Documentation Licence <https://commons.wikimedia.org/wiki/File:Chapulines.jpg>

**PEA BOAT**

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**LEMON SUBMARINE**

Source © Mundane Matters mundanematters.co

