

News from Multicultural Health Communication

making health communication easier

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Healthy & Tasty Challenge 2009: Ethnic “Master Chefs” and their Winning Recipes

Healthy and Tasty “Master Chefs” from the Chinese, Filipino, Italian, Samoan, Sri Lankan Sinhalese and Sri Lankan Tamil, showcased their winning recipes at the Ethnic Cook Off in July at the Roselea Community Centre, Carlingford.

Sri Lankan Tamil Healthy & Tasty “Master Chef”: Seetha Santiago

Sri Lankan Tamil Winning Recipe: Carrot and Cabbage Salad

Ingredients

- 200 grams Cabbage
- 1 Medium Carrot
- 1 Medium Onion (Preferable Red)
- 3 Green Chillies
- 1/4 Cup chopped Coriander leaves
- 1/2 Cup cooked Whole Green Mong Dhal
- 2 Teaspoon Mustard powder
- Lemon juice
- Salt to taste

Method

- Wash thoroughly all ingredients
- Finely chop Cabbage and grate Carrot using grater
- Add chopped Onion, Green chillies, Coriander leaves, Cooked Mong Dhal and Mustard powder
- At last add salt for your taste and lemon juice



Sri Lankan Sinhalese Healthy & Tasty “Master Chef”: Roshani Abeywickrema

Sri Lankan Sinhalese Winning Recipe: Southern Salad with Chicken and Walnut

Ingredients

- 500g eggplant (brinjal) cut into thick batons
- 400g bitter melon thinly sliced
- 4-5 spring onions
- Half a Spanish onion
- 1/3 cup walnut (toasted or raw)
- 1 chicken breast grilled with soy sauce
- Salt & pepper
- ½ bunch flat leaf parsley
- Green chilli finely chopped without seeds
- 1 ½ tablespoon balsamic vinegar or red wine vinegar
- 1 tbsp lemon or lime
- Adjust salt and pepper to taste

Method

- Sprinkle eggplant and bitter melon with salt and set aside for 15-20 minutes
- Arrange on a thin layer on an oven tray
- Spray or coat with olive oil and grill for 20 – 30 minutes
- Mix rest of the ingredients with the chicken and serve



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Filipino Healthy & Tasty “Master Chef”: *Neria Soliman*

Filipino Winning Recipe: *Adobo Supreme*

Ingredients

- 1 kg mixed chicken w/o skin
- ½ cup native coconut vinegar
- ¼ cup soy sauce
- ½ tsp cracked peppercorn
- 1 small bay leaf
- 4 cloves of garlic minced
- ¼ cup vegetable oil
- 1 cup pineapple juice from the tin of crushed pineapple
- 2 cups pineapple crushed
- 2 slices fresh pineapple rings as sidings

Method

- Combine all ingredients except for pineapple crushed and let stand for 10 mins
- Cook in a pan, cover and simmer till chicken is tender
- Drain the chicken and fry briefly in small amount of oil until golden brown
- Add the fried chicken mixture to the sauce where the chicken was simmered
- Add the crushed pineapple
- Continue cooking until sauce is thick and partly reduced
- Top in a ½ cup moulded rice
- Put 2-3 slices of pineapple rings as garnish and sidings
- Serve with grilled eggplant salad in lemon dressing



Serving portions:

250 gms chicken with ½ cup rice,
1 cup grilled eggplant, tomatoes,
green mango, green onions salad
in lemon dressing
Slice of pineapple fruit in season

Samoa Healthy & Tasty “Master Chef”: *Talia McKinlay*

(Represented by Kessa Gollan)

Samoa Winning Recipe: *Fish (Salmon or White Fish)
in Coconut Milk with avocado, papaya and rockmelon salad*

Ingredients

- 4 Fish portions (best to use Salmon)
- 1 sliced onion
- 2 cloves of garlic
- 1 small tin of light coconut cream (coconut flavoured evaporated milk)
- Flour (2 tablespoons)
- Salt and pepper to taste
- Small amount of olive oil

Method

- Mix flour salt and pepper
- Dip fish in flour mixture
- In saucepan put enough oil, 2 tbsp lightly cover the bottom of the pan. When hot place fish in pan and fry. (Also option to bake in baking dish)
- Remove fish from pan remove oil from pan
- Add onion, garlic and sauté till clear
- Add coconut cream.
- Return fish to pan and cook for a few more minutes
- Salad: cook sweet potato, dice and let cool. Slice avocado, papaya, rock melon and mix with mixed green salad leaves



Italian Healthy & Tasty “Master Chef”:

Manuela Di Giovanni

Italian Winning Recipe: *Italian Capsicum Stew*

Ingredients

- 3 big red capsicums or 4 small ones
- 2 tbs extra virgin olive oil
- 1 garlic clove, finely chopped
- 1 tbs finely chopped parsley
- 1 tbs grated parmesan cheese
- 2 tbs coarsely grated toasted breadcrumbs

Method

- Wash the capsicums.
- Cut the top part (stalk) and discard
- Cut the rest vertically and slice in 2cm long strips
- Discard the seeds and the white filaments.
- In a non-stick fry pan heat the oil and add garlic
- When ready, add the capsicums
- Stir well and cover.
- Let cook on a medium flame (stirring often) until capsicums are cooked
- Add the parsley, salt, pepper, breadcrumbs and parmesan.
- Stir for 1 min



Chinese Healthy & Tasty “Master Chef”:

Le Sheng Liang

Chinese Winning Recipe: *King Prawns Salad*

Ingredients

- 20 pieces king prawns
- 800 grams sweet Potatoes
- 50 grams pine Nuts
- 200 grams sweet corn kernels
- 200 grams green Peas
- 5 pieces tomatoes
- 300 grams mayonnaise (reduced-fat)

Method

- Cook sweet corn kernels and green peas till soft;
- Slice the tomatoes and place sliced tomatoes around the edge of the serving dish;
- Boil sweet potatoes for 15 minutes until soft and cut them into cubes;
- Put prawn in boiling water for 1-2 minutes until red, then rinse and pat dry well on paper towels;
- Mix all salad ingredients (king prawns, sweet potatoes, sweet corns, green peas) in a serving bowl;
- Combine mayonnaise, pour over salad and mix well;
- Slightly roast pine nut till it turns brown;
- Add roasted pine nuts on top of the salad.



These 6 winners of the recipe competition took part in the Healthy and Tasty Challenge 2009 where they battled off with other top contestants from their language groups. They submitted recipes relevant to their culture using food tips from an information pack distributed by MHCS and community organisation partners (Chinese Australian Services Society (CASS), Samoan Council NSW, Philippine Australian Community Services Inc (PACSI), Italian Association of Assistance (Co.As.It) and the Sri Lanka Association of NSW (SLANSW) as an aim to increase awareness of the '2 + 5 campaign' – to eat two serves of fruit and five serves of vegetables daily to reduce the risk of diabetes and other chronic diseases.

This MHCS campaign was commissioned by the Australian Better Health Initiative to promote healthy eating among communities with a high risk of diabetes

NSW Multicultural Health Week 2009

Multicultural Health Week 2009 was officially launched by Stepan Kerkyasharian, Chair and CEO of the Community Relations Commission on Monday, 27th July at *The Welcome Wall*, National Maritime Museum. Guests included group leaders from Culturally and Linguistically Diverse communities as well as Area Health Coordinators/Directors and representatives from the ethnic media.

Key events organised by MHCS held during Multicultural Health Week 2009:

- **Multicultural Health Week Launch – 27th July, Welcome Wall, National Maritime Museum, Darling Harbour**
Peter Todaro, Director of MHCS, led the presentations followed by Dr Astrid Perry, Director of Multicultural Health SESIAHS, and Catherine Lynch, Director of Primary Health and Community Partnerships of NSW Health.
- **Multicultural Health Communication Awards 2009 - 29th July, Parliament House**
7 winners with outstanding resources targeting the health needs of CALD communities topped the Awards held every 2 years to acknowledge the excellence in the development of effective materials for multicultural communities in NSW.
- **Free preview screening: *'Unnatural Causes: is inequality making us sick?'* - 30th July, University of Sydney**
Screening of a ground breaking DVD straight from the United States of America which examines the dramatic effect social policy, economic and physical environments have on our health and quality of life.
- **Healthy Eating & Diabetes Information Talk, Filipino Community - 1st August, All Saints Parish Centre, Liverpool**
Session held in conjunction with the Visayan Association and Multicultural Disability Advocacy Association presented by Bernadette Galing-Aquino, Dietitian in Charge of Nutrition and Dietetics Department, Auburn Hospital.

2009 Multicultural Health Communication Awards Winners

The winners of the NSW Multicultural Health Communication Awards 2009 and were officially recognised during a ceremony at the Parliament House in Sydney in July. Listed below are the details of the winning entries.

Category	Agency / Organisation	Resource	Languages
Government Under \$5000.00 Fact Sheet / Brochure / Patient Information	Sarafina Zubovic from the Fairfield Multicultural Health Service SSWAHS	<i>"Frequently Asked Questions – BreastsScreen NSW"</i> .	English and Croatian
Government Over \$5000.00 Fact Sheet / Brochure/ Patient Information	South East Sydney Illawarra Health Multicultural Health Service	<i>"Health Fact Sheets for Refugees"</i> .	Arabic, Burmese, French and Kirundi
Non-Government Under \$5000.00 Fact Sheet / Brochure/ Patient Information	Arthritis Foundation of NSW	<i>"What is Arthritis"</i>	Chinese and Greek
Non-Government Over \$5000.00 Fact Sheet / Brochure/ Patient Information	National Prescribing Service Ltd, Co.As.It. (Victoria); and the Federation of Ethnic Communities Councils of Australia (FECCA)	<i>"Get to Know Your Medicines"</i>	Italian
Government Over \$5000.00 Audio Resource	Children's and Youth Health, Westmead Hospital and SWAHS Multicultural Health Network	<i>"Having a Baby In Australia? We Speak Your Language"</i>	English, Cantonese, Mandarin, Arabic, Persian, Hindi, Tamil and Korean
Government Over \$5000.00 Visual Resource Joint Winners for this category	The St George Hospital Cardiac Rehabilitation Service	<i>"Heart Matters: The Benefits of Cardiac Rehabilitation"</i>	Cantonese and Mandarin
	The Chinese Australian Tobacco and Health Network	<i>"For Parents Who Smoke – Listen to what your children say"</i>	DVD in English with Simplified Chinese Subtitles

Information on the standards of practice for producing health resources are available for health workers to download on the Multicultural Communication website: www.mhcs.health.nsw.gov.au.