



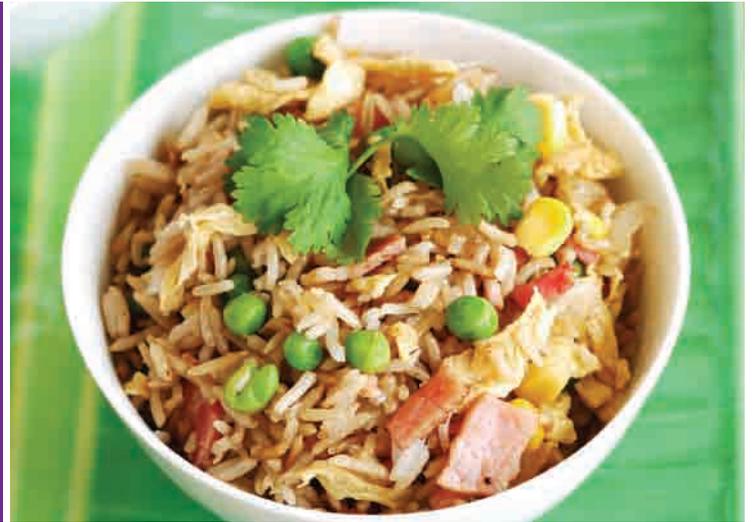
# ONE IN SEVEN PEOPLE GO TO BED HUNGRY EVERY DAY – GROW WITH US AND CHANGE THIS!

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JOIN EAT LOCAL FEED GLOBAL BETWEEN 14–21 OCTOBER. LET'S GROW A FUTURE WHERE EVERYONE HAS ENOUGH TO EAT.



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## JULIE GOODWIN'S NOT-VERY-AUTHENTIC FRIED RICE



**"RICE IS THE STAPLE FOOD FOR MORE THAN HALF THE WORLD'S POPULATION AND MORE THAN THREE BILLION PEOPLE EAT IT EACH DAY. I FEEL SO BLESSED TO LIVE IN A COUNTRY WHERE WE HAVE AN ABUNDANCE OF FOOD AND AN ABUNDANCE OF CHOICE. I AM GRATEFUL THAT I CAN PROVIDE FOR MY FAMILY, AND THAT MY CHILDREN HAVE NEVER HAD TO EXPERIENCE TRUE HUNGER."**

### INGREDIENTS:

**(SERVES 8 OR 4 FOR MAIN MEAL)**

- 2 cups of jasmine rice
- 4 rashers of bacon thinly sliced
- ½ cup peanut oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 2 tbsp grated ginger
- 2 eggs
- Salt and white pepper
- 1 cup frozen baby peas
- 1 tsp Chinese five spice
- ¾ cup soy sauce
- 6–8 shallots
- ½ cup crispy fried shallots

### METHOD

As the title indicates, this dish isn't very authentic. It can be varied in any number of ways, depending on what you have in the fridge and cupboard. With the addition of some prawns or marinated meat, it can be a meal on its own. I like my fried rice to be big on flavour, but if you prefer less salt or spice, adjust the soy sauce and five-spice to suit your taste.

1. Place the rice together with 3 cups of water in a tightly lidded microwave-safe container with a capacity of about 2.5 litres. Cook on high for 18 minutes. When cooked, transfer the rice to a large, wide bowl and fluff the grains with a fork.

2. Meanwhile, heat a wok or a large chef's pan and cook the bacon over medium heat for 2–3 minutes. Add 1 tablespoon oil, along with the onion, garlic and ginger. Fry them gently until they are soft and fragrant, but not brown, and then remove them from the wok.

3. Heat 1 tablespoon oil in the wok and add one lightly beaten egg. Swirl the egg around to create a thin omelette and season with salt and white pepper. When the egg has set, remove the omelette from the wok, roll it up and slice very thinly. Repeat with more oil and the other egg. While you're waiting for the egg to set, cook the peas.

4. Put the remaining oil in the wok over high heat. Add the rice and stir-fry it in the oil, then stir through the Chinese five-spice and soy sauce. When all the rice is well coated with soy and has a fairly dry consistency, add the egg, bacon, onion mixture and peas, then toss to combine before removing the wok from the heat. Just before serving, stir through two-thirds of the shallots. Serve the rice topped with the remaining shallots and the crispy shallots.

Note: Crispy shallots can usually be found in the Asian section of the supermarket.

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## MARK JENSEN'S SIMPLE YELLOW CURRY OF CHICKEN, BASIL AND BAMBOO SHOOTS.



**"WE'RE VERY FORTUNATE IN AUSTRALIA THAT FOOD IS READILY AVAILABLE. BUT IT'S TIME TO STOP AND THINK HOW CAN WE MAKE OUR GLOBAL FOOD PRODUCTION FAIRER BY CONSIDERING PEOPLE WHO ARE LESS FORTUNATE THAN US AND CONSIDERING WAYS TO PROMOTE BETTER SHARING OF NATURAL RESOURCES."**

### INGREDIENTS: (SERVES 4-6)

- |                                                                                                 |                                                   |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 3 tbsp vegetable oil                                                                            | 2 tbsp finely chopped lemongrass, white part only |
| 1.2kg mixed chicken drumsticks, thighs and wings, or use 800g boneless, skinless chicken thighs | 1 tbsp finely chopped garlic                      |
| 800ml coconut cream                                                                             | 2 tbsp finely chopped red Asian shallots or onion |
| 2 tbsp Malaysian curry powder                                                                   | 4 tbsp fish sauce                                 |
| 1 tbsp ground turmeric                                                                          | 50g palm sugar (jaggery), grated                  |
| 100g shredded bamboo shoots, washed under cold water                                            | 1 tsp salt                                        |
| 4 kaffir lime (makrut) leaves, finely sliced                                                    | 1 large handful of Thai basil leaves              |
| 1 tbsp finely grated ginger                                                                     |                                                   |

### METHOD

Heat the oil in a wok or large frying pan, add the chicken pieces and seal on all sides until golden, then remove the chicken from the wok and drain on a paper towel. If using boneless chicken thighs, you can ignore this step.

Wipe the wok clean and place it over medium to high heat. Add 100ml of the coconut cream, bring it to the boil and continue to boil rapidly for 2 minutes. Add the curry powder, turmeric, bamboo shoots and chicken pieces (or if using the chicken thighs, add them now). Stir well to combine the flavours.

Add the lime leaves, ginger, lemongrass, garlic and shallots. Stir well, then add the remaining coconut cream. Bring the cream to the boil, then reduce the heat and simmer for 20–30 minutes. When the chicken is cooked through and tender, increase the heat and season the curry with the fish sauce, palm sugar and salt. Stir through the Thai basil and serve with jasmine rice.



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## DOMINIQUE RIZZO'S RAG PASTA WITH GREEN PEA AND FETA PESTO



**"I LOVE THIS RECIPE BECAUSE IT IS INEXPENSIVE TO PUT TOGETHER, HAS GREAT COLOUR AND YOU CAN GET EVERYONE INVOLVED WITH MAKING THE PASTA AND THEN JOIN IN THE EATING. THROUGH THE SHARING OF FOOD WE SHARE LIFE AND ONE IS NEVER LONELY OR HUNGRY."**

### FOR PASTA INGREDIENTS: (SERVES 4)

250g flour  
5 egg yolks  
1 ½ tbsp olive oil

1 whole egg  
2 tbsp milk

Flatten out the dough a little into a disk and cover with plastic wrap. Rest for 30 minutes before rolling.

Using a pasta machine or rolling pin roll out the dough thin enough so that you can just see your fingers through the sheets but not so that they break through, about 1 millimetre thick. Lightly flour each pasta sheets and roll it up on itself, using a sharp knife cut the pasta into 2 centimetre widths to form long ribbons. Set the pasta aside on a floured tray while you prepare the sauce.

### METHOD

Pile the flour onto a bench, making a wide well in the centre. Crack in the egg yolks, whole egg, milk and olive oil and, with your fingers, break up the eggs using a circular motion to incorporate the flour slowly. This will ensure a smooth dough. Continue the process until you have a soft dough and it all starts to come together. It may look a little shaggy but as you then start to knead the dough it will become silky smooth. If the dough becomes too sticky, add a small amount of flour to your bench. Continue kneading for 10–15 minutes, the dough should be tight to pull it apart, not soft and stretchy.

### FOR PESTO INGREDIENTS: (SERVES 4)

Makes 2 cups  
1 ½ cups frozen peas  
¾ cup parsley leaves  
2 cloves garlic  
80g Bulgarian feta cheese  
¼ cup olive oil  
50ml thickened cream

### METHOD

In a food processor pulse the peas with the parsley and garlic until just combined.

Add the feta and pulse again, remove half the mixture into a bowl and add the oil into the remainder of the mixture in the processor. Blend until

smooth and mix with the slightly chunkier batch. Season with salt and pepper.

Bring a large pot of water to the boil, add in a tablespoon of salt for each litre of water and cook the pasta for 2–3 minutes, drain keeping ¼ cup of the cooking water and return the pot to the stove. Add in half the pesto with the cream and ½ cup of pasta water, stir for 1 minute until the sauce has loosened and then toss through the pasta. Serve hot.

The remainder pea pesto can be used as a dip, stirred through risotto, or blended with hot chicken stock for a green pea and feta soup.





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## SIMON BRYANT'S BEST OXFAM FAIR BREAD RECIPE



**"MY ADVICE TO MY FRIENDS IS TO FIGURE OUT WHAT'S IMPORTANT TO YOU BE IT ANIMAL ETHICS, LAND CARE, WATER OR HUMAN RIGHTS AND THEN GROW, SHOP AND EAT IN A WAY THAT FIXES THESE PROBLEMS."**

### MAKES ONE LARGE LOAF

#### INGREDIENTS:

2 ½ cups bakers flour  
1 tbsp dried yeast  
2 tsp sugar  
1 tsp sea salt  
½ cup espresso Oxfam coffee (this is 4 shots espresso coffee if you have a machine)  
½ cup warm water  
¼ cup extra virgin olive oil  
1 cup dried wild figs chopped stalk removed  
1 tbsp aniseeds

#### Egg wash

1 free range egg yolk  
1 tbsp milk  
2 tbsp extra virgin olive oil

#### METHOD

Macerate the chopped figs in the coffee and allow to absorb as much moisture as they will take in. Strain and squeeze out excess moisture and set aside both the figs and the liquid.

Make the dough by combining most of the flour, yeast, salt, sugar, and aniseed in a bowl. Mix warm water with the strained coffee liquid and add the ¼ cup of olive oil. Knead together to make a smooth dough for about 7–9 minutes until elastic and shiny (you may need a little more water, or a little more flour – the dough needs to have resistance and just spring back at you, but it shouldn't be hard.) Rest in a bowl in a warm spot (covered with cling wrap), until doubled in size which takes about an hour.

Lightly dust benchtop with flour, shape dough to an oval about 20 centimetres long and sprinkle with figs. Gather all the edges of the dough (like a pasty) and

crimp lightly together. Turn upside down so that the seam is on the bottom, and shape into a loaf about 15 centimetres long. Cover with tea towel and allow to rise a little for about 20 minutes. Preheat a baking stone in the oven at 200°C.

Mix the egg wash ingredients together. Cut 6–8 slashes in the dough about 4 millimetres deep and brush with egg wash slightly pulling apart the slashes.

Place on the preheated pizza stone dusted with a little flour and bake in oven for 25–30 minutes until it sounds hollow when tapped on the bottom.

Great served as a morning tea, with butter or with soft cheeses such as blue, brie or feta.

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## ROBERT MOLINES'S OXFAM FAIR COFFEE PANNACOTTA WITH A SALAD OF STRAWBERRIES IN BALSAMIC



**"...IF WE CALCULATE HOW MUCH WE THROW AWAY,...OUT OF DATE GOODS, WILTED VEGETABLES, ROTTING VEGETABLES ETC; WE CAN AFFORD TO DONATE AT LEAST \$10 TOWARDS...OUR BROTHERS AND SISTERS IN THIS WORLD."**

### FOR PANNACOTTA

#### INGREDIENTS:

500ml cream  
100g caster sugar  
10g gelatine leaves  
3 espresso coffee shots from Oxfam fair coffee collection  
2g Kahlua

#### METHOD

Put the gelatine leaves in cold water to soften. Warm the cream, sugar and coffee to 50°C.  
Mix well. Add the Kahlua then the softened gelatine leaves.  
Strain the mixture and pour it into some small plastic dariole moulds. Refrigerate for 6 hours.

### FOR SALAD

#### INGREDIENTS:

1 punnet of strawberries  
1 soup spoon of caster sugar  
1 soup spoon of lemon juice  
1 soup spoon of balsamic vinegar  
2 mint leaves, thinly sliced

#### METHOD

Marinate the strawberries with all the other ingredients and refrigerate. Ready to serve when the pannacotta are ready.  
Always best served with pistachio biscotti, or any thin biscuit or wafer.



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## **ANDREW BLAKE'S PUY LENTIL, SILVERBEET AND CASHEW CURRY WITH ORGANIC YOGHURT**



**"I HATE BEING HUNGRY, BUT AT LEAST I KNOW THAT MY NEXT MEAL ISN'T FAR AWAY. IT WOULD BE UNIMAGINABLE NOT KNOWING WHERE MY NEXT MEAL IS COMING FROM, BUT THAT IS THE DIRE SITUATION THAT 13 MILLION EAST AFRICANS ARE FACING."**

### **INGREDIENTS:**

- 300g puy lentils
- 1 large onion, diced
- 2 cloves garlic, minced
- 50ml olive oil
- 1 tablespoon curry powder
- 3 tomatoes, roughly chopped
- 250ml coconut milk
- 2 cups torn silverbeet
- 200g raw cashews, roughly chopped
- 1 bunch coriander, washed twice and roughly chopped
- Salt and freshly ground pepper

### **METHOD**

Soak the lentils for a couple of hours in cold water. Rinse off and place in a saucepan with fresh cold water. Season with a little salt and cook slowly. Remove the lentils from the heat when cooked but firm, and cool under running cold water.

Slowly sweat the onion and garlic in the olive oil in a heavy-based, medium sized pot. Add the curry powder and continue to slowly cook for a further minute. Add the cooked lentils, chopped tomato and coconut milk and slowly return to a simmer. Add the silverbeet and simmer for a further 5–10 minutes, add the chopped cashews and all bar 2 tablespoons of the coriander. Adjust the seasoning.

Serve in bowls topped with a dollop of yoghurt and a sprinkle of coriander.

