



The Annecto recipe book

A delicious collection of recipes for
everyone to enjoy and share.

Table of Contents

Angies Corn Fritters	3
Cheese bread (Pão de queijo)	4
Vegetable Slice	5
Piyazu	6
Turkish Vegetarian Meatballs (Çiğ köfte)	7
Ratatouille	8
Sri Lankan Dhal/Lentil curry with coconut milk	9
Baked beans	10
Slow Cooked Beef and Guinness Stew	11
Peanut Butter Noodles	12
Banana Cake	13
Lebkuchen (German ginger spice biscuits)	14
Honey Bread	15
Old Fashioned Golden Syrup Dumplings	16
Rain cake (fried cake)	17
Binignit/Bilo Bilo	18
Authors	19

Angies Corn Fritters



AUTHOR Georgia Wilson

ORIGIN Australian

PREP 0 Hours 5 Mins

COOK 0 hours 25 mins

SERVES 6

INGREDIENTS

3 Cobs of fresh corn, silk and husk removed

2 eggs, whisked

1/3 cup of milk

3/4 (115g) self-raising flour

1/4 cup of shallot (or green onions),

finley sliced

1/4 cup of coriander leaves,

chopped

Salt and ground white pepper to

taste

Olive oil for frying

METHOD

1. Cook the corn cobs either by boiling or microwaving until the kernels are tender but still al dente. Boiling will take 5 minutes. Microwave time will depend on your machine but give it 1/2 minutes per cob and then longer if required.
2. When the corn has cooled enough to handle, run a sharp knife the length of cobs to remove the kernels. Season with salt and pepper.
3. Meanwhile mix the eggs and milk together. Place the flour in a bowl and add milk mixture gradually, ensuring there are no lumps.
4. Stir in corn kernels, shallots and coriander. Set aside for 15 minutes to rest.
5. Heat 1 tablespoon of olive oil in a chef's pan over medium heat. Drop 2 tablespoons full of the fritter mix in the pan.
6. Give the fritters space to spread and yourself space to flip them. After about 2 minutes they should have bubbles appearing and setting on the upper surface and be golden brown underneath. Flip and cook for another minute.

HINT: Serve fritters with tomato relish, or sour cream & sweet chili sauce. They are also beautiful served with smoked salmon and rocket.

Why is this an important recipe to me?

This is the recipe my mum first taught me when I was learning to cook as a child.

Cheese bread (Pão de queijo)



AUTHOR Angelica Pierangelli

ORIGIN Brazilian

PREP 0 Hours 10 Mins

COOK 0 hours 20 mins

SERVES 20



INGREDIENTS

250g Tapioca starch
125 ml olive oil
125 ml milk
3 large eggs
125g fetta cheese
70g parmesan cheese
1 tbs salt

METHOD

Put the tapioca starch in a bowl (preferably in a cake mixer with the dough hook)

Put the milk and olive oil in a pan - bring it to boil

Drop the milk and olive oil onto the tapioca starch

Add the salt, danish fetta and parmesan

Mix all the ingredients in the bowl until just combined

Mix the eggs in a separate bowl - until combined and mix it with the ingredients in the bowl

Combine until homogeneous

Lay baking paper in a tray, make small balls using two table spoons to skip the though from each other into the tray

At the start, before mixing any ingredients heat the oven up at 180 degrees

Bake the cheese bread for 20-25 minutes or until golden

You can serve it plain, with ham, jamon, jam, tuna dip, avocado and make small sandwiches. If you make little balls, you can serve as an entree too.

Why is this an important recipe to me?

It reminds me of our culture, our agriculture and the deliciousness of having it for afternoon tea.

Vegetable Slice



AUTHOR

Jodie Walker

ORIGIN
Australian

PREP TIME
0 Hours 15 Mins

COOKING TIME
0 Hours 40 Mins

SERVES
8

INGREDIENTS

5 Eggs
1 Cup Self Raising Flour
50ml Vegetable Oil
1/2 Cup Grated Cheese of your choice
1 packet of Feta Cheese crumbled
1 clove of garlic minced

Vegetable variations

Pea, asparagus, spinach and dill
Roasted pumpkin, spinach and sage
Grated Zucchini, Grated Carrot, Spring Onion and Bacon
Cherry Tomato, bocconcini, basil and oregano

METHOD

Place eggs, flour and oil in a mixing bowl - mix to combine

Add in the vegetable combination of your choice, grated chesse, feta cheese, garlic and herbs and fold to combine

Line a slice baking tray with baking paper

Add the slice mixture to baking tray

Bake in oven at 175 degrees for 30-45 minutes

Enjoy!!

Why is this an important recipe to me?

I would bake this with my great grandmother using vegetable we would pick together from her garden..

Piyazu



AUTHOR

Habiba Kabir

ORIGIN
Bangladeshi

PREP TIME
0 Hours 40 Mins

COOKING TIME
0 Hours 30 Mins

SERVES
5

INGREDIENTS

Ingredients for Piyazu Recipe

- Onions: 4-5 medium
- red lentils: 1 cup
- green chili: 3-4
- ginger paste - 1 teaspoon
- Salt to taste
- Fresh coriander leaves chopped 1 tablespoon
- Fresh mint leaves chopped 1 tablespoon
- Oil 2 cups for dip fry

METHOD

Red lentils are rinsed and soaked in water for at least 30 minutes. Then blend them.

Finely chop onions, coriander, mint leaves, and green chilies.

Prepare ginger paste.

Mix all ingredients together.

Take a tablespoon portion from mixture and dip fry them.

Why is this an important recipe to me?

Piyaju is delicious, filling, and offers an instant boost of energy.

Turkish Vegetarian Meatballs (Çiğ köfte)



AUTHOR [Sahin Erok](#)

ORIGIN [Turkish](#)

PREP [0 Hours 30 Mins](#)

COOK [0 hours 0 mins](#)

SERVES [4](#)

INGREDIENTS

1 1/2 cups coarse brown bulgur
200ml hot water
2 teaspoons salt
2 tablespoons dried pepper
(preferably Urfa peppers, but any will suffice)
1 small onion
2 tablespoons tomato paste
1 tablespoon pepper paste
1 tablespoon yoghurt
2 tablespoons pomegranate vinegar
2 tablespoons vegetable/cooking oil
1 small lemon

Extras:

Lettuce, parsley, wraps

METHOD

To make vegetarian raw meatballs at home, first take the bulgur into a suitable bowl. Add hot water and let it soak for about 15 minutes for the bulgur to soften. The amount of water may vary depending on the type of bulgur used. Be sure to use brown bulgur suitable for raw meatballs to achieve a good result.

While waiting for the bulgur to soften, we can prepare the other ingredients for our raw meatballs. Peel the onion and chop it into small pieces that will be suitable for cooking

Take the chopped onion and add it to the bulgur after 15 minutes, then start kneading by adding salt and dried pepper to the bulgur. If you take a piece of bulgur and squeeze it with your hand and it stays together without falling apart, it means that it has been soaked enough. If it falls apart, you can add a little more hot water.

After adding the onion, continue kneading. Then add tomato paste, pepper paste, yogurt, pomegranate syrup, vegetable oil, and lemon juice to the bulgur and continue kneading the raw meatballs for half an hour. If you knead well after adding each ingredient, you will get a better result. Using a chili paste also achieves great results.

Take pieces of the raw meatball mixture that have reached the desired consistency and shape them by squeezing them with your hand. Using gloves will make your raw meatballs smoother. Don't forget to wet your hands occasionally.

After shaping the meatballs, serve them with lettuce, parsley, lemon, and pomegranate syrup. You can simply make wraps using the lettuce as your wrap, or for something more substantial, you can also use tortilla wraps to then wrap the lettuce wrap. Happy eating!

Ratatouille



AUTHOR

Clodie Veyrac

ORIGIN
French

PREP TIME
0 Hours 20 Mins

COOKING TIME
0 Hours 45 Mins

SERVES
4

INGREDIENTS

4 tomatoes
1 eggplant
2 zucchinis
1 red or yellow capsicum
1 onion
3 cloves of garlic
A few bay leaves
Thyme
Olive oil
Salt and pepper

METHOD

Start with cutting the onion and then brown them in a big pot with some olive oil.

Cut the eggplant into slices and add them to the onions. Let them cook for about 5-10 min.

Cut the capsicum into strips and the zucchinis into slices and add them to the rest. Let them cook together for another 5min.

Cut the tomatoes into cubes and add them to the pot.

Add the garlic, thyme, bay leaves, salt and pepper and stir.

Let everything cook, covered, for about 30 minutes. Remember to stir regularly.

Reduce heat to minimum and let everything simmer for another 10 minutes.

It's ready! Bon appetit!

I like to serve ratatouille with rice and sometimes add meatballs or sausages in to give it a little twist.

Why is this an important recipe to me?

Ratatouille is a traditional French recipe. It is easy to cook and can be paired up with anything!

Sri Lankan Dhal/Lentil curry with coconut milk



AUTHOR

Sasha Kaluarachchi

ORIGIN
Sri Lankan

PREP TIME
0 Hours 5 Mins

COOKING TIME
0 Hours 15 Mins

SERVES
4

INGREDIENTS

1 cup red lentils
2.5 cups of water
1/4 tsp turmeric powder
1/2 red onion, sliced
1 clove of garlic, chopped
1 spring curry leaves
1/2 cup coconut milk
1 tsp chilli flakes (optional)
1/2 pandan leaves, cut into three

For Tempering:

1 tbsp coconut oil, canola, vegetable, olive oil
1 tsp mustard seeds
1 tsp chilli flakes (optional if you don't want spicy)
1 spring curry leaves
1/2 red onion, sliced
1 clove of garlic, sliced

METHOD

Wash red lentils thoroughly under cold water, until it is clean.

Into a medium-size pot or clay pot add lentils, sliced onion, pandan leaves, sliced garlic, turmeric, salt, water. Mix well, place it on medium heat and let it cook for approximately 15 mins.

After 15 minutes, check if the lentils are soft and cooked, then add coconut milk and bring to the boil and cook for 5 minutes.

TEMPERING: While the lentils are cooking. In a separate pan add oil, onion, garlic and saute well for 3-4 minutes, then add the mustard seeds, curry leaves, chilli flakes and mustard seeds and cook for further 3 minutes. Once they are well tempered and the ingredients are soft and cooked, take it off the fire.

Mix this tempered mixture directly into the cooked lentils. Reserve some tempered mix to add on top as garnish to make it more appealing if you wish. Add about 2 tbsp of oil to the reserved tempered mix, so it will also transform into a chilli oil with all the ingredients so it looks very appetising.

Serve with some hot basmati rice.

Why is this an important recipe to me?

The first Sri Lankan curry I made in my life - learned from my mum.

Baked beans



AUTHOR

[Shai Strahan](#)

ORIGIN
British, UK

PREP TIME
0 Hours 15 Mins

COOKING TIME
1 Hours 0 Mins

SERVES
4

INGREDIENTS

1 tbsp olive oil
1 onion, finely chopped
100g pancetta, chopped
1 garlic clove, crushed
2 anchovies, chopped
1 tsp fresh thyme leaves
1/2 tsp dried oregano
400g can crushed tomatoes
2 x 400g can cannellini beans, drained and rinsed
salt
freshly ground black pepper

METHOD

Preheat the oven to 160 degrees Celsius.

Heat the olive oil in a large casserole dish (one that can go in the oven and has a lid) over medium heat.

Add the onion and cook, stirring occasionally, for 5 minutes or until they're crisping up.

Add the garlic, anchovies, and herbs and stir together for another minute.

Add the tomatoes and 125ml of water and bring to the boil. Once boiling, reduce the heat to a simmer for 10 minutes.

Stir in the beans, put the lid on and bake in the oven for 30 minutes.

Season with salt and pepper to taste.

Serve on toast with a poached or fried egg, sausage and a strong cup of tea.

Why is this an important recipe to me?

It's part of a traditional English breakfast! But a bit fancier than the canned variety.

Slow Cooked Beef and Guinness Stew



AUTHOR Bridie McNally

ORIGIN Irish

PREP 0 Hours 45 Mins

COOK 8 hours 0 mins

SERVES 15

INGREDIENTS

2 TBSP OLIVE OIL
1.5 KG CHUCK BEEF CUT INTO LARGE CUBES (5CM)
3/4 TSP SALT & BLACK PEPPER
3 to 4 GARLIC CLOVES, MINCED
2 ONIONS CHOPPED
200G CHOPPED BACON
440 ML CAN GUINNESS BEER
4 TBSP TOMATO PASTE
2 CUPS (750ML) CHICKEN STOCK (OR BEEF)
3 CARROTS CUT INTO THICK PIECES
2 LARGE CELERY STALKS CUT INTO PIECES (OPTIONAL)
2 OR 3 BAY LEAVES
SPRIGS OF THYME (OR DRIED THYME)
3 TBSP FLOUR

METHOD

Pat the beef dry and season with salt and pepper.

Heat oil in a heavy based pot or pan over high heat. Add beef in small batches and brown well all over. Keep aside.

On a lower heat, cook garlic and onion for 3 minutes until softened then add and cook your bacon.

When cooked, add carrot and celery and cook for 2 to 3 minutes.

Add flour and stir for 1 minute.

Place everything in your slow cooker and add the browned beef.

Add Guinness, chicken stock and tomato paste. Stir well.

Add bay leaves and thyme.

Slow cook on low for 6-8 hours.

When cooked, you may like to skim off the fat that rises to the surface and adjust salt and pepper to taste. (make sure you also remove any bay leaves or thyme sprigs)

Serve with soda bread and champ potatoes (this is mashed potatoes, with bacon, spring onion, parsley and butter). Delish!

Why is this an important recipe to me?

My mum makes this stew every St Patrick's Day for my family. It's a family favourite!

Peanut Butter Noodles



AUTHOR

Mads Kennedy

ORIGIN
Australian

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 10 Mins

SERVES
2

INGREDIENTS

1/2 pack thin, flat rice noodles of any kind (if you're buying at the supermarket, buy the ones labelled Pad Thai)
1 tbsp of neutral oil
2 green onions, chopped
2 garlic cloves, finely chopped
2-4 tbsp water
sesame seeds and more green onions to garnish

Sauce:

3 tbsp peanut butter
2 tbsp light soy sauce
2 tsp sesame oil
2 tbsp warm/hot water (you may need more or less depending on your peanut butter)
1 tbsp maple syrup (optional: can sub some brown sugar or leave out completely if you want)
2 tsp siracha (optional: omit for little kids if need be)

METHOD

Cook the rice noodles according to packet instructions. You want them slightly underdone so they can cook with the sauce.

While your noodles are cooking, prepare your sauce by combining all the ingredients in a small bowl. Using the water to thin to a saucy consistency. Taste test and add more of whatever is needed.

Heat your oil in a pan on medium-high heat and add the green onions and garlic. Cook for approx. 2 mins

Add your noodles and sauce to the pan and mix everything together.

Serve with added sesame seeds, green onions, and siracha if you want. Or eat them straight out of the pan standing over the sink if your day has been particularly hard.

Why is this an important recipe to me?

This meal got me through uni.
Perfect for tired people of all ages

Banana Cake



AUTHOR Nikki Koglin

ORIGIN Australian

PREP 0 Hours 10 Mins

COOK 0 hours 45 mins

SERVES 8

INGREDIENTS

2 mashed bananas
6 level tablespoons butter or margarine
1 cup normal sugar
1/2 cup milk
2 eggs
1 3/4 cups self-raising flour
1 teaspoon bicarbonate soda

NB: this recipe will also work for cupcakes instead if cooking time is reduced

ICING

If you want to add an extra bit of oomph – mix cream cheese and icing sugar together (to taste) and add to top of cake or cupcakes

METHOD

1. Place soft butter or margarine and sugar in mixer and mix until creamy.
2. Add wet ingredients and mix.
3. Add flour and bicarb and mix through.
4. Pour into greased cake tin and bake at 180c for 45 minutes.

Why is this an important recipe to me?

On special occasions, mum would let me help her make a cake. This one was always my favourite.

Lebkuchen (German ginger spice biscuits)

PREP 0 HOURS 20 MINS

SERVES 35

AUTHOR JAYDE TAULIEN

COOK 0 HOURS 25 MINS

ORIGIN GERMAN

METHOD

1 Preheat oven to 150c, line your trays with non stick paper

2 Beat the eggs in a large bowl until foamy, add the sugar, honey and vanilla and beat till combined.

3 Add the almond and hazelnut meal, salt, baking powder, Lebkuchengewürz (spice mix), and candied lemon and orange peels and stir vigorously until thoroughly combined. (You can use a stand mixer fitted with the paddle attachment and beat for about 2 minutes). The mixture will be wet but if it is too thin to scoop onto the wafer add some more almond or hazelnut meal.

4 Scoop the mixture onto the wafer, smoothing down the top and leaving just a slight space around the edges. Set them on a lined baking tray.

5 Bake on the middle rack of the oven for 25-30 minutes. Remove the tray and allow to cool completely.

6 Once cooled, place a wire rack over a cookie sheet (to catch the drippings). Drizzle half of the cookies with dark chocolate, and the other half with milk chocolate. Set aside.

7 If you don't like chocolate, you can make a basic sugar glaze for them instead.

8 Keep stored in an airtight container. Will keep for several weeks and the flavour improves with time.

INGREDIENTS

- 5 large eggs
- 1 1/4 cup packed brown sugar
- 1/4 cup honey
- 1 teaspoon quality pure vanilla extract
- 2 cups almond meal
- 2 cups hazelnut meal
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 3 teaspoons Lebkuchengewürz (German gingerbread spice mix) or make your own using the below recipe and use 3 teaspoons worth:
 - 2 tablespoons ground cinnamon
 - 2 teaspoons ground cloves
 - 1/2 teaspoon ground allspice
 - 1/4 teaspoon ground nutmeg
 - 1/2 teaspoon ground coriander
 - 1/2 teaspoon ground cardamom
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon ground anise seed
 - 1/2 teaspoon ground star anise
- 1/2 cup candied lemon peel, finely diced (Make your own if you can)
- 1/2 cup candied orange peel, finely diced (make your own if you can)
- 1/4 cup all-purpose flour (to coat the candied peel) (can substitute gluten free)
- Backblaten either 70mm or 90mm or
- Plain wafer crackers or white communion wafers
- Melted dark chocolate, and melted milk chocolate (For drizzling on after).

Honey Bread

PREP 0 HOURS 10 MINS

SERVES 10

AUTHOR JAYDE TAULIEN

COOK 1 HOURS 0 MINS

ORIGIN GERMAN



METHOD

Preheat the oven to 180, line a loaf tin.

Melt the honey and marmalade in the microwave, or gently on the stove.

Throw everything in a bowl and mix until just combined

Bake for an hour. Set aside in the tin to cool.

Cut into thick slices and serve slathered with cold butter.

INGREDIENTS

2 cups plain flour
1 teaspoon bi carb soda
1 tablespoon honey
1 tablespoon marmalade
1 cup caster sugar
1 cup milk

Why is this an important recipe to me?

A family recipe passed down

Old Fashioned Golden Syrup Dumplings



AUTHOR

[Janice Wonnocott](#)

ORIGIN
Australian

PREP TIME
0 Hours 15 Mins

COOKING TIME
0 Hours 30 Mins

SERVES
4

INGREDIENTS

1 tbs butter
1 cup flour
1 egg beaten
2-3 tbs milk
Syrup
1 1/2 cups water
1/2 cup sugar
1 1/2 tbs butter
1 tbs Golden Syrup
1 tsp lemon juice

METHOD

Set oven 190c

Rub butter into flour

Add egg and enough milk to mix into soft dough

Place dough into greased pie dish in spoonfuls

Place syrup ingredients in saucepan, stir until sugar has dissolved and bring to boil

Pour syrup over dumplings and bake at 190c for 20-30 mins

Rain cake (fried cake)



AUTHOR

[Brunna Miguez](#)

ORIGIN
Brazilian

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 20 Mins

SERVES
5

INGREDIENTS

2 and 1/3 cups of flour
200ml milk
1 cup of sugar
1 egg
1 teaspoon of vanilla
1 tablespoon of baking powder
Sugar and cinnamon mix
Oil to deep fry
Nutella or any other sweet dip

METHOD

In a big bowl, add the egg, vanilla and sugar. Mix it well (don't use a blender or hand mixer, mix it manually).

Add the flour in parts and mix it well, the dough can't be too liquid.

Add the baking powder and mix it well.

In a tall mid pan, add oil enough to cover 1/4 of the pan, to deep fry it and heat it until is 180 degrees.

To fry: get one tablespoon full of the dough and with the support of another spoon push the dough in the oil.

It will form round cakes :) Keep turning them and fry it until is golden.

When the cake it's ready cover them with some sugar and cinnamon mix and eat it with Nutella or caramel.

Why is this an important recipe to me?

This is a Brazilian classic, perfect for a rainy day.

Binignit/Bilo Bilo



AUTHOR

Rejoice Goman

ORIGIN
Filipino

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 30 Mins

SERVES
0

INGREDIENTS

2 medium sweet potato cubed
2 medium purple yam cubed
2 pieces saba banana cubed
1 cup Muscovado sugar
4 cups coconut milk
1.5 to 2 cups water
1.5 cups sliced ripe jackfruit
2 medium gabi cubed
1 1/4 cup tapioca pearls
2 tablespoons glutinous rice flour

METHOD

Combine coconut milk and water in a cooking pot. Let boil.

Stir the mixture. Add sweet potato, purple yam, saba banana, ripe jackfruit, and eddo (gabi). Cover the pot. Continue to cook in medium heat for 8 to 10 minutes.

Add Muscovado sugar and sago pearls. Stir. Cover and continue to cook for another 8 minutes.

Combine glutinous rice flour (galapong) and 1/4 cup water. Stir until flour dilutes completely. Pour into the cooking pot. Stir. Continue to cook until all the sweet potato, yams, and gabi are soft. Note: you can add more water in the pot if you want your binignit to be soupy, add more sugar as needed.

Transfer to a serving plate. Serve and enjoy!

Why is this an important recipe to me?

It is my homey comfort food.

Authors

AUTHOR NAME	DISH NAME	CUISINE	COURSE
Georgia Wilson	Angies Corn Fritters	Australian	Entree
Angelica Pierangelli	Cheese bread (Pão de queijo)	Brazilian	Entree
Jodie Walker	Vegetable Slice	Australian	Entree
Habiba Kabir	Piyazu	Bangladeshi	Entree
Sahin Erok	Turkish Vegetarian Meatballs (i? köfte)	Turkish	Entree
Clodie Veyrac	Ratatouille	French	Main
Sasha Kaluarachchi	Sri Lankan Dhal/Lentil curry with coconut milk	Sri Lankan	Main
Shai Strahan	Baked beans	British, UK	Main
Bridie McNally	Slow Cooked Beef and Guinness Stew	Irish	Main
Mads Kennedy	Peanut Butter Noodles	Australian	Main
Nikki Koglin	Banana Cake	Australian	Dessert
Jayde Taulien	Lebkuchen (German ginger spice biscuits)	German	Dessert
Jayde Taulien	Honey Bread	German	Dessert
Janice Wonnocott	Old Fashioned Golden Syrup Dumplings	Australian	Dessert
Brunna Miguez	Rain cake (fried cake)	Brazilian	Dessert
Rejoice Goman	Binignit/Bilo Bilo	Filipino	Dessert

