



catholic healthcare

Villa Maria

Fortitude Valley

*Family
Cookbook*



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Fortitude Valley



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FORWARD

When I glance through the list of delicious recipe's in this book I am reminded of my own childhood and memories of happy times enjoying family favourites come back to me. I am from a family who appreciate and value the important part that food plays in celebrations and bringing everyone together. When my family gather together for celebrations there is always far too many "Cooks in the Kitchen" as we all try to out-do each other to recreate the family favourites with our own flavour and twists. The preparation is often just as much fun as the gathering around the table to enjoy the food and conversations that follow.

I hope you enjoy trying and sharing some of the favourite recipe's we have compiled from our Villa Maria Fortitude Valley family.

Bon appetite!



Sally Renshaw
Regional Manager

INTRODUCTION

We commenced this wonderful project in 2020, starting as a monthly activity. It was not until a resident brought forward a great idea to put together a cookbook that we started gathering wonderful recipes from residents; staff and resident representative. There have been beautiful photos published in the newsletter each month which followed showcasing these cooking events. We have now come to the twelfth month since we commenced, and we have decided to publish and print out our first Villa Maria Family Cookbook.

The first book features 'favourite recipes' as this was the theme we used when we commenced this activity that turned into a project. These are recipes which residents have prepared and cooked based on personal favourite occasions and events in their lives. Each recipe will include a brief story about the resident, staff or representative and why the food is so important to them.

We are hoping to have more themes moving forward as we would like to continue the cookbooks and more projects into the future.



Beth Kitoli
Residential Manager



KUMQUAT JAM

I started making Kumquat jam at CPPC (Catholic Psychiatric Pastoral Care) where I volunteered for many years.

I always made Kumquats jam in the Convent too using the Kumquats from our tree. Nothing better than home made food and family conversations.

God Bless you all, Good Luck.

Sister Mary Xavier Woods



Ingredients

- Kumquats
- Water
- Sugar

Method

- Pick about a bucket full of kumquats (making sure none are fly blown) nice ripe ones.
- Wash in cold water then dry them with a clean towel. Cut the fruit in half and squeeze them over a sieve or strainer, placed over a large container. Collect the seeds and place them in a large bowl and pour boiling water over them then put aside. The cut fruit and juice are then put through a food processor until very fine.
- Place the fruit puree into a large saucepan with the water that the seeds have been soaking in, because that contains the pectin which sets the jam.
- Bring all the water and fruit in the pot to the boil, stirring all the time, because it sticks to the saucepan quickly. Boil for about 15 minutes. Take off the heat and measure how much fruit mixture you have. Put back into the saucepan adding 1 cup of sugar for every cup of fruit mixture and bring back to the boil, stirring well so that the mixture doesn't stick to the bottom of the pan. Once the mixture comes to the boil, let it boil until it gets a creamy look about it as it is boiling. Watch it carefully and do not let the pot boil over.

(To check if the jam is ready, get a cold plate and place a teaspoon full of jam on it to see if it will set). If the jam is setting, remove from the heat and pour into jars that have been warmed in the oven beforehand. I hope that this will give you all an idea how to make kumquat jam.

NOTES: Pour hot jam into sterilised jars, store in a dark place for up to 12 months, refrigerate after opening.



PASTA WITH ITALIAN SPAGHETTI SAUCE

This is my mother Lena's recipe. My 3 sisters, 3 sisters-in-law and I all learnt it from her. It lives on through all of us and is truly a family recipe.

Nina Mauloni



Ingredients

- Mince lean 500 grams
- Head of garlic
- Brown onion finely chopped
- Can of Hienz big red tomato soup
- Can of crushed tomatoes
- A bunch of basil
- Pasta spirals, Parmesan Cheese
- 2 tablespoons olive oil and 2 teaspoons salt

Method

1. Heat the olive oil in a 5+ qt. pot over medium heat, and fry the onion until translucent.
2. Add the chopped garlic, stirring often and being careful not to burn it.
3. Add mince lean, stirring often.
4. Heat for another one to two minutes, then add all the tomatoes, tomato soup and basil. Stirring often, bring to a low boil.
5. Reduce heat to low and simmer for 10 minutes stirring often.
6. While the sauce simmers, in a separate pan, boil the pasta with the salt for 8 minutes or until all dente. Drain the pasta.
7. Add the pasta to the sauce, stir in and simmer for an additional 5 minutes.
8. Top with grated cheese when you eat.

FRUIT SALAD TART



I have a lot of recipes. This recipe often appears at family gatherings and festivals as a dessert.

Thelma Hughes



Ingredients

- 1 cup sugar
- 1 cup water
- 1 mashed banana
- 1 tabs custard powder
- 1 tabs cornflower
- 1 lemon
- 1 or 2 passion fruit (optional)



Method

1. Bring water to boil then thicken with custard powder.
2. Add cornflower.
3. Mix with lemon juice and sugar.
4. Add passion fruit (optional)
5. Pour into baked pie shell.
6. Then allowed to cool until lukewarm.
7. Top with fresh cream and fruit.



HEAVENLY TART



This recipe was handed to my mother by her mother when she was dying of cancer. It was her favorite as everyone loved it and always wanted more and asked for the recipe. So she handed it on to her children (myself and my sister) and other friends.

I hope you like it too.

Gwen Hart

Ingredients

- 1 Cup water
- 3 Oranges
- 1 Lemon
- 1 table spoon custard powder
- 1 table spoon of Corn flour
- 1 Sheet of Puff pastry
- 1 Pint (600ml) of milk
- 2 cups sugar

Method

- Squeeze the oranges + lemon + add water, put 1 cup sugar and boil until all mixed. Then add custard powder to thicken mixture. When well mixed, put aside till cool.
- Place 1 cup sugar into 1 pint of milk and bring to the boil then thicken with cornflour stirring quickly so it does not go lumpy then let cool.
- Put pastry into a lamington tray, greased and floured. Bake until light brown. Allow to cool. When cool put orange mixture all over pastry. Then put the cornflour/ milk mixture in evenly on top of oranges. Finally you can choose to top with coconut (but not good with false teeth).



This is my mother's recipe. My sister and I learnt how to make it.

I still follow my mother's recipe, but my sister will add different ingredients. Both ways are still delicious. We always make this food for special celebrations and share it with my family.



Nanette Murphy



METHOD

1. Dice Carrot and Onion (chop into very small pieces).
2. Combine sausage mince with the salt, pepper, carrot and onion in a large bowl.
3. Whisk the eggs.
4. Add the egg and combine thoroughly.
5. Using a large spoon, divide mixture into small meatballs.
6. Roll the meatballs in breadcrumbs
7. Heat a frypan and sauté in the olive oil on a medium-high heat until golden on all sides.



INGREDIENTS

- Egg x 2
- Onion x 1
- Carrot x 1
- Bread Crumbs ½ cup
- Sausage mince 1kg
- Olive Oil 80ml
- Salt
- Pepper



CHICKEN CURRY



This is my hometown dish. I cook this curry chicken for my family during big festivals and family gatherings.

Daphne Bartels

Ingredients

- 1/2 onion, finely chopped
- 1 kg Chicken things, sliced
- 3 tbsp curry powder / 1 tsp saffron powder
- 2 garlic cloves, chopped
- 1 carrot, chopped
- 2 tsp garlic, chopped
- 2 tsp salt / oil
- 2 tomato, chopped

Method

- Heat oil in a skillet over medium high heat.
- Cook garlic, carrot and onion for 3 minutes until onion is translucent.
- Add tomato and cook until it breaks down into a sauce.
- Add chicken and cook until it changes from pink to white.
- Add curry powder and cook for 2 minutes. Stir, lower heat to medium and cook, simmering rapidly, for 10 minutes until sauce reduces.
- Add salt, cook for a further 2 minutes, then taste to see if it needs more salt.
- Serve over rice or mashed potato.

CHEESECAKE

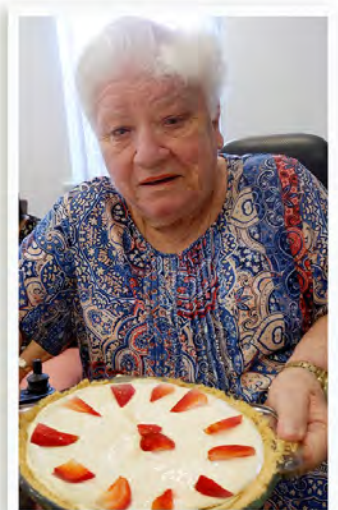
This recipe is always a favourite at family gatherings and festivals or anytime as a dessert. I am sure there are many variations on this recipe but this method is always a success.

Maureen Rotondo



Ingredients

- 1 can condensed milk
- 250 grams creamed cheese
- The juice of 1 or 2 lemons (enough to make the mixture thicken when beaten)
- A box of strawberries (250g)
- A packet of ginger nuts & 100 grams butter



Method

Filling

1. Beat cream cheese until smooth
2. Add condensed milk and lemon juice beat until thick.

Base of tart

1. Ginger nuts or any biscuit crushed.
2. Add butter melted to the crushed biscuits, mix well and press into a shallow cake tin to make the base.

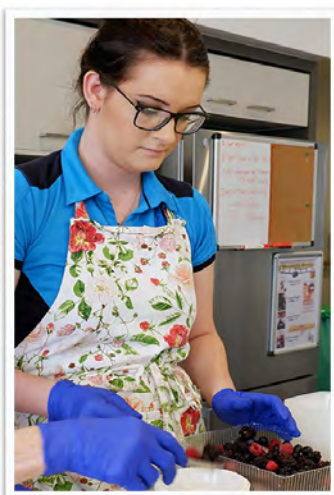
Finish the Cheese cake

1. Place the filling on top of the base and decorate with strawberries.
2. Keep in the refrigerator until it sets.

You could add other ingredients to the cheesecake mix, to make different flavours, e.g. passionfruit.



TRIFLE



My grandmother Jaqueline always made a beautiful trifle every Christmas in the trifle bowl, a gold plated crystal bowl.

The trifle was always made at Christmas when all of the family came together. Trifle reminds me of many happy memories spent with my family celebrating Christmas.

Freya Noyes

Ingredients:

- Sponge cake 1kg
- Red Jelly 1kg
- Custard 1L
- Raspberries 300g
- Strawberries 300g
- Blueberries 300g
- Whipped cream 500g

METHOD

- Layer sponge cake in the bottom of your dish.
- Place 1/3 of fruits, jelly and custard on the sponge cake layer.
- Place another layer of sponge cake down. Repeat two layers of 1/3 jelly, custard and fruit until all ingredients are used. Top the trifle off with freshly whipped cream.



I wanted my children to eat healthy, and the snacks are still delicious and attractive and the children love them. Yours will too just don't tell them that they are healthy!

Sharon Musopero

Chocolate Chia Bliss Balls



Ingredients

- 8 oz dates
- 3 oz chia Seeds
- 2 oz raw almonds sliced or chopped RAW almonds are fine too
- 3 tablespoons cocoa
- Pinch of salt optional
- Coconut oil

Method

1. Optional first step - add the chia seeds into your food processor and pulse for a few times to "chop" the chia seeds. You can start with this step if you prefer the chia seeds to be fully chopped/processed in your bliss balls. But skip this step if you prefer having mostly whole chia seeds in your bliss balls.
2. Add the rest of the ingredients except the coconut oil (if you skipped the first step, then add ALL of the ingredients) into the processor and mix on low speed for about 2 minutes (stop to scrape down the sides if needed) until the ingredients come together to form a "dough". Process for another 2 - 3 minutes if needed to form the dough.
3. If the dough is not coming together (if your dates were too dry for example), you can add a little water or coconut oil - a teaspoon at a time, to get a dough like consistency (see Recipe Notes).
4. Turn the sticky "dough" out in to a bowl. Use oil coated hands to fold the dough into one big piece.
5. Roll the "dough" in to small 1 1/2 inch balls. You can use a small, oiled cookie scoop to portion out the dough, or use well oiled hands.

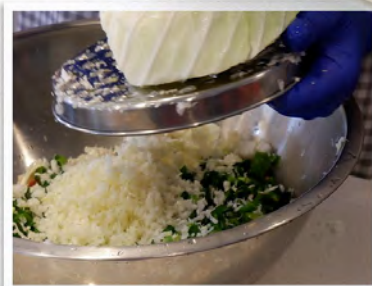


Coating: Desiccated coconut / Freeze dried Fruit powder

1. Optional - roll the smooth chocolate chia bliss balls in the coconut or the freeze-dried fruit powder to coat. To avoid sticky fingers, you can place the chia bliss balls in a plastic bag along with the freeze-dried fruit powder, then seal the bag and shake until the bliss balls are evenly coated.
2. Store in an airtight container for a few days. These can be kept in the fridge, but will then get less soft.



Dumplings



*Most Asians know how to make dumplings. It is part of our culture.
Dumplings are my favorite food.*

Pholimena Win

Ingredients:

- Pork Mince(1/2 kg)
- Finely chopped Cabbage (1/2 kg)
- Spring Onions, minced (3/4 cup)
- Coriander, minced (2/4 cup)
- Ginger, minced (2 tablespoons)
- 1 large egg, whisked
- 2 tablespoons soy sauce, 1 tablespoon salt
- Finely chopped garlic (3 tablespoons)
- 2 tablespoons sesame oil
- Round dumpling - 2 (12-ounce) package



Method

- Into a bowl add the cabbage, ground pork, scallions, cilantro, soy sauce, ginger, garlic, sesame oil and egg. Work the mixture together until fully combined.
- Place 1 tablespoon of filling on each dumpling wrapper.
- To make the dumpling fold the wrapper in half, dip your finger in the bowl of water and run it around the edge of the dumpling. This will help it to seal it closed.
- Lightly coat a frypan with about a tablespoon of oil, add 2 tablespoons of water and warm over high heat. When the oil is shimmering, arrange the dumplings in the pan, cook until the bottoms have turned brown and golden.



MINI COCONUT CUPCAKES

This is a really versatile recipe and can be used for larger patty cakes and whole cakes. You can also add Cocoa and Walnuts for a delicious Chocolate Cake.

Just adjust the cooking time for each, for a larger cake it will take between 25/30 mins.



Deborah Barkat

Ingredients

- 1 Cup SR Flour
- 1 Cup Coconut (Shredded or desiccated)
- 1/2 Cup Castor Sugar
- 125 grams unsalted Butter
- 2 Eggs beaten with Vanilla
- Pinch Salt
- 1 Cup whole Milk

Method

- Sift flour and add other dry ingredients.
- Melt butter and add wet ingredients and mix together gently.
- Preheat Oven to 180 degrees.
- Spoon mixture into patty cases.
- Depending on the Oven the mixture will take between 10/15 mins to cook.
- Remove and cool.

Ingredients (Icing)

- Icing sugar
- Butter
- Lemon Juice
- Mix together until smooth
- Lemon Glaze;
- Icing Sugar
- Lemon Juice
- Zest of Lemon

Method

Mix until smooth, needs to be a more liquid consistency, pour over hot cake and add Lemon Zest and Almonds if desired.





FLUFFY PANCAKES

I have been very lucky. My husband has always cooked for me and all I needed to do was go shopping. Occasionally I was allowed in the kitchen and have always had success with this simple and delicious recipe for Fluffy Pancakes.

Theresa Wheeler

Ingredients:

- 1 cup all-purpose flour (sifted)
- 2 eggs (beaten)
- 2/4 cup milk
- 2 tsp baking powder
- 2 tbsp sugar
- 1/2 cup whipping cream
- Pinch of salt
- Pinch of sprinkles

METHOD

- Combine flour, sugar, salt, and baking powder into a bowl and mix well.
- Mix the eggs milk and melted butter together, stir till mostly incorporated.
- Heat a heavy-bottomed, non-stick pan over a low-medium heat and coat it with oil. Use a 1/4 cup measure to scoop and drop the batter into the pan so that you get evenly-sized pancakes.
- Cook until the first side is golden brown, or until the top surface forms bubbles. Flip and repeat on the other side.
- Whipping cream and sprinkles on top, serve while still hot.



PILAU or BIRYANI

Pilau or Biryani is a rice dish made with layers of rice, spices and traditionally meat (but in our case veggies!). It is a dish commonly eaten in Africa, Middle East, India and a lot of Arabic and Muslim Cultures.

Beth Kitoli



Ingredients

- 1 cup rice
- Coconut milk (one cup)
- Carrots chopped in cubes
- 1 cup peas
- 1 red and 1 green capsicum chopped
- 2 large onions

*Add the following to your preference; garlic, ginger, salt, black pepper, curry powder, turmeric, ground cloves, pilau masala, olive oil, tomato paste.

Coriander to Garnish

Method

- Soak the rice in the coconut milk.
 - Using a wok, or a stir fry pan, fry the onions in the oil. Once brown.
- *If making a meat Pilau; add the meat; chicken, goat, lamb, or beef and cook till the meat is tender.
- Add the carrot, ginger, and garlic. Cook till soft.
 - Add the capsicum, tomato paste and all the herbs and spices and add a little water to avoid the food sticking.
 - Add the soaked coconut rice and the coconut milk and one cup of water.
 - Reduce the heat and let the rice simmer and cook until all the water has been absorbed.
 - Keep stirring to avoid the rice sticking to the pot.
 - Serve and garnish with coriander.





Rosti

Hong Kong style Rosti with shallot. These are delicious and crunchy fritters made with grated potatoes. A great snack idea for my daughter when she was a kid.

Joanne Leung

Ingredients

- 2 potatoes (big)
- 1/4 cup plain flour
- 2 eggs
- 1/4 cup ham (chopped)
- 2 tbs cream cheese (optional)
- 1 pinch salt and pepper
- 3 tbs oil
- 1/4 shallot (chopped)

Method

- Wash, peel and grate the potatoes, place into a bowl.
- Stir in the egg, shallot, flour, cream cheese and seasoning.
- Mix to combine to a soft, moist mixture.
- Heat the oil in a frying pan over medium to high heat.
- Drop in large tablespoonful of mixture and gently cook for 10 minutes turning halfway through cooking.
- The Rosti should be golden brown and crispy on the outside.





This is my mother's recipe. I still follow my mother's recipe, but add green food colour this time for St Patrick's Day.

Anthony Pearson

Method

- Whisk eggs, milk together in a jug. Sift flour into a large bowl. Stir in sugar and green food colour. Make a well in the centre. Add milk mixture. Whisk until just combined.
- Heat a large non-stick frying pan over medium heat. Grease pan with butter or spray with cooking oil.
- Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on surface. Turn and cook for a further 1-2 minutes or until cooked through.
- Repeat with remaining mixture, greasing pan with butter or cooking oil between batches. Serve with maple syrup and extra butter.



Ingredients:

- 2 eggs
- 1 3/4 cup milk
- 1 teaspoon green food colour
- 2 cups self-raising flour
- 1/3 cup caster sugar
- Butter, for frying, plus extra, to serve
- Maple syrup, to serve



Cheese and Bacon Cob Loaf



Since I was a little we always had family get-togethers and I remember having cob loaf and it being something that we would have every time. Now It's what I make for my family and everyone loves it.

Jade Ellis

Ingredients

- Frozen Chopped leaf spinach 250g
- French onion soup powder 80g
- Package cream cheese 500g
- Sour cream 250g
- Bacon (chopped) 250g
- Cob Loaf to make the Bread bowl

Method

- Thaw spinach and squeeze out all excess water using a paper towels.
- Add spinach and all other ingredients to a bowl and mix until fully incorporated.
- Prepare your bread bowl, cut off the top and scoop out the middle.
- Add dip to desired bread bowl and serve.



Mini Pizza Scrolls

Fun cooking at VMFV, help each other and lots of laughter. The residents cooked mini pizza scrolls - 5 simple ingredients - puff pastry, cheese, tomato paste, ham, and spinach - baked in the oven for 15 minutes - simply delicious!

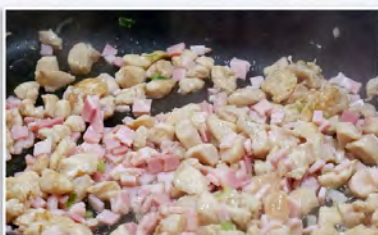


Chicken fried rice

Requested by residents for the Chinese new year celebrations 2021.



Chicken Fried Rice

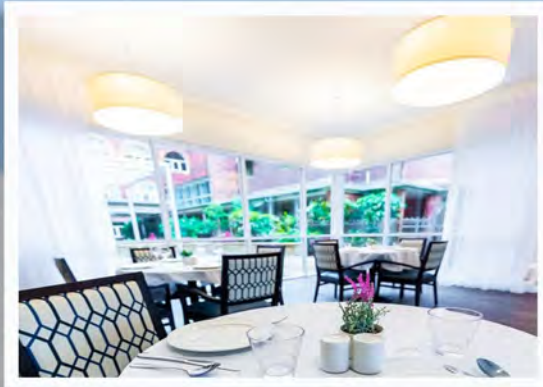




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