



My Plate Your Plate

My Plate, Your Plate is a storytelling and community arts cooking project where participants share recipes and stories through a cart built by social designer Tasman Munro in collaboration with the group.

The project aims to build relationships between local residents and people from refugee and asylum seeker backgrounds, breaking down social isolation, building cultural awareness and solidarity.

Stories were collected and edited by audio engineer Caitlin Gibson. Over the duration of the project (2019-2021) 30+ people have contributed both in person and virtually through our What's App chat. Here are some of our group's contributions!

Use the QR code to be taken to the My Plate, Your Plate webpage: project info, stories, recipes and more



Supported by



RECIPE

Gajar Barfi (Carrot Delight)



Cuisine: Indian / Iraqi

Contributor: Wasan

turn over for full recipe details



We acknowledge and pay our respects to our Elders past, present and emerging. This project took place on Gadigal-Wangal lands at the Community and Refugee Welcome Centre. It is a collaboration of Inner West Council, local artists and SSI.



GAJAR BARFI (CARROT DELIGHT)

Ingredients

500 grams peeled carrot chopped
½ cup sugar
¼ cup cornflour
1 cup water
2 tablespoons ghee

¼ cup desiccated coconut for decorating

Method

Step 1

Line a small square glass or plastic container with baking paper.

Steam carrot until very soft.

Blend until very smooth and push through a wire strainer/sieve into a large bowl.

Step 2

Add the sugar, water and cornflour and whisk until smooth and everything has incorporated.

Step 3

Pour the mixture into a non-stick fry pan and cook over moderate heat stirring continuously with a spatula. When the mixture begins to look silky and thicker (after approx 10 minutes) add the ghee. Mix well again.

Step 4

Continue cooking and stirring the mix-

ture until it becomes very thick and when it starts to form a paste continue cooking until it splits and moves like thick glue.

Step 5

Pour the mixture into your prepared container, smoothing the top with your spatula - let cool for 1 hour until set. Cut into small squares and roll in the coconut.

Allergy warning

Contains dairy

Gluten free (please check your own cornflour to make sure it is gluten free)