



## 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

### Amaretti Morbidi



**Cuisine:** Italian

**Contributor:** Raffaella

*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.*



# AMARETTI MORBIDI

## Ingredients

2 egg whites

¼ teaspoon lemon juice

½ teaspoon almond extract

2 ¼ cup almond meal

1 cup sugar (you can use less)

1 pinch of salt

Soft icing sugar to roll biscuits in (about ⅓ cup)

Blanched whole almonds to place on top of biscuits (approx 15-20)

## Method

### Step 1

Preheat the oven to 150°C.

Line baking tray with baking paper.

Beat egg whites until semi-firm peaks form, add the lemon juice and almond extract and stir to combine.

### Step 2

Mix the dry ingredients, almond meal, sugar and salt.

### Step 3

Combine the wet and dry ingredients, mixing firmly with hands for 2 minutes.

### Step 4

Using a small icecream scoop (or a large one - half-filled) press your mixture in tightly. Release the mixture out (you can roll a small golf ball size and press to flatten the bottom if you do not have a scoop).

### Step 5

Roll the biscuits in a bowl with the icing sugar and spread the biscuits out on the tray with about an inch between biscuits. Place a almond in the centre of each biscuit about a ¼ of the nut should be submerged in the biscuit.

### Step 6

Cook in oven for 30 minutes.

## Allergy warning

Contains nuts (almond)

Gluten free (but contains traces of gluten in icing sugar)