



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

Baharat Spice Mix



Cuisine: Iraqi

Contributor: Vektoria

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.



BAHARAT SPICE MIX

Ingredients

200 grams black pepper

200 grams cinnamon

200 grams nutmeg

200 grams cubeb (from Arab grocers) aka piper cubeba

100 grams ground cardamom

100 grams ground ginger

10 grams cloves

5 grams saffron

Method

Step 1

Please ensure you are buying fresh ingredients from an Arab grocer - the spices you buy in regular supermarkets will not be as fresh or as strong!

Allergy warning

Gluten free

Step 2

If you are using whole spice, pound each spice until it is a powder. Otherwise simply mix your spices and use! You can store your mix in a jar for 2-3 months (it will keep longer if you refrigerate it).

Step 3

You may like to add your fresh Baharat to your Biryani, grilled meats, soups, in marinades or sprinkling over vegetables before roasting.