



## 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*



## RECIPE

### Ginger and cinnamon tea



**Cuisine:** Iraqi

**Contributor:** Aseel

*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.*



## GINGER AND CINNAMON TEA

### Ingredients

6 cups water

2 cinnamon sticks broken up

1 piece of ginger (about the length of a finger)

8 cardamom pods

1 tablespoon of sugar (add or subtract to your taste)

### Method

#### Step 1

Cook all the ingredients together to reach boil, continue boiling for 10 minutes.

#### Step 2

Strain and serve the tea in small glasses.

### Allergy warning

This recipe is vegan, GF, vegetarian