



## 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

### Lavosh (crispy bread)



**Cuisine:** adapted from a Greek recipe

**Contributor:** Suzie

*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 SSL.*



## LAVOSH (CRISPY BREAD)

### Ingredients

1 cup of buckwheat flour  
1/3 cup besan flour (Chick pea flour)  
1 teaspoon of Xanthan Gum (gluten replacement)  
2 tablespoons each of black and white sesame seeds (or 4 of one)  
1 tablespoon finely chopped oregano  
1 tablespoon fennel seeds  
1 tablespoon of caraway seeds  
1 teaspoon of salt  
¼ cup of Extra virgin Olive Oil  
1 teaspoon of Sesame Oil  
½ cup water  
Extra Virgin Olive Oil and Sea Salt (to brush on top before baking)

\*\* (less water with Besan/Buckwheat as less absorbent than plain flour or add more flour)

### Method

#### Step 1

Preheat oven to 165c and line 2 trays with baking paper  
In a mixing bowl stir together the flours, sesame seeds and oregano and salt.  
Mix the water and Oils together and add the rest of dry ingredients, stirring to form a dough.

#### Step 2

Divide the dough into 4 pieces and roll out on a lightly floured board into a large rectangular shape.  
Make the dough as thin as you can.  
Cut each rectangle into 4 cm wide strips and roll out again to get even thinner.

#### Step 3

Carefully transfer strips to a baking tray, brush them lightly with olive oil and sprinkle with sea salt. Bake until crisp and golden about 15 – 18 minutes. Serve with labneh or dips.

#### \*Gluten recipe

1 cup plain flour  
1/3 cup wholemeal flour

#### Allergy warning

Contains sesame (can be made gluten free but this recipe contains gluten)