



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

Meg's Fruit Cordial



Cuisine: Anglo-Australian

Contributor: Shanda

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.



MEG'S FRUIT CORDIAL

Ingredients

4 lemons (grate the zest of 2 of the lemons and reserve)
4 oranges (grate the zest of 2 of the oranges and reserve)
4 passionfruit
28 grams citric acid (approx. 5 generously heaped teaspoons)
20 grams tartaric acid (approx. 4 heaped teaspoons)
20 grams Epsom salts (approx. 4 level teaspoons)
1814 grams white sugar (just under 2kg)
2 litres plus 200ml water

Method

Step 1

Boil the sugar and water together for 10 minutes until the sugar is all dissolved. Cool slightly.

Step 2

Combine the sugar and water mixture with the juice of all the fruits and the rind of 2 of the lemons and oranges along with the citric and tartaric acids and the Epsom salts.

Step 3

Pour the liquid into 5 sterilized bottles (this will depend on the size of the bottles) * you can sterilize bottles by cleaning them and then placing them still wet from rinsing (without lids) in a heated oven (160°) for 10 minutes or in the microwave for 2 minutes.

*Allow bottles to cool before pouring in cordial.

*Leave Cordial for 48 hours before drinking. Put a small amount in a glass and add water or soda water and ice.

Allergy warning

Passionfruit