



# 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

### Pavlova



**Cuisine:** Anglo-Australian

**Contributor:** Tim

*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.*



# PAVLOVA

## Ingredients

4 egg whites (large eggs separated)  
1 cup caster sugar  
½ tablespoon of cornflour  
1 teaspoon lemon juice or white vinegar

Cream for decorating and fresh seasonal fruit

## Method

### Step 1

Line a large baking tray with baking paper and heat oven to 120-150°C. Remove eggs from fridge 1 hour before using so they are at room temperature.

### Step 2

Beat egg whites until stiff and shiny. Gradually add the sugar and cornflour and beat until thick. Fold in the lemon juice.

### Step 3

Spread the mixture on the baking paper to the size and shape you prefer (for example large circular nest or rectangle). Bake for 2 hours until set and still white in colour.

### Step 4

Remove from the oven and allow to completely cool.

### Step 5

To serve spread with fresh whipped cream and decorate with passionfruit and strawberries.

## Allergy warning

Contains egg whites  
Contains dairy