



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

Persian Rollet



Cuisine: Persian

Contributor: Elham

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.



PERSIAN ROLLET

Ingredients

½ cup or 120 grams plain flour

120 grams sugar

5 eggs

1 tablespoon vanilla

1 tablespoon cocoa powder (optional for chocolate rollet)

600ml thickened cream (optional to add coffee or chocolate after whipped)

Melted chocolate and chocolate chips to decorate

Method

Step 1

Preheat oven to 180 °C.

Line a large to medium sized shallow baking tray with baking paper.

Step 2

Separate egg yolks and whites into separate mixing bowls. Beat egg whites until stiff peaks form. Add sugar to egg yolks and whip until smooth.

Step 3

Add flour to yolk mixture (if you want a chocolate rollet add cocoa to flour and sift together before adding). Place the mixture onto the prepared tray – smoothing out mixture evenly with a spatula.

Step 4

Place in preheated oven for 10-15 minutes or until a skewer comes out clean and the cake is a light golden colour.

Step 5

Meanwhile dampen a clean tea towel and lie flat on a bench or flat surface (the tea towel should have the longest edge facing you) *landscape format.

Step 6

Remove cake from oven and place on top of tea towel, tightly roll the warm cake to make a long log shape with baking paper and tea towel remaining. Refrigerate or cool on bench until no longer warm.

Step 7

Whip cream until just dense. Unroll your cake and place cream and any other ingredients you choose on top of the cream (fruit, nuts). Roll back into a log, decorate if you like (cream, chocolate, nuts etc) and slice to serve.

Allergy warning

Contains dairy, eggs, gluten