



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

Robe Goje



Cuisine: Turkish / Iranian

Contributor: Shokat & Zahra

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.



ROBE GOJE

Ingredients

100 kilos of tomatoes

750 grams of salt

*This recipe is usually made with family and friends and the supply of tomato paste shared and used over the winter months - hence the large quantities!

Method

Step 1

Wash the tomatoes, cut them and sprinkle them with salt. Add to small ziplock bags and leave them for half a day.

Kept in a cool place the tomato paste will last 1 year. It is used in dishes like Gheimh (Persian stew), rice, soups and dips.

Step 2

Smash the tomatoes with your hands. Then use a strainer / sieve to remove the seeds and skins.

Allergy warning

Contains tomato

Step 3

Add them to a LARGE pot and cook them, add salt again. Cook the tomatoes until they start boiling and splashing.

*Watch out as the tomato splash might burn you. We wear leather gloves or tie big napkins on our arms to avoid being burnt. Stir the mixture constantly until the water evaporates and you have a consistent paste (it takes about 12 hours).