



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

Sholeh Zard



Cuisine: Persian

Contributor: Erica

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.



SHOLEH ZARD

Ingredients

2 cups of jasmine rice

8 cups of water

4 cups of sugar

3 tablespoons of rose water

4 tablespoons of saffron (use a combination of ground imitation / threads)

1/3 teaspoon of ground cardamom, ginger and cinnamon

100 grams diced almonds

50 grams unsalted butter

Diced pistachios or almonds for decoration

Toasted white sesame seeds for decoration

Extra ground cinnamon for decoration

Method

Step 1

Rinse your rice in warm water twice.

Leave your rice soaking in water overnight or for a minimum of 2 hours.

Step 2

Rinse the rice again and add it to a saucepan with 6 cups of water, cook on low heat stirring regularly for an hour and a half. Once the rice is soft and breaking into smaller pieces and most of the water has been absorbed slowly add the sugar. Continue cooking for another hour stirring regularly.

Step 3

Add the rose water, saffron, almonds, cardamom and stir it up so you can mix the flavours with all the textures! Add the butter and keep cooking everything for another 15-20 minutes.

Step 4

Time to decorate!

You can serve the dessert in any kind of bowl you want, but small bowls look prettier and it can be used for each guest or family member. Ontop of the dessert we usually make a design with cinnamon, pistachio, sesame seeds and almonds. Make a little flower or little circle it's up to you.

Allergy warning

Contains nuts (almond and pistachio)

Contains sesame seeds

Gluten free