



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



RECIPE

Sweet almond paste biscuits



Cuisine: Syrian

Contributor: Ghada

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 SSL.



SWEET ALMOND PASTE BISCUITS

Ingredients

800 grams of ground almonds

300 grams of icing sugar

A small cup of blossom water, or rose water (in between espresso cup and tea cup)

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Approximately 100 grams of pistachios (dice more than half for the filling and keep some whole for decorating)

Method

Step 1

Put everything in a bowl and mix well.

Make sure you do good kneading – really strongly to make sure all ingredients are mixed.

Step 2

Shape the mixture into small pieces (about the size of a 50c piece).

Make a hole in the centre with your finger and poke in the chopped pistachios, close the biscuit back up sealing the nuts inside.

Step 3

Place the biscuit inside a biscuit mould (we purchased ours from Auburn) and press into the mould hard then push the biscuit out, alternatively shape into a ball. Place a pistachio on top.

Allergy warning

Contains nuts, traces of gluten in icing sugar