

RECIPES

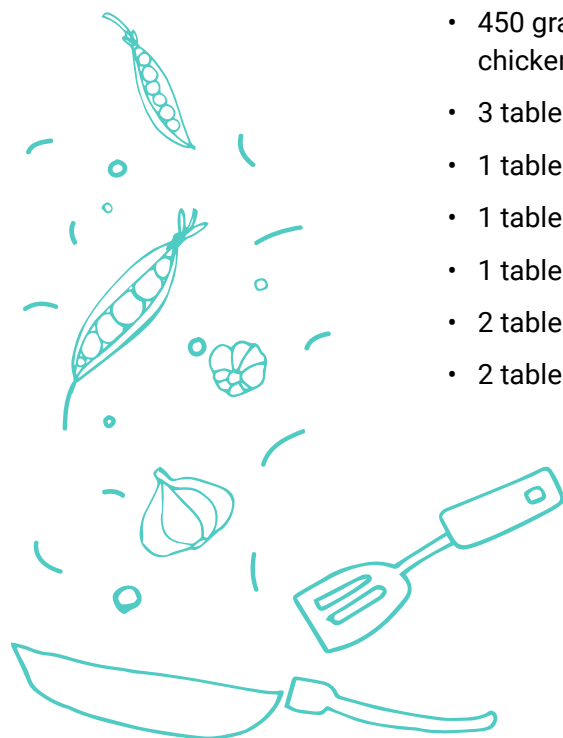
*from across the globe to
share with friends*



Your fundraiser may look a little bit different this year because of COVID-19, but vulnerable women around the world need your support now more than ever. Please check your state's COVID-19 restrictions prior to hosting your event. You can host your event virtually or come up with your own creative, COVID-safe way to help raise funds for women around the world!



Cambodian Long Bean Stir Fry



Ingredients (Serves 4)

- 680 grams long beans
- 450 grams pork belly, beef or chicken
- 3 tablespoons oyster sauce
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 tablespoon chicken stock
- 2 tablespoons vegetable oil
- 2 tablespoons minced garlic

Method

1. Cut long beans into lengths approx. 2-3cm.
2. Cut meat into strips approx. 2-3cm.
3. Combine meat strips with oyster sauce, salt, sugar, and chicken base soup. Let rest for 5 minutes.
4. Blanch long beans for 20-30 seconds
5. Heat frying pan. Add oil, then brown garlic. Add meat then stir fry for 5 minutes.
6. Add long beans and 1 tablespoon of water. Mix well. Cover for 2 minutes.

Serve on rice with soy sauce and lime. Enjoy!

Ongoing water shortages meant that Em's crops kept dying and she struggled to earn enough income to support her family. Determined to turn things around, she participated in sustainable farming training classes and her crops are now thriving again.

Fast Facts About Cambodia

- Nearly 25% of adult women cannot read or write, compared to 16% of men.
- Only 40% of women have completed secondary education.
- Cambodia has experienced rapid growth in recent decades, but development has been uneven, as demonstrated by the inequality between urban and rural areas.
- 90% of the country's poorest people live in rural areas.
- Health remains a significant challenge for Cambodia, with 1 in 3 children under the age of five suffering from stunting.





Vietnamese Prawn and Pork Rice Paper Rolls

Ingredients (Makes: 10 rolls)

- 10 Round rice paper wrappers
- ½ cup of iceberg lettuce, shredded
- 100g vermicelli noodles
- ½ carrot sliced finely (matchstick size)
- 10 Prawns, peeled and deveined
- 100g Pork, sliced
- 1/3 cup of mint leaves

Dipping sauce

- 3 tbsp hoisin sauce
- 2 tbsp crunchy peanut butter
- 1 tsp sesame oil
- Crushed peanuts (optional)



Method

1. Mix dipping sauce ingredients together until smooth. Add 1-2tbsp of warm water and mix to achieve desired consistency.
2. Place vermicelli in a large pot of boiling water and cook for 2-3 minutes or until vermicelli is tender. Drain and wash in cold running water, then cut into rough 10cm lengths with scissors and place in a bowl.
3. Dip one sheet of rice paper into a large shallow bowl of warm water until soft. Rest on a damp cloth to drain off excess water
4. Cook the sliced pork in a pan until they are browned and set aside. Cook the prawns for 3-4 mins on each side or until it is no longer translucent.
5. Place a few pieces of each of the ingredients on the wrapper, about 3cm from the base
6. Fold in the bottom of the paper. Fold down one edge over the filling and roll over, tuck in each side and continue to roll.
7. Place the rolls on a tray and cover with damp paper towels.
8. Repeat filling rice papers with the remaining ingredients.

Nguyet was born with cerebral palsy and was unable to attend school. Through your support, she now participates in regular home schooling classes with her tutor, Quynh.

Fast facts about Vietnam

- In Vietnam, women are less likely than men to have secure employment. Many also have lower financial literacy and less influence over family and community decision making.
- Many households prefer having sons over daughters. On average, there are 112.4 boys born for every 100 girls.
- Around 6.2 million people in Vietnam are living with a disability - that's around 7% of its population. The figure is so high, partly due to the use of Agent Orange (chemical dioxin) and landmines throughout the Vietnam War.
- Vietnam's geographic position makes it particularly vulnerable to natural disasters. Rising water levels in the Mekong Delta are already impacting Vietnam's farming industry.





African beans in tomato sauce



Ingredients (Serves 3-4, 30 mins)

- 2 (425g) cans of red beans
- 1 large onion
- 3 tablespoons of olive oil
- 3 medium tomatoes, chopped
- 1 tablespoon of tomato paste
- 3 cloves of garlic, chopped
- ¼ teaspoon of cayenne pepper
- Season with salt and pepper

Method

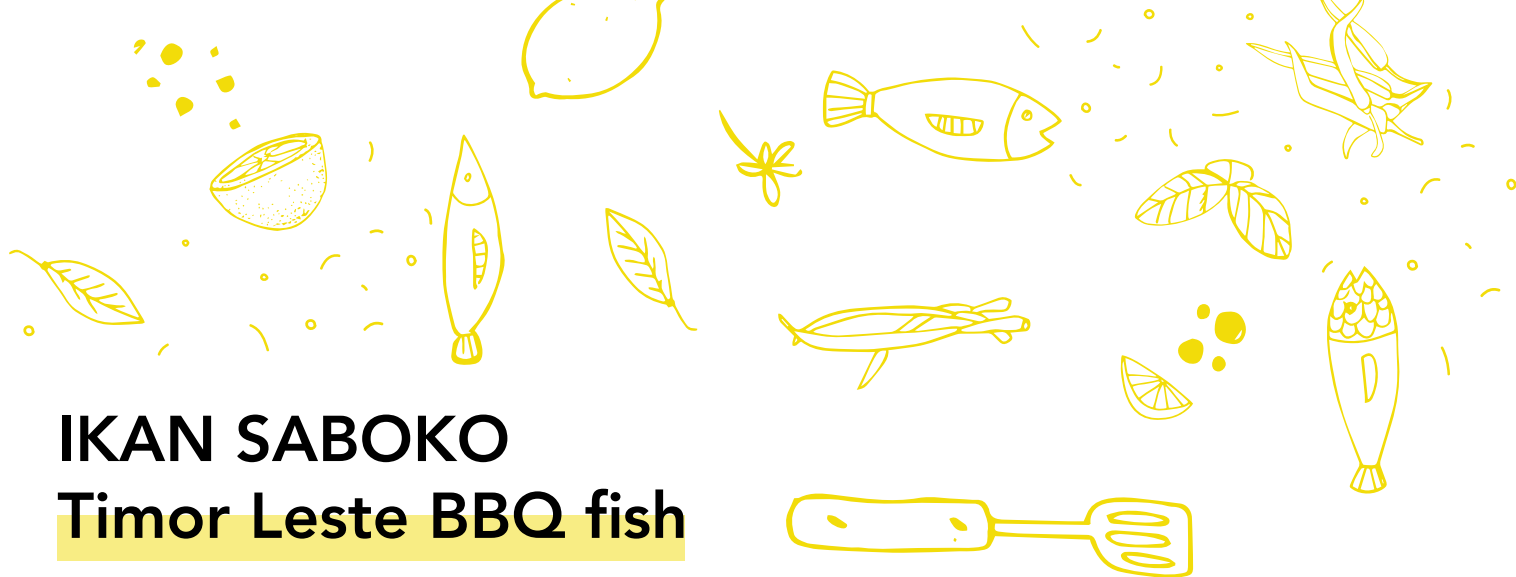
1. Saute onions and garlic in oil until the oil is transparent
2. Add tomato paste, tomatoes, cayenne pepper and season with salt and pepper
3. Gently heat until the mixture becomes smooth and creamy
4. Drain beans and add to your sauce, gently simmer for 15 min or so, stirring from time to time
5. Serve over rice and garnish with coriander

Ditosa's parents passed away when she was young. She lived with her grandmother, who found it difficult to pay for Ditosa's school fees, uniforms, lunches and transport. Through the support of the Matuba Children's Centre in Mozambique, Ditosa was able to continue her education and now hopes to go to university.

Fast facts about Mozambique

- Although Mozambique has experienced strong economic growth, it remains one of the poorest, most underdeveloped countries in the world.
- Mozambique was ranked 181 of 189 countries in the 2020 Human Development Index and 103 of 107 in the 2020 Global Hunger Index.
- Around 46% of the population live below the national poverty line.
- An estimated 70% of women are experiencing food insecurity.
- Women account for 87.3% of the labour force in agriculture





IKAN SABOKO

Timor Leste BBQ fish

INGREDIENTS (Serves 4)

- 3 shallots
- 3 cloves of garlic
- 2 red chillies
- 1 teaspoon tamarind soaked in 60 ml water, or use tamarind paste
- 1 tomato (medium) chopped
- ½ teaspoon of salt
- 3 bilimbi fruit (or 2 small lime wedges)
- ½ to ¾ kg whole fish like red snapper or tilapia, cleaned and gutted, or 2 to 3 large white fish fillets
- Banana leaves cut to a rectangle big enough to encase the fish
- Handful of lemon basil leaves (daun kemangi)
- Salt and white pepper to taste



Method

1. Using a mortar and pestle or food processor, blend all the ingredients except the fish, banana leaves and basil until a smooth paste forms.
2. If using whole fish, make slits on both sides of the fish and spread evenly with the paste. If using fillets, spread them evenly with the paste.
3. Place fish on the banana leaves and lay the lemon basil leaves on top. Fold into a parcel, securing both ends with toothpicks.
4. Barbecue over charcoal for about 10 to 15 minutes on each side, until leaves edges are charred. If after slowly opening the parcel, the fish is opaque and the flesh flakes easily with a fork – it is ready to eat.



Martina (left) is pictured here with Domingas Tilman, her councillor from Uma Paz women’s refuge in Baucau, Timor Leste. Martina left her home after experiencing years of domestic violence. She participated in a Protection Program supported by Caritas Australia and was able to access accommodation, counselling, medical assistance and legal assistance. The program also enabled Martina to undertake training in microfinance and financial management, which empowered her to take control of her future.

Through your generosity, Martina was able to rebuild her life and provide a future where her children could flourish.

Fast facts about Timor Leste

- Approximately three in five women aged 15 to 49 say they have experienced physical and/or sexual violence at least once.
- Timor-Leste is one of the youngest countries in the world - the country formally gained independence from Indonesia in 2002 following a violent conflict that caused destruction to large parts of the country.
- Nearly 42% of the population live below the national poverty line.
- The country has a population of 1.3 million people.



Aigir

Aigir is a traditional recipe from East New Britain in Papua New Guinea. It is traditionally prepared using mumu, or cooking stones, for celebrations and festivities. This version is adapted for the Australian kitchen using local ingredients.

Ingredients (serves 4)

You can increase or decrease each item depending on your personal taste.

- 1 can of coconut cream
- 8 pieces of chicken (wings or drums)
- 1 medium onion, diced
- 2 sweet potatoes, diced into bite size chunks
- 2 ripe tomatoes, diced
- 300g of spinach leaves
- 2 tsp cumin powder
- 2 cloves garlic finely chopped
- ¼ cup chopped ginger
- Neutral cooking oil (to sear/ brown the chicken)
- ½ cup chopped fresh coriander leaves and stalks
- 1 finely chopped birdseye chili
- Boiling hot water
- Salt and pepper to taste (½ tbs of salt and a tsp of pepper)

Method

1. Sprinkle salt on the chicken while chopping up the vegetables to bring out more flavour.
2. Sear the chicken in a large pot over medium-high heat until golden brown.
3. Add the onions and sauté until translucent, and then add the garlic, taking care not to burn the garlic. When both the onions and garlic have softened add the chopped chili, cumin, and salt and stir until aromatic.
4. Add the sweet potatoes to the pot and stir for 2 more minutes until coated in the spices.
5. Next, add ginger, tomatoes and water and turn the temperature down to medium heat and simmer for 15 minutes.
6. Add the coconut cream and stir, tasting for seasoning as you do. Let this simmer for another 15 minutes.
7. In the final 10 minutes of cooking add the spinach and coriander, and more water if needed for consistency.
8. Serve with rice or as a stew.



Ursula Rakova was born on the Carteret Islands, a small group of low-lying islands threatened by rising sea levels. She is leading a large-scale migration project so that her community can establish a new home on mainland Bougainville.

As a leader in her community, Ursula has raised her voice to lobby the United Nations and her government to offer practical support to the people of the Carteret Islands. She has also set up a local NGO called Tulele Peisa, which means “Sailing in the wind on our own” in her local language.

Fast facts about Papua New Guinea

- Papua New Guinea is Australia’s closest geographical neighbour.
- Gender inequality is a significant issue in PNG, with around 67% of women experiencing gender-based violence.
- PNG has a high maternal mortality rate, with approximately 145 women dying per every 100,000 live births.
- Only 40% of PNG’s population has access to safe drinking water, one of the lowest rates in the Pacific islands.

