



Meet

Sean & Buddha

"We started learning in school about multiculturalism. We now know it is a good thing, we are embracing new things." - Buddha

Cultural heritage

Cambodian

Passion

Martial arts

Background fact

My mother never taught me how to cook. Like many Asian mums, she expected me to know!

Australian ties

I live in Cabramatta, NSW and would like to see the city grow with a bigger arts scene.



Sean

Buddha



With parents from neighbouring countries, Sean and Buddha cook up a storm discovering each other's family recipes.

Cultural heritage

Vietnamese

Passion

Food

Background fact

I was born in Vietnam and moved to Australia at a young age. I'm now studying at TAFE to be a chef.

Australian ties

I volunteer for my state's emergency services team and have made many friends from different backgrounds.

Cook

Somlor machou kroeung (sour soup)

"Cambodian fish sauce tends to be a bit more stinky. It's like rotten fish with bones still in it and mashed up."



Ingredients

- 1 litre hot water
- 250g beef
- 2 lemongrass stalks
- 15g galangal
- 10g tumeric
- 3 cloves of garlic
- 1 small chilli
- 1 tbsp tamarind paste
- 4 red capsicums
- ½ cup tamarind paste
- 12 Thai eggplants
- 20g (a handful) Thai holy basil
- 14 kaffir lime leaves
- 2 tbsp canola oil
- 1 cup rice
- Pinch of salt



Tools

- 2 saucepans
- Food processor or mortar and pestle
- Chopping board
- Chopping knife
- Rice cooker



Instructions (serves 4)

1. Finely slice lemongrass, galangal, turmeric, garlic and kaffir lime leaves.
2. Place the ingredients into a food processor or a mortar and pestle, add salt (and chilli if you like). Crush or blend until it turns into a fine powder.
3. Slice the beef into small chunks.
4. Pluck Thai Holy Basil leaves off the stalks.
5. Heat oil in a saucepan and add a small portion of the mixture into the oil until you can smell the aroma.
6. Add beef to the saucepan.
7. Stir in the tamarind paste to cover the beef.
8. Add 1 litre of hot water and reduce the flame to a low heat, simmer for 20-30 minutes or until beef is tender.
9. During this time, cook the rice in a rice cooker or saucepan.
10. Remove stalks and cut the eggplants into quarters. Once the soup starts to boil, add the eggplants.
11. Cut the red capsicum into small slices. When the eggplants are cooked, add the diced capsicum and take the saucepan off the heat.
12. Add Thai Holy Basil into the soup and stir it in.
13. Serve with rice.



Explore

Cambodian culture

Cambodia is home to the largest religious temple in the world, Angkor Wat, which is listed as a UNESCO World Heritage site.



Cambodia, once known as the Khmer Empire, lies on the Indo Chinese Peninsular. About 95% of the population is Khmer ethnic. The other groups of people in Cambodia are the Cham, Chinese, Laotians, Vietnamese and Indigenous peoples living in the highlands. It has been influenced by China and India.



Apsara dancers © Michael Gunther (CC BY-SA 4.0)

Population

15,458,332

Land area

176,515 sq km

Climate

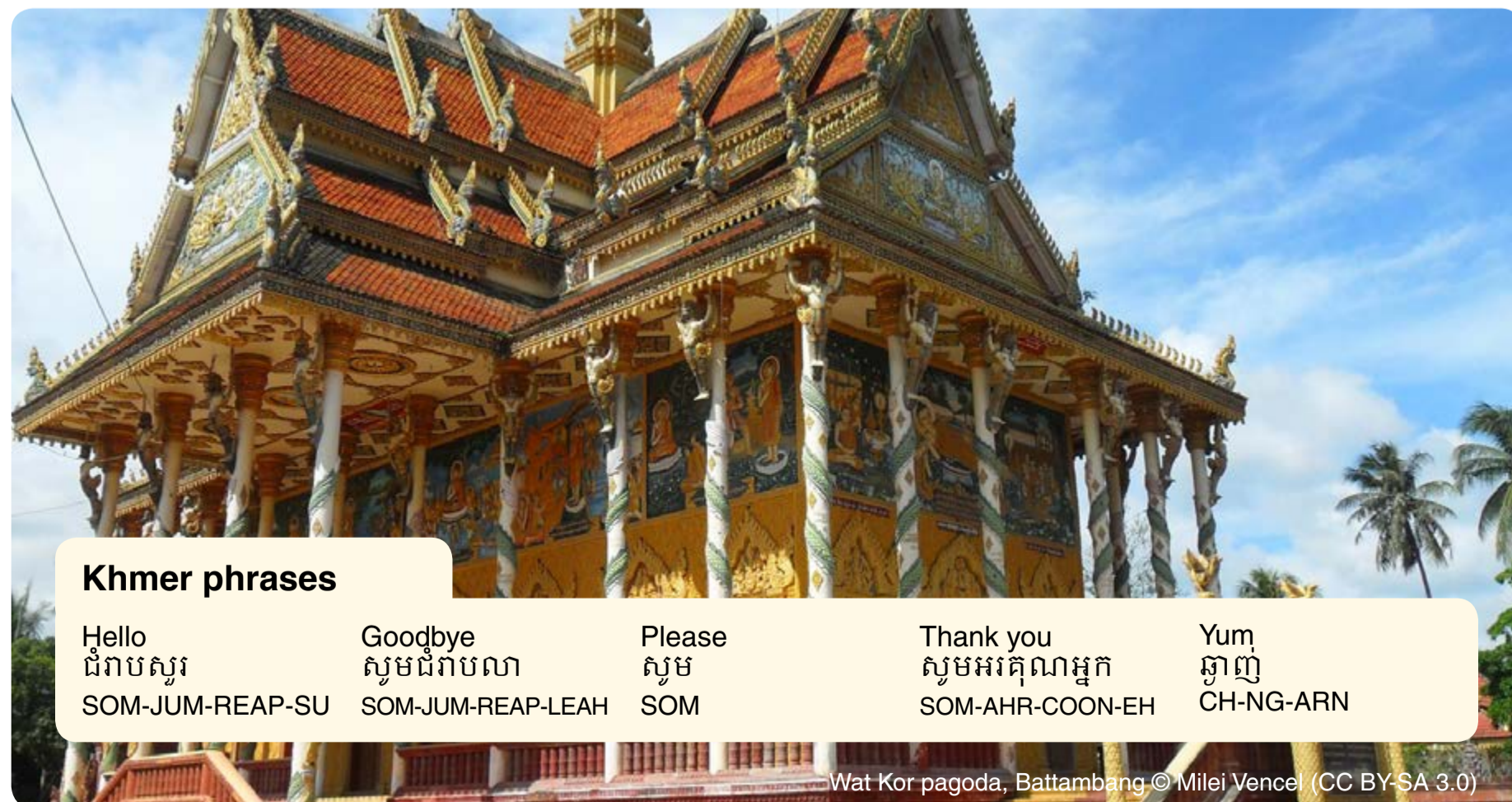
Tropical, monsoonal

Capital city

Phnom Penh

Language

Khmer



Wat Kor pagoda, Battambang © Milej Vence (CC BY-SA 3.0)

Khmer phrases

Hello	Goodbye	Please	Thank you	Yum
ជំរាបសួរ	សូមជំរាបលា	សូម	សូមអរគុណអ្នក	ឆ្ងាញ់
SOM-JUM-REAP-SU	SOM-JUM-REAP-LEAH	SOM	SOM-AHR-COON-EH	CH-NG-ARN



Environment

Cambodia's terrain is mostly low, with flat plains and large bodies of water including the Mekong River and a lake named Tonle Sap (or Great Lake) in the centre which is one of the biggest sources of **freshwater fish** in the world.



Customs

The official religion in Cambodia is Thearavada Buddhism, but Christianity and Cham Muslim are also popular. Giving money and goods to temples is an important part of Buddhist life.

The sampot is the national **garment**. It dates back to the Funan era from 68-550 AD.



Arts & traditions

Cambodian arts and crafts include textiles, textile weaving, silversmithing, stone carving and ceramics. Traditional instruments include the sralai, a wind instrument, and the khloy, an ancient traditional bamboo flute.

A form of **martial arts** called Khmer Boran is unique to Cambodia.



Interesting facts

Cambodia has changed its name four times in the last century due to changes in government.

It is considered **rude** to point your feet at somebody in Cambodia, so people point their toes inward to be polite.



Explore

Vietnamese culture

According to legend, the first Vietnamese people descended from a dragon. Today they are famous for rice farming.



Vietnam was one of the first cultures in the world to practice agriculture. Some Vietnamese fled Vietnam during war time and arrived by boat in Australia in the mid-1970s. These refugees and their descendants have made a huge contribution to Australian society today.



Ha Long Bay © Francesco P. Sterbini (CC BY 3.0)

Population

93,421,835

Land area

310,070 sq km

Climate

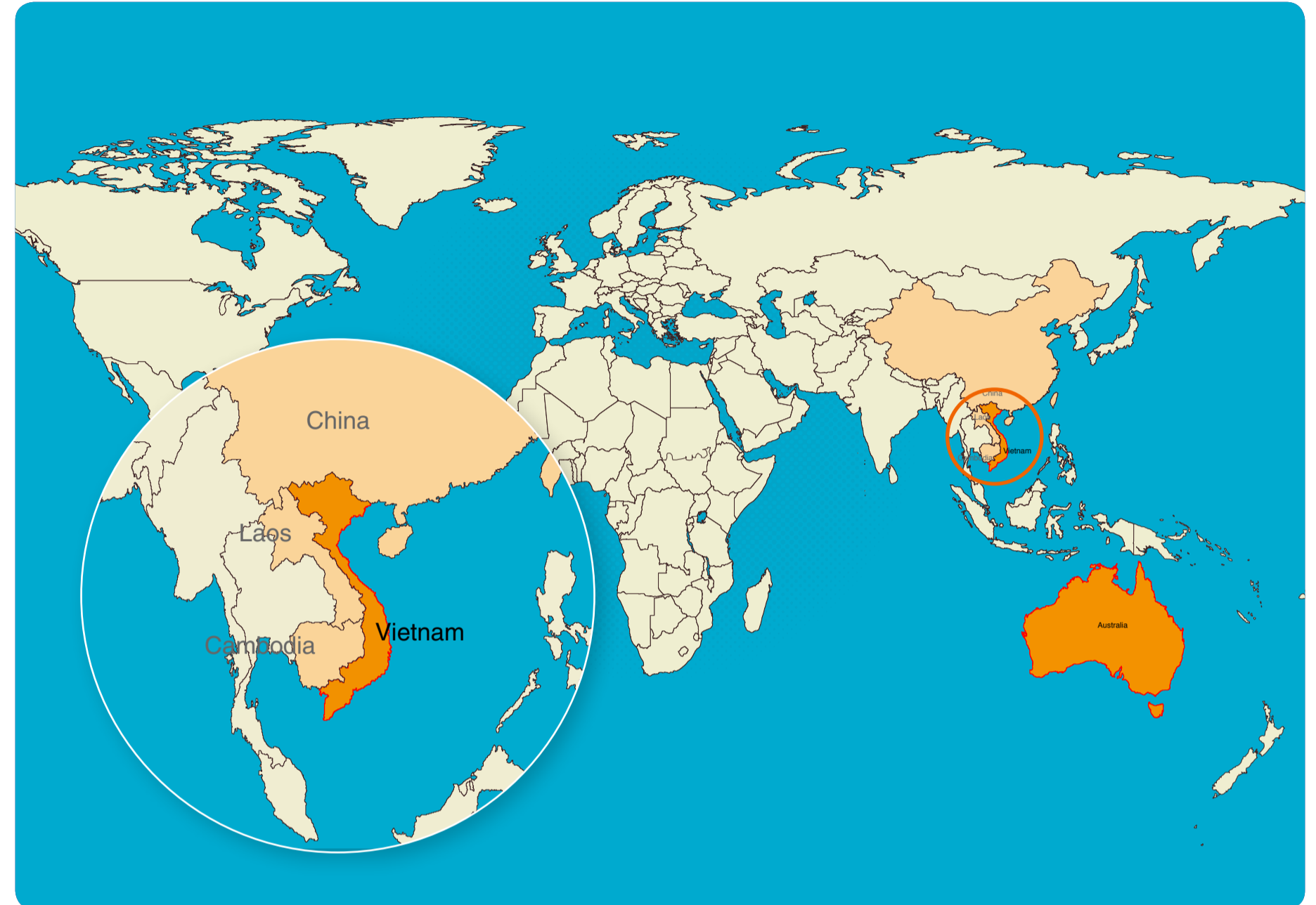
Tropical, monsoonal

Capital city

Hanoi

Language

Vietnamese



Vietnamese phrases

Hello	Goodbye	Please	Thank you	Yum
<i>Xin chào</i>	<i>Tạm biệt</i>	<i>Xin vui lòng</i>	<i>Xin cảm ơn</i>	<i>Ngon</i>
SIN-CHOW	TAM-BIT	SIN-VU-LONG	SIN-CAM-ON	NG-AWN

Vietnamese girls wearing áo dài, the national costume © Mílei Vencel (CC BY-SA 3.0)



Environment

The landscape is low but features vast mountain ranges and dense forests.

Ha Long Bay, in Quảng Ninh province, consists of 1969 islands. It has been listed as a **UNESCO** World Heritage Site because of its spectacular seascape of limestone pillars.



Customs

There are about 54 **ethnic** groups in Vietnam, each with its own language, lifestyle and cultural heritage. A change in tone in the Vietnamese language can mean an entirely different word.

The áo dài is the national costume for Vietnamese women.



Arts & traditions

Vietnam is famous for its water **puppets**, which peasants created in the 11th century when their fields flooded.

Vietnam is also famous for its silk paintings and xoan singing, a tradition of the Phu Tho Province. It is one of the oldest forms of singing.



Interesting facts

Vietnam has one of the **rarest mammals** on Earth; the saola. This deer-like animal is often called the Asian unicorn.

Carvings in rock faces have occurred over the centuries ever since 1468, when the King carved a poem into a cliff.



Cook

Bánh xèo (crispy pancake)

"They call it bánh xèo because of the noise that it makes... it sizzles."



Ingredients

Batter

- Rice and tapioca flour
- 1 tsp turmeric
- 200ml coconut cream
- 1 cup milk
- Pinch of salt
- Dash of white pepper

Sauce

- ¼ cup fish sauce
- ¼ cup lime juice
- 1 ½ tbsp hot water
- 1 tbsp caster sugar
- 1 clove of garlic
- 1 red chilli
- Pinch of salt

Filling

- 100g prawns
- 100g bean sprouts
- 100g pork belly
- 100g spring onion



Tools

- Egg flip
- Frying pan
- Spatula
- Chopping board
- Chopping knife
- Small bowl



Instructions (serves 4)

- To make the pancake batter, stir to combine the rice and tapioca flour, turmeric, coconut cream, milk, salt and white pepper.
- Chop the shallots into small pieces.
- Stir-fry the pork on the stove until crispy and golden.
- Over medium heat, cook the pancakes until golden and sizzling.
- To make the serving sauce, combine all ingredients in a small bowl (plus chopped chilli if you like it spicy) and stir until the sugar dissolves.
- Fill the pancakes with the pork belly, shallots, prawns and bean sprouts.

Meet

Helen & Maria

"I believe our people comes from the same nationality, like Helen and that's why we've got the same heart." - Maria

Cultural heritage

Greek

Passion

Family

Background fact

Food is the thread in our family that brings us together.

Australian ties

My parents immigrated to Australia in the 1950's.



Helen



Maria



Even though they are from different parts of the world, Maria and Helen share common family values and have a good time.

Cultural heritage

Samoa

Passion

Teaching

Background fact

I grew up like a princess in Samoa and was sent to New Zealand to get a better education before moving to Australia.

Australian ties

Helen's family is the first non-Samoan family to invite me over for dinner in Australia.



Explore Greek culture

Greece was the birthplace of the Ancient Olympic Games, first held in 776 BC. The first cinema in the world opened here in 1896.



Modern Greece has its roots in the famous civilization of Ancient Greece and has a language over 3,000 years old. Although the Ancient Greeks worshipped a number of gods, today 98% of the Greek population identify as Orthodox Christians. It has over 2000 islands, with about 170 of them being inhabited.



Agios Nikolaos Island © Ktearchos Kapoutsis (CC BY 2.0)

Population

10,775,557

Land area

130,647 sq km

Climate

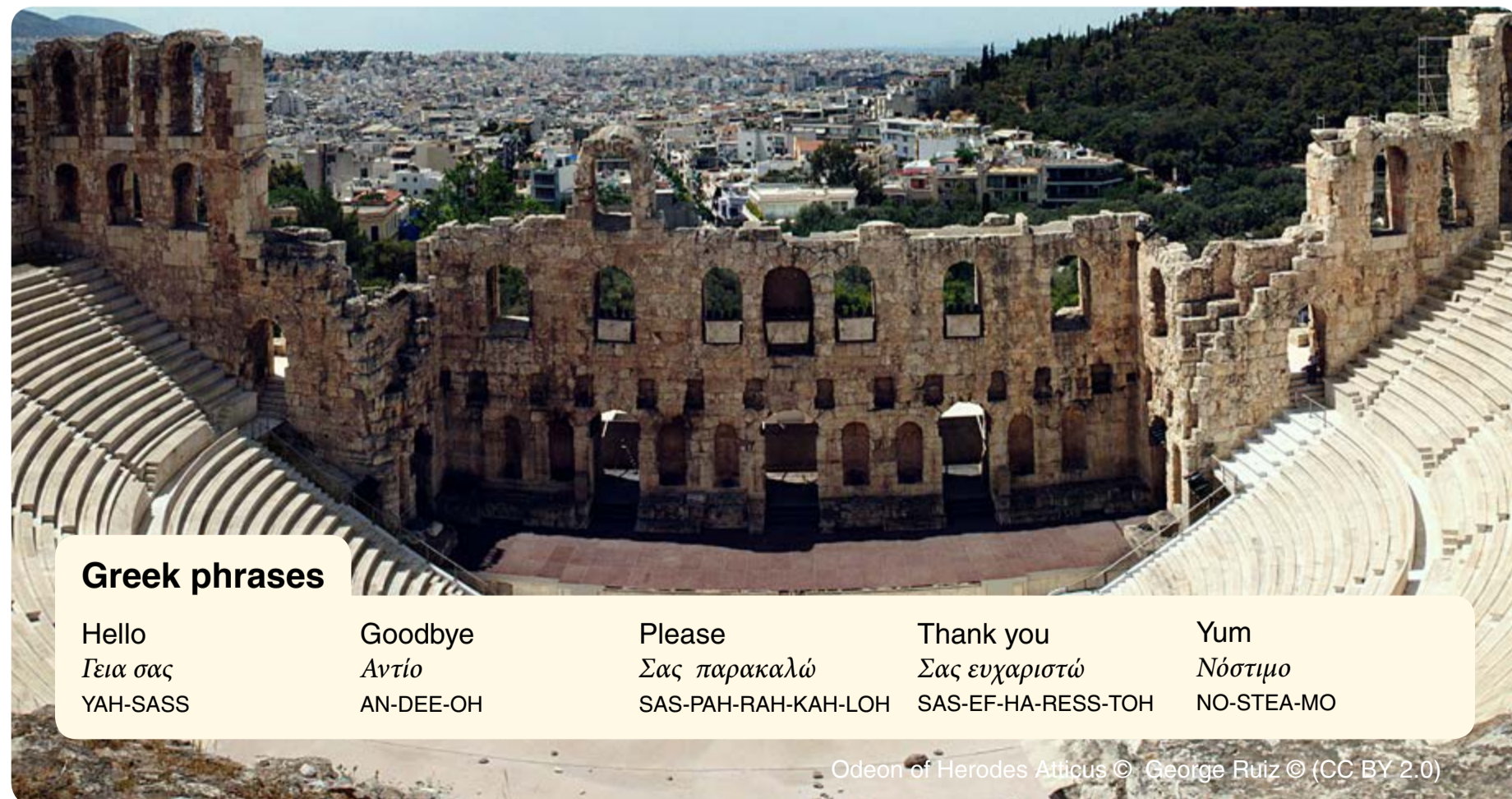
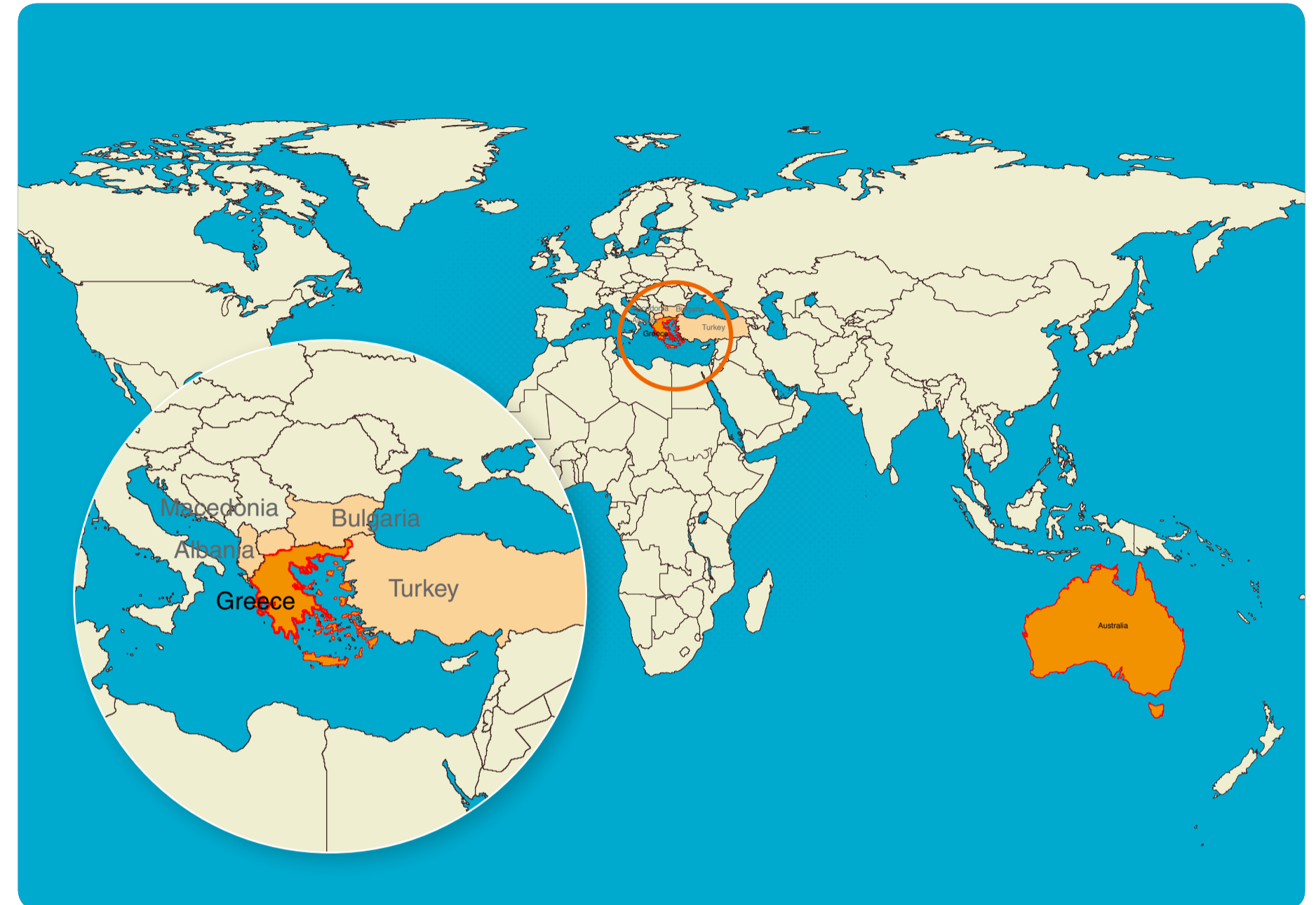
Mild, mediterranean

Capital city

Athens

Language

Greek



Greek phrases

Hello Γεια σας YAH-SASS	Goodbye Αντίο AN-DEE-OH	Please Σας παρακαλώ SAS-PAH-RAH-KAH-LOH	Thank you Σας ευχαριστώ SAS-EF-HA-RESS-TOH	Yum Νόστιμο NO-STEAM-O
-------------------------------	-------------------------------	---	--	------------------------------

Odeon of Herodes Atticus © George Ruiz © (CC BY 2.0)



Environment

Greece borders the Aegean, Mediterranean, and Ionian Seas. The landscape is **mountainous**. The highest point is Mount Olympus which is 2,917 metres tall.

Most live in the capital city, along the beautiful coastline and in small towns in the countryside.



Customs

Greek people celebrate their 'name day' instead of their birthday. It is the day of the Saint who was chosen as their first name.

Many people decorate **boats** known as Karavaki at Christmas.

A tradition called the volta takes place at sundown, when people stroll around town.



Arts & traditions

Greece is the home of **democracy**, philosophy, politics, literature, and theatre for western civilization.

Famous Greeks include the poet Homer (author of *Odyssey*), the mathematician Pythagoras and the philosopher Aristotle.



Interesting facts

Outside the capital city of Athens, the largest Greek population lives in Melbourne, Australia.

It is estimated that about 1,000 Greek words are still used in English today, including the words **alphabet**, siren and typhoon.



Cook

Dolmades (vine leaves stuffed with rice)

"My mum makes beautiful Greek dishes, so she likes to make dolmades for us."



Ingredients

- 1 can vine leaves
- 2 chopped onions
- Olive oil
- 2 kg lean minced beef
- 1 cup short grain rice
- 4 tbsp dried mint
- 4 tbsp parsley
- 4 beef stock cubes
- 2 lemons
- Tzatziki dip
- Pinch of salt
- Dash of pepper



Tools

- 1 small saucepan
- Pot (or crock pot)
- Mixing bowl
- Tongs
- Chopping board
- Chopping knife

Instructions (serves 4)

- Boil 8 cups of water in a pot.
- Remove the vine leaves from the jar and unroll them.
- Place the leaves in the pot, reduce the heat to medium and cover the pot. When the water boils, turn off the heat, and let the leaves sit in the hot water for 10 minutes.
- Remove the leaves. Empty the pot and fill it with cold water placing the leaves back into the pot to set aside.
- In a small saucepan, brown the onions in a little oil then move them into a big mixing bowl.
- Add the rest of the ingredients and knead the mixture with your hands, and set it aside.
- Carefully separate a grape leaf from the batch. Lay out the leaf on a cutting board and cut the stems off at the bottom.
- Place a spoonful of the filling on the leaf to the edge. Fold in the bottom corners of the leaf over the filling and roll the wrapped filling forward.
- Pack them closely in the crock pot, squeeze with lemon juice and then cover with a plate.
- Fill the pot with water up to 1.5 cm above the plate and let it cook for 1 1/2 hours on the lowest setting so the water boils gently. Add extra water if it appears to be evaporating.
- Turn off the heat and let the pot cool for 4 hours.
- Carefully remove the dolmades and place them on a plate.
- Serve hot with a tzatziki yogurt dip or without.

Cook

Palusami (taro with tuna & coconut milk)

"When I was a little girl I saw how my grandfather wrapped and prepared it from the real coconut."



Ingredients

- 250ml hot water
- 400ml coconut milk
- 370g tinned tuna
- 1 sliced onion
- 1/2 seafood stock cube
- 4 taro leaves
- Few drops of lemon juice
- Pinch of salt
- Dash of pepper



Tools

- Mixing bowl
- Wooden spoon
- Aluminium foil
- Can opener

Instructions (serves 4)

- Dissolve a seafood stock into 1 cup of hot water.
- Pour coconut milk, tuna, onion, salt and pepper and the stock mixture into a bowl and combine with a spoon to make a thick mixture.
- Take a fresh taro leaf and pour a spoonful of the mixture into the middle.
- Wrap the taro leaf and fold until sealed.
- Put the taro leaf into foil and bake in the oven for 15 minutes.



Explore

Samoaan culture

High ceilings in Samoan homes are a mark of social status. The higher the ceiling, the more important you are!



Samoaan culture is over 3,000 years old. People follow a traditional way of life called Fa'a Samoa, the Samoan Way, which maintains respect for elders and members of other villages. In the evenings, Samoans say prayers during a service marked by either a bell ringing or someone blowing into a conch shell.



Upolu Island © Stephen Glauser (CC BY-SA 2.0)

Population

196,628

Land area

2,821 sq km

Climate

Tropical

Capital city

Apia

Languages

Samoaan (official), English



Samoaan phrases

Hello	Goodbye	Please	Thank you	Yum
Talofa	Tofa soifua	Fa'amolemole	Fa'afetai	Susua
TA-LO-FAR	TA-FA SOY-FUA	FA-AM-OLE-MO-LE	FA-AFE-TIE	SU-SU-A

AFTC Graduation ceremony © Kevin H. Field (CC BY 2.0)



Environment

Samoa has two main islands, Savaii and Upolu, several smaller islands and some uninhabited **islands**.

The country features a narrow coastal plain with rugged mountains, fertile valleys, white sandy beaches, blue lagoons and volcanoes, some of which are still active today!



Customs

Christianity was introduced into Samoa in 1830, and today most Samoans are Christian.

There are over 362 nu'u, or **villages**, in Samoa. Many activities, such as building a house, collecting food and creating tools, are done collectively as a community.



Arts & traditions

Tattoos in geometric shapes are part of Samoan culture. Traditionally, boys aged between 12 and 14 years old are tattooed from waist to knee to show their social status.

Music is central to Samoan life. Singing is very popular as well as percussion and wind instruments.



Interesting facts

The only native mammals in Samoa are **flying foxes**, which are endangered, and other smaller bats.

Samoa was ruled by Germany from 1900 to 1914, then by New Zealand until 1962.

Rugby football is popular among Samoans.