

Recipes for HARMONY





Australian Government
Department of Social Services

HARMONY DAY

21 MARCH

GET INVOLVED!

Harmony Day is a day to celebrate our cultural diversity – a day of respect for everyone who calls Australia home. It is supported by the Australian Government Department of Social Services.

Tens of thousands of events have been held across the country since the Day began in 1999.

Schools have been our greatest supporters over the past 15 years. *Recipes for Harmony* is our way of saying thank you for helping children learn about what it means to belong.

Recipes for Harmony brings the world to your students, introducing them to amazing people, cultures and foods in an interactive and educational way.

Register a Harmony Day event to receive free promotional products to decorate your classroom and help make celebrating diversity fun for your students!



A Taste of Harmony

16 – 22 MARCH 2015

Be a part of A Taste of Harmony and join more than 350,000 people across Australia.

A Taste of Harmony is a free and delicious way to celebrate cultural diversity and increase understanding of diverse cultures in our communities.

Bring this eBook to life for students by registering your classroom to gain access to all the great additional resources on our website.

Hold an event between 16 – 22 March to celebrate the food and culture of your students by sharing stories of their heritage.

 **#tasteofharmony**



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Meet

Alice

"Being multicultural is like having a well-stocked pantry. It offers more variety and a richer result for your community."



Cultural heritage

Georgian

Passion

Cooking

Background fact

Food always has strong memories for me, especially of dishes I grew up with in Georgia.

Australian ties

I was a contestant on *Masterchef Australia*, host *Kitchen Whiz* and have written *Alice's Food A-Z*.



I was born in Georgia, but my grandparents came from Russia. I was seven when we arrived in Australia. I didn't speak much English and felt like a real outsider. But when I finally found my voice, I fell in love with the language. When it came to finding a job I chose to be an English teacher. It's a funny leap to make from not knowing a language to teaching it to others. When I went back to Georgia I realised how important it was to speak Russian as no one spoke English. It's also helped me learn other languages. I guess all those years of Russian school on Sundays really paid off!

Georgia is a tapestry of cultures and food as it is on the border of Asia, the Middle East and Europe. People have so many layers. I am not just one thing. I'd describe myself as an Eastern European Jew. At our table we have Russian, Georgian and Jewish dishes. My great uncle wrote a cook book about Jewish food in the Soviet Union in the 1980s so it's nice to follow the family tradition. I remember my first job in the kitchen. I was only five years old, but it's still my only job when my father is cooking. It doesn't matter what I say, he'll just insist I 'watch the eggplant, make sure it doesn't burn.'

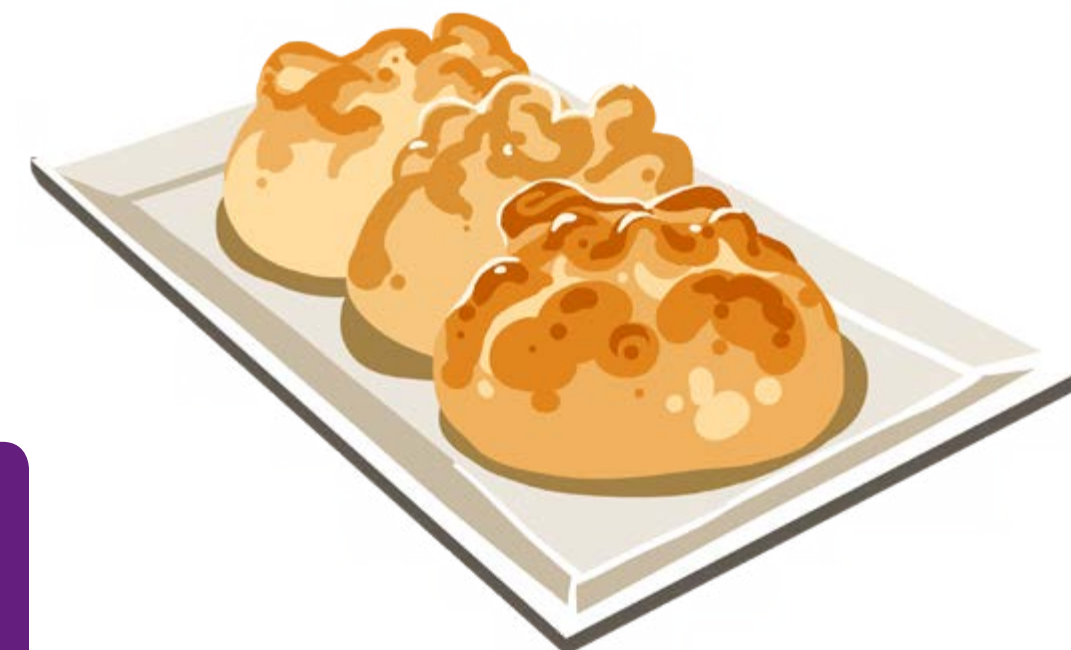
Everyone loves delicious food, and it's a great way for people to connect. It's very easy when you first meet a person to notice their differences but when you sit down and eat together, you'll notice similarities in both food and culture. Even though you might feel awkward bringing something different in your lunch box, in the long run that's what's going to make you special. People will want you to cook it for them, rather than stare and say, 'wow that's a weird looking rissole!'

Audio contains a section from the track: MixxxMusic. (2012). Georgian suliko. (CC BY 3.0)

Cook

Khachapuri (cheese bread)

"Khachapuri is passed down from mothers to daughters. My mother's recipe is different to my aunts as there are many variations."



Ingredients

500g plain flour
175ml water
1 packet dry yeast
250g grated mozzarella cheese
100g tasty cheese
50g cottage cheese
Olive oil seeds
Pinch of sugar
Pinch of salt



Tools

Pastry brush
Rolling pin
2 mixing bowls
Wooden spoon
Sifter
Plastic wrap

Instructions (serves 4)

1. Add the yeast and a pinch of salt into a bowl with water, and let it sit for 7 minutes.
2. Sift the flour and add it to the bowl with a little more water if it is too dry.
3. Mix together with a wooden spoon until a soft dough forms.
4. Sprinkle flour on the bench and knead the dough for 5 minutes.
5. Oil the sides of a bowl and put the dough in there for 40 minutes, covering the top with plastic wrap.
6. Using a wooden spoon, combine the mozzarella, tasty cheese and cottage cheese together in a mixing bowl.
7. When the dough is ready and has risen, roll out the dough until it is about 1cm thick.
8. Place the dough square onto a tray and top with cheese mix. Flip it over and roll it so that the centre is sealed.
9. Brush with olive oil and place in the oven to bake for about 10 minutes or until dough has turned golden brown and cheese has melted.

Note: If you don't have time to make a dough, use filo or puff pastry instead!



Explore

Georgian culture

This country is located at the eastern end of the Black Sea and has the deepest cave in the world, the Krubera (Voronya) Cave.



Georgia's history extends deep into the past, possibly as far back as the 1st millennium BC. It came under the influence of Rome in the first centuries AD when Christianity became the main religion. A mighty Georgian kingdom existed in medieval times. Georgia was part of the Soviet Union between 1921 and 1991.



Georgian dancers © Aris Jansons (CC BY-SA 2.0)

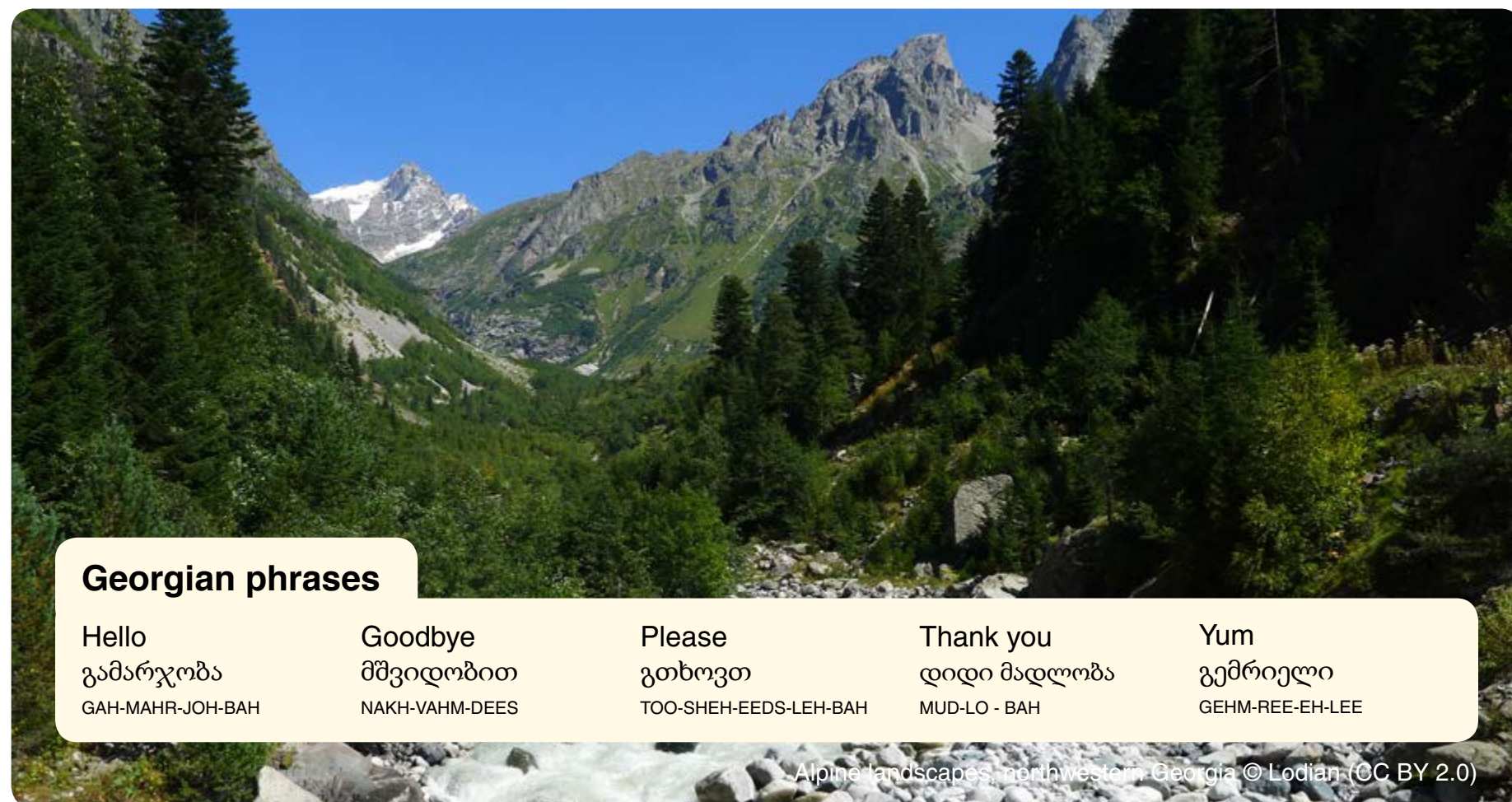
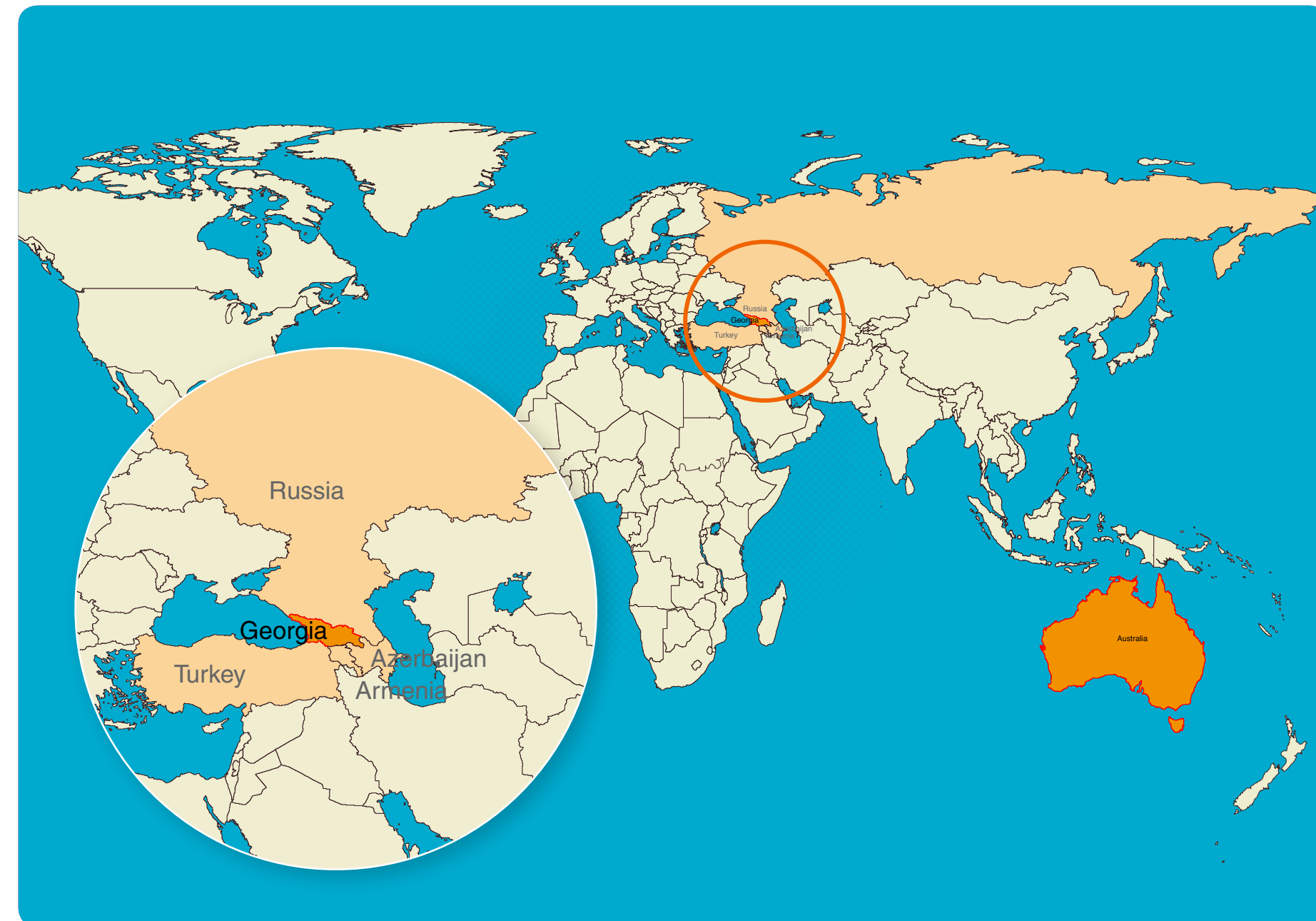
Population
4,935,880

Land area
69,700 sq km

Climate
Mediterranean

Capital city
Tbilisi

Languages
Georgian (official),
Russian, Armenian



Georgian phrases

Hello	Goodbye	Please	Thank you	Yum
გამარჯობა	შშვიდობით	გთხოვთ	დიდი მადლობა	გემრიელი
GAH-MAHR-JOH-BAH	NAKH-VAHM-DEES	TOO-SHEH-EEDS-LEH-BAH	MUD-LO - BAH	GEHM-REE-EH-LEE

Alpine landscapes, northwestern Georgia © Lodian (CC BY 2.0)



Environment

It rains a lot in Western Georgia where it is very humid. Eastern Georgia ranges from partly humid to dry.

The landscape varies from tropical forests to snowy mountain peaks, deep gorges, rivers and alpine meadows. **Forests** and grasses cover more than a third of the country.



Customs

Georgia's culture is **ancient**, with literature dating back to the 5th century AD. Evidence of this can be seen in Georgian monuments, such as churches and monasteries.

Food in Georgia's east often contains mutton and pork. In the west, more vegetarian food is eaten.



Arts & traditions

The Georgian language has its own alphabet and may have been created as early as the 5th century AD.

Metalwork is a traditional craft of Georgia. Jewellery and religious crosses made from bronze, gold and silver have been found in tombs as old as 1000 BC!



Interesting facts

Georgia comes from the Persian word varkana, which means 'pack of wolves.'

Georgians are known for their hospitality and sense of humour. They are famous for living long lives, although this has not been proven!

Georgian winemaking dates back 8,000 years.



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

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.



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

Cook

Somlor machou kroeing (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 turmeric
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



Khmer phrases

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

Wat Kor pagoda, Battambang © Milei Vencel (CC BY-SA 3.0)



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

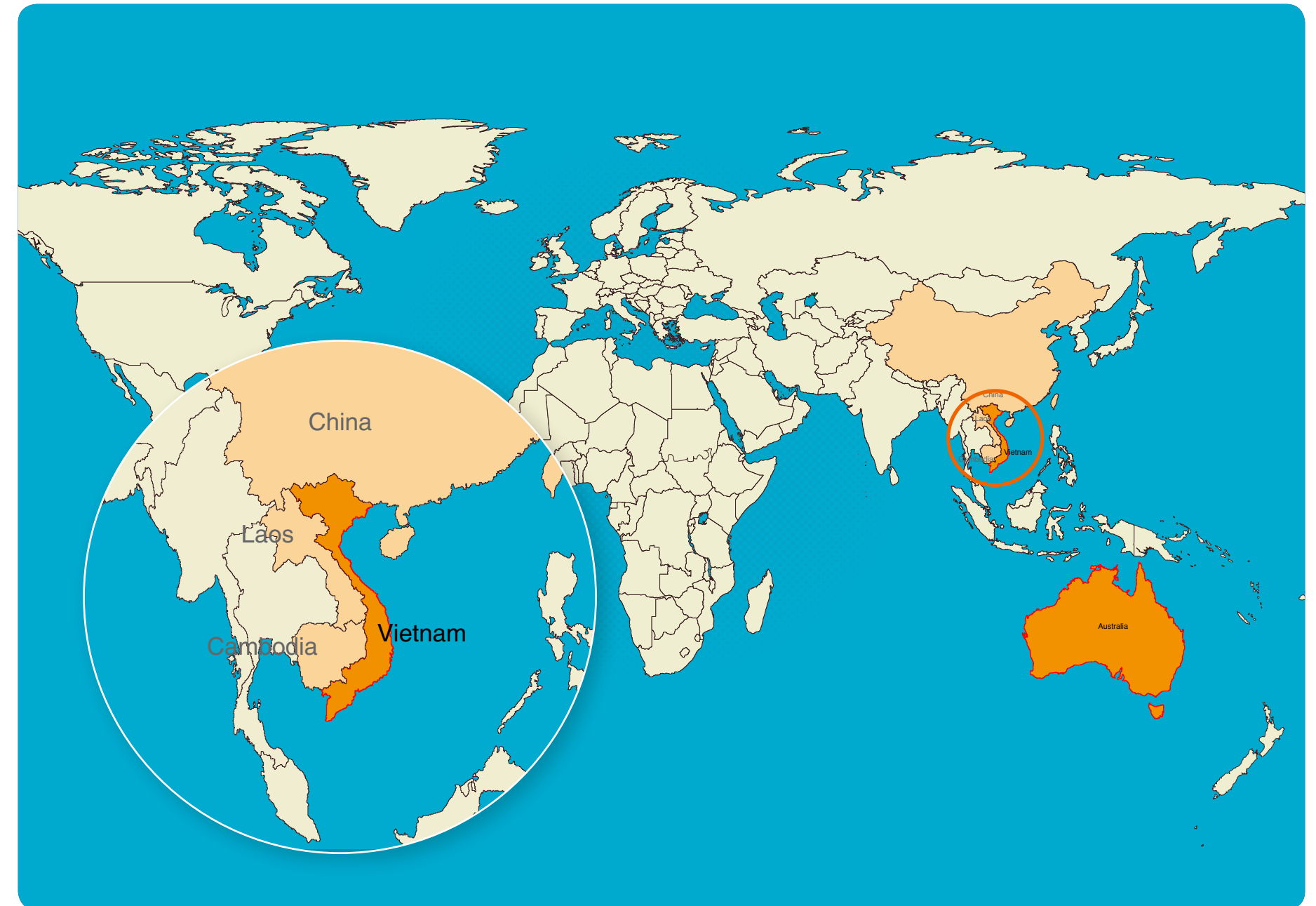
Tropical, monsoonal

Capital city

Hanoi

Language

Vietnamese



Vietnamese phrases

Hello	Goodbye	Please	Thank you	Yum
<i>Xin chào</i>	<i>Tam 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 169 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)

1. To make the pancake batter, stir to combine the rice and tapioca flour, turmeric, coconut cream, milk, salt and white pepper.
2. Chop the shallots into small pieces.
3. Stir-fry the pork on the stove until crispy and golden.
4. Over medium heat, cook the pancakes until golden and sizzling.
5. 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.
6. 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

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.



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



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

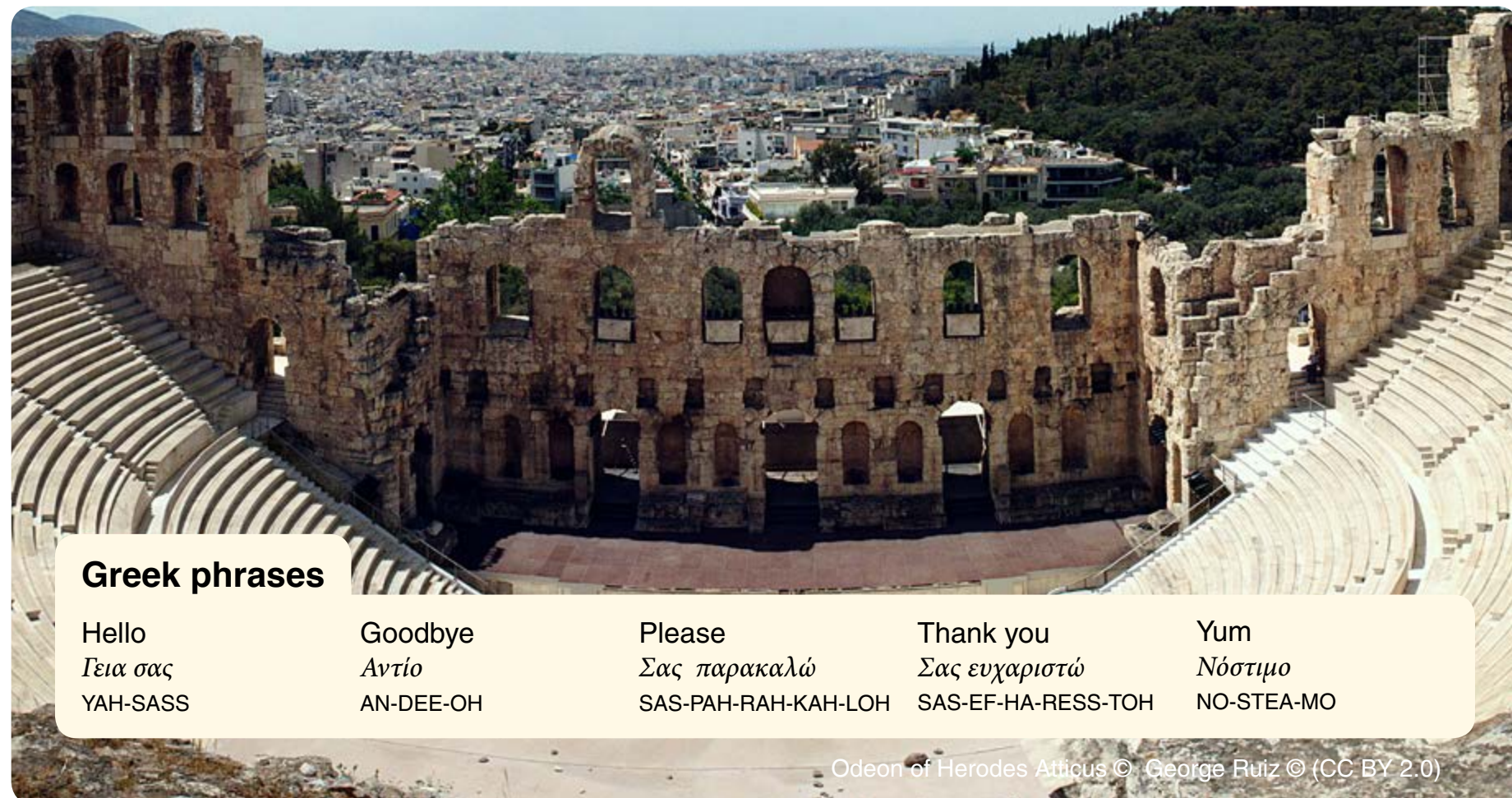
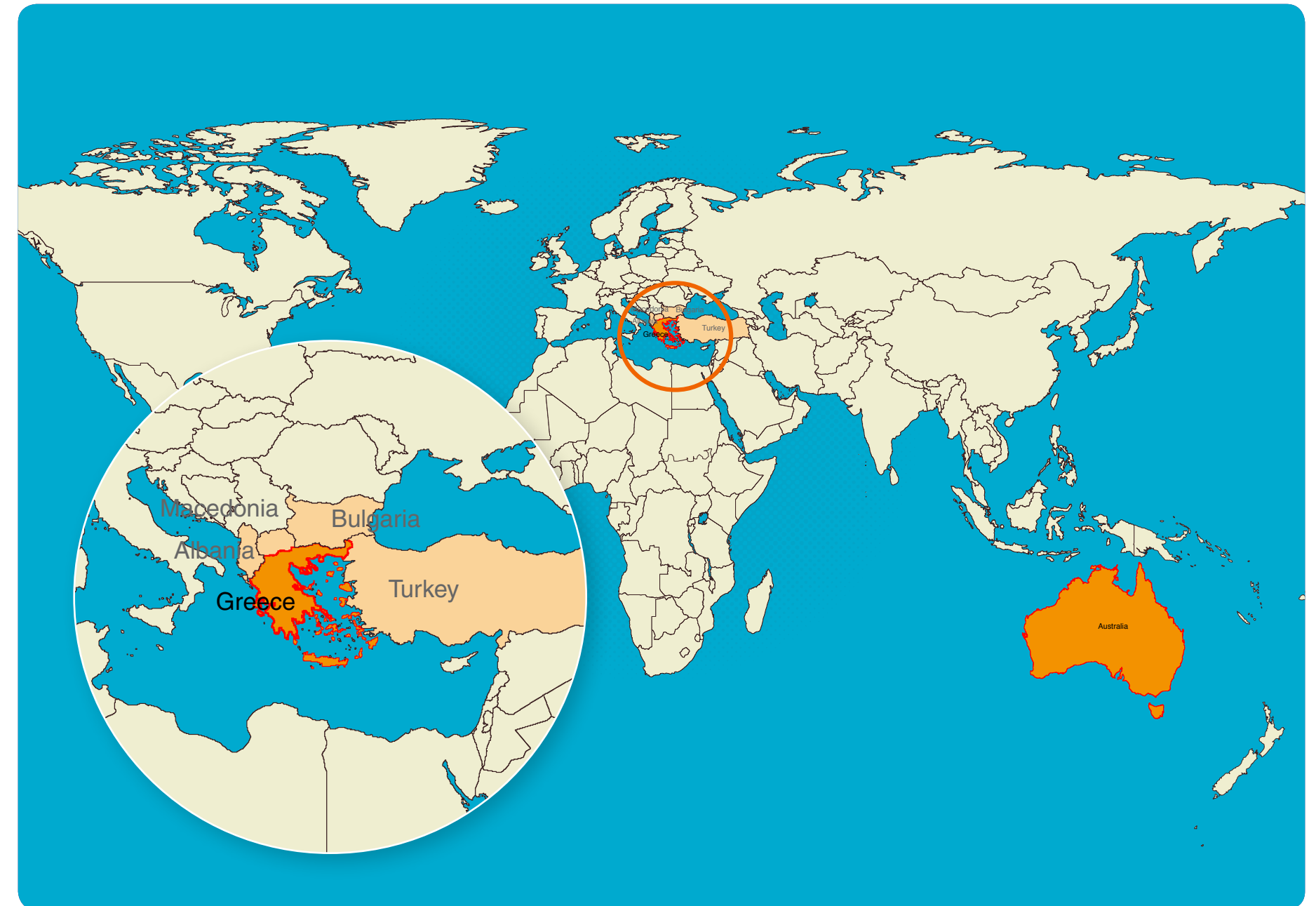
Mild, mediterranean

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-STE-A-MO

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)

1. Boil 8 cups of water in a pot.
2. Remove the vine leaves from the jar and unroll them.
3. 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.
4. Remove the leaves. Empty the pot and fill it with cold water placing the leaves back into the pot to set aside.
5. In a small saucepan, brown the onions in a little oil then move them into a big mixing bowl.
6. Add the rest of the ingredients and knead the mixture with your hands, and set it aside.
7. Carefully separate a grape leaf from the batch. Lay out the leaf on a cutting board and cut the stems off at the bottom.
8. 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.
9. Pack them closely in the crock pot, squeeze with lemon juice and then cover with a plate.
10. Fill the pot with water up to 1.5 cm above the plate and let it cook for 1 ½ hours on the lowest setting so the water boils gently. Add extra water if it appears to be evaporating.
11. Turn off the heat and let the pot cool for 4 hours.
12. Carefully remove the dolmades and place them on a plate.
13. 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
½ 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)

1. Dissolve a seafood stock into 1 cup of hot water.
2. 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.
3. Take a fresh taro leaf and pour a spoonful of the mixture into the middle.
4. Wrap the taro leaf and fold until sealed.
5. 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.



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
<i>Talofa</i>	<i>Tofa soifua</i>	<i>Fa'amolemole</i>	<i>Fa'afetai</i>	<i>Susua</i>
TA-LO-FAR	TA-FA SOY-FUA	FA-AM-OLE-MO-LE	FA-AFE-TIE	SU-SU-A



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.



Meet

Bachar

"For me, being a footballer is about giving back to my community, and through AFL multicultural programs I get to do just that."



Cultural heritage

Lebanese

Passion

Football

Background fact

I speak Arabic at home, as it's a good way to practice my culture.

Australian ties

I was born in Australia but my parents, like many people of their generation, were born overseas.



When I was younger, my family didn't appreciate sport as they thought it was a distraction. At 14 I decided to become a professional footballer. It was difficult to convince my parents at first but now they are my biggest supporters. It's great to see that football is now a real part of education in schools. I love my role as an Ambassador because I engage with young people from diverse communities and many who speak another language. In football, even if you don't speak English, someone will always help you. It doesn't matter where you are from or what colour you are. You're going to be accepted.

I give 100% to whatever I'm doing, whether it's on or off the field. I'm really passionate about the *Bachar Houli Cup* I've created, which gives Islamic-based schools the opportunity to participate in an AFL 9's competition. While it's challenging, it's a lot of fun. I speak to football clubs about multiculturalism to engage them to accommodate players from different backgrounds. As a Muslim, I pray five times a day which means it could be when I'm training. I really appreciate it that my club respects my faith as they've given me a prayer room to use. They provide halal food for me which is prepared in a special way according to Islamic law.

My parents own a fish and chip shop in Werribee, Melbourne, which is very different to the Lebanese food we're served at home. I love hanging out there with dad to watch the football on TV. I used to work there as a kid when I was young. I'm still there in a way. Dad put a picture of me on the wall so everyone knows who his son is!

Audio contains a section from the track: Classic-music. (2012). Zaryab - Crecio el amor [for Lute and Singer].(CC BY 3.0)

Cook

Shish taouk (grilled chicken)

"I normally eat high-energy meals, but occasionally slip in some Lebanese food to help me put on any weight I've lost!"



Ingredients

6 chicken thighs
2 tbsp lemon juice
2 garlic cloves
1 tsp paprika
1 tsp cumin
1 tsp oregano
½ tsp cayenne
1 tsp turmeric
100ml olive oil
Tabouli
Lebanese pita bread
Hummus
Pinch of salt
Dash of pepper



Tools

Large mixing bowl
Chopping board
Chopping knife
Skewers



Instructions (serves 4)

1. Chop the chicken and garlic into small pieces.
2. In a large bowl, mix together the lemon juice, garlic, oil, spices, salt and pepper.
3. Place the cut chicken into the marinade mix and stir thoroughly so that it covers all the pieces.
4. Leave it sit in the marinade for at least an hour.
5. Place the chicken pieces onto skewers leaving at least a 3cm space at the end so it's easy to hold.
6. Place the chicken on the barbecue and grill for approximately 40 minutes or until cooked; turning every few minutes to cook evenly.
7. Serve with tabouli, hummus and Lebanese pita bread.



Explore

Lebanese culture

Some Lebanese people use French, Arabic and English in the one sentence! They love belly dancing and also enjoy watching it.



Lebanon, particularly its coastal regions, is the site of some of the oldest human settlements in the world. The ports at Tyre, Sidon and Byblos, were important centres of trade in the 3rd millennium BC. The capital, Beirut, used to be known as the Paris of the Middle East.



Nejmeh Square, Beirut © J. Elliot (CC BY 2.0)

Population

5,882,562

Land area

10,230 sq km

Climate

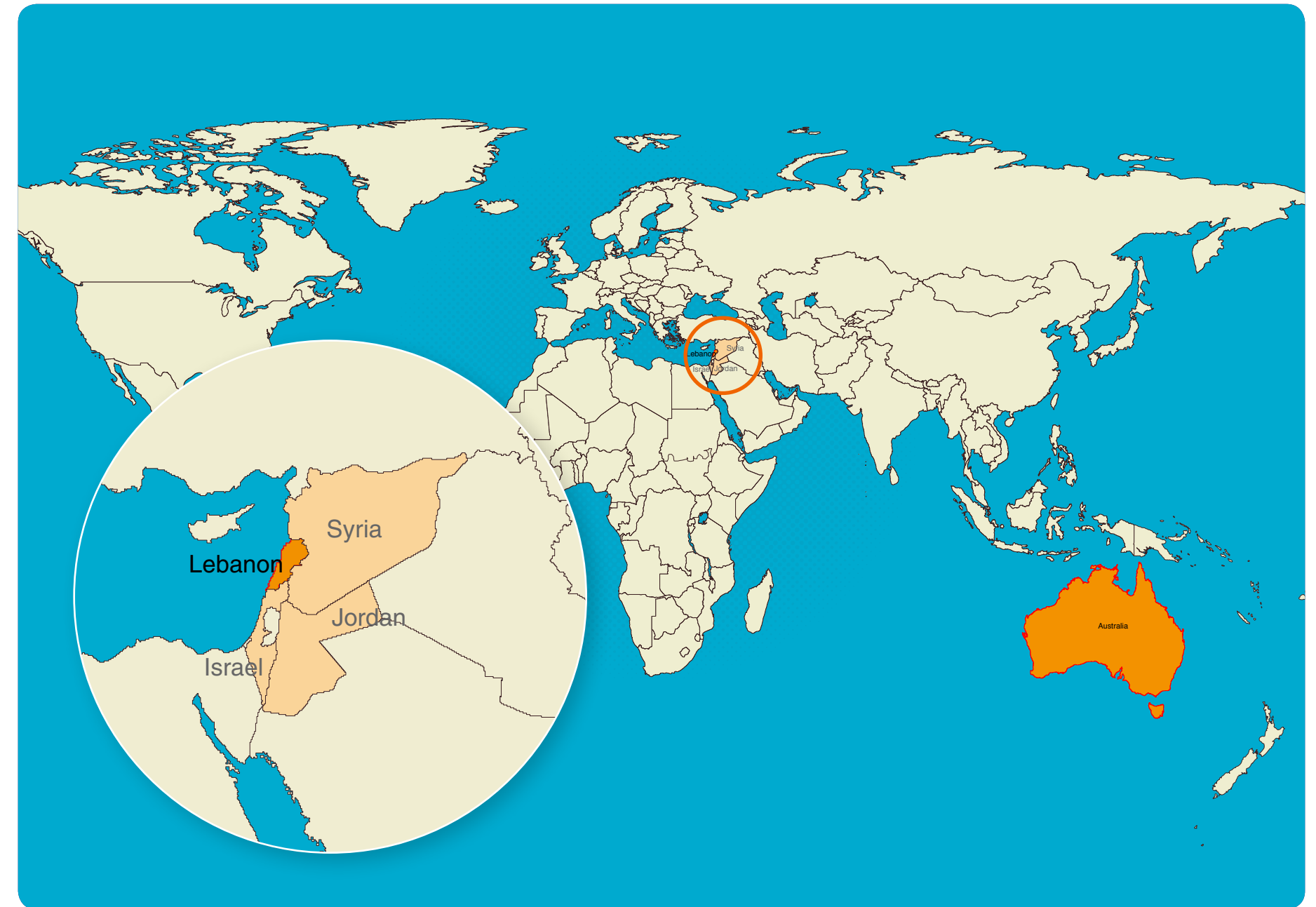
Mediterranean

Capital city

Beirut

Languages

Arabic (official),
French, English,
Armenian



Arabic phrases

Hello مرحبا MER-HA-BA	Goodbye مع السلامة MA-A-AL-SA-LEME	Please من فضلك MIN-FAD-LAK	Thank you شكراً SHOE-KRAN	Yum طيب TIE-YEB
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Boys in Tyre © Julien Harneis (CC BY-SA 2.0)



Environment

Lebanon is located in the Middle East next to the Mediterranean Sea. It has a mild climate.

The country has mountainous terrain. The **snow-covered** Lebanon Mountain range is one of the main features of the landscape.



Customs

The main faiths in Lebanon are Christianity and Islam, although many different religions are worshipped throughout the country.

Family and kinship play a major role in social relationships. Although the men are leaders of the household, women play an active role in education and politics.



Arts & traditions

Dabke, a Lebanese dance, originated when villagers helped each other fix their flat **mud roofs**.

The owner and neighbours of the house would stand on the roof and press the mud with their feet with rhythmic steps.



Interesting facts

Lebanon is one of the only countries in the Middle East that doesn't have a desert.

Soccer is one of the most popular sports in Lebanon. Basketball and weightlifting have also become popular over the years.



Meet

Ajak

"Music breaks barriers. I've always been passionate about harmony and peace through my singing but harmony should begin at home."



Cultural heritage

South Sudanese

Passion

Music

Background fact

Dinka, my native language, is not commonly written except for in the Bible.

Australian ties

I waited two years before being accepted to live in Australia.



In Sudan, we have beautiful cultures where the hospitality is wonderful from north to south. We are very trustworthy, straightforward and hardworking people. As a child, there's no fear because everybody knows everyone. If you're naughty, anyone in the community can tell you off. We have a very strong bond with our grandparents also. I used to love acting as my blind grandfather's walking stick, taking him around our village for visits. The good thing about growing up in Africa is we didn't have a lot of things like toys or television but we had nature all around us. We played in open spaces with our animals. Everyone is so free. It's so sad that war could take that away from us.

I lived in Egypt for eight years. We were not starving but we didn't have the luxury of eating three times a day. I first arrived to Australia as a refugee. I didn't know what was going on but I was just so excited. I love Australia and its people. There are so many great things about this country such as its safety and opportunities. Australia is our home and should be treated with respect and care.

Being multicultural makes it a better place. Everyone comes with new ideas. We can learn from each other from all aspects of life. It wasn't that long ago when we were one people living here on the earth. We have become a very strong nation because we have collected people from around the world. It is important to remember we are the same. We should focus on the positives rather than the negatives between us. It's what you think on the inside that is important. We are all animals anyway. You see white and black cows but they are still cows. We are more similar than different.

Kwai, A. (2008). Tasmania. Come Together album. Location: Melbourne. (31 October 2008). © Ajak Kwai

Cook

Kombo & kuot (beef & pumpkin mash)

"In South Sudan, we call each other kombo eaters because we eat it all the time!"



Ingredients

150ml boiling water
500g lean beef
Bunch of silverbeet
¼ of a pumpkin
1 onion
1 tbsp peanut butter
1 tbsp tahini
50g butter
50g dill
Clove of garlic
Pinch of salt



Tools

Chopping board
Chopping knife
2 saucepans
Wooden spoon
Mixing bowl
Colander
Masher
Tongs

Instructions (serves 4)

1. Clean the silverbeet and chop it into small pieces.
2. Dice the onion (cutting it into little squares) and add it to a saucepan with a little bit of butter and stir until they start to brown.
3. Cut the beef into lean strips and add it to the saucepan.
4. Add the silverbeet with 150ml water in the saucepan and boil for 5 minutes.
5. Remove the skin of the pumpkin and cut it into small pieces.
6. Boil the pumpkin in a separate saucepan for 15 minutes or until it is soft.
7. Add the peanut butter and salt to another saucepan and keep it on low so that a sauce forms to cover the meat and silverbeet.
8. Take the pumpkin off the heat and strain it in a colander to remove all the water. Then put it in a bowl and mash it.
9. Chop the garlic into small pieces and add it to the pumpkin mash.
10. Add butter, tahini and salt to the mash.
11. Chop the dill into small pieces and add it to the mash.
12. Remove the saucepan from the heat. Serve the beef and silverbeet with a side of pumpkin mash.



Explore

South Sudanese culture

Oral tradition is important. It is used to creatively express myths and folklore as well as pass on history and traditions.



South Sudan is located in northeastern Africa. It became its own nation when it gained independence from Sudan on 9 July 2011. It is one of the most culturally diverse countries in Africa, with over 60 main ethnic groups and many different religions, including Christianity, Islam and Indigenous religions.



Child in Juba © Oxfam East Africa (CC BY 2.0)

Population

11,562,695

Land area

644,329 sq km

Climate

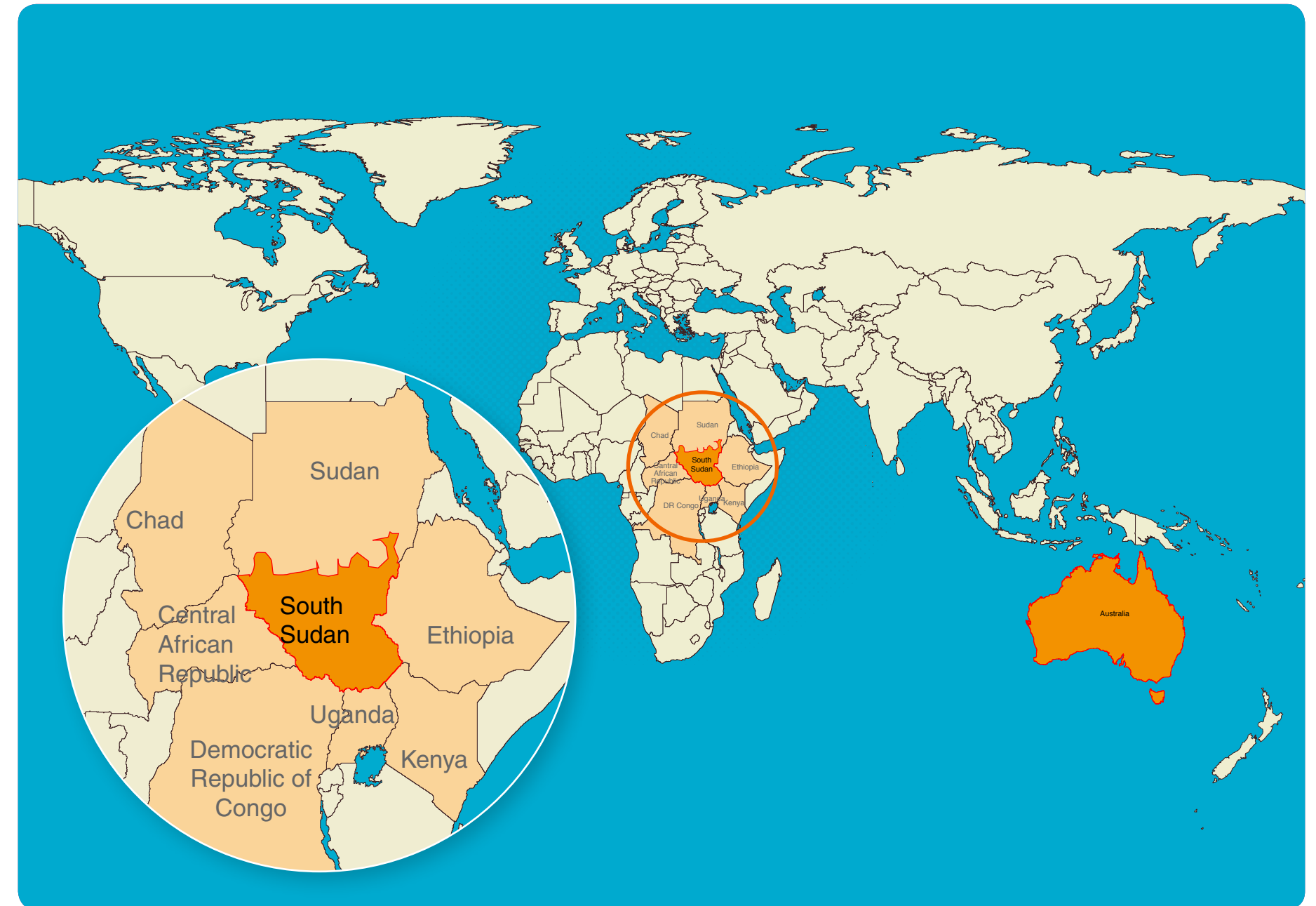
Tropical

Capital city

Juba

Languages

English (official), Arabic, Dinka, Nuer, Bari, Zande, Shilluk



Dinka phrases

Hello	Goodbye	Please	Thank you	Yum
Loaiyede	Xan ci jal	Yin ca long	Yin ca leec	Amitaret
LO-E-DEY	AN-TEA-JEAL	IN-JA-LON	IN-JA-LECH	AM-EAT-AR-UT

South Sudanese village © Steve Evans (CC BY 2.0)



Environment

South Sudan is a land of flat plains with a mountainous landscape in the south.

The White Nile River and the Sudd swamp are a vital support for the country's **agriculture**, providing water for people and wild animals living nearby.



Customs

About four-fifths of the population lives in rural areas. Many groups celebrate the stages of life with **rituals** and ceremonial practices.

Traditional foods include kisra, a wide flat bread, and asida, a porridge that is often served with meat or vegetables.



Arts & traditions

Different ethnic groups are known for their artistic **handicrafts** including basketry, net weaving, pottery and ivory carving. The Zande produce iron, clay and wood products.

A traditional style of music involves singers performing without musical accompaniment or just a drumbeat.



Interesting facts

Radio is the most popular form of communication, because a high percentage of the population cannot read or write.

Wrestling is a traditional sport. Matches often take place at festivities to mark the end of the agricultural season.



Meet

Alan

"I was born Aborigine so I'm already a legend. I'm part of something that's been around for thousands of years."



Cultural heritage

Aborigine

Passion

Cultural awareness

Background fact

I've got ties to eight tribes of Indigenous blood lines plus my Afghan heritage.

Australian ties

My great aunts were the girls represented in the film *A Rabbit Proof Fence*.



I'm a Noongar man from Margaret River, three hours south of Perth. I am an Aborigine and an Afghan. Way back in the 1800s, people came over from Afghanistan with their camels to help build the Indian Pacific rail lines. Because they were dark skinned they weren't accepted by many people, so they mixed in with the local Aboriginal tribes. Today I teach at schools nationally about Australian and Aboriginal history. I work with my two sons presenting cultural education.

Food is a very important part of Aboriginal as it brings families together. Not only celebrating but also catching up with families' stories and yarns. I fell in love with my culture the day I went hunting with a hundred Aboriginal fellows with spears. The girls were sitting up on the mountain making dampers. We killed kangaroos, cooked them and sang songs all night. It was amazing. At last I was home. Everything about this country is special to me. If you call yourself an Australian, you live in Australia. This is your home. It is your land. It has an Aboriginal history, present and future but being an Aboriginal means I'm already part of the land. Being non-Aboriginal means you're learning about the land.

I learnt to play instruments by watching other people and just practicing. I can't read music but I play the piano, guitar, didgeridoo, drums, bass guitar, trumpet, euphonium and trombone. I learnt the didgeridoo in 12 hours before playing in front of 32,000 people. That was the start of something special. I've performed all over the world for people like the Dalai Lama, Nelson Mandela, Muhammad Ali and U2. But I'm most passionate about sharing Aboriginal culture with students to teach them about the importance of respect, not being quick to judge and making a positive contribution.

Audio contains a section from the track: Western Creation. (2013). Welcome to Australia Ceremony. Location: Melbourne © PAN Orama Group

Cook

Kangaroo stew

"Friends from Alice Springs ate my stew after five minutes on the fire. I told them it needed an hour and they said, 'If you cook it too long, it'll be dead.'"



Ingredients

500ml boiling water
2 tbsp vegetable oil
500g minced kangaroo meat
2 onions
8 tomatoes
4 bay leaves
Pinch of salt
Dash of pepper



Tools

Saucepan and lid
Wooden spoon
Chopping board
Chopping knife

Instructions (serves 4)

1. Cut the onions and tomatoes into little squares.
2. Add vegetable oil to the saucepan and turn on the heat.
3. Add the onions to the saucepan and cook until they are golden brown.
4. Add boiling water to the saucepan and the kangaroo minced meat.
5. Add the bay leaves, salt and pepper and stir with a wooden spoon.
6. Add the tomatoes and put the lid on to stew.
7. Stir every 10 minutes for 1 hour, or every 30 minutes for 4 hours if you've got time!



Explore

Aboriginal culture

Aborigines, as well as Torres Strait Islanders, are the First Peoples of Australia, with a history that spans over thousands of years.



Aboriginal culture is the oldest continuous culture in the world. Aboriginal people live in both urban and remote areas in Australia. There are over 120 Aboriginal languages still spoken. Social and nation groups are different across the country, practicing their own individual traditions and cultures.

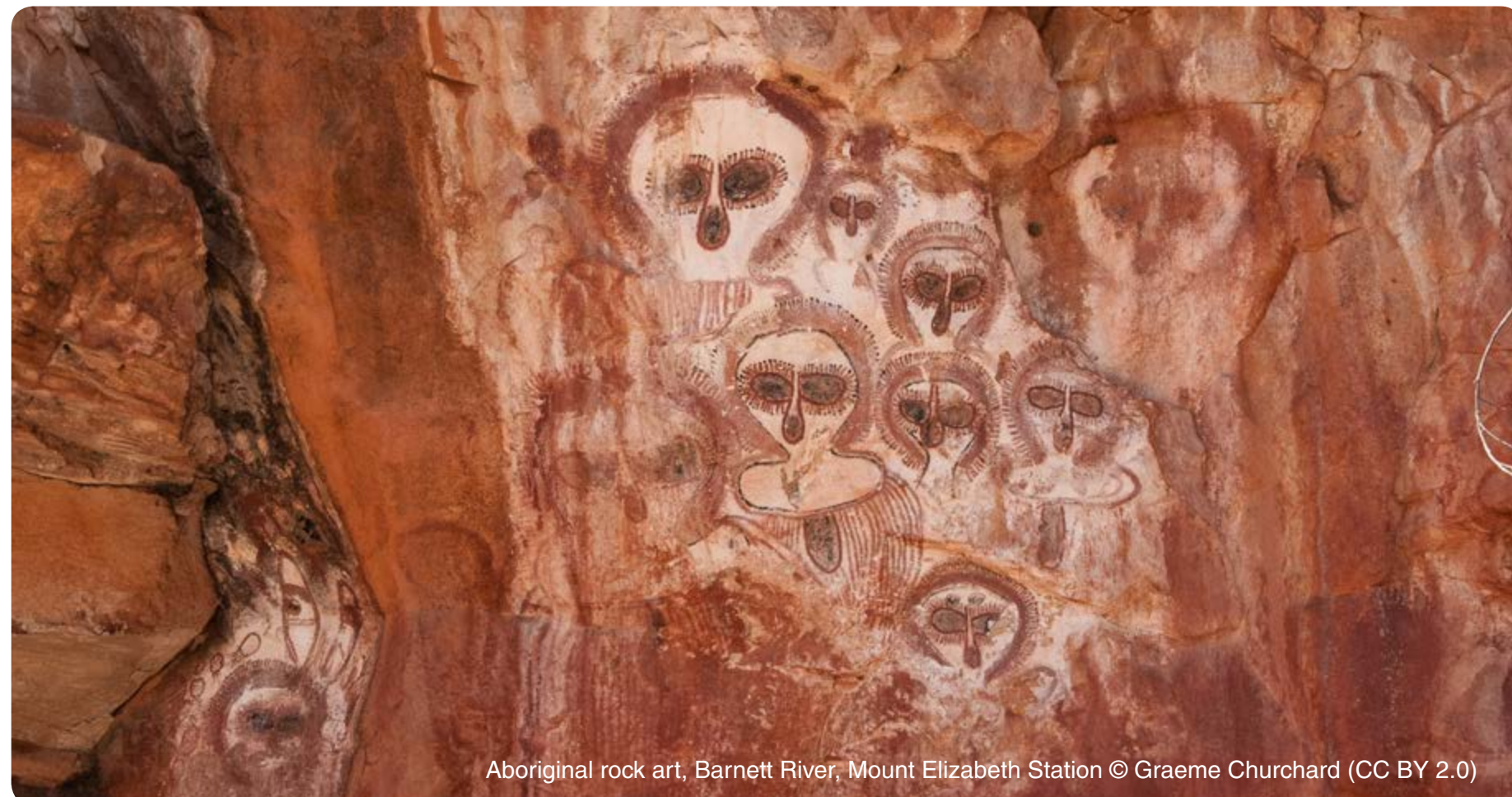


Didgeridoo player © Graham Crumb (CC BY-SA 3.0)

Before European settlement, Aboriginal people were traditionally nomadic. They lived on the land, crafted tools and travelled by season or for ceremonial reasons, giving resources time to regrow before hunting and gathering took place. Today, some still practice these customs.



Visit the AIATSIS website for a detailed Aboriginal Australia map. The map shows general locations of larger groupings of people which may include clans, dialects or individual languages.



Aboriginal rock art, Barnett River, Mount Elizabeth Station © Graeme Churchard (CC BY 2.0)



Environment

Aboriginal heritage is deeply connected with its natural environment extending to plants, animals and ecosystems.

Land and waterways play a major part in cultural learning linking Aboriginal people with their **identity** and history. Many live in cities and country towns.



Customs

Aboriginal people's **spiritual** belief is known as The Dreaming, when Ancestral Beings created life, shaped the land and laws.

Different Creation Beings are recognised depending on which Aboriginal clan you come from. Legends are passed down onto generations.



Arts & traditions

The yidaki, or didgeridoo, is one of the oldest instruments on earth and is played at ceremonies and recreationally.

Rock art is an ongoing practice by Aboriginal people, a tradition of painting and engraving stretching over thousands of years.



Interesting facts

There were many early Aboriginal **astronomers** who told stories about the constellations in the night sky.

David Unaipon, who features on the \$50 Australian banknote, was a writer, poet and inventor born in 1872. He believed Christian and Aboriginal values were similar.



Meet

Tiffany

"Living on a farm, your brothers and sisters are your best friends and most of the time, so is your dog."



Cultural heritage

Outback Australian

Passion

Agriculture

Background fact

As kids we would often sneak our turkey or pet lambs into our beds for a sleep over!

Australian ties

My closest big town is Wongan Hills in WA. In the past 10 years it has become culturally diverse.



I'm a seventh-generation Australian. Most of my family are farmers - I grew up on my family's property in Konnongorring with my four sisters and my brother. I had the best childhood running around on the farm. I also learnt about responsibility at a very young age. Growing up, my closest neighbours were nine kilometres away. There's not a skyscraper or fast food outlet place in sight, just paddock after paddock dotted with sheep. It's a lot quieter then living in the city.

For most farm kids it's the same on weekends and school holidays - you help earn the family's income. I'll never forget the day dad wrote a list of jobs for me to go and do without his help, even if it was just cleaning troughs! I've grown up in a household where having baby chickens in the bathroom, a horse inside (much to mum's disgust) or the pet emu on the veranda is normal. We were always late for the school bus because we were feeding the calves, or they had got out again and were pooing in pop's shed!

When I went to primary school, it took us one hour to get there by bus on the bus route. I went to one of the biggest schools in our area with 12 kids in my high school year and 250 in the whole school. Then I went to boarding school at Cunderdin Agriculture College in my last two years of high school because no way did I want to go study in the city! The biggest difference between education in the country and in the city is teachers are your friends outside of school. Because the town is so small, you end up playing hockey or netball with them or joining in on their coffee dates with mum. I did live for a time in Perth which makes you appreciate the small town and community spirit. Apparently knowing your neighbours isn't normal in the big smoke!

Audio contains a section from the track: Skeoch, A. & Koschak, S. (2013). Time for the Tarkine. (CC BY 3.0)

Cook

Mum's roast lamb

"Most Sundays when we were younger, mum would cook us a roast. But it's rare to get us together at the same time these days."



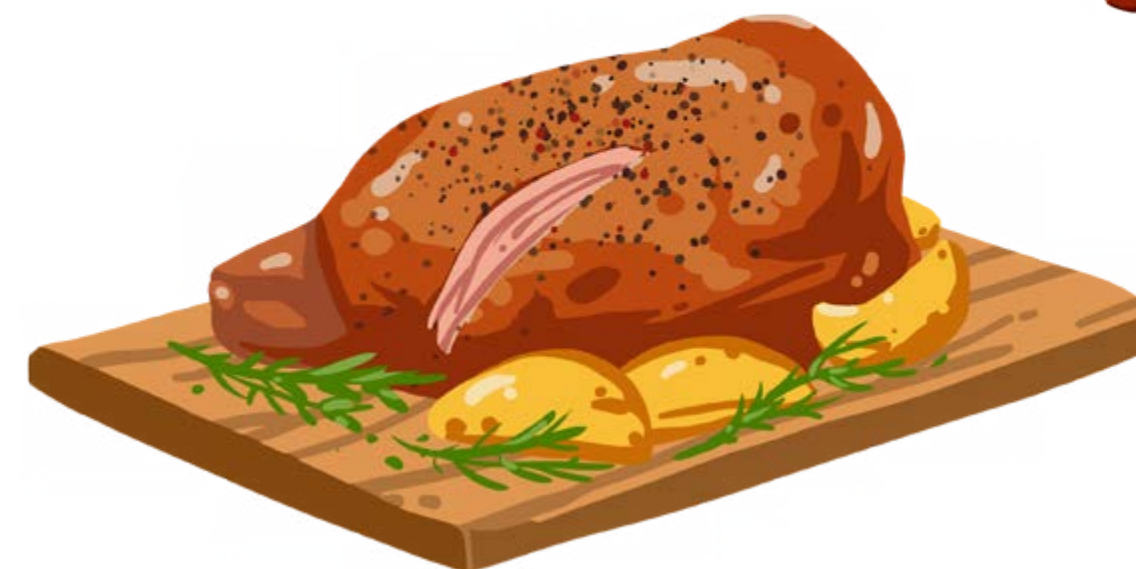
Ingredients

1 tsp mustard seeds
1 tsp saltbush seeds
2 cloves garlic
3 fresh rosemary sprigs
50g finely chopped mint leaves
2 tsp honey or maple syrup
Splash of soy sauce
2 cups water
1 kg leg of lamb (salt bush fed)
8 potatoes
Pinch of salt
Dash of pepper



Tools

Basting brush
Alfoil or baking paper
Roasting dish
Peeler
Chopping board
Chopping knife
Mortar and pestle



Instructions (serves 4)

1. Preheat oven to 180°C.
2. Place the lamb in a roasting dish.
3. Crush mustard seeds, saltbush seed, garlic cloves, sea salt and pepper together using a pestle and mortar so that it becomes a paste.
4. Add mint and honey and spread the paste over the lamb so that the top is fully covered.
5. Place fresh rosemary in the bottom of the roasting dish and around the sides of the lamb.
6. Cover with 2 cups water and a splash of soy sauce.
7. Cover the lamb with the roasting dish lid. If you don't have a lid, place baking paper over the tray and then cover it with aluminium foil.
8. Place the lamb in the oven.
9. Peel the potatoes and cut them into small pieces. After 2 hours of cooking, add potatoes to the lamb dish.
10. Continue cooking the lamb and potatoes for another hour, until golden and crispy.



Explore

Outback Australian culture

Australia has the largest wild camel population in the world. They were imported in the 1840s for transportation purposes.



Australia is an island nation and the driest inhabited country on earth. The Macassans and Dutch visited it before Captain Cook chartered the east coast of Australia for the UK in 1770. It was the last continent, apart from Antarctica, to be explored by Europeans. Most people live near the country's east coast.



Carrathool, NSW © Julius Cruickshank (CC BY 2.0)

Population

23,720,077

Land area

7,692,024 sq km

Climate

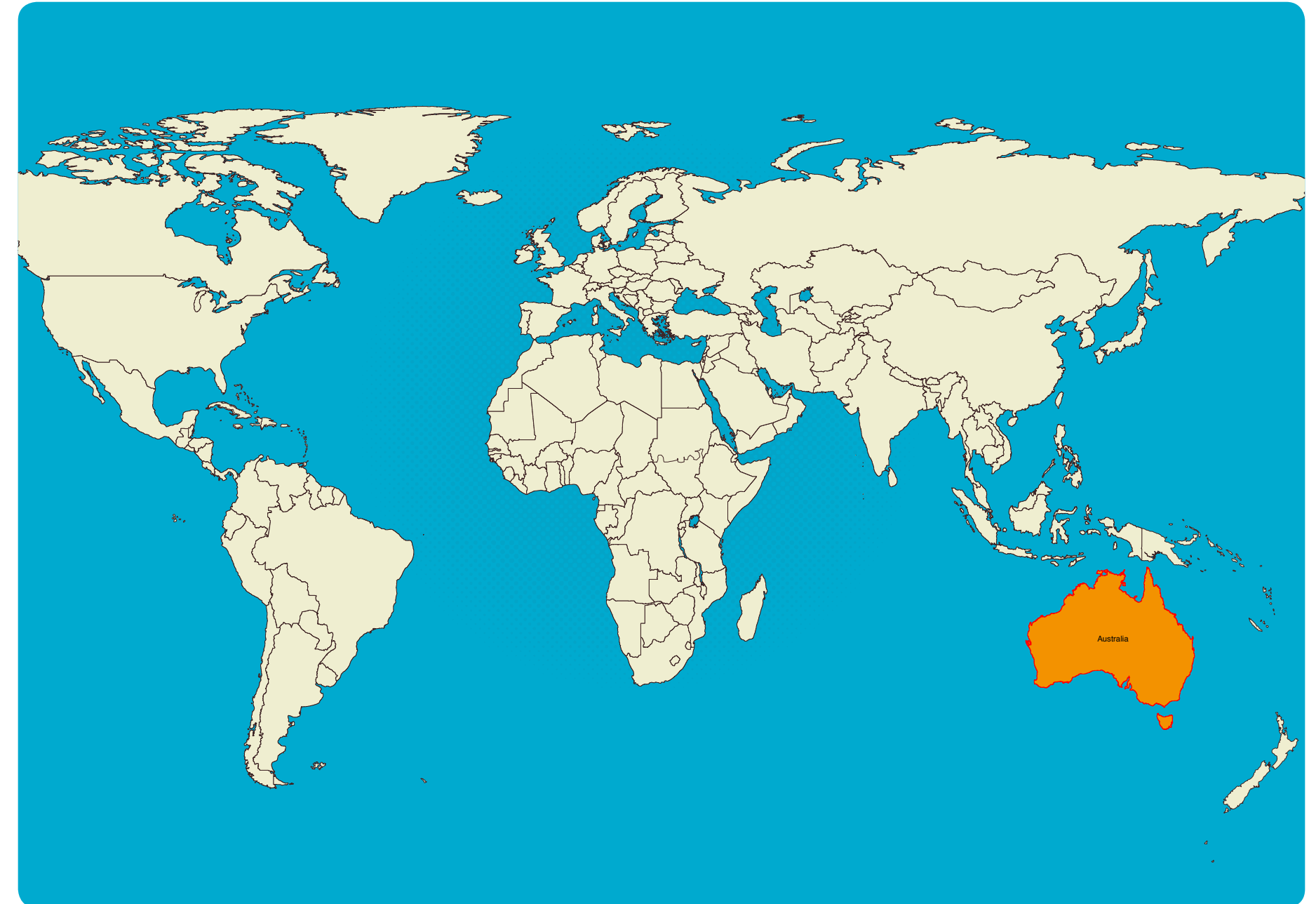
Mild in the east and south, tropical in the north

Capital city

Canberra

Language

English



Karatta, Kangaroo Island, South Australia © Paul Asman and Jill Lenoble (CC BY 2.0)



Environment

Its diverse climate and landscape ranges from hot deserts in the centre, to bush land, and wet rainforests in the north-east.

Temperatures in the outback can be as cold as -10°C in winter. At 2,228 metres above sea level, Mount Kosciuszko is Australia's highest mountain.



Customs

The First Fleet brought Christianity and Judaism to the country. The last two centuries have seen a growth in religions such as Buddhism, Hindu and Islam.

Australians are famous for their easygoing nature and their love of **sport** and the great outdoors.



Arts & traditions

The outback played a major role in Australian painting in the 19th century. Artists painted scenes showing isolation of the land and uniqueness of Australian flora and fauna.

Much of Australian culture is influenced by the strong **multiculturalism** present in the country.



Interesting facts

Australia and Papua New Guinea are the only countries in the world to have egg-laying mammals including the platypus and the echidna.

Australia has the longest **fence** in the world, called the Dingo (or Dog) Fence which extends from South Australia to Queensland.



Meet

Raniem & The Ladies

"I can't say this person is good, the other one no good. Everybody from other countries, everybody good. You can't stay separate." - Fatima

Cultural heritage

Syrian

Passion

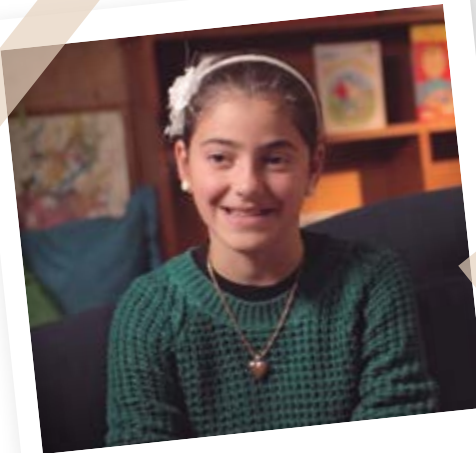
Singing

Background fact

My grandparents come from Syria, and both Fatima and Nazmiye remind me of them.

Australian ties

I love attending choir with my friends from all different backgrounds.



Raniem



The Ladies

Cultural heritage

Turkish

Passion

Socialising

Background fact

We both immigrated to Australia over 40 years ago.

Australian ties

We enjoy cooking for the Turkish Women's Group at Banksia Gardens in Broadmeadows, Victoria.



Raniem tests her ideas about older people and their backgrounds when she lunches with a Turkish women's group.

Cook

Dolma (stuffed capsicums)

"Turkish food. Nice."



Ingredients

4 capsicums
100g minced meat
50g white rice
1 onion
20g Italian parsley
1 tbsp tomato paste
1 vegetable stock cube
Pinch of salt
Dash of pepper



Tools

Mixing bowl
Wooden spoon
Chopping board
Chopping knife
Saucepan
Large cooking pot

Instructions (serves 4)

1. Add the yeast and a pinch of salt into a bowl with water, and let it sit for 7 minutes.
2. Cut off the stems of the capsicums and remove the seeds.
3. Combine the meat, tomato paste, salt, and pepper into a pan and cook for 15 minutes.
4. To prepare the filling, chop the onion and parsley into small pieces and add them to a bowl.
5. Add the rice to the bowl and mix with the onion and parsley.
6. Stuff the mix into the capsicums.
7. Arrange the capsicums in a pot that is big enough for them to stand upright in.
8. Fill the pot with water to half the height of the capsicum. Turn on the heat, and once it comes to a boil, pour 1 tablespoon of the liquid in the pot inside each capsicum.
9. Cover with the lid and simmer over low heat for 1 hour.
10. Serve it hot or chilled as an appetizer.



Explore

Turkish culture

The nation's largest city, Istanbul, is the only city in the world to sit across two continents, Europe and Asia.



Turkey has hosted many empires and civilizations. It was once the capital of the Roman Empire of Byzantine and later the Ottoman Empire, which was founded in 1299 and stretched from Europe to Western Asia, North Africa and the Horn of Africa. The Ottoman Empire dissolved after World War One forming the Turkish republic.



Mosaic ceiling © Brian J. Beggerly (CC BY 2.0)

Population

81,619,392

Land area

769,632 sq km

Climate

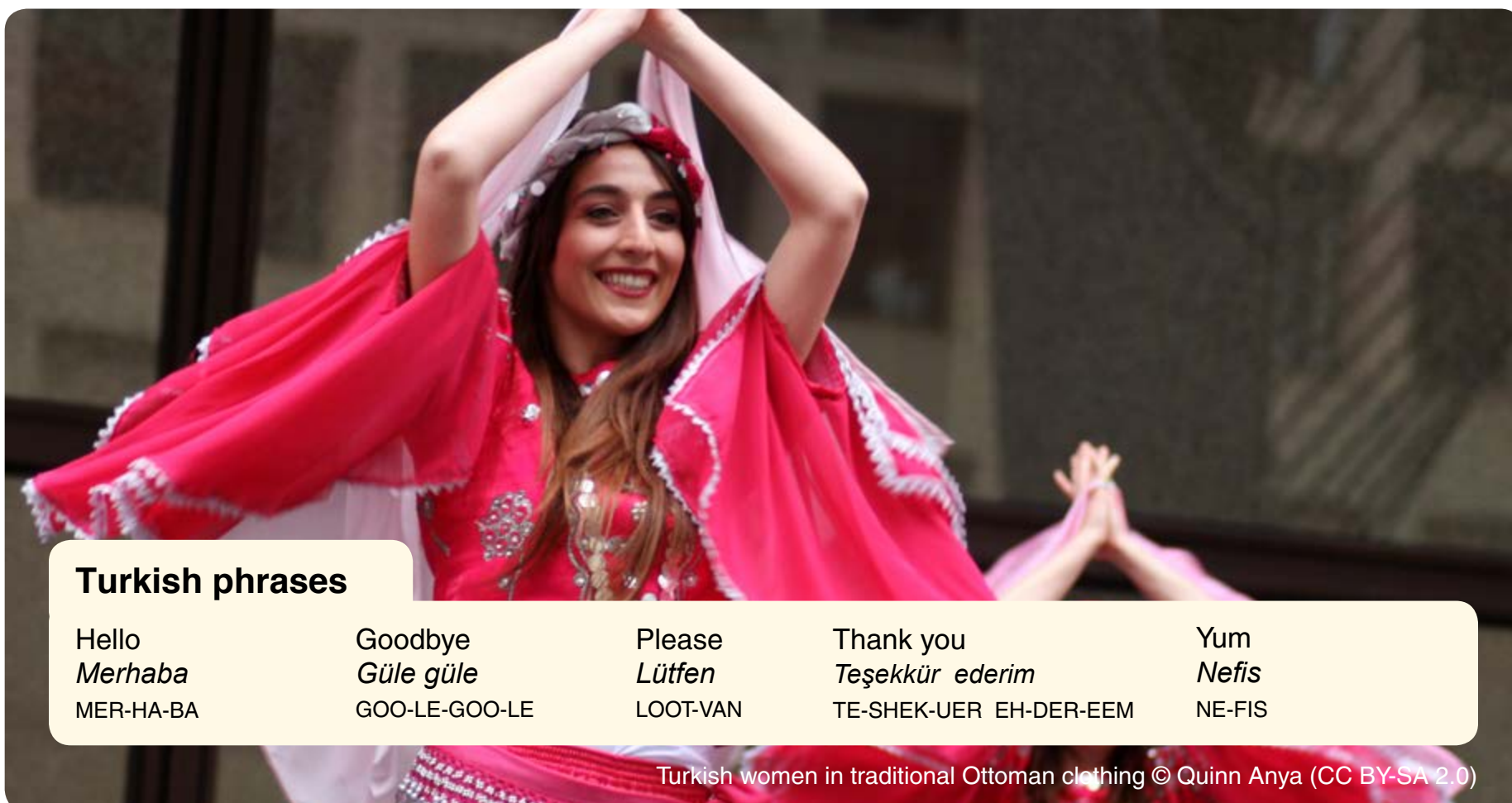
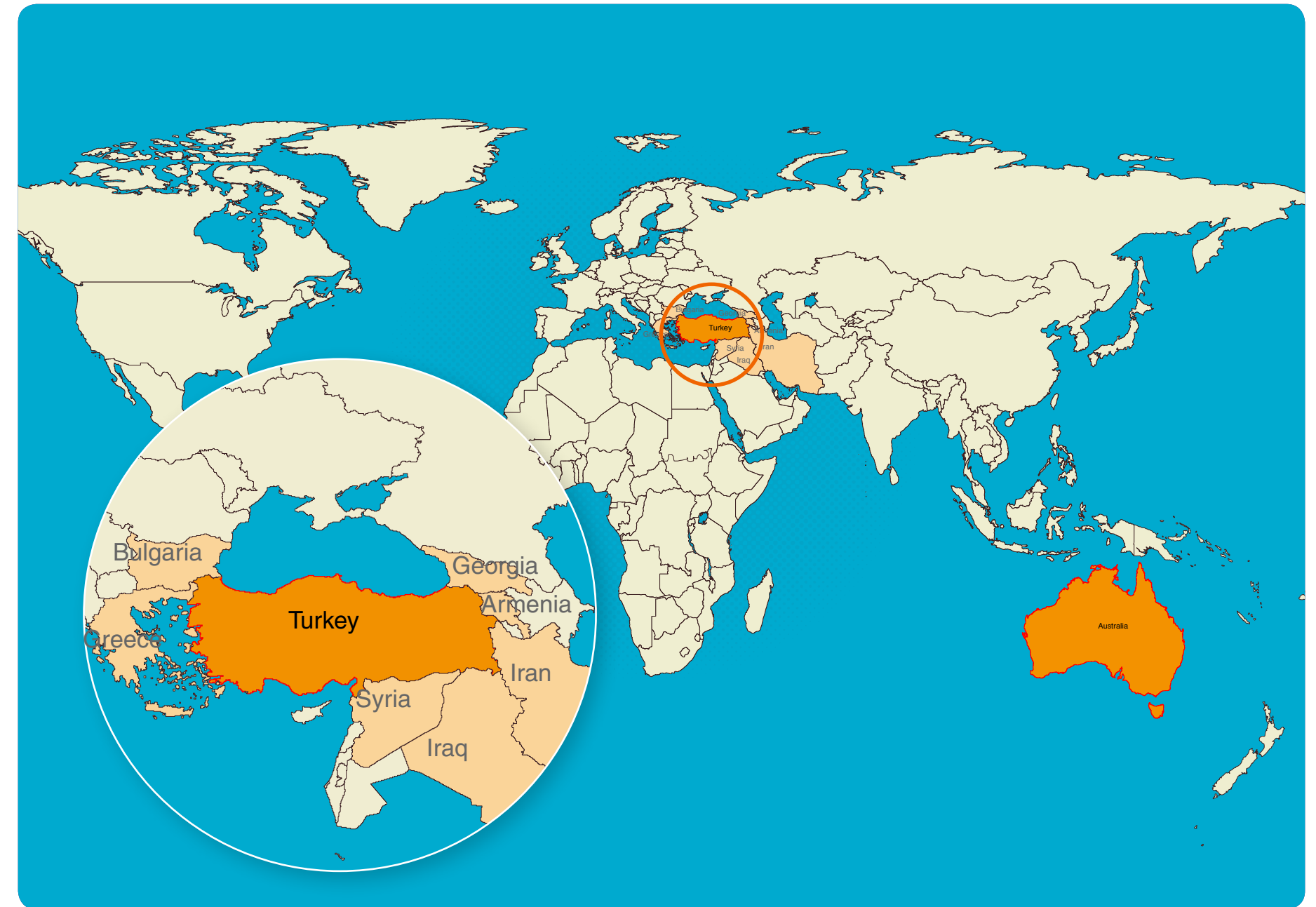
Mild, mediterranean

Capital city

Ankara

Languages

Turkish (official),
Kurdish



Turkish phrases

Hello

Merhaba

MER-HA-BA

Goodbye

Güle güle

GOO-LE-GOO-LE

Please

Lütfen

LOOT-VAN

Thank you

Teşekkür ederim

TE-SHEK-UER EH-DER-EEM

Yum

Nefis

NE-FIS

Turkish women in traditional Ottoman clothing © Quinn Anya (CC BY-SA 2.0)



Environment

Turkey's terrain features a high central plateau called Anatolia, a narrow coastal plain on the Black Sea and several mountain ranges.

Turkey's highest point is Mount Ararat at 5,166 meters high. It is famous as the place where **Noah's Ark** stopped after the Great Flood in the Bible.



Customs

As Turkey sits between the East and the West, Islamic and Roman cultures have influenced the country, which can be seen in archaeological **ruins** such as the Great Mosque of Divrigi and the site of Troy.

99.8% of Turkey's population is Muslim.



Arts & traditions

The kanun, baglama and the ud are traditional string instruments. The zurna wind instrument is generally played at ceremonial events and is often accompanied by a drum.

Traditional Turkish **ceramics** are known for their strength, colour and design.



Interesting facts

Two of the seven ancient **wonders** of the world were in Turkey. These were the Mausoleum at Halicarnassus (a tomb) and the Temple of Artemis at Ephesus.

There are 8,000 species of fauna and 9,000 floral species.



Explore

Syrian culture

Damascus, Syria's capital city, had a thriving craft industry in medieval times and was well known for its swords and lace.



Archaeologists believe that the capital city, Damascus, is one of the oldest continuously lived in cities in the world. The modern Syrian state gained independence in April 1946. Syria produces agricultural goods including wheat, barley, lentils and also has a range of industries, including petroleum.



Tekkiye Mosque, Damascus © Bernard Gagnon (CC BY-SA 3.0)

Population

17,951,639

Land area

183,630 sq km

Climate

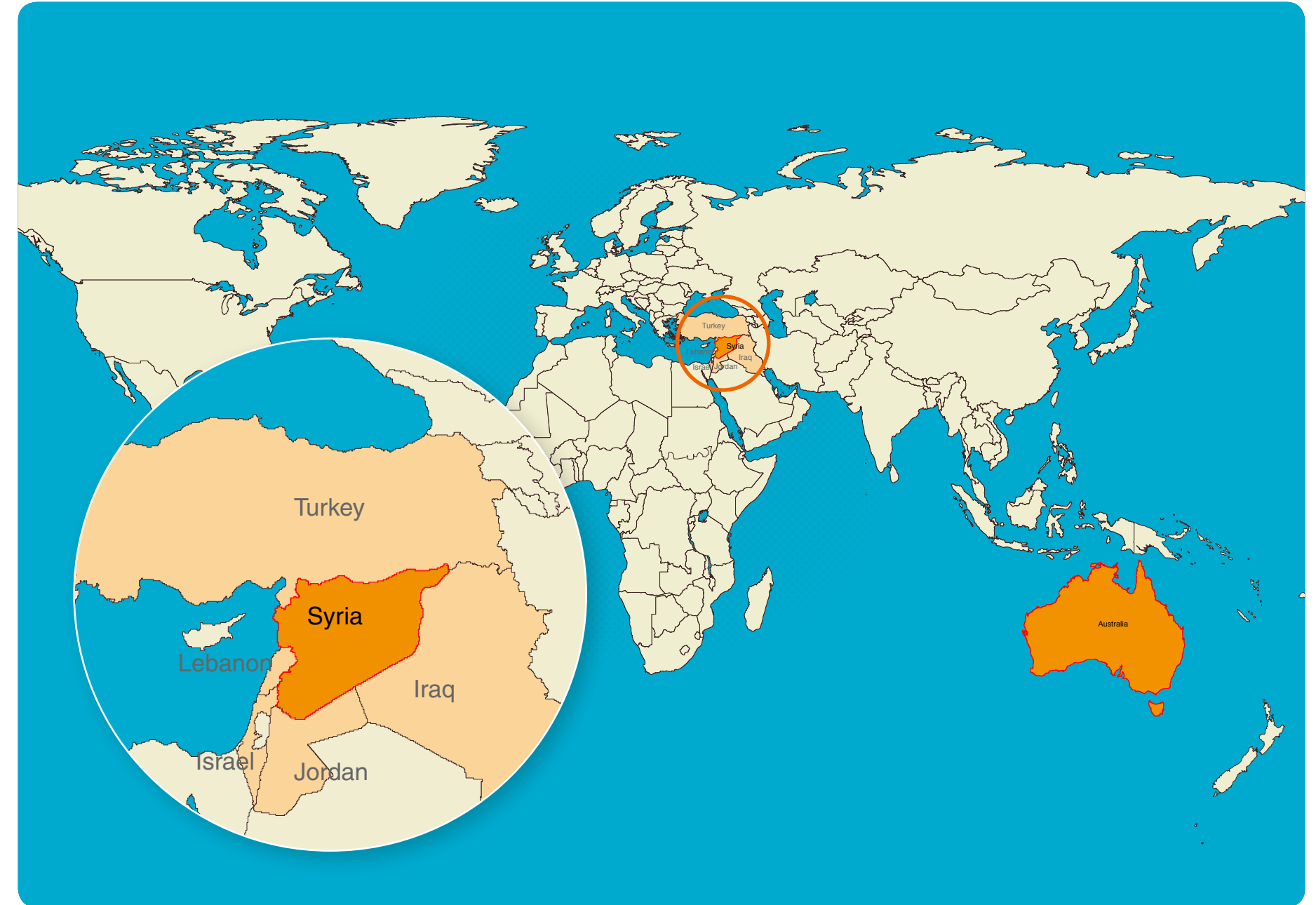
Desert

Capital city

Damascus

Languages

Arabic (official),
Kurdish, Armenian,
Aramaic, Circassian



Arabic phrases

Hello مرحبا	Goodbye مع السلامة	Please من فضلك	Thank you شكراً	Yum طيب
MER-HA-BA	MA-A-AL-SA-LEME	MIN-FAD-LAK	SHOE-KRAN	TIE-YEB

Bedu shepherd family near Palmyra © James Gordon (CC BY 2.0)



Environment

Syria, officially the Syrian Arab Republic, is a country in the Middle East.

Syria's terrain features a **desert** plateau, with a narrow coastal plain and mountains in the west. Its highest point is Mount Hermon at 2,814 metres.



Customs

Three-quarters of Syrians are Sunni Muslims. Syria is home to many other ethnic and religious groups, including Kurds, Armenians, Assyrians, Christians and Druze.

Mezza is a popular style of food and is traditionally enjoyed over conversation with family and friends.



Arts & traditions

Syria has a proud **literary** tradition, particularly in spoken and written poetry.

The most recognisable instrument in traditional Syrian music is the qanun, which looks like a hollow box and has 78 strings which are plucked with fingers. It can rest on the player's lap or on a table.



Interesting facts

Syria was a Turkish province from 1516 until World War One. The French took control in June 1920.

Swords made from Damascus steel have been much prized over the centuries. They were prepared by heating and then very rapid cooling.



Cook

Mixed berries ice cream

"It's like raspberry and it's fruit, and the blueberry and strawberry just hints the flavours."



Ingredients

1-2 punnets
fresh berries
(blueberries,
raspberries or
strawberries)
3 egg yolks
1 ½ cups
thickened cream
¾ cup sugar
3 tbsp light corn
syrup
Sprinkles, sugar
hearts and edible
pearls



Tools

2 litre container
Saucepan
Mixing bowl
Blender
Egg beater

Instructions (serves 8)

1. Place all the berries into a blender and blend until they are a smooth puree.
2. In a saucepan, heat 1 ¼ cups of cream over medium heat until it begins to bubble at the edge of the pan.
3. In another large bowl, whisk together the sugar, egg yolks, remaining ¼ cup cream and corn syrup.
4. Gradually pour the hot cream into the egg yolk mixture, whisking constantly.
5. Return the mixture to the saucepan, and heat for 5 minutes until the mixture is thick enough to coat the back of a metal spoon. Do not allow the mixture to boil.
6. Strain the mixture into the berry puree, mix, and refrigerate for 2 hours or until chilled.
7. Put the ice-cream mixture into a 2 litre container, and freeze for 24 hours or until frozen.

Meet

Flavio

"The best gift you can give to a friend is invite them to an asado; an Argentinean barbeque."



Cultural heritage

Argentinean

Passion

Capoeira

Background fact

Children are very talkative in Argentina. They adapt very well to people they don't know as they spend more time with their neighbours.

Australian ties

I met my wife in Spain, and moved to her hometown in Adelaide five years ago.



The greatest Argentinean tradition is the asado. It's more than a meal. It's a chance to catch up with friends and relatives for a couple of hours while the meat is slow cooked. When we meet, we always kiss each other on the cheek. It can even be between men or people we don't know. Although I am Argentinean I can tell you more about Brazilian culture because I practice Capoeira Angola, a martial art form with African roots. When I visited Brazil, I saw capoeira on the street alongside traditional instruments. Capoeira has very interesting movements, and I've been teaching it for 10 years now.

Capoeira is for everyone. You can adapt the movement you make depending on your ability. It helps to break down prejudice, as there is no age or religious restriction. It teaches you a lot of things about Brazilian history and the slavery trade. Capoeira was disguised as dance so they could practice it freely. To look to the future you cannot forget the past. I love it when I see cultural groups in Australia speaking their language and wearing traditional clothes. When I first arrived in Australia, I met a lot of people from all over the world including Afghanistan, Asia, the Middle East and Pacific Islands. We studied together at TAFE where we received free English lessons.

This experience opened my mind to understanding different ways of thinking. Although people have different traditions and languages, we have the same feelings. Keep practicing your language at home, because it's so important. Cherish your traditions and respect the knowledge of your elders. Never forget your roots and where you come from. Your culture and values are the most valuable things that you can carry with you wherever you go.

Audio contains a section from the track: Capoeira Senzala. (2013) Capoeira (é defesa, ataque). (CC BY 3.0)



Explore

Argentinean culture

The country's name comes from Latin, meaning 'silver'. Some of the biggest dinosaur fossils ever found were discovered here.



Argentina was created in 1816 when the country became independent from Spain. Many people migrated to Argentina after this event, especially from Spain and Italy. Several native peoples lived in Argentina when the Spanish explorers arrived in the 1500s, including the Diaguita, Guarani and Araucanians.



Jineteada gaucha © tucul_photo (CC BY-SA 2.0)

Population

43,024,374

Land area

2,736,690 sq km

Climate

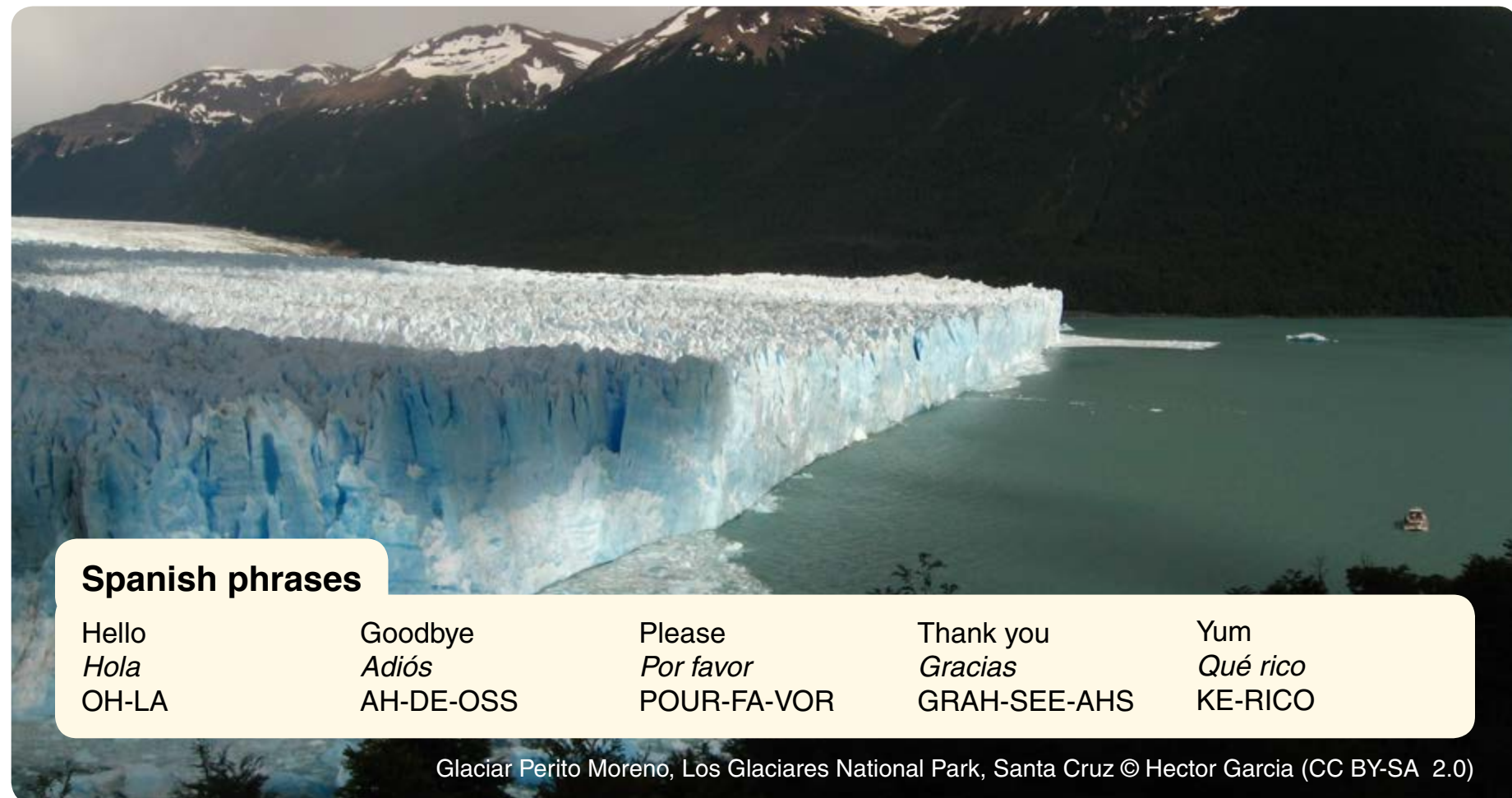
Mild

Capital city

Buenos Aires

Language

Spanish



Spanish phrases

Hello	Goodbye	Please	Thank you	Yum
Hola	Adiós	Por favor	Gracias	Qué rico
OH-LA	AH-DE-OSS	POUR-FA-VOR	GRAH-SEE-AHS	KE-RICO

Glaciar Perito Moreno, Los Glaciares National Park, Santa Cruz © Hector Garcia (CC BY-SA 2.0)



Environment

Argentina has a diverse landscape, ranging from tropical climates in the north to cold stark lands in the far south.

Hundreds of **glaciers** are located in the Austral Andes. Cerro Aconcagua at 6,960 metres, Argentina's tallest mountain, is the highest point in all of South America.



Customs

Daily life is very similar to that of southern Europe. Businesses and shops close in the middle of the day and open late. Dinner is often not eaten until after 9pm!

Argentines love **beef** and eat more of it per person than any other country except Uruguay.



Arts & traditions

The **tango** is one of the most famous cultural traditions in Argentina. This is a music style and dance created in the poor immigrant areas of Buenos Aires.

Gauchos were nomadic horsemen and cowhands who became legends in Argentina in the 18th and 19th centuries.



Interesting facts

Much like Mother's and Father's Day, Argentina celebrates a tradition called **Friendship Day**.

Soccer is Argentina's most popular sport. It was introduced by the British in the 19th century. Diego Maradona, one of the world's best players in the 1980s and 1990s, is an Argentine.

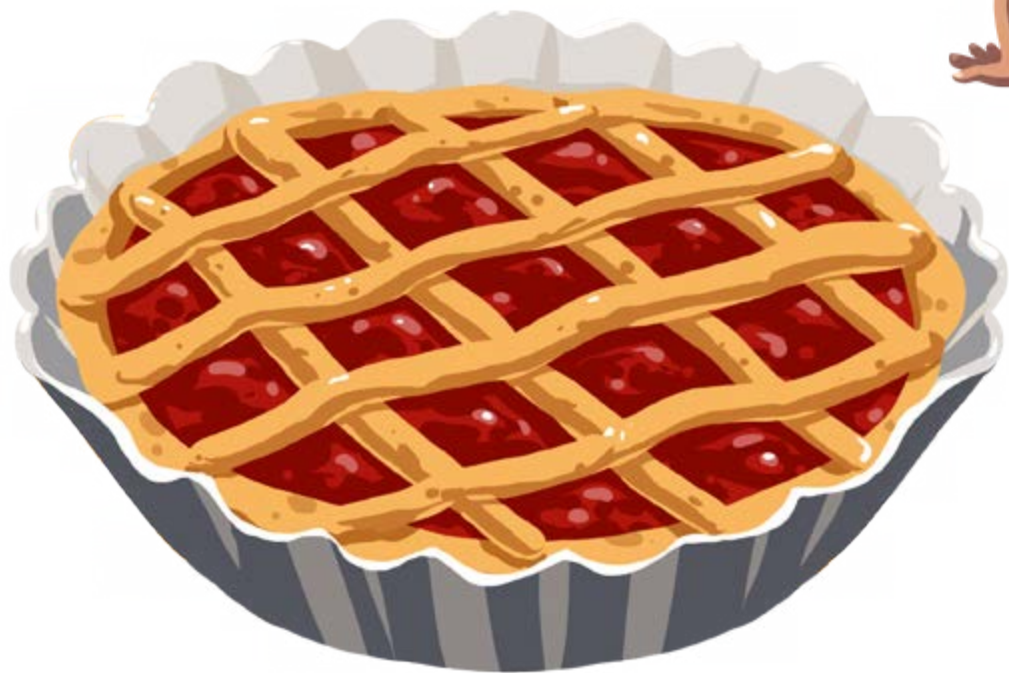


Cook

Pasta frola de mi madre

(mama's quince tart)

"We would eat my mother's pasta frola for afternoon tea after a big asado."



Ingredients

250g self raising flour
100g butter
150g sugar
2 egg yolks
1 tbsp vanilla essence

Filling

1 jar quince paste
3 tbsp desiccated coconut



Tools

26cm pie tray
Mixing bowl
Wooden spoon
Egg beater
Rolling pin
Small pot
Pastry brush
Sifter

Instructions (serves 8)

1. Beat the butter and sugar together in a mixing bowl.

2. Add egg yolks and vanilla essence and mix all ingredients well.

3. Sift flour into the mixture and stir gently until the pastry forms a crumble-like texture.

4. Bring three quarters of the mixture together to make a ball, and then make a separate ball with the remaining quarter.

5. Put the larger ball of pastry onto a floured surface and roll it out into a rough circle.
6. Lay the circle over the pie tray and adjust it to fit, cutting off the loose edges.

7. Spread with quince paste inside.

8. Cover your surface with flour and using the remaining smaller ball of pastry, roll a rough rectangle shape.

9. Cut into strips and lay on top of the tart.

10. Sprinkle the coconut on top and bake at 180°C for 40 minutes or until golden brown.

Phrases

Language (country)	Hello	Goodbye	Please	Thank you	Yum
Dinka (South Sudan)	Loaiyede LO - E - DEY	Xan ci jal AN - TEA - JEAL	Yin ca long IN - JA - LON	Yin ca leec IN - JA - LECH	Amitaret AM - EAT - AR - UT
Turkish (Turkey)	Merhaba MER - HA - BA	Güle güle GOO - LE - GOO - LE	Lütfen LOOT - VAN	Teşekkür ederim TE - SHEK - UER EH - DER - EEM	Nefis NE - FIS
Arabic (Lebanon and Syria)	مرحبا MER - HA - BA	مع السلامة MA - A - AL - SA - LEME	من فضلك MIN - FAD - LAK	شكر أ SHOE - KRAN	طيب TIE - YEB
Greek (Greece)	Γεια σας YAH - SASS	Αντίο AN - DEE - OH	Σας παρακαλώ SAS - PAH - RAH - KAH - LOH	Σας ευχαριστώ SAS - EF - HA - RESS - TOH	Νόστιμο NO - STEA - MO
Samoan (Samoa)	Talofa TA - LO - FAR	Tofa soifua TA - FA SOY - FUA	Fa'amolemole FA - AM - OLE - MO - LE	Fa'afetai FA - AFE - TIE	Susua SU - SU - A
Vietnamese (Vietnam)	Xin chào SIN - CHOW	Tam biệt TAM - BIT	Xin vui lòng SIN - VU - LONG	Xin cảm ơn SIN - CAM - ON	Ngon NG - AWN
Khmer (Cambodia)	ជំរាបសួរ SOM - JUM - REAP - SU	សូមជំរាបលា SOM - JUM - REAP - LEAH	សូម SOM	សូមអរគុណអ្នក SOM - AHR - COON - EH	ឆ្ងាញ់ CH - NG - AR - N
Georgian (Georgia)	გამარჯობა GAH - MAHR - JOH - BAH	მშვიდლობით NAKH - VAHM - DEES	გთხოვთ TOO - SHEH - EEDS - LEH - BAH	დიდი მადლობა MUD - LO - BAH	გემრიელი GEHM - REE - EH - LEE
Spanish (Argentina)	Hola OH - LA	Adiós AH - DE - OS	Por favor POUR - FA - VOR	Gracias GRAH - SEE - AHS	Qué rico KE - RICO



Meet



Alice



Sean



Buddha



Helen



Maria



Bachar



Ajak



Alan



Tiffany



Raniem

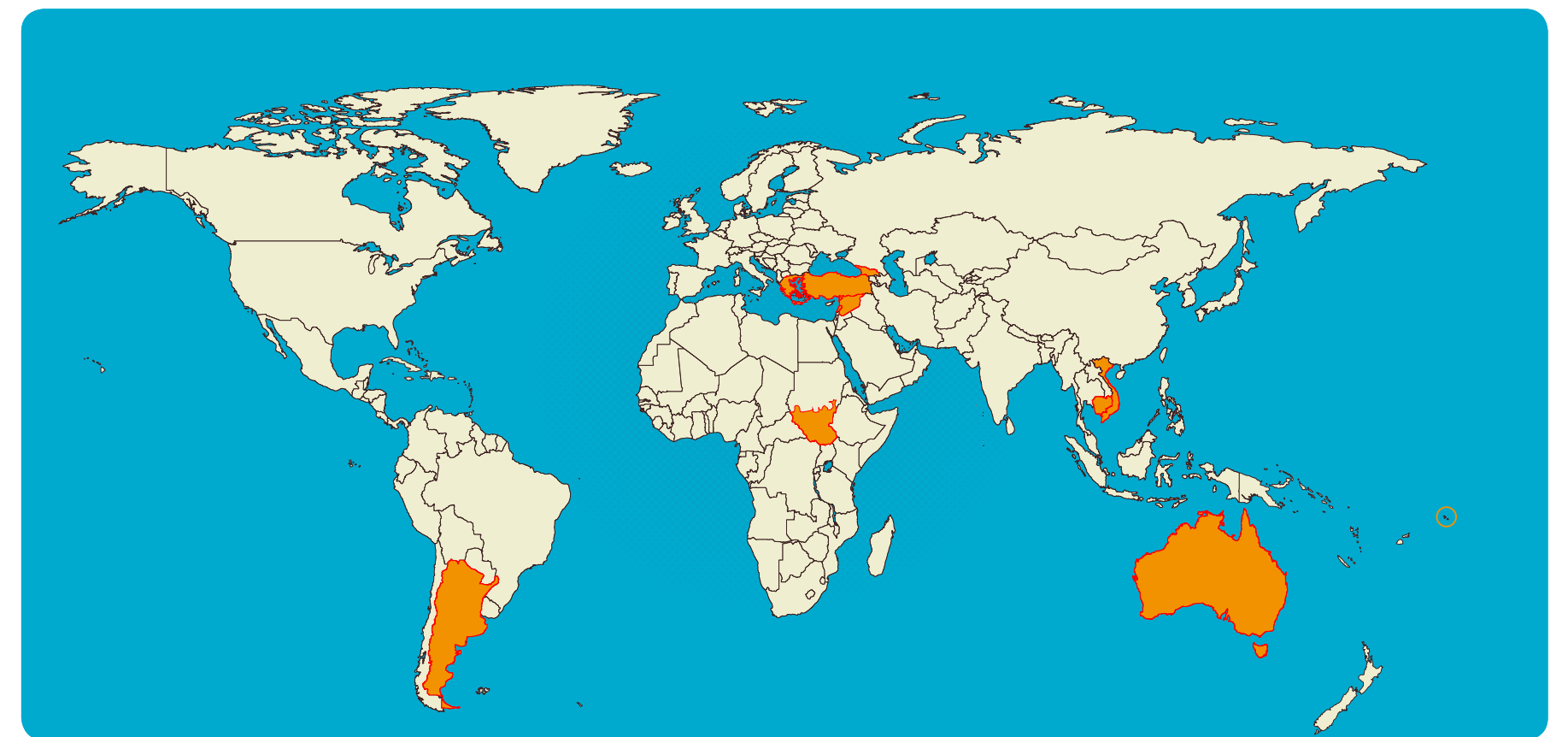


the Ladies



Flavio

Explore



Georgian culture



Cambodian culture



Vietnamese culture



Greek culture



Samoa culture



Lebanese culture



South Sudanese culture



Aboriginal culture



Outback Australian culture



Turkish culture



Syrian culture



Argentinean culture



Cook



Khachapuri
(Georgian recipe)



Somlor machou kroeung
(Cambodian recipe)



Bánh xèo
(Vietnamese recipe)



Dolmades
(Greek recipe)



Palusami
(Samoan recipe)



Shish taouk
(Lebanese recipe)



Kombo & kuot
(South Sudanese recipe)



Kangaroo stew
(Aboriginal recipe)



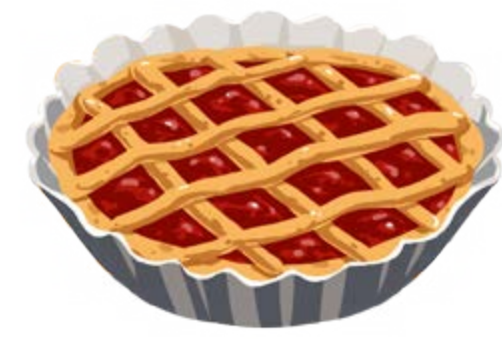
Mum's roast lamb
(Outback Australian recipe)



Dolma
(Turkish recipe)



Mixed berries
ice cream



Pasta frola de mi madre
(Argentinean recipe)

Videos



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



Sean



Buddha



Helen



Maria



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



Raniem tests her ideas about older people and their backgrounds when she lunches with a Turkish women's group.



Raniem



The Ladies



Acknowledgements

Project team

Cultural Infusion Development Team

Sophia Sourris
Rob Nicholson
Douglas Montgomery
Peter Mousaferiadis
Sean McCart
Rocsanne Putri
Rafael Arocha
Mathieu Bas
Antonios Bouris
Adele Dugaz
Doriane Bey
Josiah Duncan
Chloe Willems

CuriousWorks Video Producers

Vanessa Hyde
Emma Macey
Mark Taylor
Andrew Knight

SHP Historians

Sue Hodges
Felicity Coleman
Caitlin Neely

Design Consultants

Haifa Sekkouah
Cyril Gaillard

ABC Heywire

Daniel Hirst

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Anthea Hancocks
Damien O'Meara

Haystac

Sally Tyrell
Jimmy Gleeson
Sophie Jennings

AFL

Ali Fahour
Kashif Bouns
Xavier Moloney



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Note some images in this resource have been cropped for formatting reasons.

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