

Vacation Care Summer Cooking

Long summer days are good opportunities to engage in cooking experiences. In this edition of Kaleidoscope we focus on some cool and tasty multicultural recipes for you to try with the children during the summer vacation care period.

Borani, Turkish Carrot Dip

What you will need:

- 1 cup grated carrots
- 2 cups yoghurt
- 2 cloves crushed garlic
- salt & pepper

What to do:

- Steam carrots until just soft.
- Mix in the rest of the ingredients.
- Chill.
- Serve with Turkish pide bread or with Chapatis (see June kaleidoscope).



Kulfi, Indian Ice Cream

This is a delicious frozen traditional Indian sweet made for special celebrations.

You will need:

- access to a freezer and food blender
- 1 can sweetened condensed milk
- 1 cup cream
- ½ teaspoon vanilla essence
- ¼ cup ground almonds
- ½ cup crushed mixed nuts
- ice cube trays
- pop sticks

What To Do:

- place all ingredients in a blender and blend until mixed (under adult supervision)
- pour into ice cube trays and place pop stick in each cube
- place in the freezer
- serve when the mixture is frozen

Middle Eastern Orange Syrup Cake

This is an adapted version kindly supplied by Minya of Anglicare's Wanslea CCC, South Australia.

You will need, for the cake:

- 1/3 cup of oil
- ½ cup castor sugar
- 1 cup Greek style yoghurt
- 1 tbsp grated orange rind
- 2 tbsp orange juice
- 1 egg
- 50 grams currants
- 1 cup of each: SR flour and wholemeal SR flour
- 2 egg whites, beaten to soft peaks

Syrup:

- 2 tbsp orange juice
- ¼ cup honey or sugar

What to do:

- In a large bowl combine all the cake ingredients except the flour & eggs
- Mix well then add sifted flour
- Using a metal spoon gently fold in the whites and sifted flour
- Spoon into an oiled and breadcrumb coated baba (or ring) cake tin
- Bake in moderate oven for 35-40 mins
- While still hot brush the cake with warm syrup
- Wait for 10 mins then turn out of the tin
- Serve warm or cold
- Store in air tight container in the fridge

