

A close-up photograph of a plate of fried rice with various vegetables like green onions, red bell peppers, and egg. The rice is golden brown and well-cooked. The background is slightly blurred, focusing attention on the food.

Davis Park COOKBOOK

Imagined Futures

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Davis Park Project

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Imagined Futures hosts Fridays in the Park to encourage the Davis Park community in Beaconsfield to build social connections, to participate, contribute and to learn new skills and knowledge, and to share a meal among the safety of neighbours. Freo Street Doctor and Foodbank provide regular services in Davis Park on Fridays.

This recipe book was compiled by the current Community Facilitator, Naomi Christensen, and is the second edition of easy and affordable meals suitable for a large number of people. The recipes in this book have been adapted for families and are easily adjusted for any number of people.

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SOUPS

A top-down view of two white ceramic bowls filled with pea and ham soup. The soup is garnished with golden-brown croutons and fresh green herbs. The bowls are set on a rustic wooden table with a beige and white checkered napkin. A silver spoon and fork are visible near the bowls, and a sprig of thyme lies on the table.

Soup is such a versatile food to have on your weekly meal rotation. Cheap soup recipes are great for meal prep. You can make a big batch, refrigerate some for the week, and freeze the rest for a later date!

A close-up view of the soup preparation. A large glass bowl of pea and ham soup sits on a wooden surface. In the foreground, a small glass dish contains pieces of cooked ham. A white ceramic bowl is also visible, ready for serving. Fresh green herbs are in the background.

Pea and Ham Soup

Pea and Ham Soup

Instruction

This thick, delicious soup will fill up even the hungriest of eaters, and if you serve it with some crusty buttered bread, even more so! It is so easy to do in the slow cooker with no need to precook the onions or garlic. With a few tricks it can also look a lot prettier too!

First, peel the onions and carrots and finely chop along with the celery. Chop or crush the peeled garlic. Add a bit of oil to the slow cooker and pour the packet of split peas in, and place the ham hock on top, followed by the vegetables around the sides of the ham.

Pour in 8 cups of water and add the bay leaves, then put the lid on and set the slow cooker for 8-10 hours on low. Be prepared for the delicious smell to waft through the house!

When cooked, remove the ham bone from the slow cooker, remove and discard the outer rind, and shred the meat. You can blend the soup if you choose or keep it chunky but make sure you give it a good stir.

Serve soup in bowls with shredded ham shared between them and topped with fresh chopped parsley. Crusty bread optional!

Ingredients

- 1-1.5kg smoked ham on the bone
- packet of dried green split peas
- 2 carrots
- 2 celery sticks
- 1 brown onion
- 2 cloves of garlic
- 2 bay leaves
- 8 cups of water
- fresh parsley



Prepare Time
10 Minutes



Cook Time
8-10 hours slow
cooker

Vegetable and Barley Soup



Prepare Time
10 Minutes



Cook Time
8 hours
slow cooker

Ingredients

- 3 garlic cloves minced
- 2 Tablespoons olive oil
- 1 cup carrots chopped
- 1 cup celery chopped
- 1 cup green beans
- 1 cup frozen sweet corn
- 1 cup frozen peas
- 1 tin of diced tomatoes (optional)
- 1L stock
- 1 teaspoon paprika
- fresh parsley chopped
- 1 cup pearl barley

Instructions

In your slow cooker, add all vegetables, diced tomatoes, garlic and olive oil. Add the washed barley pearls.

Pour over 1L of your choice of stock and give it a good stir.

Add paprika, salt, pepper and half the fresh parsley. Stir it all together and cook on HIGH for 3 hours or LOW for 6 hours.



Frank's Dutch Balletje Soup

Ingredients

- 500g mince
- 2 carrots
- 2 celery stalks
- 1 brown onion
- Olive Oil
- Nutmeg
- Salt
- 2 x Chicken Noodle Simmer Soup sachet
- 8 cups water

Instructions

My Uncle Frank made our family recipe for the Davis Park Community and I have to say - this was an absolute staple in my Oma's busy household. We often had rice with soup too to really make it last and it still tastes like love and comfort to me!

Roll the minced meat into small meatballs (small mouthful sizes!). If you want to you can add a slice of bread with a sprinkling of nutmeg and then soak the bread with milk before mixing and rolling the meatballs. Otherwise, just add a sprinkling of nutmeg in the finished soup.

Chop the onion, carrots and celery into small pieces and fry in a small amount of oil. Add the chicken noodle soup and water and bring to the boil.

When boiling add the meatballs and turn the heat down, simmering for 30 minutes. Add salt, to taste.

Serve with freshly cooked rice.



Prepare Time
15 Minutes



Cook Time
30 Minutes





MAINS

Chilli Con Carne

Ingredients

- 2 brown onions
- 2 cloves of garlic
- 2 medium carrots
- 2 sticks celery
- 1 red capsicum
- olive oil
- 1 tspn cumin
- 1 tspn cinnamon
- 1 tspn paprika
- 400g tin chickpeas
- 400g tin red kidney beans
- 2 x 400g tin tomatoes
- 500g mince beef
- 2 Tbspns balsamic vinegar



Prepare Time

15 Minutes



Cook Time

1 hour

Instructions

Peel and finely chop the onions, garlic, carrots and celery. Halve the capsicum, remove the stalk and seeds and roughly chop.

Heat 2 tablespoons of oil in a large pot on medium-high heat, add the chopped veg, spices and a good pinch of salt and black pepper, then cook for 7 minutes, or until softened, stirring regularly.

Drain and add the chickpeas and kidney beans, tip in the tomatoes, breaking them up with the back of a spoon, then pour in 1 tin's worth of water. Add the minced beef, breaking any larger chunks.

Add the balsamic vinegar and season with a good pinch of sea salt and black pepper.

Bring to the boil, then reduce the heat to low and simmer with a lid slightly ajar for 1 hour, or until slightly thickened and reduced, stirring occasionally.

Serve up with fluffy rice or couscous, a hunk of crusty bread, or over a jacket potato, with some sour cream, guacamole, and wedges of lime on the side for squeezing over.

This is a kid-friendly recipe so add chilli if you like it spicy!

Nasi Goreng

Ingredients

- Nasi goreng paste
- 1-2 Tbsns Kecap Manis (Indonesian soy sauce)
- Tomato paste
- 2 garlic cloves
- 1 tspn crushed ginger
- 1 chicken breast
- any leftover cold meat, chopped
- Day-old cooked rice
- 1 brown onion
- 1 carrot
- 1 celery stalk
- 1/2 cabbage
- spring onions
- fried shallots (packet)
- tomatoes
- cucumber
- 2 eggs
- chilli or sambal (optional)



Prepare Time

45 Minutes



Cook Time

15 Minutes

Instructions

Anyone who has been to Bali knows Nasi Goreng well. It's a filling and delicious dish that can be eaten any time of the day - including breakfast!

Chop the chicken into bite sized pieces and fry in oiled hot pan or wok until cooked. Remove the chicken from the pan and set aside.

Chop the onion, carrot and celery finely and crush the garlic then add to the pan and fry til soft. Add the finely chopped cabbage, spring onions and kecap manis.

Add Nasi Goreng paste to taste (use small amount for kid-friendly).

Add the rice, a tablespoon of tomato paste and chopped meats including the chicken and stir fry for 10 minutes.

Serve with shredded omelette and fried shallots on top, and tomato and cucumber wedges on the side.



Bahmi Goreng

Ingredients

- Spaghetti no.2 or “angel hair” pasta, cooked
- Olive Oil
- Chicken breast
- Any leftover meat chopped
- 1 Onion
- 2 carrot
- 2 celery stalks
- Cabbage or bok choy
- spinach leaves
- broccoli or cauliflower (opt)
- minced ginger
- spring onions
- stock cube
- kecap manis

Instructions

Bah-mi translates to ‘meat’ (bak) and ‘noodles’ (mi) and Goreng is ‘fried’. This was a staple in my Oma’s house as it went far and was a cheap and delicious dish to feed the masses!

Boil pasta until cooked, drain and set aside. Chop up and fry the cabbage, onion, 1 tspn ginger, celery, carrots, broccoli, cauliflower and bok choy.

Add some kecap and crumble in a stock cube, salt and pepper.

Chop up and add spring onion and spinach last.

Mix in cooked noodles.

Garnish with chopped up omelette.

Cheat tip: Use a bag of Asian vegetables already chopped in the vegetable section at Coles.



Prepare Time
30 Minutes



Cook Time
30 Minutes

A rustic wooden table with ingredients like mushrooms and herbs, and a pan of risotto. The risotto is topped with mushrooms, thyme, and cheese. The word "RISOTTO" is written in large white letters across the center of the image.

RISOTTO

Risotto is an Italian rice-based dish that involves a slow process of introducing stock into Arborio rice – a variety that produces a lovely creamy finish. It works well with so many different flavours from the classic pumpkin or mushroom to chicken, prawns and so much more.



Pumpkin Risotto

Pumpkin Risotto

Instructions

This is delicious with or without chicken, so if you prefer to have the non-vegetarian version, just add 2 cooked chicken breasts cut into pieces and add at the end stage.

Preheat oven to 200C. Place chopped pumpkin in a roasting pan, toss through 1 Tbspn oil and bake for 20-30 minutes until soft and golden.

Meanwhile, fry chopped onion and garlic in a bit of oil for 5 mins until soft. Add rice and stir for 1 min to coat in the oil. Add 1 cup of stock to the rice over a medium heat until absorbed. Continue adding 1 cup of stock at a time, stirring throughout.

Once all the stock has been absorbed and the rice is just tender, gently stir through the roasted pumpkin, chicken (if using), basil and parmesan.

Serve sprinkled with extra parmesan.

Ingredients

- 3 cups cubed pumpkin
- 3 Tbspns Olive Oil
- 1L Chicken stock
- 1 onion diced
- 2 garlic cloves crushed
- 1.5 cups of Arborio Rice
- 1/2 cup fresh torn basil
- 1/4 cup grated parmesan



Prepare Time

15 Minutes



Cook Time

45 Minutes

Chicken and Mushroom Risotto



Prepare Time
15 Minutes



Cook Time
30 Minutes

Ingredients

- 1 Tbspn olive oil
- 75g bacon (opt)
- 350g chicken thighs, cut into bite sized pieces
- 400g mushrooms, sliced
- 2 Tbspns butter
- 2 garlic cloves, crushed
- 1 brown onion
- 1/2 cup white wine (opt. sub with stock)
- 1.5 cups Arborio rice
- 1L chicken stock
- freshly grated parmesan cheese
- chopped parsley

Instructions

Heat oil in pan and add bacon. Cook til golden then set aside. To the pan, add chicken and cook until browned and cooked through. Transfer to separate bowl.

Add mushrooms to the pan and cook til lightly brown. Add to the bowl with the chicken.

Turn heat down to medium and add add butter til melted, then add garlic and onion and saute for 3 minutes. Turn up heat to high and add the rice, stirring for 1 minute until coated in oil. Add wine and cook for 2 minutes. Turn heat to medium low and add 3 cups of stock. Leave uncovered, stirring once or twice until most of the liquid has been absorbed.

Check the firmness of the rice and add 1/2 cup of stock at a time, stirring, until rice is cooked to your liking.

Add chicken and mushrooms back into the risotto to heat through, then right at the end add a splash of chicken stock to make it slightly soupy, then take off the stove and cover.

Just before serving stir through some butter and parmesan. Garnish with bacon, extra parmesan and some chopped parsley.



CURRIES



Japanese Beef Curry



Prepare Time
5 Minutes



Cook Time
4 Hours in slow
cooker

Ingredients for 4 people

- 500g gravy beef, cut into chunks
- 1 brown onions, chopped
- 1 potatoes, cut into chunks
- 2 carrots cut into chunks
- S&B Golden Curry (your choice of heat)
- 2 cloves garlic, chopped
- 125ml water
- 1 tspn crushed ginger
- 1 Tbsn apricot jam
- salt and pepper to taste
- rice

Instruction

Cook rice and keep warm.

Season beef chunks with salt and pepper. Sear in oiled pan till they get a brown color all over. Plate them out. Do not overcrowd, cook in batches if necessary.

Add to slow cooker along with onions, carrots, potato, garlic, ginger and water. Cook covered on High for 4 hours.

Turn slow cooker off and add broken up Curry roux and apricot jam, stir through to create a rich thick gravy.

Serve with hot steamed rice and enjoy!



Mango Chicken Curry

This is another lovely, mild curry that even the kids will enjoy. This was one dish that was finished up in the park with no leftovers! Malachi and Lukas gave it their tick of approval (and had multiple helpings).

Instructions

This is a family friendly, really mild and sweet curry - but if you like a bit of heat feel free to add chilli flakes or fresh chilli! If you like big juicy bits of chicken then cook it on the stovetop, otherwise this is a really easy slow cooker version.

Chop chicken breasts into 4 piece chunks each and put in the slow cooker with the olive oil. Deseed the red capsicum and thickly slice and cut onion into wedges. Add to the slow cooker along with the spices, thawed mango, grated ginger, sugar and crushed garlic.

Cook on High for 3 hours.

Add coconut cream, stir through and turn slow cooker back on for another hour.

Thinly slice the green spring onions and slice limes into wedges.

Serve curry over steamed rice, with sliced green onions on top as a garnish and lime wedges on the side.

Ingredients

- 2 tspn yellow curry paste
- 1 tspn ground turmeric
- 6 chicken breasts
- 500g frozen mango thawed
- 2 red capsicum
- 1 large red onion
- 2 green spring onions
- 1 Tbspn grated ginger
- 3 garlic cloves
- 1 Tbspn olive oil
- 200ml Coconut cream
- 1 Tbspn brown sugar



Prepare Time

10 Minutes



Cook Time

30 Minutes on stove
4 hours slow cooker



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