



# Researcher Recipes

*Festive recipes*  
compiled by Perkins researchers,  
staff and volunteers

Perkins

HARRY PERKINS INSTITUTE  
OF MEDICAL RESEARCH

# A message from the Director

The Holidays always provide a moment to reflect as the year comes to a close, and we prepare for the new year ahead.



As we look back on our achievements, the people who mean the most to us are never far from our thoughts, even if we can't give them a hug.

One quick way to take us right back home to the people we love and miss is through food. Favourite recipes, like music, have a way of transporting us to a place in time with friends and family. And our favourite food, especially during the Holidays, evoke so many memories, and are an opportunity to create more special moments.

I hope you enjoy these recipes, kindly shared by so many around the Perkins, and take a moment to remember those nearest and dearest to you this Festive Season.

Professor Peter Leedman AO  
Director, Researcher, Doctor, Donor

*These recipes have been gathered from researchers, staff and volunteers at the Perkins. Together they represent family traditions, and immeasurable love, from thirteen countries.*

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# Jane Allen (Perkins Family) Mince Pies

Jane, Harry Perkins' daughter, has kindly shared this family recipe and memories of making fruit mince pies, something she now enjoys doing with Hannah, Harry's granddaughter.



## Ingredients

### Filling:

1 jar of supermarket mince fruit  
1 Granny Smith apple, grated  
Large pinches of each cinnamon  
and allspice

### Pastry:

450g plain flour  
50g caster sugar  
175g unsalted butter (cold,  
chopped into small cubes)  
2 egg yolks  
1 tsp ice-cold water  
Icing sugar to dust

## Method

1. In a large bowl, mix the fruit mince, grated apple, and spices.
2. For the pastry, put the flour, caster sugar and butter into a food processor and pulse until it looks like breadcrumbs. Drop in the egg yolks and 1 tbsp of cold water and run the processor until the dough forms a ball. Remove from the processor, wrap in cling film, and let it rest in the fridge for 30 mins.
3. Lightly grease some cupcake trays and pre-heat the oven to 180°C.
4. Cut the rested dough into quarters, using one portion at a time (put the unused portions in the fridge until you need them). Roll the dough evenly to around 4mm thick. For the bases, cut a circle around 2cm larger than the circumference of the trays. For the tops, use a star-shaped cutter the same size as the trays.
5. Line the tray with the pastry circles for the base, add a tsp of fruit mixture and top with a pastry star. Brush the tops with a little milk or egg wash and bake until golden (around 15 mins). Dust them with icing sugar, or caster sugar, while they're warm for a sweet topping.

Recipe shared by: *Jane and Hannah Allen  
Harry Perkins' Daughter and Granddaughter*

Recipe origin: *Australia*

Recipe from: *Family Recipe*



# Black Bun

Festive celebrations don't end with Christmas. Black Bun, a Scottish delicacy, is a sticky fruit cake (with lots of black pepper) wrapped in thin pastry that is traditionally eaten on 1 January to welcome the New Year.



## Ingredients

### Pastry:

250g plain flour  
Pinch of salt  
½ tsp baking powder  
150g butter

### Filling:

225g plain flour  
115g sugar  
1 tsp ground ginger

2 tsp cinnamon  
1 tsp black pepper  
1 tsp baking soda  
1 tsp cream of tartar  
450g raisins  
450g currants  
225g sultanas  
1 wine glass of sherry or brandy  
300ml of milk

## Method

1. Preheat the oven to 140°C.
2. To make the pastry, put all the ingredients into a food processor and pulse until it forms a dough. Wrap it and set it aside.
3. Grease a cake tin with butter and set aside.
4. Mix all ingredients for the filling together. Add the milk last so that all ingredients are moistened and come together.
5. Roll out the pastry as thin as possible, and larger than the cake tin. Gently place the pastry in the tin, taking care to push the pastry right into the corners.
6. Fill the cake tin with fruit filling and then drape the sides of the pastry over the top, so that the fruit is all covered. Moisten the edges of the pastry with either milk or a whisked egg.
7. Brush the top of the pastry with an egg wash and prick the lid with a fork.
8. Bake for 3 hours at 140°C until golden brown.

Recipe shared by: *Gwen Pflieger, Laboratory Manager*

Recipe origin: *Scotland*

Recipe from: *Family Recipe*



# Dresdner Christstollen

German Stollen have been a Christmas tradition for nearly 700 years. This recipe results in a flaky, moist, and delicious homemade Christmas treat.



## Ingredients

### Dough:

1 cup lukewarm whole milk  
3 tsp active dry yeast  
1/2 cup granulated sugar  
4 cups all-purpose flour  
1 large egg  
2 large egg yolks  
3/4 cup unsalted butter (1 1/2 sticks),  
softened at room temperature

2 tsp quality pure vanilla extract  
Zest of one lemon  
1 tsp salt  
3/4 tsp ground cardamom  
3/4 tsp ground mace or nutmeg  
1/2 tsp ground cinnamon  
225g marzipan/almond Paste

### Fruits & Nuts:

255g raisins  
85g candied lemon peel, finely diced  
85g candied orange peel, finely diced  
Homemade Candied Citrus Peel Recipe (we VERY STRONGLY recommend using homemade,  
it makes ALL the difference!)  
85g blanched slivered or sliced almonds, finely chopped  
1/3 cup quality dark rum

### Glaze & Dusting:

115g unsalted butter, melted  
Icing sugar for generous dusting

## Method

1. Place the raisins, candied citrus peel and almonds in a medium bowl and pour the rum over it. Stir to combine. Set aside and let the fruit mixture soak in the rum while the dough rises.
2. Stir the yeast and 2 Tbsp of the sugar into the lukewarm milk and let sit in a warm place for 10-15 minutes until very frothy.

Continued overleaf...

## Method continued...

3. Place the flour, remaining sugar, egg, egg yolks, butter, vanilla extract, lemon zest, salt, cardamom, mace and cinnamon in the bowl of a stand mixer fitted with a dough hook. Add the yeast/milk mixture. Use a spoon to stir the mixture until it comes together. Mix the dough on the bread setting for 7-8 minutes. Remove the dough ball, lightly spray the bowl with a little oil, return the dough ball, cover loosely with plastic wrap and place it in a warm place or lightly warmed oven (just barely warm), to rise until nearly doubled in size, at least 1 hour (likely closer to 2 hours depending on the temperature of the environment).
4. Once the dough has doubled in size, punch it down and add the soaked fruit and nut mixture to the dough (it should have absorbed all the rum by now but if there is excess liquid, pour it out before adding the mixture to the dough). Using the dough hook, knead the fruit and nut mixture into the dough until combined. If the dough is too wet to handle, add a little bit of flour until the dough pulls away from the sides of the bowl.
5. Turn the dough out onto a floured work surface and cut it in two equal halves. Press or roll each piece into an oval to about 1 inch thickness. Roll each piece of marzipan into a log the length of the oval. Press the marzipan gently into the middle of the dough. Fold the left side of the dough over to cover the marzipan, then fold right side over on top of the left side so that the edge of it sits just left of the middle of the stollen. In other words, don't fold the right side all the way over to the left edge of the stollen. Pinch and tuck the top and bottom ends of the stollen to cover the marzipan. Use the bottom edge of your hand to press down along the length of the stollen towards the right of the centre to create a divot and characteristic hump.
6. Place the stollen on a lined baking sheet. Cover the stollen loosely with plastic wrap and let them rest in a warm place or lightly warmed oven for 40-60 minutes until puffy. At that point you can pick off any raisins that are sticking out of the dough (they will burn during baking).
7. Towards the end of the last rise, preheat the oven to 175°C and bake the stollen for 30-40 minutes or until golden. You can use an instant read thermometer to aim for an internal temperature of 88°C. Let the Stollen sit for 5 minutes, then use a toothpick to poke holes all over the stollen (this will allow the butter to seep in), then generously brush the stollen with the melted butter while the stollen are still warm. Immediately sprinkle with a generous amount of powdered sugar, rubbing it into the creases and down the sides. Let the stollen cool completely. You may want to give it another dusting of powdered sugar once cooled.
8. The stollen can be sliced and eaten now or wrapped tightly (wrap in plastic wrap then foil) and left to 'ripen' in a cool place for two weeks. The liquid from the dried fruits will further penetrate the dough for more flavour and moisture. Stollen can also be frozen for longer storage.

Makes 2 large or 3 medium Stollen.

For eating, I like to warm the slices up for a few seconds in the microwave, it makes the crumb nice and soft.

Recipe shared by: *Dr Christian Pflueger, Postdoctoral Fellow  
Genome Biology and Genetics*

Recipe origin: *Germany*

Recipe from: *daringgourmet.com*



# Thousand Holes Crumpets (Ghrayef)

Traditionally in Algeria, Ghrayef are cooked in a terracotta tajine and the preparation process is longer than this - usually prepared overnight for a tastier and fluffier consistency.



## Ingredients

500g fine semolina  
60g plain flour  
1 Tbsp dry yeast

1000ml lukewarm water  
1 Tbsp baking powder  
Pinch of salt

## Method

1. In a large bowl, add semolina, flour, yeast, water, and salt. Mix well.
2. Transfer everything to a blender and blend for 5 minutes.
3. Add baking powder and mix again for a few seconds.
4. Rest for a minimum of 15 minutes. Tip: the more you leave the batter to rest, the better the outcome.
5. Lightly butter and heat a non-stick pan.
6. Ladle an amount of batter into the hot pan. Immediately with the bottom of the ladle, spread the batter very gently in a circular motion to slightly reduce its thickness and help form holes.
7. Reduce the heat and cook until the crumpet is dried out. The Ghrayef are successfully cooked when holes are formed throughout and the bottom is golden, that's why we call them 'the thousand holes'!
8. Remove from the pan and place on a plate then cover with foil to keep warm. Repeat with the rest of the batter.
9. Melt butter and honey until a runny consistency is achieved. Be sure not to boil.
10. Pour the honey/butter mix on each crumpet and serve with Algerian tea (mint and green tea) or coffee.

Recipe shared by: *Hanane Belloul-Fakir, PhD student  
Targeted Drug Delivery, Imaging and Therapy Lab*

Recipe origin: *Algeria*

Recipe from: *Family Recipe*



# Torta de Santiago

This cake delivers on so many levels. As well as being a simple, delicious treat, it's gluten free, and only has three main ingredients. It's also super easy to scale up for more people - eggs, almond meal and sugar are used in equal measures - perfect for festive parties.



## Ingredients

3 large eggs, room temperature  
(these usually weigh 50g each)  
150g sugar  
150g almond meal  
½ tsp cinnamon powder  
¼ tsp salt  
Zest of 1 lemon  
Zest of 1 clementine  
Icing sugar, for dusting on top

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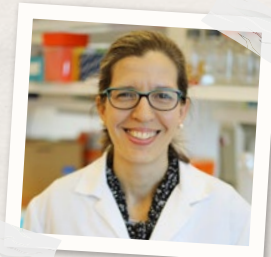
## Method

1. Add eggs and sugar into a bowl and whisk until the mixture turns pale yellow. Add the rest of the ingredients, except for icing sugar and using a spatula, gently fold everything until well combined.
2. Pour batter into an 18 cm springform pan that has been buttered and floured. Bake in a preheated oven at 180°C for 40 minutes or until golden brown and fully cooked.
3. Cool completely. Place the Santiago cross stencil on top and dust generous amount of icing sugar all over the cake. Carefully remove the stencil. Slice and serve, enjoy!

Recipe shared by: *Dr Elena de Juan Pardo*  
*Group Leader, Cardiovascular Science and Diabetes*

Recipe origin: *Spain*

Recipe from: *Family Recipe*



# Microwave Vegan Chocolate Cake

Here's an easy chocolate cake recipe for one which everyone will love, and it's a quick one, too! Make them for those with special dietary requirements, or scale up the recipe for larger quantities.



## Ingredients

- 3 Tbsp all-purpose flour
- 2 Tbsp Dutch-processed cocoa powder
- 1 tsp baking powder
- 2 Tbsp caster sugar
- 3 Tbsp soy, oat or nut milk
- 2 Tbsp vegetable oil
- 1 tsp vanilla

## Method

1. Mix all the dry ingredients together in a microwave-safe bowl. Then add the milk, oil and vanilla and mix together until just combined.
2. Microwave for 50 seconds to 1 minute depending how well cooked you want it (less time will make for a gooier cake).
3. Let it cool and then serve with fresh/frozen berries.

Recipe shared by: *Jess Baker, PhD Student  
Cancer-Mitochondrial Medicine and Biology*

Recipe origin: *Australia*

Recipe from: *Family Recipe*



# Blinis with Smoked Salmon

These light, fresh blinis bring a special touch to every occasion. (And an entertainer's tip: you can also buy pre-made blinis in the smoked salmon section of most supermarkets!)



## Ingredients

¾ cup milk  
1 egg  
1 cup self-raising flour  
½ tsp baking powder  
2 tsp caster sugar

20g butter, melted and cooled  
¼ cup dill sprigs, finely chopped  
250g cream cheese  
1 lemon, juiced and rind finely grated  
150g smoked salmon

## Method

1. Whisk milk and egg together in a jug. Sift flour and baking powder into a bowl. Stir in sugar. Add milk mixture and whisk until well combined and smooth. Stir in butter and dill. Season with salt and pepper. Cover and stand for 20 min.
2. Heat a non-stick frying pan over a medium heat. Add 2 tsp of batter to the pan to form 5cm rounds. Cook in batches for 1 minute or until small bubbles appear on the surface. Turn and cook for 30 seconds or until light golden and cooked through. Transfer to a wire rack to cool.
3. Combine cream cheese and 1 Tbsp of lemon juice in a bowl. Top each blini with some of the cream cheese mixture and salmon slices. Garnish with extra dill and lemon rind. Serve.

Recipe shared by: *Chloe Neilsen, Fundraising Manager*

Recipe origin: *Australia*

Recipe from: *woolworths.com.au*



# Celebration Feta with Pink Peppercorns

This entertainer's star dish will have your guests craving more. You'll need to start this one two days before serving. Trust us, it's worth it!



## Ingredients

300g fresh ricotta  
200g Greek natural yoghurt  
500g Greek feta  
¼ cup extra virgin olive oil  
1 tsp dried Greek oregano

1 cup sun-dried tomatoes,  
roughly chopped  
2 Tbsp pink peppercorns  
1 Tbsp fresh oregano leaves, for garnish

## Method

1. You'll need a couple of strainers, two pieces of muslin/cheese cloth and a loaf tin measuring 21cm long x 11cm wide x 8cm deep.
2. Over two separate bowls, set up strainers lined with muslin. Put the Ricotta into one and the Greek yoghurt into the other. Cover loosely and place in the fridge to drain overnight.
3. The next day, line the loaf tin with cling film, leaving enough overhang to bring up and cover the top of the tin later.
4. Place the feta, drained ricotta and drained yoghurt in a food processor with the olive oil and dried oregano. Blitz to a creamy consistency.
5. Transfer the blended mixture to a clean bowl. Fold in the roughly chopped sun-dried tomatoes and one Tbsp of the pink peppercorns.
6. Pour this mixture into the lined loaf tin and tap it a few times to get rid of air bubbles. Cover with the overhanging cling film and refrigerate overnight.
7. When ready to serve, invert the uncovered feta onto a serving plate or board. Garnish with the remaining one Tbsp of pink peppercorns and the fresh oregano leaves.
8. Serve with homemade lavosh, crackers, or crusty bread, and slices of fresh tomato and cucumber drizzled with olive oil. If there's any left (highly unlikely) it will keep, covered, in the fridge for 3-4 days.

Recipe shared by: *Ann MacIver*  
*Gifts in Wills Officer*

Recipe origin: *Greece*

Recipe from: *Sweet Greek Life - My Shared Table*  
*(Kathy Tsaples)*



# Cheese & Bacon Supper Savoury

These quick and easy morish snacks will make entertaining at Christmas a delight!



## Ingredients

90g butter, spreadable temperature  
90g grated cheese  
30g onion, finely chopped  
30g bacon, finely chopped  
1 egg, beaten  
4 slices of bread

## Method

1. In a bowl, mix the butter, grated cheese, onion, bacon and beaten egg. You could add seasoning of your choice but be careful with the salt as the bacon is already salty.
2. Spread the mix evenly over the bread slices and then trim the crusts off the bread. (This gives a cleaner finish). Cut each slice into four quarters (either squares or triangles).
3. Place on a baking dish and cook for 20 minutes in an oven pre-heated to 200°C.

Recipe shared by: *Professor George Yeoh, Group Leader  
Liver Disease and Carcinogenesis Laboratory*

Recipe origin: *Australia*

Recipe from: *Family Recipe*



# Guacamole

The bright green of avocado, red sparkles of tomato and golden corn chips make a truly festive feast for the eyes, and a simple, easy, no-cook, delicious staple for entertaining.



## Ingredients

3 ripe avocados, smashed  
1 large Roma tomato, diced  
1 red chilli, diced into small pieces  
2 tsp cumin powder  
1 tsp coriander powder  
2 cloves garlic, minced  
Juice of 1 lime  
Half bunch of fresh coriander, roughly chopped

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we'd love to know.

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## Method

1. Mix all ingredients in a bowl, add salt and pepper to taste.
2. Refrigerate for 15 mins before serving with lightly salted corn chips. Vegetable crudites also go well with this.

Recipe shared by: *Richard Schoonraad*  
*Communications Manager*

Recipe origin: *Mexico*

Recipe from: *Family Recipe*



# Veggie Roll Wreath

Great for holiday parties, this wreath of veggie rolls can be made ahead of time and arranged and baked when ready. Slices of red chilli and sprigs of rosemary can add a final festive flourish.



## Ingredients

2 leeks  
2 garlic cloves  
Olive oil  
450g frozen leaf spinach  
1 nutmeg, for grating  
80g extra-mature Cheddar

60g sesame seeds and/or hazelnuts  
1 free-range egg  
Flour, for dusting  
375g pack of ready-rolled, reduced-fat puff pastry  
Sliced red chilli & rosemary (optional)

## Method

1. Halve, wash and finely slice the leeks, then peel and finely slice the garlic. Place a large pan over a medium heat with 1 Tbsp olive oil and fry the garlic and leeks, stirring regularly, for 15 mins or until softened. Add the spinach with a few good gratings of nutmeg and cook for 15 mins until all the moisture has evaporated.
2. Tip the mixture into a large bowl, then grate in the cheese. Roughly chop the hazelnuts, if using, adding most of them (or sesame seeds) to the bowl. Gently mix until combined, season with black pepper and leave to cool.
3. Separate the egg, then stir the egg white into the spinach mixture. Unroll the puff pastry (with the shortest side at the top) onto a flour-dusted surface and cut in half lengthways. Divide the filling down in the centre of both pieces in a neat and tight line. Beat the egg yolk in a small bowl and brush over the exposed pastry, then fold it over the filling and gently press out any air with your thumb. Use a flour-dipped fork to crimp and seal, then cut one of the rolls into 8, the other into 16 (leaving you with 16 mini rolls and 8 larger rolls).
4. Brush the pastry with the remaining egg yolk, scatter over the remaining hazelnuts or sesame seeds, and the red chilli slices and rosemary, if using. When you're ready to bake, preheat the oven to 180°C (160°C fan) and bake the rolls for 15-20 mins or until golden. Alternatively, pop in the fridge for 24 hrs, or freeze for up to 1 month. You'll need to add on another 10 mins if baking from frozen.

Recipe shared by: *Ruth Seeber, Research Officer  
Molecular Endocrinology and Pharmacology*  
Recipe origin: *United Kingdom*  
Recipe from: *Tesco with Jamie Oliver*



# Ayam Pongteh

(Nonya Chicken and Potato Stew)

This is an old recipe, traditionally handed down from generation to generation. Perfect for entertaining, you can get it started and set it to simmer away - the longer the better - and the meat will be tender and succulent.



## Ingredients

2 shallots, peeled and roughly chopped  
5 cloves garlic, peeled and chopped  
¼ cup oil  
¼ cup taucheo (fermented bean sauce)  
1 Tbsp dark soy sauce  
1 Tbsp soy sauce  
2 Tbsp palm sugar, chopped

400g-1.3 kg chicken, cut into bite-sized pieces, about 18 pieces  
4 small waxy potatoes (Yukons or Reds will hold better than Russets), peeled and cut into large pieces  
3 cups water  
Salt to taste

## Method

1. Pound shallots and garlic into a coarse paste. Set aside.
2. Heat oil over medium heat, add shallots and garlic paste and fry for about 2 minutes, making sure not to burn the paste. Add taucheo, dark soy sauce, and palm sugar. Stir until palm sugar has dissolved and liquid has thickened, about 30 seconds.
3. Add chicken and potatoes and the 3 cups of water. Bring to a boil. When the water boils, reduce heat and simmer, stirring occasionally, for 1 hour or until the chicken is tender.
4. Season with salt and soy sauce to taste. Serve hot with steamed rice.

Recipe shared by: *Dr Edina Wang, Research Associate  
Cancer Epigenetics Laboratory*

Recipe origin: *Peranakans, Malaysia*

Recipe from: *rasamalaysia.com*



# Borscht

This authentic Polish version of Borscht heralds the onset of Christmas, traditionally served on Christmas Eve. Festive touches to accompany a warming mug of Borscht include 'uszka', Polish mushroom pierogis.



## Ingredients

1 Tbsp salted butter  
1 onion, diced  
4 garlic cloves, minced  
4 medium beets, peeled and cut into 1-inch pieces  
2 carrots, cut into rounds  
1 celery stalk, diced  
2 whole allspice berries

1 bay leaf  
1000ml beef stock  
2 Tbsp apple cider vinegar  
1 tsp sugar  
¼ tsp ground black pepper  
Pinch salt  
Sour cream and dill, (to serve)

## Method

1. Melt the butter in a large soup pot. Add the onion and garlic and cook over medium high heat, until the onion is soft (about 5 min).
2. Add the beetroot, carrots, celery, allspice, and bay leaf. Stir to coat with butter before adding the stock, and bring to a boil. Cook until the vegetables are tender (around 10 min).
3. Remove the pot from the heat. (If desired, you could strain the vegetables from your borscht now.)
4. Stir in the vinegar, sugar, pepper, and salt. Adjust the seasoning to your taste.
5. Serve with a dollop of sour cream and a sprinkling of dill, if desired.

Recipe shared by: *Alicia Bienkowski*  
*Internal Communications Manager*

Recipe origin: *Poland*

Recipe from: *eatingeuropean.com*



# Malaysian Rendang

This traditional recipe is a labour of love, perfect for a spicy Christmas feast. It's also one of those recipes where the flavours develop the longer it cooks. (And it makes for delicious Boxing Day left overs!)



## Ingredients

1 whole chicken, cut into pieces  
(alternatively, use around  
800g-1kg chopped beef or lamb)  
1 portion of rendang paste (recipe below)  
2 Tbsp 'Kerisik' (recipe below)  
1 cup peanut or vegetable oil  
2 cinnamon sticks  
3 star anise

5 cardamon pods  
200ml coconut milk  
2 Tbsp tamarind concentrate  
4-5 kaffir lime leaves, stems removed,  
sliced very fine  
Palm sugar to taste  
Salt to taste

## Rendang Paste recipe

5 large red chili (depends on the  
level of hotness, seeds removed)  
1 large onion, roughly chopped  
6 shallots  
5 pieces of garlic  
2 inch piece of ginger, chopped  
1-2 Tbsp turmeric powder  
2 inch piece of galangal, chopped

2-3 stalks of lemongrass  
(the white parts, not the green leaves),  
chopped finely

Blend all of the above in a blender  
with a little water (the water is just to  
help make the ingredients blend well).

## Kerisik recipe

Kerisik is used widely in Malaysian, Nonya and Indonesian cooking. If you can't find it in an Asian grocer, make it yourself. It's pounded, roasted coconut.

1 packet of frozen grated coconut, thawed properly (or use unsweetened desiccated coconut).

In a frying pan over a low heat, slow fry the coconut until all brown & crispy. Stir constantly. If it starts to stick, turn down the heat. This should take around 10 minutes. Let it cool for around 20 mins. Then grind the coconut in a mortar and pestle until the oil appears from the ground coconuts. The Kerisik is now ready. Use what you need and store the remaining in freezer for future use.

# Method

1. In a large pot, heat 1 cup of oil over medium heat. Add the cinnamon sticks, star anise and cardamom pods. Pour in the blended spice mix and stir.
2. Cooked until the spices change colour but not too dry (about 10-15 min).
3. Add the meat and cook, covered, for 10-15 min. If the meat is tough, you can transfer to a pressure cooker until tender.
4. When the meat is tender, add the coconut milk (stir well before pouring), 2 Tbsp of Kerisik, the tamarind concentrated, and the kafir lime leaves. Add palm sugar and salt to your liking.
5. Stir and cook well. If at any point the mixture looks dry, add a little water. If it looks too wet, keep cooking until it reduces. Rendang is a dish that is tastier the longer it is cooked.
6. Note: If using beef or lamb, keep adding water until the meat is tender.
7. Serve with steamed white rice or with freshly cooked roti.

Recipe shared by: *Assistant Professor Juliana Hamzah, Group Leader  
Targeted Drug Delivery, Imaging and Therapy*

Recipe origin: *Malaysia*

Recipe from: *Family recipe*



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# Mango and Prawn Salad

This healthy summer favourite is a light option for the Holiday table, and showcases the best fresh summer produce from right here in WA.



## Ingredients

500g Exmouth prawns, peeled or whole  
2 fresh mangoes, cubed  
2 ripe avocados, cubed  
2 limes, plus wedges to serve  
1 long red chilli, seeded and finely chopped

¼ cup coriander leaves  
1 lettuce, leaves separated  
1 Tbsp of Manuka honey  
1 Tbsp avocado oil or extra virgin olive oil  
Salt & ground black pepper

## Method

1. Place prawns in a bowl with cubed mango and avocado.
2. Grate the zest of half a lime, the juice two limes into a small bowl. Add coriander, chilli, honey and oil. Whisk well and pour over prawn mixture, toss to combine.
3. Place lettuce in plates, fill with salad, season and garnish with lime wedges. Enjoy!

Recipe shared by: *Professor Peter Leedman  
Perkins Director*

Recipe origin: *Australia*

Recipe from: *Family Recipe*



# Warak Enab (Grape Leaves)

This show-stopping Middle Eastern dish will be the centrepiece of your festive feast. The tangy lemony broth softens the stuffed grape leaves and brings some zing to the delicious lamb. It is said that the tighter the grape leaves are rolled, the more love has been poured into the dish.



## Ingredients

### Rice Stuffing:

1½ cups Egyptian rice (short grain rice)  
1-2 small tomatoes, very finely diced  
1-2 small onions, very finely diced,  
¼ cup fresh parsley, minced  
2 cloves garlic, crushed

1½ tsp seven spices or all spice  
¼ tsp cinnamon powder  
2 tsp salt  
½ tsp black pepper  
2 Tbsp olive oil  
200g ground lamb

### To assemble:

1 jar vine leaves (450g)  
6-8 zucchini (koosa), cored  
2-3 eggplants, cored  
2 tomatoes sliced  
2 potatoes sliced  
500g lamb chops or lamb neck pieces

Salt and pepper to taste  
Olive oil  
3 lemons, juiced  
2-3 Tbsp tomato paste  
Boiling water to cover the  
stuffed grape leaves (or vegetable  
or chicken broth)

## Method

### For the rice stuffing:

Soak the Egyptian rice for 20 minutes or so, then rinse with cold water until water runs clear. Drain well and place rice in a large bowl. Add the diced tomato, onion, parsley, garlic, spices, and olive oil and stir well to combine. Add the raw minced lamb and stir to evenly incorporate into the rice mixture. It might be easier to use your hands to work the meat into the rice.

Continued overleaf...

# Method continued...

## To stuff:

1. Place the vine leaves in a bowl of hot water for 3 minutes. This helps them lose a little of the brininess. Drain, and gently separate vine leaves.
2. Stuff the cored zucchini and eggplant until  $\frac{3}{4}$  filled with rice. Use your finger to pack them firmly. Set aside.
3. Stuff the vine leaves by placing an individual leaf with the tip pointing upwards, placing a heaped teaspoon of the rice stuffing in the centre of the vine leaf, folding sides towards the centre, then rolling from the bottom upwards, tucking in the sides of the vine leaves as you go. It's like you're making a sandwich wrap. Keep going until you've finished all the stuffing.

## To assemble:

1. Place a layer of tomatoes at the bottom of a large, heavy bottomed saucepan. Layer your potato slices on top of the tomato. This will keep the vine leaves at the bottom of the pan from burning, plus they are delicious.
2. Season the lamb chops or lamb neck with salt and pepper, and place on top of the potato slices.
3. Place the stuffed zucchini and eggplant in a ring around the circumference of the pot, then gently place the stuffed vine leaves in an even layer filling the rest of the pot.
4. Drizzle olive oil over the top of the filled pot. Add boiling water to the pot, pouring at the edge of the pot until the water just comes to the top layer of the vine leaves - the top layer shouldn't be submerged.
5. Sprinkle with salt to season. Place a plate on top of the vine leaves to hold them down so the vine leaves don't float around while cooking. Cover the pot with a tightly fitting lid.
6. Bring the pot to a boil, then reduce heat to medium low and let the fluid in the pot come to a simmer. Simmer for anywhere between  $1\frac{1}{2}$  -  $2\frac{1}{2}$  hours, or until vine leaves and stuffed vegetables are cooked through and the rice inside is cooked through. Start checking at the 1-hour mark. 15 minutes before you take the pot off the heat, add the lemon juice.
7. Once the meal is ready, flip the vine leaves onto a large serving plate carefully, make sure it has higher edges because a lot of broth will come out. Serve immediately and enjoy with some yogurt on the side. These are also very tasty at room temperature or cold!

Note: The amount of time it takes to cook this dish varies! Don't over think it, just keep checking past the hour and once the rice inside the vine leaves is soft and cooked through, the dish is ready!

Recipe shared by: *Mo Assafiri*  
*Building Supervisor*

Recipe origin: *Lebanon*

Recipe from: *everylittlecrumb.com*



# Jansson's Temptation

A classic Swedish comfort dish of potatoes, cream and anchovies (or pickled sprats) is usually on the heavy side. But our clever tweak makes it lighter.



## Ingredients

700g all-rounder potatoes such as maris piper, sliced into batons  
1 Tbsp olive oil  
1 onion, finely sliced  
1 garlic clove, sliced  
2 Tbsp plain flour

300ml good-quality chicken stock  
50ml double cream  
50g anchovy fillets in oil, drained and finely chopped  
50g fresh white breadcrumbs

## Method

1. Pre-heat the oven to 200°C/180°C fan.
2. Put the potatoes in a large saucepan, pour over boiling water to cover, salt well and cook for 5-10 minutes until nearly tender. Drain and steam dry in a colander.
3. Meanwhile, heat the olive oil in another saucepan, then fry the onion and garlic over a medium heat for 5 minutes or until starting to soften. Add the flour and cook for a couple of minutes, stirring constantly (it will become a thick paste). Turn the heat to high and slowly pour in the chicken stock, whisking constantly to mix the paste into the liquid, until you've added all the stock and there are no lumps. Keep stirring with a wooden spoon until it's thick enough to lightly coat the back of a spoon, then stir through the cream. Take off the heat.
4. In a 1.5 litre ovenproof dish, make three layers of the potatoes, topping each with chopped anchovy fillets and pouring over the creamy onion and velouté mixture. Season with pepper and a little salt (remember, anchovies are already salty). Scatter the breadcrumbs over the top. Bake for 40 minutes or until the top is golden and crisp and the filling is bubbling. Leave for 5 minutes, then serve.

It makes a great main course with a salad, or a side dish for cold meat or roast lamb.

Recipe shared by: *Professor Jonas Nilsson*  
*Group Leader, Melanoma Discovery*  
Recipe origin: *Sweden*  
Recipe from: *deliciousmagazine.co.uk*



# Röstad rodkål med äpplen och valnötter

(Roasted red cabbage with apples and walnuts)



## Ingredients

500g red cabbage, chopped  
2 brown onions, chopped into large pieces  
1 Tbsp canola oil  
1 tsp salt  
2-3 small red apples, chopped in large pieces  
100g walnuts, roughly chopped

## Method

1. Chop cabbage into pieces. Peel onions and cut into large pieces (around 2cm).
2. Place in a baking tray lined with baking paper. Drizzle with oil and salt and mix. Bake at 225°C for 10-15 minutes.
3. Core the apples and chop into large pieces. Mix the apples and walnuts in with the red cabbage and onions and bake for a further 10 minutes.

This makes a lovely side dish to accompany your Christmas feast.

Recipe shared by: *Dr Lisa Nilsson  
Research Fellow, Melanoma Discovery*

Recipe origin: *Sweden*

Recipe from: *Family Recipe*



# Smashed Roast Potatoes

Not so much a recipe, but a guide for prepping potatoes for a special Holiday meal.



## Ingredients

Enough potatoes for everyone: allow one large potato per person, and then add a couple more to the total. (You can never have too many!)

2 or 3 cloves of garlic, minced  
2 sprigs of fresh rosemary  
Olive oil

## Method

1. Peel and roughly chop the spuds, and boil them for around 10 minutes in salted water. How salty? Around a tsp of salt per litre of water.
2. In the meantime, pre-heat the oven to around 180°C (170°C Fan-forced).
3. Drain the potatoes after 10 mins and rough them up a bit in the pot (either shake the pot, or swirl them around with a wooden spoon). They won't be cooked through - don't worry. You're just softening up the outside to create some crispy bits.
4. Drizzle an abundance of olive oil over the spuds while they're hot (this will help the spuds soak up some oily goodness).
5. Sprinkle with minced garlic and chopped rosemary. Season with salt and pepper.
6. Place potatoes in a roasting pan - ensure there is space around each potato. (If there are too many spuds, they will steam and will never get crispy!). Use two trays if you have to. And place the spuds on their curved surface - you want to maximise the surface area of each potato exposed to the heat.
7. After about 15 mins in the oven, remove them, and using the back of a large spoon, or a potato masher, gently squish the spuds a little. This will 'burst' them, creating even more surface area for crispy goodness. Using a spoon, scoop up any residual oil in the bottom of the pan and drizzle over the spuds.
8. Roast them for another 10 mins, or until they are golden brown. Serve with your chosen feast, and lashings of gravy!

Recipe shared by: *Richard Schoonraad*  
*Communications Manager*

Recipe origin: *Australia*

Recipe from: *Family Recipe*



# Chocolate Rum Praline

These sumptuous rum pralines make the perfect finish to a Festive Feast. Easy to make and small enough to serve anywhere, they also make an ideal handmade, heartfelt gift for someone special!



## Ingredients

250ml cream  
350g dark chocolate  
350g milk chocolate  
80ml rum (or more to your taste)

200g walnuts  
150g chocolate sprinkles  
or grated coconut

## Method

1. Chop the chocolate and walnuts into pieces.
2. Heat the cream in a pot until it starts to rise. Take it off the heat and pour it immediately over the chocolate. Let it sit for a few minutes before stirring until the chocolate is fully melted and incorporated.
3. Let it cool slightly and add the rum and mix in the chopped walnuts. Place in the fridge for several hours until the chocolate can be formed into balls.
4. Form little balls with your hands and roll them in chocolate sprinkles and/or coconut shavings. (For a super rich version, you could roll them in Dutch cocoa, instead).

Recipe shared by: *Professor Ruth Ganss*  
*Group Leader, Cancer Microenvironment*

Recipe origin: *Germany*

Recipe from: *Family Recipe*



# Ma'amoul

## (Date-stuffed cookies)

These famous Middle Eastern cookies are prepared in large quantities and shared with neighbours and guests as part of celebrations of religious holidays for Muslims and Christians. (You'll need to start this recipe a day ahead).



## Ingredients

### Stage 1:

2 cups (350g) semolina  
1 cup (125g) plain flour  
½ Tbsp ground mahleb (or cinnamon)  
A dash of salt  
1 cup (250g) ghee (or butter or oil)

### Date filling:

1 cup (150g) dates  
1 tsp ghee  
1 Tbsp cinnamon or rose water or orange blossom water  
1 Tbsp roasted sesame seeds

### Walnut filling:

½ cup (150g) walnuts  
½ Tbsp icing sugar  
½ tsp cinnamon  
2 Tbsp simple syrup (see above)  
½ tsp ghee

### Stage 2:

1 Tbsp milk powder  
¼ tsp active dry yeast.  
3 Tbsp simple syrup (equal parts sugar and water, boiled and reduced)  
¼ cup warm milk

### Pistachio filling:

¼ cup (150g) pistachios  
½ Tbsp icing sugar  
2 Tablespoons simple syrup  
½ tsp ghee

## Method

### Stage 1:

1. Melt ghee in microwave or stovetop but do not let it get too hot or boiling.
2. In a deep bowl mix semolina, flour, mahleb, and salt. Pour in the melted ghee and mix well. Use the palms of your hands and rub the semolina mixture for a couple of minutes. Cover and refrigerate overnight or up to 3 days.

Continued overleaf...

## Method continued...

### Stage 2:

1. Take the dough out of the fridge and allow it to come to room temperature to soften as it might harden in the refrigerator. Add milk powder and yeast and mix well. Mix in the syrup then add the milk little by little until you feel the dough is soft and rolls nicely into a ball.
2. Cover and let it rest for 1 hour. Divide the dough into 24 balls.
3. Preheat oven to 180°C

### Fillings:

1. In your food processor combine the ingredients of each filling and process to desired texture. (if you only want to make one flavour, triple the ingredients listed above).
2. Divide the filling(s) into 24 balls.

### Making Ma'amoul:

1. With your thumb make a dent in each dough and fill with any of the stuffing suggested. Close and roll into a ball. Press into a ma'amoul mold or flatten a bit and make some marks with a fork in a decorative way.
2. Bake on the middle rack for 10 minutes then move up for another 7-10 minutes until top is lightly golden.
3. Let it cool down on the baking sheet for 3-4 minutes then transfer to a wire rack to cool completely.
4. Dust with powdered sugar and serve.

Recipe shared by: *Mo Assafiri*  
*Building Supervisor*

Recipe origin: *Lebanon*

Recipe from: *amiraspantry.com*



# Night Before Ice-Cream Cake

This quick recipe for Christmas ice-cream cake is loaded with fruit, berries and brandy. Make it the night before for a hassle-free Christmas spent with your friends and family. (Can be made up to three days before serving).



## Ingredients

800g square dark fruit cake  
550g frozen mixed berries  
1 litre good-quality vanilla bean ice-cream  
2 Tbsp brandy or rum  
½ tsp ground nutmeg

1½ tsp finely grated mandarin or orange rind  
¼ cup (40g) dry-roasted almonds, chopped coarsely  
10 vanilla-flavour mini meringue drops

## Method

1. Grease a 20cm springform pan; line base and side with baking paper, extending paper 3cm above rim.
2. Take the ice-cream out of the freezer to soften. You want to be able to mix and stir it so it should be a little stiffer than soft-serve ice-cream, but it shouldn't be runny. If it's too runny, pop it back in the freezer for 15 minutes.
3. Cut fruit cake into three slices horizontally. Place a square slice in the centre of the base of the pan. Using remaining slices, trim them to fit the gaps; reserve trimmings. Using your hands, flatten fruit cake to form a level base without gaps. Cut trimmings into small pieces.
4. Remove ½ cup frozen red berries, cut any strawberries in half. Press strawberries to the side of the pan using some ice-cream as 'glue'. Place the pan in the freezer for 10 mins.
5. Spoon remaining ice-cream into a large bowl; stir in brandy, nutmeg, rind and almonds; stir to combine. Spoon one-third of the ice-cream mixture into the pan; scatter with one-third reserved fruit cake, smooth level with a spoon. Repeat with remaining ice-cream mixture and fruit cake. Freeze for 4 hours or overnight until firm.
6. To serve, transfer cake to a serving plate. Layer remaining berries and meringues over the top, crushing some of the meringues in the process.

Recipe shared by: *Shelley Mason*  
*Key Relationship Manager*

Recipe origin: *Australia*

Recipe from: *womensweekly.com.au*



# Pumpkin Scones

The holidays are a time when friends and family get together, drop by, or come to stay. These delicious, moist pumpkin scones are perfect with a morning or afternoon cuppa!



## Ingredients

2 cups self-raising flour  
1 Tbsp caster sugar  
Pinch of salt  
60g unsalted butter, chilled, chopped  
½ cup buttermilk

½ tsp ground nutmeg  
300g butternut pumpkin peeled,  
chopped (makes ⅔ cup mashed)  
Extra buttermilk, for brushing

## Method

1. Roast your butternut pumpkin in a hot oven for around 20 minutes, or until soft enough to mash. When it's cooled, mash it up. This should make around ⅔ cup.
2. Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper and position a rack in the top half of the oven.
3. Sift the flour, nutmeg, sugar and salt into a large bowl. Add the butter. Using your fingertips, rub the butter into the flour mixture until mixture resembles fine breadcrumbs.
4. Make a well in the centre of the mixture. Add the buttermilk and mashed pumpkin. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until smooth.
5. Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 6cm fluted-edge cutter, cut out scones. Press leftover dough together and repeat, until you have 12 scones.
6. Place scones, just touching, on prepared tray. Brush with buttermilk. Bake for 12-15 minutes or until golden and hollow when tapped on top. Serve with butter, ricotta or cream cheese.

Recipe shared by: *Associate Professor Gina Ravenscroft, Group Leader  
Rare Disease Genetics and Functional Genomics*

Recipe origin: *Australia*

Recipe from: *taste.com.au*



# Rabanadas

(Brazilian style  
French toast)

This different take on classic French toast is revered in Brazil as a Christmas treat, and eaten as an afternoon snack or a dessert. (And it's equally delicious at any other time of year as well!)



## Ingredients

### Bread:

1 large loaf stale bread (brioche, baguette, ciabatta, all work well)  
4 cups milk (you can also substitute with red or white wine, or a combination of wine and milk)

½ cup sugar  
2 stick cinnamon sticks  
1 pinch salt  
6 large eggs  
Olive oil, for frying

### Cinnamon-Sugar Coating:

¾ cup sugar  
1 to 2 Tbsp ground cinnamon  
1 Tbsp honey or maple syrup, optional

## Method

1. Cut the bread into about 16 slices, each about ¾ inch thick. (If the bread is not very stale, do this the day before and let it dry out in the open air overnight.). Place the bread in a shallow baking dish in one layer.
2. In a pot over medium heat, bring the milk (or wine), cinnamon sticks, sugar and pinch of salt to a boil and let it simmer for 1-2 minutes. Remove from the heat and let it cool. Remove the cinnamon sticks.
3. Pour the cooled milk (wine) mixture of the sliced bread, making sure every slice is covered evenly. Let the bread soak for 20-30 minutes, or until it has soaked up as much liquid as possible.

## Method continued...

4. In a heavy skillet, heat up a couple of inches of olive oil, ready for frying. It's ready to go when a cube of bread sizzles when dropped carefully into the oil. Cover a large plate with a layer of paper towels.
5. In a bowl that is large enough to place one of the slices of bread, whisk the eggs well. Using tongs, dip a soaked slice of bread (very gently) into the egg, coating both sides. Let any excess drip back into the bowl. Place the bread into the oil and cook until well-browned on one side. Flip it over and cook the other side it is well-browned too. Remove the cooked bread and place on the plate lined with paper towel. Repeat this process with all the bread slices in batches.
6. Mix the cinnamon and sugar and sprinkle over both sides of the cooked rabanadas while warm. An alternative serving suggestion is to drizzle them with a syrup made of equal parts honey and water, or maple syrup and water, and quickly dip each rabanada into the hot syrup. Serve warm or at room temperature.

Recipe shared by: *Carolina Goes*  
*Research Media Manager*

Recipe origin: *Brazil*

Recipe from: *thespruceeats.com.au*



*If you try this recipe,  
we'd love to know.*

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# Krupnik

## (Honey-Spiced Vodka)

This Polish Christmas tippie is served traditionally at Christmas eve dinners. It's a strong liquor steeped in spices and gives everyone a warming glow for festivities ahead. Krupnik is quick and easy to make, so makes a perfect last-minute gift, too!



## Ingredients

2 Tbsp cold water  
2 cups sugar  
4 cups boiled water  
¼ vanilla bean, split  
¼ tsp freshly ground nutmeg  
2 whole cloves

1 stick cinnamon, broken in half  
10 whole black peppercorns  
20 whole allspice berries  
1 ⅓ cups honey  
1 Tbsp orange zest  
2 cups vodka, or eau de vie

## Method

1. In a large saucepan, combine 2 Tbsp cold water and the sugar, and heat until it dissolves. Once dissolved, add the boiling water, vanilla bean, nutmeg, cloves, cinnamon stick, peppercorns and allspice. Bring to a boil, cover, reduce heat, and simmer for 5 minutes.
2. Strain the spice syrup through cheese cloth or a coffee filter and return to the saucepan. (For stronger spice flavour, you can let this mix sit for a while before straining - the longer it sits, the stronger the flavour). Add the honey and orange zest. Heat the syrup, stirring, until the honey has completely dissolved. Bring to a boil and immediately remove from the heat and let it cool slightly.
3. Gradually stir in the vodka. You can serve the krupnik hot immediately after making it, or you can allow it to cool and serve it cold.
4. If you're making as a gift, let it cool to room temperature before decanting it into decorative bottles.

Recipe shared by: *Alicia Bienkowski*  
*Internal Communications Manager*

Recipe origin: *Poland*

Recipe from: *eatingeuropean.com*



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