

RECIPES FOR MY WAKE and Chuck's Party

1/. Fried Rice

A fellow Malaysian medical student at the new Queen Elizabeth Maternity Hospital at Woodville in South Australia taught me his family recipe for fried rice. He used diced pork rather than bacon and prepared the rice by absorption method the day before.

The recipe has lasted as a favourite dish for more than four decades, and been useful in impressing people at social occasions; notably, at a Real (Royal) Tennis tournament in Hobart when the World Champion, an Australian who was at the time professional at the Park Avenue Club in New York, affirmed it was the best fried rice he had ever tasted.

Recipe	Dice 4 or more onions and fry in oiled pan and place in a dish
	Fry 3-400 gms of small bacon pieces and place in same dish
	Fry 6 eggs scrambled in the fry pan until cooked (like an omelette). Break into small pieces with stirring spoon and place in dish.
	Cook 350gms long grain rice, for not too long so that the grains remain separate when fully cooked. Transfer rice to frypan and lightly fry with small amount of oil.
	Dice 200gms of beans or 2 capsicums or other green vegetable.
	Add onion-bacon-egg, mix with rice, and heat ready to serve.
	Add green vegetable to heat but not cook.
	Serve with suitable condiment, eg soya sauce.

2/. Baklava and Spinach Pie

It was my visit to Jeddah in Saudi Arabia that made me aware of Middle Eastern food, Kebabs, and all the rest. I was a little nervous there. One day, buying nice things in a Baker's shop, I dropped a bottle of lemonade on the way out and it smashed on the tile floor going everywhere. The shopowner fortunately did not seem too upset, and I felt that I would not be on the list of executions for the next Sunday.

Safely back home, I decided to make Baklava and Spinach Pie for everyone.

Recipes	Standard recipes on Filo Pastry Box.
---------	--------------------------------------

3/. Spaghetti Amatriciana

Vincent was my number one mentor for pathology, and it was a pleasure to go and work in his department as part of my attempts to hurdle the specialist exams. He lived with a relative who kept house for him at King's Cross in Sydney and he entertained guests in the evening very frequently. He would make you feel welcome, give you something tantalising to drink, and involve you in lively conversation as he prepared the meal. Then we would go to the dinner table for food and wine and more conversation. After dinner he would play the piano (it was one of his career choices), while you relaxed with more after dinner offerings. Terry (I think that was his name) would clear the dishes, etc.

That night Vincent cooked Spaghetti Amatriciana and told us of how he had been taught by an Italian Mama whilst staying with a family in Italy. I had brought a bottle of Saltram's Metala Claret, which he looked at and said, 'This is a famous wine, what shall we contrast it with?' I had asked my brother-in-law for advice on what wine to take to a wine buff, and was way out of my depth.

Recipe Lightly fry 300gms diced bacon. Keep separate.

 Lightly fry 300gms diced cabana or more spicy processed meat.

 Add 800gms of peeled tomatoes, and the bacon, and simmer until the consistency seems good.

 Serve on your favouite pasta.

Recommended Wine

 Saltram's Metala Claret.

4/. Honey Crackles

As a preschooler I was invited to a birthday party soon after I met my lifelong friend John. His home became one I frequented often, and on this occasion it was his birthday party. Apparently I spotted a plate of honey crackles in the dining room before the feasting started, sat down in a corner, and scoffed the lot.

I don't remember the occasion, but it is true that I love honey crackles.

Recipe Standard recipe on the cornflakes package.

5/. Lamb Shanks

Beres kept us all in order at the Cairns Coral Coasters Barbershoppers in Cairns. Whilst visiting Beres and Pat recently, I said that the next thing I wanted to add to my repertoire, was lamb shanks.

Here is Pat's recipe which has been acclaimed in two attempts so far.

Recipe Coat 1.3kg of lambshanks with 2 tab. or more of Moroccan Spice.
 Cover, and refrigerate for at least 2 hours.

 Fry lamb shanks in oil in a fry pan until brown. Place in casserole dish.

 Dice a medium onion and a medium carrot with a clove of garlic and fry
 in same fry pan until onion is brown.

 Add 400 gms of crushed tomatoes and 400 gms of drained butterbeans.

 Add 1 tbsp honey, 1/4 cup of dry white wine, and 1 cup of chichen stock.
 Bring to boil and add to lamb shanks in casserole dish.

 Bake covered in medium oven for 2 hours or until lamb is tender.

 Spread 1 tbspn chopped oregano on the surface and bake for a further
 15 minutes.

 Serve with boiled small potatoes with mint dressing, or on base
 of mashed potato, with salad.

6/ Bread and Dripping

It would be nice to bring this one out for nostalgic reasons. Mother would cook a roast and keep the dripping in a bowl. At the bottom of the dripping, once it is cold, is this layer of gravy, sought after by all of us kids, and especially good thickly spread on fresh bread.

Recipe Enjoy your roast

Put aside the 'drainings' into a small bowl.

Hide, so that no-one else gets there first.

Buy your favourite bread absolutely fresh.

Spread thickly and taste till all gone.

7/ Mulled Claret.

As secretary of the monthly business meeting (AMA Tasmania), we had a problem encouraging people to attend. It was then that I started making Mulled Claret, and advertised 'today's special' on the Monthly Agenda posted to all members. I did not mind people coming for the wrong reason.

Mulled Claret has to be the cheapest alcoholic drink available. A five litre cask of Soft Dry Red in 2005 then cost less than \$10.00, and you dilute it with water!

Recipe Mix equal quantities of Ground Ginger, Nutmeg, Cloves, and Cinnamon together with an equal quantity (or more according to taste) of brown sugar.

Pour boiling water on to the mix in a coffee percolater, approximately one cup per tablespoon of mix. Allow to stand.

When cool or warm, mix with equal parts of red wine, in a Suitable drinking chalice.

Warm in the microwave to drinking temperature.

8/ Smoked Salmon with capers on toast

This one reminds me of our last night in Perugia in Italy after our beginners course in Italian at the Università per Stranieri. We went to an upmarket restaurant overlooking the valley towards Assisi. I was impressed how a favourite taste can be prepared so simply, and how romantic the atmosphere, after a period of hard work in a different place and time.

Recipe Thin, lightly toasted grainy bread, with generous helping of smoked Salmon, topped with capers.

9/. Potato and Anchovy pie.

She was a striking 'Servas' Scandinavian traveller who came to stay with us for the 'normal' two night period, but stayed longer. She arrived with head shaven, and was a large frame lady, who said. 'I never have trouble with men who offer me a lift when I am hitch-hiking.'

I do love her potato pie.

Recipe	Ingredients
	Chip size pieces of potato (could be preheated in the microwave).
	Sour cream.
	Lightly fried onions.
	Strips of anchovies.
	Grated cheese.
	Layer sequentially, potatoes, sour cream, anchovies, and onions in a flat baking dish.
	Coat with grated cheese, cover with alfoil, and bake long at low to medium heat for an hour or more.
	Remove alfoil to brown the cheese just before serving.

10/. Anchovies on avocado on toast.

When staying away from home and feeding myself, I sometimes try to get over my insatiable appetite for anchovies. I buy a large pot and have anchovies for breakfast, lunch, and dinner. I am reminded of the opening of Shakespeare's Twelfth Night, 'If music be the food of love, play on, give me excess of it, that surfeiting, the appetite may sicken and so die'. It didn't work. I still buy large pots, and this has led to taking anchovy and avocado on toast, whenever I need 'to bring a plate'.

Recipe	Ingredients
	Cape Seed or Gluten-free Bread thickly sliced, lightly toasted.
	Spread toast with mashed avocado mixed with a little lemon juice.
	Trim crusts from toast and cut into bite sized pieces.
	Place a portion of anchovy (approx 1x1 cm) on each piece of toast.
	Arrange in a suitable plate.

11/. Moonie Toast

This is in remembrance of all those breakfast engagements when there was no time left to go out to dinner, prior to departing for a new location. Peter Moonie and his lady entertained us with this one which we have adopted.

Recipe Favourite toast buttered.

 Slice fresh tomatoes and put on toast.

 Sprinkle with garlic salt.

 Cut into triangles or squares and eat.

12/.Diced orange and date salad with coconut.

Dorothea, my mother-in-law, would make us diced orange (1cm cubes) coated with coconut and served with cream. I could not work out why diced orange tasted so much better than orange. My children poured scorn on my suggestion that dicing the oranges split the disaccharides.

I later tried it with the addition of small pieces of dry (not mushy) dates. With shredded coconut on top it is a marvellous combination.

Whilst working temporarily in Alice Springs, there was a work party where someone anxious to show off his command of Spanish suggested that we have a Mexican Dinner Party. Being at a loss at what I could prepare I said I would bring a Mexican dessert. So after finding a Spanish speaking person, I labelled it, "La naranja y fecha ensalada", and took it along.

Recipe Dice half a dozen oranges (1 cm cubes)

 Cut 200gms of dry dates into small pieces. Mix together.

 Take coconut with you to add just before serving.

 Have a jug of cream for people to help themselves.

CHUCK'S PARTY

Chuck's party is one of three stories that stand out in my memory from being involved in HIV/AIDS education work in Tasmania. The documentary video showed a grand Gay party and told Chuck's story; of being Gay, having to leave home, and making a career for himself in the entertainment industry. After finding that he had AIDS, and knowing he had little time to live, he decided to have his wake before he died. The documentary showed an extraordinary lineup of Gay entertainers, who performed and told stories about Chuck in a 'This is your life' style.

His parents came too and the party was the time of family re-union, an end to the estrangement from his parents, that had lasted since his late teens.

The two other stories that I cannot forget are, first, the AIDS Orphan generation in Africa where grandmothers look after a lot of grandchildren whose parents have died of AIDS; and second, of an Ugandan Pop Singer who, thin as a rake from AIDS, held a concert and sang to thousands of people in his home town, in aid of AIDS prevention, at a time when community awareness was minimal.

The reason I tell you about Chuck's party, is, of course, to suggest the idea of a wake before one dies.

Perhaps I need to run family training courses for the recipes.

David Evans

PO Box 181
Glen Osmond
South Australia. Australia 5064

February 2006