

Dish for a

celebration

Summer is a time for celebration, and for Amo Alsheen and her family a favourite celebratory dish is traditional stuffed vegetables.



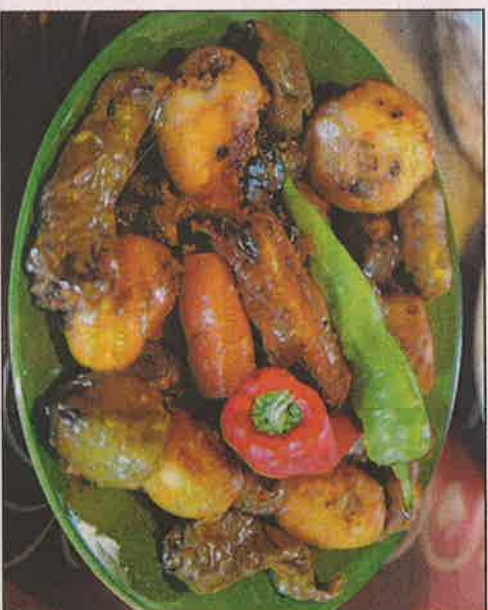
Sudanese couple Amo Alsheen and Atfaki Gannell with their traditional stuffed vegetables dish.

SINCE Claymore woman Amo Alsheen was 15 and living with her family in Sudan, stuffed vegetables were on the table for the family to enjoy.

The healthy and flavoursome dish was a traditional Sudanese recipe she learnt how to cook from her mother and sisters, and now it's become a family favourite for her husband Atfaki Gannell and their six children. Mr Gannell came to

Australia in 2005 and his family followed four years later, bringing along their favourite Sudanese recipes. Amo said it was a dish the family loved to eat at family and community celebrations, and a fantastic one for summer time.

The delicious dish takes three hours to cook and prepare but follows relatively easy steps and is easily adapted to suit individual tastes – almost any vegetable which can be



Stuffed vegetables with mince, onion and herbs are traditional, healthy and full of flavour.

Amo also adds a bowl of eggplant salad mixed with peanut butter, sesame seed paste, lemon and vinegar to the table. Amo and her family are part of Macarthur Diversity Service Initiative's family settlement projects, which helps migrant families to settle in Australia.

For more information, call Macarthur Diversity Service Initiative on 4627 1188.



**global
kitchen**

STUFFED VEGETABLES

INGREDIENTS

Beef mince
Onion
Carrot
Zucchini
Potato
Eggplant
Capsicum
Tomato
Dill
Ginger
Coriander
Parsley
Rice

METHOD

1. Place mince with dill and finely-cut onion, coriander, ginger and parsley into a hot saucepan with a little oil. Fry until cooked. Add a little salt while cooking.
2. Finely chop tomato and mix it with tomato paste. Boil rice in a saucepan until soft. Combine the meat mix with tomato and salsa and rice.
3. Wash the vegetables and peel those that need to be, such as the potatoes.
4. Puncture the middle of all the vegetables.
5. Fill the vegetables with the meat mix then lightly fry them in a pan with oil for 10 minutes.
6. Remove them and then slow cook the stuffed vegetables for 30 minutes in a pot with meat stock juice.