

# COOKING TO CONNECT

Everyone has a story to share.

# TEESHARA CHICKEN CURRY

## Ingredients

3 chillies roughly chopped (for an non spicy option, use red capsicum)  
1 onion  
4 cloves of garlic  
500g chicken thighs cut into small squares  
3 potatoes peeled & cut into 4 pieces  
1 1/2 tsp salt  
1 tsp chicken stock powder  
1 tbsp coriander chopped  
1 tsp paprika  
1 tsp tumeric powder  
1/2 cup vegetable oil  
1/2 L water (less if you want your curry to be thicker)

## Method

1. Peel and chop onion and garlic finely
2. Add onion, garlic and chilli to a morta and use a pestle to grind it iinto a paste
3. Heat a pot over medium heat and add oil to it
4. When the oil is hot, add the chilli paste and the salt, paprika, stock and tumeric powder. Stir until it turns golden brown and then add the chicken and turn heat up. Mix well and cook for a few minutes.
5. Add the potatoes and water and mix well
6. Cover and reduce heat. Simmer for 30 minutes and check if the potatoes are cooked. Return lid and simmer for a 10 more minutes if not cooked.
7. When potatoes are cooked through, add the coriander.
8. Taste it before serving. You may like more coriander or more salt to be added if that's how you like it.
9. Serve with rice and enjoy!

# OUR KATANNING RESIDENT BELLA TEESHARA

My name is Keh blut soe Teeshara but people call me Bella because my friends can't pronounce my name. I was born in Umphiun refugee camp on the Thai border to Myanmar. My whole family moved there because of the war and fighting in Myanmar. They came from Teeshara village in Myanmar. They fled to a refugee camp but the soldiers burnt it and they weren't safe there so moved to Umphiun. In 2007 my family moved to Perth. After 2 years we moved to Katanning because both my parents got jobs at WAMMCO.

We used to only have this meal for special occasions as meat was hard to get. My grandfather is a very good cook. He would wake early and cook for us. If he made this special meal, he would invite all the family - siblings and children to come and eat together.

We put our meal in the centre of a rug on the floor. Parents sat around in a circle and kids could eat outside if they wanted. My Mum would dish up the meal as she is the oldest child of my grandparents. My Grandfather would be served first and the older relatives. It was a special time. We had a lot of fun playing outside with all the cousins. The adults would enjoy their meal and when the meal was cleared away, then they would talk together.

Moving to Katanning was a hard adjustment for my family because it was so different to Myanmar. But once we connected with the community and learnt more about Katanning, we loved it here. I don't ever want to leave Katanning. We like the peace and quiet and being part of the Katanning community.

I like cooking but my family don't like my cooking! They are very good cooks. This is an easy Koren recipe that I cook and my family like it. I learned to cook this when I was little when I would watch my Mum cook all the time. I hope you enjoy this meal and it brings your family together for a special time.



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