

COOKING TO CONNECT

Everyone has a story to share.

FRIED BLACKBREAM AND STICKY RICE

Ingredients

1/2L vegetable oil

2 whole Blackbream fish (scaled and gutted, you can get it at the asian supermarket)

1/2 tsp salt

1/2 tsp tumeric powder

1/2 tsp chicken stock powder

1kg sticky rice (also called glutinous rice, available from the asian supermarket)

Method

1. Clean the blackbream and cut into strips. Wash strips in cold water.
2. Mix together salt, tumeric powder and chicken stock. Place fish in a large bowl and add the powder mix to it. Mix well with hands wearing food handling gloves. Leave it to marinade for 5 minutes.
3. Heat oil in a big deep frying pan until very hot. The oil needs to be deep enough to cover the fish. Fry the marinated fish until golden brown.
4. Serve with sticky rice and enjoy!

To make sticky rice

1. Place rice in a bowl and cover with water. Leave to soak overnight or for 4-5 hours
2. Strain rice and place into a steamer. Make sure the water in the pot does not touch the rice in the steamer. Cover with a lid and once the water comes to the boil, steam for 15-20 minutes on medium heat.
3. Test to see if rice is soft and fluffy. If it's still a bit crunchy, steam for a few more minutes.

OUR KATANNING RESIDENT DAN NAN WIN

My name is Dan Nan Win, I was born in Tee Sher Kwee in Myanmar. I left my village when I was 15 years old in 2007. My cousin was already in a refugee camp in Thailand and I went to live with her. Some people from the refugee camp came back to our village to see their family and I went with them in a car with one bag of clothes. I wanted to go to school and get an education. My mother agreed to let me go. We had 8 children in our family and could not afford to send us all to school. The refugee camp had a free school supported by the UN. I did my teacher assistant training and started working at school in the refugee camp when I was 20.

In 2016 I came to Australia with my husband and 2 children because the UN granted us refugee status to come here. We lived in Perth for 3 years where we had our third baby. Then we moved to Katanning where my mother in law lived. I didn't like it when I first moved here because there are not many shops and it cost a lot to use any of the medical services as we were not Australian residents.

I made friends in the Karen community and life is easier and happier now. I am learning English at the CALD Read Write Now class and I enjoy it very much. I hope to improve my English and go to TAFE to get a qualification.

This recipe is a traditional Karen recipe my family would cook. I was going to do a catfish recipe but thought that might be a bit too different for our Australian friends! This is an easy recipe and very tasty. We would cook it outside in my village when it was a special occasion and we would all come together to eat. There were a lot of people so many fish had to be cooked to feed us all! It was a happy time when we would all be together to eat and play.

I love cooking this recipe and it makes me think of home and my family. I miss them very much and wish that I could see them again. I hope you love cooking this meal and eating it with your loved ones.