

Eating the City brings together many people from many cultures.

In doing so we honour the unique contribution each community makes to contemporary Melbourne and recognise in particular those community groups whose visibility in the city may not be high.

Eating the City symbolises the contribution made by all of us to our city - we are its culture and its foundation.

The construction of the edible city is playful, irreverent and complex - a work of art created by more than 300 people.

The sharing of food plays a central role for all the groups involved - a reminder of family and birth country, a spiritual ceremony, the means of social connection and sense of community - reminding us that food is essential for more than our physical survival.

Eating the City was conceived twelve months ago and over that time there have been many lively and inspiring meetings and workshops in kitchens and community centres across Melbourne. From the Arab Women's Group in Broadmeadows, the Pasifika Victoria community members in Naree Warren to Ozanam House in North Melbourne and the Country Women's Association in Toorak, people have discussed food, neighbourhoods, the city, their journeys... associations have been formed, cultures shared, new food tasted.

Welcome to Eating the City - enjoy!

We gratefully acknowledge the participating community and cultural groups who created the city.

Alevi Community Council  
Australia India Society of Victoria Inc.  
Australian Vietnamese Women's Welfare Association  
Boonerwung Elder Carolyn Briggs  
CPGA Centre for Philippine Concerns Australia  
The Country Women's Association of Victoria Inc.  
Crede Cafe (Urban Seed)  
EEAMA League of Greeks from Egypt and the Middle East  
Federation of Chinese Welfare Associations  
Hogar Espanol  
Horn of Africa Senior Women's Program  
Hume Arabic Women's Group  
Indian Senior Citizens Associations of Victoria  
Indonesian Society of Victoria Inc. Perwira  
Italian Senior Citizens Club at Merrilands  
METAC Melbourne East Timor Activity Centre  
Nase Zene Slavic Women's Group  
Ozanam House, St Vincent de Paul Aged Care and Community Services  
Regina Coeli Community Inc.  
Sangam Community Association Inc.  
Pasifika Victoria  
Torres Strait Islander Elder Ella Pitt  
United Somali Women's Group  
William Angliss TAFE. Gordon Talty and students of Certificate III in Hospitality (Commercial Cookery)

Thankyou to all the musicians, singers and dancers for providing cultural context for their community's food.

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Video - Kirsty Baird and Zoe Horsfall

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Cultivating Community  
Flaming Bull Restaurant  
Hotham Mission Asylum Seeker Project  
Indo-China Ethnic Chinese Association of Victoria  
Islamic Women's Welfare Council of Victoria Inc.  
Kensington Community Centre  
Kensington Elderly Indo-Chinese Women's Group  
Multicultural Arts Victoria  
North and West Melbourne Neighbourhood Centre  
South Pacific Foundation of Victoria  
Victorian Arabic Social Services  
Victorian Elderly Chinese Welfare Association  
Victoria Multi Ethnic Slavic Welfare Association  
Carmelina Di Guglielmo, Dur-e Dara, Amanda King, Dean Stewart, Mike Zafiroopoulos  
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#### A3 **INDONESIAN** Perwira - The Indonesian Society of Victoria Inc.

Food plays a significant role in the life of our community in a religious, spiritual and cultural way. Indonesia is an exotic nation offering beautiful landscapes, ancient cultures, a fascinating mixture of people and great local cuisines. The Indonesian cuisine is a rich and complex blend of many cultures reflecting the variety of islands across the Indonesian archipelago. Indonesian food has a distinctive taste and style of cooking with its wide selection of ingredients and spices. Some of the well known Indonesian dishes are gado-gado (vegetables with peanut sauce), nasi goreng (fried rice), sambals (spice relishes), sate (grilled skewers of meat served with peanut sauce) and soto (soup). For the ordinary people, a meal usually includes soup, salad and main dishes; this is always accompanied by one or two sambals. In Indonesia, you can find that there is great cultural and religious life attached to food and eating. The Balinese, for instance, have acknowledged food as one of the basic spiritual offerings. The temple offerings are created with the stacked pyramids of fruits and other beautifully decorated foods, and are full of art and the holiness and purity of ritual ceremony. Special ritual foods are prepared for ceremonies by family or community as each village or area has its own ritual cooking. Both food and music are a reflection of a strong sense of ethnicity and traditions found in Indonesia. We value unity and cooperation above all else although it is a country of more diversity than most others.



#### A4 **GREEK** E.E.A.M.A. - League of Greeks From Egypt and the Middle East

EEAMA was established in 1950 by a small number of newly arrived Greeks from Egypt. The organisation grew steadily to approximately 700 members with numbers still growing. Since the mid sixties we have been based in South Melbourne and the premises are open from Tuesday to Sunday for meals and light refreshments. Our activities include sport such as basketball, volleyball, table tennis and soccer, theatre and academic, social and educational lectures and seminars. In our community certain types of food are consumed at particular times such as Christmas, New Year and Easter. Special foods at Christmas are Kourabiedes a sugar cake and Finikia a biscuit variety. At New Year Lamb on a spit and at Easter time Magiritsa a soup, Koulourakia a variety of biscuit and coloured eggs. The above custom is adapted amongst our community. On Easter Saturday after the midnight church service we crack the coloured eggs with our family members and friends for Jesus' resurrection. Later that night we celebrate with the Magiritsa soup at home with our family. It is also common for our elderly to fast from certain types of food (such as meat and dairy products) for forty days before Easter. The younger generation chooses just to fast the week before Easter. The above customs we try to pass from generation to generation.



#### A5 **CREDO CAFE**

"Credo Community" - a term used to describe those who gather around Credo Cafe, including those from the city's street culture, the residential community, volunteers, friends and staff, all who regularly come to lunch. The name is derived from Credo Cafe, the venue for Urban Seed's open lunch program. Although an important by-product of the open lunch is meeting people's need for food, the primary aim of the open lunch is to share a meal and to build meaningful relationships and sense of community with those at society's margins. From these relationships, we hope to see healing in peoples lives through community connectedness, access to appropriate treatment services, and long term support.



#### B1 **ITALIAN** Italian Senior Citizens Club at the Merrilands Community Centre

Melbourne's Italians are proud to be involved in "Eating The City" - a visual expression of Melbourne's cultural diversity. It is symbolic - cultures sit alongside each other - creating a rich Melbourne Cityscape. Buon appetito, an expression that was always uttered at our dinner table before tucking into a hearty, home cooked, taste filled meal that my Mamma had prepared with often homemade and Papa's home-grown ingredients, as we got older we sampled Papa's homemade vino with the meal. Literally meaning good appetite, it is really an expression that encourages you to eat with an appreciative appetite, with gusto and passion. Almost the way you would appreciate a work of Art. My Mamma's cooking like my Papa's vegetable garden are works of Art. In the traditions of agrarian cultures, art and work have always been intricately mixed. The artistry of food preparation, gardening, sewing, embroidery, even concrete making are intrinsically linked to a work ethos, so at the basis of the Art is a practical use. Italian food in Australia has made the evolutionary journey from being ridiculed, regarded as strange, to total embrace and gourmetification. Those frittata filled vienna bread sandwiches that we took to school in the 60's, that made us feel different and embarrassed are now marketed as gourmet food. These wonderful cooks from the Italian Senior Citizens Group of the Merrilands Community Centre in the City of Darebin have maintained their artistic practice of "cibo alla casalinga", (home cooking). The food is flavoursome, healthy, cooked with passion, dedication and in abundance. Buon Appetito - Grazie Altre Tanto!



#### B2 **INDIAN** Associations of India

Associations of India namely Indian Senior Citizens Associations of Victoria have joined hands to take up the challenge and join with City of Melbourne for the first time to present Indian Cuisine in the Multicultural event, Eating the City. The heart of Indian cuisine is a blend of masalas, a combination of spices, herbs and nuts which gives each dish its individuality. The foods grown in the state, the climatic conditions, customs and traditions and the religious beliefs dictate the cuisine of each state. In all Indian festivals namely Diwali, Holi, Eid and so on, various foods and fruit are used in "offerings" made to deities and then served to people as prashad, a form of blessing from God. During weddings, receptions and party's special and most exotic dishes are prepared and served with pomp and pride to guests. It is the focal point of socialising and belonging. Food is distributed by families to poor people in memory of family members who have passed on. Food and sweets are distributed by affluent members of the society to homes and schools on birthdays of their family members. Food has always been a very important part of community and family life. Northern states of India enjoy a Mughlai touch in the cooking. Spices such as cardamoms, cloves, cinnamon sticks, saffron and the like are used to prepare rich and flavourous dishes served with Indian breads. Punjabis boast a vegetarian combination of sarso da saag aur makki di roti. Hilsa fish is the delight of West Bengal. The central state of Orissa uses less spice and sea food is very popular. In the North East of India Ultra Pradesh boasts flavourful, delicate cuisine fit for royalty. The Awadi cuisine is famous and is a feast fit for Nawabs. Some special dishes are kababs and biryanis. Most Southern states along the coast of India feature spicy foods, a little on the sour side and the gravies tend to be watery. Coconut and curry leaves are commonly used. Rice is the staple food.

#### Artist Statement Alicia Rios

On Saturday 3rd of April 2004 at 12 pm at Birrarung Marr the world premiere will take place of a ceremony of "urbanphagy": eating the city. Together we will collectively devour the city, satisfying our sensory and intellectual curiosity. This is something that I believe could only happen in Melbourne!

The nature of the site for the celebration allows us to understand its complexity. By the Yarra River - as old as the earth and protected by the shape of Federation Square, a 21st century castle, as functional, modern and provocative as a thoughtful piece of architecture can be - thirty five communities will gather, dance, play music and offer their foods, for free to all who come along. After an intense year of creativity, planning and productive interaction the project comes to fruition.

It has been conceived as an edible trompe l'oeil: nothing is what it seems to be. At first sight it is Melbourne in 3 D, featuring its urban structure and all of the most iconic and pivotal elements of this lively and beautiful city. All of a sudden we discover that although it is a real model of the city it is also edible!

Another dimension of this event is the opportunity to realise one's dream or desire to eat a particular building: a collective catharsis of urbanphagy.

Indulge yourselves in eating the Immigration Museum, the Melbourne Town Hall, State Library, St. Paul's Cathedral or just your fantasised piece of Federation Square.

And, last but not least, the menu is complex and delicious, reflecting the sensory and emotional traditions the participating communities have put into the delectable food - cooked by them for you.



#### A1 **OZANAM HOUSE**

Ozanam House & Ozanam Community Centre, located in North Melbourne, are part of St Vincent de Paul's Aged Care & Community Services. Together we provide a range of accommodation, support and assistance to homeless and marginalised men and women.

The role of food in the context of this support is hugely significant. Those who use our services may be entirely without shelter, or living in situations with inadequate facilities for cooking, and have little money for food after paying rent and bills.

Together Ozanam House & Community Centre provide 1750 meals per week. Those who are homeless and marginalised often have chronic health problems and poor nutrition. Whilst food is essential for health and survival, sharing a meal also plays a vital role in facilitating social connection and a sense of community. Our meal service is generously supported by organisations and individuals who donate food products and volunteer their time. Many anonymous donors and key organisations and businesses such as One Umbrella, Tip Top Bakeries, Caulfield Racecourse, Food Bank Victoria, and St Vincent's Private Hospital, provide an essential supplement to our resources.

More than 250 active volunteers regularly assist with the meals service. It is a wonderful opportunity for an organisation such as ours to participate in this celebration of food, and acknowledge the work of the many charities and organisations who feed thousands of disadvantaged people everyday in Melbourne.



#### A2 **ARABIC** The Hume Arabic Women's Group

The Hume Arabic Women's Support Group is for newly Arrived Arabic migrants and refugees. The Group provides information and support, help with settlement needs and improves its member's knowledge of the services available to them. The group's activities include social outings, recreational and educational activities.

Arabs are a cultural group defined by a common language which is the Arabic language and common cultural heritage. Main countries of origin of Arabs in Australia are Lebanon, Egypt, Syria, Iraq, Jordan and Palestine, with small numbers from the Arabic-speaking countries of Northern Africa - Sudan, Somalia Eritrea and from the Arabian Peninsula. Arabic is the fifth community language spoken in Melbourne. The largest birthplaces of Arabic speakers are Australian born (41.7 per cent), Lebanon (30.9 per cent), Egypt (7.5 per cent) and Iraq (5.2 per cent). The Victorian Arabic Social Services (VASS) is a service provider, a first point of contact for the Arabic community seeking advice, referral and assistance especially in crisis situations.

Kerala is heralded as the spice city of India. Andhra Pradesh slips into Muslim influence and the regal dishes are exquisite.

In Goa, a coastal city, fish and sausages feature heavily in the cooking. Goan dishes are usually very hot and spicy.



### B3 REGINA COELI

Regina Coeli Community in North Melbourne is a residential rehabilitation program for homeless women. There are places for 15 women. Regina Coeli has a number of Outreach clients as well. The service is one part of a larger group of service providers, called Shekinah.

Regina Coeli Community provides the women with all meals, private room accommodation and a home like environment where each woman can recover sufficiently to be able to start living independently again.

Regina Coeli employs a fully qualified chef, who prepares evening meals, which are eaten together in the home's dining room. Lunch is also a shared meal. Eating together, in community, provides an opportunity for stories to be shared and friendships to be formed. For some of the women, these friendships become so strong that they are thought of as family relationships. The friendship bonds between women are supportive and readily given.

Eating together takes on a special meaning at the end of each month, when birthdays falling in that month are celebrated. The women take great pleasure in forming a committee to organise all aspects of the evening, from a colour scheme to the table decorations. Speeches are made and presents given from the community to each woman. Birthday night is also an evening when the chef prepares a special meal for everyone to enjoy. A special meal brings special enjoyment.

The "Eating The City" art program is an opportunity for the residents to consider the role which food plays in their lives and in the life of our Community and to give their responses creative expression.



### B4 EAST TIMORESE East Timorese community

In 1975 when the first lot of East Timorese set foot in Melbourne they found themselves confused and lost in this big beautiful city. The weather was so different-dry and cold compared to their homeland where it was hot and humid all year round. The Timorese could not speak or understand the language and the food was nothing like Timorese food.

In East Timor rice is the main source of food and is served with every dish. The Timorese could not understand why the people of Melbourne did not eat enough rice.

In East Timor there is the tradition where at social gatherings the host always invites the guest to eat first. In Melbourne the casual laidback attitude of the people came across as rude because the guests were not invited to eat first. In East Timor food plays a very important role in the culture. It is always at the centre of sharing and making sure that people feel welcome.

Today according to the government statistics there are just over 5000 East Timorese living here in Melbourne.

After 1999 the Melbourne East Timorese community was left in a limbo due to the number of people returning to help with the rebuilding of East Timor.

Now that many of the East Timorese asylum seekers in Melbourne are finally being granted permanent residency they are at last feeling truly welcome in Australia. In celebration the East Timorese community now invites their Australian friends and asylum seekers from different countries to share in Welcome Dinners hosted by members of the Australian East Timorese community in Richmond.



### B5 FILIPINO Centre for Philippine Concerns Australia (CPCA)

Centre for Philippine Concerns Australia (CPCA) is dedicated to servicing the Filipino community in Australia. Since it's inception in 1990, the CPCA has come a long way in advocacy campaigns around issues that concern Filipino migrants. On a lighter side, CPCA involves itself in activities that promote the Philippine culture and heritage.

Modern day Filipino food is a collage of flavours, a unique blending of Eastern and Western cuisine. The Malays who came to the Philippines long before the Spaniards introduced the use of spices and herbs in cooking. Three centuries under Spanish rule have left an indelible mark in Filipino food preparation and to this day numerous recipes still carry Spanish names ("leche flan", "lengua estofado", "maja blanca", etc). Trying something new reflects the adventurous side of Filipino and when matched by an ingenuity to modify recipes to suit the "palates and pockets" an exotic Filipino version of Malay, Chinese, Spanish, American and Japanese cuisine evolves. For example, Beef Steak introduced by the Americans has evolved in "Bistek Pilipino" which consists of thin slices of beef marinated in soy sauce and "calamansi" (cumquat) then sautéed in garlic and onion. Definitely richer in flavour and tastier!

The diversity of weather and climate conditions in Australia equates to the availability of a wide range of tropical fruits, vegetables, root crops, and cereals in markets and shops. Hence, Filipinos in Australia can still prepare their favourite foods with great ease without missing or substituting an ingredient. To a certain extent food becomes a vehicle by which new migrants are able to easily adjust and embrace Australia as their new homeland.



### C1 SPANISH Hogar Espanol

Food and drink is what Spaniards are about. The nation thrives on food, drink, flamenco and tradition. Social gatherings are always accompanied by tapas; this is a typical finger food feast that in many ways brings people together whether it be for a social event, conference, brunch or general gathering of any sort.

The Spaniards see food as an important part of communication, that is that the family has always gathered for the main meals of the day. Families take the opportunity to discuss their day, be it at work, school, home or just the events of the day.

In Spain you will still find that many women do their grocery shopping on a daily basis in comparison to us who will shop on one day of the week for the entire week ahead.

Tradition with the celebration of food plays a big part in the Spanish culture. This stems from many generations ago where women would make a variety of foods for a particular meal of the day rather than just one or two different foods. This is where the Spanish cuisine diversifies so greatly.

As in any other culture around the world, Spain has their traditional food that we are known for, egg paella, tortilla, chorizo, cocido, callos and many, many more. Some of the foods may vary in technique or ingredients as per the region of Spain you may come from, but apart from that the most essential part of food for Spaniards is the celebration of having a good time, being with family and most importantly the well being to be able to savour the joys that food brings.



### C2 CHINESE Federation of Chinese Association (Vic) Social Welfare Centre

According to the 2001 Census there are 113,205 Chinese speaking migrants residing in Victoria, 36,786 are from Mainland China. In recent years, more Chinese migrants have moved to the city centre and there are 6043 Chinese speaking migrants living in the City of Melbourne. Most China born migrants migrated to Australia through the mid 80's with the majority being students in Australia.

From the 90's under the family migration scheme many family members came to Australia to reunite with their loved ones. During the past few years, a large number of young migrants came to Australia under the skilled migrant category with English language skills and qualifications. China born migrants mainly came from big cities, such as Beijing, Shanghai, Guangzhou and other provinces. As a nation China has 56 ethnic groups with over 100 dialects spoken. About 90% of Chinese are "Han" and the official language is Mandarin. Chinese tend to eat rice every day especially in the South with people living in the north eating steamed buns most of the time. For Chinese New Year, people in North China like to have dumplings and people in the South like to eat rice cakes. Dumpling symbolizes the whole family together, rice cakes meaning raising your luck in the coming year.

Chinese migrants visit their homeland often and keep to traditional dishes, such as "Yumcha", "Peking Duck" and different varieties of dumplings. Foods at Eating the City are: "Zong" - stick rice wrapped in bamboo leaves, Dumpling with chicken and vegetable, Sweets with red and green bean paste, Prawn crackers, Steamed cake with fruits, egg and bean curd, Spring Rolls - vegetarian and Rice cakes.



### C3 SLAVIC Nase Zene

Nase Zene (Our Women) is a multi ethnic group of women formed from 13 countries. These women, whose heritage stems from the former Yugoslavia, include: Serbia, Croatia, Bosnia, Macedonia, Slovenia, Ukraine, Hungary, Romania, Czech Republic, Poland, Russia and Germany.

These women united over twenty years ago to form the organization "Nase Zene" - formally known as the Australian Yugoslav Welfare Society. The women of our group gather fortnightly and communicate in one united language, which they all understand.

Nase Zene offers many women the opportunity to gather with friends and fill their needs of friendship and companionship - especially in the case of our members who are widows, or single and living alone. Nase Zene meets at the North Melbourne Town Hall every alternate Thursday and opens their doors and hearts to new members and friends.

Slavic menus generally are all very similar. The food we cook is very healthy and nutritious, without added unnatural preservatives. Our savory menu includes Sarma - cabbage rolls, Cevapcici - spicy minced meat sausage, Pijesakavica - spicy minced meat burgers, Goulash, Schnitzel, Mousaka and a variety of pickled vegetables, salads.

The cultures and traditions of Slavic women whilst very similar can be so different as you move even from village to village within the same city and country. Nase Zene respect the differences of each other's traditions, cultures and religions and will often seek to learn from each other different crafts, cooking and language which further allows us to be united.

Sharing our knowledge and skills not only keeps us and our individual nationalities alive, but also strengthens our unity. Our Women - Nase Zene.



### C4 CWA The Country Women's Association of Victoria Inc.

The Country Women's Association of Victoria provides a network and a space for women to connect, communicate and work together in friendship for their families and communities. Getting the job done and being in touch with real people, real lives and real attitudes.

Traditionally and culturally the offering of food is and has been seen as important in sharing hospitality - something country people pride themselves on. There is an honesty in preparing ones nourishment from basics - home grown or produced ingredients, the simplicity and integrity of food fresh from nature is part of the character of the community.

Food is also seen as a nurturing element essential to the make up of women to provide for their families and pride has always been gained from her skill, astuteness, and economy in providing for family with their means.

Food is used to celebrate life's milestones and rites of passage from grand occasions to sad ones. It is also seen as a tool to enable communication around the table, over a "friendly cuppa", a chat with a friend and a shoulder to lean on. The occasions that food enhances are the precious spirit filled times rather than any specific food.



### C5 SOUTH PACIFIC NATIONS Pasifika Victoria

The term "South Pacific" encompasses people from various Pasifika nations surrounded by the vast Pacific Ocean. The Pasifika people are an emerging and rapidly growing community now residing in the state of Victoria...Pasifika Victoria. These nations/peoples include Aotearoa New Zealand, Samoa, Tonga, Solomon Islands, Fiji, Cook Islands, Niue, Vanuatu, Tuvalu, Nauru, Kiribati, Norfolk Island, Papua New Guinea and a number of other nations.

Food plays a vital role in the South Pacific - from the celebration of birth, to the inclusion of all the different rites of passages, including the celebration of life at funerals. Food availability varies slightly due to environmental factors, but has commonality when it comes to food preparation and essential dietary products such as taro, yam, sweet potato, cassava (tubers), breadfruit, and the succulent seafood products. Pacific people also enjoy the large range of scrumptious tropical fruits such as bananas, pawpaw, mango, guava, pineapple, watermelon, and coconuts, as well as the diversity of nut products that enhances our stable diet.

Most Pacific groups share a traditional cooking method, the earth oven (where food is cooked on hot stones covered with earth), with the exception of the Samoans who use the same concept, but above ground. This traditional cooking method continues to be used overseas during special community festivals and celebrations.

Food preparation and presentation are of immense significance throughout the South Pacific. Its importance underlies socio-economic organisation, interpersonal and intergroup relations, and much artistic expression. Indeed for every social gathering and ceremonial activity, the giving and receiving of food, the very best that can be afforded, is of crucial importance.



### D2 VIETNAMESE The Australian Vietnamese Women's Welfare Association

The Australian Vietnamese Women's Welfare Association has been established and functioned as such, looking after Vietnamese people Victoria wide since 1983. The Association has hosted many services: employment and training, housing, health, gambling and drug counselling, family support services, prisoner support and services for the aged, recreation and sports and youth etc.

The Association has the pleasure to be invited by Melbourne City Council to contribute to this event: Eating the City.

Food is an important part of our life in Australia. We are migrants and refugees so food is the most tangible part of our emotional life. We always remember the family atmosphere at our old dinner table. We never forget the care and love of our grandmothers and mothers who cooked and fed us.

Traditionally food is part of our Tet Festival (New Year Day). Food is served on the anniversary of our grandparents' and parents' death. Particular dishes are cooked and served on the one-hundredth day after a baby was born in a family. Food has always played an important part in the celebrations of important festivities. We serve food to the departed souls of our loved ones and put special dishes on the altar of our ancestors in our home.

We usually have two types of food. There is food that we cook especially for festivities and food we eat at everyday meals. The dishes we serve you today are mainly sweets and cakes. They are food we can store, and keep in a refrigerator for at least two days. Our dishes are particularly difficult to prepare in advance. Our traditional cuisine requires fresh ingredients bought on the day and cooked then served hot. Technology has not been our friend for a long time. We preserve our food with salt, and dry fishes to save them and we have done the same with meat.

To conclude with, we have the pleasure to invite all of you present to taste and share with us our traditional dishes today.



### D3 TURKISH Alevi Community in Australia

There are approximately twenty thousand Alevi people who live in Australia. The Alevi community is a diverse community in ethnicity and language.

Alevi community in Melbourne united during the 1990's to form the Alevi Community Council of Australia. The Alevi community has a CEM house (place of practice of beliefs) which is used for community education programs, cultural events, language school, recreational sport, funeral services and meetings.

Alevism as a system of beliefs and culture has its origins in the great migrations of Turkic tribes from central Asia to Anatolia in the 9th and 10th Centuries. The Alevi culture has been around for more than a thousand years. The Alevi philosophy is an unorthodox universal and mystical system with its faith, morally structure, love for God, mankind and nature.

The aim of the philosophy is to train people to be mature human beings who are full of virtue. Music plays a key role in Alevi belief, women and men have an equal status, regardless of ethnicity, religion, colour, gender all humans are equal - equality and fraternity.

Food is presented at most cultural events and occasions like birth, death, happy and sad events and is therefore a big part of our socializing and community life. The types of food differ from occasion to occasion. We have pilav and sacrificed meat on our spiritual days, this element is so very important that the event could not happen without it.

### D4 ABORIGINAL & TORRES STRAIT ISLANDER

#### Aboriginal

My name is Carolyn Briggs. I was born in Melbourne and I am from the Yullock Willum clan of the Boonerwung Language Group. This language group begins at the Werribee River and extends east to Wilson's Promontory. Our land is south of the river, we are a coastal people of Melbourne. My experience of food extends from the traditional methods of cooking bush food to the gourmet palate.

Until recently people did not understand or appreciate bush food. Today it has become popular and is incorporated into many dishes. We celebrate Indigenous food. I.e. native fruits, plants, herbs and animals from all around Australia. Food follows themes of the sky, sea, and land.

Traditional feasting would be an opportunity to tell of the days events through stories, song and dance. The sharing of food was important and the larger portions would be given to the significant members of the clan group. The women gathered the day to day subsistence food and the men hunted which would take days. The skill in hunting was to take on the spirit of the animal which they hunted; it is a relationship of mutual respect.

Indigenous communities foods are totems and some foods are to be avoided out of respect for the spirit and country that a person comes from. These totems are held very strong today.

The respect for the land and what it provides is important, you hunt, you dance you eat. You must get permission when you move through country and what is used or "taken" from the land in terms of food must be replaced in this relationship of reciprocity.

Food is a process of rituals and we emphasize eating well. Like all cultures food is an important part of our social and spiritual life.



#### Torres Strait Islander

My name is Ella Myra Pitt. I was born on Darnley Island (Erub) in a village called Faima. My father did not agree with some of the rules that the missionaries made on the island so they asked him to leave because he was a trouble maker. In 1937 our family moved to Thursday Island and in 1942 there

was an evacuation of Torres Strait Islanders coming down to Australia because of the bombing in Darwin and Thursday Island was next (to be bombed). So my father bought us down on the Luggar Boat Quita, it was one of several Luggar Boats that sailed down to Cairns to be sold by the owner Mr. Farquar. We sailed into Cairns about 9pm and to see so many bright lights and cars everyone was so quiet with shock with our eyes and mouths wide open. Then the next day we had to buy shoes and clothes and get to eat different food and wear the shoes! The family ended up in Mackay Queensland a town near the sea which we love (the sea). I am living now in Melbourne and I am a member of the Wongai Torres Strait Island Cultural Centre and I will be cooking up a mixture of island food and some dishes that were taught to us by the divers from different parts of the world who came to dive for pearls. Our cultural cooking is Kup Murri which we cook under the ground with hot stones and food wrapped in banana leaves. I will be cooking some of the island food in the saucepan!

We use a lot of coconut cream in most of our food so my first island dish will be Sabee Sabee Dom Boy, it is like dumplings made from plain flour, water, salt and coconut cream. The next is Sop Sop, the ingredients are yam, sweet potato, pumpkin, sugar banana, coconut cream and salt. Then the Chinese Chicken Macaroni but we don't use macaroni we use the white transparent vermicelli. One whole chicken cut in pieces, soya sauce, onion, garlic, ginger and peanut oil. Now for a hot dish called Blatchen. Chicken stock, giblets and hearts, onion, garlic, hot birds eye chillies, soya sauce and peanut oil. Next is raw fish called Numus, a dish of a firm textured fish, onion, salt and vinegar.

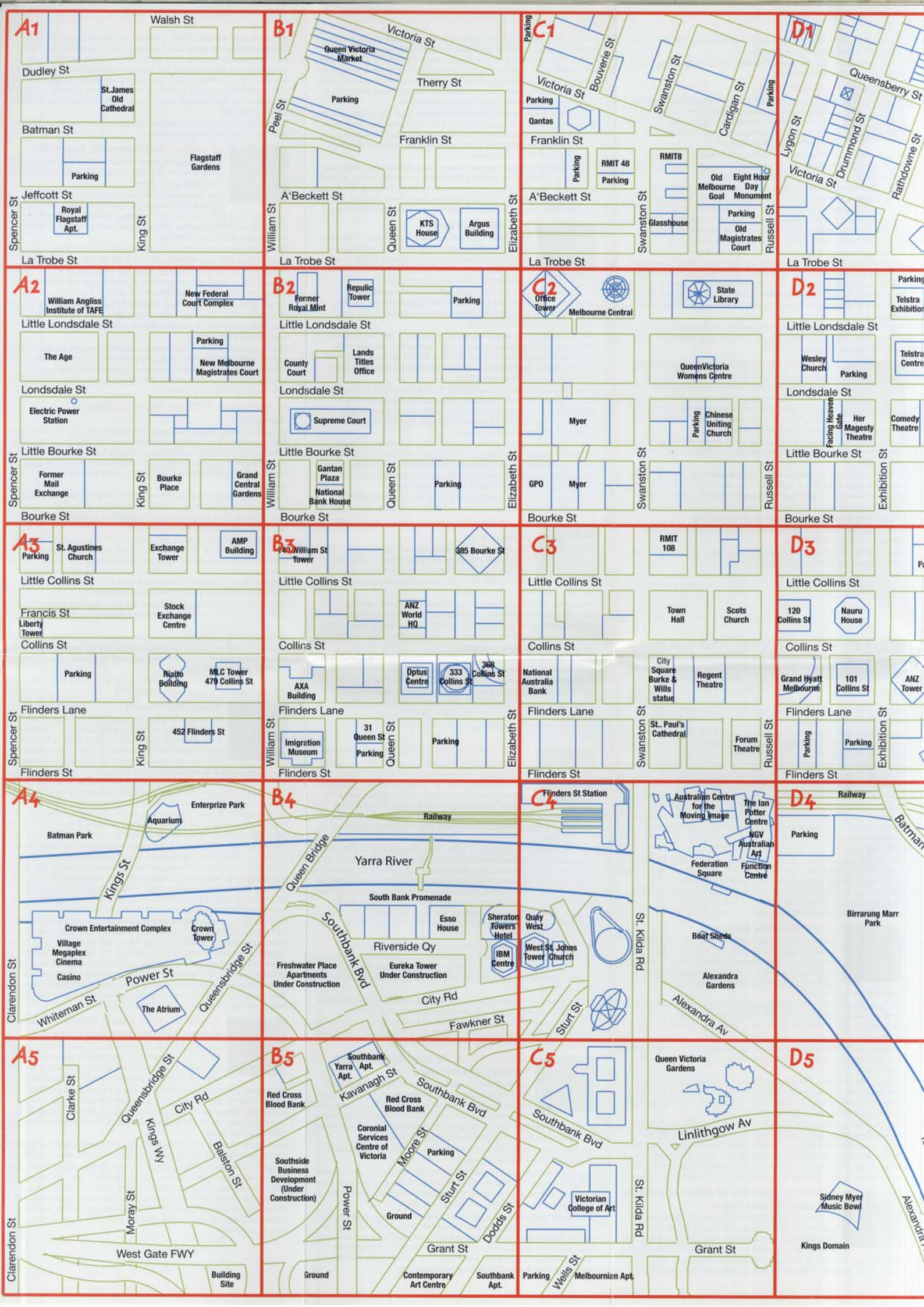


### D5 HORN OF AFRICA Horn of Africa Senior Women's Program and United Somali Women's Group

Over the past 14 years we have brought senior women from the Horn of Africa together to enjoy a range of activities. Our aim is to provide a safe and culturally sensitive environment for senior women from the various communities of the Horn of Africa.

Our program is funded by the Human Services and Home and Community Support Program. Our planned activities are held at the Kensington Recreational Centre every Thursday. We provide opportunities to enjoy social, recreational, informative and educational activities. We have many outings, bus trips and annual camps.

We run craft, sewing, literacy classes, ESL and participate in various activities in the broader community such as exhibitions, festivals, women and refugee days. Our group represents the Horn of Africa countries Somalia, Sudan, Eritrea and Ethiopia. At all of our gatherings we cook our country's foods. There are many differences between the foods of the Horn of Africa but some similarities. For instance Ethiopia and Eritrea have a similar food called Zegne, onions and spices with red meat or chicken. Eritrea and Somalia eat Samosa, and Fatira, Eritrea and Sudan eat a dish called Mouloukea and Bamia. Ingera bread is a base for our meals.



**A1**

Walsh St

Dudley St

Batman St

Jeffcott St

La Trobe St

King St

St. James Old Cathedral

Parking

Royal Flagstaff Apt.

Flagstaff Gardens

**B1**

Victoria St

Therry St

Franklin St

A'Beckett St

La Trobe St

Peel St

William St

Queen St

Queen Victoria Market

Parking

KTS House

Argus Building

**C1**

Victoria St

Franklin St

A'Beckett St

La Trobe St

Bouverie St

Swanston St

Cardigan St

Parking

Qantas

RMIT 48

RMIT8

Glasshouse

Old Melbourne Goal Monument

Parking

Old Magistrates Court

**D1**

Lygon St

Victoria St

La Trobe St

Queensberry St

Drummond St

Rathdowne St

Parking

Telstra Exhibition

**A2**

Little Lonsdale St

Lonsdale St

Little Bourke St

Bourke St

King St

William Angliss Institute of TAFE

New Federal Court Complex

The Age

Electric Power Station

Former Mail Exchange

Bourke Place

Grand Central Gardens

Parking

New Melbourne Magistrates Court

**B2**

Little Lonsdale St

Lonsdale St

Little Bourke St

Bourke St

William St

Queen St

Former Royal Mint

Repubic Tower

County Court

Lands Titles Office

Supreme Court

Gantian Plaza

National Bank House

Parking

**C2**

Little Lonsdale St

Lonsdale St

Little Bourke St

Bourke St

Elizabeth St

Swanston St

Office Tower

Melbourne Central

State Library

Queen Victoria Womens Centre

Myer

GPO

Myer

Parking

Chinese Uniting Church

**D2**

Little Lonsdale St

Lonsdale St

Little Bourke St

Bourke St

Russell St

Exhibition St

Wesley Church

Her Majesty Theatre

Comedy Theatre

Telstra Centre

**A3**

Little Collins St

Collins St

Flinders Lane

Flinders St

King St

St. Agustines Church

Exchange Tower

AMP Building

Stock Exchange Centre

Parking

Rialto Building

MLC Tower 479 Collins St

452 Flinders St

**B3**

Little Collins St

Collins St

Flinders Lane

Flinders St

William St

Queen St

40 William St Tower

385 Bourke St

ANZ World HQ

AXA Building

Dptus Centre

333 Collins St

368 Collins St

31 Queen St

Immigration Museum

Parking

**C3**

Little Collins St

Collins St

Flinders Lane

Flinders St

Elizabeth St

Swanston St

RMIT 108

Town Hall

Scots Church

National Australia Bank

City Square Burke & Wills statue

Regent Theatre

St. Paul's Cathedral

Forum Theatre

**D3**

Little Collins St

Collins St

Flinders Lane

Flinders St

Russell St

Exhibition St

120 Collins St

Nauru House

Grand Hyatt Melbourne

101 Collins St

ANZ Tower

**A4**

Batman Park

Whiteman St

Power St

Clarendon St

Enterprize Park

Aquarium

Queen's Bridge

Yarra River

Southbank Promenade

Crown Entertainment Complex

Village Megaplex Cinema

Casino

The Atrium

Southbank Bvd

City Rd

Fawkner St

**B4**

Southbank Bvd

City Rd

Fawkner St

Sturt St

Queen's Bridge

Yarra River

Southbank Promenade

Freshwater Place Apartments Under Construction

Eureka Tower Under Construction

Esso House

Sheraton Towers Hotel

Quay West

West St. Johns Church

IBM Centre

**C4**

Flinders St Station

St. Kilda Rd

Sturt St

Australian Centre for the Moving Image

The Ian Potter Centre

NGV Australian Art

Federation Square

Function Centre

Bear Sheds

Alexandra Gardens

**D4**

Batman St

Birrarung Marr Park

Alexandra Av

Parking

Railway

**A5**

City Rd

West Gate FWY

Clarendon St

Queen's Bridge St

King's Wy

Moray St

Balston St

Building Site

**B5**

City Rd

Southbank Bvd

Grant St

Contemporary Art Centre

Southbank Apt.

Yarra Apt.

Kavanagh St

Red Cross Blood Bank

Coronial Services Centre of Victoria

Southside Business Development (Under Construction)

Power St

Moore St

Sturt St

Dodd's St

Grant St

Southbank Apt.

**C5**

Southbank Bvd

Wells St

Grant St

St. Kilda Rd

Victorian College of Art

Melbournian Apt.

Queen Victoria Gardens

**D5**

Grant St

Kings Domain

Sidney Myer Music Bowl

Linlithgow Av



# Legend

## Staples

- bread
- legumes
- potato
- rice
- tubers

## Vegetables

- broccoli
- carrot
- corn
- eggplant
- green leaves
- tomato

## Meat

- chicken
- emu
- lamb
- pork
- veal

## Fish & seafood

- fish
- octopus
- prawn

## Eggs

- eggs

## Dairy Products

- cheese
- yogurt

## Seasonings

- hot spices
- flavourings

## Fruits

- apple
- banana
- coconut
- mango
- pineapple
- watermelon

## Desserts

- sweets

## Service

- dishes, glasses

Due to health regulations you are not permitted to take food away from this event

## A1 Ozanam House



## A2 Arabic



## A3 Indonesian



## A4 Greek



## A5 Credo Cafe



## B1 Italian



## B2 Indian



## B3 Regina Coeli



## B4 East Timorese



## B5 Filipino



## C1 Spanish



## C2 Chinese



## C3 Slavic



## C4 Country Women's Association



## C5 South Pacific Nations



## D1 Service Table



## D2 Vietnamese



## D3 Turkish



## D4 Aboriginal and Torres Strait Islanders



## D5 Horn of Africa



melbourne



Angliss  
WILLIAM  
ANGLISS  
HOSPITAL

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9280 0727 English  
9280 0726 All other languages  
9280 0725 Viet Ngã  
9280 0724 Turke  
9280 0723 Español  
9280 0722 Somali  
9280 0721 普通话  
9280 0720 Italiano  
9280 0719 Bahasa Indonesian  
9280 0718 Ελληνικά  
9280 0717 廣東話  
9280 0716 客家話

Do you have a question for the Melbourne City Council?  
Call and speak to us.

EATING  
the CITY  
MELBOURNE  
PHAGY  
2004

# City Menu

Saturday 3 April 2004

Melbournephagy meaning - Eating Melbourne

