

Unit 1.2.5

Influential Immigrant Cuisine

Key Knowledge and Key Skills

Key Knowledge 1.2.5

The characteristics of a selected cuisine of influence in Australia, including typical ingredients and meals; flavours and other sensory properties; methods of preparation and serving; and associated customs and celebrations

Key Skills 1.2.4

Describe a cuisine brought by migrants to Australia and through practical activities demonstrate, observe and draw conclusions about the influence of the selected cuisine in Australia

Key Skills 1.2.7

Participate in and reflect on practical activities to explore the history and culture of food in Australia

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Terms and Definitions

Cuisine is a style or type of cooking typical to a particular region and/or culture.

A **custom** is a traditional and widely accepted way of doing something.

Influential Immigrant Cuisine

Australia is a multicultural society; from the arrival of Indigenous Australians around 50,000 years ago to the current mix of culturally diverse nationalities. The most recent Australian Bureau of Statistics data indicate that 7.6 million migrants live in Australia, and just under 30% of Australia's population were born overseas.

The following countries are where most of the permanent migrants in Australia came from in 2020–2021:

1. People's Republic of China;
2. India;
3. United Kingdom;
4. Philippines;
5. Vietnam;
6. United States of America;
7. Nepal;
8. Hong Kong (Special Administrative of the People's Republic of China);
9. Pakistan;
10. Thailand.

A significant number of people have also arrived in Australia from Iraq, Myanmar, and Afghanistan as humanitarian entrants in 2020–2021.

Migrants in Australia have brought their ingredients, equipment, and recipes from their homelands, as well as celebrations and traditions that revolve around food. Making and sharing food from their culture and homeland has helped many migrants settle more easily in Australia. Their cuisines and cultures have contributed to the multicultural society that we have today. Nowadays, many Australians celebrate our cultural diversity.

Australians have, over time, become accustomed to migrant cuisines and cultures. Australians started consuming these cuisines from cafes, takeaway shops, and restaurants; however, they are now sourcing ingredients and equipment from shops and cooking them in their homes.

Watch this video to observe how migration has changed from 1851 to 2020: https://youtu.be/nFnG2EQs_Rk

Influential Cuisine: Sudanese

Victoria has the largest number of people of Sudanese origin or descent living in Australia. Many Sudanese people have settled here as refugees due to conflict in Sudan. Because of this, Sudanese cuisine is becoming more influential in Victoria.

Before 2011, Sudan was comprised of one country only. However, after decades of civil war, the southern part of Sudan split from the rest of the country, resulting in two countries, Sudan and South Sudan. Even after the formation of the two countries, the civil war between Sudan and South Sudan continued. The impact of war, drought, and famine resulted in millions of Sudanese people becoming refugees. Many Sudanese refugees are now living in Australia as part of the Humanitarian Migration Program.

Most South Sudanese people arrived in Australia between 2001 and 2006 during the height of the Sudanese civil war. This was before the nation of South Sudan was formed. Thirty-six per cent of all Sudanese people arriving in Australia (both from Sudan and South Sudan) settled in Victoria, and 24% settled in New South Wales.

Watch this video to learn why many Sudanese have left their homes: <https://youtu.be/qnOmGl0vHO0>

Watch this video about Sudanese food culture in Australia: <https://youtu.be/G-EjzzLBPTs>

Typical Ingredients and Meals

The cuisine of Sudan and South Sudan are quite different. They have been influenced by countries around them, countries they have been invaded by, and countries they have traded with. In Sudan, Egyptian and Middle Eastern flavours are used a lot. This is because Arab settlers and Syrian traders from the Mediterranean introduced ingredients such as capsicum, garlic, meatballs, pastries, and pepper to Sudan. In the 1890s, Sudan was invaded by the British forces, and the British Empire controlled the country for many years. As a result, tea drinking in Sudan is common.

Typical Sudanese meals are simple to prepare and require limited cooking equipment. However, the range of herbs and spices makes these simple meals notable. In Sudanese cuisine, cardamom, cinnamon, coriander, cumin, and dill are the most commonly used herbs and spices. While the meals are simple, they can be time-consuming to prepare due to the time needed to pound and grind spices and slowly cook the meat.

A lot of Sudanese grow their own food; usually, just enough food to feed themselves. When there is no drought, the fruits and vegetables grown in Sudan include bananas, cucumbers, grapes, guavas, mangoes, okra, onions, pineapples, potatoes, and tomatoes. As a result, these foods feature heavily in Sudanese cuisine.

Staple foods include maize, millet, and sorghum. These grains are ground into flour and made into a porridge-like substance called aseeda. When available, beef, chicken, and goat are made into stews and eaten with starchy porridge. Peanuts are a popular addition to these foods to enhance flavour and texture. They are also made into a sauce, which is served with many dishes. Broad beans feature in several recipes.

There are plenty of cattle in South Sudan. However, cattle are more prized for the milk they provide and the wealth they represent rather than the meat. As a result, yoghurt and milk often feature heavily in Sudanese and South Sudanese cuisine. There are also plenty of lakes, rivers, and swamps in South Sudan, so fish plays a more significant part in South Sudanese cuisine.

Many people claim that Sudanese people have a 'sweet tooth.' A popular dessert is sweetened semolina, known as kuindiong. Bakeries are common in Sudan; many sell a popular pastry called baklawa, similar to a Middle Eastern honey and nut pastry called baklava. Zalabia and mandazi are also prized pastries; they are deep-fried and look and taste similar to donuts.

Watch this video to learn about Sudanese and South Sudanese cuisine: <https://youtu.be/fK2ZGpAHr7U>



Molokhia is a meal made from Molokhia leaves cooked in a meat-based soup.



Homemade milky yoghurt made using Baobab fruit.



Tamayya are made from broad beans and look similar to falafel balls.



Gourrassa is a flatbread made from wheat flour. It is consumed more widely in the north.



Kisra is a very thin flatbread made from maize. It is served with a meat stew called Mullah.



Kawari is a soup made from cow or sheep hooves that have been boiled with vegetables and various herbs and spices.



Aseeda, a type of porridge, served with Faseekh, a tomato-based stew made from fish, herbs, onions, and spices.



Mandazi is a popular deep-fried pastry with an appearance and taste similar to a donut.

Meal Preparation and Consumption

Meal Preparation

A Sudanese kitchen is called a tukal. The tukal is not only where women prepare and cook meals, but they also spend time chatting with other women there. Sudanese women prepare a range of meals. They prepare lots of stews, which require long slow cooking. They also prepare agashe, which consists of meat and chicken threaded onto sticks and cooked on a charcoal grill. Another similar grilling method uses a Sudanese wok and a salat. In this method, hot charcoal is placed in a sandy hole, the charcoal is covered with pebbles, and the marinated meat is placed on the hot pebbles for cooking.

Below is a table that identifies and describes the range of equipment and utensils in Sudanese cookery:

Equipment or utensil	Description
Grinder	A tool used to reduce grains and spice to fine flour and powders
Mufraka	A wooden utensil used to mash and stir food
Magsoosa	A long, large metal spoon with holes used when frying large amounts of food
Bistilla	A metal cylinder used to hold liquids
Tombalbaye pot	A very heavy pot that can be used to cook items
Kanoon	A traditional cooking stove
Masha	Metal tongs used for picking up burning coal from the kanoon
Mushia'eeb	A straw braided bag that hangs from the kitchen ceiling that stores milk, marinated fish, or meat
Saj	A large flat frypan

Watch this video where a Sudanese woman demonstrates how to use a grinder: <https://youtu.be/1sPEK7nty3s4>

Consumption

Food plays a vital role in social gatherings in Sudanese communities. When guests arrive at someone's home, various drinks and often a full meal are offered. The host ensures that all food is placed close to guests, so guests do not have to reach for food or ask for it to be passed to them. Guests are always given food first; they should never decline the food offered by their host, as this is considered rude. When guests are not present, the family's head (usually the father) will always be served first.

Traditionally, Sudanese do not use cutlery when eating meals; they use flatbread to scoop up their food. Most Sudanese are Muslim, which means they must only eat food with their right hands. They must also wash their hands before eating; often, towels and water are passed around the table for people to wash their hands. Meals are also often eaten at a low table, and guests sit on pillows on the floor.

When fasting, Sudanese eat breakfast before sunrise; when they are not fasting, they consume it mid-morning. Breakfast is often quite substantial, with several different meals being served. Typical breakfast foods reflect the influence of Middle Eastern cuisine, with vegetable omelettes and ful medames being popular choices.

Sudanese usually eat a late lunch at around 3 pm. It often includes a range of foods served from a seniyya – a large round platter that holds various dishes. Flatbread, peanut sauce, porridge, stew, and various sides of vegetables are served on the seniyya. Traditionally, men and women eat their food separately.

With limited access to electricity and markets, food preparation is time-consuming. It is not unusual for women, who prepare the food, to spend all day sourcing the ingredients, the fuel needed to cook the meals, and water. For this reason, Sudanese generally only eat two meals a day; breakfast and a late lunch.



Ful medames is a stew made of broad beans, tomato, and onion. If available, feta or hard-boiled eggs are added.



This is a *seniyya* – a large round platter that holds various dishes.

Watch this video about Khartoum Centre African and Sudanese Restaurant: <https://youtu.be/T7fKGocrpmQ>

Watch this video about the tea ladies of Sudan: https://youtu.be/K_4Bediq4Xo

Customs and Celebrations

Many Islamic religious dates are significant to Sudanese. At these times, families join together and celebrate with huge feasts. *Eid al-Adha*, also known as the Feast of the Great Sacrifice, involves the custom of killing a sheep. The meat is shared with community members who cannot afford to buy a sheep and participate in its special preparation and slaughtering. When celebrating the Prophet Muhammad's birthday, sweets like pink sugar dolls and pastries made with nuts and sesame seeds are shared.

Non-Muslims consume Merisa, a beer made from millet, sorghum, and dates at celebrations.



Coptic Cathedral in Khartoum, Sudan



Eid al-Fitr (the end of Ramadan)



Birthday of the Prophet Muhammad: Mawlid an-Nabi



Eid al-Adha (the Feast of Great Sacrifice)

Orthodox Christmas and Easter are celebrated by approximately 500,000 Copts (Christians descended from Ancient Egyptians).

Sudan is an Islamic nation, so they celebrate Eid al-Fitr, a holiday marking the end of the holy month Ramadan and the end of the fasting period. Families gather for a feast and to exchange gifts.

Celebrated at the end of a month of fasting.

Known as the Feast of the Great Sacrifice, which involves a custom where a sheep is killed. The meat is shared with community members who cannot afford to sacrifice a sheep.

The Sudanese and South Sudanese people celebrate various political days.

Below is a table that identifies and describes the range of political events that Sudanese celebrate:

Political event	Description
Independence Day	This day celebrates when the Sudanese nation first achieved independence from Great Britain in 1965
Comprehensive Peace Signing Day	This day celebrates the end of the civil war that ran from 1983 to 2004

Addis Abbaba Agreement Day	This day celebrates the end of the civil war that ran from 1955 to 1972
Independence Day	This day celebrates the day in 2011 when Sudan separated into two separate countries

Written Activity One

African Food Safari – African Cuisine

Watch the video at this link: <https://youtu.be/6bI1iV4sIbU>

In the table below, list some of the ingredients used in African cooking, explain how they are used, and describe the physical, chemical, or sensory properties of the ingredients.

Spices & Flavourings	How they are used in cooking	Sensory Properties
Fats and oils	How they are used in cooking	Sensory Properties
Fruits & vegetables	How they are used in cooking	Sensory Properties

Plant & Meat Protein	How they are used in cooking	Sensory Properties
Cereal Grains	How they are used in cooking	Sensory Properties

In the table below, describe some of the utensils and equipment used in the recipes shown in the video.

Explain how and why these utensils and equipment were used.

Utensils & Equipment	Description	Why was this used?

Describe one custom or tradition you observed in the video.

Research this custom or tradition and explain why it is an important part of this culture.

Written Activity Two

Cultural Flavours of Sudan

Watch the video at this link that explores how to prepare a traditional Sudanese banquet:

<https://youtu.be/lTbxkiAj5UU>

Answer these questions about Sudanese cuisine.

1. What countries are situated close to Sudan that has influenced Sudanese cuisine?

2. What are popular ingredients used in Sudanese cooking?

3. What is the secret to using spices successfully in Sudanese cuisine?

4. Why do Sudanese people serve large amounts of food and various dishes at mealtimes?

5. Why are banquets an essential part of Sudanese culture?

6. What is okra, and where did it originate?

7. What foods are typical in a Sudanese banquet?

8. What spices are commonly added to a beef stew?

9. List the main steps involved in the cooking of the beef stew.

10. Who introduced okra to Sudan?

11. Describe how okra is used in cooking. List the ingredients of Banya Mafrukra

12. What is Kisra?

13. What is Jibna, and where does it originate from?

14. List the main steps involved in the cooking of Banya Mafrukra.

15. Describe how Kisra is prepared.

16. Why are broad beans (fava beans) an essential part of Sudanese cuisine?

17. What are the ingredients of Foll? What is fatir? When are they eaten?

18. List the cooking method of fatir.

Written Activity Three

Migration in Australia

In 2020, there were over 7.6 million migrants living in Australia. This was 29.8% of the population that were born overseas. One year earlier, in 2019, there were 7.5 million people born overseas.

Nearly every single country from around the world was represented in Australia's population in 2020.

Historically, more people immigrate to, than emigrate from, Australia thereby adding to the growth of the national population. The various waves of migrants from numerous countries over time, have had an important effect on the diversity of Australia's population.

High levels of immigration in the years before 1891 resulted in 32% of the population enumerated as overseas-born in the first country-wide census in 1891. In 2020 the proportion of Australia's population born overseas was 30%.

The table below identified the top 10 countries where immigrants are from in Australia at the end of June in 2020.

Table 1.2 Australia's population by top 10 countries of birth - at 30 June 2020(a)		
Country of birth(b)	'000	%(c)
England	980	3.8
India	721	2.8
China(d)	651	2.5
New Zealand	565	2.2
Philippines	310	1.2
Vietnam	270	1.1
South Africa	200	0.8
Italy	178	0.7
Malaysia	177	0.7
Sri Lanka	147	0.6
All overseas-born	7,654	29.8
Australian-born	18,043	70.2

a. Population estimates for 2020 are preliminary - see ERP status in paragraph 9 of the Methodology.
b. Top 10 countries of birth for overseas-born as at 30 June 2020.
c. Proportion of the total population of Australia.
d. Excludes SARs and Taiwan.

Source: [Australian Bureau of Statistics, Migration, Australia 2019-20 financial year](https://www.abs.gov.au/statistics/people/population/migration-australia/latest-release)

Source: Australian Bureau of Statistics (2019-2020 Financial Year) Migration Australia

[<https://www.abs.gov.au/statistics/people/population/migration-australia/latest-release>], ABS Website, accessed 4 December 2022.

Select one of the top 10 countries that Australian immigrants have come from.

Try to choose one that you do not know a lot about.

Develop a presentation about a dish from your chosen country that is served as part of a traditional custom or celebration.

Include the following information in your presentation:

- A description of the custom or celebration.
- An explanation of why this custom or celebration is important to the people from this country.
- Images of people celebrating this custom or tradition.
- The name of the dish.
- An image of the dish.
- An overall sensory description of the dish.
- Images and sensory descriptions of the main ingredients and flavourings used in the dish.
- A description of the preparation and cooking methods used to make the dish.
- Images and descriptions of the cooking utensils and equipment used to make the dish.

Practical Activity One

Sudanese Tea and Biscuits

Guests to a Sudanese house are always first served a cold refreshing beverage, which is usually closely followed by some tea and biscuits. Most popular in the country are the sweet biscuits known as baskawheet al-shai.

Your task is to prepare some tea and biscuits that Sudanese traditionally serve guests. You will need to present your tea and biscuits similarly to how they would be given to guests in the Sudanese culture. You will then seek feedback from your guests about the sensory properties and presentation of the tea and biscuits.

Select one of the tea and biscuit recipes provided.

Let's Cook!

Cinnamon Tea Recipe

Ingredients:

2 cups water
2 cinnamon sticks
2 teaspoons black tea leaves or tea bags
2 tablespoons sugar

Method:

1. **Tie** back long hair, wash your hands, and put an apron on.
2. **Collect and measure** the ingredients.
3. **Place** the water in a medium saucepan and **bring** it to a boil.
4. **Place** the black tea leaves and cinnamon sticks in another saucepan or a teapot.
5. **Pour** the hot water over the tea leaves and **steep** until the desired intensity of flavour is achieved.
6. **Add** sugar as desired and **serve**.

Hibiscus Tea Recipe

Ingredients:

2 cups water
1 – 2 tablespoons dried hibiscus flowers
2 tablespoons sugar

Method:

1. **Tie** back long hair, wash your hands, and put an apron on.
2. **Collect and measure** the ingredients.
3. **Place** the water in a medium saucepan and bring it to a boil.
4. **Place** each biscuit on the tray, allowing room for the biscuit to spread a little during cooking.
5. **Bake** for 15 minutes or until lightly coloured but not browned.
6. **Remove** from the oven and **allow** the biscuits to sit on the tray for 5 minutes.
7. **Place** the biscuits on a cooling rack to cool down.
8. When cool, **dust** with icing sugar.

Sugar Coated Cookies – Sudanese Kahk

Ingredients:

2 cups plain flour	2 teaspoons sesame seeds
¾ cup ghee, room temperature	1/8 teaspoon salt
¼ cup plain yoghurt	½ teaspoon vanilla extract
1 teaspoon sugar	1 tablespoon icing sugar
1 teaspoon baking powder	Optional: 1 tsp aniseed or ¼ tsp cardamom

Method:

1. **Preheat** the oven to 160°C.
 2. **Line** a baking tray with baking paper.
 3. **Place** the ghee in a bowl. **Add** vanilla and **add** aniseed or cardamon if you are using them.
 4. **Add** yoghurt and **use** a wooden spoon to **combine** the mixtures thoroughly.
 5. **Sift** the flour and baking powder. **Add** the flour, sugar, sesame seeds, and salt.
 6. **Use** a wooden spoon to **combine** the mixture to form a dough.
 7. **Allow** the dough to rest for as long as possible, up to 30 minutes.
 8. **Lightly** flour a clean work surface and **knead the** dough lightly. **Roll** the dough out to about 1cm thick.
 9. **Using** cookie cutters, **cut** the dough into biscuit shapes.
- Try to keep the size of the cookies the same so that they cook evenly.
10. **Bake** for 15 minutes or until the edges of the cookies begin to turn a golden colour.
 11. **Place** on a cooling rack to cool.
 12. When cooled, **dust** with icing sugar.

Let's Evaluate

Present your tea and biscuits to a guest.

Ask your guest to complete the evaluation below.

1. **Circle** the facial expression that best represents how you feel about the presentation of the dishes.



2. **Circle** the facial expression that best represents how you feel about the sensory properties of the tea.



3. **Circle** the facial expression that best represents how you feel about the sensory properties of the biscuits.



Practical Activity Two

West African Jollof Rice with Chicken

Let's Cook

Ingredients

1 small onion, peeled and chopped	Black pepper
2 teaspoons olive oil	150g long grain white rice
2 chicken thigh fillets, 2-3cm cubes	1 x 400 gram can chopped tomatoes
½ teaspoon ground ginger	1 x reduced salt chicken stock cube
½ teaspoon spoon cinnamon	200 ml boiling water
½ teaspoon dried thyme	1 bay leaf
¼ teaspoon cayenne pepper	Fresh parsley, chopped

Method:

1. **Tie** back long hair, wash your hands, and put an apron on.
2. **Collect** and **measure** the ingredients.
3. **Peel** and **chop** the onion.
4. **Place** the onions in a large saucepan. **Add** the olive oil and mix thoroughly.
5. **Fry** the onions on medium heat until they are soft.
6. **Add** the chicken fillets and continue cooking on medium heat for 5-6 minutes or until the chicken is brown.
7. **Remove** the chicken and **place** it on a plate.
8. Add the ground ginger, cinnamon, thyme, and cayenne pepper to the pan. **Season** with black pepper. **Stir** well and **cook** for 1 minute.
9. **Add** the rice, canned tomatoes, stock cube, and 200ml boiling water. **Stir** thoroughly.
10. **Return** the chicken to the saucepan.
11. **Add** the bay leaf.
12. **Bring** the mixture to a boil and then **reduce it** to a simmer.
13. **Cook** for 15 minutes until the rice is tender and the chicken is cooked. **Add** more boiling water if needed.
14. **Remove** the bay leaf.
15. **Garnish** with chopped parsley, if using, and **serve**.

Modified from: <https://www.foodafactoflife.org.uk/recipes/aset-global-cuisines/african/west-african-jollof-rice-with-chicken/>

Let's Evaluate

Jollof Rice, a one-pot rice dish popular in many West African countries, has become one of the best-known African dish outside of Africa. It is a popular dish for families to make

Think of as many reasons as you can why jollof rice is a popular dish for families.

Summary Activity

Answer the questions below:

What is the main idea about this key knowledge and key skills?		
<p>Write two or three sentences in your own words.</p>		
State a country where people in Australia have immigrated from.		
Describe a typical dish used in this cuisine.		
List the ingredients used in this dish.	Describe the sensory properties of these ingredients.	State the preparation and cooking methods used to make this dish.
Explain how meals in this cuisine are served and presented.		
Outline the associated customs and celebrations with this cuisine.		

Exam Preparation Questions

Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

Question 1

Which of the following has had the least impact on the type of cuisine consumed in Australia?

- a. Ingredients that immigrants have introduced to Australia from their homelands.
- b. Customs and traditions celebrated by immigrants in Australia.
- c. Cooking methods used in an array of dishes used by immigrants in Australia.
- d. Clothing and national costumes that immigrants wear in Australia.

Question 2

Paul Iskov, founder of Fervor, an outdoor dining experience that uses native foods, has stated that, "Australia is very multicultural, we have all these incredible cuisines from around the world. Yet, it's hard to kind of find places that are focusing on the ingredients that are endemic to Australia."

Source: <https://www.kleenheat.com.au/blog/community/native-ingredients-indigenous-culture>

According to the statement above, which of the following likely had the most influential impact on the type of cuisine consumed in Australia?

- a. Immigration of people from a vast range of countries around the world.
- b. The cultivation and harvest of foods indigenous to Australia.
- c. Immigration of people from nearby countries.
- d. Colonialism.

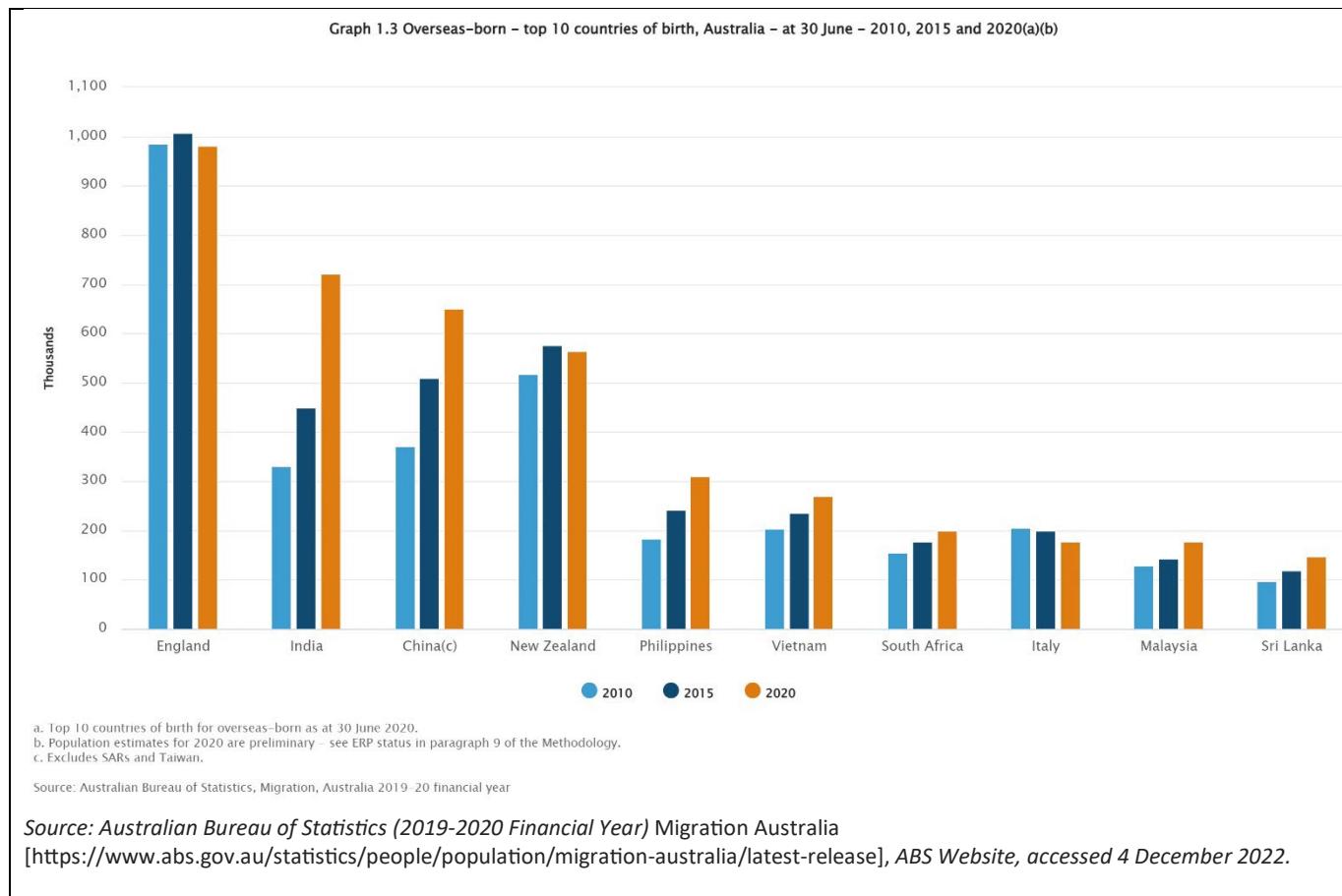
Question 3

An immigrant in Australia is likely to find a retail outlet that sells the foods they use in their traditional cooking in most major cities or online. This is likely because:

- a. It does not cost a lot to import foods from overseas.
- b. Many immigrants in Australia are encouraged to cook foods from their homeland.
- c. The food found in one country does not differ from another.
- d. Not a lot of food is produced in Australia, and it must be imported from overseas.

Question 4

Study the graph below.



Using the information in the graph, identify the cuisine that is more likely to increase in popularity in Australia in the future.

- Vietnamese
- Italian
- Indian
- American

Question 5

"If someone asks me where I come from, I say Australia, of course. If they ask me what I am, I explain my Russian heritage."

Source: Biggar.S., *The Age, Australia Day is a Reminder for my Family that this is our Home*, 19 January, 2021.

Which of the following activities encourage immigrants to retain their cultural identity in Australia?

- Cooking classes at a local community centre.
- Food festivals that celebrate multicultural diversity.
- The White Australia Policy
- All of the above

Short Answer Questions (15 marks)

Question 1 (15 marks)

- a. Identify a cuisine of influence in Australia. (1 mark)

- b. Explain why this cuisine has influenced food in Australia. (3 marks)

- c. Name a typical dish from this cuisine. (1 mark)

- d. Identify one typical ingredient used to make this dish. (1 mark)

- e. Describe this dish and the appearance, taste, and texture of this dish. (3 marks)

- f. Name and describe one method of preparing or cooking the dish. (3 marks)

- g. Outline a custom or tradition that involves food from this cuisine. (3 marks)

Exam Preparation Answers

Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

Question 1

Which of the following has had the least impact on the type of cuisine consumed in Australia?

- a. Ingredients that immigrants have introduced to Australia from their homelands.
- b. Customs and traditions celebrated by immigrants in Australia.
- c. Cooking methods used in an array of dishes used by immigrants in Australia.
- d. **Clothing and national costumes that immigrants wear in Australia.**

The answer is not A, B, or C. There were no ingredients available for them to purchase in supermarkets.

The answer is D. The clothing worn by immigrants has little bearing on the kind of cuisine consumed.

Question 2

Paul Iskov, founder of Fervor, an outdoor dining experience that uses native foods, has stated that, "Australia is very multicultural, we have all these incredible cuisines from around the world. Yet, it's hard to kind of find places that are focusing on the ingredients that are endemic to Australia."

Source: <https://www.kleenheat.com.au/blog/community/native-ingredients-indigenous-culture>

According to the statement above, which of the following likely had the most influential impact on the type of cuisine consumed in Australia?

- a. **Immigration of people from a vast range of countries around the world.**
- b. The cultivation and harvest of foods indigenous to Australia.
- c. Immigration of people from nearby countries.
- d. Colonialism.

The answer is A. There is a vast range of foods available from diverse countries in Australia as a result of immigrants importing or producing these foods in Australia.

The answer is not B. The cultivation and harvest of foods indigenous to Australia have had some impact on the food consumed in Australia, ingredients from other multicultural countries are more common.

Question 3

An immigrant in Australia is likely to find a retail outlet that sells the foods they use in their traditional cooking in most major cities or online. This is likely because:

- It does not cost a lot to import foods from overseas.
- Many immigrants in Australia are encouraged to cook foods from their homeland.
- The food found in one country does not differ from another.
- Not a lot of food is produced in Australia, and it must be imported from overseas.

The answer is not A. Importing foods from overseas could be more expensive due to transportation costs.

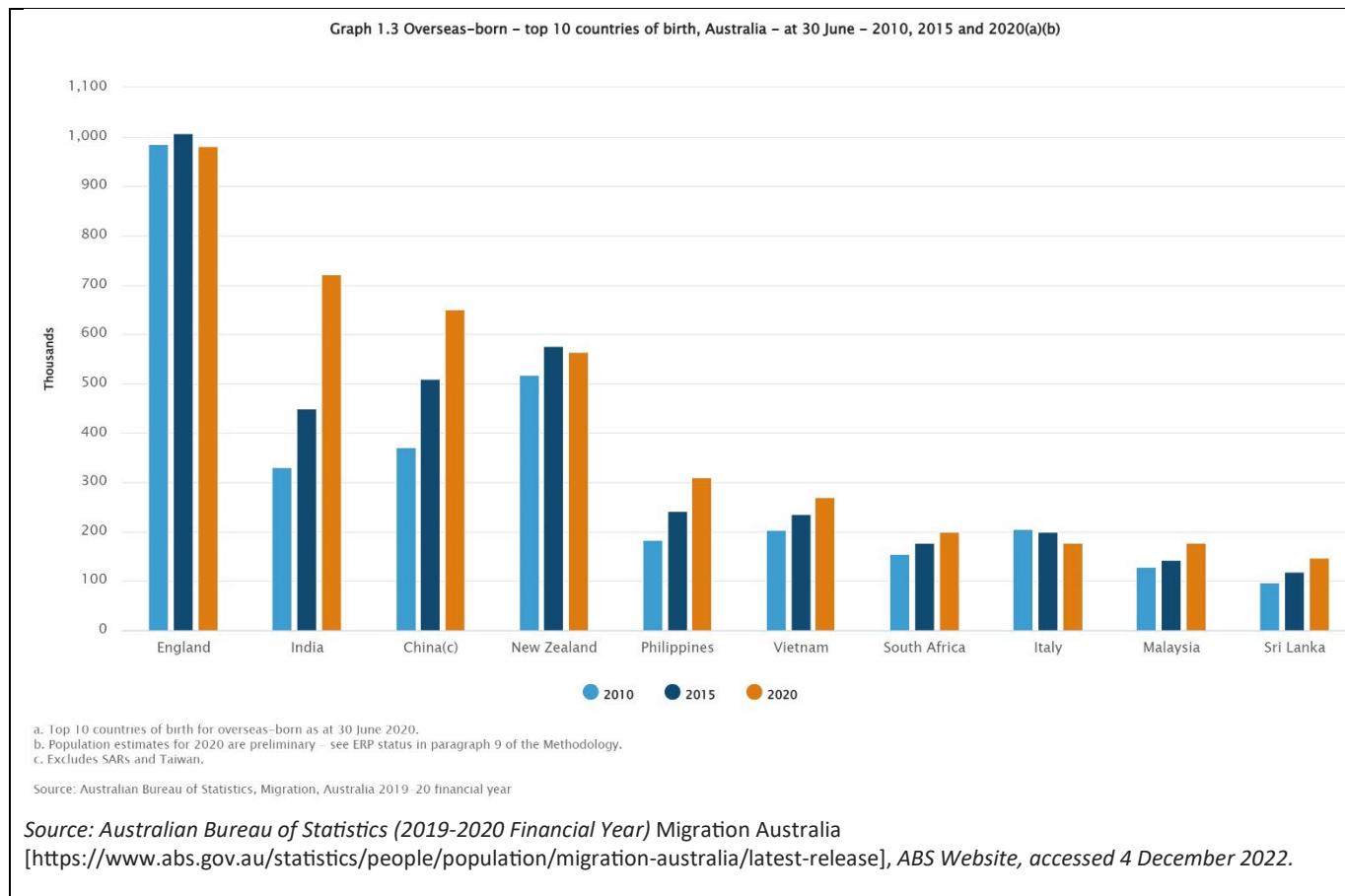
The answer is B. Immigrants in Australia are often encouraged to continue cooking foods from their homeland via a number of community programs and the media.

The answer is not C. The food found in one country differs from food from another due to a range of factors, including climate and prevalent religions etc.

The answer is not D. Australia produces a lot of food and therefore does not need to import food from overseas.

Question 4

Study the graph below.



Using the information in the graph, identify the cuisine that is more likely to increase in popularity in Australia in the future.

- Vietnamese
- Italian

- c. Indian
- d. American

The answer is not A. Vietnam is represented in the graph, and the number of immigrants from Vietnam is increasing; however, not a significant number of people from Vietnam are immigrating to Australia.

The answer is not B. A small number of people are immigrating from Italy to Australia. This number has been declining.

The answer is C. The number of people immigrating from India has increased rapidly over the last 10 years. This trend will likely continue to rise and influence the cuisine in this country.

The answer is not D. Statistics relating to the number of immigrants from America are not provided in the graph.

Question 5

"If someone asks me where I come from, I say Australia, of course. If they ask me what I am, I explain my Russian heritage."

Source: Biggar.S., The Age, Australia Day is a Reminder for my Family that this is our Home, 19 January, 2021.

Which of the following activities encourage immigrants to retain their cultural identity in Australia?

- a. Cooking classes at a local community centre.
- b. Food festivals that celebrate multicultural diversity.**
- c. The White Australia Policy
- d. All of the above

The answer is not A. Cooking classes need to focus on multicultural food to encourage immigrants to retain their cultural identity.

The answer is B. Food festivals that celebrate multicultural diversity often incorporate foods from cultures that have immigrated to Australia.

The answer is not C. Rather than immigrants retaining their culture, the White Australia Policy promoted assimilation.

The answer is not D.

Short Answer Questions (15 marks)

Question 1 (15 marks)

- a. Identify a cuisine of influence in Australia. (1 mark)

The student needed to identify a cuisine of influence in Australia. This could have included any type of cultural cuisine.

A possible answer may have included any dish that was introduced by immigrants in Australia. It may have also included indigenous cuisine.

People's Republic of China; India; United Kingdom; Philippines; Vietnam; United States of America; Nepal; Hong Kong (Special Administrative of the People's Republic of China); Pakistan; Thailand; Vietnam, Italy and Malaysia.

Sudanese cuisine will be the focus for these answers.

- b. Explain why this cuisine has influenced food in Australia. (3 marks)

For three marks, the student needed to explain why this cuisine has been of influence in Australia.

After decades of civil war, the southern part of Sudan split from the rest of the country, resulting in two countries, Sudan and South Sudan. Even after the formation of the two countries, the civil war between Sudan and South Sudan continued. The impact of war, drought, and famine resulted in millions of Sudanese people becoming refugees. Many Sudanese refugees are now living in Australia as part of the Humanitarian Migration Program.

- c. Name a typical dish from this cuisine. (1 mark)

For one mark, the student needed to name a typical dish from this cuisine.

Kisra

- d. Identify one typical ingredient used to make this dish. (1 mark)

For one mark, the student needed to identify one ingredient typical of this cuisine that is used in this dish.

Maize or sorghum flour.

- e. Describe this dish the appearance, taste and texture of this ingredient. (3 marks)

For three marks, the student needed to describe the sensory properties of this dish.

This dish is a type of flatbread; it is flat and round in shape. It is light pale in colour. It has a bland taste and a spongy texture.

- f. Name and describe one method of preparing or cooking the dish. (3 marks)

For one mark, the student needed to identify one preparation or cooking method for this dish.

For two marks, the student needed to describe this preparation or cooking method.

Kisra is cooked on a flat metal pan.

The pan is traditionally placed either on hot stones or a konun. A konun is a Sudanese charcoal stove.

- g. Outline a custom or tradition that involves food from this cuisine. (3 marks)

For one mark, the student needed to identify a custom or tradition followed in this cuisine.

Sudanese people eat food with their fingers and right hand only.

For two marks, the student needed to explain why this culture follows this tradition or custom.

Avoid eating food with your left hand, as this hand is considered unclean and generally reserved for personal hygiene.