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00:00:39,520 --> 00:00:45,360

Hello everyone my name is Lena and I work as a project officer in the Multicultural Communities

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00:00:45,360 --> 00:00:53,120

Council. Welcome to our second series of Food from our Homeland cooking shows, which MCCSA is doing

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00:00:53,120 --> 00:01:00,240

in conjunction with Wellbeing SA. I have Isabella here with me and Isabella the floor is yours.

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00:01:01,600 --> 00:01:09,760

Okay hello everybody I'm Isabella. I'm obviously Italian, my accent my accent doesn't lie. And

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00:01:09,760 --> 00:01:15,920

I work also MCC with Lena. I'm as well a project officer. And today we're going to do polenta.

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00:01:15,920 --> 00:01:23,200

Polenta one of my favourite dishes in the world. Well certainly is very inexpensive, and can be

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00:01:23,200 --> 00:01:28,800

very easy, versatile and I mean you can use whatever you have at home and make it

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00:01:28,800 --> 00:01:35,200

warm. It is a wintry dish so we'll do today we'll do polenta with sausages and we accompany with a

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00:01:35,200 --> 00:01:40,800

rocket salad. We start putting some water to boil. Yes, how much water do you have there?

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00:01:40,800 --> 00:01:45,520

We have two litres but each polenta is different, so it depends on the grain or the quality.

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00:01:46,400 --> 00:01:50,720

So in Italy we have big grains polenta, you need 45 minutes to cook.

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00:01:50,720 --> 00:01:51,600

Oh wow. Yeah

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00:01:53,760 --> 00:01:59,520

That's why women from Milan has very strong arm. Can I just say don't go to the gym cook polenta.

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00:02:01,600 --> 00:02:07,840

But this one is more fine, so read always the instruction. This one will take like few minutes

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00:02:07,840 --> 00:02:13,840

after water is boiling. So for this polenta we use two litres for half kilo of polenta, but really it

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00:02:13,840 --> 00:02:17,920

depends on the quality so read the instructions and then blame the instruction if it's not coming

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00:02:17,920 --> 00:02:24,480

good. While this one is boiling we can start to chop an onion to prepare the salsiccia sauce.

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00:02:24,480 --> 00:02:26,960

Would you like me to chop the onions or - You can.

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00:02:26,960 --> 00:02:29,920

I can stand here and look pretty. I can do that very well.

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00:02:31,120 --> 00:02:34,800

Now if you want you can cut the sausage, How thick do you?

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00:02:35,680 --> 00:02:37,440

Like pieces like this. That size.

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00:02:37,440 --> 00:02:44,800

So we have a kilo of pork sausage but, really polenta is like pasta it's like kugel is like

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00:02:44,800 --> 00:02:50,160

bread, it's just a carb, so you can accompany with whatever you have in the fridge. So now we

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00:02:50,160 --> 00:02:55,680

use pork sausage, that can be beef stew, can be veggies, even tofu if you want to. The only thing

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00:02:55,680 --> 00:03:01,680

that polenta is not very, it's a little dry it's not very creamy, so I wouldn't eat it together

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00:03:01,680 --> 00:03:07,920

with something drier like a, I don't know, chicken breast or so it's better to have some juice,

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00:03:07,920 --> 00:03:12,960

some sauce on tomato. So sometimes what they used to do if they don't have any sausage,

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00:03:12,960 --> 00:03:17,360

any protein to put together you just melt some butter in it or some parmesan on top,

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00:03:17,360 --> 00:03:21,600

you melt it together, you mix it and you make a dish by his own. So really whatever you have,

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00:03:21,600 --> 00:03:27,120

whatever you can do goes good with polenta. So Isabella you come from Milan?

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00:03:27,120 --> 00:03:31,600

I do, it's a beautiful country everybody wants to visit Italy at least once.

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00:03:31,600 --> 00:03:37,200

Yes. When the sun starts to go down after

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00:03:37,200 --> 00:03:42,160

five when it's allowed, we have aperitivo. Oh what's aperitivo?

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00:03:42,160 --> 00:03:50,240

Like, is the ultimate superior version of a happy hour. Like after office time like five to

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00:03:50,240 --> 00:03:58,640

seven or five to six, there's a moment of the day in which cocktails are cheaper or beer or wine is

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00:03:58,640 --> 00:04:04,800

cheaper. And also they serve you finger foods so you have bars like this fill up with with pizza,

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00:04:04,800 --> 00:04:12,000

pasta or any kind of Italian finger food and while you buy a drink the food is for free.

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00:04:12,000 --> 00:04:15,520

So it's very very convenient and nice. Okay, now I chopped the onion.

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00:04:16,320 --> 00:04:23,120

Now because the sausage has some fat already we put just a little bit of olive oil

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00:04:24,560 --> 00:04:32,000

so that the onion doesn't burn. But just a little bit. And then the sausage will release the other

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00:04:32,000 --> 00:04:41,200

fat and we won't need any additional oil. So I use a wooden spoon and I let it brownish a little.

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00:04:41,200 --> 00:04:46,320

So instead of waiting and do nothing, we can start preparing the salad because this will

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00:04:46,320 --> 00:04:52,480

take a couple of minutes. But we can wash the rocket. So we have some rocket, like 80 grams.

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00:04:52,480 --> 00:04:57,840

I better get this recipe. First time I cooked my polenta it didn't turn out well,

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00:04:57,840 --> 00:05:03,040

so I'm hoping by the end of today I can nail the polenta for my next guest.

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00:05:03,040 --> 00:05:06,880

And we'll leave it here to dry a little bit. So the salad is a very simple one,

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00:05:06,880 --> 00:05:13,520

it's rocket with apple and walnuts, and then the dressing will be made of

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00:05:13,520 --> 00:05:19,920

lemon, mustard and a little bit of olive oil. Sounds delicious. Is it something you do

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00:05:19,920 --> 00:05:25,360

like is it an Italian salad? Yeah yeah yeah, it is oh it's nothing.

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00:05:26,560 --> 00:05:29,840

So we can talk a little bit about polenta? Yes

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00:05:29,840 --> 00:05:38,480

Polenta is very from the northern part of Italy in the south it's wheat. That's why pasta, pizza, that

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00:05:38,480 --> 00:05:42,880

more from the south. In the north we cannot grow a lot of wheat, we grow rice, we grow

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00:05:44,240 --> 00:05:51,520

corn. That's why in the north we cook risotto. We are famous for risotto. We are famous for polenta,

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00:05:51,520 --> 00:05:58,480

gnocchi. So Lena did you like Italy when you came?

I love Italy very much. It's my second country I

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00:05:58,480 --> 00:06:02,880

would say. Maybe I should say third one, now this is before I moved to Australia,

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00:06:03,440 --> 00:06:09,320

I had like very close ties with Italy. Okay now it's time for polenta. So we have our

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00:06:09,320 --> 00:06:16,080

polenta. To avoid to become chunky and sticky you can put a little bit of olive oil like a teaspoon.

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00:06:17,600 --> 00:06:25,600

Done. And then you put your polenta in. So you have to put a little bit at a time,

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00:06:27,440 --> 00:06:31,680

and you can start mixing with that. In the meantime Lena is doing the sausage.

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00:06:31,680 --> 00:06:35,920

Yes ma'am Lena do the sausage!

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00:06:35,920 --> 00:06:39,120

How would you say do the sausage in Italian how would you say

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00:06:40,240 --> 00:06:43,520

it? Butta la salsiccia, butta la salsiccia

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00:06:43,520 --> 00:06:46,800

It's not easy to say No. Okay

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00:06:47,360 --> 00:06:55,120

now all the polenta is in. This is a very quick one, it will start to bubble very soon. Once you

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00:06:55,120 --> 00:07:01,840

have all smooth you can change and use a wooden spoon. Do I have to constantly stir this or it's-

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00:07:04,960 --> 00:07:09,760

No it's okay, you can leave it a couple of minutes like this, and then when it is halfway through

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00:07:09,760 --> 00:07:14,800

we're gonna put the secret ingredient. Okay here we're mixing the polenta this is becoming very

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00:07:14,800 --> 00:07:22,480

creamy soon. So it's not a 45 minutes polenta. It looks very creamy and delicious.

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00:07:22,480 --> 00:07:27,840

Yeah this is already done I would say, because it was a very fine polenta.

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00:07:27,840 --> 00:07:32,560

So we can switch this side off. Now the good of polenta is that if you don't need - if

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00:07:32,560 --> 00:07:38,480

you don't eat it all you can recycle it in many different ways, so I made some polenta yesterday

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00:07:38,480 --> 00:07:40,800

Yeah. To show you how it becomes solid the next day.

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00:07:41,840 --> 00:07:43,840

Wow it looks like a cake

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00:07:46,240 --> 00:07:51,280

Now with this brick of polenta, I mean this is very solid because it was made yesterday. But

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00:07:51,280 --> 00:07:56,320

you can do a lot of things, for example it's very easy to cut, like this. It usually stays compact,

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00:07:56,320 --> 00:08:02,880

my god it's very compact. Stay compact and solid, and this you can fry in the pan,

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00:08:02,880 --> 00:08:08,960

or you can put in the oven and make the croutons. Okay now this is becoming almost brownish.

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00:08:08,960 --> 00:08:13,360

Yeah. Still a minute more. Really this can

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00:08:13,360 --> 00:08:20,480

be anything can be - my mother used to do it with a beef stew. So beef stew with polenta or mushroom

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00:08:20,480 --> 00:08:27,440

is very popular. Okay now it's almost done. Let's put the the not secret ingredient which is white

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00:08:27,440 --> 00:08:33,440

wine. So we cook a lot with wine in Italy. Okay. So I just add the apple to the salad?

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00:08:33,440 --> 00:08:35,280

Please on top. Yeah

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00:08:35,280 --> 00:08:41,680

So you had rocket, one red apple that Lena washed. Kindly kindly kindly sliced.

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00:08:43,600 --> 00:08:47,040

Now Lena if you want to prepare the dressing.

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00:08:47,040 --> 00:08:50,640

Okay how do I prepare the dressing? So you add one lemon

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00:08:50,640 --> 00:08:53,840

One lemon The juice of one lemon

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00:08:56,560 --> 00:08:58,640

So what else do I add to this?

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00:08:59,200 --> 00:09:02,320

Mustard, one one teaspoon. Yeah

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00:09:05,280 --> 00:09:08,720

Okay, now this becomes to - Olive oil?

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00:09:08,720 --> 00:09:15,680

Olive oil yeah a couple of spoons yeah, and we mix all together. Now the sausage starts to be very

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00:09:15,680 --> 00:09:23,440

juicy, we put some sage but you can put whatever you prefer rosemary, or yeah sage rosemary

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00:09:23,440 --> 00:09:29,760

or favourite. Depends what you're cooking. If you are doing mushroom can be parsley, pepper.

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00:09:29,760 --> 00:09:33,920

Do you chop up or you leave it like that? Are you going to take out sage?

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00:09:33,920 --> 00:09:37,200

I can leave it like that. The reason I'm asking

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00:09:37,200 --> 00:09:44,320

I didn't know sage was a very strong herb and I decided to make an omelette with lots of sage.

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00:09:45,200 --> 00:09:47,600

Well it can be very powerful. It was!

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00:09:48,400 --> 00:09:55,840

So if you leave it whole, the whole leaf, then you can take it out, I mean you can not eat it. yeah

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00:09:55,840 --> 00:10:00,480

just put it aside in the dish or take it out if you want to. You can put black pepper,

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00:10:00,480 --> 00:10:06,320

white pepper it really depends on your taste and what you prefer and and what you're cooking.

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00:10:06,320 --> 00:10:13,360

Yeah. Should I add the walnuts to the salad? Yes so we put some walnuts on top a bit of pepper.

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00:10:13,360 --> 00:10:22,720

Yeah I'll just whisk this together. Yeah oh nice nice yeah yeah yeah yeah yeah

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00:10:22,720 --> 00:10:24,560

and we just put on top. Yeah

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00:10:27,760 --> 00:10:34,160

Wow. I love salads. So we finish with a little bit of parmesan on top.

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00:10:36,080 --> 00:10:40,160

The parmesan is already salt itself so you don't have to add any other salt to

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00:10:40,160 --> 00:10:50,800

the salad. Now here the sausage is very juicy and almost cooked through, so we can put the tomato.

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00:10:50,800 --> 00:10:56,000

I like the whole peeled tomato. Again you can use whatever you prefer you can use the paste

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00:10:56,000 --> 00:11:02,560

you can use the diced. This is more from my childhood we always had only peeled tomato

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00:11:02,560 --> 00:11:08,640

in Italy. Pilato which means bold actually, bold tomato. Okay thank you, just put the tomato in.

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00:11:09,920 --> 00:11:14,640

Hey Karen Hello Isabella. This is very the type of food that

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00:11:14,640 --> 00:11:21,360

I love. Italy is one of those countries where they eat locally. The food that grows in the area is

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00:11:22,000 --> 00:11:25,760

what makes up their cuisine and this is a really good example of that today.

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00:11:25,760 --> 00:11:31,840

Yeah it's a very traditional farmer dish. Yes yeah yes, and did you know that the polenta is

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00:11:32,400 --> 00:11:37,760

very high in protein and fibre? Because I heard you talk about it being a carbohydrate.

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00:11:38,880 --> 00:11:43,200

So it is a carbohydrate but it also has quite a bit of protein in it so it is

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00:11:43,200 --> 00:11:49,360

a good food. So the fibre in the polenta and in in the beautiful ingredients in your salad

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00:11:50,720 --> 00:11:56,560

helps to take away the plaque that grows inside your arteries, reduce your cholesterol, keeps your

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00:11:56,560 --> 00:12:01,200

heart healthy. And they come from that beautiful part of the world in the Mediterranean basin

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00:12:01,840 --> 00:12:07,680

where the foods that they draw from and the countries vary in their foods, but they have

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00:12:07,680 --> 00:12:13,440

a lot of fresh fruit and vegetables. The olive oil, the nuts, and today you've used walnuts

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00:12:13,440 --> 00:12:18,560

which if you look at a walnut when you take it out of the shell what does it look like?

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00:12:19,120 --> 00:12:23,280

It looks like the brain and it's interesting because it's actually very good for your brain,

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00:12:23,280 --> 00:12:29,520

full of omega-3s it's one of the highest plant foods that have that quantity omega-3 in so it's

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00:12:29,520 --> 00:12:34,960

an excellent nut to have in your diet. So it was great to see that in your salad today, along with

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00:12:34,960 --> 00:12:41,840

the rocket. So the rocket yes and the rocket is I notice you've used a small leaf rocket,

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00:12:42,400 --> 00:12:49,680

and I grow in my garden a bigger leaf rocket. But they all taste very similar, they're a lovely

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00:12:49,680 --> 00:12:58,160

bitter peppery flavour. So the bitter greens are incredibly good in your diet and a lot of those

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00:12:58,160 --> 00:13:03,840

those countries all have their own bitter greens. And they often grow wild by the roadside out in

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00:13:03,840 --> 00:13:07,520

the country do you remember that in Italy? Yeah yeah yeah

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00:13:07,520 --> 00:13:12,000

And do you remember the other types of bitter greens that you had in Italy?

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00:13:12,000 --> 00:13:15,120

Oh I don't know the name in English but it's like you have a yellow flower.

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00:13:15,120 --> 00:13:19,360

Is it dandelion? Yeah yeah yeah, we chop it and we use it instead.

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00:13:19,360 --> 00:13:21,920

And the endive? Yeah we do yeah.

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00:13:22,560 --> 00:13:24,560

Radicchio? Radiccio.

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00:13:25,120 --> 00:13:30,320

And you say that much better than I do. And of course we've got spinach and kale which is very

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00:13:30,320 --> 00:13:37,440

common in in Australia but those plants are now quite readily available here. The dandelion not

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00:13:37,440 --> 00:13:44,000

so easy to get, but some people now can just grow that in a pot at home, and use the leaves. So

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00:13:44,000 --> 00:13:50,720

they're so good for you but those bitter plants or bitter greens we call them, they're a good thing

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00:13:50,720 --> 00:13:56,640

to have in your diet. And they're also very high in prebiotics, which are great for those little

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00:13:56,640 --> 00:14:02,240

gut, hungry gut bacteria that need to be fed regularly to keep your body nice and healthy.

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00:14:02,240 --> 00:14:05,120

Okay good. So yeah oh good things so

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00:14:05,120 --> 00:14:08,320

far so tick tick tick tick. I didn't know

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00:14:08,320 --> 00:14:14,160

I know. So we make a simple meal but we don't really think about what is in the meal.

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00:14:14,160 --> 00:14:19,840

And what it does to our body, but over time cultures like the Italian culture have worked

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00:14:19,840 --> 00:14:21,840

out what keeps you healthy. Yeah

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00:14:21,840 --> 00:14:27,360

Without really understanding the reasons behind it all, but they they all work together and

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00:14:27,360 --> 00:14:33,120

they help keep you very strong and healthy, and keep away those diseases that are so common now,

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00:14:33,120 --> 00:14:40,400

like diabetes type 2 and obesity and high blood pressure and things like that. Now your sausages

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00:14:40,400 --> 00:14:43,600

today are a pork sausage. They were pork

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00:14:43,600 --> 00:14:50,960

Which I think is quite popular in Italy. It's an animal that is very well in the used

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00:14:50,960 --> 00:14:56,400

in the north especially, but every every family has to used to have one pork in the family that

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00:14:56,400 --> 00:15:03,120

once a year got slaughtered and made all kind of meat cuts. In Italian we say uh if you say

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00:15:03,120 --> 00:15:08,240

you're like a pork means that every part of you is useful, that nothing of you got thrown away.

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00:15:08,240 --> 00:15:10,320

Yes. Yes so it's a useful like a pork.

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00:15:10,320 --> 00:15:15,680

Yes that's very true and so I know it's a it's a very big occasion when they do that

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00:15:15,680 --> 00:15:22,240

and then prepare all the different cuts. So with the sausages they're a great

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00:15:23,680 --> 00:15:27,760

meat to add to dishes but you can use a whole, any variety really couldn't you

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00:15:27,760 --> 00:15:30,320

Any variety. Could use chicken or turkey or

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00:15:30,320 --> 00:15:37,440

a vegetarian sausage or you know if people would like or a vegan sausage. And I think you've added

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00:15:37,440 --> 00:15:42,880

that into your recipe so that's handy to know. So you could you could make it a vegetarian,

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00:15:42,880 --> 00:15:49,680

vegan or just with meat. I'm not sure about a fish sausage I don't know how that would go.

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00:15:52,000 --> 00:15:58,080

Not traditionally no but for example I would imagine a tofu, better like a tofu stew.

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00:15:58,080 --> 00:16:00,240

Okay tofu stew. Yeah why not

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00:16:00,240 --> 00:16:02,960

So somebody could have that as well, so it's very versatile

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00:16:03,840 --> 00:16:06,400

Or even only veggies like a veggies

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00:16:06,400 --> 00:16:06,960

The veggies.

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00:16:06,960 --> 00:16:10,720

Zucchini, aubergine, capsicum, onion, carrot

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00:16:10,720 --> 00:16:18,000

yes yes all those lovely vegetables that come from the Mediterranean. I can still,

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00:16:18,000 --> 00:16:23,800

I'm old enough to still remember when capsicums and zucchinis first came to Australia.

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00:16:23,800 --> 00:16:26,080

Really! Yeah they weren't here forever,

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00:16:26,080 --> 00:16:34,800

like people imagine. And eggplants they, yes in the 1980s and early 80s and late 70s

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00:16:36,160 --> 00:16:41,600

those foods started to come on the market. So yes, and I can still remember in my childhood

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00:16:41,600 --> 00:16:47,440

when I first smelt garlic cooking with an Italian family that moved down the street. So we're very

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00:16:47,440 --> 00:16:54,320

lucky to have all these lovely cultures that have come to Australia to enrich our food culture. I'm

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00:16:54,320 --> 00:16:58,160

really looking forward to trying your dish. Yeah this is almost ready as well, maybe a

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00:16:58,160 --> 00:17:02,960

couple of minutes more to reduce a little bit more. And then we put on the plate. Okay now the

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00:17:03,680 --> 00:17:12,320

tomato and sausages cook for 10 more minutes around, and the tomato become very juicy together

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00:17:12,320 --> 00:17:16,400

with the sausage and they're blended together. Yeah they blended well together. So now we

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00:17:16,400 --> 00:17:23,120

prepare the dish. You can please put some salad here while I pour the polenta and the meat.

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00:17:23,120 --> 00:17:25,920

So can I volunteer for tasting? Yeah yeah sure

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00:17:27,440 --> 00:17:33,120

Just make sure to get it first So the polenta is still very hot, we put

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00:17:33,920 --> 00:17:40,480

a big scoop in the middle. Don't fail, okay don't embarrass me now.

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00:17:42,240 --> 00:17:44,320

Don't give up on me! We were good friends

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00:17:45,280 --> 00:17:50,320

And if you want what we used to do is a big depression in the middle of the polenta

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00:17:50,320 --> 00:17:56,160

so that you can put the sauce just on top in the middle like this.

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00:17:58,240 --> 00:17:59,160

Bellissimo!

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00:17:59,160 --> 00:18:04,640

Bellissimo. Now this will be enough for a family of four. I could quite like this.

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00:18:06,960 --> 00:18:12,560

Look. Red, green, white, like Italian flag. Italian flag. Isabella this looks

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00:18:12,560 --> 00:18:20,160

great and I can't wait to taste it. Oh you just took the sage leaf be careful.

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00:18:26,240 --> 00:18:32,080

Are you running away? Let me know like is it what?

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00:18:34,400 --> 00:18:38,640

How it is? Makes you happy? You're definitely a good cook Isabella.

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00:18:38,640 --> 00:18:55,840

Okay if it makes you happy then a successful successful dish.

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00:19:24,880 --> 00:19:31,440

All cultures regardless of where we come from tend to use more salt in our cooking. To reduce salt in

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00:19:31,440 --> 00:19:36,400

your food, it's a good thing to do it gradually. it's a bit like reducing caffeine as well as

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00:19:36,400 --> 00:19:42,160

sugar. It's very hard to go cold turkey, so a little bit at a time. If you base your meals on

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00:19:42,160 --> 00:19:48,960

as many fresh foods as possible, you'll find that you will avoid a lot of salt in your diet because

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00:19:48,960 --> 00:19:54,640

75 percent of the salt in the Australian diet comes from processed food. The reason

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00:19:54,640 --> 00:20:00,640

that there is such high concern for salt, it's linked with hypertension or high blood pressure

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00:20:00,640 --> 00:20:06,320

that I'm sure everyone has heard of. High blood pressure is directly linked to cardiovascular

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00:20:06,320 --> 00:20:12,960

disease and to stroke. Consider other ways to bring flavour into your dish. If you feel that

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00:20:12,960 --> 00:20:21,600

the dish is not tasty enough, think of your curry spices, your fresh herbs, dried herbs to really

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00:20:21,600 --> 00:20:26,560

bring out the flavour in your dish, and you'll see some of these examples in the recipes today

202

00:20:26,560 --> 00:20:33,760

with people using fresh rosemary and sage, garlic, the sweetness of onions cook down slowly to add

203

00:20:33,760 --> 00:20:47,840

flavour to your dish. And all of these things will help give you the road to a better health.