

Flagstone 



Flagstone Taste of Harmony e-Cookbook

Celebrating the flavours, cultures, and stories
that make our community unique.

White Chocolate Mud Cake



Duncan Family

As our kids grew up, we loved creating birthday cakes that matched their party themes. They always looked impressive, but not every recipe tasted as good as it looked, until we found this one. We added condensed milk to make it a little sweeter, and it became our perfect cake: tasty, reliable, and easy to shape for any design. This recipe is special to our family because it's been part of so many celebrations and memories. It's the cake that brought our creative ideas and our birthdays to life.



PREP TIME

30 minutes



COOK TIME

1-2 hours



SERVES

10

Ingredients

Cake

- 250g butter
- 25g white chocolate
- 200ml water
- 1½ cups caster sugar
- 1¾ cups plain flour
- 1 cup self raising flour
- 2 eggs (large), lightly beaten
- ½ cup condensed milk
- 1 teaspoon vanilla essence

Icing

- 2 – 3 tubs vanilla frosting
- Gel food colours: pink, purple, teal, yellow
- Fondant (bought white)
- Edible sugar pearls

Steps

1. Pre-heat oven to 150oC
2. Heat butter, sugar, chocolate and water in a saucepan and stir over low heat until all combined.
3. Sift both flours together and blend into white chocolate mixture.
4. Stir in eggs, condensed milk and vanilla.
5. Pour the mixture into a deep 20cm tin and cook for approximately 1-2 hours depending on your oven.
6. Place on bench to cool before icing.
7. Frost cake with a thin crumb coat and chill 20 min.
8. Apply bands of frosting: Bottom: pastel pink/purple Middle: white Top: white with faint pastel tint
9. Smooth with spatula or scraper.
10. Lightly blend edges to create a soft gradient.
11. Then add other decorative elements.

Mum's Afghans



PREP TIME

30 minutes



COOK TIME

15 minutes



SERVES

24

Ingredients

200g butter, softened

½ cup white sugar

1¼ cups plain flour

¼ cup cocoa

2 cups cornflakes

24 walnuts (optional)

Chocolate Icing

2 cups icing sugar

25g butter, softened

2 tbsp hot water

¼ tsp vanilla essence

2 tbsp cocoa



Yummy Kai

Some of my favourite childhood memories were made in the kitchen, waiting for the icing to set, sneaking little bits of cornflakes, and licking the spoon when Mum wasn't looking. It's funny how something so simple can carry so much love. Now I get to make those same memories with my own babies, keeping that little piece of home alive. I'm a mum of five, a kindy teacher at heart, building dreams between school runs and slow mornings. Rooted in Aotearoa and growing in Australia for the past three years, my heart remains the same: family first, always.



Steps

1. Preheat oven to 180°C. Grease or line a baking tray with baking paper.
2. Cream butter and sugar until light and fluffy. Sift flour and cocoa. Stir into creamed mixture. Fold in cornflakes.
3. Spoon mounds of mixture onto the tray, gently pressing together.
4. Bake for 15 minutes or until set.
5. When cold, ice with chocolate icing and decorate with a walnut if wished.

Chocolate Icing:

1. For the icing, sift icing sugar and cocoa. Add the butter.
2. Add enough water to make the icing spreadable. Mix in the vanilla.

Centre Court Cooler – Hydration Drink



PREP TIME



COOK TIME

0



SERVES

6-8 Players

Ingredients

1.5 litres chilled water

1 cup coconut water (natural electrolytes)

½ cup orange juice (vitamin C)

½ cup watermelon cubes (potassium)

½ cup frozen berries (antioxidants)

1 lemon, sliced

1 lime, sliced

1 - 2 tbsp honey (optional natural energy boost)

Ice (as much as you like)

Fresh mint leaves (optional, but refreshing)

Steps

1. In a large jug or drink dispenser, pour in the water, coconut water and orange juice.
2. Add honey and stir well until fully dissolved.
3. Add watermelon, frozen berries, lemon and lime slices.
4. Throw in a generous amount of ice.
5. Finish with fresh mint for a crisp, cooling flavour.
6. Let it sit for 5 - 10 minutes to infuse before serving.

Flagstone Netball Club

Flagstone Netball Club is proud to support grassroots netball and player development pathways, welcoming players from U6s through to Opens across all abilities. Whether athletes are chasing competitive growth or simply enjoying social netball, there's a place for everyone in our club community. Our Centre Court Cooler reflects this commitment to wellbeing - naturally hydrating, energising, and helping players stay refreshed through tough training sessions and warm Queensland game days.



Why This Drink Works for Netballers

Coconut water provides natural electrolytes for hydration, while fruit sugars offer quick, easily absorbed energy. Citrus adds vitamin C to support recovery, and high-water content fruits help players rehydrate fast in warm conditions. It's all-natural, free from artificial colours, and suitable for all ages.

This cooler keeps players refreshed, energised, and ready for every quarter!

Starlight Parties Traditional Cut Out Sugar Cookies



PREP TIME
30 minutes



COOK TIME
1 – 1½ hours



SERVES
10

Ingredients

¾ cup butter

1 tbs vanilla

1 cup sugar

2½ cups flour

2 eggs

1 tbs baking powder

Starlight Parties local business

Starlight Parties has been proudly based in Flagstone for four years and loves supporting the Flagstone Community Association with events like the Christmas Lights Spectacular Awards and Movie Night.

Inspired by Elle's mum, Susan - fondly remembered as the neighbourhood mum who baked sugar cookies and created crafts - Elle founded Starlight Parties to continue those heartfelt traditions.

Today, she honours Susan's legacy by helping busy parents create meaningful memories and by baking hundreds of Christmas cookies each year for the community.



Steps

1. Mix shortening, sugar, eggs and vanilla. Blend in flour & baking powder. Cover and chill for at least 1 hour.
2. Roll out on floured surface to 1-1.5 thick and cut out designs. Place cookies on ungreased cookie sheet. Sprinkle with coloured sugar, silver balls, etc... before baking or keep plain for decorating with icing later.
3. Bake at 180C for 6 - 8 minutes (until lightly golden-brown colour, recommend switching shelves and rotating halfway depending on how even your oven heats).
4. Remove from tray(s) immediately & place on cooling racks or aluminium foil on your counter to cool. Once cool to the touch, they're ready for icing. Elle prefers lemon flavoured royal icing but they're just as delicious plain or using other types & flavours of icing.
5. You may need to refrigerate dough between batches. If it gets warm it can be hard to work with. Recipe typically makes 45-70 cookies, depending on the cookie cutter sizes used and the thickness you prefer.

Vegemite Steak



PREP TIME

15 minutes



COOK TIME

35 minutes



SERVES

1

Ingredients

1 scotch fillet steak (any steak works)

A little Vegemite

1 French onion soup mix (dry)

1 thick onion slice

Steps

1. Preheat oven to 200°C.
2. Spread a thin layer of Vegemite on both sides. Coat with French onion soup mix. Add onion slices on top.
3. Sear first (this helps a lot): hot pan + a little oil, 60–90 seconds per side.
4. Wrap tightly in foil and bake:
 - 2 - 3 cm thick scotch fillet: 6–10 minutes
 - 3 - 4 cm thick: 10–14 minutes
5. Open foil and check temp.
6. Rest 5–10 minutes (loosely covered).

Serve with your choice of salad or vegetables and a side of fries.

Wayne Matthews

I developed this recipe while living in the States. I wanted to show my American family and friends that Vegemite isn't a villain. I even managed to convert a few of them for meat and its umami qualities.

I've lived in Flagstone for almost 4 years and this is still a favourite of mine as the steak comes out bloody beautiful!



Note: the ingredients is for 1 steak, but it's easily multiplied for more. This method produces a tender, medium, super savoury steak because it finishes cooking sealed in foil. Adjust cooking time for different cook levels.

Chicken à la king



PREP TIME



COOK TIME



SERVES

Ingredients

2 chicken breast

1 onion

3 bacon rashers

1 pkt dry continental chicken
noodle soup

1 can Campbell's condensed chicken
& corn soup

Butter/margarine for frying



Nancy Galloway

I've lived in Flagstone for 30 years, and this dish will always remind me of my mum, who was an incredible cook and never used recipes.

Growing up in a family of seven, it was a cheap, filling meal at a time when chicken was one of the most affordable meats. It also became the first dish I ever cooked for my husband 40 years ago and he still remembers it fondly.

Steps

1. Cut the chicken into four smaller pieces so they cook evenly.
2. Heat the butter in a frying pan, then brown the chicken pieces on all sides. Once browned, transfer the chicken into a baking dish, arranging the pieces in a single layer.
3. In the same pan, add the diced onion and bacon. Sauté until the onions soften and the bacon begins to crisp, allowing them to pick up all the flavour left from the chicken.
4. Spoon the onion and bacon mixture evenly over the chicken pieces in the baking dish.
5. Sprinkle the dry noodle soup mix across the top, distributing it as evenly as possible.
6. Pour the condensed soup over everything, letting it settle into the dish without stirring.
7. Bake in a preheated oven at 180°C for about 30 minutes, or until the sauce is bubbling and beginning to brown on top and the chicken is cooked through.

Nauru Soup



Lorene Roberts

I've lived in Flagstone for four years and love cooking a mix of Australian and American dishes for my family. This soup is a special recipe my mum created while living on the island of Nauru, using whatever ingredients she had on hand.

It became such a favourite that she cooked it for nearly thirty years. For years you had to help make it to get the recipe - now it's finally typed up to share. Enjoy!



PREP TIME

30 minutes



COOK TIME

1-2 hours



SERVES

10

Ingredients

- 2 kg. potatoes
- 3 large carrots cut into slices then halves
- 3 large celery stalks, sliced
- 1 onion (chopped) or use 1TBSP minced onion flakes
- 1 tbsp basil
- 2 tsp ground oregano
- 1 tsp oregano flakes
- 1 kg mince
- 2 x 410g tomato puree cans
- 2 x 140g tomato paste packs

Steps

1. Peel potatoes and carrots, cut into medium sized pieces more than bite size
2. Put potatoes, carrots and celery into pot, cover with water and bring to boil
3. Lower temperature and simmer water till they are just about soft
4. Toss all vegetables and water into soup pot
5. Add tomato puree, tomato paste, oregano (both flakes & ground) & basil into soup pot
6. Brown mince, while cooking add diced onion or onion flakes
7. Once cooked through – drain any fat off, add to soup pot
8. Bring soup to eating temperature and Enjoy.

Keep in mind it tastes better the next day after the flavours have all merged together. Can be frozen and reheated.



Tropical Sunrise Mocktail



PREP TIME

5 minutes



COOK TIME

0



SERVES

1

Ingredients

120 ml orange Juice

60 ml pineapple Juice

30 ml grenadine syrup

60–90 ml Sparkling water or
lemon-lime soda

Ice cubes

Garnish:

Orange slice and maraschino
cherries



Steps

1. Fill a tall glass to the top with ice.
 2. Combine the orange juice, pineapple juice, and soda/sparkling water. Pour into the glass.
 3. Slowly pour the grenadine directly into the center or over the back of a spoon; it will sink to the bottom, creating a gradient.
 4. Top with an orange slice and cherry. Serve immediately without stirring.
1. For extra fizz: Use Ginger Ale instead of lemon-lime soda.
 2. Best Look: Use crushed ice instead of cubes to keep the layers intact longer.
 3. Alternatives: If you don't have Grenadine, use pomegranate molasses or raspberry syrup.



Flagstone Community Association

The Flagstone Community Association hosted a ladies night of cocktails and mocktails. This was one of the most popular mocktails made on the night.

Ladies night by the FCA are an annual event and generally include some drinking, craft or pampering element just for the ladies of Flagstone.

Basic Nacho Toasties



PREP TIME

10 minutes



COOK TIME

10 minutes



SERVES

2

Ingredients

4 sliced of bread

1 cup of cheese, such as:

- Tasty
- Parmesan
- Mozzarella

1 tbsp of sauce your choice, suggestions:

- BBQ
- Tomato
- Chipotle mayo
- Mayo

170g of Doritos crushed (any flavour works, but cheese is my favourite)

Steps

1. Toast sliced bread
2. While the bread is in the toaster, grate cup of cheese, however you can use cheese slices.
3. Open corn chip bag to less air escape and then fold closed and crush up corn chips using your fist. Crush to a consistency you are happy with.
4. Once the toast is ready, spread each slice with your preferred sauce (BBQ is my favourite), layer crushed corn chips and top with cheese.
5. Place on tray and place under the grill for 2 minutes until cheese is nicely melted.
6. Consume while still warm and cheese is stringy.

Sarah O'Connor

I grew up enjoying this snack after school or before Saturday footy training, and now I make it for my own kids.

I've lived in Flagstone for six months, originally from the Sunshine Coast, with a mixed English, Scottish and Irish heritage. Even though I love cooking Mediterranean and Italian dishes, this simple recipe from my mum remains a favourite, quick, easy and always warming, perfect for busy families and hungry kids.



Ota'ika (Raw Fish Salad)



PREP TIME

45 minutes



COOK TIME

0



SERVES

4

Ingredients

500g Sashimi-grade fish such as tuna or salmon, very fresh, cut into ½ - ¾ cm even cubes

120ml freshly squeezed lemon juice

60ml coconut cream

1 medium red onion, thinly diced

1 medium tomato, seeded and thinly diced

½ cucumber, peeled and thinly diced

1 small red capsicum, thinly diced

1 small red chilli, finely chopped

2 spring onions, thinly sliced

½ tsp sea salt

Freshly ground black pepper to taste

A handful fresh coriander leaves, chopped



Afekai Family

To me as I was growing up back in the islands life was hard, and my mum would go sea fishing and my siblings and I would eat anything she would bring back and some seafood always tasted better raw and fresh.

Since then I have grown and learned a little bit about cooking, I have tried to elevate the way I make raw fish just to make it taste better and stay fresh all the time.



Steps

1. Prepare the fish by patting it dry with paper towel. Place the fish in a chilled glass bowl.
2. Pour the lemon juice over the fish so the pieces are just submerged. Gently stir to coat.
3. Cure briefly by refrigerating the fish in the citrus for 12–20 minutes until the edges look opaque but the centers remain tender. Do not over-marinate to avoid a fully “cooked” texture.
4. Drain most of the citrus, leaving a little for flavour. Use a fine sieve or slotted spoon to transfer the fish to a clean bowl.
5. Fold in vegetables by adding the red onion, tomato, cucumber, capsicum, chilli, and spring onions to the fish. Season with salt and pepper and stir gently.
6. Finish with coconut by stirring in the coconut cream until the mixture is lightly coated and slightly creamy. Adjust seasoning.
7. Rest briefly in the fridge for 5 minutes to let flavours meld. Garnish with coriander before serving.

New Zealand Lolly Log



PREP TIME

30 minutes



COOK TIME

2 minutes



SERVES

10

Ingredients

120g butter, melted

1/2 cup (160g) sweetened condensed milk

1 packet malt biscuits, crushed (250g)

1 packet explorers (150g) or fruit puffs, chopped

1/2 cup coconut

Steps

1. Melt the butter and condensed milk together in a large microwave safe bowl.
2. Add crushed biscuits to the butter and condensed milk mixture
3. Add the chopped explorers or fruit puffs and mix it all together.
4. Once it is all combined turn out onto a clean surface and form two logs. Use your hands to tightly pack it together,
5. Roll logs in coconut and make sure they are covered all over. Wrap in cling film and chill for at least 1 hour.
6. When ready to serve cut into 2 cm thick slices.

Danielle Van Veen

This treat represents easy, homemade festive comfort food that my husband introduced me to when we first got together. He calls it a simple traditional Kiwi party favourite that always excites people when it's on offer.

We're a family of five who've loved living in Flagstone for eight years. With Mum Aussie-born and Dad a proud Kiwi from the North Island, our home is a happy blend of both cultures - raising beautiful Kiwi/Aussie kids.



Lu Sipi



PREP TIME

4 hours



COOK TIME

2 to 3 hours



SERVES

4

Ingredients

800g lamb shoulder or leg, cut into 2 - 3 cm cubes

10 - 12 large taro leaves, washed and trimmed

1 large onion, thinly sliced

1 cup coconut cream

1 tsp sea salt, or to taste

½ tsp freshly ground black pepper

2 tbsp vegetable oil or melted butter

Aluminium foil for wrapping

Optional: 1 - 2 cloves garlic minced; 1 tsp grated ginger; 1 small chilli sliced



Velev Family

Lu sipi has a way of taking me home. One bite and I'm back at the family table - everyone talking over each other, kids laughing, aunties fussing in the kitchen, and plates piled high with good food. The rich coconut cream, the tender meat, the slow-cooked comfort of it all reminds me of those moments when life felt simple and full.

That's why I love lu sipi. It tastes like family time, good memories, and the kind of happiness you can serve by the spoonful."

Steps

1. Pat lamb dry and place in a bowl. Add onion, coconut cream, salt, pepper, oil, and any optional aromatics. Toss to coat. Marinate 30 minutes (or up to 4 hours in the fridge).
2. Rinse well and trim thick stems. If leaves cause itchiness, wear gloves - this disappears once cooked.
3. Lay a sheet of foil on the bench. Place 4 - 5 taro leaves overlapping. Add a handful of marinated lamb to the centre, plus a splash of coconut cream and a few onion slices.
4. Fold leaves over the meat and wrap tightly in foil. Repeat with remaining mixture.
5. Steam: Place parcels in a steamer over simmering water. Steam 60-75 minutes until tender.
6. Bake: Heat oven to 180°C / 350°F. Place parcels on a tray and bake 60-75 minutes until meat is soft and juices run clear.
7. Open parcels carefully (hot steam). Transfer to a platter and spoon over cooking juices. Serve with steamed or baked sweet potato and a green salad.



Hangi



PREP TIME

30 minutes



COOK TIME

4 hours



SERVES

20

Ingredients

- 4kg Pork
- 6kg Chicken pieces
- 4kg Lamb shoulder or leg
- 3kg Beef brisket or chuck
- 6kg Potatoes
- 6kg Sweet potato / Kumara
- 2 medium Pumpkins
- 2 whole Cabbages, quartered

Stuffing

- 2 loaves bread, torn into small pieces
- 2 large onions, finely diced
- ½ cup melted butter
- 2 tbsp mixed herbs
- 1 tbsp garlic powder
- Salt & pepper to taste
- 1 - 2 cups chicken stock (to moisten)

Steps

1. Prepare the site and dig a hole large enough for hot stones and baskets.
2. Build a strong fire and heat the stones until glowing hot.
3. Make the stuffing by mixing torn bread with sautéed onions, butter, herbs, garlic, salt, pepper, and enough stock to moisten. Shape into balls or small parcels.
4. Place meat, vegetables, and stuffing into hāngī baskets.
5. Lower the baskets onto the hot stones.
6. Layer wet sacks over the top to trap in heat and steam. Cover completely with soil to seal.
7. Cook for 3 - 4 hours until the meat is tender and vegetables are soft.

Alternate cooking method:

Wrap the meat and vegetables tightly in tinfoil, place the foil parcels into an oven tray with a little water, and bake at 160°C for 2 hours or until the meat is tender and the vegetables are cooked through.

Te Ngakau Mahaki Whanau

This Hāngī recipe was generously shared by Whānau from the South Maclean, Flagstone, and Beaudesert community. For them, a Hāngī is more than a meal - it's a cherished tradition that connects generations. Preparing the earth oven, sharing stories as the kai cooks, and gathering to eat reflects Manaakitanga (hospitality), Whanaungatanga (connection), and Aroha (love).

By sharing this Hāngī, the Whānau honour their heritage and strengthen community bonds in Flagstone and its surrounds. It is a celebration of unity, respect, and the traditions that sustain their culture.



Vegemite Soup



PREP TIME

15 minutes



COOK TIME

20 minutes



SERVES

1

Ingredients

2 tbs Vegemite

¼ cup Risoni pasta

2 cups water

1 tsp butter

The Harris Family Steve, Chanel, Emilie & Charlotte

Vegemite Soup has been part of our family for as long as we can remember. As a first-generation Italian-Australian, Mum created her own twist on traditional pastina by adding a spoonful of Vegemite - a little blend of Europe and Australia in one comforting bowl. She made it whenever we were sick, tired, or just needed something quick and nourishing.

Our family has lived in Flagstone for a year now. Steve, originally from Canada, and Chanel, with Italian heritage, love cooking together and sharing food traditions with our kids - from maple-sweet Canadian dishes to simple, nostalgic favourites like this Vegemite Soup. It may sound unusual, but for Vegemite lovers, it's another delicious way to enjoy an iconic Aussie flavour.



Steps

1. Bring a pot of water to the boil over medium - high heat.
2. Add the Risoni pasta and cook until al dente, stirring occasionally so it doesn't stick.
3. Turn off the heat and remove the pot from the stovetop.
4. Add the butter and stir through the hot pasta until it melts completely.
5. Spoon in the Vegemite and stir until fully dissolved. You may need to use two spoons - one to hold the Vegemite and the other to gently rub it into the hot broth until it melts.
6. Taste and adjust, add more Vegemite for a stronger flavour, or extra butter to soften and mellow the taste.

Tempura Prawn Sushi



PREP TIME

15 minutes



COOK TIME

20 minutes



SERVES

4

Ingredients

2 cups of Sushi Rice (short grain) (can be pre-prepared)

1 cup rice vinegar

2 tbsp caster sugar

1 tsp salt

4 nori sheets

2 tbsp chives

1 cup cucumber sliced into matchsticks

2 carrots sliced into matchsticks

200g defrosted frozen prawns

2 eggs

2 cups plain flour

2 cups ice cold soda water

Steps

1. Pre-heat deep fryer to 160°C.
2. Cook sushi rice following packet instructions. Cool in the fridge.
3. In a bowl, whisk the egg and salt. Add 1 cup flour, then pour in icy-cold soda water and lightly mix (small lumps are fine).
4. Dust thawed prawns with flour, dip in batter, and deep-fry until crispy, lightly golden, and fully cooked.
5. Fry in batches, removing excess batter from the oil between batches. Place cooked prawns on a paper towel-lined tray.
6. To assemble, place a nori sheet on a bamboo mat. Spread an even layer of rice, leaving a 1cm gap at the top. Add tempura prawn, carrot, cucumber and chives. Wet the top edge of the nori and roll tightly. Slice into rounds and plate with garnish.

Garnish options: sesame seeds, wasabi, soy sauce, kewpie mayonnaise, micro herbs

Alternatives: brown rice can replace sushi rice. (Will require more time)

Junior Hospitality Students Flagstone State Community College

Flagstone State Community College junior hospitality students are building their skills from the ground up, starting with raw ingredients to create fresh sushi. Through this process, they learn essential preparation techniques, knife skills, and food safety. With elements of cooking incorporated, students gain confidence in the kitchen while enjoying a hands-on, creative experience that introduces them to diverse flavours and culinary styles.



Fettuccine Carbonara



PREP TIME

15 minutes



COOK TIME

30 minutes



SERVES

4

Ingredients

320g fettuccine pasta

4 tbsp cooking oil

4 shortcut bacon rashers
chopped

2 cups garlic cloves peeled and
crushed

4 egg yolk

1 cup cooking cream

4 tbsp parmesan cheese finely grated

2 tsp (optional) fresh rosemary finely
chopped

Salt and pepper to taste



Seniors Hospitality Students Flagstone State Community College

Flagstone State Community College hospitality students prepared a classic fettuccine carbonara, building on foundational cooking skills. This dish is a favourite for its rich, creamy texture and simple yet refined ingredients, allowing students to focus on technique and timing. They enjoy mastering flavour balance while creating a comforting, crowd-pleasing meal. The experience strengthens their confidence and showcases their ability to produce high-quality dishes suitable for both casual dining and large-scale catering events.

Steps

1. Cook fettuccine in boiling water following packet instructions until al dente. Drain, rinse, and set aside.
2. Chop bacon, crush garlic, and finely chop the rosemary.
3. Heat oil in a frying pan over medium heat. Add bacon and cook until golden. Add garlic and rosemary; cook for 1 minute until fragrant.
4. In a bowl, whisk egg yolk, cream, and parmesan. Season with salt and pepper.
5. Add pasta to the pan with the bacon mixture. Pour in the egg mixture and cook on low heat for 1 minute, tossing until the sauce thickens and coats the pasta (avoid overcooking to prevent scrambling). Serve with garnish.

Garnishes / Alternatives

- Garnish with chopped parsley or rosemary, or extra parmesan.
- Spirals, penne, or other pasta shapes can be used.
- Omit bacon for a vegetarian option.

Sticky Wings and Potato Wedges



PREP TIME

10 minutes



COOK TIME

40 minutes



SERVES

4

Ingredients

- 4 tbsp tomato sauce
- 3 tbsp barbeque sauce
- 4 tsp Worcestershire sauce
- 2 tsp smoked paprika
- 1kg chicken wings
- 2 red potatoes washed and sliced
- 1 tsp rosemary
- 4 tbsp olive oil

Steps

1. Preheat oven to 200°C. Line 2 trays with baking paper.
2. Slice the potato lengthways in half, then into quarters to create wedges.
3. Place wedges into a bowl, add salt, pepper, rosemary, and 1 tablespoons of olive oil. Mix the wedges to ensure they are all coated. Place the wedges onto one of the lined trays. Roast in the oven until golden brown.
4. Whisk tomato sauce, barbeque sauce, Worcestershire sauce, paprika and a pinch of salt and pepper in a bowl.
5. Place chicken wings in a large bowl. Pour over the marinade and ensure all the chicken is completely coated in the marinade. Put the wings onto the remaining lined tray.
6. Place the chicken wings into the oven with wedges. Roast, turning once, for 25-30 minutes or until golden. Serve the wings & wedges on an appropriate plate, bowl or board with a garnish.

Seniors Hospitality Students Flagstone State Community College

Flagstone State Community College hospitality students recently showcased their skills by preparing their favourite finger foods for large-scale catering events.

Working in facilities that mirror a commercial kitchen, students gain hands-on experience in food preparation, presentation, and service, building confidence and industry-ready skills while delivering high-quality dishes to real audiences with professionalism.



Rum Balls



PREP TIME



COOK TIME

0



SERVES

8

Ingredients

8 Vita-Brits or Weet Bix

1/2 cup desiccated coconut

Handful of sultanas

4 tbsp cocoa

1 can sweetened condensed milk

Rum to taste

Coconut for rolling



Miss Amy H from Goodstart Flagstone

Rumballs have been a family favourite since I was little. I used to help my Grandma make them and eventually took over making and sharing them each Christmas. It's not Christmas in our house unless there's a batch in the fridge! I've lived and worked in Flagstone for over 10 years and love being part of this community. Christmas is my favourite time of year, and these rumballs are one of our must-have festive treats.

Steps

1. Crush the vita-brits with dry hands until they are in small crumbs.
2. Add in coconut, cocoa and sultanas and mix thoroughly.
3. Then add in the condensed milk and mix well.
4. Add in a small amount of rum and taste. Add rum until it suits your taste. (Don't ask me the quantity of rum, I make it in a drinks tub using 40 vita Brits at a time!)
5. Once it is well mixed, use damp hands to roll small amounts into a ball shape and roll in the extra coconut.
6. Place into an airtight container and into the fridge. They are best eaten cold.

Thank You

The Taste of Harmony e-Cookbook has been created especially for the residents of Flagstone, celebrating the recipes, stories and traditions that make our community so wonderfully diverse. Thank you to every family who contributed a dish and shared a piece of their heritage. Your generosity and spirit have brought this book to life.

Harmony Week reminds us of the power of food to bring people together - to connect, to learn, and to celebrate what makes each of us unique. By sharing these home-cooked favourites, we strengthen our sense of belonging and help build a kinder, more connected Flagstone.

Peet Flagstone is proud to support initiatives that encourage community care, inclusion and togetherness. We hope this cookbook inspires you to keep cooking, sharing and celebrating with the people around you.

From our community to yours - thank you for being part of Flagstone's story

ned Very Neighbourly
Organisation

We uphold and promote the principles of Neighbours Every Day

PEET