

City of Greater Dandenong  
Youth and Family Services



# Culture Kitchen



RECIPES AND TIPS  
TO IMPROVE YOUR  
KITCHEN SKILLS

# Culture Kitchen

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**Food is a universal language spoken with many different accents.**

**Culture Kitchen reflects the vibrancy and diversity of Greater Dandenong through the sharing of simple, healthy and accessible recipes representing the diverse cultures that call Greater Dandenong home.**

**This FREE digital recipe book features easy to follow recipes submitted by local young people, aged 12-25, as well as some handy budgeting tips to help you save money.**





# Cháo gà

Cháo gà or Chicken Rice Porridge is a special dish to me because my mum used to make this whenever I had to skip school because of a cold. I'm glad she passed this recipe down to me because I can now eat it whenever I want! Rice porridge or "cháo" in Vietnamese, is gentle on the stomach and totally customisable to taste. It is commonly eaten because it's easy to digest and can be made with inexpensive ingredients. - Yasmina



## INGREDIENTS

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½ head of ginger  
½ cup white rice  
1 litre chicken/vegetable stock  
500 ml water  
300g chicken thighs  
Sesame oil  
Fried shallots

## METHOD

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Peel the ginger with a spoon and slice into thin strips.  
Dice the chicken thighs into 2cm cubes. Try to cut them to the same size so they cook evenly.

Place rice in a bowl and submerge with tap water.  
Using clean hands, wash the rice. Gently swish the rice around until the water becomes murky, pour the water out and repeat until the water is clear.

Combine all ingredients into a large pot and bring to a boil.  
Reduce heat to medium and allow to simmer, stirring occasionally until the rice has cooked into a soupy texture (35 minutes).

Add the chicken and cook for a further 8 minutes or until the chicken is white throughout.

You'll know when it's done when the rice mixture becomes thick and rice breaks apart in your mouth.

Serve into bowls and top with desired amounts of sesame oil and fried shallots.



# Cheats Laksa

This laksa recipe is a cheats version of the Malaysian noodle soup dish my mum makes every week. It uses store bought curry paste to make it easy for beginners. - Lisha



## INGREDIENTS

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120g (2 portions) rice noodles  
2 teaspoons of vegetable oil  
4 spring onions, sliced diagonally  
180g jar laksa paste  
1 litre chicken or fish stock  
270ml can of coconut milk  
400g skinless chicken thigh, prawns,  
or fish fillets  
1 red capsicum, cut into squares  
200g snow peas, strings removed  
1 cup fresh bean shoots, rinsed  
Handful of coriander, chopped  
Handful fresh mint leaves  
2 limes, halved, to serve

## METHOD

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Place noodles in a bowl. Cover with boiling water. Allow to soak for 10 minutes. Drain and set aside in bowls.

Heat oil in a wok over high heat. Stir-fry white part of spring onion for 30 seconds. Add laksa paste; stir until the smell fills your kitchen. Add stock and coconut milk. Bring to the boil. Simmer for 5 minutes.

Add your preferred protein. Simmer for 2-3 minutes until just tender.

Add the capsicum and snow peas and simmer for 1 minute. Stir through green part of the onion, bean shoots and herbs.

Squeeze a piece of lime into each serving bowl. Ladle soup over and serve.



# Samosa

Samosa is one of the most iconic fried South Asian snacks. It has a crispy golden brown outside with warm fillings of your choice on the inside; and is quite often paired with spicy dips and hot chai on cold evenings. It is one of the most nostalgic snacks and nothing can beat a good crispy samosa after a full day of fasting in Ramadan. - Faridah



## INGREDIENTS

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250g potatoes  
1/4 small onion, diced  
1/4 cup green peas, smashed  
1 tablespoon curry powder  
1/2 teaspoon chilli powder  
1 teaspoon sugar  
Salt to taste  
2 tablespoons of oil (for sautéing)  
Oil for deep-frying  
1 egg white  
Spring roll wrappers, cut into 3  
equal-sized rectangle pieces

## HOT TIP

**Instead of using potatoes, you could also use your favourite meat mince recipe as a filling substitute if you're looking for some extra protein or a non-vegetarian option.**

## METHOD

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Boil the potatoes for around 10 minutes until fully cooked through and tender. Then, drain the excess water and set aside to cool. Once cooled, peel the potatoes and mash them into pieces using clean hands, a potato masher, or the back of a spoon.

Heat up a pan or a skillet and pour in the 2 tablespoons of oil. Sauté the diced onions until slightly translucent. Then add the potatoes, green peas, curry powder, chilli powder, sugar, and salt. Mix and cook for a few minutes until well incorporated. Turn off the heat and set aside to cool.

Grab one spring roll wrapper and cut into 4 equal squares (quarters). Take one heaped teaspoon of the potato mixture and place it in the center of one square of spring roll sheet. Then brush the edges with egg white. Grab the top left corner of the wrapper and join it with the bottom right corner, creating a simple triangle and seal the edges tightly shut by pinching. Folding the edges may help with keeping the fillings intact while frying. Repeat this step until the desired amount of samosas are made.

In a pot suitable for deep frying, pour in enough oil and heat it up to 175 degrees Celcius or hot enough to make the oil bubble around the samosa when put into the oil. Fry all your samosas until golden brown. Drain the oil and place the samosa on a paper towel to drain excess soaked up oil.

Serve warm with your choice of condiments.



# Burek

Burek is a very popular dish, amongst many cultures that I've grown up with! It's a pastry that can be filled with meat, potatoes or cheese and it's been featured at every cultural event I've ever been to so it's very special. - Leah



## INGREDIENTS

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500 grams of feta cheese  
225 grams of cream cheese  
2 large eggs (beaten)  
4 tablespoons of fresh parsley  
2 tablespoons of fresh dill  
1 packet of filo pastry (thawed)  
1/2 cup butter  
1/2 cup olive oil

## METHOD

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Gather the ingredients. In a large bowl, mix together feta cheese and cream cheese until light and fluffy. Add eggs, parsley, and dill, mixing well. Set aside.

Separate filo dough into two piles of 24 sheets. Cut filo dough sheets in half. You should have two piles of 48 leaves. Cover with parchment paper followed by a damp towel or plastic wrap so they don't dry out.

Heat oven to 190c. In a small bowl, mix together melted butter and olive oil. Using a pastry brush, butter 6 (8-inch) round shallow pans. Lay down 2 sheets of filo dough and brush with the butter-oil mixture. Repeat with 2 more sheets of filo dough and butter-oil mixture.

Spread 1/6 of the cheese mixture evenly on top and to the edges. Lay down 2 sheets of filo dough on top of the cheese mixture and brush with butter-oil mixture. Repeat with 2 more sheets. Tuck edges of filo down sides of pan to create a rounded edge. Brush generously with butter-oil mixture. Repeat for 5 remaining pies. Each pie will use 4 sheets on the bottom and 4 sheets on the top for a total of 8 sheets each.

Bake 20 to 30 minutes or until golden brown. Serve warm or at room temperature.



# Fried Rice

This is an easy meal that you can use with leftover rice. In fact, it's better to do it with leftover rice! - Dan



## INGREDIENTS

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1 tablespoon oil  
Half a cup of any meat (chicken, bacon, seafood or you can leave it as veggies)  
2 spring onions finely sliced  
1 cup frozen peas, corn and capsicum  
2 eggs, beaten  
2 cups cooked white rice that has been refrigerated prior  
1 tablespoon kecap manis  
Salt and white pepper

## METHOD

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Heat oil in a wok or frying pan over medium-high heat. Coat wok in oil. Add meat and onion. Stir-fry for 2 mins or until meat is crispy.

Add peas, corn and capsicum. Stir-fry for 1 minute. Add rice and kecap manis. Stir-fry for 2 to 3 minutes or until heated through. Push everything to the side and add egg. Stir-fry for 1 minute or until egg is cooked. Done!

## FUN FACT

**The earliest record of fried rice is in the Sui dynasty (589–618 CE) in China!**



# Swala

Swala or Okra Soup is an African meal my mum and aunties make all the time, if you have never heard of this before please give it a try! - Grace



## INGREDIENTS

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2 cups of okra cut into slices, (remember to dispose of both tip ends)  
1/2 cup chopped onion  
2 chopped tomatoes  
1/2 teaspoon of bicarbonate soda  
oil  
Salt to your liking  
3 - 4 cups of water  
Hot pepper (optional)

## METHOD

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Place 1 cup of water in a pot and add 1/2 teaspoon of bicarbonate soda.

Add chopped onions, and bring to a boil on medium heat.

When boiling, add okra along with 2 more cups of water.

Cook until okra pieces are soft, this can take time so be patient.

When the okra is nice and soft add tomatoes with 1 tablespoon of oil. Add salt and hot pepper if you like.

Turn heat off after 5 minutes and let it thicken as it cools. Enjoy!

## HOT TIP

**You can also add a scoop of peanut butter to this dish at the end for a nutty twist!**



# Garlic Prawn Noodles

This dish is special to me because I make it for my friends and family. - Emily



## INGREDIENTS

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2 x 200g packets pre-cooked noodles  
1 teaspoon sesame oil  
2 tablespoons of vegetable oil  
2 heaped cups sliced cabbage  
1 teaspoon of sugar  
1 tablespoon of soy sauce  
4 garlic cloves, finely chopped  
200g peeled and deveined prawns  
½ teaspoon of chilli powder  
3 tablespoons of oyster sauce  
½ cup finely sliced spring onion

## METHOD

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Place the noodles into a pot of boiling water. Use tongs to gently separate the noodles and as soon as they have come apart, transfer the noodles to a large bowl. Toss with sesame oil.

Heat the vegetable oil in a wok or frying pan over high heat. Add the cabbage and stir-fry until just starting to char. Then add half of the sugar and half of the soy sauce. Stir-fry for another minute or until the cabbage is nicely coloured. Add the garlic and stir-fry for 20 seconds. Then add the prawns and chilli powder and stir-fry until the prawns are just cooked.

Add the noodles, remaining soy sauce, remaining sugar and oyster sauce. Stir-fry for another minute until the sauce has thickened. Toss through the spring onion and serve.



# Date & Peanut Butter Energy Bites

I make these all the time! It's a good study snack! - Lilly



## INGREDIENTS

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1 cup pitted dates  
3 tablespoons of all-natural salted peanut or almond butter  
1/4 cup dairy-free dark chocolate (roughly chopped)  
1 tablespoon chia seeds  
2/3 cup rolled oats

## METHOD

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Pulse pitted dates in a food processor or blender until they're in small pieces or it forms a ball.

Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.

Carefully roll into 1-inch balls, using the warmth of your hands to mold them together. Should make about 15 balls.

To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is!



# Chicken & Egg Donburi

I love this dish it reminds me of my trip to Japan and it's so comforting and tasty.  
I hope you like it as much as I do! - Emily



## INGREDIENTS

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1 cup Japanese rice  
1/3 cup chicken stock  
1 teaspoon white sugar  
1 tablespoon soy sauce  
2 tablespoons of vegetable oil  
1/2 an onion, sliced  
200g chicken thighs, thinly sliced  
3 eggs, lightly whisked  
1/4 cup finely sliced spring onion

## METHOD

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Cook rice according to packet instructions. Keep warm and just before serving, divide rice among 2 serving bowls.

In a small bowl, combine the chicken stock, sugar and soy sauce.

In a small frying pan, heat half of the vegetable oil over medium-high heat. Add half the onions and stir-fry for 2 minutes. Add half the chicken and stir-fry for 3-4 minutes or until just cooked.

Pour half of the chicken stock mixture into the pan and simmer for about a minute. Drizzle half the eggs over the contents of the pan. Cook for about 2 minutes or until the egg is just set.

Remove pan from heat and slide the contents onto a bowl of rice. Repeat with the remaining ingredients. Sprinkle with spring onion and you're done!



# Bariis Iskukaris

This Somali rice dish is often prepared for festive occasions, but it can be a good meal on its own! - Bilan



## INGREDIENTS

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### FOR THE RICE:

- 4 cups Basmati rice
- ½ cup olive oil
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 2 cinnamon sticks
- 5 whole green cardamom pods
- 10 whole cloves
- 2 teaspoons xawaash spice mix (see below)
- 8 cups chicken stock
- 1 cup raisins
- Salt

### FOR THE XAWAASH (SOMALI SPICE MIX)

- 1 tablespoon cumin seeds
- 1 tablespoon coriander seeds
- 2 teaspoons dried whole sage
- 1 teaspoon black peppercorns
- 1 teaspoon fenugreek seeds
- 1 teaspoon ground turmeric
- 1 ¼ teaspoons ground ginger
- 8 green cardamom pods
- 10 whole cloves
- ¼ teaspoon nutmeg
- ⅓ cinnamon stick

## METHOD

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Soak rice in cold water 30 to 45 minutes, then drain.

Meanwhile, prepare the xawaash: Combine all the spices in a spice grinder and finely grind. Set aside

In a large pot, make the rice: Heat ½ cup oil. Add onions and sauté, stirring frequently, until softened, 6 to 8 minutes. Add garlic, cinnamon sticks, cardamom, cloves and xawaash and cook, stirring for 1 minute. Stir in stock and rice. Bring to boil, then cover and cook on low heat 20 minutes.

Stir in raisins and season to taste with salt. Cover, turn off heat and steam for 5 more minutes. Transfer to a serving platter, using a large spoon to pile rice in a heap onto the platter. This makes about 15 servings so it's good to share with a large group!

## HOT TIP

**You can serve Bariis Iskukaris with all sorts of toppings. Boiled eggs, chilli sauce, roast veggies, meat or fish!**



# Vietnamese Style Steak & Salad

This is a recipe I cook for myself often. Give it a try I hope you like it! - Tri



## INGREDIENTS

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1 thin rump steak  
1/2 tablespoon oil  
1 tablespoon soy sauce  
2 tablespoons fish sauce  
Mixed salad leaves  
2-3 tablespoons of sugar  
1 tablespoons of chicken stock powder

## METHOD

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Season the steak with salt and pepper.

Heat up your pan over a hot stovetop until it's slightly smoking, then add oil.

Cook your steak for around 2-3 minutes per side for medium rare.

Set your steak aside to rest while you make your salad dressing.

Mix the soy and fish sauce together with a fork in a small bowl along with the stock powder and sugar.

Slice your steak into strips, serve with your washed salad leaves and pour the dressing over the top. Enjoy!

## HOT TIP

**This recipe would work great with any protein or your favourite veggies!**



# Stuffed Omelette & Garlic Oil

This recipe is special to me because it's easy to cook and you can have it any time of the day - Josh



## INGREDIENTS

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### Stuffed omelette

6 eggs  
1 cup of milk  
5 chives  
5 sprigs of coriander  
2 rashers of bacon  
1 small slice of blue cheese  
Pinch of salt & pepper

### Garlic oil

2 garlic cloves  
1/4 cup olive oil  
2 sprigs of rosemary

## METHOD

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### Garlic oil

Remove garlic skin, then crush it and place it into a bowl with chopped rosemary.

Pour the olive oil into a bowl with the garlic and rosemary then mix them all together for 5 minutes. After that you can use it for cooking the other ingredients.

### Stuffed omelette

Crack 6 eggs into a bowl and whisk together.

Pour 1 cup of milk into the bowl then mix together with the eggs.

Chop the chives and coriander then place them into the bowl with the eggs and milk, add salt and pepper and mix.

Chop the bacon into small slices then cook it on a medium heat with the garlic oil until it's crispy then remove it from the pan onto a plate.

In a pan, pour in the egg mixture and cover with a lid to cook for 8 minutes on a low heat.

Once the omelette has finished cooking on one side place the cooked bacon, and a slice of blue cheese then fold the other side on top to let the egg melt the cheese. Once it's melted it's ready to serve!

## HOT TIP

**If you don't eat bacon you can substitute it with mushrooms, chicken, or turkey!**



# Easy Lentil Soup

This recipe is special to me because it's so cheap and healthy, and it feels like good food! - Michael



## INGREDIENTS

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- 1 teaspoon olive oil
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 1 garlic clove, minced
- 1 teaspoon dried Italian herbs
- Salt and ground pepper
- 400ml vegetable stock
- 1 can of lentils, drained
- 1/2 a lemon

## METHOD

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In a medium saucepan, cook oil over a medium heat. Add onion, carrot, celery, and garlic; season with Italian herbs, and salt and pepper. Cook, stirring occasionally, until onion softens, 3 to 5 minutes.

Add stock; bring to a boil and cook for 5 minutes. Add lentils and cook until soup thickens slightly, 5 - 7 minutes. Stir in lemon juice and season with salt and pepper to your liking.

## HOT TIP

**Try adding those veggies in the fridge that are looking a bit sad, they're great for soups!**



# Vegan Chickpea Curry

This recipe is special to me because it's proof vegan food can be tasty too! Give it a try! - Alicia



## INGREDIENTS

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1 tablespoon vegetable oil  
1 brown onion, chopped  
500g pumpkin, peeled, cut into cubes  
2 garlic cloves, crushed  
2 1/2 teaspoons ground cumin  
1 1/2 teaspoons garam masala  
2 cups vegetable stock  
400g can diced tomatoes  
400g can chickpeas, drained  
1/4 cup chopped coriander, plus extra to serve

## METHOD

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Heat the oil in a large saucepan over medium heat. Cook the onion, stirring, for 2-3 mins or until softened. Add the pumpkin, garlic and spices. Cook, stirring, for 1 min or until fragrant.

Add the stock and tomato. Bring to the boil. Reduce heat and simmer, uncovered, for 10 mins.

Add chickpeas and simmer a further 10 mins or until pumpkin is just tender. Add coriander and season. Spoon the curry into bowls, serve with rice.

## HOT TIP

**The basic water to white rice ratio is 2 cups water to 1 cup rice.**



# Vegan Peanut Butter Banana Bread

This recipe is special to me because who doesn't love banana bread!? - Emily



## INGREDIENTS

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Nuttelex or coconut oil for greasing  
80ml maple syrup  
3 ripe bananas, mashed  
100g Nuttelex or coconut oil, melted  
1 teaspoon vanilla extract  
80g brown sugar  
200g plain flour  
1 teaspoon baking powder  
½ teaspoon bicarbonate of soda  
Pinch of salt  
150g dark chocolate, chopped  
125g peanut butter or almond butter

## METHOD

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Preheat the oven to 170C. Grease a loaf tin with nuttelex/coconut oil or line with baking paper.

Put the maple syrup, mashed banana, coconut oil, vanilla and sugar in a large bowl and mix well. In another bowl, stir together the flour, baking powder, bicarb and salt. Tip the flour mixture into the wet mixture in the first bowl and stir together well.

Pour half of the batter into the prepared loaf tin, then sprinkle half of the chocolate chips over and dot half of the nut butter on top in teaspoons. Repeat this layering with the rest of the mixture.

Bake in the oven for 50 minutes until just cooked through and golden on top. You want this cake to be moist. Remove from the loaf tin and leave to cool on a wire rack, then slice and enjoy.

## HOT TIP

**This is a great way to use up those bananas that have been in the fruit bowl a little too long!**



# Simple Sushi Rolls

These are a winner because they look hard, but they're actually simple and so yum! - Phu



## INGREDIENTS

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- 1 1/2 cups sushi rice
- 2 tablespoons rice wine vinegar
- 1 tablespoon caster sugar
- 4 nori sheets
- 2 tablespoons mayonnaise
- 1 cucumber, cut into matchsticks
- 1 medium avocado, thinly sliced
- 1 medium carrot, grated
- Soy sauce, to serve

## METHOD

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Rinse and drain rice until the water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.

Place the rice and 1.5 cups of cold water into a saucepan over a medium heat. Cover with a lid and bring to a boil. After it has reached boiling point, reduce the heat to low. Simmer, covered, for 12 minutes. Remove from the heat, and set it aside covered, for 10 minutes.

Meanwhile, place vinegar and sugar into a microwave-safe jug. Microwave on high for 30 seconds. Stir to dissolve sugar. Transfer the rice to a large dish. Using a spatula, stir to break up lumps. Slowly add the vinegar mixture, lifting and turning rice, until rice has cooled.

Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp clean fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end. Spread 2 teaspoons of mayonnaise over centre of rice. Arrange one-quarter cucumber, avocado and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado and carrot to make 24 pieces. Serve with soy sauce.

## HOT TIP

**Look for sushi rice and sushi mats at your local Asian grocer!**



# Apple & Coconut Pie

This recipe is special to me because it's such good comfort food! - Alicia



## INGREDIENTS

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1/2 cup golden syrup  
2 tablespoons of brown sugar  
50g butter, chopped  
1kg apples, peeled, cored, thinly sliced  
1/3 cup quick oats  
1/3 cup shredded coconut  
1 lemon, zested  
Plain flour, for dusting  
2 sheets shortcrust pastry, thawed  
1 egg, lightly beaten  
1 tablespoons of brown sugar coffee crystals

## METHOD

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Place syrup, sugar and butter in a large saucepan and cook over medium heat for 3 minutes or until sugar has dissolved. Add apple and cook for 10 minutes or until just softened. Remove from heat.

Stir through oats, coconut and zest. Cool.

Meanwhile, grease a 25 x 4cm pie dish. Dust a clean work surface with flour. Roll out 1 pastry sheet to a 35cm square and use to line base of pie dish, leaving a 5mm overhang. Fill with cooled apple mixture. Top with remaining pastry sheet, pinching edges of sheets together to seal. Using a small round cookie cutter, cut a hole in centre of pie. Refrigerate for 20 minutes or until firm.

Meanwhile, preheat oven to 190°C. Brush pie with egg, then scatter over sugar crystals and extra oats. Bake for 1 hour or until pie is golden and bubbling through center.

Remove from oven and stand for 15 minutes. Cut into slices and serve warm with cream

## HOT TIP

**If the pie starts to brown too quickly while it's baking in the oven, loosely cover it with a sheet of foil.**





# Budgeting Tips

10 handy tips and tricks to help save some coin!

## Tip 1: Menu Plan

Not having a plan is where many of us waste money. It doesn't need to be too detailed or take a lot of time. Try to plan out a weekly menu so you know what to buy at the start of the week.

## Tip 2: Don't double up

Take note of what's in your pantry and fridge before going to the store to make sure you don't buy what you already have.

## Tip 3: Buy home brands

Often the budget brands are just as good as the leading brands. Don't pay more if you don't have to.

## Tip 4: Limit the amount of meat you eat

Eat beans, legumes, eggs, and dairy as regular protein sources since they're cheaper than meat and can help keep you feeling fuller, for longer.

## Tip 5: Shop at the market

Buy your in season fresh produce from your local market, such as Dandenong Market, you're sure to find some bargains.



## Tip 6: Makeover leftovers

Rather than reheating your leftovers, turn them into something new.



## Tip 7: Consider your options

Use frozen, canned, and fresh produce depending on what's on sale, in season, and at the best prices.

## Tip 8: Don't be tempted by the bargain

If an item is on special 'four for \$12' but you only need one, then don't spend more unless you're sure you'll use it before it expires.

## Tip 9: Cook once, eat twice

Make extra when you can so that you can freeze a serving for another time. Casseroles, soups, and pastas are perfect for this.

## Tip 10: Reduce food waste.

Use stale bread to make breadcrumbs, use ends of vegetables to make your own vegetable stock, and save vegetable scraps for your garden compost.



**Greater Dandenong Youth and Family Services works with young people and families aged 12-25 years who live, work, study or have a significant connection to the City of Greater Dandenong.**

**Check out the exciting range of programs, events and opportunities available on our website or call to speak with a member of the Youth Services team.**



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