



Feeding Your Mob with fruit & veg



**Bush Tucker
tips!**



Acknowledgements

The ***Feeding Your Mob*** recipe booklet is based on the ***Fruit and Veg Cookbook*** developed by the former Mid North Coast Aboriginal Partnership. The recipes are mainly derived from the ***Feeding the Family*** cooking program conducted by the Mid North Coast Aboriginal Health Partnership in conjunction with Aboriginal Medical Services and their communities. The Mid North Coast program was adapted with permission from the original ***Feeding the Family*** program in Western NSW.

The following groups and individuals provided valuable input on the title and cover design:

-  Great Lakes Children's Services
Aboriginal Mums Playgroup
-  Staff, community members and elders from Cabarita
-  Aboriginal community members and staff from Purfleet

Advice by Amanda Kennett on Aboriginal bush foods is also gratefully acknowledged.

Background information

Everyone knows fruit and vegetables are “good for you”. They also need to be enjoyable for the whole family to eat, cheap to use and easy to prepare, so that we all include them often enough and in adequate amounts.

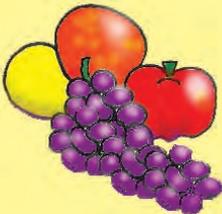
This recipe booklet contains fruit and vegetable recipes that have proved popular and easy to make. The recipes are accompanied by illustrated instructions to make the preparation fun and easy for you and your mob.



The recipes are very economical to make. In fact, the cost of ingredients for these recipes is only a fraction of what it would cost to buy the food already prepared.

The recipes in this book use a variety of fresh, dried, canned, frozen and bush fruit and vegetables to make easy but nutritious meals and snacks.

Remember, when you are preparing fruit and vegetables:



Wash fruit or vegetables thoroughly before use;

Peel only when necessary;

Aim to retain the nutrients by avoiding overcooking; and

Wash hands, utensils and equipment thoroughly before and after use.

Each recipe includes Bush Tucker Tips that allow you to experiment with traditional ingredients used in Aboriginal food preparation. Using these ideas will add to the nutritional value and flavour of the recipes.

In addition to growing in their natural areas, the bushtucker ingredients may be cultivated or purchased in specialty shops or online.



BUSH TUCKER INGREDIENTS USED IN RECIPES

Each of the recipes in this booklet contain a **Bush Tucker Tip**. The idea of these tips is to familiarise aboriginal and non-aboriginal people with some highly nutritious and tasty ingredients, and to acknowledge the role that these foods have had in the traditional aboriginal diet for thousands of years. We hope that this broadens recognition and appreciation of these foods. Native vegetation is protected by legislation, so find out if any permits are required before collection from public land, like roadsides, National Parks or coastal reserves.



Akudjera
Bush Tomato

AKUDJERA (BUSH TOMATO)

These yellow berries are the fruit from a small bush that grows in the desert areas of NSW. The berries look like small tomatoes, and are harvested once they have been slightly sun-dried on the bush. Bush Tomatoes taste similar to a slightly bitter sun dried tomato, and can be used in a similar fashion to sun dried tomatoes, enhancing the flavour of tomato based dishes.



Warrigal Greens

WARRIGAL GREENS

A great substitute for spinach, Warrigal Greens are a herb with arrow-shaped leaves, common in coastal regions of NSW. Warrigal Greens need to be blanched lightly before use. If you choose young light green leaves this isn't as necessary. Greens may be blanched and then sautéed in olive oil with pinch each of Nutmeg, Native Pepper and Lemon Myrtle until leaves wilt and change colour, before adding to recipes.



Yam

ROOT VEGETABLES

Long Yam, Round Yam and other tubers like Bush Potato and Bush Carrot can be found in the undergrowth of thickets and rainforest and formed a substantial part of the Aboriginal diet. They are ideal for roasting, soups and casseroles as these long slow cooking processes help to make the starches in these vegetables more digestible.



Long
Yams



Taro



Water
Ribbons



BUNYA NUT

These nuts may be eaten raw when fresh, or boiled to make it easier to extract the nut from the hard shell. The nuts can then be sliced or pureed and added to desserts and savoury dishes. The flour can also be used to make breads and cakes. Flavours that combine well with Bunya Nuts include Native Peppers, Native Mint, Native Thyme and Lemon Myrtle.



Bunya Nuts

NATIVE HERBS

Native varieties of Pepper, Thyme, Mint, Tamarind and Lemon Myrtle can be used to provide an unusual flavour variation in recipes. Dried varieties are becoming more common in specialty shops if the fresh varieties are not accessible. You only need to use a pinch of these herbs as the flavours are intense.



Wombat berry



Tamarind

MUNTRIES

These fruit played a major part in traditional diets, not only when fresh, but also after being dried and stored for the winter months. The pretty nut-flavoured fruits make a wonderful addition to sweet or savoury dishes, jams and chutney. Serve as a dessert with yoghurt or toss in a handful during the last few minutes of cooking, like you would add currants to couscous or rice.



Muntries



Samphire

SAMPHIRE

Often immersed in tidal shores, Samphire stem is salty and something like snake beans. Discard woody stems as you would asparagus, use only the succulent fleshy part of stems. If Samphire is too salty, it can be blanched before being steamed, stir fried or used in dips.

NATIVE RASPBERRIES

The sweet red berries can be gathered and eaten raw. They can be used as substitutes for the exotic raspberries.



Quandong

NATIVE PLUMS AND BERRIES

Most native fruits have a tart flavour more suited to cooking and sweetening with a little sugar, rather than being eaten raw. Quandong, Kakadu Plum, Illawarra Plum, Rosella, Davidson Plum are all suitable for use in baking and desserts, and are widely used in making preserves.



Davidson Plums



Illawarra Plum

Vegetable Lasagne

Ingredients

- 1 packet lasagne noodles
- 2 cups canned tomatoes
- 2 cups baked beans
- 2 tablespoons mixed herbs
- 6 cups diced vegetables (fresh, frozen or canned)
- 3 cups grated light mozzarella

Equipment

- ovenproof dish
- cup measure
- can opener

1 Combine vegetables, tomatoes, baked beans and herbs in a large pan. Simmer until well combined and sauce is thick.

2 Spray dish with oil spray and cover base with lasagne noodles.

3 Spread $\frac{1}{3}$ of vegetable mix over noodles and top with $\frac{1}{3}$ of cheese.

4 Add another layer of noodles and repeat vegetable and cheese layers. Complete with a final layer of noodles, vegetables and cheese.

5 Bake in a moderate oven for 30–40 minutes.

6 Yum! Makes 6-8 serves

Select salt reduced or no added salt varieties of canned vegetables



Akudjera
Bush Tomato

Bush Tucker Tip

Add one teaspoon each of ground Akudjera (Bush Tomato), Native Thyme and Dorrigo Pepper to mixed herbs.



Dorrigo
Peppers

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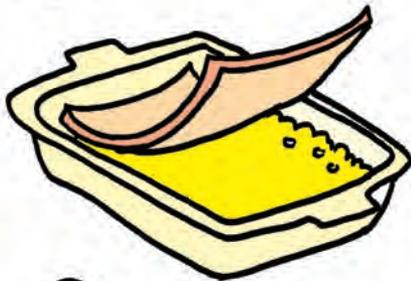
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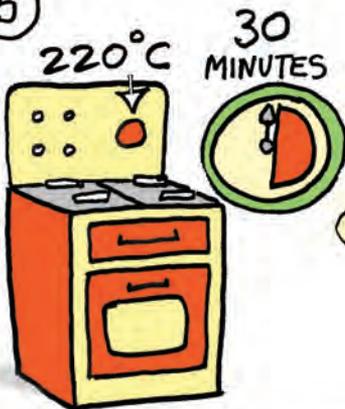
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Spinach Pie

Ingredients

Oil spray
½ cup bread crumbs
1 cup evaporated skim milk
4 eggs
2½ cups cooked spinach
½ cup chopped shallots
½ cup parmesan cheese

Equipment

Medium pie dish
mixing bowl
egg whisk

1 Spray pie dish with oil spray.
Spread breadcrumbs over
base of dish.

2 Beat milk and eggs together
in a mixing bowl.

3 Add all other ingredients.

4 Pour into greased pie dish.

5 Bake in moderate oven for
30–35 minutes.

6 Yum!



Warrigal Greens

Bush Tucker Tip

Replace spinach with
Warrigal greens,
blanching in boiling
water for 2-3 minutes to
cook.

Makes 6 serves



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Veg Burgers

Ingredients

1 egg
½ cup plain flour
breadcrumbs
1 cup cooked red lentils
2 cups well cooked vegetables
2 teaspoons curry powder
oil spray

Equipment

potato masher
large mixing bowl
egg flip

1 Mash vegetables and lentils together until they form a lumpy mixture.

2 Add egg, flour and herbs.

3 Sprinkle in breadcrumbs until mixture forms into a solid ball.

4 Heat an oiled large flat pan to medium heat. Spoon a large tablespoon of mixture and form into a small ball. Place in oil and flatten out. Repeat with remainder of mixture to make 12 patties.

5 Cook until golden brown then flip over and cook other side.

6 Serve with side salad. Yum!



Bush Tucker Tip

Replace half of vegetables with Bunya Nuts. Boil nuts for 20-25 minutes, then chop finely before mashing with vegetables and lentils. A pinch of herbs such as Native Pepper, Native Mint, Native Thyme or Lemon Myrtle may be used to replace curry powder.

Makes 6 serves



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Pumpkin Hot Pot

Ingredients

500g minced beef
1 onion, chopped
2 carrots, washed and grated
1 cup canned tomatoes
2 tablespoons soy sauce
3 cups peeled, diced pumpkin
4 stalks celery, finely chopped
¼ cup nutmeg
½ cup breadcrumbs
oil spray

Equipment

frying pan
knife
chopping board
ovenproof dish

1

**Boil or steam pumpkin.
Mash with nutmeg.**

2

**Brown mince in a large
frying pan.**

3

**Add celery, onion, carrot,
tomato and soy sauce.**

4

**Cook for 10 minutes over
low heat. Spoon into
baking dish.**

5

**Cover with pumpkin and
then sprinkle with
breadcrumbs.**

6

**Spray with oil and bake in
a moderate oven for 30
minutes.**

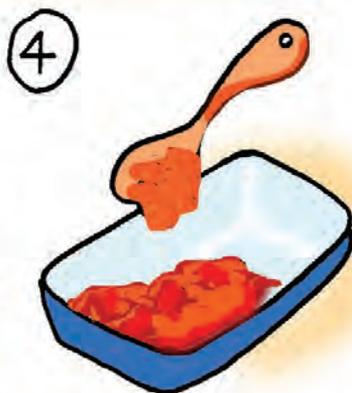


Bush Tucker Tip

Use Kangaroo mince to replace beef mince. Also, try yams (Murnong) instead of pumpkin. Ensure these are well cooked.

Makes 6 serves





Chicken & Veg Stir Fry

Ingredients

1 tablespoon oil
2 teaspoons crushed garlic
1 large onion, finely chopped
500g boneless chicken fillets
¼ cabbage, shredded
1 large carrot, thinly sliced
½ red capsicum, thinly sliced
2 tablespoons soy sauce

Equipment

frying pan
chopping board
knives
wooden spoon



1

Chop up vegetables into stir fry sized pieces. Clean board.

2

Heat oil in pan and brown garlic and onions.

3

Chop chicken into strips. Add chicken to pan and brown.

4

Add remaining vegetables and soy sauce. Cook until chicken is tender and vegetables are cooked but firm.

5

Serve with steamed rice. Yum!



Bush Tucker Tip

Use fleshy stems of Samphire (Sea Fennel) as one alternative to cabbage. Seeded Native Tamarind chopped into stirfry will also add an authentic flavour.

Makes 6 serves



YUM!

Roast Vegetables

Ingredients

6 large washed potatoes
2 sweet potatoes
6 carrots
½ butternut pumpkin
6 onions
6 zucchini
olive oil
fresh or dried rosemary

Equipment

sharp knife
potato peeler
chopping board
baking trays
baking paper

1 Peel sweet potatoes, onions and pumpkin.

2 Scrub potatoes, carrots and zucchini.

3 Par-boil or steam vegetables in a large pot or in the microwave. Allow to cool slightly before cutting into manageable sized pieces.

4 Turn oven on to a high heat. Cover baking trays with baking paper. Arrange vegetables on tray. Coat evenly with oil spray and sprinkle with rosemary.

5 Bake in a hot oven for about 30 minutes.

6 Yum!

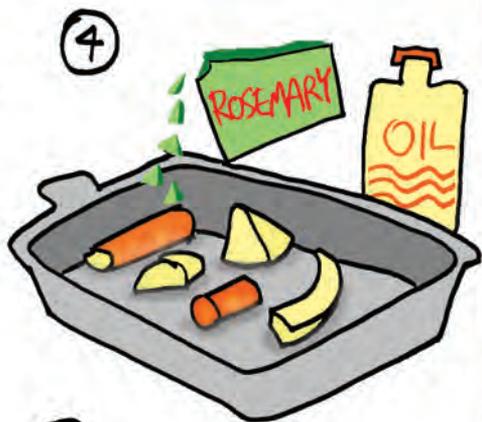
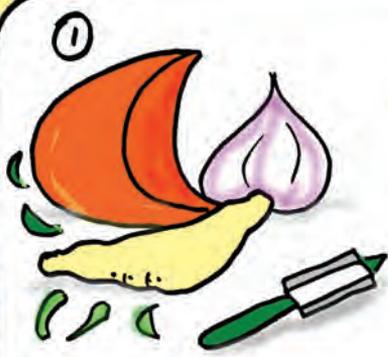
Makes 6 serves



Bush Tucker Tip

Yam (Murnong), Taro and Bunya Nuts tossed in olive oil with Dorrigo Pepper and Native Thyme are ideal for roasting. All require long, slow cooking.





Sweet Potato & Lentil Soup

Ingredients

2 teaspoons oil
1 small onion, chopped
1 cup red lentils
4 cups water
1 medium sweet potato, chopped
1 vegetable stock cube, crumbled

Equipment

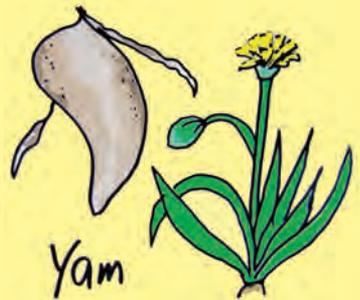
Medium pie dish
mixing bowl
egg whisk

1 Heat oil in a large saucepan, add onion, stir over medium until onion is soft.

2 Add remaining ingredients, bring to boil, reduce heat, cover, simmer for about 30 minutes or until sweet potato is soft.

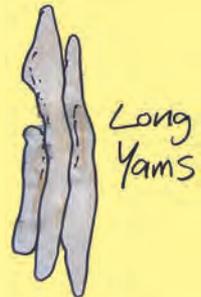
3 Blend or mash mixture in several batches until smooth, return to saucepan, reheat before serving. Add extra water if soup is too thick.

4 Serve with plain yoghurt if desired or with damper to make a main meal.



Bush Tucker Tip

Use any root vegetables available to make soup.



Makes 4 serves



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Tropical Carrot Salad

Ingredients

4 carrots
1 cup currants or sultanas
½ cup desiccated coconut
8 unsweetened pineapple slices

Equipment

grater
can opener
cup measure



1 Grate carrot. Drain and dice pineapple.



2 Combine grated carrots, currants and pineapple in a salad bowl.

3 Toss gently.



4 Sprinkle with coconut.

5 Yum!



Muntries

Bush Tucker Tip

Sprinkle salad with Muntries for a splash of colour and a different flavour.

Makes 8 serves





Mini Pizza

Ingredients

6 English muffins
½ cup tomato paste
1 medium onion, sliced
1½ cups grated light mozzarella cheese
6 slices of ham, diced
6 mushrooms, sliced
1 can unsweetened pineapple

Equipment

sharp knife
cheese grater

1 Split muffins in half. Toast lightly under grill with cut side down.

2 Remove from grill and spread with 1 tbsp of tomato paste per muffin half.

3 Top with onion, ham, mushrooms and pineapple. Cover with cheese, dividing it evenly.

4 Place under grill and cook until cheese is melted and golden.

5 Serve. Yum!



Bush Tucker Tip

Use steamed Cumbungi stems or shoots as an extra pizza topping and sprinkle with Akudjera (Bush Tomato)



Akudjera
Bush Tomato

Makes 6 serves



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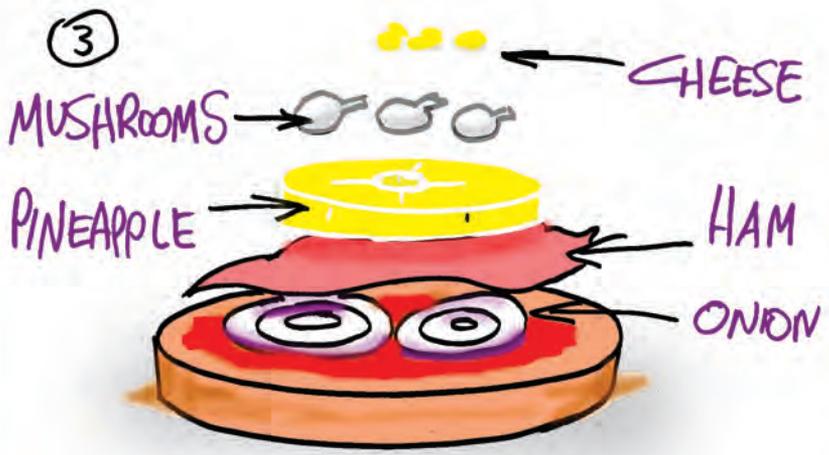
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Fruit Crumble

Ingredients

3 cups canned fruit (natural juice)
(apple, peaches, apricots, pears)
2 tablespoons margarine
½ cup plain flour
¼ cup sugar
1 teaspoon cinnamon

Equipment

can opener
ovenproof dish
cup measure
tablespoon

1 Drain canned fruit, dice and spread over oven proof dish

2 Rub margarine into flour until it looks like breadcrumbs.

3 Stir in sugar and cinnamon.

4 Sprinkle crumble mixture over fruit and press down lightly.

5 Bake in a moderate oven (180°C) until top is brown and crisp.

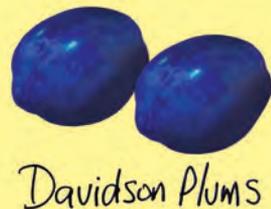
6 Serve with low fat icecream or custard. Yum!

Makes 6 serves



Bush Tucker Tip

Replace half of fruit with stewed Quandong, Kokoda Plum, Illawarra Plum, Davidson Plum.



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Fruit Juice Jelly

Ingredients

1½ cups 100% tropical fruit juice
2 cups fruit salad in natural juice
15g (5 teaspoons) gelatine
3 tablespoons boiling water

Equipment

cup measure
can opener
jelly mould or
icecream container



1

Combine fruit and juice in a large mixing bowl.

2

Sprinkle gelatine over boiling water in a cup and dissolve thoroughly.

3

Add gelatine mixture to fruit and juice.

4

Pour into a mould.

5

Chill overnight until set.

6

Yum!



Muntries

Bush Tucker Tip

Replace half of fruit salad with Muntries, Appleberry or Lilli Pilli.



Appleberry

Makes 6-8 serves



Lilli Pilli

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Kurrajong Muffins

Ingredients

1 cup grated tubers
1/2 cup muesli
1 cup self raising flour
1 cup Kurrajong flour
1/4 cup brown sugar or honey
1/2 teaspoon baking powder
1 cup milk
2 eggs
1 tbsp macadamia oil

Equipment

large mixing bowl
wooden spoon
muffin tins or
thick muffin cases

1 Combine all dry ingredients in a large mixing bowl.

2 Mix together milk, egg and oil. Add to flour mixture.

3 Gently combine ingredients without beating.

4 Drop spoonfulls of mixture into greased muffin tins or patty cases.

5 Bake in a moderate oven for 15 – 20 minutes.
Yum!



Lilli Pilli

Bush Tucker Tip

Flavour with a pinch of Wattle Seed or add 1/2 cup of whole small leaved Lilly Pillies or Wild Ginger fruits

Makes 24 serves



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15-20
MINUTES

MODERATE



AH, TIME TO
RELAX



Banana Thickshakes

Ingredients

2 ripe bananas
3 cups cold water
1 cup skim milk powder
2 teaspoons vanilla essence
2 cups vanilla yoghurt (or light custard)

Equipment

blender
6 glasses
cup measure
teaspoon

1 Mash bananas well with a fork.

2 Mix together water and milk in blender (or in a big jug)

3 Add yoghurt, banana and vanilla.

4 Blend until smooth and frothy.

5 Pour into 2-3 glasses to serve. Repeat with remaining 1/2 of ingredients.

6 Yum!

Makes 4-6 serves



Lilli Pilli

Bush Tucker Tip

Use native berries or bush banana to replace banana.



Quandong



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