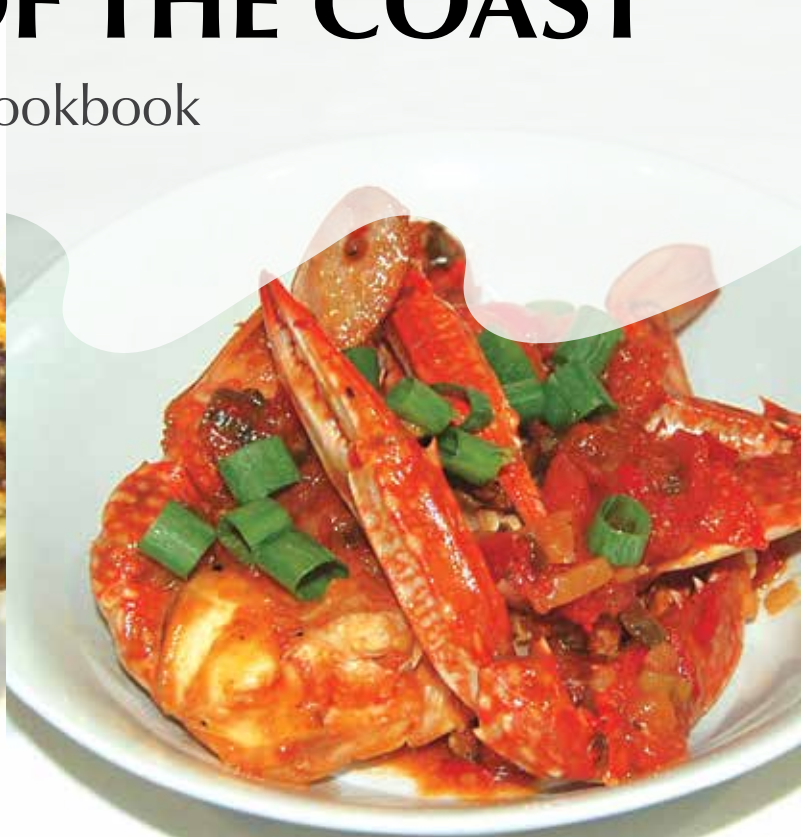
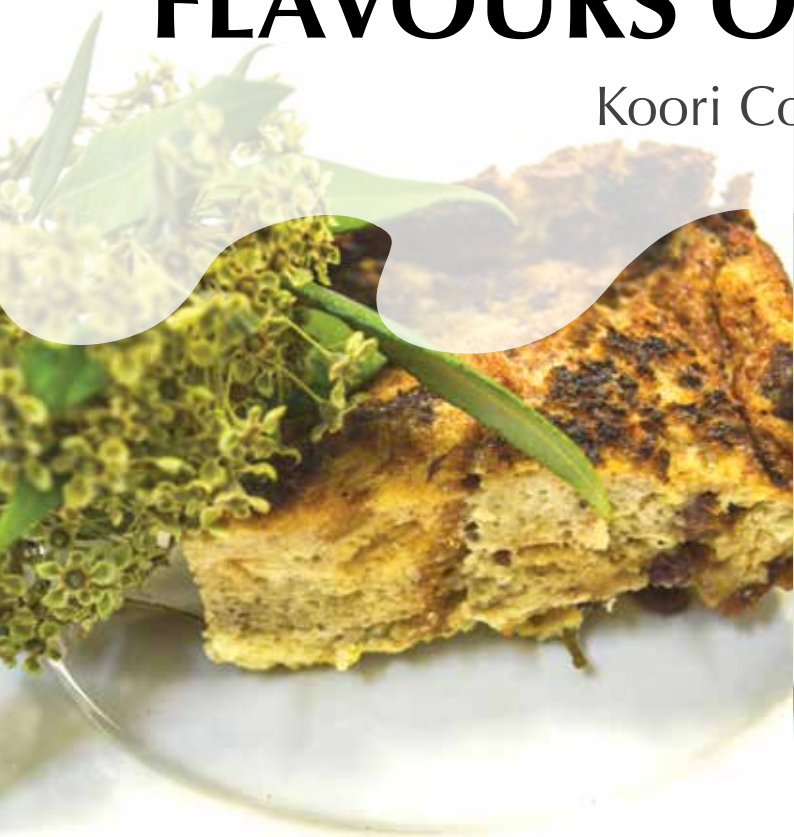




# FLAVOURS OF THE COAST

Koori Cookbook



*Recipes from the Aboriginal and Torres Strait  
Islander people of the Illawarra and Shoalhaven*

For more information or to order additional copies of the cookbook please contact:

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The Be Stronger Live Longer project is a partnership between:  
Illawarra Shoalhaven Local Health District  
Illawarra Shoalhaven Medicare Local  
Illawarra Aboriginal Medical Service  
Illawarra Koori Men's Support Group  
South Coast Medical Service Aboriginal Corporation  
Waminda  
Australian Red Cross  
National Heart Foundation of Australia (NSW Division).



## Introduction

We would like to respectfully acknowledge the Traditional Owners of this land, and Elders Past, Present and Future, and thank all of the community members who shared their recipes and stories about food with us.

Aboriginal people in the Illawarra and South Coast regions of New South Wales have been cooking and eating local food from the land and ocean for tens of thousands of years. This food is both healthy and tastes great. Closely guarded recipes have been handed down through families, with everyone claiming to have the best Pippie or Muttonfish (abalone) recipe.

There's growing interest in cooking great food. Eating healthy food doesn't have to be hard, boring or expensive. Fresh food always tastes great, our kids love it and it's good for us.

When we spoke to people about their recipes they shared stories about how important good food was to their spiritual and physical health and how growing or catching food brought communities and families together. We hope this traditional recipe book encourages you to eat good tucker and be healthy.

**The Be Stronger Live Longer Project Steering Committee – June 2014**





# Be Stronger Live Longer

## Eat Good Tucker



Photo courtesy of Greg Totman- Wollongong Advertiser

## Get Active



## Kick The Habit



## Get A Health Check



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# Australian Guide to Healthy Eating

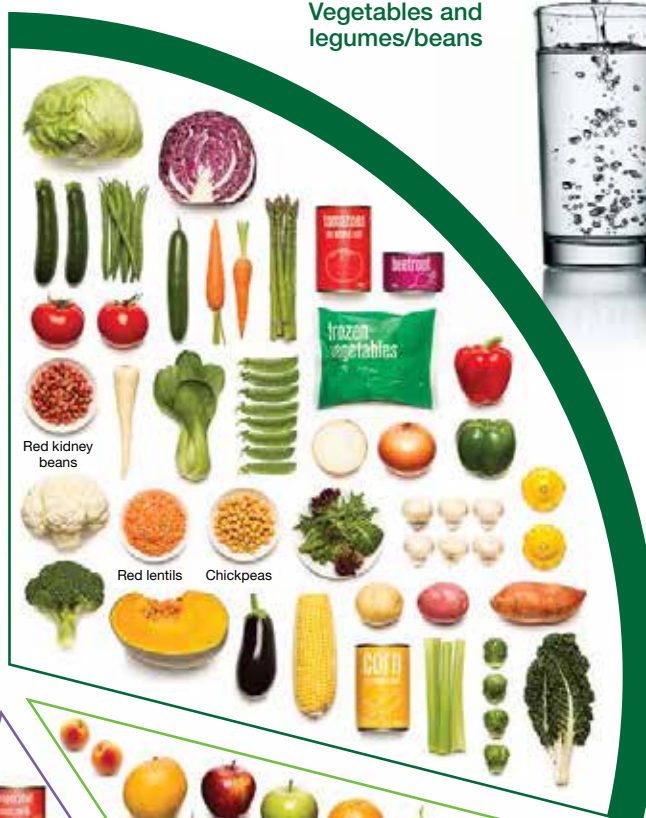
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts





## Eating More Fruit and Vegies

### Why do I need them?

One of the easiest and tastiest ways to stay healthy is to eat plenty of fruit and vegetables. Aim to eat a variety of at least five serves of vegetables and two serves of fruit every day. Fruit and vegetables contain lots of fibre, vitamins, minerals and antioxidants.

### Which ones should I eat?

Fresh, frozen, canned and dried fruit and vegetables all count. Look for seasonal varieties which will be fresher and cheaper. Frozen vegetables are ideal if you don't have time to shop regularly and they are just as healthy as fresh vegetables.

### How can I?

Include fruit in your breakfast, try snacking on raw vegies or fruit, and add a serve of vegetables each main meal.

#### Abbreviations:

mL = millilitre(s)  
g = gram(s)  
°C = degrees Celsius  
kg = kilogram(s)  
Tbsp = Tablespoon  
Tsp = Teaspoon

#### Metric Measures:

1 cup = 250mL  
½ cup = 125mL  
¼ cup = 60mL  
1 tablespoon = 20mL  
1 teaspoon = 5mL

## **Tips for Eating Good Tucker**

### **Halt the Salt!**

It's better not to add salt during food preparation. If you want to add flavour use herbs and spices. When shopping for the ingredients choose foods labelled 'no added salt', 'low salt' or 'salt reduced' where possible.

### **Use healthier oils**

Choose from a variety of vegetable and seed oils when you are preparing food. Healthier choices include canola, sunflower, soybean, olive, sesame and peanut oils.

### **Vegies, Nuts and Grains**

Include vegetables, whole grains, fruit, nuts and seeds as the main part of each meal.

### **Choose Water**

If you provide drinks then choose mainly water. Tap water is fine and free too. Water can be flavoured with many natural ingredients such as lemon, lime, ginger and mint.



## Hand and Food Hygiene

Always remember to wash your hands before cooking or eating food.

Wash all fresh vegetables and fruit before eating.

Keep cold foods cold.

Keep hot foods hot - they should be steaming.

If there is any food left over it should be kept cold in a fridge or in a cold esky.

If eating leftovers make sure they're heated so that they are steaming.

If you are traveling a long way with food, keep it in a cold esky.

# Black Fish Curry



## Ingredients:

1 tablespoon of canola  
or olive oil  
3 black fish fillets,  
cut into pieces  
1 brown onion, diced  
1 sweet potato,  
peeled and cubed  
100g of green beans,  
cut into bite size pieces  
1 teaspoon of dried chilli  
¼ cup of hoisin sauce  
500ml of vegetable stock  
400ml of reduced fat  
coconut milk  
150g of baby spinach  
150g of cooked  
egg noodles

## Method:

1. Heat oil in wok or frying pan, then sear fish in hot wok and remove.
2. Add the onion, sweet potato, and green beans to frying pan or wok and cook for 5 minutes.
3. Add chilli, hoisin sauce, stock and coconut milk and cook at a simmer for 15 minutes.
4. Briefly return fish to wok, add baby spinach and noodles and serve.

Note: Instead of coconut milk, you could use evaporated milk and coconut essence. To thicken if needed, stir 1 teaspoon of corn flour into 2 teaspoons of water and then stir into the sauce.



# Australian Salmon Fish Cakes

20 minutes preparation + 10 minutes cooking

By Ronnie Thomas



## Ingredients:

6 potatoes, peeled and cut into chunks  
1 kg Australian salmon fillet  
2 teaspoons of olive oil  
1 onion, finely chopped  
2 shallots, sliced  
4 eggs (1 for the mixture and 3 for crumbing)  
1 tablespoon of milk  
2 cups of plain flour  
2 cups of breadcrumbs

## Method:

1. Boil potatoes until tender, then drain and mash.
2. Lightly poach salmon fillet in boiling water for 1-2 minutes, drain and let cool before breaking up and removing any bones.
3. Fry onion and shallots in olive oil. Then place onions, shallots, mashed potato and fish in a bowl.
4. Add 1 beaten egg to the mix and stir all together until firm and consistent.
5. Form into fish cakes and then roll fish cakes in flour.
6. In a separate bowl, lightly beat eggs and 1 tablespoon milk and dip the fish cakes in egg mixture.
7. Roll fish in breadcrumbs then shallow fry in olive oil until golden brown.
8. Serve with sweet chilli sauce and salad.





# Kangaroo Red Curry with Warrigal Greens

20 minutes preparation + 15 minutes cooking



## Ingredients:

2 cups of rice  
2 teaspoons of canola  
or olive oil  
400g kangaroo meat,  
sliced into strips  
2 medium onions, sliced  
3 teaspoon of red  
curry paste  
½ cup of chicken stock  
500g of pumpkin,  
finely diced  
2 red capsicums, seeded  
and finely sliced  
Rind of 1 lemon, grated  
250ml of reduced-fat  
coconut milk  
1 bunch of warrigal greens,  
blanched quickly in boiling  
water and drained and  
roughly chopped.

## Method:

1. Cook rice following packet directions.
2. Heat half the oil in a large pan, pan-fry kangaroo for 5 minutes until brown and set aside.
3. Heat remaining oil and pan-fry onion until tender.
4. Stir through curry paste, stock, kangaroo, pumpkin, capsicums and grated lemon rind.
5. Simmer for 10 minutes until pumpkin is soft, adding a little water if necessary.
6. Add coconut milk, stir through blanched warrigal greens and cook until heated through. Do not boil. Serve over rice.

Note: Warrigal greens need to be blanched in boiling water and drained before eating.



# Curried Prawns

20 minutes preparation time + 35 minutes cooking time

By Maxine Brown



## Ingredients:

2 cups of rice  
1 tablespoon of canola  
or olive oil  
1 quarter of a  
cabbage, sliced  
1 celery stick, diced  
1 medium onion, sliced  
1 large carrot, diced  
1 cup of broccoli,  
cut into small pieces  
1 cup of diced zucchini  
2 teaspoons of  
chicken stock  
3 teaspoons of  
curry powder  
1kg of fresh prawns  
of your choice  
½ cup of plain flour

## Method:

1. Cook rice following packet directions.
2. Finely slice cabbage, celery and onion. Sauté in oil for 15 minutes.
3. Add diced carrot, zucchini, broccoli and chicken stock with ½ a cup of water and cook for 15 minutes.
4. Add peeled prawns.
5. Mix the plain flour and curry powder with a little water into a paste then add, cook for 10 minutes and serve with steamed rice.





# Sweet Chilli Crab

15 minutes preparation time + 10 minutes cooking time

## Ingredients:

4 blue swimmer crabs or  
1 mud crab  
¼ cup of tomato sauce  
¼ cup of sweet chilli sauce  
3 teaspoons of water  
1 teaspoon of brown sugar  
¼ cup of olive oil  
3 cloves of garlic  
3 large red chillies  
1½ teaspoons of grated  
fresh ginger  
1 bunch of shallots,  
chopped  
Chopped coriander

## Method:

1. Clean crab and break each crab in to 4 pieces.
2. Prepare the sauce first by mixing ¼ cup of tomato sauce, ¼ cup of sweet chilli sauce, 3 teaspoons of water and 1 teaspoon of brown sugar together to create a runny sauce and move sauce to one side.
3. Put oil in a frying pan or wok and heat until hot. Add crab and cook until shells are red in colour (approx. 8 minutes).
4. Add 3 cloves of garlic, 3 chillies and 1½ teaspoons of grated ginger and cook until fragrant.
5. Add sauce and mix until sauce thickens (approx. 2 minutes).
6. Add chopped shallots and cook for 2 minutes and remove from heat. Add the coriander and serve.



# Kangaroo Spaghetti

10 minutes preparation time + 25 minutes cooking time

By Terry Rankmore



## Ingredients:

1 tablespoon of olive oil  
600g of kangaroo mince  
500g of fresh mushrooms,  
sliced  
1 onion, diced  
1 large green  
capsicum, sliced  
1 large red  
capsicum, sliced  
1 bunch of celery, sliced  
1 can of diced tomatoes  
Parsley  
4 cups of cooked pasta  
1 tablespoon of  
tomato paste

## Method:

1. Heat 1 tablespoon of olive oil in wok or frying pan.
2. Brown mince then add onions, mushrooms, celery, capsicum and cook for 10 minutes.
3. Add the canned tomato and tomato paste and simmer for 5 minutes.
4. Boil the pasta until cooked.
5. Serve the mince on top of the cooked pasta and garnish with parsley.





# Sweet and Sour Warrigal Greens

5 minutes preparation time + 5 minutes cooking time

By Terry Rankmore



## Ingredients:

500g of washed  
warrigal green  
2 apples  
2 teaspoons of sugar  
3 tablespoons of  
white vinegar

## Method:

1. Blanch warrigal greens for 1-2 minutes and drain.
2. Peel and grate both apples.
3. Place both in frying pan adding the vinegar and sugar.
4. Cover the frying pan with lid and cook for 3-4 minutes.
5. Season to taste with desired herbs.



# Kanga Bangas

15 minutes preparation time + 20 minutes cooking time

By Lenice Husband



## Ingredients:

1 large sweet potato, diced  
1 zucchini, diced  
½ broccoli, cut into chunks  
1 tablespoon of olive oil  
6-8 kangaroo sausages  
1 small tub of light cottage cheese  
1 handful of baby spinach  
1 tablespoon of Greek yoghurt  
½ teaspoon of Moroccan seasoning  
1 lemon

## Method:

1. Steam sweet potato, zucchini and broccoli until tender.
2. Heat olive oil in a frying pan or wok and cook the kangaroo sausages for around 10 minutes or until cooked.
3. When the vegetables are cooked, separate the sweet potato and lightly mix it with the cottage cheese.
4. Mix together the Moroccan seasoning and Greek yogurt.
5. Serve the sausages over the sweet potato mixture with a drizzle of yogurt dressing on top.
6. Serve with a side of the broccoli, zucchini and baby spinach with lemon squeezed on top.





# Kangaroo Fillet

25 minutes preparation time + 10 minutes cooking time

By Lenice Husband



## Ingredients:

2 teaspoons of olive oil  
½ teaspoon of chilli flakes  
1 teaspoon of soy sauce  
2 gloves of crushed garlic  
½ teaspoon of  
grated ginger  
Juice of 1 lime  
500g of kangaroo fillet

## Method:

1. Mix together the olive oil, chilli flakes, soy sauce, garlic, ginger and lime together in a bowl.
2. Thinly slice the kangaroo fillet.
3. Add the kangaroo fillets to the bowl and let sit for 15 minutes.
4. Pan cook or BBQ the kangaroo fillets until cooked.
5. Serve either with green vegetables or green salad.



# Smoked Eel Patties

15 minutes preparation time + 15 minutes cooking time

By Mark Olive



## INGREDIENTS:

1 smoked eel  
1 cooked sweet potato  
1 teaspoon of lemon myrtle  
Chopped desert lime  
1 egg, separated  
1 teaspoon of  
Mountain Pepper  
1 hand full of chopped dill  
2 teaspoons of cornflour  
1 tablespoon of olive oil

## METHOD:

1. Skin and debone the eel and break up the meat into a bowl.
2. Add the cooked sweet potato and mash together.
3. Add lemon myrtle, desert lime, egg yolk, mountain pepper, dill and corn flour, mix thoroughly.
4. Roll the mix into small balls and flatten out to form patties then dust with a little cornflour.
5. Heat frying pan with a little oil and fry off patties until golden brown, remove from pan and drain on greaseproof paper.





# Abalone Stir-fry

10 minutes preparation time + 15 minutes cooking time

By Christine Steel



## Ingredients:

1-2 abalone, thinly sliced  
2 teaspoons of olive oil  
1-2 teaspoons of  
Chilli paste  
Pinch of pepper  
2 cloves of garlic,  
finely chopped  
1 packet of  
hokkien noodles  
1 packet of frozen  
asian mixed vegetables  
1 lemon, squeezed

## Method:

1. Thinly slice the abalone then tenderise with a mallet.
2. Heat the olive oil in a frying pan or wok and add garlic, chilli paste, pepper and cook for 2 minutes.
3. Soak the hokkien noodles in boiling water for 5 minutes.
4. Whilst the noodles are soaking, add abalone to frying pan and cook until golden brown.
5. Add the Asian vegetables to frying pan and cook for 10 minutes.
6. Add the hokkien noodles and lemon juice to taste.



# Salt and Pepper Squid

5 minutes preparation + 10 minutes cooking

Fred's Bush Tucker



## Ingredients:

1 cup plain flour  
2 tablespoons Outback  
Spirit – Wild Herb Salt  
1 tablespoon of cracked  
pepper (or you  
can substitute  
Mountain Pepper)  
750g calamari rings  
1 tablespoon of olive oil  
1 lemon

## Method:

1. Combine the flour, salt and pepper in a shallow dish.
2. Lightly toss calamari in the flour mixture – shaking off any excess flour.
3. Heat the oil in a medium frypan.
4. Fry calamari for 2-3 minutes (or until lightly brown) on each side.
5. When cooked, pat excess oil off with a paper towel.
6. Serve with lemon wedges and a fresh garden salad.





# Abalone Rissoles

20 minutes preparation + 10 minutes cooking

By Adrian Webster



## Ingredients:

6 legal size abalone,  
minced  
½kg of pork mince  
2 cloves garlic, finely diced  
1 bunch chives, chopped  
1 onion, finely chopped  
1 capsicum, finely diced  
1 cup of plain flour  
1 tablespoon of olive oil

## Method:

1. Mince abalone and mix with pork mince.
2. Finely chop garlic, onion, chives and capsicum.
3. Add to minced abalone and pork and mix well.
4. Roll mix into balls.
5. Roll balls in plain flour.
6. Add oil to pre heated pan.
7. Flatten rissoles and add to pan.
8. Turn when the bottom turns to a golden brown colour.
9. Remove from pan when the second side turns golden brown.
10. Serve with fresh green salad.



# Pippie Rissoles

10 minutes preparation +10 minutes cooking

By John Bolt



## Ingredients:

24 pippies, minced  
2 tablespoons of plain flour  
1 egg  
2 onions, finely chopped  
Mixed herbs of your choice  
1 tablespoon of milk

## Method:

1. Mince pippies.
2. Put pippies, flour, egg, onions, herbs into a mixing bowl and slowly add milk to achieve the right consistency.
3. Add heaped tablespoon lots into frying pan or oven and cook until golden brown on both sides.
4. Serve with lemon or lime and green salad or vegetables.





# Curried Pippie Soup

10 minutes preparation + 20 minutes cooking

By Ronnie Thomas



## Ingredients:

1 tablespoon of  
sunflower oil  
1 large onion, sliced  
2-4 teaspoons of Keens  
Curry powder (to taste)  
2 medium carrots,  
cut into slices  
2 large potatoes,  
cut into chunks  
½kg of pippies (soaked  
in bucket of salt water  
overnight to remove sand)

## Method:

1. Place pippies in saucepan and cover with water about 3cm above level of pippies. Bring to boil and simmer till pippies open.
2. Remove pippies and save water for stock.
3. Fry onion.
4. Add curry powder to onion.
5. Add carrot and potato and stir to coat with oil and curry powder.
6. Add stock and simmer for about 10 minutes.
7. Add pippies and simmer for 30 minutes until vegetables are soft.
8. Optional: Gradually add flour and stir in to thicken soup.

Note: Optional add to boiled rice or serve with damper



# Curried Fish Soup

10 minutes preparation + 15 minutes cooking

By Ronnie Thomas



## Ingredients:

1 whole fish or 2 fillets of  
Mullet or Bream, scaled,  
gutted and de-head  
1 tablespoon of  
sunflower oil  
2-4 teaspoons of Keens  
Curry powder  
1 large onion, finely diced  
2 carrots, sliced  
2 potatoes, cut into chunks

## Method:

1. Lightly poach fish in water.
2. Drain and save water as stock.
3. Fry onion.
4. Add curry powder.
5. Add carrots and potatoes,  
cook until coated in oil and  
curry powder.
6. Add stock water.
7. Cook vegetables until  
almost soft.
8. Add fish and simmer for around  
5 minutes.
9. Serve with damper.





# Grilled Mullet

5 minutes preparation + 10 minutes cooking

By Ronnie Thomas



## Ingredients:

1 Mullet filleted  
2 lemons

## Method:

1. Fillet mullet, keeping skin on and place on foil.
2. Squeeze lemon juice on mullet fillet.
3. Place under grill.
4. Grill until golden brown.
5. Serve with lemon wedges and damper or salad.



# Grilled Lobster

10 minutes preparation + 15 minutes cooking

By Ronnie Thomas



## Ingredients:

1 lobster

Reduced fat cheese

Pepper to taste

## Method:

1. If the lobster is live place in fresh water to drown.
2. Steam or boil for around 12-14 minutes.
3. Cut down the middle.
4. Pull out string or intestine.
5. Lay halves under grill flesh side up and cover with cheese and pepper.
6. Grill till cheese melts and bubbles.
7. Serve with salad.





# Oyster Kilpatrick

10 minutes preparation + 5 minutes cooking

By Ronnie Thomas



## Ingredients:

12 oysters  
1 tablespoon of  
worcestershire sauce  
1 slice of bacon,  
finely chopped  
Reduced fat cheese, grated

## Method:

1. Open oysters and remove top shell.
2. Pour worcestershire sauce over oyster in shell.
3. Cover oyster with bacon.
4. Cover bacon with grated cheese.
5. Place under grill until cheese bubbles and then eat.



# Bread and Butter Pudding

20 minutes preparation time + 40 minutes cooking time

By Maxine Brown



## Ingredients:

1 litre of milk  
6 eggs  
3 tablespoons of  
white sugar  
2 teaspoons of  
vanilla essence  
6 slices of bread toasted  
(can also use sultana bread)  
3 lemon or lemon  
myrtle leaves  
2 teaspoons of  
ground nutmeg

## Method:

1. Preheat oven to 180°C.
2. Combine milk, eggs, sugar and vanilla essence.
3. Toast bread, butter all slices then cut into quarters.
4. Lay the lemon leaves in baking dish.
5. Lay toast quarters over the top and make sure that the base is covered.
6. Pour the egg mixture over the top of the toast.
7. Sprinkle nutmeg all over the top, then cook for 40 minutes.





# Baked Wattleseed Cheesecake

20 minutes preparation time + 1 hour cooking time

By Mark Olive



## Ingredients:

1 packet plain biscuits  
150g melted  
low-fat margarine  
250g of light ricotta cheese  
2 teaspoons of lemon  
or lime rind  
1 tablespoon of semolina  
2 tablespoons of buttermilk  
3 eggs (separated)  
 $\frac{3}{4}$  cup caster sugar  
2 tablespoons of wattleseed  
1 tablespoon icing sugar,  
for dusting

## Method:

1. Preheat oven to 180°C.
2. Crush biscuits in a large bowl. Slowly incorporate the margarine and mix to combine.
3. Press into the base of a lightly greased 24cm spring form tin, chill until firm.
4. To make the filling, beat the ricotta cheese, lemon rind, semolina, buttermilk, egg yolks and wattleseed with an electric mixer.
5. Beat the egg whites and fold them into the cheese mixture to combine. Pour mixture over biscuit base and bake in oven for 1 hour.
6. Dust with icing sugar.





# Choko Cake or Muffins

10 minutes preparation + 25 minutes cooking for muffins or 1 hour for cake

By Pat Storey



## Ingredients:

1 cup self-raising white flour  
1 cup self-raising wholemeal flour  
1 cup brown sugar  
½ cup of sultanas or dried fruits  
½ cup chopped nuts  
100g melted low-fat margarine or olive oil spread  
2 eggs, beaten  
2 cups of grated choko  
1 cup of grated carrot

## Method:

1. Pre heat oven to 180°C or 160°C for fan forced.
2. Lightly grease or line with baking paper a cake tin (approximately 20cm x 20cm) or to make muffins use a muffin tray.
3. Add all dry ingredients into a bowl.
4. Add the melted margarine and eggs then add the choko and carrot. Mix well.
5. Pour mixture into cake tin or spoon into a muffin tray and bake for approximately 1 hour and 20 minutes for cake and approximately 25 minutes for muffins.
6. Allow to cool for 5 to 10 minutes before removing from pan.





# Orange and Wattleseed Muffins

10 minutes preparation + 15 minutes cooking

By Fred's Bush Tucker



## Ingredients:

2 cups self-raising flour  
1 tablespoon of  
caster sugar  
1 tablespoon of  
roasted wattleseed  
100g low-fat margarine or  
olive oil spread  
½ cup orange marmalade  
1 egg, lightly beaten  
½ cup milk  
1 tablespoon of icing sugar,  
for dusting

## Method:

1. Pre-heat oven to 210°C.  
Prepare a 12 hole muffin tin with patty cases. Sift flour and sugar into a bowl.
2. Add roasted wattleseed and stir.  
Make a well in the centre of the mix.
3. Combine margarine and marmalade in a small pan.  
Stir over a low heat until the marmalade becomes runny and the margarine has melted.
4. Add margarine mixture and combined egg and milk to the flour mixture and stir until just combined (do not overbeat) – the batter should be quite lumpy.
5. Spoon batter into lightly oiled muffin tin and cook for 10-12 minutes or until golden.
6. Transfer to a wire rack to cool and dust with icing sugar before serving.





# Damper

10 minutes preparation + 40 minutes cooking

By Stewart Luland



## Ingredients:

1 kg of self-raising flour  
1 teaspoon of salt  
1 tablespoon of low-fat  
margarine or olive  
oil spread  
250ml of milk  
500ml of water  
1 egg, beaten

## Method:

1. Pre-heat oven to 160°C.
2. Warm milk and margarine until mixed. Add cold water.
3. Mix flour (900g) and salt in large bowl, make a hole in the centre of flour and add  $\frac{1}{3}$  of liquid at a time, stir, till all the liquid is used.
4. Flour bench with some of remaining flour.
5. Knead dough until smooth and mould into shape. Try not to over knead.
6. Sprinkle flour in bottom of baking dish and place damper dough in baking dish.
7. Brush egg mix on top of damper.
8. Bake in oven for 40 minutes.
9. Tap to check if cooked. When tapped, the damper sounds hollow.
10. When cooked, put a clean tea towel on bench, sprinkle with water and sit damper on top. Cover damper with the tea towel and sprinkle with more water. This stops crust from crumbling. Wait 1 hour to cut.

Note: Better flour = better damper.







# Johnny Cakes

10 minutes preparation + 20 minutes cooking

By Stewart Luland



## Ingredients:

1 kg self-raising flour  
1 teaspoon salt  
1 tablespoon low-fat  
margarine or olive  
oil spread  
250ml milk  
500ml water  
1 egg, beaten  
1 tablespoon of canola oil

## Method:

1. Warm milk and margarine until mixed. Add cold water.
2. Mix flour (900g) and salt in large bowl, make a hole in the centre of flour and add  $\frac{1}{3}$  of liquid at a time, stir, until all the liquid is used.
3. Flour bench with some of remaining flour.
4. Knead dough until smooth and mould into shape. Try not to over knead.
5. Make dough into patties – about the size of a hamburger pattie or size of the palm of your hand.
6. Heat oil.
7. Add patties and cook until golden brown on both sides.





# Lilly Pilly Jam

1 hour and 20 minutes

By Alicia Dunning



## Ingredients:

1kg Lilly Pillies  
2 green apples, diced  
Juice of 2 lemons  
Water  
1kg sugar  
3-4 jars

## Method:

1. Pick and de-seed the Lilly Pillies.
2. Sterilise the jars by washing them and then placing them into the oven at 150°C.
3. Dice the 2 apples leaving the skin and core intact, then add the Lilly Pillies and apples to a stock pot.
4. Cover the fruit with water and lemon juice and then boil until soft (should take approximately 45minutes).
5. Measure the water and pulp and slowly add the same amount of sugar.
6. Boil the mixture until it sets – Put a small amount of liquid and fruit onto a plate and place in freezer. After a few minutes run a utensil through the liquid and if it looks like jelly then it is ready. If you have a thermometer then setting temperature is 150°C.
7. Fill jars with the liquid while its still hot and put the lid on straight away. This process will seal the jars.







# Chilli Sauce

20 minutes preparation + 30 minutes cooking

By Jason Sharp



## Ingredients:

40 Thai chillies  
Hot water  
13 cloves of garlic  
 $\frac{2}{3}$  cup of castor sugar  
1 teaspoon of salt  
 $\frac{1}{2}$  cup of white vinegar  
2 teaspoons of fish sauce

## Method:

1. Cut the green stipule off the chillies and then cut the chillies down the long axis. Soak cut chillies in hot water for a few minutes to soften them. Avoid vapour.
2. Work the chillies over with your hands (wear rubber gloves) a bit to get some of the seeds out then put them into the blender.
3. Add 13 cloves of garlic,  $\frac{2}{3}$  cup of castor sugar, a teaspoon of salt and then blend it together.
4. When it's reasonably chopped up add  $\frac{1}{2}$  cup of white vinegar and blend it again.
5. Place into a saucepan and cook and stir over a moderate heat. It bubbles up, so you'll know if you have the temp too high. Again avoid the vapours. The mixture is ready when it thickens a bit say around the 20–30 minutes.
6. Let it cool a bit then add 2 teaspoons of fish sauce. Stir in then bottle the sauce.
7. It's easier to bottle the mixture when it is still warm. Seal the bottles while still warm and they will be sealed/preserved.

Handy hint: Make sure all the windows are open and the place is well ventilated. If you have a shed out back then consider doing it out there because aroma will hang around the house for a few days.







# Lemon Myrtle and Ginger Tea

5 minutes preparation time

By Mark Olive



## Ingredients:

2 cups of water  
8 fresh /dried lemon  
myrtle leaves  
5cm piece of ginger, peeled  
and sliced  
2 teaspoons of honey

## Method:

1. Bring water to the boil, add lemon myrtle leaves, honey and simmer for 5 minutes.
2. Turn off the heat, cover and allow to steep for a further 10 minutes (at least) to allow the flavours to infuse. Strain and serve.

Note: To make a refreshing summer thirst quencher, allow the tea to cool, and then add the juice of 2 oranges and some ice, stir and serve.







# BE STRONGER





# LIVE LONGER





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