

# BUSH TUCKER DREAMING

## Cookbook



By Wilcannia Central School Kids Wilcannia, NSW



## *The Wilcannia Bridge*



## *Acknowledgments*

*We would like to thank the following people and organisations  
for their help and contribution to this cookbook:*

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*Dental and Nutrition Partnership  
Carly Pollard (Dietitian) and Jo Condon (Senior Dental Assistant)*



**MAARI MA HEALTH**  
ABORIGINAL CORPORATION



**Health**  
Centre for  
Oral Health Strategy



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## Words from the CEO, Maari Ma

Probably one of the truest sayings in life is "You are what you eat." If you feed a growing child good healthy tucker, there is a much better chance that child will grow up big and strong.

Knowing what food is good for you (and bad for you) is half the challenge. Being able to prepare good healthy meals is the other half.

So it's great to see Wilcannia kids learning about healthy food through this cookbook as well as how to prepare it; both are skills for a healthy life. And the connection between healthy food and good strong teeth is also an

important lesson for our children to learn. Maari Ma is keen to see all the Aboriginal children in our region grow up to reach their full potential and be leaders in their communities.

We are thankful to the sponsors of the cookbook for their support to see the cookbook come to life.

Congratulations to Carly, Jo and the Wilcannia kids for a great job.

Bob Davis  
Chief Executive Officer





## Words from NSW Health

NSW Health established 'NSW Messages for a Healthy Mouth' in 2007. The key messages for this coordinated oral health promotional effort were:

Eat Well;  
Drink Well;  
Clean Well;  
Play Well and  
Stay Well.

The promotion of healthy food options requires the partnership of parents, families, community organisations, school and experts in diet and nutrition. The Wilcannia Kids Cookbook is an outstanding example of partnerships in health to achieve improvement not only in oral health but in general health as well.

Many of our life-style related chronic diseases, including dental decay, are associated with common risk factors within our every day diet and environment.

By shifting our dietary options to simple, exciting, innovative and tasteful foods, which are low in sugars but nutritious, we prevent both systemic health problems and also dental problems. These recipes offer children and families a wide variety of nutritious food options to enjoy and protect their health.

I sincerely thank the contributors and organisations involved in developing and supporting the publication of this exciting Cookbook!

Dr Clive Wright  
NSW Chief Dental Officer



**Health**  
Centre for  
Oral Health Strategy



Darling River, Wilcannia

# Eat good food to be Healthy and Strong

**Vegetables**  
(including legumes – baked beans, kidney beans & split peas).

**Fruit**

**Milk, cheese and yoghurt**

**Meat**

including bush meat, chicken, eggs & fish (including nuts & legumes – baked beans).

**Breads, cereals, rice, spaghetti & noodles**

**Drink plenty of water**

**Eat in small amounts**

THE ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING WAS ADAPTED WITH PERMISSION FROM THE AUSTRALIAN GUIDE TO HEALTHY EATING (1998, COMMONWEALTH DEPARTMENT OF HEALTH AND AGED CARE).





## Milk and Dairy

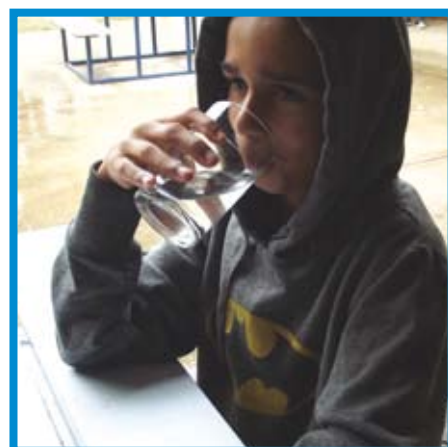
Include milk, yoghurt and cheese in your child's diet. Reduced-fat varieties should be chosen where possible. Milk can be fresh or long life (UHT).

Milk, cheese and yoghurt for **STRONG** teeth.





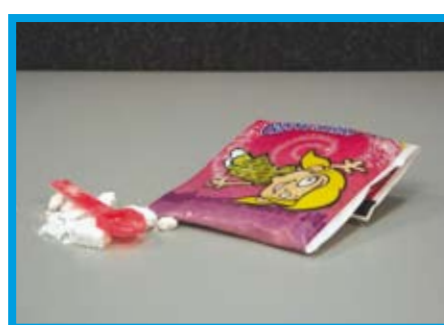
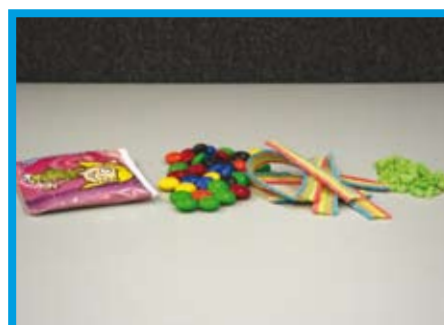
*Drink water and milk  
for CLEAN, STRONG teeth!*







*Sugary drinks and lollies are  
NOT GOOD for your teeth!*





Wash the  
vegetables!

REMEMBER  
TO WASH YOUR  
HANDS BEFORE  
YOU COOK!

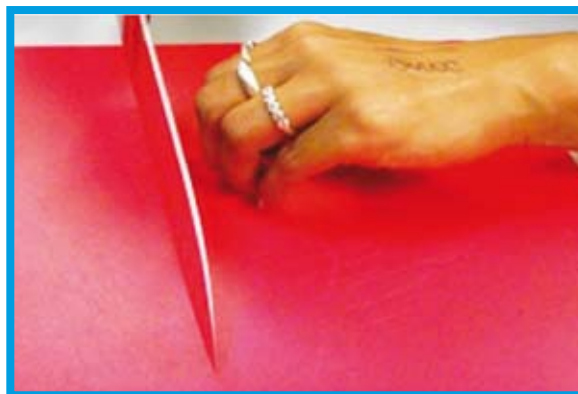




*Boiling = BIG bubbles  
and VERY HOT!*



*Chop safely and tuck  
your fingers in!*



*HOT to touch!*





Serves 6

## Ingredients

Chicken breast fillets	6
Frozen vegetables (thawed out)	1 x 500g packet
Canned pineapple pieces (in natural juice), drained	1
Sweet chilli sauce	1 tablespoon
Soy sauce	3 tablespoons
Rice	1 cup
Oil	



# Chicken Stir-Fry



1. Chop the chicken.



2. Chop the onion.



3. Heat oil in frying pan and cook chicken and onion.



3. Add frozen vegetables and pineapple.



4. Boil water and cook rice.



5. Drain the rice.



6. Measure out some sauce.



7. Add sauce to stir-fry and stir. Serve with rice.



Finished product.





*Serves 6*

## *Ingredients*

<i>Tomatoes</i>	<i>2</i>	
<i>Emu egg</i>	<i>1</i>	
<i>Cheese, reduced-fat</i>	<i>1</i>	<i>cup</i>
<i>Mushrooms, washed and sliced</i>	<i>4</i>	
<i>Brown onion</i>	<i>1</i>	
<i>Bread (Wholegrain is best!)</i>	<i>1</i>	<i>loaf</i>
<i>Oil</i>		



# Emu Egg Omelette



1. Put a hole in the bottom of the Emu egg with a sharp knife.



2. Use a skewer to bust the yolk (so it can flow).



3. Make another small hole in the top and cover the other hole.



4. Blow the yolk out through the hole and into a bowl.



5. Grate the cheese.



6. Chop the tomato and onion.



7. Heat oil in a frying pan and cook all the vegetables.



8. Stir vegetables and cheese into the egg yolk.



9. Cook in frying pan until golden brown. Serve with toasted bread.





Serves 6

## Ingredients

Beef or kangaroo mince	500g
Carrots, grated	2
Plain flour	$\frac{1}{2}$ cup
Brown onion	2
Canned spaghetti (optional)	1
Zucchini, grated	1
Egg, beaten	1
Oil	



# Hamburgers



1. Grate the vegetables.



2. Grab the other ingredients.



3. Mix all the ingredients in a BIG bowl.



4. Mould the mixture into balls and roll them in plain flour.



5. Flatten the balls with a spatula.



6. Heat oil in frying pan. Cook burgers until golden brown.



7. Place hamburgers on a plate ready to serve.







Serves 6

## Ingredients

Rice	2 cups
Eggs	2
Canned peas and corn	1
Brown onion	1
Soy sauce, reduced-salt	3 tablespoons
Sweet chilli sauce (optional)	1 tablespoon
Canned pineapple pieces (in natural juice), drained	1
Oil	





# Healthy Rice



1. Boil some water in a pot. Turn down the heat and cook rice for 15 minutes.



2. Drain the rice.



3. Chop the onion.



4. Heat oil in a frying pan. Add the onion and cook until golden.



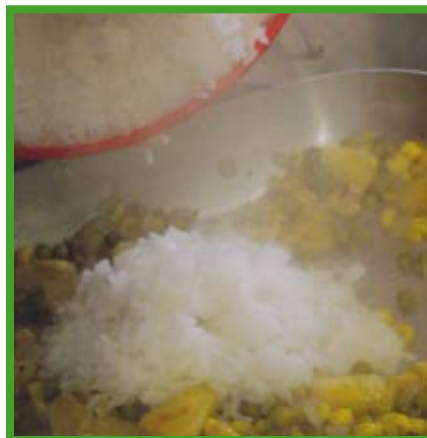
5. Whisk the eggs (you can use a fork).



6. Add the egg to the frying pan and cook until the egg is not runny.



7. Cut the egg into small pieces.



8. Add the vegetables and sauce and stir them through.







*Serves 6*

## *Ingredients*

<i>Fish fillets</i>	<i>6</i>
<i>Rice</i>	<i>1 cup</i>
<i>Sweet potato, peeled</i>	<i>1</i>
<i>Evaporated milk, light</i>	<i>1 can</i>
<i>Curry powder</i>	<i>1 tablespoon</i>
<i>Canned carrots</i>	<i>1</i>
<i>Brown onion</i>	<i>1</i>
<i>Oil</i>	



# Curry Fish



1. Chop the vegetables.



2. Heat oil in frying pan and cook onion.



3. Cover the fish with curry powder.



4. Cook the fish in a frying pan. Add a little water.



5. Stir through some evaporated milk.



6. Boil water and cook sweet potato and rice.



7. Mash the sweet potato.



8. Serve the fish with rice and vegetables.



Serves 6

## Ingredients

Pasta spirals

1 x 500g packet

Canned tuna, in spring water, drained (optional)

1

Red capsicum, seeded

1

Mayonnaise, low-fat

$\frac{1}{2}$  cup

Brown onion

1

Curry powder

2 teaspoons



# Pasta Salad



1. Chop the onion.



2. Chop the capsicum.



3. Put some water in a pot and bring to the boil. Add Pasta. Cook for 20 mins.



4. Drain the pasta and let it cool.



5. Add the mayonnaise.



6. Add the curry powder and tuna.



7. Serve.







Serves 6

## Ingredients

Pizza bases or English muffins	6
Red capsicum, seeded	1
Ham	500g
Canned pineapple pieces (in natural juice), drained	1
Red onion	1
Tomato paste, reduced-salt	2 small tubs
Cheese, reduced fat	2 cups





# Healthy Pizza



1. Chop ingredients for toppings.



2. Grate the cheese.



3. Get the ingredients ready to put on the pizza base.



4. Spread tomato paste on the base. Add chopped ingredients.



5. Cover the top with grated cheese.



6. Bake in oven at  $180^{\circ}$  for 15 minutes or until cheese is golden brown. Cut into slices and serve.



Serves 6

## Ingredients

Cheese, reduced-fat	1 cup
Soup mix	1 packet
Potatoes	8
Red onion	1
Evaporated milk, light	1 can
OR	
Milk, low-fat or skim	1 ½ cups



# Potato Bake



1. Peel the potatoes.



2. Cut the potatoes into thin slices.



3. Chop the red onion.



4. Grate the cheese.



5. Boil water in a pot, add potatoes and par-cook them.



6. Put some potatoes in the baking dish.



7. Cover the potatoes with half a can of milk, the soup mix and onion. Add more potatoes, the rest of the milk and sprinkle with cheese.



8. Bake in an oven at 180° for 30 minutes.





Serves 6

## Ingredients

Fish (fresh or frozen)	6
Tomatoes	2
Red onion	1
Lettuce, shredded	1
Plain flour	$\frac{1}{4}$ cup
Herb (cumin, ginger, rosemary or thyme)	Sprinkle
Lemon	1



# River Perch



1. Get some wood for the fire.



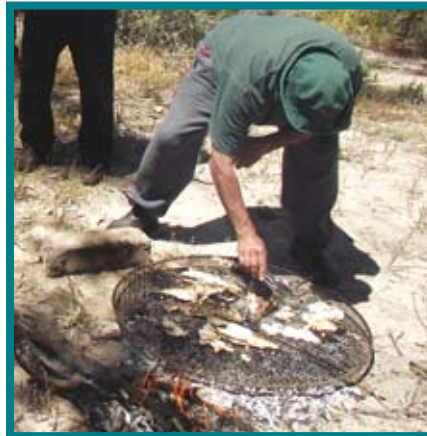
2. Put the iron grid over the fire and wait until it burns down to hot coals.



3. Use whole fish.



4. Or use fish fillets. Add a little flour and herb if you want.



5. Place fish onto the hot iron grid and cook.



6. Chop salad ingredients.



7. Mix salad ingredients.



8. Serve the fish with some lemon and salad.





Serves 6

## Ingredients

Lamb	1 BIG leg
Frozen green peas	2 cups
Minced garlic	2 teaspoons
Pumpkin	$\frac{1}{4}$ pumpkin
Carrots	2
Potatoes	4
Gravy powder	2 tablespoons



# Roast Lamb



1. Spoon some garlic onto the lamb.



2. Put the lamb in the oven for 1 hour (on medium temperature).



3. Peel and chop the vegetables.



4. Put all the vegetables into the roasting dish. Put back in the oven for 1.5 hrs.



5. Drain the cooked peas (cook in microwave or on stove).



6. Put some gravy powder into a cup.



7. Add some water to the gravy mix.



8. Stir, bring to the boil and serve.



9. Slice the meat and serve with the roasted vegetables, peas and gravy. YUM!





Serves 6

## Ingredients

Kangaroo meat	500g
Canned tomatoes	1
Brown onion	1
Potatoes, peeled	4
Gravy powder	2 tablespoons



# Roo Stew



1. Chop the meat.



2. Chop the onions.



3. Chop the potatoes.



4. Heat oil in a frying pan and brown the meat and onion.



5. Add water to just cover the meat. Cook on low heat (small bubbles).



6. Add the tomatoes last.



7. Add gravy to the stew to thicken it.



8. Serve with mashed potato.







Serves 6

## Ingredients

Beef mince	500g
Canned tomatoes	1
Brown onion	1
Canned green peas	1
Cheese, reduced-fat	$\frac{1}{2}$ cup
Carrots, peeled	2
Potatoes, peeled	6
Oil	



# Shepherd's Pie



1. Chop the onions.



2. Chop the carrots (small pieces) and potatoes.



3. Drain the green peas.



4. Heat small amount of oil in frying pan. Add meat, vegetables and tomatoes. Fry until meat is brown.



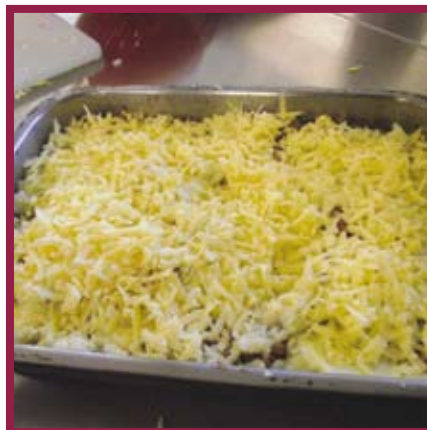
5. Fill a pot with water and bring to the boil. Add the potatoes and cook until they are soft.



6. Mash the potatoes and stir through some margarine and milk.



7. Line a baking tray with meat and then spoon the potato on top.



8. Cover the pie with cheese and bake for 30 minutes.







*Serves 6*

## Ingredients

Spaghetti pasta	1 x 500g packet
Beef mince	500g
Pasta sauce	1 jar
Canned tomatoes	1
Zucchini	1
Carrots, peeled	2
Celery stalks	2
Brown onion	1



# Spaghetti



1. Chop the celery and carrot. Then chop the onion.



2. Grate the zucchini.



3. Put water in a pot and bring to the boil. Add the spaghetti and cook for 20 minutes. Stir occasionally.



4. Drain the pasta.



5. Heat oil in a frying pan, add meat and vegetables. Fry until meat is brown.



6. Add the pasta sauce and stir for 5 minutes.



7. Serve pasta and sauce together with a little grated cheese.







Serves 6

## Ingredients

Pasta penne	1 x 500g packet
Canned tuna, in springwater (drained)	1
Plain flour	2 tablespoons
Milk, low-fat or skim	1 cup
Canola Margarine	3 tablespoons
Canned peas and corn, drained	1
Cheese, reduced-fat	$\frac{1}{2}$ cup



# Tuna Pasta Bake



1. Add water to a pot and bring to the boil. Cook pasta for 20 minutes. Stir occasionally.



2. Drain the pasta.



3. Melt the margarine in a saucepan.



4. Add the flour and stir to make a soft dough.



5. Slowly add the milk.



6. Bring mixture to the boil, turn down the heat. Stir until mixture is smooth.



7. Grate the cheese.



8. Mix all of the ingredients together and put into a baking dish.



9. Sprinkle with cheese and bake in oven at 180° for 30 minutes.





Serves 6

## Ingredients

Canned tuna, in springwater (drained)	2
Canned green peas	1
Plain flour	$\frac{1}{2}$ cup
Brown onion	2
Canned corn kernels	1
Eggs	2
Oil	



# Tuna Patties



1. Chop the onions.



2. Whisk the eggs.



3. Grab all of the ingredients.



4. Mix all of the ingredients in a big bowl.



5. Mould the mixture into balls and roll in plain flour.



6. Heat some oil in a frying pan and cook until the patties are golden brown.





### Recipe Notes:







