

Recipe Recipe Recipe
Tharawal's Koori Community Kitchen
Book Book Book Book



A selection of favourite recipes from the participants of the Tharawal Aboriginal Corporation Community Kitchen



Tharawal's Koori Community Kitchen Recipe Book

Participants

This recipe book is a partnership between Tharawal Aboriginal Corporation (TAC) Aboriginal Medical Service (AMS) and the Health Promotion Service from Sydney and South Western Sydney Local Health Districts [formerly Sydney South West Area Health Service]. The idea was to develop a recipe book unique to the Aboriginal community of Campbelltown to “share the knowledge” and educate the families of participants of the Community Kitchen around nutrition to improve their health and that of their families.

Participants:

Uncle Fred Ah Sam

Joselyn Anderson

Aunty Margaret Anderson

Angie Bell

Aunty Muriel Brandy

Kay Bussell

Chris Dewar

Natasha Dixon

Randall Green

Jenny Harris

Harmony Hubbard

Stan Mitchell

Aunty Margaret Russell

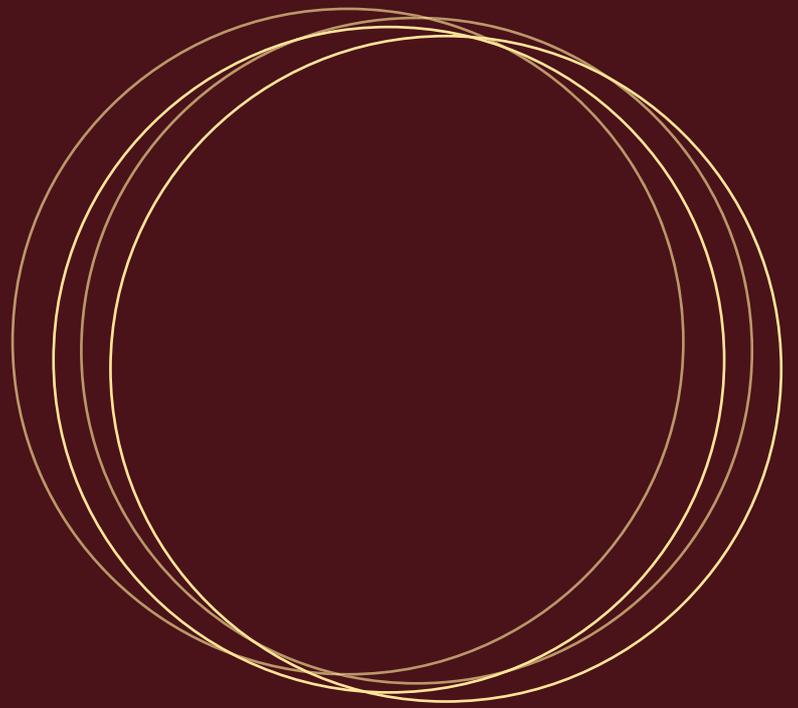
Pam Simon

Doris Slabb

Kerry Anne White

Mooie White

Pam White



What is Healthy Eating?

Why do we need to eat healthy foods?

Eating healthy foods helps you feel good and decreases your risk of getting health problems like heart disease, diabetes, high blood pressure, obesity and anaemia (low iron).

Enjoy a wide variety of nutritious foods

Eat plenty of vegetables, legumes (e.g., baked beans, split peas, lentils) and fruits

Eat plenty of breads and cereals including rice, pasta and noodles

Buy wholegrain and wholemeal foods

Include bush meats, fish, poultry, eggs, lean meats and nuts

Include milk, yoghurt and cheese. Buy reduced fat dairy foods (Remember that reduced fat dairy food is not suitable for children under 2 years old)

Drink plenty of water. Aim to drink 8 glasses (2 litres) each day

How many serves do you need each day?

For adults:

- 4-7 serves of cereals including breads, rice, pasta and noodles
- 5 serves of vegetables or legumes
- 2 serves of fruit
- 2-3 serves of dairy products including milk, yoghurt and cheese
- 1 serving of bush meat, fish, chicken, other lean meats or eggs.

If you have any nutritional concerns or are breastfeeding, please check with your doctor or dietician.



Bread



Rice



Cereal



Cooked Vegetables



Salad



Apple



Canned fruit



Cheese

What is a Serve?



Meat

Breads, cereals, rice and pasta

- 2 slices of bread
- 1 medium bread roll
- 1 cup of cooked rice, pasta or noodles
- 1 cup porridge
- 1 1/3 cup breakfast cereal flakes
- 1/2 cup muesli

Vegetables and legumes

- 1/2 cup (75g) cooked vegetables or legumes
- 1 cup salad
- 1 medium potato
- 1/2 cup cooked, dried or canned beans, lentils, split peas or chickpeas
- 1/3 cup of nuts
- 1/4 cup sunflower or sesame seeds

Fruit

- 1 medium piece of fruit (apple, orange, banana, pear)
- 2 small pieces of fruit (apricots, plums, kiwi fruits)
- 1 cup canned fruit (in natural juices) or chopped fresh fruit
- 4 dried apricots
- 1 1/2 tablespoons of sultanas

Milk

- 1 cup of milk
- 2 slices of cheese (40g)
- 1 small carton of yoghurt (200g)

Meat

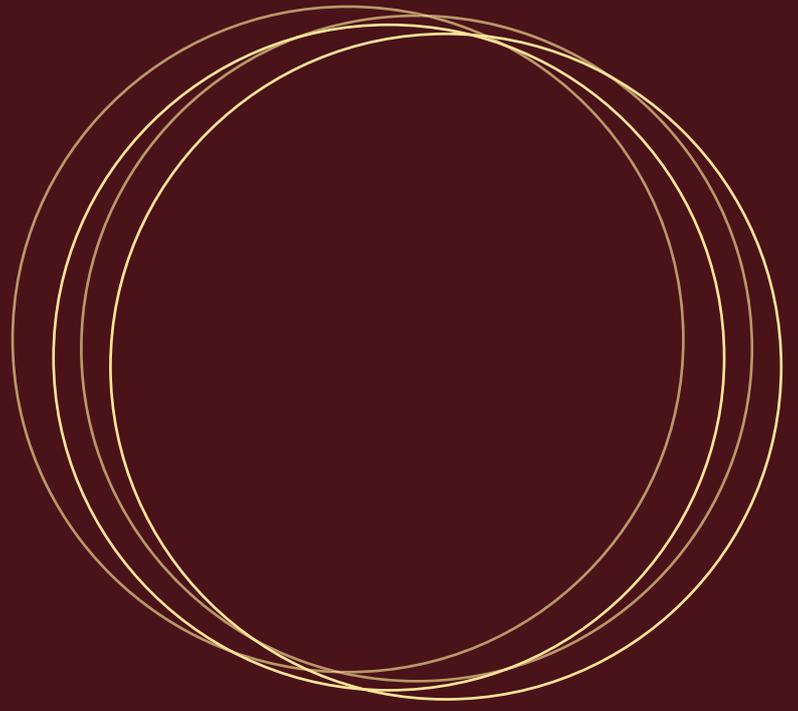
- 65-100g of cooked meat or chicken (1/2 cup lean mince, 2 chops, 2 slices roast meat)
- 80-100g fish fillet
- 2 small eggs

Special treats – 1 serve

Because these foods are full of sugar, fat and/or salt and have very little goodness, keep them as a special treat and try not to eat them very often.

- 1 medium piece of cake/bun
- 1/2 a chocolate bar
- 30g of potato chips
- 1 tablespoon of honey/jam

Food Safety



Food safety tips

- Wash all fresh fruit and vegetables
- Keep kitchen and utensils clean
- Kitchen equipment used for raw meat must be washed in warm soapy water before using again
- Separate raw and cooked foods
- Raw foods such as meat, chicken or fish should be covered and stored below cooked foods in the refrigerator
- Keep cold food refrigerated
- Freshly cooked food that you are not eating straight away needs to be placed in the refrigerator as soon as it stops steaming
- If you travel a long way with food, keep it cold in an esky
- Keep hot food steaming hot
- If eating leftovers, make sure they are heated so that they are steaming

Always wash and dry your hands

- Before touching or eating food
- After touching raw meat or chicken

What you need to do with food that has been left out

If freshly prepared food has been left out, use this to guide you.

- If less than two hours use straight away or refrigerate
- Between two and four hours use straight away
- After four hours, throw it away

“IF IN DOUBT, THROW IT OUT”



Savoury Mince and Vegetables

Ingredients

2 tablespoons oil
1 onion, chopped
1 clove garlic, crushed
500g lean beef mince
1 potato, diced
1 carrot, diced
½ cup beef or vegetable stock, salt reduced
½ cup tomato sauce (or tinned tomatoes)
½ cup of any vegies you have (e.g., chopped cabbage, frozen peas and corn)
Fresh parsley

Steps

- 1.** Add a little oil to pan and heat. Add onion and garlic and cook for about 2 minutes
- 2.** Add the mince and use a wooden spoon to break up the mince while the mince browns for about 5 minutes
- 3.** Add potato, carrot, stock and tomato sauce or tinned tomatoes
- 4.** Simmer for 10 minutes and give it a stir a couple of times
- 5.** Add the rest of the vegies and cook for another 5 minutes
- 6.** Stir in parsley and serve with boiled rice or mashed potato

Uncle Fred Ah Sam



My people come from Cloncurry up the top of Queensland, the Kalkadoon people. I bought my home here in Campbelltown 22 years ago. Being with the AMS goes back to the 1970s in Redfern. I come to the Kitchen because it's a good way to get out of my home and meet people. It's got me socialising more.

"I really appreciate Darryl and what he has done for Tharawal; he's done a wonderful job."

Recipe tip

For a quick and easy meal, heat leftover savoury mince and vegetables. Place on top of toast or add some mashed potato, pumpkin or sweet potato to turn into a different pie.



Ravioli

Ingredients

1 bunch spinach
1 kg (large) tub feta or ricotta cheese
2 garlic cloves, grated
Wonton pastry (packets of 80-100 pieces)
1 jar (700g) pasta sauce (name brand or generic brand whatever you prefer)
1 teaspoon olive oil
Parmesan, shaved or grated

Steps

- 1.** Chop spinach finely and boil until soft
- 2.** Strain and leave to cool
- 3.** Once cooled, fold spinach together with feta or ricotta cheese
- 4.** Add grated garlic and mix with hands into mixture
- 5.** Put water on stove to boil for the wonton pastry
- 6.** Using the wonton pastry, pull one piece at a time and place on a flat surface
- 7.** Place a teaspoon of mixture onto the pastry (wet edges with water, lightly) and fold in half either in a rectangle shape or triangle

Joselyn Anderson



My mob came from Kamilaroi tribe in Moree. I have lived all my life in Campbelltown. I like coming to Community Kitchen to make yummy food and have a yarn to the ladies. They showed me how to cook healthy meals on a budget, helped me lose weight and showed me different ways to cook food. I also bring my kids and they go into day care while I cook and they also get to taste the food that we cook at group. Then I know if it's the one that I would cook at home.

“Buy two pasta sauces, so when you want to snack all you need is the sauce.”

8. Press edges with a fork to seal them shut
9. Place in boiling water (add olive oil so they don't stick to each other in the pot)
10. Cook for about 2-3 minutes, are ready when you can see through them
11. Remove from water and place in a bowl
12. Add sauce and grated parmesan cheese...Wallah!

Recipe tip

Chunky pasta sauce is very nice, cheap and comes in a larger jar than normal.



Steak and Kidney Pie

Ingredients

750g round steak
4 lamb kidneys
2 tablespoons plain flour
1 tablespoon oil
1 onion, chopped
2 carrots, chopped
2 sticks celery, chopped
1 tablespoon (20g) margarine
1 tablespoon Worcestershire sauce
1 tablespoon tomato paste
1 cup beef stock, salt reduced
2 tablespoons parsley, chopped
Pepper to taste
4 sheets puff pastry (homemade or bought)
1 egg, beaten

Steps

- 1.** Trim excess fat off steak and cut into cubes
- 2.** Peel skin off the kidneys, quarter the kidneys and trim any fat or sinew
- 3.** Toss steak and kidneys in flour
- 4.** Heat oil in frying pan
- 5.** Add onion, carrot, celery and cook for 5 minutes or until soft then remove from the pan
- 6.** Melt margarine in frypan and brown steak and kidneys in batches
- 7.** Return onion, carrots, celery, steak and kidneys to the frypan
- 8.** Add Worcestershire sauce, tomato paste, stock and parsley to the frypan

Aunty Margaret Anderson



My mob, Mum and Dad, came from Kamilaroi tribe in Moree. I have lived in Campbelltown for 34 years and I'm a mother to 8 children, 7 step-children and over 100 grandkids and great grandkids. I like getting out to the Community Kitchen and coming with others, trying new things and enjoying the company. We talk about "lifestyle changes" and what worries me about my family is the overcrowding in housing. We need to have our own schools so we can learn our own culture, our language and give us pride in our culture.

"It's good to learn new ways of cooking healthy food because mine is the old plain blackfella way."

9. Bring to boil, reduce heat and simmer covered for 1 hour or until meat is tender
10. Add pepper to taste, let cool then spoon into baking dish
11. Preheat oven to 210°C
12. Roll the puff pastry on a floured surface and cut pastry larger than baking dish
13. Place pastry over meat mixture, press onto rim of dish
14. Cut 2 steam holes in pastry and brush with egg
15. Bake for 35-40 minutes or until pastry is golden brown
16. Serve with whatever vegetables you have available (e.g., potato, peas, pumpkin, beans)

Recipe tip

Buy fat reduced puff pastry.



Impossible Pie

Ingredients

2 lean bacon rashers or ham, cut off fat before you dice
½ cup plain flour
1⅓ cups low fat milk
3 eggs
3 shallots, sliced thinly
1 x 130g can corn kernels or frozen corn
1 cup low fat cheese, grated
2 tablespoons parsley, chopped

Steps

1. Preheat oven to 160°C
2. Fry bacon or ham, then drain on paper towel to get rid of excess oil
3. Spray baking dish with non stick spray
4. Whisk flour and low fat milk in a bowl until smooth
5. Whisk in eggs
6. Stir in cooked bacon or ham, shallots and corn
7. Pour into prepared baking dish
8. Sprinkle low fat cheese over top
9. Garnish with chopped parsley
10. Bake in moderately slow oven at 160°C for 1 hour or until set

Angie Bell



My family are from Yass, Ngunawal tribe in Yass and we moved here when I was 9. We'd been coming here since I was 7 and we decided to live here because we liked it. I've been coming to Tharawal since I was 12. I've gotten new recipes for healthier eating coming to the Community Kitchen, showing us how to reduce the fat and salt intake. It's also been good for us getting to grow the vegies ourselves and having them straight from the garden so there are no chemicals and everyone is sharing ideas in the garden too.

“With the groups bringing people here to Tharawal, like the Walking Group and Community Kitchen, everyone is eating healthier and coming together too. People have said we are looking much healthier, it builds our confidence up and the kids’ as well.”

Tip

Add any vegetables you have such as grated carrot, zucchini, chopped onion, spinach, celery, capsicum or broccoli. You can also add whatever meat you have such as tinned tuna or salmon, or chicken. You can double the ingredients for a bigger family and make it for their likes and dislikes.

Recipe tip

Use a non stick frypan or saucepan when cooking.



Bread and Butter Pudding

3 cup ovenproof dish and
1 large baking dish required

Ingredients

½ cup dried apricots
3 eggs
2 tablespoons caster sugar
1 teaspoon vanilla essence
2 ½ cups (625ml) low fat milk
⅓ cup apricot jam
8 slices white bread
¼ teaspoon cinnamon or nutmeg

Steps

- 1.** Preheat oven to 160°C
- 2.** Soak apricots in a little hot water until soft
- 3.** Whisk eggs, sugar and vanilla essence together in medium bowl, whisk in milk gradually
- 4.** Spread jam on each slice of bread, cut off crusts
- 5.** Cut bread into halves or finger-length pieces
- 6.** Place layers of bread in 3 cup ovenproof dish
- 7.** Add apricots and half of the custard mixture, stand for 10 minutes to allow bread to soften

Aunty Muriel Brandy



My mob came from Gulargambone, past Dubbo out west. I first lived in Waterloo, but have lived in Campbelltown for over 30 years. My family moved first then me. I have been with the Community Kitchen since it first started. I like to get together and learn about cooking. I like meeting up with others and having a yarn and lunch together. We are learning to change back to the way we used to eat by using more of the foods in season, rather than food just to fill us up. We used to cook our own food, no fat, fish, hunt for rabbits and more local things.

“Learn to change back to the way we used to eat by using more of the foods in season.”

8. Place remaining bread, jam side down, in dish, add remaining custard
9. Sprinkle with cinnamon or nutmeg
10. Place ovenproof dish inside large baking dish
11. Pour enough boiling water into baking dish to come halfway up sides of ovenproof dish
12. Bake for 40 minutes at 160°C or until set

Recipe tip

Buy high fibre white bread or try raisin bread.



Grilled Chicken with Herbs

Ingredients

2 tablespoons flat leaf parsley, chopped
2 teaspoons fresh rosemary, minced
2 teaspoons fresh thyme, chopped
1 teaspoon dried sage
3 cloves garlic, minced
¼ cup olive oil
½ cup balsamic vinegar
Pepper to taste
700g skinless, boneless chicken breasts

Steps

- 1.** In a blender combine parsley, rosemary, thyme, sage, garlic, oil, vinegar, and pepper to taste and blend together
- 2.** Place chicken in a glass dish or bowl and pour blended marinade over the chicken
- 3.** Cover dish and refrigerate to marinate for at least 2 hours or overnight
- 4.** Preheat grill to medium-high heat
- 5.** Remove chicken from dish (disposing of leftover marinade) and grill for about 6-7 minutes per side, or until chicken is cooked through and no longer pink inside

Kay Bussell



My mob comes from Yorta Yorta tribe for Mum and the Wiradjuri tribe from Narrandera for Dad. I grew up in Moe, Victoria and have lived in Campbelltown for 27 years and have 3 kids.

I like coming to the Community Kitchen because I am learning lots of new stuff and new food.

It keeps us out of mischief. If only we could take away all the bad things like drugs and all fatty foods. Bring back the culture.

“The Community Kitchen is a great place to learn lots and an opportunity to change some old habits.”

Recipe tip

Instead of using the oil you could use stock or wine to marinate the chicken in.



Stuffed Capsicum

Ingredients

1 cup rice
6 capsicums
1 large onion, finely chopped
3 garlic cloves, crushed
½ cup of pine nuts
500g lean mince meat
1 can diced tomatoes
1 tablespoon tomato paste
Fresh dill, chopped
Handful of flat leaf parsley, chopped
Sprinkle with dried oregano, low fat feta cheese
or grated parmesan cheese

Steps

- 1.** Preheat oven to 200°C
- 2.** Cook rice, following packet instructions
- 3.** Cut capsicums in half, carefully remove seeds and stem sections and place cavity side up on a baking tray lined with non stick baking paper
- 4.** Heat a frypan on low heat
- 5.** Fry the onions and garlic
- 6.** Add the pine nuts and stir
- 7.** Add mince and brown
- 8.** Add can of tomatoes and tomato paste and stir
- 9.** Add cooked rice, dill, parsley and stir
- 10.** Cook for 5 minutes

Chris Dewar



I came from Peak Hill Condo but have lived in Campbelltown for 40 years and have been coming to Tharawal for 10 years. The Community Kitchen helps me look at the different variety of food, so I can make healthy meals for the family. I enjoy coming to group to meet people and to have a yarn.

Now that the Community Garden has been established, the different variety of foods that are grown for the Community Kitchen are picked and eaten on the same day. "Way better than Woolworths". My favourite food is Stuffed Capsicum and Bread 'n' Butter Pudding.

"I'd encourage people to come to the Community Kitchen and the Community Garden to see how we prepare the food here. If you eat healthier, you are healthier."

- 11.** Stuff the capsicums, spray with oil and sprinkle with some dried oregano and feta or parmesan cheese
- 12.** Bake capsicums for 20-30 minutes or until topping is golden and capsicums are tender
- 13.** Serve with green or tossed salad

Recipe tip

Use brown rice for a nutty flavour, and it's high in fibre, or basmati rice which is a good choice for people with diabetes.



Chicken and Vegetable Stir Fry

Ingredients

2 cups of rice, cooked
1 teaspoon vegetable oil
250g chicken breast, cut into strips
1-2 cloves garlic, crushed
1 medium onion, chopped
2 medium carrots, thinly sliced
1 stick celery, sliced
1 red capsicum, seeded and diced
125g snow peas, ends and strings removed
1 bunch bok choy or 1 cup of cabbage, roughly chopped
2 teaspoons cornflour
1 tablespoon soy sauce, salt reduced
½ cup chicken stock, salt reduced
1 tablespoon sweet chilli sauce

Steps

- 1.** Cook rice following packet directions
- 2.** While cooking rice, heat oil in a wok or large pan and stir fry chicken until almost cooked and set aside
- 3.** Add garlic, onions, carrots, celery and capsicum to the wok and cook for 2 minutes
- 4.** Return chicken to pan, add snow peas and bok choy or cabbage and cook for 2 minutes
- 5.** In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce
- 6.** Pour mix into stir fry and heat through
- 7.** Serve with rice

Natasha Dixon



I am a Dhungutti woman from Kempsey. I was born in Kempsey. I moved down to Sydney in 1994 to live with my extended family. I started working at Tonka Toys with my Uncle Frank Vale, then I moved out to Liverpool way and worked in Bonnyrigg at Urimbirra doing receptionist for 12 months. It was a trainee and was good experience for me.

I started working at Tharawal doing casual driving for the Medical Centre for 2 years, and then got offered to be on full time driving. So, I've been driving for Tharawal Medical Centre for 4 years.

I extended my family. I have 5 children now. I am working again at Tharawal Aboriginal Corporation. My role is "Indigenous Children Program Assistant and Transport Driver".

On Monday, we have Community Kitchen. On Tuesday we have the Women's group, on Wednesday we have Play group and on Thursday we have the Art group.

I enjoy coming to work every day, but on Monday I enjoy cooking and learning from different recipes.

"Eat Healthy - we have so many diseases, also increase our physical activity and limit intake of salt to reduce blood pressure."

Recipe tip

Add any other vegetables you have at home like broccoli, mushrooms, bean sprouts or you could add some pineapple or some chopped nuts or leftover pasta or noodles instead of rice for something a little bit different.



Shepherd's Pie

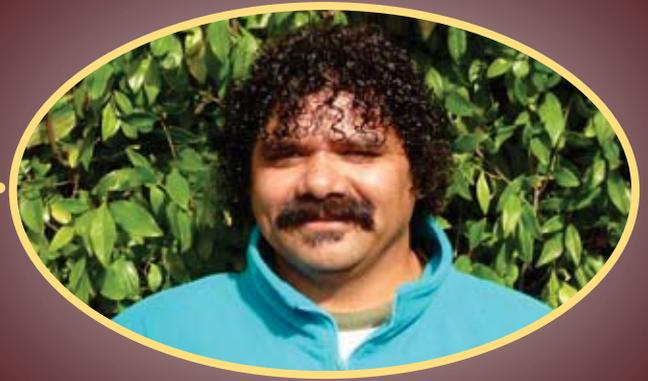
Ingredients

3 cups peeled, diced pumpkin/potato
500g lean beef mince
4 stalks celery, finely chopped
1 onion, chopped
2 carrots, washed and grated
1 cup canned tomatoes
2 tablespoons soy sauce, salt reduced
½ cup breadcrumbs
Cooking oil spray

Steps

1. Preheat oven to 180°C
2. Boil or steam pumpkin/potato then mash
3. Brown beef mince in a large frying pan
4. Add celery, onion, carrot, tomatoes and soy sauce
5. Cook for 10 minutes over low heat
6. Spoon into a baking dish and cover with mashed pumpkin/potato
7. Sprinkle with breadcrumbs, spray with oil and bake in oven for 30 minutes

Randall Green



My mob came from Moree but has lived in Campbelltown for 26 years. I have been using the Tharawal Service for 23 years. The Community Kitchen helped me learn new recipes and how to cook vegies - probably also not to use oil or salt and butter. I come to the Community Kitchen to have a laugh and have a good yarn with my friends and new people. My favourite food is Shepherd's Pie and the dessert is Bread 'n' Butter Pudding with ice-cream.

“Try to cook with less salt, fat and sugar and stay away from alcohol and cigarettes and you’ll live a lot longer.”

Recipe tip

Mashed potato, sweet potato or pumpkin can be used.



Chilli Con Carne

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 3 garlic cloves, crushed
- 500g lean beef mince
- 40ml concentrated tomato paste
- 400g can chopped tomatoes
- ½ cup beef stock, salt reduced
- 1 teaspoon cumin powder
- 1 carrot, grated
- 1 zucchini, grated
- 2 sticks celery, chopped
- 2 teaspoons chilli powder
- 400g can red kidney beans, drained, rinsed
- 1 tablespoon fresh coriander leaves

Steps

1. Heat oil in a large saucepan over medium heat
2. Add onion and garlic and cook for 5 minutes or until soft
3. Add mince and stir with a wooden spoon to break up the mince, continue for 10 minutes or until browned
4. Add tomato paste, tomatoes, stock and cumin powder and bring it all to the boil
5. Reduce heat and simmer for 20 minutes
6. Add the carrot, zucchini and celery and simmer for another 10 minutes
7. Add chilli powder, kidney beans and coriander

Jenny Harris



My Aboriginality came from my dad and I have lived in Campbelltown for 37 years. I live in Airds and have a 12-year-old son. I have been using Tharawal for 3 years.

It is close to my home and I like my son to understand his Aboriginal culture. I also like to learn new recipes and to cook them at home with the kids and give them to my neighbours to try the food.

“Some of the stories I hear around and passing them on to my son.”

8. Cook over medium heat for 5 minutes or until beans are warmed through
9. Serve with rice, corn chips or whole potatoes cooked in their jackets

Recipe tip

To go with Chilli Con Carne mix a little salsa sauce with mashed avocado for a quick guacamole.



Stuffed Mushrooms

Ingredients

- 6 large field mushrooms
- 1 lean rasher of bacon
- Olive oil
- 600g ricotta cheese
- ¼ cup parmesan cheese
- 2 teaspoons oregano
- 2 tablespoons flat leaf parsley, chopped
- 1 egg, lightly beaten

Steps

1. Preheat oven to 200°C
2. Brush the mushrooms on both sides with olive oil
3. Pull out the stems and place the mushrooms on a baking tray with baking paper on it
4. Chop the bacon in little pieces
5. Mix the bacon, ricotta cheese, parmesan, oregano, parsley and egg in a large bowl
6. Place about 2 tablespoons into each mushroom or just enough to come to the sides of the mushroom
7. Bake mushrooms in the oven for 15-20 minutes or until the mushroom is tender and golden
8. Then the best part - eat it!

Harmony Hubbard



I was born in Gosford. My mum came from Green Valley and my dad came from Melbourne. I have lived in the Campbelltown area all my life and have been using Tharawal Service for 4 years. The Community Kitchen helps me communicate with other people and also helps me to eat healthy. I was eating all the wrong food before coming to the Community Kitchen. It is the community coming together, the spirit makes you feel welcome and you don't want to leave! The Community Kitchen helps me to cook healthy food at home for my family. It is good for the kids.

"I look forward to coming to the Community Kitchen because I am learning more variety, more healthy and more choices."

Recipe tip

For a vegetarian option you could add some sliced olives and tomatoes instead of the bacon.



Roast Lamb

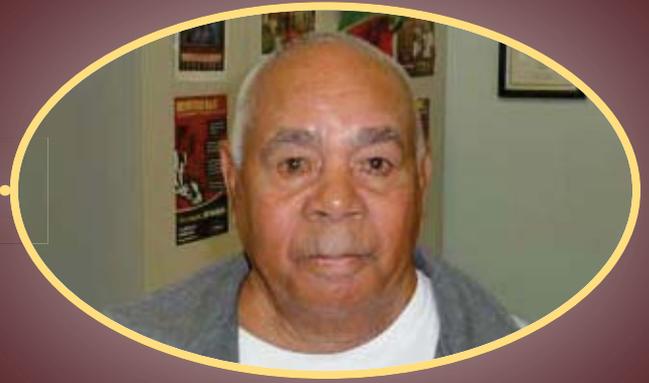
Ingredients

1.8kg leg or shoulder of lamb
2 garlic cloves, thinly sliced
Sprigs fresh (or dried) rosemary leaves
Olive oil, to brush
Ground black pepper

Steps

- 1.** Preheat oven to 220°C
- 2.** Use a small sharp knife to make slits in the lamb
- 3.** Use your fingers to press a slice of garlic and a sprig of rosemary into each slit
- 4.** Place the lamb in a large ovenproof and flameproof roasting pan, and brush over with a little oil
- 5.** Season well with pepper
- 6.** Roast the lamb in preheated oven for 15 minutes
- 7.** Reduce oven temperature to 180°C
- 8.** Roast for 1½ hours (this will give you a well-done cooked leg of lamb)

Stan Mitchell



I come from North Queensland around the Atherton Tablelands and I've been in Campbelltown for more than 22 years. I've been coming to Tharawal for 10 years or more. I come to the Community Kitchen to learn how to cook and meet the friendly people here.

"Eat more healthy food. Healthy food, Healthy eating."

9. Carefully transfer the lamb to a carving plate or shallow tray, cover loosely with foil and set aside to rest
10. Serve the lamb with roasted or steamed vegetables and gravy, or mint sauce and steamed green beans

Recipe tip

Use leftover roast lamb and make lamb curry.



Sang Choy Bow

Ingredients

1 zucchini
6 mushrooms
¼ cabbage
1 stick celery
400g pork mince
2 teaspoons oyster sauce
2 teaspoons sesame oil
2 teaspoons cornflour
1 teaspoon sugar
2 tablespoons soy sauce, salt reduced
Pepper to taste
2 tablespoons peanut oil
2 cloves garlic, crushed
½ lettuce

Steps

- 1.** Finely chop the zucchini, mushrooms, cabbage and celery
- 2.** Put the pork mince in a bowl with oyster sauce, sesame oil, cornflour, sugar, soy sauce and pepper. Mix these together well
- 3.** Heat peanut oil, fry garlic until just beginning to colour
- 4.** Add vegetables and stir fry for a few minutes
- 5.** Add pork and cook until brown
- 6.** Gently separate the whole lettuce leaves from each other, rinse and drain
- 7.** Spoon mixture into lettuce leaf cups to serve

Aunty Margaret Russell



I was born in Yass and lived in Yass and Tumut. My mob is the Ngunawal tribe. I have lived in Campbelltown for 35 years and have been using Tharawal's services since it has been opened.

I like coming to the Community Kitchen because I like cooking and trying different things like recipes. It's healthy for me. I have taken a meat patties recipe home and cooked some patties and vegies for the grandchildren. They like it.

"Eat more vegies. They are healthy and keep you full longer."

Recipe tip

Use a cooking spray like olive or canola instead of the oil to fry the garlic. Cooking spray is a healthier choice because you use less oil.



Chicken and Creamed Corn Soup

Ingredients

1 litre chicken stock, salt reduced
420g can creamed corn
350g chicken, thinly sliced
4 shallots, sliced
1 egg, lightly whisked

Steps

- 1.** Place stock and corn in a large saucepan and bring to the boil, stirring occasionally
- 2.** Add chicken pieces to the stock slowly so they separate
- 3.** Add shallots and simmer gently for 5 minutes, stirring to break up the chicken
- 4.** Just before serving stir soup while pouring in the lightly whisked egg
- 5.** Serve with toast or damper

Pam Simon



My mob came from the Narwan tribe in Armidale, (Mum's line) and the family moved to Sydney in 1961. I have lived in Blacktown for the past 20 years and have 4 kids. There have been a lot of health issues for our Koori people, due to Western food influences.

The Community Kitchen is a great place to come together because it encourages healthy eating. The Community Kitchen atmosphere brings people together in a positive way by sharing knowledge and experiences in a community exchange. We are back on track!

“Find out who we are and where we belong, and how we can come together to improve our lifestyle, we can then get back on track.”

Recipe tip

Buy reduced salt stock cubes and only use $\frac{1}{4}$ of a stock cube to 1 cup of water.



Salmon Patties

Ingredients

5 potatoes
2x 210g cans pink salmon
1 onion, finely chopped
½ cup parsley, chopped
1 egg
1 cup plain flour
1 cup breadcrumbs
Oil for frying

Steps

- 1.** Boil potatoes and leave to cool
- 2.** Drain salmon and retain liquid
- 3.** Mash the potato with the liquid from the salmon
- 4.** In a large bowl mix mashed potato, flaked salmon, chopped onion, parsley, egg and flour
- 5.** Mix well to combine
- 6.** Put a little oil on your hands and shape mixture into flat patties and roll in bread crumbs
- 7.** Shallow fry in a non stick frypan until golden brown on both sides
- 8.** Serve with salad and bread

Doris Slabb



I am a Wiradjuri woman from Brungle. For those who don't know where Brungle is, it's a small Aboriginal Mission between Tumut and Gundagai, my grandfather's land. My grandmother came from "Erambie" Mission, Cowra. I moved to Campbelltown 22 years ago with my son Paul who is now 25 years old. My daughter Amy was born here and she is now 18 years old.

Participating in the Community Kitchen has fuelled my passion for cooking. Learning how to cook nutritious meals, to read labels and to shop wisely has been a huge benefit to my family's future health. Passing on the knowledge of healthy eating will benefit all my family and friends, and sharing of recipes with other community members I feel has increased the awareness to improve and enjoy more nutritious meals.

I have also gotten to know many other community members much better during my time at the Community Kitchen. There's nothing more that a Koori person loves than to eat, talk and laugh as we learn about new things. It makes it less formal and more enjoyable.

"Learning how to cook nutritious meals, to read labels, to shopping wisely has been a huge benefit to my family's future health."

Recipe tip

For tuna patties, use a can of tuna in spring water and add some fresh lemon juice and pepper.



Beef and Red Wine Casserole

Ingredients

1kg chuck steak
1/3 cup plain flour, seasoned with pepper
2 tablespoons olive oil
1 cup red wine
1 1/4 cups beef stock, salt reduced
12 pickling onions, peeled
3 medium (500g) carrots, peeled and cut into 4cm pieces
14 medium (250g) button mushrooms
4 medium (400g) chat potatoes, halved

Steps

1. Preheat oven to 160°C
2. Trim off all excess fat from chuck steak
3. Cut steak into 2.5cm pieces and dust with seasoned flour
4. Heat olive oil in a stoveproof and ovenproof dish over medium-high heat
5. Cook meat in 4 batches, adding a little oil if needed. Remove all meat from pan
6. Increase heat to high and add red wine and bring to the boil, scraping the base of the pan to remove sediment, then add the beef stock
7. Add pickling onions, carrots, button mushrooms, and chat potatoes

Kerry Anne White



I am a woman of Gamilaroy tribe. I was born in Coonamble. I am 28 years of age and I love horses. When I was 13 years of age, I was accepted to participate in the training to become 1 out of 4 Aboriginal girls to attend the 2000 Olympic games in equestrian riding. It was sponsored by the Prince and the Princess of Iraq and Kirk Pengilly (INXS guitarist).

When I was 7 years of age I was rushed to Campbelltown hospital as my kidney almost exploded (erupted) and I was in hospital for over a month. My kidney specialist informed me that I cannot have babies or fall pregnant.

Throughout all my youth years in high school I was a tomboy. I didn't like boys and they didn't faze me. In 1998 I came across a Spanish guy. He melted my heart and I fell in love. At this time I was training for the Games in two years' time in 1999. I fell pregnant and decided not to go to the Olympic Games as this was the opportunity for me to have a family that I always wanted. I also knew that I could put my career on hold.

After having my baby girl things didn't go quite as planned so I moved back with mum in the Minto area. I am still here but in the Leumeah area in my own house for going onto 5 years in August 2010. I am paying extra to own my home and now have a great supporting husband with 2 beautiful babies.

I started to attend the Community Kitchen just before falling pregnant with the second child. I wanted to learn how to improve my health and that of my 6-year-old daughter at the time, and to learn more information on healthy lifestyle and healthy eating for when the new babies came along. As they grew, vegies and fruit didn't faze them. Since the 2 girls and I started to attend the Community Kitchen they have started eating more vegies and heaps more fruit.

"This is the best thing that I have learnt throughout my life and something we all can better from."

8. Return the beef to the pan and stir until combined
9. Bake in a covered ovenproof dish for 2 hours or until the meat is tender
10. Serve with crusty bread

Recipe tip

The best cuts of meat for casseroles include beef steak of all kinds, osso bucco, lamb shanks, any chicken pieces, and pork chops. Always cut off any fat before cooking.



BBQ Vegetables with Minute Steaks

Ingredients

Canola oil
1 sweet potato, peeled and sliced
¼ pumpkin peeled and sliced
1 kg bag of frozen stir fry vegetables
250g mushrooms, thickly sliced or halved
1 minute steak per person

Steps

- 1.** Heat a little oil on the BBQ plate and fry the sweet potato and pumpkin slices until brown on one side and then turn them over. At the same time stir fry frozen vegetables on the BBQ plate with the chopped mushrooms
- 2.** When the vegies are halfway cooked, BBQ the minute steaks on both sides
- 3.** Serve with bread

Mooie White



My family are from Moree and I've lived in this area for a good 30 years. I started coming to Tharawal since it started when I was a kid. Yes coming to the Community Kitchen has been good, now my girls like eating brown rice and we're eating healthier stuff. I like coming up and trying new things I never had before, not like we made in the past.

"I want to stay healthy and be here with my family as they grow up and teach them to be healthy and eat healthy foods."

Recipe tip

Try using fresh vegetables like capsicum, beans or eggplant.



Baked Fish with Lemon and Herbs

Ingredients

4 snapper (or any fish) fillets, skin removed
2 lemons, thinly sliced
Bunch of parsley, chopped
Bunch of dill, chopped (you can use dried herbs too)
Cracked or black pepper

Steps

1. Preheat oven to 220°C
2. Cut four 40 cm lengths of foil
3. Place fish fillet in centre of each piece of foil
4. Top with lemon slices, chopped herbs and pepper
5. Fold foil edges and turn upwards to seal and form parcels. Place on a baking tray
6. Bake for 15-20 minutes or until fish is cooked through
7. Remove fish parcels and place in shallow bowls. Pour any juices over fish
8. Serve with steamed vegetables and baked potatoes

Pam White



My family are from Moree, Kamilaroi. We've been living in Campbelltown for around 32 years and have been using the Service for that time too. The Community Kitchen is teaching us how to cook healthy and how to prepare the food. Mixing with other people in the community is good too and the outings to places.

“Care a lot more about your neighbour, the person next door to you, the elders or someone with mental health.”

Recipe tip

For something different, try fish parcels. Place fish on a piece of foil then top with thinly sliced potatoes, tomatoes, lemon slices and herbs.

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Information Adapted From:

The Aboriginal and Torres Strait Islander Guide to Healthy Eating; Educator's Resource by Government of South Australia Department of Health reprinted by permission of the Northern Territory Government of Health and Community Service 2006

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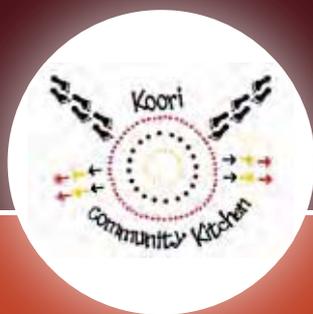
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