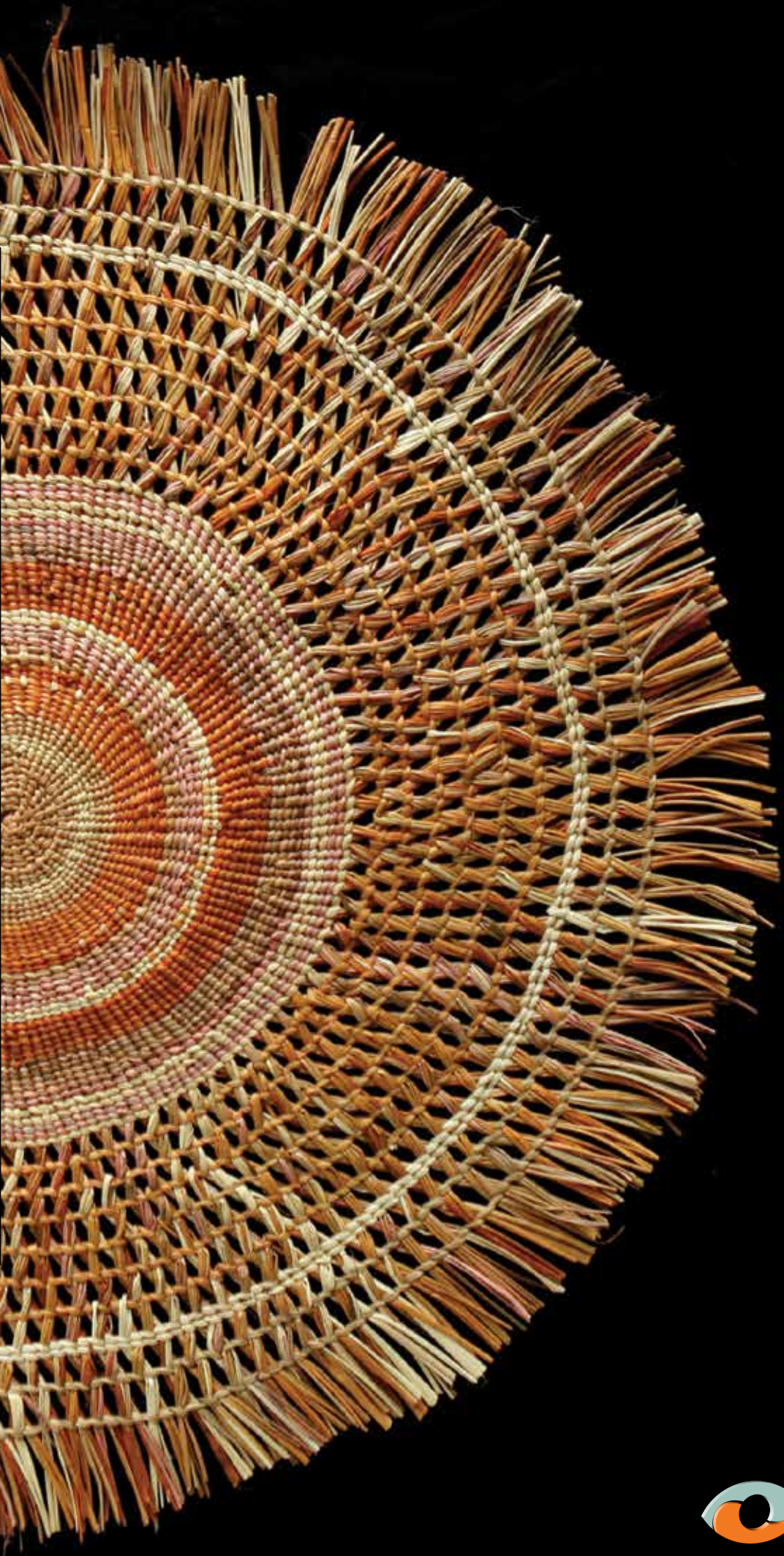


Kukumbat gudwan daga

‘Really cooking good food’



The **Fred Hollows**
Foundation

The Fred Hollows Foundation Indigenous Australia Program

The Fred Hollows Foundation's work with Indigenous Australians is founded on Professor Fred Hollows' deeply felt concern about the severe inequity affecting our First Peoples. Fred championed the human rights of Indigenous Australians and was a strong advocate for self-determination.

Today, The Fred Hollows Foundation works in close partnership with Indigenous organisations to overcome the barriers that impact on Indigenous health. Together we are making real and sustainable improvements to the health and wellbeing of people living in remote communities throughout Australia.



“Everyone deserves the same
opportunities in life.” Fred Hollows



**The Fred Hollows
Foundation**

First published in 2009 by The Fred Hollows Foundation
3rd Edition 2010
PO Box 42500 Casuarina NT 0811 Australia
Telephone 08 8920 1400
Fax 08 8920 1499
Donation Line 1800 352 352
Website www.hollows.org.au

© The Fred Hollows Foundation

ISBN 978-0-9756870-3-1

Publisher The Fred Hollows Foundation
Project Coordinator Alison Rogers The Fred Hollows Foundation
Designer Elizabeth Cook The Fred Hollows Foundation
Editor Kasey Brunt www.kbfreelance.com
Photographer Sasha Woolley www.sashawoolley.com
Printer Peachy Print Australia PTY LTD
www.peachyprint.com.au

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form by any means without permission in writing from the publisher.

This publication may contain images of persons that have passed away. The Fred Hollows Foundation would like to acknowledge these persons and pay our respects to them and their families.

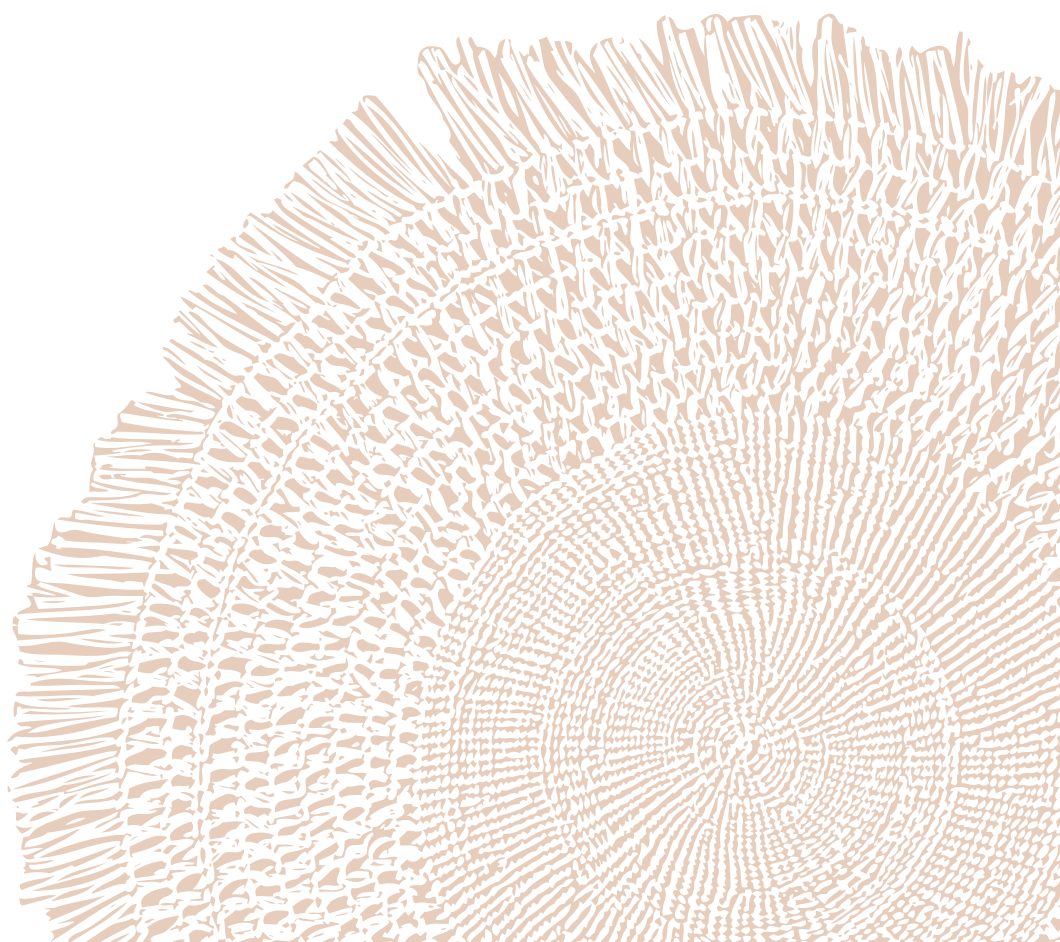
If you have any questions regarding the images please contact The Fred Hollows Foundation on 08 8920 1400.

Kukumbat gudwan daga

‘Really cooking good food’

A healthy cookbook with recipes that feed
10 or more people.

Brought to you by the women’s centres of
Manyallaluk, Gulin Gulin and Wugularr in conjunction
with The Fred Hollows Foundation.





Mains

| | |
|---|----|
| Spaghetti Bolognaise | 6 |
| Minestrone Soup | 8 |
| Tuna Pasta Bake | 10 |
| Chicken Noodle & Sweet Corn Soup | 12 |
| Ham & Potato Salad | 14 |
| Shepherd's Pie | 16 |
| Pasta Salad | 18 |
| Lasagna | 20 |
| Chicken with Vegetables in White Sauce | 22 |
| Baked Lamb or Pork Chops with Vegetables | 24 |
| Beef Curry | 26 |
| Tuna & Potato Patties | 28 |
| Thai Chicken Curry | 30 |
| Salmon & Sweet Corn Fritters | 32 |
| Beef Stew | 34 |
| Kangaroo Tail Stew | 36 |
| Fried Rice | 38 |
| Mince with Vegetables & Pasta | 40 |
| Chicken Casserole | 42 |
| Kangaroo in Oyster Sauce with Stir Fried Vegetables | 44 |
| Baked Fish Fillets | 46 |
| Rissoles | 48 |
| Mediterranean Baked Lamp Chops | 50 |
| Ham, Egg & Vegetable Pasta Bake | 52 |

Basics

| | |
|------------------|----|
| Milk from Powder | 66 |
| Custard | 67 |
| White Sauce | 68 |
| Pasta | 69 |
| Rice | 70 |
| Hard Boiled Eggs | 72 |

Desserts

| | |
|------------------------|----|
| Bread & Butter Pudding | 56 |
| Apricot Crumble | 58 |
| Banana & Oat Muffins | 60 |
| Rice Pudding | 62 |

Sandwiches

| | |
|------------|----|
| Sandwiches | 74 |
|------------|----|

Women's Centres

Many of the important social services in remote communities are provided by the local women's centres. Some of the roles women's centres play include cooking meals for the aged, disabled and school children, managing a community laundry service, child and maternal health programs, crèches, as well as supporting families who are going through hard times.

Women's centres are also a great place for people to work together on art and craft activities and to socialise and enjoy each other's company. The centres give women a stronger collective voice in their local community councils and keep social services at the forefront of community planning.

The Fred Hollows Foundation supports the good governance of women's centres and provides training, management advice and creates opportunities for the women to share their experiences with women from other centres and regions.

The women's centres in Gulin Gulin, Wugularr and Manyallaluk worked throughout 2008 with the Health Promotion Women's Development Coordinator from The Foundation to develop the Kukumbat Gudwan Daga cookbook. It was created to meet the centres' cooking and nutrition needs.

The women identified the need for the cookbook to include recipes that cater for large numbers and to give step by step instructions using photos. The cookbook fits within the school nutrition program guidelines and the Australian dietary guidelines. The women's centres worked with a chef to choose and trial the recipes. They also worked with a designer on the layout and a photographer who offered digital camera training.

Working on this cook book has meant that the women's centre workers have not only learned new skills and developed a cook book that will help with the day to day management of their centres, but has also created many other positive benefits for the wider community.

For example, the artist, Glen Wesan, whose design is used in this cook book from her hand-woven mat, receives lunch from the Wugularr women's centre. As Glen lives in the aged care facility, she has enjoyed the wonderful healthy meals the women's centre has been cooking. With the support from Djilpin Arts at the Ghunmarn Culture centre, she was very happy to have her art included in this project.

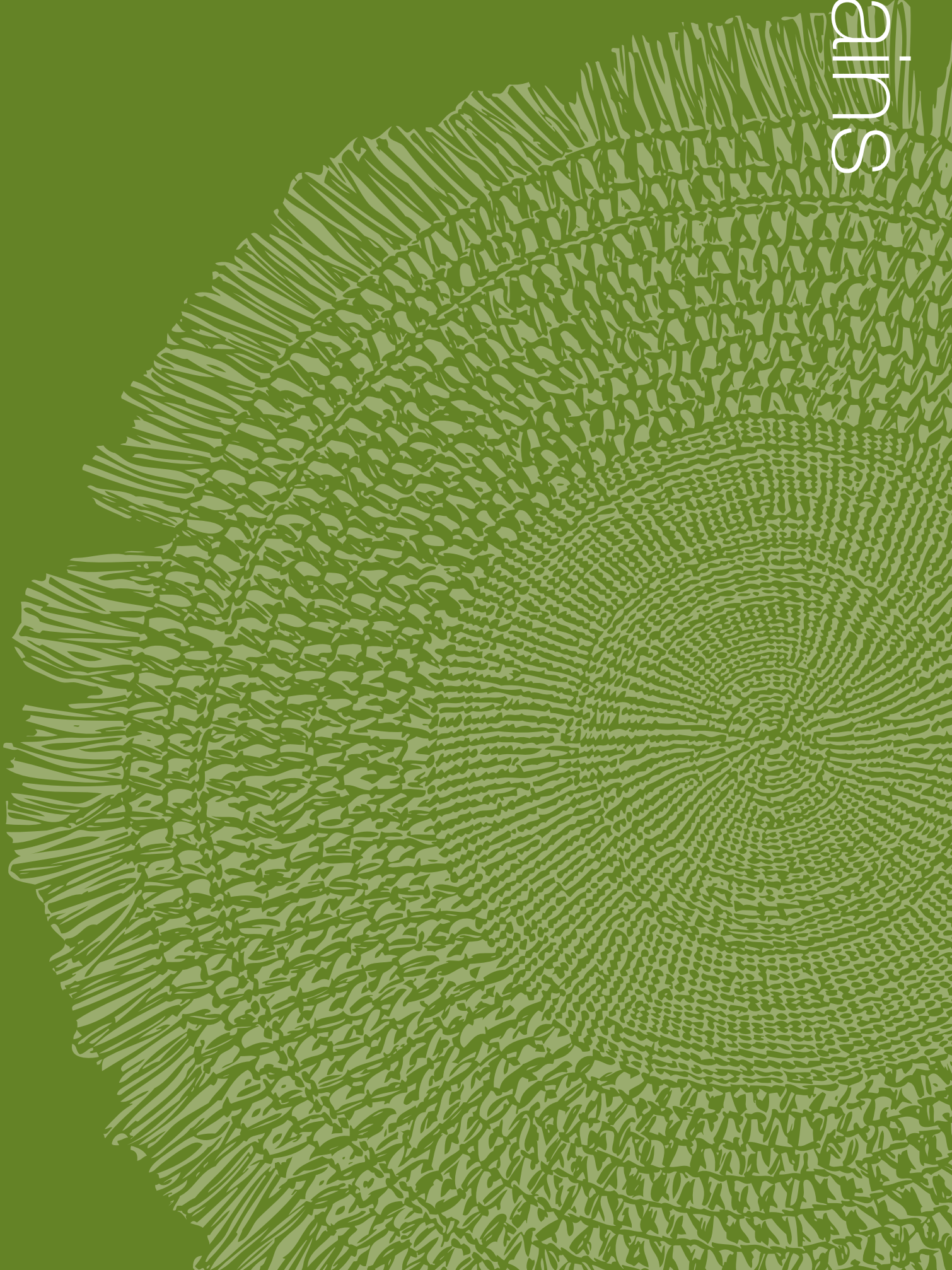


“Mibala laigim kukumbat daga blanga ola ol pipul en biginini langa skul en ola lilwan biginini langa kreish.”

“We love cooking for the old people, school kids and crèche kids. The community come and look and they love our food.”

Manyallaluk Women's Centre

Mairs



Spaghetti Bolognaise



Beef Mince
(kg)



Onion



Carrot



Capsicum



Corn Kernels
(420g)



Chopped
Tomatoes
(800g)

| | Beef Mince (kg) | Onion | Carrot | Capsicum | Corn Kernels (420g) | Chopped Tomatoes (800g) |
|------------|--------------------|----------|----------|----------|------------------------|-------------------------------|
| 10 people | 1 | 2 | 2 | 2 | 1 | 1 |
| 30 people | 3 | 5 (1kg) | 6 (1kg) | 6 (1kg) | 3 | 3 |
| 50 people | 5 | 10 (2kg) | 10 (2kg) | 10 (2kg) | 5 | 5 |
| 100 people | 10 | 15 (3kg) | 20 (4kg) | 20 (4kg) | 10 | 10 |



1
Chop vegetables and gather all ingredients.



2
Heat the oil in a pot, add mince and fry until brown.



3
Place diced onions, carrots, capsicum and corn into the pot and stir.



4
Add the tomatoes, garlic, tomato paste, vegemite, mixed herbs, bay leaves and stir.



5
Add some water just to cover the top of the mince and simmer on low heat for 1 hour.



6
Serve with pasta, rice or bread. See 'Basics' section for rice and pasta recipes.



Garlic
(Tablespoon)



Tomato Paste
(Tablespoon)



Vegemite
(Tablespoon)



Mixed Herbs
(Tablespoon)



Bay Leaves
(Optional)



Vegetable Oil
(Tablespoon)

| | | | | | |
|---|----|----|---|----|---|
| 1 | 2 | 1 | 1 | 3 | 2 |
| 3 | 6 | 3 | 3 | 5 | 4 |
| 4 | 10 | 5 | 4 | 10 | 4 |
| 6 | 20 | 10 | 6 | 10 | 4 |

Minestrone Soup



Onion



Carrot



Celery Bunch



Zucchini



Cabbage



4 Bean Mix
(400g)

| | Onion | Carrot | Celery Bunch | Zucchini | Cabbage | 4 Bean Mix (400g) |
|------------|----------|----------|--------------|----------|---------|----------------------|
| 10 people | 2 | 2 | 1 | 2 | ½ | 1 |
| 30 people | 5 (1kg) | 6 (1kg) | 2 | 6 (1kg) | 1 | 3 |
| 50 people | 10 (2kg) | 10 (2kg) | 4 | 10 (2kg) | 2 | 5 |
| 100 people | 15 (3kg) | 20 (4kg) | 8 | 20 (4kg) | 4 | 10 |



1
Chop vegetables and gather all ingredients.



2
Heat oil in a pot. Add tomatoes, beans and garlic. Fry until soft.



3
Add water to cover and bring to the boil.







4
Turn heat down to low and add pasta.



5
Simmer until the pasta is soft.



6
Serve.

| | | | | |
|--|---|---|---|--|
|  |  |  |  |  |
| Chopped Tomatoes (800g) | Garlic (Tablespoon) | Pasta Shells (500g) | Water (Litre) | Vegetable Oil (Tablespoon) |

| | | | | |
|----|---|-----------|----|---|
| 1 | 1 | 1 | 5 | 2 |
| 3 | 3 | 3 (1½ kg) | 15 | 4 |
| 5 | 4 | 5 (2½ kg) | 25 | 4 |
| 10 | 6 | 10 (5kg) | 50 | 4 |

Tuna Pasta Bake



Tuna
(425g)



Onion



Pasta
(1kg)



Egg
(Raw)



Capsicum



Frozen Peas
and Corn
(400g)

| | Tuna (425g) | Onion | Pasta (1kg) | Egg (Raw) | Capsicum | Frozen Peas and Corn (400g) |
|------------|----------------|----------|----------------|--------------|----------|-----------------------------------|
| 10 people | 2 | 1 | 1 | 6 | 2 | 1 |
| 30 people | 6 | 3 | 3 | 18 | 6 (1kg) | 3 |
| 50 people | 10 | 5 (1kg) | 5 | 24 (2 Dozen) | 10 (2kg) | 5 |
| 100 people | 20 | 10 (2kg) | 10 | 48 (4 Dozen) | 20 (4kg) | 10 |



1 This recipe uses pasta and white sauce with cheese. Prepare the pasta and white sauce using the recipes found on page 68 of this book.



4 Add cheese sauce and stir.



2 Chop vegetables and gather all ingredients.



5 Place into a deep baking dish sprayed with vegetable oil spray.



3 Mix together tuna, chopped onion, cooked pasta, peas and corn, chopped capsicum and raw eggs.



6 Sprinkle shredded cheese over the top and bake for 1 hour at 180°C or until top is golden brown.



Shredded Cheese



Vegetable Oil Spray



White Sauce

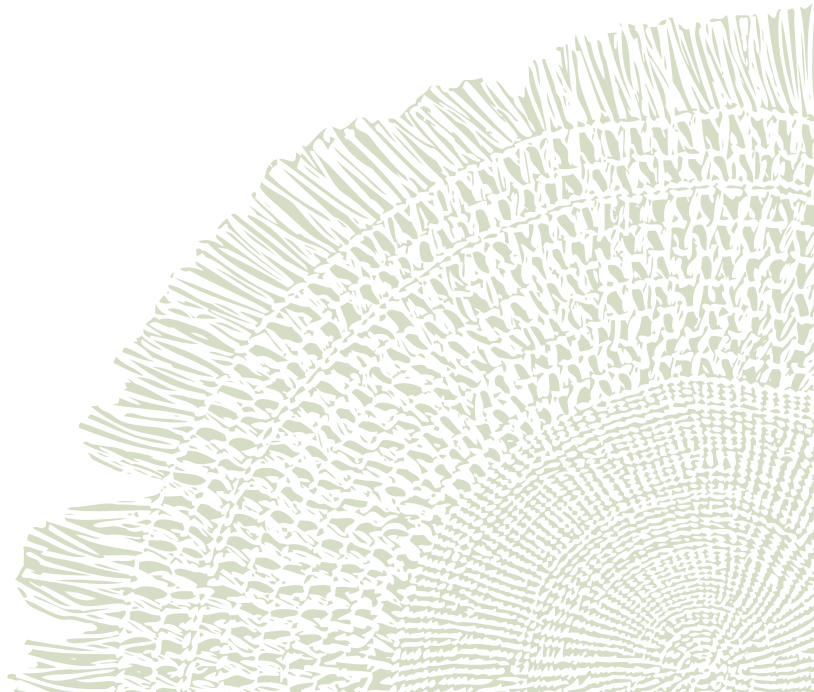
1 Cup

see page 68

3 Cups

5 Cups

10 Cups



Chicken Noodle & Sweet Corn Soup



Chicken (Breast
or Thigh Fillet)
(kg)



Carrot



Capsicum



Onion



Water
(Litre)



Creamed Corn
(420g)

| | Chicken (Breast or Thigh Fillet) (kg) | Carrot | Capsicum | Onion | Water (Litre) | Creamed Corn (420g) |
|------------|---|----------|----------|----------|------------------|------------------------|
| 10 people | 1 | 2 | 1 | 2 | 5 | 2 |
| 30 people | 3 | 6 (1kg) | 3 (500g) | 5 (1kg) | 15 | 6 |
| 50 people | 5 | 10 (2kg) | 5 (1kg) | 10 (2kg) | 25 | 10 |
| 100 people | 10 | 20 (4kg) | 10 (2kg) | 15 (3kg) | 50 | 20 |



1
Chop vegetables and gather all ingredients.



2
Heat the oil in a pot and fry onions, carrots and capsicum until soft.



3
Cut the chicken into bite size pieces and add to the pot, stir until brown.



4
Add water to the pot and bring to the boil. Then turn down the heat to low and simmer for 40 - 50 minutes.



5
Place creamed corn, corn kernels and noodles into the pot. Stir.



6
Serve when noodles are soft.



Corn Kernels
(420g)



Noodles
(200g)



Vegetable Oil
(Tablespoon)

| | | |
|----|----|---|
| 2 | 5 | 2 |
| 6 | 15 | 4 |
| 10 | 25 | 4 |
| 20 | 50 | 4 |

TIP

Use any combination of fresh, tinned or frozen vegetables available.

Ham & Potato Salad



Potato



Capsicum



Ham



Egg
(Hard Boiled)



Mayonnaise
(Cup)



Seeded
Mustard
(Tablespoon)

| | Potato | Capsicum | Ham | Egg (Hard Boiled) | Mayonnaise (Cup) | Seeded Mustard (Tablespoon) |
|------------|------------|----------|------|----------------------|---------------------|-----------------------------------|
| 10 people | 10 (2kg) | 1 | 500g | 4 | 1 | 2 |
| 30 people | 30 (6kg) | 3 (500g) | 1kg | 12 (1 Dozen) | 3 | 6 |
| 50 people | 50 (10kg) | 5 (1kg) | 2kg | 18 | 5 | 8 |
| 100 people | 100 (20kg) | 10 (2kg) | 5kg | 24 (2 Dozen) | 10 | 10 |



1 This recipe uses hard boiled eggs. Prepare the eggs using the recipe found on page 72 of this book. Allow eggs to cool. Remove shells and cut up into small pieces.



4 Put all ingredients into a bowl with the potatoes and eggs.



2 Boil the potatoes until they are soft. Cool under running water and then cut into bite size pieces.



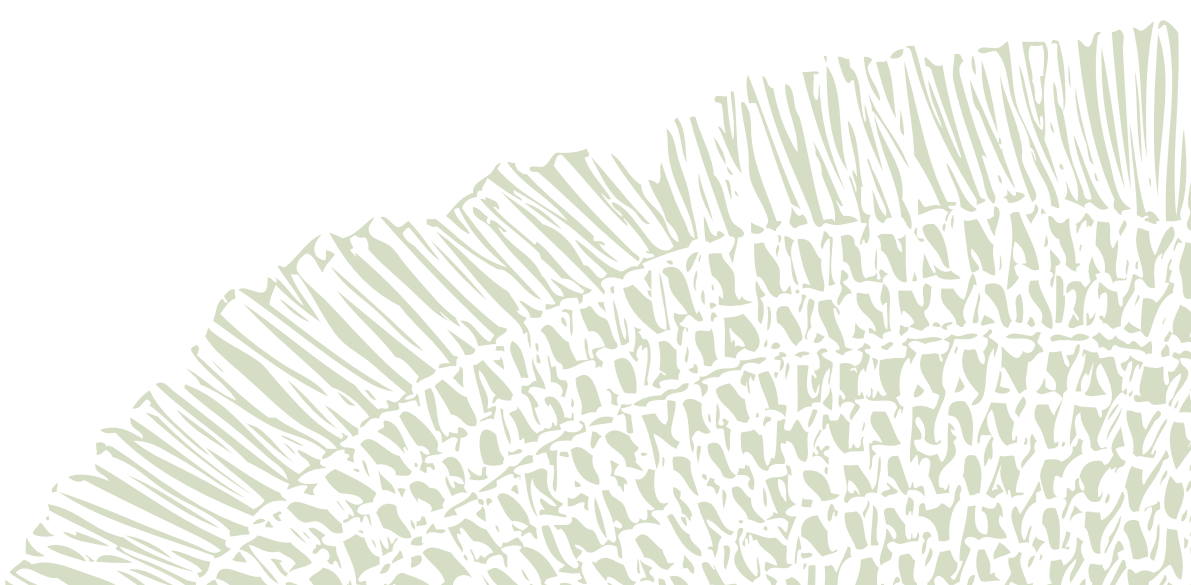
5 Add mayonnaise and mustard.



3 Dice the ham and capsicum and gather all ingredients.



6 Combine all ingredients together and serve.



Shepherd's Pie



Beef Mince
(kg)



Potato



Onion



Egg
(Raw)



Frozen Mixed
Vegetables
(2kg)



Worcestershire
Sauce
(Tablespoon)

| | Beef Mince (kg) | Potato | Onion | Egg (Raw) | Frozen Mixed Vegetables (2kg) | Worcestershire Sauce (Tablespoon) |
|------------|--------------------|-----------|----------|--------------|-------------------------------------|---|
| 10 people | 1 | 5 (1kg) | 2 | 2 | ½ | 2 |
| 30 people | 3 | 15 (3kg) | 5 (1kg) | 6 | 1 | 6 |
| 50 people | 5 | 25 (5kg) | 10 (2kg) | 12 (1 Dozen) | 2 | 8 |
| 100 people | 10 | 50 (10kg) | 15 (3kg) | 24 (2 Dozen) | 4 | 10 |



1 Peel and boil the potatoes until they are soft. Mash potatoes and mix through eggs.



2 Chop onions and gather all ingredients.



3 Heat the oil in a pot. Add mince and onion and fry until brown.



4 Add vegetables, worcestershire sauce, gravy mix, and water to cover mince. Bring to the boil.



5 Place mince mixture into a deep baking dish and spread mashed potato over the top. Sprinkle with cheese.



6 Bake in the oven at 180°C for 45 minutes or until the top is golden brown.



Gravy Mix
(Tablespoon)



Shredded
Cheese
(Cup)



Vegetable Oil
(Tablespoon)

| | | |
|----|----|---|
| 2 | 1 | 2 |
| 6 | 3 | 4 |
| 10 | 5 | 4 |
| 15 | 10 | 4 |

TIP

The bolognaise sauce recipe would also make a great base for shepherd's pie.

TIP

Use two or more large pots when cooking for 100 people to make sure the mince is cooked properly.

Pasta Salad



Pasta
(1kg)



Eggs
(Hard Boiled)



Onion



Capsicum



Tomato



Carrot

| | Pasta (1kg) | Eggs (Hard Boiled) | Onion | Capsicum | Tomato | Carrot |
|------------|----------------|-----------------------|----------|----------|----------|----------|
| 10 people | 1 | 4 | 2 | 1 | 2 | 2 |
| 30 people | 3 | 12 (1 Dozen) | 5 (1kg) | 3 (500g) | 6 (1kg) | 6 (1kg) |
| 50 people | 5 | 18 | 10 (2kg) | 5 (1kg) | 10 (2kg) | 10 (2kg) |
| 100 people | 10 | 24 (2 Dozen) | 15 (3kg) | 10 (2kg) | 20 (4kg) | 20 (4kg) |



1
Cook pasta using the recipe found on page 69 of this book. Cool under cold running water.



4
Gather all ingredients.



2
This recipe uses hard boiled eggs. Prepare the eggs using the recipe found on page 72 of this book. Allow eggs to cool. Remove shells and cut up into small pieces.



5
Mix pasta with diced onions, grated carrot, diced capsicums and the boiled eggs.



3
Chop vegetables and grate carrot.



6
Stir through tomato paste, garlic and lemon juice and serve.



Garlic
(Tablespoon)



Tomato Paste
(Tablespoon)



Lemon Juice
(Tablespoon)

| | | |
|---|----|---|
| 1 | 2 | 1 |
| 3 | 6 | 3 |
| 4 | 10 | 5 |
| 6 | 20 | 6 |

Lasagna



Lasagna
(500g)



Shredded
Cheese
(Cup)



Vegetable Oil
Spray



Bolognaise
Sauce



White Sauce

| | | | | | |
|------------|-----------|----|--|------------|-------------|
| 10 people | 2 (1kg) | 2 | | see page 6 | see page 68 |
| 30 people | 6 (3kg) | 6 | | | |
| 50 people | 10 (5kg) | 10 | | | |
| 100 people | 20 (10kg) | 20 | | | |



1

This recipe uses bolognese sauce and white sauce. Make the sauces using the bolognese recipe on page 6 and the white sauce recipe on page 68 of this book.



4

Repeat by making 2 more layers.



2

Gather all ingredients.



5

Pour white sauce over the top and sprinkle with cheese.



3

Spray baking dish with vegetable oil spray. Place a layer of lasagna sheets on bottom of dish and spoon some of the bolognese sauce over the top.



6

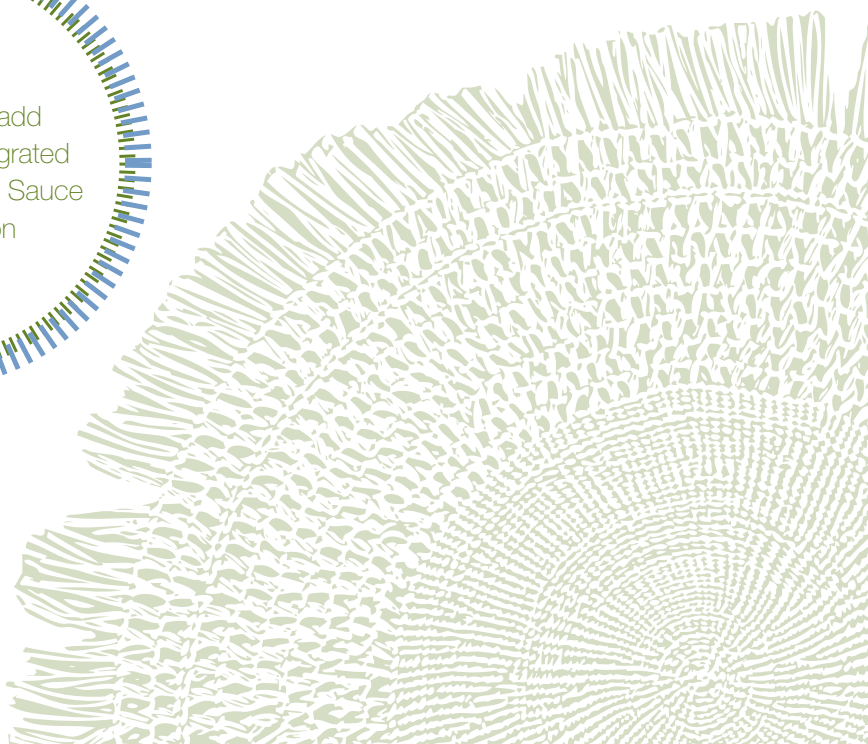
Bake in the oven at 180°C for 1 hour or until golden brown.

TIP

For an extra cheesy lasagna add a small amount of grated cheese to the White Sauce recipe found on page 68 of this book.

TIP

A layer of bolognese sauce can also be used on the bottom of the baking dish.



Chicken & Vegetables in White Sauce



Chicken (Breast or Thigh Fillet)
(kg)



Onion



Carrot



Celery Bunch



Zucchini



Capsicum

| | Chicken (Breast or Thigh Fillet) (kg) | Onion | Carrot | Celery Bunch | Zucchini | Capsicum |
|------------|--|----------|----------|--------------|----------|----------|
| 10 people | 1 | 1 | 2 | ½ | 1 | 1 |
| 30 people | 3 | 3 | 6 (1kg) | 1 | 3 (500g) | 3 (500g) |
| 50 people | 5 | 6 (1kg) | 10 (2kg) | 2 | 6 (1kg) | 5 (1kg) |
| 100 people | 10 | 10 (2kg) | 20 (4kg) | 4 | 10 (2kg) | 10 (2kg) |



1 This recipe uses white sauce. Make the sauce using the white sauce recipe found on page 68 of this book.



4 Heat the vegetable oil in a pot and then add the chicken. Fry until light brown.



2 Cut chicken into bite size pieces.



5 Add the vegetables to the pot and stir until soft.



3 Chop vegetables and gather all ingredients.



6 Pour the white sauce into the pot. Simmer on low heat for 30 - 40 minutes. Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Mushroom



Vegetable Oil
(Tablespoon)



White Sauce

10

2

see page 68

30 (300g)

4

50 (500g)

4

100 (1kg)

4

TIP

Cut the chicken into roughly the same size pieces so that it cooks evenly.

TIP

Use any combination of fresh, tinned or frozen vegetables available.

Baked Lamb or Pork Chops with Vegetables



Lean Lamb or
Pork Chops
(kg)



Carrot



Onion



Tomato



Potato



Sweet Potato
or Pumpkin

| | Lean Lamb or Pork Chops (kg) | Carrot | Onion | Tomato | Potato | Sweet Potato or Pumpkin |
|------------|------------------------------------|----------|----------|----------|----------|---------------------------------|
| 10 people | 2 | 1 | 2 | 2 | 2 | 1 sweet potato or ¼ pumpkin |
| 30 people | 6 | 3 (500g) | 5 (1kg) | 6 (1kg) | 6 (1kg) | 3 sweet potato or ½ pumpkin |
| 50 people | 10 | 6 (1kg) | 10 (2kg) | 10 (2kg) | 10 (2kg) | 5 sweet potato or ¾ pumpkin |
| 100 people | 20 | 10 (2kg) | 15 | 20 (4kg) | 20 (4kg) | 10 sweet potato or 1 pumpkin |



1
Trim fat from chops.



4
Spread peas, potatoes, pumpkin or sweet potato over the top of the meat and season with herbs and garlic.



2
Slice the vegetables and gather all ingredients.



5
Pour some water into the dish to cover first layer of chops.



3
In a baking dish, spread onions and tomatoes onto the bottom of the tray and place a layer of chops over the top.



6
Bake in the oven at 180°C for 1 hour or until meat is cooked.



Frozen Peas
(500g)

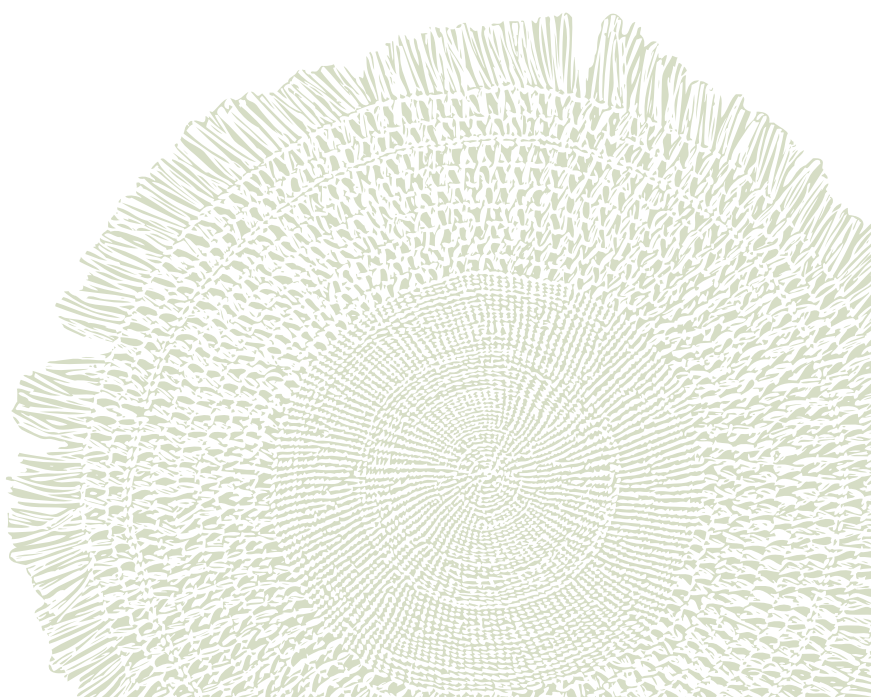


Mixed Herbs
(Tablespoon)



Garlic
(Tablespoon)

| | | |
|----|----|---|
| 1 | 2 | 1 |
| 3 | 6 | 3 |
| 5 | 8 | 4 |
| 10 | 10 | 6 |



Beef Curry



Diced Beef
(kg)



Onion



Carrot



Potato



Frozen
Vegetables
(500g)



Garlic
(Tablespoon)

| | Diced Beef (kg) | Onion | Carrot | Potato | Frozen Vegetables (500g) | Garlic (Tablespoon) |
|------------|--------------------|----------|----------|----------|--------------------------------|------------------------|
| 10 people | 1 | 2 | 2 | 3 | 2 | 1 |
| 30 people | 3 | 5 (1kg) | 6 (1kg) | 9 (2kg) | 6 (2kg) | 3 |
| 50 people | 5 | 10 (2kg) | 10 (2kg) | 15 (3kg) | 10 (5kg) | 4 |
| 100 people | 10 | 15 (3kg) | 20 (4kg) | 30 (6kg) | 20 (10kg) | 6 |



1
Chop vegetables and gather all ingredients.



4
Add garlic, ginger and curry powder and stir.



2
Heat the oil in a pot, add beef and fry until brown.



5
Add some water just to cover the top of the beef and bring to the boil.



3
Add onions, carrots, potato and vegetables. Stir until soft.



6
Stir through corn flour and then turn heat down low and simmer for 40 - 50 minutes or until meat is cooked. Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Ginger
(Tablespoon)



Curry Powder
(Tablespoon)



Corn Flour
(Tablespoon)



Vegetable Oil
(Tablespoon)

| | | | |
|---|----|----|---|
| 1 | 1 | 1 | 2 |
| 3 | 3 | 3 | 4 |
| 4 | 5 | 5 | 4 |
| 6 | 10 | 10 | 4 |

TIP

Plain flour can be used instead of corn flour.

TIP

To avoid lumps, mix flour with a little water and then stir while pouring into the curry.

Tuna & Potato Patties



Tuna
(425g)



Onion



Potato



Egg
(Raw)



Frozen Peas
and Corn
(500g)



Bread Crumbs
(Cup)

| | Tuna (425g) | Onion | Potato | Egg (Raw) | Frozen Peas and Corn (500g) | Bread Crumbs (Cup) |
|------------|----------------|----------|----------|--------------|-----------------------------------|-----------------------|
| 10 people | 2 | 2 | 4 | 3 | 1 | 2 |
| 30 people | 6 | 5 (1kg) | 10 (2kg) | 9 | 3 | 6 |
| 50 people | 10 | 10 (2kg) | 20 (3kg) | 12 (1 Dozen) | 5 | 10 |
| 100 people | 20 | 15 (3kg) | 40 (7kg) | 24 (2 Dozen) | 10 | 20 |



1
Peel and boil the potatoes until they are soft and then mash.



4
Roll into patties and cover in bread crumbs before placing onto tray sprayed with vegetable oil.



2
Chop onion, drain tuna and gather all ingredients.



5
Cover with plastic wrap and put in fridge for 30 minutes to set.



3
Mix together onions, peas and corn, drained tuna and eggs with the mashed potato.



6
Place in the oven at 180°C for 40 minutes or until golden brown. Serve with salad.



Vegetable Oil
Spray

TIP

Also great for school lunches and sandwiches.







TIP

You could also fry the fritters in a very small amount of oil on a stove top fry pan or in an electric fry pan.



Thai Chicken Curry



| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| Chicken (Breast or Thigh Fillet) (kg) | Onion | Potato | Capsicum | Frozen Vegetables (500g) | Garlic (Tablespoon) |

| | | | | | | |
|------------|----|----------|----------|----------|----|---|
| 10 people | 1 | 2 | 3 | 2 | 1 | 1 |
| 30 people | 3 | 5 (1kg) | 9 (2kg) | 6 (1kg) | 3 | 3 |
| 50 people | 5 | 10 (2kg) | 15 (3kg) | 10 (2kg) | 5 | 4 |
| 100 people | 10 | 15 (3kg) | 30 (6kg) | 20 (4kg) | 10 | 6 |



1
Chop vegetables, dice chicken and gather all ingredients.



4
Add garlic, ginger, coriander, cumin and stir.



2
Heat the oil in a pot and fry the chicken until brown.



5
Add light coconut milk and stir.



3
Add onions, potatoes, carrots, capsicum, peas and corn and stir.



6
Bring to the boil. Turn down to low heat. Simmer for 1 hour or until thickened. Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Ginger
(Tablespoon)



Ground
Coriander
(Tablespoon)



Ground Cumin
(Tablespoon)



Light
Coconut Milk
(400ml)



Vegetable Oil
(Tablespoon)

| | | | | |
|---|---|---|----|---|
| 1 | 1 | 1 | 2 | 2 |
| 3 | 3 | 3 | 6 | 4 |
| 4 | 4 | 4 | 10 | 4 |
| 6 | 6 | 6 | 20 | 4 |

TIP

Use any combination of fresh, tinned or frozen vegetables available.

Salmon & Sweet Corn Fritters



Pink Salmon
(415g)



Potato



Onion



Capsicum



Corn Kernels
(420g)



Frozen Peas
(500g)

| | Pink Salmon (415g) | Potato | Onion | Capsicum | Corn Kernels (420g) | Frozen Peas (500g) |
|------------|-----------------------|----------|----------|-----------|------------------------|-----------------------|
| 10 people | 2 | 4 | 2 | 1 | 1 | 1 |
| 30 people | 6 | 10 (2kg) | 5 (1kg) | 3 (500kg) | 3 | 3 |
| 50 people | 10 | 20 (3kg) | 10 (2kg) | 5 (1kg) | 5 | 5 |
| 100 people | 20 | 40 (7kg) | 15 (3kg) | 10 (2kg) | 10 | 10 |



1 Peel potatoes. Boil the potatoes until they are soft and then mash.



4 Roll into patties and cover in bread crumbs before placing on to a tray sprayed with vegetable oil.



2 Chop onions finely and gather all ingredients.



5 Cover with plastic wrap and place in the fridge for 30 minutes to set.



3 Mix together drained salmon, peas, capsicum, onions, corn kernels, eggs and mashed potato in a large bowl.



6 Place in the oven at 180°C for 30 minutes or until golden brown. Serve with salad.



Egg
(Raw)



Bread Crumbs
(Cup)



Vegetable Oil
Spray

2

2

6

6

12 (1 Dozen)

10

24 (2 Dozen)

20

TIP

Also great
for school
lunches and
sandwiches.

TIP

You could also
fry the fritters in a
very small amount of oil
on a stove top fry pan
or in an
electric fry pan.

Beef Stew



Diced Beef
(kg)



Onion



Carrot



Potato



Broccoli
(Head)



Cauliflower
(Head)

| | Diced Beef (kg) | Onion | Carrot | Potato | Broccoli (Head) | Cauliflower (Head) |
|------------|--------------------|----------|----------|----------|--------------------|-----------------------|
| 10 people | 1 | 2 | 2 | 2 | 1 | ½ |
| 30 people | 3 | 5 (1kg) | 6 (1kg) | 6 (1kg) | 3 | 1 |
| 50 people | 5 | 10 (2kg) | 10 (2kg) | 10 (2kg) | 5 | 2 |
| 100 people | 10 | 15 (3kg) | 20 (4kg) | 20 (4kg) | 10 | 5 |



1
Chop vegetables and gather all ingredients.



4
Add beef stock powder and garlic to the pot and stir.



2
Heat the oil in a pot, add beef and fry until brown.



5
Add some water to cover the top of the beef, and bring to the boil.



3
Add vegetables and stir.



6
Stir through corn flour. Turn heat down low and simmer for 40 - 50 minutes until beef is cooked. Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Chopped Tomatoes (425g)



Beef Stock Powder (Tablespoon/Cubes)



Garlic (Tablespoon)



Corn Flour (Tablespoon)



Vegetable Oil (Tablespoon)

TIP

Plain flour can be used instead of corn flour.

TIP

To avoid lumps, mix flour with a little water and then stir while pouring in to stew.

| | | | | |
|----|----|---|----|---|
| 1 | 2 | 1 | 1 | 2 |
| 3 | 6 | 3 | 3 | 4 |
| 5 | 8 | 4 | 5 | 4 |
| 10 | 15 | 6 | 10 | 4 |

Kangaroo Tail Stew



| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| Kangaroo Tail | Onion | Potato | Frozen Mixed Vegetables (2kg) | Baked Beans (420g) | Vegetable Oil (Tablespoon) |

| | | | | | | |
|------------|----|----------|----------|----|----|---|
| 10 people | 1 | 2 | 2 | 1 | 2 | 2 |
| 30 people | 3 | 5 (1kg) | 6 (1kg) | 3 | 6 | 4 |
| 50 people | 5 | 10 (2kg) | 10 (2kg) | 5 | 10 | 4 |
| 100 people | 10 | 15 (3kg) | 20 (4kg) | 10 | 20 | 4 |



1
Chop vegetables and gather all ingredients.



4
Add some water to cover the top of the meat and bring to the boil.



2
Heat the oil in a pot, add kangaroo and onion. Fry until brown.



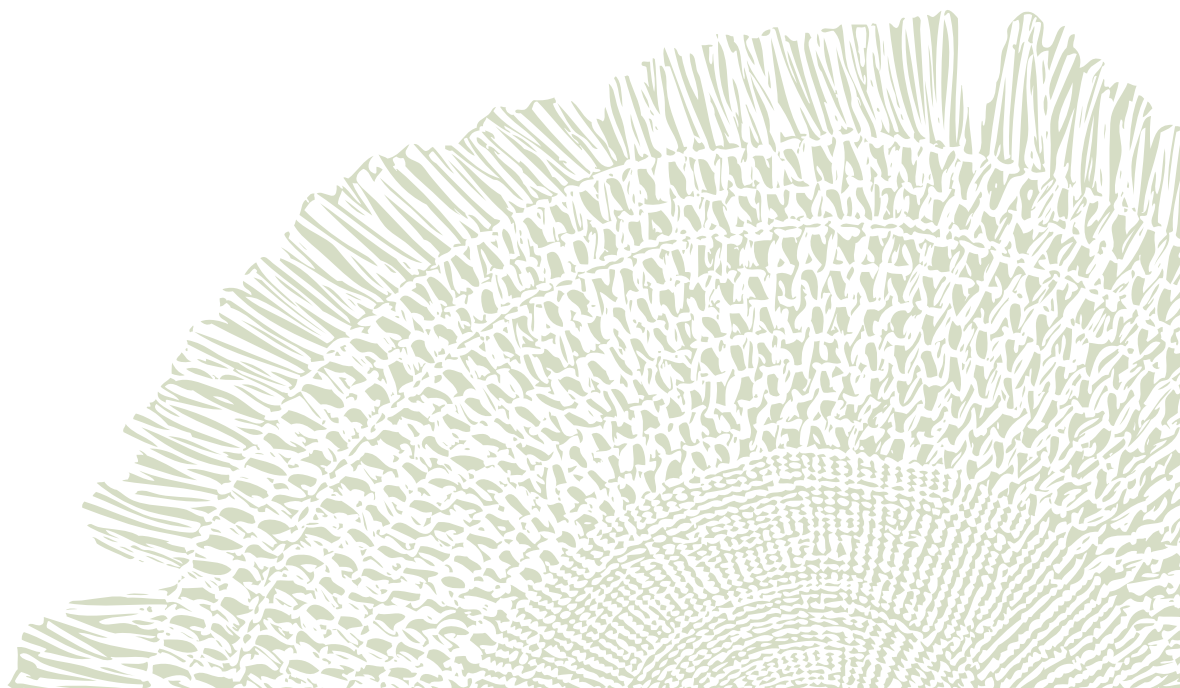
5
Turn heat down to low and simmer for 1½ - 2 hours.



3
Add vegetables and baked beans and stir.



6
Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Fried Rice



Rice -
Long Grain
(1kg)



Ham



Frozen Peas
and Corn
(500g)



Onion



Capsicum



Egg
(Raw)

| | Rice - Long Grain (1kg) | Ham | Frozen Peas and Corn (500g) | Onion | Capsicum | Egg (Raw) |
|------------|-------------------------------|------|-----------------------------------|----------|----------|--------------|
| 10 people | 1 | 500g | 1 | 2 | 1 | 3 |
| 30 people | 3 | 1kg | 3 | 5 (1kg) | 3 (500g) | 6 |
| 50 people | 5 | 2kg | 5 | 10 (2kg) | 5 (1kg) | 12 (1 Dozen) |
| 100 people | 10 | 5kg | 10 | 15 (3kg) | 10 (2kg) | 24 (2 Dozen) |



1
This recipes uses rice.
Cook the rice using the
recipe found on page 70
of this book.



4
Allow the cooked
eggs to cool and
chop into pieces.



2
Chop vegetables and
gather all ingredients.



5
Fry onions in oil with
capsicum, carrot,
peas and corn. Add
diced ham and eggs.



3
Beat eggs together in a
bowl and add to hot pan
with oil. Cook until solid
and then remove.



6
Stir through the
cooked rice and soy
sauce. Serve.



Carrot



Soy Sauce
(Tablespoon)



Vegetable Oil
(Tablespoon)

| Carrot | Soy Sauce (Tablespoon) | Vegetable Oil (Tablespoon) |
|----------|---------------------------|-------------------------------|
| 2 | 2 | 2 |
| 6 (1kg) | 6 | 4 |
| 10 (2kg) | 10 | 4 |
| 20 (4kg) | 15 | 4 |

Mince with Vegetables and Pasta



| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| Beef Mince (kg) | Chopped Tomatoes (800g) | Onion | Frozen Mixed Vegetables (2kg) | Beef Stock Powder (Tablespoon/ Cubes) | Garlic (Tablespoon) |

| | | | | | | |
|------------|----|----|----------|----|----|---|
| 10 people | 1 | 1 | 2 | 1 | 2 | 1 |
| 30 people | 3 | 3 | 5 (1kg) | 3 | 6 | 3 |
| 50 people | 5 | 5 | 10 (2kg) | 5 | 8 | 4 |
| 100 people | 10 | 10 | 15 (3kg) | 10 | 15 | 6 |



1
Gather all ingredients.



4
Add pasta.



2
Heat oil in a pot.
Add mince and onion
and fry until brown.



5
Add enough water to
cover ingredients and
bring to the boil.



3
Add tinned tomatoes,
vegetables, beef stock,
garlic and stir.



6
Turn heat down low
and simmer for
30 - 40 minutes or until
meat is cooked. Serve.



Pasta
(500g)

Vegetable Oil
(Tablespoon)

1

2

3

4

5

4

10

4

TIP

Use two or more
large pots when
cooking for 100 people
to make sure mince
is cooked
properly.

TIP

If penne pasta
is not available you
could use spaghetti
or other types of
pasta instead.

Chicken Casserole



Chicken (Breast
or Thigh Fillet)
(kg)



Onion



Potato



Zucchini



Carrot



Frozen Peas
and Corn
(500g)

| | Chicken (Breast or Thigh Fillet) (kg) | Onion | Potato | Zucchini | Carrot | Frozen Peas and Corn (500g) |
|------------|---|----------|----------|----------|----------|-----------------------------------|
| 10 people | 1 | 2 | 2 | 2 | 2 | 1 |
| 30 people | 3 | 5 (1kg) | 6 (1kg) | 6 (1kg) | 6 (1kg) | 3 |
| 50 people | 5 | 10 (2kg) | 10 (2kg) | 10 (2kg) | 10 (2kg) | 5 |
| 100 people | 10 | 15 (3kg) | 20 (4kg) | 20 (4kg) | 20 (4kg) | 10 |



1
Chop vegetables and gather all ingredients.



4
Add the vegetables and tinned tomatoes to the pot.



2
Dice up chicken into bite size pieces.



5
Add the mixed herbs and garlic to the pot. Stir all ingredients together and simmer on low heat for 1 hour or until chicken is cooked. Stir occasionally.



3
Heat the oil in a pot. Add chicken pieces and onion and fry until brown.



6
Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Chopped Tomatoes (800g)



Garlic (Tablespoon)



Mixed Herbs (Tablespoon)



Vegetable Oil (Tablespoon)

TIP

Use any combination of fresh, tinned or frozen vegetables available.

| | | | |
|----|---|---|---|
| 1 | 1 | 1 | 2 |
| 3 | 3 | 3 | 4 |
| 5 | 4 | 4 | 4 |
| 10 | 6 | 6 | 4 |

Kangaroo in Oyster Sauce with Stir Fried Vegetables

Kangaroo
Fillet (kg)

Onion

Capsicum

Broccoli
(Head)Cauliflower
(Head)

Zucchini

Carrot

| | Kangaroo Fillet (kg) | Onion | Capsicum | Broccoli (Head) | Cauliflower (Head) | Zucchini | Carrot |
|------------|-------------------------|----------|----------|--------------------|-----------------------|----------|----------|
| 10 people | 1 | 2 | 1 | 1 | ½ | 2 | 2 |
| 30 people | 3 | 5 (1kg) | 3 (500g) | 3 | 1 | 6 (1kg) | 6 (1kg) |
| 50 people | 5 | 10 (2kg) | 5 (1kg) | 5 | 2 | 10 (2kg) | 10 (2kg) |
| 100 people | 10 | 15 (3kg) | 10 (2kg) | 10 | 5 | 20 (4kg) | 20 (4kg) |



1
Chop vegetables and gather all ingredients.



4
Add vegetables to a pot with vegetable oil and stir through with a little water.



2
Mix the thinly sliced kangaroo fillet with the ginger, garlic, herbs, cumin and soy sauce. Allow to marinate for 30 minutes.



5
Add kangaroo fillet to the pot with vegetables.



3
Heat a pan with oil to a high heat and add kangaroo fillet. Stir quickly, allowing it to brown. Remove kangaroo fillet from the pan and set aside.



6
Stir in the oyster sauce. Serve with rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Garlic
(Tablespoon)



Ginger
(Tablespoon)



Mixed Herbs
(Tablespoon)



Cumin Powder
(Optional)
(Tablespoon)



Oyster Sauce
(Cup)



Soy Sauce
(Cup)



Vegetable Oil
(Tablespoon)

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 1 | 1 | 1 | 1 | 1 | 2 |
| 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 5 | 5 | 5 | 5 | 5 | 5 | 4 |
| 6 | 6 | 6 | 6 | 6 | 6 | 4 |

Baked Fish Fillets



Barramundi Fillet
(or other fish)
(kg)



Onion



Tomato



Capsicum



Frozen Peas
and Corn
(500g)



Shredded
Cheese
(Cups)

| | | | | | | |
|------------|----|----------|----------|----------|----|----|
| 10 people | 1 | 2 | 3 | 1 | 1 | 1 |
| 30 people | 3 | 5 (1kg) | 9 (2kg) | 3 (500g) | 3 | 3 |
| 50 people | 5 | 10 (2kg) | 15 (3kg) | 5 (1kg) | 5 | 5 |
| 100 people | 10 | 15 (3kg) | 30 (6kg) | 10 (2kg) | 10 | 10 |



1 Slice vegetables and gather all ingredients.



2 Cut fish fillets into single serve portions. Lay fillets on a tray sprayed with vegetable oil.



3 Cover fish with the sliced onion, tomato, capsicum and the peas and corn.



4 Pour a small amount of lemon juice over the fish fillets.



5 Sprinkle shredded cheese over the top of each portion.



6 Place in the oven at 180°C for 30 - 40 minutes or until the fish is cooked. Serve with salad and rice, pasta or bread. See 'Basics' section for rice and pasta recipes.



Lemon Juice
(Tablespoon)



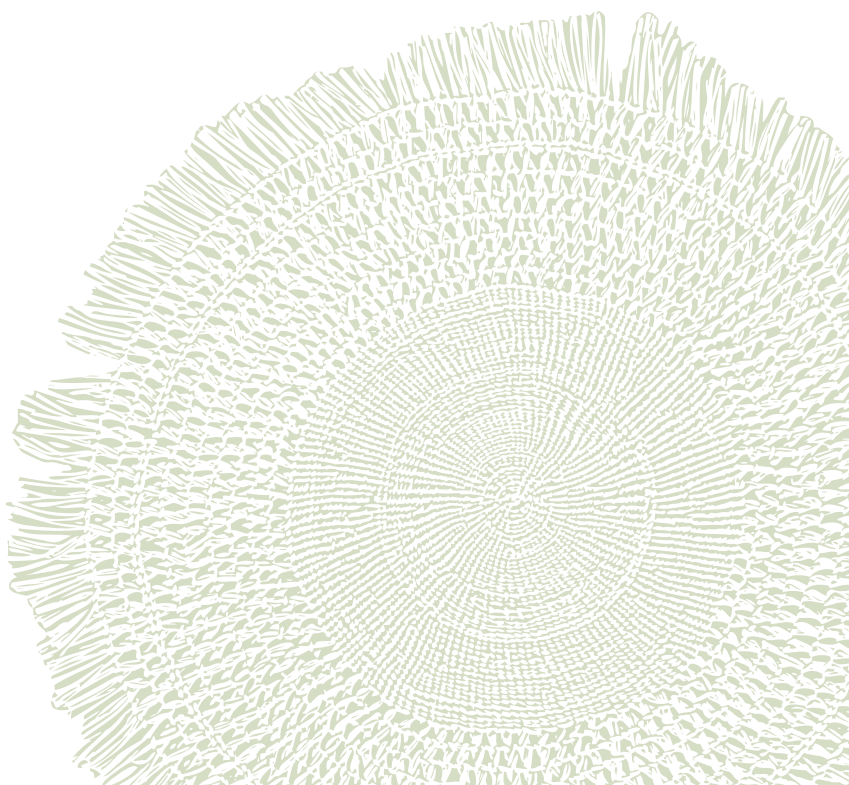
Vegetable Oil
Spray

1

3

4

6



Rissoles



Beef Mince
(kg)



Onion



Carrot



Egg
(Raw)



Frozen Mixed
Vegetables
(500g)



Bread Crumbs
(Cup)

| | Beef Mince (kg) | Onion | Carrot | Egg (Raw) | Frozen Mixed Vegetables (500g) | Bread Crumbs (Cup) |
|------------|--------------------|----------|----------|--------------|--------------------------------------|-----------------------|
| 10 people | 1 | 2 | 2 | 3 | 1 | 1 |
| 30 people | 3 | 5 (1kg) | 6 (1kg) | 9 | 3 | 3 |
| 50 people | 5 | 10 (2kg) | 10 (2kg) | 12 (1 Dozen) | 5 | 5 |
| 100 people | 10 | 15 (3kg) | 20 (4kg) | 24 (2 Dozen) | 10 | 10 |



1
Chop onions and carrots very finely.



4
Spray tray with vegetable oil.



2
Gather all ingredients.



5
Roll mixture into rissoles and place on a tray.



3
Put onions, carrots, vegetables, beef stock powder, bread crumbs, eggs and mince in bowl and mix together.



6
Cook in the oven at 180°C for 35 - 45 minutes or until cooked. Serve with gravy and salad or in a hamburger roll.



Beef Stock Powder
(Tablespoon/
Cubes)



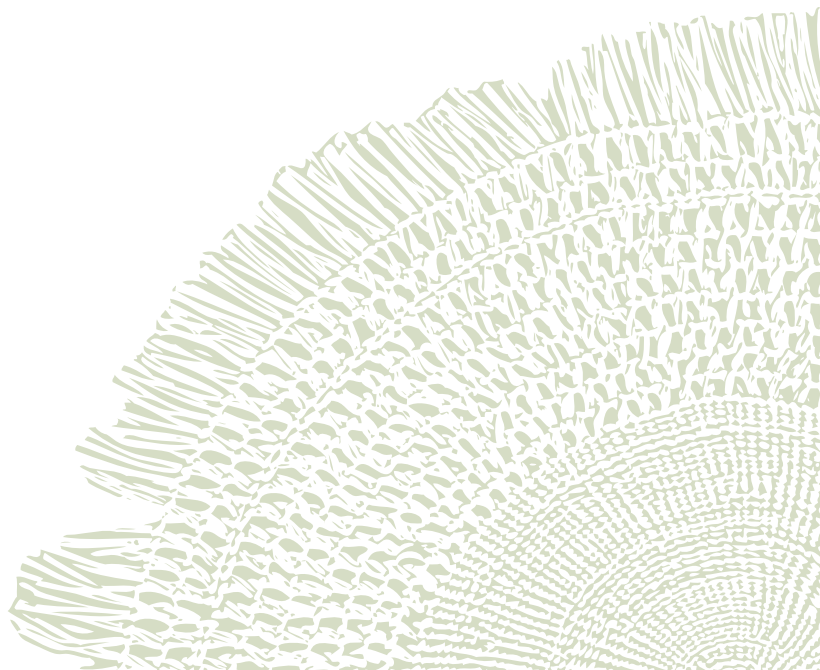
Vegetable Oil
Spray

2

6







8

15



Mediterranean Baked Lamb Chops



| |  |  |  |  |  |  |
|------------|---|---|---|--|---|---|
| | Lean Lamb Chops (kg) | Onion | Capsicum | Mushroom | Zucchini | Chopped Tomatoes (400g) |
| 10 people | 2 | 2 | 2 | 10 | 2 | 1 |
| 30 people | 6 | 5 (1kg) | 6 (1kg) | 30 (300g) | 6 (1kg) | 3 |
| 50 people | 10 | 10 (2kg) | 10 (2kg) | 50 (500g) | 10 (2kg) | 5 |
| 100 people | 20 | 15 (3kg) | 20 (4kg) | 100 (1kg) | 20 (4kg) | 10 |



1
Trim fat from chops.



4
Place the thinly sliced onions, capsicum, mushrooms and zucchini on top of the chops.



2
Slice vegetables and gather all ingredients.



5
Pour tomatoes over the top and sprinkle with mixed herbs.



3
Lay chops side by side evenly in a baking tray.



6
Bake in the oven at 180°C for 1 hour or until meat is cooked. Serve with mashed potato or bread.



Mixed Italian
Herbs
(Tablespoon)

1







3

4

6

Ham, Egg & Vegetable Pasta Bake



| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| Eggs (Dozen) | Ham | Onion | Carrot | Capsicum | Frozen Mixed Vegetables (500g) |

| | | | | | | |
|------------|----|------|----------|----------|----------|----|
| 10 people | 1 | 500g | 2 | 2 | 1 | 1 |
| 30 people | 3 | 1kg | 5 (1kg) | 6 (1kg) | 3 (500g) | 3 |
| 50 people | 5 | 2kg | 10 (2kg) | 10 (2kg) | 5 (1kg) | 5 |
| 100 people | 10 | 5kg | 15 (3kg) | 20 (4kg) | 10 (2kg) | 10 |



1 This recipe uses pasta. Prepare the pasta using the recipe found on page 69 of this book. Cool under cold running water.



4 Mix the ingredients together.



2 Chop vegetables and ham into very small pieces and gather all ingredients.



5 Spray a deep baking dish with oil spray and pour mixture into the dish. Sprinkle cheese over the top.

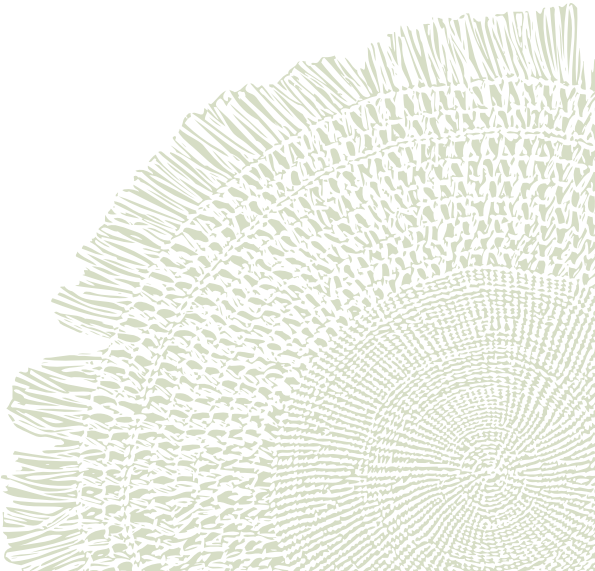


3 Whisk the eggs separately and pour into a bowl that contains vegetables, ham and cooked pasta.



6 Bake at 180°C for 40 - 50 minutes or until set and brown on the top. Serve.

| | | |
|--|---|---|
|  |  |  |
| Pasta (kg) | Shredded Cheese (Cups) | Vegetable Oil Spray |
| 1 | 1 | |
| 3 | 3 | |
| 5 | 5 | |
| 10 | 10 | |





Desserts



Bread & Butter Pudding



Thick Sliced Bread (Loaf)



Margarine



Sultanas (500g)



Custard
see page 67
(Litre)



Vanilla Essence (Tablespoon)

| | Thick Sliced Bread (Loaf) | Margarine | Sultanas (500g) | Custard see page 67 (Litre) | Vanilla Essence (Tablespoon) |
|------------|---------------------------|-------------|-----------------|-----------------------------------|------------------------------|
| 10 people | 1 | Thin scrape | 1 | 2 | 1 |
| 30 people | 3 | Thin scrape | 3 | 6 | 3 |
| 50 people | 5 | Thin scrape | 5 | 10 | 5 |
| 100 people | 10 | Thin scrape | 10 | 20 | 10 |



1
Gather all ingredients.



2
This recipe uses custard. Make the custard using the recipe found on page 67 of this book. Add the vanilla essence to the custard and stir.



3
Cut the crusts off the bread and spread each slice with margarine.



4
Lay bread down side by side to cover bottom of a tray and sprinkle with sultanas. Repeat the process until tray is full.



5
Pour the custard over the top of the bread. Allow it to stand for 10 minutes so that the bread absorbs the custard mixture.



6
Bake in the oven at 180°C for 40 - 45 minutes or until all the liquid is absorbed.

Apricot Crumble



Apricot Halves
in Natural Juice
(800g)



Rolled Oats
(Cup)



Sultanas
(Cup)



Corn Flakes
(Cup)



Shredded
Coconut
(Cup)



Honey
(Tablespoon)

| | Apricot Halves in Natural Juice (800g) | Rolled Oats (Cup) | Sultanas (Cup) | Corn Flakes (Cup) | Shredded Coconut (Cup) | Honey (Tablespoon) |
|------------|--|----------------------|-------------------|----------------------|------------------------------|-----------------------|
| 10 people | 1 | 2 | 1 | 2 | 1 | 2 |
| 30 people | 3 | 6 | 3 | 6 | 3 | 6 |
| 50 people | 5 | 10 | 5 | 10 | 5 | 10 |
| 100 people | 10 | 20 | 10 | 20 | 10 | 20 |



1
Gather all ingredients.



4
In a separate bowl crush the corn flakes. Mix with the oats and coconut.



2
Mix the drained tin fruit with the sultanas.



5
Spread this mixture evenly over the top of the fruit mixture and drizzle honey over the top.



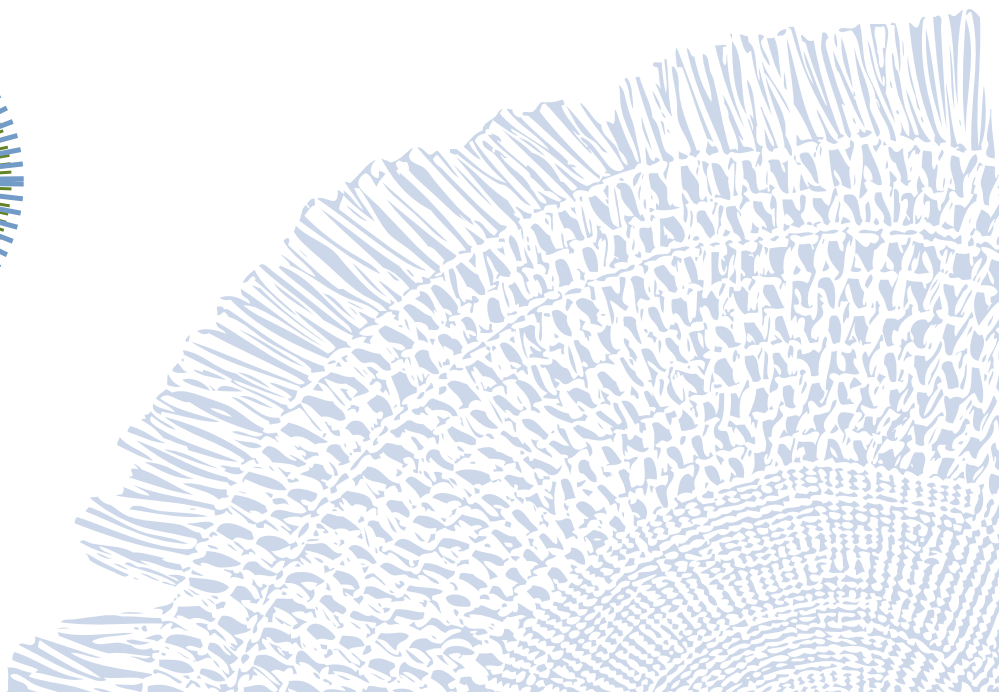
3
Pour the fruit mixture into a deep baking tray.



6
Bake in the oven at 180°C for 20-30 minutes or until the top is golden brown. Serve with custard. See 'Basics' section for custard recipe.

TIP

Try peaches or other tinned fruits if apricots are not available.



Banana and Oat Muffins



Plain Flour
(Cup)



Baking Powder
(Tablespoon)



Rolled Oats
(Cup)



Egg
(Raw)



Sugar
(Cup)



Vegetable Oil
(Tablespoon)

| | Plain Flour (Cup) | Baking Powder (Tablespoon) | Rolled Oats (Cup) | Egg (Raw) | Sugar (Cup) | Vegetable Oil (Tablespoon) |
|------------|----------------------|-------------------------------|----------------------|--------------|----------------|-------------------------------|
| 10 people | 1 | 1 | 1 | 3 | ½ | 1 |
| 30 people | 3 | 2 | 3 | 9 | 1 | 3 |
| 50 people | 5 | 4 | 5 | 15 | 2½ | 5 |
| 100 people | 10 | 6 | 10 | 30 | 5 | 10 |



1 Gather all ingredients.



4 Add the flour mixture, egg mixture and mashed bananas together and stir.



2 Put the rolled oats into a bowl and then add the sifted flour and baking powder.



5 Spray a muffin tray with oil spray or line with paper muffin cases and spoon in the mixture to half full.



3 In another bowl, beat together the sugar, eggs and oil.



6 Bake in a pre-heated oven at 180°C for 15 minutes until golden brown. Leave to cool in the tin for a few minutes and then place on a wire rack to cool.



Ripe Banana
(Mashed)



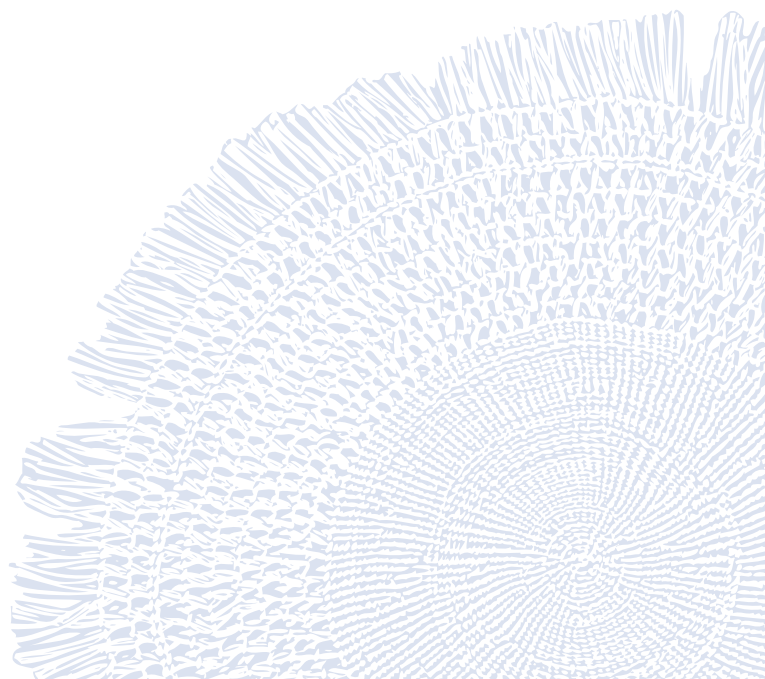
Vegetable Oil
Spray

5 (1kg)

15 (3kg)

25 (5kg)

50 (10kg)



Rice Pudding



Milk
(Litre)



Vanilla Essence
(Tablespoon)



Rice -
Long Grain
(Cup)



Sugar
(Tablespoon)

| | Milk (Litre) | Vanilla Essence (Tablespoon) | Rice - Long Grain (Cup) | Sugar (Tablespoon) |
|------------|----------------------|---------------------------------|-------------------------------|-----------------------|
| 10 people | 2 Litres (8 Cups) | 2 | 2 | 4 |
| 30 people | 6 Litres | 6 | 6 | 12 |
| 50 people | 10 Litres | 8 | 10 | 20 |
| 100 people | 20 Litres | 15 | 20 | 40 |



1
This recipe uses milk. Prepare the milk from powder using the milk from powder recipe found on page 66 of this book.



4
Stir over low heat while adding the rice. Bring to the boil.



2
Gather all ingredients.



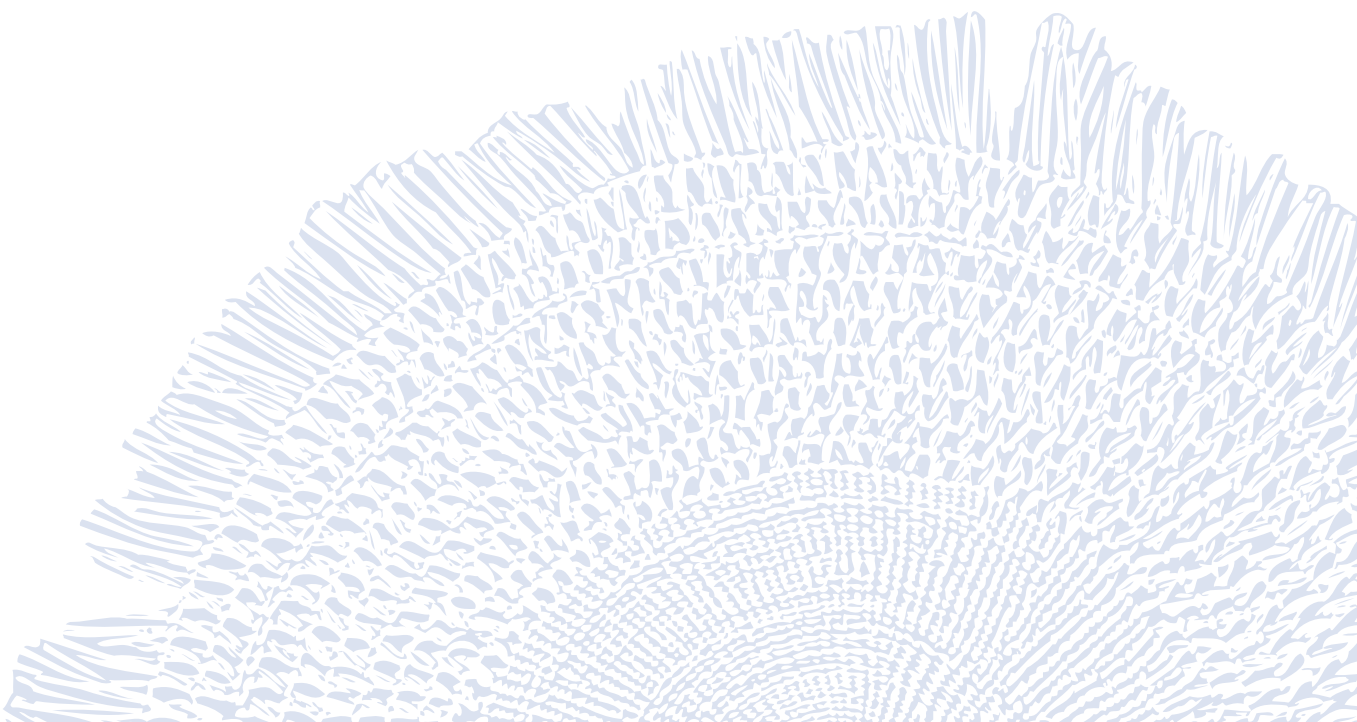
5
Pour milk and rice mixture into a deep baking dish.



3
Add milk, sugar and vanilla essence to a pot.



6
Bake for about 1 hour at 180°C or until rice is soft. Stir occasionally. Sprinkle with cinnamon.





“Mibala garram ola kuing buk brom najalot komuniti.
Bat dijan kuing buk blanga mibala ronwan. Dijan
kuing buk im brom mibala komuniti.”

*“We have cookbooks from other places but this one
will be our own. This one will be from our country.”*

Wugularr Women's Centre

Basics



Milk from Powder



- 1** Take one litre of water and 1 cup of skim milk powder.



- 3** Mix together with a spoon or a whisk.



- 2** Add the skim milk powder to the water.



- 4** Repeat steps 1 to 3 to make the number of litres of milk that is needed for your recipe.



Skim Milk
Powder
(Cup)

Water
(Litre)

Milk

| Milk | Water (Litre) | Skim Milk Powder (Cup) |
|----------|------------------|------------------------------|
| 1 Litre | 1 | 1 |
| 2 Litre | 2 | 2 |
| 3 Litre | 3 | 3 |
| 4 Litre | 4 | 4 |
| 5 Litre | 5 | 5 |
| 10 Litre | 10 | 10 |

Custard



1
Gather all ingredients.



4
Pour the rest of the milk into a large pot. Slowly pour in custard mixture and keep stirring over medium heat.



2
In a separate container, add the custard powder to a small amount of the milk.



5
Add vanilla essence and sugar.



3
Whisk or stir in the custard powder until there are no lumps.



6
Stir continuously until custard thickens and then serve.



Milk
Litres



Custard Powder
(Cup)



Vanilla Essence
(Tablespoon)



Sugar
(Tablespoon)

| | Milk Litres | Custard Powder (Cup) | Vanilla Essence (Tablespoon) | Sugar (Tablespoon) |
|------------|-------------------------|-------------------------|---------------------------------|-----------------------|
| 10 people | 2 Litres (or 8 Cups) | 1 | 2 | 2 |
| 30 people | 6 Litres | 3 | 6 | 6 |
| 50 people | 10 Litres | 5 | 8 | 10 |
| 100 people | 20 Litres | 10 | 15 | 20 |

White Sauce



1 Make the milk by adding the skim milk powder to the water and stirring.



4 Add the flour while stirring.



2 Chop onion and gather all the ingredients.



5 Pour in the milk and the chopped onion and keep stirring.



3 Melt the margarine in a pot over low heat.



6 Turn down the heat and keep mixing until smooth and thickened. For a cheesy white sauce mix in some shredded cheese until melted.



Water
(Litre)



Skim Milk
Powder
(Cup)



Plain Flour
(Cup)



Margarine
(Tablespoon)



Onion



Shredded
Cheese
(Optional)
(Cups)

| | Water (Litre) | Skim Milk Powder (Cup) | Plain Flour (Cup) | Margarine (Tablespoon) | Onion | Shredded Cheese (Optional) (Cups) |
|------------|------------------|------------------------------|----------------------|---------------------------|-------|--|
| 10 people | 1 | 1 | ½ | 2 | 1 | 1 |
| 30 people | 3 | 3 | 1 | 5 | 2 | 3 |
| 50 people | 5 | 5 | 2½ | 8 | 3 | 5 |
| 100 people | 10 | 10 | 5 | 15 | 5 | 10 |

Pasta



1
Fill a pot with plenty of water.



4
Check that it is soft and then remove from the heat.



2
Bring the water to the boil.



5
Drain into a colander.



3
Add the pasta to the boiling water and stir. Allow about 10 minutes for pasta to cook.



6
Serve.



Pasta
(1kg)



Water

| | Pasta (1kg) | Water |
|------------|----------------|---|
| 10 people | 1 | Use plenty of water to cover pasta – at least ¾ of a pot |
| 30 people | 3 | |
| 50 people | 5 | |
| 100 people | 10 | |

Rice - Absorption Method



1 Measure the amount of water and rice needed for the amount of meals you are cooking.



4 Bring the rice to the boil.



2 Place the water in a pot and bring to the boil.



5 Remove from heat and place the lid onto the pot and stand for 20 minutes.



3 Add the rice to the water and stir.



6 The rice will be ready to serve.



Rice -
Long Grain
(Uncooked)



Water
(Litre)

| | | |
|------------|--------------------|----|
| 10 people | 4 Cups (800g) | 2 |
| 30 people | 12 Cups (2.5kg) | 6 |
| 50 people | 20 Cups (4kg) | 10 |
| 100 people | 40 Cups (8kg) | 20 |

TIP

For every cup or jug of uncooked rice you need double the amount of water.

Rice - Normal



1
Fill a pot with plenty
of water.



4
Turn the heat down and
continue to stir every
few minutes for about
8 – 10 minutes.



2
Bring the water to
the boil.



5
When soft, drain into
a colander.



3
Add the rice to the
boiling water and stir.



6
Serve.



Rice -
Long Grain
(Uncooked)



Water

| | | |
|------------|--------------------|--|
| 10 people | 4 Cups (800g) | Use plenty of water to cover rice – at least $\frac{3}{4}$ of a pot |
| 30 people | 12 Cups (2.5kg) | |
| 50 people | 20 Cups (4kg) | |
| 100 people | 40 Cups (8kg) | |



Hard Boiled Eggs



1 Put cold water into a pot on the stove.



4 Take the lid off and turn the heat down as soon as it starts boiling. Keep the heat on low for over 3 minutes for a hard boiled egg.



2 Place the eggs into the water.



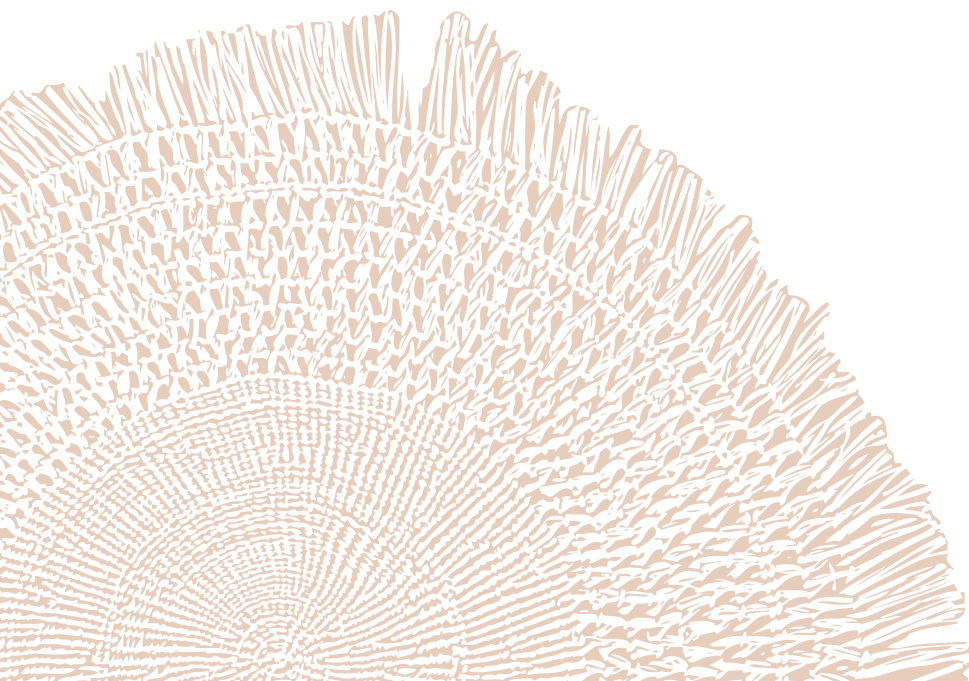
5 Cool eggs by running under cold water.



3 Put a lid on the pot. Over high heat bring the water to the boil.



6 Peel eggs and they are ready to mash or cut up for salads or sandwiches.



Sandwiches



Sandwiches



Tuna, Cheese and Tomato - toasted



Beef, Pickles and Tomato



Salmon and Salad



Sardines and Tomato



Baked Beans and Cheese



Ham and Salad



Baked Beans and Cheese - toasted



Egg (curried), Lettuce and Mayonnaise



Chicken (with the skin removed), Lettuce and Mayonnaise



Corned Beef and Salad (Lettuce, Carrot, Tomato, Cucumber, Beetroot and Corn)



Mince with Vegetables - toasted



Banana, Sultana and Peanut Butter



Cheese, Grated Carrot and Sultanas



Ham, Cheese and Pineapple - toasted



Meat Rissoles with Salad - toasted



Canned Apple with Sultanas and Cinnamon -
toasted



Chicken and Salad

TIP

Only a thin
scrape of
margarine is needed
on each slice of
bread.

TIP

1 loaf of
bread usually
makes 10
sandwiches

TIP

Use high fibre
white, wholemeal,
multigrain, raisin, fruit or
Jackaroo bread to make
sandwiches. Toasting
sandwiches is great
for a change!

TIP

Carrot, corn,
lettuce, cucumber,
tomato, beetroot and
asparagus are great
vegetables for
salads.

Snapshots from the Women's Centres

These images were taken by the women's centre workers who were interested in photographing the meals they prepare. Digital camera training was offered by the photographer and the photos were used by the cook and graphic designer when the cookbook was being created.





“Mibala kukum daga blanga ola ol pipul
en ola beginini langa skul. Mibala bin laigim
deigimbat ola pitja blanga dijan kuing buk.”

*“We cook for the old people and school kids.
We enjoyed taking photos for this cookbook.”*

Gulin Gulin Women's Centre

Food Order

Fresh Fruit & Vegetables

[illegible]

Meat

[illegible]

Groceries

[illegible]

Menu Planner

Copy this form and use it to plan your menu

| Day | Meal | Dessert/Fruit | Bread/Rice/Pasta/ Potato/Damper | Other |
|-----------|------|---------------|------------------------------------|-------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

Thank You

The Fred Hollows Foundation would like to acknowledge and thank the many people from the Manyallaluk, Wugularr and Gulin Gulin communities along the Central Arnhem Highway who contributed to this cookbook.

The Fred Hollows Foundation would like to especially acknowledge the contribution of:

- Taminmin High School - Vocational Education and Training institution provided invaluable assistance with training and recipe selection and creation. In particular, James De-Belin, Remote Vocational Instructor, provided community based training that was educational, entertaining and enjoyed by all. For more information regarding Taminmin training: www.taminmin.nt.edu.au
- All photography was undertaken by Sasha Woolley. Sasha also provided the women's centres with the opportunity for digital camera training and worked alongside Taminmin High School to produce the great images found in this cookbook. For more information regarding Sasha Woolley photography: www.sashawoolley.com
- Roper Gulf Shire has provided ongoing support and assistance. The coordinators of each women's centre enabled the women to truly be engaged with this cookbook and their feedback has been invaluable. Special mention must go to Bernadette Peckham, Sandy Bawden, Carol Conway and Jennifer Yirpawanga.
- Sunrise Health Service has provided invaluable input during the development stages and nutrition expertise to guide the content.
- Djilpin Arts at Wugularr assisted with the selection of the art work and consultation with the artist, Glen Wesan, who created the piece shown on the cover. For more information about Djilpin Arts: www.djilpinarts.org.au
- Healthy Living NT dietitian Gerard Wong assisted by providing invaluable nutritional expertise.
- Miliwanga Sandy from Wugularr provided the title and the translations throughout the cook book in Kriol language in conjunction with other women from the communities.

There were also many organisations that assisted and contributed to the development of this cookbook. These include the following: Wurli-Wurlinjang Health Service, Red Cross, Heart Foundation, Batchelor Institute of Indigenous Tertiary Education, Outback Stores, Victoria Daly Shire, Northern Territory Government Department of Health and Families Nutrition and Physical Activity Program, Arnhem Land Aboriginal Corporation, Katherine West Health Board, Nganampa Health Council, HK Training and Consultancy and Belyuen Community HACC program.

We are very grateful to Trans-Territory Foods, Outback Stores and the Heart Foundation for providing information regarding food supply options available to communities along the Central Arnhem Highway. This has allowed us to include commonly available brands and we have attempted to identify the healthier option where possible. The *2008 Heart Foundation Buyer's Guide* for managers of remote Indigenous stores and takeaways and *Trans Territory Foods Product Reference Guide Oct-Dec 2008* were used as reference guides, and the Wellbeing team from Outback Stores provided assistance with identifying products available in stores.

We would also like to formally acknowledge the Environmental Health Program, Department of Health and Families, Northern Territory Government (2008) for the use of the promotional materials from the *No Germs on Me* hand washing campaign. For more information regarding the campaign: www.nt.gov.au/health/nogermsonme

Thanks also to the following sources for contributing inspiration and guidance for the recipes used in this cookbook. We would like to credit:

- *Taste Good, Is Good: Tasty Tucker for 10 or More*, Nutrition and Physical Activity Program, Department of Health and Families, Northern Territory Government, 2001.
- *Tummy Rumbles – Guidelines for Remote Area Canteens*, Nutrition and Physical Activity Program, Department of Health and Families, Northern Territory Government, 2005.
- *Good Tucker for All Who Care*, Commonwealth Department of Human Services & Health, and the Kimberley Population Health Unit, Western Australia, 1996.
- *Mai Wiru Stores Handbook Food and Nutrition*, Nganampa Health Council Inc.
- *Deadly Tucker*, Department of Health, Western Australia, 2008.
- *Healthy Fast Food - A Resource for Remote Indigenous Stores and Takeaways*, Remote Indigenous Stores and Takeaways (RIST) Project, Darwin, 2008.



FSC certification assures The Fred Hollows Foundation that all paper used in this book came from legally harvested timber using responsible forestry practices.

Artwork Acknowledgements

The artist's name is Glen Wesan and her skin name is Gamanjan and language group is Mayali. Glen lives in the aged care hostel and receives daily meals from the Wugularr Women's Centre.

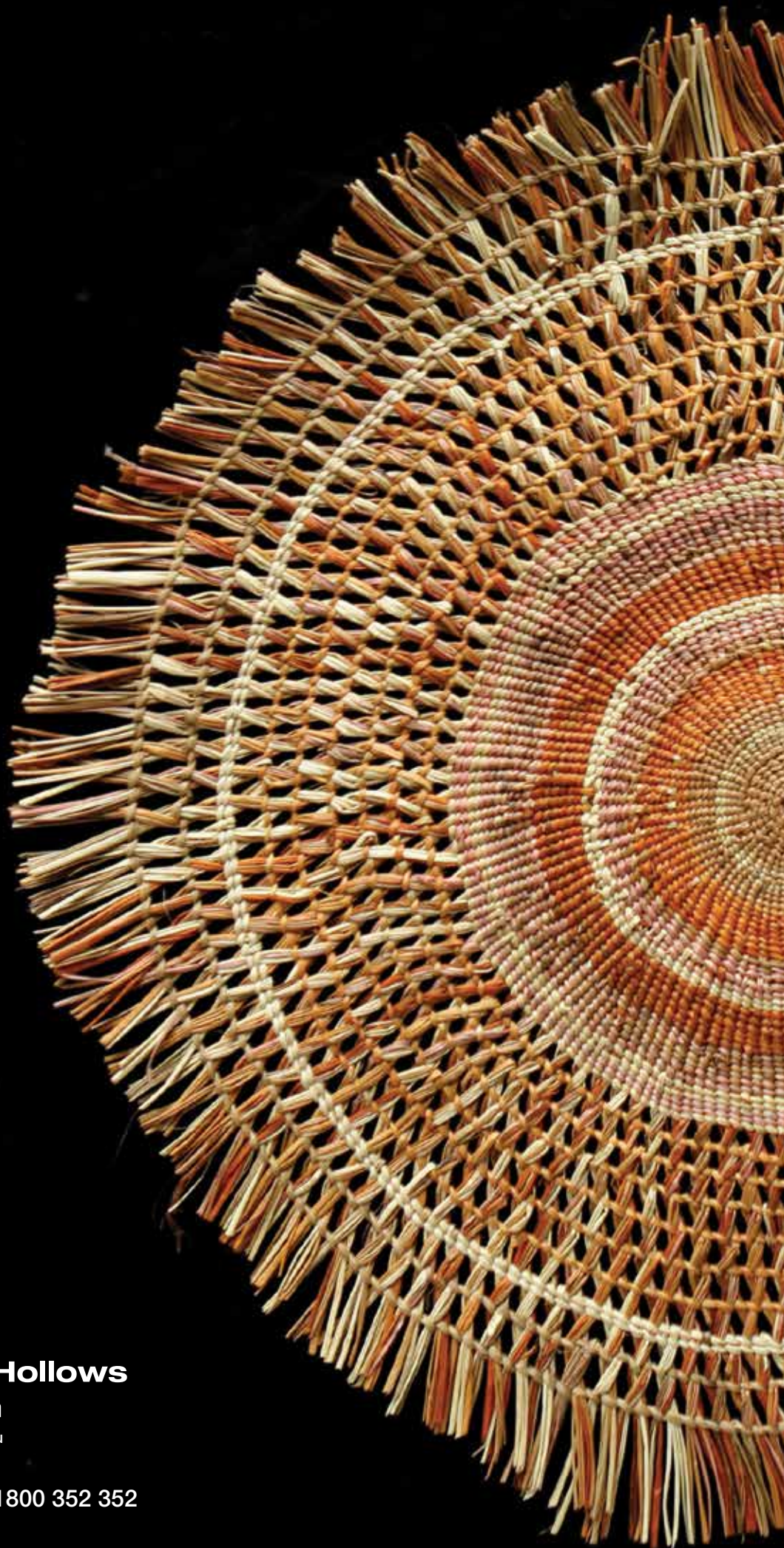
The cover design uses a photograph of a hand woven mat made by Glen. It was made from pandanus and dyed with natural bush colours.

Djilpin Arts is an Aboriginal Corporation that promotes the maintenance, development and transmission of traditional cultural knowledge systems. Djilpin Arts specialises

in live cultural performance, produces the annual performance event *Walking with Spirits* and operates Ghunmarn Cultural Centre, home of The Blanas Collection.

It was the suggestion of the women's centre coordinator at Wugularr that The Fred Hollows Foundation approach some of the women at the aged care facility in regards to using some locally produced art work for the cover of the cookbook. They suggested asking Glen Wesan and we are grateful to Djilpin Arts for facilitating this process.





**The Fred Hollows
Foundation**

www.hollows.org.au

Donation Line 1800 352 352