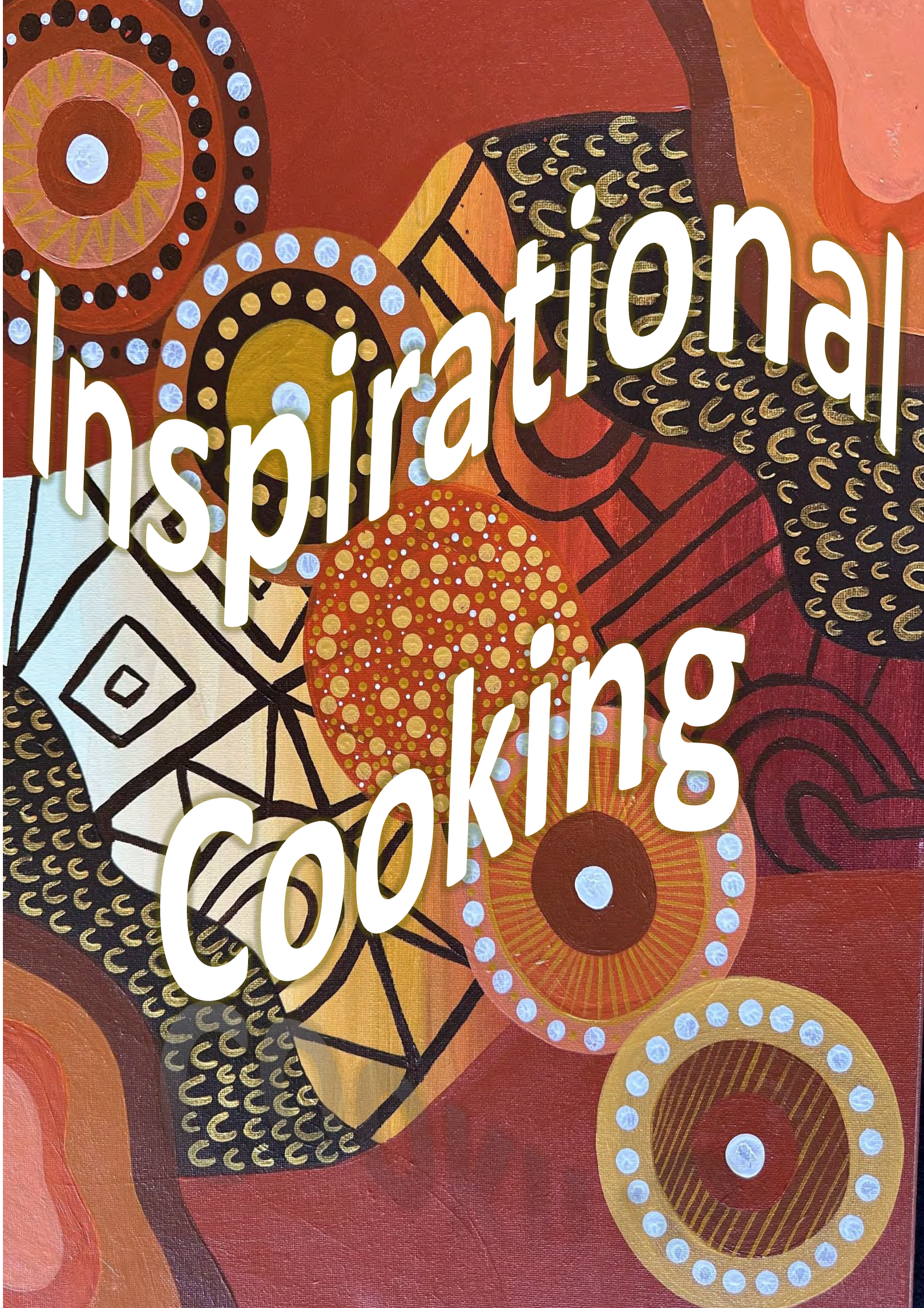




Inspirational Cooking

Title "The Connection"

Year: 2023

Artist: Seleena Blackley

Medium: Acrylic on Canvas

Story: The painting reflects the connections felt throughout life, whether you feel that in your family, friends, community or culture this artwork aims to resonate with those feelings and memories.



Artist Biography:

Seleena Blackley is a proud Kalkutunga (Kalkadoon) emerging artist and cultural facilitator. Seleena paints from her connection to country and is inspired by the beautiful lands and waters through her use of art, language, dance and culture.

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Pea and Ham Soup

Ingredients:

Ham hock or ham bone left over from Christmas
Extra chopped up ham pieces
1 Packet yellow split peas
4 carrots peeled and sliced
2 medium onions diced
1 packet of celery stalks chopped
Salt and pepper for seasoning
Crusty bread



Method:

Cut meat off the ham bone or hock. In a big saucepan place the ham hock / bone and chopped up ham and add extra chopped up ham pieces. Cover with water. Add the yellow split peas. Place on stove on medium heat and bring to the boil and turn down to low and simmer for at least one hour. Then add carrots, onions, and celery. Season with salt and pepper. Cook for another hour or until the split peas have cooked through.

Serve with crusty bread.

“Looking back, I wished I had realised that you wouldn’t always be around – if only we had this time over.”

Chicken Curry (measure with love)

Ingredients:

1 pkt Chicken breast diced.
1 tsp Ginger minced.
1 tsp Garlic minced.
Onion diced.
Curry powder
1 cube Chicken stock
Mixed vegetables of choice
1 cup Water
Cornflour (to thicken)
Oil



Method:

Brown onion, ginger, garlic in oil. Once translucent add curry powder and chicken stock and mix, then add one cup of water and simmer.

Add chicken breasts, cover, and cook until chicken is cooked through.

Add vegetables and one cup of water then simmer until vegetables are cooked through.

Add 1 teaspoon of cornflour to half a cup of cold water and stir until powder is mixed through, add this to the curry and simmer and stir until sauce thickens.

“Behind every strong woman is a story that gave her no choice.”

Beef Lasagne

Ingredients

1 kg Beef Mince
1 x Brown Onion Chopped
1 x tablespoon raw sugar
2 x Leggo's Pasta Sauce Napoletana
Chunkey Tomato and Herbs
1 clove garlic
1 x pack of Latina fresh lasagne
sheets
Shredded Cheese



Cheese Sauce

1 x tablespoon Plain Flour
2 x tablespoons Butter
2 x cups Milk
2 x cups Shredded cheese

“Don’t focus on what you did in the past, just learn from it and move forward.”

Method

Add onions, garlic and sugar to a pot and cook till onion is soft. Add mince, cook until brown then add in pasta sauce. Let boil in sauce until all is cooked.

In another saucepan, add butter, once butter has melted add flour and stir till flour and butter have combined, then add milk slowly until flour mixture has combined into the milk and has thickened nicely, then add cheese.

In a baking tray, start your layers.

First couple layers will be:

1. Lasagne Sheet
2. Mince mixture.

Make as much layers as you can then start your top layer which will be:

1. Lasagne sheet
2. Cheese Sauce

Top with cheese and a bit of the pasta sauce. Then Bake at 220 for 40 minutes. After 40 minutes, pull it out and let rest for 10 minutes before serving.

Fish Cutlet

Ingredients:

500 gm canned Tuna
½ chopped onion
½ teaspoon black pepper crushed
Curry leave chopped 1 teaspoon.
3 medium size potato cooked, peel and chopped.
1 cup chopped Leek – green part leaves.
2 teaspoon oil
Salt to taste
1 egg beaten.
Bread crumb
Oil to fry



“Memory from homeland Sri Lanka.
Sea food is our everyday food.”

Method:

Heat the oil in a pan. Add onion, leek, curry leaves. When onion turn light brown, take it from the heat. Add potato, pepper, salt and mix it. Make into small balls, dip into egg, cover with breadcrumbs. Heat oil & fry the balls when it turns it to light brown, take it out and leave it in a paper towel. Enjoy along or with your meal.

Silver Bream

Method:

Gut and scale fish.
Score fish.
Roll in flour, salt, and pepper.
Deep fry.

Serve with rice.
and lemon.



“In this ever-changing world, there are few things that have remained constant for me. The chance of hooking a nice bream still excites and thrills me to this day... just as it did when I was a kid, fishing with my family. I like that.”

Camp Oven Curry Sausages

Ingredients:

1 ½ kilo's Beef sausages, cut
in preferred size.
3 large Potato's diced
2 medium Onions, chopped.
3 Carrots sliced.
¼ of Pumpkin diced.
½ cup of peas.
½ Broccoli cut into
flowerets.
500g Green beans.
4 cloves of garlic.
1 litre Beef stock.
Curry powder.
Salt and pepper.



Method:

Pull the coals aside and place camp oven directly on coals, out of direct flame.
Add sausages garlic and onions and beef stock.
Cook until sausages are browned, stirring continuously.
Add potato, carrots, and beans.
Add water to cover veggies if needed.
Add peas and broccoli and finally the pumpkin.
Add gravox to thicken.

Serve with rice.

“The two most powerful
warriors are patience and time.”

Roobiny's Lamb Curry

This dish was made for remembering my daughter who inspired this particular dish.

Ingredients:

500 gm dice Lamb
One tablespoon sesame oil
¼ teaspoon cumin seeds
¼ teaspoon mustard seeds
½ onion diced
2 tomatoes diced (to remove tomatoes skin – boil in a hot water for 2-3 minutes to peel easily)
2 green chillies diced.
1 teaspoon crushed fresh garlic.
1 teaspoon crushed fresh ginger.
1 teaspoon dark soy sauce
Curry leaves couple or bay leaf 3
1 teaspoon chilli powder
1 teaspoon cumin powder
1 teaspoon coriander powder
½ teaspoon turmeric powder
1 teaspoon salt - differ.
Coconut milk small can



“In memory of a beautiful daughter who inspired so many and lived a full life in a short time”.

Method:

Heat oil in a pan. Add curry leaves/ bay leaves, cumin seeds, mustard seeds, garlic, ginger, onion, green chillies. When the aroma comes from the spices, add diced lamb. Stir the mix. Then add soy sauce and all other dry ingredients. Add salt to taste. No need to add water. Meat release water which is enough to boil the lamb. When the meat is tender add coconut milk. When milk starts to boil, Lamb Curry is ready to serve with rice or bread.

Chicken Vermicelli

Ingredients:

500g chicken breast
1 onion
4 cloves garlic
2 tablespoons grated ginger
2 carrots
1 zucchini
4-5 mushrooms
1/2 cup soy sauce
1/4 cup oyster sauce
2 cubes of chicken stock
250g vermicelli noodles



Method:

Grate or finely chop all vegetables.

Chop chicken into chunks.

Cook potatoes in a frying pan and put aside.

Heat oil in a large pan and cook onion, garlic, ginger, and chicken until browned.

Add carrots, zucchini and mushrooms and cook for 10 minutes. Add cooked potatoes.

Add soy sauce, chicken stock and oyster sauce and cook for 10 minutes.

Soak vermicelli noodles in a bowl of boiling water for 15 minutes.

Add vermicelli noodles and mix through. Serve.

*“You alone are enough, you
have nothing to prove to
anyone.”*

Marinated Chicken Wings

Ingredients:

2 kg Chicken Wings

Master foods Honey, Soy, and Garlic Marinade

Method:

Preheat oven 180degrees.

Put chicken wings in a baking tray, cover with marinade.

Cover with alfoil.

Bake in over for 20 minutes.

Remove alfoil, bake for another 10 minutes.

Serve with Rice and Salad.



Domestic
Violence
leaves a mark
on the whole
family.

Mince Noodles

Ingredients

4 x Mi-goreng noodles

1kg Beef Mince

1 x garlic clove

1 x brown onion



Method

Add garlic and onion to frypan, until onion is soft. Add beef mince and fry till cooked.

Boil Mi goreng noodles till soft, empty water, add all seasoning packets into saucepan and let cook for 20 seconds whilst stirring. Add noodles and fry (whilst stirring continuously) till sauce covers noodles then add into mince.

You can add a fried egg on top for extra flavour.

"It was so normalised in every aspect of my family that I grew up thinking that this was "love". Later on, I got into a relationship that had the same type of "love" and as the violence progressed, I knew then that it wasn't normal nor was I going to allow it in my life. As I've grown older, I've realised kids grow up watching their parents & family members, accepting their form of love as the guide to their own."

Meat Patty

Ingredients:

500 gm mince meat
1 cup finally chopped spring onion.
Salt to taste
½ teaspoon turmeric power
1 green chilli chopped.
½ teaspoon crushed black pepper
½ teaspoon crushed ginger
½ teaspoon crushed garlic
1 teaspoon soy sauce
1 teaspoon chopped curry leaves or parsley or coriander leaves.
1 medium onion chopped.
Oil to cook patty.

Method:

In a large bowl, add all the above ingredients and mix well. Make a small ball and flatten using your palms. Repeat this method till the mix finishes. Once all patties are done, spray oil in a pan and place in patties, once it is cooked both sides, the patty is ready to eat.

“For occasions we make and loved by my children”.



Vegetarian Curry Puffs

Ingredients:

3 large potatoes cooked and peel – cut into small pieces.
2 cups finally chopped leak.
Salt to taste
2 green chillies chopped.
½ teaspoon crushed black pepper
½ teaspoon cumin seeds
½ teaspoon mustard seeds
½ teaspoon turmeric power
1 teaspoon chopped curry leaves or parsley or coriander leaves.
2 teaspoon oil
1 medium onion chopped.
Oil to fry

Method:

Heat the oil in a pan. Add cumin seeds, mustard seeds, curry leaves, onion, chilli. When onion turns brown, add chopped leak, and cut cooked potato, turmeric powder & salt. Once it is mixed well, take it from the heat and leave it cool.

Take a small portion of dough and use the rolling pin to make a flat small circle (not too tick), add the cooled mix, bend it to half circle, seal the edges & use the fork to press the edges for sealing. Repeat the same till all the dough & curry mix finishes.

Heat the oil in a pan, fry them. When the pastries turn light brown, take it out and cool on paper towel.

ENJOY WITH A CUP OF TEA

Fried Cabbage

Ingredients:

½ Green cabbage
1 – 2 Tablespoons of butter
Salt and pepper to season

Method:

Slice cabbage thinly and wash. Place in a saucepan with butter and cover with the lid over a low to medium heat. Shake the saucepan over the heat regularly to stop cabbage burning. Once cabbage is cooked or turning brown remove from heat. Season with salt and pepper.

“It’s not okay or normal to be yelled at, sworn at or put down by your partner.”



Braised Steak

Ingredients:

1 kg Rump Steak.
1 x Brown Onion sliced.
1 clove garlic chopped.
1 x OXO Beef stock cube.
Gravox.

Method:

Cut steak to preferred size.
Heat saucepan, add oil, garlic, and steak, let sit for 1 minute. Add water (enough to cover the steak).
Add beef stock to 1 cup of hot water, once dissolved add it to the saucepan.
Add onions to the pot. Let boil for 3-4 hours (keeping checking to make sure there is enough water).
Once steak is soft, add gravox till the sauce is the thickness you prefer.
Serve with mashed potatoes or rice and enjoy!



“No one ever tells you that the pain of losing someone close to you will stay with you forever”.

Sizzling Steak

Ingredients:

500 grams of rump sliced in thin long strips.
Strip to be about an inch long.
Onion sliced.
1/4 cup tomato sauce
1/4 cup Holbrook sauce
1/4 cup sugar
Oil

Method:

Put a small amount of oil in fry pan. Stir fry rump in a hot fry pan. Before the meat is cooked add onions.
Remove rump and onions from pan when onions are soft and translucent. Just be sure not to overcook the rump.

In a bowl, mix the tomato sauce, Holbrook sauce and sugar. Add to the hot frypan. Once mixture is sizzling. Add rump and onions until well coated and hot.

Serve with rice – ENJOY!



I realise now how blessed I was that Mum made me go to school every day. Love you and miss you, Mum.

Great Nana's Mac & Cheese

Ingredients:

1 bag Macaroni
Onion – 1 large
Bacon – 2 strips of bacon
Tomato paste – 1/4 cup
Tin tomato – diced/crushed.
Fresh tomato sliced.
Grated cheese
Breadcrumbs
1tbsp Butter



Method:

Cook pasta according to instructions, drain and place in a bowl. In a fry pan, fry up bacon and onion until cooked.

Add bacon and onion to macaroni, add tin tomato and ½ cup tomato paste, mix through. Season with salt and pepper.

In a baking dish, place macaroni.

On top of the macaroni, cover with tomato slices and then a layer of grated cheese. On top of the grated cheese, sprinkle breadcrumbs across.

Place dollops of butter on top of the breadcrumbs.

Cooked in the oven until the cheese is melted and breadcrumbs are golden brown.

"To be able to forgive, was her way to live her life without hate consuming her."

Cabbage Stew

Ingredients:

1 kg Rump steak, diced.
500g Diced Bacon
Half a cabbage sliced thinly.
Half of Silver beet
2 Garlic Cloves
Soya Sauce

Method:

Place meat and garlic in large pot and cook until meat has browned. Layer cabbage, silver beet and bacon on top of the meat and add soya sauce.

Cover with lid, allowing steam to cook cabbage, silver beet and bacon. After 20 minutes, stir to combine.

Add more soya sauce to taste.

Serve with Rice.



“Stars can’t shine without darkness.”



Corned Beef & Veggies

Ingredients:

Corned Beef
Pumpkin

Method:

Add Water to saucepan, bring to rolling boil.
Add corned beef to pot.
Lower heat to medium heat. Let boil for 4 hours or until meat is tender.
Cut pumpkin and add to pot about 10 minutes before meat is cooked.
Strain water.
Slice meat.
Serve with your choice of sides.



"Sunday dinners! Where we came together as a family and enjoyed each other's company. A tradition I hope will continue through the ages."

White Sauce

Ingredients:

Small, diced onion
1 Tablespoon of flour (self-raising or plain)
1 Tablespoon of butter
1 Cup of Milk

Method:

In a saucepan melt the butter over a medium heat and add the diced onion. When the onion is soft, add flour and mix well. Slowly pour in the milk until all combined. Keep stirring until the white sauce comes to the boil and then reduce and simmer. If the mixture is too thick just add more milk whilst simmering, until the right consistency. Delicious served with corn beef.

This makes one cup of white sauce. Adjust the quantity as needed e.g., double the ingredients for two cups of white sauce.



"I looked out the kitchen window and saw my Mum. She said my name and we started to cry. I was just a little girl at the time I was taken away - it had been 30 years since I saw my Mum."

Mashed Potatoes

Ingredients:

4 – 5 Potatoes
1 Tablespoon of butter
Milk or cream

Method:

Peel and wash potatoes. Dice potatoes and place in a saucepan with enough water to cover the potatoes. Cook the potatoes until they are really soft. Drain the water from the saucepan. Using a potato masher, mash the potatoes whilst adding butter and milk (or cream) to the consistency needed. Season with salt and pepper.



“Believe in yourself, have confidence.”

Potato Salad

Ingredients:

6 Medium washed white potatoes diced.
4 Medium boiled eggs
1/4 Red onion finely diced.
½ Cup diced bacon
1/4 Cup mayo
¼ Cup sour cream
2 Teaspoons mustard

Method:

In a saucepan, cover the diced potatoes with water, cook until just tender (do not overcook). Remove potatoes from heat, rinse under cold water and place in fridge to cool. Cook the eggs until hard boiled and then roughly chop the eggs. Fry the diced bacon until crispy. For the dressing combine the mayo, cream, and mustard. Remove the potatoes from the fridge when cool and add the bacon and red onion to the potatoes. Pour over the dressing and mix through the potatoes.



“Spending time with Nana taught me what a healthy home should be.”

Damper

Ingredients:

450g (3 cups) self-raising flour

Pinch of salt

80g butter, chilled, cubed.

(3/4 cup) water

Optional
Milk/Powdered Milk



“Memories stay with me, as memories do. Dedicated to the families of a little border town.”

Method:

Mix the flour with the salt in a large bowl.

Add the butter rub it into the flour and, until it resembles fine crumbs.

Add water until you have a soft dough. Turn out onto a lightly floured bench and shape into a soft, smooth ball.

Place dough onto a tray or baking tin that has been lightly greased and dusted with flour. Brush lightly with milk.

Bake at 180C for 30 minutes until golden.

Serve

Puffdaloones

Ingredients:

4 x cups self-raising

1 ½ cups plain flour

Pinch salt

Water

Method:

Add Self raising flour, plain flour, and salt to a bowl,

Add water till dough like consistency. Roll out dough (not too much)

Cut into preferred size.

Heat oil. Place dough into oil cook until brown on both sides.



I learnt to cook from watching and watching and watching... my mum!

Fry Bread (The Kiwi Way)

INGREDIENTS:

3 Cups Plain Flour
1 Cup Self Raising Flour
1 Cup Sugar
3 Cups Lukewarm Water
4 Sachet Tandaco Yeast

Method:

Add all ingredients together into a bowl including the yeast.

Now you want to slowly add lukewarm water until you have a runny consistency after you have mixed it well you must sit the mixture into a warm area and let it rise for 30mins.

While you wait you want to place oil into a large pot or deep fryer and let the oil heat up 180 degrees, once that is done, you want to clean your bench area thoroughly.

Once that is clean, place a tablespoon of oil on the bench and spread it out, now add plain flour to your bench where you have placed the oil, the oil is to help you remove the flour off the bench easily once you have finished.

Now grab the wet mixture and slowly tip on to your floured bench now this is where it gets messy, using your hands, you want to slowly kneed the mixture, into the dry flour on the bench, if it is still a bit wet add more flour.

Now the oil should be hot you want to test it by ripping a little piece of the mixture off n placing it in if it sizzles your ready now turn your pot or deep fryer down to 150.

Now you want to evenly spread your dough out on the bench using your hands this is important if you use a rolling pin, you will take all the air out of your mixture so using your hands only, now that is spread evenly you want to cut it up into pieces and ready to fry.

Place cut up dough into the hot oil and keep an eye on them at all times, once you see a bit of colour on the side it's now time to turn them over, once nice a golden remove and place in tray. Now we are ready to EAT.

Can be eaten as a savoury or a dessert.



You're the flour to my loaf and the
butter to my jam,
We rise on the yeast and sit on your
waist.

Golden Syrup Dumplings

Ingredients:

1 1/4 cup self-raising flour
30-gram butter, chopped
1/4 cup golden syrup
1 1/2 cups of water
½ milk

Method:

Sift flour into bowl, rub in butter until it resembles breadcrumbs.
Stir in milk, until just combined.
In the meantime, in a large, deep-frying pan, add water and golden syrup to simmer.
Roll mixture into balls.
Once you have used all the dough, add to simmering water.
Cover and let cook for about 10 minutes or until dumplings are puffed and golden.

Golden syrup sauce

30-gram butter
3/4 cup brown sugar, firmly packed
1/2 cup (125ml) golden syrup
1 1/2 cup water

Method

In a pan, combine all ingredients. Stir over heat, without boiling, until sugar is dissolved; bring to boil, simmer, uncovered, 1 minute.
Drizzle over dumplings and serve warm with custard or Ice cream.



“It’s not always an easy road, you will be lonely at times, it gets better, life is too short to live it trapped, abused and hiding under the shame of it all.”

Caramilk Ice-cream

Ingredients:

300 ml condensed milk
300 ml thickened cream
Caramilk chocolate,
broken into pieces.

Method:

Add cream to bowl and using a hand mixer whip until nearly thick. Add condensed milk and whip until thickened. Add caramilk chocolate.
Pour into a cake dish or individual serving bowls and garnish with caramilk chocolate pieces.
Place in freezer overnight until frozen. Ready to serve.

Substitute caramilk chocolate for any chocolate.



"You are in this body for a lifetime, so spend the lifetime loving the body you have been blessed with".

Party balls

Ingredients:

30 x Oreos Crushed or preferred Biscuit.
1 x block cream cheese (room temperature)
Chocolate (white, milk or dark)
½ teaspoon Vanilla Extract
Pinch of Salt
Sprinkles

Method:

Add crushed Oreos, cream cheese, vanilla extract, and salt into a bowl. Stir together until combined.

Once combined, roll into balls.

Let rest in refrigerator for 30 minutes to an hour.

While the balls are resting, melt chocolate and prepare for decorating.

Once balls have finished resting the fun part is about to start. Decorating! Decorate how you see fit. Then let sit in fridge for at least another hour.



"The first time I made these my kids wanted to help, so we did it together and now every time I think back on it, all I do is hope that it became as much a core memory for them, as it did for me."

Lemon Curd

Ingredients:

5 eggs
1 ½ c sugar (caster sugar)
1 ¼ c freshly squeezed lemon juice
¼ c lemon zest
Pinch of salt (1/4 tsp)
10 tbsp butter (sliced) – (200g)

“When life gives you lemons, make lemon curd.”

Method:

In medium saucepan over a medium heat whisk the eggs and sugar until combined
Add in lemon juice, zest and salt and whisk for 2-3 minutes.

Add in butter and continue to whisk until melted. Continue to whisk until the mixture coats the back of the spoon.

Remove from heat and strain into a bowl and let cool. Store the curd in an airtight container for up to 2 weeks, can also freeze up to 3 months.

Cooking tips

How to make your lemon curd thick – add another 2 egg yolks and 1 whole egg as well as the eggs that are included in the recipe.

Lemon juice – it is best to use fresh lemons and squeeze them.

Butter – if you use salted butter just omit the salt ingredient from the list.

Straining the lemon zest – this is more of a preference.



Pikelets

Ingredients:

3/4 cup (185ml) milk
1 egg
1 cup (150g) self-raising flour
1 tbsp caster sugar
Butter
Whipped Thickened Cream
Jam (Your preferred flavour)



Method:

Whisk milk and egg together in a small bowl.
Sift flour and sugar together into a bowl with a pinch smooth.

"Sleepovers at Nan & Pops are something we'll never forget."

Heat frypan over medium heat and add a little bit of butter. Drop level tablespoonfuls of the mixture into the pan and cook for half a minute or until bubbles appear on the surface.

Turnover and cook other side for 1 minute until golden.

Allow to cool and serve with jam and whipped cream.

Pancakes

Ingredients:

2 cups Self-Raising flour
1/3 cup Caster sugar
1 tsp Vanilla Essence
2 eggs
1 ¾ cups Full-Cream Milk (or any milk)
Butter (for frying)
Maple Syrup or preferred spread.



Method:

Sift the caster sugar and flour into a bowl.

In a separate bowl, whisk the eggs, milk, and vanilla essence.

Pour the wet mixture in with the dry mixture, a little at time, while whisking.

Heat a frypan, add butter. Add mixture. When the bubbles start popping that is when you flip it.

Once finished, serve with maple syrup, and enjoy!

"Nana, where you going? That's what you heard every time she started her car up. It's been 10 years since she's passed, and I still get the urge to yell that sentence."

Passionfruit Cheesecake (No Bake)

Base

200gms digestive biscuits

85g unsalted butter

Filling

2 tsp powdered gelatine

1 cup whipped cream (250mls)

½ c strained passionfruit pulp (125g)

500g cream cheese (softened)

140g caster sugar

Jelly topping

½ cup hot water

1 tsp powdered gelatine

50g caster sugar

½ Cup strained passionfruit pulp (seeds set aside) (125g)



Method:

Base

Crumb digestive biscuits (use a rolling pin and zip lock bag if no access to blender)

Melt butter then add to crumb mix.

Once mixed well add to baking dish and flatten to the base of the dish with the back of a spoon.

Place in the fridge to set while making the filling and topping.

Filling

Whip cream to soft peaks and place in the fridge

Add cream cheese to a mixing bowl, beat until smooth adding a little sugar at a time until sugar has all been mixed in

Put powdered gelatine into a cup with 2 tbsps. of hot water and mix well (should look like a clear paste)

Add strained passionfruit pulp to the cream cheese mix and mix until mixed well.

Add gelatine to cream cheese mix until mixed well.

Lastly fold in whipped cream gently (so mix doesn't separate)

Remove base from the fridge line the sides of the baking dish and pour filling on top of the base and put back in the fridge to chill.

Topping

In a saucepan add hot water, passionfruit pulp, sugar, and powdered gelatine until fully dissolved on a medium heat. Once dissolved let mixture cool down to room temperature.

Add some of the passion fruit seeds into the mix.

Pour cooled topping over the filling and put back in the fridge for 6 hours or until set. For best results leave overnight.

"There are two great days in a person's life – the day they are born and the day we discover why."

Shared Platter Board

"If you give a woman a fish
you feed her for a day, if you
teach a woman to fish, she
feeds her family for a
lifetime."

Ingredients:

Meats such as ham, salami, kabana, cabanossi, cured meats, roast meats.

Condiments: - pickled onions, gherkins, sundried tomatoes, olives roasted peppers,

Dried fruits/Nuts: - Trail Mix, cashews, pistachios, almonds, macadamia nuts, goji berries, cranberries, sultana's, prunes, dates, dried apricots, crystalised ginger

Dips: - Guacamole, Corn Relish, Hummus, French onion, gherkin, olive, spinach and feta, roasted capsicum, tzatziki

Crackers/Breads: - water crackers, delites, bread sticks, French bread, French toasts, rice crackers, sunbite crackers, wafer crackers

Chips/Biscuits: - Cheetos, popcorn, CC's, potato chips, pretzels choc chip cookies, spotted dog cookies, Tim Tams, wafer biscuits, lemon slice, macaroons,

Chocolates/Lollies: - pineapple lumps, summer rolls, chocolate covered almonds, Darrell lea chocolate balls, Lindt balls, curly wurly chocolate, individual desserts.

Fruit & Vegies: - watermelon, rockmelon, prince melon, passionfruit, cherries, mandarin's, grapes, pears, blueberries, kiwifruit, oranges, carrots, tomatoes, cucumber, capsicums, celery

Cheeses/Pate's – Camembert, Brie, double brie, triple cream brie, smoked cheddar, blue vein cheese, cracked pepper cheese, tasty cheese, tropical cheese, apricot and cream cheese, babel cheese, goats' cheese.



For consideration:

Use a variety of colourful foods to enhance the look of your platter.

Do not use foods that are watery, try to dry off excess water/oil or use containers.

When using foods that need to be refrigerated, try to plate up just before the event time or put platter board in the fridge to minimise food spoilage.

Always serve with tongs, cutlery, plates, and serviettes to promote food hygiene.

All ingredients can be swapped out depending on taste, what's in season, colours etc.

Use different platter boards with and without height to get more dimension in the presentation of your platters.

Try cutting fruit and vegetables into different shapes and sizes.

Try not to leave any empty space on your boards.



Cooking on Country

Going back to country clears my mind, body and spirit and re-connects me to my country and family.

I think of my mother, my father, my grandparents, and their parents.

Going bush, I have learnt to cook in the bush or on the bank of the river. Feeding our families.

This knowledge has been passed down to me, from generation to generation.

This is how I was taught to prepare and cook on my country.

Thank you... To,
My Grandparents, Parents and Family for teaching me how to cook and especially to cook on country.

Inspired by families from the Gulf.

We acknowledge and recognise mobs have different ways of cooking, we hope you can pass your knowledge of cooking down to us as we have to you.

Short Neck Turtle

Method:

Start fire, then cut the turtle's neck and let it bleed out.

Put turtle on open flames and flip continuously until skin becomes tight and firm. Then rest away from fire.

Double wrap turtle and aluminium foil. Then wait for fire to burn down.

Once flames have died down and their irony coals. Create a pit in the coals. Then place turtle in the Pit And cover then let it cook for 40 minutes to an hour.

After 40 minutes to an hour, pull turtle off the coals and let rest to cool down.

Unwrap and with a sharp pointing knife cut around both ends of the turtle, cutting the skin away from the shell. Then cut both sides of the neck and tilt, separating them from the legs.

Then, with a heavy object, hit the shell on the bottom side in between the right front leg and the right rear leg. Then do the same with a left and then pull the bottom of the shell away and eat.



Long Neck Turtle

Method

Start A fire then break the turtle's neck.

Put the turtles on the flame continuously. Flip until skin tightens and becomes fine. Then take the turtle off the fire and Double wrap with aluminium foil.

Once the fire has burned down and there are no flames. Create a hole in the coals. Then place the turtle on the coals and cover. Let it cook for about 40 minutes to an hour.

After 40 minutes to an hour, take the turtle off the coals and let it cool down.

Once the turtle has cooled down, remove aluminium foil. Place the turtle on its back and with a knife Separate the skin from the shell. Cut either side of the tail and neck to separate them from the legs. Then with a heavy object, crack the bottom side of the shell in between the right front leg and the right rear leg then do the same on the left side, then peel the bottom of the shell away from a top shell and eat.



Cherubin:

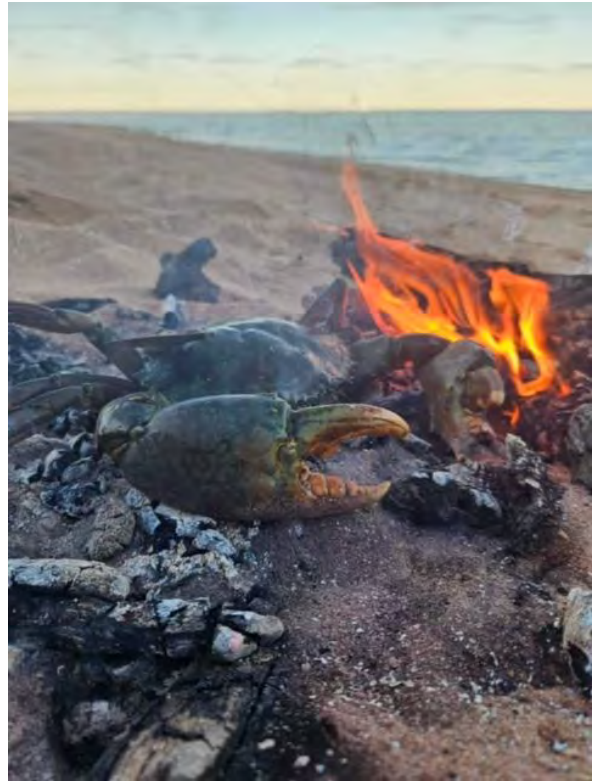
Giant Fresh Water Prawn.

Method:

Can be cooked on the coals or boiled in water.
Served with your choice of sides.
Enjoy!

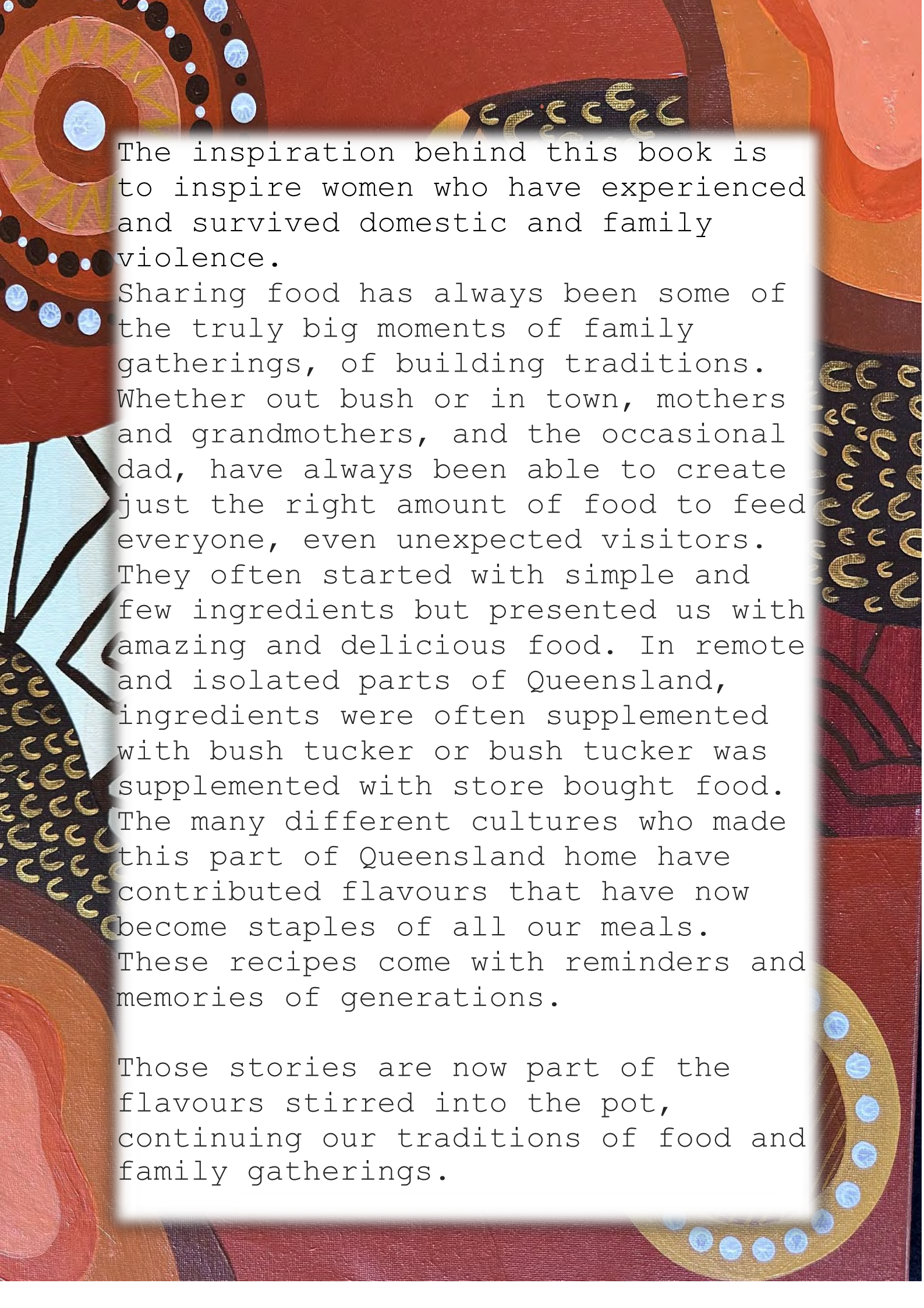


Mud Crab on the coals



Black Bream on the Coals



The background is an abstract artwork featuring warm tones of red, orange, and brown. It includes several circular motifs: a large one in the top left with concentric rings and dots, and another in the bottom right with a row of blue dots. There are also patterns of small, repeating shapes, like the crescent-like forms on the left and the 'C' shapes on the right.

The inspiration behind this book is to inspire women who have experienced and survived domestic and family violence.

Sharing food has always been some of the truly big moments of family gatherings, of building traditions. Whether out bush or in town, mothers and grandmothers, and the occasional dad, have always been able to create just the right amount of food to feed everyone, even unexpected visitors. They often started with simple and few ingredients but presented us with amazing and delicious food. In remote and isolated parts of Queensland, ingredients were often supplemented with bush tucker or bush tucker was supplemented with store bought food. The many different cultures who made this part of Queensland home have contributed flavours that have now become staples of all our meals. These recipes come with reminders and memories of generations.

Those stories are now part of the flavours stirred into the pot, continuing our traditions of food and family gatherings.



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