

Kangaroo Stew

Ingredients

- 600g kangaroo meat, diced
- 3 potatoes, diced
- 1½ large onions, diced
- 3 carrots, diced
- ½ pumpkin, diced
- 2 garlic cloves
- 3 tablespoons oyster sauce
- 3 tablespoons tomato sauce
- 3 beef stock cubes
- 3½ cups water
- Cornflour to thicken

Cooking things

Large pot, chopping board, large knife, garlic crusher, tablespoon, cup measure

1



Step 1

Put beef stock cubes in water and mix well.

2



Step 2

Put the roo pieces in a pot with the lid on, cook in own juices on moderate heat until the meat is soft (about 45 minutes).

3



Step 3

Add potatoes, carrots, onions and pumpkin. Add tomato sauce, oyster sauce and beef stock. Mix together and add enough water to cover the meat. Simmer for 10-15 minutes.

4



Step 4

Mix a little cornflour with water to a paste and add to pot. Cook for a further 10-15 minutes. Continue cooking until meat and vegies are tender. Serve with rice, pasta or bread.

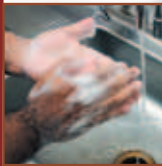


Wash hands

Pasta & Tuna Salad

Ingredients

- 375g macaroni or pasta tubes (penne)
- 2 eggs
- 2 large firm tomatoes
- 185g can tuna, in water
- 12 pitted black olives (only if you want to)
- 1 green capsicum
- 2 teaspoons olive oil
- 2 teaspoons of vinegar or lemon juice
- 1 small bunch basil, chopped (optional)



Wash hands

Cooking things

Large saucepan, small bowl, fork, large knife, chopping board, teaspoon, large bowl, can opener, serving spoons

1



2



3



Step 1

Boil a pot of water, put eggs in to hard boil. Wait for eggs to cool, peel and cut eggs into quarters.

Step 2

Put pasta into a large pot with plenty of boiling water and boil until soft.

Step 3

Drain tuna and mash with a fork.



4



Step 4

Chop up vegies.

5



Step 5

Drain the pasta and place in a serving bowl. Stir in the olive oil and vinegar or lemon juice.

6



Step 6

Add tomatoes, tuna, black olives, capsicum and basil. Toss.

7



Step 7

Put the egg slices on top.



Wash hands

Cooking things

Tray, chopping board, large knife, spoon, baking paper

1



2



3



Ingredients

- 1 French bread stick, halved lengthways
- 200ml tomato pasta sauce
- 2 large ripe tomatoes
- 1 medium green capsicum
- 150g lean ham, chopped
- ½ cup grated low fat mozzarella cheese
- ½ cup grated low fat cheddar cheese
- 440g can pineapple pieces, drained oil

Step 1

Chop vegetables. Heat up oven to 180°C.

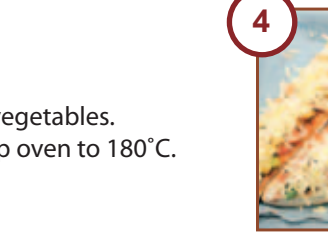
Step 2

Stand the French bread stick cut side up on a paper lined baking tray.

Step 3

Spread tomato pasta sauce on both halves.

4



Step 4

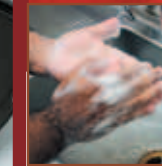
Top with ingredients, sprinkling the cheese last.

5



Step 5

Bake in oven for 15 minutes or until heated through and the cheese has melted. Cut each piece of bread into three or four pieces. You can use focaccia or English muffins instead of a French bread stick.



Wash hands

Cooking things

Large pot, large frying pan, baking dish, chopping board, knife, cup measures, tablespoon, serving spoon

1



2



3



Ingredients

- 500g low fat beef mince
- 1 onion, chopped
- 2 carrots, washed and grated
- 1 cup canned tomatoes
- 2 tablespoons soy sauce
- 3 cups peeled, diced pumpkin
- 4 stalks celery, finely chopped
- ½ cup breadcrumbs
- Oil spray

Step 1

Boil or steam pumpkin. Mash.

Step 2

Brown mince in a large frying pan.

Step 3

Add celery, onion, carrot, tomatoes and soy sauce. Cook for 10 minutes over low heat.



4



Step 4

Spoon into a baking dish and cover with pumpkin.

5



Step 5

Sprinkle with breadcrumbs, spray with oil and bake in a moderate oven for 30 minutes.

DEADLY Tucker



A selection of recipes from the "FOODcents for Aboriginal and Torres Strait Islander People in WA Program".

Chicken & Veg Stir Fry

- Ingredients**
- 1 tablespoon oil
 - 2 tablespoons of crushed garlic
 - 1 large onion, finely chopped
 - 500g boneless chicken fillets
 - ¼ cabbage
 - 1 large carrot, peeled
 - ½ red capsicum
 - 2 tablespoons soy sauce
 - 2 cups rice



Cooking things
 Large pot, wok, or frypan, large knife, chopping board, garlic crusher, wooden spoon, serving spoon, cup measure

Wash hands



Step 1
 Chop up vegetables into stir-fry sized pieces. Crush garlic using the back of the knife or garlic crusher.



Step 2
 Heat oil in pan and brown garlic and onion.



Step 3
 Chop chicken into strips. Add chicken to pan and brown.



Step 4
 Add remaining vegetables and soy sauce. Cook until chicken is tender and vegetables are cooked but firm. Serve with steamed rice.

Bush Damper in Coals

- Ingredients**
- 3 cups of plain flour
 - 3 cups of wholemeal flour
 - 1 dessertspoon of baking powder
 - ½ cup of HiLo or skim milk
 - ¾-1 cup of water



Cooking things
 Bowl, cup measure, dessertspoon

Wash hands



Step 1
 Mix all dry ingredients together, then add water.



Step 2
 Knead and then shape dough to about 1-1½ inches thick.



Step 3
 To cook in the oven: Heat oven to 180°C. Sprinkle flour on an oven tray. Flatten the dough into an oval or round shape and place on the oven tray.



Step 4
 Bake in oven for ½ an hour.



Step 5
 Then turn and bake on the other side for another ½ an hour.

To cook over an open fire: Scrape off half the coals and sand on the fire. Put a thick layer of plain flour on the hot sand, place the damper on the flour and then put another thick layer of plain flour on the damper. Cover carefully with hot sand and coals. Leave for about 30 minutes, then remove from fire and brush off. To cook on a stove: Sprinkle flour in a frypan and heat over a moderate heat. Place mixture in the pan and shake occasionally to prevent sticking. When the mixture slides easily in the pan, turn over. Knock the top of the damper, it will make a dull sound when it is cooked.

Pikelets

- Ingredients**
- 1 cup self raising flour
 - 1½ teaspoons baking powder
 - 2 tablespoons skim milk powder
 - 1 tablespoon sugar
 - 1 egg
 - ¾ cup water
 - 1 tablespoon vegetable oil



Cooking things
 Bowl, cup measure, tablespoon, teaspoon, mixing spoon, frypan

Wash hands



Step 1
 Mix flour, baking powder, skim milk powder and sugar together.



Step 2
 Beat egg, water and oil into mixture.



Step 3
 Heat a frying pan and cook four at a time until bubbles appear on the surface.



Step 5
 Turn and cook for another 30 seconds.