

Kukumbat gudwan daga

'Really cooking good food'

Pocket Book Edition



**The Fred Hollows
Foundation**

www.hollows.org.au



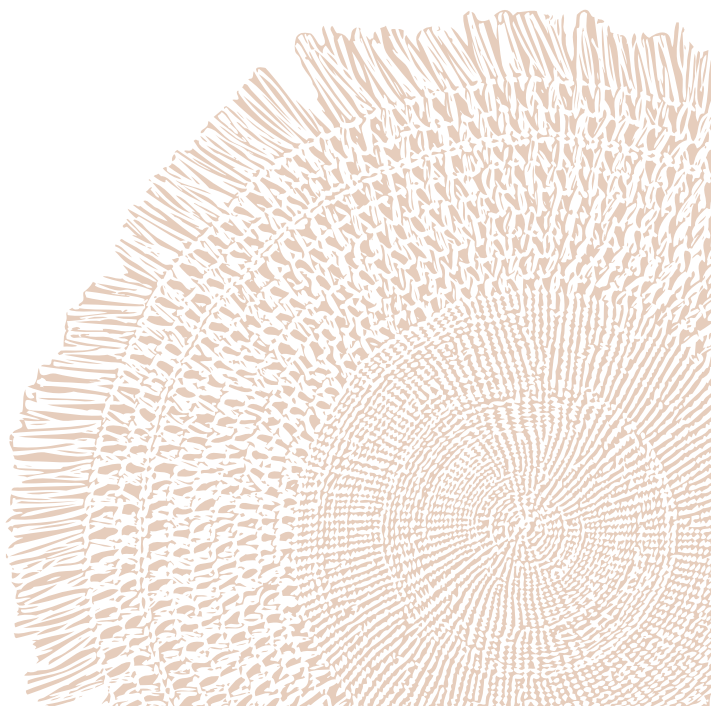
Kukumbat gudwan daga

'Really cooking good food'

Pocket Book Edition

A healthy cookbook with recipes
that feed 10 people.

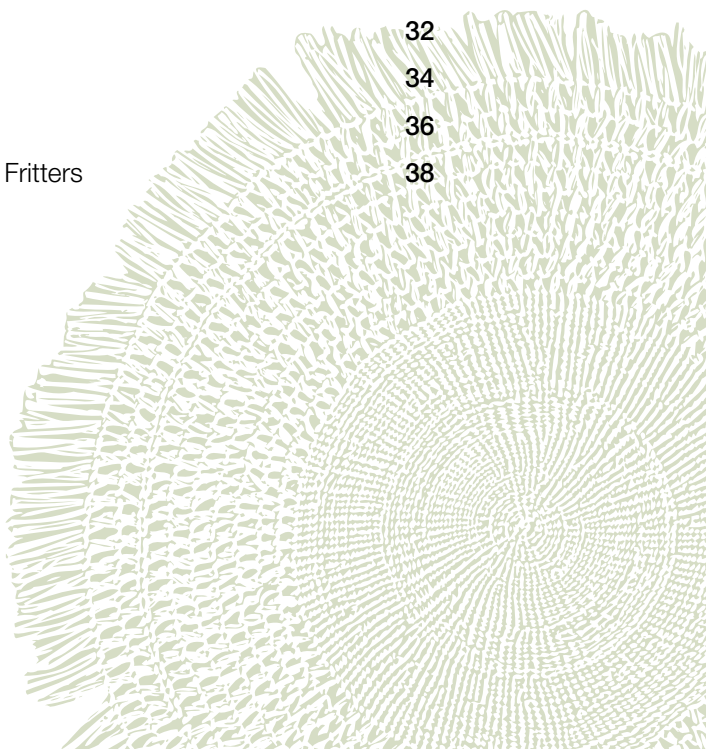
Brought to you by the women's centres of Manyallaluk,
Gulin Gulin and Wugularr in conjunction with
The Fred Hollows Foundation and
Jimmy Little Foundation.





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Spaghetti Bolognaise



Feeds 10 people

	Beef Mince (kg)	1		Garlic (Tablespoon)	1
	Onion	2		Tomato Paste (Tablespoon)	2
	Carrot	2		Vegemite (Tablespoon)	1
	Capsicum	2		Mixed Herbs (Tablespoon)	1
	Corn Kernal (420g)	1		Bay Leaves (Optional)	3
	Chopped Tomatoes (800g)	1		Vegetable Oil (Tablespoon)	2



Good Tucker Long Life!





Chop vegetables and gather all ingredients.



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



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



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



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



Serve with pasta, rice or bread.

Beef Curry



Feeds 10 people

	Diced Beef (kg)	1		Garlic (Tablespoon)	1
	Onion	2		Ginger (Tablespoon)	1
	Carrot	2		Curry Powder (Tablespoon)	1
	Potato	3		Corn Flour (Tablespoon)	1
	Frozen Vegetables (500g)	2		Vegetable Oil (Tablespoon)	2



Good Tucker Long Life!



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.

Kangaroo Tail Stew



Feeds 10 people

	Kangaroo Tail	1
	Onion	2
	Potato	2
	Frozen Mixed Vegetables (2kg)	1
	Baked Beans (420g)	2
	Vegetable Oil (Tablespoon)	2



Good Tucker



Long Life!





Chop vegetables and gather all ingredients.



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



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



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



Add vegetables and baked beans and stir.



Serve with rice, pasta or bread.

Chicken Casserole



Feeds 10 people

	Chicken (Breast or Thigh Fillet) (kg)	1		Frozen Peas and Corn (500g)	1
	Onion	2		Chopped Tomatoes (800g)	1
	Potato	2		Garlic (Tablespoon)	1
	Zucchini	2		Mixed Herbs (Tablespoon)	1
	Carrot	2		Vegetable Oil (Tablespoon)	2



Good Tucker



Long Life!





Chop vegetables and gather all ingredients.



Dice up chicken into bite size pieces.



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



Add the vegetables and tinned tomatoes to the pot.



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.



Serve with rice, pasta or bread.

Kangaroo in Oyster Sauce with Stir Fried Vegetables



Feeds 10 people



Kangaroo Fillet (kg) 1



Onion 2



Capsicum 1



Broccoli (Head) 1



Cauliflower (Head) ½



Zucchini 2



Carrot 2



Garlic (Tablespoon) 1



Ginger (Tablespoon) 1



Mixed Herbs (Tablespoon) 1



Cumin Powder (Optional) 1



Oyster Sauce (Cup) 1



Soy Sauce (Cup) 1



Vegetable Oil (Tablespoon) 2



Good Tucker



Long Life!



1



Chop vegetables and gather all ingredients.

2



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

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.

4



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

5



Add kangaroo fillet to the pot with vegetables.

6



Stir in the oyster sauce. Serve with rice, pasta or bread.

Thai Chicken Curry



Feeds 10 people



Chicken (Breast or Thigh Fillet) (kg) 1



Onion 2



Potato 3



Capsicum 2



Frozen Vegetables (500g) 1



Garlic (Tablespoon) 1



Ginger (Tablespoon) 1



Ground Coriander (Tablespoon) 1



Ground Cumin (Tablespoon) 1



Light Coconut Milk (400ml) 2



Vegetable Oil (Tablespoon) 2



Good Tucker



Long Life!





Chop vegetables, dice chicken and gather all ingredients.



Add garlic, ginger, coriander, cumin and stir.



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



Add light coconut milk and stir.



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



Bring to the boil. Turn down to low heat. Simmer for 1 hour or until thickened. Serve with rice, pasta or bread.

Beef Stew



Feeds 10 people



Diced Beef (kg) 1



Onion 2



Carrot 2



Potato 2



Broccoli 1



Cauliflower (Head) ½



Chopped Tomatoes (425g) 1



Beef Stock Powder (Tablespoon/Cubes) 2



Garlic (Tablespoon) 1



Corn Flour (Tablespoon) 1



Vegetable Oil (Tablespoon) 2



Good Tucker



Long Life!



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.

Fried Rice



Feeds 10 people		Rice - Long Grain	1		Egg (Raw)	3
		Ham	500g		Carrot	2
		Frozen Peas and Corn (500g)	1		Soy Sauce (Tablespoon)	2
		Onion	2		Vegetable Oil (Tablespoon)	2
		Capsicum	1			



Good Tucker Long Life!



1



This recipe uses rice. Cook the rice using the recipe found in the Kukumbat gudwan daga cookbook or on the back of the rice packet.

2



Chop vegetables and gather all ingredients.

3



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

4



Allow the cooked eggs to cool and chop into pieces.

5



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

6



Stir through the cooked rice and soy sauce. Serve.

Mince with Vegetables and Pasta



Feeds 10 people

	Beef Mince (kg)	1		Beef Stock Powder (Tablespoon/ Cubes)	2
	Chopped Tomatoes (800g)	1		Garlic (Tablespoon)	1
	Onion	2		Pasta (500g)	1
	Frozen Mixed Vegetables (2kg)	1		Vegetable Oil (Tablespoon)	2



Good Tucker



Long Life!





Gather all ingredients.



Add pasta.



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



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



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



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

Minestrone Soup



Feeds 10 people

	Onion	2		Chopped Tomatoes	1
	Carrot	2		Garlic (Tablespoon)	1
	Celery Bunch	1		Pasta Shells (500g)	1
	Zucchini	2		Water (Litre)	5
	Cabbage	½		Vegetable Oil (Tablespoon)	2
	4 Bean Mix (400g)	1			



Good Tucker



Long Life!





Chop vegetables and gather all ingredients.



Turn heat down to low and add pasta.



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



Simmer until the pasta is soft.



Add water to cover and bring to the boil.



Serve.

Chicken & Vegetables in White Sauce



Feeds 10 people



Chicken
(Breast or Thigh
Fillet) (kg) 1



Onion 1



Carrot 2



Celery Bunch $\frac{1}{2}$



Zucchini 1



Capsicum 1



Mushroom 10



Vegetable Oil
(Tablespoon) 2

White sauce



Good Tucker



Long Life!





This recipe uses white sauce. Make the sauce using the white sauce recipe found in the Kukumbat gudwan daga cookbook.



Cut chicken into bite size pieces.



Chop vegetables and gather all ingredients.



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



Add the vegetables to the pot and stir until soft.







Pour the white sauce into the pot. Simmer on low heat for 30 - 40 minutes. Serve with rice, pasta or bread.

Ham & Potato Salad



Feeds 10 people

	Potato	10 (2kg)
	Capsicum	1
	Ham	500g
	Egg (Hard Boiled)	4
	Mayonnaise (Cup)	1
	Seeded Mustard (Tablespoon)	2

TIP

Add any tinned
or finely chopped
fresh vegetables
available.



Good Tucker



Long Life!





This recipe uses hard boiled eggs. Prepare the eggs using the recipe found in the Kukumbat gudwan daga cookbook. Allow eggs to cool. Remove shells and cut up into small pieces.



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



Dice the ham and capsicum and gather all ingredients.



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



Add mayonnaise and mustard.



Combine all ingredients together and serve.

Shepherd's Pie



Feeds 10 people		Beef Mince (kg)	1		Worcestershire Sauce (Tablespoon)	2
		Potato	5 (1kg)		Gravy Mix (Tablespoon)	2
		Onion	2		Shredded Cheese (Cup)	1
		Egg (Raw)	2		Vegetable Oil (Tablespoon)	2
		Frozen Mixed Vegetables (2kg)	½			



Good Tucker Long Life!





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



Chop onions and gather all ingredients.



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



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



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



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

Baked Fish Fillets



Feeds 10 people

	Barramundi Fillet (or other fish) (kg)	1		Frozen Peas and Corn (500g)	1
	Onion	2		Shredded Cheese (Cup)	1
	Tomato	3		Lemon Juice (Tablespoon)	1
	Capsicum	1		Vegetable Oil Spray	



Good Tucker



Long Life!





Slice vegetables and gather all ingredients.



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



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



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



Sprinkle shredded cheese over the top of each portion.



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.

Tuna & Potato Patties



Feeds 10 people



Tuna (425g) 2



Onion 2



Potato 4



Egg (Raw) 3



Frozen Peas and Corn (500g) 1



Bread Crumbs (Cup) 2



Vegetable Oil Spray

TIP

Also great for school lunches and sandwiches.

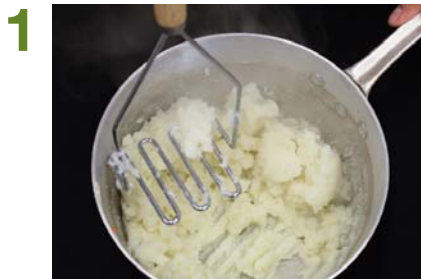


Good Tucker



Long Life!





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



Chop onion, drain tuna and gather all ingredients.



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



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



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



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

Rissoles



Feeds 10 people

	Beef Mince (kg)	1		Frozen Mixed Vegetables (500g)	1
	Onion	2		Bread Crumbs (Cup)	1
	Carrot	2		Beef Stock Powder (Tablespoon/ Cubes)	2
	Egg (Raw)	3		Vegetable Oil Spray	



Good Tucker Long Life!





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.

Salmon & Sweet Corn Fritters



Feeds 10 people



Pink Salmon (415g) 2



Potato 4



Onion 2



Capsicum 1



Corn Kernels (420g) 1



Frozen Peas (500g) 1



Egg (Raw) 2



Bread Crumbs (Cup) 2



Vegetable Oil Spray

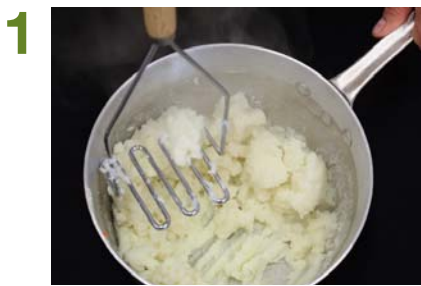


Good Tucker



Long Life!





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



Chop onions finely and gather all ingredients.



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



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



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



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

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



Good Tucker



Long Life!





Chicken (with the skin removed),
Lettuce and Mayonaise



Meat Rissoles with Salad - toasted



Mince with Vegetables - toasted



Banana, Sultana and Peanut Butter



Cheese, Grated Carrot and Sultanas



Ham, Cheese and Pineapple -
toasted



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



Canned Apple with Sultanas and
Cinnamon - toasted

THUMBS UP!

"Good Tucker - Long Life!"



The goal of the Thumbs Up! program is to educate young Indigenous Australians about the benefits of healthy food and exercise in the prevention of chronic illness, so they can live long, healthy lives.

We employ a 'whole of community' approach.



- Elders and Councils
- Govt. and Non-Govt. Agencies
- Health and Community Services
- Stores and Schools
- Online Community

All key stakeholders and organisations working in the area are engaged to help reinforce the Thumbs Up! message of

Good tucker - Long life.

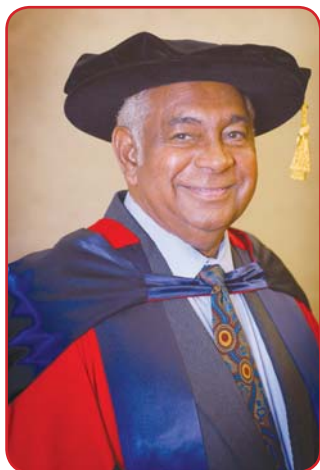
School Music Workshops - The Thumbs Up! Schools Program is aimed at Indigenous children aged 5-16. We use a creative environment incorporating music, video and new media to encourage and promote healthy eating habits and active lifestyles.

Stores Program and Healthy Food Seal - We have partnerships with community store groups including Outback Stores and ALPA (Arnhem Land Progress Association) in NT and Retail stores group in QLD. Our 'Healthy Food Seal' signage points customers to shelves stocked with lean meat, fruit, vegetables and water. Healthy Food Seal signage in rural and remote retail stores has been far-reaching with community stores in NT, SA, QLD and WA adopting our system.

Healthy Lifestyle Website - The Thumbs Up! healthy lifestyle education resource for teachers, students and schools was developed in partnership with the NT Department of Education and Training. It features extensive lesson plans, activities and interactive games for children in Transition through to Grade 6 and is available free of charge. Please visit www.thumbsup.org.au for more details.

Cooking Demonstrations and Community Events - We organise community cook ups as part of our program and have a range of recipes that feature healthy and easy to prepare family meals on a budget, providing an alternative to fast food and foods with high fat and sugar content. Our Thumbs Up! music facilitators are all entertainers in their own right and appearances at community concerts are part of our work.

Dr Jimmy Little AO 1937 - 2012



Jimmy Little began his recording career in 1956 and was acknowledged as one of Australia's premier entertainers and a role model and mentor for Indigenous youth. Jimmy gained a nation-wide profile through film, stage and TV appearances, radio airplay and constant touring.

His career highlights included a platinum single "Royal Telephone" in 1963 and the 1999 ARIA award winning gold CD "Messenger", induction into the ARIA Music Hall of Fame, APRA, JC Williamson and Tamworth Lifetime Achievement & Roll of Renown awards. He was the recipient of the National Aboriginal Day of Observance Committee's Aboriginal of the Year award, the NSW Senior Australian of the Year and the Australia Council's Red Ochre award, to name just a few.

Jimmy Little was made an Officer of the Order of Australia for his distinguished service to the nation, held several honorary Doctorates and was an Ambassador for the Australian Indigenous Doctors' Association, Fred Hollows Foundation, Kidney Health Australia and the Federal Department of Education Science and Training.

Jimmy established The Jimmy Little Foundation in 2004 with a vision to improve the quality of life for Indigenous Australians, particularly in communities across regional and remote Australia. The Foundation's Thumbs Up! program uses music, new media and extensive multi-sectored community engagement to deliver nutrition and healthy lifestyle education to children and families in over 50 communities across Australia.

For further information:

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Copies of the cookbook containing extra recipes, desserts, sandwich ideas and menu planning tools can be purchased for \$7 (plus postage and handling) from <http://batchelorpress.com/books/kukumbat-gudwan-daga>

A free DVD "Shepherd's Pie with Auguie and Major" is available with every order.



www.jlf.org.au
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Donation Line 1800 352 352

