

Deniliquin DEADLY CARERS Cookbook





The Yarkuwa Indigenous Knowledge Centre Aboriginal Carers Project is funded by NSW Government Family and Community Services (FACS).

Deniliquin Deadly Carers Cookbook

The Deniliquin Deadly Carers Cookbook has been developed as an initiative of the Aboriginal Carers project, which is funded by NSW Family and Community Services.

The Cookbook includes recipes that have come from the Deniliquin community and are a combination of healthy, nutritious and easy recipes for every family member. This is in recognition that many carers have limited time to produce meals in addition to the range of other duties associated with the carer's role.

The Cookbook highlights that it's easy to eat (*tyaka*) healthy on a budget and that you can buy a lot more food if you spend money on basic healthy foods. This way you can feed more people and keep both your wallet and your body healthy.

To celebrate Carers Week 2017, the carers and Carers Coordination group met at Four Post to cook (*kukitya*) some of the recipes that appear in the Cookbook and share the food with each other. Photo's from this cooking session are included in the Cookbook. Where possible, local language words are used throughout the Cookbook.

Yarkuwa would like to sincerely thank the Aboriginal carers and Carers Coordination group for the recipes and stories they have shared for the Cookbook. In particular we would like to acknowledge the ongoing support in the development of the Cookbook by Aunty Lois, Uncle Roy, Uncle Steve, Lisa Landy and Mary Packer.

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This Cookbook was prepared by Deidre Hamilton, Project Worker Aboriginal Carers Project, Jennifer Townsend, Project Assistant Aboriginal Carers Project and Sivonne Binks, sivonne.com

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Rice Pudding

Ingredients

Serves 4

1 litre milk

½ cup rice

2 tablespoons brown sugar

½ teaspoon vanilla essence

Method

Preheat oven.

Add all ingredients to a baking dish and place in the middle of a 150°C oven and bake for 2 hours.



PHOTO SOURCE kidspot.com.au viewed 29/06/18

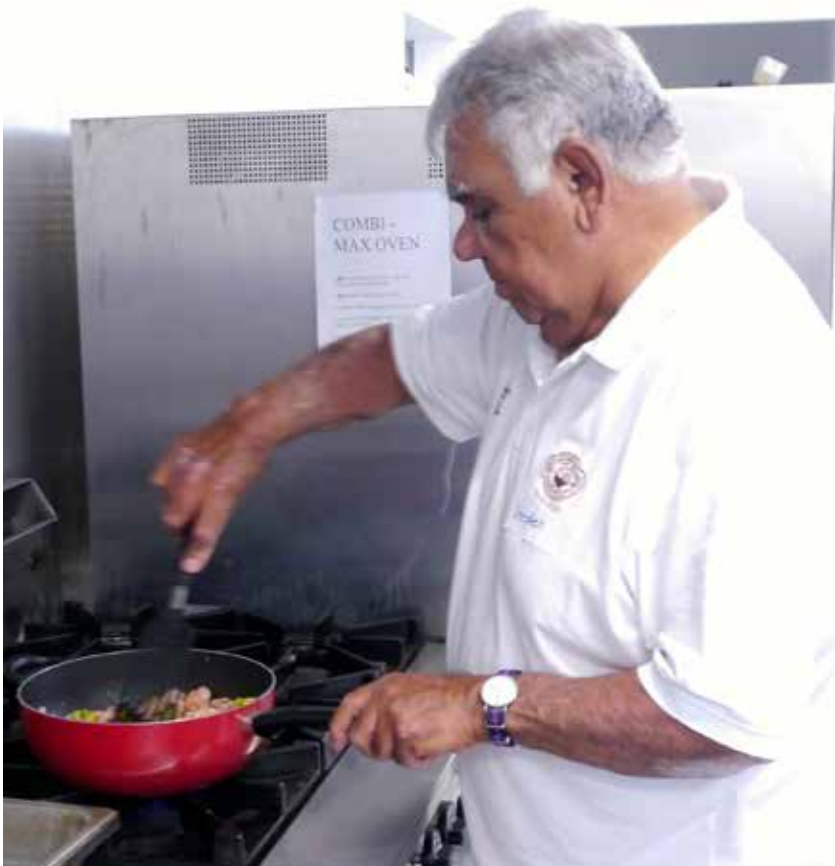
Damper (panem)

Use self raising flour, baking powder, water (*katən*) and salt (*tyindyiwa*) or replace water (*katən*) with lemonade.

Put ingredients in camp oven and cover with coals (*kirritya*) and ashes (*pawa*).

Serve with butter or butter and jam.





Fried Rice

Ingredients

1 x cup of rice to 2 cups of water (*katən*) 1 x red capsicum
1 x yellow capsicum 1 x egg (*mirrkuk*)
1 x spring onion Peas
Mushrooms (*yaləm*) Bacon
Prawns

Lemon or Spring Gully Winchester sauce, to serve.

Amount of ingredients dependent on desired flavour and number of people to be served.

Method

Step 1. Cut up prawns. Cut up spring onion. Cut bacon into pieces. Cut up red and yellow capsicum for colour. Have peas and mushrooms (*yaləm*) ready.

Step 2. Cook (*kukitya*) rice in rice cooker in microwave for 10 minutes.

Step 3. Whip egg (*mirrkuk*) and cook (*kukitya*) flat then cut into pieces.

Step 4. Cook (*kukitya*) up ingredients in wok and then add rice and egg (*mirrkuk*) pieces and mix together.

Add lemon or Spring Gully Winchester sauce for additional flavour.



Burger

Ingredients

500g mince (beef or kangaroo)

1 egg (*mirrkuk*)

1 onion

1 packet chicken noodle soup (black and gold or no name product)

Method

Step 1. Mix mince with egg (*mirrkuk*) to bind together.

Step 2. Add onion to taste (*pathema*).

Step 3. Make up chicken noodle soup and add to mince mix. Don't need to add salt (*tyindiwa*) because this is in the soup.

Step 4. Cook (*kukitya*) using preferred method (grill, broil, pan fry).

Serve with salad or veggies or create burger with bun and add toppings.



PHOTO SOURCE ezhospitality.com viewed 29/06/18

Pickled Onions

Ingredients

Brown vinegar

Teaspoon of brown sugar

Peeled small onions

Peppercorns

Method

Step 1. Fill jar half way with brown vinegar.

Step 2. Add a teaspoon of brown sugar.

Step 3. Add peeled small onions.

Step 4. Add peppercorns.

Step 5. Keep in fridge or cupboard for at least 1 week before serving.



PHOTO SOURCE lastykitchen.com viewed 29/06/18

Curried Sausages

Ingredients

- 8 sausages (cut into pieces)
- 1 cup water (*katən*)
- 1 - 2 tablespoon curry
- 1 - 2 tablespoon cornflour

Method

Step 1. Cut sausages to desired size.

Step 2. Boil (*tyalang-tyalanga*) water (*katən*) and add sausage bits.

Step 3. Leave sausages in boiled water (*katən*) and add curry to taste (*pathema*).

Step 4. Put curry water (*katən*) into container and add cornflour to thicken.

Step 5. Add thickened curry water (*katən*) to sausages.

Serve with desired side dish such as fried or plain rice.



PHOTO SOURCE: swalloworspit.wordpress.com viewed 29/08/18

Chicken Bake

Ingredients

Olive oil spray
500g chicken
4 potatoes
1 onion
1/4 small pumpkin
1 can condensed chicken soup

Method

Step 1. Spray oven dish.

Step 2. Slice generous size strips of chicken and place on bottom of dish.

Step 3. Slice potato and place a layer of sliced potato on top of chicken strips.

Step 4. Slice onion and place a layer of sliced onion on top of potato layer.

Step 5. Slice pumpkin and place a layer of sliced pumpkin on top of onion layer.

Step 6. Place another layer of sliced potato on top of pumpkin layer.

Step 7. Mix up condensed chicken soup and spread over the top.

Step 8. Bake in oven at 180°C for around 20 – 25 minutes (check if needs more time).

NOTE: Make sure chicken is properly cooked through before serving.

PHOTO SOURCE sweetlittlebird.com viewed 29/06/18



Potato Bake

Ingredients

Olive oil spray

600 mls cream

1 packet French Onion soup mix

8 large potatoes

Cheese (1 handful to sprinkle on top)

Salt and pepper to taste (*pathema*)

Method

Step 1. Spray oven dish.

Step 2. Cut up potato and place a layer of sliced potato in dish.

Step 3. Mix soup and cream and pour over potato.

Step 4. Bake in oven at 180°C for 40 minutes (with lid to dish on or off).

Step 5. Add cheese to cover the top layer and bake in oven until cheese is brown (with lid to dish off).



PHOTO SOURCE: taste.com.au viewed 29/06/18

Apricot Chicken

Ingredients

½ kg chicken pieces either breast or thigh

1 x 440 grams can of apricot nectar

1 x packet French onion soup

2 x carrots

1 x onion

Method

Step 1. Slice onion and brown off onion and chicken together.

Step 2. Slice carrots.

Step 3. Place ingredients in casserole dish.

Step 4. Add tin of apricot nectar.

Step 5. Cook (*kukitya*) at 180°C for 1 hour.

Serve with mash potatoes and peas or rice.



PHOTO SOURCE bestrecipes.com.au viewed 29/06/18



Sausage Rolls

Ingredients

500 grams sausage mince

3 x grated carrots

1 x large onion chopped finely

1 x sheet puff pastry

Method

Step 1. Mix ingredients together.

Step 2. Cut 1 x sheet puff pastry into half.

Step 3. Put mix along middle of 2 x puff pastry pieces and roll up.

Step 4. Cut into 5 pieces.

Step 5. Put on baking dish.

Step 6. Cook (*kukitya*) at 180°C for 25 – 30 minutes or until golden brown.

Serve with tomato relish.



Chicken Nuggets

Recipe Author: Susie Burrell

Image credit: Cath Muscat Publication: Taste.com.au

Ingredients

1 egg (*mirrkuk*), lightly whisked

½ cup (45g) cornflake crumbs

1 (about 200g) chicken breast fillet, cut into 3cm pieces

1 small (about 290g) orange, sweet potato (*kumara*), peeled, cut into 1cm thick slices

Olive oil spray

Sweet chilli sauce, to serve

Mixed salad leaves, to serve

Method

Step 1. Preheat oven to 200°C. Line 2 oven trays with baking paper.

Step 2. Place the egg (*mirrkuk*) and cornflake crumbs in separate bowls. Dip a piece of chicken into the egg (*mirrkuk*) then in the cornflake crumbs, tossing to coat. Place on 1 prepared tray.

Step 3. Cut sweet potato into 4cm diameter pieces. Place on the remaining tray.

Step 4. Light spray the chicken and sweet potato with olive oil spray. Bake the sweet potato for 10 minutes. Add the chicken and bake for a further 10 – 15 minutes or until the nuggets are cooked through and the sweet potato is tender. Serve with sweet chilli sauce and salad leaves.



PHOTO SOURCE: taste.com.au Viewed 29/06/18

Home Baked Fish (*yawirr*) Fingers

Recipe Author: Kate Murdoch Image credit: Luke Burgess
Publication: Taste.com.au

Ingredients

2 cups (200g) breadcrumbs
2 teaspoons finely grated lime rind
2 eggs (*mirrkuk*), lightly beaten
500g firm white fish (*yawirr*) fillets
Olive oil spray, for cooking

Method

Step 1. Preheat oven to 200°C. Place the breadcrumbs and lime rind in a bowl and mix until combined. Place the eggs (*mirrkuk*) in a separate bowl. Cut the fish (*yawirr*) into thin strips, about 12cm long. Dip each strip into the eggs (*mirrkuk*), then the breadcrumbs, pressing to coat well.

Step 2. Place the fish (*yawirr*) fingers on a baking tray lined with baking paper. Spray lightly with oil spray. Bake for 15 minutes or until golden and cooked through.

Step 3. Serve fish (*yawirr*) fingers with vegetable bundles and reduced fat mayonnaise or tomato sauce.



PHOTO SOURCE: taste.com.au viewed 29/06/18

Lambs Tails

Put lambs tails straight onto coals (*kirritya*).

Then peel the skin off.

Has a sweet (*wutya – wutya*) flavour.

ROY BRIGGS' STORY

Uncle talked about cooking lambs tails at the 6 mile and out the back of McCauley street. He would make a big fire and he would keep feeding it wood until there was enough coals to cook (*kukitya*) the tails on. He would then put the lambs tails straight onto the hot coals (*kirritya*), then wait to hear the sizzling and popping and he knew they were done. He said they had a nice sweet (*wutya – wutya*) taste.

Johnny Cakes

Use self raising flour and water (*katən*).

Can be cooked dry or wet (with oil).

Cook (*kukitya*) on coals (*kirritya*).

Serve with butter and golden syrup.



PHOTO SOURCE: reset-doulaur.info viewed 29/06/18

How to Prepare Freshly Caught Fish (*yawirr*)

Brim – freeze first.

Cod and yellow belly – hang it after gutted to let it dry.

Wrap in foil and bake – once cooked, remove the gut.

Or

Wrap in foil with lemon, tomato and onion, to keep fish (*yawirr*) moist, and put in camp fire and cover with coals (*kirritya*) to cook (*kukitya*) in its own juices.

To crumb fish (*yawirr*), use salt and vinegar chips (crush up to create crumbs) instead of using breadcrumbs.

PHOTO SOURCE allrecipes.com viewed 29/06/18



PHOTO SOURCE poseidonseafood.com.au viewed 29/06/18



PHOTO SOURCE charles-saunders.com viewed 29/06/18



PHOTO SOURCE thehealthycookingblog.com viewed 29/06/18



Fish (yawirr) Patties

Recipe Author: Melinda Henry Publication: Essentialbaby.com.au

Ingredients

500g potatoes peeled and cut into chunks

1 zucchini, grated

1 carrot, grated

425g can tuna in springwater, drained

Salt and pepper, to taste (*pathema*)

1 tbs oil for cooking

Lemon wedges, to serve

Method

1. Place potatoes in a saucepan of cold water and bring to the boil (*tyalang-tyalanga*). Cook for 10 minutes or until soft then drain and mash.
2. Add zucchini, carrot, tuna and salt and pepper to potato and mix well.
3. Heat oil in pan.
4. Form into small patties.
5. Cook (*kukitya*) patties until golden brown (about 2 minutes each side).
6. Serve with lemon wedges and salad.

PHOTO SOURCE essentialbaby.com.au viewed 29/06/18



Potato Pancakes

Recipe Author: SWIZZLESTICKS Publication: allrecipes.com

Ingredients

- 2 eggs (*mirrkuk*)
- 2 tbsp all purpose flour
- ¼ tsp baking powder
- ½ tsp salt (*tyindyiwa*)
- ¼ tsp black pepper
- 6 medium potatoes, peeled and shredded
- ½ cup onion, finely chopped
- ¼ cup vegetable oil

Method

1. In a large bowl, beat together eggs (*mirrkuk*), flour, baking powder, salt (*tyindyiwa*) and pepper.
2. Mix in potatoes and onion.
3. Heat oil in a large skillet over medium heat.
4. Working in batches, drop heaped tablespoonfuls of the potato mixture into the skillet. Press to flatten.
5. Cook (*kukitya*) for about 3 minutes on each side until browned and crispy.
6. Drain on paper towels.



PHOTO SOURCE kitchme.com viewed 29/06/18

Zucchini Slice

Recipe Author: misschievously.wordpress.com

Ingredients

- 1 onion diced
- 3 bacon rashers diced
- 1 cup of self- raising flour
- 5 eggs (*mirrkuk*)
- 1 cup of cheese grated
- 1 ½ cups zucchini unpeeled grated
- 1 cup carrot grated
- ½ cup oil
- ½ tsp of salt (*tyindyiwa*)
- ½ tsp of pepper
- 1 tbs butter

Method

1. Preheat oven to 150°C.
2. Fry onion and bacon until cooked.
3. Sift flour into a bowl, add eggs (*mirrkuk*) and rest of ingredients. Stir well.
4. Pour into a greased dish.
5. Bake for about 30 - 40 minutes or until skewer comes out clean.



PHOTO SOURCE misschievously.wordpress.com viewed 29/06/18

Chicken Salad

Recipe publication: mydiet.com

Ingredients

- 2 cooked skinless, boneless chicken breasts (cut into cubes or strips)
- 2 celery stalks (chopped)
- ¼ red onion (chopped)
- ½ cup red seedless grapes (quartered)
- ½ cup Greek yogurt, non-fat
- 1 tsp garlic powder
- 1 tsp freshly ground black pepper
- 2 whole wheat pita pockets (halved)
- 4 romaine lettuce leaves
- Sea salt (*tyindyiwa*) to taste (*pathema*)

Method

1. Mix ingredients in bowl.
2. Place lettuce leaves in pita pockets.
3. Then add mixture to pockets.



PHOTO SOURCE: bigstock.com

Quick Beef Stir Fry

Recipe Author: inesgosner Publication: allrecipes.com

Ingredients

- 2 tablespoons vegetable oil
- 1 pound beef sirloin, cut into 2 inch strips
- 1 1/2 cups fresh broccoli florets
- 1 red bell pepper, cut into matchsticks
- 2 carrots, thinly sliced
- 1 green onion, chopped
- 1 teaspoon minced garlic
- 2 tablespoon soy sauce
- 2 tablespoons sesame seeds, toasted

Method

1. Heat vegetable oil in a large wok or skillet over medium-high heat.
2. Cook (*kukitya*) and stir beef until brown (3 to 4 minutes).
3. Move beef to the side of the wok. Add all vegetables to the centre of the wok, and stir beef through the vegetables.
4. Season with soy and sesame seeds.

PHOTO SOURCE allrecipes.com viewed 29/06/18



Avocado Toast with Egg (*mirrkuk*)

Recipe Author: Rachael Ray Every Day Publication: rachaelraymag.com

Sometimes simple is just better.

Top two lightly toasted slices of whole-grain bread (*panem*) with smashed avocado and a sprinkling of salt (*tyindyiwa*) and pepper. Layer on two sunny-side up eggs (*mirrkuk*) for a healthy dose of protein, and you've got a well-rounded breakfast.

Or scramble your eggs (*mirrkuk*).



PHOTO SOURCE: rachaelraymag.com viewed 29/06/18

Tuna Garlic Pasta

Ingredients

1 tablespoon olive oil
4 cloves garlic
(Butterfly) pasta cooked
1 large tin tuna
1 bunch asparagus
1 bunch broccolini

(Serves 2)

Method

1. Put olive oil in a hot pan, then add garlic.
2. When you can smell the garlic remove from heat.
3. Add steamed or boiled veggies.
4. Cook (*kukitya*) on low heat until veggies are slightly brown.
5. Add tuna to the cooked pasta then stir through veggies.



Cream Cheese Sandwich

Recipe Author: Tarla Dalal Publication: tarladalal.com

Ingredients

½ cup cream cheese

¼ cup finely diced capsicum

¼ cup shredded carrot

1 tbsp spring onions

Salt (*tyindiywa*) to taste (*pathema*)

¼ tsp black pepper

¼ tsp roasted cumin powder

Pinch of coriander leaves

Method

Mix all ingredients together (mix well).

Spread on brown bread (*panem*).



PHOTO SOURCE: tarladalal.com viewed 29/06/18

Veggie Tuna Bites

Recipe Publication: successfulworkplace.org

Ingredients

Canned tuna

Shredded carrots

Pickles

Cucumber

Olives

Dijon mustard

Mayo

Salt (*tyindyiwa*), pepper

Wheat crackers

Method

Combine all ingredients and mix well.

Use wheat crackers for scooping.

PHOTO SOURCE successfulworkplace.org viewed 29/06/18



Savoury Scrolls

Recipe inspired by: beafunmum.com

Ingredients

1 sheet puff pastry

2 rashers bacon

2tbs tomato paste

¼ cup parmesan cheese

Method

1. Smooth tomato paste over pastry.
2. Scatter chopped bacon and cheese over pastry.
3. Roll pastry into log, cut into pinwheels and bake at 180°C for 15 minutes or until golden brown.



PHOTO SOURCE beafunmum.com viewed 29/06/18

The Ultimate Twice Baked Potatoes

Recipe Author: Christy Denney Publication: the-girl-who-ate-everything.com

Ingredients

- 4 large baking potatoes
- 8 slices bacon
- 1 cup sour cream
- ¼ to ½ cup milk
- 4 tablespoons butter
- ½ teaspoon salt (*tyindyiwa*)
- ½ teaspoon pepper
- 1 cup shredded cheddar cheese, divided
- 8 green onions, sliced, divided



PHOTO SOURCE keyingredient.com viewed 29/06/18

Method

1. Preheat oven to 350°C.
2. Bake potatoes in preheated oven for 1 hour. You can just microwave the potatoes instead because it is way faster and they taste just as good. About 3 minutes per potato, just check for tenderness. So, if you are cooking 4 potatoes in the microwave you will need to cook (*kukitya*) them for at least 12 minutes. Make sure to poke holes in the potatoes with a fork before microwaving so that they don't explode.
3. Meanwhile, place bacon in a large, deep skillet. Cook (*kukitya*) over medium high heat until evenly brown. Drain, crumble and set aside.
4. When potatoes are done allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl leaving about ¼ inch of flesh so the potato maintains its shape; save skin. To the potato flesh add sour cream, butter, salt (*tyindyiwa*), pepper, ½ cup cheese, ½ the green onions, and milk (start adding ½ cup of milk but you may not need to add it all depending on the consistency you want. You don't want them too runny). Mix with a hand mixer until well blended and creamy. Spoon the mixture into the potato skins.

Zucchini Fritters

Recipe Author: Carrie Vasios Mullins Publication: seriouseats.com

Ingredients

- 2 eggs (*mirrkuk*)
- ¼ red onion grated
- ½ zucchini grated
- 2tbs carrot grated

Method

1. Beat eggs (*mirrkuk*) and add remaining ingredients to mixture.
2. Season with salt (*tyindyiwa*) and pepper to taste (*pathema*).
3. Heat a non stick fry pan over medium heat.
4. Spoon mixture into pan, leaving room for spreading.
5. Cook (*kukitya*) 2 minutes each side.



PHOTO SOURCE: seriouseats.com viewed 29/06/18

No Bake Healthy Peanut Butter Fudge

Recipe Author: Dr Alysia Ehle Publication: slimsanity.com

Ingredients

½ cup dark chocolate chips

1/3 cup peanut butter

½ cup coconut oil

1/3 cup cocoa powder

2tbs peanut butter

Method

Microwave choc chips for 30 seconds,
add peanut butter and microwave additional
30 seconds.

Repeat until melted.

Add coconut oil and microwave additional 30 seconds .

Then stir in the cocoa powder until completely mixed.

Pour mixture into a glass pan.

Melt additional tablespoons of peanut butter, and drizzle in lines over the fudge mixture.

Drag a knife across the peanut butter lines to make patterns on top.



PHOTO SOURCE slimsanity.com viewed 29/06/18

Fruit Salad Icy Poles

Recipe Author: Amy Zempilas Publication: absoluteamy.com

Ingredients

You can use any kind of seasonal fruit.

2 x kiwi fruit

1 x mango

8 x strawberries cut in half

Handful of blueberries

Coconut water

Method

Place fruits into the moulds.

Fill the moulds with coconut water.

Freeze over night.

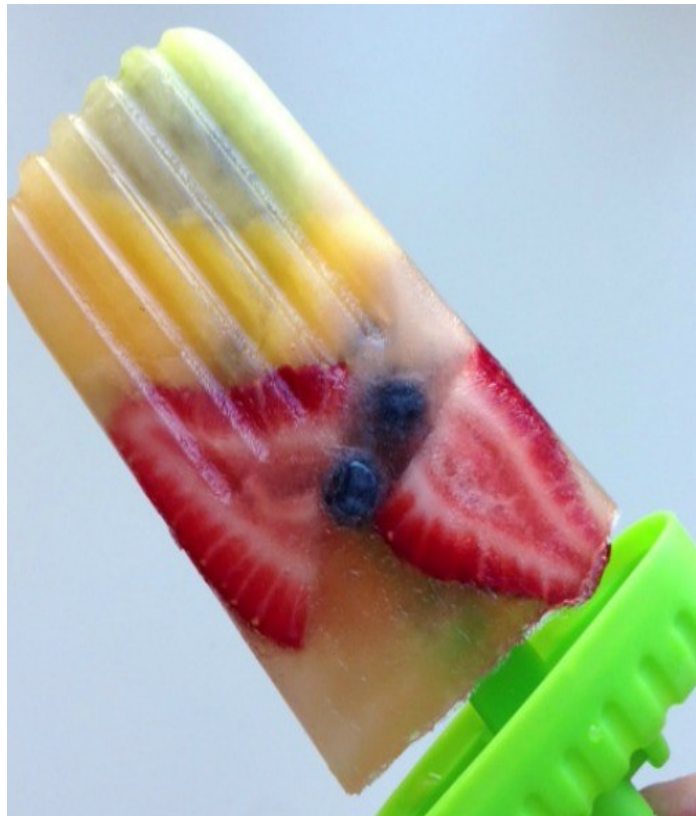


PHOTO SOURCE absoluteamy.com viewed 29/06/18

Water (*katən*)

Drink (*kupa*) plenty of water (*katən*).



PHOTO SOURCE farmonline.com.au viewed 29/06/18

telkaya
'tell-kah-yah'
TO BE WELL

kukitya
'kuuk-ih-tchah'
TO COOK

tyaka
'tchah-kah'
TO EAT

pathema
'pahd-ema'
TO TASTE FOOD

wutya-wutya
'wuuh-tchah wuuh-tchah'
SWEET

wika
'wii-kah'
TO BE HUNGRY

kirritya
'kirr-ih-tchah'
COOK ON COALS

parngga
'parng-gah'
TO BE THIRSTY

tyakila
'tchah-kiil-ah'
TO GOBBLE UP

