



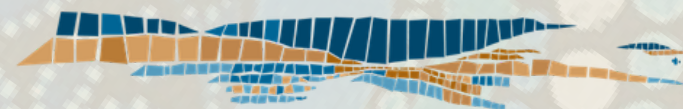
The *Earth to Table* artwork symbolises the deep connection between Country, community and food in the Jambinu region.

The brown earth and blue water represent earth and sea - important food sources of many cultural foods.

Jambinu is depicted as a central gathering place surrounded by people, representing the Yamaji community involved in this project.

People are shown sitting and yarning, symbolising the sharing of food knowledge, recipes, and cultural traditions brought together in

Earth to Table.



Western Australian Centre for Rural Health



MITSUI E&P
Australia



Geraldton Sporting
Aboriginal Corporation



beach

Earth to Table

A celebration of rich traditional cultural foods

Acknowledgements

We honour the life and legacy of Dr Charmaine Papertalk Green, a proud Wajarri, Badimaya and Wilunyu woman whose contributions have left an indelible mark on the Midwest Jambinu community and beyond. Dr Green played an integral role in the *Earth to Table* project, helping to shape its direction and ensure it remained grounded in community voices and cultural knowledge.



Dr Green was a gifted visual artist, author, poet, photographer, storyteller, social science researcher and academic. Her work reflected a deep commitment to sharing cultural knowledge and uplifting Aboriginal voices across many spheres. Dr Green's life's work in advancing the health and wellbeing of Aboriginal people leaves a powerful legacy; one that will continue to inspire and guide us for generations to come.

We thank our funders, Mitsui E&P and Beach Energy, WACRH and GSAC.

We acknowledge GRAMS and the Shooting Stars program students and staff for providing recipes. Thank you to the local Elders and contributors including, Beau Simpson, Denielle Riley, Kaitland Kelly, Jordan Calvin, David Ronan and Len Papertalk, and WACRH staff Meredith Hancock and Lenny Papertalk.

We also recognise the contributions of dietetic students: Lisa Le, Kristen Tubbs, Nicola Grobbelaar, Alyssa Reinholdtsen, Isabelle Scarpuzza, Louise Devereux, Lauren Winnett and Courtney Harris.

Recipe Book Story

Earth to Table celebrates the rich cultural foods of the Jambinu (Geraldton) region of Western Australia.

This book was developed through partnerships between Yamaji community members, Elders, local organisations and student dietitians.

More than a collection of recipes, *Earth to Table* acknowledges local cultural foods and how they contribute to health and wellbeing. It includes a blend of traditional and non-traditional recipes selected by community, that can be made using everyday ingredients and easily adapted based on foods and equipment at hand.

Most importantly, *Earth to Table* honours connection and collaboration through the shared experience and enjoyment of food, culture, and community.

Disclaimer: This booklet references a number of native cultural foods. If hunting or gathering your own ingredients, please take care to follow appropriate procurement guidelines and ensure ingredients are correctly identified, safe to eat and free from toxins. It's also worth checking that foraging is allowed where you are, and that you're following any local, state or Australian laws. Many cultural foods can be sourced commercially, and recipes can easily be substituted for other ingredients if you are unsure.

Serve Guide

Carbohydrates (1/4 plate)



1 Fist

Pasta/Rice/Damper

OR



1 Palm

Lean protein (1/4 plate)

1 Palm

Kangaroo/ Fish



Vegetables (1/2 plate)

2 Cupped
Hands
Leafy
Greens



OR



1 Fist
Raw Veg/ Salad

Balanced Plate

Adults Healthy Plate Guide

1/4 carbohydrate
source (grains,
damper, potatoes,
pasta)



1/4 lean protein
(kangaroo, fish,
beef)



1/2 vegetables (not
including potatoes)



Diabetes

Your body uses sugar for energy. Diabetes means sugar stays in your blood for too long and this can make you sick.

Types of diabetes



Gestational Diabetes

- High blood sugar levels during pregnancy.



Pre-Diabetes

- Blood sugar levels are a bit higher than normal and you are at risk of diabetes.



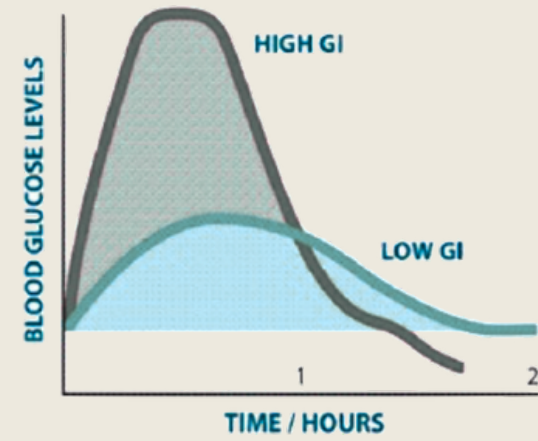
Type 1

- This type is not caused by food.
- You will need medication to manage it.



Type 2

- Can be caused by food.
- Does not always need medication.



High or Low GI?

- Food with sugar, or carbs, is either high or low GI.
- High GI raises sugar fast, and we want to have less of these foods.
- Low GI gives you energy for a longer time and helps keep sugars steady.

Look for the Low GI swaps noted throughout this booklet.

Symptoms to look out for



Feeling very tired



Feeling very thirsty



Urinating a lot



Blurry vision

Food from Country



- Aboriginal bush foods are rich in nutrients.
- Food from Country has always kept Aboriginal people well and connected to land and sea.

Food from Country



Bardi

Grub found in roots; eaten raw or lightly cooked.



Yalibirri

Eggs can also be eaten.



Marlu

'Red' kangaroos can be found inland.



Burun-burun

Fish caught in local rivers in warmer months.



Bardura

Bush Turkey tracked seasonally across bushland.

On Jambinu country, the Geraldton region offers a rich mix of food from both land and sea.

Local foods may include fresh seafood, kangaroo, bungarra and quandong, all shaped by the seasons and surrounding environment.



Crayfish

Caught off the Jambinu coast.



Guwiyarl

Bungarra is traditionally cooked on coals.



Warlgu

Quandongs are gathered seasonally; eaten fresh or made into jam.



Gunduwa

Sourced from inland bush areas.



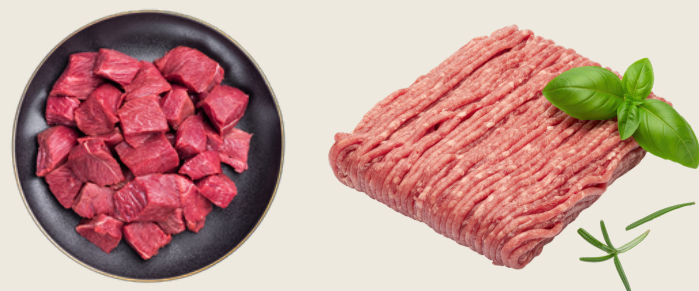
Tailor

Seasonal coastal fish caught in cooler months.

Ingredients

With a mix of these foods, all recipes in this booklet can be made and enjoyed. Swap ingredients for what you have at home.

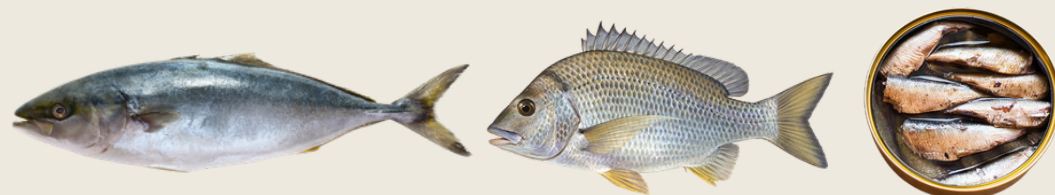
Kangaroo & Beef



Chicken or Bush Turkey



Fish



Eggs



Vegetables



Rice & Pasta



Flour & Bread



Oils & Butter



Dairy Products



Seasonings



Equipment

Traditional foods can be prepared in many ways - including home kitchens or on Country. Swap equipment for what you have at hand.



Chopping Board → clean plate or thick clean piece of plywood



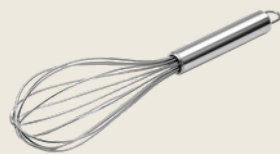
Chopping Knives → grater for small cuts, scissor for larger cuts



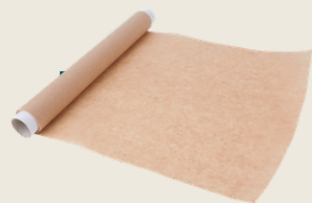
Kettle → pot with boiling water or billy teapot.



Colander → strainer or lid on pot



Whisk → fork, spoon or hand mixer



Baking Paper → aluminium foil or butter to cover the edges and base of tray



Camp oven → billy pot or billy teapot



Oven/ Stove → open fire



Frying Pan → electric frypan or cast iron skillet



Baking Tray → cast iron pan or glass dish



Measuring Cups → mug



Measuring Spoons → regular spoons

Key Nutrients



Protein

Keeps your muscles strong and helps your body repair itself, so you can stay active and strong for daily life, work, and community activities.



Healthy Fats

Supports a healthy heart, which is important as heart disease is more common in Aboriginal and Torres Strait Islander communities.



Fibre

Keeps you full after eating and helps keep blood sugar levels stable, which is important for managing diabetes.



Iron

Helps your body carry oxygen and stops you feeling tired, which is important as low iron can affect energy levels.



Calcium

Makes strong bones and teeth, helping you stay strong and independent as you get older.

Food Safety

Germs can make you sick. Follow these simple steps to stay safe.

Wash your hands, cooking area & fruit and veg



Wash for 20 seconds & dry well



Clean utensils before cooking



Avoid mouldy food

Keep food separate and store safely in fridge or freezer



Keep raw meat away from other food



Cover leftovers & eat within 2-3 days



Use an esky when out bush

Use safe water



Use clean tap water for cooking and washing

Cook food well



Cook meat, eggs, seafood until hot

Kangaroo Con Carne



Serves: 8

Time: 45 minutes

Ingredients list

- 1kg kangaroo mince
- 4 tomatoes or 2 cans diced tomatoes
- 1 can of red kidney beans
- 1 onion
- 2 garlic cloves
- 1 capsicum
- 1 carrot
- 1 cup of chicken or beef stock
- 2 cups of rice
- 4 cups of water to cook rice
- 1 tbsp olive oil

Swap for beef or chicken mince

Good source of protein and fibre

Choose low salt stock

- Spices - can buy a spice mix
 - 1 tsp paprika
 - 1 tbsp cumin
 - 1/2 tsp chilli powder



Method

Step 1:



Dice onion, capsicum, carrot and garlic.

Step 2:



Cook onion and garlic in olive oil until soft. Add mince and cook until brown. Add capsicum and carrot. Cook for 5 minutes.

Step 3:



Stir in spices or spice mix.

Step 5:



Whilst meat simmers, cook rice according to packet instructions.

Step 4:



Drain and rinse kidney beans. Add kidney beans, tomatoes and stock to pot. Simmer on low heat for 30 minutes.

Step 6:



Serve with rice.

Tip: use leftovers for the next day's lunch or serve as a burrito or in a lettuce cup.



Watch the video



Lasagne



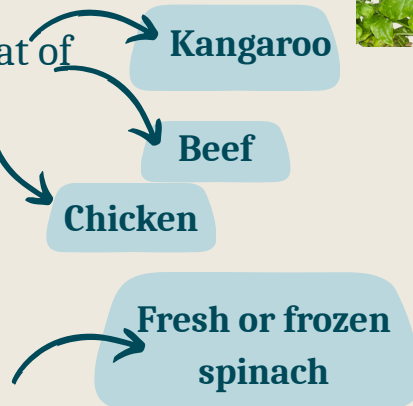
Serves: 8

Time: 1 hour

Ingredients list

Base

- 500g beef or minced meat of choice
- 1 brown onion
- 2 garlic cloves
- 2 carrot
- 1 capsicum
- 1 celery stick
- 200g warrigal or other greens, finely chopped
- 1 can diced tomatoes
- 1 tbsp olive oil
- 1 tsp pepper
- 2 tbsp mixed herbs
- 350g lasagne sheets
- 1 cup grated cheese



Sauce

- 3 cups milk
- 3 tbsp butter
- ¼ cup flour
- 1 tsp salt
- 1 tsp pepper



Step 3:



Add minced meat to the onion and garlic and cook until brown.

Step 5:



Meanwhile, make the sauce by melting the butter. Once melted add the flour and continue stirring for 3 minutes.

Step 7:



Layer a tray with mince mix and lasagne sheets. Add sauce on the top layer, sprinkling cheese over the top.

Step 4:



Add chopped vegetables, herbs and canned tomatoes. Mix, place lid on and allow the vegetables to soften.

Step 6:



Add milk, salt and pepper. Continue stirring until sauce thickens.

Step 8:



Bake in 180°C oven for 25 minutes or until golden brown on top.

Method

Step 1:



Chop the onion, garlic, carrot, capsicum, and celery into small cubes.

Step 2:



Fry the garlic and onion in olive oil until lightly brown.



Bully Beef Stew



Serves: 4

Time: 3.5 hours.

Ingredients list

- 400g corned beef
- 4 potatoes
- 2 carrots
- ½ a small cabbage
- 1 onion
- 4 cloves of garlic
- 3 tbsp olive oil - can use any cooking oil
- Herbs - 2 bay leaves and 1 tbsp thyme
- 500mL water
- 500mL beef stock
- Pepper to taste

Can swap for kangaroo, chicken or fish

Swap for sweet potato or yams

Choose reduced salt stock



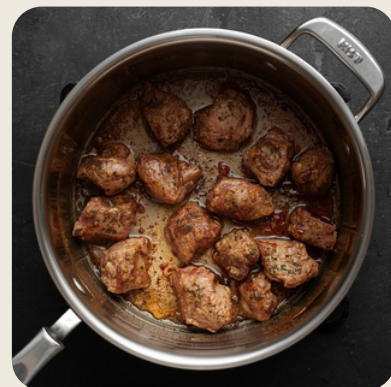
Method

Step 1:



Chop up potatoes, carrots, cabbage, onion, and crush garlic.

Step 2:



Brown meat of choice in olive oil in a medium pot.

Step 3:



Add onion and garlic to meat. Cook until soft.

Step 5:



Turn heat to low heat. Close pot with lid and let cook for 3 hours.

Step 4:



Add potatoes, carrots, cabbage, herbs, beef stock, and water to pot.

Step 6:



Season with pepper to taste and serve!

Spaghetti Bolognese



Serves: 5
Time: 40 minutes

Ingredients list

- 500g mince of choice
- 300-400g spaghetti
- 1 tbsp olive oil
- 1 brown onion
- 1 carrot
- 2 garlic cloves
- 1 can crushed tomatoes
- 500g tomato pasta sauce
- 2 tbsp mixed herbs
- ½ tsp pepper



Choose wholemeal option for extra fibre

Can swap for 3 fresh tomatoes

Swap for fresh herbs that are in season

Method

Step 1:



Crush garlic and dice the vegetables. Add garlic and onion to heated oil in a pan and cook until brown.

Step 2:



Add mince to the pan and lightly brown. Then add tomatoes, carrots, herbs and pepper. Stir well.

Step 3:



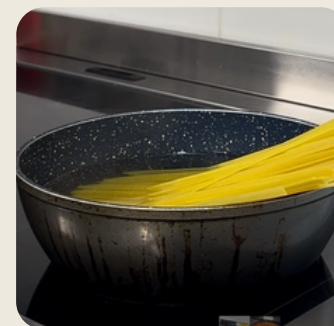
Add pasta sauce, and simmer.

Step 4:



Meanwhile, boil water with a pinch of salt.

Step 5:



Add spaghetti to the water. Boil for 8-12 minutes.

Step 6:



Once pasta is cooked, serve topped with bolognese sauce.

Try choosing 4 star + mince for lower fat content. Kangaroo mince is a leaner choice.

Add more veg for extra nutrients and to make the meal go further. Fresh, canned or frozen will all work.

Watch the video



Kangaroo Rissoles



Serves: 4

Time: 20 minutes



Ingredients list

- 500g kangaroo mince
- 1 brown onion
- 2 eggs
- ½ cup plain flour
- 1-2 tsp butter or oil
- Pepper & spices, to taste

Can swap for lean beef or chicken

Can be served on their own, with mash or damper and sauce, or cooked in a baking dish with tomato soup as the base.

Method

Step 1:



Dice onions.

Step 2:



In a bowl, mix the onion, mince and pepper until combined, then create medium sized balls with your hands.

Step 3:



In separate bowl, beat eggs and then roll the mince balls in the mix until fully coated.

Step 4:



Place plain flour in a separate bowl. Roll each mince ball in the flour so they are fully coated.

Step 5:



Heat a pan with butter or oil, add mince balls and flatten them down with a spatula. Cook until rissoles are golden brown and cooked through.



Watch the video



Curry Coated Fish



Serves: 4
Time: 15 minutes

Ingredients list

- 4 fish fillets (e.g., snapper, barramundi, or tailor)
- ½ cup plain flour
- 1–2 tsp curry powder
- Pepper to taste
- 2 tbsp butter, for frying



Swap for margarine

Method

Step 1:



In a bowl, combine flour, pepper and curry powder. Mix until the flour has a light yellow colour from the curry powder.

Step 2:



Place fish fillets in the flour mixture and coat them evenly on all sides. Shake off any excess flour.

Step 3:



Heat a frying pan on medium heat and add butter. Allow the butter to begin to bubble.

Step 4:



Place the coated fish fillets into the pan. Cook for 3–4 minutes per side, until the coating is golden brown and the fish flakes easily with a fork.

Try adding

- Rice and vegetables
- With salad and lemon
- Alongside damper or bread
- With mashed potato or roasted vegetables



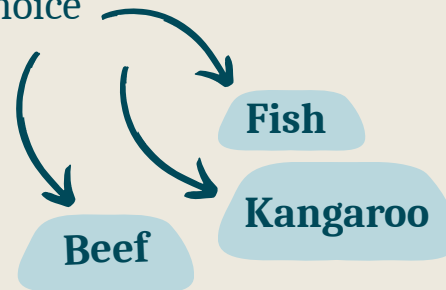
Rice Paper Rolls



Serves: 12 rolls
Time: 30 minutes

Ingredients list

- 150g vermicelli noodles
- 12 sheets of rice paper
- 500g meat of choice
- 1 capsicum
- 1 carrot
- 1 cucumber
- ¼ cabbage
- Mint leaves
- 1 tbsp olive oil



Method

Step 1:



Cut meat into long strips.

Step 2:



Add oil to a large fry pan and cook meat for 20 minutes.

Step 3:



Wash vegetables and cut into long strips.

Step 4:



Pour boiling water over noodles & let soak until clear, around 5 minutes.

Step 5:



Pour boiling water into a tray. Dip rice paper into water shiny side down.

Step 6:



Set up rolling station with all fillings.

Step 7:



Fold top over fillings, fold sides in and roll.

Optional: Sweet chilli sauce to serve



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Pea & Ham Soup



Serves: 8

Time: 1 hour 30 minutes

Ingredients list

- 650g dried split peas
- 1.5-2kg ham bone - can be a meat leftover ham bone or diced ham
- 3 cloves of garlic
- 3 bay leaves
- 1 brown onion
- 2 carrots
- 2 potatoes
- 3 celery sticks
- 2.5L of water
- Pepper to taste
- Serve with bread

Smoked pork or diced bacon, lamb shank, lamb

Can swap for turnips, parsnips, and other root vegetables

Choose a low GI bread such as multigrain



Method

Step 1:



Chop onion, potatoes, carrot and celery. Crush the garlic.

Step 2:



Place peas, ham bone and water into a large pot on medium heat on a the stove.

Step 3:



Add garlic, onion, potatoes, carrot, celery, and bay leaves to the pot. Mix in with the ham and peas.

Step 5:



Remove the bone, fat, and bay leaves from pot. Shred the ham using a fork.

Step 4:



Add water to the pot and cover with a lid. Cook for 1 hour and 20 minutes on low heat.

Step 6:



Add pepper to taste. Serve with bread.

Top with small croutons, roasted pine nuts, roasted peas, or crispy bacon bits.

Tacos



Makes 16

Time: 30 minutes

Ingredients list

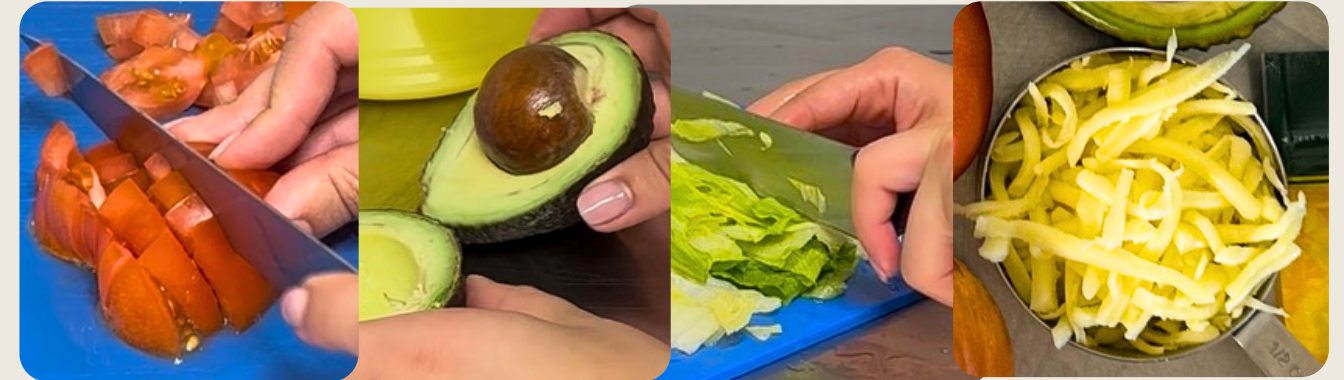
- 500g minced meat (beef, chicken, kangaroo)
- 1 tbsp oil
- 1 packet taco spice mix
- ½ cup water
- 1 brown onion, diced
- 2 tomatoes
- 1 iceberg lettuce
- 1 cup of grated cheese
- 2 avocados
- 12 flour tortillas
- Taco sauce

Swap for emu, chicken, or kangaroo mince

Choose wholegrain for a low GI option



Step 3:



Prepare toppings - while the meat cooks, dice tomatoes, shred lettuce, slice avocado and grate cheese.

Step 4:



Warm tortilla - remove the freshness sachet and heat the tacos in microwave for 40 seconds or on a hot pan.

Step 5:



Assemble - Fill each tortilla with meat mixture, then top with desired fillings: lettuce, tomato, avocado, cheese and salsa. Serve immediately and enjoy!

Method

Step 1:



Heat oil in a frying pan, cook onion until soft then add mince. Cook until brown.

Step 2:



Add seasoning and water and stir. Simmer until the sauce thickens.

Tip: You can purchase a taco kit which comes with taco shells, spice mix and sauce or make your own.

Watch the video



Kangaroo Massaman Curry 🍖🩸🌿

Serves: 12

Time: 1.5 hours

Swap for chuck steak or chicken thigh (fat removed)

Ingredients list

- 1.5 kg kangaroo (or meat of choice), chopped
- 1 onion
- 5 cloves garlic
- ½ small head fresh ginger
- 2 carrots
- 4 potatoes
- 250g massaman curry paste
- 2 cups water
- Pepper/ herbs to taste
- 6 cups rice
- 12 cups water to cook rice

Swap for yams or sweet potato

Choose a lower GI rice like long grain or basmati



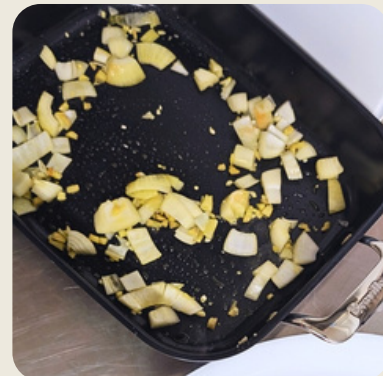
Method

Step 1:



Chop garlic, onion, and ginger into small pieces. Chop carrot and potato into large chunks.

Step 2:



Fry onion, garlic and ginger in olive oil.

Step 3:



Once meat is cut into small cubes, add to onion mix and lightly brown. Cover with a lid to allow to stew in juices for 30 minutes.

Step 4:



Add potatoes, carrot, massaman curry paste and water to pot. Stir and simmer for 30 minutes or until vegetables are cooked.

Step 5:



While simmering, cook rice according to package instructions.

Step 6:



Once curry is cooked, serve with rice.

Beef Chow Mien



Serves: 6-8

Time: 20-30 minutes

Ingredients list

- 400g mince
- ½ a cabbage
- 1 capsicum
- 1 onion
- 2 carrots
- 4 cloves of garlic
- 2 cups of rice
- 4 cups of water to cook rice
- 2 tbsp olive oil

Swap for minced beef, chicken, kangaroo or emu

Sauce

- 3 tbsp soy sauce
- 3 tbsp oyster sauce
- 2 tbsp white rice wine vinegar
- 1 tbsp plain flour
- 1 tsp sugar
- Black pepper to taste

Choose low salt option



Method

Step 1:



Combine sauce ingredients in a bowl and mix.

Step 2:



Add rice and water to a large pot on the stove. Cook according to packet instructions.

Step 3:



Chop up vegetables and garlic.

Step 5:



Add garlic and onion to mince and cook until onion is soft. Add carrot and capsicum to pan and cook for 5 minutes.

Step 7:



Add rice to meat and vegetables and mix until combined. Stir in remaining sauce, season & serve.

Step 4:



Add oil to a large frypan and brown mince. Pour in 2 tbsp of sauce.

Step 6:



Mix in cabbage and cook for 1-2 minutes.

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Mince Base



Serves: 6

Time: 40 minutes

Ingredients list

- 500g minced meat
- 2 tsp olive oil
- 1 onion
- 1 carrot
- 1 celery stick
- 1 garlic clove
- 1 tbsp tomato paste
- 1 tbsp soy sauce
- ¾ cup vegetable stock

Swap for
leftover veg

Choose low
salt stock



Method

Step 1:



Chop up onion, carrot and celery stick.

Step 2:



Crush garlic.

Step 3:



Heat a large pan to medium heat, add oil and fry the onion and garlic until brown.

Step 5:



Add mince and cook until browned.

Step 7:



Place lid on pan and bring to boil. Once boiled, reduce the heat and let simmer (small bubbles) for 20 minutes.

Step 4:



Add the carrot and celery. Fry until soft.

Step 6:



Add stock or water, tomato paste and oyster sauce. Mix well.

Serve with rice or pasta. Use as the filling for tacos, nachos or stuffed capsicums.



Green Goodness Dip



Serves: 5
Time: 10 minutes

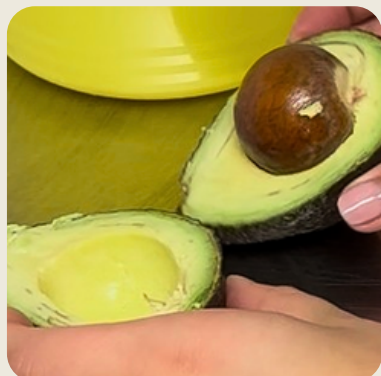
Ingredients list

- 1 avocado
- 1 tomato
- 1 tsp basil or a pinch of chilli powder
- Fresh lemon juice
- Pepper



Method

Step 1:



Cut the avocado in half, take out the seed and scoop the filling into a small bowl.

Step 2:



Mash the avocado with a fork.

Step 3:



Finely dice the tomato and mix it into the avocado.

Step 5:



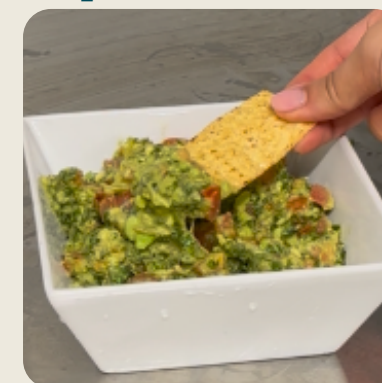
Mix in chopped basil or chilli powder, add a pinch of salt and pepper and stir to combine.

Step 4:

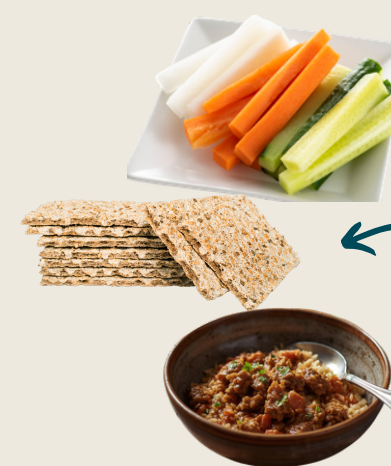


Cut the lemon in half, juice one side and add to the bowl.

Step 6:



Serve and enjoy!



- Serve with:
- Vegetable sticks
 - Crackers
 - Mince base (page above)

Watch the video



Bower Spinach Mix



Serves: 4

Time: 15 minutes



Ingredients list

- 2 tbsp olive oil
- 2 garlic cloves
- 1 tbsp soy sauce (optional)
- 200g bower or other spinach leaves
- 2 tbsp water
- Pepper to taste

Choose low salt

Can add small amounts of saltbush, warrigal green or karkalla leaves



Method

Step 1:



In a large wok or pan add oil and heat for 1-2 minutes.

Step 2:



Crush garlic and add to wok for 30 seconds.

Step 3:



Add spinach or other greens. Stir-fry for 2 minutes.

Step 4:



Add soy sauce and water to wok and stir-fry for 1 minute.

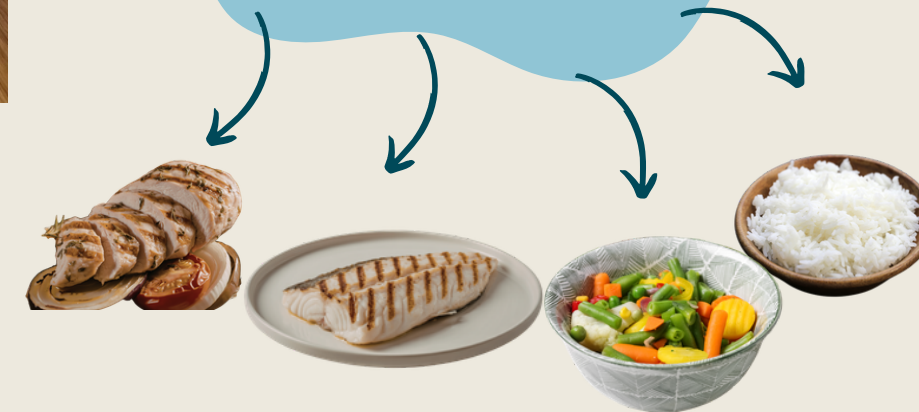
Step 5:



Season with pepper, serve warm & enjoy!

Serve as a side with:

- Grilled meat or seafood
- Rice
- Stirfried vegetables



Damper



Serves: 8

Time: 30 minutes

Ingredients list

- 2 cups self-raising flour
- 1 tsp salt
- ½ cup powdered milk
- ½ cup water

Choose wholemeal



Wattleseed damper

- Add 2 tbsp ground wattle seed to flour



Method

Step 1:



Mix the flour, milk powder and salt together. Make a small hole in the middle of the flour mix.

Step 2:



Add the water to the hole.

Step 3:



Mix with a wooden spoon until flour, milk and water combines.

Step 5:



Form into a flat, circular shape.

Step 4:



Once combined, tip dough onto a flat baking tray.

Step 6:



Bake in the oven (180°C) for 25 minutes or until golden. Serve with your choice of toppings.

Wholemeal flour provides fibre for healthy digestion.



Watch the video



Damper Scones



Serves: 10

Time: 30 minutes

Ingredients list

- 3 cups self-raising flour
- 1 tsp salt
- 80 grams butter
- ¾ cups of water
- ¼ cup of dried fruit (your choice. I.e: dates, sultanas, cranberries, currents, cherries)

Swap for wholemeal flour

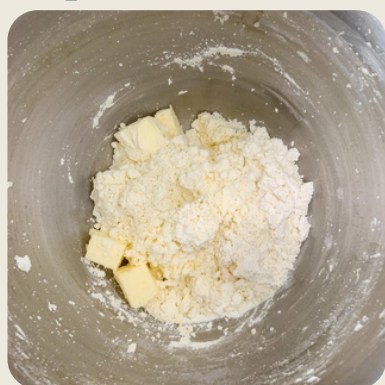
Swap for margarine

Can add seeds, spinach, or cheese to make a savoury option



Method

Step 1:



Rub butter and flour with fingers in a bowl until a crumbly mix forms.

Step 2:



Add salt, dried fruit of choice and water to the flour mix. Mix to form a dough.

Step 3:



Continue process until a dough forms.

Step 5:



Cut into even pieces and form balls. Place dough in a baking tray lined with baking paper.

Step 7:



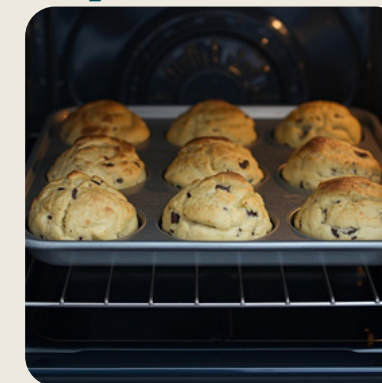
Serve with toppings of your choice.

Step 4:



Place dough on a floured surface.

Step 6:



Bake scones in oven (180°C) for 20 minutes or until golden and cooked on the inside.

Great lunchbox snack or freezer friendly option!

Johnny Cakes



Serves: 8

Time: 20 minutes

Ingredients list

- 1 cup plain flour
- 1 cup self-raising flour
- ¼ cup water
- ½ milk
- 1 cup olive oil

Swap for wholemeal flour



Can also dry fry in a hot pan

To serve

- Butter
- Vegemite
- Quandong jam
- Honey

Swap for margarine

Method

Step 1:



Mix the flours and salt together. Make a small hole in the middle of the flour mix.

Step 2:



Add water and milk to flour mixture.

Step 3:



Knead until a smooth dough is formed.

Step 5:



Once oil is heated in a pan, gently drop dough into oil and fry until golden.

Step 4:



Form flat square shapes with dough.

Step 6:



Once golden, remove from oil. Cut in half and serve with your choice of toppings.

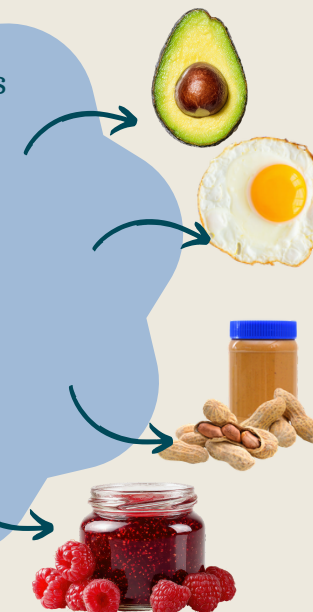
Topping Ideas

Savoury:

- Avocado
- Eggs

Sweet

- Quandong Jam
- Peanut butter



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Rice Pudding



Serves: 6

Time: 40 minutes

Ingredients list

- 1L milk
- 1 cup of rice
- ½ cup of caster sugar
- Pinch of salt
- 1 tsp vanilla essence

Choose skimmed or hi-lo milk

choose a low GI rice



Step 3:



Add the sugar and vanilla and increase the heat. Boil for 5-8 minutes, until rice is cooked and mixture has thickened.

Step 4:



Serve immediately. Pair with fresh fruit.

Method

Step 1:



Add milk, rice and salt to a large saucepan.

Step 2:



Heat to medium-high and bring to the boil. Reduce to low and cook, stirring for 20 minutes.



Serving options:

- Yoghurt
- Quandong jam
- Fruit
- Nuts & Seeds



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Quandong Jam



Serves: 10 jars
Time: 30 minutes

Ingredients list

- 1kg fresh quandongs
- 4 green apples
- 1kg sugar
- Juice of 1 lemon or lime
- 100mL water

Seasonal availability

- 200g of dried quandongs can be used
- Soak in a bowl of water overnight before using



Method

Step 1:



Remove stones from the quandongs.

Step 2:



Add the quandongs, lemon juice, sugar, and water in a large saucepan.

Step 3:



Place over medium heat, stirring until the sugar is fully dissolved.

Step 4:



Place a teaspoon of jam on a chilled saucer (from the freezer) and cool. If it wrinkles when pushed with your finger, it is ready.

Step 5:



Pour into sterilized jars and seal while hot.

This jam can be used to substitute sweetness for other recipes (ie: rice pudding).

Bread & Butter Pudding



Serves: 6

Time: 50 minutes

Ingredients list

- 3 cups of milk
- 4 eggs
- ¼ cup caster sugar
- 1 tsp vanilla extract
- 6-8 slices of bread
- 40g butter for spreading
- ½ cup of sultanas
- ¼ tsp ground cinnamon

Choose skimmed or hi-lo milk

Try wholegrain or fruit bread

Can swap for margarine



Step 3:



Butter both sides of each slice of bread and cut into triangle halves

Step 4:



Arrange the half of the bread in the bottom of the dish and sprinkle with sultanas. Repeat with the remain half.

Step 5:



Pour in egg mixture covering the bread.

Step 6:



Bake for 30-35 minutes and serve warm.

Method

Step 1:



Preheat oven to 180°C and grease a large baking dish with butter or oil.

Step 2:



Whisk eggs, sugar, vanilla, milk and cinnamon together in a bowl.

Serve with yoghurt & fruit or on it's own.



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