

Stringybark Breakfast

Ingredients:

- Multigrain Bread Rolls
- Avocado, mashed
- Mushrooms, sliced
- Onions, thinly sliced
- Tomatoes, sliced
- Spinach
- Bacon
- Olive oil
- Lemon
- Salt & Pepper
- Tomato Sauce *Optional

Method:

1. Grill bacon until crispy.
2. In the meantime, sauté onion and mushrooms with olive oil in two frypans until golden. Season with salt and pepper.
3. Combine mashed avocado with lemon juice, salt, and pepper.
4. Spread bread rolls with avocado mixture, topped with sliced tomato, spinach, bacon, sautéed mushrooms and onion.
5. Add tomato sauce on request.

Thanks to The Food Affectionist

Wild Pineapple Kimchi

Health and Safety:

- Sterilize all jars prior to avoid contamination
- Signs of spoiled fermented food with any type of preserving, we follow this advice: “When in doubt, throw it out”. Discard and do not eat or taste any fermented food if you notice any of the following: discoloured, mouldy, mushy, slimy or smells bad.
- *What is Botulism?* Botulism is a rare but potentially deadly illness caused by a poison most commonly produced by a germ called *Clostridium Botulinum*. The germ is found in soil and can survive, grow and produce a toxin in certain conditions, such as when food is improperly canned. The toxin can affect your nerves, paralyse you and even kill you. You cannot see, smell or taste botulinum toxin, but taking even a small taste of food containing this toxin can be deadly.
- Always follow salt guidelines and if unsure, check recipe or use an online salt calculator. The salt is responsible for killing the bad bacteria.

Ingredients:

- 1 whole Napa cabbage
- 2-3 tablespoons of Korean chilli powder
- 1 red chilli (optional)
- 1-2 tablespoons of un-iodised salt (2 for large Napa)
- 1-2 cloves of garlic
- 1/2 bunch of onion weed
- 1/4 cup of dried nettle
- 1 small piece of ginger (tip of your thumb)
- 1-2 tablespoons of vegan fish sauce (can sub for real fish sauce if preferred)
- 1 large slice of pineapple (optional)

Method:

1. Wash the Napa cabbage and then cut down the centre and separate into two halves. Cut the halves into medium to small squares. Then wash and cut onion weed and rinse well in colander. Drain the cabbage well and place in a large bowl with the onion weed, and then add your dried nettle.
2. Sprinkle salt over the washed cabbage and toss the cabbage gently (around 3 minutes), coating all the cabbage with the salt. Set aside.
3. To create your chilli paste: In a blender, place your ginger, garlic, chilli, Korean chilli powder and pineapple and blend until smooth. Add filtered water if required.
4. Wash and slice spring onions.
5. Pour chilli paste over your cabbage and add sliced spring onions. Mix well.
6. Transfer to a glass jar and place on the bench for 4 days. On the fourth day, your Kimchi is ready to eat. It now needs to be stored in the fridge and will last up to 6 weeks.

Thanks to The Fermented Mumma

Homemade Spinach Chorizo Pasta / Pasta Amatriciana

Ingredients:

- 1 x homemade chorizo sausage (sliced)
- 1 x brown onion (roughly chopped)
- 1 x red capsicum (chopped)
- 20 x home-marinated olives
- 1 x bottle homemade passata
- 2 x homegrown chilies (chopped)
- Salt and Pepper to taste
- Pasta (homemade is best)
- Parmesan cheese (grated)
- Home-grown parsley to garnish.

Method:

1. Put on a pot of water, bring to the boil and add salt.
2. Fry chorizo sausage in frypan until oils are released. Add onion and capsicum, and fry until browned. Then add chilli and olives. Cook for a further minute, add passata sauce, and season to taste. Simmer for 10 minutes to allow sauce to reduce.
3. Whilst sauce is simmering, add pasta to the boiling water and cook until al dente. Once sauce has reduced and pasta is cooked, add drained pasta to frypan with a little bit of the boiling water.
4. Plate up pasta and sprinkle over parmesan cheese and parsley.

Thanks to The Basin Backyard

Masoor Daal with Seasonal Vegetables

Ingredients:

- 1 tablespoon coconut oil
- 1 and 1/2 cup of red lentil (masoor dal) washed and drained
- 3 large tomatoes diced or pureed (*alternative: lemon juice or tamarind paste*)
- 1 large onion diced
- 1 small piece of grated ginger
- 1 teaspoon of turmeric
- 1 teaspoon of cumin seeds
- 1 teaspoon of fennel seeds
- 1 teaspoon of garam masala
- Salt to taste
- Seasonal vegetables, such as:
 - Root vegetables - carrots and potatoes
 - Green leafy vegetables - chicory, pea leaves, dandelion, spinach

Method:

1. In a large pan, heat the coconut oil and, once hot, add the cumin and fennel seeds until they begin to pop.
2. Add the turmeric powder, and after 10 seconds, add onions and sauté for 5 minutes.
3. Add the tomatoes, or alternative, and let the mixture simmer for 5 minutes.
4. Add the daal plus 8-9 cups of water. All root vegetables (such as carrots or potatoes) can be added at this stage. Let the mixture come to a boil and then simmer until the lentils are soft and cooked.
5. Add green leafy vegetables and simmer for a further minute.
6. Add salt to taste, garam masala, and grated ginger. Garnish with coriander. Serve with roti, or basmati rice.

Thanks to The Basin Food Is Free Project & Community Garden

Tabouli with Rescued Bread

Ingredients:

- 1 handful fine bulgur wheat
- 5 large juicy tomatoes
- 5 Tablespoons lemon juice
- 5 Tablespoons olive oil
- 3 bunches parsley
- 5 spring onions
- 1 handful mint
- Salt and pepper to taste
- 5 slices – stale wholemeal bread
- 1/2 cup olive oil
- 2 cloves garlic
- 1/2 teaspoon salt

Method:

1. Chop tomatoes and place them in a bowl with the juice.
2. Add the bulgur wheat, lemon juice and olive oil. Combine and set aside for 15 minutes.
3. Chop parsley, spring onions and mint, and add to the bulgur mixture.
4. Season with salt and pepper. Adjust flavour to personal liking and set aside.
5. To make garlic flatbread, mince garlic with salt and combine with olive oil.
6. Then flatten each slice of bread with a rolling pin, and brush with garlic oil .
7. Bake or pan-fry the garlic bread until crispy. Cut into 8 triangles.
8. Serve with tabouli.

Thanks to Knox Community Gardens Inc.

Ngullee Boolai Meat with Damper (Gunnai)

Serves 8 (entrée size)

Ingredients:

Salad

- 1 emu fan fillet marinated with salt bush rub
- 80g macca dukkah
- 100ml Davidson plum sauce
- 100ml Balsamic glaze
- Few handfuls of rocket
- 3 or 4 poached quandongs or pear (depends on availability of quandongs)

Damper

- 2 cups (260 grams) all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon fine sea salt
- 2 tablespoons olive oil
- 1 teaspoon pure maple syrup
- 3/4 cup (175 ml) cold water
- Vegetable oil for cooking

Method:

1. Rub in the saltbush mix into emu and bring to room temperature (15 minutes)
2. Whilst meat is resting you can work on making the dough.
In a bowl mix the dry ingredients, make a well and then add the wet ingredients (saving a few tablespoons adding later if needed)
3. Stir in all the ingredients either using your hands/spatula or a spoon and if mix looks dry add remaining water. When dough comes together transfer to a floured work surface and knead into a ball until smooth (about 5 to 10 kneads)
4. Cover the ball with a clean tea towel and let it rest for 10 minutes
5. Whilst dough is resting you can now cook your emu (this can be down in a few different ways, but we will use a heavy based frying pan).
Bring a heavy based fry pan to a very high heat, add oil and place emu in the pan and sear on one side for about 2-3 minutes, flip emu and turn down pan to medium heat. Cook on the other side until you see some blood coming out of the emu, about another 2-3 minutes. This is an indication that emu is almost done, turn off heat.
6. Transfer emu meat onto a cooling rack with a tray underneath and allow to rest.
7. Whilst meat is resting, it's time to work on the damper and plating up our salads!
Divide dough into 8 smaller dough balls. Flour each ball and roll into round discs about 1.5cm thick.

8. Using the same emu pan, add a little extra oil and cook each flat dampers until golden on both sides (about 2mins each side), slice into triangle pieces and transfer to a bowl and cover to keep warm.
9. Slice your emu into 3mm slices and keep to side
10. Plating up the salads (get everything into position first):
 - place small handful of rocket on plate
 - Place quandong or pear around the rocket
 - Layer emu over the mound of rocket
 - Dress with both sauces
 - Sprinkle with dukkah
 - Place a triangle of flat damper on the side
11. Take a photo and enjoy!

Thanks to Mullum Mullum Indigenous Gathering Place