

# *Australian Bush Foods*

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A resource guide for teachers & students

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This booklet contains information on bush food plants found in the Northern Rivers of NSW. Mostly rainforest species, however some coastal food plants are also included. The photos are original, and the information was compiled from research and investigations as well as personal experience and knowledge of bush food plants in the local area.



## Background Information

Indigenous Australians had an intimate knowledge of the location of plant and animal foods within the bio-geographic regions they occupied and were aware of the seasonal variation that occurred naturally, and through the influence of extreme climate events. The tasks involved in hunting and gathering were divided between men, women and children. Larger game was the responsibility of the men with the women and the younger children supplying smaller game and plant foods. Knowledge of the location of food sources was passed from one generation to another along with the location and application of medicines. This realm of knowledge was specific to the region occupied.

The tribes and clans that occupied the arid regions of Australia such as the Aranda of Central Australia, had to apply much time and energy to survive, whereas the peoples of Fraser Island enjoyed the bounties of the sea, its islands and forests in a small area. Tools and weapons were crafted from the area occupied and trade in stone and weapon materials was common. Early settlers noted that Aboriginal peoples in areas of many resources could provide their daily needs in just a few hours. The accounts given by the first Europeans of the uses of local foods were mixed with a blend of fact and second hand, often stereotyped information making up the initial recording. A significant contributor to the success of such explorers as Cook, Leichhardt and later early botanists such as Von Mueller, archaeologists Petrie and Maiden was their interest in the local plants and animal foods. The job of reconstructing the diets of the local tribes was difficult because of little recorded accurate information. Cook ate extensively of the coastal plants of the Botany Bay and Endeavour River areas at a time when the greatest threat to health was scurvy. This disease caused by lack of vitamin C nearly claimed the life of Sturt, had he not eaten wild tomatoes (*Solanum* species) with sailors gaining benefit from the native currant (*Leptomeria acida*). Leichhardt, an avid consumer of local foods exhausted his rations many times on his way to Port Essington, whereas Grey, Eyre and many others shunned the local fare, living on salted meats, pack animals and damper. Records such as the account by Petrie, of travelling from Brisbane to the Blackwall Ranges to the bunya nut festivals tells of the light-hearted approach to the collection of yams, honey, possums and other game with a hundred Indigenous people.

The diet of the early pioneer is poorly documented in relation to native foods apart from taking of game, which today translates into the deeply held suspicions toward our native plants in particular, where the only caution really must be taken with fungi. Once the spread of settlement interfered with the collection of traditional foods and the foraging range was restricted, the health of the Indigenous people declined and European diseases decimated tribe numbers.

Little was recorded in the way of botanical information, vital knowledge of plant and animal medicines was lost and little remained for the future generations of Indigenous people. The introduction of wheat and flour into the diet meant a select few still retained the botanical knowledge associated with seeds, grasses, roots, tubers, fruits, berries such as the older women of central Australia and those of the northern coasts. Jack Morse, a botanist, with what was formerly known as ATSIC, describes the burgeoning bush food industry based around species of Acacia. Acacias were introduced into areas of Sub-Sahara in the 1970's to halt desertification and are now being used for the seed. *Acacia vitoriae* has a crude protein ratio of 18%, whereas wheat is only 11.5%, and is superior to rice and wheat in fats, proteins and energy.

In 1992 the Australian Nature Conservation Council Agency through Jack Morse worked with 8 Aboriginal groups in the Northern Territory and Western Australia recorded the characteristics of some 30 species, 11 of which appear suitable for broad scale production. Products traditionally harvested from the acacia were seed, edible gums, lerps, nectar, ash for mixing with tobacco.

Traditional harvesting techniques varied according to the hardness of the seed requiring parching, pounding and grinding. World wide there have been about 5000 plants used but less than 20 provide the basic carbohydrate needs of humans.

Australia has 15 species of the 16 wild species of soyabean, which has a higher resistance to rust diseases than the commercial varieties making the genetic information in the wild species essential. Pigweed eaten by the Aborigines contains 20% protein, 16% fat and high levels of iron. A native fig, *Ficus platypoda* have high levels of calcium (4000mg/100gms), higher protein and fat content than expected for fruit. The Arnhem Land Plum has 50 times the levels of vitamin C compared to exotic fruits. Woollybutt seeds contain 17.4% protein and an iron content of 31 mg per 100gms compared to 3.2 mgs for wholemeal flour.

Aboriginal people hunted game in all regions of Australia and the products included food, medicines, clothing, weapons and tools. Kangaroos were speared, netted and killed using boomerangs thrown at the legs, kangaroo meat being one of the lowest in fat and cholesterol. The bones in modern times are used in fertiliser and traditionally used as spear points, the sinews as binding, the skin as leather. The emu is used for meat, with the fats and oils used in health and beauty preparations. Recently the oil has been used in the aircraft and space industry in hydraulic components because of its viscosity and stability under high temperatures. The catering industry uses the yolk of farmed emu eggs as the base ingredient for many preparations with the Decoratively carved egg bringing high prices as souvenirs. The skins are tanned and made into a variety of fashion products and the bones are used as fertiliser. Traditional use of the echidna was spear points and needles from the quills, cooked in a layer of mud that removed the quills before eating. Native bees were followed after a feather was attached to an individual and the honey extracted from the nest. Many shellfish, fish both freshwater and salt were part of the diet of traditional people.

The importance of maintaining the bio-diversity of all species of plant and animal in any given ecosystem has three main principles. The maintenance of species diversity, a selection of genetic information within a species to ensure the correct strains are promoted. Ecosystem variety that allows a range of non-living and living things to interact in as many different geographic areas as possible is vital. These governing principles of ecology are pertinent to the medicinal applications that native plants and animals can be put to. For example at least 70 plants were used by Aboriginal people of Central Australia with eucalyptus oil being used to treat respiratory tract infections. Hyoscine and scopolamine both plant derived products are used to treat motion sickness, stomach disorders and the effects of cancer therapy. Kangaroo apple (*Solanum linearifolium*) produces a chemical salasodine used in the manufacture of steroids. The native pepper and the blackbean are used in the treatment of cancer. Work by Macquarie university into the antibiotic potential of the gland secretions of the bulldog ant, family Mymecia, have produced a substance that is strong and effective against a wide range of bacteria and fungi. The potential for this substance as an industrial biocide are enormous. Studies of the chemical properties of animals such as the Gastric Brooding Frog led to the discovery of a group of chemicals called the prostaglandis, which are used in the treatment of gastric ulcers. One of the species of this particular frog was thought to be extinct.

Information compiled by Stuart Willows & Natalie Pangallo  
Resourced from Vic Cherikoff and Tim Low.

# Australian Bush Foods

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graph TD; A[Australian Bush Foods] --> B[Food Technology]; A --> C[Agricultural Technology]; A --> D[Science]; A --> E[Aboriginal Studies];
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## **Food Technology**

Food in Australia  
Food Equity  
Recipes  
Indigenous health  
Traditional & contemporary uses  
Production & Marketing

## **Agricultural Technology**

Traditional bush foods & sustainability  
Production of bush foods  
Plant study  
Plant/animal relationships

## **Science**

Ecosystems  
Interrelationships  
Plant & Animal Adaptations  
Plant biology and chemistry

## **Aboriginal Studies**

Food & Culture  
Stereotypes of traditional hunting methods  
Spirituality and health

# Australian Indigenous Food Preparation & Cooking Techniques

## Plant Foods

Traditionally, it was the women who collected the plant foods and thus the women who held most of the knowledge about plant locations and seasonal availability. Various plants required different procedures to render them palatable or safe for eating.

## Preparing

**Washing** tended to remove poisonous elements and the bitter taste of some of the vegetables. The vegetables would be placed in a dilly bag and hung in running water, which would percolate through the sieve or dilly bag, leaching out the dangerous elements.

**Grinding** was necessary, for example with seeds and involved the rather straight forward movement of a small flattened and rounded stone pressed with the hands onto a flat stone slab, on which a little water was occasionally sprinkled. The seeds were broken up between the stones and mashed into a dough. Breads were then cooked in the coals from a fire or under the ground.

**Pounding** was carried out using a stick or a stone and it was alternated with roasting of the vegetable. This tended to remove the acrid taste of some of the roots which, unless prepared in this way, would be unpalatable.

**Straining** of certain vegetable plants was achieved by using a dilly bag or a bundle of fine grass. Sometimes even a hole in the sand was used and the water drained away.

**Grating** of certain vegetables was often necessary, perhaps prior to washing them. Graters could be made from pieces of rough bark or very rough grasses.

Other common plant food for Indigenous people on the NSW North Coast included yams (*Dioscorea transversa*), figs (*Ficus platypoda*), pig face (*Carpobrotus glaucesens*), geebung (*Persoonia falcata*), black nightshade berry (*Solanum nigrum*), native guava (*Eupomatia laurina*), mistletoe (*Amyema* spp.), eureka or bush lemon (*citrus limon*).

## Lesson Ideas

### Additional Cross Curriculum Content

#### FOOD TECHNOLOGY

Investigate Indigenous ways of hunting, gathering, preparing and cooking. Compare this to today.

Indigenous health has the factors involved in



deteriorated since white colonisation. What are this deterioration?

Aborigines were much healthier than Australians are today. However there was also need for bush medicines to treat burns, headaches, colds, stings & bites, diarrhoea, aches & pains, infections etc. The Aborigines used a range of remedies such as wild herbs, animal products, steam baths, clay pits, charcoal and mud, massage etc.

Investigate some of the plants used for Aboriginal Bush Medicine and make a table of remedies. Eg For coughs & colds, gum and tea tree species were heated, crushed and inhaled.

Map the location of native plant food and medicine species in the local area. Research the internet for the chemical and nutritional properties of locally used traditional foods.

Using traditional custodial permission and knowledge complete a bi-lingual glossary of traditional and European plant names.

Research and design an area within the school grounds, local park specifically for indigenous species. Permission and guidance can be gained through land councils, local councils, NPWS and local societies for growing native species. Try and research species that may be endangered or vulnerable in the local area.

#### AGRICULTURAL TECHNOLOGY

Investigate the significant economic and agricultural enterprises in the area. Research and prepare a report on the type of agricultural and economic enterprise, plant or animal, the significance of the location, soil type, climate and other abiotic and biotic factors influencing production.

Research the bush tucker industry and prepare a report outlining the significance for the economy, preservation of species and the benefits for the environment in Australia. Use the data to examine the role of this sector to agriculture.

Raise from local native seed stock some significant food plants to the area. Use methods to experiment with abiotic factors on a control sample and a variance sample. Include when reporting factors affecting growth, pollination, germination, soils, water and nutrient needs.

#### SCIENCE

Develop a series of native plant/animal ecosystem interrelationship diagrams. The relationships should depict the dependence or effect, certain species have on the success of plant and animal populations in a particular ecosystems.

#### ABORIGINAL STUDIES

Research the reasons behind the deterioration of Indigenous peoples health, including spirituality.

Study traditional hunting and gathering methods by Aborigines. Before researching students should make a list of what they know of traditional hunting and gathering methods. Compare this to their findings. Examine stereotypes.

## Cooking

To cook both animal and plant food, the Aborigines used roasting, baking, boiling or grilling; methods we use today. Meat was certainly preferred fresh and cooked. The meat was cut into pieces and the cutting methods varied from area to area.

**Roasting** was a relatively straight forward method and involved placing the animal or the vegetable to be cooked on and/or within the hot ashes of the fire.

**Baking** methods varied slightly among clans but generally, heated stones were used. After the stones were heated in the fire they were removed along with the ashes and a hole was quickly dug in the fire place. Native ginger leaves were used to line the hole and upon these the pieces of meat were laid with the hot stones and ashes packed amongst them. On top of this, more leaves or bark of the tea-tree were laid and lastly, the layer of earth and stones placed on top. This created a ground oven which cooked or baked the food slowly. As an alternative, heated stones were placed inside the animal to be baked.

**Boiling** of food was done where there were large natural utensils found. Eg bark troughs, palm frond bases or large shells.

**Grilling** was achieved in two ways. A grill was formed from four upright forks supporting two main cross -pieces on which several sticks were laid. The height from the ground varied. Fish, eels and some red meats were cooked in this way. Another method was to construct a miniature hut with curved sticks instead of uprights, lower to the ground.

### **Ground Ovens**

A hole dug in the ground and a large fire is allowed to burn down. Large stones are laid over the fire and heated by the coals. Leaves of palm trees or paperbark are used to line the heated pit with meats and vegetables laid in the hollow. These are covered with leaves and dirt and allowed to cook for hours.

## Blue Flax Lily

*Dianella caerulea*

### Description:

Long, grass-like leaves with light and dark blue or mauve flowers and purple berries.

### Uses:

Ripe berries were eaten raw or cooked. The roots were pounded into flour and roasted on hot rocks then eaten.

The fibre from the leaves was used to make waistbands, sandals, nets, traps and baskets.



## Broad Leaved Palm Lily

*Cordyline petiolaris*

### Description:

Long, smooth green leaves. Tiny purple flowers followed by red berries that hang in clusters. Mostly 2m to 4m tall (some mature plants grow 6-7m).

### Uses:

The red berries were edible when fully ripe.

**Bunya Pine**  
*Araucaria bidwillii*

**Description:**

A tall pine tree up to 40m in height with straight trunks and slender branches. 30cm long cones are produced in the tree's crown and contain many starch filled seeds 4-5cm long. The dark green leathery leaves are stiff and spiky.

**Uses:**

The large seeds were eaten raw, baked, roasted or boiled. Seeds were also pounded and baked into cakes.

Bunya harvest was a time of feasting and ceremonies. Long distances were travelled by tribes and any hostilities were suspended. There were designated meeting places and fruit was gathered and taken back to their territories.



**Davidson 's Plum**

*Davidsonia Pruriens*

**Description:**

This has a slender trunk with the main foliage at the top of the tree. It has long serrated, hairy leaves. The tree grows a blue-black, roundish plum with a fleshy pink to purplish red centre.

**Uses:**

A tasty fruit was eaten. Today, the fruit is commonly made into jams, sauces and coulis. It is frequently found served in wild food restaurants.



## Finger Lime

*Microcitrus australasica*

### Description:

4m tall shrub with tiny leaves and thorns. It produces a cylindrical and slightly curved, green fruit with small bubbles filled with juice on the inside. Sour tasting.

### Uses:

The long citrus fruit was eaten raw or crushed to make a refreshing drink. Used as a Substitute for other types of limes in cooking.



## Lemon Myrtle

*Backhousia citriodora*

### Description:

A tall bushy tree, 3-8m high with lemon scented leaves up to 10cm in length. Large bunches of perfumed, small, white flowers on the ends of branches. The essential oil *citral* is responsible for the strong aroma of lemon in the leaves.

### Uses:

Used for medicinal purposes because of its anti-viral, anti-fungal and anti-bacterial properties. Warm leaves were used as an inhalant and the leaf could be placed on infected areas of the body. T

Today, lemon myrtle is grown commercially. The oil and dried or fresh leaves are used for hair products, soaps, cleaners, antiseptics, hand towel wipes and body lotions. Used in cough lollies, the leaves can also be used in chicken and fish dishes, in drinks, deserts and syrups.



## Lilli Pilly

### *Acmena syzygium*

#### Description:

Australia has approximately 60 different lilli pilly species and nearly all have edible fruit. They are small to large trees common in rainforests and on the coast. The plants have a thick foliage of small, smooth, dark to light green leaves. The edible berry varies in colour with different species: white, pink, red, purple, blue or black. The fruits are rounded, egg or pear shaped with a single large rounded seed.

#### Uses:

The fruits were widely eaten by Aborigines. The berries were eaten raw. They contain water and vitamin c traces.

Today, they are commonly made into jams, jellies and sauces.



## Lomandra

### *Lomandra longifolia*

#### Description:

A 1-2m tall grass like-plant with strap shaped leaves about 1cm in width. The spiky, white to pale tan, long flower heads and seeds are scented. Lomandra grows in clumps.

#### Uses:

The leaves were split into strips and woven into dilly bags and baskets.

The white leaf bases were eaten raw and the seeds and flowers were ground into flour.

## Macadamia Nut

### *Macadamia integrifolia*

#### Description:

Grows up to 20m and has leathery, dark leaves forming a thick foliage. The tree has white flowers and produces a round oily nut 3cm in diameter. The nut is encased in a hard, brown shell. The olive green casing comes off the shell as it matures.

#### Uses:

The Aborigines ate the oily nut and found it to be tasty.

Today, macadamia nuts are farmed commercially on a large scale, particularly in the Northern Rivers Area. It is used widely in cooking and can be prepared in a number of ways from salads to confectionary. Oils are also used for culinary purposes.



## Native Ginger

### *Alpinia coerulea*

#### Description:

A 2m high herb that grows in clumps and consists of soft, thick stems which have glossy, broad leaves. They have a white flower and small, bright blue, rounded berries. Fruits ripen in August.

#### Uses:

Aborigines would often leave a trail of spat-out seeds through the forest on their journeys. Young rhizomes (underground stems) are edible and taste slightly of ginger.

Leaves of the ginger were laid under meat being cooked in an earth oven. The leaves were also used to provide a roof for shelter.



## Midyim

*Austromyrtus dulcis*

### Description:

Small 1-2m shrub, however known to grow larger. It has slender, dagger shaped leaves and small white flowers followed by whitish, grey/blue spotted fruits. New foliage shoots are pink.

### Uses:

The pleasant tasting berry was extremely popular amongst the Aborigines. The berry was eaten in large quantities whole and raw.



### Native Rosella/Wild Rosella

*Hibiscus heterophyllus* &  
*Hibiscus sabdariffa* (pictured)

#### Description:

*Hibiscus heterophyllus* has tall shrubs with narrow rough leaves with yellow or white flowers with reddish/purplish centre. *Hibiscus sabdariffa* is much the same in appearance, but has smoother leaves.

#### Uses:

Young shoots, flower buds, roots and leaves were all eaten raw or cooked. The hibiscus bark was sucked and a tea-like drink was made to cure colds and congestion. Branches provided a strong fibre to make rope which was used for fishing nets, fishing lines, dilly bags, rope and thread.



### Pandanus

*Pandanus tectorius*

#### Description:

5m high tree with long serrated edged leaves up to 1m long. It has a yellow/orange globular fruit similar to a pineapple.

#### Uses:

The orange wedges from the pandanus fruit contain seed which was eaten raw or cooked by the Aborigines. The fruit was eaten after extensive cooking.

The dry leaves were used for weaving, shelter, dilly bags, sieve bags, arm bands, mats and baskets.



## Pepperbush

*Tasmannia insipida*

### Description:

A rainforest shrub 1-3m high with slender light green leaves, glossy on both surfaces. Purple to whitish fruit, one per stalk.

### Uses:

Fruits are edible and the seed has a peppery taste when roasted.

## Plum Pine

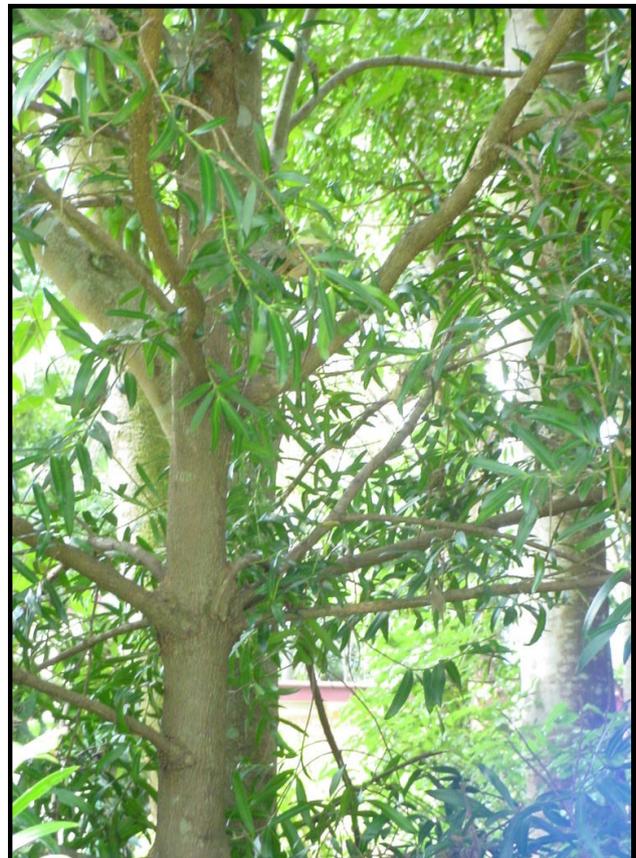
*Podocarpus elatus*

### Description:

A tall rainforest tree with tough narrow pointed leaves with small dark plums. The leaves range in colour from pinkish to a pale green when the tree first shoots. Fruits are dropped in autumn.

### Uses:

The bitter sweet fruit was eaten mainly by the children.





## **Wattle**

### *Acacias*

#### **Description:**

There are approximately 900 species within the acacia genus. Acacias are shrubs or small trees with yellow flowers and cylindrical, bean like pods containing black seeds. Leaves vary but are usually slender with longitudinal veins. Found in both coastal and forest habitat.

#### **Uses:**

Seeds from acacia trees were gathered extensively by women and children. Aborigines roasted the seed pods and ate the seeds. Seeds were also ground into flour to make cakes.



## **Warrigal Greens**

### *Tetragonia tetragonoides*

#### **Description:**

A ground plant with bright green, thick triangular shaped leaves approx. 2-12cm long with small horns. A common shrubby like herb of sheltered beaches.

#### **Uses:**

Leaves were washed and boiled before eating to avoid salt intake.

## Red Bopple Nut

*Hicksbeachia pinnatifolia*

### Description:

A tall rainforest tree up to 20m. It has large leathery, serrated edged fronds. Fruits are 3-5cm long and hang in clusters. These have a bright red outer skin when fully ripe. It has purplish flowers.

### Uses:

Related to macadamias, but contain less oil (approx. 13%). Low in fat, high calcium and potassium. Easily digestible and eaten raw or toasted.





### Small Leaved Tamarind

*Diploglottis campbelli*

**Description:**

A large tree 25m tall, thick foliage and heavy fruiter. The fruit grows off the branches in a tri-seed pod containing 3 round red fruits.

**Uses:**

The pleasant tasting acidic fruit was eaten raw by the Aborigines. Tamarinds are used in Asian Cooking.



### Walking Stick Palm

*Linospadix monostachya*

**Description:**

A 2m tall palm with a 2cm thick, ringed trunk. Grows long strings of red berries that hang in clusters from the top of the plant.

**Uses:**

Berries were eaten when clearly red in colour. The stem was used as a fishing rod. The bud of new shoots were eaten raw or cooked.

## Recipes

### Warm Pasta Salad with a Red Bunya Nut Pesto

Vegetables – snow peas, cherry toms, baby corn etc  
Penne pasta  
Blanched warrigal greens  
Lemon juice  
Bunya nut pesto  
Roasted red capsicum

#### Bunya Nut Pesto Ingredients:

1 capsicum roasted & peeled  
100g Bunya Nut blanched  
Basil 1 bunch  
50g Parmesan cheese  
1 clove garlic  
200ml macadamia oil  
50ml olive oil  
2 tsp ground Dorriggo Pepper

#### Method:

Place Dorriggo pepper & 100ml macadamia oil in saucepan & put on moderate heat for 2 mins. allow to cool.  
Puree roasted capsicum, add to the remaining 100ml of oil.  
Blanch bunya nut for 4 mins before removing from shell & allow cooling before finely chopping. Finely chop garlic & add to capsicum & oil. Roughly chop basil in a food processor with olive oil. Process for one minute then add parmesan cheese, bunya nuts, capsicum puree & Dorriggo macadamia oil. Be careful not to over process. Add salt to taste.

### Wattle Seed Damper

3 cups S/R flour  
1 1/2 tsp salt  
60g of butter  
40g roasted wattle seed  
1 cup milk

#### Method:

Sift flour & rub in butter. Then add salt & wattle seed.  
Make a well in the centre & pour in the milk. Stir until combined. Knead for a few minutes & mould into a flat ball. Cut slits in the top, brush with a little milk and bake in a preheated oven 200C for 30mins.

### Bushetta

1 sourdough baguette  
300g bush tomato chutney  
2 tablespoons macadamia nut oil  
1 tablespoon of wild fire spice  
Pinch of salt  
Chopped Italian parsley

#### Method:

Make bushetta mix in a bowl, combine bush tomato chutney, wildfire spice, 1 tablespoon of macca oil & salt. Preheat oven to 150C. Slice baguette into 1cm thick slices and place on baking tray. Using a pastry brush, brush remaining macca nut oil over both sides of baguette. Toast in oven until golden each side. Remove & allow to cool, then add chutney & parsley over top.

## Roo Bites

Butter  
Roo mince  
Onions  
Lemon juice  
Parsley  
Beef stock  
Bacon, finely chopped  
Eggs

Bush tomato chutney (dip)

#### Method:

Place 1/2 cube of beef stock into cup with boiling water. Beat egg & add to rest of ingredients in a large mixing bowl & blend ingredients. Small handfuls & roll into bite size & place on baking tray. Place on oven for 25 mins.

Allow to cool and add chutney dip for topping.

### Lemon Myrtle Biscuits

250g sugar  
250g butter  
500g sifted S/R flour  
4 eggs  
50g lemon myrtle ground

#### Method:

Cream together sugar & butter, add eggs one at a time. Fold in flour & myrtle until combined, roll into small balls. Flour fork and press slightly. Bake for 12-15mins.

### Riberry Jam

500g riberries  
2 granny smith apples  
600g castor sugar  
300ml water  
15g fruit spice  
1 lemon juiced

#### Method

Wash riberries. Peel & core apples & chop into small pieces. Place apples in a small pot with riberries, lemon juice, sugar & water. Slowly bring to boil & allow to reduce. Simmering for 45mins.

When reduced used blender to combine the jam. Strain to remove any seeds. Allow to cool & Refrigerate. Pour into jars.

### Lemon Myrtle Drink

Dried Lemon myrtle leaves  
Boiling water

#### Method:

Place dried leaves into drink container. Add boiling water. Allow to sit for 30 mins, add more water & serve hot or cold.

*Note: don't make leaves too small for container.*

### Wattleseed Chicken Curry

500g chicken breast  
Macca oil  
50g ground roasted wattleseed  
1 onion diced  
3 garlic cloves  
10g lemon myrtle leaf ground  
Roots from coriander bunch  
Chilli  
1 tin coconut milk

#### Method:

Brown chicken in macca oil, remove & keep warm.  
Add onion, garlic, wattleseed, lemon myrtle, coriander roots & simmer for 3 mins.  
Add rest of ingredients, stir and let simmer until tender for approx. 20 mins. Serve.

### Macadamia Cous Cous

1&1/2 cups cous cous  
1&1/2 cups very hot chicken stock  
1/2 cup raisins  
1/2 cup chopped maccas  
2 tblsps macca oil  
2 tblsps lemon juice  
1 tblsp chopped parsley  
2 tablespoons of mint

#### Method:

Place cous cous in bowl, add very hot stock, stir and set aside for 5 mins, or until stock is absorbed. Stir in raisins & nuts. Combine olive oil & lemon juice in a small bowl, whisk well & pour over cous cous. Add herbs & toss gently to combine.

### Native Pesto (served with bread or pasta)

1/2 cup raw unsalted macadamia nuts  
1/2 cup parmesan cheese  
400ml macca oil  
1 cup of chopped basil & parsley leaves  
1 teaspoon of mountain pepper  
1 teaspoon bush tomato

#### Method:

Blend nuts, parmesan & 50ml oil  
Add remaining ingredients & blend to a chunky paste. **2/3**

### Finger Lime Dressing

2/3 cup macadamia oil  
1/3 cup apple cider vinegar  
2 finger limes  
Rock salt: pinch  
Mountain pepper: pinch

Mix vinegar, pepper and salt. Slowly add macadamia oil and whisk. Squeeze finger limes into mixture. Mix gently. Adjust seasoning to taste.

### Macadamia Slice

1 cup S/R Flour  
1 cup Quick Cooking Oats  
3/4 cup sugar  
1/2 cup coconut  
1/2 cup crushed macadamias  
500g Butter  
2 Eggs  
2 tbsp Honey

#### Method:

Mix flour, sugar, oats, coconut, crushed macadamias. Melt butter and pour over mix. Add honey and eggs. Mix until moist. Place in oven for 35 mins. Let stand for at least an hour before eating.

### Bunya Nut Pesto

1 capsicum roasted and peeled  
100g bunya nut blanched  
Basil x 1 bunch  
50g parmesan cheese  
1 clove garlic  
200mL macadamia nut oil  
50mL olive oil  
2 tsp ground Dorriggo Pepper

#### Method:

Place pepper & 100ml macca oil in a saucepan on moderate heat for 2 mins, allow to cool.  
Puree roasted capsicum, add to the remaining oil.  
Blanch bunya nut for 4 mins, remove from shell, allow to cool and chop finely. Crush garlic and add to capsicum and oil. Roughly chop basil. Place all ingredients into food processor for 1 min. Do not over process. Add salt to taste.

### Lemon Myrtle Chilli Dip

1 x 300g sour cream  
1/2 cup Sweet Lemon Myrtle Chilli Sauce  
1 dssp fresh coriander, chopped  
Mix sour cream with coriander and 1/2 chilli sauce. Serve with remaining sauce on top.

### Wattleseed Scones

1 egg  
2 Tbsp sugar  
150ml cream  
1/2 cup milk  
2 tbsp plain yoghurt  
1 tsp vanilla essence  
2-3 cups S/R flour  
4 tsp finely ground wattle seeds  
1 tsp baking powder

Mix all wet ingredients thoroughly. Add wattle seed, flour & baking powder to the mixture, using a knife to combine all ingredients thoroughly. Mixture will be moist. Turn onto a well-floured board. Knead gently until non-sticky and pat into a 2cm thick circle. Cut and bake in hot oven for 10-15mins.  
Serve with a native fruit jam and lemon myrtle cream.

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Recipes adapted from:

Vic Cherikoff

Benjamin Christie

Paddymelon

The Dilly Bag

Taste Australia