



AMERN MWERR NANYEM PIP-ANTEM

Good Tucker Cooking Stories

From Utopia Homelands



Front & Back cover art by Katie Morton

ACKNOWLEDGEMENTS

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Arid Edge Environmental Services provides research, training, project management, design and consulting services in the areas of water, waste, food and energy.



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MESSAGES

THE AMERN MWERR PROJECT

“ We have been working with people on the Utopia Homelands since 2009 to help people grow and eat more fruit and vegetables. Together with gardeners from the Homelands the project has built the needed fencing, garden beds and shade to make growing food possible. Many cooking activities and experiments have been done in the gardens and at people’s homes using garden produce. This cookbook is a selection of the favourite recipes and the stories that go with them.”

URAPUNTJA ABORIGINAL CORPORATION

“ Urapuntja Aboriginal Corporation is very excited to embrace the recipes in this unique cookbook. We are all looking forward to experiencing the tastes that embrace the Utopia Homelands foods, stories and culture in so many ways. Thanks Arid Edge for walking with us in culture and providing good healthy food alternatives.”
- Urapuntja Aboriginal Corporation

UTOPIA COMMUNITY MEMBERS

“ We are living on our land. Been here for a long long time. We speak Alyawarre, Anmatjere, Arrente and other languages all mixed together. This is the same country where our grandmothers and grandfathers lived, our ancestors. We have little communities where family groups live, all spread out. We like having the garden food there for young children, old ladies and everyone. In the gardens we have atherrk, cabbage, orange, mandarin, mulberry, fig, onion, hot chilli and we are trying mango trees.

We like going hunting for aker, inap (echidna), areyneng (rock wallaby), aherr (kangaroo), arlewatyerr (goanna), arwngerrp (bush turkey) and ngkwarl (sugar bag). We sometimes can get akatyerr (bush tomato) when the land is green. We get bush medicine that we make for drinking and rubbing. In the hot time we stay in the shade, when it is windy we make a wind break. We like cooking damper on the fire. We cook all together, sometimes inside on the stove and sometimes on the fire.

We have taught our language, telling story in Sydney, Melbourne and Brisbane. All of our young kids still speak our language.”



BUSH FOODS & GARDEN TUCKER

SOMETIMES WE LIKE GOING TO GET BUSHFOOD. WE LIKE AKATYERR (BUSH TOMATO), ALKWARRER (BUSH BANANA), ARLEWATYERR (GOANNA). WE LIKE GETTING KANGAROO TAIL, ANATY (BUSH POTATO), SUGAR BAG AND INAP (ECHIDNA).

- Loretta, Jilly, Rhonda & Rhianna Jones from Soapy Bore

**“ AMERN ALKWARREREL AMPERNEYEL
RWEL AMERN ARLKWEYEL**

Cooking Bush Banana on the fire to eat.

- Audrey Morton from Arnkawenyerr

CONTENTS

NUTRITION MESSAGES

<i>Kids Drink Water & Milk !</i>	7
<i>Drink Water !</i>	8
<i>Snacks !</i>	9
<i>Wash Hands !</i>	10

RECIPES

Kwart atherrk-atherrk an baked beans	<i>Eggs with Kale & Baked Beans</i>	11
	<i>Chow Mein</i>	12
	<i>Garden Sandwiches</i>	13
Tywek-Tywek noodle soup	<i>Chicken Noodle Soup</i>	14
Aker aherr anyentelihileyl	<i>Kangaroo Stir Fry</i>	15
	<i>Tin of Meat & Kale</i>	16
Aker atherrk-atherrk and bean stew	<i>Mince, Greens & Bean Stew</i>	17
Tywek-tywek peanut an rice	<i>Chicken Satay</i>	18
	<i>Beef Burgers</i>	19
	<i>Tuna with Rice, Greens & Lemon</i>	20
	<i>Spaghetti Bolognese</i>	21
	<i>Calendar</i>	22
	<i>Glossary</i>	23



Kids in the garden at Arnkawenyerr

**ARNWEK-ANTEN
AMPERNEM KWATY AN
MILK ANTWETYEK-RNEM
ILKELHEM**



OUR KIDS DRINK LOTS OF WATER AND MILK !

**Utopia mob kwaty-
angerr antywem!**

Utopia mob drinking
plenty of water!

Aherrety time kwaty

irrernt fridge-they aneyel!

In the hot time we keep bottles
in the fridge for cold water!

Anwantherr kwaty

akngeyneyel!

We always carry water
with us!





**Alerlaw! Amern
akely arwa alengerl
inlaynetyek atha**

*WAIT! I'm buying some
snacks for the road*

SNACKS ON THE ROAD



**Amern akely aweth
inlaynetyek!**

*Here are some more little
snacks that we like to eat!*





**Anwantherr iltya
intem-antey inngerr
lhewelheyel!**
*We always wash our hands and
faces before cooking!*

KWART ATHERRK-ATHERRK AN BAKED BEANS

/ Eggs with Kale &
Baked Beans



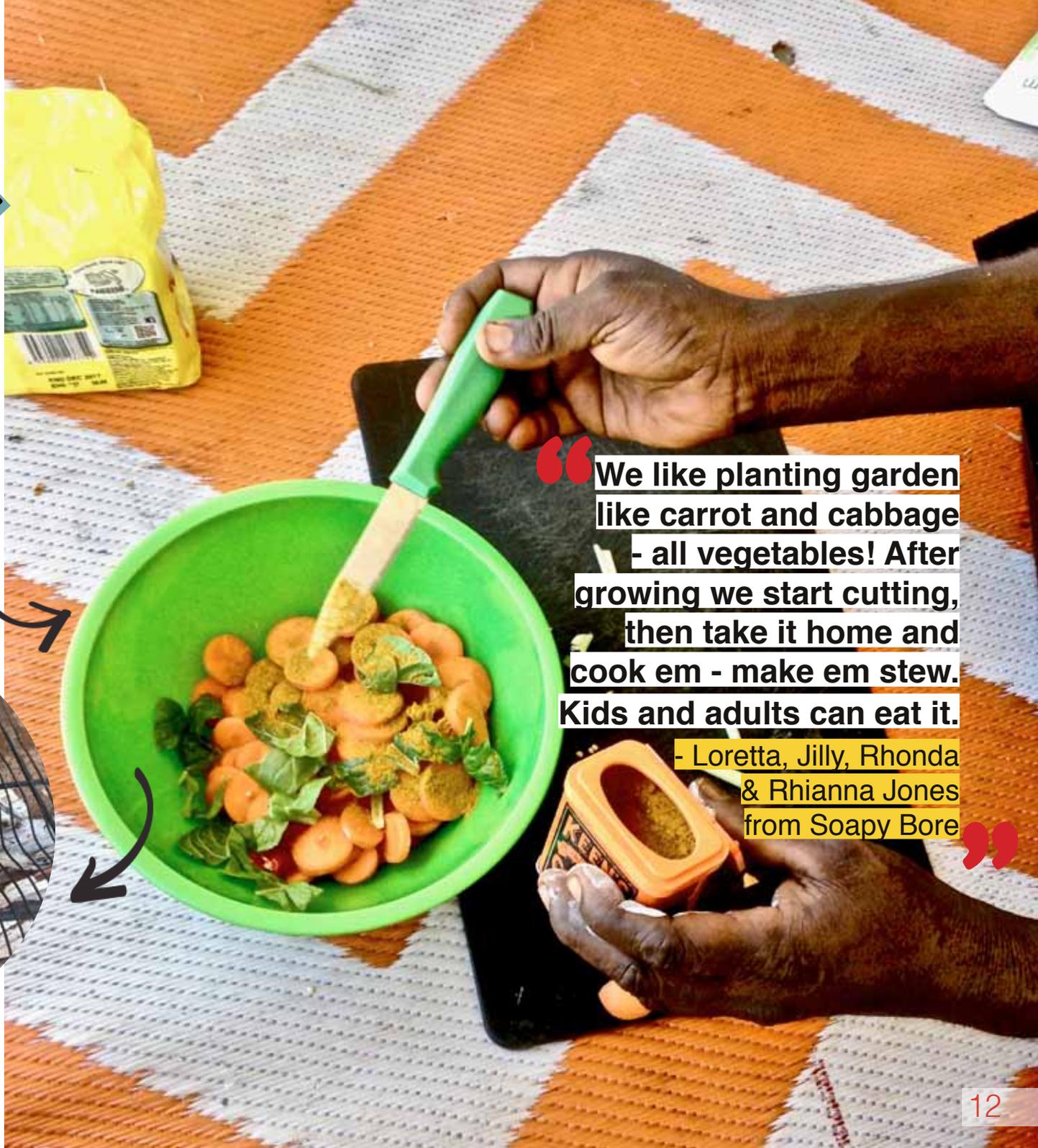
\$ OFF
PAY
WEEK



“ We eat them garden all the time. Over there we come and get it. Spring onion, carrot, kale. ”

- Josie Kunoth from Apungalindum

CHOW MEIN



“ We like planting garden like carrot and cabbage - all vegetables! After growing we start cutting, then take it home and cook em - make em stew. Kids and adults can eat it.

- Loretta, Jilly, Rhonda & Rhianna Jones from Soapy Bore ”

**\$ OFF
PAY
WEEK**



1.



2.



3.



4.

GARDEN SANDWICHES



**“AMERN ATHERRK-ATHERRK
ARLKWEYEL”**

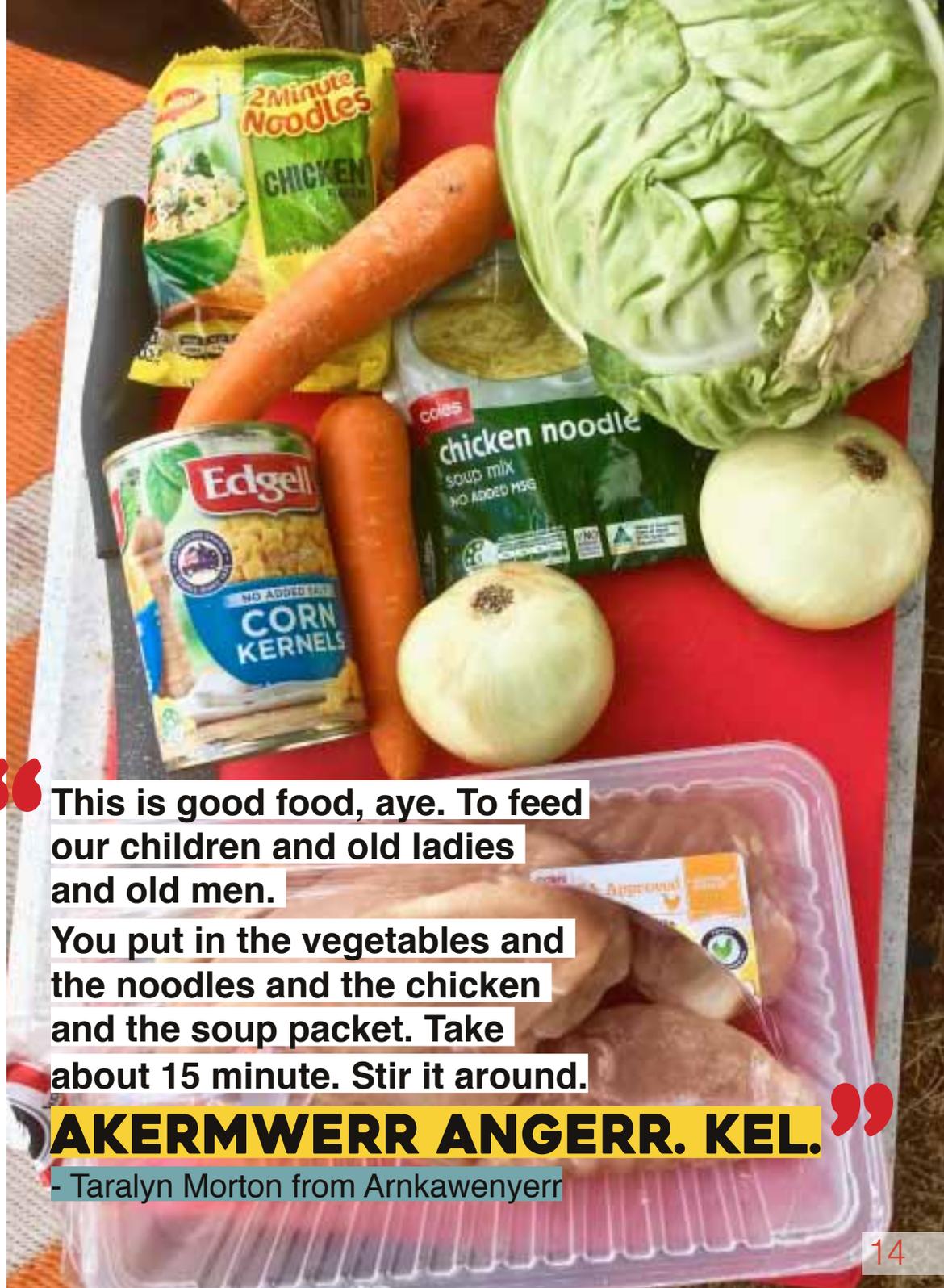
Bread with vegetables to eat

- Hazel Morton from Arnkawenyerr

OFF
PAY
WEEK 

TYWEK-TYWEK NOODLE SOUP

/ Chicken Noodle Soup



“ This is good food, aye. To feed our children and old ladies and old men. You put in the vegetables and the noodles and the chicken and the soup packet. Take about 15 minute. Stir it around. **AKERMWERR ANGERR. KEL.** ”

- Taralyn Morton from Arnkawenyerr

\$\$\$ ON PAY WEEK



AKER AHERR ANYENTELIHILEYEL

/ Kangaroo Stir-Fry



“**Nhanyem akerr aherr
arrtyeyeln atherrk-
atherrk anyentelihileyel.**

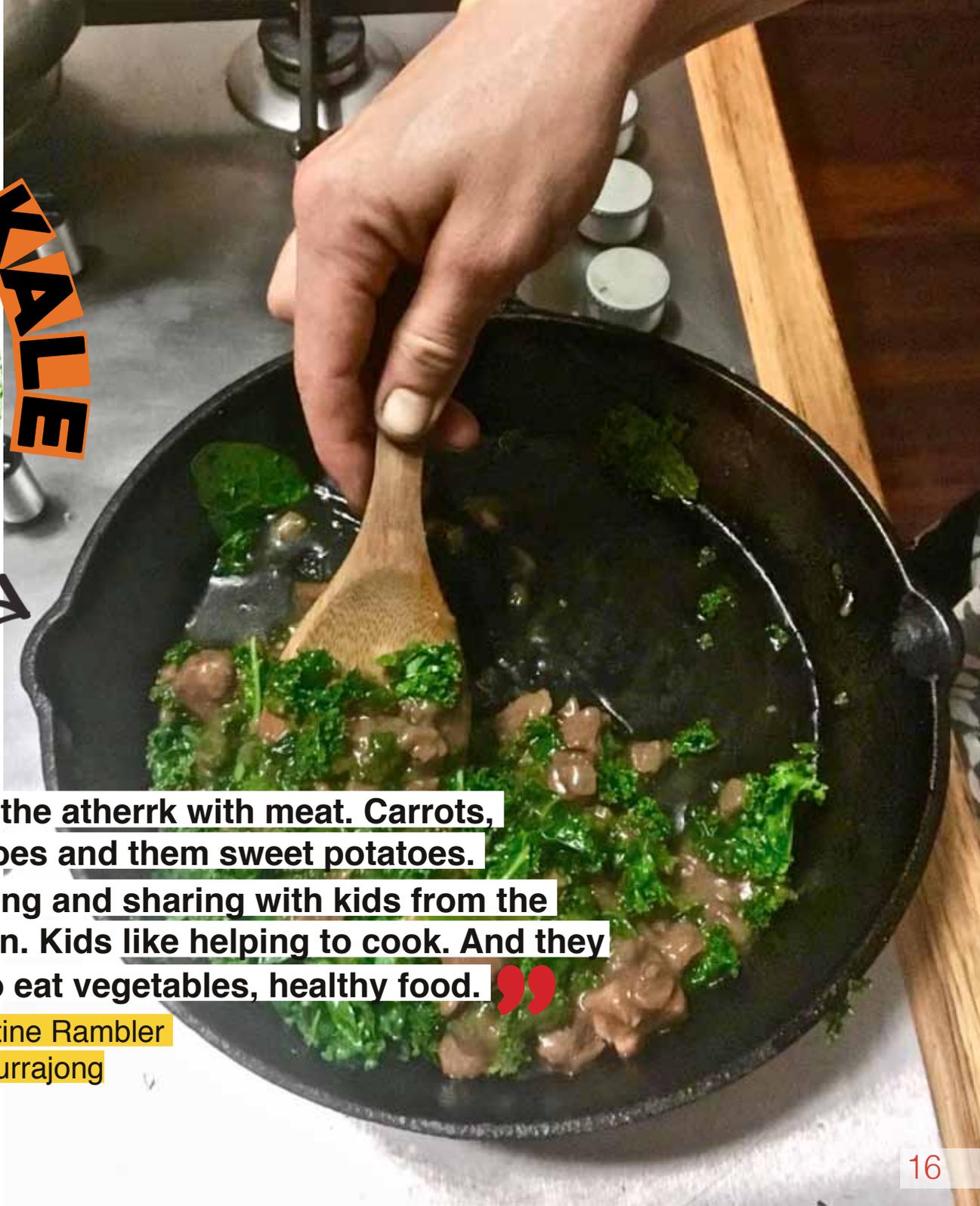
*This meat kangaroo.
Cook greens. Mix together.*”

- Katie Morton from
Arnkawenyerr



ON
PAY
WEEK **\$\$\$**

TIN OF MEAT WITH KALE



+



“Cook the atherrk with meat. Carrots, potatoes and them sweet potatoes. Cooking and sharing with kids from the garden. Kids like helping to cook. And they like to eat vegetables, healthy food.”

- Christine Rambler
from Kurrajong

\$ OFF
PAY
WEEK

AKER ATHERRK-ATHERRK AND BEAN STEW

/ Chilli con Carne



**“ We planted a lot of Atherrk (silverbeet).
When I go to shop, I buy aker, and cut
some silverbeet from the garden.
We are teaching our kids how to cook.
They learn from us and then they can
look after us when we are old. ”**

- Terry Stirling from Soapy Bore

ON
PAY
WEEK **\$\$\$**

TYWEK-TYWEK PEANUT AN RICE

/ Chicken Satay

“ I like cooking chicken with different kind of soups and with coconut cream to keep my kids healthy and help my kids to grow strong and healthy. I teach my kids cooking so they can make healthy food when they grow up. ”

- Queeno Jones,
from Atheley



1.



2.



4.



3.



\$\$\$ ON PAY WEEK

BEEF BURGERS

“ At Soapy Bore we like cooking with mince, and kangaroo mince most.”

- Loretta, Jilly, Rhonda & Rhianna Jones from Soapy Bore



ON PAY WEEK \$\$\$\$

AHERRETY TIMEK MWERR

/ Tuna with rice, greens and lemon



**\$ OFF
PAY
WEEK**



GOOD FOR HOT TIME

“ We been growing up tomatoes from seed. They come up by themselves every year. We grown two mango from seed. Chilli, lettuce, sunflowers too. We been drying tomato seed in sun to plant em.”

- Patsy Long, Kathleen Purvis & Jennifer Purvis from Soakage Bore

SPAGHETTI BOLOGNESE



“Aker nhanhyem amperneyel atherkel mix em. Mince amperneyel. Arlkweyel.

Cooking this meat with vegetables. Mix them. Cooking mince to eat. ”

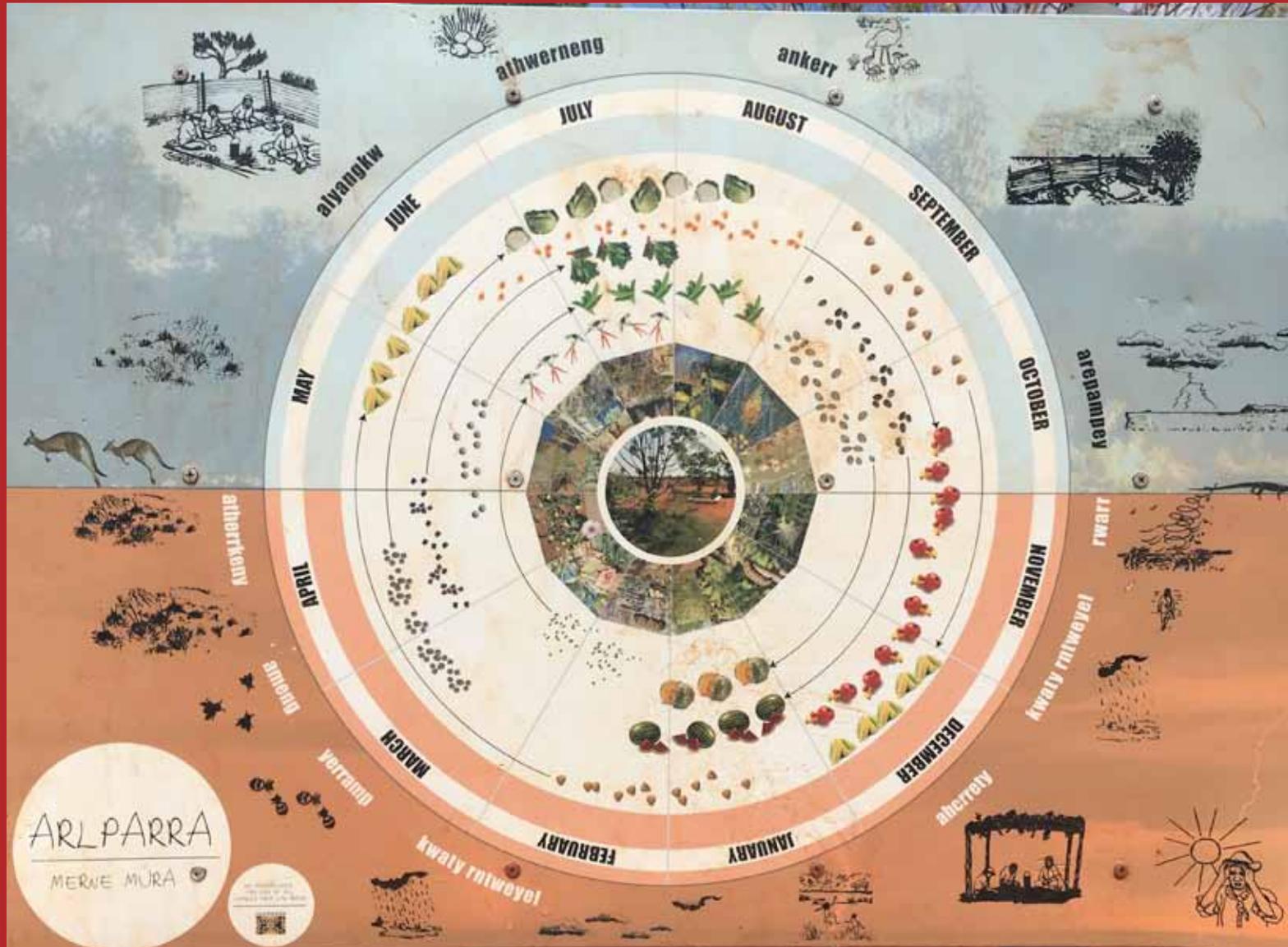
- Julie Sandover from Atheley



ON PAY WEEK **\$\$\$**

CALENDAR

PRODUCE AND SEASONS



GLOSSARY

WORD MEANING

amern mwerr	<i>good food</i>
kwaty	<i>water</i>
amern	<i>vegetable food</i>
ngkwarl	<i>sweet things</i>
rwa	<i>fire</i>
aker	<i>meat</i>
amern ampernyek	<i>cooking and food preparation</i>
arkweyel	<i>eat</i>
atherrk-atherrk	<i>green vegetable</i>
akatyerr	<i>bush tomato</i>
anaty	<i>bush potato</i>
alkwarrer	<i>bush banana</i>
yerramp	<i>honey ant</i>
awangk alheyel	<i>going hunting</i>
angerneyel	<i>digging</i>
akeyel	<i>picking</i>
antyweyel	<i>drink</i>

kwert	<i>smoke</i>
akeyel	<i>cut or break</i>
ampeyel	<i>become cooked</i>
ampeng	<i>cooked, ripe</i>
theleyel	<i>pour</i>
amern rtamp	<i>damper</i>
aherr	<i>kangaroo</i>
ilkwert	<i>perentie</i>
arwngerrp	<i>bush turkey</i>
inap	<i>echidna</i>
angkethakw	<i>thirsty</i>
arlewatyerr	<i>goanna</i>
kwart	<i>egg</i>
ngkwarl	<i>sugar bag</i>
anyentelihileyel	<i>mix together</i>



Lucky Morton from Arnkawenyerr painting bush food & garden produce.

**THIS IS
A FREE
PROMO
COPY** 😊

