

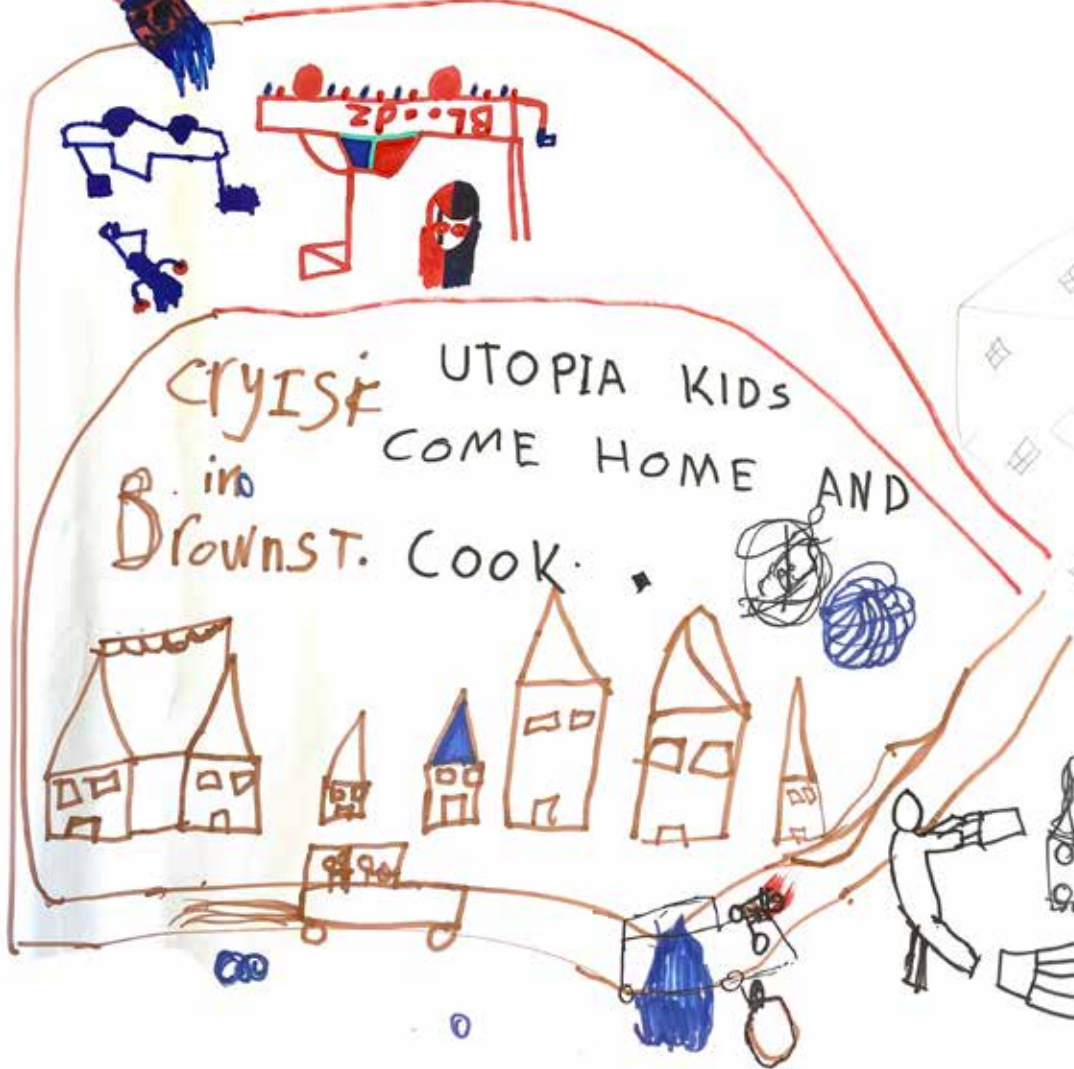


AMERN MWERR

Utopia kids come home & cook

HEALTHY TAKE AWAY

**THIS BOOK WAS MADE ON
ALYAWARR COUNTRY**



**BY
KIDS**

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Nikara, Tamia, Saylene, Eesore and Carisha learning how to stew fruit

ACKNOWLEDGEMENTS

introduction

During school holidays Amern Mwerr (Good Food) Program facilitated youth cooking programs in Utopia, aiming to develop food preparation skills, increase familiarity with cookbooks, kitchen appliances and healthy eating practices, and to provide meals for kids during holiday times.

Utopia kids chose and trialed a selection of recipes that they thought would serve as culturally appropriate and nutritious take away food options. This book is a small collection of their favourites.

The kids cooked large quantities of each recipe with ease, and deemed them simple enough in preparation and ingredients to be produced as take away foods or lunch/snack options for schools and community events.

We hope this book is useful for people of all ages and also to shops, event stalls, school kitchens and other food providers to provide ideas of how to cook with vegetables in ways that the people of Utopia find tasty. This book from the kids reflects their real interest in cooking and healthy eating.

These kids not only enjoy cooking, they are really good at it!

This book has been published by Arid Edge Environmental Services in 2021 as part of the Amern Mwerr Food Gardens Project on Utopia Homelands in the Northern Territory, Australia. Amern Mwerr Utopia is funded by Primary Health Network NT.

Arid Edge Environmental Services is the social enterprise arm of Arid Lands Environment Centre, a not-for-profit working to protect and restore Australia's iconic desert country for over 40 years. We share their vision of 'healthy futures for arid lands and people.'

thank you to:

We would like to thank the community members of Utopia Homelands that generously contributed their time to the Amern Mwerr program and this Healthy Take Away project. Most importantly, thanks to the kids who offered their ideas, knowledge, cooking and artistic skills to create this book.

We would like to thank the Bill Raby Diabetes Fellowship for contributing funds to the production of the book.

We would also like to thank Urapuntja Aboriginal Corporation and Stronger Communities For Children for supporting the project. And also local workers Elaine Daniels and Eesore Nelson for working on the project.

The kids are cooking healthy foods, healthy for the body.
They cooking for the next generation, for next kids, so they keep going on...
cooking, hunting, hunting for bush tuckers.

Drink water everyday, that makes healthy kids.

Eesore Nelson, Soapy Bore & Stronger Communities For Children



Kids eating a curry



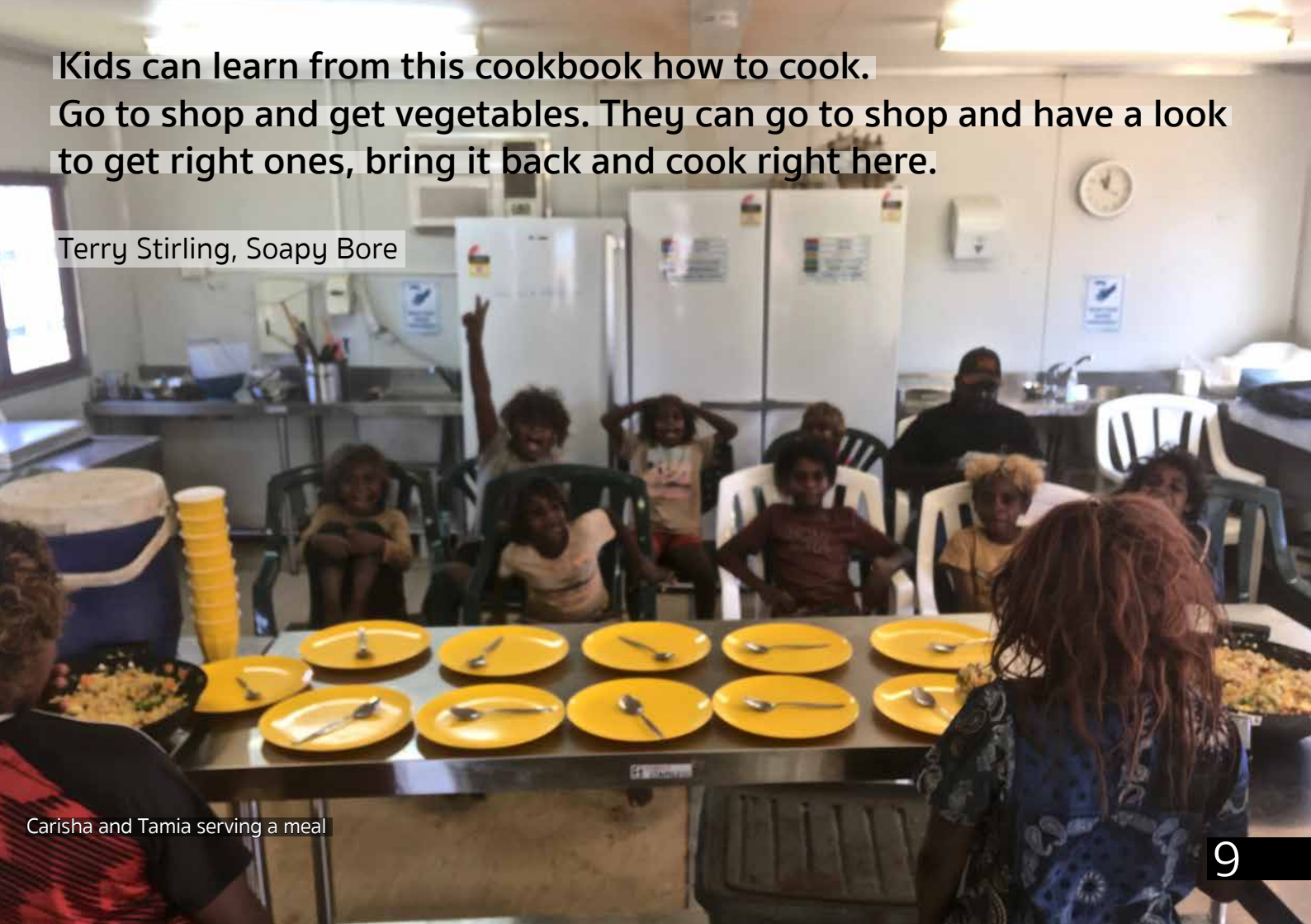
Kids making beef burgers and a big mess

It's good to make kids busy, get them cooking.
They are really excited to cook, you know?
When they grow up they'll make good food for their children.

Sylvaria Walker, Soapy Bore

Kids can learn from this cookbook how to cook.
Go to shop and get vegetables. They can go to shop and have a look
to get right ones, bring it back and cook right here.

Terry Stirling, Soapy Bore



Carisha and Tamia serving a meal

It's good for the kids to cook healthy food because it's giving them ideas. They can know how to buy it from the shop, so they can think back, and then make it for their friends and families.

And so they can stay healthier, to stop diabetes.

To make them think about things. Something from the garden, how to grow it..

Joycie Jones, Soapy Bore

Oliver and Leshima planting corn whilst other kids watch



**UTOPIA KIDS DRINK PLENTY
WATER EVERYDAY**



**UTOPIA KIDS ALWAYS
WASH HANDS & FACES
BEFORE COOKING**



Assembling kebabs



Tyson eating kebabs

KANGAROO KEBABS

serves
10

ingredients

- 1 kg kangaroo fillets
- 2 capsicums
- 2 carrots
- 2 zucchinis
- 1 brocolli head
- 1 cauliflower head
- 2 tablespoons garlic & ginger paste
- 1/2 cup oyster sauce
- 1/2 cup soy sauce
- 2 tablespoons vegetable oil
- 1 packet of skewers



method

1. Chop all the vegies and kangaroo meat into large chunks.
2. Combine garlic and ginger paste, soy sauce and oyster sauce in a large container. Place kangaroo meat in the container to marinate in the sauce. Leave the meat in the sauce for at least an hour.
3. Take the skewers and push them through the meat and cut vegies to form kebabs. Keep doing this until all the meat and vegetables have been used.
4. Heat the oil in a large fry pan.
5. Fry the kebabs until meat is cooked.
6. Serve it up with rice.

high in
iron

TIP You can also make this recipe as a stirfry served with rice.

? You can use skewer sticks for all kinds of things - you could make fruit salad kebabs with cut up fruits.



Kids eat sausage rolls after catering for a community meeting of 50 people

SAUSAGE ROLLS w/ beans & vegies

ingredients

2 packets of puff pastry

bolognese sauce (see page 18)

2 cans of beans (red or mixed beans)

2 capsicums

2 tablespoons vegetable oil

serves
10

beans
are high in
fibre

method

1. Take puff pastry out of freezer so it can defrost.
2. Turn the oven onto 180 degrees.
3. Make bolognese sauce using the recipe located on page 18.
4. Add the cans of beans into the bolognese sauce. Keep the pot of bolognese on low heat until most of the liquid has been cooked out of it.
6. Lay out the puff pastry sheets and remove any sheets of plastic. Spoon some meat mixture onto the puff pastry sheets in a long line from edge to edge. Roll the line of meat up in the pastry.
7. Rub vegetable oil onto a baking tray or use baking paper. Place the sausage rolls on the tray.
8. Bake in the oven for an hour or until pastry is golden brown.



TIP

Make sure you pinch the pastry together and roll it up nice and tight around the meat to hold your roll together.



Cooking bolognese sauce in bulk

BOLOGNESE SAUCE

serves
10

ingredients

- 1 kg beef mince
- 2 onions
- 3 carrots
- 2 capsicums
- 1 can corn kernels (or frozen)
- 2 tins of chopped tomatoes
- 1 tablespoon garlic paste
- 2 tablespoon tomato paste
- 2 tablespoon vegetable oil
- 1 tablespoon mixed herbs



method

1. Chop the onion and the vegetables.
2. Heat oil in a pot and add the mince. Cook for two minutes or until it browns.
3. Add onions and carrot in. Cook for another two minutes or until onions are see through.
4. Add garlic paste, tomato paste, herbs, capsicum and corn.
5. Cover the meat with tins of tomato and some water.
6. Turn down the heat and let it cook for an hour.

high in
iron

TIP

You can add a can of beans to the mixture if you dont have much meat or you want to add some extra iron.



Georgette and Elaine assembling lasagna

WHITE SAUCE

serves
10

ingredients

1 litre water

1 cup milk powder

1/2 cup flour

2 tablespoons butter or margarine

1 onion

1 cup cheese (grated)

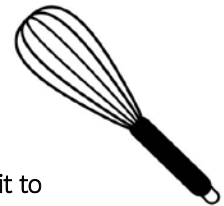


dairy is
high in
calcium

TIP You can use white sauce in cauliflower and veggie bakes, tuna bakes and pasta bakes.

method

1. Make up the milk by mixing the water and milk powder.
2. Chop onion into small pieces.
3. Melt the butter/margarine in a pot on low heat until its a golden liquid.
4. Add the flour into the butter and keep stirring.
5. Pour in the milk and chopped onion.
6. Keep mixing it around. Don't stop or it will get clumpy.
7. Turn the heat down the heat. Add cheese and keep mixing until it is smooth and thick.



? This is called a whisk. You can use it to stir the white sauce and to beat eggs.



Leshima, Trent and Tamia cook Fried Rice



FRIED RICE w/ egg & vegies

serves
10

ingredients

- 1 kg rice (can use left over cooked rice)
- 4 eggs
- 2 onions
- 3 carrots
- 1 bag peas
- 1 cabbage
- 2 tablespoons soy sauce
- 2 tablespoons garlic & ginger paste
- 2 tablespoons vegetable oil



eggs are
high in
protein

TIP You can add any vegies you like to this recipe - capsicum, corn, brocolli, cauliflower! You can also add chicken or other meats.

method

1. Cook the rice.
2. Chop onion and vegies into small bits.
3. Beat eggs together in a bowl. Heat oil in a pan and pour in the egg. When cooked solid around edge flip it over. Once it has all become solid, remove from the heat.
4. Cool eggs and chop into pieces.
5. Fry onion in a large hot wok with oil. Add garlic and ginger paste and cook for another minute. Once onion is see through, add carrot and peas. Wait two minutes then add cabbage, any other vegies and eggs too.
6. Throw in cooked rice. Stir through. Add soy sauce to taste.

? Did you know that this shape pot is called a wok?





Oliver and Kamisha serving up chicken curry

COCONUT CHICKEN CURRY

ingredients

- 1 kg chicken breast or thigh fillet
- 2 onions
- 3 potatoes
- 2 carrots
- 1 bag peas
- 2 tablespoons garlic & ginger paste
- 2-3 tablespoons of yellow curry paste
- 2 cans of coconut milk
- 2 tablespoons vegetable oil



method

1. Chop onion, vegetables, and dice chicken.
2. Heat up oil in a big pot and add the chicken.
3. Add the onions, potato, carrot and peas to the pot.
Mix em up.
4. Add garlic and ginger paste and curry paste. Stir it in.
5. Pour in coconut milk.
6. Bring pot to boil and then turn down to very low heat.
Cook for an hour or until all the vegies are cooked.
7. Serve it up with rice.

garlic & ginger
reduce inflammation

serves
10

TIP You can add any vegies you like to this recipe - capsicum, corn, brocolli, cauliflower, frozen veg!

? Did you know that yellow curry paste is from Thailand?



Serving lasagna

LASAGNA

LAZAG

serves
10

ingredients

1 kg lasagna sheets

2 cups cheese (grated)

bolognese sauce (see pg 18)

white sauce (see pg 20)

1 tbs vegetable oil



high in
iron

TIP

You can cut fresh vegies into thin strips and put them into your lasagna layers.

method

1. Turn the oven onto 180 degrees.
2. Make bolognese sauce using the recipe located on page 18.
3. Make white sauce using recipe on page 20.
4. Grate cheese and prepare all ingredients.
5. Rub vegetable oil onto a baking tray.
6. Place lasagna sheets on the bottom of the tray. Make sure they overlap and you dont leave big gaps!
7. Spoon some bolognese sauce over the lasagna sheets. Make sure it covers the whole tray.
8. Repeat steps 6 and 7.
9. Place another layer of lasagna sheets on top. Pour over the white sauce. Sprinkle cheese over the top.
10. Put into the oven to bake for 1 hour or until golden brown.

?

Did you know that this is called a baking tray? It's for the oven.





Shepards Pie



Kids prepare to make Shepards Pie

SHEPARDS PIE

SHEPERSPIE

ingredients



bolognese sauce (see pg 18)

6 potatoes

2 onions



2 eggs

1 cup of cheese (grated)

2 tablespoons vegetable oil



high in
iron

serves
10

TIP You don't have to use bolognese recipe for the beef layer. You could get creative with other flavours too.

method

1. Turn the oven onto 180 degrees.
2. Make bolognese sauce using the recipe located on page 18.
3. Peel and boil the potatoes until they are soft. You can cut them up to make them boil faster.
4. Mash the potatoes and add the eggs. Mix em up.
5. Rub vegetable oil onto a baking tray.
6. Place the bolognese sauce into the baking dish.
7. Spread mashed potato over the top so it covers all the meat. Sprinkle cheese on top.
8. Put into the oven to bake for 1 hour or until golden brown.

? You could turn your shepard's pie into a 'Cowboy Pie' by adding baked beans onto the meat mixture.

Saylene.



Shawn
eg



Trent





THE AUTHORS

UTOPIA KIDS

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**Arid
Lands
Environment
Centre**

phn
NORTHERN TERRITORY
An Australian Government Initiative

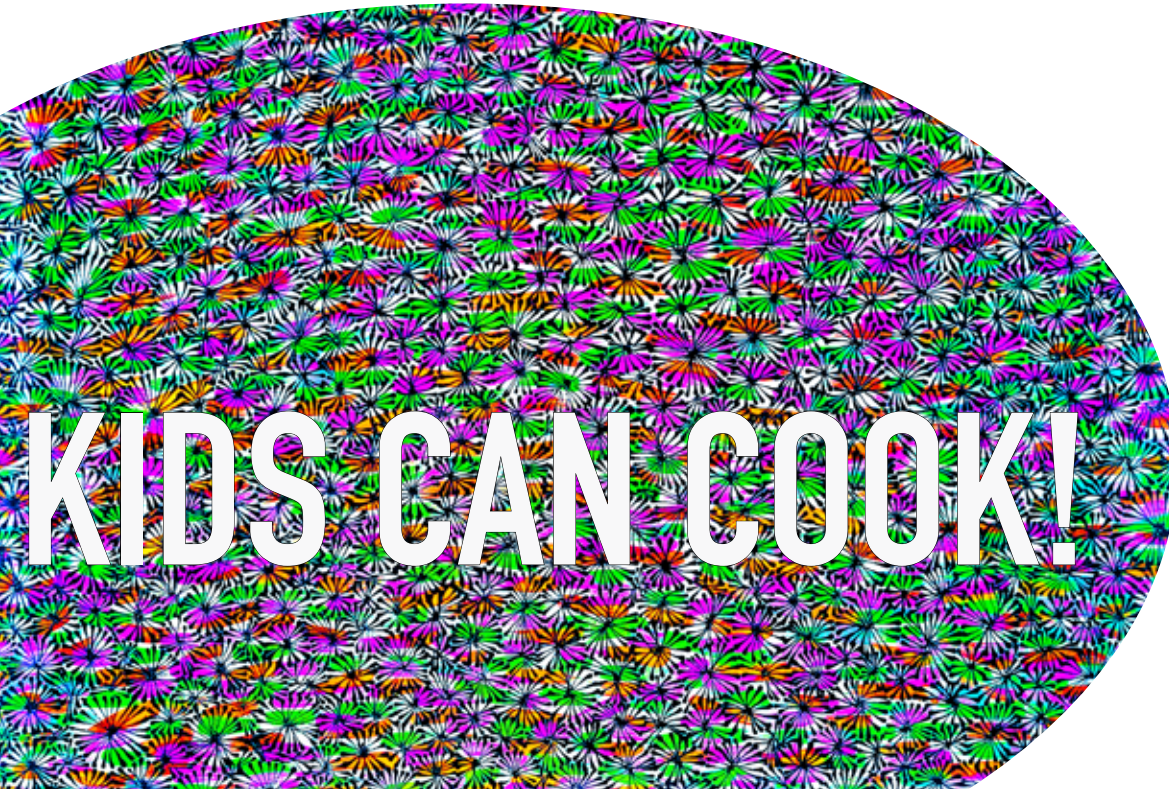


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Your partner in heart
& diabetes health



Bill Raby
Diabetes Fellowship



KIDS CAN COOK!

aridedge
environmental services