

A scenic sunset over a beach. The sky is a mix of orange, yellow, and blue, with silhouettes of several birds flying in the upper left. The sun is low on the horizon, partially obscured by a line of trees. The trees are silhouetted against the bright sky, and their reflections are visible in the shallow water in the foreground. The water is calm, with gentle ripples.

# Deadly Tukka

DDHS Elders Collection



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# Acknowledgement

We would like to acknowledge the Larrakia People as the Traditional Custodians of the lands upon which this project has been created.

We pay our respects to Elders past, present and future; for they hold the memories, traditions, culture and hopes of Aboriginal and Torres Strait Islander peoples of Australia.

# ABOUT US

The Danila Dilba Elders Group are a prominent, well-respected part of our Social and Emotional Wellbeing (SEWB) service and have been since their inception 18 years ago.

They are a group who promote a safe, welcoming space for our Elders to connect, share stories, engage in therapeutic activities and attend outings.

Our Elders are an integral part of Danila Dilba Health Service and pay homage to their shared knowledge, memories and experiences which have enriched and enhanced many aspects of Danila Dilba's growth and development throughout the years.

We are forever grateful for the contributions our Elders have made and continue to provide for our future generations.

This book features diverse and comforting recipes created by our Elders which represent their culture and traditional values.

We thank them for their time and efforts in producing this book and hope you find a sense of comfort and connection with each page.

# Alphonse' Fish on Coals with Pandanus Nuts and Yams

## Ingredients

Fresh Fish (barra, snapper, jewfish)  
Pandanus Nuts (aged, dry)  
Paperbark, Leaf Gum  
Salt and Pepper (optional for seasoning)

## Method

1. Make fire with dry driftwood dry gum and the aged pandanus nuts until it forms down to coals.
2. Once the coal is ready, place fish directly onto coals and cook for 10 mins. Turn fish onto other side and cook for a further 10 mins.
3. Once the fish is cooked through. Take fish off the coals and place onto the leaf gum of the paperbark. Season with salt and pepper. Enjoy!



# Betty's Chicken Gravy Stew

## Ingredients

1kg of chicken thighs

2 large onions chopped

½ cup of frozen peas and beans

6 or more large potatoes peeled and mashed

Add any veggies that you like

¼ cup of oil

Chicken gravy

## Method

1. Brown chicken in a ¼ cup of oil.

2. Add onions over the chicken until cooked.

3. Add frozen peas and beans.

4. Add gravy until cooked.

Serve with mashed potatoes or any other veggies.





# Billy's Spaghetti Bolognese

## Ingredients

Beef mince

Spaghetti pasta

Bolognese sauce (Dolmio brand)

Onion

Garlic

Ginger

Tomato Paste

Tomatoes

## Method

1. Fry onion, garlic, and ginger until soft.

2. Add the mince and fry until brown

3. Add the dolmio sauce and simmer for 10 minutes.

4. Add salt pepper and tomatoes and simmer for 5 mins.

5. Cook pasta in boiling water with plenty of salt.

6. Garnish with parsley and parmesan cheese



# Carol's Ox-Tail Stew

## Ingredients

2 kg ox tail

1 kg beef gravy

Onions

Potatoes

Carrots

Celery

Salt + pepper

Soy sauce

Garlic + ginger

## Method

1.Heat oil, add garlic ginger, and onion.

2.Add the oxtail and beef gravy and cook on low heat until the meat is tender.

3.Add your vegetables.

Serve with mash or rice and steamed veggies.



# Cherry's Creamed Corn and Crab soup

## Ingredients

1ltr chicken stock  
1 tin 420 g creamed corn  
1 tin 250g crab meat  
4 prawns (optional)  
1 tbsp light soy sauce  
2 tbsp oyster sauce  
1 spring onion chopped

## Method

1. In a medium saucepan bring the chicken stock to a boil on medium heat.
2. Add creamed corn and crab meat and cooked prawns.
3. Next, put in oyster sauce and light soy sauce and cook for ten minutes.
4. Lastly, add chopped spring onions for garnish.



# Cherry's Hoisin Pork Skewers

## Ingredients

150g pork fillet

½ cup hoisin sauce

2 tbsp plum sauce

2 cloves of garlic crushed

## Method

1. Mix pork, sauces, and garlic in a medium bowl, cover, and refrigerate for 3 hours or overnight.

2. Thread pork onto 12 skewers. Cook skewers on a hot-oiled grill or BBQ plate until browned and cooked through.

**Note:** Put skewers in water and soak them for an hour before use to stop them from burning.





# Denise's My Way Stew

## Ingredients

500g Beef Mince/chuck steak/lamb chops (whatever meat you prefer)

Cooking Oil

2 Onions

4 large cloves of garlic

8-9 slices of ginger

Soy sauce

Worcestershire Sauce (Holbrooks)

Maggi rich gravy mix

Whole cabbage

## Method

1. First fry the onion garlic and ginger in a large pot with a little bit of oil for 1 minute.
2. Now add your preferred meat and cook until all browned.
3. Add your soy sauce and worcestershire sauce and let it simmer on a medium to low heat for 1.5 hours or until soft.
4. Once the meat is soft add some Maggi rich gravy mix to thicken.
5. Lastly add the cabbage and turn off the stove. Serve with rice.



# Faye's Fried Rice

## Ingredients

2 tbsp Oil  
½ Kilo of bacon  
1- 2 Onion, finely chopped  
3 eggs, whisked  
2 Carrots  
1 Capsicum  
Soy sauce

Packet of cooked day old white rice (refrigerated or frozen defrosted)

## Method

- 1.Scramble eggs - In a small separate fry pan whisk eggs and scramble them, cook through properly \*not soft and then set aside to add later.
- 2.In a frying pan heat up oil over medium heat and cook onion and bacon.
- 3.Dice capsicum & carrots add to the frying pan with onion and bacon.
- 4.Mix in the rice and add soy sauce cook on high for a few minutes cut up scrambled eggs add in and stir in. Add Salt and pepper and enjoy!



# Flo's Shepherds Pie

## Ingredients

Mince

Onion

Potatoes

Carrots

Peas

Corn

Soy

Salt and pepper

Milk

## Method

1. Peel and chop potatoes.

2. Boil and mash potatoes.

3. Fry onion and mince and add soy sauce, salt, and pepper. Fry until cooked through.

Add mixed vegies.

4. Put cooked mince in a tray then add mashed potatoes on top.

5. Put in the oven with grated cheese and cook until cheese turns golden brown.



# Gloria's Spinach Cob Loaf

## Ingredients

Cob loaf bread roll

2 cups of cooked or torn up spinach

300ml Bulla light sour cream

1 cup of mayonnaise

1/2 cup finely chopped chives and spring onion

1tsp lemon juice

## Method

1. Preheat oven to 180°/160° fan forced oven. Line a large tray with baking paper.

2. Cut 4cm off the top of the cob loaf to form a lid. Remove the middle of the loaf and save pieces for the dip. Remove any excess moisture from the spinach. Combine ingredients in a large bowl. Season with salt and pepper.

3. Spoon mixture into loaf. Top with lid. Place on prepared tray. Arrange bread pieces in single layers cut around the loaf.

Bake for 20 minutes or until golden.

Notes: Serve with cut veggies i.e., carrots, celery, capsicum, cauliflower, broccoli, cucumber, and garlic bread.





# Lola's Curry Chicken

## Ingredients

1 whole chicken cut into pieces.

Rice

Garlic

Ginger

Onion

Potatoes

Carrots

Cooking oil

Salt + pepper

Soy sauce

Curry powder

Chicken stock

## Method

1. Put the rice on first.
2. Put oil into a large pot.
3. Add onion, garlic and ginger, and cook for 1-2 minutes.
4. Add chicken and cook for a while.
5. Add chicken stock, soy, and salt + pepper.
6. Boil for 20 minutes then put prepared veggies in.
7. Ready to eat once veggies are to your liking.



# Michelle's Honey Soy Chicken Wings

## Ingredients

1kg large chicken wings

1 onion

Ginger (small bit to taste)

2 garlic cloves

1 bottle of honey

Soy sauce

## Method

1. Fry onion, garlic, and ginger together, then add chicken wings.

2. After 10 to 15 minutes add honey and soy sauce. You may also add a cup of water.

3. Add more honey to taste after 10 minutes then turn the heat down.

4. Let simmer for a bit then you are done.



# Peggy's Scones or Damper

## Ingredients

Self-raising flour (1 kilo)

Pinch of Salt

3 tablespoons Sunshine Powdered milk (mix with water)

2 tablespoons butter or margarine

## Method

1. Sift the S/R flour. Rub the butter into the flour.

2. Add the milk and water in and mix. Make sure mix is not too moist.

3. Mixture should be dry enough that you can flatten the dough onto a floured surface. Dough should not stick to hand.

4. Work the dough with your hands, no rolling pin is required.

5. Pat out dough to approx. 1 inch or 2.54cm. Bake in 150-degree Celsius oven for 20 minutes.

6. Brush with milk after it is cooked. This keeps the damper or scone soft.



# Rosemary's Chicken Noodle Vermicelli

## Ingredients

2 tsp Garlic

2 tsp Ginger

1 Onion

1kg Chicken wings

3 tbsp Soy sauce

Pinch Salt

3 Potatoes

1 Carrot

Beans

3 cups Chicken stock

Glass vermicelli noodles

## Method

1. Soak vermicelli noodles and cook as per packet instructions.
2. Fry onion, garlic, ginger until soft and brown.
3. Add chicken wings and cook through until golden brown.
4. Add potatoes, carrots, salt and chicken stock. Cook until vegetables are soft.
5. Add vermicelli noodles. Simmer for 10 mins.
6. Serve with rice or bread.





# Yvonne's Damper

## Ingredients

3 cups of Self Raising Flour

Pinch of salt

80 grams butter

$\frac{3}{4}$  cups of water

## Method

1. Place self raising flour into bowl. Add salt and butter

2. Slowly add water and mix all ingredients together until it forms a slight wet dough.

3. Spread flour onto bench and pour dough mixture on to this. Knead dough until smooth

4. Place into oven on lined baking tray at 200 degrees celcius until cooked through or makes hollow sound when tapped on base

Serve with butter and golden syrup.



# Mitta's Chicken Vermicelli

## Ingredients

Peanut Oil

Onions

Ginger

Garlic

Chicken pieces

Salt and black pepper

Dark mushroom soy sauce

Lemon grass stems

Potato

Chinese mushroom

Clear vermicelli noodles



# Method

- 1.Coat and marinate the chicken with the dark mushroom soy sauce for 20 mins.
- 2.Fry onion, garlic and ginger until caramelized.
- 3.Add chicken till brown and caramelized. Season with salt and pepper.
- 4.Add mushroom sauce.
- 5.Add potatoes.
- 6.Cook the vermicelli noodles as per packet instructions and add to the chicken mix.
- 7.Add lemongrass stems on top of the chicken dish and steam for 15 minutes. Ensure there is enough water (not too much) in the pot to steam through the stems.

Serve with cooked white rice.



# Dottie's Chilli Sauce

## Ingredients

1/3 of a shopping bag of red (for colour) hot chillies

Garlic and ginger for taste

3 cups of white vinegar

3 cups of white sugar

1 tbsp of salt

1 full squeeze of honey

$\frac{3}{4}$  bottle of lemon juice

3-4 apples (depending on size)

3-4 onions (depending on size)

1 can of tomatoes



# Method

1. Peel the onions. Remove the core of the apples. Cut the stalks off the chillies.

2. Chop onions and apples to a size that will make life easy for the blender. Use the vinegar and the canned tomatoes (measured amounts) to assist with the blending. It doesn't matter if you mix things up, although I do like to keep an eye on the amount of chillies.

3. Add your fresh garlic and ginger to the blender.

4. Once blended, put into a pot and add the sugar, salt and honey to the contents of the pot.

5. Bring to a boil and stir regularly otherwise, it will stick to the bottom.

Simmer until it reduces to the consistency of your liking.

Note: The apples, onions and tomatoes are for bulk.





# Karen's Billabong Stew (Cabbage Stew)

## Ingredients

1kg beef or chuck steak (cubed)(blade makes a lovely gravy)

½ English cabbage (sliced)

1 large brown onion (sliced)

2 large potatoes (quarters)

2 medium carrots (sliced)

Several gloves of garlic (diced)

Good helping of ginger

1tblspoon olive oil

Worcester sauce and soy sauce

1ltr Campbells beef stock or 2 beef stock cubes

Salt to your liking

## Method

1. Heat olive oil in a pot, sauté onion, ginger and garlic with Worcester sauce and soy sauce.

2. Add cubed steak, and brown the meat.

3. Add 500mls of Campbell's stock liquid or 2 x dissolved beef stock cubes in 1 cup of hot water

4. Season with salt and pepper.

6. Simmer beef onion garlic ginger.

6. Slow cook/ simmer the beef & stock. It will make a beautiful gravy, you may need to add more water, but it'll come down to your liking.
7. Let the beef soften.
8. To me, cooking is about timing and keeping an eye on your meal.
9. Cook the stew for approximately 3 to 4 hours.
10. Add your carrots first and let simmer for approximately 10 minutes.
11. Add potatoes, cook together.
12. All in all, the vegetables could take 45 minutes to cook through.
13. Last add the cabbage and mix through the stew mixture.
14. If you want the gravy a little thicker, add 1 to 2 dessert spoons of flour, mix into a paste with water, and simmer into the stew mixture.

Lovely, yum, yum!

Note: This is an old favorite family recipe of my family. It was passed down from my Mum & Dad who were great cooks.



# Pauline's Curry Mince

## Ingredients

1 tbsp Veg Oil

500 grams of beef mince

1 medium Onion, finely chopped/diced

Small piece of fresh ginger, diced

3 cloves garlic diced

1 ½ to 2 Tbsp Keens curry powder

2 Tbsp Plain flour

1 Cup frozen mixed veggies

1 cup of water



# Method

1. Put a frying pan on medium to high heat with a bit of oil. Sauté the onion, garlic, and ginger for 1-2 minutes, then add mince.
2. Brown the mince, breaking up any lumps using a fork. Add curry powder and plain flour. Stir to combine.
3. Add 2 cups of water, stock powder, or stock cube and the vegetables, cover and simmer until veggies are cooked.

If you have added potatoes or large veggies, check that they are completely cooked. You may need to add a few more minutes to the cooking time.

Serve with steamed rice or as an alternative, peel 4 potatoes, cut them into quarters, and boil in water until soft. Mash spuds with a bit of warm milk about  $\frac{1}{4}$  cup of milk or less. Mash first with 30 grams of butter before adding the milk. Add white pepper to taste and mix in.

Recipe Notes:

Keep a batch in the freezer, ready to transform into any of these easy dinners.



# Tanya's Beef Rib Bones and Dumplings

## Ingredients

1.5 to 2 Kilos of Rib bones

Onion

Garlic

Ginger

Potato

Sweet potato

Pumpkin

Continental simmer soup – Vegetable soup

2 cups Plain flour

1 teaspoon of baking powder

Water



# Method

1. In a large pot boil water medium to high heat. Add ribs and boil for 1 hr. Remove ribs once they become soft and save pot water for use later.

2. In a separate saucepan fry the onion, garlic and ginger for 1-2 minutes until soft and aromatic. Add the rib bones and water from pot.

3. Add the packets of continental vegetable simmer soup.

4. Chop potato, sweet potato and pumpkin and add to saucepan.

Boil for 5 mins on high then reduce to medium low heat and cook until vegetables are soft.

5. In a bowl add plain flour, baking soda, and water till it forms a soft dough. Scoop dough with tablespoon and add pieces to the rib bone dish.

Cook for 20 mins until puffed and cooked through. Serve and enjoy.



# Darwin Blachan

## Ingredients

4/6 bag of elephant trunk type chillies

1 very large piece of fresh ginger

Peeled garlic

1 x large onion

Shrimp paste (amount according to taste)

2x bottles of peanut oil (you will probably use maybe one and a bit)

## Method

1. Dice up onion finely.

2. In large pot or wok put on medium heat. Add oil and cook onion.

3. Add chillies, ginger and garlic into a blender and blend up. If no blender chop all ingredients finely.

4. Once done add chilli mix into the oil and onion, once that all comes to a boil add shrimp paste bring it to a boil and let it simmer for about an hour or 2.

Once it's cooled down you can bottle the blachan into jars.











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