

A wooden cutting board with various fresh green herbs. On the right side, there is a large bunch of basil leaves, some of which are wet with water droplets. On the left side, there are several sprigs of rosemary with their characteristic needle-like leaves. In the bottom left corner, there are several large, dark green, serrated leaves, possibly from a bush. The cutting board has some faint, circular decorative patterns embossed on it.

Malynka Williams

my
**Bush Food
Kitchen**

New Food, Old Ways
Old Food, New Ways

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Discover Australia Through Her Food



Welcome to My Bush Food Kitchen

I first started experimenting with ingredients native to Australia in 1997 but it wasn't until around 10 years later after a chance meeting with Mike and Gayle Quarmby , creators of Outback Pride, at the Adelaide Showgrounds that I recognised an opportunity to promote and market our unique foods.

"All we need to do now is to get people to eat this stuff" Gayle told me. It was a lightbulb moment. Taste Australia Bush Food Shop started by stocking the products that Outback Pride had developed thus far. They included jams, sauces, cordials and seasoning mixes. It evolved into the largest range of dried ingredients I could source and with it came much experimentation in the kitchen.

Today we have over 40 different ingredients plus a wide range of value added products.

As Co-Vid19 altered our lifestyles I decided to take advantage and document my culinary creations.

It was tricky to remember to write them down because I incorporate native ingredients without thinking about it.

For example I add a teaspoon of Kakadu Plum Powder to my morning yoghurt and fruit. Kakadu Plum is deemed to have the highest Vitamin C content in the world. I aimed to boost my immune system - couldn't hurt, right?



Smashed Avocado



Who doesn't like smashed avocado on toast? When you season it with our Tropical Pepperberry Sea Salt you have to wonder if something that tastes that good is healthy!

Tropical Pepperberry Sea Salt combines sea salt sourced from pristine waters in the Southern Ocean with Pepperberry and the tang of Lemon Aspen... yet another ingredient that has an undefinable element!



Lobster with Mango & Lemon Myrtle



Lobster with Mango and Lemon Myrtle Dressing

Easy and delicious.

Halve a cooked lobster and then wash with salted water.

Place on plate and drizzle with Mango and Lemon Myrtle Dressing.

Season with Tropical Pepperberry Sea Salt.

**Looks gourmet ;-)
Tastes wonderful!**

Saltbush & Warrigal Salad



I planted saltbush seeds as an experiment since they are not native to my region. They produced a much smaller leaf than usual and obviously not salty since they are not growing in the red dirt of inland Australia and also not feeding off the Artesian Basin. Here I used them as an addition to a green salad with warrigals, baby spinach and basil. Dressed with Bush Tomato Balsamic

Finger Lime



Wild Finger Lime (*Citrus australasica*) is an exquisite rainforest fruit. Lime crystals explode in your mouth, giving an unique lime sensation.

A variety of skin and flesh colours (yellow, green, pink, red and clear) are grown.

Each variety has its own distinctive flavour.

Finger Limes can be used in many ways, Salads, Seafood, Pasta, Curry, Sushi, Sashimi, Deserts and Cocktails.

Before urbanisation trees grew wild along Sydney's Parramatta River. It is commercially grown mostly on north coast New South Wales.

The bulk of the harvest once went to Japan but now we are able to buy it fresh or frozen as well as in powdered form.

Oysters with Finger Lime



Coffin Bay Oysters with Pear Balsamic and Finger Lime

Easy as! Splash of Pear Balsamic over fresh oysters and a squeeze of Finger lime to add the zing

Tzatziki with zing



Combine 1.5 cups of Natural Yoghurt with half a grated Continental Cucumber,
2 grated cloves garlic and
a dessertspoon of Wild Pepper and White Kunzea Sea Salt.
Then fold in the contents of one finger lime

Taste Australia Seasonings

Native Tastes of Australia

For BBQ rubs, pizza, pasta, salsas, sauces, vegetables, casseroles or table seasonings



Discover Australia Through Her Food

Taste Australia Seasoning Blends make it easy to incorporate native ingredients into your every day diet.

Swagmans Salt - Desert Fire - Desert Flakes - Bush Tomato - Tropical Pepperberry Sea Salt

Wild Pepper & White Kunzea Sea Salt, Pepperberry Sea Salt, Munducklin Curry Powder, Sunrise Lime Chat

Warrigal Greens



Warrigal Greens – also known as Warrigal Spinach, New Zealand Spinach or even Botany Bay greens – were one of the first native Australian vegetables to become popular with early settlers.

Looking for ways to fight scurvy, Captain Cook encouraged his men to eat them, and many convicts owed their lives to the spinach-like plant.

The plant was taken back to England by the botanist Joseph Banks and became popular there for a time.

Some caution should be taken with Warrigal Greens, as the leaves do contain toxic oxalates, which can be harmful if consumed in large quantities.

To remove the oxalates blanch the leaves in hot water for 3 minutes, drain, then rinse in cold water before using them in salads or for cooking.

If a recipe calls for Silverbeet or Spinach then simply substitute Warrigal Greens!!

Warrigal Greens & Macadamia Pesto



Blend a cup of prepared Warrigal Greens, cup of Fresh Basil, half cup Macadamia nuts, dessertspoon of Wild Pepper & White Kunzea Sea Salt, teaspoon Lemon Myrtle powder and a cup of Extra Virgin Olive Oil

(Tip: Red Island doesn't have a taste that overwhelms the dish or you can use Extra Light Olive Oil)

Appetisers

Warrigal Puff Wheels

Spread a sheet of puff pastry with Warrigal Green and Artichoke dip, baste the edges with whisked egg and then roll. Slice roll into 1cm pieces and place on an oven tray and bake for 15 minutes at 180C

Warrigal Green and Artichoke Dip

Blend 250gm prepared warrigals with 85gm dry roasted macadamia nuts, 1 cup of feta cheese,

half teaspoon dried oregano, half teaspoon Tropical Pepperberry Sea Salt, 1 teaspoon minced garlic, qtr cup grated parmesan cheese

and a jar of artichoke hearts (drained)

Wild Pepper & White Kunzea Wheels (alternative filling)

Blend half an onion, half a capsicum, half cup dry roasted macadamia nuts and a teaspoon of Wild Pepper and White Kunzea Sea Salt. Follow instructions above for Puff Wheels.



Meat free ideas

Curried Corn Fritters

Remove kernels from 3 cobs of corn (or use a can of corn kernels) and combine with 2 eggs, 1 Tablespoon of Munducklin Curry Powder, 1 cup of Chick Pea Flour and 1 finely diced onion,
Either form into balls or scoop up by the tablespoon and fry until browned either side.

Eggplant Balls

Cut an eggplant into large cubes and boil in salted water until soft. When cool mix in 100gm breadcrumbs, 1 Tablespoon Desert Fire Seasoning, 2 eggs and 90gm pine nuts.
Either form into balls or scoop up by the tablespoon and fry until browned either side.



Warrigal Paneer

Melt 2 tablespoons of ghee (or butter) . Add 1 teaspoon Turmeric, 1 Teaspoon Chilli Powder and 500gm prepared Warrigal Greens. Blitz 1 large onion, 3 cloves of garlic and a thumb size piece of ginger and add to warrigal mix along with 100ml water and 450gm cubed paneer (or vegetables) and a teaspoon of Wild Pepper and White Kunzea Sea Salt. Blend well. Just before serving add a teaspoon of Munducklin Curry Powder.

Serve with Tzatziki with Zing and a fresh tomato & cucumber salsa

Bunya Nuts



The Bunya Nut is native to south-eastern Queensland especially the Bunya Mountains National Park.

Removing the nuts from the huge cones is a labour of love they tell me.

The nuts (seeds) can be eaten raw when fresh, but it is a lot easier to boil the seed pods to extract the nut from the husk.

Or they can be roasted, sliced or pureed and used in desserts and savoury dishes and spreads.

The nuts can also be milled to a flour and then used in various doughs.

Bunya nuts can also be blended with honey to make a nice spread for toast.

Not every harvest is bountiful but you will find them fresh at the end of Summer.

Interestingly once frozen they are much sweeter



Bunya Nut Preparation

Boil the bunyas in their husks for one hour. This will soften the casing and allow you to cut in half and extract the kernel.

Bunya Nut Pesto



Bunya Nut Pesto

Combine 100gm prepared bunya nuts, 100gm baby spinach leaves, 60gm parmesan cheese, 2 cloves garlic, 125ml Oil (macadamia or extra light olive oil) and Pepperberry Sea salt.

When avocados are out of season pestos are a favourite for breakfast

Coconut Chicken, Bunya & Finger Lime Salad



Heat 500ml coconut cream, 35ml fish sauce and 30gm honey.

Add 300gm chicken breast. Poach for 10 minutes until cooked. Remove from heat and shred.

Reserve 175ml of the liquid for the dressing and add 40ml coconut cream, 25ml lime juice and a pinch of salt.

Pour over shredded chicken and add 3 julienned shallots, 2 grated bunya nuts and 20gm finger lime crystals.

Bunya Nut Cake

I followed the recipe at www.taste.com.au

Blend 750gm prepared bunya nuts to a puree and slowly add
500ml milk.

Combine 75gm butter, 300gm sugar and 6 egg yolks until
smooth and fluffy.

Fold egg mix into bunya nut paste.

Whisk 6 egg whites until firm and then fold that into the mix,
alternating with 100gm almond meal, pinch of salt and a
teaspoon of almond essence.

Transfer to a 28cm cake tin greased and lined with baking
paper. Bake at 180C for 50 minutes. Turn off oven but leave
to sit in their for 20 minutes.

Once cooled, store in the fridge



Rosella



Rosella was introduced to Australia but has been here so long it is now regarded as a native.

The bush makes a striking display in the summer and produces many flowers. Removing the calyx is time consuming.

The dried petals are widely used in teas but also makes a wonderful summer drink.

Place 50gm dried petals (flakes) in hot water with 3/4 cup of sugar. Allow to cool, strain and then add 6 cups of water.

Refrigerate until required and serve with ice cubes and fresh mint.

I used the discarded petals in my Christmas Cake.



My Christmas Cake



An absolute standout this year and simply so easy!

Combine 250gm sultanas, 250gm raisins, 200gm juicy fried fig, 50gm reconstituted rosella petals, 200gm dry roasted macadamia nuts and 50 gm roasted sandalwood.

Blend 350ml wattleseed coffee and grounds, 200ml Tamborine Mountain Wattle Toffee Liqueur and 50ml milk and pour over fruit mix. Soak Overnight. Then mix in 2 cups of self raising flour. Bake for 2 hours at 160C

My Bush Food Garden



Melodorum leichhardtii or zig-zag vine, is native to eastern Australia.

I planted mine as tube stock in the shadow of our rainwater tank around 6 years ago.

The seed is rather large and the flesh is not tart like other native fruits.

The orange fruit has a pleasant piquant orange-sherbet flavour, and is used for sauces in gourmet dishes.



Arnhem Land from Ubirr, Northern Territory