

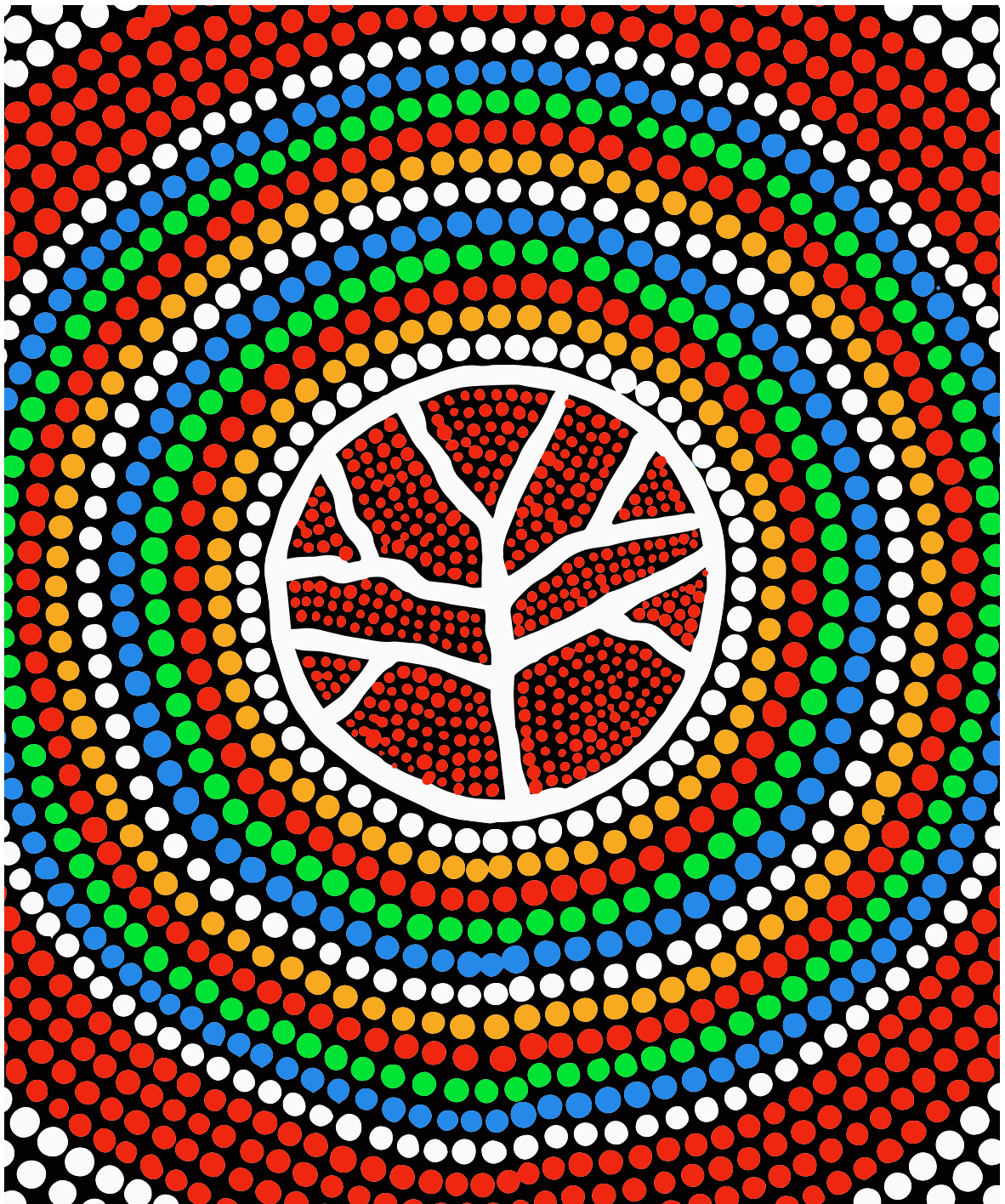


**KATHERINE WEST
HEALTH BOARD**
Aboriginal Corporation

GOOD FOOD for **STRONG BLOOD** COOKBOOK

Warlpiri: Ngurrju mangarri kuyu pirrjirdi-maninjaku yalyuku

Nuliwurru: Bundarl mungurda for bundarl garngun (also known as ngudujun)

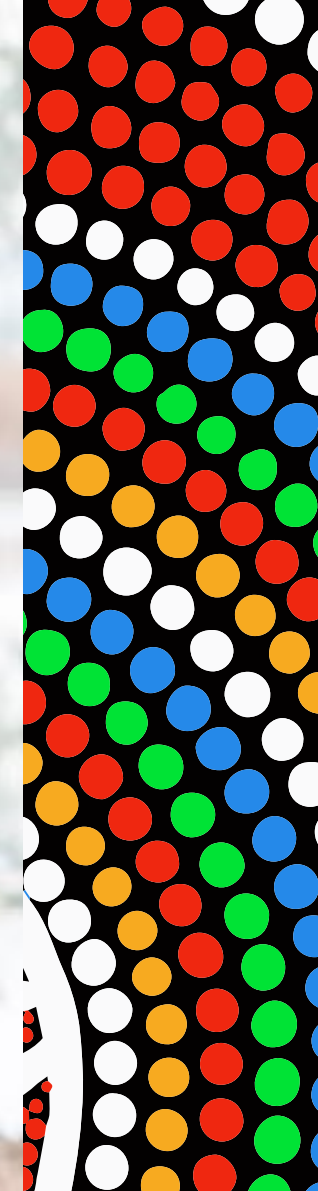


Gurindji: Punyu tanku patawan kungulu

Ngnarinman: Bunyu dangu bunyu gungulu

Artwork Cover by **Dee Hampton**

Cultural Warning: Aboriginal and Torres Strait Islander People, please be aware this cookbook may contain images of people who have passed away.



**KATHERINE WEST
HEALTH BOARD**
Aboriginal Corporation

KWHB started in 1998 and is proud to have been working with communities to improve health in the region for over 22 years.

The KWHB region is located on the traditional lands of the Ngarinman, Ngaliwurru, Bilinara, Miriuwung-Gaderong, Walpari, Gurindji, Wuli, Mudbara and Wardaman peoples.

The region starts in river country of Kalkaringi in the north running along the Victoria River to Timber Creek.







Message from the Chair

Roslyn Frith

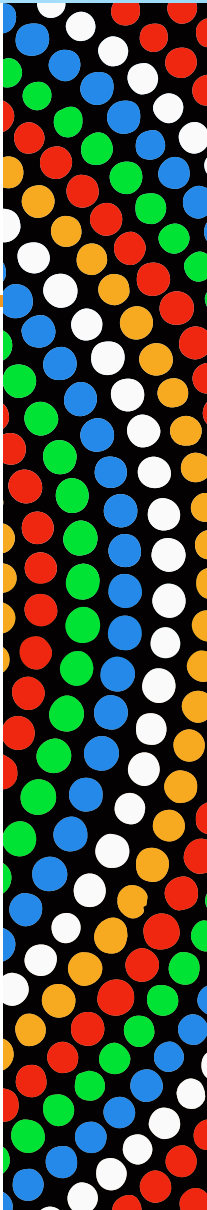
As the Chairperson of the Directors of Katherine West Health Board (KWHB) and on their behalf I welcome you to the Good Food for Strong Blood cookbook made together with KWHB staff and our community members.

Anaemia or weak blood is a big problem not just in the KWHB region but in all remote communities in the NT.

We worry about our kids having weak blood because it affects their brains and bodies.

The KWHB Board Directors would like to thank our community members and community stakeholders for working together with KWHB to make this cookbook.

We hope families will enjoy cooking up these feeds for strong blood.



Board Directors



Jocelyn Victor
Vice Chair



Joseph Archie



Roy Harrington



Valerie Patterson



Charlie Newry



Jonathon Dixon



Dione Kelly



Noleen Campbell



Caroline Jones



Joyce Herbert



Debra Victor



Sandra Campbell

What is Iron Deficiency Anaemia?



This means the body has weak blood because the body doesn't have enough iron.

Our blood has lots of important things in it to make our body work well and be healthy.

One of these things are red blood cells. Red blood cells make our blood red and transport oxygen around the body.

We need the right amount of oxygen in our bodies to make our body work proper way.

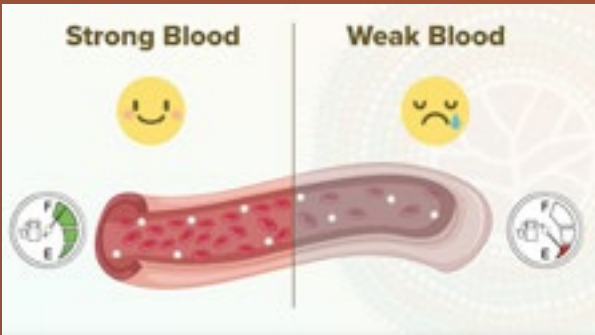
If the red blood cells are weak, they can't transport oxygen around your body.

When there is a right amount of iron in our body the red blood cells are healthy and strong.



Iron is in all things.

Iron is in the soil that makes the plants grow.
Animals get their iron from eating plants.
We get our iron from eating the plants and animals.
Vitamin C foods or iron helpers help our body soak up the iron in food, these foods are fruits and vegetables.



Our body can't make iron, so we need to get it from food.
Our body stores the iron so it can be used when our body needs it.
Just like a car, we need to keep filling up the iron tank.
The people who need iron the most are children, teenagers, pregnant women and breastfeeding mothers.



How might we feel if we have weak blood?

We might feel slack one.
Dizzy when we stand up.
Our heart might feel fast or thumping.

Our body can be paining walking up hills or walking fast.
When walking around we might feel short wind.
Kids might be grumpy and sooky or big kids might be acting lazy.



Why we worry?

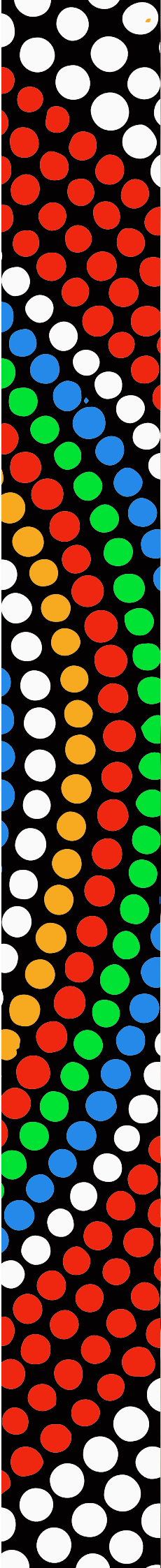
A baby gets all it's iron from their mother.
If the mother's iron tank is low there isn't enough iron for the baby.

The baby can't develop proper way.
Brain doesn't grow well.
Body doesn't grow well.
Kids have a hard time learning at school.
Kids can get sick more.



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Breakfast

Scrambled Eggs and Baked Beans Cooked with Yarralin Aged Care

What you need: (To feed 10 people.)

- 3 tins of baked beans
- 1 bag of grated cheese
- 10 eggs
- 10 tomatoes
- 2 handfuls of mushrooms
- 4 big spoons of powder milk
- 1 packet of spinach
- 2 capsicums

How to cook em:

1. Crack eggs into a big bowl and add the powder milk. Mix together with a fork
2. Chop capsicums, mushrooms and spinach small and add into the egg mixture
3. Cook egg mixture with vegetables in a big frying pan
4. When it is nearly cooked add some cheese
5. Chop tomatoes in half and cook in frying pan until soft
6. Warm up baked beans in microwave or saucepan
7. Put eggs, baked beans and tomatoes on a plate for breakfast



Tip: Eggs and baked beans have iron in them.



**“Strong blood
foods make
kids strong and
keep old people
from getting
sick.”**

Lajamanu Ladies

Weet-Bix Stack with Timber Creek Women

What you need:

- 1 packet of Weet-Bix
- any type of fruit - fresh or tinned
- milk or yoghurt
- if you want you can add nuts or coconut


How to cook em:

1. Crush a little bit of Weet-Bix in a cup

2. Add a little bit of fruit, then a little bit of yogurt or milk
3. Put some more Weet-Bix on top

4. Then some more fruit, then some more yogurt or milk
5. Add some nuts or coconut if you have some



 **Tip:** Weet-Bix has iron added to it so it's a good choice for an easy breakfast. Add some fruit to help your body soak up the iron.





Wash your hands with soap before you start cooking, after touching meat and when you are finished.

Clean Cooking Tips



Try to keep uncooked meat away from the veggies.



If you can, keep animal away from where you are cooking.

Bubble Bubble with the Kalkaringi Creche

What you need: (To feed 10 people.)

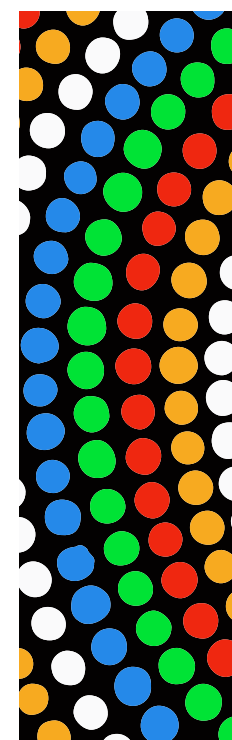
- 4 handfuls of self raising flour
- 4 eggs
- any type of fruit - fresh or tinned
- 2-3 big spoons of powder milk with 1 pannikin of water
- 1 big spoon of vanilla essence
- if you want - add some yogurt

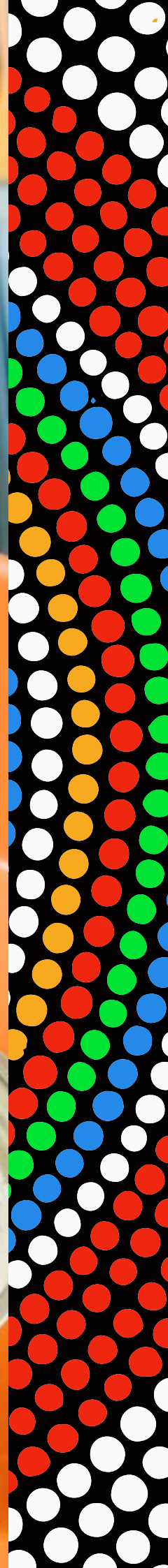
How to cook em:

1. Put flour, eggs, milk and vanilla essence into a bowl
2. Mix until it's a bit runny with no lumps
3. Warm up the frying pan but not too hot and put in a little bit of oil
4. Use a really big spoon to drop some mixture into the frying pan
5. Flip it over when there are bubbles all over
6. When the other side is a little bit brown take them out of the frying pan
7. Put the bubble bubble on a plate and put fruit on top
8. If you want yogurt, add some on top of the fruit



Tip: Making your own pancakes with eggs is a better choice than using the shaker pancake mix from the shop, because eggs have more iron in them.





Suppers and Dinner

Make Your Own Sandwich with the Kalkaringi Women's CDP

What you need: (To feed 10 people.)

- 1 wholemeal bread
- 10 boiled eggs
- 1 large tin of tuna (drained)
- 2 tins of smoked oysters
- 4 avocados
- 12 pack of sliced cheese or a block of cheese
- 1 lettuce
- 6 tomatoes
- 4 cucumbers
- 10 oranges

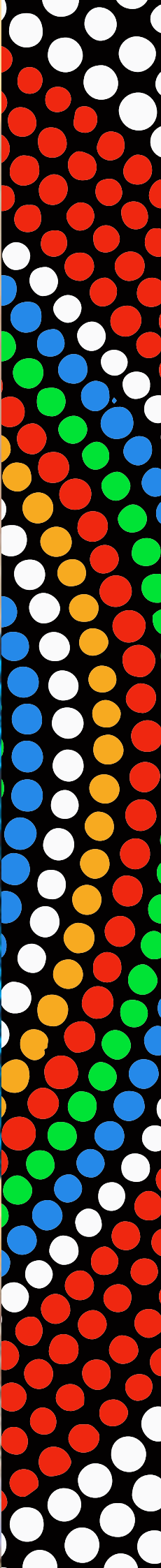


Tip: Lean meat or chicken with no skin are good choices too.

How to make em:

1. Cut up the salad
2. Drain the tuna and oysters
3. Boil the eggs for 4 minutes and slice them up when they are cool
4. Add some tuna, egg or oysters to bread
5. Put some salad on top and add another slice of bread
6. Have an orange with your feed to help your body soak up the iron





Hamburgers with the Men's Kalkaringi CDP

What you need: (To feed 10 people.)

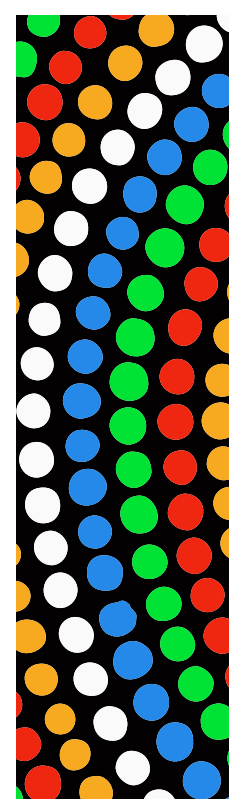
- 2 packs of mince beef or 1kg
- 4 onions
- 4 big spoons of crushed garlic
- 2 big spoons of mixed herbs
- 2 eggs
- 12 pack sliced cheese or a block of cheese
- 2 tomatoes
- 1 lettuce
- 1 tin of sliced beetroot
- 10 wholemeal bread rolls or a loaf of wholemeal bread
- 1 bottle low salt sauce (tomato or bbq)
- 1 handful of flour

How to cook em:

1. Mix minced beef with 1 chopped up onion, herbs, garlic and eggs
2. Roll a small handful of the meat mix into a ball and roll in flour. Then fry in a little bit of oil in a frying pan
3. Slice up the other 3 onions and fry them up in a frying pan
4. Empty the juice out of the beetroot and chop tomatoes and lettuce.
5. Put the burger together by putting the beef patty on a slice of bread first, then putting the salad, onion and cheese on top
6. Put on some sauce if you like and put another slice of bread on top



Tip: If you don't much have meat you could add a tin of red kidney beans and some grated carrot and zucchini to make the meat mixture go further.





**“Kangaroo and
beef are good
foods for babies
6-8 months old
for their blood.”**

Kalkaringi FAFT

Meat Loaf with Rice and Salad with the Timber Creek School

What you need: (To feed 10 people.)

- 2 packs of minced beef or 1kg
- 4 onions
- 4 big spoons of crushed garlic
- 10 carrots
- 1 large broccoli
- 2 capsicums
- 1 packet of grated cheese
- 6 eggs
- 2 big spoons of mixed herbs
- 1kg of brown rice
- salad: 1 lettuce, 4 tomatoes and 2 cucumbers with 4 little spoons of olive oil and juice from 1 lemon.

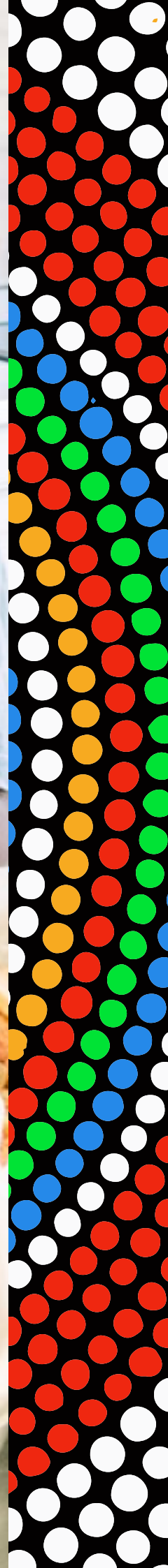


Tip: Brown rice is good choice because it has more fibre than white rice.

How to cook em:

1. Warm up oven to 180 degrees
2. Put the rice on to cook using rice cooker or pot
3. Chop all carrots, broccoli and onions into small pieces
4. Mix minced beef and all vegetables together with garlic and mixed herbs
5. Add eggs and mix well through the mixture
6. Press into a greased oven dish and put grated cheese all over
7. Cut up the salad and put in a bowl and mix in the juice of the lemon
8. Put a fist full of rice into a bowl with 2 handfuls of salad and a piece of the meatloaf





Chilli Con Carne and Rice with the Amanbidji School

What you need: (To feed 10 people.)

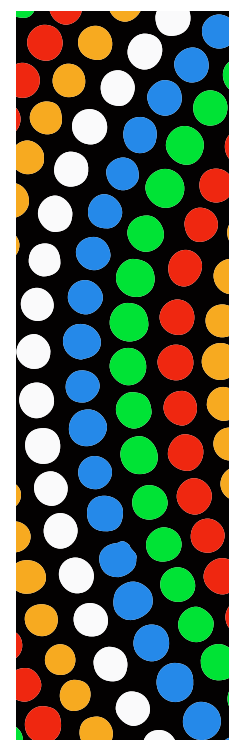
- 2 packs of minced beef or 1kg
- 4 onions
- 1 kg brown rice
- 2 capsicums
- 2 tins of kidney beans
- 5 tins of crushed tomatoes
- 1 maggi chilli con carne seasoning
- 2 handfuls of mushrooms
- 3 zucchinis
- 1 packet of grated cheese



Tip: If you don't have any brown rice, this is also good with mashed potato.

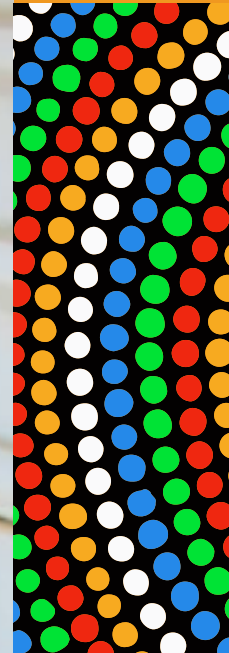
How to cook em:

1. Put the rice on to cook using rice cooker or in pot
2. Chop all vegetables
3. Brown minced beef and onion in saucepan with a little bit of oil
4. Add chilli con carne seasoning
5. Mix in all chopped vegetables
6. Mix in tinned tomatoes
7. Drain the juice out of the kidney beans tin and mix in the frying pan
8. Put a few spoons of the meat mix on top of a fist full of rice then some cheese on top

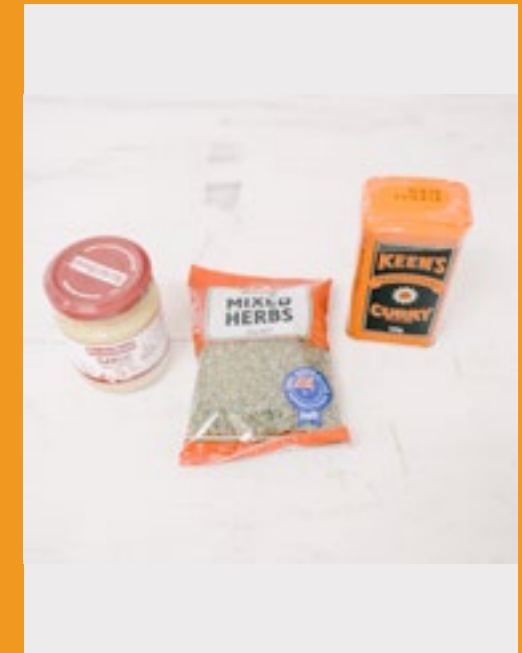




Cooking Tips



Soak onions in water before chopping to stop your eyes from watering.



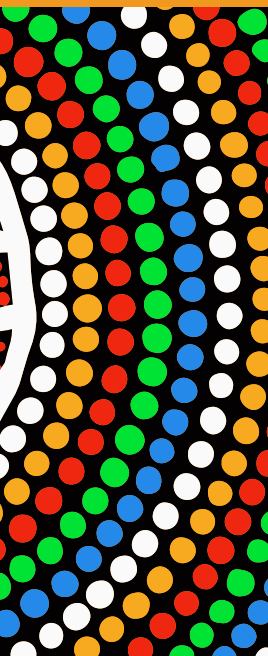
Keep some crushed garlic, mixed herbs and curry powder in your fridge to add some flavour to your feeds.



Put a lid on the pot of water to make the water boil faster.



Fresh, frozen or tinned fruit or veggies are all good choices.



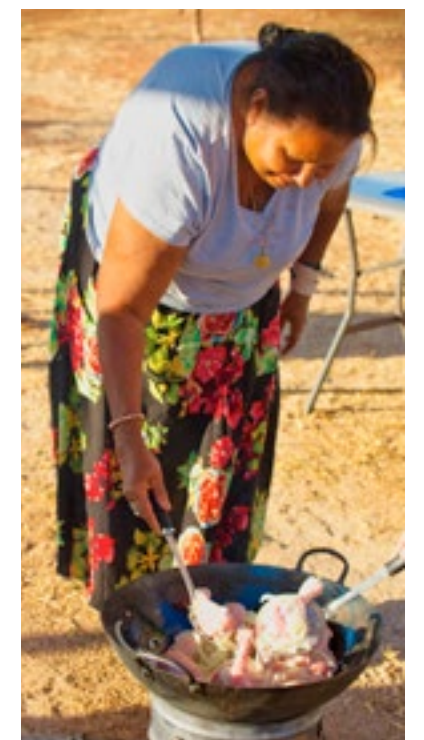
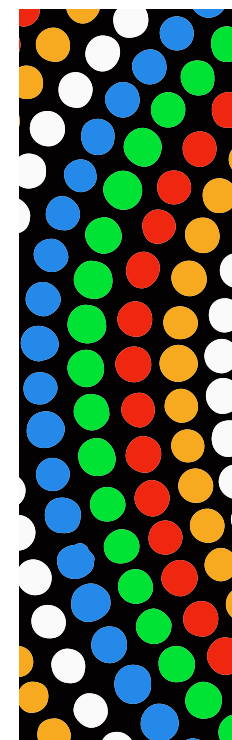
Chicken Drumstick Stew with Gilwi Community

What you need: (To feed 10 people.)

- 2 bags of pasta or 1kg
- 2 packs of chicken drumsticks or 1.5kgs
- 4 onions
- 2 big spoons of crushed garlic
- 1 big spoon of mixed herbs
- 2 handfuls of mushrooms
- 2 zucchinis
- 1 bunch of celery
- 4 tins of crushed tomatoes
- 1 bag of frozen beans

How to make em:

1. Chop all vegetables
2. If the drumsticks have skin on them, cut the skin off
3. Cook the onion, garlic and chicken in a frying pan until they are a little bit brown
4. Add in all other vegetables
5. Add in tinned tomatoes and 2 small pannikins of water
6. Add in mixed herbs
7. While that is cooking, cook the pasta in a pot
8. Put a fist full of pasta in a bowl, put one chicken drumstick and some vegetables on top



Tip: You could use frozen vegetables instead of fresh vegetables.



**“I’m an old
cowboy and I
need my beef.”**

Timber Creek
Aged Care

Kangaroo Stew with Timber Creek Men's CDP

What you need: (To feed 10 people.)

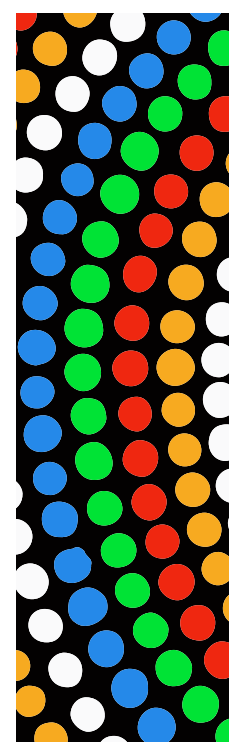
- 1kg of brown rice
- 2 packs of kangaroo meat diced (can use tail chunks) or 1kg
- 5 tins of crushed tomatoes
- 1 big spoon of mixed herbs
- 2 big spoons of crushed garlic
- 4 onions
- 3 sweet potatoes
- 1 bag of frozen peas
- 5 carrots

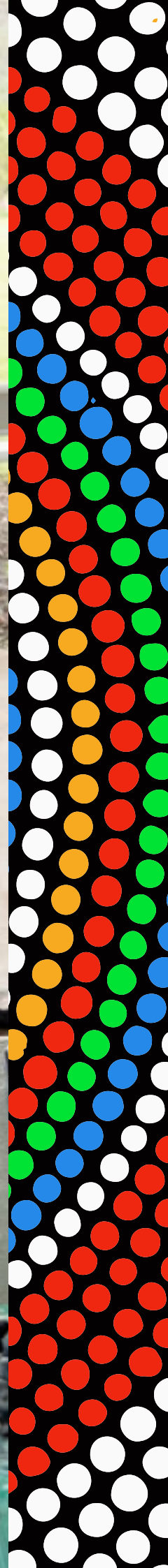


Tip: To save a little bit of money, if you have flour at home you could have some damper instead of the rice.

How to cook em:

1. Put the rice on to cook using rice cooker or pot
2. Chop all vegetables
3. Cook the onion, garlic and kangaroo until it's a little bit brown
4. Mix in all other vegetables
5. Mix in tinned tomatoes
6. Mix in mixed herbs and extra water if needed
7. Keep the stew just bubbling a little bit until the vegetable are soft
8. Put a fist full of rice in a bowl and put a few spoons of the stew on top





Chicken Satay with Bulla School

What you need: (To feed 10 people.)

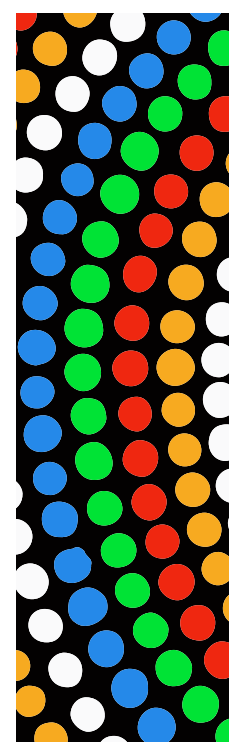
- 2 packs of chicken breast or 1.5kg
- 1kg brown rice
- 4 onions
- 2 big spoons of crushed garlic
- 2 big spoons of curry powder
- 4 carrots
- 2 broccoli
- 5 big spoons of powder milk
- small jar of peanut butter
- 2-3 cups or pannikins of water

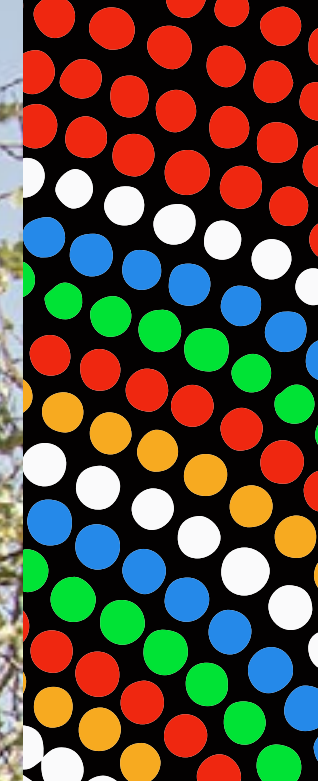


Tip: When you think that it is all cooked, cut open a bit of chicken to make sure it's cooked in the middle.

How to cook em:

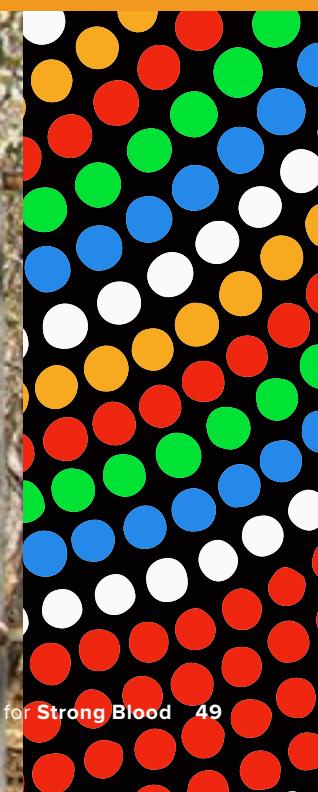
1. Put the rice on to cook using rice cooker or pot
2. Chop all chicken and vegetables
3. Cook the onion, garlic and chicken until it's a little brown
4. Mix in all other vegetables
5. Mix in powder milk with 2-3 small pannikins of water
6. Mix in peanut butter
7. Mix in 2 big spoons of curry powder
8. Mix a fist full of rice into the bowl and then add 3-4 spoons of the satay on top





“We need to do
more hunting
and fishing.”

Timber Creek
Aged Care



Beef and Bean Tortillas with Yarralin Creche

What you need: (To feed 10 people.)

- 2 packs of beef steak or 1kg
- 2 onions
- 2 little spoons of crushed garlic
- 2 tins of crushed tomatoes
- 2 tins of red kidney beans
- 3 tomatoes
- 1 lettuce
- 2 cucumbers
- 1 tin of corn kernels
- 3 avocados
- 1 packet grated cheese
- 1 maggi chilli con carne seasoning
- 2 packets of tortilla wraps



How to make em:

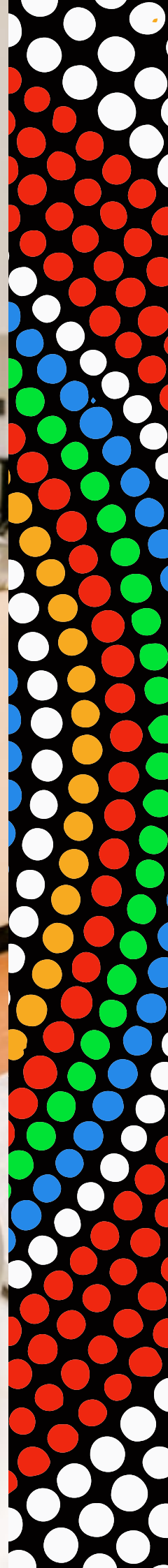
1. Cut up beef steak into small bits
2. Cook the beef, onion and garlic in a frying pan until it's a little bit brown
3. Put in the chilli con carne seasoning, tins of kidney beans, and tinned tomatoes
4. Chop up the tomatoes, lettuce, carrots and cucumbers. Mash up the avocados and open up the tinned corn
5. Warm up the tortilla in the microwave
6. Put a couple of spoons of the meat and bean mixture on the tortilla, then put on the salad, mashed avocado and cheese



To fold the tortilla - fold up the bottom then fold in the sides



Tip: If the shop doesn't have any tortillas you could use taco shells instead.



Kangaroo Meatballs with Sweet Potato Mash with Yarralin CDP

What you need: (To feed 10 people.)

- 2 packs of minced kangaroo or 1kg
- 3 onions
- 3 big spoons of crushed garlic
- 6 sweet potatoes
- 4 tins of crushed tomatoes
- 2 big spoons of mixed herbs
- 2-3 big spoons of powder milk with 1 pannikin of water
- 2 eggs
- 2 big handfuls of green beans
- 1 broccoli
- half packet of grated cheese
- half a pannikin or half a cup of flour



How to cook em: Sweet Potato Mash

1. Peel and chop sweet potatoes and boil in a pot
2. Cook 1 big spoon of garlic and 2 chopped

onions until it's a little brown

3. Mix the milk powder in 1 pannikin of water
4. When the sweet potato is soft, drain the water out then

mash the sweet potato with the milk. Add little bit of milk at a time so it doesn't get too runny

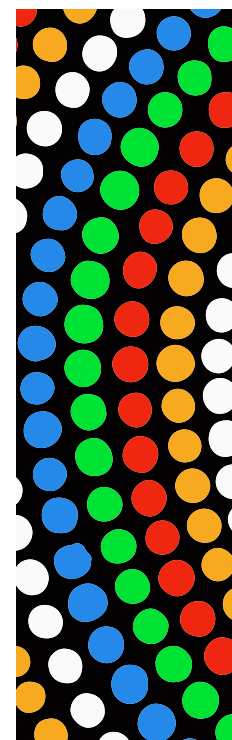
5. Mix the cooked garlic and onion into the mash



Tip: Bush tucker like kangaroo, goanna or bush turkey have the biggest mob of iron.

How to cook em: Kangaroo Mince Meat Balls

1. Mix kangaroo mince, one finely chopped onion, eggs and herbs in a big bowl
2. Roll a big spoon of the meat mix into a ball and then roll in the flour
3. Cook the kangaroo meatball in a frying pan with a little bit of oil until they are brown
4. Leave the meatballs in the frying pan and tip in the tinned tomatoes
5. Add green beans and broccoli in the meatball mixture
6. Put a fist full of the sweet potato mash on a plate then put 4 meatballs and some vegetables and cheese on top





“If you get fish
and turtle from
the river you
can cook it for
strong blood.”

Gilwi Ladies

Curried Chicken with the Nitjpurru Women

What you need: (To feed 10 people.)

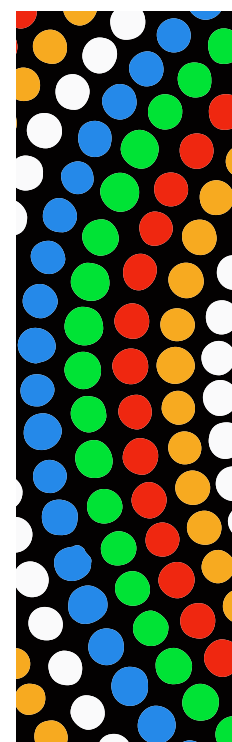
- 2 packets of chicken or 1.5kg of chicken
- 3 onions
- 2 fresh chillies
- 2 big spoons of crushed garlic
- 2 big spoons of crushed ginger
- 2 capsicums
- 1 broccoli
- 3 zucchinis
- 1kg of brown rice
- 5 carrots
- 3 big spoons of curry powder
- 2-3 big spoons of powder milk with 1 pannikin of water

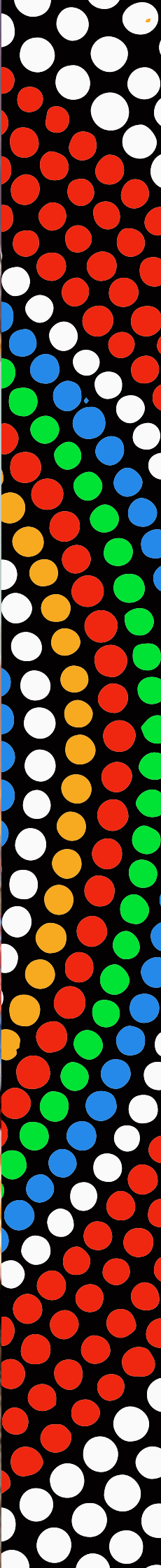


Tip: You could swap the chicken for diced beef or kangaroo.

How to cook em:

1. Put the rice on to cook using a rice cooker or pot
2. Chop chicken
3. Chop all vegetables
4. Cook the onion, garlic, chilli, ginger and chicken until it's a little bit brown
5. Add the curry powder and vegetables and mix
6. Mix in powder milk with 1 pannikin of water
7. Cook so that it's bubbling a little bit until the vegetables are soft
8. Put a fist sized amount of rice in a bowl and 3-4 big spoons of the curry





Stir Fry Beef with Cauliflower Rice with the Kalkaringi Family as First Teachers

What you need: (To feed 10 people.)

- 2 packs of diced beef or beef strips or 1kg
- 3 onions
- 4 carrots
- 3 zucchinis
- 2 capsicums
- 1 cauliflower

Sauce:

- 4 big spoons of low salt soy sauce
- 3 big spoons of honey
- 3 big spoons of crushed garlic
- 3 big spoons of crushed ginger
- juice of 1 lemon
- add 1 cup or pannikin of water (add more if needed).

How to make em: Sauce

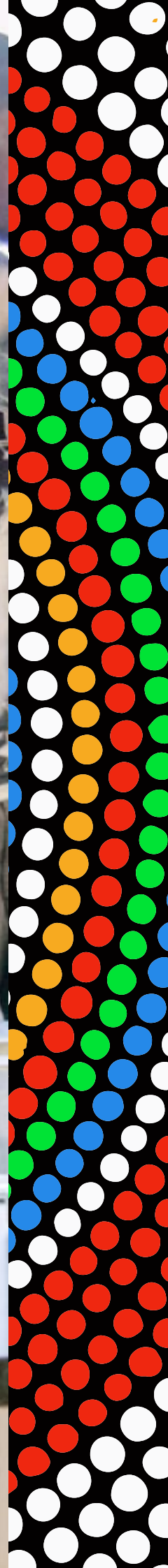
1. Put all the sauce ingredients into a bowl and mix up with a fork until it's all mixed together

How to cook em:

1. Chop cauliflower into tiny pieces so it looks like rice
2. Put cauliflower into pot with water and cook until the cauliflower is soft
3. Cut beef into strips
4. Cook the onions and meat in a frying pan until they are a little brown
5. Cut the vegetables and add them to the frying pan
6. Add the sauce mix in with the meat and vegetables
7. Keep cooking until the vegetables are soft
8. Share the cauliflower rice out between the 10 bowls then put 3-4 spoons of the meat and vegetable mix on top



Tip: You could use kangaroo fillet instead of beef.



Barramundi in Red Sauce with Martika's Pan Cooked Damper at Yarralin Creche

What you need: (To feed 10 people.)

- 1 whole barramundi or 2 packs of white fish or 1kg
- 4 big spoons of crushed garlic
- 3 zucchinis
- 2 big spoons of mixed herbs
- 3 onions
- 2 red capsicums
- 4 tins of crushed tomatoes
- 1 packet of frozen peas or 2 tins of peas
- juice from 1 lemon
- 4 handfuls of self raising flour
- hot and cold water

How to cook em:

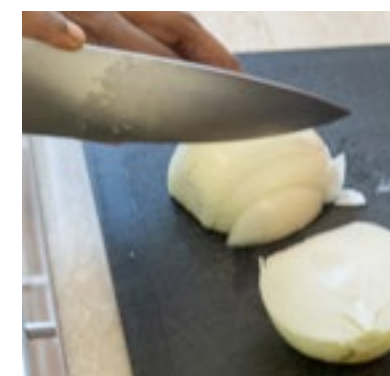
1. Chop onions and capsicums. Cook them in a frying pan with garlic and mixed herbs until they are soft
2. Mix in tinned tomatoes and peas. Cook it so it is bubbling a little bit for 5 minutes. Add water if you need to keep it a bit runny
3. Cut up barra or white fish into pieces and add to the red sauce
4. Keep it bubbling a little bit until the fish is cooked then put in the lemon juice

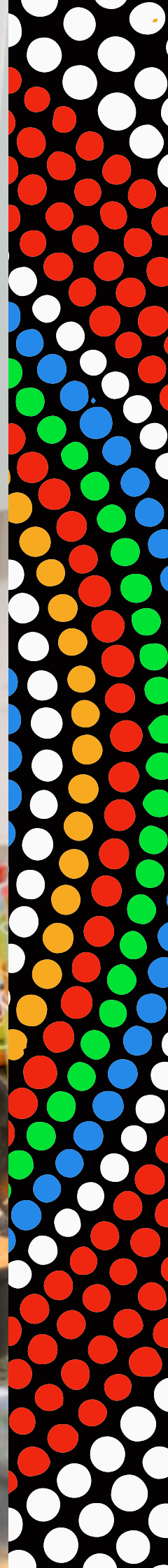
Damper:

1. Put the flour into a bowl and add hot and cold water. Knead it until the mix looks like thick pancake mixture
2. Pour a small amount into a lightly oiled pan and fry each side until brown



Tip: A good choice is to have fish for dinner once a week.





Beef and Bean Lasagna with Potato Layers and Cheesy White Sauce with Kalkaringi High School

What you need: Mince and Potatoes

- 2 packs of minced beef or 1kg
- 4 onions
- 3 big spoons of crushed garlic
- 4 carrots
- 2 tins of red kidney beans
- 4 tins of crushed tomatoes
- 10 potatoes
- 3 big spoons of mixed herbs
- half a packet of grated cheese

What you need: White Sauce

- 2 big spoons of margarine
- half a pannikin or cup of flour
- half a packet of grated cheese
- 2-3 big spoons of powder milk with 1 pannikin of water



Tip: By using potato instead of pasta sheets you are adding more vegetables.

How to cook em: White Sauce

1. Warm up the oven to 180 degrees
2. Melt margarine in a pot with the heat low
3. Add flour and milk, and mix with a fork
4. Keep mixing so there isn't any lumps
5. When the sauce starts to get thick, add the cheese. Keep mixing until the cheese is melted and the sauce is smooth and a little bit runny
6. If it is too thick, add more milk until it is a little bit runny



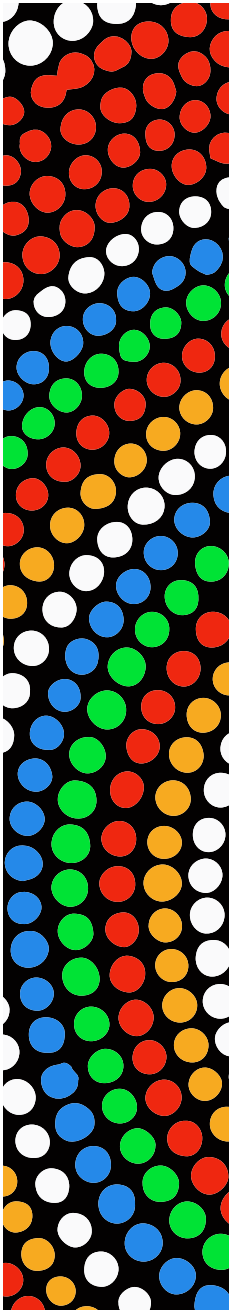
How to cook em: Mince and Potatoes

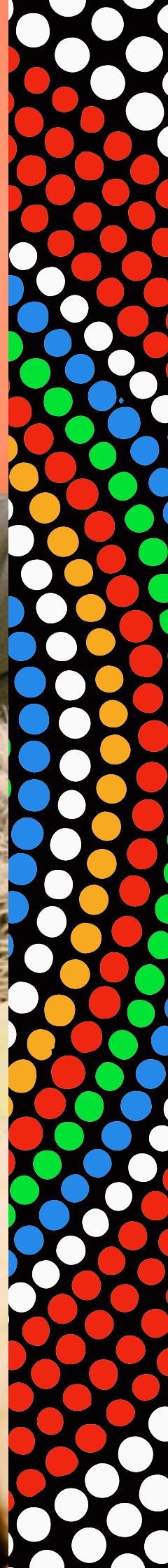
1. Chop onions small and grate carrots
2. Peel potatoes and boil until half cooked, drain out the water and let them cool down
3. Cut the potatoes into thin slices
4. In a frying pan cook the onions, garlic and meat until brown
5. Add tinned tomatoes, tinned kidney beans and grated carrot. Keep cooking them so it is bubbling a little bit
6. Rub a oven tray with a little bit of oil and cover the bottom of the tray with a layer of sliced potatoes
7. Add a layer of mince



How to cook em: Mince and Potatoes (Cont'd)

8. Keep adding one layer of potato then one layer of meat until the meat and potato is all gone
9. Pour the white sauce over the top then put grated cheese all over the sauce
10. Bake in the oven for 30 minutes and until the cheese is melted and a bit brown





Beef Stroganoff with Lajamanu Women's CDP

What you need: (To feed 10 people.)

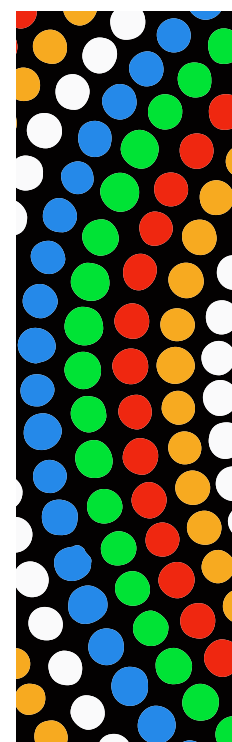
- 2 packs of diced beef or 1kg
- 1 pannikin or cup of plain flour
- 5 onions
- 4 big spoons of crushed garlic
- 2 handfuls of mushrooms
- 1 stroganoff maggi seasoning
- 1 big spoon black pepper
- 1kg brown rice
- 1 broccoli
- 2-3 spoons of powder milk
- 1 pannikin or cup of water

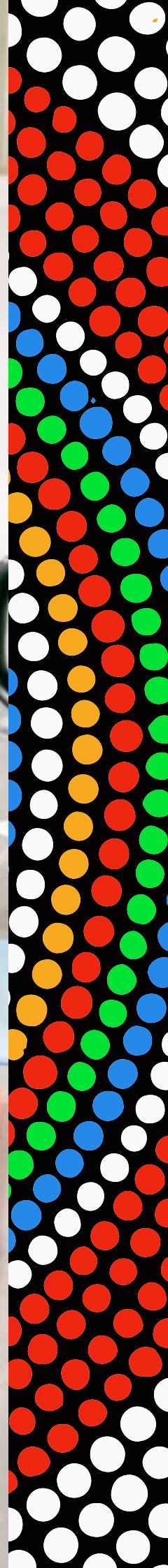


Tip: To make the feed go further you could also add some carrots and peas.

How to cook em:

1. Put the rice on to cook using a rice cooker or pot
2. Cut up beef into small pieces and coat with flour
3. Cut up broccoli, onion and mushrooms
4. Cook onion, garlic and beef in a frying pan
5. Add mushrooms and broccoli
6. Add in beef stroganoff seasoning, pepper and powder milk. Stir until there is no lumps
7. Cook beef and vegetables until soft. Add water if you need to keep the sauce a bit runny
8. Put a fist sized amount of rice in a bowl and 3-4 big spoons of beef stroganoff





Dee's Magic Mash with Kalkaringi Families as First Teachers

What you need: (To feed 10 people.)

- 5 potatoes
- 1 big sweet potato
- 1 pumpkin
- 3 carrots
- 1 broccoli or other veggies you have; fresh, frozen or tinned veggies are a good choice
- 1 onion
- 1 garlic
- 2 packs of minced beef or 1kg



Tip: For little babies over 6 months mash up really soft. For toddlers you can leave the vegetables in chunks so they can feed themselves.

How to cook em:

1. Cut up the potato, sweet potato, pumpkin, carrots and broccoli
2. Boil the vegetables until they are soft
3. Cut up the onion into small pieces
4. Cook the onion and garlic with a little oil in a frying pan
5. Add the mince and cook until brown
6. Mash up the vegetables with a fork
7. Mix the mince with the mashed vegetables
8. Serve it up





**“This cooking
was the best
ever!”**

Timber Creek
School kids

Tuna and Veggie Pasta Bake with Timber Creek School

What you need: (To feed 10 people.)

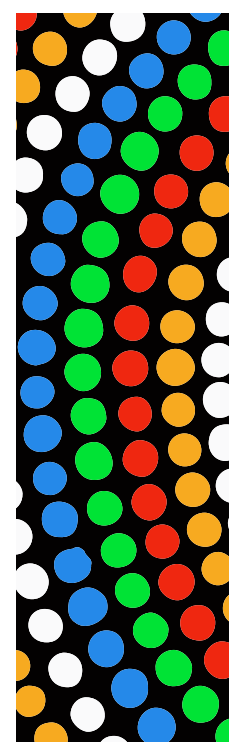
- 2 packets of pasta
- small bag of frozen peas
- 3 onions
- 4 big spoons of crushed garlic
- 4 carrots
- 4 tins of crushed tomatoes
- 5 fresh tomatoes
- 1 packet of spinach
- 2 large tins of tuna
- pepper to taste
- 1 packet of grated cheese
- 5 eggs

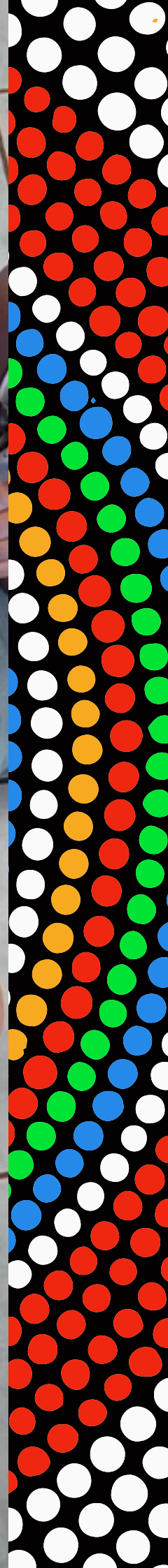
How to cook em:

1. Warm oven to 180 degrees
2. Boil a pot of water and cook pasta until soft then tip all the water out
3. Boil the 5 eggs for 4 minutes and mash up
4. Cook the garlic and onion in a frying pan until they are a little bit brown
5. Mix in tinned tomatoes and fresh tomatoes
6. Mix in the peas, tuna and mashed eggs
7. Mix in the cooked pasta
8. Spread mixture out in a baking tray then put the grated cheese all over the top
9. Cook in oven for 20 minutes



Tip: Chickpeas have a big mob of iron in them, you could add a tin to make this feed go further.





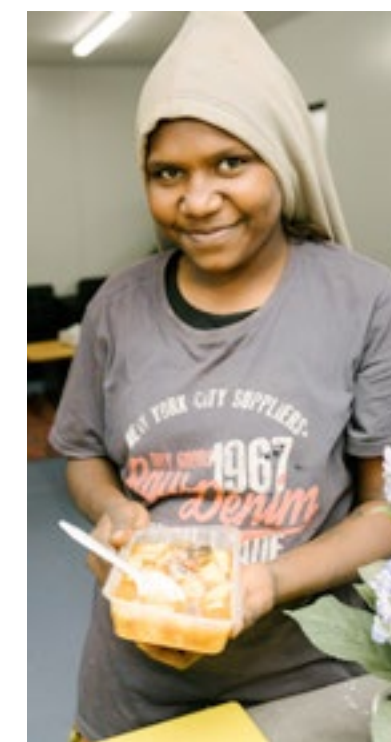
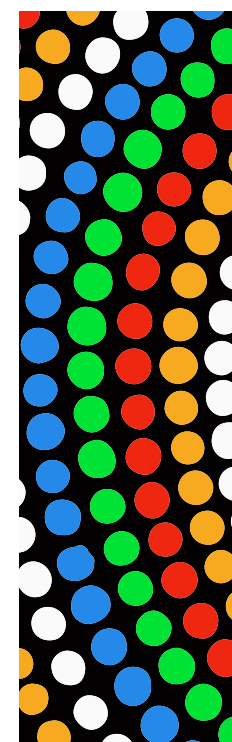
Strong Blood Soup with Yarralin Aged Care

What you need: (To feed 10 people.)

- 1kg of beef on the bone or fresh killer
- 1 tin of red kidney beans
- 2 tins of tomatoes
- 1 bag of frozen mixed vegetables
- 5 potatoes
- 1 big spoon of crushed garlic
- 1 big spoon of mixed herbs
- 1 beef savoury seasoning

How to cook em:

1. Cook the beef in a big pot until it's brown
2. Mix in chopped onions, garlic, and cook until they are brown
3. Add in water and beef savoury seasoning until the beef is covered
4. Cut up the potatoes so they are in small chunks and add to pot
5. Add in the tinned tomatoes
6. Mix in a sprinkle of mixed herbs
7. Boil until the beef is soft and coming off the bone, and the potatoes are soft
8. Drain the kidney beans and add it in with the frozen vegetables
9. Cook until the frozen vegetables are cooked



Tip: If you are short on meat you can add more beans and vegetable to make the feed go further.

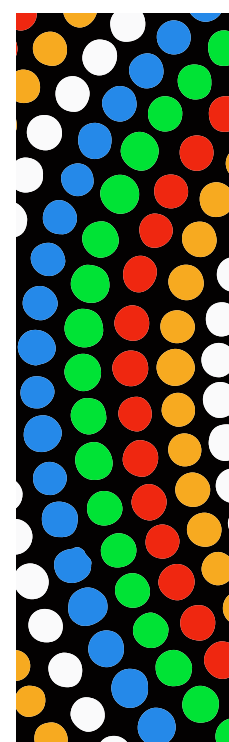
Frittata with Lajamanu Families as First Teachers

What you need: (To feed 10 people.)

- 10 eggs
- 1 pannikin or cup of milk (or powder milk)
- 1 packet of grated cheese
- 2 handfuls of green beans
- 1 large sweet potato
- 3 tomatoes
- 1 tin of corn
- 1 onion
- 2 little spoons of garlic

How to cook em:

1. Warm up the oven to 180 degrees
2. Cut up all vegetables into small pieces and drain the water out of the tin of corn
3. Cook the onion, garlic and other vegetables in a frying pan until they are all soft
4. Crack the eggs into a bowl with the milk and add half the cheese. Mix together
5. Mix in the vegetables and then pour into a baking tray
6. Sprinkle the rest of the cheese on top
7. Bake for 40-45 minutes or until firm and brown on top



 **Tip:** You can use any vegetables that you have – fresh, frozen or tinned.



Turtle with Damper and Salad with Kalkaringi/Daguragu Child and Family Centre

What you need: (To feed 10 people.)

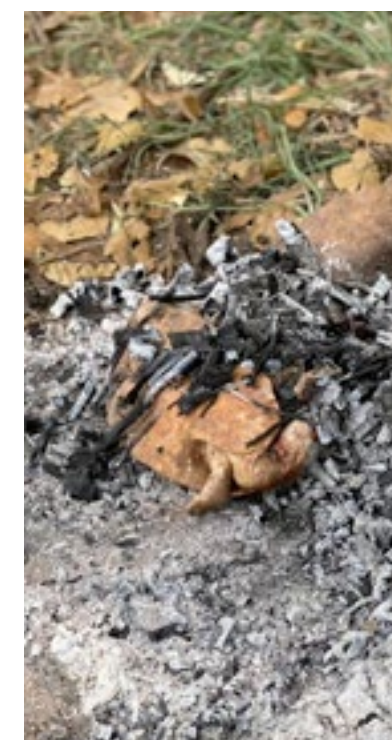
- 3 or 4 freshly caught turtle
- 1kg of wholemeal self raising flour
- large pannikin of water
- 1 lettuce
- 3 carrots
- 2 capsicum
- 1 avocado
- 1 lemon
- 3 tomatoes

How to cook em:

1. Get the fire started
2. Prepare the turtle for cooking
3. Cook the turtle over the coals
4. Put the flour in a bowl and add water
5. Knead until it looks like thick pancake mixture
6. Cook damper on the coals
7. While the turtle and damper are cooking cut up the salad and put in a bowl
8. Squeeze the juice of the lemon over the salad
9. Have half the plate with salad, one corner with turtle and one corner with damper



 **Tip:** You can swap the turtle for kangaroo tail.



Bush Meat On Coals with Fire Roasted Vegetables with Yarralin Youth

What you need: (To feed 10 people.)

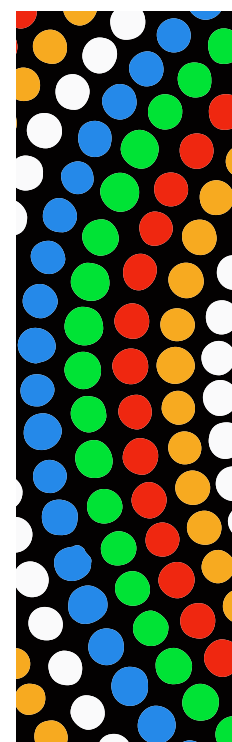
- freshly caught goanna, bush turkey or kangaroo tail
- 10 potatoes
- 5 sweet potatoes
- 5 carrots
- 1 pumpkin

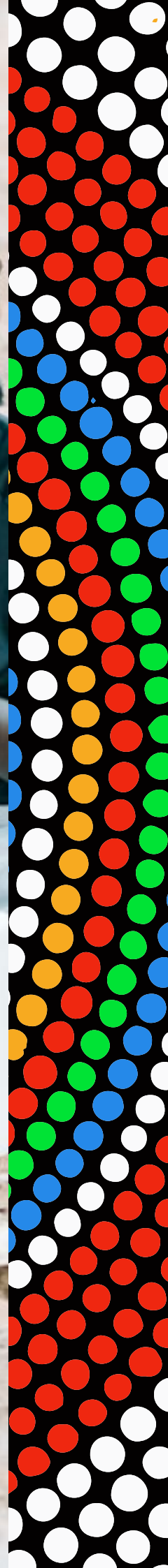


Tip: You can swap the bush meat for freshly caught fish.

How to cook em:

1. Get the fire started
2. Prepare the bush meat for cooking and wrap in foil
3. Cook the bush meat in or over the coals
4. Wrap the vegetables in foil and cover with coals
5. When everything is cooked, put the meat and vegetables on a plate or gum leaves





Cheap Feeds

Tuna and Vegetable Noodles with Yarralin CDP Men

What you need: (To feed 10 people.)

- 5 packets of 2-minute noodles – throw flavour away
- 2 big tins of tuna
- 2 eggs
- 2 packets of frozen vegetables
- 1 lemon
- curry powder - 1 big spoon to taste



 **Tip:** You can add some cut up onion for extra flavour.

How to cook em:

1. Boil water and put in the noodles and the frozen vegetables
2. When the noodles and vegetables are soft, drain out the water
3. Drain the water out of the tin of tuna and mix through the noodles and vegetables
4. Add eggs to the pot of noodles and vegetables, and cook together
5. Add curry powder and squeeze out the lemon juice, and mix together
6. Add 3-4 big spoons to a bowl



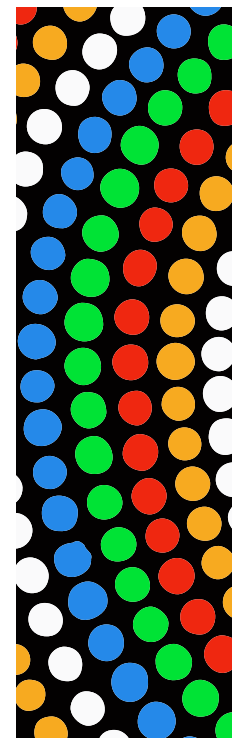
Mussels and Rice with Bulla CDP

What you need: (To feed 10 people.)

- 2 tins of crushed tomatoes
- 2 tins of vegetables
- 6 tins of mussels
- 1 kg of brown rice

How to cook em:

1. Put the rice on to cook using rice cooker or pot
2. Drain the water out of the tinned vegetables and mussels
3. When the rice is cooked, add the rice, tinned tomatoes, vegetables and mussels in a pot to cook
4. Cook until it's all hot
5. Add 3-4 big spoons to a bowl



Tip: Squeeze on some lemon juice for extra flavour.

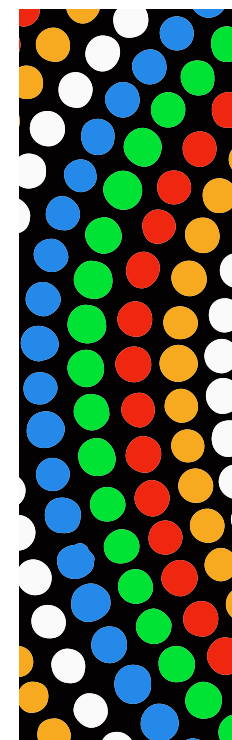
Salmon and Corn Pasta with Lajamanu WANTA

What you need: (To feed 10 people.)

- 2 bags of pasta
- 2 tinned vegetables of your choice
- 2 tins of salmon
- 1 onion

How to cook em:

1. Boil a pot of water and cook pasta until soft then tip all the water out
2. Chop up the onion into small bits
3. Tip out the water from the tins of salmon and vegetables
4. Put the pasta back into the pot and stir in the onion, salmon and vegetables
5. Cook it until it's all hot
6. Add 3-4 big spoons to a bowl



 **Tip:** If the shop doesn't have any tinned salmon you can swap for tinned tuna.

Baked Potato with Baked Beans and Vegetables with Kalkaringi/ Daguragu Child and Family Centre

What you need: (To feed 10 people.)

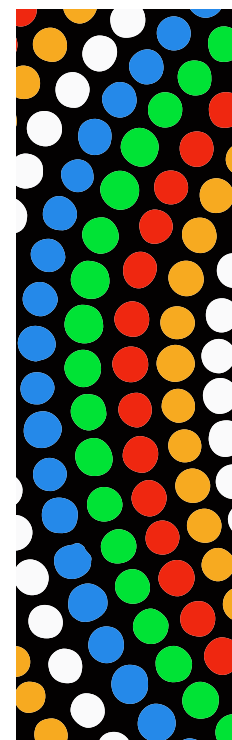
- 10 potatoes
- 2 big tins of baked beans
- 2 tins mixed vegetables
- 1 packet of grated cheese



Tip: You can boil the potatoes on the stove or cook them in the oven.

How to cook em:

1. Get the fire started
2. Poke the potatoes with a fork and wrap them in foil. Cook the potatoes over the coals until they are soft
3. Tip the water out of the tinned vegetables and put in a pot with the tinned baked beans
4. Cook the baked beans and vegetables until it's all hot
5. Put a potato in a bowl and cut the top open and place a handful of grated cheese in the cut potato
6. Put 2 big spoons of bean mix on top of the grated cheese in the potato



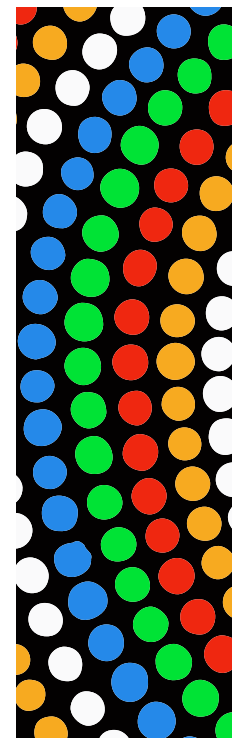
Eggs On Toast with Lajamanu Creche

What you need: (To feed 10 people.)

- 10 eggs
- 2 tomatoes
- 1 pannikin or cup of milk (or powder milk)
- 10 slices of brown bread

How to cook em:

1. Crack the eggs into a big bowl
2. Pour in the milk and mix with a fork
3. Chop up the tomatoes into small pieces
4. Cook the eggs and tomatoes together in a frying pan
5. Toast the bread and add 2 big spoons of eggs and tomatoes on the toast



Tip: You could mix through a tin of tomatoes if you don't have fresh ones.

To make a feed, pick one or two items out of each step.

Here is how you can put together a strong blood feed using cheap ingredients. Pick one or two items from each step. Most of these ingredients you can keep in the cupboard.

Step 1. Pick one of any carbohydrate food



Step 2. Then add a vitamin C food

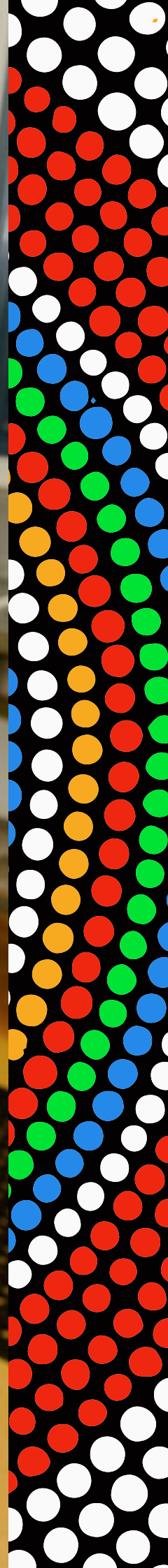


Step 3. Then add an iron food



Step 4. For some extra flavour, add one or more of these





Small Feeds

Peanut Butter Balls with Yarralin Youth

What you need: (To feed 10 people.)

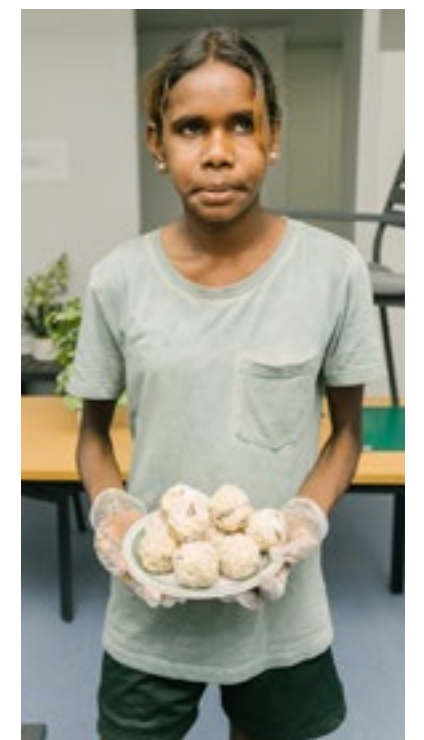
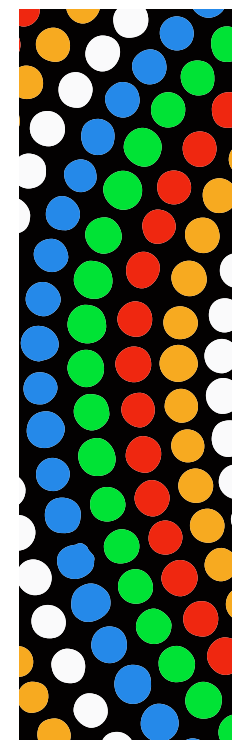
- 1 small jar of peanut butter
- half a cup or pannikin of shredded or desiccated coconut
- 5 apples
- 3 cups or pannikins of rolled oats



Tip: Add water or a bit of honey if you need it more sticky.

How to cook em:

1. Put the oats, peanut butter, sultanas and coconut in a bowl
2. Mix together until it's a dough
3. Roll a big spoon of the dough into a small ball and put on a plate
4. Chop up the apples into slices
5. Have 1 ball and half an apple for a small feed



Banana Bars with Timber Creek Creche

What you need: (To feed 10 people.)

- 3 cups or pannikins of oats
- 3 bananas
- 1 cup or pannikin of dried fruit
- 1 small jar of peanut butter
- 3 big spoons of granulated nuts
- 2 apples

How to cook em:

1. Warm up the oven to 160 degrees
2. Rub a baking pan with margarine or oil so it doesn't stick
3. Chop dried fruit and nuts small and put in a bowl
4. Mash the bananas then mix in the oats, and peanut butter
5. Put the mix into the pan and push it down so it's spread out
6. Bake in oven until the top is a bit brown
7. When it is cool, cut into bars and chop up the apples into slices
8. Have 1 banana bar and half an apple for a small feed



 **Tip:** Choose bananas that are more ripe (showing some brown spots).



Peanut Butter Cookies with Lajamanu Families as First Teachers

What you need: (To feed 10 people.)

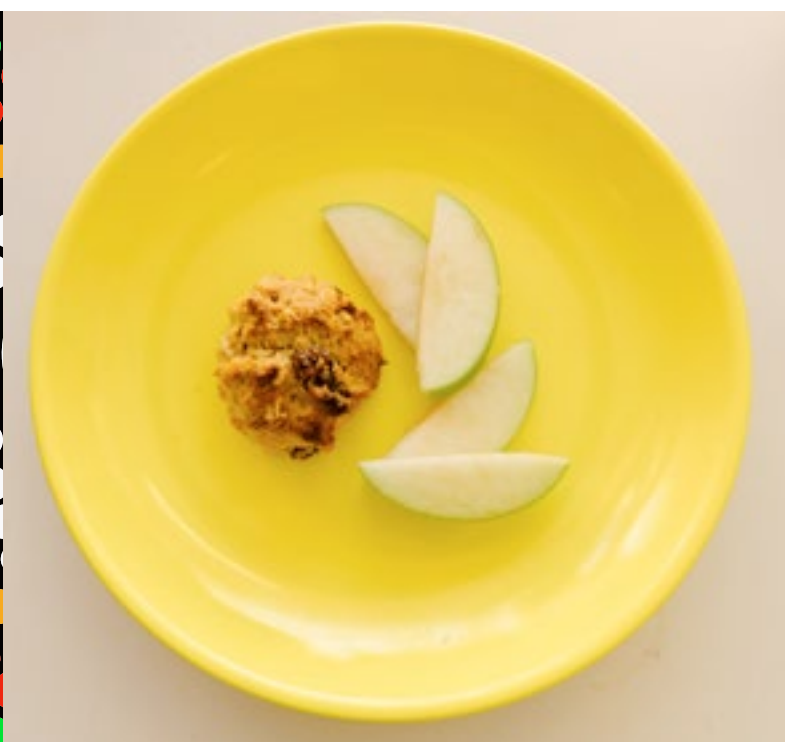
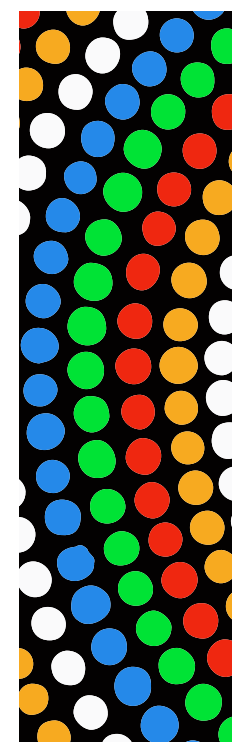
- 1 cup or pannikin of rolled oats
- 1 cup or pannikin of wholemeal self-raising flour
- 1 big spoon of baking powder
- 4 big spoons of peanut butter
- 3 eggs
- half a cup or pannikin of sultanas
- 5 apples

How to cook em:

1. Warm up the oven to 180 degrees
2. Mix oats and flour in a bowl
3. Mix in sultanas, peanut butter and eggs
4. Mix until it makes a dough
5. Roll a big spoon of the dough into a small ball and put on a tray
6. Cook in oven for 12-15 minutes
7. Chop up the apples into slices
8. Have 1 cookie and half an apple for a small feed



Tip: If you don't have oats, you can crush up weet-bix instead.





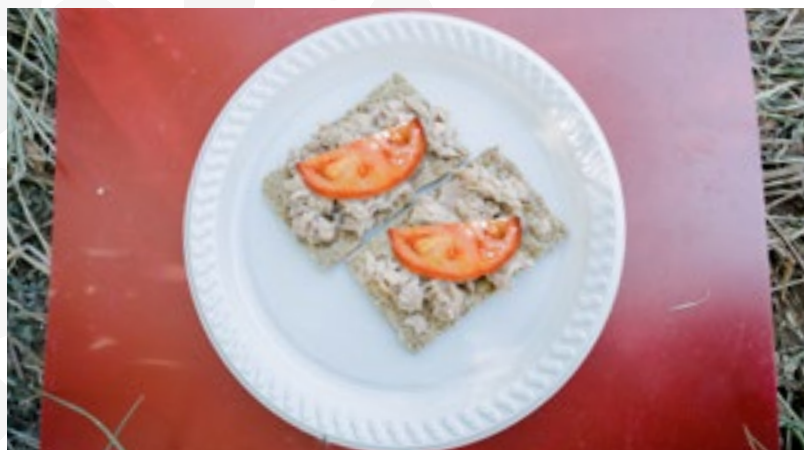
Small Feeds Ideas



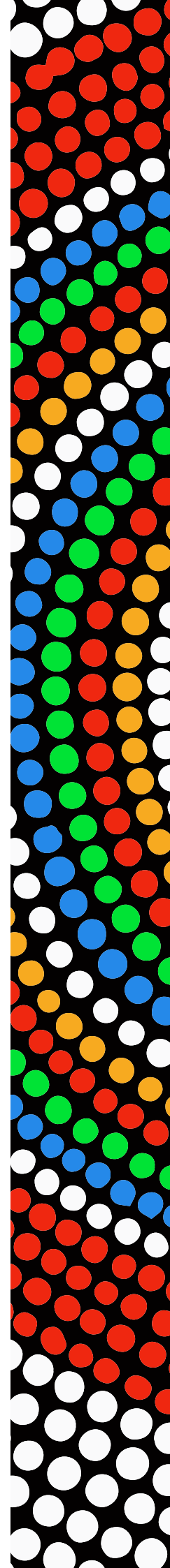
**Baked beans with
a banana**



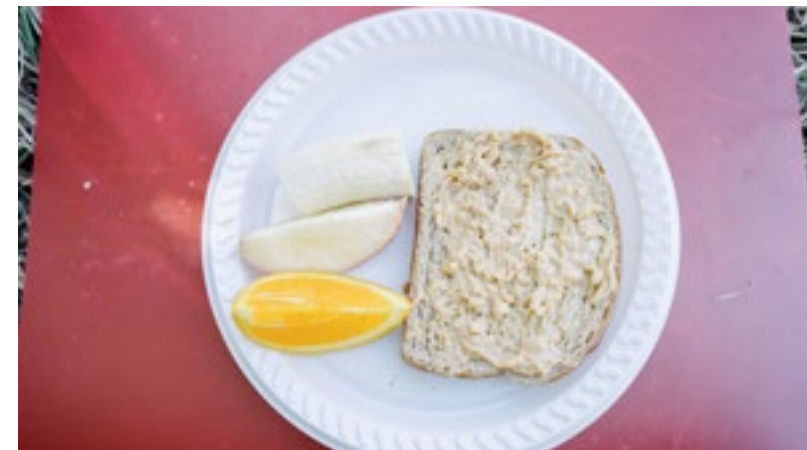
Weet-bix and fruit



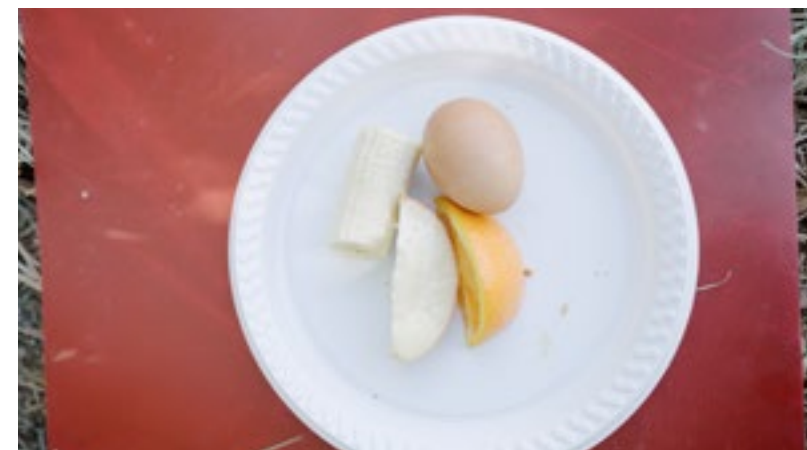
**Tuna and tomato
on crackers**



**Egg and lettuce
sandwich**



**Peanut butter on
toast with fruit**



Boiled egg and fruit



**“Fish and meat
will make you
strong”**

Timber Creek Ladies



Thank You...

Community members and community organisations who helped make this cookbook. This cookbook is a whole community project and we hope everyone who cooked these feeds for strong blood had fun working with the KWHB staff.

The following organisations and community groups have cooked and tasted the recipes in this book:

Victoria Daly Regional Council

Central Desert Shire

Timber Creek CDP

Timber Creek School

Timber Creek Women

Wirib Supermarket

Gilwi Community

Bulla Community

Yarralin Community

Amanbidji Community

Yarralin Creche

Yarralin CDP

Yarralin Aged Care

Kalkaringi CDP

Kalkaringi School

Kalkaringi/Daguragu Child and Family Centre

Lajamanu CDP

Nitjpurru Women

Katherine West Health Board Staff



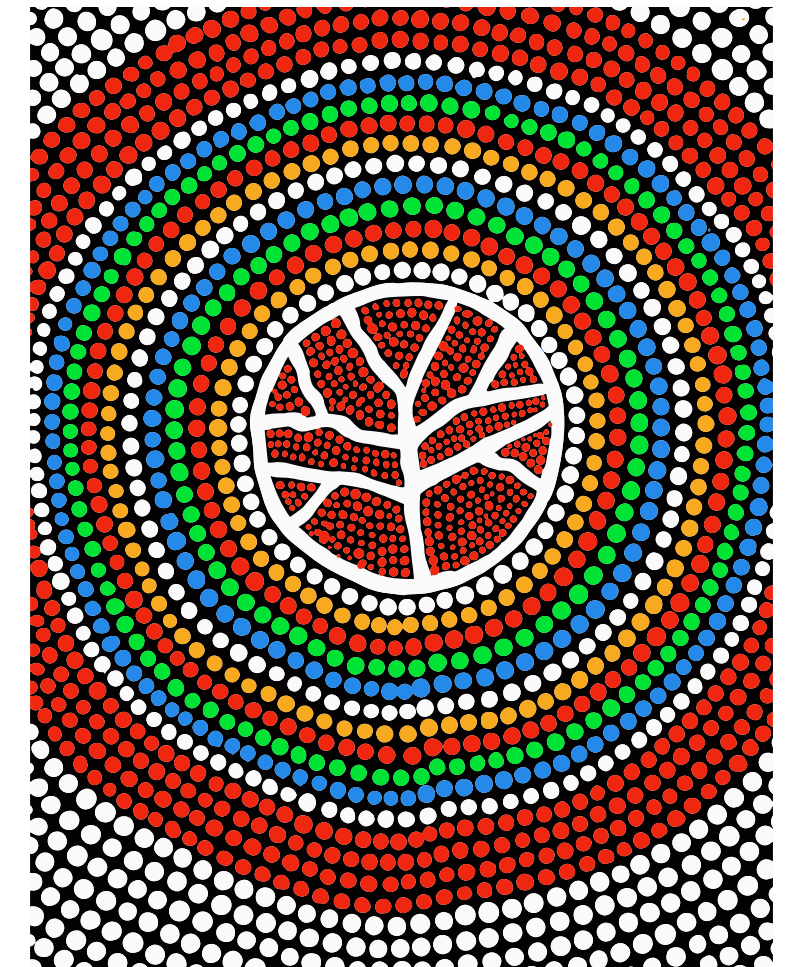
About the Artist



Dee Hampton

Dee is a senior Aboriginal Health Practitioner (AHP) at Kalkaringi clinic.

Dee is a valued resource for the community and the staff at Kalkaringi.



The Artwork Story

All the red is representing our blood.

All the white is what brings everything together in our body – our immune system.

We got water and oxygen in blue.

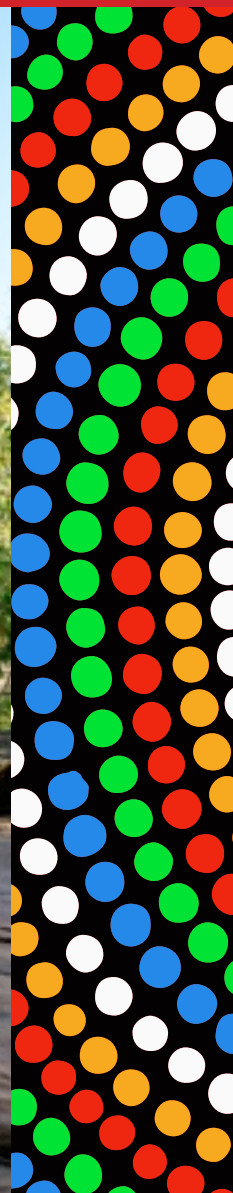
We got vegetables in green.

We got nutrition, the meat that has iron in it and the vitamin C food in yellow.

All working together in our body to keep our blood strong so we can keep growing.

It's not really a tree growing, it is everything in your body joined together.

If our immune system can stay strong it can fight off infection that is why you need strong blood as well.



KATHERINE WEST HEALTH BOARD

Aboriginal Corporation

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