GUNAWIRRA
Prevention through Early Intervention

IN ABORIGINAL MYTHOLOGY
GUNAWIRRA MEANS THE INVISIBLE SEED OF ALL CREATION

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GUNAWIRRA MOTHERS **COOK BOOK**

connecting – sharing – caring

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Gunawirra acknowledges the Aboriginal and Torres Strait peoples as the past, present and the future custodians of this ancient land.

Established in 2008, Gunawirra is a not-for-profit organisation comprised of Indigenous and non-indigenous professionals working at the interface between health and education to “Close the Gap”.

By developing innovative programs, models of excellence, that empower young Indigenous parents and their children aged 0-5years to intervene in their lives, we seek to break the life cycle of suffering caused by loss of country, community, culture and family.

Gunawirra is proud to have Norma Tracey, Cate Osborn and Shiri Hergrass as the official Reconciliation Ambassadors on behalf of the Australian Association of Social Workers.

GUNAWIRRA WISHES TO SEND OUR WARMEST THANKS TO

THE JAMES KIRBY FOUNDATION
THE SISTERS OF CHARITY
THE MARY MACKILLOP FOUNDATION
JOHN T REID
ELKEIM PITCH
PHIL COSTA

GET THE KIDS IN THE KITCHEN

Getting the kids in the kitchen is a great way to spend time with them and to teach them skills like measuring, mixing and stirring. It can be as easy as getting them to help wash the veggies or to use a pre-mix cake mix to make a easy treat.

One of Gunawirra's unique and successful programs is a weekly young **Indigenous Mothers Group**. The space that Gunawirra provides is designed to provide a safe friendly space that enables the mothers to receive health and emotional support for their young children and themselves while also learning about their Indigenous culture through art and cultural knowledge.

The mother's also share stories and knowledge and this is where the idea for a cook book originated. This Cook book is an idea our mothers in visioned for sharing healthy, affordable and easy meals for their families.

Our incredibly talented mothers also created their own artworks for the cook book which can be seen on each page next to their recipes.

The mothers wish to thank Gunawirra's staff and volunteers for their amazing help and support with the Mothers Group and for those who helped with publishing this cook book.

ACKNOWLEDGEMENTS

CEO Gunawirra: **Norma Tracey**
Clinical Director Young Mothers Group Program: **Cate Osborne**
Aboriginal Cultural and Art Advisor: **Graham Toomey**
Designed by: **Benjamin Cazanova**

ANASTASIA'S ITALIAN SAUSAGE AND TOMATO STEW

Ingredients

- 1 tablespoon olive oil
- 8 Italian beef sausages
- 2 brown onions cut into wedges
- 300g cup mushrooms, thickly sliced
- 400g can crushed tomatoes
- 1/2 cup of chopped flat leafed parsley

Method

- Heat oil in a frying pan. Cook sausages for 8-10 minutes or until cooked through. Remove sausages to a chopping board, allow to cool and then thickly slice
- Add onion to fry pan, cook gently until soft. Add garlic and cook for 2 minutes make sure you have enough oil so the garlic and onion does not stick to the pan. Add tomatoes salt and pepper to taste, cook for 20 minutes
- Add mushrooms and sausages to pan. Cook for 5 minutes or until heated through. Add parsley. Remove from heat
- Serve with bread and a side salad

BROWN RICE SALAD

Ingredients

- 1 cup brown rice
- 1 bunch asparagus, trimmed and cut into small pieces
- 1 small carton of cherry tomatoes
- 100g feta cheese (low fat if desired)
- 1/2 cup chopped mint (or half a lime juiced)
- 2 spring onions, chopped
- 4 teaspoons white wine vinegar
- 1 tablespoon extra-virgin olive oil

Method

1. Cook the rice in boiling water for 40 minutes or until tender
2. Meanwhile, blanch asparagus in a small saucepan of boiling water for 1 minute or until bright green. Drain and cool in iced water. Drain
3. Combine all ingredients and serve (season with ground black pepper if desired)

CATES EASY AND DELICIOUS, ROCKET AND PARMESAN SALAD

Ingredients

- 1 bag washed rocket
- 2 pears
- 100g shaved parmesan
- 1/4 cup olive oil
- 2 tbsp. balsamic vinegar
- Salt and pepper to taste

Method

- Place rocket leaves in a bowl, thinly slice the pears add the shaved parmesan, olive oil, balsamic vinegar salt and pepper
- Toss well and serve

LOUISA'S SPECIAL CHICKEN DISH

Ingredients

- 6 chicken breast (chicken thighs can be cheaper)
- 3 cartons of sour cream
- Salt and pepper

Method

- Cut chicken into bite size pieces
- In a bowl mix salt and pepper together. Make sure there is enough to coat the chicken evenly. Dip the chicken pieces into the salt and pepper shake off any excess
- In a Shallow fry pan add a couple of tablespoons of olive oil, cook the chicken until cooked thorough, pour in sour cream heat, stir and serve
- Serve with rice and steam vegetables

CHRIS'S TASTY TREATS – FRENCH ONION DIP AND AVOCADO DIP

Method

French Onion Dip is quick and easy and taste's so good!

- Mix one packet of French Onion Soup mix with a large carton of sour cream. Stir well, serve with small pieces of toasted Lebanese flat bread and cut up vegetables everyone will be asking for more!

Avocado Dip is also very easy

- Mash one ripe avocado in a bowl and blend with a small carton of sour cream salt and pepper to taste. Add a squeeze of lemon or lime juice to keep the avocado from going brown. The color and texture looks fabulous and the humble avocado has loads of health benefits too. You Can leave out the sour cream for a healthier version

APPLE MUFFINS

Ingredients

- 1 cup whole meal self-raising flour
- 1/2 cup brown sugar
- 1/2 cup oat bran
- 1/2 teaspoon cinnamon
- 1/4 cup chopped pecans
- 2 large green apples
- 1 egg
- 2/3 cup milk
- 60g butter, melted

Method

- Turn oven to 220 degrees C or 425 degrees F
- Grease 12 muffin pans
- Peel then grate apples. Stir them into bowl
- Sift flour into a second bowl. Add sugar, oat bran, cinnamon and pecans
- Mix egg, milk and melted butter in a jug
- Add milk mix (wet mix) and apples to dry mix and stir with a fork
- Stir until just mixed. It is meant to look lumpy. Do not over mix the batter wont rise
- Almost fill the 12 muffin pans with mixture
- Bake for 15-20 minutes or until golden. Poke with a toothpick or a fork if it comes out clean then the muffin is done

HEALTHY FOOD TIP

- Did you know that mushrooms are one of the best food sources of vitamin D? So if you haven't had a chance to get out into the sun lately – try some mushrooms to help boost your Vitamin D levels
- Vitamin D is essential for strong bones, muscles and overall health. Vitamin D is a hormone that controls calcium levels in the blood. It is crucial for bone and muscle development, and for preventing osteoporosis

URANIA'S SATAY CHICKEN AND VEGETABLE RICE DISH

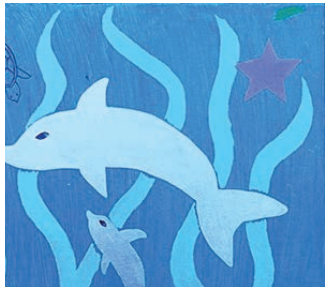
Ingredients

- Chicken breast or chicken thigh fillet (200 to 300 grams per person depending on their hunger levels)
- Cut up enough vegetables to make sure there is around 1/2 cup to a 1 cup per person. Vegetables that work well in this dish are capsicum, mushrooms, carrots, peas, snow peas, broccoli. You can always use frozen, peas, carrots and corn

Satay

- 1/2 cup peanut butter smooth or crunchy
- 165 ml of coconut cream
- 1 tablespoon soy sauce
- Fresh chilli or dry chilli to your taste
- Blend over a low heat until combined

Method



- Cut chicken into bite size pieces
- Chop veggies into pieces cut them thick or thin depending on your preference
- Add chicken to hot pan with oil. Add your veggies and sauce cook together until chicken is cook through

(Sauces that have sugar may burn so careful and keep stirring to keep things from sticking)

- Serve with rice just follow package instructions

CHLOE'S GREEK LAMB CHOPS AND POTATO SALAD

Ingredients (lamb chops)

- 1kg lamb chump chops
- 2 lemons
- 1 tbsp. Oregano
- 1 tsp. salt
- 4 garlic cloves
- 1 tbsp. oil

Method

- Mix oregano, oil, salt together, squeeze lemons, and grate garlic into a bowl
- Add meat mix well and refrigerate for at least 10 minutes
- Grill on both sides until cooked to your liking

Potato salad

- 4 medium potatoes
- Fresh bunch of coriander
- 1 small onion
- 4 pieces of short cut bacon
- 2 shallots
- Salt and pepper to taste
- Whole egg mayonnaise

Method

- Boil potatoes, cook bacon then chop into small pieces
- Finely chop coriander, shallots and red onions
- Mix in a bowl with potatoes bacon
- Add mayonnaise salt and pepper to taste

BABY FOOD TIP

- **Mash Potatoes** are a great meal for the little ones. Just puree a boiled potato you can leave out the butter, milk, salt and pepper. Young children and babies have very sensitive taste buds
- If your breastfeeding you can add some breast milk to help mash the potatoes. If your formula feeding you can add some formula

MAYO FREE POTATO SALAD

Ingredients

- 1kg potatoes cut in half
- 1oog rocket lettuce
- 1 red onion sliced or 2 shallots
- 1 teaspoon lemon zest

Dressing

- 2 tablespoons olive oil
- 2 tablespoons white vinegar
- 1 teaspoon mustard (optional)
- Salt and pepper
- For dressing: combine garlic, oil, vinegar, sugar and salt and pepper
- Gently boil potatoes for about 8 minutes. Drain
- Add potato and rocket lettuce, onion, lemon zest and dressing

HEALTHY FOOD TIP

- Avocado's help to reduce the signs of aging, regulate blood sugar and promote eye health
- Avocado's also help to improve the absorption of nutrients
- Avocado's are high in vitamin C, E and manganese which help prevent rheumatoid and osteoid- arthritis
- Avocado's also contain vitamin E and glutathione, which are known to combats forms of cancer, reduce cholesterol and heart disease

BABY FOOD TIP

- Mash an avocado with banana for an easy tasty healthy baby meal

HEALTHY FOOD TIP

- The humble **potato** – a food with many special health benefits, it protects against cancer and has loads of vitamin B6 which helps give you a better night's sleep (something we all need when we have little kids to look after!)
- Whether mashed, baked or roasted, people often consider potatoes as comfort food. It is an important food staple and the number one vegetable crop in the world. Potatoes are available year-round as they are harvested somewhere every month of the year
- **Garlic** has anti-microbial properties, meaning that it can ward of infections so great to use when you are sick. Plus you can use it in almost any savoury dish to add flavour

LUCY'S ROAST CHICKEN DINNER

Ingredients

- 1 lemon juiced
- 1 roast Chicken
- 2-3 clove garlic
- Salt and pepper
- Rosemary (dry or fresh)

Vegetables – Potatoes, carrots, pumpkin cut into wedges

Use whatever vegetables you like or have on hand

Method

- Preheat oven to 220c, place the chicken in a roasting pan
- Rub lemon juice, salt, pepper, all over the chicken place a half lemon garlic and rosemary inside the cavity of the chicken
- It will take 20 minutes per 500 grams of chicken. Place the cut vegetables in the roasting pan coating them with lemon juice, salt pepper, garlic and rosemary
- At 20 minutes intervals rotate the chicken in the pan, and basting it in its juices. Also rotate the vegetables
- The chicken is cooked when the juices run clear (about an hour)

HEATHERS INDIAN CHICKEN KORMA

Ingredients

- 1/2 kilo Chicken breasts or thighs
- 2 tbsp. of olive oil
- Chicken Korma spice mix available at your super market
- 1 tin coconut milk
- 1 tablespoon tomato paste
- Half a head of cauliflower, cut into small pieces

Method

- Cut Chicken breast into bite size pieces. Put in a pan with olive oil cook on a medium heat until the chicken starts to turn colour. Now add your spices cook until the spices become fragrant be careful not to burn the spices this will make it bitter. Add the tomato paste and stir in the coconut milk
- Add the cauliflower and cook until tender
- Serve with rice and chapatti bread

SHAN'S SIMPLE AND QUICK SHEPHERD'S PIE

Ingredients

- 2 tablespoons of oil
- 1kg ground beef mince
- 2 small or 1 large brown onion
- 2 gloves garlic crushed and chopped finely
- 3-4 tablespoons of tomato paste
- 1 cup of frozen vegetables
- 6-7 peeled potatoes
- 1/3 cup Breadcrumbs
- 1/2 cup grated cheese

Method

- Heat oven to 180 degrees
- In a fry pan heat oil
- Add chopped garlic and chopped onion cook until tender
- Add the mince cook until browned
- Add the tomato paste, salt and pepper to taste and now add your veggies
- While you are cooking your filling you can have the potatoes on the boil
- Once your potatoes are soft. Drain the potatoes then add 1/4 cup milk and 30 grams of butter and mash
- Place your mince in a baking dish, you want to make sure that you have around 2 cm layer of mince
- Place your mash potato on the mince layering it as thick or as thin as you and your family prefer
- Sprinkle the top of the mash potato with bread crumbs and grated cheese, the bread crumbs will give it a nice crispness and the cheese will give it an extra yumminess. Feel free to use any cheese you want
- Place the Sheppard's pie in the oven and bake until the top is nice and brown
- Serve with cut up cucumber, carrots or tomato

CHANTELLE'S SOY-HONEY KEBABS

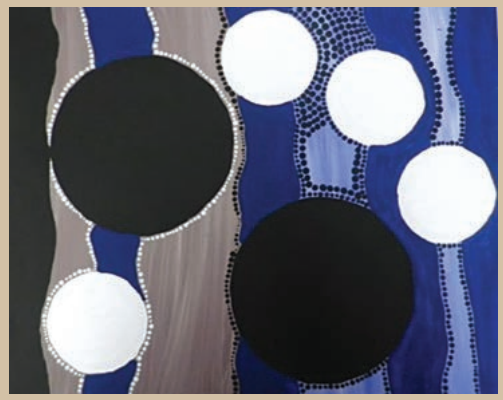
Ingredients

- 500g of rump steak (you can also use chicken)
- 1/2 cup of soy sauce
- 2 tablespoons of honey
- 1 clove of garlic crushed
- Salt and pepper

Method

- Slice beef into cubes, mix soy sauce with honey and crushed garlic. Add salt and pepper to taste
- Pour soy-honey mix over the beef and leave for 10-20 minutes to marinade. Put beef onto bamboo skewers (remembering to soak the skewers in water for 20 minutes prior, this stops them from burning

- Grill in oven tray until cooked through or place on the Barbeque. You can also cook the cubes of beef in a fry pan for this you would not need to use the bamboo skewers
- Serve with a salad of lettuce, cucumber and tomato. Or serve with boiled rice and veggies

HEALTHY FOOD TIP

- **Chicken** contains selenium, which is thought to benefit inflammatory diseases, cardiovascular and neurological diseases
- **Chicken** also contains vitamin B6, which helps in the production of insulin, white and red blood cells, all make sure your body functions well
- Vitamin B6, helps to support your immune system, central nervous system and your metabolism
- Other foods that are rich in Vitamin B6 are fish, starchy vegetables like potatoes and a variety of fruits, (not citrus)