

The Dilly Bag

Bush Tucker Recipes

By Dale Chapman



- **Bush Tucker Products**
- **DIY Bush Tucker Menus**

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- **Bush Tucker Learning Programs**
- **Bush Tucker Workshops**
- **Bush Tucker Catering**

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RECIPES BY THE DILLY BAG [Dale Chapman]

PLAIN DAMPER:

Ingredients:

3 cups SR flour
1/4 cup extra SR flour
1 cup powdered milk
1/2 cup Soda water



Method

- Sift dry ingredients and add the relish and soda water if you need it
- Very quickly combine and dust surface with extra flour and kneed
- Cut into 10 and individually roll 10 balls
- Bake in a mod to hot oven for 10 minutes

NOTE: *you can add feta cheeses, herbs, spices, fruits into the dry flour mixture for a variety of dampers*

BUSH TOMATO DAMPER:

Ingredients:

3 cups SR flour
1/4 cup extra SR flour
1 cup powdered milk
200ml The Dilly Bag Bush Tomato relish
1/2 cup Soda water

Method

- Sift dry ingredients and add the relish and soda water if you need it
- Very quickly combine and dust surface with extra flour and kneed
- Cut into 10 and individually roll 10 balls
- Bake in a mod to hot oven for 10 minutes

BUSH TOMATO DIP

Ingredients

250g spreadable cream cheese
1/2 cup the Dilly Bag Bush Tomato Relish or Sauce

NB: *If you use the Philadelphia Cream Cheese you will need to blend it together with a blender otherwise it will go lumpy – using the spreadable cream cheese you can just mix it by hand*

FLINDERS RELISH DIP

Ingredients:

- ½ bottle of flinders relish
- 250g cream cheese
- 2 tablespoons light sour cream

Method:

- In a food processor blend relish and cream cheese
- Turn into a bowl and fold in sour cream
- Serve with veggie sticks and crackers

BUSH DUKKAH

Ingredients:

- 1 pkt of Bush Dukkah
- Turkish bread cut in mouth size portions
- 200ml of Rainforest blend Macadamia nut oil
or Tasmanian Peppered infused oil, Olive oil
- 3 serving bowls

Method:

- Place each ingredient in a bowl
- Take the Turkish bread and dip in the oil then the Bush Dukkah

Variations for Bush Dukkah:

- This wonderful mix can be added to 2 tablespoons of bush Dukkah to minced to 150g chicken or crocodile meat and roll into balls lightly spray with oil and bake on a tray in oven for 12 minutes on 180C oven.
- Mix Dukkah with a little macadamia nut oil to make a paste and paint on fish and bake or wrap in foil, banana leaf or paper bark and BBQ
- Sprinkle on salads



BUNYA NUT PESTO

Ingredients:

50g basil leaves

1 cup cooked bunya nuts chopped [*see note below*]

Garlic x 1 clove

1 cup olive oil plus extra 2 tablespoons oil

2 tablespoons Parmesan cheese

Salt to taste

Method

- Place in a blender basil and garlic with oil and blend
- Add bunya nuts and blend for 6 seconds
- Add grated parmesan cheese, salt and pepper to taste (mountain pepper)
- Note cook Bunya nuts for 20 minutes in hot water until tender refresh in cold water and cool nuts - when cool place in food processor and granulate texture of cous cous

PASTA DISH



- 200g cooked pasta place 4 tablespoons of pesto in a pan, splash with cream and toss in cooked pasta
- Toss & coat the pasta with the pesto
- Serve with hot damper and macadamia nut butter.

GREEN SALAD WITH LEMON MYRTLE DRESSING

Salad of your choice

Dressing Ingredients:

2 egg yolks

1 tbsp mustard

Splash white wine vinegar

Lemon Myrtle Syrup

Lemon Myrtle Oil



Method

- Place all the above ingredients in the blender
- With the motor on - drizzle 300mls of oil until mixture emulsifies
- Add Lemon Myrtle syrup to taste and one drop of Lemon Myrtle Oil
- bottle and refrigerate.

WALLABY & EMU TERRINE(600G)

Ingredients:

Group 1

320 g wallaby mince

0g bacon with fat roughly chopped

Group 2

10g finely diced onion

1 garlic clove crushed

5ml brandy

30ml cream

6 only crushed native peppercorns

5 ml lemon juice

5ml orange juice

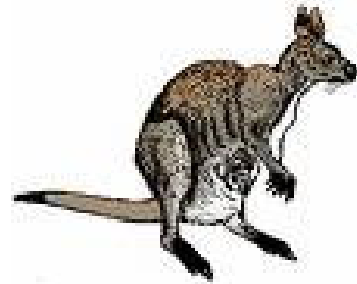
1 beaten egg

5g crushed bush tomato

Group 3

150g Speck, smoked thinly sliced

40g diagonally sliced Emu Cabana



Method:

- Place **Group 1** in a food processor and blend- your choice smooth or chunky
- ***Note*** Chill the ingredients well before starting - do only a little bit at a time and chill between mincing operations - for best results and flavour
- Add ingredients in **Group 2** and season to taste - keep mixture cold
- Line a terrine with speck - add some of the filling and then half the emu cabana.
- Repeat the process to fill terrine, distributing the emu cabana evenly - finish with wallaby mixture.
- Cover with speck.
- Cover the terrine with a lid or heavy foil - cook in a bain- maire.
- Cook for 1.5 hours at 170°C oven
- Cool - allow setting overnight before turning out.



WARRIGAL AND SPINACH FETA PIE

Ingredients:

3 tablespoons olive oil
1 large onion, chopped
1 bunch green onions, chopped
2 cloves garlic, minced
500g pounds spinach, rinsed and chopped
500g warrigal green blanched and squeezed
1/2 cup chopped fresh parsley
2 eggs, lightly beaten
1/2 cup ricotta cheese
1 cup crumbled feta cheese
8 sheets phyllo dough
1/4 cup olive oil

Method:

- Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x9 inch square baking pan.
- Heat 3 tablespoons olive oil in a large skillet over medium heat. Sauté onion, green onions and garlic, until soft and lightly browned. Stir in spinach, warrigal greens, and parsley, and continue to sauté until spinach is limp, about 2 minutes. Remove from heat and set aside to cool.
- In a medium bowl, mix together eggs, ricotta, and feta. Stir in spinach mixture. Lay 1 sheet of phyllo dough in prepared baking pan, and brush lightly with olive oil. Lay another sheet of phyllo dough on top, brush with olive oil, and repeat process with two more sheets of phyllo. The sheets will overlap the pan. Spread spinach and cheese mixture into pan and fold overhanging dough over filling. Brush with oil, then layer remaining 4 sheets of phyllo dough, brushing each with oil. Tuck overhanging dough into pan to seal filling.

Bake in preheated oven for 30 to 40 minutes, until golden brown. Cut into squares and serve while hot.



LEMON MYRTLE CUSTARD TART

Pre-bake tart shell in a mod oven until brown

Ingredients for filling

500ml milk

200ml cream

$\frac{3}{4}$ cup sugar

4 tablespoons custard powder

10g lemon myrtle ground

2 drops lemon myrtle oil

Method:

- Place milk and sugar ground lemon myrtle in a saucepan and heat when almost boiling (blend with a little milk) add the custard powder cook on low heat until thick, leave to cool
- Whip cream add lemon myrtle oil and fold into cool custard
- Pour into tart shell and serve

LEMON MYRTLE CHEESECAKE

Ingredients

500grams cream cheese

250grams sour cream

2 tablespoons ground lemon myrtle

1-cup sugar

3 eggs lightly beaten

Method

- Beat the cream cheese and sugar together
- In another bowl - fold in beaten eggs and sour cream with ground lemon myrtle [*mixing separately will make the cheesecake light & fluffy*]
- Combine cream cheese mixture with sour cream mixture
- Bake at 350°F [180°C] in a large 25cm spring form pan
- Leave in the oven for about half an hour after that turn the oven down to about 300°F [150°C] and let bake for another half an hour the cheesecake has been 1hour and ten minutes.

You can also put a biscuit base if you wish



LEMON MYRTLE BISCUITS



Ingredients:

250g sugar 250g Butter
500g sifted SR flour
4 eggs or 1/3 emu egg
25g Lemon myrtle ground sifted

Method:

- Cream together sugar and butter add the eggs one at a time, fold in flour and lemon myrtle until combined roll into small balls
- Flour fork and press slightly bake in moderate oven for 12 to 15 minutes
- Cool and store in an airtight container

DILLY BAG SLICE

Ingredients:

1 cup sifted SR whole meal flour
1/2 cup desiccated coconut
1/2 cup ground cooked bunya nuts
1 cup glace native fruits (when you make the rainbow juice keep the glace fruit for this recipe)
1/2 cup firmly packed fine brown sugar
1 cup of milk

Method:

- Pre heat oven to 180 C
- Prepare a loaf tin or slice tray with spray oil
- Place all the dry ingredients into a bowl
- Combine and add milk pour into prepared tin and bake for 30 minutes exactly
- Leave to cool and ice or leave plain cut and store in airtight container

ROASTED WATTLESEED ICECREAM

Ingredients

2 litres vanilla icecream
3 tablespoons of wattleseed syrup

Method

- Add wattleseed syrup to soften ice cream place in the freezer to refreeze
- Best to leave over night

ROASTED WATTLESEED SYRUP

Ingredients

Wattleseed Syrup [see recipe above]

40 grams wattleseed

2 cups hot water

1 cup sugar

Method

- Add all the ingredients in a saucepan and bring to the boil allow to thicken
- Cool and bottle keep refrigerated and use accordingly

WATTLESEED BROWNIES

Ingredients

250g butter

2 tblspns wattleseed syrup

½ cup cocoa

1 cup brown sugar

2 cups plain flour

3 eggs, lightly beaten

¾ cup milk choc bits

Method

- Melt the butter over low heat
- Add the wattleseed [it releases the flavour]
 - The cocoa
 - Then the sugar
- Mix well
- Remove from heat and cool a little
- Stir in the flour, eggs and choc bits
- Put mixture into a square or rectangular cake tin
- Bake for 30mins in moderate oven



RAINBOW JUICE

Ingredients:

300g of Dilly Bag Rainforest Fruits
5 lemon myrtle leaves
2 litres of water
1kg of sugar (white or raw)

Method

- Place all the ingredients in a pot and bring to the boil
- When boiling turn down the heat and leave for to reduce by 1/3 on the pot
- The syrup should resemble maple syrup consistency
- Strain the syrup keep the fruit for slices and cakes freezers well
- When cook bottle and refrigerate
- Use like cordial with soda water Yummy or you can pour it over ice cream and pancakes

TIP dip a spoon into the syrup and be careful it's hot if it feels sticky to your finger then it's ready - as it cool it will thicken up*

LEMON MYRTLE SYRUP/CORDIAL

Ingredients



6 cups sugar
6 cups water
20g lemon myrtle leaves good size bunch

Method

- Bring to the boil reduce down by 1/3 until it is thick the consistency of maple syrup, strain and put in fridge until ready to use
- Put some in a jug and add soda water make only to order as the oil in the leaves makes the soda go flat

*Go Native..... have fun with bush tucker its not that hard
be adventurous and truly experience the taste of the Australian Bush
that my People have been experiencing for centuries*

NOTES: