

D.I.Y. BUSH TUCKER SCHOOL KIT – 2010

www.dreamtime.auz.net



Recipes by Dale Chapman

www.thedillybag.com.au

BUSH TOMATO DIP

Ingredients

250g cream cheese

½ cup **Bush Tomato Relish**

Method

- blend the 2 ingredients in a blender/ food processor
- serve with crackers, carrot & celery sticks
- makes approx 25 to 30 serves

NOTE You can substitute cottage cheese or ricotta to lower the fat content

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
- makes approx 50 biscuits at 20g each

ROASTED WATTLESEED ICECREAM

Ingredients

2 litre vanilla ice-cream

20g **Roasted Wattleseed**

2 cups boiling hot water

¼ cup sugar

Method

- add hot water over Wattleseed and sugar in a pan and bring to the boil
- leave on low heat to reduce and thicken
- leave to cool in fridge or freezer
- when mix is cold mix into the vanilla ice-cream and refreeze
- serve with anything you like - yum yum!!

NOTE: When doing this recipe with children I use 30ml plastic containers and a paddle pop stick in the center and freeze

PLAIN DAMPER:

Ingredients

3 cups SR flour
1/4 cup extra SR flour
1 cup powdered milk
½ cup Soda water

Method

- sift dry ingredients & 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 moderate 180°C hot oven for 10 -12minutes
- serve with your favorite jam – [Lilli Pilli – Davidson’s Plum – Bush Lime Marmalade]

BUSH TOMATO DAMPER

simply add ½ bottle of **Bush Tomato Relish** into the dry ingredients

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

NATIVE HONEY – this is honey from the native bee – very different from your normal bush honey – has a strong eucalypt [lemony] taste – recommend have small tastes using paddle pop sticks [cut paddle pop sticks in half] – a definite must for your Bush Tucker tasties

Dreamtime Kullilla-Art will supply your Bush Tucker order - this will do 4 sessions of approx 25 to 30 students

Wattleseed x 100g = \$15.00
Lemon Myrtle [ground] x100g = \$12.00
Dilly Bag Bush Tomato Relish x 3 @ \$11.00 = \$33.00
Jams/Honey = \$52.00
 Dilly Bag Lilli Pilli x 2 @ \$7.50 = \$15.00
 Dilly Bag Davidson’s Plum Jam x 1 @ \$7.50 = \$7.50
 Dilly Bag Bush Lime Marmalade x 1 @ \$7.50 = \$7.50
 Native Honey x 1 [140g] = \$22.00

Total Cost \$112.00 plus postage and handling

You need to supply all other ingredients.

Order your

Bush Tucker Products – www.dreamtime.auz.net/bush_tucker

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