

First Nations Food Companion

by Damien Coulthard and Rebecca Sullivan

Kangaroo Chilli Con Carne (p.222)

One for the campfire or the stovetop. This is wonderful with rice, jacket potatoes or in toasties – and it takes on even more flavour the next day. See pages 30 and 137 for important information about kangaroo apples.

Serves 8

1 tablespoon olive oil
½ brown onion, diced
1 tablespoon cumin seeds
2 tablespoons dried bush tomatoes, chopped
6 cinnamon myrtle leaves (or 1 teaspoon ground)
3 garlic cloves, crushed
1 long red chilli, finely diced (optional)
1 kg (2 lb 4 oz) minced kangaroo
2 red capsicums, finely chopped
400 g (14 oz) kangaroo apples, seeds removed
100 ml (3½ fl oz) Native Worcestershire Sauce (see below)
2½ tablespoons Warndu wattleseed balsamic (or other balsamic glaze)
1 tablespoon barbecue sauce
1 tablespoon caster sugar
750 g (1 lb 10 oz) tinned kidney beans, drained
Baby spinach and guacamole (optional), to serve

Heat 1 tablespoon oil in a large heavy-based saucepan over medium heat. Add onion and a pinch of salt and cook, stirring occasionally, for 3–4 minutes until softened. Add cumin seeds, bush tomato and cinnamon myrtle, stir for 1 minute, then add garlic and chilli (if using) and cook, stirring, for another 1 minute or until softened.

Increase heat to high, add mince and fry, stirring occasionally, for 5–10 minutes until browned. Add capsicum and season with salt. Stir in kangaroo apples, Worcestershire sauce, wattleseed balsamic, barbecue sauce and sugar, then bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 10 minutes or until flavours have melded. Stir in beans and simmer for another 5 minutes or until heated through.

Season to taste with salt and ground pepperberry. Serve on a bed of baby spinach with guacamole on the side, if you like.

Substitution options:

- Minced kangaroo
- minced beef or lamb
- Bush tomato
- sun-dried tomato
- Cinnamon myrtle
- ground cinnamon
- Kangaroo apples
- tinned tomatoes
- Native Worcestershire
- Worcestershire sauce

**Native Worcestershire Sauce p.73**

As a kid, I used to eat cheese on toast sprinkled with Worcestershire sauce. Me and my childhood bestie Amanda loved it. Not the Lea & Perrins fancy stuff, the good old Spring Gully sweetened one. This recipe is a take on that childhood favourite, but much more grown up. That said, it's still fantastic with cheese on toast.

Makes 350 ml (12 fl oz)

- ½ cup (125 ml) malt vinegar
- ½ cup (125 ml) apple cider vinegar
- 150 g (5½ oz) molasses, maple syrup or brown sugar
- 2 tablespoons small-leaved tamarind paste (make by blitzing tamarind in a food processor with a splash of water)
- 1 tablespoon soy sauce
- 8 anchovies, mashed with a fork (for a vegan version, substitute 8 crushed bush tomatoes or sun-dried tomatoes)
- 4 garlic cloves, finely chopped
- 2 teaspoons native ginger, finely chopped
- 1 teaspoon pepperberries, ground
- 1 teaspoon ground pepperberry leaves
- 1 teaspoon ground cinnamon myrtle (or 4 whole leaves)
- 4 cloves

Combine all ingredients in a sterilised jar ([see below](#)). Stir well (or put the lid on tightly and shake). Store in a cool, dark place for 2 weeks.

Try a little, then adjust to taste with vinegar, molasses or soy, paying attention to the balance of acid, sweetness and saltiness. Strain through muslin into a clean bottle. If you used anchovies, the sauce will keep for up to 3 months, or up to a year if it's the vegan version.

Substitution options:

Small-leaved tamarind paste

- tamarind paste

Pepperberries

- black peppercorns

Native ginger

- fresh ginger

Pepperberry leaves

- bay leaves

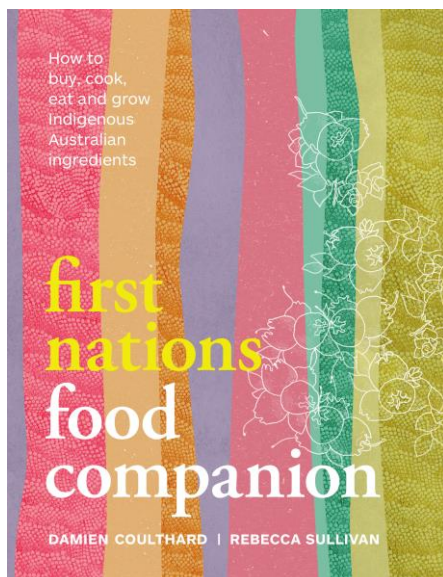
Cinnamon myrtle

- ground cinnamon

How to sterilise jars and lids p.232

Preheat oven to 100°C (200°F). Wash jars in hot soapy water and rinse with hot water (or wash them in the dishwasher). I like to handle them with jar tongs (these are special wide tongs that make it easier to handle jars), as you need the water to be really hot. Stand jars upright on baking trays and put them in the oven while your jam is cooking. Remove them from the oven one by one as needed.

To sterilise lids, funnels and ladles, boil them in a saucepan and remove as needed. Place onto paper towel. Use the paper towel to wipe them totally dry and use them straight away.



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