



# Kukumbat gudwan daga

'Really cooking good food'

A healthy cookbook with recipes  
that feed 10 or more people

Brought to you by the women's  
centres of Manyallaluk, Gulin Gulin  
and Wugularr

# About The Fred Hollows Foundation

- International development organisation, focusing on blindness prevention and Australian Indigenous health
- Independent, non-profit, politically unaligned and secular

***Our vision is for a world where no one is needlessly blind, and Indigenous Australians enjoy the same health and life expectancy as other Australians***



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)

# The Fred Hollows Foundation approach:

## Social determinants of health

We work with communities to identify what social and economic barriers they face and how to address them

## Human Rights

Everyone has a right to a standard of living adequate for their health and wellbeing to flourish

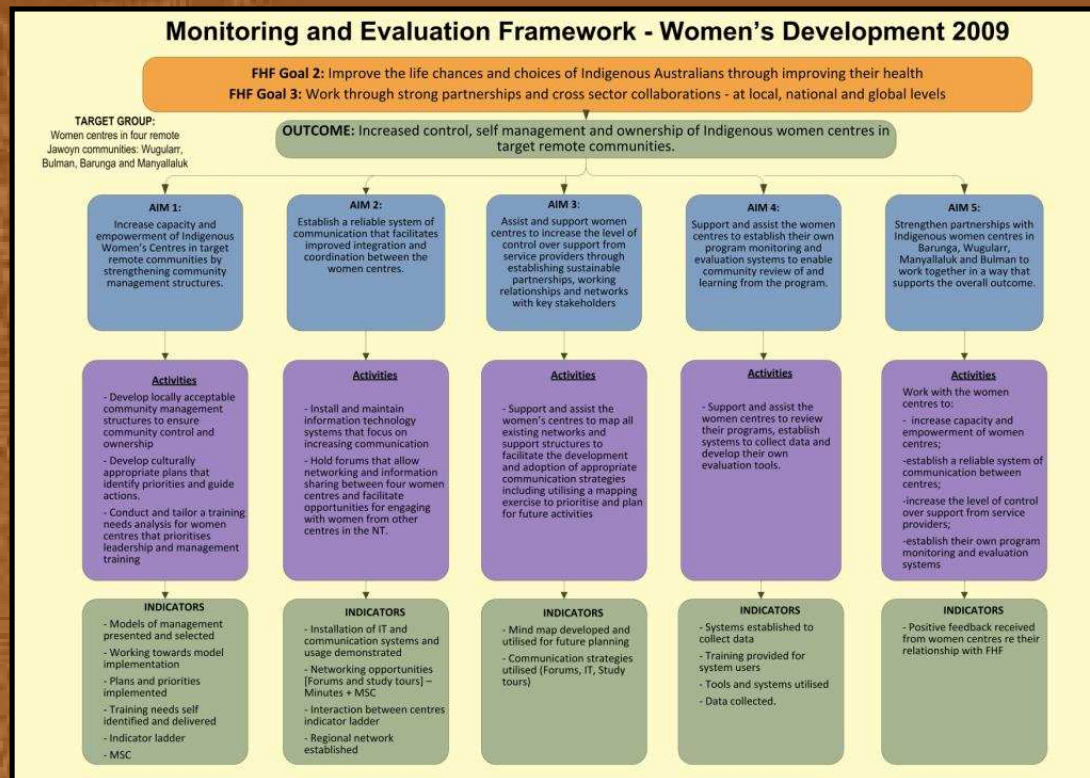


The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)

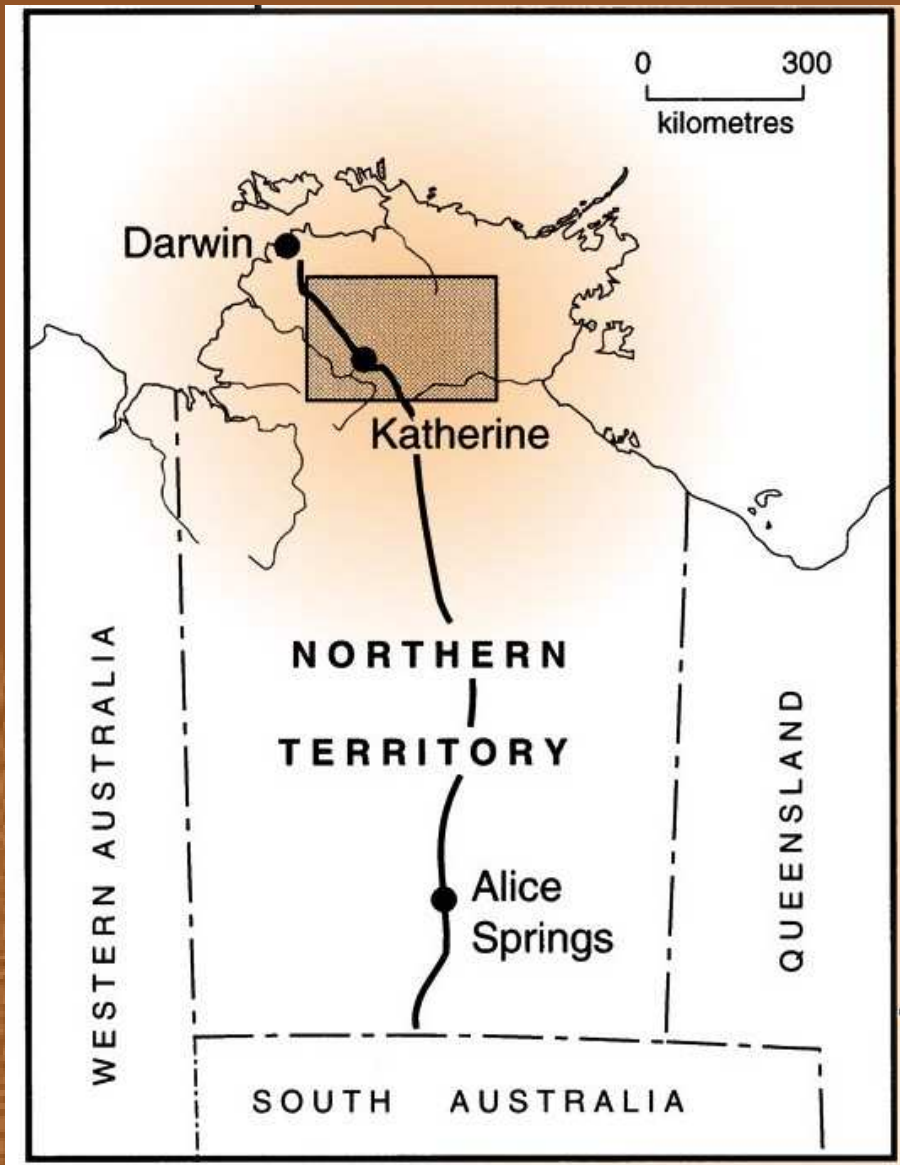
# Women's Development

## Increase in self determination for women in the Jawoyn region



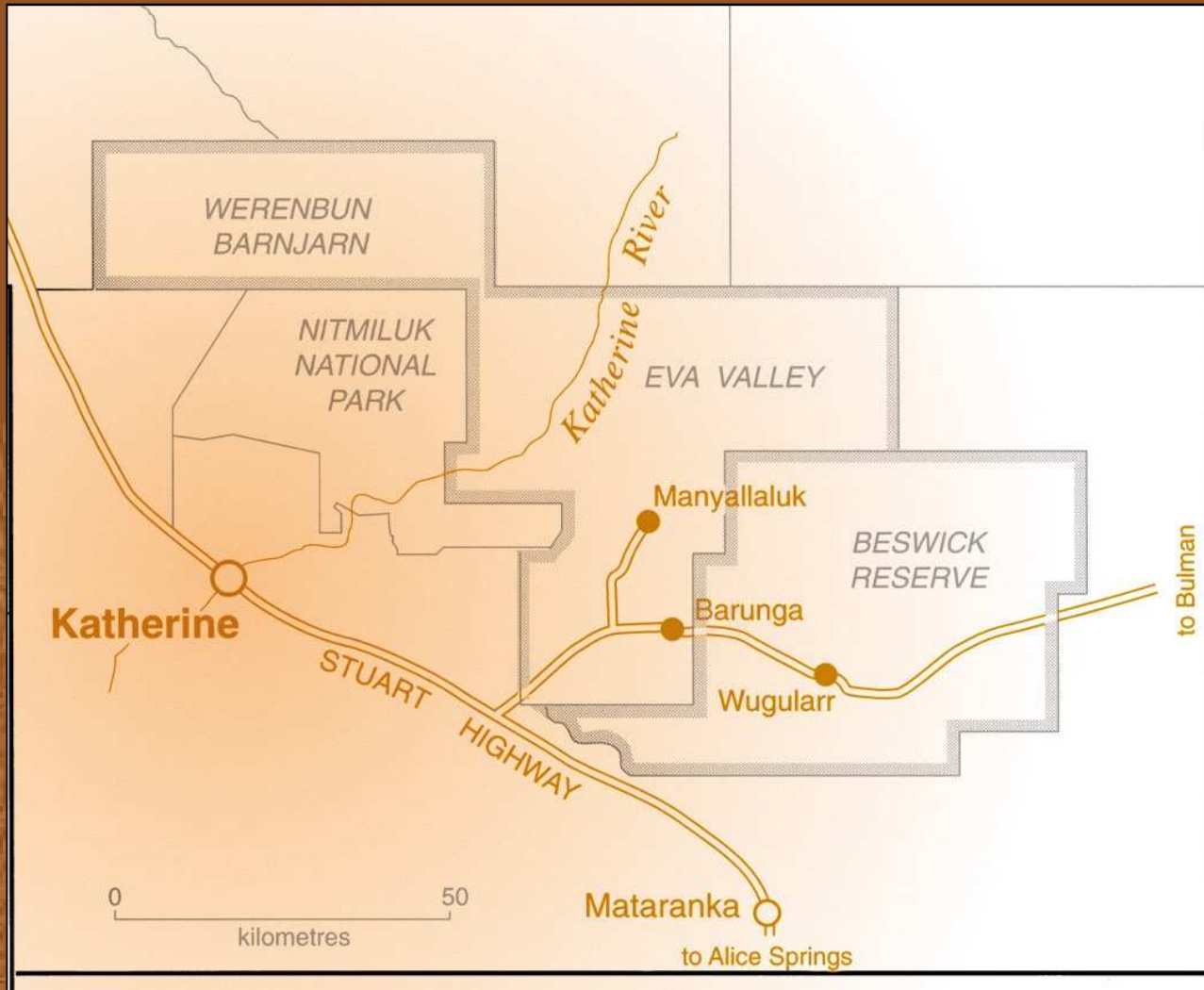
**The Fred Hollows Foundation**

[www.hollows.org](http://www.hollows.org)



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)

# Goal – Kukumbat Gunwan Daga

Work with remote communities and community based nutrition programs in the Jawoyn region to develop a region specific cookbook to support communities to increase the level of capacity and empowerment, improve literacy and numeracy skills and increase nutrition and food safety knowledge and practical skills.



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)

# How the cookbook was created:

This process utilised a participatory planning model that allowed the women centres to have genuine control and ownership over the all decisions made and process.



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)



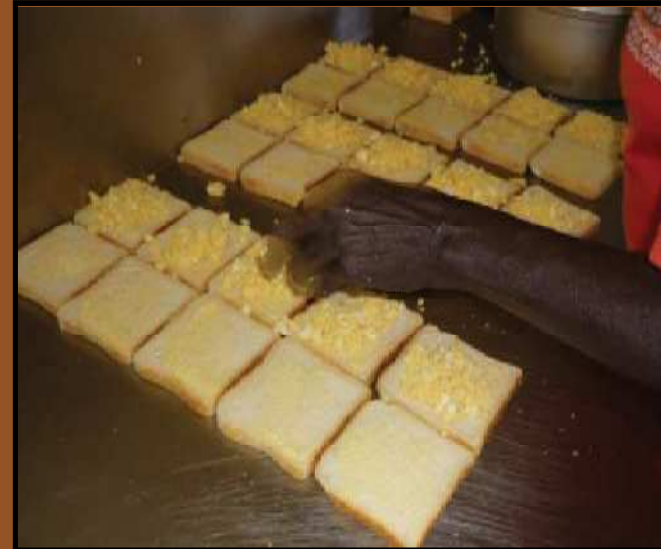
# Training in cookery, food safety and recipe selection



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)

# Digital Camera Training



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)

# Helping with Design Stage



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)

# Spaghetti Bolognese



1 Chop vegetables and gather all ingredients.



2 Heat the oil in a pot, add mince and fry until brown.



3 Place diced onions, carrots, capsicum and corn in the pot and stir.



4 Add the tomatoes, garlic, tomato paste, vegemite, mixed herbs, bay leaves and stir.



5 Add some water just to cover the top of the mince and simmer on low heat for 1 hour.



6 Serve with pasta, rice or bread. See 'Basics' section for Rice and Pasta recipes.



Beef Mince (kg)



Onion



Carrot



Capsicum



Corn Kernels (420g)



Chopped Tomatoes (800g)



Chopped Garlic (Tablespoon)



Tomato Paste (Tablespoon)



Vegemite (Tablespoon)



Mixed Herbs (Tablespoon)



Bay Leaves



Vegetable Oil (Tablespoon)

	Beef Mince (kg)	Onion	Carrot	Capsicum	Corn Kernels (420g)	Chopped Tomatoes (800g)	Chopped Garlic (Tablespoon)	Tomato Paste (Tablespoon)	Vegemite (Tablespoon)	Mixed Herbs (Tablespoon)	Bay Leaves	Vegetable Oil (Tablespoon)
10 people	1	3	2	2	1	1	1	2	1	1	5	2
30 people	3	9 (2kg)	6 (1kg)	6 (1kg)	3	3	3	6	3	3	10	4
50 people	5	15 (3kg)	10 (2kg)	10 (2kg)	5	5	4	10	5	4	10	6
100 people	10	30 (6kg)	20 (4kg)	20 (4kg)	10	10	6	20	10	6	10	10

7



The Fred Hollows Foundation

www.hollows.org

# Kangaroo Tail Stew



**1** Chop vegetables and gather all ingredients.



**2** Heat the oil in a pot, add kangaroo and fry until brown.



**3** Add vegetables and baked beans and stir.



**4** Add some water just to cover the top of the meat and bring to the boil.



**5** Turn heat down to low and simmer for 1 1/2 to 2 hours.



**6** Serve with rice, pasta or bread. See recipes for cooking (page ix) or rice (page xx).



Kangaroo tail



Onion



Potato



Frozen mixed vegetables (2kg)



Baked beans Tin (425g)



Vegetable oil (tablespoons)

	Kangaroo tail	Onion	Potato	Frozen mixed vegetables (2kg)	Baked beans Tin (425g)	Vegetable oil (tablespoons)
10	4	2	2	4	2	2
30	3	6 (1kg)	6 (1kg)	3	6	4
50	5	10 (2kg)	10 (2kg)	5	10	6
100	10	20 (4kg)	20 (4kg)	10	20	10



The Fred Hollows Foundation

[www.hollows.org](http://www.hollows.org)

“Mibala laigim kukumbat daga blanga ola ol  
pipul en biginini langa skul en ola lilwan  
biginini langa kreish.”

*“We love cooking for the old people, school  
kids and creche kids. The community come  
and look and they love our food.”*

**Manyallaluk Women’s Centre**



**The Fred Hollows  
Foundation**

[www.hollows.org](http://www.hollows.org)

# Where to now?

1. Jawoyn women's centres
2. Who else is using it?
3. Applications for other settings



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)



# Shepherd's Pie

with Augie and Major

Augie and Major cook up  
enough Shepherd's Pie to  
feed 10 hungry people.



The Fred Hollows  
Foundation  
[www.hollows.org.au](http://www.hollows.org.au)



The Fred Hollows  
Foundation

[www.hollows.org](http://www.hollows.org)