

The BushWok®

COOKBOOK

Featuring the Flour-Drum Stove®



The Flour-Drum Stove
was the winner of the
Dietitian's Association
of Australia
President's Award
for Innovation 2007

For Easy Outdoor Cooking for Families

By Roy Price
Nutritionist, Dietitian and Bush Cook

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This cookbook and instruction manual is published in electronic format to enable easy printing, distribution and use. The cookbook in both its electronic and printed format may be distributed as broadly as the user desires and without restriction, provided that the cookbook is made available at no cost to the recipient.

This cookbook is a work in progress. Updates of the cookbook are available for download FREE at <http://www.BushWok.com>.

Philosophy

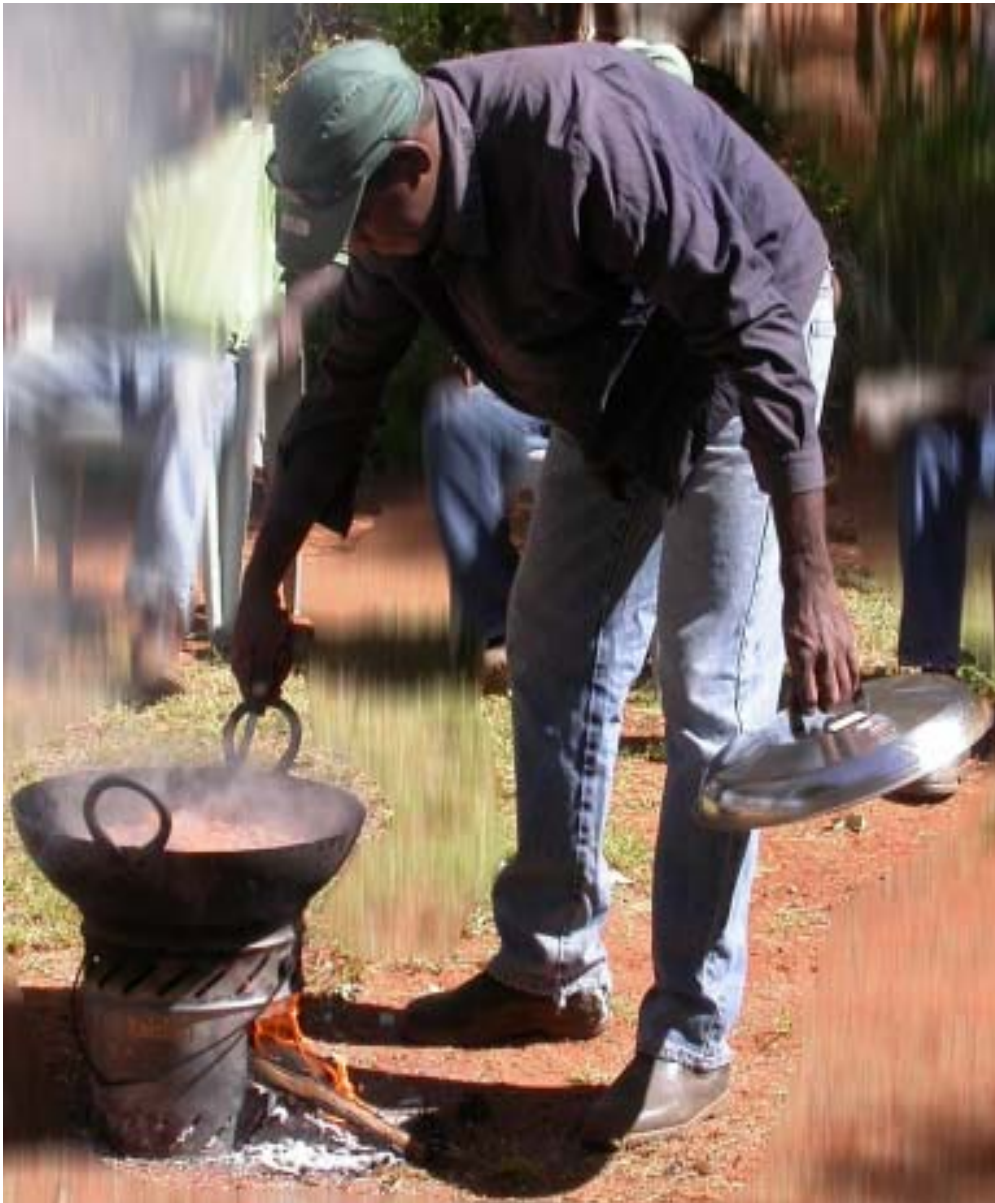
There is not enough family based cooking in the world. We as a society have begun to lose what is a fundamental aspect of family life, that is, preparing, cooking and sharing a meal together as a family unit. Most of us are dependent on someone else to grow our food and many of us depend on others to cook our meals, and they do not necessarily have our best interests at heart.

The fundamental objective for developing the Flour Drum Stove is to encourage the greater use of vegetables in meals for people living a camping lifestyle. Engaging people in the process of preparing and cooking a vegetable rich meal is one of the most important health promoting services that nutritionists and other health workers can provide.

This cookbook has no real value on its own, but is merely a resource that can be left behind after you have engaged a group in the process of cooking a healthy meal, be they school children, a men's group, a diabetes group, aged care workers, or any other group you may be working with. Leaving copies of the cookbook behind with the people you have cooked with will hopefully enable them to model the cooking behaviours and processes you have shared with them.

Making a Flour Drum Stove and buying a \$20 wok might enable even the poorest people in Australia with access to only the most basic equipment and facilities but who may have just enough money to purchase the raw ingredients, to engage in the process of cooking and sharing healthy meals in a way that is compatible their traditional methods of preparing and sharing meals, and that strengthens family bonding in a healthy and enjoyable way.

The recipes in the cookbook use ingredients which are generally available in most remote stores. While some recipes are the creation of the author (eg Rainbow Curry, Tuna Potato Hash) others are in the public domain, not anyone's intellectual property and have had the instructions modified so that they may be cooked in a BushWok©. I sincerely hope you enjoy using the cookbook in your engagement of people in the process of cooking healthy meals.



A BushWok© can be used for cooking healthy family meals when camping, or where there is no stove or electricity



*Concept and design:
Roy Price*

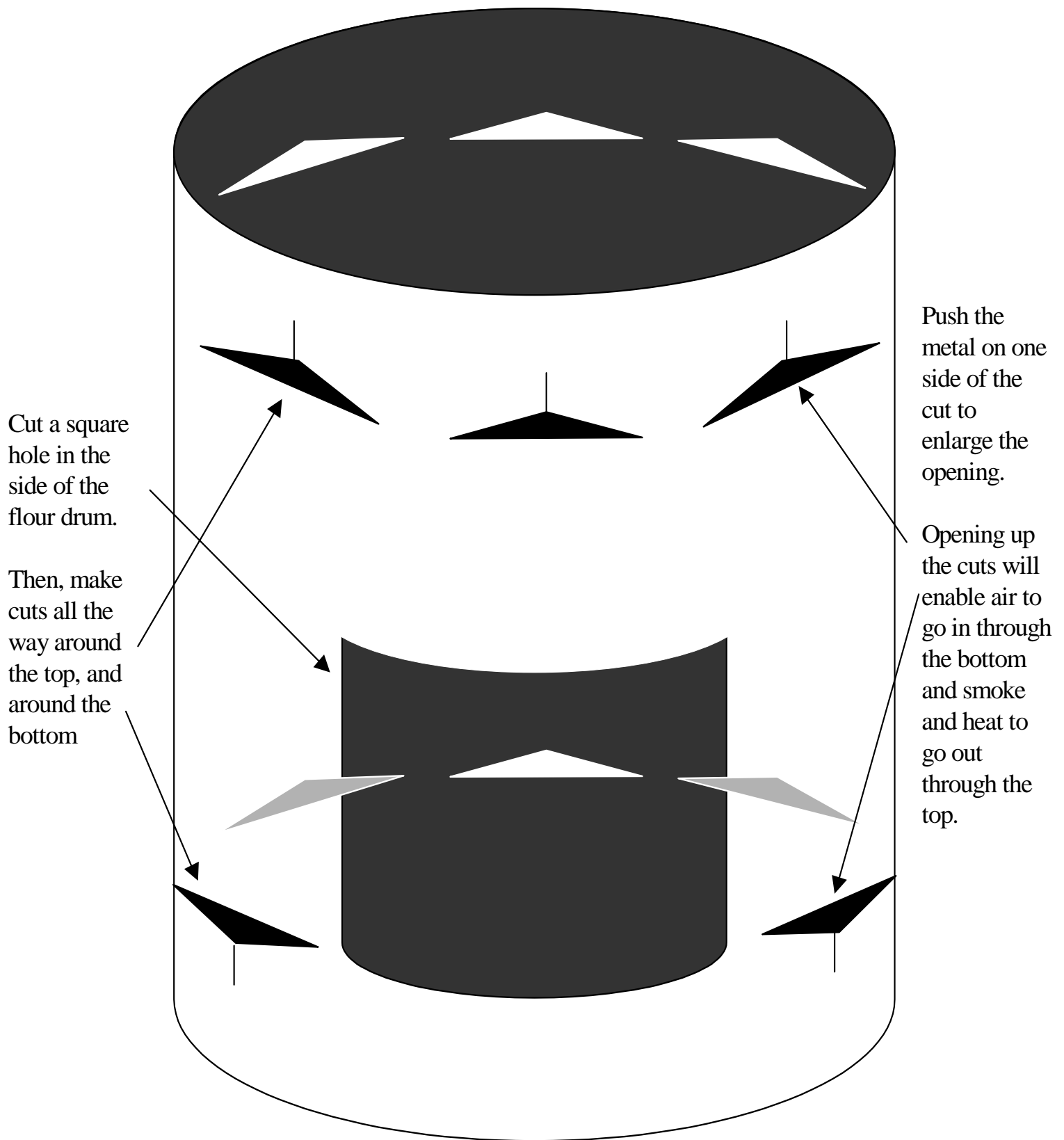
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Instructions for Making a Flour-Drum Stove®



To make a stove with an angle grinder, you will need ear and eye protection



But, if you don't have an angle grinder, you can use a can opener to make your stove.



Collect firewood



Start cooking!



Some ideas for flour-drum stove cooking



Wire Rack and Skewers





Chinese Wok



Mesh and Frypan

Getting a wok ready for use

- A new wok often has lacquer on it to stop it from rusting. The lacquer must be burnt off before the wok can be used for cooking
- Make a fire, and put the wok in the fire and leave it in the fire until the lacquer is burnt off
- Now, wash and scrub the wok clean with a pot scrubber and detergent. Rinse with water.
- Spread some cooking oil all over the inside of the wok and put it in the fire again. Rub the oil around inside the hot wok until the cooking oil burns and blackens
- When the wok is cool it will have a black layer of burned oil on the surface. Clean the wok gently with paper and water only. Do not scrub.
- The wok is now "seasoned" and ready for cooking

Wok Care

- A wok works best if you keep the blackened layer on the cooking surface. A wok should be clean but not scrubbed.
- **Never scrub the wok with scourers and never clean the wok with detergent or soap**
- The best way to clean a wok is to wash it out with hot water. A brush will help remove any cooked food stuck on the wok
- When the wok is clean you need to dry it to stop it from rusting. Dry the wok with a paper towel, or put it over heat to dry it. You can rub a little oil on the inside of the wok if you like.
- Store the wok by hanging, or place it upside-down on a shelf
- The wok is now ready to use for the next meal



Nutritionist
APPROVED

Recipes

Cooking guidelines
for families of up
to 10 people.

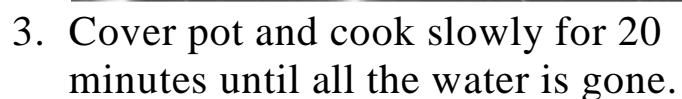
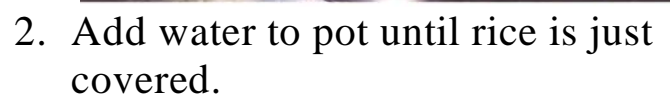
3 cups rice



Large saucepan and lid

Strainer

Fork or spoon



How To Cook Pasta

Ingredients

1 kilogram pasta



Equipment:

Large saucepan and lid

Strainer

Fork or spoon



1. Fill a large cooking pot with water and bring to the boil.



2. Add pasta a little at a time and cook gently.

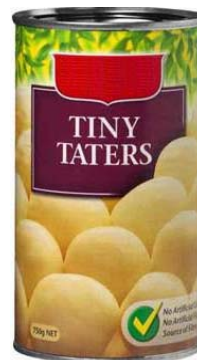


3. Follow the cooking time suggested on the pack – approx 12 minutes.
4. It is cooked when it is tender but still firm – not mushie.



5. Drain water, and serve.

Baked Beans with Vegetables



Baked Beans and Vegetables- Serves 10

Recommended Ingredients

- 1 can baked beans
- 1 can tomatoes
- 1 can tiny taters
- 1 can mixed vegetables
- 1 can corn kernels

Cooking:

- Empty cans into wok
- Heat the food until simmering

Serve with cooked rice, pasta, damper or sliced bread.

Braised Steak and Vegetables



Braised Steak and Vegetables - Serves 10

Recommended Ingredients

- 2 brown onions, chopped
- 3 large potatoes, diced
- 1 can braised steak and onions
- 1 can green beans
- 1 can tomatoes
- 1 can corn kernels

Hint: you can use tinned tuna instead of braised steak and onions to cook this meal

Cooking:

- Fry onions in oil until beginning to brown
- Add diced potatoes, tinned tomatoes and water and cook until the potato is soft
- Add green beans, corn and braised steak and onions and heat until simmering

Serve with rice, pasta, damper or sliced bread

Kangaroo Tail Soup



Kangaroo Tail Soup

- Serves 10

Recommended Ingredients

- 1 kangaroo tail, skin removed and jointed
- Water
- Oil for cooking
- 6 cloves garlic, chopped
- 2 brown onions, chopped
- 5 carrots, diced
- 5 large potatoes, diced
- 1 Tblspn Curry powder
- 4 tomatoes, chopped
- 4 sticks celery, chopped
- Juice of 1 Lemon

Cooking:

- Place jointed tail in a large pot, cover with water and boil for 20 minutes. Set aside
- Put the wok on the stove, add oil, and fry garlic, onions, and curry powder.
- Add cooked kangaroo tail with the water and simmer until the meat is soft.
- Add the carrots, potatoes and celery and cook until soft
- Add lemon juice, tomatoes and cook for another 10 minutes

Serve with cooked pasta, damper or sliced bread.



Stir-fried Bacon and Eggs



Bacon and Eggs- Serves 10

Recommended Ingredients

- 1 brown onion, chopped
- 6 rashers bacon, chopped
- 12 eggs, beaten
- Oil for cooking

Cooking:

- Heat oil in wok, add onions and stir-fry until transparent
- Add bacon, and stir fry until browning
- Reduce the heat by removing some coals from the stove
- Add the beaten eggs and gently stir-fry until the eggs are cooked.

Serve with toasted bread or damper.



Chicken Cacciatore



Chicken Casserole- Serves 10

Recommended Ingredients

- 1 kg chicken pieces
- 6 cloves garlic, chopped
- 2 brown onions, sliced
- 2 x 420g canned tomatoes
- 1/2 cup tomato paste
- 1 packet frozen mixed vegetables
- Pepper to taste
- Oil for cooking

Cooking:

- Heat oil in wok,
- Add garlic and onions and stir-fry until golden
- Add chicken pieces and stir-fry until cooked through
- Add the tinned tomatoes and the frozen vegetables and simmer for 5 minutes
- Add the tomato paste and pepper and stir through

Serve with boiled potatoes or boiled rice

You can use canned vegetables instead of frozen vegetables if you want.

Beef and Vegetable Stir Fry



Stir Fry Beef- Serves 10

Recommended Ingredients

- 1 kg beef, sliced thinly
- 2 onions, sliced
- 6 cloves garlic, chopped
- 2 heads broccoli, cut small
- 2 red capsicums, sliced
- 2 teaspoons flour
- 1 cup water
- 2 tblspns soy sauce
- Oil for cooking

Cooking:

- Combine flour and water in a cup, set aside
- Stir-fry the garlic and onions in oil
- Add beef, and stir-fry until browned
- Add the broccoli, capsicum a little water and continue to stir-fry
- When the veggies are almost done, add the flour and water mixture to the pan and continue to stir fry until the sauce thickens a little.
- Take the pan off the heat and season with soy sauce

Serve with rice, pasta or noodles

You can use any meat for this recipe, including, chicken or kangaroo



Fried Rice



Fried Rice- Serves 10

Recommended Ingredients

- Oil for frying
- 6 slices bacon, chopped
- 6 cloves garlic, chopped
- 2 brown onions, chopped
- 1 packet frozen peas
- 1 can corn kernels, drained
- 6 eggs
- Soy sauce

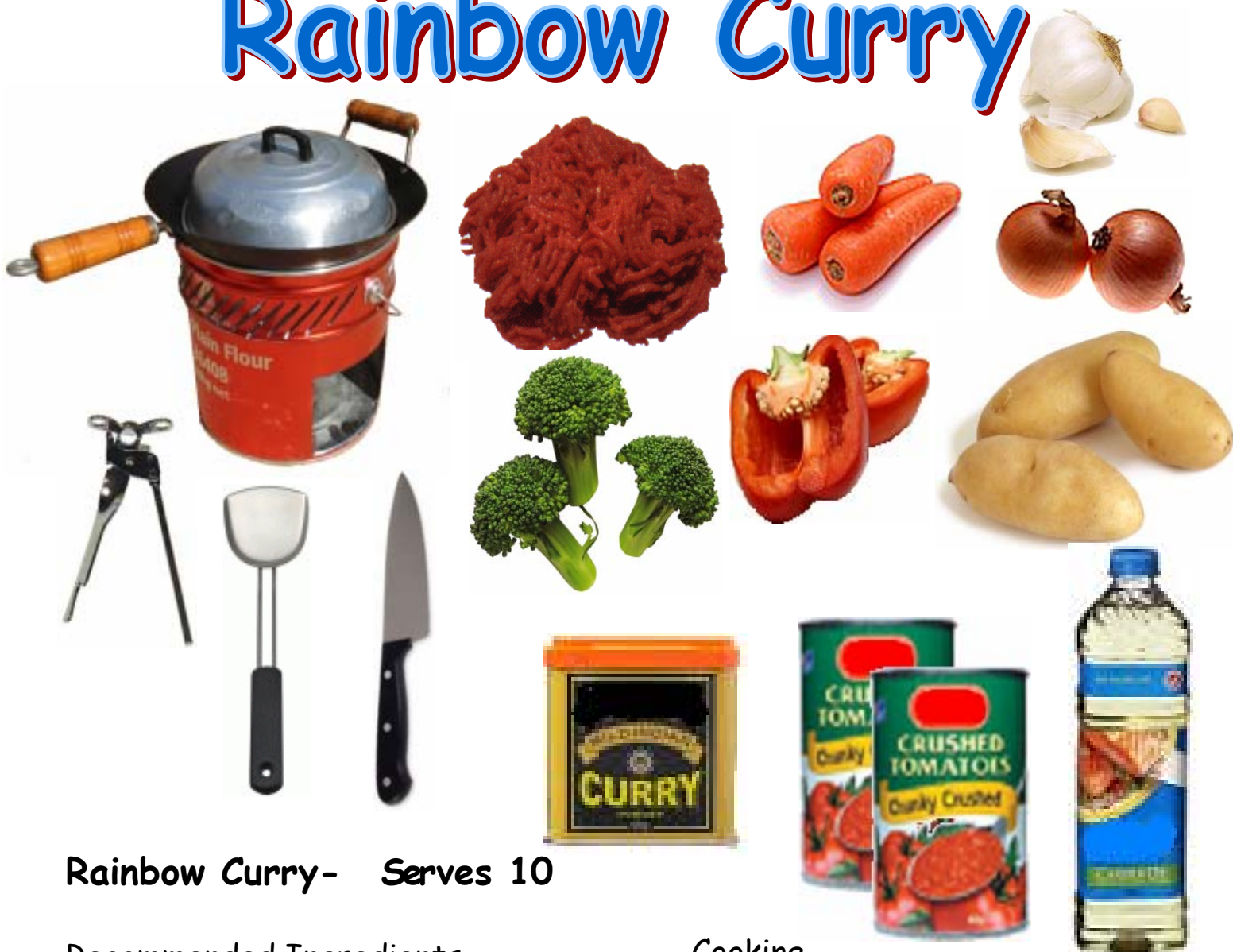
Cooking:

- Cook rice beforehand, and set aside to cool
- Add oil to wok and fry garlic, onion and bacon until cooked
- Break eggs into wok, and stir fry with other ingredients until cooked
- Add frozen peas and corn kernels and continue to stir fry
- Add the cooked rice and combine with the cooked ingredients. Continue to stir.
- When all ingredients are combined and hot, add soy sauce

Serve

You can use canned peas instead of frozen peas if you want

Rainbow Curry



Rainbow Curry- Serves 10

Recommended Ingredients

- 6 cloves garlic, chopped
- 2 brown onions, chopped
- 2 Tblspns Curry powder
- 1kg minced beef
- 2 tins tomatoes
- 6 medium potatoes, diced
- 4 carrots, diced
- 2 red or green capsicum, diced
- 1 head broccoli, cut into small pieces

Cooking

- Heat oil in wok, add garlic, onion, curry powder and stir-fry
- Add minced beef and stir-fry until cooked
- Add tinned tomatoes, chopped carrots and potatoes, cook until softened, adding water to prevent burning
- Add chopped capsicum and broccoli and continue to cook until all vegetables tender

**This dish is called
Rainbow Curry
because it has so
many different
coloured vegetables**

Serve with boiled rice, damper or sliced bread

Pumpkin Fried with Egg



Pumpkin Fried with Egg- Serves 10

Recommended Ingredients

1 kg pumpkin cut into large cubes
12 eggs, beaten
1 Tbsp soy sauce
Oil for cooking

Cooking:

- Bring water to boil in a large saucepan, and boil pumpkin until soft but not mushy. Drain and set aside.
- In a large wok over medium heat, add oil and stir-fry pumpkin until heated through.
- Pour beaten eggs over pumpkin and allow to set, without stirring, for about two minutes.
- Continue to cook at low heat, stirring mixture only occasionally.
- Serve hot with rice.



Pumpkin & Lentil Stew



Pumpkin & Lentil Stew- Serves 10

Recommended Ingredients

1 cup red lentils, rinsed in water
2 onions, finely chopped
6 garlic cloves, crushed
1 Tbspn curry powder
1 kg diced pumpkin
6 celery stalks, chopped
1 x 420g green beans, drained
Juice of 1 lemon
Water for cooking
Oil for cooking

Cooking:

- Heat oil in the wok over medium heat, add onion and garlic and cook until soft.
- Add curry powder and cook until fragrant.
- Add rinsed lentils, cover with water and simmer for 10 minutes
- Add pumpkin and celery and cook, stirring, until vegetables soften.
- Add drained beans lemon juice and stir through.
- Season if desired
- Serve with rice.



**You can use frozen
beans instead of
canned if available**

Lamb Chop Dalcha



Lamb Chop Dalcha - Serves 10

Recommended Ingredients

- 1 kg forequarter chops, each cut into 4 pieces
- 1 cup red lentils, rinsed in water
- 2 onions, finely chopped
- 6 garlic cloves, crushed
- 1 Tbspn curry powder
- 4 potatoes, quartered
- 4 carrots, chopped
- 3 zucchini, chopped
- 4 tomatoes, quartered
- Oil for cooking

Cooking:

- Heat oil in the wok over medium heat, add onion and garlic and cook until soft.
- Add curry powder and cook until it smells good.
- Add lamb, and stir-fry until browned
- Cover with water and lid and stew until lamb is soft
- Add rinsed lentils and carrots, additional water if necessary, and simmer for 10 minutes
- Add potato, and later zucchini and tomatoes, and cook until potatoes soften.
- Season if desired
- Serve with boiled rice.



Wok Pot Roast of Beef



Pot Roast of Beef -

Serves 10

Recommended Ingredients

- 2 kg pot roast of beef
- 2 Tbspln oil
- 2 large onions chopped
- 4 large carrots cut in chunks
- 4 stalks celery, sliced
- 2 cups of strong tea
- 2 beef stock cubes
- Pepper to taste



Cooking:

- Add oil to hot wok and brown meat well on all sides
- Lift meat out and put aside, add vegetables and sauté until onion is soft
- Add tea, stock cubes and seasoning and return beef to the wok
- Reduce heat when simmering point is reached, cover tightly with lid and simmer very gently until beef is tender (about 2 hours)
- Remove meat onto a serving plate and keep warm
- Reduce liquid in wok over high heat until sauce is thick. Pour over beef
- Serve with whole boiled potatoes and other vegetables

6/06/2009 You can tenderise pot roast meat by using two cups of hot tea as a cooking liquid. Using Lapsang Souchong tea will add a smoky flavour to the meat. 26

Frying-Pan Scones



Frying-Pan Scones - 20 scones

Ingredients

- 2 cups self raising
- 2 Tbspns butter/marg
- $\frac{1}{4}$ cup milk powder
- $\frac{3}{4}$ cup water (approx)



Method:

- Add flour, milk powder and butter to bowl.
- Cut butter into flour/milk powder mixture until it resembles fine breadcrumbs
- Add sufficient water to make a fairly soft dough
- On a highly floured board roll out dough to 1 cm thickness
- Make into a round and cut into 8 wedges
- Cook on a hot greased frypan for about 5 minutes each side, or until browned and well risen

The frying pan should be well greased and then heated until a little water sprinkled on the surface skips in balls, evaporating.

Hungarian Goulash



Hungarian Goulash - Serves 10

Recommended Ingredients

- 1 kg beef, diced
- 4 onions, chopped
- 6 cloves garlic, chopped
- 2 tblspn plain flour
- 4 tblspns paprika
- 2 tspn marjoram
- 2 cups beef stock
- 2 x 400g cans chopped tomatoes
- 2 red capsicums, chopped
- 2 green capsicums chopped
- Oil for cooking

Cooking:

Heat oil in wok, add diced beef in small batches. Stir fry each batch and remove from the pan and set aside

Heat oil in pan, add onions and garlic and stir fry until onions soft

Return beef to pan with flour, paprika and marjoram, and stir

Add beef stock and chopped tomatoes and bring to boil, and simmer covered stirring occasionally until beef tender

Add capsicums, cook covered until capsicums tender

Garnish goulash with parsley, serve with boiled rice



Tuna Corn Mornay



Tuna Corn Mornay- Serves 10

Recommended Ingredients

- 6 cloves garlic, finely chopped
- 2 brown onions, chopped
- 425g can tuna, drained
- 1 can corn kernels, keep water
- 1 can sliced green beans, keep water
- 1 packet chicken noodle soup
- 1 cup milk powder
- Oil for frying

Cooking

- Heat oil in wok, add garlic, onion and stir fry
- Add tuna and stir fry until beginning to brown
- Add corn and beans with water
- Add chicken noodle soup packet, milk powder and continue to stir until mixture thickens

Serve with boiled rice, pasta, damper or sliced bread

You might need to
add extra water to
prevent the mixture
from burning

Savoury Mince



Savoury Mince- Serves 10

Recommended Ingredients

- 6 cloves garlic, chopped
- 2 brown onions, chopped
- 1 Tbspn curry powder
- 1 kg minced beef
- 6 carrots grated
- 1 piece pumpkin, grated
- 2 capsicum, chopped
- 1/2 cabbage chopped
- 1 can sweet corn
- Soy sauce (if available)
- Oil for cooking

Cooking:

- Heat oil in wok, fry garlic and onion until beginning to brown
- Add curry powder and stir-fry until almost burning
- Add mince and stir-fry until cooked
- Add all other vegetables and stir-fry until cooked. Add water if beginning to burn
- Add soy sauce before serving

Serve with boiled rice or pasta

You can use frozen vegetables instead of canned vegetables if you want.

Spicy Tomato Eggs



Spicy Tomato Eggs - Serves 10

Recommended Ingredients

- 1 dozen eggs, hard boiled, shelled and halved lengthways
- 6 cloves garlic
- 2 brown onions, chopped
- 2 medium capsicum, chopped
- 2 cans tomatoes
- 1 small bottle tomato sauce
- Sweet chilli sauce to taste
- Oil for frying

Cooking

- Heat oil in wok, add garlic, onion and capsicum and stir fry until soft
- Add canned tomatoes, tomato sauce and simmer until thickened
- Add sweet chilli sauce to taste
- When ready, spoon sauce over halved eggs

Serve with boiled rice, damper or rice

You can use tomato paste
instead of tomato sauce
(if available)

Chow Mein



Chow mein - Serves 10

Recommended Ingredients

- 1 kg beef mince
- 2 onions, chopped
- $\frac{1}{2}$ Cabbage chopped
- $\frac{1}{2}$ Celery chopped
- $\frac{1}{2}$ bag frozen mixed vegetables
- 2 spoons curry powder
- 2 spoons oil
- 2 spoons garlic if available
- 4 spoons Worcestershire sauce (if available)
- 1 tin tomatoes
- 1 jar tomato paste

Cooking:

- Heat oil in frypan or wok,
- Add onion, garlic and curry powder and cook until brown
- Add mince, cook until brown (add water if sticking to pan)
- Add all vegetables and cook until soft
- Add tomatoes, tomato paste, Worcestershire sauce and water if needed
- Serve with noodles.

You might need to add extra water to prevent the mixture from burning

Kebabs



Kebabs - Serves 10

Recommended Ingredients

- 1 large can pineapples pieces
- 1/2 cup soy sauce
- 4 cloves garlic, crushed
- 1 tablespoon minced ginger (optional)
- 1kg diced meat (beef, lamb, pork, chicken or kangaroo)
- 4 capsicums, cut large squares
- 2 onions, cut into 4 pieces and separated
- 1 kg tomatoes, each cut into 4 pieces
- 20 mushrooms, each cut into 4 pieces

Cooking

- Open and drain the pineapple pieces, saving the juice in a bowl
- To the pineapple juice add soy sauce, garlic and ginger
- Add the meat to the juice mixture and marinate for 30 minutes
- Thread the meat and vegetables onto the skewers
- Grill on the BBQ rack for 10 minutes or until cooked.



Satay Chicken



Chicken in Satay Gravy- Serves 10

Recommended Ingredients

- 1 kg chicken pieces, cut into small pieces
- 2 brown onions, chopped
- 2 Tblsp Curry powder
- 6 medium carrots, diced
- 1 can green peas or beans, drained
- 1 cup powdered milk
- 1/2 cup peanut butter
- 2 cups water
- Oil for cooking

Cooking

- Heat oil in wok, add onion and stir fry
- Add curry powder and stir fry until almost burning
- Add chicken pieces and stir fry until cooked
- Add carrots and water and simmer until carrots are soft
- Stir in peanut butter and milk powder and simmer for 5 minutes

Serve with boiled rice, damper or sliced bread

You can use frozen
peas or beans
instead of canned

Tinned Corned Beef Curry



Tinned Corned Beef Curry - Serves 10

Recommended Ingredients

- 6 cloves garlic, finely chopped
- 2 brown onions, chopped
- 2 tablespoons of curry powder
- 2 cans tomatoes
- 4 potatoes, and 3 carrots, chopped
- 1 red or green capsicum, diced
- 2 Tins of Corned Beef, cut into large chunks
- Oil for cooking

Cooking

- Heat oil in wok, add garlic, onion and stir fry until browning
- Add curry powder and stir fry until almost burning
- Add tinned tomatoes, potatoes, carrots and capsicum and stir fry until vegetables cooked, adding water to prevent burning
- Add corned beef and stir gently to mix with curry

Serve with boiled rice, damper or sliced bread

You can use frozen
or canned mixed
vegetables instead
of the fresh ones

Noodle Bolognaise



Noodle Bolognaise - Serves 10

Recommended Ingredients

- 6 cloves garlic, chopped
- 2 brown onions, chopped
- 1kg minced beef
- 4 medium carrots, grated
- 1 packet frozen mixed vegetables
- 2 cans tomatoes
- 6 packets 2 minute noodles
- Oil for frying

Cooking

- Heat oil in wok, add garlic, onion and stirfry
- Add mince meat and stirfry until cooked
- Add tinned tomatoes, grated carrots and mixed vegetables and cook until softened, adding water to prevent burning

Serve with Noodles

Soak in hot water until softened

**You can use canned
mixed vegetables
instead of frozen**

Chilli Con Carne



Chilli Con Carne – Serves 10

Recommended Ingredients

- 6 cloves garlic, finely chopped
- 2 brown onions, chopped
- 1kg beef mince
- 2 capsicums, chopped
- 2 cans red kidney beans
- 2 cans tomatoes
- 2 Tblspn flour, mixed with 1/2 cup water
- Oil for cooking

Cooking

- Heat oil in wok, add garlic, onion and stir-fry
- Add minced meat and stir-fry until cooked
- Add tinned tomatoes and capsicum, and cook until softened, adding water to prevent burning
- Add red kidney beans and cook for 5 minutes
- Add flour mixture, stir through gently and continue to cook until mixture thickens.

Serve with tomato and lettuce salad



Potato and Tuna Hash



Potato and Tuna Hash- Serves 10

Recommended Ingredients

- 6 cloves garlic, finely chopped
- 2 brown onions, chopped
- 1 Tbspn Curry Powder (optional)
- 2 x 425g cans tuna, drained
- 6 large potatoes
- Oil for frying

Cooking

- Cook potatoes in boiling water until soft. Set aside
- Heat oil in wok, add garlic, onion and stir-fry
- Add curry powder and stir-fry until almost burning
- Add drained tuna and stir-fry until beginning to brown
- Add cooked diced potatoes, and stir through the mixture gently

Serve



Corned Beef & Cabbage



Corned Beef & Cabbage- Serves 10

Recommended Ingredients

- 10 slices bacon, diced
- 3 tins corned beef
- 2 heads cabbage, chopped coarsely
- Oil for cooking
- Black pepper to taste

Cooking:

- Heat oil in wok,
- Add bacon and cook until crisp
- Add cabbage, pepper, and stir fry for 2 -3 minutes
- Add 1 cup water, cover and cook slowly for 10 minutes, stirring occasionally
- Remove the lid, scatter chunks of corned beef over the top of the cabbage, and stir through the mixture lightly
- **Serve with boiled potatoes.**

You could add a pack of frozen mixed vegetables to the ingredients if you like



Canned Fish Curry



Fish Curry- Serves 10

Recommended Ingredients

- 3 tins Herrings in Tomato Sauce
- 6 cloves garlic, minced
- 2 brown onions, sliced
- 4 carrots, chopped
- 3 large potatoes, chopped
- 2 tins tomatoes
- Oil for cooking
- 2 Tblspn Curry powder

Cooking:

- Heat oil in wok,
- Add garlic first, and then onions and stir-fry until golden
- Add curry powder and stir-fry until almost burning
- Add carrots, tinned tomatoes and cook until carrots soften
- Add potatoes and cook until soft
- Add herrings, and gently stir through the mixture

Serve with boiled rice



Beef Stroganoff



Beef Stroganoff- Serves 10

Recommended Ingredients

- 1 kg beef diced
- 2 brown onions, sliced
- 2 x 410g can Mushrooms in Butter Sauce
- 2 x 420g can Peas and Carrots
- 1 cup milk powder (or 375ml can evaporated milk)
- Water to prevent burning
- Oil for cooking

Cooking:

- Heat oil in wok,
- Add onions and stir-fry until golden
- Add diced beef and stir-fry until browned
- Add water, cover with a lid and cook slowly until the meat is tender
- Add the tinned peas and carrots, and the tinned mushrooms
- Add the milk powder and stir through the mixture
- Add enough water to prevent sticking, and simmer for 5 minutes

Serve with boiled pasta

You can use frozen vegetables instead of canned vegetables if you want.



Bush Rice Pudding



Bush Wok Rice Pudding - Serves 10

Recommended Ingredients

- 3 cups milk powder
- 8 cups water
- 3 cups uncooked rice
- 6 eggs
- 3 teaspoons vanilla essence
- 1 cup sugar
- $\frac{1}{2}$ teaspoon ground cinnamon

Method:

- To a wok on low fire, add 6 cups of water and 2 cups milk powder and heat
- Add rice, bring to boil, lower heat (remove coals) to simmer; stir mixture every 10 minutes. Cook covered until rice is tender
- In a large bowl, mix eggs, remaining cup milk powder, vanilla essence and sugar.
- Slowly pour egg-milk mixture into wok, stirring continuously.
- Heat pudding until it boils, stirring continuously to prevent sticking.
- Remove from heat, and sprinkle with cinnamon.



Steamed Pudding



Steamed Pudding - Serves 10

Recommended Ingredients

- 2 large metal bowls
- Aluminium foil
- Boiling water (in the wok)
- 1/2 cup sugar
- 125 gm margarine
- 2 eggs
- 1/2 cup milk powder
- 2 cups self-raising flour
- 1/2 cup tap water
- 1/2 cup jam

Cooking:

- Put sugar, margarine, eggs, and milk powder in one of the bowls. Beat with a wooden spoon until blended
- Add flour in small amounts and continue to beat the mixture well. Add small amounts of water to keep the mixture smooth
- Grease the second bowl with some of the margarine.
- Place the jam in the bottom of the greased bowl, add the pudding mixture on top, and cover with aluminium foil.
- Place the bowl in the wok of boiling water, cover with the lid and steam for 1 and 1/2 hours. Top the wok up with boiling water from time to time.

Serving Suggestion: Turn upside down onto plate and serve with custard.



Golden Syrup Dumplings



Golden Syrup Dumplings - Serves 10

Recommended Ingredients

Dumplings

3 cups self raising flour
60 grams butter/margarine
4 tablespoons golden syrup
1 cup milk (approximately)

Sauce

100 grams butter
2 cups brown sugar, firmly packed
1 cup golden syrup
5 cups water
Juice of 1 small lemon

Cooking:

Dumplings

- Sift flour into bowl
- Rub in butter/margarine
- Add syrup and enough milk to make a soft dough
- Roll tablespoons of dough into balls with floured hands (you should get about 30 balls)

Sauce

- Combine butter, sugar, syrup, lemon juice and water in wok. Stir over low heat until sugar dissolves. Bring to boil
- Add dumplings in single layer, cover, return to boil.
- Reduce heat, simmer for 20-30 minutes or until dumplings are well risen and cooked.
- Serve hot immediately with whipped cream and/or ice cream.



This recipe is not a healthy recipe but its too good not to add to the collection

Evaluation Questionnaire for Health Professionals and Health Care Workers

Respondent name..... phone number.....email.....

Health Care Role..... Male / Female

Age group (circle) 21- 30 | 31-40 | 41-50 | 51+

Have you been shown how to use the BushWok® Yes/No
for cooking healthy meals outdoors?

Do you have a BushWok® for your own use? Yes/No

If yes:

If no:

Do you use the BushWok® for engaging people in the process of cooking healthy meals outdoors? Yes/No

Comments.....

Have you found the BushWok® easy to use? Yes/No

Comments.....

Have you cooked more than one type of meal using the BushWok®? Eg soups, stews, curries, stir-fries? Yes/No

Comments.....

Do you find it easy to engage people in the process of preparing a healthy meal when using the BushWok®? Yes/No

Comments.....

Are there any other benefits of using the BushWok® for cooking? Yes/No

Comments.....

Do you use recipes from the BushWok® Cookbook when facilitating outdoor cooking activities? Yes/No

Comments.....

Would you like to see more recipes in the BushWok® Cookbook? Do you have any recipe suggestions? Yes/No

Comments.....

Have you cooked meals with the BushWok® other than what is in the cookbook? If so, what are they? Yes/No

Comments.....

Do you ever discuss with community members how they might make their own stoves? Yes/No

Comments.....

Do you ever discuss with store managers about making woks available for sale in the stores? Yes/No

Comments.....

Would you use a BushWok® if you had one? Yes/No

Comments.....

What would make it easier for you to use a BushWok® for cooking?

Any other comments

**Please photocopy this page,
complete and mail to
Roy Price
EthiCal Nutrition Services,
PO Box 1326, Alice Springs,
NT 0871, Australia.**

Who can help you

- **Make a Flour-Drum Stove**
 - Essential Services Officer
 - Community Mechanic
- **Buy a wok**
 - Your community store - ask the store manager to order some woks in from their wholesalers
 - Kmart, Coles, Woolworths
 - Camping Stores
 - Barbeques Galore
 - Hospitality Supplies
 - Second-hand Stores