


# TAKE A WALK Tucker



## WATTLE SEEDS

 Hundreds were needed to make flour used for dampers. Black wattle seeds were used as garnish on special occasions.

Most components of the wattle could be used in some way. Fish poison, food, medicine, glue, containers and weapons were all processed from various parts of these plants.

## Contents

	Page
Introduction	5
Dehydrating, packaging and rehydrating	6
Sample menu form	7
Breakfast	8
Morning and Afternoon Tea	11
Lunch	19
Dinner	23
Supper	54
Bits and Pieces	56
Index to Recipes	60

## Symbols



Aboriginal plant uses



Vegetarian dish or option



Helpful hint


[Click here to download interactive menu form](#)



# Recipes for bushwalkers, cyclists, kyakers, canoeists, sailors, campers and caravanners.



## FUNGI

 Fungi species were as numerous as Aboriginal clans so it's not surprising to find uses varied from area to area.

Some were cooked in soft sand and ashes, then eaten; others were eaten raw. Fluid from some were used to treat sores and sore eyes; others were smoked and inhaled to treat chest infections. Harder fungi was used as tinder or for carrying fire.

## Introduction

While still focusing on lightweight meals to dehydrate for pack-walking and other outdoor adventures, in this edition we have also included tried and tested, tasty and nutritious recipes that make life easy whether you're out for the day, or camping or glamping. Some are intended to be cooked at home and taken in your lunchbox, while others are ideal for campground barbecues and caravan cooktops. We hope you enjoy them as much as we do!

### Long distance walking remains our passion and we love good food!

A question we are often asked by those who have never toted a backpack is "what on earth do you eat, and don't you get hungry???" Bushwalkers wanting to get into overnight hikes are a little more understanding and they like to know "just what type of foods do you take and how do you package them?" Those who have caught the bug and want to do extended overnight treks want to know "what foods do you find the lightest, the most filling and nutritious and the easiest to prepare?"

We have tried to take away the mystery and provide an uncomplicated insight into how easy it is to pack for an overnight hike or activity if you prepare ahead and follow a few simple guidelines. Most outdoor enthusiasts just want to get out there and do it with the minimum of fuss and get the most out of their experience, so we haven't concentrated on how many carbohydrates per day you need, or what fat content there is in this meal etc. We can live by the nutritional rules when we get back home and settle into mainstream!

Recipes used have been collected over the years. Some are our own; some have been modified from tried and tested recipes, and others are the favourites of bushwalking friends. We thank them for their contributions and help. We also like to include 'hints' from other walkers, so if you have any suggestions you think would add to any outdoor culinary experiences, please drop us a line and we'd be happy to include your suggestions in future 'Tucker' books ([info@takeawalk.com.au](mailto:info@takeawalk.com.au)).

Servings sizes vary, as does the appetite of voracious outdoorsie people (my Dad used to say "bushwalkers will even eat the flowers and designs off their plates!"). If you're cooking decent sized meals at home, it's often convenient to freeze the left overs for when you have that 'dehydrating day'.

Standard metric measuring cups and spoons have been used in most cases.

**So cook up a storm, prepare a written menu, stick to it, and get out there and enjoy the 'Great Outdoors'.**



**Salami:** Usually carries well for a couple of days.

**Jerky** (dried meat) or packs of **tuna** or **salmon** are better for days three onward.

**Cheese:** Blocks of Kraft Cheddar® carry well. Laughing Cow® or Picon® varieties are quite tasty and come in convenient portions that also carry well. All are found on the shelves in your supermarkets.

**Dried biscuits** or **mountain breads:** Lighter to carry than bread or rolls.

**Broth:** Made from stock cubes, this makes a change from tea and helps top up your salt levels at this time.

**Lollies:** Barley sugar is often a welcome sugar hit through the day.

## Jerky

Jerky, or as the Africans call it, biltong, is a great lightweight lunch, and very filling. We take processed cheese to spread on crackers, and top with the jerky. Like dehydrated fruit, don't over-indulge or you'll end up with a belly-ache as the meat reconstitutes in your gut.

### To Prepare:

500 g lean beef will give you about 20 slices of jerky.

Topside beef seems to be the most popular cut, but corned beef or silverside is also ideal. Choose beef without fat or gristle, as fat will go rancid when stored. 'Heart Smart' cuts are the best.

Partially freezing the beef makes it easier to cut into slices about 5 mm thick and 5 cm wide. Your jerky will be more tender if cut across the grain, and uniform slices will decrease drying time.

### To Dehydrate:

When dehydrating jerky place a solid plastic sheet on the bottom tray to catch the drips, then arrange strips on vented trays making sure they don't overlap. Dry on high for 6 to 10 hours, turning about every 4 hours.

Jerky is ready when it bends a little and has no damp spots. Just taste as you go to get it to your liking.

Cool your jerky before packaging in vacuum sealed or zip lock bags in meal portions. Then enjoy them as they are – there's no onsite preparation! About 3 slices per person makes an ample lunch.



## MARINADES FOR JERKY

There are several commercial marinades on the market. Honey & Soy is one we find works well if we don't have time to make our own.

### HOME-MADE MARINADES – FOR 500 G MEAT

Mix the following ingredients together and cover your meat slices before refrigerating for at least 1-2 hours, or overnight is better if you have the time.

#### Curry Marinade:

1 tablespoon curry powder

3 tablespoons soy sauce

5 tablespoons Worcestershire sauce

1 tablespoon tomato sauce

2 cloves garlic, crushed

1 tablespoon ginger, grated

cracked pepper to taste

#### Barbecue Marinade:

4 tablespoons soy sauce

2 tablespoons tomato sauce

3 tablespoons Worcestershire sauce

1 tablespoon brown sugar

1 clove garlic, crushed

cracked pepper to taste

#### Hawaiian Marinade:

4 tablespoons soy sauce

2 tablespoons lemon juice

3 tablespoons pineapple juice

1 tablespoon brown sugar

1 clove garlic, crushed

cracked pepper to taste



## SOY GRITS SANDWICH SPREAD

Makes enough for four sandwiches and is also good as a healthy dip.

1/4 cup soy grits (from health food shops)

1/2 cup hot water

1 tablespoon mango chutney (or other type)

1/4 cup grated carrot

1 vegetable or beef stock cube

1 tablespoon mayonnaise

1/4 cup finely chopped celery

1 tablespoon chopped parsley

### To Prepare:

Dissolve the stock cube in water, add the grits and soak overnight if possible.

Drain any fluid that hasn't soaked in and add all the other ingredients and mix well.

Now you're ready to assemble your sandwich.



Chop and add any salad vegetables you have on hand eg; radish, capsicum, cucumber, shallots. Place the mixture between lettuce leaves to stop your sandwich going soggy, or just make your sandwich on the track.



## SPICY COCONUT PORK & VEAL MINCE – SERVES FOUR (SMALL)

This recipe was originally designed to be made into meatballs and served with the sauce. If dehydrating, omit the egg and add the sauce when the mince is cooked.

500 g pork & veal mince	1 egg
2 teaspoons fish sauce	pepper to taste
1 clove garlic, crushed	1 teaspoon ground cumin
2 teaspoons ground coriander	1/2 teaspoon ground tumeric
1/4 cup coconut milk powder	2 tablespoons oil

### To Cook:

Combine all the ingredients, except the oil and form into meatballs. Heat oil in fry pan, add the meatballs and fry gently until golden and cooked through.

### Sauce:

1 tablespoon oil	2 teaspoons ground coriander
2 onions, finely chopped	1 teaspoon ground tumeric
1 chilli, finely chopped	1/4 teaspoon ground cumin
1 clove garlic, crushed	1 teaspoon fish sauce
1 teaspoon grated ginger	3 tablespoons coconut milk powder mixed with 1/3 cup water

### To Cook:

Heat oil in fry pan, add onion, chilli, garlic and ginger and cook for a minute. Add coriander, tumeric, cumin, fish sauce and coconut milk mixture and cook for one minute. If you intend dehydrating this dish, add the sauce to the meat mixture.

### To Dehydrate:

Dry on plastic dehydrator sheets for about 8 to 9 hours, turning after 3, then 6 hours until dried but not over-dried. Package in vacuum sealed or zip lock bags.

### Serve With:

Rehydrated rice (p57).



## Beef Dishes

### BEEF, BACON & CABBAGE – SERVES FOUR

2 tablespoons vegetable oil	1 cup chopped parsley
2 bacon rashers, chopped finely	1 tablespoon barbecue sauce
1 small brown onion, chopped finely	1 tablespoon Worcestershire sauce
1 red chilli (optional)	1 tablespoon Dijon mustard
1 clove garlic, crushed or chopped	1/2 cup beef stock
500g lean beef mince	1 1/2 cups shredded cabbage

### To Cook:

Heat oil and sauté bacon, onion, chilli and garlic. Add mince, parsley, barbecue and Worcestershire sauces, then mustard and beef stock. Stir in cabbage, lower heat and cook until beef is done.

### To Dehydrate:

Spoon onto plastic dehydrator sheets and dry for about 8 to 12 hours, turning every 2 or 3 hours until mixture is dried but not over dried. Package in vacuum sealed or zip lock bags in meal portions.

**Serve With:** Rehydrated potatoes.

### HEARTY SPAG BOL – SERVES FOUR

This one takes a few more ingredients and a little longer to prepare but the results are worth it – a truly 'tomatoey' spag bol...

2 tablespoons olive oil	1/2 cup chicken stock
1 brown onion, chopped	2 tablespoons tomato sauce
2 cloves garlic, chopped or crushed	2 tablespoons sweet chilli sauce
500 g beef mince	cracked pepper
1/2 teaspoon dried oregano	150 g spaghetti
2 tablespoons tomato paste	2 tablespoons chopped parsley
1 x 420 g can condensed tomato soup	

### To Cook:

Heat oil in a frypan and add onions and garlic and cook until transparent.

Add mince and stir with a wooden spoon to break up the lumps, till the mince changes colour. Reduce heat and add oregano.

Stir in the tomato paste, then add the tomato soup, stock, and tomato and chilli sauces. Bring to the boil and reduce heat.

Season with pepper and cook for 1/2 hour.

Cook spaghetti according to packet instructions. Drain, cut up into about 5 cm pieces, and add parsley. Combine with mince.

### To Dehydrate:

Spoon onto plastic dehydrator sheets and dry for about 12 hours, turning every 2 or 3 hours until mixture is dried but not over dried.

Package in vacuum sealed or zip lock bags.

### Serve With:

Parmesan cheese

