

# First Nations Food Companion

**How to buy, cook, eat and grow Indigenous Australian ingredients**

By Damien Coulthard and Rebecca Sullivan

**A groundbreaking celebration of the most accessible and popular Australian native ingredients and their uses in the everyday home kitchen.**

We know more about pine nuts than bunya nuts, kale than warrigal greens, but there's an edible pantry of unique flavours that First Nations people have been making the most of long before anyone came up with the word 'foodie'.

Welcome to a food-lover's guidebook to the First Foods of this continent. Including an informative guide to more than 60 of the most accessible Indigenous ingredients, including their flavour profiles, along with tips for how to buy, grow and store them.

After that, 100 delicious recipes: all featuring native ingredients, and including tips for substituting regular pantry ingredients where needed - including Bush-Tomato Cheese on Toast, Anise Myrtle and Macadamia Poached Chicken, Myrtle Tea Cake, Quandong and Davidson's Plum Iced Vovos and more. Plus features and recipes for an Indigenous medicine garden, as well as how to set up your pantry and freezer, and the best places to find native ingredients in shops and online.

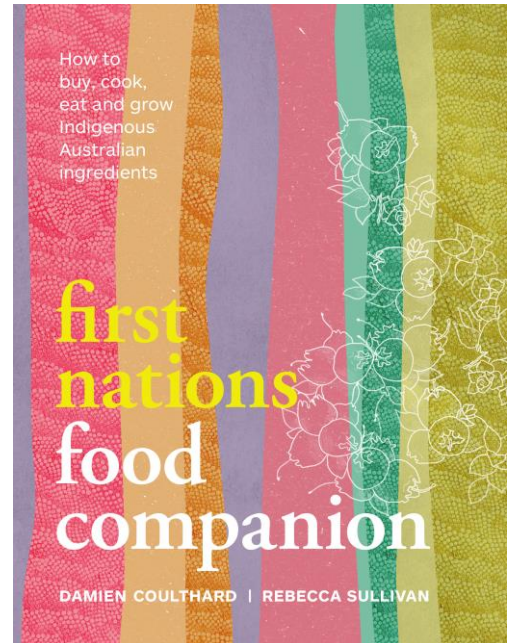
## About Author

Damien Coulthard is an Adnyamathanha and Dieri person of the Flinders Ranges, an international artist, cultural educator and high school teacher. He is a former board director of the South Australian Native Title Service.

Damien's wife Rebecca Sullivan (@grannyskills) is a food educator, regenerative farmer, Yale World Fellow and TV presenter who has featured in ABC's *Gardening Australia* as well as on Channels Nine and Ten. She has a masters in sustainable agriculture, worked in the UK Slow Food movement and teaches natural living and

cooking at River Cottage UK and The Agrarian Kitchen in Tasmania. Her writing can be found in *Peppermint*, *ABC Organic Gardener*, *SA Gardens* and *delicious*.

Together, Damien and Rebecca are co-founders of Warndu, a native food enterprise and ethical lifestyle brand which runs pop-up restaurants and workshops, employs local indigenous and non-indigenous people. Their first book, *Warndu Mai*, was awarded the best cookbook in Australia at the Gourmand Awards.



## Title Details

ISBN: 9781922351883 | Murdoch Books

Hardcover | Embargo 5 October 2022

RRP \$49.99



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Sydney | London

## Embargo

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