

# DAMIEN COULTHARD

## Artist

Damien Coulthard is an Adnyamathanha man from the Northern Flinders and Gammon Ranges in South Australia; a sacred place of immense social and environmental significance to the Adnyamathanha people. Damien's paintings share family narratives that have existed for millennia, embedded in the Yarta (diverse landscapes) as a record and reminder for all diversities and identities of the unique and continuous - spiritual and cultural connection Aboriginal people have to Country.

Damien has worked as the South Australian Aboriginal Secondary Training Academy (SAASTA) Coordinator, at the Elite SAASTA Sports Academies and for the past decade as a teacher at Le Fevre High School with a special focus on supporting and educating Aboriginal students. Damien highlights key elements of successfully working with Aboriginal students as recognition and celebration of cultural identity, as well as developing and nurturing individual interests, broadening knowledge and understanding of career pathways, and providing opportunities to further sporting aspirations, which he also champions in his role as an Educator at the Tjindu Foundation.

For the past five years, Damien has been a board member of the South Australian Native Title Service; here members work in collaboration to support Aboriginal Nations to achieve Native Title through negotiation and consent, to reach cultural and economic aspirations and firmly establish their community goals of self-determination.

Damien is a co-founder of Warndu (Adnyamathanha word meaning 'good'), an Aboriginal owned business whose foundation is based on the principle of 'looking to the past to protect our future.' Warndu successfully works in partnership with Aboriginal communities, harvesters, and growers across Australia, to source Native Ingredients and encourage our country to use them in their daily lives. Warndu draws upon the dynamic harvesting and healing practices of the past to open minds and to encourage an interconnection with all people, plants, and the earth. Their mission is to REGENERATE culture, tradition, community, health, seas, and soils.



**HITHER** &

**YON**

◆ [HITHERANDYON.COM.AU](http://HITHERANDYON.COM.AU) ◆



# ROO MEATBALLS

Warndu Mai (Good Food) Cookbook

If your a first time 'Rooer' (kangaroo eater) this is a good place to start. I guarantee you would not even know this was kangaroo. So easy to make and perfect with some fresh pasta.

## INGREDIENTS

Serves 4-6

1kg kangaroo mince  
1 cup breadcrumbs  
2 free range eggs  
1/2 cup sea parsley (substitute with common Parsley), chopped  
2 teaspoons of native rosemary (or common rosemary), chopped  
1/2 cup parmesan  
1 onion, diced  
1 bunch wild basil, picked leaves  
3 cloves garlic, crushed  
2 tins tomatoes  
500ml passata  
drizzle of Warndu Wattleseed balsamic  
splash of Worcestershire sauce  
tablespoon of bbq sauce  
1/2 teaspoon of sugar  
Season with Warndu Salt and Pepper Mix to taste

## METHOD

Start by making the meatballs. In a bowl combine the mince, breadcrumbs, parsley, egg, 2 garlic cloves, parmesan and seasoning. Roll into balls using about a tablespoon of mix at a time. Place on a tray and chill for at least an hour. Remove 30 minutes before cooking and simply heat a large fry pan and heat oil. Fry in small batches until golden brown on all sides. Set aside. Make the sauce.

Into a large saucepan start by cooking the onions until soft with a pinch of salt. Add the remaining garlic clove and cook for another minute. Add the tomatoes and pasta along with the worcestershire, bbq and balsamic and cook on medium-high heat until it begins to reduce, about 20 minutes. Return the meatballs to the pan with half the basil and cook for another ten minutes. Serve with the pasta and more basil and a sprinkle of parmesan.