

Deadly tucker

(2009)

Type: Book

Description:

This cookbook is a selection of recipes that were created as part of the *FOODcents for Aboriginal and Torres Strait Islander people in WA* program.

The *Deadly Tucker* cookbook is printed in colour with step-by-step photographs for each recipe, including ingredients and equipment needed.

Recipes include a selection of soups, main dishes, salads, vegetables and desserts. All recipes have a rating for suitability for people with diabetes.

When to use this resource:

The cookbook is a handy resource for doing cooking demonstrations, as well as for individuals to take home and try the recipes for themselves. The simplicity of the design and of the recipes make it a good resource for people at all levels of cooking ability.

Producer:

Department of Health, Western Australia

To order copies of this resource

Government of Western Australia

North Metropolitan Public Health Unit

Ph: (08) 9380 7758

Online order form: http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf

View website:

Department of Health, Western Australia

<http://www.health.wa.gov.au>