

Mangarri palya (cooking good food) (2010)

Type: Book

Description:

This recipe book is a collection of recipes developed during the *Mangarri palya community cooking and nutrition project*. The project focused on running training for community cooking leaders, running community events, and promoting nutrition and healthy lifestyles in the four western desert communities of Kintore, Mt Liebig, Papunya and Ikuntji in the NT.

In each community, local cooking leaders worked with the Mangarri palya project worker to create recipes, some old favourites for the community and some new. These recipes have been collected and used to create a cook book which is simple to use and packed with photos and illustrations.

When to use this resource:

This recipe book can be used as a starting point from which to run healthy cook-up activities which engage and educate young people and adults, both men and women. Cooking can take place outdoors on gas stoves, to demonstrate equipment available to people who do not have working stoves, and also inside available community kitchens. The events should involve training in basic food preparation and hygiene.

Producer:

Waltja Tjutangku Palyapayi Aboriginal Corporation, Central Australia

To order copies of this resource

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