

Kukumbat gudwan daga: really cooking good food

(2009)



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Type: Book

Description:

Kukumbat gudwan daga: really cooking good food is a cookbook of up to 100 healthy recipes for feeding ten or more people. The recipes are diverse, including traditional recipes such as kangaroo tail stew and introduced favourites such as spaghetti. Created by women from the women's centres of Manyallaluk, Gulin Gulin and Wugularr in conjunction with a chef and a nutritionist from the Fred Hollows Foundation, the cookbook uses local ingredients and provides step by step photographs. The recipes all give ingredients for cooking meals for 10 people, 30 people, 50 people or 100 people, meaning the user does not need to calculate ingredient amounts as is usually the case with regular cookbooks.

When to use this resource:

The special feature of this cookbook, giving ingredient requirements for 10 people, 30 people, 50 people or 100 people, simplifies the process of cooking for large numbers. The cookbook can be used by health workers who wish to demonstrate to groups, both large and small. It can also be used by anyone who is regularly challenged by trying to create healthy meals for large groups.

Producer:

Women's centres of Manyallaluk Gulin Gulin and Wugularr, Fred Hollows Foundation, Batchelor Press, Batchelor, NT

To order copies of this resource

Batchelor Press

Ph: (08) 8939 7352

Online store: <http://batchelorpress.com/books/kukumbat-gudwan-daga>

View website:

Fred Hollows Foundation
<http://www.hollows.org.au>