

AMERN MWERR NANYEM PIP-ANTEM

Good Tucker Cooking Stories

From Utopia Homelands



Front & Back cover art by Katie Morton

ACKNOWLEDGEMENTS

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Arid Edge Environmental Services provides research, training, project management, design and consulting services in the areas of water, waste, food and energy.



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MESSAGES

THE AMERN MWERR PROJECT

“We have been working with people on the Utopia Homelands since 2009 to help people grow and eat more fruit and vegetables. Together with gardeners from the Homelands the project has built the needed fencing, garden beds and shade to make growing food possible. Many cooking activities and experiments have been done in the gardens and at people's homes using garden produce. This cookbook is a selection of the favourite recipes and the stories that go with them.”

URAPUNTJA ABORIGINAL CORPORATION

“Urapuntja Aboriginal Corporation is very excited to embrace the recipes in this unique cookbook. We are all looking forward to experiencing the tastes that embrace the Utopia Homelands foods, stories and culture in so many ways. Thanks Arid Edge for walking with us in culture and providing good healthy food alternatives.”
- Urapuntja Aboriginal Corporation

UTOPIA COMMUNITY MEMBERS

“We are living on our land. Been here for a long long time. We speak Alyawarre, Anmatjere, Arrente and other languages all mixed together. This is the same country where our grandmothers and grandfathers lived, our ancestors. We have little communities where family groups live, all spread out. We like having the garden food there for young children, old ladies and everyone. In the gardens we have atherrk, cabbage, orange, mandarin, mulberry, fig, onion, hot chilli and we are trying mango trees.

We like going hunting for aker, inap (echidna), areyneng (rock wallaby), aherr (kangaroo), arlewatyerr (goanna), arwngerrp (bush turkey) and ngkwarl (sugar bag). We sometimes can get akatyerr (bush tomato) when the land is green. We get bush medicine that we make for drinking and rubbing. In the hot time we stay in the shade, when it is windy we make a wind break. We like cooking damper on the fire. We cook all together, sometimes inside on the stove and sometimes on the fire.

We have taught our language, telling story in Sydney, Melbourne and Brisbane. All of our young kids still speak our language.”



**AMERN ALKWARREREL AMPERNEYEL
RWEL AMERN ARLKWEYEL**

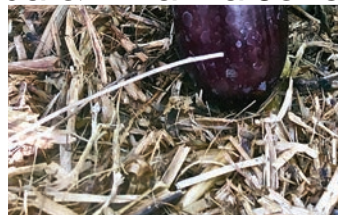
Cooking Bush Banana on the fire to eat.

- Audrey Morton from Arnkawayerr

BUSH FOODS & GARDEN TUCKER

**SOMETIMES WE LIKE GOING TO GET BUSHFOOD. WE
LIKE AKATYERR (BUSH TOMATO), ALKWARRER (BUSH
BANANA), ARLEWATYERR (GOANNA). WE LIKE GETTING
KANGAROO TAIL, ANATY (BUSH POTATO), SUGAR BAG
AND INAP (ECHIDNA).**

- Loretta, Jilly, Rhonda & Rhianna Jones from Soapy Bore



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Kids in the garden at Arnkawenyerr

**ARNWEK-ANTEN
AMPERNEM KWATY AN
MILK ANTWETYEK-RNEM
ILKELHEM**



OUR KIDS DRINK LOTS OF WATER AND MILK !

**Utopia mob kwaty-
angerr antywem!**

Utopia mob drinking
plenty of water!

**Aherrety time kwaty
irrernt fridge-they aneyel!**

In the hot time we keep bottles
in the fridge for cold water!

**Anwantherr kwaty
akngeyneyel!**

We always carry water
with us!





**Alerlaw! Amern
akely arwa alenger!
inlaynetyek atha**

*WAIT! I'm buying some
snacks for the road*

**Amern akely aweth
inlaynetyek!**

*Here are some more little
snacks that we like to eat!*



SNACKS ON THE ROAD





**Anwantherr iltya
intem-antey inngerr
lhewelheyel!**
*We always wash our hands and
faces before cooking!*

KWART ATHERRK-ATHERRK AN BAKED BEANS

/ Eggs with Kale &
Baked Beans



**\$ OFF
PAY
WEEK**



CHOW MEIN



“We like planting garden like carrot and cabbage - all vegetables! After growing we start cutting, then take it home and cook em - make em stew. Kids and adults can eat it.”

- Loretta, Jilly, Rhonda & Rhianna Jones from Soapy Bore

**\$ OFF
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WEEK**



GARDEN SANDWICHES



**“AMERN ATHERRK-ATHERRK
ARLKWEYEL”**

Bread with vegetables to eat

- Hazel Morton from Arnkawenyerr

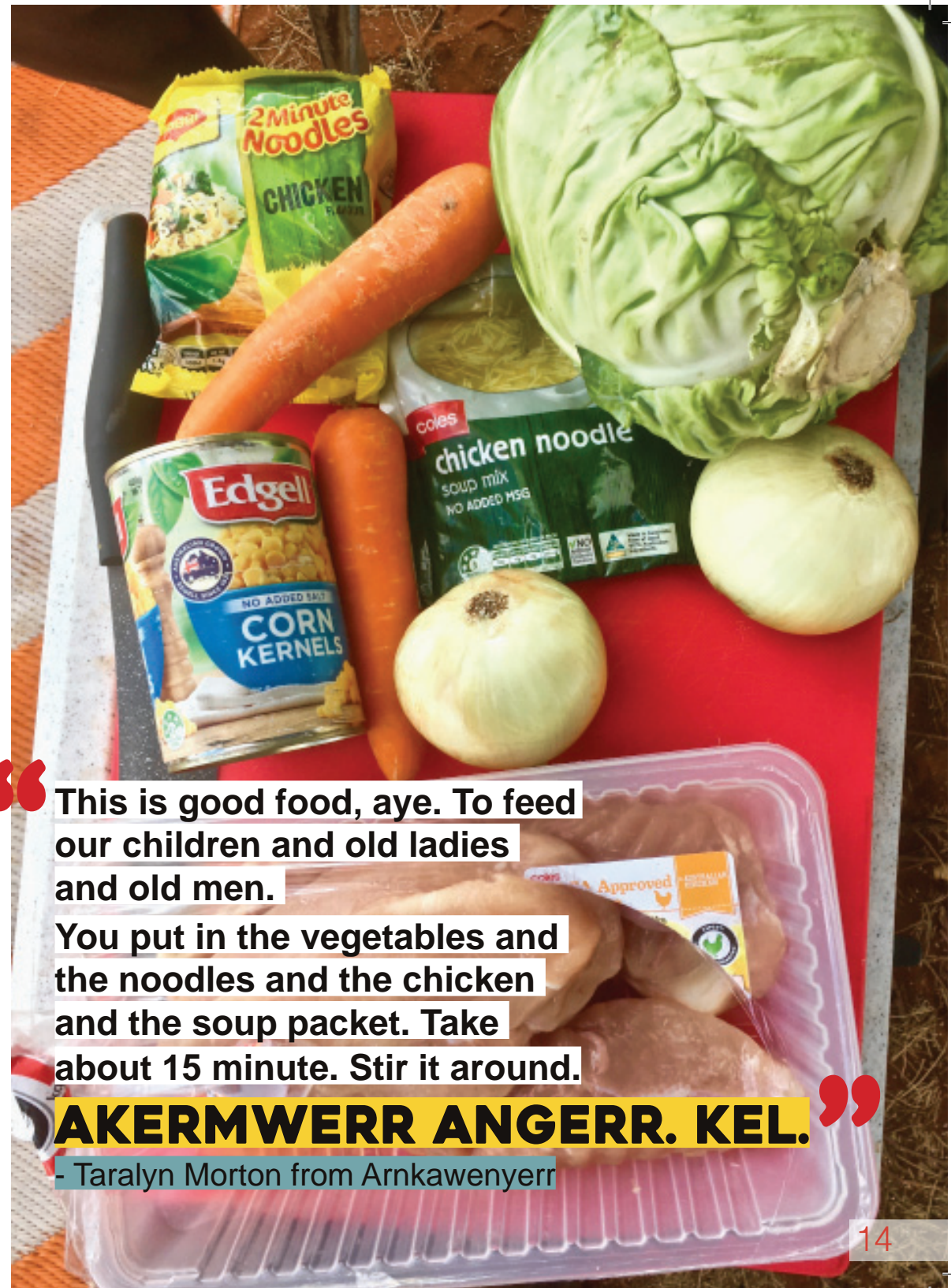
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TYWEK-TYWEK NOODLE SOUP

/ Chicken Noodle Soup



\$\$\$ ON
PAY
WEEK



“ This is good food, aye. To feed our children and old ladies and old men.

You put in the vegetables and the noodles and the chicken and the soup packet. Take about 15 minute. Stir it around.

AKERMWERR ANGERR. KEL. ”

- Taralyn Morton from Arnkawenyerr



AKER AHERR ANYENTELIHILEYEL

/ Kangaroo Stir-Fry



“Nhanyem aker aherr
arrtyeyeln atherrk-
atherrk anyentelhileyel.”

*This meat kangaroo.
Cook greens. Mix together.*”

- Katie Morton from
Arnkawenyerr



ON
PAY
WEEK \$\$\$\$

TIN OF MEAT WITH KALE



+



“Cook the atherrk with meat. Carrots, potatoes and them sweet potatoes. Cooking and sharing with kids from the garden. Kids like helping to cook. And they like to eat vegetables, healthy food.”

- Christine Rambler
from Kurrajong

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AKER ATHERRK-ATHERRK AND BEAN STEW

/ Chilli con Carne



“ We planted a lot of Atherrk (silverbeet).
When I go to shop, I buy aker, and cut
some silverbeet from the garden.
We are teaching our kids how to cook.
They learn from us and then they can
look after us when we are old. ”

- Terry Stirling from Soapy Bore

ON
PAY
WEEK \$\$\$\$

TYWEK-TYWEK PEANUT AN RICE

/ Chicken Satay

“ I like cooking chicken with different kind of soups and with coconut cream to keep my kids healthy and help my kids to grow strong and healthy. I teach my kids cooking so they can make healthy food when they grow up.”

- Queeno Jones,
from Atheley

\$\$\$ ON
PAY
WEEK



1.



2.



3.



4.



BEEF BURGERS

“At Soapy Bore we like cooking with mince, and kangaroo mince most.”

- Loretta, Jilly, Rhonda
& Rhianna Jones
from Soapy Bore



ON
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WEEK \$\$\$\$

AHERRETY TIMEK MWERR

/ Tuna with rice, greens and lemon



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GOOD FOR HOT TIME

“We been growing up tomatoes from seed. They come up by themselves every year. We grown two mango from seed. Chilli, lettuce, sunflowers too. We been drying tomato seed in sun to plant em.”

- Patsy Long, Kathleen Purvis & Jennifer Purvis from Soakage Bore

SPAGHETTI BOLOGNESE

“Aker nahanhyem amperneyel
atherrkel mix em. Mince
amperneyel. Arlkweyel.”

*Cooking this meat with
vegetables. Mix them.
Cooking mince to eat.*

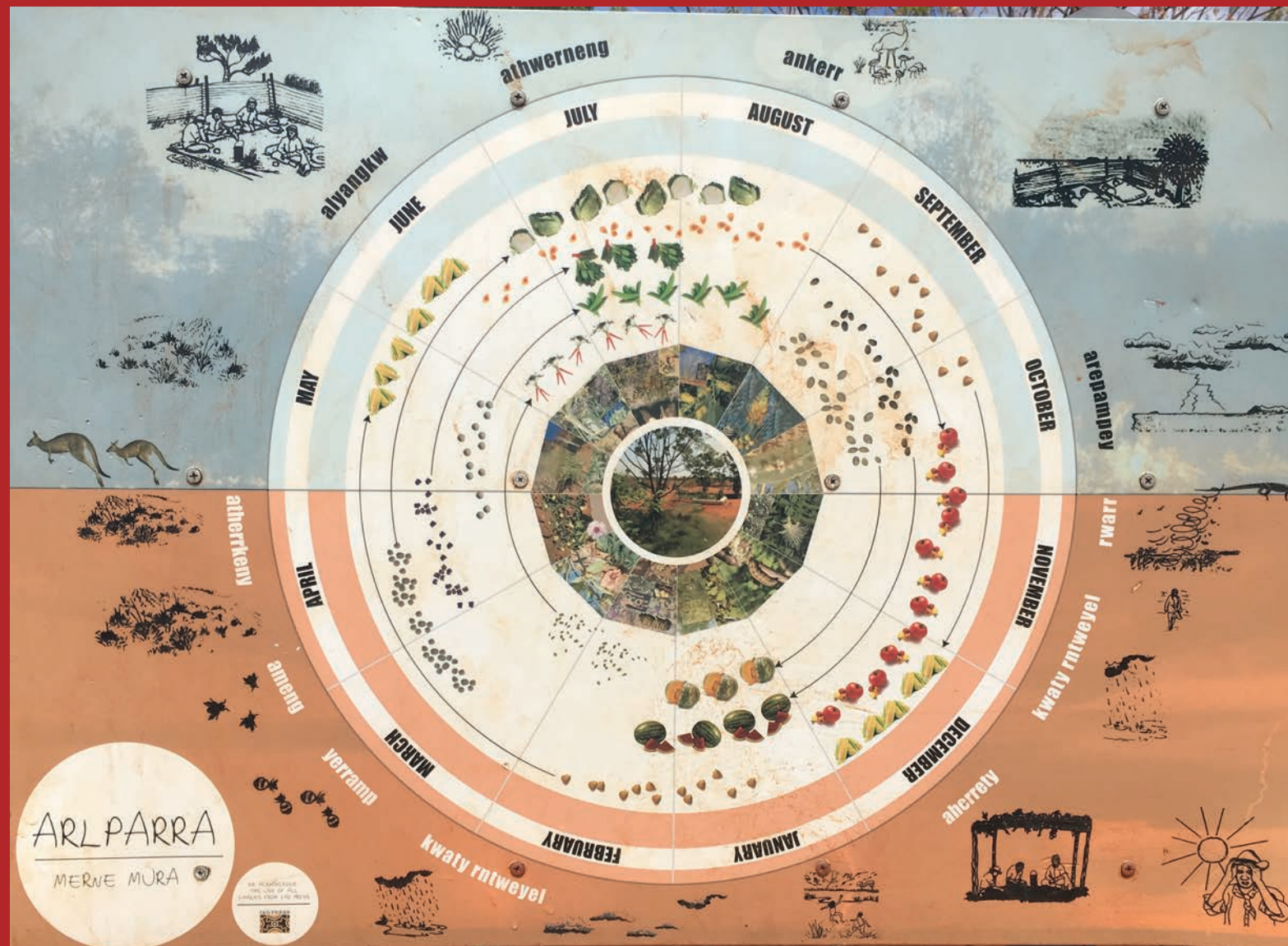
- Julie Sandover
from Atheley

ON
PAY
WEEK



CALENDAR

PRODUCE AND SEASONS



GLOSSARY

WORD MEANING

amern mwerr	good food
kwaty	water
amern	vegetable food
ngkwarl	sweet things
rwa	fire
aker	meat
amern ampernyek	cooking and food preparation
arkweyel	eat
atherrk-atherrk	green vegetable
akatyerr	bush tomato
anaty	bush potato
alkwarrer	bush banana
yerramp	honey ant
awangk alheyel	going hunting
angerneyel	digging
akeyel	picking
antyweyel	drink

kwert	smoke
akeyel	cut or break
ampeyel	become cooked
ampeng	cooked, ripe
theleyel	pour
amern rtamp	dampier
aherr	kangaroo
ilkwert	perentie
arwngerrp	bush turkey
inap	echidna
angkethakw	thirsty
arlewatyerr	goanna
kwart	egg
ngkwarl	sugar bag
anyentelihileyel	mix together



Lucky Morton from Arnkawenyerr painting bush food & garden produce.

**THIS IS
A FREE
PROMO
COPY !!**

Bill Raby
Diabetes Fellowship

hl healthy**living**NT
*Your partner in heart
& diabetes health*

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