

Resulting from preparations for another "Wild Tea Party" - this one in early Spring - the Botany Club, University of Queensland, has compiled these new recipes as a companion to "Wild Food Recipes, Volume I".

Some of the ingredients are the same native plants or "weeds" that were featured in the first (Autumn) volume, but we have extended the range. Also, there are more savoury dishes presented here and fewer jam recipes, due to the scarcity of fruit during the Winter.

The members of the Botany Club hope you will enjoy some more wild cooking.





For information regarding the edible wild plants and their distribution, we refer you to the book:

"Wild Food in Australia"

by

A.B. and J.W. Cribb

(Published in 1975, Collins: Sydney and London, 240pp)



The Botany Club accepts no responsibility for the consequences of misidentification of ingredients by the reader, neither can responsibility be accepted for the use by the reader of varieties within species mentioned in this booklet, that are unknown to the Botany Club. It is very important that only those species listed as safe be used and that due attention is paid to guidelines given in this booklet for the preparation of food, such as use only the ripe fruit.

ACACIA (Wattle) - any species



Acacia candy

Cover inflorescence with stiffly beaten egg white and roll in castor sugar or icing sugar. This method can be used for any edible flower but is most effective with small simple flowers. Ensure that entire flower is covered with egg white. Spread on a tray and allow to dry (48 hours). May be stored indefinitely in air tight container. Can be eaten as sweet or used to garnish other dishes.



ALPINIA CAERULEA (Wild ginger)

Young tips have a much stronger flavour than older portions.

Native ginger biscuits

8 ozs butter	1 dessp nutmeg (or
5 cups S.R. flour	coffee essence,
8 ozs sugar	cinnamon or all
1 dessp ginger (grated)	spice
½ cup water	pinch of salt
	1 cup golden syrup

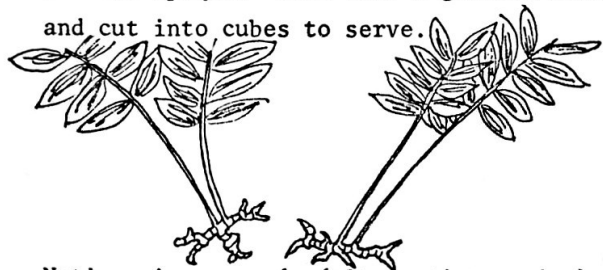
Make thickened syrup by heating syrup, water, sugar, ginger and butter then sift in dry ingredients. Mix well with wooden spoon. Roll mixture flat and cut into biscuit shapes. Bake.



Native ginger candy

- ½ pt water
- 2 oz ginger (young tips only, grated)
- ½ bush lemon juice
- 2 cups sugar

Simmer ginger in water for 30 minutes over low heat. Strain fluid and place in saucepan with sugar and bring to boil while continually stirring. Stir in lemon juice. Continue stirring until becomes opaque. Pour into a greased dish, chill and cut into cubes to serve.



Native ginger candy (alternative recipe)

- ½ pt water
- 2 cups sugar
- 2 oz ginger (young tips only, grated)
- 1 tbsp golden syrup

Simmer ginger in water for 30 minutes, then add sugar and syrup continually stirring and bring to the boil. Simmer until turns a golden yellow. Pour into greased tin. Cut into squares to serve.



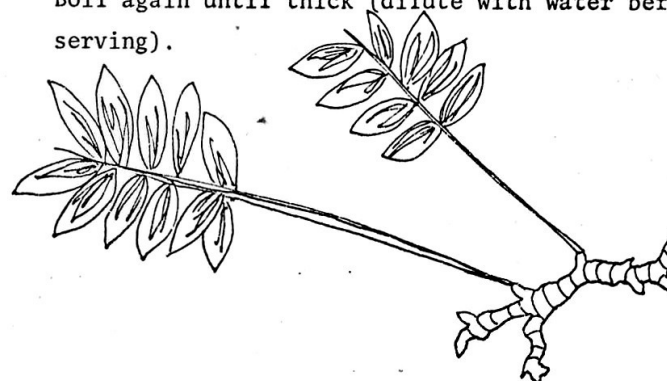
Native ginger cookies

- 8 oz self raising flour
- 8 oz butter
- 1 egg
- 1 tbsp golden syrup
- 8 oz sugar
- 4 tbsp grated Alpinia

Cream butter and sugar then add syrup, beaten egg and ginger. Place over heat till mixture can be mixed well. Add flour and mix. Make into small balls and flatten slightly with a fork on a greased tray. Bake in moderate oven 15 mins or till done.

Native ginger cordial

Slice thinly 500 gms of ginger (washed) and boil in 2½ litres of water until strongly flavoured. Strain and add 1 cup of sugar per cup of fluid. Boil again until thick (dilute with water before serving).

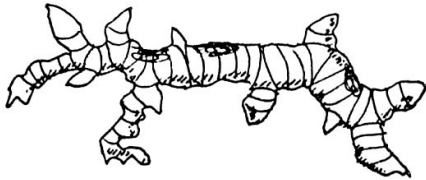


Native ginger cream



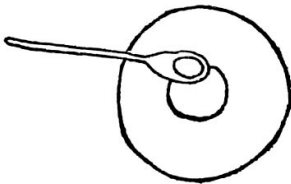
- 2 tabsp ginger cordial
- 40 gms ginger (grated)
- 1 tabsp castor sugar
- ¼ cup milk
- 300 mls cream (whipped)
- 2 eggs
- 3 teasp gelatine

Add sugar and eggs (beaten) to hot milk and stir till forms custard. Dissolve gelatine in ginger cordial and mix into custard. When cold, blend in whipped cream and egg whites (stiffly beaten).



Crystallized native ginger

use same method as described for Opuntia (Vol. I., p. 32).

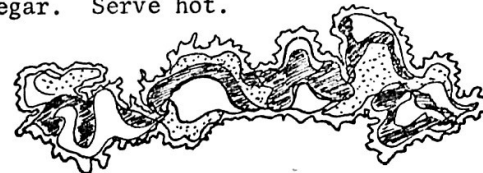


AURICULARIA POLYTRICHA (Hairy Jews Ears)

Auricularia soup

- 2/3 cup dried Auricularia
- ½ chicken
- 100 g fresh prawns, chopped finely
- small bunch vermicelli
- 1 onion
- 4 cloves garlic
- salt and pepper
- 2 or 3 tabsp soy sauce
- small piece native ginger
- 2 carrots
- 2 tabsp oil or margarine
- 2 tabsp vinegar

Boil chicken in about 1 litre water. Remove bones and cut flesh into small pieces. Chop onion, garlic and prawns finely. Fry in oil or marg till it smells. Add salt, pepper, chicken, chopped carrots and chopped ginger. Blanch Auricularia and vermicelli by placing in hot water for about 5 mins and then draining. Mix with other ingredients in the frying pan briefly, then place all in the chicken stock with soya sauce and vinegar. Serve hot.



Auricularia pie

Use soup recipe (above) but omit water and place in an unsweetened pie shell.

AUSTROMYRTUS DULCIS

Austromyrtus and apple pie

- Pastry - 8 ozs flour
- 4 ozs butter
- 1 egg yolk
- 1 tbsp water
- 1 bush lemon (juice)

Rub butter into flour then add beaten egg yolk, then the remaining ingredients. Knead well and roll flat. Line a well greased tin.

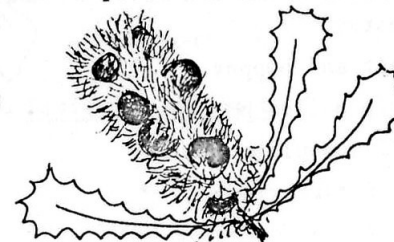
- Filling - 1½ cups Austromyrtus fruit
- 1½ cups peeled, chopped apples
- 1 cup sugar
- water to cover

Cook fruit for 20 minutes and then drain. Add sugar and mix well. Place in pie shell and cover with pastry lid. Cook for 20 minutes in moderate oven.



BANKSIA (Bottle brush)

Many Banksia species make a pleasant drink. Invert inflorescences in a glass of hot water and let stand until cool. Remove plant and serve drink chilled.



BAUHINIA PURPUREA

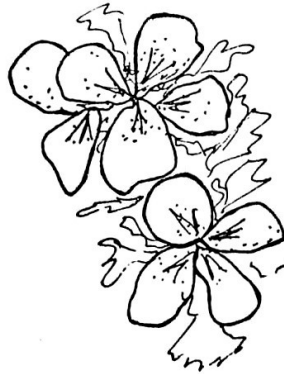
Bauhinia and Murraya curry

- 1 large onion
- 1 lb potatoes - cooked and diced
- 1 tbsp curry powder
- 2 cups water
- 1 bush lemon juice
- 4 ozs Bauhinia buds and flowers
- 2 ozs Murraya leaves
- Cooking oil
- 1 tbsp plain flour
- salt & pepper to taste
- 2 chicken stock cubes

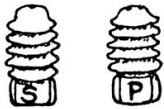
Saute onion lightly until golden and then stir in curry and flour. Add water, lemon juice and chicken stock cubes. Simmer for 30 minutes. Season to taste and add potato, Bauhinia and Murraya. Simmer for a further 30 minutes.

Bauhinia quiche (with optional Murraya leaves)

- 3 eggs
- 1 teasp salt
- 3/4 pint milk
- pastry
- salt and pepper
- 1 lb boiled potatoes
- 2/3 cup plain flour
- 4 oz margarine
- 4 oz grated cheese
- 1 chopped onion
- 6 oz Bauhinia flowers
(and Murraya leaves)



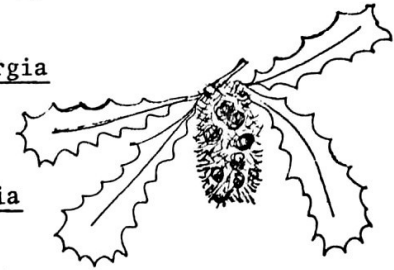
Mash potatoes and mix well with flour, margarine, cheese, onion and flower petals. Season to taste. Roll pastry very thin and line a well greased tin. Beat together eggs, salt and milk. Lightly blend in other ingredients and pour onto pastry. Cook in moderate oven for 40 mins, till golden brown. Decorate with additional flowers.



BLACK APPLE - see Planchonella australis

BLUEBELLS - see Wahlenbergia

BOTTLE BRUSH - see Banksia



BURDEKIN PLUM - see Pleigynum solandri

BUSH LEMON - see Citrus limon

CAPE GOOSEBERRY - see Physalis spp.

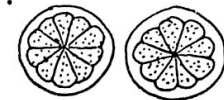


CHICKEN CLAWS - see Salicornia quinqueflora

CITRUS LIMON (Bush lemon)

Bush lemon candied peel

Soak sliced peel for one week in salted water (1 teasp/pint) changing water daily. Then boil for 4 hours until tender and drain well. Boil in syrup of 2 cups sugar per cup water and simmer for 1 hour. Place on cake racks to dry.



Bush lemon cordial

- 3 pints water
- 3 bush lemons (juice and grated rind)
- 2 cups of sugar

Mix all ingredients together. Heat until sugar dissolves. Dilute with water before drinking.



Bush lemon dessert

- 3 bush lemons (juice and grated rind)
- 1 cup sugar
- 3 eggs
- 1 cup water
- 1 tabsp gelatine

Warm lemon juice, rind, sugar, water and gelatine and mix. Cool and then add beaten egg yolks. Fold in stiffly beaten egg whites. Chill before serving. Serve with stewed fruit and/or whipped cream.



Bush lemon jelly

Wash 6 bush lemons and cut into thin slices. Soak for 1 day in sufficient water to cover. Drain well, place lemons in 6 cups of fresh water and boil until tender. Add 1 lb sugar per pint of decanted liquid and boil for ¼ hour. Pour into clear bottles and store in cool place.



Bush lemonade

- 8 bush lemons (juice and grated rind)
- 2 ozs sugar
- 4 cups water

Boil all ingredients for five minutes and allow to cool before serving.

Bush lemon squares

- 1 cup bush lemon cordial
- 1 cup water
- 1 tabsp gelatine



Mix water and cordial. Thicken liquid with gelatine, stirring over heat until dissolved. Pour into a buttered dish and chill. Cut into squares and roll in icing sugar. (Note. The same may be done with rosehip syrup, see Vol. I, p. 39).

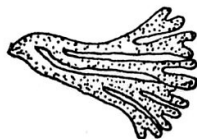
Bush lemon tarts



- 1 bush lemon
- 1 pt water
- 8 oz sugar
- 2 eggs (yolks only - beaten)
- 1 tabsp custard powder
- 1 tabsp cornflour

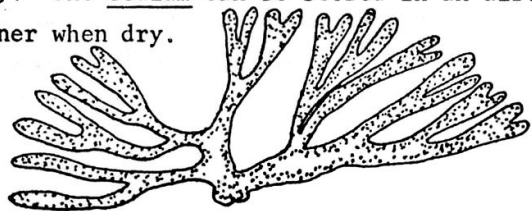
Mix all ingredients together. Cook slowly, continually stirring until thick. Cool and pour into pie crust. Serve with cream.

CHINESE MOSS - see Gracilaria spp.



CODIUM

Choose any species of Codium, wash in freshwater, place in a collander and blanch by pouring boiling water over. Cut off and discard any hard pieces. Chop the remaining Codium into small pieces. Dry in the sun or in a very slow oven (200°F). The Codium can be stored in an airtight container when dry.



Codium dip

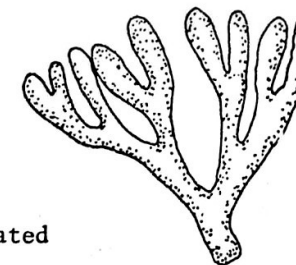


- 3½ teasp dried Codium pieces
- 30 g cream cheese
- 110 g reduced cream

Before grinding, return the required amount of Codium to the oven at very low heat, to briefly dry again until it is brittle enough to be crushed to a powder with a mortar and pestle (or with the back of a spoon).

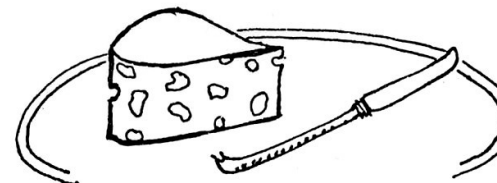
Beat together the cheese, cream and powdered Codium till smooth.

Codium cheese



- 400 g cream cheese
- 50 g cheddar cheese, grated
- 2 teasp blue vein cheese
- 3 heaped tabsp dried Codium pieces

Beat cheeses together till smooth. Grind Codium to a powder (as for dip) and mix thoroughly with cheese. Pile mixture onto greaseproof paper or aluminium foil and chill till it can be formed into a compact shape. Keep wrapped, in refrigerator.

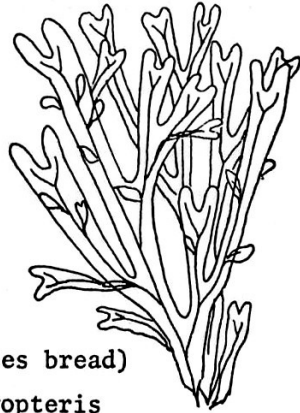


DANDELION - see Taraxacum officinale

DICTYOPTERIS

Dictyopteris pie

- 1 medium onion
- 1 large clove garlic
- 1 egg
- 1/3 cup milk
- 50 g bread crumbs (1 1/2 slices bread)
- 2 cups fresh chopped Dictyopteris
- 250 g mozzarella cheese
- extra milk
- short crust pastry to line pie and top



Prepare pastry and line pie dish. Chop onion and garlic. Place in blender with egg and milk and whirl till pulpy. Mix with breadcrumbs and Dictyopteris. Spread half of mixture over pie crust. Use half of cheese (sliced) to cover, then layer remaining mixture and cheese. Put pie crust on top and seal edges. Prick with fork and glaze with milk. Bake at 180°C for about 1 hour (or till done).



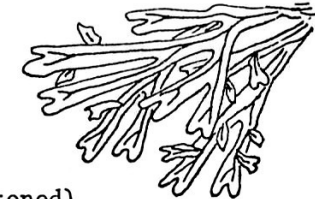
DICTYOSIPHON

Chinese style Dictyosiphon



- 2 cups Dictyosiphon (fresh or dried)
- native ginger - finely chopped
- 1 clove garlic
- 2 tbsp soy sauce
- 1 medium onion

Fry all ingredients lightly in oil stirring continually. Pepper and more soy sauce may be added if required for taste. Serve with steamed rice.

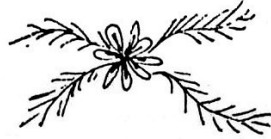


Dictyosiphon pie

- Pastry (non sweetened)
- 1/2 cup chopped Dictyosiphon (fresh)
- 1/2 cup carrots (cooked and finely chopped)
- 2 tbsp soy sauce
- 1/4 tsp cayenne pepper
- 2 cups rice (cooked in chicken broth then strained)

Mix all ingredients and may be served "as-is", or placed in a nonsweetened pie crust.





Dictyosiphon soup

- 1 cup chopped Dictyosiphon (fresh or dried)
- 1 cup brown rice
- 1 cup diced carrots (cooked)
- 1 large onion (diced)
- 2 tabsp soy sauce
- ¼ chicken diced (optional)
- salt & pepper to taste
- 1 pt water

Boil all ingredients for 20 minutes, serve hot.

EUGENIA COOLMINIANA (Lilly Pilly)



Eugenia jam

- 250 g Eugenia fruit
- 1 large bush lemon
- 5 cups water
- 2 cups sugar

Wash the Eugenia and remove stones. Juice the lemon and place lemon pips and pith in a pan with Eugenia stones. Add 2 cups water, bring to the boil and simmer for 30 minutes. Strain into a clean saucepan, rubbing pith through sieve.

To this liquid, add the Eugenia fruit, lemon juice and 3 cups water. Bring to the boil and simmer gently for 30 minutes.

Eugenia jam (continued)

Add sugar and stir to dissolve. Increase heat and boil, stirring occasionally until setting point is reached. Bottle and seal in the usual way.

Eugenia buns

- ¾ lb S.R. flour
- pinch salt
- 4 oz sugar
- 4 oz butter
- 2 eggs
- 2-4 tabsp milk
- Eugenia jam



Sift flour and salt. Rub in butter. Add sugar and mix into a stiff dough with beaten eggs and milk. Turn onto a floured board and cut into 16 equal parts, knead each into a ball, make a hollow in the centre of each ball. Put ¼ teasp jam into hole and close by pinching together. Glaze with egg and milk and bake 10-15 minutes in moderate oven.

FALSE SARSPARILLA - see Hardenbergia violacea

FLAT-WEED - see Hypochoeris radicata



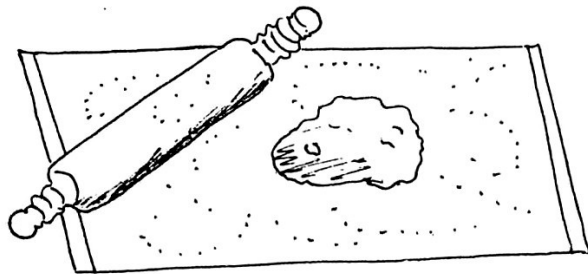
GALINSOGA PARVIFLORA (Potato weed, Gallant soldier)

Galinsoga quiche

Use recipe for Bauhinia but substitute 8oz young Galinsoga leaves lightly chopped in place of Bauhinia and Murraya leaves.

GINGER - see Alpinia caerulea

GLASSWORT - see Salicornia quinqueflora



GRACILARIA (sea string, Chinese moss)

See Hypnea for pudding recipes in which Gracilaria may be substituted. However Gracilaria also makes a pleasant savoury when used fresh as below.



Gracilaria butter

- 2 oz Gracilaria (fresh and thoroughly washed)
- 4 oz butter
- 1 clove garlic
- 1 small onion
- 1 teasp paprika
- 1 tabsp vinegar

Blend all ingredients thoroughly.

GREVILLIA ROBUSTA (Silky oak)

This species is non-toxic and can be made into a drink in the same manner as Banksia.

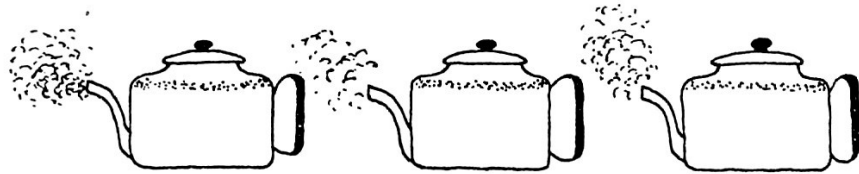


HAIRY JEWS EARS - see Auricularia polytricha

HARDENBERGIA VIOLACEA (False sarsparilla,
Sarsparilla, Purple Coral-Pea)

Hardenbergia tea

Made in the same manner as ordinary tea ,
however more dried leaves are required to get a
strong flavour. Alternatively, Hardenbergia leaves
may be added to ordinary tea leaves for a sarsparilla-
tea taste.



HYPNEA

Other gel-producing species of red algae may be
substituted in these recipes. The crucial step is
in careful washing to remove all foreign matter such
as marine animals and sand before drying. Acid
substances such as tamarind or lemon juice will help
remove the "tang of the sea".



Hypnea and coconut jelly

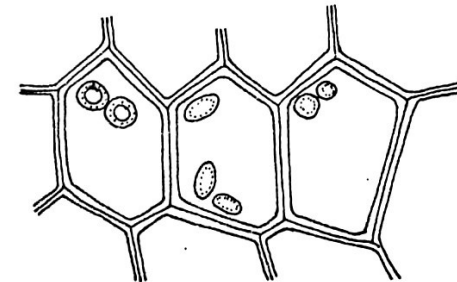
(1) To prepare "agar"

Hypnea (or Gracilaria or other related species
of red algae)

tamarind pulp or lemon juice
water

Wash the algae well in several changes of fresh
water. Remove all foreign matter (shells etc.).
Allow to dry in the sun.

To the dry algae add 2 to 3 times its volume of
water and bring to the boil. Add sufficient tamarind
or lemon juice to remove the "seaweed" taste. Keep
tasting! Simmer till alga breaks down and mixture
thickens (add more water if thickening too much to
strain rapidly). Strain the hot mixture through
cheesecloth or muslin into a wet dish. Allow
liquid to set hard, then cut into squares and store
in refrigerator.



Hypnea and coconut jelly (continued)

(2) To prepare coconut jelly

3 cups desiccated coconut

4½ cups boiling water

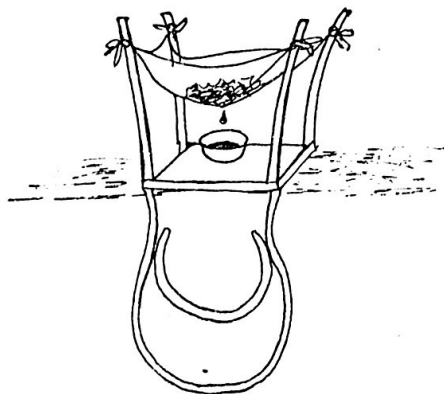
½ cup sugar

Hypnea "agar" squares

Vanilla essence (rosewater)

Add 3½ cups boiling water to coconut. Allow to stand till cool. Strain through muslin. In a separate bowl add 1 cup boiling water to same coconut and repeat. Squeeze muslin well. Discard coconut pulp.

Combine first and second coconut milk and sugar. Bring to boil and add squares of Hypnea "agar" till mixture begins to thicken (approximately the thickness of custard). Simmer for 15 mins. Flavour to taste. Pour into wet mould and cool till set.



Hypnea dessert

1 cup dried Hypnea (or Gracilaria etc.)

2 cups milk

1 cup Eugenia jam (or substitute)

1 tabsp lemon juice

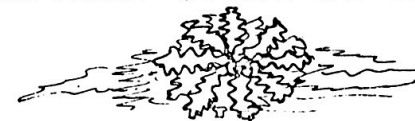
1 tabsp brandy (optional)

Suspend algae in cheese cloth bag in milk and simmer for 30 minutes or until agar disintegrates. Remove bag. Add remaining ingredients. Stir well and remove from heat. May be poured into a mould and served with fruit or cream. May be poured into a flat dish and cut into cubes and served as a sweet..

HYPOCHOERIS RADICATA (Flat-weed)

Flat-weed quiche

Use same recipe as Galinsoga. Has a similar but more mild flavour than dandelion. Old leaves may become tough and unpalatable. Used also in pies, casseroles and salads. (Decorate with the yellow flowers).





LEPTOMERIA ACIDA (Native currant)

Has a pleasantly acid flavour and is excellent in any of your favourite fruit recipes. This is possibly better as a jelly because the seeds are proportionally large for a small fruit.

Leptomeria jelly

Boil fruit in enough water to cover for 30 minutes and then strain. Add 1 cup of sugar for each cup of juice and boil for 20 minutes. Pour immediately into cool jars.

Leptomeria jam

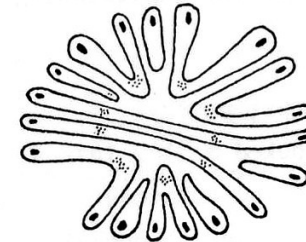
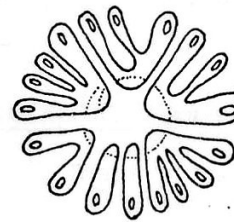
Is made by the same recipe as above however retain fruit. Juice of 1 lemon may be added if required.



Leptomeria apple pie

- 2 cups native currants (cooked)
- 2 cups apple (cooked)
- 3/4 cup sugar
- juice of 1/2 bush lemon

Mix the above ingredients and place in pie shell. Bake in a moderate oven 30 minutes.



Leptomeria tart

- 2 cups Leptomeria jelly
- 1 cup water
- 1 tabsp custard powder
- 1 tabsp cornflour

Stir over heat until thickens and pour into pie case to set. Chill before serving with cream.

LILLY PILLY - see Eugenia coolminiana

MALLOW - see Malva



MALVA spp. (Mallow)

Note: see nettle recipes (Urtica) which are suitable for substituting mallow.

Mallow rolls

Short crust pastry

1 cup cooked mallow leaves

1 cup cooked potatoes

1 onion (finely chopped)

1 egg (beaten)

¼ teasp mustard

salt and pepper

Mix all ingredients and season to taste. Lay along pastry. Moisten pastry edges with water or milk. Fold pastry over mixture having cut edges on top. Cut into pieces, glaze with milk and bake in hot oven for 20-25 minutes.



MARSILEA DRUMMONDII (Nardoo)



Saté Marsilea

3 cups Marsilea fronds (fresh)

1 cup peanut sauce (use Asian recipe)

Prepare peanut sauce.

Wash Marsilea fronds and drain. Place in a flat dish under grill briefly till wilted. Heat peanut sauce and pour over Marsilea. Serve hot.

MELALEUCA (Tea-tree)

Drink prepared in same manner as Banksia.

MILK THISTLE - see Sonchus oleraceus



MURRAYA INDICA

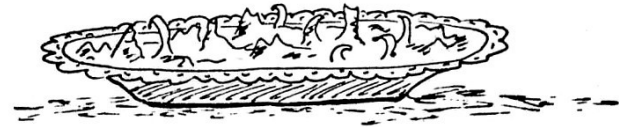
Murraya whip

- 250 g cream cheese
- 2 tabsp castor sugar
- 2 egg yolks
- 300 mls whipped cream
- 1 cup seeded Murraya fruit

Boil fruit in small amount of water until soft. Strain well and reserve juice.

Beat cream cheese until smooth and add sugar. Gradually add beaten egg yolks while stirring. Fold in fruit and whipped cream. This makes a delicious filling for a sweet pie crust or biscuit base.

(NOTE: The strained juice and separated egg whites may be used in the recipe below).



Murraya meringue tart

- 2 cups Murraya juice (use juice from boiled Murraya in recipe above)
- juice of ¼ bush lemon
- 6 oz sugar
- 1 tabsp cornflour
- 1 tabsp custard powder
- 2 egg whites
- 2 oz castor sugar
- pastry case

Stir the following over heat until thick: Murraya juice, lemon juice, sugar, cornflour and custard powder. Allow to cool slightly before pouring into pastry case.

Beat eggwhites, gradually adding castor sugar. When firm, cover tart, forming decorative peaks. Place in oven at 375°F until peaks are a golden colour.

NARDOO - see Marsilea drummondii

NASTURTIUM - see Tropaeolum

NATIVE CURRANT - see Leptomeria acida

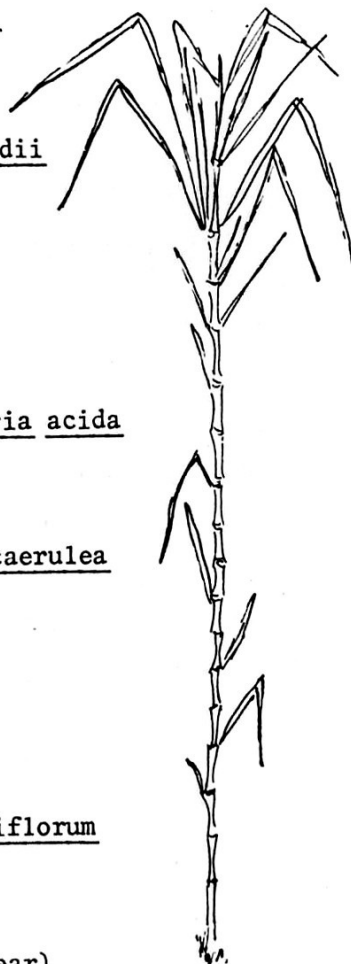
NATIVE GINGER - see Alpinia caerulea

NETTLE - see Urtica

NIGHTSHADE - see Solanum nodiflorum

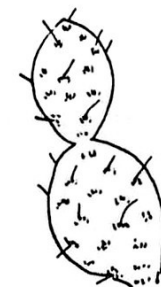
OPUNTIA TOMENTOSA (Prickly Pear)

The following recipes use candied prickly pear stems, prepared using the recipe in "Wild Food Recipes" Vol. I (page 32). This ingredient makes an unusual decoration for cookies and when used in a fruit cake, it helps to keep the cake moist.



Prickly pear stem cookies

- 250 g S.R. flour
- 70 g custard powder
- pinch salt
- 130 g sugar
- 100 g margarine or butter
- milk
- candied prickly pear stems (see Wild Food Recipes, Vol. I)



Sift flour, custard powder and salt. Add sugar. Rub in margarine with fingers. Add milk little by little, mixing firmly by hand, till mixture just holds together. Pinch small amounts of mixture to form little mounds about 2 cm across. Place on greased tray. Chop candied prickly pear stems into 2 cm lengths and push one into top of each biscuit. Cook at 180°C for 15 mins or till done.



Prickly pear stem fruit cake

- 150 g sugar
- 150 g butter or margarine
- 3 eggs
- 150 g S.R. flour
- 50 g wheatgerm
- 100 g currants
- 200 g chopped candied prickly pear stems
- finely grated rind of 2 bush lemons



Cream together butter and sugar. Beat in eggs. Add flour and wheatgerm and mix well. Mix in lemon rind, currants and prickly pear stems. Bake in moderate oven 1 hour or until done.

PHYSALIS PERUVIANA (Cape Gooseberry)
(The native species, Physalis minima may also be used)

Cape Gooseberry sauce

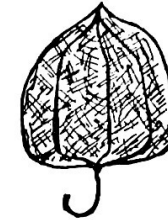
- 1 cup Cape Gooseberries
- ½ cup water
- juice of ½ bush lemon
- ¼ cup sugar



Remove papery calyx from berries. Boil berries in water till they burst. Cool, add lemon juice and whirl in blender for a minute. Return to heat. Add sugar. Bring to boil while stirring. Simmer 10 mins. Cool. Serve with ice-cream or pancakes.

Cape Gooseberry cream

- 1 cup Cape Gooseberry sauce
- juice of ½ bush lemon
- 1 tabsp water (cold)
- 1 teasp gelatine
- 300 mls cream (whipped)



Mix all ingredients well and fold in whipped cream. Refrigerate until set.

PLANCHONELLA AUSTRALIS (Black apple, Wild plum)

Black apple jelly

- 1 lb peeled seeded fruits
- 1 pt water
- 2 cups sugar
- juice of 1 bush lemon



Boil fruit for 1 hour then drain. To liquid add sugar and lemon juice and simmer for 1 hour. Pour into bottles and allow to set.

Note: Fruit pulp is unpalatable with an unpleasant after taste and unpleasant texture but goes well on the compost heap.



PLEIGYNUM SOLANDRI (Burdekin plum)

Burdekin plum cordial

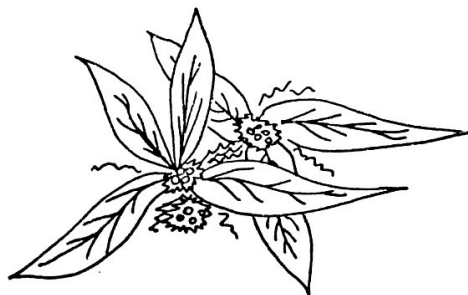
Made in the same manner as Black apple jelly, however this species contains no pectin and will not gel. Makes an excellent beverage when diluted with water.



POTATO WEED - see Galinsoga parviflora

PRICKLY PEAR - see Opuntia tomentosa

PURPLE CORAL-PEA - see Hardenbergia violacea



ROSEHIP

Rosehip cordial

1 kg rosehips
2 litres water
2 cups sugar

Boil rosehips in 1 litre of water until tender and then strain. Add the remaining water and sugar and simmer for a few minutes to dissolve sugar. Store in fridge. Dilute with water before serving.



SALICORNIA QUINQUEFLORA (Samphire, Glasswort,
Chicken claws)

Salicornia dip - see Suaeda australis

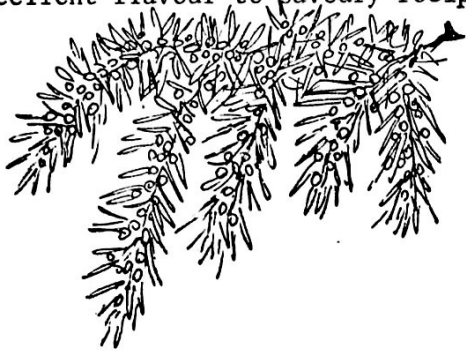
Salicornia butter - see Suaeda australis

SAMPHIRE - see Salicornia quinqueflora



SARGASSUM spp

Sargassum and other brown algae may be stored in an airtight container after first washing very carefully, removing foreign matter and drying in the sun. However, fresh seaweed, when it is available, gives excellent flavour to savoury recipes.



Seaweed soup

- 10 cups stock
- ½ cup tender tips of Sargassum (fresh or dried)
- 1 sheet "Nori" (Porphyra)
- ¼ cup soy sauce
- ½ cup dried prawns
- 2 onion stock cubes

(Note: other seaweed may be substituted)

Chop the seaweed. Place all ingredients in a pot and pressure-cook for 15 minutes or simmer for 2 hours.

SARSPARILLA - see Hardenbergia violacea



SEA BLITE - see Suaeda australis

SEA STRING - see Gracilaria spp

SILKY OAK - see Grevillea robusta



SOLANUM NODIFLORUM (or S. nigrum) - Blackberry
Nightshade

WARNING - USE ONLY RIPE FRUIT, AS UNRIPE BERRIES ARE POISONOUS (CONTAINING CYANIDE).

Nightshade jam

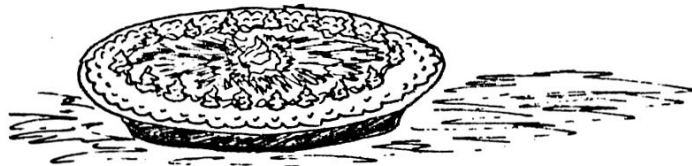
- 2 cups fruit
- 1 1/2 cups water
- juice of 1 bush lemon
- 1 1/3 cups sugar



Wash berries and remove stalks. Boil in water till fruit is soft.

Note: while boiling, any slightly unripe fruit will turn pale green or pink and rise to the surface. These should be picked out and discarded.

Add sugar and lemon juice. Boil till jam sets when tested. (This jam makes an excellent tart filling).



Nightshade drops

- Biscuit mixture: 125 g butter
 1/3 cup sugar
 1/2 teasp vanilla
 1 egg
 3/4 cup wholemeal S.R. flour
 1/3 cup wholemeal plain flour
 2 tabsp cornflour
- Filling: 4 tabsp nightshade berries
 2 tabsp water
 1 teasp sugar
 1 teasp cornflour



Biscuit mixture - cream butter, sugar and vanilla until ingredients cling together. Add egg, beat only until combined. Do not overheat. Add half sifted dry ingredients, mix with a wooden spoon. Add remaining sifted dry ingredients. Mix well. Take rounded teaspoonfuls, roll into smooth balls. Place 2" apart on greased tray. Make hollow with floured finger. Place 1/2 teaspoon filling in each biscuit. Bake in a moderate oven 10-15 mins.

Filling - prepare fruit (remove stalks and wash) and gently simmer in water and sugar until soft. Add cornflour, stir well until thickened. Place in drops.

Nightshade cream

- 1 cup nightshade berries
- 1 dsp sugar
- 1 dsp bush lemon juice
- 1 dsp sugar (extra)
- 1 teasp gelatine
- 2 teasp cold water
- 300 ml cream

Prepare berries (remove stalks and wash) and simmer gently with 1 dsp sugar and enough water to just cover berries. Cool, drain well, discard liquids. Add lemon juice and extra sugar, allow to stand for ¼ hour. Soften gelatine in cold water and dissolve over hot water. Add to fruit mixture and mix well. Whip cream until soft peaks form, fold in fruit mixture. Refrigerate 2-3 hrs.



SONCHUS OLERACEUS (Milk thistle)



Thistle pie

- 1 lb young milk thistle, chopped
- ¼ lb bacon bones
- 1 pt water
- 1 lb potatoes

Boil bacon bones in water for 30 minutes then remove bones and add potatoes and thistle. Add pepper to taste and simmer until potatoes are cooked. Drain and place in unsweetened pie shell. Bake in hot oven till the pastry is cooked.

STINGING NETTLE - see Urtica

SUAEDA AUSTRALIS (Seablite)

Suaeda dip

- 125 g pkt cream cheese
- 2 dsp cream
- 1 dsp bush lemon juice
- 3 dsp Suaeda pickles (see Vol. I, p. 43)
- salt and pepper

Chop Suaeda pickles roughly into small pieces. Beat cream cheese until smooth. Add cream, beat well. Fold in bush lemon juice and pickles. Season with salt and pepper. Refrigerate until needed.

Salicornia pickles may also be used in this dish.

Suaeda butter

- 125 g butter, softened
- 1 dsp bush lemon juice
- 2 dsp Suaeda pickles (well drained)
- 40 g grated cheese
- salt and pepper

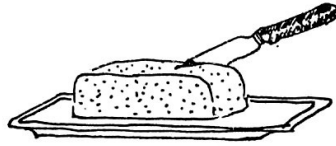
Beat butter and lemon juice. Add cheese and pickles, mix well. Add salt and pepper to taste Refrigerate until required. Use in place of gherkin relish.

Salicornia pickles may also be used in this dish.

Suaeda logs

- 4 thin slices brown bread
- 4 thin slices white bread
- softened butter (above)

Spread brown bread thinly with butter and then a selected filling. Butter upper surface of white bread and place on top of brown. Remove crusts and roll as a swill roll. Wrap in a damp cloth and chill. Before serving cut diagonally into thin slices.



TARAXACUM OFFICINALE (Dandelion)

Dandelion quiche

May use instead of Murraya in Bauhinia (and Murraya) quiche.

TEA-TREE - see Melaleuca

TROPAEOLUM spp. (Nasturtium)

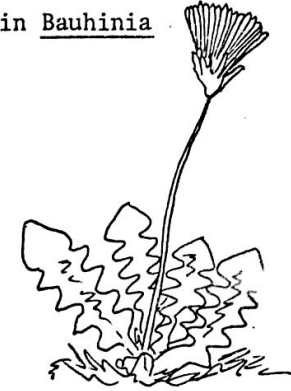
Nasturtium dip

- 250 g cream cheese
- 2 tbsp cream
- 2 oz Nasturtium leaves (well washed)
- Tabasco sauce (or other spice)

Blend ingredients well, use extra leaves and flowers to garnish.

Nasturtium sandwiches

Leaves make an excellent filling because they contain mustard oils.



URTICA sp. (Stinging nettle)



Wear gloves while you pick the nettle leaves and wash them. To cook the nettles, it is best to steam them in a covered saucepan with a little water and butter. After cooking, the nettles will no longer sting.



Nettle and tomato pie

- 1 cup cooked nettles (chopped)
- 1 cup tomato pulp
- 4 oz cheese (grated)
- salt and pepper to taste
- pastry pie shell

Put alternate layers of nettle and tomato into pie shell. Sprinkle grated cheese on top. Cook in moderate oven for 15-20 minutes.

Bread crumbs may also be sprinkled on top with a dab of butter before cooking.



Nettle rolls

Nettle may be substituted in mallow recipe.

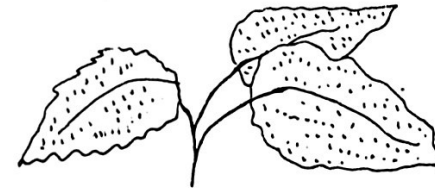


Nettle pie

(Note: half and half nettles and mallow leaves may be used in this recipe)

- 8 oz chopped, cooked nettles
- 2 cups diced boiled potatoes
- ¼ teasp sage (or favourite herb)
- salt and pepper
- 1 large onion

Saute onion in butter. Mix the ingredients together and season to taste. Fill an unsweetened pie shell. Bake 20 mins in a moderate oven.



Nettle soup

Prepare nettle pie filling as above. Mix with 5 cups vegetable stock and simmer 20 mins. Just before serving, stir in ½ cup cream (or a little full cream milk powder).

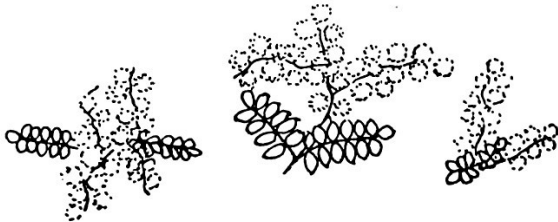




WAHLENBERGIA (Australian bluebell)

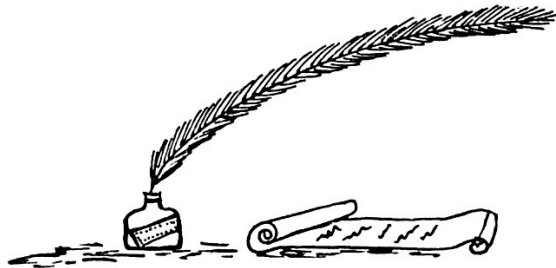
Candied bluebells

Use same method as described for wattle
(Acacia).



WATTLE - see Acacia spp.

WILD PLUM - see Planchonella australis



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