

Bush tucker to contemporary cuisine

Focus area: Food in Australia

Defining Australian cuisine is not easy. Is it meat and three vegetables, or bush tucker such as kangaroo and macadamia nuts, or foods from other cuisines with a local spin? This chapter looks at the effects of migration on food eaten in Australia. The history of food in Australia will be examined, including the traditional bush foods prepared by Indigenous Australians and the influence of early European settlers.

Chapter outcomes

In this chapter you will learn about:

- the use of foods native to Australia
- early European influences on food habits
- multicultural influences on food habits and methods of cooking
- the evolution of an Australian cuisine
- influences on food selection
- factors affecting current consumption patterns
- development of food production and processing from both historical and contemporary perspectives.

In this chapter you will learn to:

- investigate traditional and contemporary use of native/bush foods
- discuss the impact of early European influences on food habits
- identify the major multicultural influences on contemporary Australian diets
- discuss the defining characteristics of Australian food and prepare food that reflects the changing nature of Australian cuisine
- examine the influences on food selection and changes in eating habits
- relate changes in consumption patterns to their social, economic, nutritional and environmental impact
- investigate the development of the Australian food industry in consideration of food-related technologies that have emerged over time.

3.1

Use of foods native to Australia

Some bush foods grow wild in the backyards of city homes, often unrecognised by the inhabitants. Other bush foods hide in remote parts of the desert and are very difficult to find. Australian **indigenous foods** are commonly known as ‘**bush tucker**’. Bush tucker comprises a wide variety of herbs, spices, mushrooms, fruits, flowers, vegetables, animals, birds, reptiles and insects that are native to Australia.

Indigenous Australians have been eating bush tucker for at least 50 000 years. In colonial times the European settlers who learned about local foods from Aborigines survived much better than others who did not. To many non-Aboriginal people, bush plants are still a mystery; the grubs look unappetising and Aboriginal cooking methods are not properly understood. However, many non-Indigenous Australians are developing an interest in foods unique to their environment. There is also a growing interest from world-class chefs seeking ‘new’ tastes and innovative food combinations.

In some restaurants there is a chance that you will find examples of bush tucker on the menu. For example, wild Australian fruits make excellent jams, sauces and desserts. Nuts are used in pies, breads and sweets. New flavours from the bush are making their way into ice-creams, beverages and spices.

indigenous food (bush tucker): food native to Australia that was present before European colonisation



3.1.1 Traditional Aboriginal foods (bush tucker), when available, provide the range of nutrients necessary for growth and survival.

Paul Bruneteau— chef



3.1.2 Paul Bruneteau

Paul Bruneteau is a French-born Australian chef with a passion for Australian native foods. He is credited with playing a pioneering role in the development of an authentic Australian cuisine based on indigenous ingredients, and now features the unique flavours of bush foods in his cooking, often developing new methods of working with these unique ingredients.

After an apprenticeship in Europe he became the youngest ever to run a galley on an Australian merchant ship. He then worked in the kitchens of the Sydney Opera House, before opening Rowntrees, The Australian Restaurant, in Hornsby, Sydney. It was the first 'Australian' restaurant listed in the Yellow Pages. Bruneteau experimented with various native ingredients supplied by small-scale regional suppliers and wholesalers of bush foods. This included products such as riberry, Dorrigo pepper, lemon myrtle, wattleseed and Illawarra plum.

In 1988, Bruneteau won a gold medal for 'The Most Original Cuisine', when he created his signature dish, the now world-famous Rolled Wattleseed Pavlova. In 1989, when visiting Australia, French master chef Paul Bocuse paid tribute to Bruneteau's role in developing an Australian cuisine. In 1991, his Riberies—Taste Australia restaurant was opened in Darlinghurst, Sydney. In 1996, Bruneteau published many of his ideas and culinary experiences with bush foods in a popular and award-winning book titled, *Tukka—Real Australian Food* to share his passion with a wider audience.

I became passionate about Australian native foods by ... discovering how beautiful the flavours were. I found it impossible to understand why modern-day Australians could pass up such ingredients in the quest to create a genuine Australian cuisine. By unlocking all the secrets these wonderful indigenous foods offered, I also gained a better understanding of Aboriginal Australia.

The food I prepare is different from that of other chefs because ... when I started to experiment with a lot of native foods, I soon learned that they were not 'European vegetables'. Their cooking and handling were very different. This is why I became so passionate with their preparation, to make them more acceptable.

*Some of the flavours were so strong; I also understood straight away that people would mishandle a lot of these plants unless I set out to explain how to best handle their wonderful flavours. That's why I felt I needed to write my book, *Tukka—Real Australian Food*.*

The most satisfying thing about working with Australian native foods is ... to have the ability to create whole menus around them and be able to match them with other ingredients like cheese for example.

My biggest frustration in working with Australian native foods is ... chefs who have mishandled their culinary use, and as a result, put off quite a few Australians and others who, had they been properly instructed, would have fallen in love like I did. Our native foods are quite strong in flavour so they shouldn't be overloaded.

Misunderstanding and misconception of kangaroo and emu is also an on-going frustration of mine. The carbon and water intensive process involved in livestock farming makes our choice of meat a real environmental issue. Kangaroo and emu meat have about a third of the carbon footprint of beef and have been the red meats of choice among Australian consumers for over 80 000 years—only in the past 100 years did it experience a downturn in popularity.

The most important thing about the sustainable food movement is ... to educate Australians on the importance of eating healthy, fresh foods. These foods are very sustainable, we can't ignore what is happening with climate change and the carbon involved in producing foods. It's time to look at the foods we eat and think of alternatives which will reduce our carbon footprint.

Source: <http://slowfoodsydney.com.au/2009/10/pp-jean-paul-bruneteau/>

Activities

- 1 Research one piece of legislation that Paul Bruneteau, as a chef, would need to be familiar with. Explain why.
- 2 Paul Bruneteau is passionate about Australian native foods. What evidence of passion can be seen in this profile?
- 3 Research the availability of indigenous foods in your local area. Make a list and discuss your findings with the rest of the class.
- 4 Research one European vegetable and one indigenous vegetable. Compare and contrast each. Why do you think they might need to be prepared differently?
- 5 Look up the meaning of the word 'sustainability'. Do you think that indigenous foods are more sustainable than other food sources?
- 6 Compare cuts of beef, lamb, pork and kangaroo. Construct a chart to record their colour, texture, flavour and degree of tenderness.
- 7 Investigate the sustainability of farming beef, lamb, pork and kangaroo, and rank them according to their environmental impact.



Before 1770, there were more than 300 000 Aboriginal people living in 500–600 tribal groups, each consisting of between 100 and 1000 people. Each tribe had its own territory and language.



Traditional use of bush foods

Before European settlement in 1788, Australian Aborigines lived successfully off the land. They travelled great distances in search of the available food supply. When food supplies become limited, an Aboriginal family would move to a new area where the supply was plentiful. These areas were more commonly on the coast, near rivers or where there was high rainfall, as animal and plant food sources were more accessible.

Australian Aborigines were very successful at providing for their needs through hunting and gathering activities. The men were the hunters and went out each day to hunt, but often returned with very little. What they did bring back—larger animals or fish—was then shared among their tribe. It was the women and children who supplied the more substantial part of the food requirements. They gathered and prepared plant foods, caught small animals and collected delicacies such as witchetty grubs, ants, bogong moths and emu eggs. However, the men's catch was always valued more highly than the food the women gathered because it was much more difficult to come by. Australian Aborigines killed only enough food for their immediate needs.

The diet of Australian Aborigines was rich and nutritionally well balanced. Most diets were high in protein, which supplied up to half of their energy needs. This was due to the consumption of fish and shellfish by

those tribes living along the tropical coast or near rivers, and goanna and kangaroo for those living in or near open scrub, mountains or deserts. Diets were also high in fibre and vitamins, which was due to the variety of fresh fruits and vegetables available. There was a small amount of sugar from fruit, nectar and honey gathered from wild bees or extracted from honey ants. The intake of fat was low, as it largely came from game or fish.

The influence of geography

The geographical location of the tribe and the particular season of the year primarily governed the choice of diet and the way in which food was prepared and cooked.

Animal foods were generally cooked, either over an open fire or steamed in pits. Kangaroo, for example, was laid on a fire and seared for a short period, so that the interior flesh remained practically raw; at other times the kangaroo was placed in a large hole, surrounded by hot coals and sealed from the air.

Sometimes food was wrapped in paperbark or leaf matter to protect the flesh from the open flame. Flying fox, for example, was wrapped in the leaf of the Alexandra palm for cooking. When it was cooked, the leaves were unwrapped, pulling off the skin and fur at the same time.

Plant foods required more careful preparation since many of them were difficult to digest and even poisonous. Aboriginal women spent many hours washing, grinding, pounding, straining, grating, boiling and cooking plant foods. The water used in these preparations and cooking methods was boiled in bark troughs or in large seashells.

Living off the land worked well for the Aboriginal people because their population and needs were relatively small and they moved around seasonally in search of food supplies. This prevented the overuse of any specific food source.

3.1.3 An Aboriginal man hunting for food



FOOD IN FOCUS

Learning to hunt and gather

Much learning and experience is required to become an expert hunter and gatherer. Children generally started the learning process at an early age.

Traditionally, it was customary for children to go out with adults on hunting and gathering trips so that knowledge and skills could be passed from generation to generation. Children also played games in which they acquired hunting and gathering skills, learned how to work with others and practised using the appropriate equipment. Boys played with toy spears, spear throwers and boomerangs; girls played with toy digging sticks and **coolamons**.

In areas where watercraft was important, toy canoes were used. Children also practised tracking, an important skill. Children used their fingers or special wooden objects to make imitation animal tracks on the ground.

Because of the learning experience required, a man might not become an expert hunter until his mid-twenties. However, as hunting was such a physically demanding activity, he might retire from active hunting in his late thirties.

Activities

- 1 Why do you think male and female children were encouraged to play with different hunting and gathering equipment?
- 2 Consider the equipment needed to hunt and gather. Outline what each would be used for and provide an example of a bush food that could be collected using this equipment.
- 3 The expert hunter has a limited career. Think about the expert gatherer. How long do you think female gatherers continued to work for? Explain your answer.
- 4 Investigate the variety of skills hunters and gatherers needed to learn before they were known as experts.

Contemporary use of bush foods

Bush tucker is presently being seen as an important part of our ever-evolving national cuisine. The contemporary bush tucker industry uses native animals and plants in different ways from the ways used by the Australian Aborigines. For example, plants are used primarily for flavour rather than nutrition. Consequently, many animal and plant food sources are now known as gourmet items and are becoming increasingly available in specialty shops and local delicatessens. Consider the gourmet items below that have foods native to Australia as their main ingredient:

- kangaroo meat balls
- bush tomato salsa
- lemon myrtle cheese
- wattleseed pasta
- buffalo steaks smoked over banksia cones
- witchetty and bunya soup
- rosella jam
- lillipilli chutney.

3.1.4 Equipment used by aboriginal people to hunt and gather food



coolamon: elongated wooden dish used for gathering plant and animal foods



3.1.5 Aboriginal people often cook animal foods over an open fire.

In the tropical north, Aboriginal Australians identify six seasons, where non-indigenous Australians usually see only two—the wet and the dry. The seasons are marked by different phases of weather—winds, rains and tides—and the coming and going of animals and plants.

When you dry big bunches of lemon myrtle in the house you bring the scent of the rainforest indoors. Simply hang the fragrant bunches of leaves in a light, airy spot in your kitchen, or in any room that needs a lift. For an instant natural air freshener, just rustle the drying leaves to release the fragrance.

Men and women serving in the Australian army are now trained in how to survive on bush foods in case of combat in Australia.

RECIPE



**LEMON
MYRTLE
COOLER p. 304**

3.1.6 Traditional Aboriginal food sources (animals)

Animal food sources	Place	Season
Crayfish	Fresh rivers, creeks, lagoons	Winter
Emu	Mallee	All year
Fish	Rivers, lakes	All year except breeding time
Frog	Waterways, swamps	Summer
Galah, pigeon, other small birds	Bush, scrub	All year except breeding time
Honey ant	Mulga scrub, land and plains	After rain in dry areas
Kangaroo	Mallee, river plains	All year
Lizard	Sandhills, scrub, bush	Summer
Possum	Scrub, bush	All year
Snake	Sandhills, scrub, bush waterways	Summer
Water rat	Banks of water holes, rivers	Winter
Witchetty grub	Red gums	Spring to summer
Wombat	Burrows in higher ground	Spring to autumn

3.1.7 Traditional Aboriginal food sources (plants)

Plant food sources	Place	Season
Acacia wattle	Scrub	Autumn
Berries	Mallee, bushes	Autumn
Bracken (roots)	Anywhere	Autumn
Bulb and stalk	Billabongs	Spring to autumn
Fungus	Underground	Autumn
Grass seed	Mallee, scrubland	Summer
Honey	Hollow trees	Spring to summer
Nectar	Flowers	All year
Salt	Dry water course	All year
Shoots	Marshes	Summer
Wild tomato	Mallee	Summer
Wild onion	Dry areas	Autumn
Water	Rivers, lakes, tree roots, dew on grass and leaves	All year

FOOD IN FOCUS

Outback facts: bush tucker

The seemingly stark Australian landscape is like one giant supermarket for those in the know. It has sustained Indigenous communities for thousands of years. Many Aboriginal Australians continue to eat traditional foods, well aware of their health-giving properties.

Bush tucker varies according to particular regions and seasons. Traditionally, Indigenous groups living along Australia's coastline existed on marine animals, roots, fruit, small game and reptiles. Depending on the area, freshwater crustaceans may also have been available. In the Torres Strait Islands, communities also ate dugong, while in the tropical north stingrays were eaten. Some wildflowers, such as grevillea and banksia, were sucked for their sweetness, and the tips of the Western Australian Christmas trees were chewed as gum.

Hunting and gathering was more difficult in the harsh desert climate, where hunters frequently had to travel great distances to find kangaroos or emus. Other game included snakes, small lizards and goannas. In the desert regions, game was thrown on a campfire and cooked whole.

Vegetables were either cooked in coals or eaten raw. If the rivers and creeks had permanent water holes, fish such as mullet and bream were added to the menu.

Communities in the tropical parts of northern Australia enjoy a totally different lifestyle from that of the desert peoples and communities further south. The Kimberley, the Northern Territory and Far North Queensland experience lush growth and tropical downpours. The rivers and lagoons supply yabbies, catfish, barramundi, turtles, crocodiles and wild ducks. Edible water reeds grow in lakes and swamps, while the land offers a plentiful supply of meat, including wild turkey, flying fox and snake.

In the inland non-desert areas of south and south-western Western Australia, there are six distinct climatic changes. Traditionally, inland communities foraged for insects, birds, reptiles and mammals, including kangaroos and possums. They also ate a variety of fruits, flowers, berries and nuts. Various seeds were collected, ground up and mixed with water and either eaten as a paste or baked in coals to make damper.

Source: Adapted from information on the Lonely Planet website

Activities

- 1 List the types of environments in which Indigenous people lived.
- 2 Brainstorm the bush foods available in each environment.
- 3 Design a menu that tells a story of indigenous foods in one environment of Australia.
- 4 Select one bush food listed above and find a suitable recipe that could be adapted to incorporate this food. Make your adapted recipe and present it in a traditional way. Analyse and evaluate your final product using the following criteria:
 - Appearance: What does it look like?
 - Aroma: What does it smell like?
 - Flavour: What does it taste like?
 - Texture: What does it feel like?

3.1.8 Gourmet bush tucker foods

RECIPE



ROASTED APPLE, MACADAMIA AND WATTLESEED MUFFINS p. 305



Looking back

- 1 Define the term 'bush foods'.
- 2 The traditional diets of Aboriginal people varied across the country. Why was this so?
- 3 Explain how the traditional food supply of the Aborigines met their nutritional needs. Use the Australian dietary guidelines outlined in Chapter 2 to assist you.
- 4 Outline what influenced the types of food eaten by different Aboriginal groups.
- 5 Explain why the men's food supply was valued more highly than the women's.
- 6 Why did women supply the tribe with more food than men did?

For you to do

- 7 Using resources in your library undertake the following research tasks.
 - a Compare the nutritive value of the traditional diet of Australian Aborigines to the diet of Australians today.
 - b Research the health problems encountered by Aborigines today.

- c If you were stranded in the Australian bush, what foods could you eat to survive?
- d Write a newspaper article on the main reasons that Australians should include bush tucker in their diet.

Taking it further

- 8 Select a traditional Aboriginal food from the tables 3.1.6 and 3.1.7 and use your library to investigate:
 - where and when you would locate it
 - how you would capture or collect it
 - how you would prepare it for eating
 - an example of a recipe that uses the food
- 9 Arrange for a local Aboriginal student or family member to talk to the class about Aboriginal eating patterns and how traditional bush foods are prepared and cooked. As an alternative, you could make contact with your local Aboriginal organisation and invite a representative to come to your class.

- 10 Use the website link to visit Barbushco and Outback Pride, two companies with a commercial interest in Australian bush foods. Use the information you find, along with additional resources, to complete the following questions:

- a Outline the nutritional benefits of using bush foods.
- b Investigate the benefits of marketing bush foods.
- c As a class, discuss who actually benefits from the marketing of bush foods.
- d Explain why companies such as Barbushco and Outback Pride are becoming increasingly successful.
- e Predict some of the challenges facing producers of bush foods.



3.2

Early European influences

The ships of the First Fleet, sent from England with convicts to found a penal colony in NSW, landed at Sydney Cove on 26 January 1788. This date is celebrated annually now as Australia Day.

The first settlers came ashore to a country different from England. Their immediate needs were exactly the same as those of the Australian Aborigines—food and shelter—but they went about providing these in a very different manner.

Food brought on or with the First Fleet voyage consisted of flour, rice, salted meat, sugar, salt, alcohol, vinegar, seeds and vine cuttings. Livestock were brought as a source of fresh meat. The food supply was **rationed** and consumed within two years. During this time, the seeds and vine cuttings were used to grow crops that seemed to fail early on, as the new settlers knew little about the Australian land and climate. They expected to be able to live off the land using the same techniques they had used in England.

Early settlers succeeded in growing corn, wheat and barley. These crops did not significantly alter the variety of the food eaten.



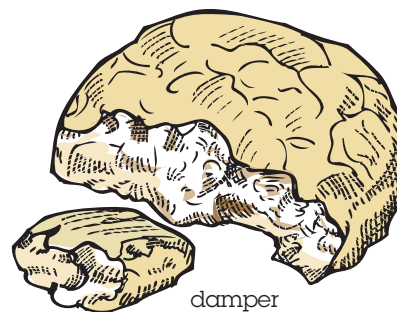
3.2.1 Early settlement in Australia



ration: fixed allowance of food



flour



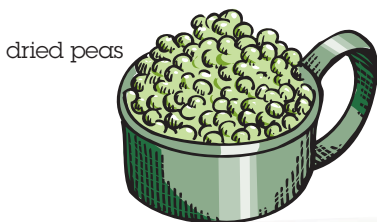
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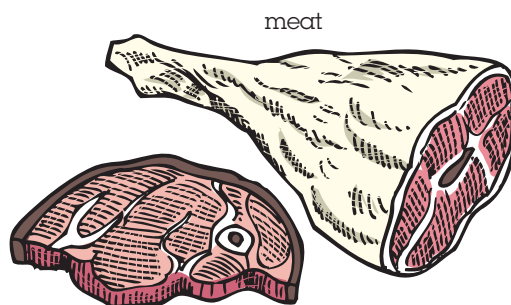
rice



alcohol



dried peas



meat

3.2.2 Weekly ration for sailors and convicts in 1778 on the First Fleet



scurvy: disease caused by a lack of Vitamin C

A pound is approximately equal to 450 grams (the size of a packet of pasta); an ounce is about 30 grams (the size of a small bag of chips); and a pint is about 600 millilitres (the size of a bottle of coke).



Ration your food

Purpose

To plan and prepare a meal using the weekly rations provided for early settlers in Australia.

Steps

- 1 Work in pairs and plan a day's menu using only the ingredients listed on page 67. Try to make the menu as interesting as possible.
- 2 Prepare one of the meals from the menu.
- 3 Rate the meal for appearance, flavour and texture.
- 4 List the problems people would have experienced trying to vary the menu over many weeks and months.
- 5 Use the five food groups to rate the diet of early settlers in Australia. As a class, discuss your findings.

Diet of early Europeans

Women received two-thirds of the rations that men received, and children were eligible for one-third. As you can imagine, people on these rations were often very hungry and the meals were rather uninteresting due to the limited ingredients and quantities.

The meat rations were usually made into stews and pies and the dried peas were boiled to a thick type of porridge. The flour was used to make damper or sometimes added to the cooking of any available green leaves or vegetables. This made a meal very similar to vegetable porridge. These rations were generally served hot and were high in fat, protein and refined carbohydrate, and particularly low in dietary fibre.

These rations remained the basic diet for most Australians for the first fifty years of settlement. Eventually this diet was supplemented with fruit and vegetables as the crops began to grow successfully.

Some people were able to catch fish to supplement their restricted diet and a few ate some of the wild plants and fruits, such as wild currants and native spinach. However, for the general population, a regular lack of Vitamin C meant that **scurvy** was a constant problem.

The convicts had little or no knowledge of Australian native foods. Some proved poisonous or had a terrible taste, which did not encourage experimentation. The main beverages were water, tea (which was brewed black and strong), and rum, which was the most common alcoholic drink. Both tea and rum had to be imported to Australia from England.

Traditional damper versus the contemporary Aussie alternative

The word ‘damper’ was first used in England—meaning to dampen the appetite—and describes hard, unleavened, crusted bread. Damper was very important to the first settlers in Australia when flour, salt and water were the only ingredients for making bread. Originally, the bread was cooked in the ashes of a bush fire for about ten minutes. Then the damper was covered with ashes and cooked for another period of about twenty to thirty minutes until it sounded hollow when it was lightly tapped. Today it is usually cooked in a camp oven (iron pot) that is buried in the hot coals.

Introduction of new foods to Australia

During this time, Aboriginal people started to gravitate towards the settlements and helped with the cleaning, maintenance of crops and day-to-day chores. In return for their services they were paid with rations of food. Over time, they became dependent on the rations for their food supply, and their traditional diet of bush tucker changed to one of white flour, sugar, tea, meat, salt and alcohol. This diet lacked the fresh foods of the bush, sea and rivers and contributed to nutritional disasters such as weight gain, diabetes and alcoholism, which are evident in some Aboriginal communities to this day.

Early Australian **food habits** were linked to those of England. Even today, many of the well-established eating patterns from earlier times have remained dominant in Australians’ food habits. Vegetables other than potatoes and peas were not popular. Sugar and sweet foods became popular and the habit of eating large quantities of meat has persisted. This has contributed to our current high intake of protein and fat. The high consumption of alcohol also goes back to the time of the first settlement of the colony; Australians today consume more alcohol than any other English-speaking nation.

RECIPE



TRADITIONAL DAMPER p. 306

BUSH DAMPER p. 307

CONTEMPORARY AUSSIE DAMPER p. 308



food habit: pattern of eating; the way in which food is prepared, served and eaten

3.2.3 Making traditional damper



3.2.4 Bush damper

Looking back

- 1 List the different ways that European settlement influenced the food habits of many Aborigines.
- 2 Outline how the early settlers' diet compared with that of the Aborigines.
- 3 Explain why the early settlers didn't include more bush tucker in their diets.
- 4 Why was rationing of foods necessary during Australia's early settlement?
- 5 Why do you think the meat was salted, instead of left fresh?
- 6 Explain how European settlement has influenced the food supply in Australia today. Use as many examples as possible.

For you to do

- 7 a Convert the rations shown below into metric measurements (1 lb = 450 g; 1 pint = 600 mL; 1 oz = 30 g).
7 lb flour
7 lb beef
4 lb pork
3 oz dried peas
6 oz butter
 $\frac{1}{2}$ pint vinegar
8 oz rice
- b Divide these rations by two-thirds to calculate the women's rations and by one-third to calculate the children's rations.

Taking it further

- 8 Research the causes and symptoms of scurvy.
- 9 Research the health problems of Australian Aborigines today. Compile a class report on your individual findings.
- 10 Describe the problems faced by Aborigines adapting to non-Aboriginal food habits.
- 11 Explain some of the problems early settlers experienced in ensuring an adequate food supply for their families.



Sample pages



3.2.5 Baked dinner is a traditional English meal.

Multicultural influences

Effects of immigration on lifestyle and food habits

Since the early years of European settlement, Australia has developed as a diverse **multicultural** society. For example, in the 1840s many Germans settled in the Barossa Valley in South Australia, and established vineyards for wine making. The first Chinese arrived in 1848 and many more followed to work as farmhands on the waterfronts. By 1880, there were 100 000 Chinese in Australia. Mass immigration was introduced after the Second World War, in an attempt to bring thousands of people to Australia very quickly, which was necessary for the expansion of the country.

Today, 23 per cent of Australians were born in another country and just over 25 per cent of the population have at least one parent who was born overseas. Over 20 per cent of the current Australian population now come from a non-English-speaking background. All these people have brought their food habits to Australia, which has resulted in the expansion of the diet of all Australians.

Types of foods and flavourings

As people migrated here, they brought their traditional food habits, preparation techniques and cooking methods with them. They then had to adapt these to the foods available within Australia. Many foods with different ingredients and flavours have been introduced to Australia. Cuisines borrow traditional ingredients from other cultures and incorporate them into dishes. For example, a chef may use some Thai ingredients, such as lemongrass, in a meal that is of Italian origin.

Food habits differ from person to person and culture to culture. Your present food habits have developed throughout your life and will possibly change as you find yourself in new and interesting environments. Our food habits usually

develop around the cultural group to which we belong, the lifestyle choices that we make and the personal needs that we have at different times in our life.

Food habits are affected by:

- religious taboos and requirements
- cultural customs
- knowledge and understanding of food and nutrition
- availability of food
- availability of cooking utensils and appliances
- food distribution methods
- social and peer pressures
- advertising
- travel
- climate and geography
- availability of technology
- food preparation techniques and cooking methods.

Preparation techniques and cooking methods

Migrants from every country have brought different styles of preparation, cooking and eating. Over time, other groups have integrated these styles into their patterns of meal preparation and consumption. Until the 1950s, most European Australians ate a traditional British-style diet, which rarely varied from the following pattern.

Breakfast: porridge; bacon and eggs or grilled chops; toast and jam served with tea.

Lunch: a hot cooked meal of meat and vegetables; soup and bread if you were home on the farm. If you were at work or school you had sandwiches, fruit and home-baked cake.

Dinner: soup; meat (beef, mutton, lamb, rabbit, fish) with vegetables (potatoes, peas, cabbage, beans, carrots); sweets would usually consist of pudding and stewed fruit.



multiculturalism: existence of different cultures within the one society





3.3.1 Does this family represent multicultural Australia?

Now we are able to eat a variety of food products that can be prepared to suit our individual needs and lifestyles. We are able to purchase pre-prepared foods from all over the globe at local delicatessens and grocery stores or dine out at restaurants and cafes that prepare international cuisine. We can prepare our own meals using traditional methods with guidance from cookbooks, magazines and television lifestyle programs. Cooking classes are also available to cater for every nationality as people continue to travel and bring their food experiences home with them.

Our diet has changed from traditional and rather uninteresting to one of the most varied in the world. We now readily combine ingredients and cooking styles from different cultures in the one meal. This is known as fusion cooking. We owe this mix to the various cultural groups who now reside in Australia.



RECIPE



PAD THAI
p. 309

MINCED BEEF PIES p. 310

3.3.2 A food stall at Redfern Park, where sausages and satay sticks are on the menu



3.3.3 Top 30 birthplaces of the Australian population, 2006

Country	Persons
Australia	14 072 937
United Kingdom (a)	1 038 162
New Zealand	389 467
China (b)	206 593
Italy	199 124
Vietnam	159 848
India	147 111
Philippines	120 534
Greece	109 989
Germany	106 528
South Africa	104 132
Malaysia	92 332
Netherlands	78 931
Lebanon	74 848
Hong Kong	71 801
Sri Lanka	62 257
United States of America	61 713
Korea, Republic of (South)	52 761
Poland	52 251
Croatia	50 990
Indonesia	50 981
Ireland	50 259
Fiji	48 147
Malta	43 708
Former Yugoslav Republic of Macedonia	40 656
Singapore	39 963
Egypt	33 497
South Eastern Europe, not further defined	33 362
Iraq	32 518
Canada	31 617

(a) comprises England, Scotland, Wales, Northern Ireland, Channel Islands and Isle of Man.

(b) Excludes Hong Kong and Macau and Taiwan.

Source: Racism No Way! website


Chapter review



Looking back

- 1 Identify and describe two native foods. Investigate how each is grown, harvested and prepared for use in Australia today.
- 2 Explain why Indigenous Australians were healthier prior to European settlement.
- 3 List the foods that the early settlers consumed.
- 4 Outline why meat was preserved and the process used to preserve it.
- 5 Explain why the Europeans struggled to cultivate a healthy lifestyle.
- 6 Discuss how migration and travel have affected the range of foods now available in Australia.
- 7 List the ethnic origins of different restaurants in your suburb or closest town. Which are more popular? Why do you think this is the case?
- 8 Explain, using examples, how the mass media influence food consumption patterns.
- 9 Provide one example of how a person's economic position can influence their food choice.
- 10 Provide examples of the impact of migration on Australian cuisine.
- 11 List the cooking methods in use today that have come about because of immigration.
- 12 In what ways do social practices influence what is consumed today? Think about your own social practices and outline how they affect your food choices.

For you to do

- 13 Using the internet research the following:
 - Identify five native foods eaten by Arrernte people in their region.
 - Identify a honey-like food that could be used as a sweetener.
 - Organise for a representative of the Arrernte people to visit your classroom. Ask them to translate this fact sheet for you in Arrernte.
 - Prepare a range of questions that you can ask your visitor so that you gain a better understanding of this chapter.
- 14 Research a famous Australian restaurant and investigate the foods that are included on their menu. Can you identify what influences the choice of foods they present to their customers?
- 15 If you were the owner of a new restaurant that served modern Australian cuisine, what would you name it and why?
- 16 Using the website link, visit the Parents Jury website and investigate the regulations about Australian TV advertising. After reading through this, reflect on what you have learned in this chapter and explain what future action needs to be taken by the regulators.
 
- 17 Brainstorm some tips that could be used to reduce a child's exposure to food marketing.
- 18 Research a recent technological advancement and investigate how it has affected food and its development. Present your findings in a newspaper article.
- 19 Explain the impact of the following factors on current food consumption patterns:
 - social factors
 - economic factors
 - nutrition factors
 - environmental factors.



Chapter review

- 20** Outline the social changes that have led to Australians eating more meals away from home and more convenience meals.
- 21** Research the food rituals, taboos and laws of the Islamic religion.

Taking it further

- 22** Conduct an accompanied excursion to a national park or local bush food trail to view and taste-test Australian bush foods. As a class, identify the foods that can be grown and included in your current diets.
- 23** Investigate the significance of food in traditional Aboriginal culture. Prepare an oral or PowerPoint® presentation about the technologies used by Indigenous Australians for collection and preparation of their food.
- 24** Discuss why many Aboriginal Australians continue to eat traditional bush foods.
- 25** In small groups, plan a day's menu for an adult male Indigenous Australian who lives on the coastline of Australia. Use the internet to check your answer.
- 26** Predict the aspects of Australian life that would be different if Australia had been colonised by a country other than Great Britain. In groups of three, brainstorm examples. Design a poster highlighting what life in Australia might have looked like today.
- 27** Visit your local shopping centres and list all of the restaurants, takeaway and fast-food establishments. Consider how you would describe Australian cuisine in your own town or city. Compare your description with those of your classmates.

- 28** Select one food product that you regularly consume and determine how far it has travelled to get to you. Do you think it is an environmentally sound choice? Will you continue to include this food in your diet?
- 29** Select one cultural group in Australia.
- a** Research the types of traditional foods served.
 - b** Explain how this culture has influenced food preparation techniques and the foods eaten in Australia.
 - c** Outline the availability of food from this culture in Australian supermarkets.
 - d** List the foods from this cultural group that have become takeaway and fast foods.
 - e** With a partner, select and prepare one of these foods.
 - f** Using a nutritional database, analyse the nutritional value of the food you have prepared.

