Rabbit on a Shovel

Aussies cooking around the campfire

by Lummo
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PRIMAVERA
## CONTENTS

**G'day! Lummo Welcomes You** ........................................... 1

**Tuckerbox & Gear**

- *Lummo's Tuckerbox* ........................................... 5
- Tuckerbox Contents ........................................... 6
- Fresh Tucker .................................................. 7
- Bits And Pieces You May Need .............................. 9
- Camp Ovens ................................................... 10
- Davo's Dunny ................................................ 11
- Family Jewels Purse ...................................... 12
- Twelve Gallon Oven ..................................... 13

**But Can You Boil That Billy?**

- Cooking With Coals ....................................... 17
- Basic Cooking .............................................. 18
- To Boil That Billy ....................................... 20
- Making Billy Tea ........................................ 21

**Have A Go At These If You're Desperate**

- Bushies' Pizza ........................................... 25
- Desperado S'getti ......................................... 26
- Hair Of The Dog .......................................... 27
- Jackass Flaps ............................................. 27
- 'Ungry Beans ............................................. 28
- Welsh Rabbit ............................................ 28

**Damper & Dough Staples**

- Aussie Damper ........................................... 31
- Fried Damper ............................................. 32
- Lead Sinkers ............................................. 32
- Quick Damper ............................................ 33
- Glennasticks .............................................. 34
- Bushies' Fried Scones .................................. 35
- Edward River Scones .................................. 36
- Farmhouse Scones ..................................... 37
## Contents

### Damper & Dough Staples (continued)
- Johnny Cake ........................................... 38
- Lummo's Yam Rocks ................................. 39
- Puftaloons .............................................. 40
- Unreal Fillings ......................................... 41

### Soups To Sit Back And Sip On
- Billy Beef Tea ........................................... 45
- Myers Creek Moosh .................................... 46
- 'Roo Tail Soup .......................................... 47
- Supa Beaut Vegemite Soup ........................... 48

### Eggs To Bet On
- Aussie Omelette ......................................... 51
- Birds' Nests ............................................. 52
- Chook In Scrambled Eggs ............................. 53
- Fried Bread That's Different ........................ 53
- Red Chooks .............................................. 54
- Red Sunrise ............................................. 55

### Your Rabbit—Cooking Him Up
- Rabbit On A Shovel—Song ........................... 56
- The Rabbit ................................................ 57
- Circling The Rabbit ..................................... 58
- How To Humanely Kill A Rabbit .................... 59
- Gutting And Skinning A Rabbit ..................... 60
- A Rabbit On A Shovel ................................ 62
- French Rabbit A La Fair Dinkum ................... 63
- Jugged Hair ................................................ 64
- Pan-fried Rabbit In Gravy ............................. 65
- Rabbit From The South ................................ 66
- Rabbit Has Been Flattened ........................... 67
- Rabbit Kebabs ........................................... 68
- Roasted Underground Mutton ....................... 69
- Stick Rabbit ............................................. 70
- Swaggie's Rabbit Stew ................................ 71
- Two-day Rabbit .......................................... 72
CONTENTS

Yabbies & Crays
  Murray Cray Grilled ........................................ 75
  Yabbies In Sauce .............................................. 76

Fish—Cooking Up Your Catch
  To Skin And Fillet A Fish ...................................... 79
  A Fish In A Hubcap ............................................. 80
  Baked Fish .................................................... 81
  Camp Oven Cod ............................................... 82
  European Carp In Beer ......................................... 83
  Fish Fried In Bacon ........................................... 84
  Fried Catfish And Chips ....................................... 84
  Murray Cod In Coals ........................................... 85
  Steamed Fish In White Sauce .................................. 86
  Sunrise Trout .................................................. 87
  Sweeney’s Fish In The Mud .................................... 88
  Waterhole Fish ................................................ 89

Birds—Wild & Tame
  Camp Oven Sunday Chook ...................................... 92
  Wild Fowl Stew ................................................ 93
  Bazza’s Pan-fried Duck ........................................ 94
  Bidsey’s Crumbed Wild Duck ................................... 95
  Roasted Wild Duck ............................................. 96
  Wild Duck Stew ................................................. 97
  River Bank Pigeon ............................................. 98
  Roast Country Pigeon .......................................... 99
  Camp Oven Quail ............................................... 100
  Quail In Bacon ................................................ 101
  Squatter’s Grilled Quail ...................................... 102

Meat—Mild & Game
  Bull Slabs ..................................................... 105
  Bully Buttock ................................................ 106
  Bush Steak In Batter .......................................... 107
  Down-under Steak ............................................. 108
## CONTENTS

### Meat—Mild & Game (continued)
- Roughin’ It Steak ........................................ 109
- Stump Meat ............................................. 109
- Buffalo Steaks .......................................... 110
- ’Roo Tender Loin ........................................ 111
- Jolly Jumbucks .......................................... 112
- Stray Lamb Chops ....................................... 113
- Venison Steak—Bite Size .............................. 114
- Venison Steak—Giant Size ............................ 115
- Sambar Stew ............................................ 116

### A Real Different Meal If You’re Daring
- Achilles Eel ............................................ 119
- Mallee Stew ............................................ 120
- Pan-fried Snake ......................................... 121
- Pit-roasted Pig Or Goat ............................... 122
- Witjuti Grubs .......................................... 123

### The Old Snags & Mince
- Bloodied Dogs .......................................... 126
- Drover’s Dog ............................................ 127
- Toad-in-the-Hole ........................................ 128
- Balls And Mushies ...................................... 129
- Giant Venison Burgers ................................. 130
- Meat Loaf And Fried Damper ....................... 131
- Mince Parcels In Foil .................................... 132

### Mushies & Vegies
- Midnight Mushies ....................................... 134
- Pan-fried Mushies ....................................... 135
- Vegie Kebabs ........................................... 136
- Wilderness Vegies In Coals ........................... 136

### Spuds
- Bell Spuds ............................................... 138
- Bullocky Bread ......................................... 139
- Dydi’s Savoury Spud Cakes ............................ 140
<table>
<thead>
<tr>
<th>CONTENTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Spuds (continued)</td>
<td></td>
</tr>
<tr>
<td>Mick's Spuds</td>
<td>141</td>
</tr>
<tr>
<td>Mock Fish</td>
<td>141</td>
</tr>
<tr>
<td>Roasted Spuds In Foil</td>
<td>142</td>
</tr>
<tr>
<td>Spud Pie</td>
<td>143</td>
</tr>
<tr>
<td>Unlucky Hunter's Respite</td>
<td>144</td>
</tr>
<tr>
<td>Re-cooking Leftovers</td>
<td></td>
</tr>
<tr>
<td>Feathered Fish</td>
<td>146</td>
</tr>
<tr>
<td>Jaffles In Coals</td>
<td>147</td>
</tr>
<tr>
<td>Paddy's Fish Cakes</td>
<td>148</td>
</tr>
<tr>
<td>Modern Swaggie's Leftovers</td>
<td>149</td>
</tr>
<tr>
<td>Something To Sweeten You Up</td>
<td></td>
</tr>
<tr>
<td>Camp Oven Bread Pudding</td>
<td>152</td>
</tr>
<tr>
<td>Cowyard Whacklers</td>
<td>152</td>
</tr>
<tr>
<td>Dolly Varden</td>
<td>153</td>
</tr>
<tr>
<td>Hungry Campers' Pancakes</td>
<td>154</td>
</tr>
<tr>
<td>Mug Of Muck</td>
<td>155</td>
</tr>
<tr>
<td>Outback Fritters</td>
<td>156</td>
</tr>
<tr>
<td>Ploughman's Pikelets</td>
<td>157</td>
</tr>
<tr>
<td>Twelve Gallon Bun</td>
<td>158</td>
</tr>
<tr>
<td>Soaking The Meat &amp; Sauces</td>
<td></td>
</tr>
<tr>
<td>Marinades</td>
<td>161</td>
</tr>
<tr>
<td>Barbecue Mixture</td>
<td>162</td>
</tr>
<tr>
<td>Small-game Mixture</td>
<td>162</td>
</tr>
<tr>
<td>Bread Sauce</td>
<td>163</td>
</tr>
<tr>
<td>Dead Horse Sauce</td>
<td>163</td>
</tr>
<tr>
<td>Golden Syrup Sauce</td>
<td>164</td>
</tr>
<tr>
<td>Mallee Sauce</td>
<td>165</td>
</tr>
<tr>
<td>Mushroom Sauce</td>
<td>166</td>
</tr>
<tr>
<td>Scrub Relish</td>
<td>166</td>
</tr>
<tr>
<td>White Sauce</td>
<td>167</td>
</tr>
<tr>
<td>Weights &amp; Measures</td>
<td>168</td>
</tr>
</tbody>
</table>
G’day!  Lummo Welcomes You

As a kid growing up and spending many days at a time in the bush, and of course with no equipment or utensils at all, or if I had them not knowing how to use them, I remember how boring it was to eat fried fish or fried rabbit and rabbit or duck stew day after day. What a change, and how different it would have been, if we had the gear and equipment that is available to us today. And knowing a little bit about cooking would have made life just that much easier.

When I first thought of writing this bush cookbook it was my aim to help some of the people who like to go bush, to give them a few ideas and advice that I have received over the years.

The recipes, advice and directions in this book will help you Bush Cooks improve the standard of dishes you prepare whilst in the bush. If you follow this advice then at least you will have the supplies and the gear needed to serve up a pretty good meal which, with practice, should be as good as you would get at home. Of course how it turns out is completely up to the cook and the cook is only as good as his fire.

I must thank the many people who have helped me make this book possible. The fishermen and cattlemen from the Northern Territory, the shearers’ cooks, the mountain men and hunters from the Victorian Alps, the drovers from Central Australia, the fishermen from the mighty Murray River and, of course, the numerous others who spend all their spare time in our precious bush: they have shared their experiences, and were willing to let me use their ideas and advice.

These people have made bush cooking an art, and their recipes which I have included in this cookbook are tried and proven over many campfires. So Lummo welcomes you to have a go at bush cooking.

It is my hope that these recipes will be tried and proven over your campfire for many years to come.
AUSTRALIAN SLANG TERMS

Tuckerbox --- Food Box
Tucker --- Food
Chook --- Chicken
Esky --- Ice Box (Cooler)
Mutton --- Old Sheep (Underground Mutton - Rabbit)
Jaffle Iron --- Pie Iron
Dunny (Thunderbox) --- Toilet
Roo --- Kangaroo
Billy --- Light Steel Can with Wire Handle
Yonnie --- Rock or Stone
12 Gallon Drum --- 60 Litre Drum
Snags --- Sausages
Kero --- Kerosene
Off Colour --- Feel Sick
Jam --- as in Peanut Butter & Jelly
Damper --- Simple Bread Mix
Swaggie (Swagman) --- Drifter works where he can get it.
Golden Syrup --- Cane Syrup (or Corn Syrup)
Bash Up --- Make
Boundary Rider --- Checks Fences
Missus --- Wife
Bloody --- Used to express aggravation (Bloody Nuisance) or delight (Bloody Ripper)
UTE --- Pick Up Truck
AUSTRALIAN SLANG TERMS

Unreal --- The Best / Tops
Sheila (Sheelagh) --- Woman (Gaelic)
Vegemite (Marmite) --- Spread non Aussies find it unpalatable. A taste acquired in childhood.
Fair Dinkum --- Honest Truth the Real Thing
Scrub (Bush) --- Forest with abundant undergrowth
Yabbie (Yabby) --- Fresh water Cray (small)
Marron --- Fresh Water Cray (large)
Hubcap --- Wheel Cover old model Car (Automobile)
Chips --- Fries
Sambar --- Indian Elk, imported animal run wild in Australia. Adults weigh several hundred kilograms.
Witjuti Grub (Witchety grub) --- Moth Lave tastes as good as it sounds!
Mince --- Ground Beef
Tuckerbox & Gear
NOTICE TO ALL CAMPERS

All you bushies and campers alike
Do us a favour and keep the bush Right
Throw your cans and rubbish in an old plastic bag
You can put it in the boot or use it as a swag
Then take it all home and do the right thing
Chuck it in the house rubbish or in the big green bin.
**Lummo's Tuckerbox**

*Make it yourself. No tradesman's skills required. It is 2' 3" long by 1' 3" high and 1' 3" wide. And it is made out of chipboard.*

**Ingredients**

- Chipboard—1/2" is what I use
- Some 1" nails
- One 6m length of 1" aluminium angle iron
- Some 1/2" chipboard screws
- Two good hinges
- Two good carrying handles
- A good quality chest lock

**How to do it**

First of all, make a complete six-sided box, with no openings, with your glue and nails. Then measure down from the top about 2 inches and cut the lid off as one. This makes for a nice fitting lid. Add two good hinges and screw on. Then paint the box. I paint mine with outdoor fence paint. Cover all the edges with the aluminium angle with screws. Add to each end two carry handles, and add the chest lock to the front to keep it locked and the missus out.

The whole box should cost no more than about $30.00, and is good and solid. I've had mine for a couple of years now and it has seen many a rough trip.

Give it a go. It's easy to do, and they look good.

When you return home after your trip, try to restock your tuckerbox as soon as possible, so that you can be ready for your next time away. Don't forget to keep your box locked so your missus can't get at it when she runs out of provisions in the kitchen.
Tuckerbox Contents

The list of goodies in Lummo’s TUCKERBOX is perfect for all trips—either a weekender or an extended stay. The tuckerbox, when carefully packed, contains all the ingredients you need for the recipes in this cookbook.

**TUCKER**

125 g salt
50 g pepper
500 g sugar
1 kg plain flour
1 kg self-raising flour
1 kg cornflour
2 x 1lt long-life milk
300 g tin powdered milk
200 g condensed milk
100 tea bags
250 g tea
200 g instant coffee
750 ml cooking oil
500 g dripping
250 g baking powder
60 g curry powder
370 g Gravox
30 g mustard
500 ml vinegar
Small jar mixed herbs
1 pkt sultanas
6 x 50 g pkts dried peas
6 x 20 g pkts dried beans
2 x 350 g pkts instant potato powder
2 x 190 g tins mushrooms
150 g garlic granules
2 pkts dried onions
4 pkts Cup of Soup
600 ml tomato sauce
250 ml Worcestershire sauce
50 ml Tabasco sauce
1 can tomato juice
150 g steak sauce
200 ml soya sauce
Stock cubes: chicken, beef, onion
250 ml lemon concentrate
500 g jar Vegemite
1 tin golden syrup
1 jar peanut butter
500 g jar honey
1 jar jam

**GEAR**

*Rabbit on a Shovel* cookbook

6 pannikins (large tin mug)
6 knives, forks, spoons
6 tin plates
1 large fork
1 can opener
1 egg flip
1 grater
1 packet meat skewers

1 carton matches (Greenlites)
1 packet mosquito coils
1 roll garbage bags
1 roll aluminium foil
Freezer bags
1 scouring cloth
50 ml detergent
Fresh Tucker

FRESH MEATS
The following fresh meat supplies are only a backup, just in case you can’t catch a fish or get a rabbit. It’s probably a good idea to keep your fresh meat in an Esky with plenty of ice to keep it from going off.

<table>
<thead>
<tr>
<th>Steak</th>
<th>Bacon</th>
<th>Sausages</th>
</tr>
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<tbody>
<tr>
<td>Chops</td>
<td>Chicken pieces</td>
<td>Minced meat</td>
</tr>
</tbody>
</table>

How to choose good meat
The joints should be a nice shape and a bright colour. Mutton is a lighter colour than beef. The meat should not be watery or flabby. The fat should be well mixed in with the lean—if the meat has too much fat it’s a waste when cooking, and real lean meat has less value when cooked, so try to get some meat which is between fat and lean.

How to choose a chook
If you’re into buying chooks, here are a couple of things to look out for. Young chooks have limp claws, and no spurs on their legs. Chooks with dark coloured legs should be roasted, and the light-feathered variety are ideal for boiling. Don’t forget to test the breast bone, it should be sort of pliable, and I love chooks with plump breasts.

What about a turkey
Well, what about it? It’s eyes should be full and bright. Its feet and legs smooth and black, and with short spurs.
TUCKERBOX AND GEAR

FRESH FISH
This is for the blokes who have been away all weekend and played up like hell and didn't catch anything for obvious reasons. So on the way home bought some fish from the local pub.

How to choose a good healthy fish
The gills must be red. The flesh has to be firm. The eyes should be clear, full and bright. The scales should be intact. It should smell alright. The smaller fish are usually better.

FRESH FRUIT AND VEGIES
Either at home or away everybody needs their vegies, even the old-timers used to eat their yams and berries.

<table>
<thead>
<tr>
<th>Bananas</th>
<th>Tomatoes</th>
<th>Carrots</th>
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</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Potatoes</td>
<td>Onions</td>
</tr>
</tbody>
</table>

How to handle fresh vegies
Fresh vegies, as you know, are perfect with all dishes you bash up at home or in the bush. But there are a couple of rules to follow. Always use them as quickly as possible. If refrigeration is a problem, try to keep them in a cool dark airy place. Wash them properly, boil them quickly with the lid on, and strain them as soon as they are tender. Don't forget to use the vegetable water for making sauces and gravy.

FRESH PROVISIONS
These fresh provisions will certainly help add variety to your main dishes and should last a fair time without refrigeration.

<table>
<thead>
<tr>
<th>Bread</th>
<th>Cheese</th>
<th>Crumpets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine</td>
<td>Eggs</td>
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</tr>
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# Bits And Pieces You May Need

## UTENSILS

When you’re away from home, you need a few comforts. Here are certain pieces of equipment which are fairly important and others which are well-and-truly needed.

<table>
<thead>
<tr>
<th>Shovel</th>
<th>Water bucket</th>
<th>Camp oven</th>
</tr>
</thead>
<tbody>
<tr>
<td>Axe</td>
<td>Steel tripods</td>
<td>Bush frypans</td>
</tr>
<tr>
<td>Chainsaw</td>
<td>Fire stakes or</td>
<td>Billy</td>
</tr>
<tr>
<td>Rabbit traps</td>
<td>Star pickets</td>
<td>Saucepan</td>
</tr>
<tr>
<td>Hooks</td>
<td>Jaffle iron</td>
<td>Toasting fork</td>
</tr>
<tr>
<td>Lengths of chain</td>
<td>Grill</td>
<td>Cake Tin</td>
</tr>
</tbody>
</table>
Camp Ovens

There are two kinds of camp ovens. The first kind is made from thick heavy cast iron and the second from 2 mm spun steel.

Cast-iron ovens are sometimes called Dutch Ovens. The most famous Australian cast-iron oven is called a Furphy, and is made by the family-owned Furphy foundry in Shepparton, Victoria. This foundry also achieved fame with its Furphy water carrier which accompanied our soldiers to the Middle East during the First World War. The Furphy water carrier was hauled from camp to camp by horse-drawn carts, the drivers of which were renowned for the gossip they carried along with the water. And this is how we got the Australian saying: a bit of a furphy, meaning rumour or false report.

The steel oven is called a Bedourie oven, and was invented by some stockmen in the south-west Queensland town of Bedourie. The advantage of the Bedourie over the Furphy was that you could put the Bedourie on a packhorse and if the horse bucked and threw its pack, the steel oven didn't break like the old brittle cast-iron pots did.

Both ovens are used interchangeably these days, although some cooks would prefer that the Bedourie was made of 3 mm rather than 2 mm steel so as to hold a more even heat.
Davo’s Dunny

Everybody has to go at some stage, and this dunny is a beauty. It doesn’t cost much, is easy to make, takes up no room and is portable. Everybody who goes bush should have one.

Ingredients

3/4" chipboard 500 x 500mm
4 x 100 mm lengths of 33 mm (outside diameter) square steel tube
4 x 500 mm lengths of 25 mm (outside diameter) square steel tube
4 x 40 mm x 3 mm x 100 mm long flat steel bars
8 x 18 mm x 25 mm nuts & bolts
4 x star steel pickets
Some canvas

How to do it

Take the chipboard and round off the outside corners. With your jigsaw cut a hole in the middle about the same size as the pan seat in your house toilet.

Cut one end of each of your 33 mm square steel tubes at 60 degrees and weld onto the middle of the 40 mm face of the flat steel bars. Drill 2 holes (18 mm) in each end of each flat steel bar and bolt to seat equal distances apart.

Fit your smaller (25 mm) removable square steel tubes, as removable legs. Paint to weatherproof.

How to use it

Dig a hole in the ground approximately 18 inches deep and place portable dunny above. Belt in 4 star pickets and affix some canvas around.

Then use as required.

When leaving your campsite, don’t forget to fill in the hole.


Family Jewels Purse

If you ever happen to run into, or find a freshly-dispatched big red 'Roo, and you wish to make up with your missus for all the camping trips you've made in the past, why not make her a little gift? Interested? Well read on.

Ingredients

One big red 'Roo
1 bootlace
A stick (about 1" thick)
1 billy of tea-leaves & sludge
Handful of cooking salt
1 yonnie or stone (about 3" across)

How to do it

When skinning off your 'Roo's scrotum, include a 4-inch diameter of belly skin.

When the scrotum has been completely removed turn it inside out and place a good round yonnie, or throwing stone, inside the hair part of the bag. Place the piece of wood through the opening and down to the stone.

Allow it to dry quietly in a suspended ventilated spot, with a piece of string tied outside of the bag and around the top of the wood. Rub in a good handful of cooking salt before drying. When dry, remove all fat from the skin and remove stone.

Tanning can commence. Tanning can be done several ways. Here is a favourite way. Gather all your tea-leaves and sludge and place into a billy. Place the skin in the billy and leave for 3 weeks, stirring up at least once a day.

Remove skin from the billy and dry slowly, constantly rubbing to make skin soft. Carefully cut slots into skin where the string has been tied. Place a bootlace into the slots, in and out to make a drawstring, and reverse the hair to the outside. By this time it should be lovely and soft and pliable.

I tell you what—when you give this purse to your lady to put her small change in she will be as pleased as punch. If she doesn't like it, keep it for yourself, because it will be one of the best tobacco pouches this side of Myers Creek.
Twelve Gallon Oven

My old dad who was born at the turn of the century used to use this type of oven to cook in, especially when we went up to the river. We believe it originated in Northern Australia but even now a lot of the old-timers are still using them and cooking up really good meals. Why not try one, just for the fun of it?

Ingredients

12 gallon drum (empty) with the top cut out
A bit of flat tin or plate for a shelf
A bit of flat tin or plate (hinged if you want) for a door
4 legs (if you’re serious)

How to do it

Get your drum and cut the top right out.

Lay the drum on its side. Get a bit of flat plate for shelf to cook on. The shelf should be positioned about half-way up the drum. On the top of your drum (which is lying on its side) punch half a dozen or so holes, to let out the smoke.

If you are real serious about your oven, as my dad was, you can weld four legs onto it as a stand. You can also hinge a flat piece of steel onto the front for a door, or you can just lean a piece of steel over the front opening—either way works good.

Now that you have done all this, it is important before using your drum to cook in, to make sure you give it a good burn out first, to get rid of all the oil and rubbish.

Shove in your cake or scones or your Twelve Gallon Bun, and shut the door and let nature do its work.
But Can You Boil That Billy?
B U S H  C L E A N E R

Your forks and spoons in your tuckerbox look dull. Well, get a bucket and chuck in some water and a handful of salt and a bit of tin foil rolled into a ball. Put in the forks and spoons and leave them there for about an hour. Wipe clean.
Cooking With Coals

A few pointers for the beginners and maybe a couple of hints for those who think they know what they're doing. Campfire cooking is an art perfected by practice, and by learning from your mistakes and not repeating them. It is quite simple really. Once you've learnt to light a fire you never forget, whether you're camped in the outback, on a river bank, by a lake or high in the mountains—the principles are the same. The wood might be different, some very dry and easy to light or some wet and therefore extremely difficult to get a fire to catch. But remember, perseverance normally wins.

How to do it

When cooking over a campfire, never cook over flames—the heat of the fire is too variable, hard to control and smoky. Build your fire up and let it burn down to a bed of coals. With experience gained from many an outdoors stay, beginners will come to associate bush cooking with fire coals that have burnt down to a dull red mound.

Most devotees of camping always relate to sitting around a blazing campfire with a mug or bottle of their favourite beverage in their hand, but this type of fire does not lend itself to successful campfire cooking, and is the reason why most experienced campers and bushmen do not cook over the main fire but have a separate cooking area.

This usually consists of either a hole that has been filled with coals from the main fire and is continually fed with hot coals, or a totally separate fire that is kept alive with larger logs and stumps to provide a very hot bed of coals. Coals give out a more even heat, maintain that heat for a longer period, and are not as susceptible to the wind as a blazing fire.

Your Bushman's Pan cooks best over coals. The old camp oven gives the best results when placed on coals with a shovelful on the lid. Toast cooked over coals gives a more even result. Your TWELVE GALLON OVEN cooks best with coals put in the lower part of the drum.

If you have a good bed of coals to cook over or in, then as the saying goes, "A poor cook always blames his fire".
Basic Cooking

You're probably a good fisherman, shooter, footballer, cricketer and lover. But can you cook? You said No!! Well read on. Here are a few basic recipes you can learn, either in the bush or at home.

BOILED SPUDS

Ingredients

1 good-sized spud for each person
Some salt
Water

How to do it

Peel and rinse the spud and cut into small pieces. Put into a saucepan and cover with water, if required add a pinch of salt. Put saucepan with lid on over a medium heat until water boils, then simmer until cooked. Check by pushing a fork easily into a spud piece.

TO MASH: Tip out water, add a dash of milk, a good dob of margarine or cream, a dash of pepper. Mash the lot with a fork or a masher until nice and smooth. Then serve.

FRIED SNAGS

Ingredients

3 or 4 snags for each person
A little margarine

How to do it

Get your frypan nice and warm-to-hot. Put a little margarine in to melt, pop in the snags, turning often to make sure of even cooking. When nice and brown on the outside, check inside by cutting—when colour is light brown they're done.
SOFT-BOILED EGGS

Ingredients

1 egg for each person
Water

How to do it

Half fill a medium-sized saucepan with water and let boil. Reduce to simmer, then pop the eggs in, shell and all. Check your watch. Let simmer for 3 minutes then remove and use.

TO HARD-BOIL EGGS: Simmer for 10 minutes.

EGGSHELL CRACKED

When hard-boiling an egg, if the shell cracks put a small pinch of salt to the crack, this will help to stop the shell from cracking any further, but if it does, throw it away and get another egg.
To Boil That Billy

Whenever we get our campfire going out in the bush I am constantly being asked how to make the fire stakes which I use, and which over the years have helped to cook many a good meal and boil many a good brew of billy tea.

How to do it

There are many ways of holding that billy or frypan over the campfire. Here are a few ideas:

FIRE STAKES

You need two star pickets with two lugs welded on them at the top. They are driven into the ground, with another star picket resting across the top and sitting in the lugs. Then you need a couple of lengths of chain to hold frypans or billies.

Another way is to have just the two star pickets with a further star picket resting across the top in the slot provided.

STEEL TRIPOD

There are several other ways of holding that billy and the most popular is the steel tripod. These can be either made or bought, and come in various different heights and weights, depending on your needs.

COLLAR AND ARM

Another popular holding device is the collar and arm. It is usually a star picket with a steel collar and a swinging arm.

Whatever device you use, make sure it is strong and dependable, so that it won’t collapse and spill your tea or cause a serious burn.
Making Billy Tea

There are many ways and individual styles of making billy tea, but basically it involves the heating of water over a campfire in a container suspended by a wire handle (billy), and when the water is boiling adding a handful of tea-leaves.

How to do it

The tea is urged to the bottom of the billy to draw by several methods. One is to hold the billy by its handle and swing it in a large circle, at a high rate of knots to force the leaves to the bottom. Tapping the side of the billy is another method to make the leaves settle.

The flavour of the tea can be added to or altered by stirring with a green gum stick or tossing in a couple of green leaves.

Sipping from a pannikin of steaming billy tea, in front of a bed of red campfire coals, long after the sun has set, in the peace and quiet of the bush, is a pleasure to be re-lived.
DIRTY SOAP

To stop soap getting dirty while out in the bush, cut the leg out of your wife’s pantyhose and tie the soap in the toe end. Hang the leg of the panty hose in a tree near your wash-up area.
Have A Go At These If You’re Desperate
HAVE A GO AT THESE IF YOU'RE DESPERATE

Bushies’ Pizza

To end a hard day in the bush there is nothing better than to sit back in front of the campfire with a nice midnight snack and a cup of billy tea.

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crumpets, 2 to a person</td>
<td></td>
</tr>
<tr>
<td>Tomato slices</td>
<td></td>
</tr>
<tr>
<td>Cheese slices</td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td></td>
</tr>
<tr>
<td>Bacon rashers</td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td></td>
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</tbody>
</table>

How to do it

Cut the bacon into small bits and slice the tomato and the onion. Partly cook in a hot frypan. Then toast the crumpets and smother them in margarine. Place tomato and onion on top of the hot crumpet, add a slice of cheese, then add bacon bits.

Place into a hot camp oven and cook until cheese has melted.

I tell you what, it’s alright mate.
Desperado S’getti

This is the tucker for the desperate man, and its best attribute is that it will be hot and will fill that empty spot.

Ingredients

1 can of spaghetti
4 slices of cheese
4 slices of bread
1 medium chopped onion
1 dob of margarine
1 small spoon of curry powder

How to do it

In a saucepan or frypan brown the chopped onion, tip in the can of spaghetti and stir until nearly done.

In the meantime cook your 4 pieces of toast and have them ready on your plate. When your spaghetti is nice and hot stir in the curry powder. Put the cheese slices on the buttered toast and pour the spaghetti over.

Then wash down with a cuppa tea.

 Simply splash some kero on the bin or bag, or squirt it with some fly spray. They hate it.
Hair Of The Dog

Bit off colour eh? Rough night, must have been something in the tucker, or perhaps the sleep didn’t help. Ah well, this will help pick you up.

Ingredients

- 1 egg
- 1 pannikin of milk
- Small spoon of sugar
- Dash of brandy (if available)

How to do it

Beat the egg well, then add milk and sugar and stir thoroughly in a pannikin. Add a touch of brandy if you can handle it.

It’s a bit hard to put down but hold your nose, close your eyes, count to ten, then sip slowly. It can’t make you feel any worse than you do now.

Jackass Flaps

That’s the name the old-timers used to call these things, but we call them bush doughnuts. They don’t look much but they’re worth a go.

Ingredients

- A couple of slices of bread per person
- A couple of eggs
- Enough margarine and jam to spread
- A pinch of salt
- 1/2 pannikin of milk
- 1/2 pannikin of sugar
- 1 pannikin of self-raising flour
- Some margarine

How to do it

Stir eggs, milk and sugar in a bowl. Slowly add the flour while mixing, then add salt and mix into a smooth batter.

Dip your jam sandwich into the batter making sure it is completely covered. Drop into a hot pan with some margarine and cook until golden brown on both sides.
‘Ungry Beans

The meal for the hungry ones, especially if you have just arrived at your campsite.

Ingredients
1 can of baked beans
1 onion
2 or 3 rashers of bacon
1 dob of Vegemite

How to do it
Dice the bacon and onion, then lightly brown. Open a can of beans and tip into saucepan with the onions and bacon and heat. When warm add a dollop of Vegemite and stir well.

When hot, serve on thick toast with plenty of margarine.

Welsh Rabbit

If the rabbits have been lucky and won the day, here's a way to eat rabbit without a rabbit—Welsh Rabbit.

Ingredients
1 slice of bread
1 teaspoon of jam
1 slice of cheese
1/2 teaspoon of Worcestershire sauce
1/2 teaspoon tomato sauce

How to do it
Mix the jam and sauces together, spread on top of the bread and cover with a cheese slice. Place in greased camp oven and cook until bread is brown and cheese is melted.

Serve hot as an ideal light snack.
Damper & Dough Staples
Aussie Damper

This recipe utilises self-raising flour to simplify the damper recipe.

**Ingredients**

- 6 pannikins of self-raising flour
- 1 spoonful of salt
- 3 good spoonfuls of margarine
- 1 pannikin of milk or water

**How to do it**

Mix flour and salt in a dish then blend in margarine until flour mixture has a coarse texture. Add milk or water and mix, adding more flour and water as required to obtain a stiff dough. Allow to sit while sides and bottom of camp oven are rubbed with flour. Place dough in camp oven and place camp oven in coals.

Cook for approximately 30 minutes. Damper should be golden brown. Try the knocking test to see if it sounds hollow—if so it’s cooked.

Absolutely delicious when eaten freshly-cooked and smothered with margarine and jam, or when soaking up a Swaggie’s Rabbit Stew.
Fried Damper

This is delicious cooked up in your warm camp oven after making Meat Loaf for tonight's tea.

Ingredients

1 pannikin of self-raising flour  1 egg
Pinch of salt                   Some milk

How to do it

Place flour and salt in a bowl, break egg into centre of flour and mix well. Add milk to make a nice smooth batter.

When Meat Loaf is cooked, remove from camp oven and keep warm. Remove most of the fat and re-heat in camp oven until the remaining fat is bubbling. Pour in the damper mixture, replace lid on camp oven and cook for 20 minutes.

When cooked serve with Meat Loaf and with roast spuds. Have a delicious meal.

Lead Sinkers

These dumplings are the perfect addition to any stew. Or they can be cooked with Golden Syrup Sauce and eaten as dessert.

Ingredients

1 pannikin of self-raising flour  1 good spoonful of margarine
2 pinches of salt                  Water

How to do it

Knead margarine into flour and salt, mix with enough water to make a stiff dough. Roll into balls.

These dumplings can now be added to your stew, or Golden Syrup Sauce, and cooked for about 10 minutes.
Quick Damper

I was up the river recently and camped in a real good spot not far from a bloke and his missus who were camped in a caravan. And on the second night I went over to say G'day and the bloke was cooking up this damper. I told him what I was about and he told me his recipe for the damper he was cooking. I asked him where he got it and he told me his father gave it to him as a boy.

Ingredients

- 3 pannikins of self-raising flour
- 1 good spoon of powdered milk
- Some salt, not too much
- Some water

How to do it

Mix all the dry bits together and then mix with the water until you get a good stiff dough. Grease your camp oven and put it in the coals until it’s hot. Put your dough in and cook until it’s golden brown. Don’t forget to put some coals onto the lid of the camp oven.

Cooking should take about half an hour, but keep checking on it by tapping or pushing a knife into the damper.

When it’s done, it’s time to smother it with margarine and clean up the gravy from the stew.

Bush Broom

The old bushman’s favourite. Tie some small green branches onto a main handle, then trim off the ends for a perfect bush broom.
Glennasticks

We were camping out of Deniliquin and a lady was doing the cooking and her husband said, “Hey love, what about some Glennasticks?” I said, “What the hell are they?” And he said, “These are her favourite way to cook damper mix.” I said “OK”. Her name was Glen, and her husband calls 'em Glennasticks.

Ingredients

Quick Damper mix [see recipe]
A green stick
Some margarine
Some jam

How to do it

Get a green stick about 1/2 inch across and about 2 foot long off a tree.

Roll out the damper mix into a strip, say about 9 inches long and about 1 inch wide by nearly 1/2 inch thick. Wind around the end of the stick, “similar to putting electrical tape on the bare wires on your trailer pull”.

When you’ve done this, hold the damper over the coals and keep turning until cooked. When it’s cooked pull the stick out—should come out pretty easy.

Fill the centre of the damper with margarine and then stuff in as much jam as you can and hop into it.
Bushies’ Fried Scones

As a change of diet, and if you’re sick of damper or bought bread, why not try these pan-fried scones? They are delicious and easy to bash up.

**Ingredients**

2 pannikins of self-raising flour  
A couple of pinches of salt  
1/2 spoonful of sugar  
Milk

**How to do it**

Mix flour, salt and sugar. Add milk, mixing to make a soft dough. Roll and press flat (about 1/2 inch thick). Cut into squares.

Hang pan over coals and wipe clean. When warm, sprinkle with flour. Add scones and cook until brown. Turn and cook over a low heat until scones are firm inside.

Eat with a stew, or coated with jam.
About 120 years ago, old Jack, a boundary rider and fencing contractor, moved with his wife and family to a station far north of Deniliquin. Jack being a typical colonial bushie would be away from home for months on end, leaving his wife Annie with minimal provision, little money, and nowhere to spend it. Annie's means of survival for herself and the kids was her ingenuity with the limited provisions available, and part of their staple diet was the basic scone. This is her Edward River Scone.

**Ingredients**

2 pannikins of flour
1/2 teaspoon of salt
1 spoonful of margarine
3/4 pannikin of milk

**How to do it**

Rub margarine into flour and salt with your fingertips until the mixture resembles breadcrumbs. Quickly mix in sufficient milk to make a soft dough. Turn onto a floured board or cardboard box and knead lightly until smooth. Roll out to 3/4 inch thick. Cut into squares, or into rounds with a floured pannikin, and bake in a hot camp oven.

**Variations**

Cheese scones—before adding milk add 1/2 pannikin of grated cheese.
Farmhouse Scones

If the missus won't cook you any scones or anything like that, well there is only one thing to do, do it yourself and this is an easy way of doing it.

Ingredients

1 1/2 pannikins of self-raising flour
A good pinch of salt
Good spoon of margarine
1/2 pannikin of milk

Filling mixture

4 rashers chopped bacon
1 grated onion
3/4 pannikin of grated cheese

How to do it

Rub margarine into flour and salt, add milk to make a stiff dough. If dry add more milk.

Roll mixture out flat, say 2/3 inch thick. Spread with filling of chopped bacon, grated onion, and grated cheese. Roll up and cut roll into 1-inch-wide strips. Put into a hot greased camp oven and cook for 20 minutes.

Ideal side-dish or snack. Bloody!!!!! lovely.
Johnny Cake

There are several ways of cooking Johnny Cakes. In the early days the recipe depended on which area you came from. This particular recipe comes from Central Victoria and was given to me by an old-timer who is now in his 90s. He tells me that his grandfather used Johnny Cakes as part of his staple diet. This is how he cooked them.

Ingredients

- A couple of pannikins of flour
- A good pinch of salt
- Some milk or water
- A dob of margarine

How to do it

In a container, mix the milk or water with the flour and some salt to make a soft dough mixture. Turn onto a floured board or cardboard box and knead lightly until nice and smooth. Roll out to about 1 inch thick.

Grease the hot frypan with the margarine and lay the complete cake into the bottom of the pan. If you want it brown on both sides, carefully turn the cake over when nearly cooked.

When ready, cover with margarine. Eat with some stew, rabbits or fish.
Lummo's Yam Rocks

While you're down fishing get the missus to bash up a set of these potato scones for a mid-afternoon snack. They are great.

Ingredients

1/2 pannikin of milk
1/4 pannikin of water
3/4 pannikin of instant potato flakes
1 pannikin of self-raising flour
1 pinch of salt
1 egg
1 teaspoon of baking powder

How to do it

Heat (do not boil) the milk and water in a saucepan. Add potato flakes and mix gently. Spoon potato mix into an ice-cream container and sift flour over potato, add baking powder and a pinch of salt. Mix all together with a beaten egg to form a fairly firm dough.

Turn dough onto a floured board or cardboard box and turn several times from the outside in. Roll out to 3/4 inch thickness and cut into sections.

Place scones into a very hot greased camp oven and bake for 15–20 minutes.
Puftaloons

*Try this for a different taste.*

**Ingredients**

Aussie Damper mixture (see recipe page 31)

**How to do it**

Hang the pan over the coals and heat. Then chuck in a liberal amount of margarine. Break the damper mixture into small lumps and pat flat and fry in the frypan.

They don’t take too long, and I reckon you’ll enjoy ’em, especially with some *Scrub Relish.*

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**Tying the Load to the Ute**

If tying something extra tight is the job at hand, you need the extra strength of the truckies’ hitch. There are many different ways of tying this hitch but if you tie it similar to half a sheepshank you are on the right track. Don’t forget to tie back the loops as a guarantee not to slip. Tie the loose ends with a clove hitch.

*Truckies’ Hitch*  *Clove Hitch*
Unreal Fillings

OK, so you’re off fishin’, remembered everything—water bag full, bait, fishin’ rod, fuel for the boat, don’t forget fuel for yourself. Pile these fillings between damper, bread or scones and “be happy”.

CHEESE & ONION

Ingredients

| 1 chopped onion                      | 2 eggs                  |
| 1/2 pannikin of grated cheese       | Salt and pepper         |
| 1/2 little spoon of mustard         | A little milk           |

How to do it

Brown the onions, add rest of the ingredients to frypan and stir until cheese is melted and eggs are cooked. If too thick add a little more milk.

CHICKEN ON THE WING

Ingredients

| A big dob of margarine               | 1 medium tomato—skinned |
| 1 grated onion                       | 1 egg—beaten           |
| 1 heaped spoon of grated cheese     | Salt and pepper        |

How to do it

Put all ingredients except the egg into a pot and simmer gently until the onion is cooked. Add beaten egg and simmer until thick.
RED AND YELLOW

Ingredients
4 rashers of bacon
2 eggs
Salt and pepper

How to do it
Chop bacon into fine pieces and fry. When nearly cooked add eggs, salt and pepper and stir until cooked.

TURKEY GOBBLE

Ingredients
A big dob of margarine
A good lump of cheese—chopped
1/2 pannikin of breadcrumbs
Salt, pepper and mixed herbs to taste
1 ripe tomato
1 slice of onion
1 egg—beaten

How to do it
Skin and cut up tomato, chop onion, and cook in a saucepan with margarine until tender. Add cheese and cook for 5 minutes. Add breadcrumbs and a beaten egg and cook again. Add mixed herbs and salt and pepper to taste. Unreal tucker.
Soups To Sit Back And Sip On
Billy Beef Tea

This is second-best only to genuine billy tea. Easy to do, and the Sheilas like it as well.

Ingredients

1/2 lb of shin beef, or gravy beef, or something
1/2 pannikin of water
A few drops of lemon juice
Some salt, not too much

How to do it

Put the water, lemon and salt into a pot. Shred the meat, across the grain, and soak it in the pot for 20 minutes or so. Put the pot over the fire until the meat turns a little brown. Keep stirring all the time.

Now listen: don’t let it boil or you will stuff it up.

When that’s done, pour out the liquid and sit back and sip it quietly, while munching on a Johnny Cake or something.
Myers Creek Moosh

There's nothing better than a big bowl of vegie soup, and the good thing about it is that if you make enough you can have a couple of goes at it.

Ingredients

A big dollop of margarine
2 carrots
2 onions
2 potatoes
2 good spoons of flour
4 pannikins of water
2 beef stock cubes

How to do it

Get your camp oven hot and melt in the margarine. Chuck in the chopped-up vegies but don’t brown. Sprinkle flour over and cook until nearly done. Add water and stock cubes and cook for another 30 minutes or so.

The ideal way to eat this Moosh is with some damper or scones.

Cutting a Bottle

Find a clear bottle and fill to a point where you wish to break the bottle off. Tie a piece of grease- or petrol-soaked string around the water mark and set fire to the string. The bottle should break off along the burnt line. Use as a carrying vessel or a candle holder.


'Roo Tail Soup

For when you've been out all day and you've worked like a slave. Your belly is rumbling—all you need is a feed. You cooked him this morning, and oh boy, you will see that old 'Roo Tail Soup just bubbling in steel.

Ingredients

One 'Roo tail
Some flour
Water
Bit of pepper and some salt
Big dob of margarine
A couple of diced bacon rashers
A couple of chopped spuds
A chopped carrot, if any
A diced onion

How to do it

Have your camp oven hot. Remove the hairs off the tail and cut into lengths of a couple of inches. Bake the tail pieces for about 2 hours.

Remove the skin, which should come off easily. Coat the pieces with some flour, and put into a pot with enough water to cover. Add the spuds, onions, bacon, carrot, margarine, salt and pepper. Let simmer gently for 90 minutes or so, until the meat hops off the bone—then she's done.

The only way to serve this top soup is with a genuine Aussie Damper. Just ask any old Aussie swaggie.
Supa Beaut Vegemite Soup

It's black, it's hot, looks 'orrible, tastes great, and after all if you're hungry it's better than eatin' nothin'.

Ingredients

1 big spoonful of Vegemite
Boiling water
Bread
Big dob of margarine

How to do it

In a soup bowl mix the Vegemite, margarine and boiling water until all is dissolved. Break a couple of bits of bread into the soup and hop into it.

They feed it to little kids and the oldies so it must be alright.

GOT THE HICCUPS

Stick your middle index fingers behind your earlobes and press, not too hard, and hold for about a minute or so. This'll stop 'em. If not, have another can.
Eggs To Bet On
Aussie Omelette

A meal with the lot. But if your tuckerbox is down a little on content, you can make this very tasty omelette with only cheese and onion. All you have to do is follow the recipe.

Ingredients

3 eggs
1 good pinch of salt
1 good pinch of pepper
1 small sliced spud
1 rasher of bacon
1 small chopped onion
2 slices of cheese
1 tomato
1 spoonful of margarine
1/4 cup of milk

How to do it

Heat pan, melt margarine, add chopped onions, bacon and potatoes. When cooked, slice tomato and place in pan. Beat eggs, salt, pepper and milk together and pour over top of other ingredients. Add cheese.

When set, fold in half and cook a little longer. Serve.
Birds’ Nests

For breakfast, dinner or tea, these Birds’ Nests will make any bushman’s mouth water.

Ingredients

A double handful of spuds
1 spoonful of margarine
Some milk
Salt and pepper
4 eggs
4 or 5 slices of cheese, chopped finely or grated

How to do it

Boil spuds, tip water out, add margarine and milk and mash until smooth. Shape the mashed potato into 4 nest-type dishes and put these into the greased hot camp oven.

Break an egg into each nest. Sprinkle salt, pepper and cheese on top. Bake until eggs are set.

Serve with AUSSIE DAMPER or BUSHIES’ FRIED SCONES.

SCRAMBLED EGGS GONE MUSHY

You cooked them too quick. Get some of the liquid out. Then chuck in a good lump of margarine or butter and beat well.
EGGS TO BET ON

Chook In Scrambled Eggs

There's no better way to start the day off, especially in the bush, than after a quick check of the fishing lines to tuck into a good old-fashioned feed of scrambled eggs.

Ingredients

3 eggs (per person) 1 spoonful of margarine
1 chicken stock cube 1 pinch of pepper
1 pinch of salt 1/4 pannikin of milk

How to do it

Beat eggs and milk together with salt and pepper. Hang pan over coals to heat. Grease with margarine. Pour mixture into hot pan, add crumbled chicken cube and stir constantly until cooked. Serve on fresh damper dripping with margarine.

Fried Bread That’s Different

This is what we used to have for brekkie when we were kids. Try it on your kids—I bet you eggs-to-youngens they love it.

Ingredients

1 egg 4 slices of bacon
1/3 pannikin of milk 1 onion, sliced
A pinch of salt 4 slices of bread
A shake of pepper

How to do it

Hang pan over coals and melt in a couple of spoonfuls of margarine. Beat egg, milk, salt and pepper together. Dip slices of bread into mixture and place into hot pan. Top with bacon and onion. Turn when ready to cook bacon and onion. Serve when golden brown.
Red Chooks

If you like eggs and bacon, well you’ll love this. It’s ideal on arriving at the campsite. Get the fire going, open a can and put the pan on.

Ingredients

| 4 eggs | Salt and pepper |
| 2 rashers of bacon | Margarine |
| 4 good-size tomatoes | Breadcrumbs |

How to do it

Cut the top off the tomatoes and scoop out the pulp. Dice the bacon and partly cook, then put into the bottom of the tomatoes together with some breadcrumbs and some tomato pulp. Break an egg into each tomato on top of the bacon and breadcrumbs, and give the eggs a bit of salt and pepper. Put into a camp oven, but not too hot, and cook until the eggs are set. Serve hot with damper dripping with margarine.

Red Sunrise

A quick-and-easy breakfast or the ideal brunch, especially if you’ve had a hard night before.

Ingredients

| 4 or 5 eggs | 3 or 4 rashers of bacon, chopped finely |
| 2 onions, diced | 1 tin of tomatoes or 4 medium fresh ones |
| Salt and pepper |

How to do it

Brown the onions and bacon in the pan, then add sliced or tinned tomatoes. When the tomatoes are simmering, break eggs into mixture. Cover with a lid for a few minutes until the eggs have set, then mix the eggs in with the rest with a fork. Serve on hot buttered toast.
Your Rabbit — Cooking Him Up
Rabbit On A Shovel—Song
by Lummo

You’ve had enough for the day, didn’t catch a fish, missed out on the rabbits, there’re ants in your tuckerbox, and the missus won’t cook you any tea! In other words things are rotten. Well have a go at this little song, and if you’re musically inclined the key is D. Big deal.

There’s a rabbit cooking on a shovel
What a hearty meal
There’s a rabbit cooking on a shovel
What a hearty meal
Just throw some spuds and onions in
The taste is so unreal
There’s a rabbit cooking on a shovel
What a hearty meal

The boys went out to the bush one day
To get the evening grub
The rabbit he’s not hard to catch
He kept them on the run
They searched and searched and searched for him
But they were out of luck
Say Fellas where’re all the rabbits
“Cookin’ on a shovel”

Repeat first verse

If the rabbits are scarce and you’re hungry too
Well take a note of this
Why not go to the river and try to catch some fish
If the fish don’t bite and you’re out of luck
I know just how you feel
Try some damper from our cookbook man
Or perhaps an Achilles Eel

Repeat first verse twice.
The Rabbit

As we already know, the rabbit was introduced to Australia compliments of our early pioneers from England, and has increased in numbers over the years to such an extent that it is in plague proportions in some areas of this country.

Due to its availability in most parts of Australia, and as it is such an easy catch, the good old rabbit is one of the most popular pieces of meat to be cooked over our campfires.

In the early days when the barbie plate wasn’t around, most folk would use the shovel. A simple tool that was always carried, it would dig rubbish holes, fire pits and drains around the camp. After being cleaned up a bit, it served as a frypan as well—but watch out, as this takes the temper out of the shovel’s blade.

My dear old mate Roy, who worked in the Victorian Alps many years ago, told me of the many times they would have A RABBIT ON A SHOVEL for tea. They had to, as most times they had nothing else. This simple story is how I got the name for this cookbook.
Circling The Rabbit

So you and your mate got up early this morning, cooked some brekkie, cleaned up the campsite, got the bait and the rods out and headed off to do a spot of fishin’ for the day. I bet you got a shock when you returned to camp later in the day only to find someone else had been there and took everything including your tuckerbox. I reckon you’d be pretty mad. I know I would. Never mind, I know you’re hungry and tired, but there is a way of getting a good evening meal with no gear at all. If this happens to you, well try this idea, it works.

How to do it

First of all you have to find a rabbit, and hopefully it will be sitting in a cleared spot. Now you have to walk in a big circle. Start out at about 30–40 feet from the rabbit, walking constantly and getting closer to the rabbit all the time.

Now you can’t rush it—just take your time, remembering this might be your last chance for a good meal for quite a while. If you have a friend circling with you at an equal distance apart, it is much easier to get the rabbit mesmerised.

Now up until this point, things are going pretty well. The rabbit is sitting, but you’re getting tired and anxious, and the next bit is the hard bit. As you get within grabbing distance of the rabbit you shouldn’t make any sudden moves, except for the one and only chance you will get to grab the rabbit for your next meal. When you reckon you’re ready to take your chance, grab him. If you’ve caught him, you done real good.

See it was easy.
How To Humanely Kill A Rabbit

So you caught him alive, hope he didn't scratch you. Now, to dispatch him easily and painlessly, follow Yattie's way to humanely kill your rabbit.

How to do it

Grab the rabbit by the rear legs in one hand, lifting him clear off the ground, with your other hand cupped and firmly closed over the top of the rabbit's head, laying an ear down each side of the rabbit's shoulder.

Kink the rabbit's head back, attempting to reach 90% down to its backbone, and stretching the rabbit firmly overall at the same time. While under pressure, screw the rabbit's head to the side. This dislocates the neck, severing its vitals, inflicting immediate and painless death.
Gutting And Skinning A Rabbit

Now that you have killed your rabbit, you need to gut it within 15 minutes—you see, the body gases could build up and spoil the meat. This is Yattie’s way of gutting and skinning a rabbit. If you don’t have a knife or anything sharp with you, why not use the rabbit’s own sharp claw—well, it’s not a bad idea.

Ingredients
One rabbit
One sharp knife

How to gut it
Hold the rabbit’s front section belly up between you knees. Grab the belly fur 1 1/2 inches from its vent. Make a cut crossways 1 inch from the vent, just under the skin, 2 inches long, exposing the belly flesh. Pull the skin upwards, which should separate the skin from the belly flesh. Make a 2-inch cut longways opening the belly cavity. Just follow the line visible on the flesh. Use only the tip of a sharp knife to avoid puncturing the intestines. Should this occur, wash spillage immediately after gutting. Through this cut the insides may be removed by hand.

Another method of gutting after opening is to grasp the rabbit by the head in one hand, and just below the ribs with the other, drawing down in a stripping movement until all insides are removed. Once perfected, this is a tidy method.

How to skin it
Hold the rabbit belly-up between your knees. Extend a 2-inch cut up inside of each rear leg to the base of the paw, cutting the skin only. The thumbs are used to part the skin from the hind legs. When legs are skinned, exposing the buttocks at the base of the tail and backbone down to the paws, trim skin at paws running knife under skin as far as possible towards rabbit’s claws. Cut the tail bone off at the base of the spine.
Grasping the rabbit by the skin at the exposed end, release the knee hold, place the rabbit’s rear paws under your foot and pull up. The skin will run upwards from its body to its front legs, exposing them. Cut the skin at the front legs and pull it over its neck. Cut off the head with the whole skin attached.

If the skin is not being used, remove the paws with a sharp knife at the knee joints. Cut the anal tunnel between the hind legs, removing unwanted organs and dark coloured game glands each side of the tail bone (failure to remove these glands may render meat strong and unpalatable).

The rabbit’s flavour can be improved if it is hung (skinned or unskinned) in a shady position away from flies, or overnight, depending on temperature.

He’s now ready for the pot.

**Onions Beat All**

Your good pocket knife gone rusty? Well stick the blade into an onion for about half an hour, then give it a good wash. Hopefully the rust will come off.
A Rabbit On A Shovel

Now that you have caught your rabbit and you’re highly excited about your performance because you reckoned that circling bit wouldn’t work and it did, and you’re that hungry you could eat him raw, well don’t. Here is the original Rabbit On A Shovel Recipe.

Ingredients

One rabbit
A few good spoonfuls of margarine
A couple of spoonfuls of salt
1/4 pannikin of vinegar
1/2 bucket of water

How to do it

After skinning, gutting and rinsing your rabbit, and making sure the tail is removed, cut it into quarters. Mix the salt and vinegar in the water, and add the rabbit quarters and soak for a couple of hours.

Have your fire burn down to coals. Take your shovel to a good size stump and give the shovel a couple of good old belts, to get rid of any dirt or whatever. If you’re real fussy, give the shovel a scrub.

Next, heat the shovel by placing it over the hot coals. Melt some margarine on it, put in the rabbit quarters, turning every now and then to ensure even cooking. He’s cooked when a fork easily pierces the flesh.

While eating and enjoying your Rabbit On A Shovel, cast your mind back to the early Australian pioneers. This is how they used to do it.
French Rabbit
A La Fair Dinkum

The French love it, they reckon it's tops in England, it's now up to the Aussies to give it a go.

Ingredients

1 rabbit
2 or 3 rashers of bacon
6 small onions
Good spoonful of flour
A couple of shakes of garlic
Salt and pepper
Water

How to do it

Skin, gut, clean and cut rabbit into pieces and soak him overnight in salt water.

Get your pan hot while dicing bacon and onions. Brown bacon in pan and remove. Put rabbit pieces into pan and lightly fry (do not brown). Remove rabbit. Add flour, mix well, add 1/2 pint of hot water and cook the sauce for a few minutes.

Turn into camp oven with browned bacon, rabbit, onions and garlic. Add a pannikin of hot water and bring to the boil. Put the lid on and let it simmer away for about 1 1/2 hours.

Put onto your plate with some fair-dinkum Aussie Damper.
Jugged Hare

This is a ripper old way of cooking up a young hare if you ever happen to get one, and they are not real bad either. A hare is about twice the size of a rabbit, and longer and stronger.

Ingredients

1 young hare
A couple of onions
A big pinch of pepper
A splash of lemon concentrate
Some margarine
Some flour
2 good slurps of tomato sauce
Hot water
A small slurp of Tabasco sauce
Some wine, if any

How to do it

Skin, gut and rinse well your young hare then cut him into small bits, flouring each piece.

Put into a hot camp oven with diced onions, pepper and a splash of lemon and cover with hot water. Let simmer until tender (check with a fork).

Take hare out of the camp oven and thicken the gravy with margarine and flour, add sauces and wine and let boil for another 10 minutes.

Pour the gravy over the bits on your plate. This is how they used to do it the old country.
Pan-fried Rabbit In Gravy

The common rabbit forms a basis of more campfire meals then any other animal. If rabbits are all you have to eat, then here is a recipe to vary your eating habits.

Ingredients

1 rabbit
4 good spoonfuls of flour
1 good spoonful of salt
A few pinches of pepper
A couple of shakes of garlic
1/2 pannikin of cooking oil
1 pannikin of beer or milk

How to do it

Take one rabbit. Skin, gut, clean, and cut into pieces.

Mix the flour, garlic, salt and pepper in a bowl. Dampen rabbit pieces and coat with mixture. Hang pan over coals, warm, pour in oil and heat. When hot add rabbit pieces and fry until brown, then turn. When tender add leftover flour mixture and stir, adding beer or milk as required to form gravy.

Serve when ready on toast, or with Mick's Spuds.
Rabbit From The South

I tell you what, the old rabbit cooked this way sure tastes different. It takes a bit of time to prepare but the end result is well worth the wait.

Ingredients

1 rabbit (for best results 3/4 grown)
Plain flour
1 egg
Breadcrumbs
Big splash of cooking oil
Water

How to do it

Take the rabbit, if you got one. Skin, gut, clean and cut into pieces. Put him into the camp oven with water and boil gently for 1 1/2 hours. Leave rabbit in the water to cool—this keeps it moist.

Remove when cool. Cover pieces with plain flour. Put your pan over the fire to heat. Coat rabbit pieces with egg then roll in breadcrumbs. Fry in hot oil until golden brown.

Serve him with some mashed spuds.
Rabbit Has Been Flattened

I don't know about you, but I like a feed of rabbit every now and then, and this is another way of cooking him up, and it doesn't take much time either. And no, he didn't get run over by a truck.

**Ingredients**

- 1 rabbit
- Some flour
- A good pinch of salt
- A small pinch of pepper
- 1 egg
- 2 slices of bread beaten to crumbs
- 1 good-sized onion
- 1/2 pannikin of cooking oil

**How to do it**

After you have caught your rabbit, skin, gut and clean him and cut into very small bits. Mix breadcrumbs with a very finely-chopped onion, salt and pepper. Cover rabbit bits well, an ice-cream container is ideal for this. Roll into balls the size of golf balls, and flatten in flour. Cook in hot oil in the frypan, occasionally turning.

When it's ready, put heaps of **SCRUB RELISH** on it, and have it with some spuds as well.
Rabbit Kebabs

These are better than what you reckon. If you can't get a rabbit then use a bit of steak or 'roo or just about anything.

Ingredients

1 rabbit
A couple of onions
Half-a-dozen slices of bacon
A couple of big spuds

How to do it

Remove the rind from the bacon and fry gently and when done cut into 1-inch squares. Cut rabbit into small pieces. Peel onion and cut into segments. Peel spuds and cut into slices approximately the same size as bacon and rabbit.

Thread skewers alternatively with rabbit, onion, bacon and potato. Brush with melted margarine. Grill over hot coals or in a hot pan, turning once or twice until lightly brown on all sides.

Serve immediately.

GRILLING — IT’S ALL IN THE FLAMES

When grilling your tucker, the best tip of all is to have a good fire at first and then let it burn down as your cooking progresses. If you have a flamy fire, throw a handful of salt in, this will reduce the flames and you are ready to grill. If you have a dull fire, it hardens the meat which makes it horrible. A smoking fire gives a smoky flavour—don’t think much of smoked rabbit.
Roasted Underground Mutton

The old rabbit is good tucker at the best of times, but when he's stuffed and roasted he's just a bit better than beaut.

Ingredients

1 rabbit
1/2 pannikin of breadcrumbs
1 small onion diced
1 small apple peeled and grated
Salt and pepper
A good spoonful of margarine

How to do it

Skin, gut and clean the rabbit. Mix all the other bits together and put 'em inside the rabbit, and bring opening together with meat skewers to hold stuffing in place.

Put the rabbit in a well-greased camp oven and cook, turning occasionally. When a fork pierces his flesh easily he's ready.

Serve with SPUD PIE for a bush meal with class.
Stick Rabbit

Cook him on your bush rotisserie, and he tastes pretty good too—well anything does when you’re hungry.

Ingredients

One rabbit
Two forked sticks
One straight stick
One fire

How to do it

Skin, gut and rinse clean your rabbit, making sure the tail bit is removed.

Take your two forked sticks and stick them in the ground on either side of your burned-down fire. Get your straight stick, put the rabbit onto the stick, and place him on the forks of the fire sticks. Occasionally turn the stick to cook the rabbit evenly.

When a knife or something sharp penetrates the flesh easily, he’s done.

Then hop in and enjoy. I told ya he’ll be pretty good.
Swaggie’s Rabbit Stew

When you come home to the camp
And you’re worn out with the camp
And the missus won’t cook
And you’re feelin’ a bit crook
There’s only one thing to do
And that’s go for the stew
It’s a rabbit of course
And it’s better than horse.

Ingredients

1 rabbit (2 would be better) 2 pinches of pepper
2 large onions A couple of packets of dried beans
2 good spoonfuls of margarine A couple of packets of dried peas
3 pannikins of water 4 medium potatoes
A couple of pinches of salt 4 carrots
Gravox

How to do it

Take the rabbits and skin, gut and rinse well as usual. Place whole in camp oven. Peel potatoes and quarter, dice carrots, slice onions and add all to camp oven. Pour in water. Place camp oven into coals and leave for 3–4 hours without disturbing.

Remove from coals and add peas, beans, salt, pepper and two large spoonfuls of Gravox. Stir and replace in coals for 1/2 hour.

Serve with dumplings (see Lead Sinksers), or freshly-cooked scones or damper.
Two-day Rabbit

This is for the cook who has all the time in the world to get it ready and for the mob of people who hopefully will appreciate it.

Ingredients

1 rabbit
2 medium onions
2 pannikins of vinegar
4 pannikins of water
A couple of spoonfuls of flour
1 spoonful salt
A couple of pinches of pepper

How to do it

Take the rabbit and skin, gut, clean and cut into pieces.

Slice onions and spread on bottom of bowl. Mix vinegar with hot water and salt. Place rabbit pieces in bowl then pour in vinegar mixture, ensuring pieces are completely submerged. Cover and let stand for 48 hours.

Two days later—that’s right two days—hang pan over coals, warm, melt in a couple of spoonfuls of margarine, and when hot add rabbit pieces and brown lightly. Tip in remaining mixture and allow to simmer for 1/2 hour. Add flour to juices and stir into a gravy.

Serve up rabbit pieces, and pour gravy over. Wash down with billy tea. And if you were hungry it was worth the wait.
Yabbies & Crays
When you're out fishin' and yabby'n and havin' a great time
Keepin' little fish or a yabby with eggs—that's a crime
Chuck 'em right back and be fair and be pure
They will all grow next year and be good game for sure.
Murray Cray Grilled

Most people know how to cook yabbies and crays by boiling until red in colour. Here's a different way of doing it.

Ingredients

Crays—legal size, no females with eggs
1/4 pannikin margarine
Grated or finely-diced cheese
A few pinches of salt
A couple of pinches of pepper
A few spoonfuls of lemon concentrate

How to do it

Blend margarine, salt, pepper, lemon juice and cheese into a smooth paste.

Take crays and dip in boiling water to kill. Remove and split lengthways and rinse clean. Liberally coat each side with some of the paste.

Hang pan over coals and warm. Melt in a couple of spoonfuls of margarine. When hot add cray halves fresh side down, grill for approximately 5–6 minutes. Remove and re-coat with the paste and return to pan and grill for another 5 minutes.

Serve when ready.

Another touch is to liberally sprinkle fresh side with cheese and return to pan, shell side down, cover and cook.

Serve when cheese has melted.
YABBIES & CRAYS

Yabbies In Sauce

This is the go, just thinking about it and I'm ready—there's a bit of mucking around to get 'em ready—but the wait is worth it.

Ingredients

A bucket of yabbies
2 spoonfuls of margarine
Chicken stock cube
1 1/2 pannikins of water
1 egg
Salt and pepper
4 drops of lemon concentrate
A shake of garlic granules
1/2 pannikin of plain flour

How to do it

Cook yabbies in boiling water until red, then tail and shell.

Hang pan over fire and warm. Add margarine and melt. Dissolve a chicken cube in warm water and pour into pan. Slowly add flour stirring for a while until you have a gravy sauce. Add salt, pepper, garlic, lemon juice and beaten egg. Cook for approximately 10 minutes, stirring continuously.

Tip in yabby tails and let sit. Serve on toast for a perfect midnight snack.
Fish — Cooking Up Your Catch
To Skin And Fillet A Fish

To skin a fish
First of all you need a fish. Not an easy task sometimes, but keep trying, one will come along directly. When one does come along, you can begin skinning by cutting around the head, then down its back and across the tail then up the front on both sides. Free the skin at the head and pull down to the tail on both sides. It was easy eh, not a problem?

To fillet a fish
The experts say the easiest way is to place one hand on the fish and insert a flat sharp knife in the opening near the head and slice the knife along the backbone towards the tail. This takes the flesh off in one piece. Repeat the procedure on the other side. Remove all small bones. He's now ready for the pan.

FISH SCALING MADE EASIER
After gutting, dip the fish into boiling water for a few seconds before removing scales. This will help the scales come off easier.
A Fish In A Hubcap

Fish in a hubcap you say! I tell you what, it's happened before, and I reckon if you've lost your frypan the next best thing to use is a good old-fashioned hubcap. After all, if you have some freshly-caught fish and you want the fish for brekkie, you'll use anything. And why not? Make sure the hubcap is steel and not plastic or it may melt.

Ingredients

- One large fish
- 1 egg
- 1 pinch of salt
- Breadcrumbs
- 1/2 pannikin of flour
- Small pinch of pepper
- Big splash of cooking oil

How to do it

Take your fish—if you have caught one—scale, gut and fillet. Dip your fillets into flour seasoned with salt and pepper, then into the beaten egg or milk, then into breadcrumbs.

Now if you've lost your frypan, rip the steel hubcap off the family chariot and give it a real good scrub-out.

Pour the cooking oil into your hot hubcap frypan, then pop in the fish pieces and fry, turning occasionally. Cook until golden brown, or until the flesh lifts easily with a fork.

Serve with chips cooked in the hubcap as well.
Baked Fish

Depending on where you’re camping, and what you’re catching, here’s a beaut way of preparing your catch for the hungry hordes back at the camp.

Ingredients

- 1 fish approx. 5 lb (barramundi, cod or even a carp)
- A pannikin of diced tomatoes
- 1/2 pannikin of chopped onions
- A couple of shakes of garlic granules
- A couple of pinches of salt
- A couple of spoonfuls of soya sauce
- A dash of lemon concentrate
- A couple of drops of Tabasco sauce

How to do it

Take the fish and scale, gut and rinse clean—but leave head on and do not open fish fully when gutting.

Mix all ingredients together, stuff the fish with mixture, and sew up with fine wire.

Dig hole 15 inches deep in sand under fire, and put a layer of coals in the bottom. Wrap fish in foil and place in hole, cover with sand or dirt, then pull coals back over. Leave for a couple of hours. Remove and check if cooked, replace if required.

When cooked serve with Mick’s Spuds or Roasted Spuds in Foil.
Camp Oven Cod

By crikey I bet you worked hard to catch this bloke, especially after all the time and effort you put into him. Now do yourself and your mates a favour and take the time and effort to cook him properly. I suggest you cook him this way.

Ingredients

1 kilo of fresh cod
1 onion
1 packet of soup mix
1 bare pannikin milk
Some grated cheese
A dob of margarine
A big spoon of flour

How to do it

First of all gut, scale and fillet the fish. Then boil until cooked.

Put the pan on and cut up the onion and fry it in some margarine and thicken with a big spoonful of flour and milk. Shred the boiled fish into the hot camp oven with the fried onion and thickening and add the packet of soup mix. Stir until it thickens. Top with grated cheese and let cook until the cheese melts.

When ready serve with mashed potato or Edward River Scones.

Tastier Fish Fries

When frying fish, chuck a little bit of curry powder into your frypan, it improves the flavour and also improves the colour.
European Carp In Beer

Carp, the pest of modern-day fishermen, are normally tossed up the bank as soon as they are caught. Due to its scavenging, mud-sucking habits, it is a challenge to cook, but with proper handling and preparation the taste can be quite enjoyable.

Ingredients

1 carp, 4–5 lbs
1/2 pannikin of salt
2 medium onions
Lemon concentrate
1 heaped spoonful of flour
1 can of beer
1 good spoonful of margarine

How to do it

As soon as the fish is caught, bleed well by hanging and cutting a piece of flesh from its belly just up from the tail. When the blood stops flowing, gut and scale, remove its head and all fins, then rinse well in salted water.

Slice fish in 1-inch thick steaks, crossways. Mix a couple of pinches of salt, lemon and margarine into a paste, then rub onto fish steaks. Let stand for 20 minutes. Roll in flour.

Hang pan over coals and heat, melt in a couple of spoonfuls of margarine. Place fish steaks in pan, add finely-chopped onions, pour beer into pan and cover with large lid. Let simmer over low heat, occasionally turning. Fish is cooked when flesh lifts easily with fork.

Ten-to-one the comments will be “bloody beautiful” if they don’t know what they’re eating and, “not too bad” if they do.
Fish Fried In Bacon

*A totally different way of cooking fish and highly recommended.*

**Ingredients**
- Medium sized fish, approx. 1 lb
- Bacon rashers
- Skewers or toothpicks
- A couple of spoonfuls of margarine

**How to do it**
Take the fish, gut and rinse well. Wrap fish in bacon and secure with skewers or toothpicks.

Hang pan over coals and warm, melt in margarine. When hot add fish. Cook at medium pace turning once or twice. When bacon is cooked crisp, fish will be done also. Serve with pan-fried chips and lemon juice.

Fried Catfish And Chips

*This is the easy way—especially if you reckon you can’t cook. So come on give it a go and if successful, next time try a harder recipe.*

**Ingredients**
- 1 catfish
- Several spoonfuls of margarine
- 1/4 pannikin of flour
- A couple of pinches of salt
- A few pinches of pepper
- Half-a-dozen spuds

**How to do it**
Mix flour with salt and pepper on a flat surface, roll fish in flour to coat. Hang pan over coals and heat, melt in margarine, add fish.

Peel spuds, slice into chips, place into pan and fry. Turn fish and chips as needed. Cook until brown and fish flesh lifts easily with a fork. Serve hot fresh crisp fish 'n' chips.
Murray Cod In Coals

Here's a simple way to cook a fish without a pan or camp oven. All you need is a newspaper.

Ingredients
1 Murray cod or barramundi, about a 5-pounder
A couple of shakes of garlic
A couple of good pinches of pepper
3 good spoonfuls of salt
A good spoonful of margarine
Lemon concentrate
Newspaper
Gum Leaves

How to do it
Take the fish, scale and gut and rinse well and dry. Mix margarine, garlic, pepper, salt and lemon concentrate into paste and rub into fish. Dampen newspaper and wrap fish completely in paper with a layer of gum leaves between fish and paper. Wrap again with paper, ensuring that paper layer is thick and fish is completely covered.

Dig a hole under fire approximately 12 inches deep, put layer of coals in bottom, place fish in, cover with coals then sand. Leave for approximately 1 1/2 hours, then check. Flesh should fall from bones when cooked.

Serve with Mick's Spuds cooked in the coals.
Steamed Fish In White Sauce

If you’ve had a real tough night and you are feeling a bit ordinary, here is an excellent meal that may help you to recover just that bit quicker. But no guarantees.

Ingredients

1 fish
1 big dob of margarine
1 pinch of salt
A touch of lemon concentrate
2 large spoonfuls of water
White Sauce

How to do it

Scale, gut and fillet your fish and put into a bucket of salty water for 1/4 hour.

Dry fish and put into a greased moderately-hot camp oven. Sprinkle with salt and lemon, add margarine, and leave for about 10 minutes. Test by running a skewer or knife through thickest part, which should be soft.

Cover with WHITE SAUCE and a touch of lemon juice and serve with mashed spuds.
Sunrise Trout

If you're camped by a mountain stream, been up with the first rays of morning and hit the stream as soon as you could see, then here's a way to prepare your catch for breakfast.

Ingredients

Two pan-size trout, about 10" long (or a couple of reddies will do)
Lemon concentrate
A pannikin of chopped onions
2 good spoonfuls of margarine
A couple of pinches of salt
1/2 pannikin of plain flour

How to do it

Take your freshly-caught fish and gut, scale and rinse clean.

Hang your pan over the coals and heat. When hot add margarine and melt, add onions and brown. Mix the flour with salt and pepper. Dampen the fish with water or milk, then roll in flour. Place fish in pan and fry, occasionally turning gently to cook evenly.

When it's golden brown and the flesh lifts easily with a fork it's done.

Serve and enjoy.

Fat — without splash and splatter

A small sprinkle of salt put into hot fat will help stop splattering.

And make sure there's no moisture in the pan, as this makes the fat splash and splatter. Always have the food as dry as possible.
Sweeney’s Fish In The Mud

This is a unique way of cooking up that catch as a succulent meal. This is the way they do it in the Northern Territory. You can use yellowbelly, barramundi, cod or any other you catch.

Ingredients

1 whole fish
A supply of mud or clay
(enough to coat fish in 1" layer)

How to do it

First of all catch the fish, dispatch it, then completely cover the fish as is with a 1-inch layer of mud or clay. Rake a hollow in the coals of the camp fire, place the mud-coated fish into the hollow and completely cover with coals and ash. Leave for about 3/4 hour.

Remove the fish from the coals and allow to cool. The mud casing will be hard and cracked. When it’s cool enough to handle, carefully remove the casing—the skin and scales will come away with the mud, leaving the fish which has been cooked in its own juices. The gut, which will be in a small lump inside, can be thrown away.

Serve. My mouth is watering now.
Waterhole Fish

Here is another way of cooking fish, it takes a bit of effort, but any good meal is worth the extra effort, especially if you have just landed a goodie.

Ingredients

Fish fillets from a 2-pounder
1 medium chopped onion
Some garlic granules
3 good-sized chopped tomatoes
1/2 pannikin of plain flour
Salt and pepper
Good splash of cooking oil

How to do it

Put your pan on to heat. Mix flour with some salt and pepper. Cut the fish fillets into small squares and cover them in the flour. Pop some cooking oil into your hot pan and fry the fish pieces until brown on both sides.

When done, put the fish pieces onto a plate and keep hot. Fry the onion until nearly cooked then add tomatoes and a couple of shakes of garlic granules and cook for 4–5 minutes.

When done pour contents of pan over fish and serve with scones or damper.
Birds — Wild & Tame

Hunters and Shooters Beware

There's one thing in this world that's a worry to me
That's a man with a gun that reckons he can be
A hero to his mates and he's probably havin' a ball
Who blasts away at anything — anything at all
Our great Australian bush is the best there is around
Just one stray bullet can knock nature to the ground
It really needs protecting and it isn't really a game
Put your gun in its case mate or be careful where you aim.
Camp Oven Sunday Chook

For those who are lucky enough to have a fresh chook, or a wild turkey, or can get their hands on one, here's a way to roast it in your camp oven.

Ingredients

1 chook or wild turkey
A couple of rashers of bacon
1 medium onion
A couple of shakes of garlic granules
A good spoonful of margarine
A couple of pinches of salt
A couple of pinches of pepper
4 slices of bread

How to do it

Mix the margarine, garlic, salt and pepper into a paste and rub some over chook. Chop onions and crumb the bread. Mix breadcrumbs, onions and remaining paste with a drop of water to form stuffing. Stuff the chook, then put into camp oven with bacon and place on coals. Cook until tender.

Potatoes, carrots, and other vegies can be roasted in the camp oven with the chook.

Serve a sumptuous Sunday lunch.
Wild Fowl Stew

If you can get hold of some chicken pieces or a whole chook, and it’s Sunday, well don’t hang around, cook it up and get into it. I bet you eggs-to-young’ns you’ll love it.

Ingredients

4 kilos chicken pieces
2 good spoonfuls of margarine
5 rashers of bacon, chopped
12 small onions
A good shake of garlic granules
190 g tin of mushrooms
1/2 pannikin of plain flour
2 chicken stock cubes
3 pannikins of water
Salt and pepper
2 pannikins of red wine if available

How to do it

Put half of your margarine into a hot camp oven, add peeled whole onions and chopped bacon and cook until onions are light brown. Add chicken pieces to camp oven and brown on all sides. Add mushrooms, garlic, remaining margarine, salt and pepper. Sprinkle in flour, stir well. Slowly add water, red wine and stock cubes. Stir until thickened.

Cover and bake until chicken is tender.

When ready serve with Aussie Damper or Bushies’ Fried Scones.
Bazza’s Pan-fried Duck

For those who like to get away from campfire stews, try this gourmet dish, bush style.

Ingredients

Duck or ducks, depending upon how many to be fed
One good spoonful of margarine per bird
A couple of shakes of garlic granules
1/3 pannikin of cooking oil
1/3 pannikin of red wine
Some salt

How to do it

Take the duck, or ducks, and pluck, clean, wash and dry thoroughly. Use a heavy knife, quarter the ducks, then press flat.

Mix the margarine, garlic and salt into a paste and rub over the duck pieces.

Hang pan over coals and warm, add mixture of oil and wine. Gently place duck pieces in the pan, skin side down, and cook for several minutes. Then turn. Whilst pieces are cooking, continually spoon wine and oil mixture over them. Turn again.

Serve with chipped potatoes, fried onions and grilled tomatoes cooked in pan.
Bidsey’s Crumbed Wild Duck

This is my mother’s favourite way to cook a duck. She got the recipe from her mum, so it goes back a few years now, and has filled many a man’s empty belly.

Ingredients

A couple of ducks
Some salt and pepper
Some plain flour
A couple of beaten eggs
Breadcrumbs
Big splash of cooking oil

How to do it

Take the ducks and pluck, clean, wash and then thoroughly dry. With a knife, divide into portions. Roll the portions in the flour seasoned with salt and pepper, completely covering.

Dip the portions in the beaten eggs then roll in the breadcrumbs. If desired, a sprinkle of mixed herbs in the breadcrumbs adds extra flavour—if you reckon it’s worth it, it sure helps.

Have your frypan hot and add the cooking oil. Cook the duck portions slowly until tender.

Serve with peas and Spud Pie.
Roasted Wild Duck

Here's an evening meal that can be easily prepared when you return to camp after a day in the bush. Take a few minutes, prepare the ingredients, then sit back for an hour while it is cooking and relax.

Ingredients

Two or three ducks
Several pinches of salt
A couple of shakes of garlic granules
A good spoonful of margarine
One medium-size onion for each duck
A few good spoonfuls of plain flour
3/4 pannikin of water

How to do it

Take the ducks and pluck, clean and wash, then thoroughly dry. Mix the margarine, garlic and salt into a paste and rub over the ducks inside and out. Place ducks in the camp oven and bury in the coals. Leave for about 1 hour.

Remove the ducks from the camp oven and place in foil to keep warm. Take the onions, dice and place in camp oven. Add flour, and water if required. Stir to a thick paste.

Serve ducks with the gravy poured over them, and with roast potatoes and boiled peas or beans.

Makes your mouth water doesn't it?
Wild Duck Stew

The good thing about campfire stews is that once prepared and cooked they can last for several meals.

Ingredients

A couple of ducks
2 spoonfuls of Gravox
1 1/2 pannikins of chopped onions
3 pannikins of water
1 pannikin of sliced carrots
4 pinches of salt
A couple of packets of dried peas or beans
1 pinch of pepper
2 cubes of beef stock

How to do it

Take two ducks that have been plucked and cleaned. Cook for 6 minutes in pan, or 4 minutes in foil under warm coals.

Cut the ducks into small pieces. Place in camp oven—with any leftover diced meat—along with all other ingredients listed above, except Gravox. Place camp oven into coals. Cooking time varies according to heat of fire, but stew is ready when carrot slices are tender.

The stew can be thickened by adding a couple of spoonfuls of Gravox and stirring gently, then let simmer.

For one of the best meals under the stars, try serving with dumplings (see LEAD SINKERS recipe).
River Bank Pigeon

This recipe can be used with pigeons, galahs, parrots or any similar birds. Such birds are relatively small in size so a serving of at least three birds should be allowed per person.

Ingredients

3 pigeons or other small birds
Half-a-dozen spoonfuls of margarine
1 finely-diced onion
1/2 pannikin of red wine or brandy
A pinch of salt
Couple of pinches of pepper

How to do it

Take the birds and pluck, gut and clean. Split the birds up the back, remove backbone and ribs.

Hang pan over coals, warm, add margarine and heat until margarine is foaming. Press the birds flat, place in pan inside down. Cook for several minutes then turn and cook for another 3–4 minutes. Remove and place in warm pan.

Spread diced onions in pan, mix in margarine. When brown add salt, pepper, wine or brandy and stir. Let boil.

Serve birds onto plate and pour sauce over.
Roast Country Pigeon

As a little kid growing up when things were a bit tough, I can remember Mum cooking up batches of these birds with gravy and bread sauce. There was usually a bit left over for tomorrow.

Ingredients

- Pigeons or other small birds
- Handful of plain flour
- Big dob of margarine per bird
- 1 pannikin of milk
- Salt and pepper to taste
- 1 pannikin of breadcrumbs
- Splash of cooking oil
- 1 small onion

How to do it

Take the birds and pluck, gut, clean and wash well. Wipe the birds dry. Season them inside with pepper and salt and put a big dob of margarine inside each—this makes them moist.

Throw a good splash of cooking oil in the hot camp oven, put birds in and baste well while they are cooking. Takes about half an hour or so.

**Gravy:** Drain off some of the oil from the camp oven and sprinkle in some flour and brown slightly. Add a little water, stir well till it boils.

**Bread Sauce:** In a saucepan cook the whole small onion in the milk until onion is soft. Put breadcrumbs to soak in the milk. Beat up onion and breadcrumbs with a fork, add a good pinch of salt, and let boil.

Serve birds with the gravy poured over and with the bread sauce on the side. Eat with roast spuds for an unreal meal.
Camp Oven Quail

There are many ways of cooking these little birds, but to most country folk this one is possibly the most popular.

Ingredients

Quail (enough to go around)
Salt and pepper
Breadcrumbs
Margarine
Drops of lemon concentrate

How to do it

First catch the quail. Pluck and clean the birds, making sure the tail is removed. Inside each bird put one spoonful of breadcrumbs well seasoned with salt and pepper, and a small lump of margarine. Put the birds into a hot greased camp oven, and occasionally spoon juices over until cooked.

When cooked, put each bird on a piece of hot margarine-covered toast, and pour over a spoonful of juice. Serve with lemon drops and vegies.

They’re that good they will even make you “tweet”.
Quail In Bacon

This is a tasty way of preparing these small birds.

Ingredients

Several quail
A couple of onions
1/2 pannikin of flour
A couple of tomatoes
A few pinches of salt
1 pannikin of red wine or sherry or?
A few pinches of pepper
1/4 pannikin of Worcestershire sauce
Bacon rashers (1 per bird)
A couple of spoonfuls of margarine

How to do it

Pluck and clean the birds, ensuring tail is removed. Dunk birds in Worcestershire sauce. Mix flour, salt and pepper and roll the birds in the mixture. Wrap in bacon. Lightly grease camp oven with margarine, place birds in, sprinkle with diced onions and cover with sliced tomato.

Cover birds with water and wine—mixed at 4:1 ratio (or the other way round if you want). Place camp oven on coals. Cook for 3 hours or so until done (or pickled!).

Serve with roast spuds or chipped potatoes.

Fast Bake Spuds

When baking spuds stick a metal skewer through the spud. They cook quicker.
Squatter’s Grilled Quail

Due to the minute size of these birds, you are going to need a good bag to make a meal, the hardest thing to do is get a good bag.

**Ingredients**

8 quail (or enough to go around)
Half-a-dozen spoonfuls of margarine
A couple of shakes of garlic
A few pinches of pepper
A few pinches of salt

**How to do it**

Take the quail, pluck and clean, ensuring that tail is removed. Halve by cutting along the backbone and press flat on a flat surface.

Mix the margarine, garlic, salt and pepper into a paste and rub over the quail pieces. Hang pan over coals and warm, melt in a couple of spoonfuls of margarine. When hot add quail pieces, breast-side down and cook for several minutes then turn. Spoon juice over the bird to moisten. Cook for approximately 5 minutes.

Serve with *Mick’s Spuds*, peas and beans. Wash down with billy tea.
Meat — Mild & Game
Bull Slabs

This is my older brother’s favourite way to cook a lump of steak. His nickname is Slab and the steak came off a bull so hence its name, Bull Slab.

Ingredients

1 lump of steak (old)
Vegemite
1/2 packet French onion soup
Some foil

How to do it

First of all get your camp oven hot. Smear Vegemite lightly on both sides of the steak.

Make an envelope out of the foil and put the steak into it. Sprinkle the French onion soup over the steak. Close the envelope completely on all sides—this ensures that no juices escape out of the envelope.

Put the envelope into the camp oven and cook for, say, 25 minutes with coals on the lid.

When it’s cooked the way you want it, serve with Bell Spuds for a fantastic meal that would make any pub cook envious.
Bully Buttock

Put 'er on early, go fishin' for the arvo. When you come back ravenous, she'll be done.

Ingredients

1 kilo rump steak
2 good spoonfuls of margarine and cooking oil
3 beef stock cubes
2 pannikins of water
1/2 pannikin of tomato sauce
12 small onions (whole)
5 rashers of chopped bacon
12 small peeled potatoes
1 packet of dry peas
Some flour

How to do it

Get your camp oven hot then put in margarine and cooking oil. Chop steak into 1-inch bits and roll in flour. Put into the camp oven and brown. Then add chopped bacon, water, and the rest of the ingredients. Cook slowly for 3–4 hours. When cooked serve with Aussie Damper. It’s great, mate.

Onions without tears

When peeling onions cut the bottom (root part) first and peel up. Don’t cut the top until you’ve finished peeling. This will help keep the tears away.
Bush Steak In Batter

In the bush who said you can't eat the top meals? Our Bush Steak in Batter is a superb meal that any connoisseur of fine food would enjoy.

Ingredients

Grilling steaks—rump, porterhouse, or fillet
Rashers of bacon
Some onion rings
Splash of tomato sauce
Splash of Worcestershire sauce
1/2 pannikin of self-raising flour
1 egg
Some milk
Pinch of salt

How to do it

To make the batter, place flour and salt into a bowl. Break egg into the centre of the flour and beat well. Then add milk slowly to make a smooth batter.

Place steak in a hot camp oven and cook for 5 minutes on one side. Turn steak, add bacon and onion rings. Pour sauces on top of steak. Then pour batter over. Place lid on top of camp oven and cook for a further 20 minutes or so.

Serve with ROASTED SPUDS IN FOIL, and with peas, beans and freshly-cooked scones.
Down-under Steak

Here's a way to prepare a steak that is slightly out of the norm, but makes an interesting variation from the usually dry fried meat.

Ingredients

Steak, nice and thick and enough to go around
1/2 pannikin of dripping
A couple of onions
A couple of spoonfuls of margarine
1/4 pannikin of lemon concentrate
A couple of slurps of tomato sauce
A good spoonful Worcestershire sauce
A couple of shakes of garlic granules
A few drops of Tabasco sauce
A couple of pinches of salt
A couple of pinches of pepper

How to do it

Melt the dripping in a saucepan then add diced onions, lemon, pepper, salt, Worcestershire sauce, tomato sauce, and Tabasco sauce and stir well.

Lay steaks flat on tray or pan and pour mixture over. Allow to sit for half an hour then turn. Ensure that all parts of the steak have been covered by the mixture.

Hang pan over fire and warm, melt in margarine. When hot, place steaks in pan and grill, spooning leftover mixture onto steaks while cooking.

Serve, when cooked to your liking, with Mick's Spuds.
Roughin’ It Steak

*A real bush-style way to cook a steak—without a pan or a shovel!*

**Ingredients**

- A good piece of steak, 1-1 1/2" thick
- A couple of pinches of salt
- A spoonful of Worcestershire sauce
- A spoonful of margarine
- A couple of pinches of pepper

**How to do it**

Mix salt, pepper, Worcestershire sauce and margarine together and coat steak.

Take a few good shovelfuls of coals and form a flat bed several inches thick. Place steaks on coals and grill until juice flows from meat. Lift steak, freshen coals, and cook other side. Serve when done the way you like it.

Stump Meat

*You don’t have to be a master chef to knock this one up. And another good thing about it is there ain’t many dishes or cleaning-up to do. This is my kind of meal.*

**Ingredients**

- 1 good lump of steak approx. 1 kg
- 1 packet of soup—e.g. French onion
- 1/2 pannikin of water

**How to do it**

Cut steaks into bits and chuck into a hot camp oven. Sprinkle steak with soup mix. Pour in water and put the lid on the camp oven, not forgetting to put some hot coals on the lid.

Cook for about 1 1/2 hours, but you’ve got to keep checking on it. Serve with the sauce poured over, and with *Vegie Kebabs.*
Buffalo Steaks

If you are hunting the Northern Territory or have access to buffalo meat, here is a hunter's way to bush-cook some steaks.

Ingredients

1 1/2"-2" thick buffalo steaks (enough to go around)
A few good spoonfuls of margarine
1/2 spoonful of garlic granules
A few pinches of pepper
A couple of drops of Tabasco sauce
1/2 teaspoonful of salt

How to do it

Mix the margarine, garlic, salt, pepper and Tabasco sauce into a paste.

Hang pan over coals and heat. Melt in a couple of spoonfuls of margarine and when hot add steaks and grill for a few minutes. Turn, knife paste over steak, grill for several minutes. Turn again and add paste to other side and grill for 5 minutes or so. Turn once again and add more paste and allow to grill for another 5 minutes. Then remove. Steak will be medium rare.

Serve with plenty of sauce, chipped spuds and eggs fried in the pan.

FAT — GETTING IT RIGHT

To get the right temperature of the fat, a blue fume will be rising. To test, drop in a piece of bread, it should brown very quickly.
'Roo Tender Loin

This is the go—the fair-dinkum Aussie-bred feed. No muckin’ around. Just real good old-fashioned tucker at its best.

Ingredients

A big lump of kangaroo steak or enough to go around
Some cooking oil (preferably good stuff)
Salt and pepper

How to do it

Get your kangaroo steak, if you can find some, and marinate it in the cooking oil for about half a day, or longer, or until you get around to it. In the meantime get some vegies ready.

Heat your pan by hanging it over the fire, then chuck your steak in the pan with some salt and pepper and slowly cook him up, turning him as necessary. When he’s cooked he’s done.

Now sit back, look at the stars, and enjoy a fair-dinkum meal of meat and vegies while living in the land of the Southern Cross.

MEAT DRIED OUT

Never pierce the meat while cooking, this lets out all the juices. When turning your meat, use a lifter or a knife and spoon, or stick a fork into the fat.
Jolly Jumbucks

Either at home or away, I don't reckon you can beat a good feed of chops, especially with this ripper sauce over them.

Ingredients

8 chops
2 onions
Salt and pepper
1/3 pannikin of tomato sauce
2 spoons of Worcestershire sauce
A few shakes of garlic
Good spoon of flour
Small spoonful of sugar

How to do it

Cut off the excess fat from the chops and cook in a hot frypan until nearly done. Mix all other ingredients with a little water and pour over the chops. Cook until the mixture thickens.

Serve with spuds and beans.
Stray Lamb Chops

Here’s a variation from the normal grilled or fried chops that is simple to cook and the result is very palatable.

Ingredients

- Enough lamb chops to go round
- 1 spoonful of margarine
- 1/3 pannikin of flour
- 1–1 1/2 pannikins of boiling water
- 1 small diced onion
- 2 chicken stock cubes
- Salt and pepper
- 1 spoonful of dry mustard
- 1 spoonful of vinegar
- 1 spoonful of Worcestershire sauce

How to do it

Melt the margarine into a hot pan. Add flour and stir until brown. Care should be taken not to burn.

Remove pan from the coals and gently add the boiling water while mixing. Put pan back over coals, stirring well until sauce thickens. Add onions, vinegar, Worcestershire sauce, stock cubes, salt, pepper and mustard. Stir for 15 minutes.

Fry the chops until tender. Pour the sauce over meat.

Serve with plenty of chipped spuds and tomatoes.
Venison Steak — Bite Size

If you’ve got a bit of time and a supply of venison, try this, the wait is more than worth it.

Ingredients

1/2”-thick venison steak (enough to go around)
A good spoonful of garlic granules
A couple of pinches of salt
1 pannikin of water
1 pannikin of soya sauce
A couple of spoonfuls of honey
A couple of drops of Tabasco sauce
Spoonful of margarine

How to do it

Stir together water, soya sauce, garlic, salt, honey and Tabasco sauce in a large bowl. Place steaks in dish (camp oven will do). Pour mixture in and allow to set for a day, turning to ensure all steaks get a good soaking.

Hang pan over coals and heat. Melt in spoonfuls of margarine, add steaks and grill over a medium to low heat. Don’t burn. Keep moist by pouring mixture over steaks while cooking.

When cooked to suit, serve as a steak sandwich, or with grilled onions and chipped potatoes.
Venison Steak—Giant Size

If you've been good enough or lucky enough to bag a deer, then here's a way to enjoy some of your hard-earned venison, while still in the bush.

Ingredients

1 1/2"-thick venison steaks (enough to go around)
1/2" cooking oil in a pannikin
4 good spoonfuls of margarine
A couple of pinches of salt
Dash of Worcestershire sauce
A couple of shakes of garlic granules

How to do it

Pour oil into bowl, dip steaks in bowl to coat with oil.

Hang pan over coals and heat. When hot, grease with margarine, add steaks and leave for several minutes then turn. Cook till done—about 10 minutes for rare. Remove.

Melt margarine in pan. Mix in salt, Worcestershire sauce, and garlic. Spoon over steaks.

Serve, season to taste, and tuck in.

Fat — Hot

If you're going to fry anything, make sure the fat is hot, real hot. This seals the outside of the food straight away, and stops the juices from getting out, and keeps the fat from getting in. But be careful, hot fat is dangerous, and it can burst into flames.
Sambar Stew

Here’s a good brew that once prepared, can very quickly fill that hollow spot at the end of a long day’s hunt, with very little work. It was given to me by an old bloke over the Alps way. All I know is, it’s good.

Ingredients

6 pannikins of venison, diced
1 pannikin of vinegar
2 pannikins of water
A couple of onions
A couple of carrots
A few potatoes
Gravox
A spoonful of salt
A spoonful of garlic granules
A couple of packets of dried beans
A couple of packets of dried peas

How to do it

Mix vinegar, water, salt, and garlic in camp oven. Dice onions. Peel and quarter potatoes and carrots. Add vegies with venison to camp oven and allow to sit for a while, overnight if possible, stirring occasionally.

Place camp oven in coals. Allow to cook for 3–4 hours. When nearly cooked, add in several spoonfuls of Gravox to thicken and allow to simmer until ready to eat.

Serve in a bowl with hot buttered Bushies’ Fried Scones or Johnny Cakes.
A Real Different Meal
If You’re Daring
Achilles Eel

Eels are slippery little beggars that love nothing better than catching a mug on the end of a rod and doing their damnedest to drag him into the creek or river. As this recipe is about how to cook, not how to catch, land, handle or outwit the slimy creatures we'll just say that having done so, and by following the direction below, you'll be rewarded with its tantalising taste.

Ingredients

A couple of eels
1 pannikin of plain flour
A couple of pinches of salt
A couple of pinches of pepper
1/2 pannikin of cooking oil

How to do it

After catching your eel, dispatch it by beheading with an axe. Then skin, gut and rinse.

Slice into thick cutlets and place in a saucepan or camp oven, cover with water and bring to boil with lid on. Let sit for 15 minutes, then strain off water and allow cutlets to cool.

Season the flour by mixing in salt and pepper then roll cutlets into the seasoning. Hang pan over coals, add oil when hot, place cutlets in and fry until brown.

Serve with thinly-sliced potato chips fried in the oil.
Mallee Stew

When you're starvin', you'll eat anythin', but this is somethin'. It ain't no pub meal, but it'll do until the next good feed comes along.

Ingredients

1 rabbit
A couple of ducks
A couple of pigeons
2 packets of dried peas
2 packets of dried beans
A handful of carrots
Garlic granules
Half-a-dozen spuds
Gravox
A couple of pinches of pepper
2 beef stock cubes
1 spoonful of salt
4 onions
A few pannikins of water

How to do it

Clean and gut the rabbit. Pluck and clean the ducks and pigeons. Rinse all well. Place the whole lot in the camp oven. Peel the spuds and quarter, dice the carrots, slice the onions, and chuck the lot into the camp oven. Cover with water.

Place camp oven into coals. Leave for 3–4 hours without disturbing. Remove. Add peas, beans, pepper, salt and a couple of large spoonfuls of Gravox. Stir well and replace in coals for another 1/2–3/4 hour.

Serve with hot scones or QUICK DAMPER dripping with margarine.
Pan-fried Snake

For those who wish to be daring and fulfil a long-time wish, try this—if you’ve had to dispatch a snake in self protection! Remember, all snakes are protected. **NO RESPONSIBILITY TAKEN!!!**

**Ingredients**

1 snake  
A couple of spoonfuls of margarine  
A few pinches of salt  
A couple of pinches of pepper  
Bread

**How to do it**

Take the snake, preferably dead, and remove the head as this contains the poison sacs. Skin. Cut into 2-inch pieces. Mix salt, pepper and margarine into a paste and rub over pieces. Hang pan over coals and heat, melt in a couple of spoonfuls of margarine, then gently fry the pieces until brown. Serve on toasted bread slices. You’ll be surprised!

**Fat — Not Hot Enough**

If you put the food in before the fat is hot, it will be greasy and spongy and horrible and give you the burps.
Pit-roasted Pig Or Goat

Most campfire or bush cooking is restricted to cooking over or in the coals of the campfire. There is a third alternative, which requires a good bit of preparation, but the end result justifies the additional work. As with most bush cooking, a bit of experimentation and daring can result in any game being cooked this way.

Ingredients

1 small pig or goat
A bit of marrow
Half-a-dozen medium spuds
Some garlic granules
A couple of onions
A splash of Worcestershire sauce
A bit of pumpkin
A couple of drops of Tabasco sauce

How to do it

Dig a pit a couple of feet square and a few feet deep. Have plenty of good wood on hand—preferably mallee roots or a good coal-producing wood. Start fire and keep burning for 4–5 hours. A deep bed of coals should line the pit.

Place sliced onions, potatoes, pumpkin and marrow inside pig or goat. Rub Worcestershire sauce over meat and sprinkle with garlic granules.

Wrap the pig or goat solidly in foil, then wrap with 3 or 4 layers of paper. Tie with fine wire or twine, and place package inside a hessian bag, and then wet thoroughly.

Put the whole package directly on the coals, cover quickly with a piece of tin, then back-fill with hot coals and dirt to about 12 inches thick. Leave for 4–5 hours.

Excavate and serve.
Witjuti Grubs

You beauty—have a go at these. All the old fair-dinkum Aussies have been eatin' 'em for years, and now you can get 'em in a restaurant, so why not try 'em for yourself while out in the bush?

How to catch him
To catch a witjuti, you will probably find him in any number of trees, but wattle is his favourite haunt. If you see a tree with a hole in its trunk and some evidence of sawdust around I reckon you've hit the jackpot. Now to get him out you can use a bit of thin wire or an old inner speedo cable and put a sharp point on the end with a file. Bend the wire around to make a type of a barb, shove the wire into the hole and turn around a few times, and then with luck when you pull it out you could have a grub hanging on the end.

How to eat him raw
This'll get the sheilas going. Hold his head with the finger and thumb of your left hand and grab his skin near his anus with your other hand and pull out his entire innards. Close your eyes and bite off his body behind his head. Now you mightn't like the sound of this, but the witjuti is one of the tastiest and most nutritious foods around. The grub is sort of a cream colour, and it grows to about 4 or 5 inches long.

How to cook him
Throw him complete into the hot ashes for a couple of minutes, then gut him and eat him. Or put him into a hot pan with a bit of margarine. But don't cook him for too long.

Well witjuti grubs are great, so don't worry. They only eat wood and are probably the cleanest bush food in the country.
The Old Snags & Mince
Bloodied Dogs

This is no “yapping” matter, this is a fair dinkum country way of making the old snags taste a bit better than beaut.

Ingredients

12 sausages
1 pannikin of mashed potatoes
2 tomatoes (pulp)
1 egg
1 egg yolk
Pepper and salt to taste
Some breadcrumbs
Cooking oil

How to do it

Rip the sausage meat out of the skins and put with potato, tomato pulp, pepper and salt to taste. Work it in with a well-beaten egg yolk. Turn the mixture into sausage shapes and roll in egg and breadcrumbs.

Have your pan hot and chuck in some cooking oil and sausage shapes and fry until cooked. You have to turn them over a few times to get them cooked properly.

Serve with plenty of sauce.
Drover's Dog

You don't have to be a drover to knock one of these up, but you do have to be hungry. They're great for an early lunch or while waitin' for the fish to bite.

Ingredients

A rasher of bacon
1 sausage
1 slice of bread
1 egg
Sliced onion
Tomato sauce

How to do it

Fry the sausage, onion and bacon in the pan until nearly cooked, then hard-fry the egg.

When serving, place egg on a piece of bread and sprinkle on some salt and pepper. Add the sausage, followed by the onion and the bacon. Smother with tomato sauce. Fold the sides of the bread up and eat in fingers as you would a hamburger. Woof Woof!

Got a Corn on Your Foot

This may help. Bandage a piece of squashed lemon over the said corn, and leave on all night.
Toad-in-the-Hole

This'll get the “croak” out of ya and put some hop back into ya. Cook it and eat it just before dark and then go and check the fishin’ lines. If it’s misty it could give you a “frog” in the throat.

Ingredients

1 pannikin of self-raising flour
1 egg
1/2 pint of milk
Half-a-dozen sausages
2 good spoons of margarine
Some salt

How to do it

Mix up a batter with the flour, salt, egg and milk the same as you would for pancakes.

Get your hot camp oven and put in the margarine. Pour in the batter. Drop in the sausages and face them in one direction, put the lid on and let them bake for about half an hour.

Eat ’em with some spuds and tomatoes.

Eucy to the Rescue

Colds: put a couple of drops of eucalyptus oil on a handkerchief or a piece of rag and breathe in every now and then.

Pulled Muscle: get one part of eucalyptus oil to three parts of oil and rub it in. It works.

Stings: also good rubbed on stings, diluted or undiluted.
Balls And Mushies

Years ago when off camping, most folk would only take a frypan, some salt and a bucket of fat and live off the land. But things have changed. There are more people out in the bush and so naturally most people are taking their food with them. This meal is the ideal holiday tucker, easy to prepare, and goes down pretty good.

Ingredients

2 pannikins of mince steak
1 onion
1 carrot
2 good shakes of garlic granules
1 beaten egg
1/4 pannikin of plain flour
1 good spoonful of margarine
1 small spoonful of cooking flour

Mushroom Sauce

How to do it

Chop onions and carrot very finely. Combine with mince, garlic and egg and mix well. Make into balls.

Roll balls in flour and flatten into a hot oiled frypan and cook, occasionally turning.

When cooked, remove rissoles and keep hot while preparing Mushroom Sauce.
Giant Venison Burgers

These will warm and fill you up after a hard day's hunting. They're easy to cook as well.

Ingredients

3 pannikins of venison mince  
A couple of onions  
Half-a-dozen slices of bread  
A couple of eggs  
Worcestershire sauce  
Tomato sauce  
A couple of pinches of salt  
A couple of pinches of pepper

How to do it

Take the onions, peel and chop finely. Crumb the bread. Mix all the ingredients together, and add a liberal dash of Worcestershire sauce and a couple of good slurps of tomato sauce. Break in the eggs and when thoroughly mixed press into palm-sized balls. Makes 8 approximately.

Hang pan over the coals and heat. Melt in a couple of spoonfuls of margarine and when hot, add venison burgers and press flat. Allow them to cook slowly over medium coals, turning as required.

The way to eat these beaut burgers is with toast and SCRUB RELISH.
Meat Loaf and Fried Damper

Sitting by the river, no fish to be found
The rabbits have gone quiet and there's no quail around
Instead of sitting here better go back to the camper
For tea tonight it's Meat Loaf and Fried Damper.

Ingredients

Half a kilo of mince steak
Half a kilo of sausage mince
1 diced onion
Handful of flour
1 egg
Good pinch of salt
Good pinch of pepper

How to do it

Dice the onion finely and mix together with both meats. Break the egg into the meat and mix thoroughly.

Shape into a loaf and roll in flour. Place in an oiled camp oven and cook for 2 hours.

When Meat Loaf is cooked, remove from camp oven and keep warm. Now cook your FRIED DAMPER.

Serve Meat Loaf and Fried Damper with roast spuds. Have a delicious meal.
Mince Parcels In Foil

This is bush tucker at its best. You can either get 'em ready at home or get 'em up by the fire, either way you do it you are in for a real treat as they are tops.

Ingredients

2 handfuls of mince (or sausage meat)
3 onions
Some garlic granules
1 packet of dried peas
Half-a-handful of carrots
3 spuds
A good pinch of salt
Some Worcestershire sauce

How to do it

Mix all ingredients together then break into easily handled portions, say four or five. Wrap in foil, and chuck into the coals. Cook for approximately 30 to 45 minutes.

These parcels can be made with almost anything that is around, and can be done at home and kept in the Esky. For different meats try bacon, celery, cheese and corn.

Serve with MICK'S SPUDS for a real different meal.
Mushies & Vegies

K E E P  T H E  G R E E N  I N  T H E  B E A N

A bit of carb soda in beans and peas while they're cooking gives them a good green colour.
Midnight Mushies

This is the perfect midnight snack just before hitting the hay, they only take a few minutes to make.

Ingredients
Large mushrooms (enough to go around)
Worcestershire sauce
Bacon rashers

How to do it
Chop bacon and cook in a hot frypan. Spoon bacon into mushroom caps and sprinkle Worcestershire sauce liberally over the top. Cook in the camp oven until mushrooms are well heated through.

My mouth’s watering now.

WARNING
Field mushrooms are identified by the white ring around the stem, and pink gills—which darken on maturity.

NOT TO BE CONFUSED with yellow-staining mushrooms which, when scratched on the caps or stem with fingernail or knife turn yellow, and which also have a strong ammonia smell if cooked. THROW AWAY AS THEY ARE POISONOUS.
Pan-fried Mushies

If you happen onto a paddock of fresh mushies, or you’ve bought some from the greengrocer, here is an easy way of cooking them.

Ingredients

Fresh mushrooms (enough to go around)
Big dob of margarine
Salt and pepper
Some flour

How to do it

Peel, clean and slice the mushrooms while your frypan is getting hot. Then pop in the margarine and the mushroom slices. Sprinkle with salt and pepper and cook for a few minutes, turning occasionally.

If a gravy is desired, add a little flour and stir.

Delicious on damper dripping with margarine, or served over meat.
Vegie Kebabs

Before you leave home make these things up and put them in a bag in the esky. Then when you get to where you are going, get your fire started and put these on to start cooking. Unload the ute, and when you’ve finished that, these kebabs should be ready to turn over.

Ingredients

Fresh vegies
Some salt
Wire skewers

How to do it

Cut vegies to the size you reckon is about right, then thread onto skewers. Cook over a medium fire turning now and then. Don’t forget, you want your vegies hot and not mushy. Add salt to taste. Good with bread and butter.

Wilderness Vegies In Coals

Here’s a way to prepare some nice vegies to complement your steak.

Ingredients

1 medium spud per person
1 good size carrot per person
1 lump of pumpkin per person
1 piece of marrow per person

Margarine
Splash of oil
Wet newspaper

How to do it

Rub each piece of vegetable with oil, and wrap up in layers of wet newspaper. Dig a shallow trench at edge of coals, place newspaper-wrapped vegies in trench, and cover with hot coals. Let roast until easily pierced by a fork.

Before serving, remove paper and brush off ashes. Eat with salt, pepper and margarine.
Spuds
Bell Spuds

This is a concoction of a recipe that's used every day in classy restaurants and pubs, and is easily converted to a camp oven to give you a classy side-dish to your main meal. The name happened to be on some paper recipes I got one day.

Ingredients

Some spuds (enough to go around)
A couple of big onions
Salt and pepper
Some garlic sprinkles
Half a pannikin of milk (or enough)
Some cheese slices
Some margarine

How to do it

Grease your camp oven and get it hot. Then peel and cut the onions into rings and put into the bottom of the camp oven. Peel, wash and slice the spuds into about 1/4-inch-thick slices and place over the onions. Give 'em some salt and pepper, and a fine sprinkle of garlic. Chuck in the milk and cover with sliced cheese.

Put the camp oven in the coals, with some coals on the lid, and cook. Should take about 30 minutes or so, but check. When they pierce easily with a fork, they're done.

Serve with BULL SLABS. This will be one of the most gourmet meals you will ever cook in the bush.
Bullocky Bread

Cop a loaf of this. No yeast, only bits and pieces out of your tuckerbox. And if I can eat it you can.

Ingredients

2 spuds
1 pannikin of water
1 pannikin of self-raising flour
Pinch of salt

How to do it

Peel and boil the spuds in a saucepan and then mash them in their own water and let go cold. Add self-raising flour and salt then mix—an ice cream container is ideal for this.

Knead well—you should know how to do this by now—and shape like a damper. Grease sides and bottom of the camp oven and put in damper. Bake for about 30 minutes.

Use the “knocking” test to see if it’s cooked. When it sounds hollow he’s done.

No.Splash boiling

When boiling peas or beans add a small bit of margarine to the water, they reckon it stops it from boiling over.
Dydi’s Savoury Spud Cakes

If you have had a bad day’s fishing, and if you’re starving hungry, here’s a meal that’s quick ’n’ easy and will pacify that rumbling stomach.

Ingredients

6 large potatoes
1/2 pannikin of flour
2 medium onions
A couple of eggs
4 slices of bacon
4 spoonfuls of margarine

How to do it

Take the potatoes, peel, boil in water until cooked—when easily pierced by fork. Mash with margarine, salt and pepper. Add the rest of the ingredients and mix well.

Hang pan over the coals and heat, melt in a couple of spoonfuls of margarine, and spoon in dobs of mixture. Cook until brown, then turn.

Serve hot with salt, pepper and plenty of sauce.
Mick's Spuds

This is how the old timers used to cook their spuds. It's original and believe me it works. Just ask Mick if you're ever up Deni. way.

**Ingredients**

2 spuds per person

**How to do it**

Scoop a hole in the bottom of the coals and chuck in the spuds and cover with dirt and coals and let 'em cook on their own. After 20 minutes or so check by piercing with a knife.

When cooked, serve with rabbit or fish or any other meal.

Mock Fish

It's not fair-dinkum fish, but if you can't catch one or go to the shop and buy one, this'll have to do.

**Ingredients**

To each person you are cooking for:

- 2 good-size spuds
- 1 egg
- 1 onion
- Salt and pepper
- Cooking oil

**How to do it**

Peel and grate the spuds and the onion, then squeeze out the juices. Add egg and a good pinch of salt and pepper. Mix well. Chuck into a hot frypan with cooking oil. Fry, turning occasionally, until golden brown.

Serve with plenty of sauce.
Roasted Spuds In Foil

Any combination of these ingredients can be used to cook to your own taste.

Ingredients

Medium-size spuds
Margarine
Cheese
Garlic
Foil

How to do it

Slice the spuds in $\frac{1}{4}-\frac{1}{2}$ inch thick slices but don't cut all the way through. Knife margarine into each cut. Slice cheese and place piece into each cut. Sprinkle spuds with garlic granules then wrap completely in foil.

Shovel a hole in hot coals, gently place potatoes in and cover. Cook for approximately $\frac{1}{2}$ hour. Remove when easily pierced by fork.

Serve with margarine and plenty of salt and pepper. An ideal midnight snack, or side-dish to any main course.
Spud Pie

When you're stuck out in the bush, who said you can't make up some of the best meals around? This one is that good even the best of bushies come back for more.

Ingredients

- 4 spuds
- 1/2 pannikin of cheese (grated)
- 1 packet of soup mix
- 2 spoons of margarine
- 1 pannikin of milk

How to do it

Grease your hot camp oven. Slice the spuds and arrange layers of spuds and soup mix in camp oven. Heat milk and pour over. Cook in moderate coals for 40–45 minutes or until the spuds are cooked through.

Remove lid of the camp oven, add extra milk if necessary, and top with cheese and a bit of margarine. Bake for a further 10 minutes until the cheese melts.

Serve as a side-dish with fish or meat. Excellent with Bidsey's Crumbed Wild Duck or Roasted Underground Mutton.
Unlucky Hunter’s Respite

This sounds alright, smells not too bad, tastes OK, and seeing you didn’t catch anything, it’s better than eating nothing.

Ingredients

4 large potatoes  
2 good spoonfuls of plain flour  
6 slices of bacon  
1 pannikin of milk  
2 good spoonfuls of cornflour  
2 pinches of pepper  
2 medium onions

How to do it

Peel the potatoes and boil. When ready, roll in cornflour and fry in the pan.

Dice the onions and bacon and brown. Mix flour and milk together and pour over onions and bacon. Stir into a gravy while adding pepper.

Slice potatoes onto plate then pour gravy over and serve. It’s good.
Re-cooking Leftovers
Feathered Fish

So you had a big catch yesterday and couldn't eat it all last night. Why not have it for brekkie with some eggs.

Ingredients

3 eggs
2 good spoonfuls of cooked fish
1 good spoonful of milk
Salt and pepper to taste
2 good spoonfuls of margarine

How to do it

In a bowl beat the eggs and add milk, add salt and pepper to taste. Have your frypan hot and add margarine, and then the flaked cooked fish. Add beaten eggs and cook slowly, stirring continuously until mixture thickens.

When ready, pour onto hot toast and tuck in, and wash down with billy tea.

TYING WIRE FOR A TOW ROPE

If your vehicle gets bogged and you need some wire from a fence to help you out, there is only one knot to use and that’s the old farmer’s figure-8 knot. Easy to do and won’t come undone.
Jaffles In Coals

The jaffle is one of the most basic of camp-cooked meals or snacks. Almost any ingredients can be used, and it's an ideal way of using up leftovers, especially stew.

Ingredients

Sliced bread
Margarine
Filling (suggestions below)
Salt and pepper

How to do it

Any combination of fillings can be used, as long as they are edible! Such as egg, egg and chopped bacon, cheese and bacon, baked beans, tomato and onion—the list is as endless as the contents of your tuckerbox and your imagination.

Spread two slices of bread with margarine. Place buttered side face-down on hot jaffle iron, add desired filling, season. Place the other piece of bread, margarine side up, on top of filling. Close jaffle iron and lock.

Place jaffle iron in hot bed of coals, cook for a few minutes, then turn. Repeat. Remove and check.

Serve when done. A delicious snack or light meal.
Paddy's Fish Cakes

If you've had a good catch the day before and you're worried about keeping the fish fresh, why not cook them all up at once, then re-cook as needed? Here is a way of doing it.

Ingredients

Remains of any cold fish
To each kilo:
About 1/2 kilo of mashed spuds
1 big dob of margarine
2 eggs
Milk
Breadcrumbs
Big pinch of salt
Pinch of pepper
Cooking oil

How to do it

Hang your pan over the coals to get hot and add margarine. Then chuck in and mix together the coarsely broken-up fish, mashed spuds, yolk of one egg, salt, pepper and a bit of milk to moisten.

Stir for a few minutes then place onto a plate and let cool.

When cold, make into flat round cakes. Wipe over with egg, smother with breadcrumbs, and fry in hot cooking oil.

Serve with peas or beans.
Modern Swaggies’ Leftovers

If you had to cook all your meat up at once because you needed the Esky for other vital materials, well don’t throw the cooked meat away, re-cook it the next day.

Ingredients

Any leftover cold meat, sliced
1 onion
2 tomatoes sliced
Salt and pepper
1 egg
Handful of flour
Some milk

How to do it

Put the flour and salt in a bowl, break an egg into centre of flour and mix it up well. Then put the milk in and mix to make a nice smooth batter.

Have your frypan hot and greased. Place together sliced meat, onions, and tomatoes. Cover in batter mixture and fry until golden brown.

Serve with chipped spuds and peas.
Something To Sweeten You Up
Camp Oven Bread Pudding

Here is a simple campfire dessert that will hit the spot and add a finishing touch to your main course.

Ingredients

- A dozen slices of bread
- 1/2 pannikin of jam
- A couple of spoonfuls of margarine
- A pannikin of milk

How to do it

Lightly spread bread with margarine, then coat generously with jam. Grease inside the camp oven with margarine and place bread in layers. Slowly add milk till it soaks into bread. *Do not cover the bread completely with milk.*

Put the camp oven on the coals and cook slowly for 20–30 minutes. Serve hot.

Cowyard Whacklers

Here’s a wholesome biscuit mixture that can be quickly whacked up and carried to fill that hollow spot.

Ingredients

- 3 pannikins of self-raising flour
- 3/4 or 1/2 lb of margarine
- 3 eggs
- 2/3 pannikin of sugar
- 2 pannikins of milk or cream mixture

How to do it

Rub the margarine, flour and sugar together until mixture has a course texture. Form a hole in middle of mixture and break in eggs, blend, then add milk/cream and mix to a thick dough. Add spoonfuls of mixture to a hot greased camp oven and cook until lightly brown, approximately 10 minutes.

These definitely taste better than the name suggests.
Dolly Varden

This'll sweeten the missus up, especially if you're at the camp on your own. Knock this one up for when she comes back. Sit her down, make her a cup of tea and give her a bit of this cake, then tell her you are going fishing with the boys again next week. Ha! ha! fat chance.

Ingredients

1/2 pannikin of butter or margarine
1/4 pannikin of sugar
Couple of eggs
One-and-a-bit pannikins of self-raising flour
1/2 pannikin of milk

How to do it

Get your Twelve Gallon Oven hot with good coals.

Mix the margarine and sugar to a creamy smooth texture, use an ice cream container for this. Then put in the eggs and beat well. Slowly add the self-raising flour and the milk bit by bit—it should now look like a batter.

Pour mixture into your greased cake tin and bake in your drum oven. It should take about an hour or so, but keep a close eye on your fire.

When it's done, and if you have any, pour cream over the top. When serving, you have to have it with billy tea.
Hungry Campers’ Pancakes

Here is an ideal way to prepare an easy snack when arriving at your camp site. Get your fire going, pitch your tent, lift the lid off a bottle of “cordial”, put the pan on and belt up a batch of these.

Ingredients

A couple of eggs
1/2 pannikin of milk
1/2 pannikin of sugar
A couple of pinches of salt
1 pannikin of self-raising flour
Lemon juice

How to do it

Stir eggs, milk, sugar and salt in a bowl, then slowly add flour while mixing.

Hang pan over coals and heat, melt in a couple of spoonfuls of margarine, and when hot spoon in mixture. Cook until firm, turn, and brown.

Sprinkle with sugar and lemon juice and serve.
Mug Of Muck

This'll fix you up, and settle down your rumbling tummy. Or if you've had a big main meal, you need a nice settling pudding to finish off your big day.

Ingredients

Some sugar, about a spoonful
Pinch of salt
A pannikin of self-raising flour
A good spoonful of margarine
Some mixed dried fruit

How to do it

First of all, get your camp oven full of water, and get it boiling and keep it boiling while you prepare your pannikin of self-raising flour.

Add to the flour the spoonful of sugar and a pinch of salt, then mix in the margarine and dried fruit to make a real good dry dough. Drop the mixture into the boiling water, and keep it on the boil for a good half hour or so for every pannikin of flour you use.

If you get side-tracked and it boils a bit too long, don’t worry, it will be OK.

If you’re real serious about this meal, and you have a cloth bag with you, you can put the dough into the bag to hold it together for cooking. Or you can put the raw dough into a greased billy which can then be boiled inside a larger billy.

Serve with Golden Syrup Sauce.
Outback Fritters

These pancakes are perfect for that after-main-meal sweet. Or if you’re off fishing or hunting, put a few in your pocket for when you get a little hungry later.

Ingredients

1 pannikin of self-raising flour
1 small spoonful of sugar
1 egg
3/4 pannikin of milk
A big dob of margarine
Some apple slices

How to do it

Put flour and sugar into a bowl, break an egg into the centre and combine with milk until smooth. Stir in melted margarine, then add slices of apples.

Have your frypan hot and greased, then drop spoonfuls of the mixture into the pan. Make sure there is a slice of apple in each pancake. Cook until the top bubbles on each pancake, then turn and cook until golden brown.

Serve as a snack with margarine and sugar. Beautiful!

To stop the discolouring on bananas and apples, splash some lemon juice over the top of them.
Ploughman’s Pikelets

Another quick campfire snack that is simple to make and quite filling. A good one to give the kids.

**Ingredients**

- 2 eggs
- 1 pannikin of milk
- A few good spoonfuls of sugar
- 1 1/2 pannikin of self-raising flour
- A couple of pinches of salt

**How to do it**

Beat eggs, add in milk, mix well. Add sugar, flour, salt and blend to a smooth mixture.

Hang pan over coals and heat, melt in a couple of spoonfuls of margarine. When hot add spoonfuls of mixture and cook until top bubbles. Then turn.

Serve when cooked golden brown on both sides.

Try with margarine and jam, or *Golden Syrup Sauce*. 
Twelve Gallon Bun

This ain't so sexy and it ain't gonna hurt
If your feelin’ a bit pecky or perhaps a bit of skirt
You could open a can or just prop for a while
Just read on a bit and give us a smile
Start mixin’ and stirrin’, the drum’s ready for work
It smells real good, don’t drop it in the dirt
Slam a bun in the oven—Hey mate it sure works.

Ingredients

<table>
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<th>1/2 pannikin of mashed spuds</th>
<th>1/2 pannikin of milk</th>
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<td>Some sultanas</td>
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<td>1/2 pannikin of sugar</td>
<td>Bit of salt</td>
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How to do it

Chuck some real good coals into the bottom of your drum. Mix up all the ingredients and put into a cake tin, or something similar, but don’t forget to smear it with some margarine first. Cook it for about 20 minutes. Keep a check on it and your fire, it is important.

When it’s done and is still hot, smear the top with some margarine and sprinkle some sugar on it. Then hop into it.
Soaking The Meat & Sauces
Marinades

You'll often hear campers or hunters talking about soaking meat for a couple of hours or overnight. The technical name for the mixture that the meat is soaked in is a “marinade”, and the process is called marinating.

A few things happen to the meat when it is marinated. Firstly the marinade adds moisture to the meat. Secondly, the flavour of the ingredients are absorbed into the meat and thirdly, the acids in the mixture tenderise the meat.

The marinades can range from a bucket of salty water to a complicated mixture of spices, wine and sauces.

I have included a couple of these marinades to give you a guide, but just about anything can be used that you normally flavour your cooking with.

The time needed for your meat to soak in the marinade can range from several hours to a couple of days, depending upon age, size of the cut, and how long you are prepared to wait to eat.

MICE AND ANTS A PROBLEM

Get some mustard and vinegar and make into a paste. That'll get rid of them.
Barbecue Mixture

Ingredients

1/4 pannikin of vinegar
1/2 pannikin of Worcestershire sauce
1/2 pannikin of water
1/2 spoonful of margarine
1/2 pannikin of mustard
1 small diced onion
A few good spoonfuls of margarine
A few good shakes of garlic granules
A couple of drops of Tabasco sauce

How to do it

Melt margarine and mix in all other ingredients in a container large enough to hold meat to be soaked.

Small-game Mixture

Ingredients

2 pannikins of red wine
2 pannikins of water
A pinch of salt
A couple of good spoonfuls of Worcestershire sauce

How to do it

Mix all ingredients together and pour over game such as rabbits, ducks, pigeons, etc.
Bread Sauce

Ingredients
1 pannikin of milk 1 small onion
1 pannikin of breadcrumbs Handful of plain flour

How to do it
In a saucepan cook the whole small onion in the milk until soft. Put in the breadcrumbs to soak. Beat up with a fork, add a good pinch of salt, and let boil.

Serve Bread Sauce on the side with ROAST COUNTRY PIGEON or other birds, and eat with roast spuds for an unreal meal.

Dead Horse Sauce

This is better than winning the Melbourne Cup at Flemington. Just throw it over your steak and let it ooze over and into the gravy. Then let your mates anguish over the look and taste. But if you want to, give 'em some. Be very reluctant.

Ingredients
1 small can of tomatoes A couple of good shakes of pepper
A couple of big spoons of oil A couple of good shakes of garlic granules
A good pinch of salt

How to do it
Make sure the tomatoes are bashed real fine, or to a pulp. Chuck the whole lot of ingredients into a saucepan or billy and cook it for about half an hour or so. You can give it a stir or two if you feel like it, don't let it burn.

Serve either hot or cold. There is enough Dead Horse here for you and three of your mates.
Golden Syrup Sauce

There's always one in the camp with a sweet tooth so sweeten her up. You never know, it could be the makings of a lovely friendship.

Ingredients

A couple of pannikins of water
2 spoonfuls of margarine
2 good spoonfuls of golden syrup

How to do it

Mix the ingredients together in the camp oven and bring to the boil. Simmer for 10 minutes. Try simmering dumplings (Lead Sinker's recipe) in the sauce and serving in a bowl with cream, if available. And see what happens.

Also serve with Mug of Muck, Ploughman's Pikelets, or the like.

Get Rid of That Toothache

Look straight ahead. Curve your fingers and with fingertips press the point at the bottom of your cheekbone in a direct line from your pupil. Hold gently for one minute. If this doesn’t work, go to the dentist and get it ripped out.
Mallee Sauce

Everybody needs a sauce with some grunt in it, especially to go with some of the rough meals that are cooked over our campfires. This sauce is as tough as an old mallee root.

Ingredients

1 spoon of margarine
1/4 pannikin of vinegar
1/2 pannikin of tomato sauce
2 spoons of lemon concentrate
1 pannikin of water
1 good spoonful of instant coffee powder
1/2 pannikin of Worcestershire sauce
1/2 pannikin of sugar

How to do it

Melt margarine in a pot and add all the other bits. Stir well until the sugar is dissolved. Bring to the boil.

Shift pot to the side of fire if possible and let it just bubble away for 5 minutes or so. Then pour it over the super-beaut meal you’ve just cooked.
Mushroom Sauce

*This is ideal for smothering those hot rissoles you’ve just cooked.*

**Ingredients**
- 2 good spoonfuls plain flour
- 1 pannikin of water
- 1 crumbed beef stock cube
- 1 small onion, chopped fine
- 1 x 190g can mushrooms

**How to do it**

In the drained frypan partly cook onions, add flour and stir constantly. Gradually stir in water, stock cube and maintain stirring until mixture boils and thickens. Add mushrooms and stir until mushrooms are heated through.

Serve as *Balls and Mushies* or on top of any other meal you’ve got hot, and try it with peas or beans and scones.

Scrub Relish

*It’s just what you need to give your meat a gentle help-along in the flavour department. No, I don’t really mean that, but it helps.*

**Ingredients**
- A small amount of jam, preferably plum but anything
- A good splash of Worcestershire sauce
- A couple of drops of Tabasco sauce
- A good slurp of tomato sauce

**How to do it**

With your fork, and on the side of your plate, mix all the bits together into a paste. It don’t look too good mate, but trust me. Then smother your meat with the paste, and enjoy.
White Sauce

This recipe is quite adaptable and can be used for Steamed Fish and other tantalising meals you can bash up.

Ingredients

- 1 bit of margarine
- 2 spoonfuls of flour
- Dash of milk
- Splash of water
- Pinch of salt

How to do it

Melt margarine into a pot or a saucepan and add flour. Stir well until smooth. Put in milk and water and give it a good stir until it’s boiling.

Cook for 5–7 minutes and chuck in some salt to give it a good taste.

A different idea is to put in some grated cheese and stir until the cheese is melted.

Especially good served over *Steamed Fish*. 
# Weights And Measures

## VOLUME

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This book

was knocked together out of a swag
of tasty bits and pieces—deeply embedded in
various computer discs and dubious documents
scraped from the culinary bench top
of the far-from-ordinary author
Herb (how’d ya be?) Lummis.
He’s got to be a better cook than he is a speller
— try him on Worcestershire sauce.

All the typographical tidiness here visible
is the work of Shirley Williams. And as usual
we got the right design nudge at the right time
from our mate, Jimmy.

The illustrations flowed from the fine fingers
of the vegetarian illustrator, Debra Hill,
while the editorial challenge
of bringing out the best of Lummo
was the work of Christine Flynn.

PB
BUSH RANGER SWAGS

The Australian-made swag for Australian conditions—the single or double Bush Ranger Swag made from durable 12 oz canvas provides the best protection and comfort under the stars.

The Bush Ranger Swag features:

♦ 50 mm upholstery-density foam mattress
♦ heavy-duty weatherproof zips
♦ canvas or vinyl base
♦ hood which extends 900 mm for head cover
♦ singles can be zipped together to form a double
♦ weighs only 7 kg

The Bush Ranger Swag rolls up to 900 mm x 300 mm

BUSH RANGER SINGLE AND DOUBLE SWAGS

Designed & Distributed by Jeff and Helen Yates
Southern Shooting & Angling Supplies
Cnr Beech Forest & Shorts Roads, Barongarook/RMD 5015 Colac VIC 3249
Phone (052) 33 8356
**Cyclone**

Smooth lacquer-sealed handle of premium Australian hardwood

Environmentally-aware water-based green paint

Treaded blade for extra foot pressure

High-carbon 2 mm steel cut by computer-controlled plasma cutter in Wonthaggi, Victoria

Comfortable polypropylene Dee-grip with steel rivet

Handle securely fitted by hydraulic press

Extra-strong one-piece blade and peaked socket provides extra strength and leverage.

Sharpened for easy digging

735 mm

**Camper's Shovel**

Ideal for camping, 4-wheel driving and motoring emergencies.
Compact and lightweight for easy storage.
Handy for small jobs around the home.
BUSHMAN'S BARBIE

The barbie has both grill and hot plate
and is solidly constructed from heavy-duty angle iron
and folds up for easy storage

* 400 × 300 mm hot plate
* 300 × 210 mm wire grill

* 600 × 310 mm overall cooking area
* carrying handle for portability

Perfect for all small bush barbies & outdoor cooking

Also Suppliers of
The Bushman's Frypan  Bush Tripods  Bush Toasters

RABBIT ON A SHOVEL
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AN AUSTRALIAN TRADITION

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Always look for the Cornwell’s P.M.U. brand

Made in Australia
CORNWELL’S PICK-ME-UP SAUCE

“makes all the difference”

“Pick-Me-Up” sauce is a genuine Worcestershire Sauce with a piquant flavour that ensures palatable enjoyment at all times. Made in Australia from the choicest selected condiments and the finest malt vinegar.

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Defiance has been milling the finest Australian wheat for 95 years.

Whether it's for warm, crusty damper or for dusting a freshly-caught fish, white Supalite Flour will always be the best.

DELICIOUS. DELIGHTFUL. DEFIANCE
The Trailblaza portable fridge/freezer is especially designed for off-road vehicles such as 4WDs, caravans, etc.

- constructed of marine-grade aluminium sheet 2 mm thick—never rusts
- will freeze even when the outside temperature is 43°C
- minimum energy consumption from a “Deep Cycle” Battery
- super-low noise level
- range of sizes from 60 to 100 litres
- used by Australian Army & NATO forces

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Billy Beef Tea
Bull Slabs
Roo Tender Loin
Pan-fried Snake

‘Bloody beautiful!’
— Lummo