



Native Garden Recipe Cards

80 ANN STREET

Overview



Plants & Recipes



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Recipes by

Chris Jordan - First Nations Chef and Founder of Three Little Birds.

Otis Carmichael - Waanyi

Chris has been in the Food Industry most of his working life mainly in the Sydney working under renowned chefs Peter Kuravita, Colin Fassnidge and most recently Jock Zonfrillo.

Since learning of his indigenous ancestry founder Chris Jordan has focused his work on native Australian ingredients and studies Indigenous Philosophy at University Of South Australia.

Chris runs Three Little Birds a catering and events company that prides itself on using native ingredients, ancient knowledge of customs and techniques to make food that just doesn't just taste good but also works to acknowledge, educate and celebrate the unique culture and natural resources Australia has to offer.

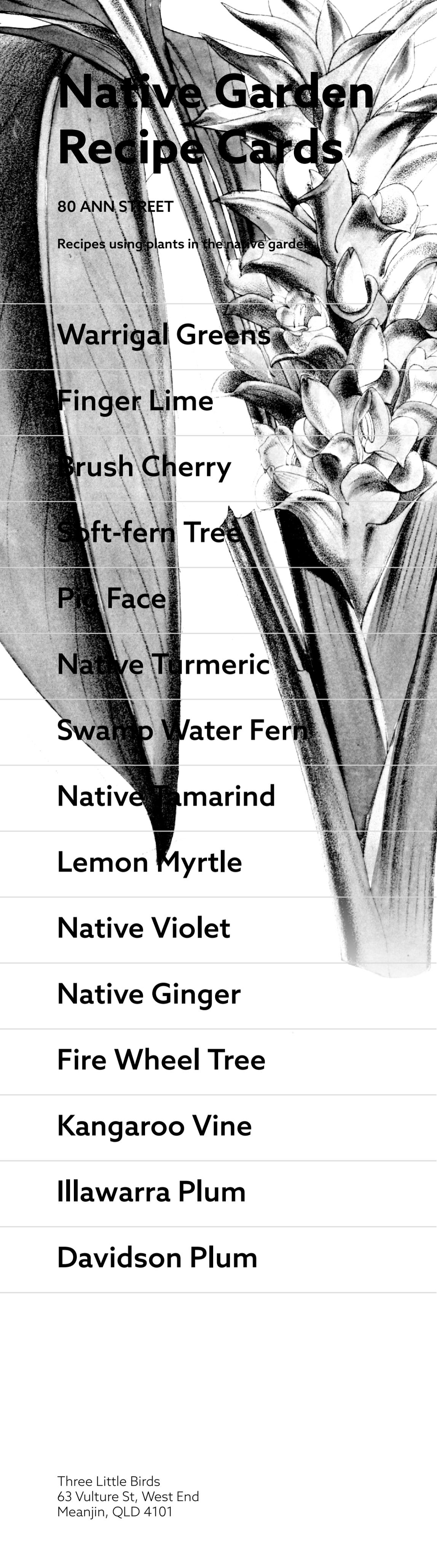
With his heritage and a love and respect for the earth Three Little Birds spreads a message of positivity and strives to conserve ancient knowledge.

Chris' goal is to work towards a more sustainable future by sharing his love for native food and tips in utilising and making the most of produce with a modern twist.

He considers traditional food and knowledge to be an effective weapon in the fight against the environmental issues that Australia faces today.

[Plants & Recipes](#)





Native Garden Recipe Cards

80 ANN STREET

Recipes using plants in the native garden

Warrigal Greens

Finger Lime

Brush Cherry

Soft-fern Tree

Pig Face

Native Turmeric

Swamp Water Fern

Native Tamarind

Lemon Myrtle

Native Violet

Native Ginger

Fire Wheel Tree

Kangaroo Vine

Illawarra Plum

Davidson Plum



Warrigal

(Dharug language, meaning "wild")

Warrigal Greens

Tetragonia tetragonioides

Warrigal greens are a hard spinach-like plant that grow in sandy beach and salt marsh areas, loaded with antioxidants and anti-inflammatory properties.

They are a great plant based source of iron and a known source of vitamins A, B, C, E and K as well as potassium, phosphorus and calcium.

RECIPE



Warrigal Green Falafel

Makes 20 - 30

Vegan and gluten free

Ingredients

- 100g warrigal greens, blanched
- 400g chickpeas, soaked overnight
- 100g almond meal
- Chickpea flour to combine
- Zest & juice of 1 lemon
- 50g roasted sesame seeds
- ½ bunch mint
- ½ bunch parsley
- 5g cumin
- 2g mountain pepper
- 2g lemon myrtle ground
- Salt to taste

Method

Warrigal greens must be cooked to remove oxalic acid which is poisonous in large doses. Do this by blanching in boiling water for 15-20 seconds and refreshing in ice water.

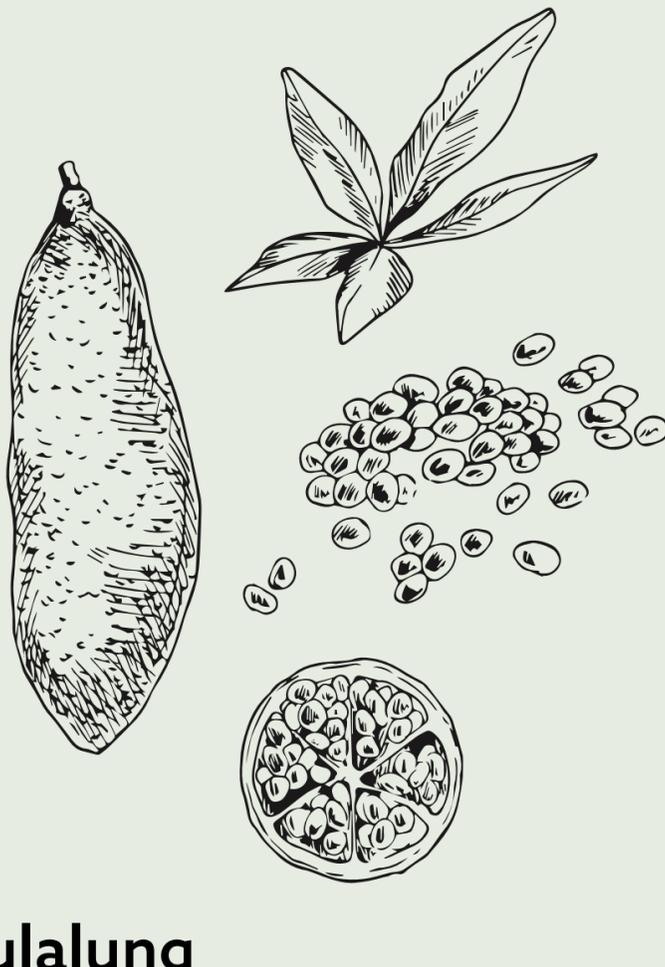
Chickpeas need to be soaked overnight with a little bi-carb soda covered in water in the fridge.

Strain off excess water.

Combine all ingredients in a food processor adding enough flour to form a firm enough mix to ball in your hand.

Roll out and set in the fridge.

Deep fry at 180c until golden brown and leave to rest, this will allow the centre to cook without discolouring.



Gulalung

(Bundjalung language)

Finger Lime

Citrus australasica

Like all citrus finger limes are a great source of vitamin C, powerful antioxidants with anti-inflammatory benefits and immune boosting properties.

Also a fantastic source of potassium, and everyone knows how good they taste! Finger limes are now grown commercially around the world.

RECIPE



Sri Lankan Finger Lime Pickle

Serves 10

Vegan and gluten free

Ingredients

- 20 finger limes
- 250 gm rock salt
- 1 tsp ground mountain pepper
- 500 ml white wine vinegar
- 500 gm caster sugar
- 1 chilli, finely diced

Method

Cut limes into halves. Reserve any juices. Combine salt and peppercorns, stuff into limes and stand upright on a tray.

Combine remaining ingredients in a wide saucepan, add any reserved juices and bring to the boil. Place limes in the pan, cut side up, return to the boil, then cover and simmer over low heat until limes turn yellow (10 minutes). Remove pan from heat and allow to stand until cool (30-35 minutes).

Loosely layer limes into 2 sterilised 1-litre jars and pour the cooking liquid over them. Don't worry if liquid does not cover limes; this will happen in time. Seal and store in a cool dark place for at least 2 weeks before using.

Finger Lime and lemon myrtle syrup

Serves -

-

Ingredients

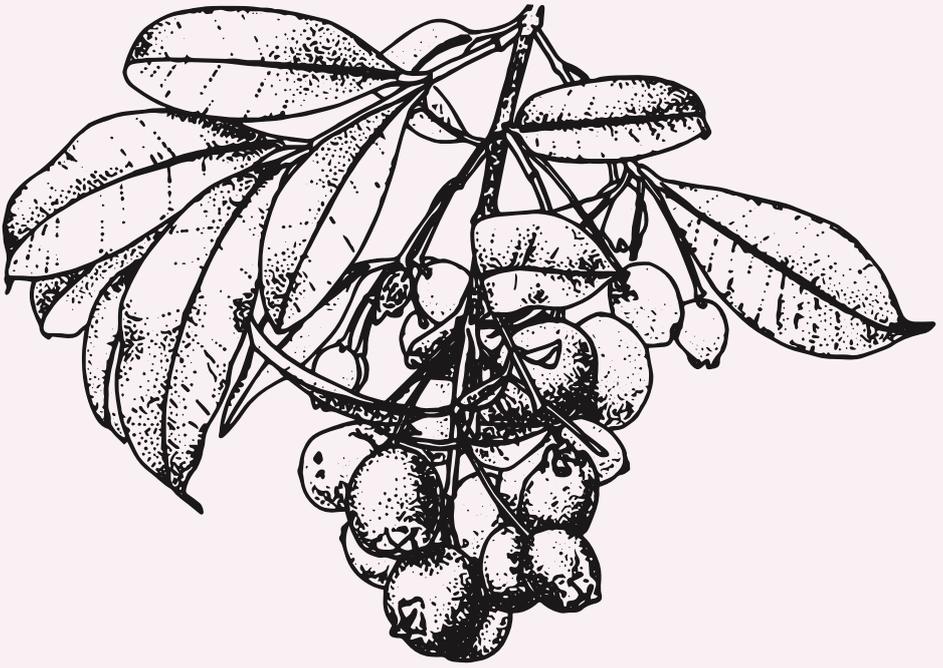
- 1/4 cup (55g) caster sugar
- 2 finger limes, fresh pearls
- 2 tbl lemon myrtle ground
- 1 lemon, zest and juice
- 2 mangoes, cheeks sliced in a cross-hatch pattern
- 1 small papaya, peeled, seeds removed, thinly sliced
- 16 lychees, peeled
- 125g punnet raspberries
- Pulp of 5 passionfruit
- Rivermint or Mint leaves, to serve

Method

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Galang arra

(Dharawal language)

Brush Cherry

Syzygium australe

A native Australian tree with green ovate leaves which turn darker as they mature. It produces a dense cover of white flowers followed by red berries which are edible.

The tart little fruit has hints of clove and granny smith apple. Eat them fresh, cooked, pickled or preserved. There is a glossy sheen to the leaves and foliage growth.



Gourro-mool

(Dharawal language)

Soft-fern Tree

Dicksonia antarctica

Soft Fern Tree's are a valuable species in the garden as they can be used as a host for epiphyte ferns, orchids and bryophytes. They also provide shelter for more delicate fern species to flourish underneath.

The tree can be used as a food source with the pith of the plant being eaten either cooked or raw and is a very good source of starch.



Katwort (Gippsland)

Keeng-a (Bunganditji)

Buin (Whadjuk Nyoongar)

Pig Face

Carpobrotus glaucescens

The red-purple fruit has a flavour described by some as like salty dragon or kiwi fruit. Its thick, fleshy leaves can also be eaten raw or cooked and have a soft seaweed flavour. The roasted leaves may be used as a salt substitute or a side for seafood. The juice from the leaves can be used to soothe stings, burnt skin or infected eyes.

RECIPE



Smashed Pig Face Pickles

Makes 1L

Vegan and gluten free

Ingredients

- 250g Pig Face
- 500mL Water
- 100g red wine vinegar
- 100g sugar
- 15g Salt
- 15g Native ginger berry ground
- 5 - 10g Dried Kelp (sub miso paste)
- 1 Tbsp Crushed Mountain Pepper
- 10g Sesame Seeds
- 1 Tbsp Soy Sauce (could probs substitute for something less salty)

Method

Blanch pig face in hot water for 2 minutes. Refresh in iced water.

In a large pot add the water and stir in the salt, sugar and vinegar until it is dissolved, then add the Pig Face, Native Ginger, Dried Kelp and Mountain Pepper. Bring to the boil, cool. Cover with the lid and refrigerate for at least 24 hours.

Wash and dry the pig face, then lay them on a chopping board and smash them with the flat of a knife until bruised.

When ready to serve, toast the sesame seeds, transfer to a mortar and pestle and grind to a powder. Combine this with the soy sauce in a bowl and toss with Pickled Pig Face.



Kumbigi

(Guugu Yimithirr language)

Native Turmeric

Curcuma australasica

This spectacular tropical plant is not a lily, but a ginger.

It is related to the Asian *Curcuma longa* which is the familiar culinary turmeric, it has a bitter, earthy-sweet taste.

RECIPE



Native Turmeric Latte

Makes 1L

Vegan and gluten free

Ingredients

- 1 tsp dried mountain pepper
- 5 tbsp ground turmeric
- 50g ginger sliced
- 5 cardamom pods crushed
- 1 stick cinnamon
- 1 vanilla bean, split lengthwise
- 10g sliced native ginger
- 50g bush honey
- 1L soy milk

Method

Toast dried spices in the oven at 180 C until fragrant, about 15 - 20 minutes. Bring all ingredients to a boil in a medium saucepan. Leave to steep until cool. Strain off leaving the golden milk liquid. This can be foamed and heated with the wand of a coffee machine alternatively re-heated and frothed in a French press plunger at home.



Bangwal/Bungwall

(Yuggera language)

Swamp Water Fern

Blechnum indicum

Medium to tall clumping fern, long creeping black rhizome & erect shiny green fronds with serrated leaf margins. Young fronds & rhizomes edible. They produce large sporocarps or fruiting bodies at the base of the clover-like fronds. These sporocarps are similarly ground into a paste from which a form of bread can be prepared.



Tuckeroo

Native Tamarind

Cupaniopsis anacardioides

Tuckeroo or native tamarind is an Australian native tree, possessing high level bioactivity and antioxidant activity. Small to medium sized spreading tree with dense canopy.

The fruit has a tangy punch and can be used in curries just as tamarind would be. It flowers from July to September and the berries are bright, showy orange.



Lemon Myrtle

Backhousia citriodora

The most commonly known of the myrtles of which there are cinnamon, anise, honey, curry and rose. Lemon myrtle is antibacterial, anti-inflammatory, antimicrobial.

It has a distinct lemongrass, citrus zest flavour that can be used in curries, baking sweets or stuffed into whole roasted fish.

RECIPE



Lemon Myrtle Brown Butter Curd

Makes 8

Ingredients

- 2 large eggs
- 2 large egg yolks
- 150 g caster sugar
- 100 g salted butter
- 5 lemon myrtle leaves, fresh
- 1 tbsp Davidson plum powder
- 1 pinch Mountain pepper leaf, ground

Method

In a heavy based pot, melt butter over a medium low heat. It will spatter at first and then start foaming, and not long after will turn brown fairly rapidly. Don't be scared to get a good amount of colour on it, but stop before the salt and milk solids (which will sink to the bottom) burn. Add lemon myrtle. Pour the butter - salt and all - into a bowl and set aside to cool

Once cool, strain out the lemon myrtle leaves, davidson plum powder and mountain pepper leaf.

Beat the eggs, egg yolks and sugar together in a separate bowl.

In a clean saucepan whisk together the butter, sugar-egg mixture and keep cooking gently, stirring constantly, until thickened.

Off the heat, whisk to let cool slightly, then pour into a 350ml / 1½ cup jar. Keep in the fridge.



Native Violet

Viola banksii

Identified by its charming small white flowers with purple markings. These vibrant ground covering violets have a floral flavour, it can be aligned with other bittersweet and perfumed floral notes such as bergamot, rose, geranium and lavender.

They are usually used for garnishing dessert or salads with an array of native herbs.

RECIPE



Apple, Lilli Pilli & Native Violet Jam

Makes 1L

Vegan and gluten free

Ingredients

- 1kg apples, peeled, cored and chopped
- 100g lilli pilli, deseeded
- Handful of native violets
- 250g caster sugar
- ½ lemon, juiced

Method

Tip the chopped apple, lilli pilli and caster sugar into a large saucepan along with 350ml of water and bring to a simmer, stirring to dissolve the sugar.

Cook gently, stirring regularly, for 30 mins until the apples have collapsed.

Stir in the lemon juice and simmer gently for another 2-3 mins until the mixture is thick and glossy.

Remove a small plate from the freezer and drop a little of the mix onto it. Leave for a few seconds – it should be fairly firm. If it's still a little runny, put the pan back on the heat and simmer for another 10-15 mins. Put the plate back in the freezer and test again, it should now be ready. Add the washed native violets.

Divide between clean, sterilised jars and seal. Will keep for three months in a cool, dry place. Once opened, chill and use within one month.



Native Ginger

Alpinia caerulea

Native Ginger is of the same family as common ginger, but prefers the warm shady settings of subtropical North East Queensland.

The dark blue berries of native ginger are exceptionally high in calcium, iron and magnesium, they are a valuable source of zinc, phosphorus and copper.

RECIPE



Native Gingerbread

Makes 15

Ingredients

- 125g Butter
- 235g Bush Honey
- 90g Brown Sugar
- 375g Plain Flour
- Pinch of salt
- 2 Tsp Ground Native Ginger
- 1 Tsp Cinnamon or Cinnamon Myrtle
- 1 Tsp Bicarbonate of Soda

Method

Sift flour, Bicarb soda, Native Ginger and Cinnamon into a large bowl.

Cream sugar, honey and butter in a machine mixer to form a light fluffy texture.

Mix your dry ingredients in to form a dough.

Chill the dough for 20-30 minutes in the fridge.

While chilling the dough, heat your oven to 175c and line a baking sheet with parchment paper.

Lightly dust a flat surface with flour and roll out the dough to 1cm thickness.

Cut dough into desired shapes and cook for 10-15 minutes or until the edges are golden brown.



Fire Wheel Tree

Stenocarpus sinuatus

Spectacular tall native shade tree with red wheel shaped flowers in late summer, and dark glossy lobed leaves year-round.

Its genus name *Stenocarpus* means narrow fruit, referring to its seed pods; and its species name *sinuatus* means wavy, referring to the edges of the leaves.



Kangaroo Vine

Cissus antarctica

Fast growing covering up to 6 meters, bright green grapevine-like leaves, tiny greenish flowers & purplish/black edible fruit.

The flavour profile is a watery acidic taste, they can irritate the throat, however, so are best not given to children.



Illawarra Plum

Podocarpus elatus

Illawarra Plum is also known as the Daalgaal, Goongum or Plum Pine. Its juicy, pulpy fruits have a grape-like texture and sweetish, mild pine flavour that is enhanced by cooking. In NSW, Illawarra Plum was regarded as one of the best bush foods by both Aboriginal people and European colonists. This tree is a common rainforest species endemic to the east coast of Australia.

RECIPE



Native Plum & Strawberry Crumble

Makes 8

Ingredients

Filling

- 600g Strawberries
- 200g Plum Pine, deseeded
- 100g Brown Sugar
- Zest of 1 Orange (optional)
- 2 teaspoons flour
- 2 teaspoons cinnamon

Crumble

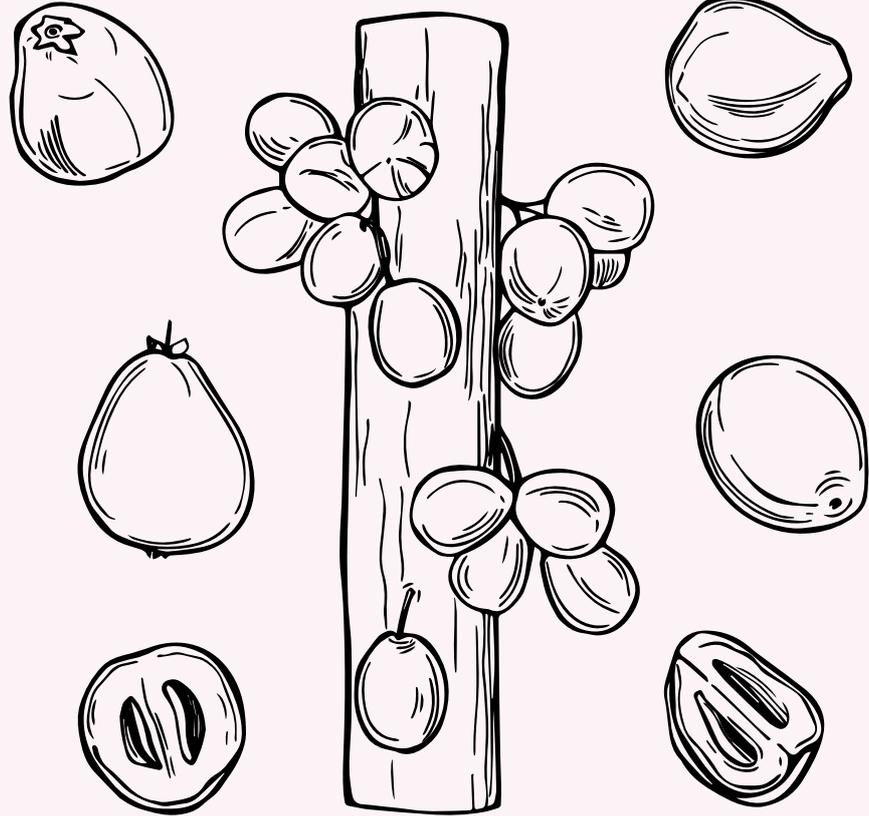
- 250g plain flour
- 150g white sugar
- 100g rolled oats
- 225g melted butter
- 2 teaspoons cinnamon

Method

1. Heat oven to 180C, put plum pine and strawberry into the base of a shallow glass oven dish, enough to cover the bottom with ~2cm of seeds. Mix in sugar, zest, flour and cinnamon.

2. Rub melted butter into the flour for the crumble, once a sand like texture is achieved mix in the sugar, oats and cinnamon.

3. Scatter the crumble over the plum pine berry mixture and bake in the oven for 30 - 40 minutes. Let sit for 15 minutes before serving.



Davidson Plum

Davidsonia jerseyana

The very sour fruits are exquisitely tangy and are rated among the top of native fruit rich in anthocyanins that give Davidson Plums or "Ooray" their deep purple colour. This versatile fruit is high in folate, zinc, magnesium, calcium, phosphorus, potassium manganese, copper and lutein.

RECIPE



Fermented Davidson Plum

Makes 1kg

Vegan and gluten free

Ingredients

- 1kg Davidson Plum
- 2% (20g) salt
- 5g Mountain Pepper

Method

Wash your plums in fresh water just to remove any surface debris. I avoid over-rubbing so as not to remove too much of the surface bacteria.

Cut the plums in half and remove the stones.

Toss the plums to cover evenly with salt. Place them inside your vacuum-seal bags allowing a little space between them

Remove all the air using your pump. Place your bag in a warm place to ferment

Fermentation takes 5-7 days, depending on the temperature. We get good results anywhere between 18-25 C. Avoid anything above 28C, which leads to too rapid a fermentation with a product over-high in acidity and somewhat lacking in complexity and umami.

After a few days the bag will swell-up with carbon-dioxide. Burp your bag by releasing the gas and repeating the vacuuming process. At this stage you can start tasting the vinegar. You decide how much sharpness you want produced and how much sweetness you want preserved.

Refrigerate to slow to process and store in sterilised jars.