

chapter six

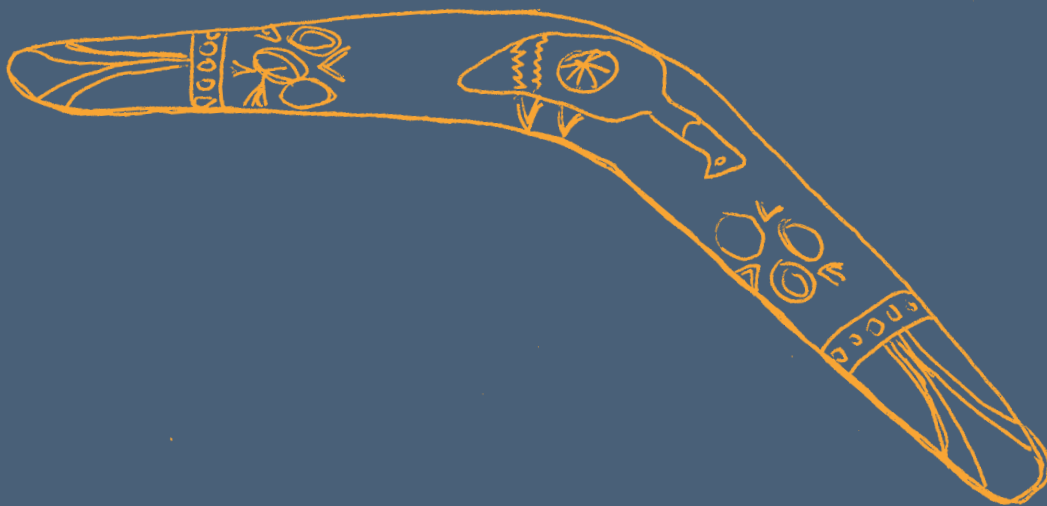
ADVANCE

AUSTRALIA FARE!

DISCOVER AUSTRALIAN CUISINE

Australia is the largest island in the world.

Australia is one of seven continents and constitutes most of the Pacific region, both in terms of size and population. The Pacific region consists of Australia, New Zealand and the Pacific island nations. The culture, history and food of each country within the Pacific region are influenced by both the indigenous people and those people who have migrated from other countries around the world.



Australia's Cuisine

For over 40 000 years, Australia's cuisine was derived from its indigenous foods, with the indigenous people leading a nomadic lifestyle as hunters and gatherers, moving from place to place and finding food as they went.

For more than two hundred years, influences from countries and cultures around the world have broadened the cuisine of Australia. Our contemporary Australian cuisine reflects this diversity of influence and embraces a wide range of new foods, tastes and products.

With European settlement came change. Some of these changes are still evident today. For example, some people still follow the British tradition of a hot Christmas meal with plum pudding and brandy custard for dessert.

During the gold rushes of the mid-1800s, many people came to Australia and the goldfields in Bathurst, Bendigo and Ballarat, intent on making their fortune. Most of these people came from Britain and China. After the gold rushes, many Chinese people settled in Australia and became market gardeners.

After the Second World War, the government policy was to increase population with a subsidised scheme of migration. It was during this time that many people migrated to Australia from Britain, Italy and Greece. This migration brought with it an influence of the culture, customs and food patterns of these countries. The introduction of spaghetti bolognese and souvlaki, for example, can be attributed to influences from Italy and Greece.

During the 1970s, migration from Asian countries such as Vietnam and Cambodia increased and this also had a significant impact on the foods and cuisines eaten in Australia. Today in Australia, we have migrants from all parts of the world, including the Middle East, Africa and China, to name a few. Globalisation has made us even more aware of the customs and food patterns of other countries and we are increasingly seeing the result of this in our food stores and markets. As you will read in Chapter 7, we have seen an increase in the influence of Thai cuisine, with ingredients such as curry pastes, vermicelli and lemon grass becoming readily available in Australia.



⓪-FACT

When the British settled in Australia over 200 years ago, they brought food customs and recipes with them. Some dishes still evident in Australia today are shepherd's or cottage pie, roast beef with Yorkshire pudding, Cornish pasties and apple pie.



⓪-FACT

Anzac is an abbreviation for Australian and New Zealand Army Corps. During World War I, the Anzac biscuit was developed as a long-lasting, nutritional biscuit to send to the Australian soldiers fighting in the war. Based on a Scottish recipe, these biscuits, originally known as soldiers' biscuits, were renamed Anzac biscuits after the landing at Gallipoli.

Chinese market gardens

Read the article and answer the questions that follow.

CHINESE MARKET GARDENS

Three market gardens in La Perouse, among the oldest in the State, have been listed on the State Heritage Register for their significant heritage values, particularly to Sydney's Chinese community.

Working farms with links to the life of 19th-century Sydney, they are the last surviving examples of the market gardens which were originally fairly widespread in the Randwick area. For over 150 years the land has been used for market gardens, firstly by European settlers and then by Chinese.

The gardens were nominated as part of a Heritage Office program established in 1997 to encourage ethnic communities to nominate sites of heritage value in NSW. This will mean that the State Heritage Register can provide a more accurate picture of Australia's diverse heritage.

Market gardens played an important role in supplying the food needs of the growing settlements of NSW. By the end of the 19th century, these labour-intensive farms had become almost synonymous with the Chinese and were part of the everyday life of many towns and cities.

The earliest farms in the La Perouse area were recorded in 1830. At first

the gardens were tended by Europeans and supplied vegetables to some of the wealthiest homes in Randwick. But this changed after the gold rushes.

Karl Zhao, Chinese Heritage Officer at the NSW Heritage Office, explains:

'Chinese immigrants came to prospect for gold but soon realised not everyone could get rich from the goldfields and so started growing vegetables. At the end of the 1850s gold rushes, many Chinese came to the Sydney metropolitan area and became involved in market gardening.'

Many of the gardens in the La Perouse area survived well into the 20th century. Older residents still recall the market gardeners who worked on the farms and lived in corrugated iron huts.

The La Perouse gardens have special significance for the Chinese community.

'For many people, especially those from the Yiu Ming district of Guangdong, market gardens were their starting point in Australia. They worked hard and saved and then opened restaurants, grocery shops, their own businesses,' says Karl Zhao.

'This particular garden is important because it is so old. Many generations, many owners, many gardeners have connections with the La Perouse market gardens.'

The gardens have been managed by members of the Chinese community for over 90 years, passing from one generation to another without a break. The still working gardens have maintained features of a traditional market garden and even today, most of the work is done by manual labour with simple tools. Nowhere else so close to the modern, busy centre of Sydney is land still worked this way.

Gordan Ha's family have been involved with the La Perouse market gardens for over 40 years.

'My father came from overseas and worked on this farm with his cousin. He worked and studied English at the same time,' said Mr Ha.

The market gardens continue to be a part of Sydney life. In fact, with the increasing number of Asian immigrants over the last 20 years, long forgotten Chinese vegetables have been reintroduced to the Australian diet. 'When my Dad started on the farm 40 years ago, they grew mostly Australian vegetables such as celery,' says Gordan Ha. 'Now with the demand for new vegetables, we are growing Chinese vegetables like bok choy, cho sum and Chinese broccoli.'

- 1 Why have the market gardens at La Perouse been heritage listed?
- 2 How did the Chinese people come to manage the gardens?
- 3 Why do the market gardens at La Perouse have special significance for the Chinese community?
- 4 What impact have these gardens had on Australian cuisine?
- 5 How is most of the work in the gardens carried out?

QUESTIONS

- 1 Can you think of other foods from different countries that have been introduced recently into Australian cuisine?
- 2 Choose five meals that you have eaten over the past week.
 - a Which, if any, of these dishes would you associate with the cuisines of other countries?
 - b List all of the ingredients included in each meal.
 - c Identify the cuisines with which we would most associate those ingredients. How many cuisines are represented?
 - d Write a 100-word summary or construct a concept map to illustrate the impact of other cuisines on your eating patterns.

Australian Food Today

Walk through the supermarket, the butcher's, the greengrocer's or the local produce markets and you will gain a sense of the types of foods that consumers in your part of Australia have available to them today. Alternatively, visit www.colesonline.com.au or www.woolworths.com.au and do a 'virtual' shop. Look at the range of fresh meats, dairy products, fruits, vegetables, frozen products and home meal replacements (see pages 231–232) available.

Next time you go to your local shopping centre, look at the types of restaurants and takeaway and fast-food establishments. Consider how you would describe Australian cuisine in your town or city.



Food in Australia

Read the fact sheet and answer the questions that follow.

FOOD IN AUSTRALIA

IT'S NO SECRET THESE DAYS, BUT OVER THE PAST DECADE AUSTRALIA HAS BECOME A CULINARY DESTINATION PAR EXCELLENCE.

AUSTRALIANS THEMSELVES HAVE KNOWN IT FOR YEARS, AND NOW THE REST OF THE WORLD IS DISCOVERING THE TASTES OF AUSTRALIA.

'Australians have one of the most extraordinary assortments of basic ingredients of high quality anywhere in the world, and at exceptionally modest prices,' according to Barbara Kafka, one of America's most influential food writers.

'I've never had such tastes, such subtleties, such delights, such form, such colour,' wrote celebrity chef Robert Carrier when he visited Australia to judge the *Gourmet Traveller* Restaurant of the Year.

Glance in the window of one of the gourmet food stores scattered throughout Australia's capital cities and you'll be surprised. There's a huge variety available in every state—some examples are chevre from Queensland,

prosciutto from Western Australia, Brie and cold-pressed olive oil from South Australia, balsamic vinegars and snails from Victoria, milk-fed lamb from New South Wales, smoked salmon from Tasmania, mud crabs from the Northern Territory. It is only fitting that what Australia eats now comes from a collage of culinary influences that uses a splash of olive oil with one hand while tossing in a handful of chopped chillies with the other.

There are many reasons for Australia's culinary success, including a diversity of micro-climates that allows it to produce mangoes as well as strawberries, custard apples, citrus fruits and coffee beans. Its lush coastal pastures are well suited to farmhouse cheeses, its native forests produce honeys of exceptional fragrance and flavour and its vast

coastline yields succulent oysters, crayfish and tuna of tremendous delicacy.

Australian chefs have been quick to make the most of this natural bounty, experimenting with ingredients and drawing their inspiration from the cultural cross-currents of modern Australia. Over the past 30 years, Australia has become one of the most ethnically diverse nations on earth, and when the present generation of chefs took over the restaurant kitchens, their cultural heritage seasoned their food. So successful have they become that Australia is now exporting its chefs to the wider world. Recently, two Australian chefs were awarded Michelin stars—the ultimate accolade of the food world—at the London restaurants where they are carving out exalted reputations.

- 1 Do you think this article accurately reflects Australian cuisine?
- 2 **Design** and **produce** a tourism brochure for visitors to Australia. Include information about cuisine, lifestyle, sights to see, weather and a subject of your own choice.

e-FACT

Did you know that pavlova was named after Anna Pavlova, a Russian ballerina? There is disagreement between Australians and New Zealanders as to which country pavlova originates from.

Focus on Indigenous Foods

Early European settlers in Australia struggled to cultivate a healthy existence, as many of the foods, crops and animals brought with them from England either did not survive the journey or did not suit the conditions and climate of the new land. Had they been more aware of traditional Australian foods as discovered by the Aboriginal people over thousands of years, they may not have struggled so much in these early days. Today, Australians are more aware of indigenous foods, also referred to by some people as bush foods.

Some indigenous foods are listed in the table below.

FOOD	DESCRIPTION	
<i>kakadu plum</i>	a small green plum with a sharp taste, high in vitamin C	 Kakadu plum
<i>bunya nut</i>	the nut from the native bunya pine tree	 bunya nut
<i>riberry</i>	a variety of lilly pilly with a clove taste	
<i>kurrajong flour</i>	flour produced from the seeds of the kurrajong tree	
<i>quandong</i>	the most well-known outback fruit, also known as a wild desert peach	
<i>Warrigal green</i>	a groundcover plant similar to spinach	
<i>bush tomato</i>	the berries from a desert shrub related to the tomato	 bush tomato
<i>wattle seed</i>	dry-roasted seeds from different varieties of acacia trees	 wattle seed

CASEsTudy

The Ochre Restaurant

The Ochre Restaurant, situated in far north Queensland in Cairns, is a unique restaurant offering modern Australian cuisine.

The restaurant is decorated with the colours of the outback and Aboriginal artwork and offers a distinctive menu that utilises Australian native fruits, berries, game meat and seafood. The menu is changed regularly to reflect the seasonal nature of many of the ingredients and to maximise the flavour possibilities of the native produce. The Ochre Restaurant has been the recipient of numerous tourism and restaurant awards.

Source: www.redochregrill.com.au

Taste of Australia Menu

Wattle seed damper loaf—peanut oil and native dukka

Australian antipasto plate

Smoked ostrich—pepperleaf mustard, fresh oyster & wild lime Bloody Mary shot

Emu pâté—riberry relish, lemon myrtle pickled octopus

Duck spring roll

and

Salt and native pepper crocodile and prawns—

Vietnamese pickles and lemon aspen sambal

Kangaroo sirloin—pepperberry and Davidson's plum sauce, vermicelli noodle pancake and bok choy

Ostrich fillet—ratatouille, sweet potato polenta and pepperleaf cream sauce

and

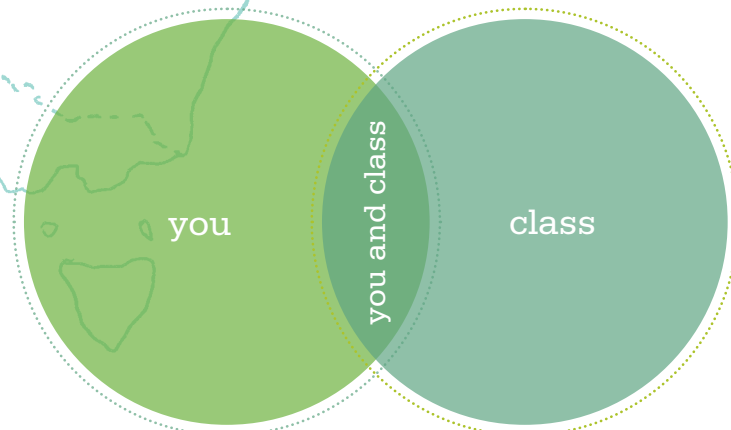
Wattle seed pavlova—Davidson's plum sorbet, macadamia toast

Tea or coffee

QUESTIONS

Visit www.redochregrill.com.au and answer the following questions.

- 1 Why do you think the restaurant is named the Ochre Restaurant?
- 2 If you were choosing a meal from the 'Taste of Australia' menu above, what would you choose and why?
- 3 List the names of the native Australian foods listed on the menu that you have tasted. How many in total have you tasted compared to others in your class? Draw a Venn diagram to illustrate the native Australian foods tasted by you and other class members.



REVIEW QUESTIONS

Let's remember

- 1 How did early indigenous Australians find their food?
- 2 What does contemporary Australian cuisine reflect today?
- 3 As a result of the gold rushes, what kinds of foods were introduced to Australia?
- 4 Outline the impact of migration on food patterns in Australia.
- 5 Identify and describe three indigenous foods.

@-FACT

Some unique recipes and foods associated with Australia are lamingtons, Anzac biscuits, meat pies and Vegemite.

WE Bex Tris

www.anzacday.org.au

THIS WEBSITE ABOUT ANZAC DAY ALSO INCLUDES A COMPREHENSIVE ACCOUNT OF THE ORIGIN OF ANZAC BISCUITS.

@-Australian cuisine

www.nutritionaustralia.org

Search for the Bush Foods fact sheet.

- 1 What was Australia's first commercially produced native food?
- 2 Identify five native fruits.
- 3 Which native foods can be used to flavour breads, biscuits and scones?

Let's investigate

- 1 You have been selected to enter an international essay competition. A panel of judges who have never been to Australia will judge the essay. The topic is 'Australian cuisine—the past, the present and the future'. Your essay must be between 600 and 800 words.
- 2 Imagine you have a friend who lives overseas and is planning to visit you. This will be your friend's first trip to Australia and he or she is very interested in finding out about Australian cuisine. Search the Internet to **investigate** the information available on Australian cuisine. How accurately do you think Australia and Australian cuisine are depicted on the websites that you have searched? List suitable web links to send to your friend and write an email to him or her, or create a blog, outlining the information that you have found.

www.amonline.net.au/teachers_resources/background/bush_food02.htm

- 1 Describe the three factors on which indigenous people are dependent to obtain their traditional food.
- 2 Explain how indigenous men, women and children are involved in obtaining food.
- 3 Explain three different processing methods used with traditional Australian foods.

LET'S PRODUCE

Macadamia Anzac biscuits

Makes 24



Preparation time: 20 minutes

Cooking time: 15 minutes

Ingredients

- ¾ cup plain flour
- ¾ cup rolled oats
- ½ cup desiccated coconut
- ⅓ cup macadamia nuts, chopped
- ¼ cup sugar
- 1 teaspoon bicarbonate of soda
- 2 tablespoons golden syrup
- 90 grams butter, melted
- 2 tablespoons water
- 4½ tablespoons butter

Method

- 1 Preheat oven to 170°C.
- 2 Combine flour, oats, coconut, macadamia nuts and sugar.
- 3 Add bicarbonate of soda to golden syrup and water. When frothy, add melted butter.
- 4 Combine dry ingredients with butter mixture. Mix well.
- 5 Place spoonfuls of mixture on to baking tray lined with baking paper.
- 6 Bake for 15 minutes, or until biscuits are flattened and brown.



@HINTS

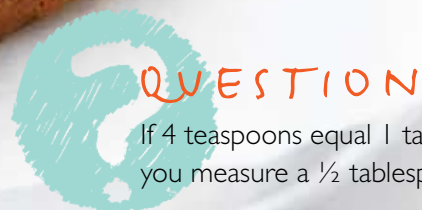
MAKE SURE THAT THE BOWL YOU USE FOR STEP 3 IS LARGE ENOUGH FOR THE BICARBONATE OF SODA NOT TO FROTH OVER THE TOP.

ANZAC BISCUITS WILL BE SOFT WHEN FIRST REMOVED FROM THE OVEN AND WILL HARDEN ONCE COOLED.



IF YOU LIKE...

crunchy biscuits rather than chewy, cook for an extra 3 minutes



QUESTION

If 4 teaspoons equal 1 tablespoon, how would you measure a $\frac{1}{2}$ tablespoon?

Honey soy lamb

Ingredients

- 1 teaspoon honey
- 1 teaspoon soy sauce
- 1 teaspoon oil
- 1 clove garlic, crushed
- 2 racks lamb
- 1 tablespoon fresh coriander, chopped

Serves 2



Preparation time: 40 minutes

Cooking time: 25 minutes

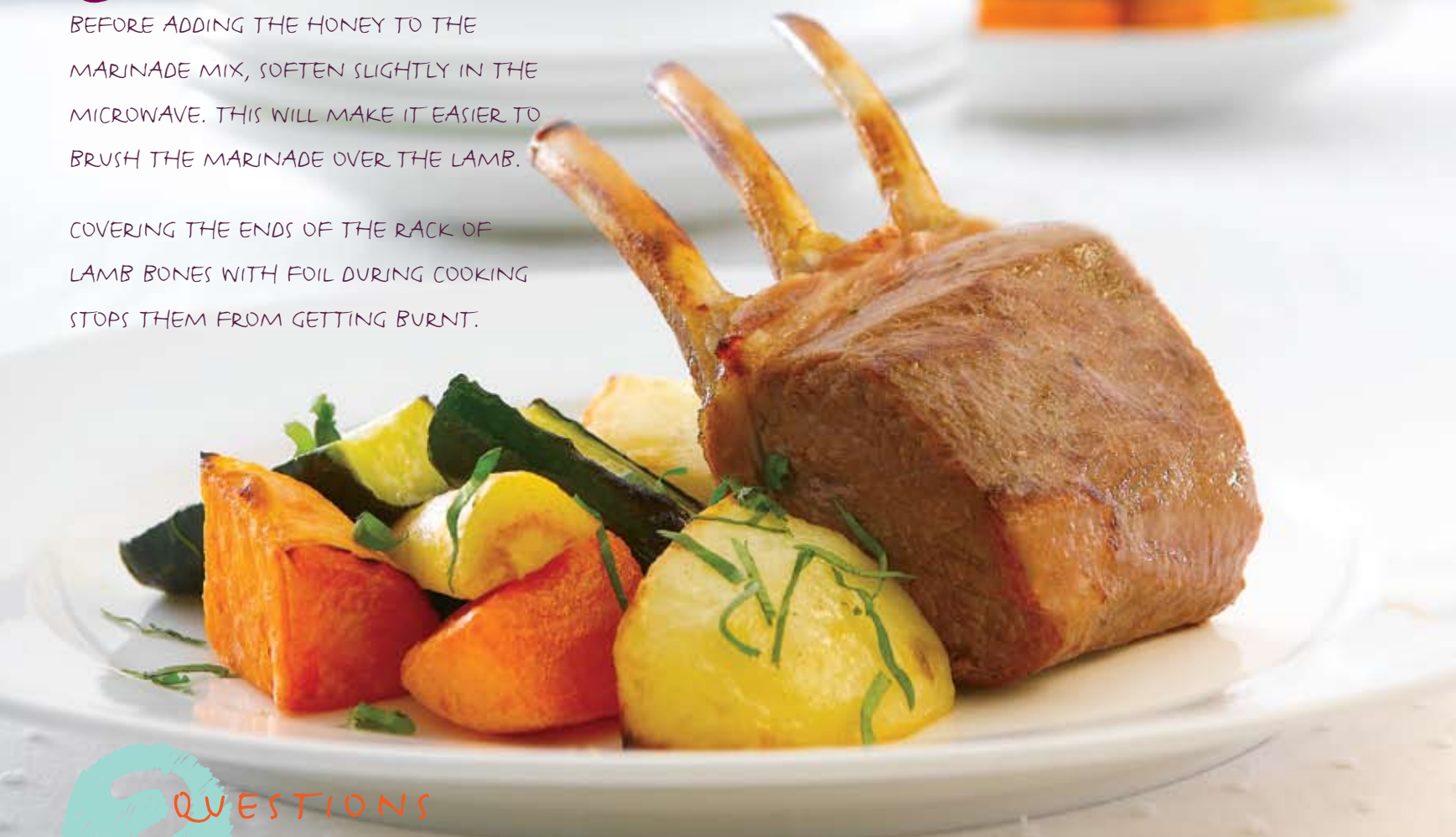
Method

- 1 Preheat oven to 180°C.
- 2 Combine honey, soy sauce, oil and garlic.
- 3 Brush over lamb and marinate in the refrigerator for 30 minutes.
- 4 Place lamb in baking tray and cook for approximately 25 minutes.
- 5 Serve with chopped coriander and orange roasted vegetables.

@HINT

BEFORE ADDING THE HONEY TO THE MARINADE MIX, SOFTEN SLIGHTLY IN THE MICROWAVE. THIS WILL MAKE IT EASIER TO BRUSH THE MARINADE OVER THE LAMB.

COVERING THE ENDS OF THE RACK OF LAMB BONES WITH FOIL DURING COOKING STOPS THEM FROM GETTING BURNT.



QUESTIONS

- 1 What is the difference between the terms *marinade* and *marinate*?
- 2 Which other herbs could you substitute for coriander?

Orange roasted vegetables

Ingredients

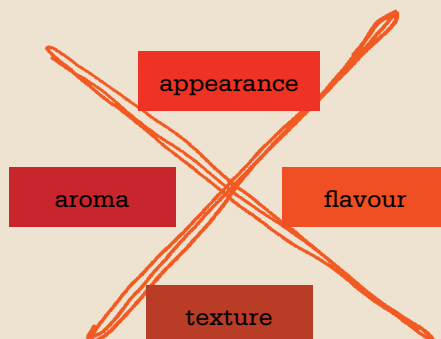
- ½ sweet potato, peeled
- 1 potato, peeled
- 1 zucchini
- ½ small carrot
- ½ parsnip, peeled
- 2 tablespoons olive oil
- 1 tablespoon orange juice
- salt and ground black pepper, to taste

Method

- 1 Preheat oven to 180°C.
- 2 Cut sweet potato, potato, zucchini, carrot and parsnip into large chunks.
- 3 Toss in bowl with olive oil and orange juice.
- 4 Place on baking tray lined with baking paper.
- 5 Sprinkle with a little salt and pepper.
- 6 Bake for 45 minutes, or until vegetables are cooked and brown on outside.

QUESTIONS

- 1 Can you **design** your own roasted vegetables recipe? Which vegetables would you choose?
- 2 What other herbs or flavourings could be used in the recipe?
- 3 **Produce, analyse** and **evaluate** this new recipe.



Serves 2



Preparation time: 25 minutes

Cooking time: 45 minutes

