



WBHHS NAIDOC Week 2025 Recipe Collection

A collection of native-inspired recipes developed and cooked by Brian Jencke.

Message from the Chef – NAIDOC Week 2025

As a chef, I have opportunities to get involved in celebrations, milestones, and meetings for various occasions. NAIDOC Week is a great example of this, and one that I feel strongly about.

Food is a powerful way of bringing people together. It's also the perfect starting point for conversation. I was able to integrate and showcase native Australian ingredients in a way that appealed to everyone. There were a lot of questions about the ingredients, what they were and where to get them. That's the conversation starter! We have a culture and history here in Australia that deserves to be spoken about.

Let's celebrate our First Nations people and the incredible produce they bring to the table. Let's come together and start a conversation.

Brian Jencke

Cheffy (Mental Health)





Wide Bay Hospital and Health Service respectfully acknowledges the Traditional Custodians of the land and water on which we work and live. We pay our respects to Elders and leaders past, present and emerging.

Barramundi Sliders with Saltbush Mayo (2 per serve)

Ingredients

- 2 x 50g crumbed barramundi fillets
- 2 x slider rolls
- Sliced red onion
- Sliced tomato
- Shredded lettuce
- Saltbush mayo (see below)

Method

1. Cook crumbed barramundi until golden and cooked through.
2. Lightly toast the slider rolls if desired.
3. Assemble the sliders with lettuce, tomato, onion, and barramundi.
4. Top with a generous dollop of saltbush mayo and serve.

Saltbush Mayo

- 100ml whole egg mayonnaise
- 20g Dijon mustard
- Zest and juice of 1 lime
- 15g Saltbush & Vinegar Seasoning (from My Dilly Bag Company)





Aunty Dale's Aussie Spiced Salt and Pepper Chicken with Citrus Dressing

Ingredients

- 125g chicken thigh, sliced into strips
- 250ml milk
- 2 cups plain flour (seasoned with Aunty Dale's Wild Salt & Pepper Seasoning)
- Citrus dressing (see below)

Method

1. Coat chicken in seasoned flour.
2. Soak floured chicken in milk overnight in the fridge.
3. Remove from milk, coat again in flour, and deep fry until golden and cooked through.
4. Drizzle with citrus dressing, sprinkle lightly with salt, and serve.

Citrus Dressing

- 100ml garlic aioli
- Flesh from 2 finger limes
- 15ml sweet chilli sauce
- Zest of 2 limes





Braised Kangaroo, Caramelised Balsamic Onion & Tasmanian Pepperberry Pies (makes 6)

Ingredients

- 1.5kg kangaroo fillet, diced
- 200g onions, caramelised in balsamic vinegar
- 30g Tasmanian ground pepperberry
- 50g tomato paste
- 300ml beef stock
- Gravy mix to thicken
- 6 x pie bases and lids

Method

1. Combine all ingredients (except pie bases and lids) in a heavy saucepan.
2. Simmer on low heat, stirring occasionally, until meat is tender.
3. Thicken with gravy mix to desired consistency.
4. Fill pie bases with the mixture, cover with pie lids.
5. Bake at 190°C until golden and heated through.





Braised Chicken and Tasmanian Pepperberry Pies (makes 6)

Ingredients

- 1.5kg chicken thigh, diced
- 200g onion, diced
- 3 cloves garlic, crushed
- 30g Tasmanian ground pepperberry
- 15g whole juniper berries
- 500ml chicken stock
- 300g roux (butter and flour mix)
- 6 x pie bases and lids

Method

1. Fry onion and garlic in a large pot until softened.
2. Add chicken, spices, and stock. Simmer until chicken is tender.
3. Stir in roux to thicken.
4. Fill pie bases with mixture, top with lids.
5. Bake at 190°C until golden.





Wattleseed Poached Chicken Salad with Rosella Dressing

Ingredients

- 2 chicken breasts
- 100g wattleseed
- ½ orange
- Parsley stalks
- 3 bay leaves
- Rosella dressing (equal parts rosella jam and mayonnaise)
- Lettuce and orange slices, to serve

Method

1. Place chicken, wattleseed, orange, parsley, and bay leaves in a pot.
2. Cover with water and gently poach over low heat until just cooked.
3. Allow chicken to cool in poaching liquid overnight.
4. Slice chicken thinly and serve over a salad of lettuce and orange slices.
5. Drizzle with rosella dressing and serve chilled.





Lemon Myrtle Shortbread Biscuits (makes 20)

Ingredients

- 250g butter, softened
- 150g caster sugar
- 1 tsp vanilla essence
- 300g plain flour
- 100g rice flour
- 30g ground lemon myrtle

Method

1. Cream butter and sugar until light and fluffy.
2. Mix in vanilla essence.
3. Add all dry ingredients and mix to form a dough.
4. Roll out dough, cut into shapes, and place on a lined tray.
5. Bake at 160°C for 20 minutes or until lightly golden.





Finger Lime Custard Tarts (makes 20 x 70mm tarts)

Ingredients

- 500ml milk
- 2 tsp vanilla extract
- 75g brown sugar
- 100g lime marmalade
- Zest of 1 lime
- Flesh from 10 finger limes
- Custard powder
- 20 x tart shells (blind-baked at 160°C for 15 min)

Method

1. Bring milk and vanilla to a gentle simmer.
2. Whisk in custard powder mixed with a small amount of milk to thicken.
3. Stir in half the finger lime flesh, lime zest, sugar, and marmalade.
4. Pour warm mixture into tart shells.
5. Top with remaining finger lime pearls and chill in the fridge until set.





Native Ingredients Glossary

- Saltbush:

A salty, aromatic native plant often used as a seasoning. It pairs well with meats and in condiments.

- Finger Lime:

A native citrus with caviar-like pearls inside. Adds a tangy burst of flavour and texture.

- Wattleseed:

A nutty, roasted seed from acacia trees. Often used in baking and savoury dishes.

- Lemon Myrtle:

Highly aromatic leaves with strong lemon scent, used as a ground spice or infusion.

- Rosella:

A tart red flower used in jams and syrups. In this context, used to make a tangy dressing.

- Pepperberry:

A Tasmanian spice with a sweet peppery flavour, often used in game dishes.

- Native Juniper (from the Boobialla shrub):

Earthy, slightly pine-flavoured berries, used to enhance savory sauces and stews.

There are many ways you can support local industry, start by visiting your local markets and choosing products that are locally sourced or incorporate Australian native ingredients. If you're unable to find certain items, many of the native ingredients featured in this menu are available from My Dilly Bag:

<https://mydillybag.com.au/pages/about-us>