

# ABORIGINAL COOKING METHODS





Aboriginal people used a variety of cooking methods based on the particular food being prepared.

Their most common cooking methods included cooking in the ashes of their fires, boiling, steaming in a ground oven and roasting on the coals

The fire itself was even adjusted to the food being cooked. Using a variety of timber twigs or leaves, to help enhance and change the flavour of the dish and even adjust the heat.

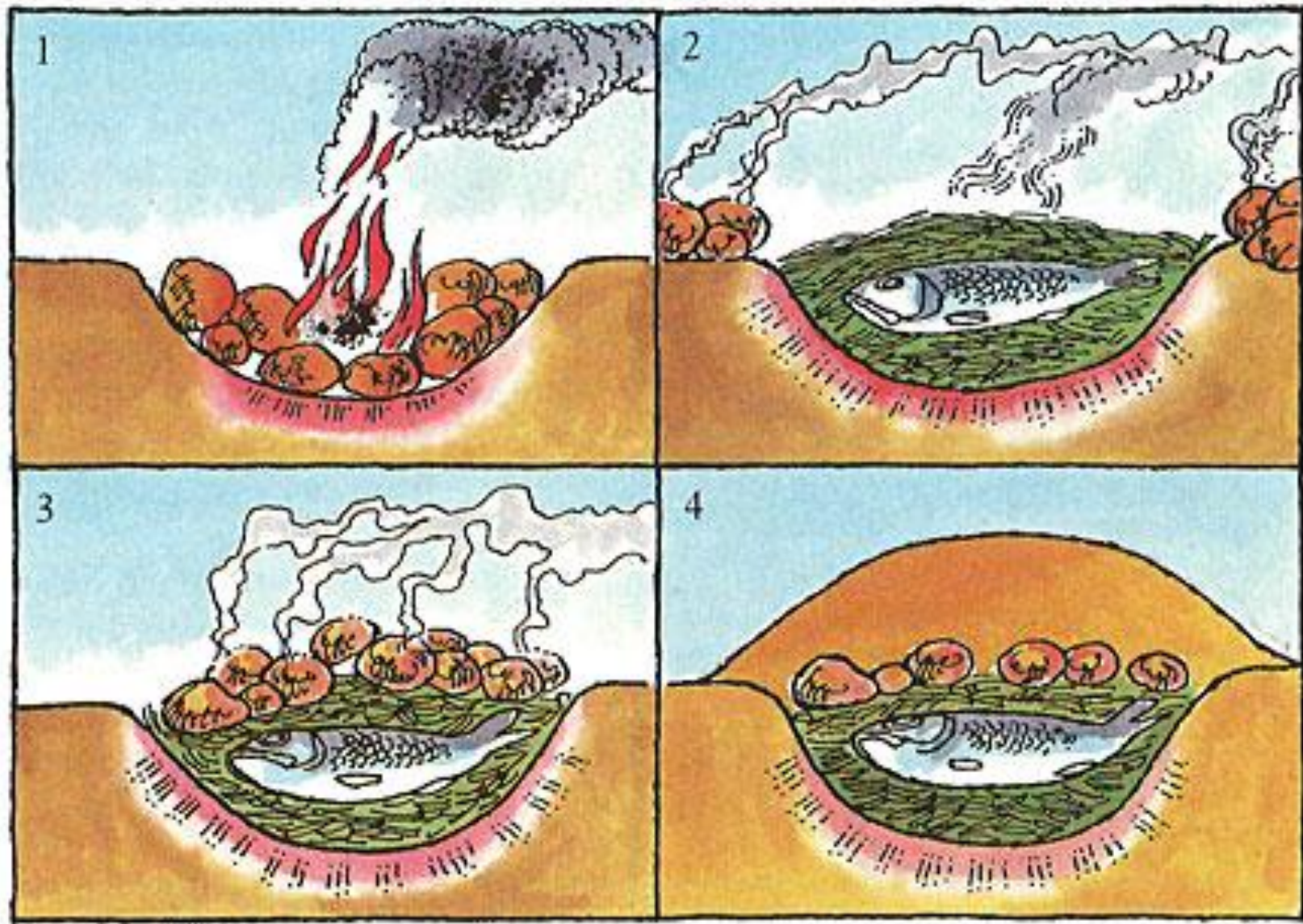



# Ground Oven

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To cook food the Aboriginal people would make ovens in the ground. The ovens are/were called ground ovens.

The Aboriginal people would make ground ovens by digging a hole in the ground. Next a fire would be lit in the hole. The fire would burn down and large stones would be laid over the fire. The stones would be heated up by the coals.



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- Paperbark or palm tree leaves would then be put down to line the heated pit. Meat and vegetables were laid in the hollow with dirt and leaves on top. This was done once the fire was ready.

# Baking in the ashes



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- Baking in the ashes is the cooking technique of rolling food in fine ash to lightly cook it.
- This is achieved only with specific types of woods as some resulted in an unpleasant taste. The food is covered with leaves and briefly rolled in the hot ashes. Some examples of this technique are seen in bread making such as Dampers and various types of breads.



# Roasting on hot coal



Roasting on hot coals

# Roasting

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- Roasting on hot coals was the basic technique for cooking flesh, including most meats such as kangaroo, fish and small turtles. Another roasting alternative, involved the covering with coals and ashes to thoroughly cook the meat or to soften its tough texture.

# Grind, Steam and Boil

- Seeds of flour were ground to create bread. The Aboriginals would grind seeds of flour with water this is how they would make bread or damper. The bread/damper was cooked either underground or in the coals of a fire.
- Seeds and nuts were prepared by roasting or grinding them on the coals. Meat and fish were often cooked using a fire. As for shellfish, vegetables and meat, they were steamed or boiled.

# Pounding

- Pounding was used to pound the roots in plants.
- The roots in plants were pounded to get rid of the awful taste that they had. The Aboriginals would pound the roots with a stone or heavy stick. The bad taste was reduced when the root was pounded. Sometimes pounding wasn't enough to get rid of the awful taste and they had to be roasted as well.

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