



Cultural Inclusions
leaders in cultural awareness, education & support

TRADITIONAL **TORRES STRAIT** **ISLANDER** **EXPERIENCES 1.**

Traditional Experiences 1.
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Contents

Forward

Cultural Inclusions introduction	Page 3
----------------------------------	--------

Cooking – Baking

Island Scones	Page 4
Sweet Damper	Page 4

Cooking – Mains

Namus	Page 5
Coconut Curry Fish	Page 5
Semur Chicken	Page 6
Sop Sop	Page 7

Cooking – Deserts

Coconut Pumpkin Rice	Page 8
Coconut Rice	Page 8
Cassava Cake	Page 9

Crafts

Island Mask/Headdress Making	Page 10
‘Warup’ Islander Drums	Page 11
Weaving - Easy Fish	Page 12

Torres Strait Islander Pre-School Songs

Taba Naba	Page 13
Iri Ro	Page 13
Banana	Page 13



Forward

We need passion!!!

Cultural Inclusions has this passion and is dedicated to provide support with Torres Strait Islander (TSI) and Aboriginal inclusion through all facets of the Early Childhood Services industry, Junior Schooling, vocational and higher learning educational institutions.

Our children's environment will often be filled with negativity and caution to allow and accept change. The sad reality is the majority of this negativity has been unconsciously and unintentionally generated by our children's parents, their parents, and their parents. Importantly, these same generations also possess the keys and knowledge to reverse this trend.

Teachers, trainers, parents, and most important of all, your children's educators, need to be culturally appropriate and flexible to the learning needs of Australia's most important asset – our children.

Closing the gap between different Australian cultures, and making a change to our future generations, starts with early childhood education and care. Closure of this gap is then cemented in our youth. This is achieved through inclusive acceptance practices throughout our kindergartens, preparatory, and primary schools.

If children are taught at a young age about acceptance and inclusion, they will grow up in an all-inclusive world. Majority ethno-cultural societies will stop 'looking down' on minority ethno-cultural societies in Australia. The continuing perpetuation of negativity throughout our society will become paragraphs in the text books of history and nothing more.

Australia, and the world, will truly be a better place.

As a Cultural Inclusions valued client, you stand testament that we can create a culturally and racially inclusive Australia. Our youth are our future leaders. Let's create the future they deserve - a future worthy of their leadership.

Please enjoy a selection of traditional Torres Strait Islander cooking, craft activities and songs included in 'Traditional Experiences 1.'

We thank you for your dedication to realising multi-generational change – simultaneously. Cultural Inclusions looks forward to your continued patronage.

Regards,

Mick & Cecelia Wright

Leaders in cultural awareness, education and support

Island Scones

Ingredients:

2 cups self-raising flour, sifted
½ tsp. baking powder
2 heaped tbsp. of sunshine milk powder

Method:

1. Sift flour, add all dry ingredients.
2. Add enough water to combine mix
3. Knead lightly
4. Cut into pieces or use scone cutter
5. Place on greased tray
6. Brush with milk
7. Bake in medium oven until cooked

Recipe extracts from Island Cooking, Kids of the Torres Strait: 1987 OLSH

Sweet Damper

Ingredients:

4 cups Self-raising flour
2 eggs
4 tbsp golden syrup
¾ cup milk

Method:

1. Sift the flour into a bowl.
2. Add the eggs and mix slowly.
3. Add milk gradually and when mixed, add syrup and beat well.
4. Grease a tray and put the mixture into the tray and cook in a moderate oven until the damper is golden.

Recipe extracts from Island Cooking, Kids of the Torres Strait: 1987 OLSH



Namus

Ingredients:

1 Fish
Vinegar
Soya sauce (optional)
1 onion
Chilli (optional)
1 lemon or lime
Salt
Sugar (optional)

Method:

1. Fillet fish and cut fillets into thin short slices and place into bowl.
2. Add vinegar until it covers the fish.
3. Slice the onion and lemon thinly. Chop the chilli into little pieces.
4. Add to the fish mix, cover with foil and chill in the refrigerator until the fish is white in colour (stir frequently and check over several hours)
5. Once white in colour add some sugar to your liking and enjoy.

Recipe extracts from Island Cooking, Kids of the Torres Strait: 1987 OLSH

Coconut Curry fish

Ingredients:

1 kilo Diced fish fillets into cubes
1 onion, diced
2 tbsp. curry powder
1 tin coconut milk
Cornflour

Method:

1. Fry curry powder, onion in a tablespoon of oil.
2. Add fish cubes.
3. Stir to coat mixture.
4. Add the tin of coconut milk and simmer gently until fish is cooked through.
5. Thicken with cornflour mixed with a little water.

***For a healthier version add 2 diced cooked potatoes, 2 diced cooked carrots, peas and corn.

Recipe supplied by M. See Kee



Semur Chicken

Ingredients:

1 kilo Diced chicken thighs
1 pkt 250g Chinese Rice noodles (vermicelli)
3 tbsp. Shang Lou Tau Soya Sauce
1 tsp. sugar
1 tsp. minced garlic
6 dried mushrooms
1 sm tin bamboo shoots
1 sm tin water chestnuts
Salt

Method:

1. Combine diced chicken, salt, soy & sugar.
2. Soak dried mushrooms in boiling water until soft then finely slice.
3. Soak rice noodles in enough hot water to cover top
4. Fry garlic in oil, add chicken and reserve marinade.
5. Add marinade with $\frac{1}{4}$ cup water, add mushrooms, bamboo shoots, water chestnuts and simmer for a few minutes until chicken is cook through.
6. Drain half the water off the rice noodles. Then add noodles with remaining water.
7. Bring saucepan to the boil then turn off with the lid on. Let mixture sit for 10-15 minutes for noodles to absorb sauce before serving.

***For a healthier version you can add finely cut carrot sticks and a tin of corn kernels.

Recipe supplied by M. See Kee



Sop Sop

Ingredients:

6 sweet potato, medium size

1 medium size yam

½ pumpkin

6 cooking bananas (if in season)

Milk of 4 coconuts (scrapped flesh & separate the milk)

Salt

Method:

1. Peel all vegetables and slice. Place in a large saucepan.
2. All the coconut milk that has been strained before mixing into the vegetables.
3. The coconut milk should not be allowed to cover the vegetables.
4. Cook on a moderate fire for one hour. Add salt to taste.

Recipe extract from Island Cooking, Kids of the Torres Strait: 1987 OLSH



Coconut Pumpkin Rice

Ingredients:

2 cups of Rice
Pumpkin
1 cup of fresh coconut milk
Salt to taste

Method:

1. Place 2 cups of rice into a saucepan, then wash the rice.
2. Wash and cut the pumpkin into small cubes to fill approx. one cup.
3. Add the pumpkin to the rice, add coconut milk and a little water to make sure the rice will cook.
4. Add salt to taste and simmer until rice is cooked.

Recipe extract from Island Cooking, Kids of the Torres Strait: 1987 OLSH

Coconut Custard

Ingredients:

2 cups Milk
3 eggs
2 tbsp sugar
Grated rind of ½ lemon
1 cup coconut milk

Method:

1. Beat eggs and sugar lightly.
2. Warm milk and add to eggs and sugar.
3. Add coconut milk and lemon rind
4. Pour into pie dish, stand pie dish in water bath and bake in moderate oven until set.

Recipe extract from Centenary, Sacred Heart Mission Cook Book 1884-1984



Cassava Cake



Cassava, also known as manioc or yuca, is a perennial woody shrub. The cassava root is a very important food source in South America, Africa and Asia. Cassava roots are ground to make starch and meal that are then used to make starchy foods such as bread, crackers and cakes as well as tapioca pearls.

Cassava cake is traditional in Africa and in the Philippines. It is not difficult to make, if you are able to find cassava root in an ethnic grocery store. The root of the cassava is the edible part of the plant.

Instructions:

1. Grate the peeled cassava root. Preheat your oven to 350 degrees. Peel and grate a cassava root and measure out 1/2 lb. of the grated root. Place the grated cassava in a bowl. Add 1/2 cup of milk, 1 tsp. of vanilla extract and a beaten egg to the cassava and mix with a wooden spoon. Let this mixture stand for at least five minutes.
2. Cream the butter and sugar until thoroughly mixed. Place 3 oz. of butter and 1 cup of sugar in a second mixing bowl and cream them together until thoroughly combined, first with a fork and then, when they are softened and mixed together, with a wooden spoon.
3. Mix the wet ingredients in a bowl. Add the creamed sugar and butter mixture to the cassava, milk, vanilla and egg in the first bowl. Mix well, until thoroughly combined.
4. Flour is the main dry ingredient of cassava cake. Take a third bowl and combine 2 oz. of flour, 2 1/2 tsp. of baking powder and 1/8 tsp. of salt in it. Sift these dry ingredients together. Then add them to the cassava batter.
5. Take an 8 inch round baking pan and coat it with butter or cooking spray. Using a spatula, scrape the cake batter from the mixing bowl into the greased pan. Place the pan into the preheated 350 degree oven and let it bake until golden brown, or for about 40 minutes.

By Laura Crawley, eHow Contributor.

Read more: http://www.ehow.com/how_4559477_make-cassava-cake.html#ixzz2Nxp2FQN3

Torres Strait Island Mask/Headdress Making

Mask Making is the most distinctive art form of the Torres Strait.

Known as Kara (Turtle shell) in the Western Islands and Le-op (face of man) in the Eastern Islands, each type of mask has a specific name.

Usually the name described the mask's purpose of ceremony in which it featured.

There were broadly two types of mask—those made of wood and those made of turtle shell.

Occasionally, masks would be made as children's playthings. But, they were also used to adorn the sterns or prows of canoes.

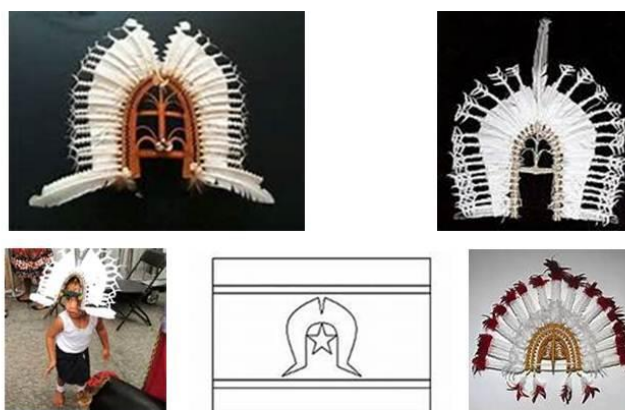
In mask design, birds and marine creatures were used, as well as human faces.

Most masks were decorated with engravings, ochre-colour, shells, seeds, cassowary feathers, leaves, fibre and human hair.

Most masks were made to wear on ceremonial occasions and designed to cover the head or face.

However, records also show that masks were made for rituals to increase animal life, garden produce, for hunting and for initiations.

Make a basic mask design then add your own decorations.



Various Dhari examples

‘Warup’ Islander Drums

Objective

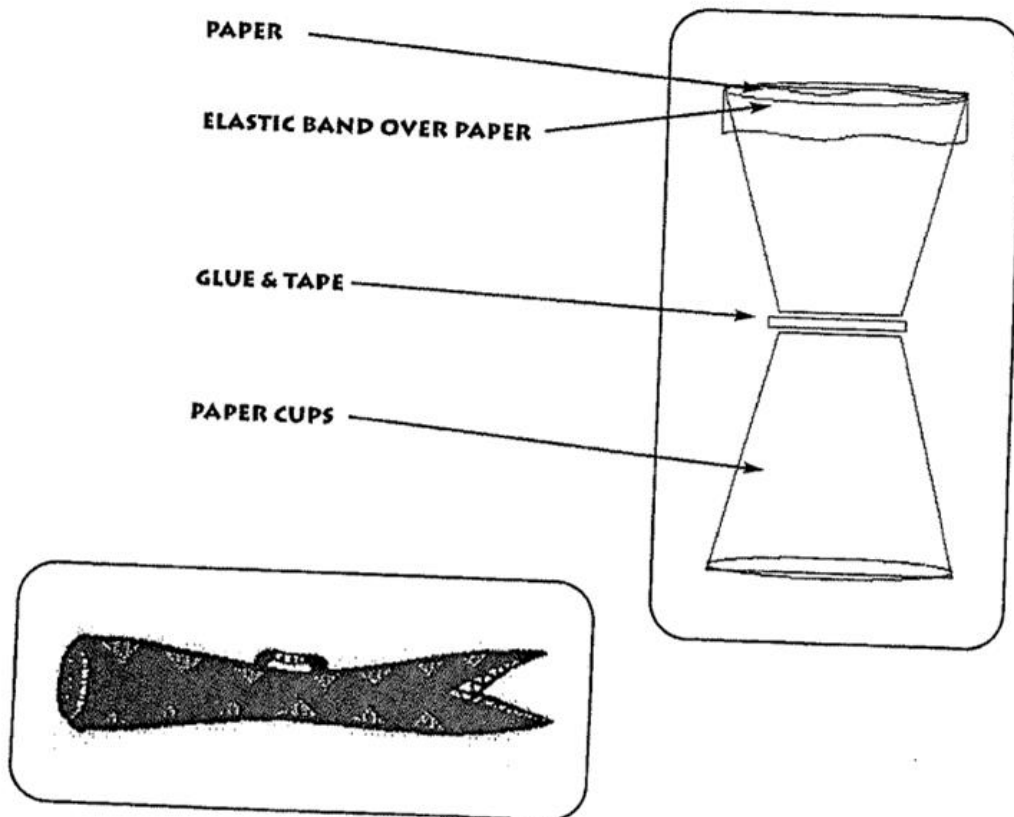
Using the material provided you see if you can complete this fun activity and make your own little Island drum.

Note:

Please explain to the children Torres Strait Islander drums are used quite extensively for various reasons. There are also various types of drums that you can get from different Islands. Depending on the area/island the drums have differ names. The drums can be played standing or sitting and children are taught from a young age how to play and make the island drums.

The traditional drums are made out of wood, which has been hollowed out by burning and chipping from each end until the holes met at the waist. The wooden drums are still frequently made in the Torres Straits, however finding the correct type of wood has become difficult.

HOW TO MAKE A TRADITIONAL ISLANDER DRUM.



Weaving

Easy Fish

This page shows you how to weave an easy fish using strips of paper or ribbon. This project is simple if you remember that weaving involves threading the material in an over-and-under pattern.

Cut two strips of paper or get two strips of ribbon. In this sample, the strip was $\frac{1}{2}$ " wide and 11" long. Fold the strips in half.

Interlace the two strips of paper so they are like the letter "L".

Note that: A is on top of X, X is on top of B, and B is on top of Y.

Fold X downwards to form a loop. Note that X is still in between A and B.

Weave B across towards the left. Note that B goes over X and then under X (the usual over-and-under pattern).

Weave X upwards by going over A and under B. Note the checkerboard pattern.

Tighten the weave by pulling on A, B, X, and Y.

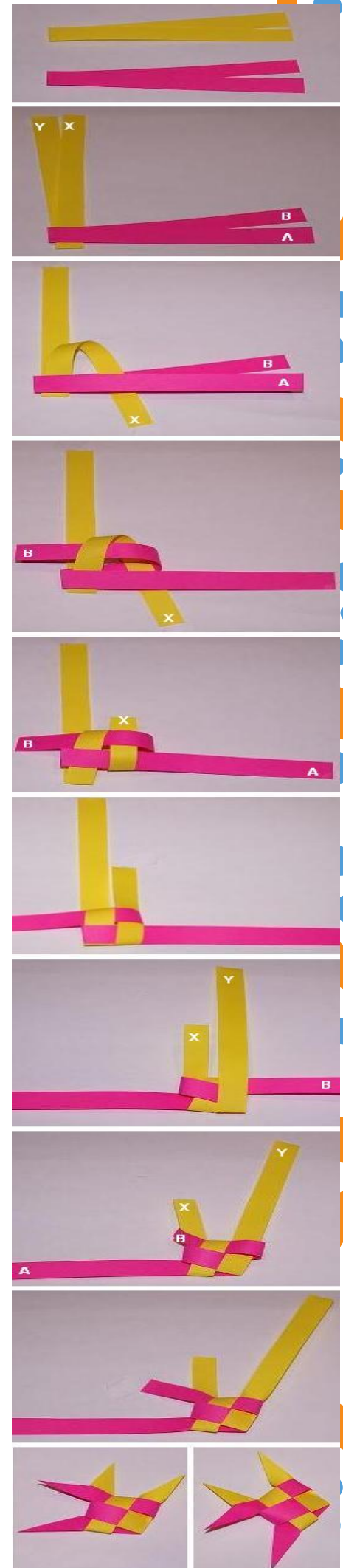
Turn over.

Weave B towards the left by going over Y and under X. Notice again that this is the typical over-and-under pattern. Note also the checkerboard pattern.

Tighten the weave by pulling on A, B, X, and Y.

Trim the tail and fins with scissors and you're done!

You can string it up and use it as a decoration or make it into a mobile.



Torres Strait Islander Pre-School Songs



1. TABA NABA”

Taba naba naba no-rem

Tug-i pe-nai-si-ri

Dinghy e naba we

Mi-ko-kei-mi

Sere re naba we

Taba naba no-rem (style)

(Repeated 3 times)

Translation:

Come on let's go to the Reef
Get into the dinghy
when the morning tide is low
Let us row to the edge of the reef
Come on let's go to the reef

2. “IRI RO”

Ir-i ro o ir-i re ro

Com-a ti com-a ti

Ka-ia-pi ka-pa-i

Ka-ura o

Ka-ia-pi-o ooo ka-ura o

3. “BANANA”

Banana banana i e

Tupa re re patia i e

Patia rokon aye patia rokon

Ia tupa tayee ee ia tupa taye

A a ia tupa tayee e ia tupa taye

Aa ia tupa tay e



***** Coming soon – DECEMBER 2014...**

Brand NEW website www.culturalinclusions.com.au for all your Cultural Inclusion needs. Don't forget to check out world renowned Torres Strait Islander, Christine Anu, and world-wide entertainers, The Wiggles, sing Tabá Naba for more Multicultural songs and dances.



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Providing all your culturally inclusive resources