

Explore bush tucker with the children and make these great tasting afternoon tea recipes.

### **BANANA RIBERRY BREAD**

Riberries are a small Australian native fruit with a slightly tart taste, similar to cranberries, with hints of cinnamon and clove flavours.

#### ***Ingredients***

100 grams low fat butter  
1 cup sugar  
2 eggs  
1 ½ cups plain flour  
1 teaspoon bi-carbonate of soda  
3 bananas, mashed  
½ cup fresh riberries  
½ teaspoon salt  
½ teaspoon vanilla



#### ***Method***

- Cream the butter and sugar until smooth.
- Add mashed banana and eggs and mix until combined. Add the riberries and stir through.
- Sift the flour, bi-carbonate of soda and salt together in a separate bowl.
- Add the banana mixture and vanilla.
- Pour into a greased loaf pan and bake at 180°C for about 60 minutes. Prick with a skewer. When it comes out clean it is cooked.

#### ***Variations***

- Cranberries may be substituted for riberries

<http://www.outbackchef.com.au/flex/banana-riberry-bread-with-wattleseed-espresso-butter/369/1> accessed 16 July, 2014.

### **BUSH TOMATO SCONES**

Bush tomato (akajura) is a small native berry, which when dried, is slightly tangy with a caramel-like flavour.

#### ***Ingredients***

##### ***Recipe makes 4 cups***

4 cups plain flour  
1 pinch of salt  
1 tablespoon baking powder  
3 tablespoons butter  
1 cup akajura (bush tomato), finely chopped  
3 cups milk (approximately), plus extra for brushing



#### ***Method***

- Pre-heat the oven to 200°C.
- Place flour in a large mixing bowl, add salt and baking powder. Rub the fat (butter) into the flour until it resembles breadcrumbs. Add bush tomato and mix through.
- Gradually add the milk, a little at a time, until you have a soft dough. Knead for a few minutes. Press gently so the dough is about 3cm high.
- Cut out scones, transfer to a baking tray lined with non-stick baking paper and rest for 10 minutes.
- With a pastry brush, brush the tops of the scones with a little milk and bake for approximately 20 minutes or until brown on the top.

#### ***Variations***

- Sun dried tomatoes may be substituted for bush tomatoes

<http://www.sbs.com.au/food/recipes/bush-tomato-akudjura-scones> 16 July, 2014