

VIBE ACTIVITIES



Healthy Recipe – Seaman Dan's Torres Strait Sambil

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Seaman Dan's Torres Strait Sambil

Here's one of Uncle Seaman Dan's favourite recipes for a Torres Strait Island meal, spicy sampil from South East Asia, as shared with us by his nephew Bob Salam.

HEALTHY RECIPE

INGREDIENTS

Any of the following can be used: chicken giblet, lamb hearts, bacon, prawns, squid or tripe: approx. 1 kg.

- * 4 onions diced
- * 4 tomatoes diced
- * 6 cloves garlic chopped fine
- * 5-6 birds eye chillies chopped fine
- * 2 tsp belachan paste
- * 2 tsp oil for cooking

METHOD

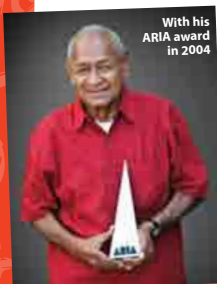
1. Parboil giblets, hearts, tripe, if using them, others can be left raw, chop up fairly fine.
2. Heat oil and fry onions, tomatoes, chilli and garlic until tender. Add belachan paste and cook until all is combined into a nice sauce.
3. Add giblets or whatever and simmer gently for approx 30 minutes, stirring frequently.
4. Don't use salt as the belachan paste is salty!
5. I like to puree the chicken giblets and make a dip (hot). Nice on biscuits or even toast. You can experiment with this recipe and adjust the amount of chillies and belachan to suit your taste. Suitable to freeze, microwave to defrost.

ENJOY!



Seaman Dan

Born on Thursday Island in 1929, Henry Gibson 'Seaman Dan' is one of our most treasured singers and performers. In the late 1940s and 1950s, Seaman Dan worked as a boat captain and pearl diver and his music blends traditional Torres Strait Islander and pearling songs with jazz, hula and blues. After a lifetime performing around the Torres Strait, Seaman Dan released his first album, *Follow the Sun* in 2000 and won the ARIA award for Best World Music album in 2004 (*Perfect Pearl*) and 2009 (*Sailing Home*).



DISCOGRAPHY

- *Follow the Sun* (2000)
- *Steady, Steady* (2002)
- *Perfect Pearl* (2004)
- *Island Way* (2005)
- *Somewhere There's An Island-Best of 1999-2006* (2007)
- *Sailing Home* (2009)



It's springtime, a time when lots of fresh vegetables are ready to pick. Sambal is a sauce made from hot chilli peppers. It goes with just about anything and tastes great!

ACTIVITY 1

SPRINGTIME MISSING VOWELS

1 Look at each spring picture and fill in the missing vowels for each spring word.

Remember your vowels	a	e	i	o	u
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d _ f f _ d _ l



r _ _ n b _ w



c h _ c k



b _ t t _ r f l y



l _ d y b _ g

n _ s t



ACTIVITY 2

SPRING WORD SCRAMBLE CUT AND PASTE

1 Cut and paste the letters in the top table to spell the spring words in the bottom table.

l	a	m	b
b	e	e	s
s	i	n	g
n	e	s	t

lamb				
bees				
sing				
nest				

2 Cut and paste the picture under the correct word.



ACTIVITY 3 SPRING WORDS

1 Colour the words

sh → red

ck → blue

ll → pink

ee → green

oo → purple

st → yellow

spr → orange

shine

green

spring

lamb

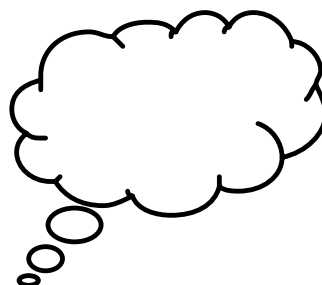
storm

moon

call

chick

2 Which word is **not** coloured?



ACTIVITY 4

SPRING RHYMES

1 Find rhyming words that match the clues:

Spring Rhymes



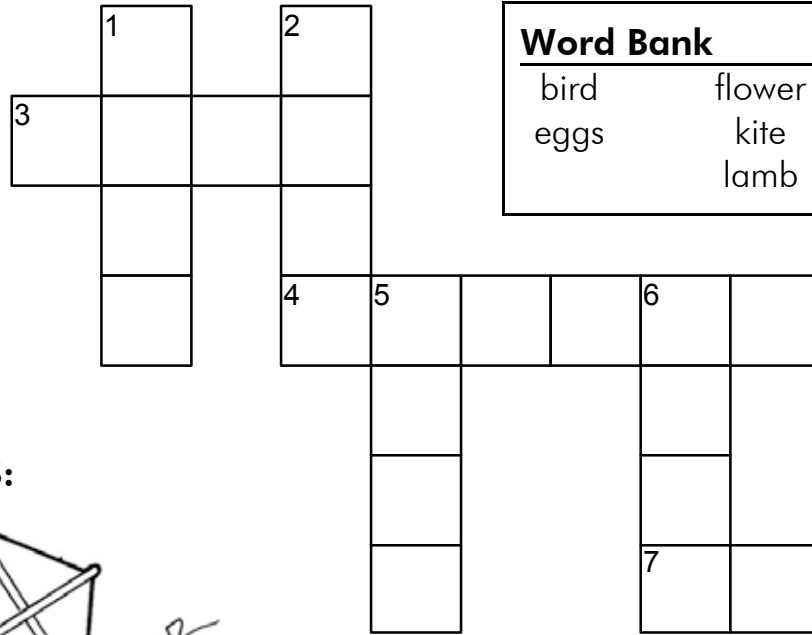
1. What flowers do that rhymes with mud. _____
2. What flowers do that rhymes with room. _____
3. What plants do that rhymes with pout. _____
4. What birds lay that rhymes with legs. _____
5. What a bird builds that rhymes with best. _____
6. What eggs do that rhymes with match. _____
7. A spring rain that rhymes with flower. _____
8. What snow does that rhymes with pelts. _____



ACTIVITY 5

SPRING FUN CROSSWORD

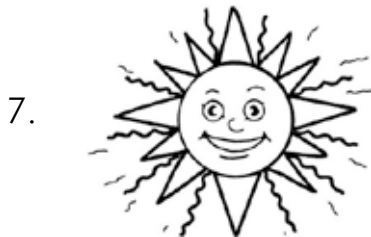
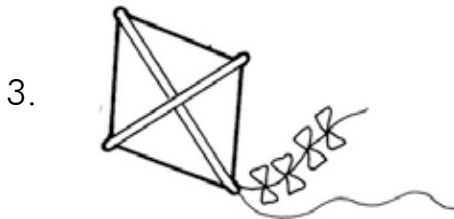
Spring Fun



Word Bank

bird	flower	leaf
eggs	kite	sun
	lamb	

ACROSS:



DOWN:

