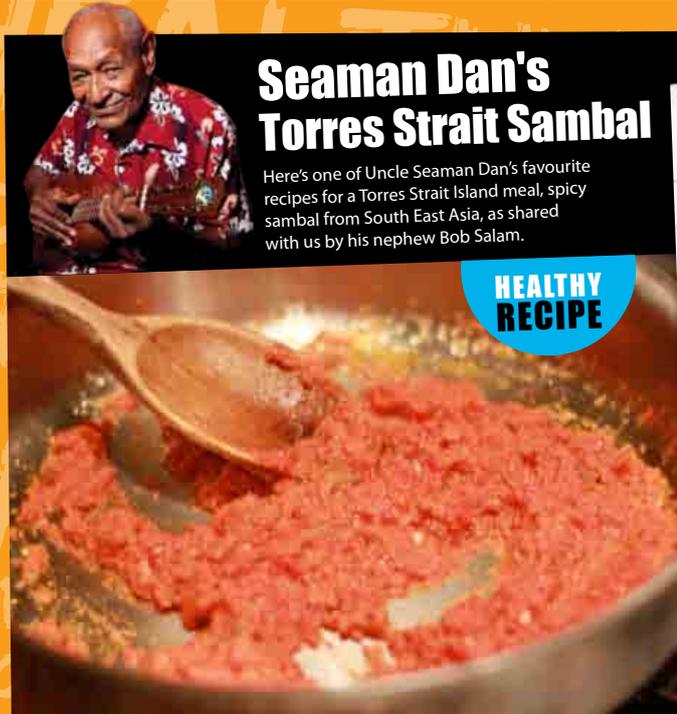


VIBE ACTIVITIES

Healthy Recipe – Seaman Dan's Torres Strait Sambal **page 27**



Seaman Dan's Torres Strait Sambal

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

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 tbsp belachan paste
- * 2 tbsp 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*).

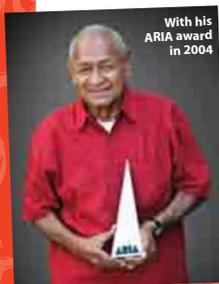


DISCOGRAPHY

- *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)



With his ARIA award in 2004



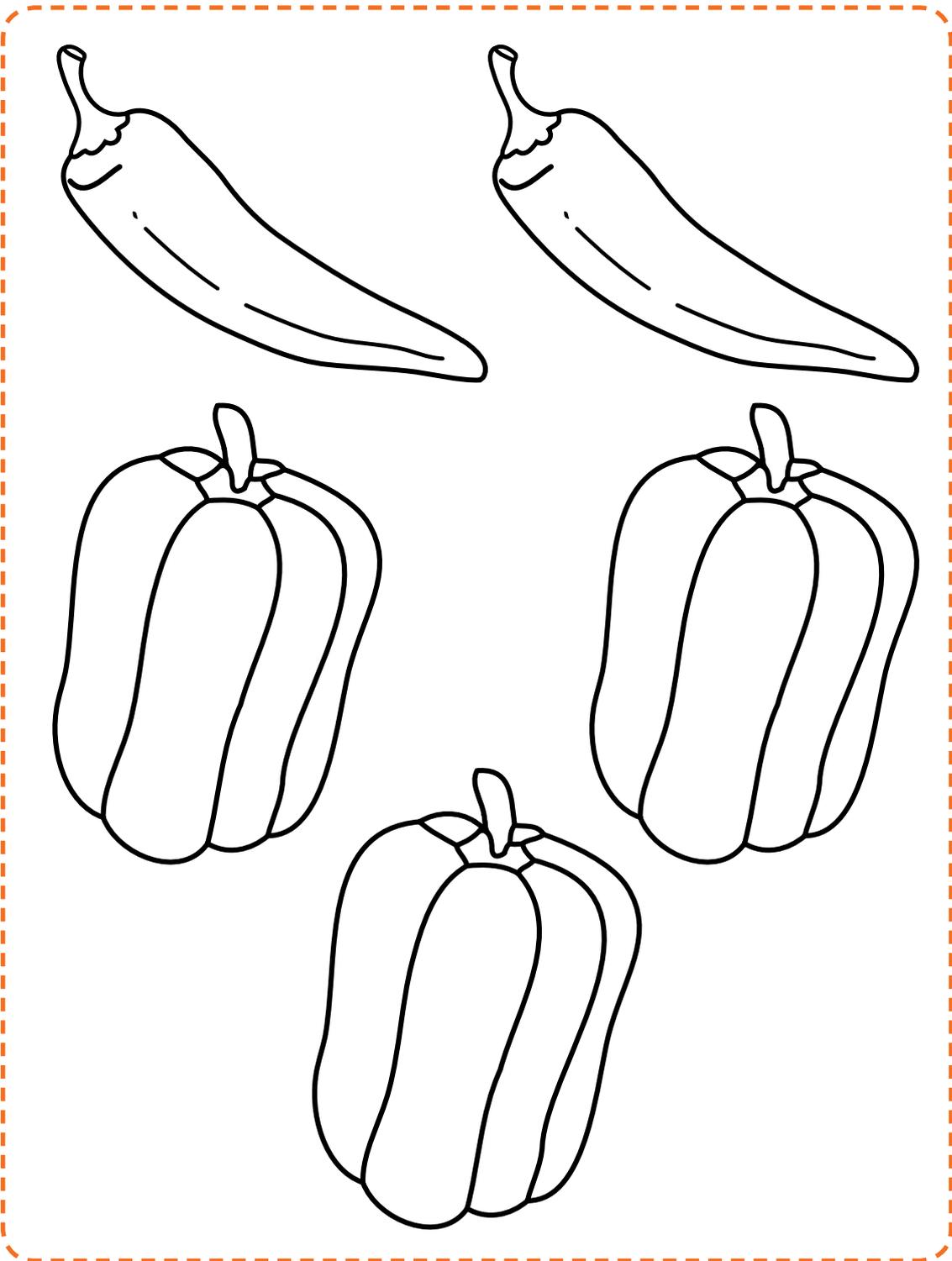
As a pearl diver in 1956.

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

CHILLIS AND CAPSICUM

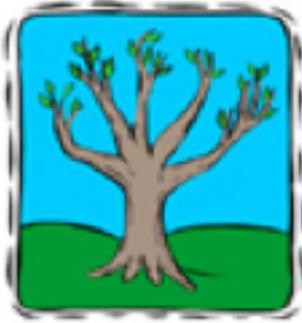
- 1 Chillis are part of the capsicum family. Colour the chilli peppers **green** and **red**. Capsicum grow in lots of different colours. Colour these in **green**, **red** and **yellow**.



ACTIVITY 2

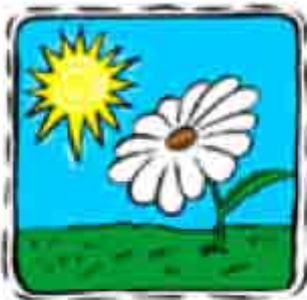
SPRINGTIME

1 Practice writing the name of the season.

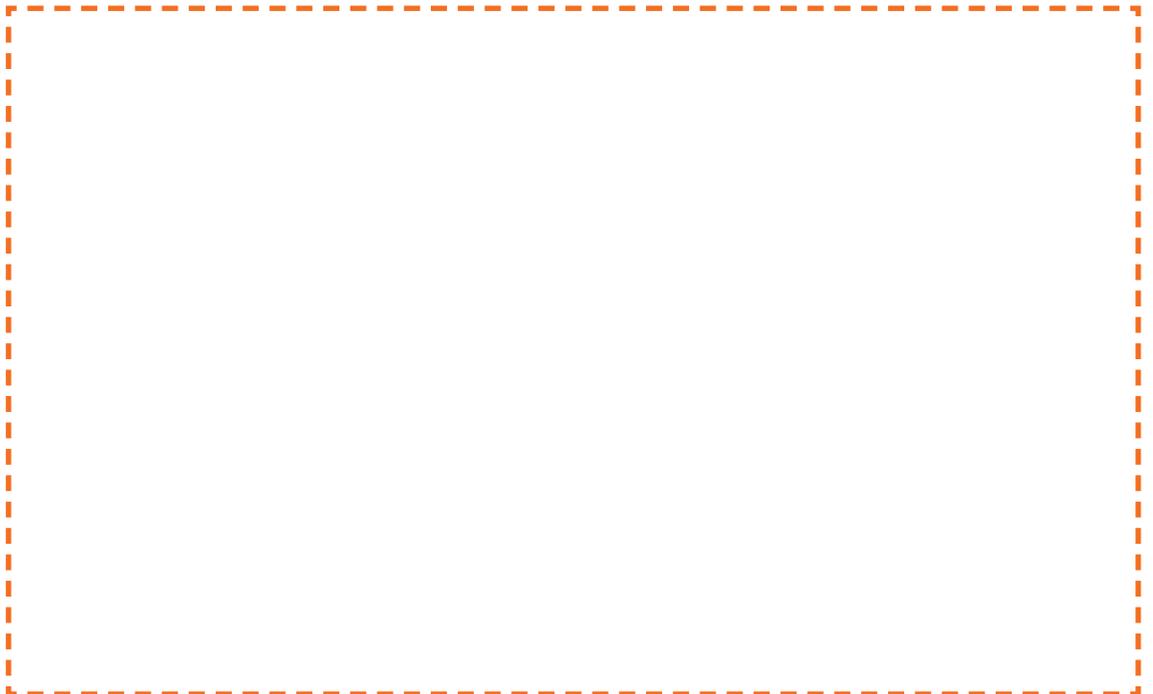


spring

2 Write the name of the season under the picture.



3 Draw another spring flower.



ACTIVITY 3

MISSING VOWELS

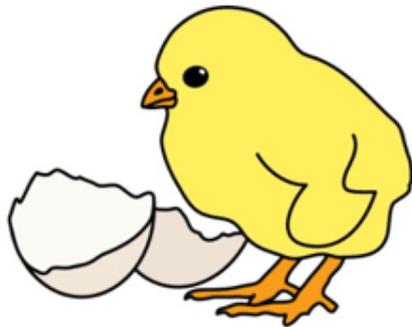
1 Look at each spring picture and fill in the missing vowels for each spring word.

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



r _ _ n b _ w



ch _ ck

b _ t t _ r f l y



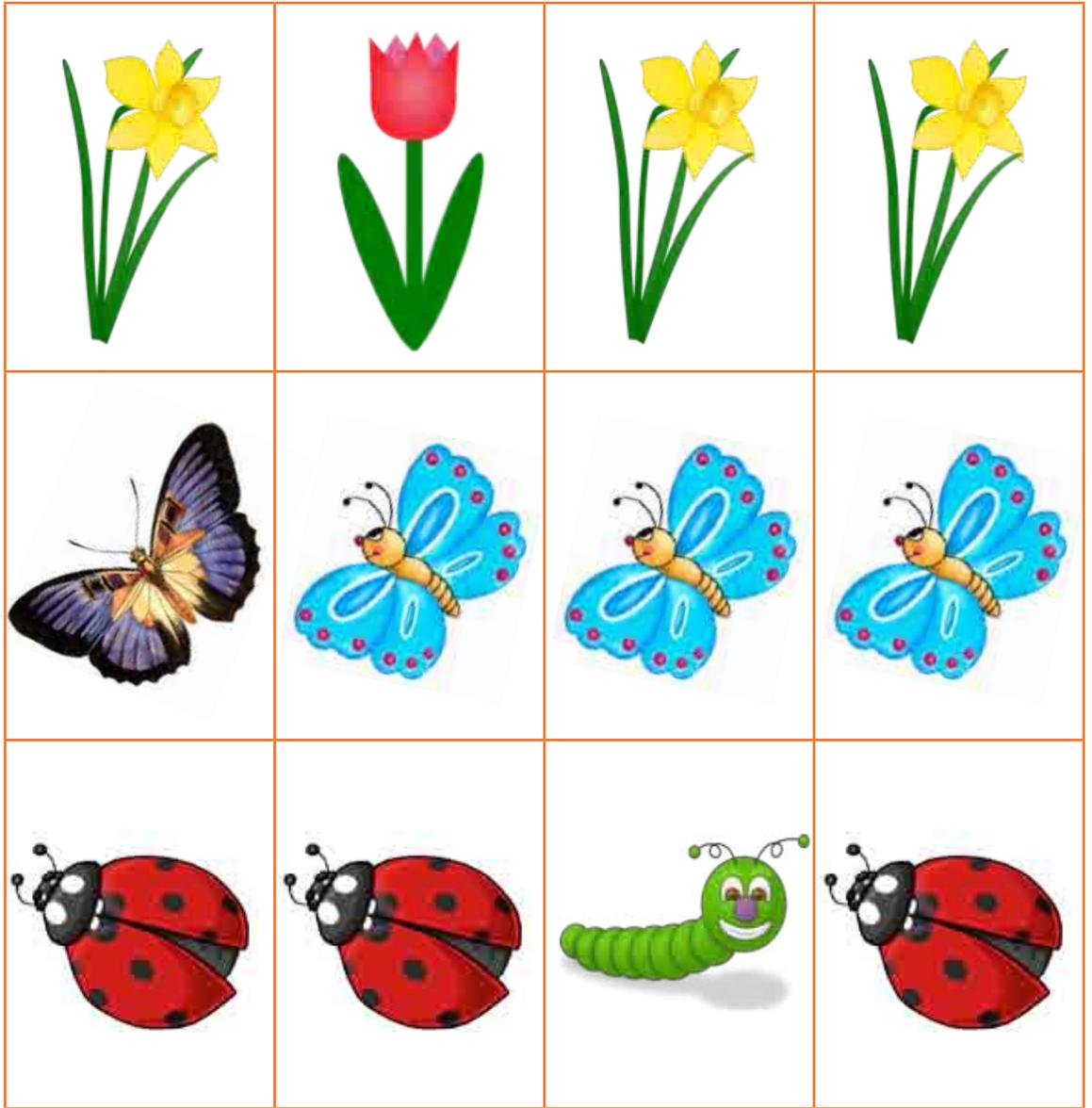
l _ d y b _ g

n _ s t

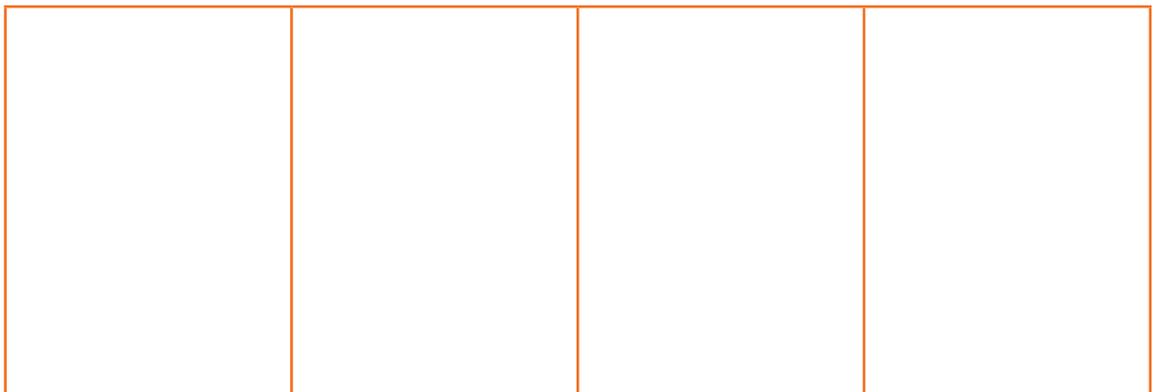


ACTIVITY 4

1 Look at the spring pictures in each row. →
 Circle the picture that is different.



2 Draw your own spring pictures.



ACTIVITY 5

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

lamb				
bees				
sing				

2 Cut and paste the picture under the correct word.

