

# Men's Health Week



**Mountain Pepper Fish**  
**BY CHRIS HUME**

MEN'S CULTURAL WORKER AT MULLUM MULLUM INDIGENOUS GATHERING PLACE



**Mullum Mullum Indigenous Gathering Place (MMIGP) provides a culturally safe and inclusive space for Aboriginal and Torres Strait Islanders to come together in the Eastern Metropolitan Region, to feel connected and empowered. MMIGP supports and facilitates a variety of cultural activities and programs, which incorporate art, music, language, and storytelling.**

This recipe is a healthy and wholesome meal made with native ingredients. The fish will leave you feeling nourished and satisfied. It is simple to make and I use this recipe to prepare any fish I catch after a fishing trip.

I am a proud Bunurong and Yorta Yorta man from the NSW and Victorian border where my people lived, hunted and gathered for thousands of years. Food is a big part of culture - it makes you feel good and gives you energy. You can get together with food because it brings people together to have a yarn, and it's a way to share culture and knowledge.

**Ingredients**

- SERVES 2-4**
- 1 piece of local fish**
  - 1 tablespoon of butter**
  - 1 teaspoon of mountain pepper\***
  - Foil or paper bark**
  - Salt and pepper to taste**

*\* Mountain pepper can be purchased at specialty food stores.*

**Method**

- Preheat your oven to 180°C.
- Combine ingredients well and wrap in foil or paperbark.
- Foil: Pre-heat your oven to 180°C and cook the fish for 15-20 minutes.
- Paperbark: Traditionally placed in the ground with coals from the fire. Cook for 20 minutes. Serve with your choice of sides.