



APPETITE  THE WILD  
Cook • Fish • Hunt



by MELISSA FROHLOFF

# Boiled bunya nuts

## Ingredients

- Bunya nuts
- 1/4 cup salt per litre of water

## Method

1. Add nuts to a large empty pot.
2. Cover nuts with water and add salt.
3. Bring nuts to the boil and

simmer for three hours, keeping the nuts covered with water.

4. Cook until nuts are soft, then serve hot or cold.

## Tip

An old favourite is to cook a piece of corned meat and then flavour the bunya nuts by cooking them in the corned meat water.

Prep time: 30 min | Cook time: 3 hrs | Serves 6-8