

River Heads Review

Community news



River Heads Progress Association

The River Heads Progress Association acknowledges the Butchulla people - the Traditional Owners of the land we live, work and play on, and pay our respects to their Elders, past, present and emerging.

Australia Day celebrations at the Reserve



River Heads Community Hall & Bistro — What's On



Riverheads.org.au

- ⇒ Hall & Bistro Happenings
- ⇒ Calendar of Local Events
- ⇒ Local Businesses
- ⇒ Subscribe to your Review





Volunteer coordinator

Good with people and organising?
Help build a volunteer pool, keep a register and organise rosters.

Bistro manager

If you know your way around a working kitchen and hospitality then this is for you.

Ensure the smooth running of the bistro, its people and goods.

Cook or food prep

Love to cook and make people happy?

Definitely talk to us about a job in the kitchen.

Washing up

If you're happy with your hands in the sink and helping out where you can, we need you.

Advertising in the Review

The Review is published monthly. Print copies are distributed among local businesses, digital copies emailed to RHPA members and available on the RHPA website. A separate digital advertisement is also uploaded to the website.

Costs:	Annual \$ (for 12 ads)	Single \$ (for one ad)
1/8 page	65	-
1/4	135	55
1/2	260	80
Full page	500	120

Advertorial spread (single)

1/4 page ad + 1/4 editorial	70
1/2 page ed + 1/2 editorial	95

Advertising and photographs to be contributed as jpeg. Editorial as a word document, no formatting.

RHPA contact information

Executive committee	President Vice president Treasurer Secretary	Keith Morrison Ian Marsden Jenny Gordon Jayne Thomson	president@riverheads.org.au vicepresident@riverheads.org.au treasurer@riverheads.org.au secretary@riverheads.org.au
Management committee	Assistant treasurer Assistant secretary Membership & key registrar Events coordinator Bistro manager Bar coordinator Roster coordinator Website content manager Website administrator Emergency coordinator Social media coordinator Review editor	Geoff Mealing Alison McGarry VACANT VACANT VACANT Mark Hensel VACANT Sheree Henley Total Website Management Mark Hensel VACANT Tracey Morton	treasurer@riverheads.org.au secretary@riverheads.org.au secretary@riverheads.org.au events@riverheads.org.au secretary@riverheads.org.au bar@riverheads.org.au webmaster@riverheads.org.au emergency@riverheads.org.au info@riverheads.org.au review@riverheads.org.au
NC positions	Historian	VACANT	
Sub committees	Fraser Radio Reserve	Ed Martin Mark Hensel	info@fraserradio.com.au info@riverheads.org.au
Hall activities & services	Day	Name	Contact
Hall bookings & takeaway	Fri only	Keith Morrison	0487 097 700
River Heads Fishing Club Inc		Ben Flanders	riverheadsfishingclub@gmail.com
Patchwork & quilting	Mon am	Judy Smith	4125 7726/ 0427 000 982
Library	When hall is open		0487 097 700
Community Garden	Together We Grow		0487 097 700 or info@riverheads.org.au
Indoor bowls	Wed 1pm	Mike/Robyn Allam	4125 7683 or Michaelallam@hotmail.com
Social pool & bar night	Wed 6pm	Mark Hensel	info@riverheads.org.au
Fire emergencies		RH Kingfisher Fire S	000 or 0499 987 147
Justices of the Peace			
Wildlife carer		Rose Wright	0427 971 020
Wildlife Rescue FC		EC Exotic Haven	0499 453 674
First responders		Matthew Steer	0487 097 700

Thank you

*Geoff
Mealing*



*A Heartfelt Thank You
TO ALL OF OUR
AMAZING VOLUNTEERS!*

We couldn't do it without you!

Say G'day to Geoff, our assistant treasurer.

It's great to watch Geoff help set up tables for functions at the hall; carefully folding napkins and tweaking table decorations like a pro.

Geoff also works behind the bar when needed and is a big supporter of the Wednesday night pool.

He also volunteers with the River Heads Kingfisher Rural Fire Service; a vital part of our community.

If that's not enough, Geoff organises the regular Bunnings barbecue days, raising funds for the RHPA and the River Heads community.

Thanks Geoff, we appreciate all you do.

John Weiland – Division 7 Councillor



Welcome to 2026! I hope everyone enjoyed a wonderful Christmas and New Year with family and friends.

Council has a big year ahead, with important work to be done both regionally and right here in River Heads. We will also be welcoming a new leadership team, headed by our new CEO, Mica Martin. I am really looking forward to taking Mica on a tour of my electorate and showing her firsthand the challenges our community faces, particularly with roads and drainage, but also public transport and connectivity issues. These include footpaths and the ongoing lack of a maintained path or track connecting River Heads with the broader Hervey Bay city area.

After a short Christmas break, I am refreshed and ready to get back to work on the priorities that matter most for River Heads. Following ongoing community feedback about the boat ramp precinct, and by working closely with the River Heads Fishing Club (the number one club in the region!), we were able

to put a small rock landing in place to help manage the holiday rush. A big thank you to Ben and the crew for working with me and Council's infrastructure team to get this done.

I will soon be moving a motion in Council to have funds allocated in future budgets for a redesign of the ramp precinct, including the Council-owned car park and boardwalk area. The aim is to review and optimise parking, improve public spaces, and provide a better experience for both locals and visitors. The first step is completing the designs, which will then allow us to seek funding opportunities. And of course, I will continue advocating through the appropriate channels for a pontoon as part of these longer-term improvements.

I'd also like to congratulate River Heads' own Liz Stewart, Fraser Coast Citizen of the Year nominee and Suzanne Taylor, Arts and Culture Award nominee. It's wonderful that two of our amazing local community leaders have been acknowledged for their ongoing contributions to the region. This is well deserved recognition for you both.

David Lee MP – State Member Hervey Bay



The Gambling Community Benefit Fund is Queensland's largest one-off community grants program, with organisations able to apply for funding to support a range of

projects.

I encourage groups across the Hervey Bay electorate to apply for funding, to help deliver projects and activities that are important to our community.

Whether it's a small charity or a much-loved footy club, every dollar awarded helps support the work these organisations do.

I look forward to congratulating the successful recipients and sharing your good news stories.

Round 126 offers grants up to \$35,000 to support not-for-profit groups and will close February 28, 2026.

Until next time take care.

First Minutes Matter

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Workshops cover:

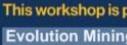
- Personal, Road & Aircraft Safety
- Burns
- Bleeding
- Snake Bites
- Choking & Anaphylaxis
- Strokes, Seizures & Febrile Convulsions
- CPR & AEDs
- Emergency Equipment
- Wellbeing



Upcoming FREE in-person workshops:

River Heads Community Hall, Ariadne St, QLD, 4655
Date: Tuesday 10th February 2026
Time: 9:00am - 3:00pm

 [Register here](#)

This workshop is proudly funded by  

Community news – Australia Day Awards

Inspiring achievements honoured at Australia Day Awards

Fraser Coast Deputy Mayor Sara Faraj congratulated all Australia Day Award nominees and recipients, recognising their outstanding contributions to the community.

Council received 52 nominations across five categories, providing a meaningful opportunity to come together and celebrate some truly remarkable achievements.

A special ceremony honouring all nominees was held at the Hervey Bay Regional Gallery, with winners formally recognised at the Australia Day Awards presentation and Citizenship Ceremony.



Citizen of the Year nominee Liz Stewart – for her outstanding commitment to the River Heads community, volunteering tirelessly through the Community Hall and Progress Association to create connection, belonging and community spirit, while also leading successful fundraising efforts.

Arts and Culture Award nominee Suzanne Taylor for outstanding voluntary contributions to arts and culture on the Fraser Coast by delivering community music events, such as River Heads Rocks, mentoring emerging artists and fundraising for local causes.

Fraser Coast Regional Council



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Above: Nominee Liz Stewart and **left:** the award presented to Suzanne Taylor in her absence.

Community news – Australia Day events



It was great to see so many ages play in the cricket match.

There were plenty of cheers and tears on the field with Team 1 finally victorious on 84 runs.

Team 2, however, was disadvantaged when the band had the Nut Bush City Limits dance competition and fielders ran off to participate!

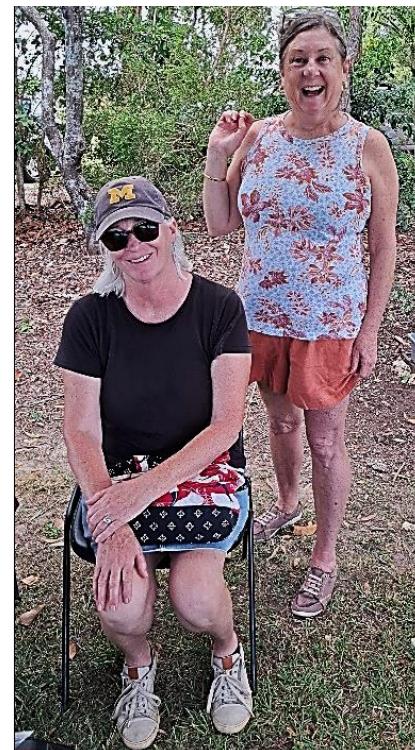
Mark Hensel



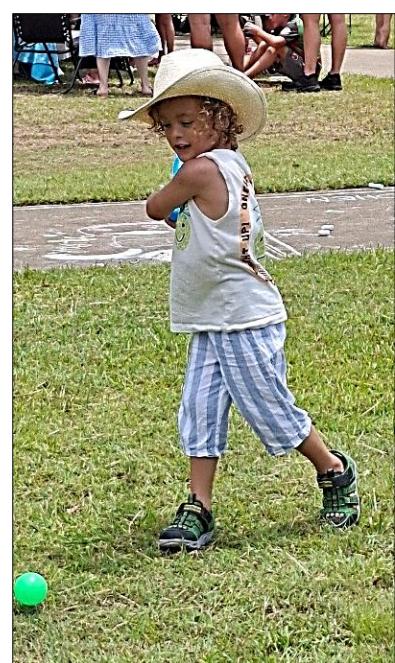
Community news – Australia Day events



Visitors enjoyed a cool breeze, good music and fun while watching the Australia Day Cricket match play out.



Community news – Australia Day at the Reserve



Community news - Fishing Club



Be like Rick

Here's your River Heads Fishing Club calendar for 2026.

Be like Rick and bring your mate along ...They will be sure to thank you later.

SAVE THE DATE



2026 CALENDAR OF EVENTS

JANUARY		
18th	Sign on day	2pm-5pm
27th	Committee Meeting	5pm

FEBRUARY		
6th-8th	Fishing Comp Weekend	
8th	Weigh in	2pm
13th	Chook Raffle	5.30pm
24th	Committee Meeting	5pm

MARCH		
6th-8th	Fishing Comp Weekend	
8th	Weigh in & Crab Races	2pm
13th	Chook Raffle	5.30pm
24th	Committee Meeting	5pm
20 th -22 nd	Red Claw Trip to Boondooma Dam	

APRIL		
10th	Chook Raffle	5.30pm
10th-12th	Fishing Comp Weekend	
12th	Weigh in	2pm
21st	Committee Meeting	5pm

MAY		
1st-3rd	Fishing Comp Weekend	
3rd	Weigh in	2pm
8th	Chook Raffle	5.30pm
26th	Committee Meeting	5pm

JUNE		
5th-7th	Fishing Comp Weekend	
7th	Weigh in	2pm
12th	Chook Raffle	5.30pm
23rd	Committee Meeting	5pm

JULY		
3rd-5th	Fishing Comp Weekend	
5th	Weigh in	2pm
10th	Chook Raffle	5.30pm
18th	Christmas in July	TBA
28th	Committee Meeting	5pm

AUGUST		
7th-9th	Fishing Comp Weekend	
9th	Weigh in	2pm
14th	Chook Raffle	5.30pm
25th	Committee Meeting	5pm

SEPTEMBER		
4th-6th	Fishing Comp Weekend	
6th	Weigh in	2pm
11th	Chook Raffle	5pm
19th	Clay Shooting at Fraser Coast Clays	TBA
22nd	Committee Meeting	5pm

OCTOBER		
2nd-5th	Interclub Fishing Comp	
5th	Interclub Luncheon Location TBA	TBA
9th	Chook Raffle	5.30pm
9th-11th	Fishing Comp Weekend	
11th	Weigh in	2pm
16th-18th	Lake Monduran Barra Comp	
27th	Committee Meeting	5pm

NOVEMBER		
6th-8th	Fishing Comp Weekend	
8th	Weigh in and AGM	1.30pm
13th	Chook Raffle	5.30pm
24th	Committee Meeting	5pm

DECEMBER		
4th-6th	Fishing Comp Weekend	
6th	Weigh in	2pm
12th	Presentation Night	5pm

All events held at the RHPA Hall unless otherwise stated.

Times and Locations Subject to change.

Wow, we've found our tribe! Fishos turned out in droves to join us for 2026.

We're absolutely stoked to welcome you all to the club.

If you couldn't make it on the day, you can sign on using the QR code below.

We also unleashed our brand new branded Barra Country Fishing Shirt (complete with snags and midgies) and our club tumblers and stubby coolers.

So if you want to sign on, you can buy our branded merch too.

Don't stress, our shirts are fish attractant so you're sure to bring home a catch.

Our fees for the year are: adult membership \$50 or (2 adults and 2 or more kids) \$120.

Merchandise prices: Barra Country fishing shirt \$50, Mali designs RHFC polo \$35, RHFC stubbie cooler (blue or black) \$30, RHFC Yeti style tumbler (white, black or orange) \$25, RHFC club cap \$15.

We've got all you need to look schmick and stay hydrated.

Bring on the first fish meet of the year – February 6-8.

See you there, until then, tight lines.



Community news - First Responders

Fishing Club sign on day cont...



WANT TO GET HOOKED?

Join River Heads Fishing Club!

SCAN HERE TO BECOME A MEMBER!

Easy Online Registration!

River Heads Fishing Club

www.facebook.com/RHFCAU

River Heads summer news

Hello everyone, we hope you have had a lovely Christmas and New Year with family and friends.

Well, summer has well and truly settled in with increased temperatures and humidity.

With all of this hot weather, please remember to: **Slip** on protective clothing,
Slop on SPF50+ sunscreen,
Slap on a wide-brimmed hat,
Seek shade (especially mid-day), and
Slide on wraparound sunglasses.

The elderly, people unwell or with pre-existing conditions, children, sunburn and those dreaded hangovers can make us more prone to dehydration.

If you can limit your outdoor activities at the high risk times of the day, check on elderly neighbours, drink plenty of water (including pets) and limit sweet /alcohol drinks we can help enjoy the days ahead.

Snake sightings are on the increase, they aren't just on the hiking trails they are also in our yards. Snake bite kits are affordable and available at all chemists. Keep an eye on the kids and pets, lawns mowed and hiding places limited around your house.

Are you new to the area or maybe here from day one, we would love anyone who would be interested to join us as a volunteer. There are no set rosters so you would not be signing your life away, you could however learn new skills that may ultimately save the life of someone you love or know.

Please contact Matt Steer, Officer in Charge 0428 894 539 or email matthew.steer@ambulance.qld.gov.au.



Community news

Let's talk about volunteering morning tea



Above: community members enjoying a cuppa while discussing the various jobs that go into running the RHPA and its events.

Members of the River Heads Progress Association hosted a community morning tea during January to encourage locals to come and discuss volunteering at the hall or at events.

The morning was a great mix of familiar faces and new members from the community.

Many thanks to Wendy and Elaine for the delicious spread of cakes, scones and sandwiches.

Special thanks to Liz Stewart, who chatted with attendees about volunteer opportunities, including roles like platters, preppers and dish ninjas.

If you are interested in getting involved with the River Heads Progress Association and the hall please call 0487 097 700.

Wildlife matters – library talk

Each February the Mary River Catchment and Coordinating Committee (MRCCC), conduct a program call *Find a Frog*. It is geared for the citizen scientists in the community and relies on their observations of our local frogs. You can become one by searching for frogs in the neighbourhood.

Frogs are not having an easy time surviving losses of habitat from development. Water depletion and degradation associated with habitat loss, Chytrid Fungus is attacking populations in SE Queensland and remains unchecked at this moment.

Ollie Scully, MRCCC, will present *Find a Frog* in the Hervey Bay Library February 20. Tina Raveneau, Riverbend Connections will present *Frogs* in the Maryborough Library February 27. Both talks run from 1 to 2pm and it is not necessary to book.



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Community news - Community Flights

A joy-ful flight and smooth landing for Sheree



I recently had the pleasure of going on a joy flight in support of Community Flights, and it was an

experience I won't forget in a hurry.

With around 11 hours of flight training under my belt over the years and a long-standing interest in aviation, I was already excited. There were four of us on board, including Dan and two other

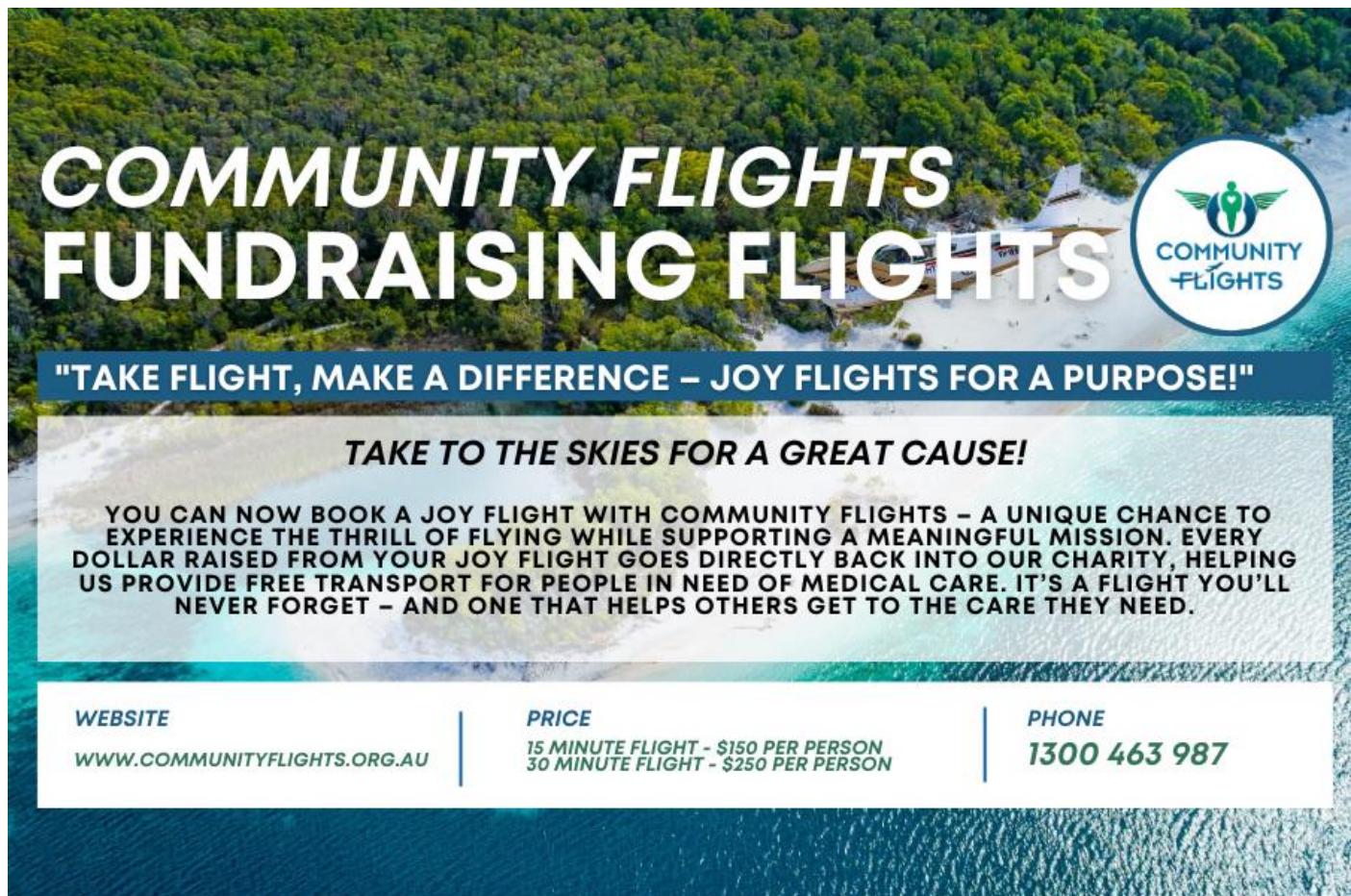
participants, in a four-seat Piper aircraft with the call sign *Whiskey Mike Juliet*.

Before we even left the ground, Dan gave us a thorough safety briefing and carefully showed us how to get in and out of the aircraft safely. Even with an overcast sky and a couple of light showers about, the flight was beautifully smooth and the skies cleared for us to get a view of the fabulous colours over the bay.

We headed out over Sandy Strait towards K'gari, circling over the stunning Lake McKenzie and waving to swimmers below — an unforgettable view from above. From there we flew up to Moon Point, past Pelican Sands, then back towards Hervey Bay, looping around Urangan Pier and up to Point Vernon.

The flight finished with a smooth landing and plenty of smiles all round. It was simply great fun—and a wonderful reminder of the incredible work Community Flights does in bringing people together through aviation and community spirit. I'll definitely be going again when they offer another round of fundraising joy flights.

Sheree Henley



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PRICE
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PHONE
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Community news – community group profile



More than just a produce swap

The Booral and District Food, Seed and Plant Swap is held every second Saturday of the month. If you want help to grow anything then join us. There are no experts here, we are all learning along the way.

The topic for last month's swap was composting but we then got side tracked on so many different topics.

Goods to swap on the day were: sawtooth coriander, dragon fruit, lemon balm and curry leaf cuttings, worm wood, grape vines, cassava and fresh turmeric and plants.

The meet is held at the community park in Oslove Drive, Booral and everyone is welcome. Please check our facebook page.

Join us, it's free and fabulous conversation.





**RIVER HEADS
EXCAVATIONS**



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Fraser Radio – your local tourist information and entertainment

By Ed Martin, station manager

Fraser Radio is entering its tenth year of operation with a number of name changes but continuing the legacy of its inception and development by Roger Wilson and team. This year we celebrate the work done to keep Fraser Radio on air. Our current team of three, a sub-committee of the RHPA, is committed to maintaining our content that provides a mix of entertainment and information.

We maintain on air presence via two FM radio transmitters, with streaming via the internet. We hold two radio licences issued by the Australian Communications and Media Authority: Booral 87.8 MHz and River Heads 88.00 MHz. These licences, known as Low Power Open Narrowcasting, have conditions attached: where we transmit from, how much power and the content we use. We are also required to hold additional licences which cover the music content we transmit or stream. There are a range of compliances requiring us to maintain records of our content and operating parameters.

Station operation also includes administrative and technical tasks like: invoicing, record keeping, marketing, web site and office management,

technical services, production recording/editing, playlist generation, voice talent and more.

Fraser Radio provides regional information for locals and visitors. Our Information Briefs cover venues, events, places to visit, and local history. Some local attractions include K'Gari (Fraser Is), whale watching, Urangan Pier, botanic gardens, water park, Z-PAC Theatre, historical museum and more. Previous segments included the history of Urangan Pier and Maryborough as well as tourism destinations like local Islands, venues and events.

Advertising is our primary source of income to cover operating costs so if you have a service, product or event why not consider advertising with Fraser Radio and support us while promoting your own enterprise. View our Advertisers Index on www.fraserradio.com.au - Advertisers Index

Our advertising packages include: starter, annual, interview and special event for local business and organisations. Packages include basic production works to get your message on air and streamed.

Our website offers information including the stream link and don't forget to like our facebook page.

We provide a mix of music from the 60's through to the present, along with the information segments.

Tune to Fraser Radio on 88.0FM River Heads or 87.8FM Booral or stream via the net on <https://webplayer.fastcast4u.com/tourist/>

Thanks to our supporters including: Urangan Fisheries, FCRC, Hervey Bay RSL, and the RHPA. We also wish to thank our advertisers for their continued support and you our listeners.

Fraser Radio is a non-profit volunteer operated enterprise, our team including members of RHPA management provide the labour and resources to maintain the service, my sincere thanks to all involved for your tireless efforts.



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Council news

Brolga Theatre records biggest year in 25 years

A record-breaking 74,509 patrons attended performances and events at the Brolga Theatre and Convention Centre in 2025, the highest attendance in the venue's 25-year history - with 2026 already shaping up to be even bigger.

Fraser Coast Mayor George Seymour said the Maryborough venue continues to grow year on year, attracting more than 2,000 additional visitors compared to 2024.

"This incredible achievement reflects the calibre of performances on our stage, the versatility of the venue, and our community's passion for live entertainment," Cr Seymour said.

"In 2025, the Brolga hosted 115 performances, including shows from Amy Shark, The Ten Tenors, Human Nature, Suzi Quatro, and the hit production Bohemian Rhapsody.

"Other highlights included Macabre Theatre, Cosentino, Cirque Nouvelle and many more.

Cr Seymour said these performances alone drew 38,173 patrons, with 41 per cent travelling from Maryborough, 38 per cent from Hervey Bay, and 21 per cent visiting from outside the region.

"Since opening its doors in 2000, the Brolga Theatre has become a home for creativity and connection on the Fraser Coast," Cr Seymour said.

"Alongside its theatre program, the venue hosted 264 events, welcoming a further 36,336 attendees, reinforcing the venue's role as both a premier entertainment destination and a vital community gathering place."



Fraser Coast Arts spokesperson Cr Sara Diana Faraj thanked the venue's volunteers for their ongoing dedication.

"Our 89 volunteers contributed close to 5,000 hours last year, providing invaluable support to staff and helping deliver memorable experiences for audiences and performers."

Cr Seymour said 2026 is already shaping up as another standout year, with a strong program and more shows still to be announced.

"Tribute shows celebrating Fleetwood Mac, the Eagles and Creedence Clearwater Revival will take the stage this month, along with the world's biggest bubble party - *Bubble Spectacular*, kicking off this Friday (January 16)," he said.

For more details about upcoming shows: <https://www.ourfrasercoast.com.au/Brolga-Theatre>

River Heads on road resealing plan

Fraser Coast Regional Council will invest \$1.5 million to reseal roads across River Heads, Maryborough West, Maryborough, Tinana, Owanyilla, Tiaro, Glenwood and Bauple, improving safety and extending the life of local streets.

Fraser Coast Mayor George Seymour said the reseal program will cover dozens of streets across the region, with work to start from February 2, 2026.

"Bitumen resealing is one of the most cost-effective ways to protect our roads, improve skid resistance and extend their lifespan by up to 14 years," he said.

Council Roads and Transport spokesman Phil Truscott said the works were part of Council's

ongoing commitment to maintaining and improving vital local road infrastructure.

"Construction impacts are expected to be short-term, with traffic management in place during works."

"Residents may experience brief delays or changed access while resealing is underway, however roads are typically reopened quickly once works are completed."

View the full list on Council's website: <https://www.frasercoast.qld.gov.au/Services/Roads/Road-Works>

Works are expected to be completed by May 2026, subject to weather and construction conditions.

Council news

Two new flood cameras boost safety

Fraser Coast residents now have access to more than 20 flood cameras on Council's Disaster Dashboard, with two new cameras installed and now fully operational at Arborthree Road, Glenwood and Netherby Road, Gundiah.

The installation of the two new cameras was managed by the Department of Transport and Main Roads with \$205,000 provided through the Queensland and New South Wales Flood Recovery and Resilience Package under the Emergency Response Fund and \$82,800 contribution from Council's Disaster Management Levy.

Fraser Coast Mayor George Seymour said the new cameras, flashing lights and water level sensors had been calibrated and tested, providing real-time visibility at two key flood-prone crossing points.

"During flooding, one of the first questions we're asked is simple: are the roads closed?" he said.

"These new cameras give residents, Council and emergency services extra eyes on the ground to help assess conditions quickly and make safer decisions.

"They'll also help us manage these locations more effectively during flood events, particularly when conditions can change rapidly.

Cr Seymour said each site is supported by water level sensors and flooded road flashing lights, adding to the region's total flood warning network.



Top: Arborthree Road.

Right: Netherby Road

"Council is continuing to strengthen disaster preparedness following significant flooding events, including the record flooding that impacted Hervey Bay in March 2025," he said.

"The more tools we have available - cameras, gauges, markers and warning lights, the better we can help our community stay informed and make safe choices when severe weather hits.

Residents can view the flood cameras and sign up for notifications on Council's Disaster Dashboard: <https://disaster.frasercoast.qld.gov.au/>

Final grants round delivers \$194,000 boost

Fraser Coast community groups and not-for-profit organisations are being urged to apply for Council funding, with more than \$194,000 available in the final round 2025–26 Community Grants Program.

Fraser Coast Councillor Phil Truscott said applications are open and close February 26, 2026.

"This final round puts \$194,137 on the table to help community groups deliver projects, buy equipment, and run events that benefit the Fraser Coast," he said.

"Grants of \$1,000 to \$5,000 are available for projects and activities that deliver real social, community or economic outcomes.

"We've already seen how far these grants can go, helping community groups purchase portable basketball hoops, provide a training defibrillator for

Coast Guard volunteers, and install air conditioning for a low-cost food hub.

Cr Truscott said Council will invest a total of \$310,000 across three community grants rounds this financial year, giving groups multiple opportunities to apply.

"Looking ahead, Council will restructure the program in 2026–27, moving from four rounds to two," he said.

"Keeping the maximum grant at \$5,000 will help more organisations share in the funding and bring more local ideas to life."

More information, including online application forms and guidelines with examples of eligible projects and activities, is available on Council's website at www.frasercoast.qld.gov.au/grants



The Cheeky Apprentice creates - slow cooked Moroccan Beef Stew

Method

- Combine paprika, turmeric & cinnamon, toss through the beef. Marinade for an hour or so.
- Fry off the meat in olive oil a few pieces at a time so that it doesn't stew, brown but don't burn the spices.
- Remove from pan and set aside.
- Fry the onion, then add ginger and garlic, toss in extra spices at this stage if you want more.
- Add the tomato paste and a can of tomatoes.
- Put the meat back into the pan, add a couple of cups of beef stock.
- Simmer for two hours then add the roughly chopped vegetables and chickpeas (apricots and sultanas if you like them) and cook for another 30 mins
- Add salt and pepper to taste
- Serve with rice or on a bed of mash potato
- Add a bowl of fresh lime to the table.



Ingredients

1kg diced beef
Lots of olive oil
1 tbsp cumin seeds
1 tbsp each of ground paprika, turmeric & cinnamon (to taste, you might want more paprika)
1 tsp cayenne pepper (or to taste)
1 onion
4 cloves garlic minced (pfffft maybe more)
1 tbsp minced ginger
2 tbsp tomato paste
1 can of tomatoes (or fresh)
2 cups beef stock (cover meat)
Salt to taste
Carrots or turnips
A cup full of pre-soaked chickpeas
Hydrated apricots and sultanas if you like them

Ok so when I say a tablespoon what I'm really saying is, the amount that fell in the pot after a glass of wine. A handful maybe or a heaped spoon, it's all very much to taste. This recipe is just a guide, you do you and have fun.





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