



Campfire Cooking



COOKING CAN BE AN EXCITING ACTIVITY

For many scouts and guides preparing and eating meals has been something to rush through, so that they can get back to the activity centres as quickly as possible. With the aid of this cooking guide you will find that meal preparation can be an activity in itself, which can be just as exciting as the abovementioned activities. Cooking over an open fire is an excellent scout/guide activity. Here both the open air and the primitive sides meet, which allows all to participate, and can turn a necessary chore into an exciting learning experience, it also gives Leaders an opportunity to involve the kids and teach them about good eating habits.

The recipes in this guide have been collated to enable the 20,000 scouts and guides from around the world, who will be attending the Danish Scout/Guide Movements Summer Camp "Blue Summer 2004" to try some new and exciting meals. Every day there will be up to five different recipes using the same ingredients. Therefore this guide only uses six different types of "Meat" (including Fish and Fowl). Those who choose not to eat "Meat" it is possible to adapt the recipes accordingly using alternative ingredients. All the recipes can be prepared using the standard kitchen equipment found in an ordinary patrol chest, and all can be cooked over an open fire. We have written the recipes in chronological order of preparation to allow for the whole meal to be ready at the same time.

The recipes have been created to ensure that nourishment requirements for young people participating in strenuous activities are catered for. Special attention has been made to variation and to ensure that the recipes include sufficient vegetables, possibly some that are unfamiliar to some of the scouts and guides attending.

This guide has not been created as a kids cook book but we have endeavoured to make the recipes as child friendly as possible.

Preparing, Cooking and eating together is one of the fundamental building blocks of scouting social life. To make it more enjoyable we should try to create a fun and interesting atmosphere when preparing meals and eating together. Each Chapter begins with a few ideas of how to achieve this atmosphere and the only restriction is how broad your imagination is.

The ingredients should of course be of a reasonable quality, to give a more memorable experience of the preparation and consumption of the meal. Plan ahead to ensure there is sufficient time to prepare and enjoy the meal and try to make it one of the days high points for both Children and Adults alike

Enjoy!

Martin Steenstrup





BARBQUED AVACADO AND CORN ON THE COB WITH FETA CHEESE AND CHICK PEA SALAD

Can you Barbque Avacado? Yes try it it tastes great, especially with an exciting Feta Cheese and Chick Pea Salad. Eat it with flat bread or "twisted bread"(Snobrød).

4 persons	10 persons	"Twisted Bread" Dough, (2 portions each)
3 dcl	6 dcl	Luke warm water
½ packet	1 packet	Live yeast (50 g)
1 teaspoon	2 teaspoons	Rock Salt
500 g	1 kg	Plain Flour
4	10	11/2 metre sticks without bark
		Feta Cheese and Chick Pea Salad
2 tablespoons	½ dcl	Oil
1	2	Fresh Lemon(s)
1 teaspoon	2 teaspoons	Sambal Oelek (Chili paste)
½ teaspoon	1 teaspoon	Rock Salt
2 tins	5 tins	Chick peas (250 g tins)
½	1	Summer Cabbage
1 Bunch	2 Bunches	Chives
250 g	500 g	Feta Cheese
		Barbqued Avacado and Corn on the Cob
4	10	Fresh Cobs of Corn
2	5	Ripe Avacadoes
20-30 g	20-30 g	Butter
1	2	Fresh Lemons
		Rock Salt

* A freshly picked corn on the cob with light green leaves tastes much sweeter than one that has been in the fridge for a few days.

* You can use Kidney beans as an alternative.

1. Wash hands thoroughly before you start handling food.
2. Crumble yeast into luke warm water and stir until dissolved in a large mixing bowl. Add salt. Stir in flour, until dough is thick and pliable and can be kneaded by hand. Knead dough until smooth add little more flour until dough is no longer sticky. Put dough back into mixing bowl or pot with a lid and allow to rise for about one hour.
3. Mix oil, juice from lemon(s), sambal oelek and salt together in a bowl, drain Chick peas and add to bowl mix thouroughly.
4. Remove roots and stalk from summer cabbage and also outer leaves and rinse in cold water. Shred cabbage finely into thin shreds. Rinse chives, shake off excess water then clip with scissors very very finely. Add to mixing bowl, add Feta Cheese and mix together. Mix to taste add salt accordingly.
5. Strip bark from top end of sticks and grease with a little butter.
6. Knead dough again. And form into thin "sausage like" strips then twine around greased end of stick, allow to rise on stick for further 20 minutes.
7. Peel back leaves from corn and remove fine threads replace leaves. Barbque Cobs in the glowing embers of fire, remember to turn them regularly. Corn cobs should be ready after 15-20 minutes. Remove leaves rub with butter add salt according to taste.
8. Bake bread over glowing embers until baked and golden all over. Be patient this takes 20-30 minutes.
9. Slice lemon(s) into boats. Halve Avacado from top to bottom and remove stone and peel off skin. Place on grill and barbque on both sides so avacado is still cold in middle add lemon juice and salt to taste.



MAROCCAN VEGETABLE CASSEROLE WITH COUSCOUS

An exciting vegetable dish with Apricots, Chick Peas and almonds which tastes of summer and sunshine. Make it as spicy as you dare. This dish is not very hot but extremely tasty.

<i>4 persons</i>	<i>10 persons</i>	<i>Vegetable Casserole</i>
2	5	Onions
2 cloves	5 cloves	Garlic
4	10	Capsicums (red and green Peppers)
1 teaspoon	½ dcl	Oil
1	3	Lemons
2 dcl	5 dcl	Water
1-2 teaspoons	1-2 teaspoons	Sambal Oelek (chilli paste)
½ teaspoon	1½ teaspoon	Ground turmeric
1 teaspoon	1 teaspoon	Rock Salt
¼ teaspoon	½ teaspoon	Ground Pepper
100 g	250 g	Dried apricots
50 g	125 g	Whole Almonds
1 Tin	3 Tins	Cooked Chickpeas (250g tins)
1 small sprig	1 large sprig	Fresh Parsley
		Couscous
4 dcl	1 litre	Water
½ tsp	1½ tsp	Rock Salt
4 dcl	10 dcl	Couscous
2 tsp	1 dcl	Olive Oil

- ★ Cooked White Haricot beans can be used as an alternative to Chick Peas
- ★ Courgettes, aubergines, or chicory can be used as an alternative for Capsicums. Peanuts can be used instead of Almonds.
- ★ Fresh mint or coriander can be used instead of Parsley.
- ★ Ris or Bulgar can be used instead of Couscous
- ★ Very similar recipe on Page 69 but with Chicken.

1. Wash hands thoroughly before handling food.
2. Boil water in pot with a lid (if you need to use water to peel almonds add extra water accordingly) when boiled take a cup out to peel almonds.
3. Add salt and couscous to boiling water, allow to cook for approximately 5 minutes, stir constantly to avoid burning. Remove from heat and mix in olive oil with a fork. Place in Hay oven or a sleeping bag and allow to continue cooking until rest of meal is ready.
4. Rinse onions, capsicums and lemons. Peel and finely chop onions and garlic. Quarter Capsicums and remove seeds and stalk and chop into approximately 1 inch squares.
5. Halve lemons and squeeze juice into a cup/jug.
6. Add cooking oil to pot and place in the fire, add chopped onions, garlic and capsicums and gently cook for 5 minutes stirring constantly.
7. Add lemon juice, water, sambal oelek, ground turmeric, rock salt, ground pepper, apricots and almonds stir well put on lid and allow to simmer for 20 minutes remember to stir frequently.
8. Open tins of Chick Peas and drain.
9. rinse parsley and shake off excess water, remove stalks and chop finely.
10. Add Chick peas to pot and allow to simmer for further 10-15 minutes add salt and pepper.
11. Serve on top of couscous and sprinkle with parsley.



COURGETTE AND FRIED EGG SANDWICH

A delicious sandwich like a burger which can be eaten for lunch or dinner or even after a night hike.

<i>4 persons</i>	<i>10 persons</i>	
$\frac{1}{2}$ dcl	$1\frac{1}{2}$ dcl	Ketchup
1 teaspoon	$2\frac{1}{2}$ teaspoons	Sambal Oelek
$\frac{1}{2}$	2	Red or Salad Onions
1	3	Medium sized Courgettes
1 teaspoon	3 teaspoons	Oil
1 pinch	$\frac{1}{2}$ teaspoon	Ground pepper
$\frac{1}{2}$ teaspoon	2 teaspoons	Rock Salt
$\frac{1}{2}$	1	Lemon
8 slices	20 slices	Sandwich bread
8 slices	20 slices	Cheese
4	10	Eggs
10 g	25 g	Butter

1. Wash hands thoroughly before handling food.
2. Mix ketchup and sambal oelek to make a spicy ketchup (check taste not too hot).
3. Peel Onions and slice into thin rings.
4. Rinse Courgette top and tail then slice into $\frac{1}{2}$ cm angled slices.
5. Brush Corgette slices with oil then fry or grill 1-2 minutes on each side. Season with salt, pepper and lemon juice. Keep warm between two clean plates.
6. Melt butter in fryingpan and fry eggs on both sides.
7. Toast bread on both sides.
8. Spread chilli ketchup onto toast. Place Courgette slices, then cheese, then onion rings and then place second slice of toasted bread on top finally serve with fried on top of sandwich.

- * Can also be prepared in a frying pan or on a hot stone.
- * Note also that lettuce and cucumber cannot tolerate a lot of heat before wilting therefore when making hot sandwiches try using other vegetables for example aubergines tomatoes or as here courgettes.
- * Note recipe on page 57 very similar using a minced beef patty(burger).



STIR FRIED VEGETABLES WITH JASMIN RICE

Cooking with a Wok is quick and fun. Many vitamins remain in the vegetables when you stir fry. You can make food for many, If you don't all eat at the same time.

<i>4 persons</i>	<i>10 persons</i>	
1/2	1	Summer Cabbage
4	10	Spring Onions
2	5	Red Capsicums (Peppers)
200 g	500 g	Runner beans (Green)
100 g	250 g	Cashew Nuts
1 Tin	2 Tins	Coconut Milk (400g tins)
2 tablespoons	1 dcl	Oil
4	10	Lime leaves
1-2 teaspoons	1 tablespoon	Sambal Oelek Salt and pepper
		Rice
5 dcl	1 1/4	litre Water
3 dcl	7 1/2 dcl	Jasmin Rice
1 teaspoon	2 1/2 teaspoons	Rock Salt

1. Wash hands thoroughly before handling food.
2. Boil water in pot with a lid. When boiling add salt and rice. Let rice cook for about 20 minutes without burning remove from heat and allow to finish cooking for 10 more minutes.
3. Rinse all the vegetables. Chop off roots from spring onions and chop into 1 inch pieces.
4. Finely shred summer cabbage.
5. Quarter Capsicums and remove stalk and seeds then cut into thin strips.
6. Top and tail Runner beans.
7. Open tin of Coconut milk.
8. Dry fry cashew nuts until golden brown then place them on a clean plate.
9. Put oil in pot Stir fry for 5 minutes stir constantly.
10. Add Lime leaves, sambal oelek and coconut milk. Allow food to warm through for a few minutes add salt and pepper to taste. Serve on top of jasmin rice and sprinkle roasted cashew nuts on top.

- * A large iron pot holds the heat well, if you shall make wok food for many it is a good idea to prepare small portions in separate pans.
- * Vegetables can be replaced with other vegetables for example finely shredded carrots, celery, parsnips, white cabbage, red onions and fresh beanshoots.
- * Recipe can be enhanced by adding for example fresh chillies, soy sauce and crushed garlic.
- * On page 73 there is a very similar recipe using Pork meat.



STUFFED TOMATOES WITH PESTO PASTA

Pesto is a mixture of pine nuts, parmesan cheese and basil, which tastes "Justa Lika Momma used to maka".

<i>4 persons</i>	<i>10 persons</i>	<i>Stuffed Tomatoes</i>
8	20	Large Tomatoes
1	3	Fennel(s)
1	3	Red Onions
½	1	Lemon
1 small sprig	1 bunch	Fresh mixed herbs
2 dl	½ litre	Bulgar
1 tablespoon	2-3 teaspoons	Oil
2-3 teaspoons	1 tablespoon	Rock Salt
1 pinch	½ teaspoon	Ground pepper
		<i>Pasta</i>
400 g	1kg	pasta
2 litre	3 litre	water
2 teaspoons	1 tablespoon	Rock Salt
75 g	200 g	Basil Pesto

- ★ Stuffed tomatoes can be cooked over an open fire in a clay pot where the bottom is reinforced with clay. Place clay pot with lid on in embers.
- ★ Tomatoes can also be baked in a baking tray in an oven.
- ★ Rice or Couscous can be used instead of bulgar.
- ★ Leeks, parsnips or root celery can be used instead of Red onions and fennel.
- ★ Stuffed tomatoes also taste great cold so they can also be eaten for lunch.
- ★ See page 61 for a similar recipe using Trout.

1. Wash hands thoroughly before preparing food.
2. Peel onion and top and tail fennel. Rinse onion, fennel, tomato, lemon and mixed herbs.
3. Dice onion and fennel. Finely chop mixed herbs. Grate lemon zest with grater.
4. Cut a thin slice from the bottom of each tomato and remove seeds and excess flesh from inside with a spoon and save in a bowl. Place tomatoes in a greased pot.
5. Mix tomato flesh with onions, fennel, chopped mixed herbs, lemon zest, bulgar, oil and salt and pepper.
6. Fill tomato shells with mixture.
7. Put lid on pot. Place over embers and bake for 30-40 minutes until bulgar is soft. Cooking time varies depending on size of the tomatoes.
8. First cook pasta after bulgar in the tomatoes is almost soft. Boil water in a pot add salt when boiling add pasta stir . Cook without lid continuing to stir.
9. Cook pasta "al dente" which means slightly chewy. Cooking varies from 5-14 minutes dependant on thickness of the pasta. Test to see when ready. Put lid on pot , put on work gloves drain water carefully. When drained mix in pesto thoroughly or alternatively take a spoonful each for individual serving.



CAULIFLOWER SOUP

A soup made from cauliflower and potatoes. Even in summer a soup can be very refreshing and filling. Eat with Grainary bread.

4 persons	10 persons	Cauliflower Soup
1 kg	2½ kg	Potatoes
2 teaspoons	1 tablespoon	Rock Salt
1 ¾ litres	3½ litres	Water
1	2½	Cauliflowers
¼ litre	½ litre	Sour Cream
1 pinch	½ teaspoon	Ground Pepper
		Garnish
1 sprig	2 sprigs	Fresh Dill
300 g	700 g	Peas in the pod
125 g	300 g	Parmesan Cheese in flakes
8 thick slices	20 thick slices	Grainary Bread

1. Wash hands thoroughly before handling food.
2. Peel and dice potatoes. Rinse them. Place in a pot and cover with water. Cook for 10 minutes.
3. Remove leaves from cauliflower and rinse thoroughly. Break up into small florets add to pot with potatoes cook for a few minutes until semi soft not soggy.
4. Shell peas whilst soup cooks.
5. Rinse Dill and shake off excess water, pluck into tiny sprigs.
6. Fold in Sour cream, and bring to boil. Add shelled peas, add salt and pepper to taste.
7. Sprinkle dill and Parmesan flakes to garnish. Serve with Grainary bread.

* You can change the dill for chives, Basil or parsley or a mixture of them.

* See page 63 for a similar recipe using Bacon.

Traditional food

Whilst on camp it can be fun to visit some of the places where food comes from prior to it ending up on the shelves in the supermarket and finally on our dining table. It could be a farm, a nursery, a dairy, a bakers, a fishery, a honey farm or whatever. Ring in advance and make a firm date to come out and visit them.

In the "Olden Days" we ate very differently than we do today. Some reasons were back then there weren't the same possibilities for preparing and preserving food-stuffs and also the choice of goods was much narrower. In the "Olden Days" much of the food was made in the home. Have you tried to make your own butter, your own Mustard, Pickles, ????????, make Liver Paté, dry fruit, smoke fish or cheese, make your own spiced ham, or maybe sausages?

In old cook books you can find recipes for meals you haven't even heard of. It can be really interesting to make these types of meals and you will find that things can taste different. Even though Denmark is a small country different regions eat different food. Try and find a typical meal from your own area, you can invite

a friendship group at Blue Summer to join you in eating your local speciality.

It can also be fun to play some games that you haven't played for a long time. You can try and ask your parents or some older people you know to teach you some games from their childhoods.

Do you know a cabin without electricity? It can be a good place to use for a weekend trip and cook like they did 100 years ago. Maybe you can find some clothing from that period and some kitchen equipment which function without electricity. Try and find someone to help you find some of the foodstuffs used at that time.

As scouts and guides sometimes we play in the present and other times we play in the past, we use our imagination and can be Indians, Vikings, Neanderthal man, Knights, With Baden Powell in Africs etc. When we hold these activities its fun to find and eat the foods the did in those times. Food was often a vey central event so a lot of time was used in the preparation and consumption.





SAUSAGES AND POTATO SALAD

You can buy ready made potato salad but it will never be as good as this. The sausages taste much better when they taste of campfire smoke

<i>4 persons</i>	<i>10 persons</i>	<i>Potato Salad</i>
1 kg	2½ kg	New potatoes
3 litres	6 litres	Water
2 teaspoons	2 teaspoons	Rock salt (per litre)
½	1½	Summer cabbages
1 bunch	2 bunches	Radishes
1	2-3	Onions
½ litre	1½ litres	Sour Cream
2 teaspoons	1 tablespoon	Mustard
1 teaspoon	1 tablespoon	Rock Salt
		Ground pepper
1 small bunch	1 Bunch	Spring Onions
		<i>Sausages</i>
12	30	water
2 litres	5 litres	Mustard and Ketchup

1. Wash hands thoroughly before handling food.
2. Wash and rinse potatoes thoroughly. Place potatoes with clean skin in a pot and pour in water until potatoes are covered. Add salt, and place on lid, then cook potatoes until soft, once water is boiling should take about 15-20 minutes, test potatoes are cooked with a knife it should be like sticking a knife into a tomato.
3. Drain and use work gloves to avoid getting scalded, return pot to heat and let remaining water steam off shake pot occasionally.
4. Top and tail radishes, summer cabbage (also remove outer most leaves). Rinse vegetables and chives. Peel and chop onion finely. Slice radishes thinly and shred summer cabbage. Shake off excess water from chives and clip finely with scissors.
5. Mix Sour Cream, Mustard and Chives in a large basin, pot or bowl add salt and pepper to taste. Slice or chunk cold potatoes and add along with other vegetables to Sour Cream Mix. Potato salad will taste of much more if allowed to stand for 1 hour before eating.
6. Boil Water for sausages in a large pot with a lid. Remove from fire (use work gloves) place sausages in boiled water replace lid and let them blanch for about 10 minutes according to thickness. Remove from water with tongs and serve whilst still warm.

★ It is good to keep food refrigerated so that it doesn't go off. However ice cold food doesn't taste so good so take the potato salad that you can eat out of the fridge ½ hour beforehand.

★ Sausages can also be grilled.

★ You can use ordinary potatoes instead of new potatoes.



CHICKEN DRUMSTICKS AND NEW POTATOES

Serve Pan roasted Chicken Drumsticks, New Potatoes and home-made cucumber salad, and absorb the outdoor camping aromas of warm grass and resin from the pioneering poles the real camping spirit.

4 persons	10 persons	Cucumber Salad
1 large	2 large	Cucumber(s)
1 dcl	2½ dcl	Pickling Vinegar
½ dcl	1½ dcl	Water
½ dcl	1½ dcl	Sugar
½ teaspoon	1½ teaspoons	Rock Salt
1 pinch	¼ teaspoon	Ground Pepper
		Potatoes
1 kg	2½ kg	New Potatoes
3 litres	6 litres	Water
2 teaspoons	2 teaspoons	Rock Salt per litre of water
50 g	100 g	Butter
1 Sprig	1 bunch	Dill
		Chicken Drumsticks
8	20	Chicken Drumsticks
1 teaspoon	1½ tablespoon	Rock Salt
1 pinch	¼ teaspoon	Ground Pepper

- ★ A variation of the cucumber salad is to add some finely chopped red onions and grated carrots a little chilipaste and some chopped peanuts.
- ★ New potatoes can be set on a wooden skewer, lightly basted with oil and char grilled for 20-25 minutes.
- ★ Chicken can be spiced with different spices according to taste then pan fried or roasted.

1. Wash hands thoroughly before handling food.
2. Mix Vinegar, Water, Sugar, Salt and pepper in a bowl or pot.
3. Rinse Cucumber(s), then very thinly slice with a sharp knife or blade on cheese grater. Turn in vinegar mix and allow to stand for 30 minutes stirring occasionally then place lid/ cover bowl/pot.
4. New Potatoes should be cooked and eaten with skin on, wash and rinse potatoes until free of soil/sand.
5. Rinse Dill in cold water. Shake off excess water and pluck into small sprigs.
6. Season chicken well with salt and sprinkle a little pepper. Place in pot/pan. Wash hands thoroughly AGAIN. Fry chicken whilst potatoes are cooking.
7. If grilling chicken turn frequently to ensure even cooking.
8. Place potatoes with clean skin in a pot and pour in water until potatoes are covered. Add salt, and place on lid, then cook potatoes until soft, once water is boiling should take about 15-20 minutes, test potatoes are cooked with a knife it should be like sticking a knife into a tomato.
9. Drain and use work gloves to avoid getting scalded, place kitchen roll on top of potatoes and replace lid. Keep pan warm in Hay box or sleeping bag whilst chicken is cooking.
10. It should take between 35-45 minutes for the chicken to cook all the way through check by pricking with a knife tip. Chicken is cooked through when the juice is clear not RED.
11. Turn Potatoes in butter and add salt and dild before serving.



SPAGHETTI BOLOGNESE

Here is the classic over all classics, the spaghetti should be stuck together and there must ash and cinders in the sauce, and if you empty your plate you're a "Real" Scout/guide.

4 persons	10 persons	Bolognese Sauce
1	2	Onion(s)
2 cloves	5 cloves	Garlic
2	5	Courgettes
1 tin	3 tins	Chopped Tomatoes (400g tins)
2 tablespoons	½ dcl	Oil
500 g	1,250 kg	Minced beef
5 sprigs	10 sprigs	Fresh Thyme
1½ dcl	3 dcl	Water or Apple juice
1½ teaspoons	1½ tablespoons	Rock salt
1 pinch	2 teaspoons	Ground Pepper
		Spaghetti
400 kg	1 kg	Spaghetti
2 litres	3 litres	Water
2 teaspoons	1 tablespoon	Rock Salt
1 tablespoon	2 tablespoons	Butter or oil

1. Wash hands thoroughly before handling food.
2. Rinse, peel and dice Onions.
3. Peel and finely chop cloves of Garlic.
4. Rinse Courgettes in cold water, top and tail then finely grate.
5. Open tins of tomatoes.
6. Heat oil in pot, add Minced Beef . Wash Hands AGAIN. Seal meat well stir with spoon until brown.
7. Add Onions and Garlic , cook through for further 5 minutes.
8. Add Tomatoes, Grated Courgettes, rinsed thyme leaves and apple juice.
9. Season with Salt and Pepper. Allow to cook for about 30 minutes in pot with lid stirring regularly add a little water if becomes too dry. Cook Spaghetti whilst Bolognese is cooking.
10. Boil water in pot add salt, add Spaghetti stirring regularly cook without lid.
11. When Spaghetti is "al dente" (Slightly chewy) cooking tim varies from 5-14 minutes according to pastas thickness. Take a single strand of Spaghetti and test if ready. Drain remember to use working gloves to avoid scalding. Add oil or butter and mix to ensure spaghetti strands remain separate and gives an extra good taste .
12. Add Salt and Pepper to taste to Bolognese and serve on top of Spaghetti.

- * When cooking large quantities of pasta recommend use extra pots which will make it much easier to cook "al dente" and is much quicker.
- * Courgettes can be replaced by for example parsnips, carrots etc.
- * You can use dried thyme 1 teaspoon equals 5 sprigs.



SPICY PORK CHOPS WITH RUNNER BEAN RICE AND CURRY SAUCE



Fry or grill Pork Chops and eat with runner beans and rice. Try it with a tasty cold curry sauce made with mango chutney.

4 persons	10 persons	Cold Curry Sauce
3 dcl	8 dcl	Sour Cream
2 tablespoons	1 dcl	Mango Chutney
1 teaspoon	1 tablespoon	Curry powder
½ teaspoon	1 teaspoon	Rock Salt
		Pork Chops
4	10	boneless Pork Chops
1 tablespoon	2 tablespoons	Oil for basting
2 teaspoons	2 tablespoons	Curry Powder
½ teaspoon	1 tablespoon	Rock Salt
¼ teaspoon	½ teaspoon	Ground Pepper
		Runner Beans with Rice
5 dcl	1¼ litres	Water
3 dcl	7½ dcl	Parboiled Rice
½ teaspoon	2½ teaspoons	Rock Salt
1 bunch	2 bunches	Spring Onions
250 g	750 g	Runner Beans

1. Wash hands thoroughly before handling food.
2. Mix Sour Cream into a bowl, chop mango pieces small and add to mix, and curry powder and salt to taste.
3. Rinse all vegetables, top and tail runner beans and remove roots from Spring Onions and chop into 1 inch chunks.
4. Boil water, then add salt and rice and replace lid and cook for 8 minutes, then place runner Beans and Spring onions on top of rice and allow to steam for further 5 minutes. Remove from heat. Place in Hay box and allow to steam until Chops are cooked.
5. Dry Chops with kitchen roll. Sprinkle with Curry powder, salt and pepper. Heat oil well in fryingpan/pot. Seal chops for about 1 minute each side then fry on an even heat for 5-6 minutes each side. Chops are cooked when juices are clear not RED. Always wash hands thoroughly after handling raw meat/fish/fowl.

- * Use large tongs when turning chops to avoid hot fat burns.
- * Chops can be grilled.
- * Fresh Peas and Sweet Corn can be used as alternative vegetables.



SMOKED TROUT WITH JACKET POTATOES AND TOMATO SALAD

Buy a ready smoked Trout or Smoke it yourself. It tastes amazing served with jacket potatoes, tomato and onion salad and a sour cream and herb dressing.

<i>4 persons</i>	<i>10 persons</i>	<i>Trout</i>
750 g	2 kg	Warm Smoked Trout
½	2	Lemon(s)
8	20	Baking Potatoes
		<i>Salad</i>
1	2	Cucumber(s)
4	10	Tomatoes
1	2	Red Onions
½ teaspoon	1 teaspoon	Sugar
½ teaspoon	2 teaspoons	Rock Salt
1 pinch	3 pinches	Ground pepper
		<i>Sour Cream and Herb Dressing</i>
1 small bunch	1 large bunch	Fresh Mixed Herbs eg Parsley, Basil, Dill, Marjoram, Chives etc.
1½ dcl	5 dcl	Sour Cream
1 pinch	½ teaspoon	Rock Salt
½ pinch	2 pinches	Ground Pepper

1. Wash hands thoroughly before handling food.
2. Wash Potatoes, wrap in foil, then place in embers turning them frequently. 45-60 minutes baking time. Wash hands thoroughly and prepare the Trout.
3. Carefully remove skin and backbone, Lift flesh onto a plate with a spoon and a knife remove any further visible bones. Wash hands and Chopping Board thoroughly.
4. Rinse Tomatoes, Cucumber, onions and Herbs. Allow to drip dry. Peel and dice onion. Dice Tomatoes and Cucumber, mix together add Sugar salt and pepper to taste.
5. Remove stalks from herbs and chop very finely, fold into Sour Cream and add salt and pepper to taste.
6. After 45-60 minutes potatoes should be cooked through check with a knife tip.
7. Rinse Lemon(s) Slice or cut into boats serve with fish.

- * Trout can be warmed over fire on a grill before you remove bones and skin.
- * Sour Cream and Herb dressing can also be used as dressing for Jacket potatoes.
- * You can use any combination of fresh herbs also Corriander, Sage, Mint, Thyme, Rosmary etc.



BURNING LOVE

A simple and tasty meal, most people love this Bacon, onion "n" Mash masterpiece of culinary excellence normally eaten with copious quantities of tomato ketchup.

<i>4 persons</i>	<i>10 persons</i>	<i>Mashed Potatoes</i>
1½ kg	2½ kg	Potatoes
4 dcl	1 litre	Milk
25 g	50 g	Butter
½ teaspoon	1 teaspoon	Rock Salt
½ pinch	1 pinch	Pepper
200 g	500 g	Diced Bacon
3	7	Onions
1 bunch	2 bunches	Fresh Parsley
8 slices	20 slices	Rye Bread
200 g	500 g	Sliced Pickled Beetroot

1. Wash hands thoroughly before handling food.
2. Peel and dice potatoes cover with plain water and boil until soft about 20 minutes.
3. Peel and slice onions into rings.
4. Rinse Parsley and shake off excess water, remove stalks and chop finely.
5. Fry Bacon cubes on a moderate heat until brown, remove cubes and fry onions in bacon fat until golden.
6. Drain potatoes, and mash slowly adding milk whilst mashing until correct consistency, mix in butter and add salt and pepper to taste.
7. Serve with bacon and onions on top of mash and sprinkle with chopped parsley serve with rye bread and beetroot on the side.

* You can enhance the flavour of the mash by supplementing 1/3 of the potatoes with carrots.

* You can also fry diced apples with the bacon.

CAMP GRUB

When camping it can be necessary to think from a different standpoint than you are used to when cooking at home. Food is cooked over an open fire, maybe you have fewer pots than at home, and unless you can build one yourself there are no ovens.

Whether it's raining or you have some exciting activities to attend, cooking and eating should be as quick as possible. If you should travel far it is important that the foodstuff doesn't weigh too much and often there are no fridge facilities. To cater for all these difficulties you must think and use all the other possibilities for alternative meals.

Bacon and Sausages are able to keep long out of the fridge because they are often smoked or vacuum packed. Minced meat (Pork and Beef) do not keep well because of the large surface area. It is possible to survive the last part of your summer camp without meat if there are no fridge facilities.

When your camping it is possible to make food from things found in nature and use it as your larder. Dependent on the time of year there are different things available to eat, so before you set off research the eventual possibilities of being able to find enough to eat. A lot of greenery for example dandelion leaves and beech leaves can be eaten in salad form. Stinging nettles can be used to make a soup, elderflowers can be used for pancakes or as a refreshing cordial, wild strawberries, raspberries and blackberries taste great with

a little sugar as a dessert or cooked into marmalade. Rose hip, Crab apples, hawthorn berries also taste good as marmalade. Later on in the year you can make elderberry soup or find wild mushrooms and nuts out in the wild. There are many good books about Natures Larder. You can also find recipes and ideas from the Internet.

Many places have guides that can help you find good places and maybe arrange trips where you can "dine out" in the woods.

Do you know a "Ildflue" (Firefly) they are adult Danish Scout leaders who have learnt an enormous amount about nature and would be delighted to help you.

You can contact the Danish Scout Organisation to hear if an "Ildflue" lives near to where you live.

Preparing and eating meals is a good and fun patrol activity, which allows all to participate. When you help each other it's more fun and food can be even better than home cooking. When you yourself have learnt how to cook over an open fire with your food tasting of smoke and "campfire pepper" your mum's bangers and Pepe's pizza can not compete. It is not fun to be one of the two who have to peel 10 kilos of spuds but if the whole patrol joins in around the tub and sing a spud bashing song or telling stupid jokes, all of a sudden there are no more spuds in the sack and everyone had a great laugh.







BARBQUED SAUSAGES AND CORN WITH TWISTED BREAD



Each scout or guide can cook their own meal over the fire, ensure there are enough embers for all. And watch out you don't eat your sausages before your "twisted bread" is finished baking

Barbqued Corn is just great with butter and a little salt.

4 persons	10 persons	"Twisted Bread" Dough (2 portions each)
3 dcl	8 dcl	Luke warm water
½ packet	1 packet	Live yeast (50 g)
1 teaspoon	3 teaspoons	Rock Salt
500 g	¼ kg	Plain Flour
4	10	1 1/2 metre sticks with out bark
		Barbqued Corn on the Cob
8	20	Fresh Cobs of Corn
30 g	80 g	Butter
		Rock Salt
8	20	Sausages
		Mustard
		Ketchup

1. Wash hands thoroughly before you start handling food.
2. Crumble yeast into luke warm water and stir until dissolved in a large mixing bowl. Add salt. Stir in flour, until dough is thick and pliable and can be kneaded by hand. Knead dough until smooth add little more flour until dough is no longer sticky. Put dough back into mixing bowl or pot with a lid and allow to rise for about one hour.
3. Strip bark from top end of sticks and grease with a little butter.
4. Knead dough again. And form into thin "sausage like" strips then twine around greased end of stick, allow to rise on stick for further 20 minutes.
5. Peel back leaves from corn and remove fine threads replace leaves. Barbque Cobs in the glowing embers of fire, remember to turn them regularly. Corn cobs should be ready after 15-20 minutes. Remove leaves rub with butter add salt according to taste.
6. Bake bread over glowing embers until baked and golden all over. Be patient this takes 20-30 minutes.
7. Grill Sausages over fire turning regularly should take about 10 minutes so plan meal so that all things are finished at the same time.

- * A freshly picked corn on the cob with light green leaves tastes much sweeter than one that has been in the fridge for a few days.
- * Barbqueing requires a large amount of glowing embers.
- * Dough can be used to make bread rolls baked in a clay Pot see recipe page 67.



CHICKEN WITH NEW POTATOES AND TZATIKI

If it is your turn to spud bash you can get off lightly with this recipe eaten with fresh Tzatziki.

4 persons	10 persons	Chicken
1	3	Fresh Whole chicken(s) without giblets
1 tablespoon	3 tablespoons	Rock Salt
½ teaspoon	1½ teaspoons	Ground Pepper
		Potatoes
1 kg	2½ kg	New Potatoes
3 litres	6 litres	Water
1 tablespoon	1 tablespoon	Rock Salt per litre of Water
		Tzatziki
1	2½	Cucumbers
½ teaspoon	1 tablespoon	Rock Salt
2 cloves	5 cloves	Garlic
3 dcl	7 dcl	Greek Yoghurt
1 tablespoon	2 tablespoons	Oil
1 pinch	½ teaspoon	Ground Pepper

- * Garlic can be supplemented by lemon zest and cucumber can be supplemented by grated carrots or diced beetroot
- * Chicken can be grilled (tie wings and legs with cooking twine).
- * Cooking time can be reduced by placing a clean hot stone inside the chicken and placing it in a sleeping bag a couple of hours prior to grilling.

1. Wash hands thoroughly before handling food.
2. Rinse cucumber(s). Grate cucumber roughly with a grater then turn in salt and allow to stand covered for 1 hour.
3. Dry Chicken inside and out with kitchen roll. Remove wing tips. Split Chicken along spine and open out flat. Rub thoroughly inside and out with Rock salt and sprinkle with pepper.
4. Grill Chicken on Grill. Turning regularly, cooking time depends on size of Chicken and heat of fire. Wash hands AGAIN and Chopping board.
5. Peel cloves of Garlic, finely chop then mix with oil into Yoghurt in a bowl.
6. Wash potatoes thoroughly to remove all sand and earth.
7. Boil water with salt, covering potatoes. Should take 15-20 minutes to cook check with knife tip when potatoes are cooked.
8. Drain potatoes use working gloves to prevent scalding. Cover potatoes with kitchen Roll and replace lid. Can hold potatoes warm in a sleeping bag etc.
9. Wring juice from cucumber and fold into yoghurt mix, add salt and pepper to taste.
10. After about an hour the Chicken should be cooked thoroughly, test with knife tip juice should be clear NOT red.



MINCED BEEF SANDWICH WITH COURGETTES

Once you've tasted a burger "a la ash" you'll never want to eat a boring burger again. Spice your burger up with some chilli ketchup.

<i>4 persons</i>	<i>10 persons</i>	<i>Beef sandwich</i>
½ dcl	1½ dcl	Ketchup
1 teaspoon	2 teaspoons	Sambal Oelek
½	2	Red or Salad Onions
1	3	Courgettes
500 g	1 ¼ kg	Minced Beef
1 tablespoon	3 tablespoons	Oil
1 pinch	½ teaspoon	Ground pepper
½ teaspoon	2 teaspoons	Rock salt
½	1	Lemon
8 slices	20 slices	Sandwich Bread

1. Wash hands thoroughly before handling food.
2. Mix Ketchup with Sambal Oelek and test for strength.
3. Peel onion and slice into thin rings.
4. Rinse and top and tail Courgette(s).
5. Slice courgette diagonally into thin long slices.
6. Knead mince until it sticks together. Shape into beefburgers about 1/2 inch thick.
7. Place beefburgers on grill 4-5 minutes each side. Season with salt and pepper. Juices should be clear when you press burgers. Ensure you don't overcook burgers remove to less heat.
8. Grill Courgettes 1-2 minutes each side. Season with salt, pepper and lemon juice. Keep warm same as burgers.
9. Toast bread on grill until brown.
10. Butter toast with chilli ketchup, Layer sandwich with Burger, onions and courgettes and finally top with remaining toasted bread.

- * Can be cooked in a frying pan, hot stone or grilled.
- * Lettuce and cucumber can not tolerate excessive heat before wilting therefore
- * Try using different vegetables like Aubergines and tomatoes.
- * See page 29 for a vegetarian version of this recipe.



PORK AND VEGETABLE KEBABS

Make some delicious Pork and Vegetable Kebabs, with toast and cream cheese. Mango chutney adds to the exotic taste.

4 persons	10 persons	Kebabs
12	30	Wooden Skewers
½ kg	1 ¼ kg	Neck of Pork
2 tablespoons	5 tablespoons	Oil for Basting
1 teaspoon	2 teaspoons	Rock Salt
1 pinch	½ teaspoon	Ground Pepper
2	5	Red Capsicums (Peppers)
1 bunch	2 Bunches	Spring onions
		Dressing
1	2	Fresh Lime(s)
1 loaf	2 loaves	Crusty Bread
100 g	250 g	Cream Cheese (with herbs/garlic/plain)
50 g	125 g	Mango Chutney

1. Wash hands thoroughly before handling food.
2. Soak wooden skewers on a bowl of cold water to avoid charring on grill.
3. Dice Meat into roughly 1 inch cubes, Skewer them closely on wooden skewers. Brush with basting oil. Wash hands thoroughly AGAIN.
4. Remove roots and outer leaves from Spring Onions, then rinse along with Red Peppers and Lime(s).
5. Chop Spring onions into 1 inch chunks.
6. Quarter Red Peppers, remove stalk and seeds, chop into 1 inch chunks.
7. Alternate Spring Onions and Peppers onto a skewer and baste with oil.
8. Slice lime(s) into boats.
9. Place grill over flames and allow to warm well. Grill Meat kebab 2-3 minutes each side then repeat total 8-12 minutes. Remove and place on a clean plate season with salt and pepper and Lime juice. Next grill vegetable kebabs turning regularly max 5 mins or until golden. Season same as Meat kebabs.
10. Carve crusty bread and toast then butter with Cream cheese.
11. Serve with Mango chutney on the side.

- * Peppers and Spring Onions can alternatively be baked in a clay pot where bottom of pot has 1/2 inch layer of Rock salt. Pot with lid is placed in embers for about 30-40 minutes (see side 15).
- * Pork can be replaced with Beef, Lamb, Turkey or Chicken.
- * You can supplement Peppers and Spring Onions with Courgettes, Aubergines or Fennel.



POACHED TROUT WITH FENNEL AND PESTO FETTUCHINI

A whole poached Trout steamed with tomatoes and fennel, usually cooked in an oven. Try it cooked in a pan over an open fire and eaten with fettuchini and basil pesto.

<i>4 persons</i>	<i>10 persons</i>	<i>Poached Trout</i>
1	3	Onions
4	10	Fresh Tomatoes
1 head	2½ heads	Fresh Fennel
½	1	Fresh Lemon
2 teaspoons	1 tablespoon	Oil
1 kg (side)	2½ kg (Whole)	Fresh Trout
1½ tablespoons	3½ tablespoons	Rock salt
1 pinch	½ teaspoon	Ground Pepper
		Pasta
400 g	1 kg	Pasta (fettuchini, tagliatele or spaghetti)
2 litres	3 litres	Water
2 teaspoons	1 tablespoon	Rock Salt
75 g	200 g	Basil Pesto

- * Whole recipe can be cooked in an oven at 150 C.
- * Cooking time is dependant on size of fish.
- * Other Fresh fish like Mackerel, Salmon, Cod , Haddock and Pollock can be cooked in the same way.
- * Onions can be supplemented with Leeks, Parsnips or root Celery.
- * Recipe can be made in foil packets to enhance flavour.
- * See recipe on page 33 for vegetarian dish using similar ingredients.

1. Wash hands thoroughly before handling food.
2. Rinse Onions, Tomatoes, Fennel and Lemon.
3. Peel and slice Onions into thin rings then place in pot (foil packet).
4. Chunk Tomatoes and add to Pot (foil packet).
5. Top and tail Fennel, cut lengthwise then into 1/4 inch chunks and add to pot etc.
6. Chunk lemon with peel on, add to pot, add oil, salt and pepper and mix lightly and spread evenly on bottom if pot or (foil packet).
7. Scale, de-fin and gut Trout (if not already done at fishmongers). Rinse and dry with kitchen roll. Score deep cuts vertically through skin 11/2 inches apart. Rub in salt well. Place on top of vegetables and put on lid.
8. Place pot over fire and poach until both fish and vegetables are soft, 35-50 minutes check regularly and add water from time to time to prevent vegetables sticking to bottom of pan. Cooking time is dependant on size of fish and temperature of fire.
9. Fish is cooked when spine fin can be plucked easily and flesh is firm and light pink in colour.
10. Cook pasta when fish is close to ready. Boil and salt water add pasta stir regularly. Cook without lid.
11. When pasta is "al dente" (slightly chewy) drain remember working gloves to avoid scalding. Add a little oil or butter and mix well to avoid pasta sticking together.
12. Mix in pesto or let them take individually.



BACON AND VEGETABLE SOUP

A delicious soup which is also good in summer. Eat with crusty bread.

<i>4 persons</i>	<i>10 persons</i>	<i>Soup</i>
½ kg	1,250 kg	Potatoes
1½ litres	3 litres	Water
1 head	2 heads	Cauliflower
¼ litre	1/2 litre	Sour Cream
1 teaspoon	3 teaspoons	Rock Salt
1 pinch	½ teaspoon	Ground Pepper
1 sprig	2 sprigs	Fresh Dill
150 g	350 g	Peas in the pod
200 g	500 g	Diced Bacon
8 slices	20 slices	Crusty Farmhouse Bread

1. Wash hands thoroughly before handling food.
2. Peel potatoes cut into small chunks, place in pot and cover with water.
3. Cook for 10 minutes.
4. Remove leaves and rinse cauliflower the break into florets. Add to pot with potatoes and cook for further 5 minutes or until florets are soft.
5. Shell peas whilst soup cooks.
6. Fry diced bacon until crisp, remove from fire and place on a clean plate.
7. Rinse Dill and shake off excess water, pluck small sprigs.
8. Add Sour cream to Soup and fold in.
9. Bring soup to the boil.
10. Add Peas. Add salt and pepper to taste.
11. Sprinkle Bacon and Dill on top. Serve with Crusty bread or Rolls.

* You can supplement Dill with chives, parsley, basil etc.

* See page 35 for vegetarian recipe using similar ingredients.

International

It is fun to learn about other countries, but what is even more fun is to try something from another country. Every country has its own cultures and traditions and ways of doing things. You can try to hold a whole day or just a meal using themes from other countries.

If there should be enough time to make it real fun, you will need to use a few meetings to plan things ahead of the camp. For example one meeting you could go to the library and loan books about different countries and discover how you could show your country's culture to others. So maybe you will need to use a couple of meetings to practice some songs or dances and also decide what traditional meal you would like to share with others and who will be responsible for buying the correct ingredients and who will try to obtain different things from other lands and other practical things. Finally you should use a meeting or even a whole weekend to tell and show the others about your country and it's culture.

It could be a day in China where you eat sitting on cushions on the floor with chopsticks of course. You can cook Chinese food and drink tea. Or you could "travel" to Ghana where they eat hot food with only their right hand, instead of cutlery they use their fingers and bread to pick up the mouthfuls of food.

Travel to Italy try to make your own pasta. You can make different sauces or colours of pasta, these can also be used as delightful presents.

Scout headquarters can maybe help put your Leaders in contact with other international scout groups so you chat online and maybe even correspond with each other and maybe get some answers to any questions you couldn't answer with the books.

Dependant on which country you choose you can almost certainly find books about cultural and eating habits of different countries. You can also probably borrow music from your country of choice if there is a music department in your library. On the Internet there are recipes from every different country and also a great deal of information on every land. In this way maybe you can use a whole weekend camp travelling to two or three or even more different countries.

Maybe you know some one from a different country who would be willing to come and tell about their country and maybe help you make some traditional food. If you do not know anyone maybe you can contact your local Rotary Club etc.





COUNTRY SAUSAGES WITH CARROTS AND PICKLED CABBAGE

Pickled Cabbage with Caraway seeds and country Sausage, Carrots and Clay baked Rolls. Traditional Eastern European dish, usually eaten with pickled Dill Cucumbers and accompanied by dancing to the balalajka.

<i>4 persons</i>	<i>10 persons</i>	<i>Clay baked Rolls</i>
4	10	Clay Pots about 6 dcl
8	20	Clay Lids/Bases
25 g	50 g	Live Yeast
3 dcl	7 dcl	Water
125 g	300 g	Sifted Flour (Sigtemel)
350 g	800 g	Plain Flour
1 teaspoon	2½ teaspoons	Rock Salt
		<i>Pickled Cabbage</i>
1	3	Summer Cabbage
1	3	Onions
25 g	75 g	Butter
1 dcl	2½ dcl	Water
1 kg	2½ kg	Carrots
1 dcl	2½ dcl	White Wine Vinegar
1 teaspoon	1 tablespoon	Caraway Seeds
1 teaspoon	1 tablespoon	Sugar
2 teaspoons	1½ tablespoons	Rock Salt
1 pinch	½ teaspoon	Ground Pepper
4-8	10-20	Country Sausages
		Mustard
		Gherkins or Dill
		Cucumbers

1. Wash hands thoroughly before handling food.
2. Soak Clay pots in a bowl of water.
3. Crumble yeast into a mixing bowl add luke warm water and stir until dissolved. Stir in salt and Sifted Flour. Add Plain Flour and mix until dough is stiff and can be kneaded by hand. Knead dough well add a little more flour until no longer sticky. Cover and allow to rise for about 1 hour.
4. Remove clay pots from water. Shape dough into spheres to fit each pot allow to rise for further 30 minutes.
5. Place lid/base on each clay pot and place in embers ensuring good heat. After 20 minutes upend each pot and bake other end for 20 minutes (40 minutes in total). Remove from embers and take out bread when baked through should sound hollow when tapped with finger tip. Prepare cabbage whist bread is rising and baking.
6. Remove outer leaves and rinse cabbage(s). Halve and chop out stalk. Shred thinly. Peel and chop onions roughly.
7. Sweat onions in a pan with butter. Add cabbage and a little water allow to cook for about 30 minutes without a lid.
8. Scrape Carrots and halve lengthwise. Add to cabbage and cook for further 5 minutes then add Vinegar, caraway seeds, sugar, salt and pepper.
9. Add Sausages to pot cover and let sausages warm through for about 15 minutes. Serve with Clay baked bread, Strong mustard and Pickled cucumbers.

* Dough can alternatively be rolled out into finger rolls, allowed to rise for 30 minutes on a greased baking tray and baked over the embers for about 15-20 minutes turning regularly.



MOROCCAN CHICKEN CASSEROLE WITH COUSCOUS

Morocans use many dried fruits and nuts in their cooking. This gives an exotic taste and should be enjoyed seated on a Moroccan cushion.

<i>4 persons</i>	<i>10 persons</i>	
1	2½	Fresh Chickens (Quartered) OR
4	10	Chicken Thighs
2	5	Onions
2 cloves	5 cloves	Garlic
2-3	6-7	Capsicums (red and green Peppers)
1 teaspoon	2½ tablespoons	Oil
1	3	Lemons
2 dcl	5 dcl	Water
1-2 teaspoons	1-2 tablespoons	Sambal Oelek (chilli paste)
½ teaspoon	1½ teaspoons	Ground turmeric
1 teaspoon	1 tablespoon	Rock Salt
¼ teaspoon	½ teaspoon	Ground Pepper
100 g	250 g	Dried apricots
50 g	125 g	Whole Almonds
1 small sprig	1 large sprig	Fresh Parsley
		Couscous
4 dcl	1 litre	Water
½ teaspoon	1½ teaspoons	Rock Salt
4 dcl	10 dcl	Couscous
2 tablespoons	1 dcl	Olive Oil

- * Chicken can be replaced by Lamb or Goat.
- * Courgettes, aubergines, or chicory can be used as an alternative for Capsicums.
- * Peanuts can be used instead of Almonds.
- * Fresh mint or coriander can be used instead of Parsley.
- * Rice or Bulgar can be used instead of Couscous.
- * See page 27 for vegetarian recipe using similar ingredients.

1. Wash hands thoroughly before handling food.
2. Rinse onions, capsicums and lemons. Peel and finely chop onions and garlic. Quarter Capsicums and remove seeds and stalk and chop into approximately 1inch squares.
3. Halve lemons and squeeze juice into a cup/jug.
4. Place Chicken pieces in pot. Add oil and brown well about 5 minutes each side.
5. Add cooking oil to pot and place in the fire, add chopped onions, garlic and capsicums and gently cook for 5 minutes stirring constantly.
6. Add lemon juice, water, sambal oelek, ground turmeric, rock salt, ground pepper, apricots and almonds stir well put on lid and allow to simmer for 45 minutes remember to stir frequently.
7. Boil water in pot with a lid (if you need to use water to peel almonds add extra water accordingly) when boiled take a cup out to peel almonds. Add salt and couscous to boiling water, allow to cook for approximately 5 minutes, stir constantly to avoid burning. Remove from heat and mix in olive oil with a fork. Place in Hay oven or a sleeping bag and allow to continue cooking until rest of meal is ready.
8. Rinse parsley and shake off excess water, remove stalks and chop finely.
9. Check Chicken is cooked through by pricking with knife tip, juice is clear NOT red. Serve on top of couscous and sprinkle with parsley.



SPICY MEATBALLS IN TOMATO SAUCE

A marvellous Turkish dish full of eastern promise!!
Which brings thoughts of 1001 Arabian Nights.
Eaten with Bulgar and diced Courgettes.

<i>4 persons</i>	<i>10 persons</i>	<i>Tomatosauce</i>
500 g	1½ kg	Minced Beef
2	5	Onions
2 tablespoons	½ dcl	Oil
2 tins	5 tins	Chopped Tomatoes (400g tins)
1 pinch	½-1 teaspoon	Cayenne Pepper
1 teaspoon	1 tablespoon	Sugar
1 teaspoon	2 teaspoons	Rock Salt (use half for seasoning meatballs)
½ teaspoon	1 teaspoon	Ground Cinnamon
5 leaves	12 leaves	Fresh Mint
250 g	600 g	Bulgar
6 dcl	15 dcl	Water
1	3	Courgettes
½ teaspoon	1½ teaspoons	Rock Salt

1. Wash hands thoroughly before handling food.
2. Rinse, peel and chop onion.
3. Warm oil in pot and sweat onions until soft about 5 minutes. Add cayenne pepper, sugar and salt.
4. Open tins of tomatoes and add to pot, cook for about 5 minutes stirring constantly, remove from heat.
5. Wash hands AGAIN. Mix Meat with cinnamon, mint and salt. Shape into meatballs the size of a small tomato. Place meatballs into tomato sauce. Wash hands AGAIN.
6. Place pot on fire and simmer for about 15 minutes with a lid on, stir frequently to avoid sticking to bottom of pan.
7. Top and tail Courgettes and dice.
8. Boil water in another pot add salt and Bulgar cook for about 15 minutes or until water has evaporated.
9. Add diced Courgettes to pot and mix well, cook for final 5 minutes constantly stirring on low heat. Serve on to of Bulgar.

- * You can use dried mint 1 teaspoon equals approximately 10 leaves.
- * Meat can be seasoned with many types of herbs e.g. coriander, parsley or dill.



STIR FRIED PORK AND VEGETABLES WITH JASMIN RICE

In Thailand they make many beautiful things with vegetables including sculptures. This dish is both delicious and exotic. The Jasmin rice absorbs the coconut milk to give gastronomic delight.

<i>4 persons</i>	<i>10 persons</i>	<i>Wok</i>
500 g	1½ kg	Neck of Pork
½	1½	Summer Cabbage
4	10	Spring Onions
1	3	Red Capsicums (Peppers)
200 g	500 g	Runner beans (Green)
1 Tin	2 Tins	Coconut Milk (400g tins)
2 tablespoons	1 dcl	Oil
4	10	Lime leaves
1-2 teaspoons	1 tablespoon	Sambal Oelek
		Salt and pepper
		<i>Rice</i>
5 dcl	1¼	litre Water
3 dcl	7½ dcl	Jasmin Rice
1 teaspoon	2½ teaspoons	Rock Salt

1. Wash hands thoroughly before handling food.
2. Boil water in pot with a lid. When boiling add salt and rice. Let rice cook for about 20 minutes without burning remove from heat and allow to finish cooking for 10 more minutes.
3. Wash Hands again Chop pork into 1 inch cubes. Wash hands AGAIN.
4. Rinse all the vegetables. Chop off roots from spring onions and chop into 1 inch pieces.
5. Finely shred summer cabbage. Quarter Capsicums and remove stalk and seeds then cut into thin strips, top and tail Runner beans.
6. Heat pot or Wok to high heat.
7. Use half of the oil and seal cubes of meat until golden brown. Remove and place between two clean plates to keep warm.
8. Add rest of oil to wok and add all vegetables and stir fry for about 5 minutes.
9. Add Lime leaves, sambal oelek and coconut milk. Allow food to warm through for a few minutes add salt and pepper to taste. Serve on top of jasmin rice.

- * A large iron pot holds the heat well, if you shall make wok food for many it is a good idea to prepare small portions in separate pans.
- * Vegetables can be replaced with other vegetables for example finely shredded carrots, celery, parsnips, white cabbage, red onions and fresh beanshoots.
- * Recipe can be enhanced by adding for example fresh chillies, soy sauce and crushed garlic.
- * On page 31 there is a very similar recipe using just vegetables.



GRILLED TROUT WITH RATATOUILLE

France is reknowned for being the leading light in Cordon Bleu. This dish is a prime example. Taste it and maybe you too will hear the angels singing from the Eiffel Tower.

<i>4 persons</i>	<i>10 persons</i>	<i>Fish</i>
600 g	1½ kg	Filleted Fresh Trout with skin
1 teaspoon	2-3 teaspoons	Rock Salt
1 pinch	½ teaspoon	Ground Pepper
1 teaspoon	1 tablespoon	Oil for basting
½	1	Lemon
		<i>Ratatouille</i>
1	3	Red Onions
2 cloves	5 cloves	Garlic
2	5	Courgettes
1	2	Aubergines
4	10	Tomatoes
1 small bunch	1 large bunch	Fresh Mixed Herbs
½ dcl	1 dcl	Olive Oil
1 teaspoon	1-2 tablespoons	Rock Salt
1 pinch	½ teaspoon	Ground Pepper
2 tablespoons	½ dcl	Vinegar
600 g	1½ kg	Crusty Bread

1. Wash hands thoroughly before handling food.
2. Rinse and peel Onions and Garlic.
3. Rinse other vegetables and herbs. Dice all vegetables. Shake off excess water from herbs and roughly chop.
4. Add oil to pot and sweat onions, add garlic and herbs and let simmer for a couple of minutes.
5. Add remaining vegetables and season with salt and pepper. Allow to simmer with lid for 30 minutes stirring frequently. If too wet remove lid to allow steam to evaporate.
6. Season again with vinegar and salt and pepper to taste. Ratatouille can keep warm in a hay box or sleeping bag.
7. Whilst Ratatouille simmers grill the Trout. Wash hands AGAIN. Cut Trout into portions on a clean Chopping Board.
8. Heat up grill.
9. Baste Trout then place on Hot grill skin side down grill for 8-10 minutes. Season with salt and pepper. Turn fish with a fish slice or palette knife and grill for 3-4 minutes on other side. Fish is cooked when it is soft and warm in middle. Test with finger, Trout flesh should be a light pink colour.

★ Fresh herbs can be changed with dried. Use balsamic vinegar



FETTUCHINI CARBONARA WITH CAULIFLOWER CHEESE SALAD

Most kids love Italian food and this pasta dish is no exception. Pasta with cream, bacon and eggs, served with cauliflower salad and sliced parmesan cheese.

4 persons	10 persons	Cauliflower Salad
1 head	2 heads	Cauliflower
3 tablespoons	1 dcl	Olive Oil
1/2	1	Fresh lemon
2 teaspoons	1 1/2 tablespoons	Strong mustard
2 pinches	1/2 teaspoon	Rock Salt
1 pinch	2-3 pinches	Ground pepper
75 g block	200 g block	Fresh Parmesan
		Pasta Carbonara
400 g	1 kg	Fettuchini (or spaghetti)
2 litres	3 litres	Water
2 teaspoons	1 tablespoon	Rock Salt
250 g	750 g	Diced Bacon
1 bunch	2 bunches	Fresh Parsley
2	5	Eggs
1 dcl	2 1/2 dcl	Double Cream
1 pinch	1/2 teaspoon	Ground pepper
1 teaspoon	2 teaspoons	Rock Salt

1. Wash hands thoroughly before handling food.
2. Remove leaves from heads of cauliflower and rinse, break into florets and cook for about 3-4 minutes so florets are still slightly crunchy. Drain immediately.
3. Mix dressing of oil, lemon juice, salt and pepper. Turn warm cauliflower in dressing thoroughly. Sprinkle parmesan shavings on top when cauliflower cools.
4. Boil water for pasta with lid on.
5. Rinse Parsley, Shake off excess water. Remove stalks and finely chop. Add to beaten Eggs and Double Cream and Pepper in a bowl.
6. Fry diced Bacon allowing bacon to crisp then place on a clean plate.
7. Add salt to boiled water add pasta and stir regularly. When pasta is "al dente" slightly chewy, drain (remember working gloves to avoid scalding).
8. Quickly add beaten egg mix to hot pasta and allow for eggs to slightly scramble, add diced bacon. Add salt to taste and serve with cauliflower salad on the side.

- * You can add fresh tomatoes (cut into boats) to the cauliflower salad.
- * Stalk of cauliflower can also be used if diced and cooked along with florets.
- * Some prefer raw cauliflower.