

THE SCOUT CAMP RECIPE BOOK

By Tim Smedley



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MENU PLANNING IDEAS LIST

* = Recipe available
o = requires camp oven

BREAKFAST

Bacon & Beans
Bacon, Egg & Fried Bread *
Scrambled egg on toast *
Eggy bread *
Fried sausage cakes & tinned tomatoes *
Bacon, mushrooms & Fried bread
Boiled egg & soldiers
Sausages & Beans
Bacon, Egg & Fried Tomatoes
Sausages & Tinned Tomatoes
Cheese on Toast
Kippers
Sautéed Potatoes
Croque Monsieur*

Cereals:-
Porridge
Cornflakes
Rice Crispies
Prunes
Ready Brek

Cold options:-
Toast
Bread & Butter
Rolls/Croissants
French Bread

LUNCH

Pilchard & cheese salad
Ploughman's'
Ham salad
Snackpot/pot noodle
Burger in a bun & onions
Cuppa soup
Hot dog in a bun & onions
Home-made bread o
Home-made cakes o
Sandwich fillings:-
Jam, Marmite, Sandwich Spread
Cheese, Ham, Peanut Butter,
Chocolate Spread, Honey,
Tuna & Mayonnaise, Chicken Roll,
Various Pastes, Turkey Slices,
Corned Beef.
Extra flavourings:-
Sweet pickle, onion, tomatoes, lettuce,
salad cream

DINNER

Gammon & Pineapple
Home-made fish cakes
Boiled Bacon Joint
Mild Lamb Curry & Rice
Macaroni Cheese o
Spaghetti Bolognese *
Corned beef hash *
Coq Au Vin & baked potato *
Toad in the hole *o
Beef stew and dumplings with baked potato *
Mixed grill *
Pan-fried chicken, carrots, potatoes & gravy *
Cauliflower cheese *o
Kebab, salad & pita bread
Pizza, beans, salad & chips *o
Shepherds pie, peas & carrots *o
Pork chop, cabbage, boiled potatoes & gravy *o
Sausages in cider & baked potato *
Mexican beef sweet corn and rice *
Lamb hay box *
Risotto *
Covent garden pie *o
Seafood surprise *
Mexican vegetables & rice *
Steamed mackerel
Soup
Lamb chops
Jumbalaya *
Omelettes
Chicken tonight-various
Fish fingers
Burgers - veggie & meat
Tagliatelli & Sauces
Ragu & Pasta shells
Savoury Pancakes
Rabbit in Cider with Jacket Potatoes*
Lamb in red wine, mashed potatoes and carrots*
Coq Au Vin & jacket potatoes*
Haybox Indonesian Chicken, broccoli & Rice*
Stir Fry*
Meatballs and beans with new potatoes*
Beef in Beer and Jacket Potatoes*

PUDDINGS

Fresh strawberries and cream
Apple pie *o
Yoghurt
Home-made fruit salad
Trifle
Apple crumble & custard *o
Fruit Crumble o
Jam ping-pongs & tinned cream *
Warmed up purchased pies
Backwoods Pineapple & Ready Made Custard*
Ginger Banana Trifle*
Backwoods Nectarines & Cream*
Tinned sponge
Baked apple o or backwoods
Ice cream
Custard
Tinned cream
Evaporated milk
Fresh Fruit Flan
Tinned Fruits
Banana Custard
Traditional Pancakes
American style pancakes & Syrup/honey
Jelly

COOKING A GOOD MEAL SOME TIPS

- 1 Light the fire **at least** 20 minutes before you need to start cooking.
- 2 As soon as the fire is going, fill the hot water dixie at least half full with water and put it on the fire - you will always need hot water.
- 3 Always put a metal bowl on top of your hot water dixie, then put the dixie lid on top of the bowl. This turns it into a hot plate which will keep food warm whilst cooking.
- 4 Always smear washing up liquid on the outside of every billy, dixie or frying pan you use on the fire. Always do all the way to the top - but NEVER put any on the inside. You don't need much, 2 Teaspoons will do all the billies for a meal, but use a J cloth - it goes further.
- 5 Always keep the fire going between courses, and the washing up water on, otherwise pudding takes ages & the washing up water goes cold.
- 6 Make sure that at the end of a meal you have got enough wood ready to light the fire and cook the next day's meals.
- 7 Make sure that it is someone's job to wipe the table & lay it for the meal, and that they know it's their job!
- 8 Clean up as you go along - rubbish in the bag & spills wiped up.
- 9 Call a leader to inspect your meal as you start to serve it up, not when everything is exactly ready to eat, otherwise the food will be cold by the time you get to eat!
- 10 If in doubt, ASK A LEADER!
- 11 All meals will be inspected
- 12 You must prepare everything on the menu unless told otherwise, and marks will be deducted if you do not.
- 13 Always hang up tea towels to dry when not using them - you can't dry plates with a wet towel.
- 14 Make rota for the washing, cooking, wood/water etc. - see blank form at back of book.
- 15 To cook a good baked potato, wrap it in foil with the shiny side in, and bury it in embers - not burning wood - and leave for 30 mins. If you let flame touch the foil it will burn.

BACON EGGS & FRIED BREAD

Ingredients: 8 Rashers Back Bacon
4 Eggs
4 slices bread
cooking oil

- 1 Light the fire & put the hot water dixie on.
- 2 When dixie hot plate is warm to touch, put the frying pan on the fire.
- 3 Add 2 desert spoons of cooking oil and spread around the pan - especially the sides.
- 4 After 2 or 3 minutes carefully add the bacon, one slice at a time, until the pan is full. Turn the bacon over every 2 or 3 minutes. Whilst this is happening arrange for someone to cut one slice of bread per person in half.
- 5 When the bacon has shrunk a little and has gone a paler colour it is cooked and should be put on the hot plate.
- 6 When all the bacon is cooked scrape out the pan to remove any burnt bits, and add 6 more desert spoons of oil.
- 7 Get the pan very hot and then add the bread ensuring that it absorbs oil on both sides by tilting the pan & turning the bread over. The bread is cooked when it becomes crispy. As each piece becomes cooked put it on top of the bacon on the hot plate.
- 8 When all the bread is cooked, scrape out the pan and add 4 desert spoons of oil. Put the pan back on the fire.
- 9 Crack an egg into the smallest billy. Remove any shell then transfer the egg to the frying pan. Do this until all the eggs are in the pan.
- 10 The eggs are cooked when the clear 'white' has turned white and the yellow yoke doesn't slide over the white.
- 11 When the eggs are very nearly done, share out the bacon & fried bread and get someone to make tea from the boiling water in the dixie.
- 12 Serve the eggs, then half fill the frying pan with water & add a small squirt of washing up liquid & stir. Put the pan back on the edge of the fire. This will loosen any burnt bits and make washing up a lot easier.
- 13 EAT!!

PIZZA, BEANS, SALAD & OVEN CHIPS

Ingredients: 2 pizza mixes
water
1lb grated mild cheese
2 slices thick ham
2 pineapple rings
2 Spanish tomatoes
Tube tomato puree
Tin Baked Beans
Salad for 4
Oven chips for 4

- 1 Light alter fire and oven.
- 2 Put the oven chips on a large metal bowl & put in oven.
- 3 Make the dough as per the instructions on the packet and make the salad - either in the mixing bowl or on each plate. Make sure it looks nice.
- 4 Prepare the toppings
 - grate the cheese
 - chop up the ham into slices
 - chop the pineapple into cubes
 - Slice the tomatoes thinly
- 5 Roll out the dough to fit snugly inside the frying pan.
- 6 Put 2 desert spoons of oil into the frying pan & heat for 2/3 minutes.
- 7 Put the pan on the table & carefully add the dough.
- 8 Put the pan back on the fire and fry ONE SIDE of the pizza for 6/7 minutes until crispy.
- 9 Put the frying pan on the table & carefully turn over the base so that the cooked side is now up.
- 10 Put the beans in a billie and put on the fire, stir every 2/3 minutes otherwise they burn & stick to the billie.
- 11 Smear the tomato puree evenly over all the base.
12. Add the sliced tomato, ham & pineapple then cover with the cheese.
- 13 Put the pan back on the fire. If you have a spare dixie lid you could put it on the pizza to keep the heat in - if you do, check it is clean first!
- 14 After 6/7 minutes it should be crispy underneath & the cheese melted. Remove the pan from the fire & place on the ground. Whilst still in the pan cut up the pizza & serve with beans chips & salad.
- 15 EAT!!

SHEPHERDS PIE, PEAS & CARROTS

Ingredients: 8 potatoes
cooking oil
2 onions
water
gravy granules
tomato puree
salt
pepper

1/4lb chopped mushrooms
small tin of peas
4 carrots
1/4lb grated cheese
vegetable stock cube

- 1 Light altar fire & oven and put on hot water dixie.
- 2 Peel potatoes & cut up into golf ball size. Place in large billie with enough cold water to cover them, add pinch of salt & place billie on fire.
- 3 Put 2 desert spoons of oil into the frying pan & put on the fire, warm the pan for 2-3 minutes.
- 4 Chop the onions and put in the frying pan, stirring the onions every 2-3 minutes.
- 5 After 5 minutes add the meat & stir this every minute or so to ensure that the meat does not stick and burn.
- 6 Whilst this is happening take a large billie. Put in it:-
 - 1/2 a pint of water
 - 3 desert spoons of gravy granules
 - 10 cm of tomato puree from the tube
 - 1 pinch of salt & 3 pinches of pepper
 - Chopped mushroomsTake the vegetable stock cube, add 1/2 a pint of warm water & stir till dissolved - add this to the billie.
- 7 Add the meat from the frying pan to the billie - leaving as much of the liquid fat in the pan as possible, but make sure you don't spill the meat! Simmer (nearly boiling) for 10-15 minutes, stirring every 2-3 minutes or it burns.
- 8 Grate the cheese & leave to one side
- 9 Put the carrots & peas in their billies and cover with cold water.
- 10 When the potatoes are cooked, remove from the fire & drain the water and mash the lumps until smooth. Then add 5 spoons of milk, 1 pinch of pepper & 1 spoon of marg and mash again until smooth & fluffy.
- 11 Put all the meat in the largest billie, trying not to put too much gravy in, & then cover it with the mashed potato, being careful not to push down on the mash or the meat will come over the top of it. Carefully sprinkle the grated cheese over the top.
- 12 CAREFULLY PLACE IN THE OVEN WHICH SHOULD NOT BE TOO HOT OR THE GRAVY WILL BOIL AND BUBBLE OVER THE MASH.
- 13 Put on the carrots then 10 minutes later put on the peas.
- 14 When the peas & carrots are cooked serve it up, getting someone to make tea from the water in your dixie.
- 15 EAT

SCRAMBLED EGG ON TOAST

Ingredients: 8 eggs
8 slices bread
milk
salt
pepper

- 1 Light the fire & put on dixie of water.
- 2 Delegate toast making to someone - 2 pieces/person.
- 3 Crack one egg at a time & after having removed any shell, put it into the mixing bowl. Do this until all the eggs are in the bowl.
- 4 Add 1 desert spoon of milk per egg
- 5 Add 1 pinch of salt & 2 pinches of pepper.
- 6 Whisk thoroughly.
- 7 Put small amount of margarine in largest billie and put it on the fire. Ensure that the inside of the billie are covered in margarine at least 1/2 way up.
- 8 Add the mixture from the mixing bowl and stir every 30 seconds. Make sure you scrape the sides, bottom & corners properly because if the mixture sticks it will burn and make the billie very difficult to clean
- 9 When the mixture is nearly firm get someone to make tea from the water in the dixie.
- 10 Whilst the tea is being served, serve up the scrambled egg.
- 11 EAT!

EGGY BREAD & TINNED SPAGHETTI

Ingredients: 12 slices bread
4 eggs
milk
salt
pepper
tinned spaghetti

- 1 Light fire & put on hot water dixie.
- 2 Crack one egg at a time into a mug & after having removed any shell, put it into the mixing bowl. Do this until all the eggs are in the bowl.
- 3 Add 1 desert spoon of milk per egg.
- 4 Add 1 pinch of salt & 2 pinches of pepper.
- 5 Whisk thoroughly.
- 6 Take 3 slices of bread per person & cut in half.
- 7 Put the frying pan on the fire and add 3 desert spoons of oil.
- 8 When the pan is hot, dip the bread in the egg mix and fry the bread until golden brown on both sides. When cooked put on the dixie hot plate.
- 9 When 1/2 the bread is cooked put the spaghetti into a billie and warm on the fire, stirring every 2-3 minutes.
- 10 When all the bread is cooked and the spaghetti is hot make the tea.
- 11 Serve & eat!

PORK CHOP, CABBAGE, BOILED POTATOES & GRAVY

Ingredients: 4 pork chops
8 large potatoes
salt
pepper
cooking oil
1/3rd cabbage

- 1 Light fire & put on hot water dixie.
- 2 Peel the potatoes & cut into golf ball size pieces. Put in large billie & add cold water to cover & 1 pinch of salt. Put on fire.
- 3 Put the frying pan on the fire and add 4 desert spoons of oil.
- 4 When the oil is hot add the chops and cook until the meat is cooked - this is when it is white all the way through when cut with a sharp knife. Put the cooked ones on the dixie hot plate to make room in the pan for the next. When the chops have bee cooking for 10 minutes, start preparing the cabbage
- 5 Chop up all the cabbage & put into the next largest billie. Add hot water & 1 pinch of salt & put on the fire.
- 6 When the potatoes, chops & cabbage are cooked then make gravy from the water in the dixie.
- 7 Make tea.
- 8 Serve & eat.

SAUSAGES IN CIDER & BAKED POTATOES

Ingredients: 8 sausages
4 carrots
2 courgettes
2 sticks celery
2 tins of tomatoes
1 tin of sweet corn
salt
pepper
mixed herbs
cooking oil
3 onions
1/2 pint of cider

- 1 Light the fire & put on the hot water dixie.
- 2 Wrap the potatoes in foil & place at the edge of the fire in the embers.
- 3 Peel the carrots and courgettes and then cut thinly length ways and place in dixie. Wash the celery and chop off the leaves and the bottom 1 cm. Chop it up into thin slices (about the thickness of a pound coin) & place into the dixie

Then add the 2 tins of tomatoes, sweet corn, 2 pinches of herbs, 1 pinch of salt & 2 pinches pepper, 1/2 a pint of water to the dixie. Place the dixie on the fire and stir every 3-4 mins.
- 4 Put frying pan on fire & 3 desert spoons of oil.
- 5 Chop the onions into large slices & fry until golden brown, then put in dixie.
- 6 Fry the sausages in the frying pan until cooked all the way through. Then place sausages in the dixie.
- 7 Call a leader who will add the cider. Stir very gently every 3-4 minutes. Do not allow the mixture to boil. Simmer for 15 minutes.
- 8 Make tea.
- 9 Serve & eat.

MEXICAN BEEF, SWEET CORN & RICE

Ingredients: cooking oil
2 onions
1 green pepper
1 lb minced beef
6 mushrooms
mild "chilli" cook in sauce
rice
salt
tin of sweet corn
very small tin of kidney beans

- 1 Light fire & put on hot water dixie.
- 2 Put frying pan on fire and add 2 desert spoons of oil.
- 3 Chop onions cut small & fry gently in pan until golden brown. When cooked put in largest billie.
- 4 Add 2 desert spoons of oil to frying pan & then fry meat until dark brown & does not stick together. When cooked add to onions.
- 5 Chop the mushrooms & put in billie.
- 6 Remove white stalk & seeds from peppers. Chop peppers up & add to billie.
- 7 Add jar of sauce and the kidney beans to the billie
- 8 Add 1/2 mug of water to billie & stir well. Put the billie on the fire.
- 9 Once the billie of meat is on the fire, rinse the rice in fresh water in a billie, changing the water 3 times. This will stop it sticking together.
- 10 Put fresh water into a billie & add 1 pinch of salt & the rice.
- 11 Once the meat has started to simmer, put the billie of rice on the fire.
- 12 When the rice has been boiling for 8 minutes, put the sweet corn into a billie with enough water to cover & put on the fire. The sweet corn is cooked when hot.
- 13 When the sweet corn is cooked make the tea from the water in the dixie.
- 14 Serve & eat.

APPLE CRUMBLE & CUSTARD

Ingredients: 6 cooking apples
sugar
handful of sultanas
2 cloves
2 packets of crumble mix

- 1 Light fire & put water dixie on.
- 2 Put 2 mugs of water in a medium size billie, put lid on & place on fire.
- 3 Wash the apples then carefully peel them, making sure you waste as little apple as possible. Carefully remove the core of the apples and then cut the remaining apples into slices.
- 4 By now the water in the billie on the fire should be boiling. Put 2 spoons of sugar into the billie & stir. Add the apple slices & bring to the boil.
- 5 When the water starts to boil again, add the sultanas & clove and put the billie on the edge of the fire so that the contents simmer slowly. Leave to simmer for 10 minutes, stirring every 2 minutes.
- 6 Whilst the apple simmers, make the crumble mix as per the instructions on the packet.
- 7 When the apple is ready, gently pour off most of the liquid. Then carefully add the crumble mix to the top of the apple, ensuring that you do not push too hard otherwise the liquid will go over the top of the crumble. Then sprinkle about 1/2 a spoon of sugar on the top of the crumble.
- 8 Place the billie in the oven for 15 minutes, ensuring the billie is not sitting on the bottom of the oven.
- 9 10 minutes before the crumble should be ready, make the custard as per the instructions on the packet.
- 10 Serve

LAMB HAY BOX MEAL

Ingredients: 1lb of cubed lamb
3 onions
water
8 potatoes
2 carrots
2 courgettes
2 tins of tomatoes
2 vegetable stock cubes
garlic puree
1/2 pint of cider
tin of peas

Preparation

- 1 Light fire & put on hot water dixie
- 2 Cut up onions into large chunks.
- 3 Place the meat in the mixing bowl. Add 2 mugs of water and wash the meat. Carefully drain the water and add the meat to the dixie.
- 4 Peel the potatoes and cut into chunks about the size of 1/3 a tennis ball and add to the dixie.
- 5 Wash and chop up the carrots & courgettes into slices about as thick as a pound coin and add to the dixie.
- 6 Add the 2 tins of tomatoes, the tinned peas, the crushed vegetable stock cubes & approx. 6-cm of garlic puree to the dixie, together with the cider.
- 7 Add enough hot water to the dixie to just cover the ingredients and place on the fire and bring to the boil. Boil for 10 minutes stirring gently every 2-3 minutes without the lid on.
- 8 When it has been boiling non stop for 10 minutes approach a leader who will help you put the dixie in the hay box.

The Next Day

- 1 When told to remove the dixie from the hay box carefully as it may still be very hot & place on the fire.
- 2 Boil non stop for a further 10 minutes without the lid on stirring gently every 2-3 minutes, then simmer for 5 minutes.
- 3 Make tea & serve
- 4 Eat

JAM PING PONGS AND TINNED CREAM

Ingredients: Packet of vegetarian suet
Plain Flour
Raspberry Jam
Tinned Cream

- 1 Put the dixie on the fire nearly full of water and bring to the boil.
- 2 Mix the flour and suet together in the mixing bowl with a blunt knife. Add enough water to make a stiff dough - approx. 15 desert spoons.
- 3 Rub flour on your hands and then tear of a piece of the dough about the size of a ping pong ball and rub it in your hands to make it round. Repeat this until you have used up all the dough.
- 4 Using the handle of a spoon, carefully make a small tunnel into the Ping-Pong and carefully insert a little jam, sealing the jam in with a wet finger. When all are ready place on a plate and cover with the upside down mixing bowl.
- 5 When you have eaten your main course, place in boiling water and boil continuously for 15 minutes.
- 6 Serve immediately with tinned cream. You must not over cook or leave standing in the hot water or they will dissolve!
- 7 Eat

RISOTTO

Ingredients: 2 Onions
Rice for 6
Cooling Oil
Tomato Puree
2 vegetable stock cubes
salt
pepper
Tin of ham
1 green pepper
1/4lb mild cheese
4 tomatoes
3 pineapple rings
1/4 lb mushrooms

- 1 Light fire and put on hot water dixie.
- 2 Chop up the onions.
- 3 Put the frying pan onto the fire & add 5 desert spoons off oil. When the oil is hot, add the onions & fry gently for 10 minutes, stirring all the time.
- 4 Stir in the dry rice and cook until it looks clear - approx. 5-6 minutes.
- 5 Tip the contents of the frying pan into dixie and place on fire.
- 6 Add the tomato puree, stock cubes, 1 cups of water per cup of rice, 2 pinches pepper and 1 pinch salt. Stir very well to ensure nothing has stuck to the bottom. Bring to the boil and simmer for 15 minutes with the lid off. You must stir every 2-3 minutes and add more water only if the mixture is sticking. Do not add more than 2 spoonfuls at a time, and check with a leader before doing this.
- 7 Cut up the tin of ham and green pepper into chunks about 1 cm square. Grate the cheese. Chop up the tomatoes into 4 pieces. Chop the pineapple into cubes, and the mushrooms into slices.
- 8 When the mixture has been simmering for 15 minutes, add the sweet corn, mushrooms, green peppers, ham, tomatoes and pineapple and simmer for a further 10 minutes.
- 9 Make tea.
- 10 Serve and sprinkle with the grated cheese.
- 11 Eat

FRIED SAUSAGE CAKES & TINNED TOMATOES

Ingredients: 1 onion
1 1/2lb sausage meat
2 tins of tomatoes
cooking oil

- 1 Light fire and put on hot water dixie.
- 2 Chop onion into small pieces.
- 3 Mix onion, 2 pinches of pepper & 1 pinch of salt into the sausage meat using a blunt knife.
- 4 Gently shape the meat into flat round cakes (like hamburgers).
- 5 Put the tomatoes into a small billie and place on fire - do not let them boil.
- 6 Put 3 desert spoons of oil into the frying pan, and when hot fry quickly on each side for 2 minutes to make them stick together, then fry slowly for 10 minutes.
- 7 Make tea
- 8 Serve & eat.

COVENT GARDEN PIE

Ingredients: cooking oil
 8 potatoes
 2 onions
 green pepper
 1/4lb mushrooms
 Garlic Puree
 1 tin of tomatoes
 1/2 cup of peas
 1/2 cup of sweet corn
 2 vegetable stock cubes
 1/4lb grated cheese

- 1 Light fire & put water dixie on.
- 2 Light Oven.
- 3 Peel the potatoes & cut into pieces about the size of a golf ball. Place in cold water in medium billie, add 1 pinch of salt & place on fire.
- 4 Chop onion up quite small, the pepper into penny size pieces and the mushrooms into slices.
- 5 Put frying pan on fire & add 2 desert spoons of oil and heat for 2 minutes.
- 6 Add the onion, pepper and mushrooms. Add approx. 6 cm of garlic puree and stir every 1-2 minutes until the onions turn a yellow/golden brown colour.
- 7 Add the tinned tomatoes and juices, 10 cm of tomato puree, peas, sweet corn and stock cube.
- 8 Simmer the frying pan for 10-15 minutes until the juices form a nice gravy.
- 9 Whilst this is happening grate the cheese & leave to one side.
- 10 By now the potatoes should be cooked. Remove all the water and mash all the lumps out. Add 1 spoon of marg., 2 pinches of pepper and mash again. Add 4 spoons of milk and mash until smooth & fluffy.
- 11 Put the contents of the frying pan into the largest billie making sure that not too much gravy goes in. Cover with the mashed potato, being sure not to push down on the mash or the gravy come over the top. Carefully sprinkle the grated cheese over the top.
- 12 Carefully place in the oven (you may wish to ask a leader to help) which should not be too hot or the gravy will boil and bubble over the mash. Leave in oven for 20 minutes.
- 13 Lay table and make tea.
- 14 Serve & eat

SEAFOOD SURPRISE

Ingredients: green pepper rice for 6
2 courgettes
1/4lb mushrooms
2 onions
salt
pepper
tin of tomatoes
2 tins of tuna chunks
tin of sweet corn
2 vegetable stock cubes
tom puree

- 1 Light fire & put water dixie on.
- 2 Put frying pan on fire & add 2 desert spoons of oil. Heat for 2 minutes.
- 3 Chop up pepper into pieces about the size of a penny, chop the onion up quite small, slice the courgettes thinly, slice the mushrooms thinly.
- 4 Add the onions, peppers, mushrooms, courgettes and about 6 cm of garlic puree to the frying pan & fry until the onions are a yellow/golden brown colour stirring every 1-2 minutes.
- 5 1/2 fill the dixie with water, add 1 pinch of salt and put on the fire with the lid on.
- 6 Meanwhile, open the tin of tomatoes and stir gently with a knife to break up the contents. Drain the water from the tins of tuna & sweet corn. Then put the tomatoes, tuna and sweet corn, the stock cube, 1/2 a pint of water and 10 cm of tomato puree into the largest
billie
and place on the fire, stirring every 2-3 minutes.
- 7 When the onions are the right colour, add the contents of the frying pan to the billie and leave on the fire simmering without the lid on, stirring every 2-3 minutes for 15 minutes.
- 8 At the same time add the rice to the now boiling water in the dixie and stir to ensure that none has stuck to the bottom. Boil for approx. 15 minutes.
- 9 Wash the frying pan & lay the table. Make tea.
- 10 When the rice is cooked, drain and serve the rice and the add the seafood surprise.
- 11 Eat.

MEXICAN VEGETABLES & RICE

Ingredients: 2 Onions
1/4lb Mushrooms
1 green pepper
2 courgettes
mild "chilli" cook in sauce
1 tin kidney beans
1 tin sweet corn
rice for 6

- 1 Light fire & put on the hot water dixie.
- 2 Put frying pan on fire and add 2 desert spoons of oil. Heat for 2 minutes.
- 3 Chop onions up quite small, slice mushrooms, chop green pepper up into pieces about the size of a penny, slice courgettes thinly. Add to the frying pan & fry gently until golden brown stirring every 1-2 minutes. When cooked put in largest billie.
- 4 Add jar of sauce to billie. Drain the water from the sweet corn & kidney beans and add to billie.
- 5 Add 1/2 mug of water to billie & stir well. Put the billie on the fire.
- 6 Once the billie of vegetables is on the fire, rinse the rice in fresh water in a billie, changing the water 3 times. This will stop it sticking together.
- 7 Put fresh water into a billie & add 1 pinch of salt & the rice.
- 8 Once the vegetables have started to simmer, put the billie of rice on the fire and boil for 15 minutes.
- 9 Wash up frying pan, lay table
- 10 When the rice is nearly cooked make the tea from the water in the dixie.
- 11 Serve & eat.

BAKED CAULIFLOWER CHEESE

Ingredients: 1/2 a cauliflower
2 White Sauce Mixes
1/4lb grated mild cheese

- 1 Put a billie 1/2 full of water onto the fire & add 1 pinch of salt.
- 2 Cut the cauliflower into sections about golf ball size.
- 3 When the water is boiling, add the cauliflower & boil for 10 minutes.
- 4 Whilst the cauliflower cooks, make the white sauce.
- 5 Drain the hot water off and put cauliflower into oven tray.
- 6 Pour sauce over the cauliflower and place into the oven. Bake for 10-15 minutes.
- 7 Serve & eat.

JUMBALAYA

Ingredients: salt
2 onions
3 sticks of celery
1/4lb of cheese
rice for 6
1 tin of tomatoes
8 tinned hotdog sausages

- 1 Light fire & put on hot water dixie.
- 2 2/3rd fill the largest billie with water, add 2 pinches of salt & place on the fire.
- 3 Cut the onions & celery into thin slices. Grate the cheese.
- 4 Place the rice in the colander & rinse thoroughly with cold water. When the billie is boiling, add the rice. The rice needs to boil for 12-15 minutes.
- 5 Whilst the rice cooks, place the frying pan on the fire. Add 3 desert spoons of oil & warm for 2 minutes. Add the celery & onions to the frying pan & fry until cooked.
- 6 Drain the cooked rice & add to the frying pan. Keep stirring or the contents will stick & burn. Add the tinned tomatoes, sausages (having cut them into thirds) and 2 pinches of mixed herbs. Warm until hot.
- 7 Serve & sprinkle with the cheese. Eat.

TOAD IN THE HOLE

Ingredients: 2 batter mixes
cooking oil
8 sausages

- 1 Light the fire & put on hot water dixie
- 2 Make the batter mix carefully, according to the instructions, and leave to stand in the bowl with a CLEAN t-towel over it.
- 3 Put 2 desert spoons of oil into the frying pan & warm for 2 minutes.
- 4 Gently fry the sausages, and when cooked place in the oven tray.
- 5 Pour the batter over the sausages and place in the oven.
- 6 Cook for 15-20 minutes. Whilst waiting, wash pan & bowl.
- 7 Serve and eat.

APPLE PIE

Ingredients: 2 pastry mixes
margarine
water
6 cooking apples
sugar
handful of sultanas
2 cloves

- 1 To make to apple filling:
 - a) Put 2 mugs of water in a medium size billie, put lid on & place on fire.
 - b) Wash the apples then carefully peel them, making sure you waste as little apple as possible. Carefully remove the core of the apples and then cut the remaining apples into slices.
 - c) By now the water in the billie on the fire should be boiling. Put 2 spoons of sugar into the billie & stir. Add the apple slices & bring to the boil.
 - d) When the water starts to boil again, add the sultanas & clove and put the billie on the edge of the fire so that the contents simmer slowly. Leave to simmer for 10 minutes, stirring every 2 minutes.
- 2 To make pastry:-
 - a) Place the flour in the mixing bowl & add 1 pinch of salt.
 - b) Add the margarine & mix with a knife until the mixture resembles bread crumbs.
 - c) Add 2 tablespoons of water and mix well. The mixture should resemble play dough!
- 3 Sprinkle a little extra flour onto your chopping board.
Cut off 1/4 of the pastry & place to one side.
Carefully roll out the rest of the pastry until large enough to line the tin.
- 4 Pour the apples into the case and add the cloves.
Roll out the remaining pastry to make a lid to the case and fit the lid
Carefully place the pie in the oven.
Bake for 20-25 minutes, or until the pastry is golden brown.
- 5 Serve & eat.

MIXED GRILL & BAKED POTATO

Ingredients: 2 onions
4 lamb chops
4 sausages
4 slices of bacon
4 tomatoes
1 tin of beans
4 large potatoes
tin foil

- 1 Light the fire & put on the hot water boiler & your dixie as you will need lots of room to keep the food warm.
- 2 Wrap the potatoes in foil and place on the embers-keep them away from the flames.
- 3 When the water in both is warm enough to keep the plates warm cook the following in strict order, transferring them to the hot plates when cooked. Remember to keep the lid on to keep the heat in.
- 4 Put 3 desert spoons of oil into the frying pan & warm for 2 minutes.
- 5 Fry:-
 - The onions
 - The lamb chops
 - The Sausages
 - The bacon
 - The tomatoes
 - The baked beans (these can be done in the pan if you want to save on the washing up).
- 6 By now the potatoes should be cooked.
- 7 Serve & eat.

BEEF STEW & DUMPLINGS WITH BAKED POTATO

Ingredients: 1 1/4lb cubed beef
plain flour
cooking oil
2 onions
4 carrots
2 sticks of celery
pinch of mixed herbs
tin of tomatoes
tomato puree
tin foil
2 packets dumpling mix

- 1 Light the fire & put on hot water dixie.
- 2 Wash the meat in cold water. Put the flour into the mixing bowl & then add the meat. Stir the meat to ensure coated in flour.
- 3 Put the frying pan on the fire & add 2 desert spoons of oil. Warm for to minutes, then add the meat. Fry for 5-6 minutes, turning the meat every 1-2 minutes.
- 4 Whilst the meat is cooking, put 1 1/2 pints of water into the large dixie & place onto the fire. Chop the onions, carrots and celery & add them to the dixie. Also add the 2 stock cubes, the mixed herbs, the tinned tomatoes & 10 cm of tomato puree.
- 5 When the meat is cooked in the pan, add to the dixie. Put the lid on the dixie & boil for 1 3/4 hours, stirring every 10 minutes.
- 6 When the stew has been boiling for 1 hour, wrap the potatoes in foil and place on the embers - keep them away from the flame.
- 7 When the stew has been boiling for 1 1/2 hours make the dumplings. Put the flour, suet, herbs & a pinch of salt into the mixing bowl & mix everything thoroughly with a knife. Then add water, a spoon full at a time until the mixture is stiff like play dough.
- 8 Break the mixture into 8 equal size pieces, rolling them into balls, having covered your hands in flour to stop everything sticking. Add the dumplings to the stew and BOIL for 15 minutes.
- 9 Serve & eat

SPAGHETTI BOLOGNESE

Ingredients: cooking oil
 tin of tomatoes
 2 medium size onions
 tomato puree
 vegetable stock cube
 gravy granules
 garlic puree
 1lb minced beef
 spaghetti for 4
 1/4 lb grated cheese

- 1 Light the fire & put on the hot water boiler.
- 2 Put the frying pan onto the fire. Add 2 desert spoons of oil & warm.
- 3 Whilst the oil is warming put the dixie onto the fire & add:-
 the tinned tomatoes, the tomato puree, the crumbled vegetable stock cube, 1/2 pint of warm
 water, 4 t-spoons of gravy granules and the mixed herbs.
 At the same time peel and chop the onions.
- 4 Put 6 cm of garlic puree & chopped onions into the pan and fry until golden in colour. When
 cooked place into the dixie.
- 5 Put the meat into the frying pan & fry until cooked - about 15 minutes - stirring every minute
 or so or it will stick & burn. When cooked add to the dixie. Get someone to wash the frying
 pan.

 Bring the dixie to the boil & boil for 15 minutes. Stirring every 2-3 minutes or it will burn. If
 you think you need to add water check with a leader first.
- 6 Put the largest billie onto the fire, 1/2 filled with hot water & a pinch of salt. Bring to the boil
 & then add the spaghetti. Keep the water boiling for 10-12 minutes. The spaghetti is cooked
 when soft. Whilst waiting for the spaghetti grate the cheese.
- 7 Drain the spaghetti and serve onto plates. Spoon the sauce over the spaghetti. This must be
 done quickly or the spaghetti goes cold. Sprinkle the cheese over the sauce.
- 8 Eat

PAN FRIED CHICKEN, CARROTS, BOILED POTATOES & GRAVY

Ingredients: 4 chicken pieces
salt
pepper
herbs
8 potatoes
5 carrots
gravy granules

- 1 Light the fire & put on the water boiler.
- 2 Wash the chicken pieces in fresh water and then put into the dixie with a pinch of salt, a pinch of pepper, a pinch of herbs. Add enough cold water to cover them and place on the fire. Bring to the boil & BOIL for 20 minutes.
- 3 Whilst this is happening, peel the potatoes & cut them into golf ball size pieces. Place them in the largest billie with a pinch of salt & cover with cold water. Peel & slice the carrots & place them in the middle size billie, cover them with cold water, add a pinch of salt.
- 4 When the chicken has been boiling 10 minutes. Put the potatoes on to cook. After a further 5 minutes put the carrots on to cook.
- 5 When the chicken is nearly ready, put the frying pan onto the fire. Add 6 desert spoons of oil. Remove the dixie of chicken from the fire very carefully and using the holey spoon, put the chicken pieces into the frying pan. Fry the pieces for about 5 minutes, keeping the pan very hot. As the chicken pieces become ready, place them on the hot plate.
- 6 When all the chicken is ready drain the potatoes & carrots, using the carrot water to make gravy in your measuring jug.
- 7 Serve & eat

CORNED BEEF HASH & BEANS

Ingredients: 2 tins of corned beef
8 potatoes
2 onions
tin of baked beans
cooking oil
mixed herbs
evaporated milk

- 1 Light the fire & put on hot water dixie.
- 2 Peel the potatoes, and cut into golf ball size pieces. Put into largest billie. Cover with cold water & add pinch of salt. Bring to boil and continue to boil for 15 minutes.
- 3 Whilst waiting for the potatoes, peel and slice the onions. Put the baked beans into a billie. Chop up the corned beef into small pieces.
- 4 When the potatoes are nearly cooked, put the frying pan onto the fire & add 2 desert spoons of oil. After 2 minutes add the onions and cook until golden in colour.
- 5 When cooked drain the potatoes thoroughly and chop them up with a knife. Add the corned beef and a pinch of herbs to the potatoes and then tip the lot into the frying pan & mix well.
- 6 Put the billie of beans on the fire & stir every minute. If you forget to stir them they will stick & burn.
- 7 Add 1 table spoon of evaporated milk to the frying pan and stir it all up and then leave over a part of the fire which is not to hot until golden brown underneath.
- 8 Try to serve the hash upside down, it looks better that way - as long as you haven't burnt it!
- 9 Eat

HOME MADE BURGERS AND SAUTÉ POTATOES

Ingredients: 8 potatoes
salt
2 onions
1/2 green pepper
garlic puree
tomato sauce
packet of bread crumbs
pepper
1 egg
plain flour
cooking oil
1 3/4lb minced beef
12 burger buns
to fill: 12 processed cheese slices
4 tomatoes
tomato sauce

- 1 Light the fire & put the hot water dixie on.
- 2 Peel the potatoes & slice so that the slices are about the thickness of 2 pound coins. Put them into a billie, add 2 pinches of salt & cover with cold water. Put the billie on the fire & bring to the boil & boil for 10 minutes.
- 3 Make sure the mixing bowl (not the washing up bowl!) is clean.
- 4 Grate the onion, the green pepper and the red pepper as small as possible with the cheese grater, and put into it the mixing bowl.
- 5 Add the following to the mixing bowl:-
the meat, 2 cm of garlic puree, 1 tea spoon of tomato ketchup, the bread crumbs, a pinch of salt, a pinch of pepper and stir well with a wooden spoon
- 6 Whilst the mixture is being stirred, crack the egg into a mug, making sure there are no bits of shell in the mug! Whisk the egg (stir well) with a fork for 30 seconds and then add to the mixing bowl and stir well again.
- 7 Put a little flour on your CLEAN hands and divide the mixture into burger size pieces, you should get at least 2 each.
- 8 Take the billie of potatoes off the fire .
- 9 Put the frying pan onto the fire and add 5 spoons of oil. When the oil is hot start cooking the burgers. When cooked through they should be put onto the hot water dixie hot plate.
- 10 Put the frying pan onto the fire and add 5 desert spoons of cooking oil. When the oil is hot rain and add the potatoes to the pan CAREFULLY. Fry the potatoes for a further 10 mins or until golden brown. You must use a fish slice carefully or the potatoes will fall to pieces.
- 11 When the potatoes are ready serve up the burgers and sauté potatoes.
- 12 Half fill the frying pan with water & add a small squirt of washing up liquid & stir. Put the pan back on the edge of the fire. This will loosen any burnt bits and make washing up a lot easier.
- 13 EAT!!

Backwoods Pineapple & Ready Made Custard

You will need: 2 pineapple rings per person
2 tablespoons of Cointreau
2 tablespoons of icing sugar
1 carton of ready made custard

- 1 Ensure that the fire has reduced to embers.
- 2 Cut the pineapple into cubes.
- 3 Mix the sugar and Cointreau together and then stir in the pineapple
- 4 Spoon the mixture & any juices onto a large piece of tin foil 3 sheets thick, ensuring there are no leaks by turning in the edges.
- 5 Place on the grill over the fire and cook for 20 minutes, turning every 5 minutes.
- 6 Serve whilst still warm with custard

Backwoods Nectarines & Cream

You will need: 1 Nectarine per person
1 desert spoon of brown sugar per person
1 orange
3 desert spoons of butter
Cream

- 1 Ensure that the fire has reduced to embers.
- 2 Grate the orange and mix it into the butter with the brown sugar.
- 3 Cut the nectarines in half & remove the stone.
- 4 Take a large sheet of tin foil 3 sheets thick and spread the butter mix gently over the tin foil on an area 15 cm x 15 cm.
- 5 Place the fruit on the butter and then fold it shut, ensuring there are no leaks by turning in the edges.
- 5 Place on the grill over the fire and cook for 10 minutes, turning and cook for 5 minutes on the other side.
- 6 Serve whilst still warm with cream.

Rabbit in Cider with Jacket Potatoes

You will need: 4 rabbit joints
1 table spoon margarine
cooking oil
2 large onions
5 cm of garlic puree
1/2 lb of cubed bacon
1 heaped tablespoon of plain flour
3/4 pint of dry cider
1 vegetable stock cube
1/2 lb of chopped mushrooms
mixed herbs
Potatoes

- 1 Light the fire & put the hot water dixie on.
- 2 Peel and chop the onions, then fry then together with the bacon and garlic puree in 3 tablespoons of oil for about 10 minutes turning them regularly so they do not burn.
- 3 When cooked sprinkle on the flour, mixing all the time.
- 4 Whilst doing this, place the dixie on the fire with 1 mug of hot water, the cider, chopped mushrooms, 1 pinch of pepper, 1 pinch of salt, a t spoon of mixed herbs and the stock cube in it.
- 5 When the mixture in the pan is well mixed in cooked place in a large dixie with the other ingredients.
- 6 Add a further 4 spoons of oil to the frying pan. When hot add the rabbit joints and cook gently for 10 - 15 minutes until the outside has change colour all over. Then add to the dixie.
- 7 Wrap the potatoes in foil and place on the embers - keep them away from the flame.
- 8 SIMMER the dixie for 1 hour, stirring very gently.
- 9 Serve

Lamb in red wine with Mashed potatoes and carrots

You will need: 1 lb of cubed stewing lamb
Margarine
2 peeled chopped onions
4 rashers chopped streaky bacon
5 cm garlic puree
1 tablespoon flour
1/2 bottle red wine
5 oz orange juice
t spoon mixed herbs
oil

- 1 Light the fire & put the hot water dixie on.
- 2 Place 3 tablespoons of oil in the frying pan and warm. When ready carefully add the lamb and fry gently until brown all over.
- 3 Whilst doing this place 2nd dixie on the fire with 1 cup of water, the wine, orange juice and mixed herbs in.
- 4 When the lamb is brown all over add to the wine mix.
- 5 Add 3 more table spoons of oil to the frying pad and the chopped onions, bacon, garlic puree until golden brown.
- 6 When the onions etc are cooked sprinkle on the flour, mixing all the time.
- 7 Cook for a further 5 minutes then add to the dixie.
- 8 Bring to the boil then simmer the dixie for 1 1/4 hours stirring every 10 minutes.
- 9 When the dixie starts simmering, peel the potatoes and place in cold water in the largest billie with a pinch of salt and place on the fire.
- 10 When the potato are on the fire, scrub and slice the carrots and place in the smallest billy with cold water and place on fire.
- 11 When the potatoes are cooked strain out the water, add 1 table spoon of milk and a t spoon of butter, then mash
- 12 Serve

Coq Au in and jacket potatoes

You will need: 1 chicken portion per person
2 peeled chopped onions
5 cm garlic puree
4 oz sliced mushrooms
1 mug red wine
2 cans tomatoes
pinch mixed herbs
Baby carrots

- 1 Light the fire & put the hot water dixie on.
- 2 Place 3 tablespoons of oil in the frying pan and warm.
- 3 Fry the onion and garlic gently until the onion is starts to soften - about 5 mins
- 4 Add the chicken pieces and fry until they start to turn brown - about 10 mins.
- 5 Whilst the chicken is cooking place the wine, a mug of water, the mushrooms, tomatoes, herbs and carrots in a large dixie on the fire and heat.
- 6 When the chicken pieces are brown, place in the dixie and bring to the boil.
- 7 After the chicken has been boiling for 10 minutes reduce to a simmer.
- 8 After a further 10 minutes, wrap the potatoes in foil and place on the embers - keep them away from the flame.
- 9 When the potatoes are ready, serve.

Banana Trifle

You will need: 2 bananas per patrol
1 treacle cake
1/2 cup of orange juice
1 carton of ready made custard
1 chocolate flake

TO BE PREPARED WHILST MAIN COURSE IS COOKING

- 1 Slice up the cake & use it to line the bottom of the mixing bowl.
- 2 Pour the orange juice over the cake.
- 3 Slice the banana and arrange on top of the cake.
- 4 Pour the custard over the fruit
- 5 Crumble the flake over the custard to decorate.
- 6 Place in safe place with CLEAN t-towel over to keep fly's & dirt off.

Croque-Monsieur

You will need: 2 slices of bread per person
1 slice of ham per person
1 slice of processed cheese per person
Margarine

- 1 Light the fire & put the hot water dixie on.
- 2 butter all the bread, on both sides.
- 3 Make a ham & cheese sandwich per person.
- 4 Melt a tablespoon of butter in the frying pan.
- 5 When the butter in the pan is runny, gently fry the sandwich until golden brown on both sides & the cheese has melted.
- 6 Serve

Hay Box Indonesian Chicken, broccoli & Rice

You will need: 3 onions - peeled & chopped
1 piece of chicken per person with skin removed
2 green peppers seeded & chopped
14 oz of sweet corn
2 small bananas
2 tea spoons of mixed herbs
2 tea spoons of smooth peanut butter
2 chicken stock cubes
rice
fresh broccoli

To prepare:

- 1 Light the fire & put the hot water dixie on
- 2 Place the onion and pepper in the bottom of the dixie. Put the chicken portions on top, add the sweet corn and banana, sprinkling the herbs and peanut butter on the top. Mix the stock cubes with warm water and add. Place cold water on top until the contents are covered with 2 cm of water
- 3 Carefully place on fire & bring to boil,. Boil for 15 minutes.
- 4 Call a leader & pack in hay box

Upon return from activities:

- 1 Light Fire and put on water boiler
- 2 Put on largest billie half full with water ready for the rice, and the second largest half full with water for the broccoli on the fire.
- 3 At the same time put the chicken dixie back on the fire & bring to the boil,
- 4 Whilst waiting for the water, rinse the rice in fresh water in a billie, changing the water 3 times. This will stop it sticking together.
- 5 When the rice water is boiling, add 1 pinch of salt and the rice.
- 6 When the rice has been on for 5 minutes, put the broccoli on and return to boil
- 7 When the rice is cooked, serve.

Chris's Chinese Stir-fry

You will need: 2 skinned chicken breasts, sliced into very thin strips
1 packet of noodles
1 red pepper, seeded and chopped
1 1/2 green pepper, seeded and chopped
3 onions - peeled & chopped
1/4 lb of mushrooms - sliced as thick as a pound coin
6 tomatoes cut into quarters
1 tin of water chestnuts
Fresh bean shoots
3 cm of garlic puree
2 packets of stir fry sauce

To prepare:

- 1 Light the fire & put the hot water dixie on. Put your plates on the dixie to warm.
- 2 Half fill the largest billy with water & place on fire, ready for the noodles
- 3 Whilst the water is getting hot, prepare ALL the vegetables.
- 4 Once the noodle water is boiling, put the frying pan on the fire with 4 table spoons of oil, then add the noodles to the billy of boiling water.
- 5 Add the peppers, garlic puree and onions to the frying pan, keeping the pan as hot as possible.
- 6 After 2-3 minutes add the chicken strips, turning regularly with a fish slice or they will stick and burn. If they stick add for 4 table spoons of hot water. if this does not help, ask a leader to assist.
- 7 After 2 minutes add the rest of the vegetables to the frying pan. Whilst doing this arrange for someone to carefully drain the noodles into the colander.
- 8 Once all the vegetables are in the pan, add the noodles to the frying pan, together with the stir fry sauces.
- 9 Continue to fry for 2 -3 minutes until heated thoroughly.
- 10 Serve.

TAGLIATELLI

You will need: 8 oz cooked bacon pieces/ cubed ham
6 oz mushrooms - sliced as thick as a pound coin
2 onions - peeled & chopped finely
3 cm of garlic puree
Tagliatelli for 4
1/3 pint of crème fraiche
Parmesan cheese

To prepare:

- 1 Light the fire & put the hot water dixie on. Put your plates on the dixie to warm.
- 2 Put on the largest billy half full of cold water and bring to boil.
- 3 Put 3 tablespoons of oil in the frying pan and place on fire. When the oil has gone runny, add the onion garlic & meat and fry gently for 10 minutes, stirring to ensure it does not burn. After 5 minutes add the mushrooms
- 4 Whilst this is happening, as soon as the water in the largest billy is boiling, add the Tagliatelli.
- 5 Once the contents of the frying pan are ready and the Tagliatelli is cooked, drain the Tagliatelli into the colander & rinse with water from the hot water dixie.
- 6 Stir in the crème fraiche and a pinch of pepper to the frying pan and heat through. Once the contents of the pan are hot again, remove from the fire and add to the Tagliatelli.
- 7 Serve.

MEATBALLS AND BEANS WITH NEW POTATOES

You will need: 1 lb of mince
3 onions - peeled & chopped
3 cm of garlic puree
2 eggs, beaten
2 tins tomatoes
2 tins baked beans
2 pinches of Salt
2 pinches of Pepper
Potatoes for 4

To prepare:

- 1 Light the fire & put the hot water dixie on. Put your plates on the dixie to warm.
- 2 Peel the potatoes and cut into golf ball size pieces. Place in the largest billie, add a pinch of salt and cover with cold water. Place on the fire.
- 2 Put 3 tablespoons of oil in the frying pan and place on fire. When the oil has gone runny, add the onion garlic and fry gently for 10 minutes, stirring to ensure it does not burn.
- 3 Whilst this is happening, mix the mince, salt, pepper and egg in a mixing bowl. When mixed thoroughly, shape into golf ball pieces.
- 4 Put the onions into the smallest billie in a safe place.
- 5 Put 3 more tablespoons of oil in the frying pan and place on fire. When the oil has gone runny add the meatballs and fry until golden brown. (about 10 minutes)
- 6 Whilst frying the meatballs, add the beans and tomatoes to the onions and warm gently on the fire.
- 7 Once the meatballs are cooked, add to the frying pan and fry for a further 5 minutes.
- 8 Serve.

BEEF IN BEER WITH JACKET POTATOES

You will need: 1 1/2 lb of stewing steak
2 onions - peeled & chopped
3 large carrots
4 ox mushrooms, sliced as thick as a pound coin
3 cm of garlic puree
1 tea spoon of vinegar
1 large mug of brown ale
2 pinches of Salt
2 pinches of Pepper
1 tin of tomatoes
1 vegetable stock cube dissolved in mug of hot water
Potatoes for 4

To prepare:

- 1 Light the fire & put the hot water dixie on. Put your plates on the dixie to warm.
- 2 Put 3 tablespoons of oil in the frying pan and place on fire. When the oil has gone runny, add the onion, garlic & meat and fry gently until brown all over (10 -15 minutes), stirring to ensure it does not burn.
- 3 Whilst this is happening, slice the carrots & mushroom and place with all the remaining ingredients in the largest billy on the edge of the fire to warm.
- 4 When the meat is brown add to the largest billy. Bring to the boil and boil for 10 minutes, stirring regularly.
- 5 After 10 minutes of boiling, reduce to a simmer and cook for a further 1 1/2 hours with the lid on. Stir every 5 minutes to ensure it does not burn. If it starts to dry out, add small amounts of hot water from the dixie.
- 6 45 minutes before the meat is ready, double wrap the potatoes in tin foil and place in the embers.
- 7 Serve.

LAMB CASSEROLE

Ingredients: 1 1/2lb cubed lamb
 3 sliced onions
 water
 8 potatoes
 4 carrots
 1/4lb mushrooms
 2 courgettes
 2 tins of tomatoes
 2 vegetable stock cubes
 garlic puree
 1/2 pint of cider
 tin of peas
 6 cm of tomato puree

- 1 Light fire & put on hot water dixie
- 2 Put 3 tablespoons of oil in the frying pan and place on fire. When the oil has gone runny, add the onions, garlic & meat and fry gently until brown all over (10 -15 minutes), stirring to ensure it does not burn.
- 3 Peel the potatoes and cut into chunks about the size of 1/3 a tennis ball and put in the dixie.
- 4 Wash and chop up the carrots, mushrooms & courgettes into slices about as thick as a pound coin and add to the dixie.
- 5 Add the 2 tins of tomatoes, the crushed vegetable stock cubes, tomato puree, the peas & approx. 6 cm of garlic puree to the dixie.
- 6 Add enough hot water to the dixie to just cover the ingredients and place on the fire and bring to the boil. Boil for 10 minutes, then reduce to a simmer for 40 minutes, stirring gently every 2-3 minutes without the lid on.
- 7 Make tea & serve
- 8 Eat

Special Fried Rice

Ingredients: 1 ½ Cups easy cook long grain rice
 ½ cup of cashew nuts
 2 Carrots
 1 small cucumber
 2 yellow peppers
 4 Spring Onions
 6 cm garlic puree
 1 cup of frozen peas
 2 tablespoons soy sauce

- 1 Light fire & put on hot water dixie
- 2 Put on the large Billie $\frac{3}{4}$ full of cold water and bring to the boil. When boiling add 2 pinches of salt and add the rice. Bring the water back to the boil and simmer for 15 minutes. Carefully tip the rice into the colander and rinse with hot water; drain thoroughly.
- 3 Whilst the rice is cooking prepare all the vegetables: Cut the carrots in half lengthways then slice into thin semi-circles; halve the cucumber lengthways and remove the seeds with a spoon and then cut the flesh into small chunks; remove the seeds from the peppers and then cut into slices; chop the spring onions.
- 4 When the rice is cooked place the frying pan on fire and ad the cashew nuts **WITHOUT ANY OIL**. Dry fry them until lightly browned and place in a mug/bowl to one side.
- 5 Return the frying pan to the fire and add 4 tablespoons of vegetable oil. When the oil has gone runny, add the prepared vegetables and garlic and stir fry on a hot fire for 3-4 minutes to warm through. Then add the rice and peas, soy sauce and 2 pinches of salt. Continue to stir fry until well mixed and thoroughly heated.
- 6 Stir in the cashew nuts and warm them through.
- 7 Make tea & serve
- 8 Eat

Chicken Curry, Rice & Chapatis

Ingredients	4 chicken breasts Marinade mix (provided by leaders) 1 tablespoon of mustard seeds 1 large onion 4 cm Garlic puree Can of coconut milk 500g rice
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1. Light the fire and put on a hot water dixie
2. Wash the Chicken in fresh water and cut into chunks about the size of a 50p piece
3. Place the cut chicken into a clean bowl with the marinade added and cover for 15 minutes.
4. Also put the rice into a billie fill half full of water and put on the fire.
5. Whilst the Chicken is marinating, dice the onion to the size of 10p pieces and prepare the flat bread.
6. Heat 3 tablespoons oil in a frying pan and add the mustard seeds
7. When they start to pop and jump around, add the onion and the garlic puree.
8. Cook the onions until golden brown and then add the chicken and all of the marinade mix, fry on a gentle heat for 8 minutes and then add whole tin of coconut milk.
9. Mix and then leave to simmer for 10-12 minutes. - cook the flat bread during this time.
10. Keep an eye out to make sure it doesn't burn and add salt and pepper to taste.
11. Serve and enjoy!

Flat Bread (Chapatis) recipe (makes 6) - Put someone in charge of these!:

Ingredients	1 cup flour 1/2 cup water salt and pepper
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1. Put one cup of flour into a bowl
2. Gradually add 1/2 cup of water
3. Using clean hands, blend together until it forms a sticky dough
4. Beat and knead well until the mixture is smooth and elastic - add salt and pepper.
5. Make into balls the size of a golf ball
6. Flatten into a circle using your hands and make into the same thickness as a pound coin (no thick dough please) (use a plate to flatten the dough on a chopping board with plenty of flour, if necessary)
7. Place each flat bread into a single layer of kitchen foil
8. 15 minutes before the curry is ready, place on the fire on hot embers for 2 minutes on each side.
9. Check they are cooked (should be like bread/cooked pancake) - place onto hot plate (plate on top of big dixie with lid on)
10. You may want to butter the flat breads.