



The Phoenix Challenge Cookbook

Cooking on camp should be:

quick,

easy,

enjoyable,

and, with as *little washing up as possible.*



For Starters...

Cooking on camp should be quick, easy and with as little washing up as possible. All sets of ingredients in this *Cook Book* are based on a Patrol of 8 scouts and recipes can be easily chopped and changed to accommodate dietary requirements, allergies and fussy eaters!

This cookbook has specifically been put together for this year's Phoenix Challenge and will give you an outline of the food that you can expect to get. These are suggested menus and you can of course come up with your own creations. But be careful the ingredients listed here will be the ingredients available in the Supermarket onsite.

Each Patrol will be provided with a list of general supplies as below:

Tea Towels	Cordial Drink
Washing up Liquid	Detergent Spray
Matches	Pot Scrubber
Cooking Oil	Black bags & Recycling Bags
Salt / Pepper	Sugar
Biscuits	Butter/Spread
Chocolate Spread	Ziplock Bags
Cling Film	J Cloths
Hot Chocolate	Kitchen Roll
Firelighters	Tea/Hot Chocolate



Breakfast & Lunch

For **breakfast** and **lunch** on camp, time is usually the most important factor. Breakfast should be quick so the days activities can start early! Make sure everyone has a good breakfast. Cereal everyday with fruit (especially, bananas) or fruit juice is great. The sort of items you can expect in the supermarket for breakfast include:

Various Cereals	Bread
Milk	Fruit Juice
Fruit	

Lunch is often on the go or jammed between activities in the middle of the day. Sandwiches are the best for carrying around with you. Pack a lunch with sandwiches, fruit, a drink and some high energy food to keep you going. The supermarket on site will have the following ingredients:

Bread	Ham	Chicken
Tomato	Lettice	Crisps
Bars	Fruit	



Dinner Time

This cookbook contains six suggested meals and their ingredients. There are three chicken dishes and three mince dishes. Over the course of the weekend you will have to cook one chicken dish and one mince dish and one of your choosing. This cookbook will be available to each Patrol on the weekend so DON'T PANIC, use it as an aid and remember practise makes perfect. Again remember that these are only examples and that you are free to experiment and use the ingredients in any fashion you wish.

Three Chicken Dishes:

- One Pot Chicken Casserole
- Chicken Paprika with Pasta
- Vegetable & Chicken Curry

Three Mince Dishes:

- Deconstructed Mince Pie
- Spaghetti Bolognese
- Chilli Con Carne

While you will not be required to have a starter you are required to have a desert. There will be various ingredients and nice things available for you to use your imagination on the day 😊

Spaghetti Bolognese

Ingredients – Bolognese

4 Tablespoon Oil
600g Mince Beef
6 Streaky Rashers
2 Onions
2 Cloves Garlic
2 Tins Chopped Tomato's
4 Tablespoons tomato puree
2 Tablespoons mixed herbs
Pinch Salt & Pepper
200g Mushrooms
5 Carrots

Method

1. Peel and dice onions
2. Peel and crush garlic
3. Cut carrot and dice
4. Wash and Slice Mushrooms
5. Heat oil in saucepan
6. Gently cook bacon, onions and garlic for 5 mins
7. Add carrots and mushrooms
8. Turn up heat add mince and brown
9. Add tinned tomatoes, puree, herbs, and seasoning. Stir and bring to simmer
10. Simmer gently for 25-30 mins

Ingredients – Pasta

500g pasta
6 litres boiling water
4 teaspoons oil
Pinch salt

Method

1. Add salt and oil to boiling water in saucepan
2. When water bubbles, add pasta, lower heat, and stir once
3. Cook for 10-12 mins
4. Drain cooked pasta and serve with Bolognese.



Deconstructed Mince Pie

Ingredients

600g Mince Beef
16 Potatoes
2 Onions
80g Bisto Gravy Granules
2 pints of boiling water
Butter and milk for mashing potatoes
8 Carrots

Method

1. Peel and chop carrots, onions and potatoes
2. Place the mince and the onions into a saucepan and fry, stirring all the time
3. Boil the potatoes and the carrots in separate saucepans until cooked.
4. Place Bisto granules in jug and add 2 pints of boiling water, stirring until dissolved
5. Remove potatoes off the heat, drain off water and add butter and milk, mash till creamy
6. Strain the juice off the mince and add the gravy mixture, stirring until mixed well.
7. Serve mince, mashed potatoes and carrots on plate.

Chilli Con Carne

Ingredients

600g Mince Beef
1 can kidney beans –optional
2 tablespoons oil
2 onions
2 cloves garlic
1 green pepper
1 red pepper
2 grated carrots
2 tins chopped tomatoes
2 level teaspoons sugar
2 teaspoon chilli powder
4 teaspoons tomato puree
2 cups of rice 4 cups of water

Method

1. Peel onions, carrots and garlic. Crush garlic, dice onion.
2. slice peppers and grate carrot
3. heat oil, sauté onions for 2 mins, add garlic, peppers, carrot for 2mins
4. Add mince and fry till brown
5. Add tinned tomatoes, sugar, chilli, tomato puree and beans
6. Cover and simmer for 20mins
7. Cook rice in boiling salted water for 15min drain and serve.



One Pot Chicken Casserole

Ingredients

16 Potatoes
8 Chicken Fillets
1 Onion
4 Tablespoons vegetable oil
2 cloves of garlic
4 teaspoons plain flour
8 carrots
Mixed Herbs
2 chicken stock cubes
450mls boiling water
1 turnip

Method

1. Peel potatoes and cut in half.
2. Peel and chop carrots and turnip
3. Put stock cubes into jug, pour 450mls of boiling water into jug and stir until cubes are dissolved.
4. Cut chicken into cubes
5. Put 2 tablespoons of oil into a large saucepan and cook chicken for 5-6 minutes
6. Peel and crush garlic, peel and chop onion into small pieces
7. Place remaining oil into frying pan and add onion and garlic and cook for 5 mins





8. Take frying off heat and sprinkle the flour over the top of the onion mixture. Stir it well and add all of the stock gradually, stirring all the time.
9. Place frying pan back on the heat, until stock boils, keeps stirring. Once boiled removed from heat.
10. Add frying pan mixture to chicken in the saucepan.
11. Place carrots, turnip and potatoes into saucepan and place on heat and simmer till vegetables are soft.
12. Add mixed herbs to saucepan stir and serve.



Chicken Paprika with Pasta

Ingredients

4 tablespoons vegetable oil
2 onions
8 chicken breasts
4 teaspoons paprika
1 chicken cube - 800ml boiling water
2 green peppers
2 red peppers
300g pasta swirls
200mls natural yoghurt
Parsley to garnish
Pinch salt and pepper

Method

1. Peel and chop onion's
2. Core and chop red and green peppers
3. Cut chicken in to small pieces
4. Heat oil
5. Fry onion's
6. Add chicken and paprika to pan - 2 mins
7. Stir in stock and seasoning
8. Add green and red peppers and pasta, Bring to the boil
9. Cover and simmer for 15-20 mins
10. Stir in natural yoghurt. Heat
11. Serve and garnish with parsley

Vegetable and Chicken Curry

Ingredients

8 chicken breasts
6 tablespoons oil
2 onion's
2 cloves garlic
1 Red pepper
2 carrots
50g flour
8 tablespoons curry powder
1lt boiling water
1 Chicken Stock cube
2 Tablespoons tomato puree
2 dessert apples
Squeeze lemon juice
2 cups of rice

Method

1. Cut chicken into cubes
2. Peel and dice onions, garlic and carrot and apples
3. Heat 4 tablespoons oil and brown chicken, remove from pan
4. Heat remaining oil, sauté onions and garlic for 2mins
5. Add curry powder and flour, cook over low heat for 1min, remove from heat.
6. Add stock cube to boiling water and gradually stir to pan. Stirring all the time
7. Add chicken, diced vegetables, chopped apple, puree, and lemon juice
8. Cover and simmer over gentle heat for 25mins
9. Cook rice 4 cups of water to 2 cups of rice