

A Scout's Camp Cook Book

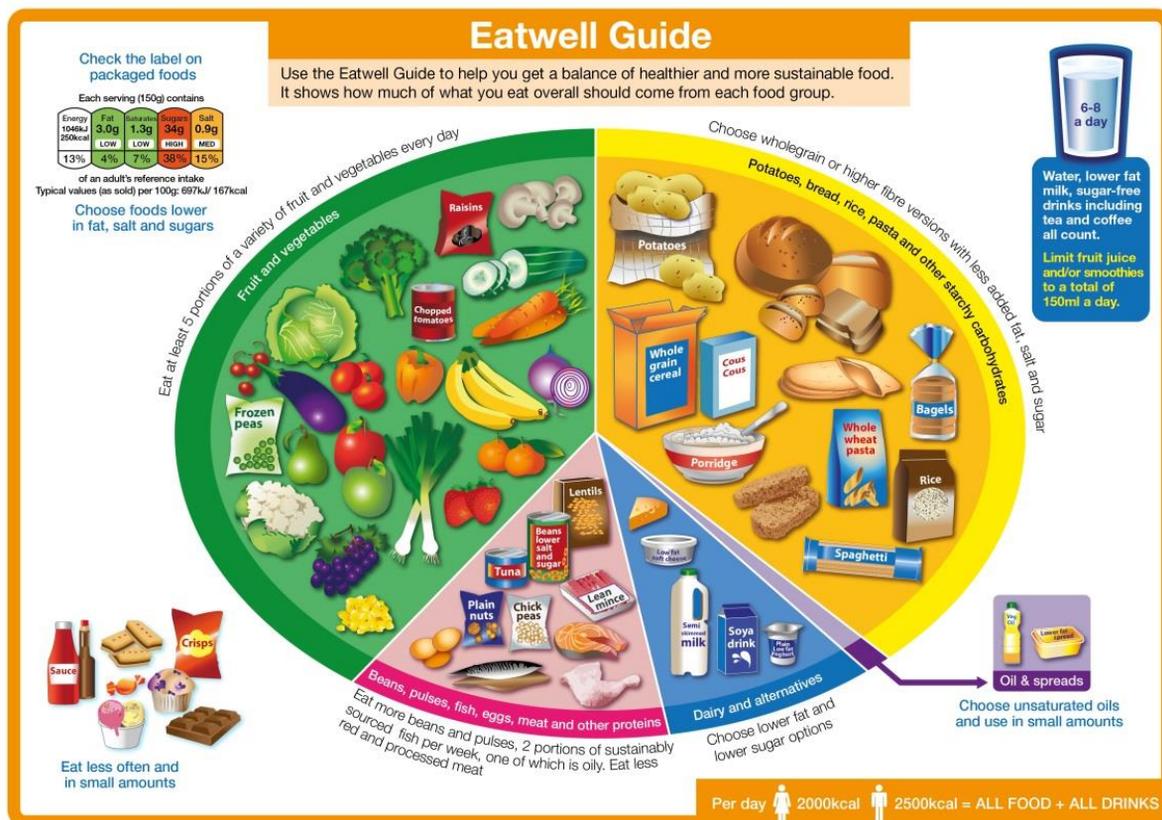
Cooking on camp should be:

quick,

easy,

enjoyable,

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



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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<http://www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-eatwell-plate.aspx>



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!

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. If you have extra time on 1 or 2 of the days a cooked breakfast can be planned – French toast is really quick and easy to make for a big group or you can go all out and have pancakes!

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 or make a big pot of soup if you're back on your campsite at lunch time.

For **dinners**, there's a couple of tried and tested menus below. All of which have been made out for a patrol of eight.

It's really important to plan ahead and change your menu accordingly especially if you're going abroad. For example, if you go on annual camp to Kandersteg in Switzerland, don't plan to cook with chicken everyday. It will completely break your bank! The mince over there is a mixture of pork and beef but tastes just fine in a spaghetti bolognese and is cheap as chips (in comparison anyway).

Chicken Fried Thai Green Chicken Curry

8 Chicken Fillets
2 tbsp Thai green curry paste
1 onion
1 tbsp oil
Any veg (at least 2 is good) e.g. carrots, mushrooms, peppers, mushrooms

1 garlic clove
1 tin Coconut
500g Rice
Salt and Pepper

1. Put on water to boil to cook rice
2. Chop chicken in strips, dice veg and garlic
3. Heat oil in a large pan
4. Lightly fry onion and garlic (and optional chilli)
5. Add chicken, cook through and brown on outside
6. Add veg and stirfry until cooked to liking
7. Add the curry paste and stir until all ingredients fully coated
8. Stir in the coconut milk & simmer for about 10 mins. Season to taste
9. Meanwhile, boil the rice in salted water (about 20 minutes)
10. Drain the rice and serve with the curry



Chicken Fried Rice

8 Chicken Fillets
1 clove garlic
1 onion
1 tbsp oil
Any veg (at least 2) e.g. carrots, mushrooms, peppers
1 chilli, chopped and deseeded (optional)

2 eggs
8 tbsp soy sauce
500g Rice
Pepper

1. Boil Water and put on rice to cook immediately
2. Chop chicken in strips, dice veg and garlic
3. Heat oil in a large pan
4. Lightly fry onion and garlic (and optional chilli)
5. Add chicken, cook through and brown on outside
6. Add veg and stirfry until cooked to liking
7. Add the egg and soy sauce and stir
8. Drain the rice (which should be fully cooked now) and add to pan
9. Stir, season to taste and serve altogether



Chicken Fajitas

8 Chicken Fillets 1 onion
Sachet of Dry Fajita Mix Fajita Wraps
1 tbsp oil
Any veg (at least 2) e.g. carrots, mushrooms, peppers
To Serve: cheese, salsa, tomatoes, salad, guacamole,
sour cream

1. Chop chicken in strips, dice veg
2. Heat oil in a pan
3. Lightly Fry onion
4. Add chicken, cook through and brown on outside
5. Add veg and stirfry until cooked to liking
6. Add the fajita sachet and cook for a further 2-3 mins
7. Serve with warm wraps and anything else you like



Highland Chicken Filler

9 Chicken Breasts	Pasta Sauce
2 Onions	3 tbs tomato Puree
3 Peppers	500g Pasta
8-10 Mushrooms	1 Chicken Stock Cube
10-12 Potatoes	Salt & Pepper to garnish
Oil for frying	1 tin of Tomatoes

1. Bring a saucepan of water to the boil and par-boil the potatoes, drain and leave to cool
2. Heat a little oil in a pot, set over a medium heat, add the chicken to the hot pot, fry for a few minutes until sealed
3. Add the onions to the pot and cook slowly until the chicken starts to brown and the onions began to soften and turn translucent. Add the peppers and mushrooms and cook until soft.
4. Add the chicken stock cube to 400ml of boiling water and stir.
5. Mix the Chicken stock with the tomato puree and pasta. Pour in the pasta sauce over the chicken and onions.
6. Add the par boiled potatoes and add them to the pot bring them to the boil and cook until everything is piping hot

One Pot Chicken Casserole

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

1. Peel potatoes and half. Peel/chop carrots & turnip
2. Put stock cubes into jug, pour 450mls of boiling water into jug and stir until cubes are dissolved.
3. Cut chicken into cubes
4. Put 2 tablespoons of oil into a large saucepan and cook chicken for 5-6 minutes
5. Peel and crush garlic, peel and chop up onion.
6. Place remaining oil into frying pan and add onion and garlic and cook for 5 mins
7. 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.
8. Place frying pan on the heat, until stock boils, keeps stirring. Once boiled removed from heat.
9. Add frying pan mixture to chicken in the saucepan.
10. Place carrots, turnip and potatoes into saucepan, place on heat and simmer till vegetables are soft.
11. Add mixed herbs to saucepan stir and serve



Mushroom & potato curry

2 onions, chopped 500g button mushrooms
500g Rice 1 tbsp oil
250ml vegetable stock 2 cans of coconut milk
2 large potatoes, chopped into small chunks
Any veg (at least 2 is good) e.g. carrots, mushrooms,
peppers, kidney beans
2-4 tbsp curry paste (depending on how hot)

1. Bring a saucepan of water to the boil and par-boil the potatoes, drain and leave to cool
2. Heat a little oil in a pot, set over a medium heat, add the chicken to the hot pot, fry for a few minutes until sealed
3. Add the onions to the pot and cook slowly until the chicken starts to brown and the onions began to soften and turn translucent. Add the peppers and mushrooms and cook until soft.
4. Add the chicken stock cube to 400ml of boiling water and stir.
5. Mix the Chicken stock with the tomato puree and pasta. Pour in the pasta sauce over the chicken and onions.
6. Add the par boiled potatoes and add them to the pot bring them to the boil and cook until everything is piping hot

Roast Sweet Potato and Topping

8 medium sweet potatoes

4 tsp olive oil

4 tbsp Greek yogurt 1 spring onion, sliced; and/or
Cheddar Cheese

1. Rub each of the sweet potatoes with oil and salt, then wrap in a double layer of foil.
2. Cook for 15 mins, in the embers, then turn and cook for 15 mins more. Remove one, unwrap and check it is cooked through.
3. Peel back the top of the foil from each potato, split open.
4. Top with a spoonful of yogurt and a few spring onion slices, or with cheese, or another filling of your choice.



Spaghetti Bolla-Crab

800g minced beef
1tbsp tomato puree
1 onion
1 tbsp oil
Any veg (at least 2)e.g. carrots, mushrooms, peppers,
fresh tomatoes, celery
Parmesan Cheese (optional)

1 tin of tomatoes
2 cloves garlic
Salt & Pepper
500g Spaghetti

Method

1. Put on water to boil to cook spaghetti
2. Dice the onion, chop garlic and dice all the other vegetables being used
3. Heat the oil in a pan and lightly fry onion and garlic (and optional chilli)
4. Add the mince and cook through
5. Add the rest of the vegetables and cook for 5 mins, stirring to avoid a sticky mess
6. Add the tin of tomatoes, bring to the boil and simmer for about 10 minutes
7. Meanwhile boil the pasta in a pot of salted water for 8-12 minutes (Check the spaghetti is to your liking)
8. Season bolognese with salt and pepper to taste.
9. Drain Pasta and serve with spaghetti (and optional cheese and basil)

Burgers, Mash, & Veg

3 pounds minced beef	12-14 Potatoes
2 eggs	9-10 Carrots
1 onion	Oil for frying
2 Cups of breadcrumbs	Salt & Pepper for seasoning
1 tbsp mixed herbs	2 tbsp tomato puree

1. Mix the mince, two whisked eggs, a finely chopped onion, and the breadcrumbs in a bowl, sculpt out large burgers, fry on a hot pan with a little oil until cooked thoroughly
2. Boil peeled potatoes in a pot of hot water, mash once cooked
3. Boil chopped carrots in a pot of hot water, serve once cooked
4. Serve once all cooked



Chilli with tacos

800g minced beef
1tbsp tomato puree
1 tsp chilli powder
1 tin of kidney beans
Salt & Pepper
Any veg (at least 2) e.g. carrots, mushrooms, peppers, fresh tomatoes, celery
To serve: cheese, tomatoes, salad, guacamole, sour cream

1. Mix the mince, two whisked eggs, a finely chopped onion, and the breadcrumbs in a bowl, sculpt out large burgers, fry on a hot pan with a little oil until cooked thoroughly
2. Boil peeled potatoes in a pot of hot water, mash once cooked
3. Boil chopped carrots in a pot of hot water, serve once cooked
4. Serve once all cooked



Beef Stirfry & Noodles

1.2kg of diced beef	Oil for frying
10-12 Mushrooms	Noodles
3 peppers	2 tbsp honey
5 carrots	2 cloves of garlic
4 tbsp soy sauce	

1. In a hot pan fry off the beef with a chopped onion and oil until tender, season lightly
2. Add in all the chopped veg, and cook quickly until softened, Add a little water to prevent from burning
3. Add the soy sauce and honey and mix well until fully coated
4. In a boiling pot of water cook the noodles
5. Serve once piping hot



Deconstructed Mince Pie

1kg Mince Beef 16 Potatoes
2 Onions 80g Gravy Granules
2 pints of boiling water 8 Carrots
Butter and milk for mashing potatoes

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



Sweet and Sour Pork

800g Pork Strips
2tsp Soy Sauce
5 tbsp vinegar
1 tin of pineapple
1 tbsp oil
Any veg (at least 2) e.g. carrots, spring onions, peppers, sweetcorn

1 onion
2tsp Sugar (brown)
2 tbsp tomato sauce
500g Noodles
Salt and Pepper

1. In a hot pan fry off the beef with a chopped onion and oil until tender, season lightly
2. Add in all the chopped veg, and cook quickly until softened, Add a little water to prevent from burning
3. Add the soy sauce and honey and mix well until fully coated
4. In a boiling pot of water cook the noodles
5. Serve once piping hot



Camp Scones

225g of self raising flour
 25g of caster sugar
 150ml of milk
 1 egg
 salt
 Tinfoil

1. Have a grill for over the fire to put a sheet of tinfoil on
2. Add the flour and a pinch of salt to a bowl.
3. Stir in the caster sugar
4. Add the milk and stir till you have soft dough.
5. Flatten out and roll till there are no cracks, thickness should be about 1 inch.
6. Place on floured baking tray (sheet of tinfoil).
7. Glaze with beaten egg if available.
8. Cook for approximately 15 mins, turning at least once.
9. Server with butter and jam.



Quick Fixes

Eggy Bread: break the eggs into a bowl, add a little salt and some milk and beat with a fork. Dip slices of bread into the egg mixture and fry in shallow oil until brown and fluffy.

Pancakes: 300g flour (sieved, if possible), 2 eggs, 570ml (1 pint) milk, and a little oil - beat thoroughly and allow to settle for 30 minutes. Put a spoonful of the mix into a hot oiled frying pan, turn or flip the pancake over when the underside is cooked and brown reverse side.

Omlette: 8 large eggs, a small amount of butter, cheese (grated), salt and pepper, 2 tsp olive oil. Beat eggs with a pinch of salt and pepper in a bowl; meanwhile, put a frying pan on a low heat and adding the butter. Add a portion of the eggs and spread evenly. When it begins to cook and firm up add some cheese and continue cooking before folding it in half.

Foil Packs: A selection of chopped vegetables (eg. Potatoes, peppers, mushrooms, onions, corn, and carrots), salt & pepper, oil/butter, garlic/herbs. Place the chopped vegetables in the middle of a big piece of foil, with seasoning. Then wrap it up, gathering the extra foil at the top so it can be easily opened to check, put on the embers of a fire and cook for approximately 30mins, turning occasionally.