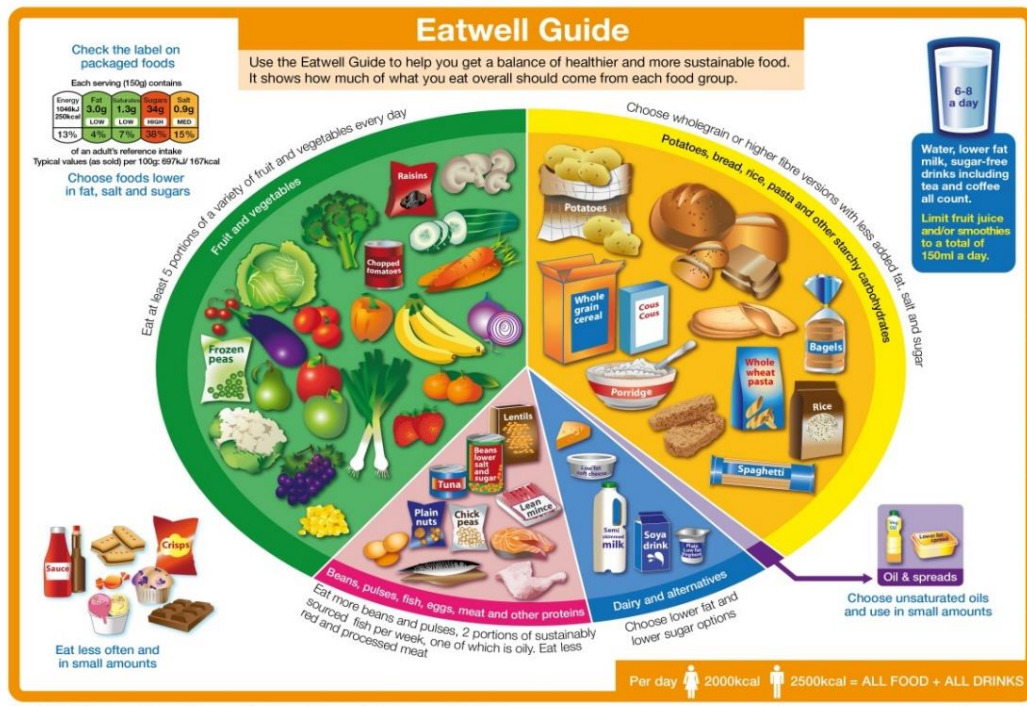


Camping with the Stars

Cook book 2018



Cooking on camp should be:
easy,
notorious,
enjoyable,
and, with as **little washing up** as possible.



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

Food preparation tips

Keep everything clean!

- Always wash your hands with liquid soap and warm water before start cooking.
- Always wash your hands and use hand disinfectant every time you have used the bathroom.
- Use different cutting boards for meats and vegetables.
- Always use clean utensils.

Proper and separate storage of food supplies!

Heat the ingredients properly!

- Cook the food thoroughly and make sure that it gets properly heated.

Safe cooking!

- Rinse all fruit and vegetables before use.
- Avoid handling food if you feel sick.

Omelette in a Bag

Ingredients

- 2 eggs per person
- Water sufficient for boiling eggs

Choose your favourite ingredient per person

- Green/Yellow/Red Peppers – chopped
- Onions – finely chopped
- Tomatoes – chopped
- Mushrooms – sliced
- Precooked sausage/ham/bacon – sliced or cubed
- Grated cheese

Method

- Fill a large pot $\frac{3}{4}$ full of water and bring to the boil
- Ask each b/c/s to write their name on a zip lock freezer bag
- Have each b/c/s crack 2 eggs into their zip lock bags
- Ask each scout to add their favourite ingredient to their omelette bag, don't overload as eggs won't cook properly
- Seal the bag ensuring most of the air is out, Shake the bag
- Place maximum of 4 bags into each pot and boil for 4 minutes Stir occasionally so bags don't stick to the sides of the pot
- After 4 minutes using a tongs remove each bag and carefully shake it by holding the corners.
- Return the bags to the water for another 4 additional minutes
- Remove the bags from the water carefully open and pour each omelette onto a serving plate

CRUNCHY FRENCH TOAST

Serves 6

Ingredients

- 12 ozs of cornflakes
- 6 eggs
- ½ teaspoons of vanilla essence
- 1 cup of milk
- 3 tablespoons butter
- 12 slices of bread – 2 per person
- Jam/Nutella/Syrup to taste

Method

- Crush cornflakes in a large bowl
- In a separate bowl whisk eggs, vanilla & milk
- Melt the butter in a large frying pan or skillet
- Dip each slice of bread in the egg batter then quickly place in the bowl of crushed cornflakes covering both sides
- Fry both sides of each slice of bread until brown
- Serve with syrup/Nutella/jam

APPLE ALMOST PANCAKES

Ingredients

- Pancake mix – add water only
- 1 apple per person

Method

- Mix the pancake mix with the specified amount of water as directed
- Peel and core an apple
- Chop apple into rings
- Dip the apple rings into batter
- Fry each apple ring coated in the batter on a hot frying browning both sides like a pancake
- Serve with jam/Nutella/syrup/sugar

CHICKEN PAPRIKA**Serves 6-8*****Ingredients***

- 1 tbsp sunflower oil
- 7 Chicken Breasts
- 1 bag of pasta
- Green & Red Pepper
- Paprika
- 1 large onion
- 2 Tbsp of Natural Yogurt
- Chicken Stock Cube
- 6-8 Mushrooms peeled & chopped

Method

- Heat the oil in a large pan, add the onion, mushrooms and garlic
- Add Chicken and stir until white
- Make the Chicken Stock with Cold water in a jug
- Add the stock cube with Paprika, salt and pepper
- Bring it to the boil
- Add the pasta and peppers.
- Leave it to cook until the pasta is soft
- Add 1 or 2 tablespoons of Natural Yogurt and mix together

CHICKEN STEW WITH VEG & SPUDS

Ingredients

- 7 Chicken Breasts
- 5 Carrots
- 3 Parsnips
- 1 Leeks
- 1 Large Onion
- 1 stick of Celery
- Glove of Garlic
- Bay Leaf
- Thyme
- Parsley
- 1 Chicken stock cube
- 2 Packets Cassrole mix
- Olive Oil
- 8-10 Potatoes

Method

- Peel, Chop all veg & Potatoes Place each in separate container with lid until ready for cooking
- Dice the Chicken into pieces Place in Container with lid until ready to cook
- Mix the Chicken Cassrole mix with a pint and a half of water
- Place the Pot on the fire, heat it up Then add olive oil
- Add the chopped onion and cook until brown
- Add the chicken, mix the chicken and onion continually around so you don't burn the POT or Chicken
- Add the casserole mix to pot,
- Add the Veg
- After you can feel the veg going soft Add the Potatoes with the chicken stock cube, the Bay Leaf, Thyme & Parsley
- Cover and let boil until Potatoes are cooked

ETON MESS

Ingredients

- 1 meringue per person
- Strawberries or raspberries or blueberries
- Fresh cream whipped OR a can of cream

Method

- Chop up fruit into cubes
- Whip the cream if your using fresh cream
- In a bowl smash up the meringue
- Add a dollop of cream
- Add your favourite fruit
- Mix together

RICE CRISPIE TREATS

Ingredients

- 6 tablespoons of butter
- 30 marshmallows
- 6 cups of rice krispies

Method

- Melt the butter in a pot
- Add in the marshmallows stirring over the heat to melt
- Remove from heat once marshmallows are melted
- Stir in the 6 cups of rice-krispies
- Serve

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INGREDIENTS

- 1 small tortilla per person
- 8-10 chocolate chips pp
- 6-8 mini marshmallows pp

Method

- On a hot frying pan place the tortilla and heat on both sides
- Place the chocolate chips and marshmallows in the middle of the tortilla
- Fold over and heat on both sides until the mixture inside is soft
- Let cool and serve