



# **The Wellington Tramping and Mountaineering Club Ruapehu Lodge Cookbook**

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# Welcome to the revised Lodge Cookbook!

We hope that you enjoy the revised cookbook and find some new recipes that you will enjoy.

Every effort has been made to ensure the quantities are correct and flavoursome enough to suit everyone.

The Lodge Cookbook will be updated and revised on an annual basis. If you have any suggestions, additions, corrections please email them to [lodgeconvenor@wtmc.org.nz](mailto:lodgeconvenor@wtmc.org.nz) .

## Handy Hints

1. As a guide, allow 100/125g of rice, pasta, couscous per person and 300 grams vegetable /meat per person.
2. As a general rule for cooking rice, two parts water to one part rice. With the rice and water together in the pot, bring the water to boil, and then simmer for about 12-20 minutes.

## Abbreviations

Tsp.....Level Teaspoon

Tbsp.....Level Tablespoon

Kg.....Kilogram

# Suggested Breakfast Combinations

These items are the same daily:

- Weetbix
- Cornflakes
- Rice Bubbles
- Muesli
- Porridge
- Toast
- Honey
- Jam
- Peanut butter

These items are suggested combinations in addition to the above:

- Sausages and tomatoes
- Baked beans or spaghetti and eggs
- Bacon and eggs
- Sausages and eggs

Sausages	1-2 per adult and child
Tomatoes	1 large in
Baked beans/ Spaghetti	1 large tin
Bacon	1-2 per person

# Lunch Options

With lunch, be as creative as you possibly can.

## **Suggestions:**

- Bread
- Spreads, such as marmite, jam, peanut butter etc
- Tinned Fish
- Salami
- Fruit Load
- Cheese
- Pickles
- Coleslaw
- Fruit
- Baked Beans
- Soup
- Tinned Spaghetti
- Left-overs from Breakfast and or Dinner
- Toasted Sandwiches
- Scones

# Happy Hour

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Reduced Cream (250ml)	1					2						3
Maggi Soup	2 Tbsp					4 Tbsp						6 Tbsp
Celery								1 Head				1 Head
Pickled Onions (jar)	1					2					3	
Whole Gherkins (jar)	1					2					3	
Sardines	1					2						3
Crackers	1 box					1 box						1 box

Note: quantities are a suggestion only.

## Dip

Mix 2 tablespoons of soup mix to one tin of reduced cream.

Add 2 teaspoons of either lemon juice or vinegar to cream and stir until well mixed.

# Pasta with Tomato & Tuna

## Ingredients

- Pasta
- Tomatoes (tinned)
- Tuna (tinned)
- Parmesan Cheese
- Parsley
- Cabbage
- Mushrooms
- Chilli Sauce
- Garlic
- Salt
- Pepper

## Method

Cook pasta in plenty of boiling water.

Add vegetables. Combine garlic, tomatoes, seasonings and chilli sauce and add to vegetables. Simmer until sauce has reduced and thickened a little.

Add tuna and parmesan. Simmer for a further 1 – 2 minutes.

Serve immediately.

Rice can be used instead of pasta.

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Pasta Shells	1 kg	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg	2.6 kg	2.8 kg	3 kg	3.2 kg
Tin Tomato (400g tin)	3	3	4	4	5	5	6	6	7	7	8	8
Tin Tuna (425 g)	1	2	2	3	3	4	4	5	5	6	6	7
Parmesan Cheese	1/2 cup	3/4 cup	3/4 cup	1 cup	1 1/4 cups	1 1/4 cups	1 1/2 cups	1 1/2 cups	1 3/4 cups	1 3/4 cups	2 cups	2 1/4 cups
Parsley	1/2 cups	3/4 cups	3/4 cups	1 cups	1 cups	1 1/4 cups	1 1/2 cups	1 1/2 cups	1 3/4 cups	1 3/4 cups	2 cups	2 1/4 cups
Cabbage	1/3rd					2/3rds					1	
Mushrooms	300 g	360 g	420 g	480 g	540 g	600 g	660 g	720 g	780 g	840 g	900 g	1 kg
Chilli Sauce, Garlic, Salt and Pepper to Taste												

# Pasta with Pumpkin and Tuna Sauce

## Ingredients

- Tuna (425 kg can)
- Pumpkin
- Kumara
- Capsicum
- Pasta
- Onion

## Method

Cook pasta in plenty of boiling water.

Cut vegetables into bite-sized pieces.

Put diced pumpkin, kumara and onion in boiling water until cooked then mash.

Add more water as needed to make sauce. Then add capsicum and any other vegetables of your choice until cooked.

Stir in tuna to vegetable mix and heat through.

Serve over pasta.

## Tip

Remember, vegetables cook faster when cut in smaller pieces.

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Pumpkin	500g	600g	700g	800g	900g	1kilo	1.1k	1.2k	1.3k	1.4	1.5k	1.6k
Kumara	500g	600g	700g	800g	900g	1kio	1.1k	1.2k	1.3k	1.4k	1.5k	1.6k
Capsicum	3	4	4	5	5	6	6	7	7	8	8	9
Pasta	1kilo	1.2k	1.4k	1.6k	1.8k	2kg	2.2k	2.4k	2.6k	2.8k	3.0k	3.2kg
Tuna (425kg can)	1	2	2	3	3	4	4	5	5	6	6	7
Onion Large	2	3	3	4	4	5	5	6	7	8	8	9
Parmesan, Salt and Pepper to Taste												



# Fruity Chicken with Herbed Couscous or Rice

(NB: THAW CHICKEN THE NIGHT BEFORE)

## Ingredients

- Chicken Pieces

## Marinade

- Fruit Chutney
- Dry White Wine\*
- Ginger
- Ground Cumin
- Chilli Powder
- Oregano
- Fresh Parsley (Optional)

## Method

Combine chutney, wine, garlic, ginger, cumin and chilli. Pour over chicken and marinate during day.

Place chicken and marinade in shallow baking dishes in single layer.

Cover with foil and bake at 180°C until cooked through. Remove chicken, then thicken marinade with cornflour if required.

Serve with either couscous or rice.

If using couscous, stir in parsley and oregano at end. Stir until mixed.

\* if white wine is not available, a substitute is the equivalent in water with a pinch/s of white sugar

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Chicken Pieces	20	24	28	30	36	40	44	48	52	56	60	64
<b>Marinade:</b>												
Fruit Chutney	½ cup			¾ cup		1 cup		1 ¼ cups			1 ½ cups	
Dry White Wine*	5 Tbsp	6 Tbsp	7 Tbsp	8 Tbsp	9 Tbsp	10 Tbsp	11 Tbsp	12 Tbsp	13 Tbsp	14 Tbsp	15 Tbsp	16 Tbsp
Ginger	2 ½ tsp	3 tsp	3 ½ tsp	4 tsp	4 ½ tsp	5 tsp	5 ½ tsp	6 tsp	6 ½ tsp	7 tsp	7 ½ tsp	8 tsp
Ground Cumin	2 ½ tsp	3 tsp	3 ½ tsp	4 tsp	4 ½ tsp	5 tsp	5 ½ tsp	6 tsp	6 ½ tsp	7 tsp	7 ½ tsp	8 tsp
Chilli Powder	½ tsp			¾ tsp		1 tsp		1 ¼ tsp			1 ½ tsp	
Fresh Parsley (Optional)	5 Tbsp	6 Tbsp	7 Tbsp	8 Tbsp	9 Tbsp	10 Tbsp	11 Tbsp	12 Tbsp	13 Tbsp	14 Tbsp	15 Tbsp	16 Tbsp
Oregano	2 ½ Tbsp	3 Tbsp	3 ½ Tbsp	4 Tbsp	4 ½ Tbsp	5 Tbsp	5 ½ Tbsp	6 Tbsp	6 ½ Tbsp	7 Tbsp	7 ½ Tbsp	8 Tbsp
Garlic, Salt and Pepper to Taste												

# Lemon Tarragon Chicken

(NB: THAW CHICKEN THE NIGHT BEFORE)

## Ingredients

- Butter
- Tarragon leaves
- Brown sugar
- Chicken pieces
- Lemon (sliced)
- Rice
- Frozen peas
- Carrots
- Cabbage

## Method

Combine butter, rind, juice, tarragon & sugar in a bowl.

Place chicken in shallow baking dishes in single layer. Cover chicken with mixture and dot with lemon and garlic. Water can be added to turn mixture into a sauce.

Bake uncovered 220 degrees, about 30 minutes or until cooked through.

**(ALWAYS CHECK THE CHICKEN IS COOKED THROUGH)**

Serve with either rice, couscous or roast potatoes and vegetables.

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Butter	200g	240g	280g	320g	360g	400g	440g	480g	520g	560g	600g	640g
Tarragon leaves	2.5 Tbsp	3 Tbsp	3.5 Tbsp	4 Tbsp	4.5 Tbsp	5 Tbsp	5.5 Tbsp	6 Tbsp	6.5 Tbsp	7 Tbsp	7.5 Tbsp	8 Tbsp
Brown sugar	2.5 Tbsp	3 Tbsp	3.5 Tbsp	4 Tbsp	4.5 Tbsp	5 Tbsp	5.5 Tbsp	6 Tbsp	6.5 Tbsp	7 Tbsp	7.5 Tbsp	8 Tbsp
Chicken pieces	20	24	28	32	36	40	44	48	52	56	60	64
Lemon Rind	1		2		3		4		5		6	
Rice	1 kg	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg	2.6 kg	2.8 kg	3 kg	3.2 kg
Frozen peas	1 kg	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg	2.6 kg	2.8 kg	3 kg	3.2 kg
Carrots	1 kg	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg	2.6 kg	2.8 kg	3 kg	3.2 kg
Cabbage	1/3rd					2/3rds					1	
Salt, pepper, chopped garlic to taste												

# Easy Soy Chicken and Rice

(NB: THAW CHICKEN THE NIGHT BEFORE)

## Ingredients

- Chicken pieces
- Soy Sauce
- Ground ginger
- Prepared mustard
- Worcester shire sauce
- Garlic cloves
- Salt and Pepper to taste

## Method

*Make marinade in morning and marinate during day*

Sauté chicken pieces in butter until golden

Move chicken pieces to roasting dish, cover with tinfoil

Bake at 180°C for 1 hour (remove foil last 15 min)

**(ALWAYS CHECK THE CHICKEN IS COOKED THROUGH)**

Serve with rice and vegetables:

- Broccoli
- Carrots
- Beans

**Optional:** serve with coleslaw

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Chicken pieces	20	24	28	32	36	40	44	48	52	56	60	64
Soy Sauce	2 ½ tsp	3 tsp	3 ½ tsp	4 tsp	4 ½ tsp	5 tsp	5 ½ tsp	6 tsp	6 ½ tsp	7 tsp	7 ½ tsp	8 tsp
Ground ginger	2 ½ tsp	3 tsp	3 ½ tsp	4 tsp	4 ½ tsp	5 tsp	5 ½ tsp	6 tsp	6 ½ tsp	7 tsp	7 ½ tsp	8 tsp
Prepared mustard	2 ½ tsp	3 tsp	3 ½ tsp	4 tsp	4 ½ tsp	5 tsp	5 ½ tsp	6 tsp	6 ½ tsp	7 tsp	7 ½ tsp	8 tsp
Worcester-shire sauce	2.5 tsp	3 tsp	3.5 tsp	4 tsp	4.5 tsp	5 tsp	5.5 tsp	6 tsp	6.5 tsp	7 tsp	7.5 tsp	8 tsp
Garlic Cloves	3			4			5			6		
Salt and Pepper to taste												

# Beef Stroganoff

## Ingredients

- Butter
- Onions
- Mushrooms
- Tomatoes
- Blade Steak
- Sour Cream
- Garlic
- Rice

## Method

Cut the steak into small thin strips against the grain. Set aside.

Cook rice according to instructions.

Melt the butter in the pan and cook the chopped onions and garlic until soft. Remove from pan.

Cook the mushrooms. This is good with a mixture of vegetables (carrots, most greens). Add at same time as mushrooms however be mindful of which vegetable needs longer cooking and add vegetables accordingly. When cooked, take out and fry tomatoes. Then remove.

Raise heat and quickly fry the steak.

After 2-3 minutes, return all the vegetables to the pan. Stir in the pepper and sour cream.

Serve with beans.

## Note

Parmesan can be added for extra protein and flavour.

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Butter	150g	180g	210g	240g	270g	300g	330g	360g	390g	420g	450g	500g
Onions	5	6	7	8	9	10	11	12	13	14	15	16
Mushrooms	300g	360g	420g	480g	540g	600g	660g	720g	780g	840g	900g	1kg
Tomatoes	2 small tins	3 small tins	3 small tins	4 small tins	4 small tins	5 small tins	5 small tins	1 large tin	1 large tin	1 large tin	1 large tin	1 large tin
Blade Steak	1.5 Kg	1.8 Kg	2.1 Kg	2.4 Kg	2.7 Kg	3 Kg	3.3 Kg	3.6 Kg	3.9 Kg	4.2 Kg	4.5 Kg	4.8 Kg
Sour Cream	300g	360g	420g	480g	540g	600g	660g	720g	780g	840g	900g	960g
Garlic	3 cloves	4 cloves	4 cloves	5 cloves	5 cloves	5 cloves	6 cloves	6 cloves	7 cloves	7 cloves	8 cloves	8 cloves
Rice	1 kg	1.2kg	700g	800g	900g	1kilo	1.1k	1.2k	1.3k	1.4	1.5k	1.6k

# Beef Casserole

## Ingredients

- Blade Steak
- Tomato Soup
- White Vinegar
- Soy Sauce
- Marjoram or Oregano
- Thyme
- Garlic
- Water
- Onions
- Diced Carrots

## Method

Toss meat in the soup mix. Put in casserole with all other ingredients. Stir well.

Cover casserole and put in a cold or preheated oven. Cook at 150 degrees C for two hours. Stir once or twice during cooking.

Leave to stand for 10 minutes if there is sufficient time before serving.

Excellent with potatoes, either roasted or mashed. Also good with rice.

Number of People	4	10	12	14	16	18	20	22	24	26	28	30	32
Blade Steak	600g	1.5kg	1.8kg	2.1kg	2.4kg	2.7kg	3kg	3.3kg	3.6kg	3.9kg	4.2kg	4.5kg	4.8kg
Tomato Soup Mix	1 pkt	¼ cup	¼ cup				½ cup			5	¾ cups		
White Vinegar	1 Tbsp	2 Tbsp	3 Tbsp		4 Tbsp			5 Tbsp			6 Tbsp		7 Tbsp
Soy Sauce	2 tsp	3 tsp			4 tsp		5 tsp		6 tsp		7 tsp		8 tsp
Marjoram OR Oregano	1 tsp	2 tsp			3 tsp			4 tsp			5 tsp		
Thyme	½ tsp	1 tsp						2 tsp					3 tsp
Garlic	2 cloves	3 cloves			4 cloves			5 cloves			6 cloves		
Water	1 ½ cups	2 ½ cups	3 cups	3 ½ cups	4 cups	4 ½ cups	5 cups	5 ½ cups	6 cups	6 ½ cups	7 cups	7 ½ cups	8 cups
Onions		2		3			4		5		6		7
Diced Carrots or any other root vegetable		2		3			4		5		6		7
Salt and Pepper to taste													

# Mince Pie

## Ingredients

- Puff pastry
- Mince
- Grated carrots
- Grated potatoes
- Diced Pumpkin
- Chopped Onions
- Parsley
- Grated Cheese
- Worcestershire Sauce
- Tomato Sauce
- Beef Stock
- Flour / Cornflour

## Method

Fry onions until tender.

Add mince in batches and brown on high heat.

Mix ingredients and spread into baking dish.

Cover with pastry. Lightly brush top with a small amount of milk.

Pierce top to let the steam out.

Bake for 30 minutes on the second shelf from the bottom of the oven or until pastry is puffed and brown.

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Puff Pastry	400g	480g	560g	560g	720g	800g	880g	960g	1.040 kg	1.120 kg	1.200 kg	1.280 kg
Mince	1.250 kg	1.500 kg	1.750 kg	2 kg	2.250 kg	2.500 kg	2.750 kg	3 kg	3.250 kg	3.5 kg	3.75 kg	4 kg
Grated Carrots	3		4		5		6		7		8	10
Grated Potatoes	3		4		5		6		7		8	10
Diced Pumpkin	3		4		5		6		7		8	10
Chopped Onions	5	6	7	8	9	10	11	12	13	14	15	16
Parsley (chopped)				¼ cup								½ cup
Grated Cheese	¼ cup			½ cup				¾ cup				1 cup
Worcestershire & Tomato Sauce	2 Tbsp			3 Tbsp			4 Tbsp			5 Tbsp		
Beef Stock	1 cup			2 cup			3 cup			4 cup		
Flour / Cornflour	¼ cup			½ cup			¾ cup			1 cup		
Garlic, Curry Powder, Salt and Pepper to Taste												

# Spaghetti Bolognese

## Ingredients

- Pasta
- Mince
- Onions
- Tinned Tomato / Tomato Paste\*
- Garlic
- Oregano
- Marjoram
- Basil
- Worcestershire Sauce

## Method

In a very large pot slowly brown mince, garlic & onions.

## Sauce:

Mix together puree, seasoning, sugar, herbs, stock and tomato sauce and add to mince. Add mushrooms.

Simmer for ½ hour- 40 minutes BUT after 20 minutes taste; add salt, stock and worcestershire sauce if required.

## Pasta

Boil pasta as per the instructions. Drain. Serve.

## Suggested Vegetables

- Carrot
- Frozen peas
- Broccoli
- Mushrooms

## Serving Tips

Sprinkle with grated parmesan cheese and finely chopped parsley.

\*Note: mix 1x can of tomatoes and 1x can of tomato paste

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Mince	1.5 Kg	1.8 Kg	2.1 Kg	2.4 Kg	2.7 Kg	3 Kg	3.3 Kg	3.6 Kg	3.9 Kg	4.2 Kg	4.5 Kg	4.8 kg
Onions	2		3			4		5		6		7
Tin Tomato & Tin Tomato Paste*	2x 420g	2x 420g	3x 420g	3x 420g	4x 420g	4x 420g	5x 420g	5x 420g	6x 420g	6x 420g	7x 420g	7x 420g
Oregano, Marjoram, Basil	2 tsp each			3 tsp each			4 tsp each			6 tsp each		
Garlic Cloves	3			4			5			6		
Spaghetti (dried)	1 Kg	1.2 Kg	1.4 Kg	1.6 Kg	1.8 Kg	2 Kg	2.2 Kg	2.4 Kg	2.6 Kg	2.8 Kg	3 Kg	3.2 kg
Salt, pepper, worcestershire sauce to taste												

# Shepherds Pie

## Ingredients

- Mince
- Onion
- Carrot
- Frozen peas
- Parsley
- Potatoes
- Cheese
- Parsnip
- Cabbage
- Beef stock
- Worcester
- Tomato Sauce
- Flour / Corn flour

## Method

Fry onions until tender.

Add mince in batches and brown on high heat.

Add grated carrot and remaining ingredients and simmer for 30 minutes.

Remove from heat and thicken with cornflour.

Add mixture to baking trays and spread cheesy mashed potatoes evenly over top, lightly forking surface. (Grated cheese or breadcrumbs can be spread on top as optional extra)

Bake in 180 c oven for 45 minutes until golden brown on top.

Serve with parsnip and cabbage and or green beans.

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Mince	1.5 kg	1.8 kg	2.1 kg	2.4 kg	2.7 kg	3 kg	3.3 kg	3.6 kg	3.9 kg	4.2 kg	4.5 kg	4.8 kg
Onions	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8
Carrots	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8
Peas	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8
Water	780 ml	935 ml	1.125 L	1.2 L	1.35 L	1.5 L	1.65 L	1.8 L	1.95 L			
Parsley(chopped)				¼ cup								½ cup
Potatoes (mashed)	1.5 kg	1.87 kg	2.18 kg	2.5 kg	2.8 kg	3.1 kg	3.42 kg	3.73 kg	4.05 kg	4.36 kg	4.67 kg	5 kg
Grated Cheese	¼ cup			½ cup				¾ cup				1 cup
Parsnip	1 kg	1.2 kg	1.4 kg	1.6 kg	1.6 kg	2 kg	2.2 kg	2.4 kg	2.6 kg	2.8 kg	3 kg	3.2 kg
Cabbage	1/4			1/2				3/4				1
Beef Stock	1 cup			2 cup			3 cup			4 cup		
Worcestershire & Tomato Sauce	2 Tbsp			3 Tbsp			4 Tbsp			5 Tbsp		
Flour / Corn flour	¼ cup			½ cup			¾ cup			1 cup		
Salt and pepper to taste												



# Corned Beef

## Ingredients

- Corn Beef
- Potatoes
- Peas
- Carrots
- Cauliflower
- Garlic
- Onions

## Method

### In the morning

Wrap corn beef in Foil. Add garlic cloves, sliced onions and black pepper to taste. Place in baking dish and roast at 80 degrees C all day.

### In evening

An hour before serving:

Remove foil then raise temperature to 180 degrees C

**Tip:** ensure roast is put on early otherwise you may have a late meal.

# Top Side Roast

## Ingredients

- Top Side
- Potatoes
- Kumara
- Peas
- Pumpkin
- Garlic
- Onions
- Black Pepper to taste

## Method

### In the morning

Wrap in foil with garlic, sliced onions and black pepper to taste  
Place in baking dish and roast at 80 degrees C all day

### In the evening

An hour before serving remove the foil and turn temperature up to 180 degrees C

**Tip:** ensure the roast is put on early other you may have a late meal.

# Macaroni Cheese

## Ingredients

- Macaroni
- Butter
- Nutmeg
- Salt
- Flour
- Milk
- Mustard
- Grated Cheese
- Onion
- Grated Cheese
- Bread Crumbs
- Melted Butter

## Options

- Spring Onion
- Peas, beans, corn
- Salami
- Bacon Rashes

## Method

Cook pasta in plenty of boiling water.

Melt butter. Stir in flour, cook for 2/3 minutes.

Stir continuously to avoid browning.

Add milk a little at a time, stirring briskly and allow sauce to thicken and boil between each addition of milk.

Return to boil and remove from heat.

Add mustard, nutmeg and grated cheese.

Stir until cheese has melted and sauce is smooth and creamy.

*Add onion and bacon if desired.*

Drain pasta. Mix with cheese sauce.

Transfer to oven proof dish, add topping. Place under grill and brown.

OR  
Use packet mix  
as per  
instructions

<b>Number of People</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>	<b>28</b>	<b>30</b>	<b>32</b>
Macaroni	1 Kg	1.2 Kg	1.4 Kg	1.6 kg	1.8 Kg	2 Kg	2.2 Kg	2.4 Kg	2.6 Kg	2.8 Kg	3 Kg	3.2 Kg
Butter	100 g	120 g	140g	160g	180g	200g	220g	240g	260g	280g	300g	320g
Nutmeg	½ tsp			¾ tsp		1 tsp			¼ tsp		½ tsp	
Salt	1 ¼ tsp	1 ½ tsp	1 ¾ tsp	2 tsp	2 ¼ tsp	2 ½ tsp	2 ¾ tsp	3 tsp	3 ¼ tsp	3 ½ tsp	3 ¾ tsp	4 tsp
Flour	5 Tbsp	6 Tbsp	7 Tbsp	8 Tbsp	9 Tbsp	10 Tbsp	11 Tbsp	12 Tbsp	13 Tbsp	14 Tbsp	15 Tbsp	16 Tbsp
Milk	3 ½ cup	4 ½ cup	5 ½ cup	6 cup	6 ½ cup	7 ½ cup	8 cup	8 ½ cup	9 cup	10 cup	11 cup	12 cup
Mustard	1 ½ tsp	1 ¾ tsp	2 tsp	2 ½ tsp	3 tsp	3 ½ tsp	4 tsp	4 ½ tsp	5 tsp	5 ½ tsp	6 tsp	6 ½ tsp
Grated Cheese	3 ½ cups	4 ½ cups	5 cups	5 ½ cups	6 cups	6 ½ cups	7 cups	7 ½ cups	8 cups	8 ½ cups	9 cups	9 ½ cups
Onion	2 ½	3	3 ½	4	4 ½	5	5 ½	6	6 ½	7	7 ½	8
Bacon Rashes (Optional)	20	22	24	26	28	30	32	34	36	38	40	42
	<b>T</b>	<b>O</b>	<b>P</b>	<b>P</b>	<b>I</b>	<b>N</b>	<b>G</b>					
Grated Cheese	1 ¼ cups	1 ½ cups	1 ¾ cups	2 cups	2 ¼ cups	2 ½ cups	2 ¾ cups	3 cups	3 ¼ cups	3 ½ cups	3 ¾ cups	4 cups
Bread Crumbs	1 ¼ cups	1 ½ cups	1 ¾ cups	2 cups	2 ¼ cups	2 ½ cups	2 ¾ cups	3 cups	3 ¼ cups	3 ½ cups	3 ¾ cups	4 cups
Melted Butter	5 Tbsp	6 Tbsp	7 Tbsp	8 Tbsp	9 Tbsp	200g	220g	240g	260g	280g	300g	320g
Salt and Pepper to Taste												

# Red Beans and Rice

## Ingredients

- Red Kidney Beans
- Water
- Butter
- Onions
- Garlic
- Green Pepper
- Parsley
- Bay Leave
- Thyme
- Brown Rice

## Method

Put everything except the salt and rice into a large saucepan.

Boil vigorously for 15min, then turn down and simmer for 3-4 hours, until the beans are meltingly soft and quite mushy, forming a thick sauce.

Remove the bay leaves, add the salt and adjust the seasonings, adding more herbs and chilli sauce if you like.

Cook the rice so that it will be ready when the beans are cooked.

Serve the beans on the rice, with a knob of butter if desired. If it needs more colour add brightly coloured peppers a few minutes before serving

Number of People	10	12	14	16	18	20	22	24	26	28
Red Kidney Beans	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups
Water	3 cups	6 cups	9 cups	12 cups	15 cups	18 cups	21 cups	24 cups	27 cups	30 cups
Butter	25g	50g	75g	100g	125g	150g	175g	200g	225g	250g
Onions	1.5	3	4.5	6	7.5	9	10.5	12	13.5	15
Garlic	2	4	6	8	10	12	14	16	18	20
Green Pepper	.5	1	1.5	3	4.5	6	7.5	9	10.5	12
Parsley	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cups	1 ½ cups	1 ¾ cups	2 cups	2 ¼ cups	2 ½ cups
Bay Leaves	1	2	3	4	5	6	7	8	9	10
Thyme	½ tsp	1 tsp	1 ½ tsp	2 tsp	2 ½ tsp	3 tsp	3 ½ tsp	4 tsp	4 ½ tsp	5 tsp
Brown Rice	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups
Chilli Powder, Salt To Taste										

# Basic Vegetarian Risotto

## Ingredients

- Olive Oil
- Butter
- Onion
- Celery
- Garlic
- Dry White Wine or substitute
- Vegetable Stock
- Parmesan Cheese
- Water
- Parsley
- Salt
- Pepper

## Method

Heat the olive oil and melt half the butter. Add chopped onions, garlic and celery. Cook until soft.

Add the rice

Lightly fry the rice stirring continuously so it does not burn or stick – this is crucial.

When the rice is well coated with the butter/oil mix add the wine and stir as the rice absorbs the liquid.

Once wine is absorbed start adding the water one cup at a time. With each cup of water add a teaspoon of stock. Wait for the liquid to be absorbed by rice before adding next cup.

Stir continuously until the rice is cooked. If you run out of water before rice is cooked, add more water.

When rice is on the verge of being cooked turn off heat.

Add rest of butter and parmesan cheese to the rice and mix together.

Leave covered to sit for 2 minutes before serving.

## Variations & Additions

- Mushroom risotto: substitute chopped mushrooms about 100 gms per person instead of celery.
- Squishy pea risotto: substitute peas instead of celery, about ¼ cup per person.

Any other vegetables can be added, just ensure cooking time is properly calculated.

\*substitute for white wine is water with some white sugar added.

<b>Number of People</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>	<b>28</b>	<b>30</b>	<b>32</b>
Olive Oil	3 Tbsp	4 Tbsp	4Tbsp	5Tbsp	5Tbsp	6Tbsp	6Tbsp	7Tbsp	7Tbsp	8Tbsp	8Tbsp	9Tbsp
Butter	100g	125g	125g	150g	150g	175g	175g	200g	200g	225g	225g	250g
Onion	2 large	3 large	3 large	4 large	4 large	5 large	5 large	6 large	7 large	8 large	8 large	9 large
Celery	5 stalks	5 stalks	6 stalks	6 stalks	7 stalks	7 stalks	8 stalks	8 stalks	9 stalks	9 stalks	10 stalks	10 stalks
Garlic	3 cloves	4 cloves	4 cloves	5 cloves	5 cloves	6 cloves	6 cloves	7 cloves	7 cloves	8 cloves	8 cloves	9 cloves
Dry White Wine*	300ml	300ml	350ml	350ml	400ml	400ml	550ml	550ml	600ml	600ml	650ml	650ml
Vegetable Stock	10 tsp	12 tsp	14 tsp	16 tsp	18 tsp	20 tsp	22 tsp	24 tsp	26 tsp	28 tsp	30 tsp	32 tsp
Parmesan Cheese	200g	250g	250g	300g	300g	350g	350g	400g	400g	450g	450g	450g
Water	10 cups	12 cups	14 cups	16 cups	18 cups	20 cups	22 cups	24 cups	26 cups	28 cups	30 cups	32 cups
Parsley, Salt and Pepper to Taste												

# Vegetable Goulash (Gluten Free)

## Ingredients

- Rice
- Butter
- Garlic
- Onion
- Paprika
- Plain Flour
- Vegetable Stock
- Tomato Paste
- Peeled Tomatoes (425g tins)
- Thyme
- Sour Cream

## Method

Cook rice as per the instructions on the packet.

Melt butter, add garlic, onions and cook over low heat until onions are soft. Remove from heat.

Stir in paprika and flour. Gradually add vegetable stock (premixed with water).

Return to heat and stir constantly until mixture boils and thickens. Stir in tomato paste.

Add vegetables in order of cooking times, undrained canned tomatoes and thyme.

Cover and boil until all vegetables are cooked.

Serve on rice with light sour cream.

Have with the following vegetables: potatoes, carrots, pumpkin

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Rice	1 kg	1.2kg	700g	800g	900g	1kilo	1.1k	1.2k	1.3k	1.4	1.5k	1.6k
Butter	100g	100g	700g	800g	900g	1kio	1.1k	1.2k	1.3k	1.4k	1.5k	1.6k
Garlic (crushed)	3 cloves	4 cloves	4	5	5	6	6	7	7	8	8	9
Onion Large	2	3	3	4	4	5	5	6	7	8	8	9
Paprika	3Tbsp	3Tbsp	4Tbsp	4Tbsp	5Tbsp	5Tbsp	6Tbsp	6Tbsp	7Tbsp	7Tbsp	8Tbsp	8Tbsp
Plain Flour	4Tbsp	5Tbsp	6Tbsp	7Tbsp	8Tbsp	9Tbsp	10 Tbsp	11 Tbsp	12 Tbsp	13 Tbsp	14 Tbsp	15 Tbsp
Vegetable Stock	2.5 tsp	3 tsp	3.5 tsp	4 tsp	4.5 tsp	5 tsp	5.5 tsp	6 tsp	6.5 tsp	7 tsp	7.5 tsp	8 tsp
Tomato Paste	4Tbsp	5Tbsp	6Tbsp	7Tbsp	8Tbsp	9Tbsp	10 Tbsp	11 Tbsp	12 Tbsp	13 Tbsp	14 Tbsp	15 Tbsp
Peeled Tomatoes*	3 tins	3	4 tins	4	5 tins	5	6 tins	6	7 tins	7	8 tins	8
Thyme	2 Tbsp	2Tbsp	3Tbsp	3Tbsp	4Tbsp	4Tbsp	5Tbsp	5Tbsp	6Tbsp	6Tbsp	7Tbsp	7Tbsp
Sour Cream	325g	375g	425g	475g	525g	575g	625g	675g	725g	775g	825g	875g
Salt and Pepper to Taste												



# Moroccan Kumara Curry

## Ingredients

- Garlic
- Cumin
- Coriander
- Cinnamon
- Ginger
- Sugar
- Turmeric
- Chilli Powder
- Peeled Tomatoes (425g tin)
- Chickpeas

## Method

Use either couscous, rice or pasta. Cook as per instructions. If using couscous think of timings.

Chop the kumara and other vegetables into small pieces.

Melt the butter, add garlic and spices.

Add diced kumara and other vegetables.

Cook for a few minutes.

Add tomatoes and chickpeas, cook until kumara is no longer crunchy.

Serve as a side dish with baked chicken.

Number of People	10	12	14	16	18	20	22	24	26	28	30	32
Butter	4Tbsp	4Tbsp	4Tbsp	5Tbsp	5Tbsp	5Tbsp	6Tbsp	6Tbsp	6Tbsp	7Tbsp	7Tbsp	7Tbsp
Garlic (cloves or minced)	4 cloves	4 cloves	5 cloves	5 cloves	6 cloves	6 cloves	7 cloves	7 cloves	8 cloves	8 cloves	9 cloves	9 cloves
Cumin	3tsp	3tsp	3tsp	4tsp	4tsp	4tsp	5tsp	5tsp	5tsp	6tsp	6tsp	6tsp
Coriander	3tsp	3tsp	3tsp	4tsp	4tsp	4tsp	5tsp	5tsp	5tsp	6tsp	6tsp	6tsp
Cinnamon	3tsp	3tsp	3tsp	4tsp	4tsp	4tsp	5tsp	5tsp	5tsp	6tsp	6tsp	6tsp
Ginger	3tsp	3tsp	3tsp	4tsp	4tsp	4tsp	5tsp	5tsp	5tsp	6tsp	6tsp	6tsp
Sugar	3tsp	3tsp	3tsp	4tsp	4tsp	4tsp	5tsp	5tsp	5tsp	6tsp	6tsp	6tsp
Turmeric	3tsp	3tsp	3tsp	4tsp	4tsp	4tsp	5tsp	5tsp	5tsp	6tsp	6tsp	6tsp
Chilli powder	2.5tsp	3tsp	3tsp	4tsp	4tsp	4tsp	5tsp	5tsp	5tsp	6tsp	6tsp	6tsp
Peeled Tomatoes	3 tins	3 tins	4 tins	4 tins	5 tins	5 tins	6 tins	6 tins	7 tins	7 tins	8 tins	8 tins
Kumara (medium size)	3	3	3	4	4	4	5	5	5	6	6	6
Chickpeas, rinsed drained	2	2	2	3	3	3	3	3	3	5	5	5
Salt and Pepper to Taste												

# Spicy Chickpeas (Vegetarian)

## Ingredients

- Coconut Milk Powder
- Kumara
- Tomato Paste
- Water
- Red Lentils
- Cumin
- Coriander
- Cardamom
- Ginger
- Stock (Vegetable)
- Onion
- Garlic
- Tins of chickpeas, drained and rinsed
- Couscous
- Chilli Powder
- Butter
- Courgettes
- Carrots
- Peppers

## Method

Mix coconut milk powder, tomato paste and cubed kumara into cold water. Set aside in a saucepan.

Wash the red lentils and place in suitable bowl and cover with cold water to soak.

Fry spices, stock, onion and garlic using butter. Once cooked add the rest of the vegetables, the red lentils including the water that they are soaking in, a bit more liquid and cook.

Add sufficient water to the saucepan containing the kumara to cover the kumara and bring to the boil. Add chickpeas and simmer until the kumara is cooked. Add couscous once the kumara is cooked and water is still boiling. Turn off the heat and let stand for a few minutes.

If there is sufficient room, combine all contents and serve.

**Tip:** the type of vegetable is optional but should be ones that cook quickly.

<b>Number of People</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>	<b>28</b>	<b>30</b>	<b>32</b>
Coconut milk powder	10 Tbsp	12 Tbsp	14 Tbsp	16 Tbsp	18 Tbsp	20 Tbsp	22 Tbsp	24 Tbsp	26 Tbsp	28 Tbsp	30 Tbsp	32 Tbsp
Kumara (medium sized)	3	3	3	4	4	4	5	5	5	6	6	6
Tomato Paste	280g	280g	280g	560g	560g	560g	1.1litres	1l	1l	1.2l	1.2l	1.2l
Dried Red Lentils	2 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups	4.5 cups	4.5 cups
Butter	4Tbsp	4Tbsp	5Tbsp	5Tbsp	6Tbsp	6Tbsp	7Tbsp	7Tbsp	8Tbsp	9Tbsp	9Tbsp	10 Tbsp
Garlic (cloves or minced)	4 cloves	4 cloves	5 cloves	5 cloves	6 cloves	6 cloves	7 cloves	7 cloves	8 cloves	8 cloves	9 cloves	9 cloves
Cumin	3tsp	3tsp	4tsp	4tsp	5tsp	5tsp	6tsp	6tsp	7tsp	7tsp	8tsp	8tsp
Coriander	3tsp	3tsp	4tsp	4tsp	5tsp	5tsp	6tsp	6tsp	7tsp	7tsp	8tsp	8tsp
Cardamom	3tsp	3tsp	4tsp	4tsp	5tsp	5tsp	6tsp	6tsp	7tsp	7tsp	8tsp	8tsp
Ginger	3tsp	3tsp	4tsp	4tsp	5tsp	5tsp	6tsp	6tsp	7tsp	7tsp	8tsp	8tsp
Vegetable Stock	3tsp	3tsp	4tsp	4tsp	5tsp	5tsp	6tsp	6tsp	7tsp	7tsp	8tsp	8tsp
Onion Large	2	3	3	4	4	5	5	6	7	8	8	9
Chilli powder	2tsp	2.5tsp	2.5tsp	3tsp	3tsp	3.5tsp	3.5tsp	4tsp	4tsp	4.5tsp	4.5tsp	5tsp
Courgettes	3	4	5	6	7	8	9	10	11	12	13	14
Carrots	3	4	4	5	5	6	6	7	7	8	8	9
Chickpeas, rinsed drained	2 tins	2	3 tins	3	4 tins	4	5 tins	5	6 tins	6	7 tins	7
Salt and Pepper to Taste												

# Lentil and Tomato Sauce

## Ingredients

- Brown Lentils
- Onions
- Mushrooms
- Green Peppers
- Tomato Puree
- Spaghetti Dried
- Bay Leaf
- Garlic
- Basil
- Marjoram or Oregano
- Oregano
- Thyme
- Sugar
- Salt and Pepper to taste

## Method

To soak Lentils: cover lentils with about four times their volume of boiling water, or bring to boil and boil for two minutes, then leave to stand for 1-2 hours before cooking. Add bay leaf & cook until tender.

Cook pasta or rice as per instructions.

While lentils are cooking finely chop onion & sauté in a little oil until tender.

Add chopped garlic and cook until tender.

Add sliced mushrooms & diced green pepper.

Pour in tomato puree, sugar, salt and pepper.

Simmer for a few minutes on low heat.

Stir in cooked lentils and reheat.

Serve over spaghetti, rice or use as a filling for lasagne.

Number of People	4	8	10	12	14	16	18	20	22	24	26	28	30	32
Brown Lentils	1c	2c	2.5c	3c	3.5c	4c	4.5c	5c	5.5c	6c	6.5c	7c	7.5c	8c
Onions	1	2	3	3	3	4	4	4	5	5	5	6	6	6
Mushrooms	100g	200g	250g	300g	350g	400g	450g	500g	550g	600g	650g	700g	750g	800g
Green Peppers	1	2	2	3	3	4	4	5	5	7	7	8	8	8
Tomato Puree	1Tin	2Tins	2Tins	3Tins	3Tins	4Tins	4Tins	5Tins	5Tins	5Tins	6Tins	6Tins	7Tins	7Tins
Spaghetti Dried	400g	800g	1kg	1.2kg	1.4kg	1.6kg	1.8kg	2kg	2.2kg	2.4kg	2.6kg	2.8kg	3kg	3.2kg
Bay Leaf	1	1	2	2	2	3	3	3	4	4	4	5	5	5
Garlic	1	2	3	3	4	4	5	5	5	5	5	6	6	6
Basil	1tsp	2tsp	2tsp	3tsp	3tsp	4tsp	4tsp	5tsp	5tsp	6tsp	6tsp	7tsp	7tsp	8tsp
Marjoram or Oregano	1tsp	2tsp	2tsp	3tsp	3tsp	4tsp	4tsp	5tsp	5tsp	6tsp	6tsp	7tsp	7tsp	8tsp
Thyme	½tsp	1tsp	1tsp	1tsp	1tsp	2tsp	2tsp	2tsp	2tsp	3tsp	3tsp	3tsp	3tsp	4tsp
Sugar	½tsp	1tsp	1tsp	1tsp	1tsp	2tsp	2tsp	2tsp	2tsp	3tsp	3tsp	3tsp	3tsp	4tsp
Salt and Pepper to taste														

# Vegetarian Pasta

## Ingredients

- Breadcrumbs
- Pasta
- Leeks
- Courgettes
- Garlic Stock
- Tomato Paste
- Parsley

## Method

Heat a small amount of oil in a frying pan. Add the breadcrumbs and cook over a moderately low heat, stirring constantly until golden brown, add more as required. Remove the breadcrumbs and set aside. Wipe out the pan.

Add the pasta to a large quantity of boiling salted water and cook for approximately 7 minutes or until just tender.

While the pasta is cooking, prepare the other ingredients. Heat some more oil in the frying pan. Add the leeks and stir fry for 3-4 minutes. Add the courgettes and stir fry until the courgettes are just tender.

Sprinkle the stock powder over the vegetables and stir in the tomato paste, garlic and parsley.

Drain the pasta. Combine with the vegetable mixture and toss to mix thoroughly. Sprinkle the toasted breadcrumbs and serve immediately.

Other vegetables go really well with this such as beans and corn. Saucepan cooking of the vegetables might work out easier rather than stir frying.

Top with parmesan cheese if desired.

Number of People	4	8	10	12	14	16	18	20	22	24	26	28
Bread Crumbs	1 ¼ Cups	1 ½ Cups	1 ¾ Cups	2 Cups	2 ¼ Cups	2 ½ Cups	2 ¾ Cups	3 Cups	3 ¼ Cups	3 ½ Cups	3 ¾ Cups	4 cups
Pasta (Fettuccini)	1 kg	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg	2.6 kg	2.8 kg	3 kg	3.2 kg
Leeks	2 ½	3	3 ½	4	4 ½	5	5 ½	6	6 ½	7	7 ½	8
Garlic Stock	2 tsp	4tsp	5 tsp	6tsp	7tsp	8tsp	9tsp	10tsp	11tsp	12tsp	13tsp	14tsp
Tomato Paste	¾ cups	¾ cups	1 cups	1 ¼ cups	1 ¼ cups	1 ½ cups	1 ½ cups	1 ¾ cups	2 cups	2 ¼ cups	2 ¼ cups	2 ½ cups
Parsley	¼ cup	½ cup	¾ cup	1 ¼ cups	1 ½ cups	1 ¾ cups	2 cups	2 ¼ cup	2 ½ cups	2 ¾ cups	3 cups	3 ¼ cups
Carrots	4	4	4	5	5	5	6	6	7	7	8	8
Salt and Pepper to Taste												

# puddings

## Bananas and Mousse

### Ingredients

- 30 Bananas
- 10 Packets Chocolate Instant Puddings
- 10 Cups Milk
- 3 600ml Cream

### Method

Slice the bananas into three suitable dishes. Whip up cream. Sprinkle instant puddings over milk and beat. When mixture thickens, fold in whipped cream. Place in the fridge to set.

# Fruit Sponge Pudding

## Ingredients

- Butter
- Flour
- Sugar
- Baking Powder
- Eggs

## Method

Cream butter and sugar, add eggs and beat well. Add sifted flour and baking powder, pour over hot fruit.

Cook for  $\frac{3}{4}$ -1 hour at 200

**OR** Use Edmonds Sponge Mix- per 32 people.

Number of People	4	8	10	12	14	16	18	20	22	24	26	28
Butter	100g	120g	140g	160g	180g	200g	220g	240g	260g	280g	300g	320g
Flour	100g	120g	140g	160g	180g	200g	220g	240g	260g	280g	300g	320g
Sugar	100g	120g	140g	160g	180g	200g	220g	240g	260g	280g	300g	320g
Baking Powder	2 tsp		3 tsp			4 tsp		5 tsp			6 tsp	
Eggs	2	2	3	3	4	5	6	6	7	7	8	8

## Trifle

These quantities make three Bowls

- 3 Double sponges
- 3 Tins fruit (850g)
- Custard

Layer fruit and sponge, then pour over custard.

Tip: Jam can also be added to sponge.

# Chocolate Self Saucing Pudding

## Ingredients

- Butter
- Milk
- Vanilla
- Flour
- Sugar
- Baking Powder
- Cocoa
- Brown Sugar
- Cocoa
- Hot Water

## Method

Heat butter and milk in a saucepan, stir until butter melts and add vanilla.

Sift dry ingredients into basin, add butter to well in centre, stir until smooth.

Pour into deep greased ovenproof dish.

Sprinkle with topping.

Carefully pour over the hot water.

Bake in moderate oven 40-45 minutes.

Number of People	4	8	10	12	14	16	18	20	22	24	26
Butter	50g	100g	125g	150g	190g	212g	250g	275g	315g	340g	400g
Milk	125ml	240ml	300ml	360ml	450ml	510ml	600ml	660ml	700ml	810ml	1Litre
Vanilla	1 tsp	2.tsp	2.tsp	2.5tsp	3.tsp	3.75tsp	4.tsp	5.tsp	6.tsp	7.tsp	8.tsp
Flour	1 cup	2 cups	2.5 cups	3 cups	3.75 cups	4.25 cups	5 cups	5.5 cups	6.5 cups	6.75 cups	8 cups
Sugar	½ cup	1 cup	1 ¼ cups	1 ½ cups	1 ¾ cups	2 cups	2 ¼ cups	2 ½ cups	2 ¾ cups	3 cups	3 ¼ cups
Baking Powder	1 tsp	2 tsp	2.50 tsp	3 tsp	3.75 tsp	4.25 tsp	5 tsp	5.5 tsp	6.5 tsp	7 tsp	8 tsp
Cocoa	1 Tbsp	2 Tbsp	2.5 Tbsp	3 Tbsp	3.75 Tbsp	4.25 Tbsp	5 Tbsp	5.5 Tbsp	6 Tbsp	6.75 Tbsp	8 Tbsp
	<b>T</b>	<b>O</b>	<b>P</b>	<b>P</b>	<b>I</b>	<b>N</b>	<b>G</b>				
Hot Water	1 ¾ cups	3 ½ cups	4 ¼ cups	5 ¼ cups	6 ¾ cups	7 ½ cups	8 ½ cups	10 cups	10 ¼ cups	11 ½ cups	12 cups
Brown Sugar	½ cup	1 cup	1 ¼ cups	1 ½ cups	1 ¾ cups	2 cups	2 ¼ cups	2 ½ cups	2 ¾ cups	3 cups	3 ¼ cups
Cocoa	1 Tbsp	2 Tbsp	2 ½ Tbsp	3 Tbsp	3 ½ Tbsp	4 Tbsp	4 ½ Tbsp	5 Tbsp	5 ½ Tbsp	6 Tbsp	6 ½ Tbsp