# Welcome to the WTMC Lodge Cookbook!

In this recipe book, you will find the dinner recipes you need for standard weeks at the lodge. For other recipes (breakfast, lunch, happy hour, small groups, other ideas), please see the other cookbook. The recipes are arranged in day-of-the-week order, starting with Monday.

If you have any ideas for meals you’d like to see in future iterations of this cook book, or you notice anything that needs to be fixed, please email lodgefood@wtmc.org.nz and let us know!

## Handy Hints

1. If you don’t do a cooked breakfast, there are fewer dishes to deal with before everyone can get out and about for the day
2. The earlier you do your dinner prep, the easier dinner cooking will be
3. Prep dessert at the same time – if it needs baking, throw it in the oven as mains are served and it will likely be ready to serve as you’re ready to eat it
4. If dinner and dessert between them don’t fill everyone up, there are always biscuits, fruit and toast available
5. Recipes are calculated in sets of 5 people. Round up or down as you feel is appropriate for the party you have at the lodge.
6. Many of the vegetarian dishes make awesome sides for every day meals. For a full lodge, cook 5 or 10 serves of a vegetarian main as a side

## Consider Timings

1. Aim for Happy Hour to start around 5 / 5:30pm
2. Dinner mains should be served between 6 and 7pm – aim for the earlier end of this bracket if a family-heavy group with lots of young children
3. Some meals require a portion of the preparation to be undertaken in the morning, the trip leader should ensure they check the menu and arrange this

## Food Safety and Allergies

1. Always wash hands before preparing food, and ensure all surfaces are clean and regularly wiped down
2. Do not move utensils between pots / pans when cooking allergy-friendly and normal food
3. Cook allergy-friendly food first, above, or away from normal food
4. Recipes in this book have been updated to indicate easy ways to make food vegetarian, gluten free (free from barley, oats, wheat and rye) and dairy free where possible. For other allergies, it is the responsibility of the person with the allergy to work with the trip leader to arrange safe food.
5. It is best to include those with allergies in the food preparation process

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# Breakfasts

Cold breakfasts and toast are included daily. The below items are found in the pantry, storeroom or fridge, with extra supplies in the store room.

* Weetbix
* Cornflakes
* Ricies
* Muesli
* Porridge
* Toast
* Spreads
* Fruit
* Yoghurt and milk

Additionally, cooked breakfasts are an option.

Depending on provision, these could include English-style cooked breakfasts of bacon, eggs and baked beans.

Where available, leftovers from last nights dinner also make a really yummy hot breakfast.

Alternatively you could get a little fancier and try pancakes, corn fritters, French toast, frittata or breakfast muffins.

Recipes for all these breakfasts can be found in the Edmonds cook book, stored in the kitchen. In future editions, they will be included in this cook book.

# Lunches

The lodge provides the makings of both take-away and eat-in lunches.

Bread, spreads and fillings for sandwiches or wraps will be found in the kitchen fridge and pantry.

Leftovers are free game unless marked for a specific GROUP meal (no-one may reserve group-cooked leftovers for personal use, they are group property). However, if they are specialty allergy-friendly items, please consider those with allergies first.

If you are back in the lodge for lunchtime, feel free to make anything you feel for yourself and your party. Some ideas include:

* Soup
* Scones / muffins
* Toasted sandwiches
* Baked beans / spaghetti
* Corn fritters
* Pizzas
* Frittata
* Leftovers

# Snacks

Biscuits and fruit are always available (unless the fruit has run out).

Milo, tea and coffee are also provided.

Additionally, please feel encouraged to bake if you are that way inclined. We have plenty of ingredients – and if you find any baking ingredient you want and we’re low on / missing, please let us know for next time.

# Happy Hour

Your skiing day is over, dinner is cooking, time for a nibble!

We have a variety of soup flavours for making dip with, so please help yourselves!

Here are some recommended quantities

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Up to 10** | **Up to 20** | **More than 20** |
| Reduced Cream (250ml) | 1 | 2 | 3 |
| Soup Mix | 2T | 4T | 6T |
| Carrots | 2-3 | 4-6 | 6-8 |
| Crackers | 1 box | 2 boxes | 3 boxes |
| Celery | 1/3 head | 2/3 head | 1 head |

Additionally, people may like (if available):

* Pickled onions
* Whole gherkins
* Grapes

**To make dip**, mix soup mix and 2t lemon juice per can into the reduced cream, stir until well mixed, and refrigerate for as long as you can get away with.

Feel free to get creative as well! Some examples of Happy Hour treats you may like to get people to make are soup, cheesy pizza breads or garlic bread.

# Menus

## Day of Arrival

|  |  |
| --- | --- |
| **Dinner** | Help yourself to something light if you arrive in time, on a night when an existing group are not already established.We recommend soup and toast, or Macaroni Cheese, or review our “light dinners” or “small groups” sections |
| **Supper** | Biscuits, fruit, hot drinks |

## Full Day in Lodge

|  |  |
| --- | --- |
| **Breakfast** | Cereal, Toast, Fruit, spreads every morningCooked breakfast as organised by lodge leader |
| **Lunch** | Help yourself to sandwich makingsORMake something fresh, like soup, scones etc |
| **Snacks** | Biscuits (1 packet per 15 people per day), fruit, hot drinks, baking |
| **Happy Hour** | Crackers, cheese, dip, carrot sticks etc |
| **Dinner** | Varies daily |
| **Pudding** | Ice Cream and daily variation |
| **Supper** | Biscuits, fruit, hot drinks |

## Departing Day

|  |  |
| --- | --- |
| **Breakfast** | Cereal, Toast, Fruit, spreads every morningCooked breakfast as organised by lodge leader |
| **Lunch** | Feel free to pack a lunch before you help clean up the lodge. If you are part of a larger group, departing after lunch, making something fresh is also an option |
| **Snacks** | Fruit and hot drinks available for morning tea before you depart |

# Monday to Friday for School / Private Groups

## Monday

**Basic:** Spaghetti Bolognese with salad and garlic bread
**Change it up:** Lasagne with salad or Shepherds pie with mixed veges
**Special Request to make it fancy:** Chicken and Vegetable Lasagne
**Special Diets:** *GF* – serve with GF pasta. *DF* – make Bolognese and keep cheese separate. *Vege* – separate lasagnes are available on pre-order.
**Dessert:** Chocolate Self-Saucing Pudding

## Tuesday

**Basic:** Roasted chicken pieces with mixed roast veges, peas and corn.
**Change it up:** Use a seasoning mix
**Special Request to make it fancy:** Lodge KFC with diced chicken
**Special Diets:** *GF/DF* – ensure herbs and spices are fine, avoid pouring gravy on top. *Vege* – Vege sausages, burger patties or falafel will be in the freezer
**Dessert:** Fruit Crumble

## Wednesday

**Basic:** Burgers with fries and coleslaw
**Change it up:** Add grated apple to the slaw and herbs to the fries
**Special Request to make it fancy:** Chicken schnitzels, or mince to make your own patties.
**Special Diets:** *GF/DF* – our usual burger patties are naturally GF/DF, ensure buns and fillings are stacked separately for preparation. *Vege* – suitable patties will be provided.
**Dessert:** Jelly or Instant Pudding

## Thursday

**Basic:** Beef Stew with mash and mixed veges
**Change it up:** Corned Beef with mash, mustard sauce and greens
**Special Request to make it fancy:** Roast Beef with trimmings
**Special Diets:** *GF* – check flours and ingredients. *DF* - avoid milk in mash. *Vege* – Vege patties or sausages with veges
**Dessert:** Cheesecake

## Sunday

**Basic:** Whatever you feel like out of the light dinners section
**Dessert:** Fruit salad

# Standard Weekends

## Friday / Sunday

**Basic:** Whatever you feel like out of the light dinners section
**Dessert:** Fruit salad

## Saturday

Saturday meals will be a rotation of one of six options. Dessert for all Saturdays will be Plum Self-Saucing Pudding unless the trip leader has arranged otherwise.

1. Burgers and Fries
2. Fish n Chips
3. Nachos
4. Bangers and Mash
5. Mince (Spaghetti Bolognese / Lasagne / Shepherds Pie)
6. Diced Chicken (Fettucine / Lodge KFC)

# School Holidays

## Monday

**Basic:** Spaghetti Bolognese with salad and garlic bread
**Change it up:** Lasagne with salad or Shepherds pie with mixed veges
**Special Request to make it fancy:** Chicken and Vegetable Lasagne
**Special Diets:** *GF* – serve with GF pasta. *DF* – make Bolognese and keep cheese separate. *Vege* – separate lasagnes are available on pre-order.
**Dessert:** Chocolate Self-Saucing Pudding

## Tuesday

**Basic:** Roasted chicken pieces with mixed roast veges, peas and corn.
**Change it up:** Use a seasoning mix, serve with rice
**Special Request to make it fancy:** Lodge KFC with diced chicken
**Special Diets:** *GF/DF* – ensure herbs and spices are fine, avoid pouring gravy on top. *Vege* – Vege sausages, burger patties or falafel will be in the freezer
**Dessert:** Fruit Crumble

## Wednesday

**Basic:** Bangers and Mash with mixed vegetables **Change it up:** Sausage casserole  **Special Request to make it fancy:** American style hot dogs in buns with salad **Special Diets:***GF* – Burger patties replace sausages. *DF* – avoid milk in mash. *Vege* – vegetarian sausages. **Dessert:** Jelly or Instant Pudding

## Thursday

**Basic:** Fish n Chips with salad or coleslaw **Change it up:** Make a fancy salad, add herbs to chips **Special Request to make it fancy:** Fish bites instead of pieces **Special Diets:** *GF* – will need to have burger patties / similar. *Vege* – Vege patties, sausages or Felafel **Dessert:** Cheesecake

## Friday

**Basic:** Nachos **Change it up:** Make half meat and half vegetarian **Special Diets:** *DF* – serve cheese separately. *Vege* – make up a vege nacho mix too **Dessert:** Bread Pudding and Custard

## Saturday

**Basic:** Burgers with fries and coleslaw
**Change it up:** Add grated apple to the slaw and herbs to the fries
**Special Request to make it fancy:** Chicken schnitzels, or mince to make your own patties.
**Special Diets:** *GF/DF* – our usual burger patties are naturally GF/DF, ensure buns and fillings are stacked separately for preparation. *Vege* – suitable patties will be provided.
**Dessert:** Black Doris Plum Self-Saucing Pudding

## Sunday

**Basic:** Macaroni Cheese and Veges **Change it up:** Add bacon  **Special Request to make it fancy:** Chicken schnitzels or similar to serve alongside **Special Diets:** May need to fend for self, or this days food may be changed entirely. **Dessert:** Fruit Salad

# Sides and Carbs

## Large Pasta

1C per person, plus 1C extra for every 10th person
Bring a large pot of well-salted water to the boil. Add pasta and cook as per packet instructions until al dente. Drain and season with oil, herbs or butter as desired.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5** | **10** | **15** | **20** | **25** | **30** |
| 5C | 11C | 16C | 22C | 27C | 33C |

## Small Pasta

1/2C per person, plus 1/2C extra for every 10th person
Bring a large pot of well-salted water to the boil. Add pasta and cook as per packet instructions until al dente. Drain and season with oil, herbs or butter as desired.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **5** | **10** | **15** | **20** | **25** | **30** |
| 2 1/2C | 5 1/2C | 8C | 11C | 13 1/2C | 16 1/2C |

## Rice

1/3C per person, plus 1/3C extra for every 10th person
Put rice and cold water in pot. Bring to boil, stir thoroughly, replace lid, remove from heat and keep in warm location until all water absorbed (about 15-20 minutes for white rice, 30 minutes for brown rice)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **5** | **10** | **15** | **20** | **25** | **30** |
| **Rice** | 1 2/3C | 3 2/3C | 5 1/3C | 7 1/3C | 9C | 11C |
| **Water** | 3.5C | 7.5C | 10.5C | 15C | 18C | 22C |

## Couscous

Pour boiling water over couscous, stir thoroughly, cover and leave to absorb for 7-10 minutes. Fluff with a fork and serve

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **5** | **10** | **15** | **20** | **25** | **30** |
| **Couscous** | 1.5C | 4C | 5.5F | 7C | 9C | 11C |
| **Water** | 3.C | 8C | 11C | 14C | 18C | 22C |

## Herbed Couscous

For every serve, mix in 1/2T parsley and 1t oregano immediately before serving.
ALLERGENS: Dairy Free, **contains Gluten**, Vegetarian

Creamy Mashed Potato

**Serve:** One large potato per person, plus one potato for every 5 people.
Peel potatoes and dice into small chunks. Cover with salted cold water and boil until nearly falling apart. Strain. Add a generous dob of butter and mash. Add milk as needed to smooth consistency.

## Steamed Vegetables

Cut vegetables into chunks of a similar size, toss in a small amount of powdered garlic, and steam for approx. 5-10 minutes, until cooked but not soft.
ALLERGENS: Dairy Free, Gluten Free, Vegetarian

## Curried Winter Vegetables

Combine seeds with oil and fry off in a frying pan for about 1 minute or until fragrant. Stir in Turmeric and salt. Toss quickly with vegetables, adding a little water if needed to make seasoning stick. Works with both roasted (season before cooking) and steamed vegetables (fry off once cooked).
Seeds: Fennel, Coriander, cumin. Use all or some as preferred.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **5** | **10** | **15** | **20** | **25** | **30** |
| **Seeds (ea)** | 1t | 2t | 3t | 4t | 5t | 6t |
| **Oil** | 2T | 4T | 6T | 8T | 10T | 12T |
| **Turmeric** | 1t | 2t | 3t | 4t | 5t | 6t |
| **Salt** | 1/2t | 1t | 1.5t | 2t | 2.5t | 3t |

# Non-Recipe Instructions

## Burgers and Fries

1. All burger patties and fries should be oven baked from frozen. They should take about the same amount of time to cook.
2. Recommend one patty per person plus two extra per five people in residence.
3. Burger buns can be toasted if desired, they only need a couple of minutes each
4. Serve with salad ingredients, including relish and slices of cheese

## Fish n Chips

1. All fish pieces and fries should be oven baked from frozen. They should take about the same amount of time to cook.
2. Recommend two pieces of fish per adult, and one per child.
3. Ensure the fish (which is NOT Gluten Free) is cooked separate to the fries
4. Serve with salad or coleslaw and tartare sauce.

## Bangers and Mash

1. Sausages can be cooked in the oven, on the hot plate, or on the BBQ on the deck if the weather is nice.
2. Please only freeze uncooked sausages if you are confident they came fresh.
3. Two sausages per person, plus two spare per five people is usually a good quantity.

## Friday / Sunday Night: DIY

We work on a presumption that on Friday and Sunday nights, most groups arrive after dinner unless they have specified otherwise. If you have arrived in time for dinner, here are some meal suggestions:

1. See the “Light meals / Small groups” recipe pages for ideas
2. Pull together something from any leftovers departing groups haven’t consumed
3. Check the freezer for single portion meal options
4. Make up soup from the tubs in the pantry and serve with toast

# Mains with Mince

##

## Spaghetti Bolognese

**Ingredients**

* Garlic, crushed
* Onion, finely diced
* Mince
* Tinned tomatoes
* Tomato puree
* Oregano, Basil
* Wholegrain mustard

**Method**

1. Soften onions and garlic in a small amount of butter or oil
2. Add mince and cook until brown (be careful not to crowd the pot!)
3. Mix together tomatoes, oregano and mustard, and add to mince.
4. Bring to a simmer. After 10-15 minutes, taste and season as appropriate. Add any vegetables being cooked in the sauce and water if looking dry.
5. Continue simmering until ready to eat.

*Serve with pasta, mixed vegetables and grated cheese.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Garlic** | 3 cloves | 4 cloves | 5 cloves | 5 cloves | 6 cloves |
| **Onions** | 2 | 3 | 4 | 5 | 7 |
| **Mince** | 1.5kg | 2.25kg | 3kg | 3.75kg | 4.5kg |
| **Tomatoes** | 1 can | 2 cans | 2 cans | 3 cans | 3 cans |
| **Tomato Puree** | 1 can | 3 cans | 3 cans | 5 cans | 6 cans |
| **Herbs (ea)** | 2t | 3t | 3t | 4t | 5t |
| **Mustard**  | 3t | 4t | 4t | 5t | 6t |

Salt and pepper to taste

**Make this Gluten Free:** Serve with gluten free pasta
**Make this Dairy Free:** Ensure cheese is served separately and onions are cooked in oil.
**Make this vegetarian:** Replace mince with Lentils in Tomato Sauce

## Beef Lasagne

**Ingredients**

* Bolognese Mince
* Lasagne sheets
* Cheese sauce
* Grated Cheese

**Method**

1. Cook Bolognese mince as per Spaghetti Bolognese recipe
2. In large oven dish, layer mince, lasagne sheets and a small amount of cheese sauce.
3. Repeat until all meat in dish. Top with final layer lasagne, remainder of cheese sauce and grated cheese.
4. Bake at 180 for 40-60 minutes or until pasta is soft

*Serve with green salad and garlic bread*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Lasagne Sheets** | 200g | 300g | 400g | 500g | 600g |
| **Cheese Sauce** | 2C | 3C | 4C | 5C | 6C |
| **Cheese** | 1C | 1.5C | 2C | 2.5C | 3C |

**Make this Gluten Free:** Ensure Bolognese is Gluten Free, use Gluten Free pastry
**Make this Dairy Free:** We recommend serving the Bolognese instead.
**Make this vegetarian:** Make Lentil Bolognese sauce in place of mince, or cook our Vegetarian Lasagne recipe

## Shepherds Pie / Mince Pie

**Ingredients**

* Onion, finely diced
* Carrot, grated
* Mince
* Peas / corn
* Beef stock
* Worchestershire sauce
* Tomato sauce
* Cornflour
* Potatoes, boiled and mashed
* Cheese

**Method**

1. Fry onions in a little butter until tender. Add carrots and soften.
2. Gradually add mince and cook until brown
3. Add vegetables, stock and sauce and simmer 30 minutes, ensuring you taste and season. Add more water or stock if drying out.
4. Thicken sauce if required with cornflour
5. Pour mix into oven dishes and top with mashed potato and grated cheese
6. Bake at 180ºC for approx. 30 minutes, until top is golden brown

*Serve with mixed green vegetables. Options also to include additional vegetables inside pie.
For Mince Pie, top with pastry rather than potato, brushed with milk and pierced*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Onion** | 2 | 3 | 5 | 6 | 7 |
| **Carrot** | 3 | 4 | 5 | 7 | 8 |
| **Mince** | 1.5kg | 2.25kg | 3kg | 3.75kg | 4.5kg |
| **Peas** | 500g | 750g | 1kg | 1.25kg | 1.5kg |
| **Stock** | 1C | 2C | 3C | 4C | 5C |
| **W Sauce** | 2T | 3T | 3T | 4T | 5T |
| **T Sauce** | 2T | 3T | 3T | 4T | 5T |
| **Potatoes** | 1.5kg | 2.25kg | 3kg | 3.75kg | 4.5kg |
| **Cheese** | As desired to top pie |

Salt and pepper to taste

**Make this Gluten Free:** Ensure stock and sauces are gluten free. Avoid adding breadcrumbs.
**Make this Dairy Free:** Skip cheese on top, allow people to do this themselves. Fry onions in oil
**Make this vegetarian:** Replace mince with Lentils in Tomato Sauce (see recipe in Vegetarian section)

## Nachos

**Ingredients**

* Onion
* Mince
* Garlic, crushed
* Paprika
* Cumin
* Coriander (Optional)
* Chilli powder
* Canned tomatoes
* Kidney beans
* Beef Stock
* Tomato Paste
* Brown Sugar

**Method**

1. Brown mince in small batches in a little oil. Drain oil and remove to bowl. Soften onions and garlic over a medium head and cook until well softened (about 8 minutes)
2. Add mince back to pan, with all other ingredients. Stir regularly and simmer until thick (around 30 minutes). Season to taste with salt and pepper

**Variations**

* Add grated carrot, peas and/or corn to stretch the mince, or to sneak in vegetables on a family weekend
* Adjust spices as desired based on group

*Serve with flatbread wraps or corn chips, shredded lettuce, grated carrot and cheese, and salsa / avocado / sour cream.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Onion** | 2 | 3 | 4 | 5 | 6 |
| **Mince** | 1.5kg | 2.25kg | 3kg | 3.75kg | 4.5kg |
| **Garlic Cloves** | 6 | 10 | 12 | 15 | 18 |
| **Herbs** | 1t ea | 1.5t ea | 2t ea | 2.5t ea | 3t ea |
| **Chilli** | 0.5t | 0.5t | 1t | 1t | 1.5t |
| **Tomato Cans** | 2 | 3 | 4 | 5 | 6 |
| **Kidney Beans** | 2 | 3 | 4 | 5 | 6 |
| **Beef Stock** | 3C | 4.5C | 6C | 7.5C | 9C |
| **Tomato Paste** | 1/2C | 3/4C | 1C | 1.25C | 1.5C |
| **Brown Sugar** | 2t | 3t | 4t | 5t | 6t |

**Make this Gluten Free:** Check beef stock is gluten free, offer corn chips
**Make this Dairy Free:** Check wraps / corn chips, offer cheese / sour cream on side. If wraps / corn chips are unsuitable, serve with rice.
**Make this vegetarian:** Replace meat with beans and mixed small vegetables. Serve with rice.

## Mains with Chicken Pieces

All chicken pieces mains require the chicken to be removed from the freezer the night before the meal is due to be cooked. It should be defrosted in the back sink.

Marinades should be prepared in the morning, with the chicken left to marinade over the day.

Ensure raw chicken is kept covered and all utensils used in preparation are cleaned thoroughly.

Chicken pieces take between 30-45 minutes to cook through, depending on quantity and how packed the roasting dish is. Please ensure you check that the chicken is cooked before serving.

In addition to the marinade / spice recipes recommended below, roasting in a small amount of oil and basic herbs (rosemary and oregano for example) is also an option.

**ALLOW TWO PIECES OF CHICKEN PER PERSON**

Always cook all defrosted chicken. Never re-freeze.

On request, this can be changed to diced chicken, rather than bone-in pieces.

## Fruity Chicken Marinade

**Ingredients**

* Fruit chutney
* Dry white wine (or lightly sweetened water)
* Ginger
* Ground cumin
* Chilli powder

**Method**

1. Combine all ingredients in a bowl. Pour over chicken and marinate during day
2. Place chicken and marinade in single layer, cover and bake at 180ºC.
3. Remove chicken, thicken marinade with cornflour if required and serve as a sauce

*Serve with rice or herbed couscous and vegetables of your choice*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Up to 10** | **10 - 15** | **15 - 20** | **20 - 25** | **25+** |
| **Fruit Chutney** | 1/2C | 3/4C | 1C | 1 1/4C | 1 1/2C |
| **Wine** | 5T | 8T | 10T | 12T | 15T |
| **Ginger** | 2t | 4t | 6t | 8t | 10t |
| **Cumin** | 2t | 4t | 6t | 8t | 10t |
| **Chilli** | 1/2t | 3/4t | 1t | 1 1/4t | 1 1/2t |
| Garlic, salt and pepper to taste |

**Make this Gluten Free:** Check spices and fruit chutney, serve with rice
**Make this Dairy Free:** Check fruit chutney
**Make this vegetarian:** Serve something else (we have an ever-growing range of Vegetarian recipe ideas, and if you want to add one, please contact us)

## Soy Chicken Marinade

**Ingredients**

* Soy sauce
* Ground ginger
* Mustard (prepared, wholegrain or mild English)
* Worcestershire sauce
* Garlic
* butter

**Method**

1. Combine all ingredients except butter in a bowl. Pour over chicken and marinate during day
2. Brown chicken in butter, then place in roasting dish and cover in tinfoil
3. bake at 180ºC – remove foil for last 10 minutes

*Serve with rice and steamed vegetables or coleslaw*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Up to 10** | **10 - 15** | **15 - 20** | **20 - 25** | **25+** |
| **Soy Sauce** | 2T | 4T | 6T | 8T | 10T |
| **Ginger** | 2t | 4t | 6t | 8t | 10t |
| **Mustard** | 2t | 4t | 6t | 8t | 10t |
| **W sauce** | 2t | 4t | 6t | 8t | 10t |
| **Garlic cloves** | 3 | 4 | 5 | 6 | 7 |
| Salt and pepper to taste |

**Make this Gluten Free:** Check sauces
**Make this Dairy Free:** Check mustard, use oil to brown chicken
**Make this vegetarian:** Serve something else (we have an ever-growing range of Vegetarian recipe ideas, and if you want to add one, please contact us)

## Lemon Tarragon Chicken

**Ingredients**

* Butter
* Tarragon leaves
* Brown sugar
* Lemon rind and juice
* Lemon (sliced)
* Garlic cloves

**Method**

1. Combine butter, lemon rind and juice, tarragon and sugar in a bowl. Toss through chicken.
2. Place chicken in single layer in baking dishes. Pour over remaining sauce
3. Dot chicken with lemon slices and garlic cloves.
4. Bake uncovered at 220 ºC

*Serve with rice or roast potatoes, and vegetables such as peas, carrots and cabbage.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Up to 10** | **10 - 15** | **15 - 20** | **20 - 25** | **25+** |
| **Butter** | 200g | 300g | 400g | 500g | 600g |
| **Tarragon leaves** | 3T | 4T | 5T | 6T | 7T |
| **Brown sugar** | 3T | 4T | 5T | 6T | 7T |
| **Lemons (for rind)** | 1 | 2 | 3 | 4 | 5 |
| Salt and pepper to taste |

**Make this Gluten Free:** This is naturally Gluten Free
**Make this Dairy Free:** Replace butter with oil
**Make this vegetarian:** Serve something else (we have an ever-growing range of Vegetarian recipe ideas, and if you want to add one, please contact us)

## Lodge KFC

**Ingredients**

* Oregano
* Parsley
* Sage
* Thyme
* Mustard powder
* Turmeric
* Pepper
* Paprika
* Ginger
* Garlic powder
* Chicken stock powder

**Method – diced chicken**

1. In a pestle and mortar (or a large bowl), combine all ingredients
2. Place chicken in bowl and stir or shake to combine
3. Fry on hot plate until cooked

**Method – chicken pieces**

1. Combine all ingredients
2. Dip each chicken piece in beaten egg, then cornflour, then spice mix
3. Bake in oven 30-40 minutes

*Serve with roasted potatoes or chips, salad or mixed vegetables*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Herbs** | 2t ea | 3t ea | 4t ea | 5t ea | 6t ea |
| **Chicken** | 1.5kg | 2.25kg | 3kg | 3.75kg | 4.5kg |
| **Eggs** | 4 | 6 | 8 | 10 | 12 |
| **Cornflour** | 2C | 3C | 4C | 5C | 6C |

**Make this Gluten Free:** Check herbs and stock powder
**Make this Dairy Free:** Ensure oil is used to cook chicken
**Make this vegetarian:** This seasoning would work well on diced tofu, fried separately

# Meals with Pasta (but not mince)

## Macaroni Cheese

**Ingredients**

* Macaroni pasta
* Cream, crème fraiche, or sour cream
* Nutmeg
* Wholegrain Mustard
* Grated cheese

**Method**

1. Cook pasta as per instructions
2. Warm cream, mustard and nutmeg in a separate pot until steaming
3. Add cheese, stir until dissolved

**Variations**

* Add cooked bacon and onion or mixed vegetables
* Top with breadcrumbs and extra cheese and grill until golden

*Serve with salad or vegetables*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Macaroni** | 5 1/2C | 8C | 11C | 13 1/2C | 16 1/2C |
| **Cream** | 600ml | 900ml | 1.2L | 1.5L | 1.8L |
| **Nutmeg** | 1/2t | 1/2t | 1t | 1t | 1.5t |
| **Wholegrain Mustard** | 2t (heaped) | 3t (heaped) | 4t (heaped) | 5t (heaped) | 6t (heaped) |
| **Grated Cheese** | 3C | 3.5C | 4C | 4.5C | 5C |

## Chicken & Leek Lasagne

**Ingredients**

* Butter
* Leek
* Flour
* Dijon mustard
* Chicken stock
* Cooked, shredded chicken (or chicken mince)
* Lasagne sheets
* Grated Cheese

**Method**

1. Preheat oven to 180
2. Bake, poach or fry chicken until cooked. Set aside to cook slightly, then shred with a pair of forks
3. Melt butter, and cook thinly sliced leek until soft. Add flour, and cook, stirring constantly, until mixture thickens and bubbles. Slowly stir in mustard and stock, stir over moderate heat until thickens.
4. Remove and reserve 2/3C (per 5 serves) of the sauce, then stir in the chicken.
5. Oil baking tray. Starting with a lasagne sheet, layer chicken and pasta, finishing with chicken. Top with reserved sauce and grated cheese.
6. Bake, covered, 30 minutes. Uncover and bake a further 20 minutes. Stand 5-10 minutes before serving

*Serve with green vegetables and garlic bread.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Butter** | 60g | 90g | 120g | 150g | 180g |
| **Leek** | 1  | 2 | 3 | 4 | 5 |
| **Flour** | 1/4C | 1/2C | 3/4C | 1C | 1.25C |
| **Mustard** | 2t | 3t | 4t | 5t | 6t |
| **Stock** | 2C | 3C | 4C | 5C | 6C |
| **Chicken** | 1.5kg | 2.25kg | 3kg | 3.75kg | 4.5kg |
| **Lasagne Sheets** | 200g | 300g | 400g | 500g | 600g |
| **Cheese** | 1C | 1.5C | 2C | 2.5C | 3C |

**Make this Gluten Free:** Use cornflour rather than flour, ensure chicken stock is GF and use GF lasagne sheets
**Make this Dairy Free:** Skip cheese on top, or use dairy-free cheese. Fry leeks in oil
**Make this vegetarian:** I don’t know that I would try? If you have an idea of what could replace the chicken, let us know

## Chicken Fettucine

**Ingredients**

* Chicken Stock
* Bacon, diced
* Chicken thighs
* Olive oil
* Butter
* Garlic
* Mushrooms (optional)
* Dry white wine
* Lemon zest
* Cream
* Parmesan
* Cornflour
* Milk
* Spinach

**Method**

1. Simmer chicken stock until reduced by half – this will take about 10 minutes
2. Fry bacon until crispy, drain on paper towels
3. Season chicken with salt and pepper and fry off in bacon oil, turning as little as possible
4. Add butter and oil to a pan (same pan if bacon and chicken not cooked on hot plate) and stir until butter melted
5. Add mushrooms, wine and lemon zest. Turn up heat and let wine bubble for 30 seconds
6. Shred chicken into chunks and return to pan with bacon, chicken stock, cream, parmesan and combined milk and cornflour
7. Add spinach and cook another couple of minutes. Season to taste
8. Toss through pasta

*Serve with a green salad, garlic bread, and parmesan on the side*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Stock** | 4C | 6C | 8C | 10C | 12C |
| **Bacon** | 500g | 750g | 1kg | 1.25kg | 1.5kg |
| **Chicken** | 1.2kg | 1.8kg | 2.4kg | 3kg | 3.6kg |
| **Oil** | 4T | 6T | 8T | 10T | 12T |
| **Butter** | 50g | 75g | 100g | 125g | 150g |
| **Garlic** | 14 cloves | 21 cloves | 28 cloves | 35 cloves | 42 cloves |
| **Mushrooms** | 600g | 900g | 1.2kg | 1.5kg | 1.8kg |
| **Wine** | 1C | 1.5C | 2C | 2.5C | 3C |
| **Lemon** | 1 | 1.5 | 2 | 2.5 | 3 |
| **Cream** | 3C | 4.5C | 6C | 7.5C | 9C |
| **Parmesan** | 2C | 3C | 4C | 5C | 6C |
| **Cornflour** | 3t | 4.5t | 6t | 7.5t | 9t |
| **Milk** | 0.5C | 0.75C | 1C | 1.25C | 1.5C |
| **spinach** | 4C | 6C | 8C | 10C | 12C |

**Make this Gluten Free:** Check stock, serve as a sauce for pasta (do NOT stir through pasta), allow GF to serve first to avoid cross-contamination
**Make this Dairy Free:** We’ll have to get back to you on that one.
**Make this vegetarian:** We’ll have to get back to you on that one.

# Small Group Dinners

These recipes are easiest to cook if you have under 10 people staying at the lodge. They often require use of smaller pots and pans than would cope with feeding any more than this, or have more technical cooking techniques, not so easily managed when cooking in bulk.

## Beef Stroganoff

**Ingredients**

* Onion
* Garlic
* Lemon
* Mushrooms
* Steak
* Paprika
* Oil and butter
* Sour cream

**Method**

1. Finely dice onion and garlic, grate lemon zest. Chop mushrooms
2. Cut steak into thin slices, then dust with mixed lemon zest, paprika and salt & pepper
3. Fry onion and garlic in oil until soft. Increase heat and add mushrooms and butter. Remove from pan once mushrooms golden brown
4. Re-oil pan, and fry beef off in small batches until browned but still pink inside. Stir mushrooms back in.
5. Remove from heat and add sour cream (and parsley if desired)

*Serve with pasta or rice, bread, and green beans*

|  |  |  |
| --- | --- | --- |
|  | **5 people** | **10 people** |
| **Onion** | 1 | 2 |
| **Garlic (clove)** | 1 | 2 |
| **Lemon** | 1 | 2 |
| **Mushrooms** | 200g | 400g |
| **Steak** | 500g | 1kg |
| **Paprika** | 1t | 2t |
| **Butter** | Knob | Couple of knobs |
| **Sour cream** | 50ml | 100ml |

**Make this Gluten Free:** This dish is naturally Gluten Free. Consider served sides.
**Make this Dairy Free:** If you know how to make a dairy-free sour cream alternative easily, let us know
**Make this vegetarian:** Replace steak with multiple varieties of mushroom

## Basic Risotto

**Ingredients**

* Butter
* Rice (Arborio is best)
* Onion
* Garlic
* Vegetable or Chicken Stock (hot)
* Parmesan

**Method**

1. Heat oil or butter in large fry pan. Add rice and stir until all oil collected
2. Add 2 large ladles of stock, stir until stock absorbed
3. Repeat until all stock is gone or rice is fully cooked
4. Stir through grated parmesan, salt and pepper to taste

**Variations**

* Add meat of your choice, utilise suitable stock. It is recommended the meat is pre-cooked
* Add vegetables of your choice – recommendations include mushrooms, roasted pumpkin, or peas

*Serve with garlic bread, steamed vegetables or salad*

|  |  |  |
| --- | --- | --- |
|  | **5 people** | **10 people** |
| **Onion** | ½ | 1 |
| **Garlic (clove)** | 2 | 4 |
| **Rice** | 1.5C | 3C |
| **Stock** | 4C | 8C |
| **Parmesan** | As desired for taste |
| **Meat** | ½ - 1C | 1 - 2C |
| **Vegetables** | 3C | 6C |

**Make this Gluten Free:** Check stock and meat
**Make this Dairy Free:** use dairy-free cheese
**Make this vegetarian:** Just don’t use meat!

# All Day Cooks

## Roast Beef

**Method**

1. Inside a foil pouch, place beef, garlic cloves, sliced onion and black pepper to taste
2. Place in baking dish and slow roast at 80 all day
3. An hour before dinner, remove foil and increase temperature to 180

*Serve with mixed roast vegetables, gravy, Yorkshire puds (if you’re feeling bold), peas and corn.*

**Make this Gluten Free:** This dish is naturally Gluten Free. Consider served sides.
**Make this Dairy Free:** This dish is naturally Dairy Free. Consider served sides.
**Make this vegetarian:** Cook something else.

## Corned Beef

**Ingredients**

* Corned Beef
* Whole Grain mustard
* Dijon Mustard
* Honey
* Brown Sugar

**Method**

1. Place beef on a rack inside a roasting pan, fat side up. Add 2cm water to bottom of pan
2. Combine mustards and honey. Spread half mixture over meat
3. Sprinkle half sugar over meat
4. Loosely cover meat and pan completely with foil. Do not allow a vent
5. Bake at 80 all day (check at least once to ensure there is still water)
6. Half an hour before dinner, remove from oven and transfer to clean baking sheet lined with foil. Increase oven temperature to 200.
7. Top with remaining mustard and sprinkle with remaining sugar
8. Cook until top browns slightly, remove and rest 10 minutes

*Serve with mashed potato, cabbage, other mixed vegetables and mustard sauce*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Whole Grain Mustard** | 1T | 2T | 3T | 4T | 5T |
| **Dijon Mustard** | 5T | 7T | 10T | 13T | 15T |
| **Honey** | 1T | 2T | 3T | 4T | 5T |
| **Brown Sugar** | 1/4C | 1/3C | 1/2C | 2/3C | 3/4C |

**Make this Gluten Free:** This dish is naturally Gluten Free. Consider served sides.
**Make this Dairy Free:** This dish is naturally Dairy Free. Consider served sides.
**Make this vegetarian:** Cook something else.

## Beef Stew

It is recommended that the preparation for a stew or casserole be undertaken in the morning, as cooking times can be up to 2 hours, depending on the cut of meat and the quantity prepared. If cooking a casserole, someone should be tasked with returning to the lodge early to turn the oven on.

**Ingredients**

* Blade steak
* Tomato Soup mix
* White vinegar
* Soy sauce
* Marjoram or Oregano
* Thyme
* Garlic, crushed
* Water
* Onions, diced
* Carrots, finely diced

**Method**

1. IN THE MORNING: Dice meat and toss in soup mix. Brown on hot plate and put aside.
2. Combine all ingredients in casserole dish, stir well
3. Cover and cook at 150ºC for 2 hours, stirring once or twice while cooking. For larger quantities, separate into multiple casserole dishes
4. Leave to stand 10 minutes after removing from oven. If sauce requires thickening, use cornflour.

*Serve with roasted or mashed potatoes and mixed vegetables. Hand-made rolls would also work well*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Steak** | 1.5kg | 2.25kg | 3kg | 3.75kg | 4.5kg |
| **Soup mix** | 1/4C | 1/4C | 1/2C | 1/2C | 3/4C |
| **Vinegar** | 2T | 3T | 4T | 5T | 6T |
| **Soy Sauce** | 3t | 4t | 5t | 6t | 7t |
| **Oregano** | 2t | 3t | 4t | 5t | 6t |
| **Thyme** | 1t | 1t | 2t | 2t | 3t |
| **Garlic** | 3 cloves | 4 cloves | 5 cloves | 5 cloves | 6 cloves |
| **Water** | 2.5C | 3.5C | 5C | 6.5C | 7.5C |
| **Onions** | 2 | 3 | 4 | 5 | 6 |
| **Carrots** | 2 | 3 | 4 | 5 | 6 |

**Make this Gluten Free:** Use herbed cornflour in place of soup mix, ensure soy sauce is GF or omit.
**Make this Dairy Free:** This is naturally dairy free
**Make this vegetarian:** Serve something else (we have an ever-growing range of Vegetarian recipe ideas, and if you want to add one, please contact us)

# Vegetarian Dishes

## Creole Red Beans

**Ingredients**

* Red Kidney Beans
* Water
* Green pepper, diced
* Onion, diced
* Celery
* Salt
* Pepper
* Creole seasoning
* Garlic, crushed

**Method**

1. If kidney beans are dry, check to ensure all clean, and soak overnight. If canned, rinse thoroughly.
2. **IN THE MORNING** – place beans in a large pot and cover with water. Add all other ingredients. Cover and bring to the boil
3. Reduce heat to low and simmer, stirring when you can, until the beans are tender – about 4 hours

*Serve with rice as a vegetarian main, or as a side for sausages or chicken. If desired, add additional vegetables in last 20 minutes before serving*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **5** | **10** | **15** | **20** |
| **Kidney Beans** | 500g | 1kg | 1.5kg | 2kg |
| **Water** | 3L | 6L | 9L | 12L |
| **Green Capsicum** | 1 | 2 | 3 | 4 |
| **Onion** | 1 | 2 | 3 | 4 |
| **Celery Stalks** | 4 | 8 | 12 | 16 |
| **Salt** | 2T | 4T | 6T | 8T |
| **Black Pepper** | 2T | 4T | 6T | 8T |
| **Creole Seasoning** | 2T | 4T | 6T | 8T |
| **Garlic cloves** | 3 | 6 | 9 | 12 |

**Make this Gluten Free:** This dish is naturally Gluten Free. Consider served sides.
**Make this Dairy Free:** This dish is naturally Dairy Free. Consider served sides.
**Make this Vegan:** We believe this dish is naturally Vegan.

## Moroccan Kumara Curry

**Ingredients**

* Butter
* Garlic
* Cumin
* Coriander
* Cinnamon
* Ginger
* Sugar
* Turmeric
* Chilli Powder
* Canned tomatoes
* Diced kumara
* Canned chickpeas

**Method**

1. Melt the butter, cook off the spices (note all except chilli are equal quantities), garlic and onion until fragrant
2. Add kumara and any other vegetables wanted
3. Cook for around 5 minutes, then add tomatoes and chickpeas. Cook a further 20 minutes or until kumara is soft

*Serve with rice and naan as a main, or as a side dish with chicken*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **5** | **10** | **15** | **20** |
| **Butter** | 2T | 4T | 6T | 8T |
| **Garlic cloves** | 2 | 4 | 6 | 8 |
| **Spices, sugar** | 1.5t ea | 3t ea | 4.5t ea | 6t ea |
| **Chilli powder** | 1t | 2t | 3t | 4t |
| **Tomatoes** | 2 | 3 | 3 | 4 |
| **Kumara (Med)** | 2 | 3 | 4 | 4 |
| **Chickpeas** | 1 | 2 | 2 | 3 |

**Make this Gluten Free:** This dish is naturally Gluten Free. Consider served sides.
**Make this Dairy Free:** Replace butter with oil.
**Make this Vegan:** Replace butter with oil

## Lentils in Tomato Sauce

**Ingredients**

* Lentils
* Onions, diced
* Garlic
* Mushrooms
* Capsicum
* Tomato Puree
* Bay leaf
* Basil
* Oregano
* Thyme
* Sugar

**Method**

1. THE NIGHT BEFORE: Cover lentils with approximately 4x their volume with boiling water. Cover and leave to stand at least 12 hours. When starting dinner preparation, check water, add bay leaf and return to heat.
2. Sautee the onions and garlic in oil or butter until tender. Add mushrooms and capsicum, cook until liquid evaporates.
3. Add tomato puree and seasonings. Salt and pepper to taste
4. Drain any remaining water from lentils and add to sauce. Return to heat until warm through.

*Serve as replacement for Bolognese / lasagne mince*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **5** | **10** | **15** | **20** |
| **Lentils** | 1C | 2C | 3C | 4C |
| **Onion** | 1 | 1 | 2 | 2 |
| **Garlic** | 1 | 2 | 2 | 3 |
| **Mushrooms** | 100g | 200g | 300g | 400g |
| **Capsicum** | 1 | 2 | 2 | 3 |
| **Tomato Puree** | 1 tin | 2 | 3 | 4 |
| **Herbs, Sugar** | 1t ea | 2t ea | 3t ea | 4t ea |

**Make this Gluten Free:** This dish is naturally Gluten Free. Consider served sides.
**Make this Dairy Free:** This dish is naturally Dairy Free. Consider served sides.
**Make this Vegan:** We believe this dish is naturally Vegan.

## Lazy Vegetarian Lasagne

**Ingredients**

* Mushrooms
* Chopped tomatoes
* Lasagne sheets
* Courgette
* Spinach
* Ricotta
* Milk
* Mozzarella
* Parmesan (opt)

**Method**

1. Preheat oven to 180. Oil a baking dish and set aside
2. In a large pan, add a small amount of oil and cook diced mushrooms over a medium heat for about 8 minutes, or until well softened
3. Mix any herbs you wish with the tomatoes, then spread half the tomatoes over the base of the dish. Top with lasagne sheets, then half the mushrooms, half the courgette and spinach, half the remaining tomatoes and just enough ricotta to spread over the mix.
4. Cover with another layer of pasta, then the remaining mushrooms, courgette, spinach and mushrooms. Spread another small dollop of ricotta, and cover with a final layer of lasagne.
5. Whisk remaining ricotta with milk until smooth. Spread over pasta and then sprinkle cheeses over top.
6. Bake 40 minutes until golden

*Serve with steamed vegetables and garlic bread*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **5** | **10** | **15** | **20** |
| **Mushrooms** | 200g | 400g | 600g | 800g |
| **Cans Tomato** | 2 | 4 | 6 | 8 |
| **Lasagne** | 6-7 sheets | 12-14 sheets | 18-21 sheets | 24-28 sheets |
| **Courgette** | 1 large | 2 large | 3 large | 4 large |
| **Spinach** | 2C | 4C | 6C | 8C |
| **Ricotta** | 1.25C | 2.5C | 3.75C | 5C |
| **Milk** | 1T | 2T | 3T | 4T |
| **Mozzarella** | 0.25C | 0.5C | 0.75C | 1C |
| **Parmesan** | 1T | 2T | 3T | 4T |

**Make this Gluten Free:** Use Gluten Free Lasagne Sheets
**Make this Dairy Free:** We will have to get back to you about that
**Make this Vegan:** We will have to get back to you about that

# Puddings / Desserts

##

## Chocolate Self-Saucing Pudding

**Ingredients**

* Butter
* Milk
* Vanilla
* Egg
* Self-raising Flour
* Brown Sugar
* Cocoa Powder
* Brown sugar
* Hot Water

**Method**

1. Melt and slightly cool butter, then combine with egg and milk
2. Sift dry ingredients into a bowl, create a well in the middle, mix in liquids until smooth
3. Pour into greased, oven-proof dish and sprinkle with topping mixture
4. Gently pour the hot water across the back of a spoon over the top
5. Bake at 180 for 40-45 minutes

*Serve with ice cream and fruit*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Butter** | 200g | 300g | 400g | 500g | 600g |
| **Milk** | 1.25C | 2C | 2.5C | 3C | 3.75C |
| **Vanilla** | 2t | 3t | 4t | 5t | 6t |
| **Egg** | 2 | 4 | 5 | 6 | 8 |
| **Flour** | 2.5C | 3.75C | 5C | 6.25C | 7.5C |
| **Brown Sugar** | 1.25C | 2C | 2.5C | 3C | 3.75C |
| **Cocoa Powder** | 7.5T | 11T | 15T | 19T | 22.5T |
| TOPPING INGREDIENTS BELOW |
| **Brown Sugar** | 2C | 2.75C | 3.75C | 4.5C | 5.5C |
| **Cocoa Powder** | 5T | 7.5T | 10T | 12.5T | 15T |
| **Hot Water** | 3C | 4.75C | 6.25C | 7.75C | 9.5C |

**Make this Gluten Free:** Use Gluten-Free flour. Check cocoa powder
**Make this Dairy Free:** We’ll have to get back to you on that one.
**Make this vegetarian:** This dish is naturally vegetarian

## Fruit Sponge Pudding

**Ingredients**

* Butter
* Vanilla
* White sugar
* Egg
* Flour
* Baking Powder
* Milk
* Fruit – recommend diced apple (with cinnamon), or canned plums

**Method**

1. Cream butter, vanilla and sugar. Add eggs and beat well. Stir in sifted flour and baking powder. Add milk last to smooth batter
2. Pour batter over **hot** fruit in a greased oven-safe dish
3. Cook 45 minutes to 1 hour at 200
4. Top with a sprinkle of icing sugar

*Serve with ice cream*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Butter** | 315g | 475g | 625g | 775g | 950g |
| **Vanilla** | 1.25t | 2t | 2.5t | 3t | 3.75t |
| **Sugar** | 1.25C | 2C | 2.5C | 3C | 3.75C |
| **Egg** | 5 | 8 | 10 | 12 | 15 |
| **Flour** | 2.5C | 3.75C | 5C | 6.25C | 7.5C |
| **Baking Powder** | 5t | 7.5t | 10t | 12.5t | 15t |
| **milk** | 5t | 7.5t | 10t | 12.5t | 15t |
| **Fruit** | 5C | 7.5C | 10C | 12.5C | 15C |

**Make this Gluten Free:** Use Gluten-Free flour
**Make this Dairy Free:** We’ll have to get back to you on that one
**Make this vegetarian:** This dish is naturally vegetarian

## Apple Tart

**Ingredients**

* Butter (very soft but not melted)
* Castor sugar
* Egg
* Orange rind
* Vanilla essence
* Flour
* Baking powder
* Diced apple
* Icing sugar

**Method**

1. Thoroughly cream together butter, sugar, egg, orange rind and vanilla essence
2. Add flour and baking powder and stir until well combined
3. Spread 2/3 of the mix inot the base of a greased and lined springform tin (23cm)
4. Spread over the apple
5. With floured hands, dot the remaining dough over the top
6. Bake at 190 for 40 minutes.

*Dust with icing sugar before serving warm with ice-cream, or cool with whipped cream. Leftovers make a great breakfast or lunch addition*

|  |  |  |  |
| --- | --- | --- | --- |
|  | **10** | **20** | **30** |
| **Butter** | 250g | 500g | 750g |
| **Sugar** | 3/4C | 1.5C | 2.25C |
| **Egg** | 1 | 2 | 3 |
| **Orange** | 1 | 2 | 3 |
| **Vanilla** | 1t | 2t | 3t |
| **Flour** | 2.5C | 5C | 7.5C |
| **Baking Powder** | 2.5t | 5t | 7.5t |
| **Diced Apple** | 500g | 1kg | 1.5kg |

**Make this Gluten Free:** Use Gluten-Free flour. Check icing sugar (omit if not)
**Make this Dairy Free:** We’ll have to get back to you on that one.
**Make this vegetarian:** This dish is naturally vegetarian

## Black Doris Plum Self-Saucing Pudding

**Ingredients**

* Self-Raising Flour
* Sugar
* Butter
* Egg
* Milk
* Vanilla Essence
* Canned Plums
* Jam (Plum or Berry) – 375g jars
* Boiling Water

**Method**

1. Sift flour and sugar together in a bowl. Rub in butter until mixture resembles breadcrumbs
2. Combine egg, milk and vanilla. Pour into dry ingredients and mix together gently
3. Place drained plums in bottom of greased pie dish, pour over batter and smooth top
4. Mix jam and boiling water and pour carefully (over the back of a spoon helps) over top of the batter
5. Bake at 180 for 35-45 minutes, or until the pudding is golden and well risen. Stand 5 minutes before serving

*Serve hot with ice-cream and / or whipped cream*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Flour** | 4C | 6C | 8C | 10C | 12C |
| **Sugar** | 0.5C | 0.75C | 1C | 1.25C | 1.5C |
| **Butter** | 200g | 300g | 400g | 500g | 600g |
| **Egg** | 2 | 3 | 4 | 5 | 6 |
| **Milk** | 2C | 3C | 4C | 5C | 6C |
| **Vanilla** | 2t | 3t | 4t | 5t | 6t |
| **Plums** | 500g | 750g | 1kg | 1.25kg | 1.5kg |
| **Jam** | 2 jars | 3 jars | 4 jars | 5 jars | 6 jars |
| **Boiling Water** | 2C | 3C | 4C | 5C | 6C |

**Make this Gluten Free:** Use Gluten-Free flour.
**Make this Dairy Free:** We’ll have to get back to you on that one.
**Make this vegetarian:** This dish is naturally vegetarian

## Lemon Cheesecake

**Ingredients**

* Plain biscuits (wine or vanilla wine for example)
* Butter, melted
* Sweetened condensed milk
* Cream cheese
* Lemon juice
* Lemon rind

**Method**

1. Crush the biscuits using a rolling pin and a bowl. Add melted butter, 1/3 lemon rind and mix.
2. Line a springform tin with the crumb mixture, including up the sides. Compress well and refrigerate while mixing filling
3. Put cream cheese in large bowl and microwave until just soft (about 30s per 150g).
4. Stir well then add condensed milk, lemon juice and rind, stirring well between each ingredient
5. Pour mix into base and refrigerate until needed (recommend 2-4 hours minimum)

**Variations**

* Omit some lemon juice and replace with orange for a less tangy taste
* Omit all lemon, and instead stir through drained plums and grated white chocolate

*Serve with ice cream or whipped cream, and fruit*

|  |  |  |  |
| --- | --- | --- | --- |
|  | **10** | **20** | **30** |
| **Biscuits** | 1 pack | 2 pack | 3 pack |
| **Butter** | 50g | 100g | 150g |
| **Condensed Milk** | 1 tin | 2 tin | 3 tin |
| **Cream Cheese** | 125g | 250g | 375g |
| **Lemon Juice** | 0.5C | 1C | 1.5C |
| **Lemon Rind** | 3 | 6 | 9 |

**Make this Gluten Free:** Use Gluten-Free biscuits
**Make this Dairy Free:** We’ll have to get back to you on that one.
**Make this vegetarian:** This dish is naturally vegetarian

## Fruit Crumble

**Ingredients**

* Plain flour
* Rolled oats
* Dessicated / shredded coconut
* Brown sugar
* Mixed spice or cinnamon
* Butter
* Fruit (bagged apples, or tinned plums recommended)

**Method**

1. Preheat oven to 190.
2. In a bowl, combine dry ingredients, then rub in butter until combined
3. Place fruit in oven proof dish and spread crumble over top
4. Bake 30-40 minutes or until golden and fruit is hot

*Serve while hot with ice-cream or cream, and custard*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Flour** | 0.5C | 0.75C | 1C | 1.25C | 1.5C |
| **Oats** | 0.25C | 1/3C | 0.5C | 2/3C | 0.75C |
| **Coconut** | 0.25C | 1/3C | 0.5C | 2/3C | 0.75C |
| **Brown Sugar** | 0.25C | 1/3C | 0.5C | 2/3C | 0.75C |
| **Spice** | 0.5t | 0.75t | 1t | 1.25t | 1.5t |
| **Butter** | 75g | 110g | 150g | 190g | 225g |
| **Fruit** | 2kg | 3kg | 4kg | 5kg | 6kg |

**Make this Gluten Free:** Use Gluten-Free flour, replace oats with crushed gf weetbix or rice porridge
**Make this Dairy Free:** Skip butter – use spread instead
**Make this vegetarian:** This dish is naturally vegetarian

## Bread Pudding

**Ingredients**

* Butter, softened
* Old bread
* Currants or raisins
* White sugar
* Lemon zest (optional)
* Eggs
* Milk
* Icing sugar

**Method**

1. Butter the slices of bread and cut them in to triangles
2. Arrange the slices in layers in a baking dish, interspersed with the currants, sugar and lemon zest
3. Beat the eggs and milk together and pour over the bread. Set aside for up to 30 minutes (if you can), pushing the bread back down into the milk occasionally.
4. Place the pan into another roasting pan full of hot water and bake at 180C for about 45 minutes or until golden and set.
5. Dust with icing sugar

*Serve while hot with ice-cream or cream, and custard*

**Variations:** Spread some or all bread with jam. Add chocolate chips. Use any fancy bread on hand.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **10** | **15** | **20** | **25** | **30** |
| **Butter** | 4T | 6T | 8T | 10T | 12T |
| **Bread slices** | 12-16 | 18-24 | 24-32 | 30-40 | 36-48 |
| **Currants** | 4T | 6T | 8T | 10T | 12T |
| **White Sugar** | 1/2C | 1C | 1.5C | 2C | 2.5C |
| **Lemon Zest** | 4t | 6t | 8t | 10t | 12t |
| **Eggs** | 8 | 12 | 16 | 20 | 24 |
| **Milk** | 2C | 3C | 4C | 5C | 6C |

**Make this Gluten Free:** Make a separate dish with stale GF bread (if your GF guests are interested)
**Make this Dairy Free:** Skip butter – use spread instead
**Make this vegetarian:** This dish is naturally vegetarian