



# The Wellington Tramping and Mountaineering Club *Cookbook*



[www.wtmc.org.nz](http://www.wtmc.org.nz)

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**Note:** Although every effort has been made to ensure accuracy in this cookbook it is recommended you check the tabulated ingredient amounts against the recipe. For example, if it says 3tbsps (tablespoons) of chilli it probably means 3tsps (teaspoons)!

For corrections/additions please email [newsletter@wtmc.org.nz](mailto:newsletter@wtmc.org.nz).

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## Some Basic Food and Cooking Tips:

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- If using stock, remember you may need vegetable stock for vegetarians, and use gluten free stock for gluten free punters.
- You can often add your own meat to the dish after it's cooked (e.g. – tinned tuna, tinned chicken, chorizo, etc) which works well with vegetarians and meat lovers alike.
- Many recipes call for oil or butter to fry up spices or garlic or onion, but you can also use just a bit of water to keep them from burning.
- Coconut and whole milk powder are good sources of protein and good fat.
- The gear room stores a wok which has proved popular on trips, and not just for cooking.
- As a guide, allow 100g (for Easy, Medium and even medium fit trip) 125g (for fit trips) of rice, pasta, couscous per person and 300 grams vegetable/meat per person.
- Couscous is actually pasta and contains gluten. As a general rule for cooking couscous, equal parts water to couscous (e.g. – if you want to cook 1 cup of couscous, you'll need 1 cup of water). Bring the water to a boil, remove from the heat, add the couscous, stir quickly, then cover and let stand for 5 minutes.
- Quinoa is a grain and is high in protein. Much like couscous, it has little flavour on its own and is best with vegetables, meat, spices, soup mix or stock. As a general rule for cooking quinoa, two parts water to one part quinoa. Boil water, add quinoa, cover and let simmer for 12 to 15 minutes, remove from heat and let stand for 2-3 minutes. Then eat.
- 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. Be sure to check the directions on the package as different types of rice require different ratios of water and different cooking times.
- If taking tinned food – look for tins with ring pulls.
- A sharp knife and chopping board are handy to have along with detergent and a scouring pad for washing up.

## Tips on Gluten Free

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- We have made suggestions on how to make most of the recipes gluten free if required (Thanks Katie Glenie!).
- Rice, potato and corn (including corn flour) are all gluten free ingredients that can be substituted for pasta and couscous.
- Gluten free pasta is also readily available in supermarkets.
- Rice noodles are a great Asian alternative.
- Check packet mix ingredients for gluten. You may be able to find a gluten free option or it might be easiest to ask the gluten free punter to bring them. Especially be careful with stock, soup mix, etc.
- If you are looking for dessert options there are many gluten free cakes and biscuits readily available at the supermarket.

## **Aunty Rata Top Ten Tips (with bonus from the cookbook editors)**

1. Get everyone to wash their hands (with soap and water) before starting to cook. Hygiene is particularly important when you are in the bush and preparing group food. Hand sanitizers can help get rid of bacteria but you probably still need to wash the crud from your hands before you start cooking for others.
2. Just because you are the trip leader doesn't mean you cook the kai. Cooking should be a labour of love. Allocate the task to the person who loves doing it the most and sit back and enjoy the results!
3. Pack a big, light weight plastic or wooden spoon for stirring and serving. Nobody really likes their cup returned to them with dinner dripping off it.
4. The chopped garlic that comes in the glass container from the supermarket is full of sugar, salt and other preservatives, additives and flavourings and is just fine decanted into a film canister or some other light weight packaging. Nobody really likes peeling and finely chopping actual cloves of garlic after a hard day in the hills.
5. Milk powder or coconut cream powders are not only light and easy to transport they are also an excellent source of protein and can be used to thicken and flavour pretty much any meal. You can buy coconut cream powder in bulk from Moore Wilsons.
6. The reason for lugging fresh vegetables into the hills is not to fill up your pack but to ensure you have an excellent source of vitamins and minerals, and they add flavour, colour and texture to your dinner. If you overcook the vegetables you remove all of the above. You may as well have left them in the fridge and popped a multi vitamin. It is not possible to over undercook the vegetables.
7. Soups are like milk and coconut powder, light and easy to transport. They can be used as a hot drink pre-dinner, or if there is a lack of flavouring for the main meal chuck them in. Soup thickens everything and adds flavour, plus soups tend to be salty and you need to replace the salt you have sweated out all day. If you must carry extra stuff in your pack soup sachets are more edible than cards or crosswords.
8. Before you head out make sure you are on top of your punter's food preferences. Most of us are flexitarian but you will sometimes encounter people who can't eat stuff for good reasons such as allergies. It makes sense to leave out ingredients that cause some of your party grief or come up with an elegant compromise such as adding the creatures after the vegetarians have taken their portion. Food assembly is all about problem solving!
9. The Club website gives guidance on quantities of particular food groups to take per person. The most important is the 100-120 grams of carbohydrates per person. Except that as George Orwell pointed out not all animals are equal. If your trip consists of lots of fat stomachs you need to take more ingredients (carbs) for assembly otherwise people will be hungry. Under catering is, on balance a greater crime than over catering.
10. Slapping together decent kai is all about the assembly process. Before you start think, about your ingredients and the order in which you want to cook them. Yep, some ingredients take longer than others. Dried vegetables and powdered stuff generally likes to be mixed and soaked in cold water for a bit prior to heating (to allow for rehydration and maximum lump production).
11. The cook does not, in any circumstances, have to clean up. That is what the rest of the team is for.
12. Running low on gas: stand your gas cylinder in a few centimetres of water – to get an extra hit.

# Mains

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## Bacon and leek pasta

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**Chef:** Kevin Cole

**Number served:** 5

**Special features:** the bacon aroma

**Requirements:** 2 billies, 2 cookers helpful but possible with one. Wooden spoon/spatula for bacon.

### Ingredients (\*may contain gluten):

- 500g pasta\*
- 300g bacon - cut into small squares
- 1 leek (minus the leafy tops)
- handful of pinenuts (50g)
- 200 grams of feta cheese or 115 grams goats cheese

### Optional

- Maggi cheese sauce

### Method:

1. Chop leeks into 1 cm thick discs.
2. If you have two stoves, in the first billy, boil water and begin cooking pasta.
3. With the other stove and billy, fry the bacon in batches with small amount of oil if needed. Stir so it doesn't stick too much. Once cooked, remove from billy and set aside.
4. Sauté leeks in bacon fat/oil from this billy.
5. Option – if using maggi cheese sauce, follow packet directions and use the pasta water for mixing.
6. Drain the pasta, add feta (or goats cheese), leeks, bacon (and maggi sauce). Serve with pinenuts.

### Chef's Notes / Tips:

- If one stove, once bacon and leeks are cooked, start the water boiling to then cook the pasta. Once pasta is cooked, remove from the heat and stir in leek and bacon to heat them through. Then drain the water and add remaining ingredients.
- If you replace feta with goat's cheese, use about 115 grams which works well for 6 people – I will let you do the math.
- You can add broccoli if you want to go light on the leeks – 1 head for 6 people.
- If you want to make it a bit more saucy you can add either mascarpone cheese or maggi cheese sauce – use the pasta water to mix it.
- Other nuts can be substituted for pinenuts – especially for larger groups.

### Gluten free:

- Use gluten free pasta and skip the cheese sauce.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Pasta	250 grams	400 grams	600 grams	800 grams	1000 grams	1.2 kg
Bacon	100 grams	200 grams	400 grams	600 grams	800 grams	1 kg
Leeks (white bit)	½ leek	1 small leek	2 small	2 medium	2 large	3 medium
Pinenuts	2 Tablespoon	4 Tablespoon	60 grams	90 grams	120 grams	150 grams
Feta	½ pkt (100g)	1 pkt	2 pkt	2 pkt	3 pkt	3 pkt
Oil (olive)	30 mL	60 mL	90 mL	120 mL	150mL	180mL



## Asian Home Gourmet Tofu Laksa

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**Number served:** 6

**Special features:** vegetarian with meat options

**Requirements:** 2 billies is easier

### Ingredients (\*may contain gluten):

- 250g packet tofu
- 50ml oil
- 1 packet laksa paste\*
- 1 teaspoon stock\*
- 600g noodles\* – egg\*, hokkien\*, rice (vermicelli) are traditional, or soba\* noodles
- 2 x 150g box of coconut cream
- 1 lime
- 1 spring onion
- 2 courgettes (in winter 2 carrots)
- 1 capsicum (in winter 1 small head broccoli)
- fresh herbs coriander and/or mint

### Optional

- 100g mung bean sprouts

### Method:

1. In the first billy boil water and cook the noodles.
2. In second billy, heat oil and add tofu and laksa paste - stir fry for 3 minutes.
3. Mix coconut milk with water in someone's cup and set aside.
4. Add vegetables to second billy with tofu and laksa paste along with a bit of water to cook. When the vegetables are tender, add coconut milk and simmer for 5 minutes.
5. Garnish with herbs, bean sprouts, lime, and spring onion.

### Chef's Notes / Tips:

- Mung bean sprouts are not cooked, but added when serving. If you are not bringing the sprouts add another small vegetable. Note some trampers sprout mung bean while on the track.

### Gluten free:

- Use rice noodles and ensure stock and laksa paste are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Noodles*	200g	400g	600g	800g	1kg	1200g
Tofu	100g	200g	300g	400g	500g	600g
Oil	1 tablespoon	40ml	50ml	75ml	100ml	125ml
Laksa paste	1/2pkt	½ pkt	1 pkt (60g)	1 pkt	2 pkt	2 pkt (120g)
Stock*	¼ teaspoon	1/2 teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons	2 ½ teaspoon
Herbs such as coriander	Tiny bunch	Small bunch	Bunch	Bunch	2 bunches	2 bunches
Coconut cream	100g	150g	300g	450g	450g	600g
Lime	1	1	1	2	2	3
Courgette	½	1	2	3	3	4
Capsicum	½	1	1	2	2	3
Spring onion	Small 1	1	1	2	2	2
Mung beans	50g	75g	100g	125g	150g	200g

## Quinoa and Chickpeas

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**Chef:** Illona Keenan

**Number served:** 6

**Special features:** Vegetarian, gluten free

**Requirements:** The optional ingredients are what make this dish nice.

### Ingredients (\*may contain gluten):

- 600 grams quinoa
- 50ml oil
- 1 onion chopped
- vegetable stock\*
- 2 cloves garlic
- 1 teaspoon cumin, 1 teaspoon coriander, 1 teaspoon sugar, 1 teaspoon salt
- 2 tablespoons sumac (optional but very delicious)
- 1 capsicum
- 2 carrots
- ½ cup dried fruit (e.g. raisins)
- ½ cup sundried tomatoes
- 1 x 440 gram tin of chickpeas, rinsed and drained
- 300 grams feta cheese

### Optional

- 2 Tablespoons pomegranate molasses
- ½ preserved lemon chopped

### Method:

1. First cook the quinoa. Boil water, then add quinoa and simmer for 12-20 minutes (typically 1 parts quinoa to 2 parts water). Can take off heat after 15 minutes and set aside.
2. Fry onions in oil, when soft add spices and garlic and cook for 1 more minute.
3. Then add vegetables, cooking for 5 minutes.
4. Then add dried fruit, sundried tomatoes and drained chickpeas, cook for another 5 minutes or so.
5. Mix all ingredients together and serve.

### Chef's Notes / Tips:

- You should rinse the quinoa before cooking.
- The chickpeas can be drained before leaving the road end if they are to be used on the first night of tramp.
- Pomegranate molasses is available from Moore Wilson or a Mediterranean store. It is great as a dressing, meat marinade, and mixer with tonic water. Preserved lemons are easy to make or can be bought. Use only the rind, rinse before chopping.

### Gluten free:

- Check stock is gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Oil	1 tablespoon	40ml	50ml	75ml	100ml	125ml
Onion	1 small	1 medium	1 large	2 medium	2 large	3 medium
Quinoa	200g	400g	600g	800g	1000g	1200g
Vegetable stock	½ teaspoon	½ teaspoon	1 teaspoon	1 ½ teaspoon	2 teaspoon	3 teaspoon
Garlic	1 clove	1 clove	2 cloves	2 cloves	3 cloves	4 cloves
Spices: Cumin, Coriander, Sugar, Salt	½ teaspoon of each	1 teaspoon of each	1 teaspoon of each	1 ½ teaspoon of each	2 teaspoon of each	3 teaspoon of each
Sumac	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons	2 ½ Tablespoons	3 Tablespoons	4 Tablespoons
Pomegranate molasses	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons	2 ½ Tablespoons	3 Tablespoons	4 Tablespoons
Preserved lemons	¼ lemon	¼ lemon	½ lemon	½ lemon	¾ lemon	1 lemon
Carrot	1	2 small	2	3 small	3	4 small
Capsicum	1/2	1	2	2	3	4
Chickpeas	½ tin	1 tin	1 tin	2 tins	2 tins	3 tins
Sultanas	¼ cup	1/3 cup	½ cup	2/3 cup	¾ cup	1 cup
Sundried tomatoes	4	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cup
Feta	100g	200g	300g	400g	500g	600g

## Pad Thai

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**Chef:** Emily Fetscher

**Number served:** 4

**Special features:** Vegetarian

**Requirements:** Can be done in one billy but you need a big bowl (or billy) for soaking the rice noodles. For more flavour, tofu can be baked before leaving home.

### Ingredients (\*may contain gluten):

- 1 carrot
- 1 red capsicum
- 1 courgette
- 250 grams baked tofu
- 400 grams rice noodles
- 1 garlic clove
- 1 fresh chilli
- 1 Tablespoon oil
- 1 Tablespoon fish sauce\*
- 1 Tablespoon soya sauce\*
- 3 limes
- 1 bunch coriander, chopped
- 2 spring onions
- 1 packet mung bean sprouts
- 60g chopped roasted peanuts

### Make ahead:

- At home bake tofu in oven for 30 minutes with 1 tablespoon soya sauce, 1 tablespoon sweet chilli sauce, 1 tablespoon fish sauce & some oil. Pack in a leak proof container for tramping. Pre baking the tofu is optional but adds flavour.

### Method:

1. Prepare the garnishes: spring onions, chopped nuts, half of the coriander, bean sprouts, and lime quarters. Set them aside.
2. Fill a billy with water and bring to boil. Remove from heat and pour water into a large bowl or spare billy, add rice noodles and leave them to soak. Read the package to determine how long noodles need to soak – typically 15 – 20 minutes.
3. Fry vegetables, garlic and chilli with a little water. When the vegetables are slightly cooked, add tofu and fish sauce, soya sauce, juice of 2 limes and half chopped coriander.
4. Once vegetables are done to your liking, drain the noodles and mix together with the vegetable mix.
5. Serve and let people add their garnishes.

### Chef's Notes / Tips:

- You could replace tofu with tins of meat e.g. chicken, tuna.

### Gluten free:

- Check soya sauce and fish sauce to be sure they are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rice noodles	200g	400g	600g	800g	1000g	1200g
Oil	1 tablespoon	40ml	50ml	75ml	100ml	125ml
Garlic	1 clove	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves
Capsicum	½	1	1	2	2	3
Carrot	1 small	2 small	2	3	3 large	4
Courgette	1 small	1 small	2	2	3 small	3 large
Tofu	100g	200g	300g	400g	500g	600g
Soya sauce*, Fish sauce*, Sweet chilli sauce*	½ tablespoon of each	1 tablespoon of each	1 tablespoon of each	1 ½ tablespoon of each	2 tablespoon of each	2 ½ tablespoon of each
Limes	1	2	3	3	4	4
Coriander	Tiny bunch	Small bunch	bunch	Large bunch	1 ½ bunches	2 bunches
Chopped roasted peanuts	1 Tablespoon	2 Tablespoon	60g or 3 tablespoon	4 Tablespoon	80 grams	100 grams
Spring onion	½	1	1	2	2	3

## Chilli Cashew Rice Noodles

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**Chef:** Illona Keenan

**Number served:** 4

**Special features:** vegetarian, gluten free

**Requirements:** 2 billies (or 1 billy plus clean, waterproof plastic bag), 1 cooker

### Ingredients (\*may contain gluten):

- 400 grams wide rice noodles (dried)
- 200 gram tin of tuna or shrimp
- 1 red peppers
- 2 carrots
- 1 head broccoli
- 2 tablespoon sugar
- 2 tablespoons fish sauce\*
- 2 tablespoons soy sauce\*
- 2 tablespoons sweet chilli sauce\*
- 2 tablespoon lemon juice – 1 lemon
- 100 grams cashews
- 1 teaspoon salt

### Method:

1. Mix fish sauce, soy sauce and chilli sauce in a bowl and set aside.
2. Bring to boil enough water to cook the noodles. Add noodles and simmer for 3 minutes. Then either take the billy off cooker and set aside, or if you have only one billy, drain noodles and put them in a plastic bag.
3. Put 2cm of water in billy and add vegetables. Let simmer for a couple of minutes.
4. Add sauce mixture, tuna and cashews to the vegetables. Stir well and simmer for a couple of minutes (add more water if desired).
5. Either mix with the noodles, or serve both out separately.

### Chef's Notes / Tips:

- You can use other dried noodles if gluten free isn't required.
- If making the dish vegetarian add more nuts or add tofu so there is enough protein.
- Asian dried mushrooms can be soaked in boiling water for 10 minutes, sliced if necessary then added with the other vegetables.
- To be gourmet, add fresh coriander or Vietnamese mint at end.

### Gluten free:

- Check that soy sauce and fish sauce are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rice noodles (dried)	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Red peppers	2	4	6	8	8	10
Broccoli	1 small	2 heads	2 large heads	4 heads	4 heads	4 heads
Sugar	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Salt	½ teaspoon	1 teaspoon	1 ½ teaspoon	2 teaspoons	2 ½ teaspoons	3 teaspoons
Cashews	50 grams	100 grams	150 grams	200 grams	250 grams	300 grams
Tuna or chicken (or shrimp if you are keen)	1 x 185 grams tin	2 x 185 grams tins	2 x 185 grams tins	2 x 185 grams tins 1 x 95g grams tin	3 x 185 grams tins	3 x 185 grams tins
Carrots	1	2	3	4	5	6
Fish sauce*	1 Tablespoon	2 Tablespoons	3 Tablespoons	4 Tablespoons	5 Tablespoons	6 Tablespoons
Soya sauce*	1 Tablespoon	2 Tablespoons	3 Tablespoons	4 Tablespoons	5 Tablespoons	6 Tablespoons
Sweet chilli sauce*	1 Tablespoon	2 Tablespoons	3 Tablespoons	4 Tablespoons	5 Tablespoons	6 Tablespoons
Lemon/lime	small	1	2 small	2	2 large	3

## Vegetarian Shepherd's Pie

**Chef:** Illona Keenan

**Number served:** 5

**Special features:** vegetarian and gluten free

**Requirements:** 2 billies, 1 cooker

### Ingredients (\*may contain gluten):

- 1 large onion
- 1 red pepper
- ½ teaspoon mace
- ½ teaspoon cayenne pepper
- 2 cloves of garlic
- 300 grams red lentils
- 1 stock cube\*
- 1 tin black eyed beans
- 2 carrots
- Handful of dried shitake mushrooms
- 50g tomato paste
- Salt and pepper
- 225 gram bag of potato flakes for instant mashed potatoes (take instructions from the package!)
- 50g butter (optional)
- 150g soft goats cheese
- 100g grated parmesan cheese
- ¾ cup milk powder

### Method:

1. Sauté onions and red pepper until soft, then add garlic, mace, cayenne – fry for a few minutes and then set aside in a bowl.
2. Boil red lentils, carrots, mushrooms with about twice the amount of water, and dissolved stock cube, simmer until lentils are cooked (10 minutes or so), add more water if needed (however you don't want it too sloppy – be cautious).
3. When lentils are soft, add black eyed beans, tomato paste, precooked onion and spice mixture, salt and pepper.
4. Put lentils to one side to thicken and cool.
5. In other billy, boil enough water for the instant mashed potatoes – read the directions – 5 ¼ cups for 225g. Then add butter, milk powder, potato flakes and stir in cheeses.
6. Depending on how many people you are feeding. Put mash on top of lentils in billy or serve out the lentils and top with mash on everyone's plates.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Onion	1 medium	1 large	2 medium	2 large	3 medium	3 large
Mace	¼ teaspoon	¼ teaspoon	½ teaspoon	½ teaspoon	1 teaspoon	1 ½ teaspoon
Cayenne pepper	¼ teaspoon	¼ teaspoon	½ teaspoon	½ teaspoon	1 teaspoon	1 ½ teaspoon
garlic	1 clove	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves
Red lentils	200g	200g	350g	450g	550g	650g
Stock*	½ teaspoon	½ teaspoon	1 teaspoon	1 teaspoon	2 teaspoon	1 tablespoon
Red pepper	1 small	1	2 small	2	2	3
Carrot	1	1	2	2	3	4
Dried shitake mushrooms	Tiny handful	Small handful	Small handful	Medium handful	Large handful	Large handful
Black eyed beans (or other tinned beans)	Leave it out	1 tin	1 tin	1 tin	2 tins	2 tins
Tomato paste	1 Tablespoon	25g	50g (2 sachets)	50g	100g	100g
Salt and pepper	Bit of each	Bit of each	Bit of each	Bit of each	1 teaspoon each	1 teaspoon each
Butter	30g	40g	50g	60 grams	80 g	100g
Potato flakes	½ bag	¾ bag	225g bag	1 bag	1 ½ bags	2 225 bags
Goats cheese (cherve)	½ packet	½ packet	115g (1 packet)	115g (1 packet)	2 packets	2 packets
Parmesan cheese	50g	75g	100g	125g	150g	200g
Milk powder	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cups	1 ½ cups

## Smoked Salmon Pasta

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**Chef:** Amanda Wells

**Number served:** 4

**Special features:** 1 billy only

**Requirements:** 1 cooker, clean large ziplock plastic bag

### Ingredients (\*may contain gluten):

- 400 grams penne pasta\*
- 1 tablespoon oil
- 1 onion
- 1 leek
- 2 red peppers
- 2 carrots
- 1 teaspoon cornflour\*
- 1 packet of soup\* (e.g. creamy vegetable)
- 1 teaspoon basil
- 150 grams cream cheese
- Smoked salmon (as much as you can afford!)

### Method:

1. Bring to boil enough water to cook the pasta. Add pasta and simmer for five minutes. Drain the water and reserve a cup of this water – then put pasta in a plastic bag.
2. Put oil in billy, add chopped onion, stir fry a couple of minutes
3. Add other chopped vegetables, stir fry a couple of minutes
4. Mix up the packet soup and cornflour in a cup with some of the reserved water (about 200ml) to remove lumps, add this along with basil (other herbs can be added) to the billy and stir.
5. Simmer the vegetables until cooked as desired (watch it doesn't catch on the bottom).
6. Stir in the cream cheese and smoked salmon.
7. Then stir the pasta back into the billy and serve.

### Chef's Notes / Tips:

- Keep the smoked salmon in a cool dark part of your pack. It will last for 2 days maximum, less if the weather is very hot.

### Gluten free:

- Use gluten free pasta and gluten free soup mix (maggi has a good option). Check cornflour is gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
penne pasta*	250 grams	400 grams	600 grams	800 grams	1000 grams	1.2 kg
Oil	2 teaspoons	1 tablespoon	1 ½ tablespoon	2 tablespoon	3 tablespoons	3 tablespoons
Onion	1 small	1 large	2 medium	2 large	3 medium	3 large
Leek	½	1 medium	1 large	2 medium	2 large	2 large
Red peppers	1	2	3	4	5	6
Carrots	1	2	3	4	5	6
Cornflour	½ teaspoon	1 teaspoon	1 ½ teaspoon	2 teaspoons	2 ½ teaspoons	3 teaspoons
Packets of soup* (e.g. creamy vegetable)	1 packet	1 packet	1 packet	2 packets	3 packets	3 packets
Basil	½ teaspoon	1 teaspoon	1 ½ teaspoon	2 teaspoons	2 teaspoons	3 teaspoons
Cream cheese	75 grams	150 grams	250 grams	300 grams	400 grams	500 grams
Smoked salmon slices (as much as you can afford!)	50 grams	50 grams	100 grams	100 grams	150 grams	200 grams

## Chorizo Couscous

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**Chef:** Amanda Wells

**Number served:** 5

**Requirements:** 1 cooker and 1 billy

**Ingredients: (\*may contain gluten)**

- 500 grams couscous\*
- Packet of chorizo (3 sticks)\*
- 4 red peppers
- 5 courgettes
- 125g dried apricots
- 125g sultanas
- 1 Tablespoon honey
- 1 Tablespoon soya sauce\*
- 1 teaspoon stock\*
- 1 teaspoon paprika

**Method:**

1. Put the chopped vegetables in a billy with a little water and cook until slightly tender, but still a little crunchy.
2. Add the dried fruit, honey and soya sauce, chopped chorizo, and stir well.
3. Add enough water to cook the couscous (1:1 ratio), add the stock powder and paprika, stir well, and bring to a boil.
4. Add the couscous, stir well, put the lid on tightly and turn off the cooker.
5. Wait five minutes, stir well and serve.

**Chef's Notes / Tips:**

- If vegetarians, add the chorizo to individual plates after serving up.

**Gluten free:**

- To make this recipe gluten free replace couscous with rice and ensure soya sauce and stock powder are gluten free. Check chorizo for gluten, salami or other meat could be used.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Couscous*	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Packet of chorizo (3 sticks)*	½ packet	1 packet	1 packet	2 packets	2 packets	3 packets
Red peppers	2	3	4	6	7	8
Courgettes	1	4	5	6	7	8
Dried apricots	1 x handful	100 grams	150 grams	200 grams	250 grams	300 grams
Sultanas	1 x handful	100 grams	150 grams	200 grams	250 grams	300 grams
Honey	1 teaspoon	2 teaspoons	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons
Soya sauce*	1 teaspoon	2 teaspoons	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons
Stock*	½ teaspoon	1 teaspoon	1 teaspoon	2 teaspoon	2 teaspoon	3 teaspoon
Paprika	½ teaspoon	1 teaspoon	1 teaspoon	2 teaspoon	2 teaspoon	3 teaspoon

## Satay Noodles

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**Chef:** Amanda Wells

**Number served:** 4

**Special features:** vegetarian

**Requirements:** 2 billies (or 1 billy plus clean, waterproof plastic bag), 1 cooker

**Ingredients (\*may contain gluten):**

- 400 grams soba noodles (dried)\*
- 4 red peppers (carrots in winter)
- 2 heads broccoli (or other vegetables)
- 1 cup coconut milk powder
- 2 tablespoons sugar
- 1 teaspoon salt
- 4 tablespoon peanut butter
- 100 grams cashews

**Method:**

1. Bring to boil enough water to cook the noodles, add noodles, simmer for five minutes and either take billy off cooker, or if you have only one billy, drain noodles and put them in a plastic bag.
2. Put 2cm of water in billy and add vegetables, simmer for a couple of minutes.
3. Mix up the coconut milk powder, sugar, salt and peanut butter in someone's cup/bowl with enough water so that it forms a smooth paste without lumps.
4. Add this mixture to the vegetables, add the cashews, stir well, simmer for a couple of minutes (add more water if desired).
5. Either mix with the noodles, or serve both out separately.

**Substitutions / Variations:**

- Other dried noodles work as well.
- Can also use the packets of pre-cooked udon noodles, but allow 200 grams per person.

**Chef's Notes / Tips:**

- To be gourmet, add fresh coriander at end.

**Gluten free:** Replace soba noodles with gluten free rice noodles

Number of people	Two	Four	Six	Eight	Ten	Twelve
Soba noodles (dried)*	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Red peppers	2	4	6	8	8	10
Broccoli	1 small	2 small heads	2 large heads	3 small heads	3 heads	3 large heads
Coconut Milk Powder	½ cup	1 cup	1 ½ cups	2 cups	2 ½ cups	3 cups
Sugar	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Salt	½ teaspoon	1 teaspoon	1 ½ teaspoon	2 teaspoons	2 ½ teaspoons	3 teaspoons
Peanut Butter	2 tablespoons	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Cashews	50 grams	100 grams	150 grams	200 grams	250 grams	300 grams



## Basic Risotto

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**Chef:** Aunty Rata

**Number served:** 4-6

**Special features:** works with any combination of seasonal vegetables

**Requirements:** good sized stirring spoon, 1 billy

### **Ingredients (\*may contain gluten):**

- 2 tablespoons olive oil
- 50 grams butter
- 1 large onion finely chopped or a packet of spring onions finely chopped
- 3 sticks celery finely chopped
- 2 cloves garlic chopped
- 1/2 cup Arborio rice (per person)
- 250ml of dry white wine or vermouth
- 1 teaspoon stock powder\* (per person) (vegetable, seafood, chicken or beef)
- 1 cup water (per person)
- 100 grams parmesan cheese

### **Method:**

1. In a billy heat the olive oil and melt half the butter. Add the chopped onions, garlic and celery and cook until soft. Add the rice.
2. Lightly fry the rice stirring it continuously so it does not burn or stick to the bottom of the billy. 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.
3. Once the 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 the rice before adding the next cup. Stir continuously until the rice is cooked. If you run out of liquid before the rice is cooked just add more water.
4. When the rice is on the verge of being cooked but before it becomes a glutinous stodge (the Italians refer to this as al dente) turn off the cooker.
5. Add the rest of the butter and the parmesan cheese to the rice and mix everything together.
6. Put a lid on the billy and leave the risotto to sit for 2 minutes before serving. This helps create the fabulous warm ice cream texture you are after.

### **Substitutions / Variations:**

- Mushroom risotto – substitute chopped mushrooms about 100 grams per person instead of celery. Don't bother with onions.
- Pumpkin and feta risotto – substitute pumpkin (about a handful of peeled and cubed bits per person) instead of celery and onion and substitute the parmesan for 200 grams of feta cubed, add some baby spinach leaves if you feel like it. Note you will need extra water to ensure the pumpkin is properly cooked.
- Squishy pea risotto – substitute dehydrated peas or fresh or frozen peas (yes I know they will not be frozen by the time you come to cook them, no problem) instead of celery, about a 1/4 of a cup per person, dehydrated peas should be soaked in cold water to rehydrate a bit before you start cooking. Up to you whether you bother with the onion.

### **Chef's Notes / Tips:**

- Arborio is the proper rice for risotto but basmati will do in a pinch.
- For the white wine, Sauvignon Blanc or Chardonnay works best. It should be good enough to drink but not so good you cannot resist drinking.

### **Gluten free:**

- Check the stock powder is gluten free.

## Basic Risotto Ingredients

Number of people	Two	Four	Six	Eight	Ten	Twelve
Olive oil	1 tablespoons	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Butter	25 grams	50 grams	50 grams	75 grams	100 grams	125 grams
Onion OR Spring onion	1 medium OR 2 sp. onions	1 large OR 4 sp. onions	1 large OR 4 spring onions	2 medium OR 6 spring onions	2 large OR 8 spring onions	3 medium OR 8 spring onions
Celery	2 stalks	3 stalks	4 stalks	5 stalks	6 stalks	6 stalks
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Arborio rice	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups
Dry white wine or vermouth	150ml	250ml	250ml	300ml	300ml	400ml
Stock powder* (vegetable, seafood, chicken or beef)	2 teaspoons	4 teaspoons	6 teaspoons	8 teaspoons	10 teaspoons	12 teaspoons
Water	2 cups	4 cups	6 cups	8 cups	10 cups	12 cups
Parmesan cheese	50 grams	100 grams	100 grams	150 grams	200 grams	250 grams

## Diamond Rice Risotto

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**Chef:** Aunty Rata

**Number served:** 4 – 6

**Special features:** vegetarian potential

**Requirements:** 1 billy, large spoon for stirring

### Ingredients (\*may contain gluten):

- 3 x 200 grams packets of Diamond<sup>®</sup> Rice Risotto\*
- 1 soup sachet\* per packet of risotto (flavour should match flavour of the Rice Risotto e.g. mushroom soup for Mushroom Rice Risotto, vegetable soup for Chinese Flavoured Rice Risotto, etc)
- 2 tablespoon olive oil
- 50 grams butter
- 2 carrots
- 2 courgettes
- 1 capsicum
- 1 packet dehydrated vegetables
- Water as required – about 1 cup per person

### Method:

1. Rehydrate dried vegetables in cold water in someone's dinner bowl.
2. Open rice risotto packets and tip all the rice mix into a billy. Add the olive oil and half the butter. Turn on the heat and fry the rice till it browns. Don't let it stick to the billy.
3. Add water along with the soup sachets and flavour sachets that come with the rice risotto box.
4. When the rice is nearly cooked add the chopped fresh vegetables, the rehydrated dried vegetables and the rest of the butter. Add more water if necessary.
5. When the rice is al dente turn off the cooker and leave the risotto with the lid on for 2 minutes then serve.

### Chef's Notes / Tips:

- Diamond<sup>®</sup> Rice Risotto is available in supermarkets in the rice aisle. It's up to you which flavour, mushroom is nice. Open the packets and make sure you have half a cup of rice per person. If you are short bring extra basmati rice.

### Gluten free:

- Use a gluten free soup mix (e.g. - Maggi<sup>®</sup>) and gluten free risotto mix.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Diamond Rice Risotto*	1 x 200g packet	2 x 200g packets	3 x 200g packets	4 x 200g packets	5 x 200g packets	6 x 200g packets
Soup sachet *	1 x packet	2 x packets	3 x packets	4 x packets	5 x packets	6 x packets
Olive oil	1 tablespoons	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Butter	25 grams	50 grams	50 grams	75 grams	100 grams	125 grams
Fresh vegetables e.g. carrots, courgettes and capsicum	3 pieces	5 pieces e.g. 2 carrots, 2 courgettes and 1 capsicum	6 pieces	8 pieces	10 pieces	12 pieces
AND/OR packet dehydrated vegetables		1 packets of dehydrated vegetables	1 packet of dehydrated vegetables	2 packets of dehydrated vegetables	2 packets of dehydrated vegetables	3 packets of dehydrated vegetables
Water as required – about 1 cup per person	2 cups	4 cups	6 cups	8 cups	10 cups	12 cups

## Beef Stroganoff

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**Chef:** Steve Austin

**Number served:** 4

**Requirements:** 2 billys

**Ingredients (\*may contain gluten):**

- 100 grams egg noodles per person\*
- 400 grams beef (cut into bite size pieces and frozen before-hand)
- 50 grams butter
- 2 small onions
- 1 clove garlic
- 150 grams mushrooms
- 100 grams sour cream
- 1 packet onion soup\*

**Method:**

1. Put on a billy and start cooking the pasta. When the pasta is cooked, drain the water.
2. Mix up the soup mix and water in a spare bowl. Set aside.
3. Fry onions and garlic in butter in the second billy.
4. Add the beef and brown.
5. Add soup/water mix and simmer until beef is nearly cooked. Just before done, add mushrooms.
6. When it's cooked, mix in sour cream.
7. Serve over noodles.

**Chef's Notes / Tips:**

- Add parmesan cheese for extra protein and flavour.

**Gluten free:**

- Replace egg noodles with gluten free rice noodles and soup mix with gluten free soup (e.g. Maggi<sup>®</sup> chicken).

Number of people	Two	Four	Six	Eight	Ten	Twelve
Egg noodles* per person	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
beef (cut into bite size pieces and frozen before-hand)	200 grams	400 grams	600 grams	800 grams	800 grams	800 grams
Butter	25 grams	50 grams	75 grams	100 grams	125 grams	150 grams
Onions	1 small	2 small	1 large	2 medium	2 large	2 large
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Mushrooms	75 grams	150 grams	250 grams	300 grams	400 grams	450 grams
Sour cream	50 grams	100 grams	150 grams	200 grams	250 grams	300 grams
Onion soup*	½ packet	1 packet	1 packet	2 packet	2 packet	3 packet

## Chicken Fettuccine

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**Number served: 4**

**Requirements:** 2 billies

**Ingredients (\*may contain gluten):**

- 100 grams of spinach fettuccine per person\*
- Knob of butter
- 1 capsicum, cut in bite-sized pieces
- 200g mushrooms, cut in halves
- 3 cloves garlic, minced
- 1 onion, sliced
- Cherry tomatoes
- 2 x195g tinned chicken
- 1 pottle tomato paste
- Bunch of fresh basil, chopped
- 2 teaspoons oregano
- Salt to taste

**Method:**

1. Cook pasta in first billy.
2. In second billy, fry onions, garlic, mushrooms, and capsicums together in butter until tender.
3. Add cherry tomatoes, tomato paste, basil, oregano, tinned chicken and enough water to make a sauce. Simmer about 1-2 minutes until heated through.
4. Serve vegetable and sauce mix over pasta.

**Gluten free:**

- Replace fettuccine with gluten free fettuccine (e.g. San Remo®).

Number of people	Two	Four	Six	Eight	Ten	Twelve
Spinach fettuccine *	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Knob of butter	25 grams	50 grams	50 grams	75 grams	100 grams	100 grams
Capsicums, cut in bite-sized pieces	1	1	2	3	4	5
mushrooms, cut in halves	100 grams	200 grams	300 grams	400 grams	500 grams	500 grams
Garlic, minced	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves	6 cloves
Onion	1 small	1 medium	2 medium	3 medium	3 large	4 medium
Cherry tomatoes	Handful	Large handful	packet	2 packets	2 packets	3 packets
Tinned chicken	1 x 95 grams tin	2 x 195 grams tin	2 x 195 grams tin AND 1 x 95 grams tin	3 x 195 grams tin	3 x 195 grams tin AND 1 x 95 grams tin	5 x 195 grams
Pottle tomato paste	70 g	1 x 140g pottle	1 x 140g pottle	2 x 140g pottle	2 x 140g pottle	2 x 140g pottle
Bunch of fresh basil, chopped	½ bunch	1 bunch	1 bunch	2 bunch	2 bunch	2 bunch
Oregano	1 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	4 teaspoons	4 teaspoons
Salt to taste	1 teaspoon	2 teaspoons	2 teaspoons	3 teaspoons	3 teaspoons	3 teaspoons

## Indonesian Chicken Curry

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**Number served:** 4

**Special features:** gluten free (check ingredients of curry paste)

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- 100 grams rice per person
- 2 tablespoons peanut oil
- 1 large onion, thinly sliced
- 2 tablespoons curry powder or paste\*
- 1 x 410 grams (13oz) can tomatoes
- 1 3/4 cup (420 ml/14 oz) coconut milk
- 2 teaspoons sugar
- 2 teaspoons crunchy peanut butter
- 1 tablespoon mango chutney\*
- 2 cups chopped cooked chicken (or 2x185g tin)

### Method:

1. In one billy, cook the rice.
2. In second billy, heat oil in a large frying pan (wok) and gently stir onion until soft.
3. Add curry powder and stir over a medium heat for 2 minutes.
4. Add tomatoes, coconut milk, sugar, peanut butter and chutney and stir until peanut butter melts and sauce comes to the boil.
5. Add chicken, cover and simmer for 5 -10 minutes until heated through and sauce has thickened.
6. Serve hot with rice.

### Chef's Notes / Tips:

- Serve with curry accompaniments (sambals) such as diced tomato and cucumber in oil and vinegar dressing. Sliced banana and shredded coconut in natural yoghurt and papadums
- Add vegetables to bulk up the meal, such as potatoes or kumara at the same time you add the chicken.

### Gluten free:

- Check that the mango chutney and curry paste are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rice	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
peanut oil	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Onion, thinly sliced	1 medium	1 large	2 medium	2 large	3 large	4 medium
Curry powder or paste*	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
410 grams (13oz) can tomatoes	1 x 410 grams tin	1 x 410 grams tin	2 x 410 grams tin	3 x 410 grams tin	3 x 410 grams tin	3 x 410 grams tin
Coconut milk	½ x 150g box	1 x 150g box	1 x 150g box	2 x 150g box	2 x 150g box	3 x 150g box
Sugar	1 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	2 tablespoons	3 tablespoons
Crunchy peanut butter	1 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	2 tablespoons	3 tablespoons
Mango chutney*	1 tablespoon	1 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Tinned chicken	1 x 95 grams tin	2 x 195 grams tin	2 x 195 grams tin AND 1 x 95 grams tin	3 x 195 grams tin	3 x 195 grams tin AND 1 x 95 grams tin	5 x 195 grams tin

## Chilli con Carne

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**Number served:** 4

**Special features:** gluten free

**Requirements:** 1 billy

### Ingredients:

- 3 cups of instant mash flakes ( $\frac{3}{4}$  cup per person – check directions on the package)
- 2 tablespoons vegetable oil
- 2 onions
- 2 cloves garlic
- $\frac{1}{4}$  teaspoon chilli powder
- 400 grams mince
- $\frac{1}{4}$  cup red wine or water
- 1 can tomatoes
- 1 can red kidney beans
- black pepper
- tasty cheese (optional)
- sour cream (optional)

### Method:

1. Cook carbohydrates following directions.
2. Heat oil in a billy and cook onions, garlic, and chilli powder for 2 minutes in a little bit of oil.
3. Add mince, cook for 5 minutes longer.
4. Add tomatoes, kidney beans, and red wine (or water) and simmer for 10 minutes or until thickened.
5. Add black pepper to taste. Serve with cheese and sour cream topping.

### Chef's notes/Tips

- If not doing gluten free you can use bulgur wheat.
- To reduce weight – drain beans and then carry in a plastic bag.
- You can also use rice or quinoa instead of instant mashed potatoes.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Instant mashed potato flakes	1.5 cups	3 cups	4.5 cups	6 cups	7.5 cups	9 cups
Vegetable oil	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Onions	1 medium	2 large	3 medium	4 large	4 large	4 large
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Chilli powder	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons
Mince	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Red wine or water	$\frac{1}{4}$ Cup	$\frac{1}{4}$ Cup	$\frac{1}{2}$ cup	1 cup	1 cup	1 cup
Whole peeled tomatoes 400g tin	1 can	1 can	2 cans	2 cans	3 cans	3 cans
Can red kidney beans c.400g	1 can	1 can	2 cans	2 cans	3 cans	3 cans
black pepper	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	1 teaspoon	1 teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons
tasty cheese (optional)	50 grams	100 grams	150 grams	200 grams	250 grams	300 grams
sour cream (optional)	75 grams	125 grams	125 grams	250 grams	1 x 250 grams 1 x 75 grams	1 x 250 grams 1 x 125 grams

## Vegetable Goulash

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**Number served:** 8

**Special features:** gluten free, vegetarian

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- 100 grams rice per person
- 30 grams Butter
- 1 clove garlic, crushed
- 2 onions, chopped
- 1 tablespoon sweet paprika
- 2 tablespoon corn flour
- 2 cups vegetable stock\* (use powdered stock and add water)
- 2 tablespoon tomato paste
- 8 potatoes cut into small cubes
- 8 whole baby carrots
- 1 pumpkin peeled and cut into large pieces
- 2 x 425g cans whole tomatoes
- 1 tablespoon fresh thyme
- 1 cup lite sour cream

### Method:

1. Mix powdered stock and water in someone's bowl.
2. In one billy, cook the rice.
3. In another billy, melt butter in large pan, add garlic, onions, and cook over low heat until onions are soft.
4. Remove from heat. Stir in paprika and flour. Gradually add vegetable stock.
5. 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.
6. Serve on rice with lite sour cream.

### Gluten free:

- Check corn flour is gluten free and use gluten free stock powder.

Number of people	Two	Four	Six	Eight	Ten	Twelve
rice	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Butter	25 grams	50 grams	50 grams	75 grams	100 grams	100 grams
Garlic, crushed	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Onions	1 small	1 large	2 small	2 medium	2 large	3 large
Sweet paprika	1 teaspoon	2 teaspoons	1 tablespoon	1 tablespoon	1 ½ tablespoons	2 tablespoons
corn flour	2 teaspoons	1 tablespoons	1½ tablespoons	2 tablespoons	3 tablespoons	3 tablespoons
Vegetable stock*	½ teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoon	2 ½ teaspoons	3 teaspoons
Tomato paste	½ tablespoon	1 tablespoons	1½ tablespoons	2 tablespoons	3 tablespoons	4 tablespoons
Potatoes	2	4	6	8	10	12
whole baby carrots	2	4	6	8	10	12
Pumpkin	100 grams	200 grams	300 grams	400 grams	500 grams	600 grams
Whole peeled tomatoes (425g can)	1 can	1 can	2 cans	2 cans	3 cans	3 cans
Fresh thyme	2 teaspoons	1 tablespoon	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Sour cream	75 grams	125 grams	125 grams	250 grams	1 x 250 grams 1 x 75 grams	1 x 250 grams 1 x 125 grams



## Dave's Mediterranean Fettuccine

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**Number served:** 5

**Requirements:** 2 billies

**Ingredients (\*may contain gluten):**

- 500 grams packet of spaghetti or spinach fettuccine\*
- 250g bacon
- 1 can of whole peeled tomatoes or 4-6 fresh tomatoes
- 3 tablespoon capers
- 75 grams of pitted chopped black olives
- 2 garlic cloves
- cooking oil
- fresh parsley to garnish (optional)

**Method:**

1. Chop bacon and tomatoes (if fresh).
2. In one billy, cook spaghetti.
3. In another billy, heat the oil and sauté garlic for about 2 minutes. Then add bacon and cook until brown.
4. Add tomatoes, olives and capers. Mix well and simmer until sauce thickens.
5. Add cooked pasta and serve with parsley garnish.

**Gluten free:**

- Replace with gluten free fettuccine (e.g. San Remo®)

Number of people	Two	Four	Six	Eight	Ten	Twelve
Spaghetti/spinach fettuccine*	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Bacon	100 grams	200 grams	300 grams	400 grams	500 grams	600 grams
Whole peeled tomatoes	1 can	1 can	2 cans	2 cans	3 cans	3 cans
Capers	25 grams	50 grams	50 grams	75 grams	75 grams	100 grams
Pitted chopped black olives	handful	75 grams	100 grams	125 grams	150 grams	175 grams
Garlic cloves	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Cooking oil	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Fresh parsley to garnish (optional)	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons

## Summer Vegetables with Rice and Lentils

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**Number served:** 6

**Special features:** vegetarian, gluten free

**Requirements:** 1 billy

### Ingredients:

- 3 tablespoons (45 ml) oil
- 1 tablespoon cumin seeds
- 4 cloves
- 4 cardamom pods, crushed
- Dash salt and fresh ground black pepper
- 2.5 cm stick cinnamon
- 1 teaspoon turmeric
- 5 cm piece root ginger, peeled and grated
- 2 large onions, chopped
- 200 grams split red lentils
- 200 grams basmati rice, washed
- 175 grams each of 4 vegetables (cauliflower, peas, potatoes, green beans, snow peas, courgettes, capsicum, etc)

### Method:

1. Heat the oil in a large saucepan and fry all the spices, except the turmeric and the ginger, until they splutter a little.
2. Then add the turmeric, ginger and the onion and cook for a minute or two, stirring well.
3. Add 450 ml water and bring to a boil.
4. Stir in the lentils, rice and all the chopped vegetables and simmer, covered, for 15-20 minutes or until the rice is cooked.
5. Allow to stand for a while, covered, before serving.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Oil	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons	4 tablespoons
Cumin seeds	1 teaspoon	2 teaspoon	1 tablespoon	4 teaspoons	2 tablespoon	2 tablespoon
Cloves	1	2	4	6	8	10
Cardamom pods, crushed	1	2	4	6	8	10
Dash salt and fresh ground black pepper	dash	dash	medium dashes	Medium dashes	Large dashes	Large dashes
Cinnamon stick	1 cm	2 cm	2.5 cm	3 cm	4 cm	5 cm
Turmeric	½ teaspoon	½ teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Root ginger	2 cm piece	3 cm piece	5 cm piece	6 cm piece	7 cm piece	8 cm piece
Onions	1	2 medium	2 large	3 medium	3 large	4 medium
Split red lentils	100 grams	150 grams	200 grams	250 grams	300 grams	350 grams
Basmati rice, washed	100 grams	150 grams	200 grams	250 grams	300 grams	350 grams
Mixture of vegetables e.g. (cauliflower, peas, potatoes, green beans, snow peas, courgettes, capsicum, etc)	300 grams	500 grams	700 grams	900 grams	1100 grams	1200 grams

## Sundried Tomato, Feta & Vegetables

**Number served:** 6

**Special features:** vegetarian, can be cooked in one billy (see notes below)

**Requirements:** 2 billies, 1 cooker

### Ingredients (\*may contain gluten):

- 1/2 cup couscous\* (or 100g pasta\*) per person
- 1 container sundried tomatoes in oil (can be carried in plastic container but keep oil for cooking later)
- 2 onions
- 4 gloves of garlic
- 300 grams of seasonal vegetables per person (broccoli, courgettes, capsicums, potatoes, cauliflower, etc)
- Knob butter
- Small jar of olives (optional)
- Handful of pine nuts (optional)
- 1 packet Feta cheese

### Method:

1. Chop all vegetables into bite size pieces.
  2. Chop onion and garlic finely.
  3. Boil an equivalent amount of water to the amount of couscous to be cooked. Add salt & oil. Remove from the heat & pour in couscous. Stir briefly and cover quickly. Set aside.
  4. If using pasta simmer for 15 minutes
  5. Put oil from sundried tomatoes into empty billy and heat. Fry onion and garlic until soft.
  6. Add vegetables and some water to cook vegetables until tender.
  7. When almost done add sundried tomatoes and olives to allow to heat through.
  8. Stir butter through couscous to separate grains.
  9. When the vegetable mix is ready, quickly stir in cubed feta cheese and pine nuts.
- Serve vegetables over couscous.

### Substitutions / Variations:

- Also works well with pasta (gluten free if appropriate).

### Chef's Notes / Tips:

- If some people dislike olives or pine nuts these can be added to the bowl once served.
- Can be cooked in one billy by adding the dry couscous to the vegetables when the vegetables are 1/2 cooked but be sure to there is enough water for the couscous to absorb (usually equal parts water to couscous).

### Gluten free:

- Substitute rice for couscous/pasta

Number of people	Two	Four	Six	Eight	Ten	Twelve
Couscous* OR Pasta*	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Sundried tomatoes in oil (put into plastic jar before packed)	100 grams	200 grams	300 grams	400 grams	500 grams	600 grams
Onions	1	2 medium	2 large	3 medium	3 large	4 medium
Garlic	2 clove	3 cloves	4 cloves	5 cloves	6 cloves	7 cloves
Seasonal vegetables (broccoli, courgettes, aubergine, mushrooms, capsicums, kumara, potatoes, cauliflower, etc)	600 grams	1200 grams	1800 grams	2400 grams	3000 grams	3600 grams
Knob butter	25 grams	50 grams	50 grams	75 grams	100 grams	100 grams
Small jar of olives (optional)	handful	75 grams	100 grams	125 grams	150 grams	175 grams
Handful of pine nuts (optional)	handful	50 grams	50 grams	75 grams	100 grams	100 grams
Feta cheese	100 grams	150 grams	200 grams	300 grams	400 grams	400 grams

## Moroccan Kumara and Eggplant Curry

**Chef:** Aunty Rata

**Number served:** 6 to 8 people

**Special features:** vegetarian, gluten free options

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- 100 grams of couscous\*, quinoa, pasta\*, or rice per person (if using couscous or quinoa take 2 teaspoons of vegetable stock\* or a packet of instant soup\* to season)
- 1 medium eggplant
- 3-4 courgettes
- 3 smallish kumara
- 1 tablespoon canola oil or a 10 gram sachet of butter
- 2 garlic cloves, minced
- 2 teaspoons cumin, coriander, cinnamon, ginger, sugar and turmeric
- Chilli powder to taste
- 2 cans Moroccan flavoured tomatoes (or plain tomatoes)
- 1 can chickpeas, rinsed and drained
- 1-2 handfuls of cashew nuts or dry roasted sunflower seeds (optional but great source of nutrients)

### Method:

1. Heat water for couscous, quinoa, pasta or rice in a billy, add the relevant carb and cook or, if couscous/quinoa add it and seasoning to the boiling water and take off heat and leave to cook.
2. Chop the kumara, eggplant and courgettes into small pieces.
3. In second billy heat the oil or butter. Add the garlic and spices.
4. Add diced kumara, eggplant and courgettes and fry for a couple of minutes.
5. Add tomatoes and chickpeas; and then cook until kumara is no longer crunchy.
6. Add kumara mixture to rice or couscous mixture if there is room, add cashews and serve.

### Chef's Notes / Tips:

- The chickpeas can be rinsed and drained and put into a plastic bag.

### Gluten free:

- Replace couscous or pasta with rice or gluten free pasta. Ensure any stock instant soup is gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Couscous*, quinoa, pasta*, or rice See note re stock	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Eggplant	1 very small	1 small	1 medium	1 medium	1 large	2 medium
courgettes	1	2	3	4	5	5
kumara	1	2 small	3 small	3 small	3 medium	3 medium
Canola oil or butter	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons	5 tablespoons
Garlic cloves, minced	1 clove	1 clove	2 clove	3 cloves	4 cloves	5 cloves
Cumin, coriander, cinnamon, ginger, sugar AND turmeric	1 teaspoon of each	1 teaspoon of each	2 teaspoons of each	2 teaspoons of each	3 teaspoons of each	3 teaspoons of each
Chilli powder to taste	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Moroccan flavoured tomatoes (or plain)	1 can	1 can	2 cans	2 cans	3 cans	3 cans
Chickpeas, rinsed and drained	½ can	½ can	1 can	1 can	2 cans	2 cans
Cashew nuts or dry roasted sunflower seeds (optional)	100 grams	100 grams	150 grams	175 grams	200 grams	200 grams

## Chicken and Vegetable Korma Curry with Rice

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**Chef:** Helen Law

**Number served:** 4 to 6 people

**Special features:** gluten free options

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- 100 grams basmati rice per person
- 2 tablespoon oil
- 1 large onion, peeled and chopped
- 1 large kumara, peeled and diced
- 1 large potato, peeled and diced
- vegetable stock\* granules enough for 1 cup of water
- 2 courgettes or capsicum
- 1 korma curry sauce\* packet
- 2 (165g) large tins chicken
- 1 tin chickpeas, rinsed and drained
- 2 x 50 grams packets coconut milk powder

### Method

1. Use one billy to cook the rice.
2. In the other billy, cook the onion for 3-5 minutes or until the onion begins to soften.
3. Add the diced kumara and potato and water and vegetable stock powder. Cover and simmer for about 10 minutes.
4. Add the courgettes and korma curry sauce packet. Simmer until the vegetables are nearly tender.
5. Add the tinned chicken and chickpeas and heat through.
6. Stir in the coconut milk and serve over rice.

### Chef's Notes / Tips:

- You don't have to peel the kumara or potato if you're rushed for time.

### Gluten free:

- Ensure korma sauce is gluten free (most brands are) ensure stock is gluten free

Number of people	Two	Four	Six	Eight	Ten	Twelve
Basmati rice	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Oil	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons	4 tablespoons
Onion	1 small	1 large	2 medium	2 large	3 large	4 large
Kumara	1	2 small	3 small	3 small	3 medium	3 medium
Potato	1	2 small	3 small	3 small	3 medium	3 medium
Vegetable Stock*	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Courgettes OR capsicum	1	2	2	3	3	4
Korma Curry Sauce* packet	½ packet	1 packet	1 packet	2 packet	2 packet	2 packet
large tins chicken	1 can	2 can	2 cans	3 cans	3 cans	4 cans
Chickpeas, rinsed and drained	½ can	½ can	1 can	1 can	2 cans	2 cans
Coconut milk powder	50 grams	100 grams	100 grams	150 grams	200 grams	200 grams

## Vegetable Tostadas

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**Number served:** 6

**Special features:** vegetarian

**Requirements:** wooden spoon, large serving spoon, 2 billies (or better still one large frying pan and 1 billy), cookers that can be regulated (otherwise things may stick if too hot)

**Ingredients (\*may contain gluten):**

- 3 medium potato
- 2 tins black beans
- 50 ml oil
- 2 red capsicum
- 300 grams feta
- 2 packs of 6 small corn tortillas\*
- 2 teaspoon chilli powder, 2 teaspoon paprika, 1 teaspoon cumin
- 4 garlic cloves
- 6 tomatoes
- 2 carrot
- 6 spring onions
- 200 grams round green beans

**Method:**

1. Dice carrots, potatoes, pepper finely (the smaller the better, e.g. 0.5cm squares).
2. Chop green beans about 1cm lengths and spring onions (scallions) about 0.5cm.
3. Dice the tomatoes and the garlic.
4. Crumble feta.
5. Rinse and drain the beans.
6. Heat oil in frying pan (or billy) and cook the potatoes and carrots until softened.
7. Add the garlic, red pepper, chilli powder, paprika and cumin cooking for 2-3 minutes until peppers have softened.
8. Heat the black beans in a separate billy with just enough water to cover, when warm drain and add to the main mixture if you have room (otherwise keep warm and drain just before serving).
9. Add the tomatoes, and green beans to the main mixture cooking for 8-10 minutes until vegetables are tender and form a sauce like mixture (add water if necessary).
10. To serve, spoon beans and vegetables onto tortillas and sprinkle with feta and spring onions.

**Substitutions / Variations:**

- Red kidney beans can be used instead of black beans but it won't be as good.
- Tinned black beans are found in the organic sections of most supermarkets.

**Chef's Notes / Tips:**

- Finely chopped ingredients makes for a much more pleasant texture.
- If you don't have a non-stick pan, stir regularly to prevent ingredients from sticking.
- Nachos and Salsa/Guacamole are good starters.

**Gluten free:**

- Check tortillas have no wheat flour – gluten free tortillas can be found in the gluten free section of a supermarket

## Vegetable Tostadas Ingredients:

Number of people	Two	Four	Six	Eight	Ten	Twelve
Potatoes	1 medium	2 medium	3 medium	4 medium	4 medium	6 medium
Tin of black beans	1	1 tin	2 tins	2 tins	3 tins	4 tins
Oil	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons	2 tablespoons	4 tablespoons
Red capsicum	1	2	2	3	3	4
Feta	150 grams	200 grams	300 grams	400 grams	500 grams	600 grams
Small corn tortillas*	1 x pack of 6	2 x pack of 6	2 x pack of 6	2 x pack of 8	2 x pack of 10	4 x pack of 6
Chilli powder	1 teaspoon	1 teaspoon	2 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons
Paprika	1 teaspoon	1 teaspoon	2 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons
Cumin	1 teaspoon	1 teaspoon	1 teaspoon	1 teaspoon	1 ½ teaspoon	2 teaspoon
Garlic	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves	8 cloves
Tomatoes	3	4	6	8	10	12
Carrot	1	2	2	3	3	4
Spring onions	3	4	6	8	8	12
Green beans (French)	100 grams	150 grams	200 grams	250 grams	300 grams	400 grams

## Spicy Chickpeas

**Chef:** Aunty Rata

**Number served:** 4

**Special features:** vegetarian

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- 1 tablespoon coconut milk powder per person (or whole milk powder)
- 2 medium kumara
- 140 grams tomato paste
- 1 cup dried red lentils
- 3 teaspoons each of cumin, coriander, cardamom, ginger and stock\* (vegetable, beef or chicken)
- 1 onion
- 2 garlic cloves, minced
- 1 tin chickpeas, rinsed and drained
- 400 grams couscous\*
- Chilli powder to taste
- 10 grams butter
- 2 courgettes
- 2 carrots or 2 peppers

### Method:

1. Add a cup of cold water to a billy then add coconut milk powder, tomato paste and cubed kumara. Set aside.
2. Wash the red lentils and place in someone's bowl and cover with cold water to soak. If you are using dehydrated vegetables, add these to rehydrate them a bit.
3. In your second billy fry spices, stock, onion and garlic using the butter or a bit of water.
4. Once cooked add the rest of the fresh vegetables, the red lentils including the water that they are soaking in, a bit more liquid and cook.
5. Add sufficient water to the billy containing the kumara to cover the kumara and bring to boil. Add chickpeas and simmer until the kumara is done.
6. When kumara is cooked and the liquid is boiling add couscous and turn off the heat.
7. Let stand for a few minutes.
8. If there is room combine the contents of both billies and serve otherwise serve a bit from each billy into people's bowls.

### Chef's Notes / Tips:

- The type of vegetable is optional but should be ones that cook quickly.
- Dried vegetables, like surprise peas, are also good to keep weight down.

**Gluten free:** Check stock powder is gluten free and substitute rice for couscous.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Coconut milk powder per person (or whole milk powder)	2 tablespoon	4 tablespoon	6 tablespoon	8 tablespoon	10 tablespoon	12 tablespoon
Kumara	1	2 medium	3 medium	2 large	3 medium	4 large
Tomato paste	70 grams	140 grams	140 grams	280 grams	280 grams	280 grams
Dried red lentils	½ cup	1 cup	1 cup	1 ½ cups	2 cups	2 cups
Spices teaspoons each of cumin, coriander, cardamom, ginger and stock* (vegetable, beef or chicken)	1 teaspoon of each	2 teaspoon of each	3 teaspoons of each	3 teaspoons of each	4 teaspoons of each	4 teaspoons of each
Onion	1 small	1	1	2	2	3
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Tin chickpeas, rinsed and drained	½ can	1 can	1 can	2 can	2 cans	3 cans
Couscous*	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Chilli powder to taste	½ teaspoon	1 teaspoon	1 teaspoon	1 ½ teaspoon	2 teaspoons	2 ½ teaspoons
Butter	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons	4 tablespoons
Courgettes	1	2	2	3	3	4
Carrots or peppers	1	2	2	3	3	4



## Moroccan Couscous

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**Chef:** Aunty Rata

**Number served:** 4

**Special features:** can use one cooker, vegetarian

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- Big handful of sultanas or raisins
- Big handful sundried tomatoes
- 1 packet dried vegetables (optional)
- 1 teaspoon vegetable stock\* per person or 1 cube per 2 people
- 2 garlic cloves, crushed
- 2 teaspoons each of cumin, coriander, ginger, cinnamon and cardamom
- Chilli flakes to taste
- 1 onion, chopped
- 2 carrots or 2 courgettes
- 2 capsicums
- 100-120 grams couscous\* per person
- Big handful cashews (or other nuts)
- 200 grams feta per 4 people

### Method:

1. Place a cup of cold water in one billy and add sundried tomatoes, dried vegetables, stock and sultanas. Set aside to rehydrate.
2. In another billy dry roast the spices, garlic and chilli flakes. Be careful not to burn the spices just heat enough to release their aromas.
3. Add a little water to the billy with the spices and cook the chopped onion. Gradually add the rest of the fresh vegetables and cook till almost done. Set aside.
4. Add sufficient water to the first billy to cook the couscous (generally equal parts couscous and water). Bring water to the boil. Add couscous and set aside. Add a bit more water if couscous seems too dry.
5. Return the billy containing the fresh vegetables and spices to the heat so the contents can be warmed through and their cooking completed. Add nuts.
6. If there is room combine the contents of both billies into a single billy and mix well. Serve. If there is not sufficient space then serve a bit from each billy into the punters bowls and they can mix it themselves.
7. Top each serving with some bits of feta. Punters should mix this into their own portions themselves.

### Substitutions / Variations:

- Nutmeg can be substituted for cardamom.

### Chef's Notes / Tips:

- If you fail to dry roast the spices this dish will be bland. Congratulations, you have found a way to stuff it up. You may not be asked to cook again.

### Gluten free:

- Replace couscous with rice and check vegetable stock is gluten free.

## Moroccan Couscous Ingredients:

Number of people	Two	Four	Six	Eight	Ten	Twelve
Big handful of sultanas or raisins	2 tablespoons	4 tablespoon	6 tablespoon	8 tablespoon	10 tablespoon	12 tablespoon
Big handful sundried tomatoes	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cups	1 ½ cups
Dried vegetables (optional)	½ packet	1 packet of 100 grams	1 packet of 100 grams	2 packets of 200 grams	2 packets of 200 grams	3 packets of 280 grams
Vegetable stock*	½ teaspoon	1 teaspoon	1 teaspoon	2 teaspoon	3 teaspoons	3 teaspoons
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Cumin, coriander, ginger, cinnamon and cardamom	1 teaspoon of each	2 teaspoon of each	3 teaspoons of each	3 teaspoons of each	4 teaspoons of each	4 teaspoons of each
Chilli flakes to taste	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Onion, chopped	1 small	1	1	2	2	3
Carrots OR courgettes	1	2	2	3	3	4
Capsicum	1	2	2	3	3	4
Couscous*	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Cashews (or other nuts)	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Feta	100 grams	200 grams	300 grams	400 grams	500 grams	600 grams

## Nutty Rice

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**Chef:** Aunty Rata

**Number served:** 4 to 6 people

**Special features:** vegetarian, gluten free

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- 2 capsicums
- 2 carrots
- 2 courgettes
- 1/4 cup of red wine or cider vinegar\*
- 1/2 cup of olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried chives
- 1 cup cashew pieces
- Big handful peanuts or almond flakes
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 2 teaspoons cumin
- 100 grams basmati rice per person
- Big handful chopped apricots
- Big handful chopped figs, raisins or dates

### Method:

1. Chop fresh vegetables.
2. Mix together in a punter's bowl or mug, the vinegar, olive oil, oregano and chives to make dressing.
3. In a billy dry roast seeds and nuts with cumin. Set aside.
4. In other billy bring to boil water sufficient to cook rice. Add the dried fruit and rice.
5. When the rice is nearly done add the vegetables and continue to cook.
6. When cooked combine the contents of both billies if there is room and serve. If there is not room to combine serve rice mix into bowls and add dressing.

### Chef's Notes / Tips:

- The dressing can be made at home and brought on the trip ready made.

### Gluten free:

- Check cider vinegar is gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Capsicum	1	2	2	3	3	4
Carrots	1	2	2	3	3	4
Courgettes	1	2	2	3	3	4
Red wine or cider vinegar*	1/8 cup	¼ cup	¼ cup	½ cup	¾ cup	1 cup
Olive oil	¼ cup	½ cup	½ cup	¾ cup	1 cup	1 cup
Dried oregano	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Dried chives	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Cashew pieces	½ cup	1 cup	1 cup	1 ½ cup	2 cup	2 ½ cup
Big handful peanuts or almond flakes	2 tablespoon	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons	7 tablespoons
Sunflower seeds	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Pumpkin seeds	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Cumin	1 teaspoons	2 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	4 teaspoons
basmati rice	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Big handful chopped apricots	2 tablespoon	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons	7 tablespoons
Big handful chopped figs, raisins or dates	2 tablespoon	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons	7 tablespoons

## Spicy Couscous

**Chef:** Lee Ann Newton

**Number served:** 6 people

**Special features:** QUICK it's ready as soon as your Billy boils; gluten free option

**Requirements:** 1 Billy

### Ingredients (\*may contain gluten):

- 300 grams feta
- 2 salami or 4-5 beer sticks\*
- 2 capsicums
- Oil
- 1 onion
- 2 clove garlic
- spice mix: 2 teaspoons cumin, 2 teaspoons coriander, 2 teaspoons vegetable stock,
- 1 teaspoon chilli flakes
- 1/2 cup sultanas
- 5 – 6 sundried tomatoes
- 600 grams couscous\*
- 3 teaspoons dried green herbs (e.g. – parsley, basil, oregano, chives, mint)

### Method:

1. Cut up feta and set aside.
2. Cut up the beer sticks or salami and set aside.
3. Heat up the oil and a few tablespoons of water to fry onion and garlic.
4. Add the spice mix and 1 teaspoon of chilli flakes (don't lean over and look in the billy at this point and don't let it burn). Keep the extra chilli flakes to sprinkle over final dish for those who like it hotter.
5. Quickly add 3 cups of water (plus half a cup of extra water if you are adding dried vegetables/peas) and add sultanas and tomatoes.
6. 2 minutes before this starts to boil, add the peas.
7. Once boiled, take off the heat, throw in the couscous and capsicum – quickly stir once and put lid on. Leave it sit for 5 minutes.
8. Uncover and fluff with fork, adding feta and salami.

### Substitutions / Variations:

3 tablespoons dried onion flakes and 3 teaspoons of dried garlic can be substituted for the fresh onion and garlic.

### Chef's Notes / Tips:

Be sure to measure your couscous (equal measure of couscous to water).

### Gluten free:

- Replace couscous with rice and check salami/beer stock are gluten free

Number of people	Two	Four	Six	Eight	Ten	Twelve
Feta	100 grams	200 grams	300 grams	400 grams	500 grams	600 grams
Salami OR beer sticks*	1 OR	2 OR	2 OR	3 OR	4 OR	5 OR
Capsicums	1	2	2	3	3	4
Oil	1 tablespoon	2 tablespoon	3 tablespoons	4 tablespoons	4 tablespoons	4 tablespoons
Onion	1 small	1	2 medium	3 medium	2 large	3 medium
Garlic	1 clove	1 clove	2 cloves	2 cloves	3 cloves	3 cloves
Spice mix: cumin, coriander, vegetable stock	½ teaspoon of each	1 teaspoon of each	2 teaspoons of each	2½ teaspoons of each	3 teaspoons of each	3 teaspoons of each
Chilli flakes	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Sultanas	2 tablespoon	¼ cup	½ cup	½ cup	¾ cup	1 cup
Sundried tomatoes	4	4	5-6	8	10	12
Couscous*	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Dried green herbs (e.g. – parsley, basil, oregano, mint)	1 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons

## Tomato Mac Cheese

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**Chef:** Aunty Rata

**Number served:** 4 to 6 people

**Special features:** can use one cooker, gluten free options

**Requirements:** 2 billies

### Ingredients (\*may contain gluten):

- 100-200 grams salami or chorizo sausage\*
- 1 packet dried vegetables
- Handful sundried tomatoes (optional)
- 1 teaspoon vegetable stock for every two people (or chicken or beef)\*
- 1 tablespoon coconut milk powder per person (or whole milk powder)
- 1x 140 grams pottle tomato paste
- 1 tablespoon rich tomato soup\* mix per person
- 2 garlic cloves, minced
- 1 onion
- 2 capsicums
- 2 carrots or 2 courgettes
- 100 grams macaroni elbow pasta\* per person.
- 100-200 grams parmesan cheese

### Method:

1. If you are using salami or chorizo chop it up into bite size pieces and set aside.
2. Add a cup of cold water to a billy and place dried vegetables, sundried tomatoes, vegetable stock, coconut milk powder, tomato paste and soup mix in the water to rehydrate.
3. In another billy sauté fresh vegetables and garlic with a little water. Set aside.
4. Add more water to the first billy, enough for cooking the macaroni. Bring to boil. Add pasta and cook. Ignore the fact that the coconut cream is lumpy.
5. When pasta is nearly done add vegetables so they reheat, if they will fit, if it won't fit reheat separately before serving.
6. Serve the contents of the billies (separately if there isn't room to combine, punters can always mix the vegetables and pasta in their own bowls).
7. Pass round the parmesan and salami/chorizo for punters to sprinkle on top and mix in.

### Substitutions / Variations:

- Mushroom – replace the tomato soup mix with 1 tablespoon per person rich mushroom soup mix. Add some fresh or dried mushrooms instead of tomato paste.
- You can replace the tomato soup mix with virtually any soup mix, such as French onion soup, vegetable soup mix, chicken soup, beef soup, etc. Just leave out the tomato paste.
- Marmite® mac & cheese – this along with peanut butter mac & cheese is a good one if you don't want to be asked to cook again.

### Chef's Notes / Tips:

- Small elbow macaroni cook up best.
- Preferably use the rich tomato soup mix that requires cooking not the instant sachets. The flavour is better - you can buy this in bulk from Moore Wilsons.
- If the group is vegetarian use 2x100 grams parmesan cheese and no salami/chorizo.

**Gluten free:** Use gluten free pasta and check other ingredients such as stock, soup mix and salami/chorizo

## Tomato Mac Cheese Ingredients:

Number of people	Two	Four	Six	Eight	Ten	Twelve
Salami or chorizo* sausage	75 grams	200 grams	200 grams	300 grams	400 grams	500 grams
Dried vegetables (i.e. Surprise vegetables)	½ packet	1 packet	1 packet	2 packet	2 packet	3 packet
Handful sundried tomatoes (optional)	2 tablespoon	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons	7 tablespoons
Vegetable stock*	1 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
Coconut milk powder per person (or whole milk powder)	2 tablespoon	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Pottle tomato paste	70 grams	140 grams	140 grams	280 grams	280 grams	280 grams
Rich tomato soup mix*	2 tablespoon	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Onion	1 small	1	1	2	3	3
Capsicum	1	2	2	3	3	4
Carrots OR courgettes	1	2	2	3	3	4
Macaroni elbow pasta*	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Parmesan cheese	100 grams	200 grams	200 grams	300 grams	300 grams	400 grams

## Pesto Pasta

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**Chef:** Aunty Rata

**Number served:** 4 – 6

**Special features:** gluten free options

**Requirements:** two billies

### Ingredients (\*may contain gluten):

- 100-200 grams salami or chorizo sausage\*
- 1 packet dried vegetables
- Large handful of sundried tomatoes (a bit more for 6 people)
- 100 grams pasta\* per person
- 2 tablespoons of sundried tomato pesto per person
- 4 tablespoons of lemon juice
- Large handful of stuffed green olives\* (a bit more for 6)
- 2 capsicums
- 2 carrots or 2 courgettes
- 100 grams parmesan cheese

### Method:

1. If you are using salami or chorizo chop it up into bite size pieces and set aside.
2. Add a cup of cold water to a billy and place dried vegetables, sundried tomatoes in the water to rehydrate.
3. Chop up the fresh vegetables.
4. In another billy sauté fresh vegetables with a little water. Set aside.
5. Add more water to the first billy with the dried vegetables, enough for cooking the pasta. Bring to boil. Add pasta and cook.
6. When pasta is nearly done add fresh vegetables from the other billy if it will fit. If it won't fit, reheat vegetables separately before serving.
7. Drain the Pasta and add the pesto, olives and lemon juice and mix thoroughly.
8. Serve the contents of the billies (separately if there isn't room to combine, punters can always mix the vegetables and pasta in their own bowls).
9. Pass round the parmesan and salami/chorizo for punters to sprinkle on top and mix in.

### Substitutions / Variations:

- To replace the meat for a vegetarian meal, use 200 grams of parmesan cheese or add a tin of chickpeas or 250 grams of tofu cubed.
- To bulk up the recipe, add cubed pumpkin, kumara or potatoes but remember to add them at the same time as the pasta to be sure they get cooked.
- Feta is a good substitute for parmesan.

### Chef's Notes / Tips:

- Small macaroni elbows or rissoni work best for the pasta.
- I use Geonese® sundried tomato pesto which is not really a pesto at all as it does not have any nuts in it. Any pesto is ok, it is not necessary to use a tomato flavoured one.
- 2 tablespoons of lemon juice is approx 1 lemon

### Gluten free:

- Replace pasta with gluten free pasta, and check that meat and stuffed olives are gluten free or replace with unstuffed olives

## Pesto Pasta Ingredients:

Number of people	Two	Four	Six	Eight	Ten	Twelve
Salami or chorizo sausage*	75 grams	200 grams	200 grams	300 grams	400 grams	500 grams
Dried vegetables	½ packet	1 packet	1 packet	2 packet	2 packet	3 packet
Sundried tomatoes	¼ cup	½ cup	½ cup	¾ cup	1 cup	1 cup
Pasta*	250 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Sundried tomato pesto per person	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Lemon juice	2 tablespoon	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Green olives*	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cups	1 ½ cups
Capsicum	1	2	2	3	3	4
Carrots OR courgettes	1	2	2	3	3	4
Parmesan cheese	50 grams	100 grams	150 grams	200 grams	250 grams	300 grams



## Green Thai Curry with Tuna

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**Chef:** Aunty Rata

**Number served:** 4 – 6

**Special features:** Gluten free

**Requirements:** two billies

### Ingredients (\*may contain gluten):

- 100 grams basmati rice per person
- 1 tablespoon coconut cream powder per person
- 1 teaspoon Thai green curry paste\* per person
- Couple pinches of salt
- 1 packet dried vegetables
- 1 teaspoon crushed garlic for every 2 punters
- 1 onion
- 1 teaspoon dried coriander for every 2 punters
- 2 x 185 grams tins of smoked tuna in oil
- 2 capsicums (or something else in season)
- 2 carrots or courgettes

### Method:

1. Add a cup of cold water to a billy. Add coconut cream powder, curry paste, salt and dried vegetables to soak. Set aside.
2. In the other billy heat the oil from the tuna tins and fry the garlic, onion, and coriander. Gradually add chopped fresh vegetables plus a little water. When vegetables are almost cooked set aside.
3. Add to first billy sufficient water for the rice and bring to boil. Add rice and cook. Set aside when nearly cooked. Rice will continue to cook.
4. Reheat fresh vegetable mix and add tuna.
5. Combine the contents of both billies if there is room otherwise serve separately into punters bowls.

### Chef's Notes / Tips:

- Those who prefer a spicier dish can add more Thai curry paste or chilli powder to their completed meal.
- For vegetarians, chopped tofu or cashew pieces will provide sufficient protein when the coconut cream is taken into account.
- For a sweet curry, add some dried fruit such as raisins or chopped apricots.
- Milk powder can be substituted for coconut cream powder, but the taste isn't the same.

### Gluten free:

- Check the green curry paste is gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Basmati rice	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Coconut cream powder	2 tablespoon	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Thai green curry paste*	2 teaspoons	4 teaspoons	6 teaspoons	8 teaspoons	10 teaspoons	12 teaspoons
Salt	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoon	2 teaspoons	2 ½ teaspoons
Dried vegetables	½ packet	1 packet	1 packet	2 packet	2 packet	3 packet
Garlic crushed	1 teaspoon	2 teaspoon	3 teaspoon	4 teaspoon	5 teaspoon	6 teaspoon
Onion	1 small	1	1	2	2	3
Dried coriander	1 teaspoon	2 teaspoon	3 teaspoon	4 teaspoon	5 teaspoon	6 teaspoon
Tin of smoked tuna in oil	1 x 185 grams tin	2 x 185 grams tins	2 x 185 grams tins	2 x 185 grams tins 1 x 95g grams tin	3 x 185 grams tins	3 x 185 grams tins
2 capsicums	1	2	2	3	3	4
Carrots	1	2	2	3	3	4

## Asian Noodle Stir-fry

---

**Chef:** Garry DeRose (via Aunty Rata)

**Number served:** 4 people

**Special features:** quick - ready to eat in 5 – 10 min

**Requirements:** 1 billy

### Ingredients (\*may contain gluten):

- 10 ml oil
- 2 chicken breasts (pre-cut into bite-size chunks and frozen ahead of time)
- 2 carrots
- 1 onion
- 1 head of broccoli or cauliflower
- 1 capsicum
- 2 courgettes
- 2 packets Maggi Sesame Teriyaki Chicken sauce mix\*
- 1 packet mung beans
- 2 x 220 gram packet of pre-cooked Kantong Singaporean Noodle\*
- 1 packet crispy noodles\*

### Method

1. Heat up the oil in the billy and fry the chicken.
2. Add in sliced onion, carrots, and broccoli. After 2-3 minutes, add sliced capsicum and zucchini.
3. While the vegetables are cooking, mix the sesame sauce mix with water in someone's bowl. Add the sauce to the billy.
4. Toss in the precooked noodles and stir through with a large handful of mung bean sprouts.
5. Once noodles coated and warm (about 1 min), serve up with a handful of crispy noodles right from the bag.

### Gluten free:

- Remove crispy noodles. Replace pre-cooked noodles with gluten free rice noodles and check that teriyaki sauce is gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Oil	10 ml	10 ml	10 ml	20 ml	30 ml	40 ml
Chicken breasts (pre-cut into bite-size chunks and frozen)	1 chopped and frozen	2 chopped and frozen	3 chopped and frozen	4 chopped and frozen	5 chopped and frozen	6 chopped and frozen
Carrots	1	2	2	3	3	4
onion	1 small	1	1	2	2	3
Broccoli or cauliflower	½ head	1 head	1 head	1 ½ head	2 heads	2 heads
Capsicum	1 small	1	1	2	2	3
Courgettes	1	2	2	3	3	4
Maggi Sesame Teriyaki Chicken sauce mix*	1 packet	2 packets	2 packets	3 packets	4 packets	4 packets
Mung beans	½ packet	1 packet	1 packet	2 packet	2 packet	3 packet
Pre-cooked Kantong Singaporean Noodle *	1 x 220 gram packet	2 x 220 gram packet	3 x 220 gram packet	4 x 220 gram packet	5 x 220 gram packet	6 x 220 gram packet
Crispy noodles *	½ packet	1 packet	1 packet	2 packet	2 packet	3 packet

## Fish Kedgeree

---

**Number served:** 5

**Special features:** gluten free

**Requirements:** 2 billies

### Ingredients:

- 100gram of basmati rice per person
- 2 onion
- 3 celery stalks
- 1 small knob of fresh ginger root
- 2 x 185 grams tins of tuna in oil
- 2 tablespoons curry powder
- 5 tablespoons powdered coconut cream (enough to make 400ml when mixed with water)
- Salt and pepper
- 5 hard boiled eggs
- Large bunch of fresh coriander

### Method:

1. Mix coconut cream powder with water in a punter's bowl and set aside.
2. Put rice into billy and add twice as much water (to rice). Simmer until cooked.
3. In another billy, (using oil from tuna tins) fry chopped onions, celery and ginger until tender.
4. Stir in curry paste and cook 1-2 minutes until you fill the hut with a fragrant odour.
5. Pour in coconut cream and stir.
6. Break in the tuna chunks and then mix with drained fluffed rice.
7. Season with salt and pepper, and warm thru.
8. Add some chopped hard boiled eggs (take boiled not raw in your pack).
9. Add coriander and serve.

### Chef's Notes / Tips:

- Boiled eggs should be eaten with 24 hours.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Basmati rice	200 grams	400 grams	600 grams	800 grams	1000 grams	1200 grams
Onion	1 small	2	2	3	3	4
Celery stalks	2 stalks	3 stalks	4 stalks	5 stalks	5 stalks	5 stalks
knob of fresh ginger root	1 cm	1 cm	2 cm	3 cm	4 cm	5 cm
Tins of tuna in oil	1 x 185 grams tin	2 x 185 grams tins	2 x 185 grams tins	2 x 185 grams tins 1 x 95g grams tin	3 x 185 grams tins	3 x 185 grams tins
Curry powder	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Powder coconut cream	2 tablespoon	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Salt and pepper						
Hard boiled eggs	2	4	6	8	10	12
Large bunch of fresh coriander	½ bunch	½ bunch	1 bunch	1 bunch	2 bunches	2 bunch

# Desserts

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## Some quick and easy dessert ideas:

- Sultanas soaked in rum with a Chocolate Cheese Cake mix.
- Fruit cake or ginger loaf with Custard.
- Chocolate fondue and fresh fruit / marshmallows.
- Instant pudding mix with added chocolate chips, marshmallows or fresh fruit (add extra whole milk powder to thicken the pudding mix).
- Instant cheesecake mix.
- Pavlova with fresh fruit (medium size fits into club billies)
- For a bit of luxury try a canister of squirty cream or yoghurt.
- Baking gluten free is pretty simple. Generally you can just replace the flour with Healthieries® (or similar) gluten free baking mix. This works particularly well for biscuits.
- There are also many gluten free biscuits and cakes available in the gluten free section of the supermarket. The Ernst Adams® brand is pretty fool-proof either lemon or chocolate cakes.



## Bought desserts ideas

- There is something special about a packet of chocolate biscuits as a dessert – no hassle and guaranteed.
- Add custard to an Ernest Adams® cake loaf.
- Harry brings a fabulous pudding of chocolate sponge rolls (1 is good for about 4 punters).
- Bought meringues and squirty cream (and a slice of kiwifruit).
- Frozen berries in a bag travel well – add a little sugar and/or vanilla. Serve with mascarpone cheese and lady fingers or amaretti.
- Ready-made pikelets, with tinned berries and grated chocolate.
- Pancake mix in a bottle – you need a fishslice and pan as getting them out of a billy would be hard work!!

## Apple Pudding

---

**Chef:** Barbara Keenan

**Number served:** 4

**Special features:** gluten free; works well for smaller groups

**Requirements:** some preparation at home, one billy

### Ingredients (\*may contain gluten):

- 2 apples
- 2 tablespoons butter
- 2 tablespoons brown sugar
- ½ teaspoon cinnamon
- 10 gluten free ginger nuts\* – ground at home in food processor
- yoghurt to serve

### Method:

1. Dice apples and sauté with butter, sugar and cinnamon in a billy.
2. Sprinkle over ground ginger nuts.
3. Serve with yoghurt.

### Gluten free:

- Make sure ginger nuts are gluten free or use gluten free biscuits instead.

Number of people	Two	Four	Six
Apples	1	2	3
Butter	1 Tablespoon	2 Tablespoons	3 Tablespoons
Brown sugar	1 Tablespoon	2 Tablespoons	3 Tablespoon
Cinnamon	¼ teaspoon	½ teaspoon	1 teaspoon
Ginger nuts – gluten free	5 biscuits	10 biscuits	15 biscuits i.e. 1 packet
Yoghurt	1 pottle 150g	2 pottles 300g	2 pottles 300g

## MoreThanSmores

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**Chef:** Ryan Day

**Requirements:** campfire and long sticks for roasting marshmallows

**Ingredients (\*may contain gluten):**

- Marshmallows
- Toffeepops<sup>®\*</sup>

**Method:**

1. Toast two marshmallows (1 pink, 1 white recommended) until hot and gooey over a fire (take your time, and don't burn them!).
2. Then place them between two original Toffee Pops<sup>®</sup>. The best approach is to "sandwich" the marshmallows between the Toffee Pops<sup>®</sup> to remove them from the roasting stick.

**Chef's Tip / Notes:**

- Toffee Pops<sup>®</sup> may be substituted with Chocolate thins (you can pack more in a small pack) or, for classic smores, chocolate digestives as they are about as close to Gram crackers as you can get in NZ.

**Gluten free:**

- Make sure ginger nuts are gluten free or use gluten free biscuits instead.

## Deconstructed Trifle

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**Chef:** Helen Law

**Number served:** 6

**Special features:** It goes great on an easy to medium trip, particularly if you have a fit punter you need to slow down; doesn't require cooking

**Requirements:** one billy (use the billy to transport the sponge)

### Ingredients (\*gluten free):

- 2 halves of a double sponge\* (I bought one of those round ones from New World that 1/4 filled a billy)
- 4 tablespoons raspberry jam (this is ESSENTIAL)
- 1/2 cup sweet or medium sweet sherry (optional)
- 410g can Wattie's® Fruit Salad in Clear Fruit Juice, well drained
- 300ml bottle cream
- 600ml carton prepared custard\*
- ¼ cup grated chocolate (for garnish)

### Method:

1. Spread sponge half with the raspberry jam.
2. Place sponge in the base and up the sides of a billy.
3. Pour over the sherry, or the fruit salad juice.
4. Spread the well drained fruit salad on top.
5. Whip the cream (just shake the bottle) until soft peaks form, and blend half the whipped cream with the custard. Spread the custard evenly over the fruit and sponge.
6. Spread the remaining whipped cream over the top of the custard and chill for one hour by putting the billy in the river or if you can't wait, just eat it!
7. Decorate with grated chocolate before serving.

### Chef's Notes / Tips:

- People who complain about carrying cream and tinned fruit salad don't get dessert!

### Gluten free:

- Make sure the sponge and custard are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Round sponge cake (2 layers) from New World bakery	Half a cake (top or bottom half)	3/4 cake	2 halves (the whole cake)	1 whole cake + 1/2 a cake	1 whole cake + 3/4 a cake	2x cakes
Raspberry jam	2 Tablespoons	3 Tablespoons	4 Tablespoons	5 Tablespoon	6 Tablespoons	½ Cup
Sherry	1/3 Cup	¼ Cup	½ Cup	2/3 Cup	¾ Cup	1 Cup
Fruit salad tin	Pottle of fruit	1 tin	1 tin	1 tin & 1 pottle of fruit	2 tins	2 tins
Cream	100ml	200ml	300ml	400ml	500ml	600ml
Custard (prepared)	200ml	400ml	600ml	800ml	1000ml	1200ml
Chocolate grated	2 Tablespoons	3 Tablespoon	¼ Cup	¼ Cup	1/3 Cup	½ cup

## Hot Dates

---

**Chef:** *adapted from Nigel Slater*

**Number served:** 4

**Special features:** small end to a nice meal, gluten free

**Requirements:** 1 billy

### Ingredients:

- 1 orange (or orange juice if making for more than 4 people)
- 20 dates
- 2 tablespoon flaked almonds

### Method:

1. Add dates and orange juice to a billy – if using a real orange you can add strips of zest.
2. Cook over a medium heat until dates are soft.
3. Serve and sprinkle with almonds.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Orange	½	1	1	1	1	2
Orange juice	Not required	Not required	Not required	300ml	300ml	30ml
Dates	10	20	30	40	50	60
Flaked almonds	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons



## Fruit Crumble

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**Chef:** Illona Keenan

**Number served:** 6

**Special features:** I prefer dried nectarines that are available from Moore Wilsons, but any fruit would work. I have also done this with cherries and bush lawyer berries.

**Requirements:** 1 billy

**Ingredients (\*may contain gluten):**

- 1 packet Farmbake<sup>®</sup> Anzac biscuits\*
- 400g dried nectarines

**Method:**

1. Chop dried fruit, cover with water and simmer.
2. Smash the biscuits with someone's cup.
3. Spread the biscuits over the fruit and leave to simmer for a few minutes so the liquid comes through the biscuits.
4. Serve with Ant's custard (see recipe on next page).

**Gluten free:**

- Make sure biscuits are gluten free.

Number of people	Four	Six
Farmbake Anzac biscuits	¾ packet	1 packet
Dried nectarines	200g	400g

## MSR<sup>®</sup> Custard

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**Chef:** Ant Mullick

**Number served:** 4

**Requirements:** one billy

### Ingredients (\*may contain gluten):

- 2 tablespoons (heaped) Edmonds<sup>®</sup> custard powder\* (25g)
- 12 tablespoons (heaped) FULL FAT milk powder (70g = 1 ½ cups)
- 1 tablespoon sugar (8g)
- 2 cups cold water (500ml)

### Method:

1. Make a slurry with the dry ingredients and 125ml or so of the water in a bowl.
2. Boil the remainder of the water in a billy.
3. Pour 125ml of the boiling water into the slurry and mix quickly. This warms the slurry mixture.
4. Pour the warmed slurry into the billy with the remaining boiling water.
5. Simmer as gently as possible and stir continuously until it thickens. It is very easy to burn the custard as it thickens so gentle heating is important. It often helps to lift the billy an inch or two off a very hot burner such as an MSR<sup>®</sup>.
6. The custard should thicken within 5 minutes. If it doesn't then you can add more custard\milk powder as a slurry but avoiding lumps can be tricky.

### Chef's Notes / Tips:

- Don't add the cold slurry directly into the boiling water unless you want lumpy custard.
- FULL FAT milk powder is required - it needs the fat to thicken. You will need a lot more skimmed milk powder/custard powder otherwise for it to thicken.
- Remember the sugar. It tastes awful otherwise.

### Gluten free:

- Custard powder may contain gluten.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Custard powder	1 heaped tablespoon	2 heaped tablespoons	3 heaped tablespoons	4 heaped tablespoons	5 heaped tablespoons	6 heaped tablespoons
Milk Powder FULL FAT	¾ cups	1 ½ cups	2 ½ cups	3 cups	3 ¾ cups	4 ½ cups
Sugar	1 Tablespoon	2 Tablespoons	3 Tablespoons	4 Tablespoons	5 Tablespoons	6 Tablespoons
Water	250ml	500ml	750ml	1litre	1.25 litres	1.5 litres

## Cheeky Chocolate Mousse

---

**Chef:** Garry DeRose (via Aunty Rata)

**Number served:** 4 to 6 people

**Special features:** Requires time to set but not cooking - prepare before dinner.

**Requirements:** large bowl or spare billy, whisk or fork

**Ingredients (\*may contain gluten):**

- 1 x 70 grams packet of rich chocolate mousse dessert mix for per 2 people\*
- 6 tablespoons whole milk powder per 2 people
- 100 grams mini marshmallows\*

**Method:**

1. Mix milk powder and water in large bowl or spare billy using the following ratio: 6 tablespoons = 1 cup milk.
2. Add mousse mix.
3. Beat with mini whisk or fork until starts to thicken.
4. Add marshmallows.
5. Cover mixture and leave somewhere cool to set.

**Chef's Notes / Tips:**

- The chef recommends Hansells® or Greggs® brand of rich chocolate mousse.
- The mini-marshmallows can be found in the baking section of the supermarket. Or the big marshmallows can be chopped up.
- The chef recommends this ratio to ensure a thicker mousse.
- Be sure to use whole milk powder or it will take extra whisking to thicken the mousse
- For larger groups you might want to take some gelatine (but vegetarians won't eat it!).

**Gluten free:**

- Make sure mousse mix and marshmallows are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rich chocolate Mousse mix	1x70g packet	2x70g packet	3 x 70g packet	4x70g packet	5x70g packet	6 x 70g packet
Whole milk powder	6 Tablespoons	1 ½ cups	2 cups	3 cups	4 cups	5 cups
Mini marshmallows	100g	200g	300g	400g	500g	600g

## Bushcraft Chocolate Crackles

---

**Chef:** Geoff Keey via Aunty Rata

**Number served:** 4 – 6

**Requirements:** one billy, paper cupcake wrappers

### Ingredients (\*may contain gluten):

- 250 grams Kremelta® (this is vegetable fat)
- 4 cups rice bubbles (or cornflakes)
- 1 cup icing sugar\*
- 3 tablespoons cocoa powder
- 1 cup coconut (optional)
- Paper cupcake wrappers

### Method:

1. Melt Kremelta® in a billy, add remaining ingredients and mix well. Turn off heat.
2. Place a spoonful of mixture into each paper cupcake wrapper and leave somewhere cold so they set.

### Substitutions / Variations:

- You can use real chocolate instead of cocoa but I don't recommend it as chocolate is a hassle to melt on a tramp.
- If chocolate is not your thing then try Honey Crackles (serves 4-6):
  - 1 tablespoon honey
  - 4 cups rice bubbles or cornflakes
  - 90 grams butter or margarine
  - 1/3 cup sugar
  - Cupcake wrappers

### Chef's Notes / Tips:

- Kremelta® is vegetable shortening found in the baking section of supermarkets. It looks like margarine but is white and not as soft.
- If you really want to impress your group take a packet of hundreds and thousands along as well and sprinkle them on the finished product – very colourful, any 5 year old would be proud!

### Gluten free:

- Make sure icing sugar is gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Kremelta	85g	165g	250g	330g	415g	485g pkt
Rice bubbles	1 1/3 cups	2 2/3 cups	4 cups	5 1/3 cups	6 2/3 cups	7 1/2 cups
Icing sugar	1/3 cups	2/3 cups	1 cup	1 1/3 cups	1 2/3 cups	2 cups
cocoa	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoon	5 tablespoon	6 tablespoon
coconut	1/3 cups	2/3 cups	1 cup	1 1/3 cups	1 2/3 cups	2 cups

## Gone Bananas

---

**Number served:** 5

**Requirements:** 1 billy

### Ingredients:

- 8 tablespoons milk powder
- 4 x 50 grams snack bars of chocolate
- 2 tablespoons of cocoa powder
- 2 tablespoons of custard powder\*
- 5 bananas
- 5 crepes\* (Signature<sup>®</sup> premade & packaged variety are lightweight and scrumptious)

### Method:

1. Put 2 cups of water and milk powder in billy and mix.
2. Put the billy on the cooker, add the chocolate and bring to boil to melt the chocolate.
3. Mix the custard powder and cocoa in a cup with a little water.
4. Take milk and chocolate off the heat and blend in custard mix stirring continuously.
5. Put back on the heat and simmer for around 2 minutes until thick.
6. Put crepes in everyone's plate, add chopped bananas, roll up and pour the sauce over.

### Gluten free:

- Make sure custard powder and crepes are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Milk powder	1 tablespoons & 2 teaspoons	5 Tablespoon & 1 teaspoon	8 tablespoons	1 1/3 cups	1 ½ cups	2 cups
50g snack bars of chocolate	2 snack bars	4 snack bars	6 snack bars	8 snack bars	10 snack bars	12 snack bars
Cocoa powder	2 teaspoons	4 teaspoons	2 Tablespoons	2 tablespoons & 2 teaspoons	3 tablespoons & 1 teaspoon	4 Tablespoons
Custard powder	2 teaspoons	4 teaspoons	2 Tablespoons	2 tablespoons & 2 teaspoons	3 tablespoons & 1 teaspoon	4 Tablespoons
Bananas	2 bananas	4 bananas	6 bananas	8 bananas	10 bananas	12 bananas
crepes	1/3 pkt of 6	2/3 pkt of 6	1 packet of 6	1 1/3 pkt of 6	2 packets of 6	2 packets of 6

## Chocolate Fondue

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**Number served:** 6

**Special features:** gluten free

**Requirements:** one billy, helpful to have long forks or wood skewers for dipping

**Ingredients:**

- 300ml cream
- 300 grams dark chocolate
- 2-3 pieces fresh seasonal fruit per person (pineapple, apples, grapes, oranges, etc)

**Method:**

1. Chop fruit into bite size pieces.
2. Break chocolate into pieces and place in a billy. Put on a cooker as low as possible to melt the chocolate. To keep the chocolate from burning and to avoid having to create a double-boiler, keep lifting the billy off the cooker.
3. Once the chocolate begins to melt, add the cream slowly and stir to combine.
4. Once all of the chocolate is melted, remove from the heat.
5. Use skewers or forks to spear pieces of fruit and dunk in chocolate.

**Substitutions / Variations:**

- Marshmallows and plain biscuits travel well and also are good for dunking in chocolate.

Number of people	Two	Four	Six	Eight	Ten	Twelve
cream	100ml	200ml	300ml	400ml	500ml	600ml
Chocolate	100g	200g	300g	400g	500g	600g
Fruit piece	6	8	12	16	20	24

## Dried Fruit Salad

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**Number served:** 8

**Special features:** doesn't require cooking

**Requirements:** billy or bowl for soaking fruit

**Ingredients (\*may contain gluten):**

- 250 grams (around 24) dried apricots
- 200 grams (around 24) prunes
- 100 grams (around 16) dried dates
- 100 grams (around 24) dried apple slices
- 30 grams sultanas
- 1 packet biscuits\* (e.g. ginger nuts)

**Method:**

1. Chop large pieces of fruit into smaller pieces (but not unrecognisably small) especially if soaking time limited.
2. Cover fruit with water and pre-soak if possible (preferably in boiling water).
3. After soaking, bring fruit and water to boil and simmer for around 5 minutes. While cooking, add water if necessary to get a couple of spoonfuls of syrupy juices per serving.
4. Serve at any temperature with biscuits.

**Gluten free:**

- Make sure biscuits are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Dried apricots	6	125g (12)	190g (18)	250g (24)	315g	380g
prunes	5	100g (10)	150g (16)	200g (24)	250g	300g
Dates	4	50g (8)	75g (12)	100g (16)	125g	150g
Dried apple	6	50g (12)	75g (18)	100g (24)	125g	150g
Sultanas	7g	15g	25g	30g	45g	50g
Ginger nuts* (Gluten free if required)	¼ packet	½ packet	¾ packet	1 packet	1 ¼ packets	1 ½ packets

## Chocolate Chip Log

---

**Number served:** 8

**Special features:** doesn't require cooking

**Requirements:** tinfoil, billy or bowl for soaking biscuits

**Ingredients (\*may contain gluten):**

- 1 packet chocolate chip biscuits\*
- 250ml packet of long life whipping cream
- Chocolate chips
- 1/2 cup of warming agent (e.g. - sherry, brandy, rum, etc)

**Method:**

1. Dip each biscuit in the warming agent and sandwich together in a log with the cream, cover with remaining cream and sprinkle with chocolate chips.
2. Leave to mature for ½ hour.
3. Usually allow between 4-6 biscuits per person.

**Chef's Notes / Tips:**

- It helps to prepare log on tinfoil.

**Gluten free:**

- Make sure biscuits are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Chocolate chip biscuits	1 packet	½ packet	1 packet	1 packet	2 packets	2 packets
Long life cream	If you want	125ml	250ml	250ml	500ml	500ml
Chocolate chips	If you want	2/3 cups	¾ cup	¾ cup	1 ½ cups	1 ½ cups
Warming agent	If you want	¼ cup	½ cup	½ cup	1 cup	1 cup



# Dehydrated meals

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## Hot tips for dehydrating

- Basic principle for dehydrated food is that it needs to be extremely low fat so that it doesn't go rancid. On long trips, it's good to carry small bottles of olive oil or fatty extras like chorizo to add to your meals.
- These recipes serve four people – and will fill a standard dehydrator.
- A good dehydrator for tramping purposes is the Ezidri® Ultra FD1000 (made by Hydraflow, which is based in Upper Hutt). You can buy them direct from the manufacturer.
- Always dehydrate meals on the highest temp setting.
- Dehydrating is much more effective if you also run a dehumidifier in the same room (preferably a small room where you can shut the door). Under these conditions, the meals below take about 12-15 hours.
- Dehydrators that blow air from the top can get very hot on the bottom. Be careful where you put them.
- It's done when everything feels hard – you don't want any of the vegetables to feel squishy.
- Vegetables are the component that take the longest to dehydrate, so always chop them up small (1cm dice max)
- Meat only works if it's minced or chopped into small pieces (unless you like eating plastic).
- The best way to store your dehydrated food is to use a vacuum sealer. Because the food is sharp, you'll need to seal it into one bag, and then seal this bag into another bag.
- If you don't feel like the financial commitment to vacuum sealing, then store it in very tough plastic bags (not zip locks) and squeeze out as much air as possible.
- Store in a cool dark place. Will keep six months or longer if well sealed.
- It's a good idea to take salt on your trip, so you can add if necessary to finished product. Better than making too salty at the outset...

## To rehydrate

- Put meal in billy, cover with about 2-3 cm of water above food, bring to boil. Give good stir and then, leaving lid on, turn off. Leave for one hour. It will still be hot, give a vigorous stir before serving.



## Basic Mince Curry (dehydrated)

---

**Chef:** Amanda Wells

**Number served:** 4 – total dehydrated weight 600g

**Requirements:** dehydrator

### Ingredients (\*may contain gluten):

- 2 onions
- 2 cloves garlic
- 2 teaspoons of each of these: cumin, curry powder, coriander
- 400g lean mince
- 2 Continental<sup>®</sup> stock pots\* (beef) dissolved in 4 cups boiling water
- 2 kumara (400-500g total) – or option 2: 1 kumara plus 1 red pepper plus 1 cup frozen peas
- ½ small pumpkin (about 500g)
- 180g brown rice – or option 2: 220g brown rice (rinse rice under tap)

### Method:

1. Cut vegetables in small similarly size pieces.
2. Dice onion and garlic, fry in large non stick pan (add 1 teaspoon oil if necessary) till turning golden.
3. Add spices, stir fry 2 minutes.
4. Add mince, break up and stir fry till brown.
5. Add all other ingredients.
6. Simmer for about 1 hour, stirring regularly.
7. It's finished when the rice is cooked.

### Gluten free:

- Make sure stock is gluten free.

## Venison and Red Wine (dehydrated)

---

**Chef:** Amanda Wells

**Number served:** 4 – total dehydrated weight 600g

**Requirements:** dehydrator

### Ingredients (\*may contain gluten):

- 2 onions
- 2 cloves garlic
- 200g mushrooms
- 400g venison mince
- 250ml red wine
- 1 tablespoon soya sauce\*
- 1 teaspoon cornflour\*
- 1 teaspoon sugar
- 2 teaspoons vegetable bouillon powder\* (or powdered stock\*) with 3 cups boiling water
- 2 kumara (400g total)
- 200g brown rice

### Method:

1. Dice onion and garlic, fry in large non stick pan (add 1 teaspoon oil if necessary) till turning golden.
2. Add mince, break up and stir fry till brown.
3. Whisk soya sauce, cornflour and sugar into red wine and add.
4. Add other ingredients.
5. Simmer for about 1 hour, stirring regularly.
6. It's finished when the rice is cooked.

### Gluten free:

- Make sure soya sauce, cornflour and stock are gluten free.

## Tomato Tofu and Quinoa (dehydrated)

---

**Chef:** Amanda Wells

**Number served:** 4 – dehydrated weight 630g

**Special features:** vegetarian

**Requirements:** dehydrator

### Ingredients (\*may contain gluten):

- 2 onions
- 2 garlic
- 400g tofu (Tonzu® brand is best – crumbles easily)
- 2 tins crushed and sieved tomatoes
- 2 tablespoons tomato paste
- 1 cup frozen peas
- 1 red pepper, chopped into small pieces
- 2 teaspoons basil
- 200g quinoa (washed in sieve)
- 2 Continental® stock pots\* (vegetable) dissolved in 1 cup boiling water

### Method:

1. Dice onion and garlic. Fry in large non stick pan (add 1 teaspoon oil if necessary) till turning golden.
2. Add crumbled tofu, stir fry for five minutes.
3. Add other ingredients.
4. Simmer for about 1 hour, stirring regularly.
5. It's finished when the quinoa is cooked.

### Gluten free:

- Make sure stock is gluten free.

## Mushroom and Bacon Risotto (dehydrated)

---

**Chef:** Amanda Wells

**Number served:** 4, weighs 460g without extras (see chef's note)

**Special features:** This has more fat so will not last as long, not recommended for trips in very hot climate.

**Requirements:** dehydrator

### Ingredients (\*may contain gluten):

- 1 tablespoon olive oil
- 1 onion
- 2 cloves garlic
- 100g bacon (rind and fat cut off, chopped small)
- 200g mushrooms (sliced)
- 400g risotto rice, washed
- 3 cups of stock\*
- 1 cup of wine
- 2 chorizo\*
- 100g parmesan

### Method:

1. Stir fry onion and garlic in oil till browning.
2. Add bacon and mushroom, fry for a couple of minutes.
3. Add rice and stir fry for a couple of minutes.
4. Combine wine and stock in bowl. Adding about ½ cup at a time, add liquid while stirring. Only add next half cup when all previous liquid absorbed. Takes a while. When done, rice should be al dente – cooked but with a slight bite.

### Chef's note / Tips:

- When rehydrating, add 2 chorizo and 100g parmesan.

### Gluten free:

- Make sure stock and chorizo are gluten free.

## Pea, Pepper and Tofu Risotto (dehydrated)

---

**Chef:** Amanda Wells

**Number served:** 4, weighs 530g without extras (see chef's notes)

**Special features:** vegetarian

**Requirements:** dehydrator

### Ingredients (\*may contain gluten):

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 275 g tofu (Tonzu® brand, crumbled)
- 1 red pepper, cut into small pieces
- 1 cup frozen peas
- 400g risotto rice, washed
- 3 cups of stock
- 1 cup of wine
- 100mL olive oil
- 100g parmesan

### Method:

1. Stir fry onion and garlic in oil till browning.
2. Add tofu, fry for a couple of minutes.
3. Add vegetables, fry for couple of minutes
4. Add rice and stir fry for a couple of minutes.
5. Combine wine and stock. Add ½ cup of liquid at a time while stirring. Only add next half cup when all liquid absorbed. Takes a while. When done, rice should be al dente – cooked but with a slight bite.

### Chef's Notes / Tips:

- When rehydrating, add 100mL olive oil and 100g parmesan.

### Gluten free:

- Make sure stock is gluten free.

## **Black Bean Chilli with Quinoa (dehydrated)**

---

**Chef:** Illona Keenan

**Number served:** 4

**Special features:** vegetarian, gluten free

**Requirements:** dehydrator and free time

### **Ingredients:**

- 1 teaspoon cumin seeds
- 2 tablespoon oil
- 2 onions finely chopped
- 3 cloves garlic
- 1 teaspoon each of cumin, coriander, cocoa, chilli flakes, salt
- 1 tablespoon sugar
- 1 tin whole peeled tomatoes
- 1 tin black beans
- 3 tablespoon tomato paste
- 400-500g quinoa

### **Method:**

1. Heat oil in pan, add cumin seeds, when fragrant add onions.
2. Cover with lid and allow onions to sweat, cook stirring occasionally for about 10 minutes.
3. Add garlic, spices and sugar, cook and stir for 2 minutes.
4. Add tinned tomatoes, beans and tomato paste.
5. Cook until reduced to very little liquid.
6. Cook quinoa as per instructions.
7. Mix together and dehydrate.

### **Chef's Notes / Tips:**

- Black beans are often in the organic section if you cannot find them with the other beans.
- Quinoa cooks like rice (see directions at the beginning of the book).

## Satay Noodles (dehydrated)

---

**Chef:** Illona Keenan

**Number served:** 4

**Special features:** vegetarian

**Requirements:** dehydrator

### Ingredients (\*may contain gluten):

- 2 tablespoon oil
- 1 teaspoon cumin seeds
- 2 onions finely chopped
- 3 cloves garlic
- 1 thumb size bit fresh ginger
- 1.5 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chilli flakes
- 1 cup peanut butter
- 2 tablespoon tamarind pulp (or marmalade)
- ¼ cup soya sauce\*
- ¼ cup sweet chilli sauce\*
- 1 cup coconut milk – either tinned or ½ cup powder mixed with 220ml water
- 2 carrots thinly sliced - matchsticks
- 2 zucchini thinly sliced – matchsticks
- 1 red pepper thinly sliced – matchsticks
- 400-500 grams dried noodles\*

### Method:

1. Heat oil and add cumin seeds, when fragrant add onions. Sauté till cooked (about 10 minutes).
2. Add garlic, ginger, spices, cook for 2 minutes.
3. Add peanut butter, tamarind, soya sauce, chilli sauce and coconut milk.
4. Simmer until reduced and thick.
5. Blanche vegetables for about 1 minute (if matchsticks) longer if bigger.
6. Break up noodles so you can eat with a spoon, cook as per instructions.
7. Add everything together, and dehydrate till crispy.

### Chef's Notes / Tips:

- Given the fat content, probably best to make within 1 month of using.
- Quite a bulky meal – so works well if you vacuum seal it.

### Gluten free:

- Make sure sweet chilli sauce, soya sauce and noodles are gluten free.



## Chilli con Carne (dehydrated)

---

**Chef:** Megan Sety

**Number served:** 4

**Special features:** gluten free

**Requirements:** dehydrator

### Ingredients:

- 2 tablespoons vegetable oil
- 1 onion
- 2 cloves garlic
- 1/4 teaspoon chilli powder
- Smoked paprika
- cumin
- 400 grams mince
- 1/4 cup water
- 1 can tomatoes, crushed works best
- 1 can red kidney beans (or any beans for that matter)
- 1 cup corn
- 1 capsicum, cut up into pieces
- A little less than 2 cups uncooked quinoa

### Method:

1. Cook the quinoa according to package directions and set aside.
2. Heat oil and fry onions, garlic, chilli powder, cumin, paprika for 2 minutes in a little bit of oil.
3. Add mince, cook for 5 minutes longer.
4. Add tomatoes, kidney beans, corn, bell pepper and water and simmer for 10 minutes or until thickened.
5. Mix with the quinoa. Once cool dehydrate.

## Beef Stew (dehydrated)

---

**Chef:** Megan Sety

**Number served:** 4

**Requirements:** dehydrator

### Ingredients (\*may contain gluten):

- 500-600 grams beef (use small chunks of beef, not mince)
- 1/2 cup flour\*
- 2 teaspoons salt
- 1/2 teaspoons black pepper
- 2 tablespoons of oil
- 4 carrots
- 2 courgettes
- 3 stalks of celery
- 1 large onion, diced
- 2 clove minced garlic
- 3 bay leaves
- 1/2 cup beef/vegetable/chicken stock\*
- 2 tins diced tomatoes
- 4 servings instant mash potato\*

### Method:

1. Cut the beef into cubes that a little larger than 1cm by 1cm.
2. Mix the flour, salt and pepper together in a bowl and dredge beef cubes in this mixture, coating them (this helps the beef rehydrate better). Use more flour if you need it.
3. Cut celery into 1/2 inch pieces (1cm), cut carrots into 1/4 inch (0.5cm) rounds and cut courgettes into approximately 1cm square pieces.
4. Heat the oil in a pan and brown the beef – don't cook the beef all the way through – yet.
5. Add the carrots, courgettes, celery, onion, garlic and bay leaves to the pan. Add a little bit of stock and then scrape the brown bits from the bottom into the mixture. Then add the diced tomatoes and finally add enough water or stock to just barely cover the vegetables and beef and simmer until cooked.
6. If the sauce is too runny, you can thicken it by adding more flour – the best way to do this and avoid lumps is to mix 1-2 tablespoons of flour in about 1/4 cup of water and then add the mixture to the pot.
7. Dehydrate.

### Chef's Notes / Tips:

- When you are rehydrating, if you add too much water, use the extra to make the instant mash potatoes in a separate bowl. You may want to reheat the stew for serving.

### Gluten free:

- Replace flour with rice flour or tapioca flour; make sure stock and instant mashed potatoes are gluten free.

## Tomato Pasta (dehydrated)

---

**Chef:** Illona Keenan

**Number served:** 4

**Special features:** vegetarian, add your own protein (feta & chickpeas, mince)

**Requirements:** dehydrator

### Ingredients (\*gluten free):

- 2 tablespoon oil
- 2 onions finely chopped
- 3 cloves garlic
- salt and pepper
- 1 tin whole peeled tomatoes
- 3 tablespoon tomato paste
- 1 tablespoon balsamic vinegar
- 1 tablespoon brown sugar
- 1 tablespoon basil pesto
- 400 grams of other protein – tin of chickpeas, mince (venison, lamb or beef)
- 200-250 grams chopped feta cheese
- 400-500 grams penne pasta\*
- optional chopped olives, cubed zucchini, char grilled red pepper, really good with smoked Spanish paprika (add when adding garlic)

### Method:

1. Sauté onions in oil (10 minutes).
2. Add garlic.
3. Add tomatoes, paste, vinegar, sugar pesto & protein, optional extras.
4. Cook until no liquid left.
5. Cook pasta.
6. Mix pasta, cheese and sauce together.

### Chef's Notes / Tips:

- I tend to make a double batch and change the taste (e.g. add Spanish paprika, change protein) to make 2 different pasta meals.
- You can just dehydrate feta cheese on its own and add it to meals.

### Gluten free:

- Use gluten free pasta.

## **Eggplant with Pomegranate Molasses & Bulgur Wheat (dehydrated)**

---

**Chef:** Illona Keenan

**Number served:** 4

**Special features:** vegetarian

**Requirements:** dehydrator

### **Ingredients (\*may contain gluten):**

- 2 tablespoon oil
- 1 eggplant cubed
- 2 tablespoon oil
- 2 onions finely chopped
- 3 cloves garlic
- 1 teaspoon each of cumin and coriander
- ¼ preserved lemon
- ½ cup chopped olives
- 1 cubed zucchini,
- 1 char grilled red pepper
- 1 tin chickpeas
- 3 tablespoon pomegranate molasses
- 400 grams bulgur wheat\*
- 200 grams feta cheese chopped
- handful of parsley

### **Method:**

1. In a pan with tight fitting lid, heat oil on low-medium heat, add eggplant, put on lid. Stir regularly, letting the water from the lid fall back into the pan (the eggplant is steamed and sautéed using this method). It is ready when mushy (about 10 minutes), set aside.
2. Add remaining oil, sauté onions (10 minutes).
3. Add garlic and spices cook for 2 minutes.
4. Add preserved lemon, olives, eggplant, zucchini, pepper, chickpeas (including liquid), and pomegranate molasses. Cook until zucchini is cooked.
5. Cook bulgur wheat (boil for 15 minutes).
6. Mix feta, bulgur, parsley, and eggplant mixture.
7. Dehydrate.

### **Gluten free:**

- Replace bulgur wheat with quinoa.

# Snacks

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While the supermarket is full of premade scroggin, muesli bars, slices and biscuits – the following recipes will give you options to make your own snacks. Chances are they will taste better and you can increase the energy, protein and fat necessary for tramping by choosing how much you add of nuts, milk and milk powders, coconut, etc. Note that most of these recipes require you to make them before you're on the track.



## Oaty Fudge

---

**Chef:** Rob Hosking

**Requirements:** bake before you go

**Ingredients (\*may contain gluten):**

- 250 grams butter
- 1 cup sugar
- 2 tablespoons cocoa powder
- 2 tablespoons golden syrup
- 2 cups rolled oats\*
- 2 teaspoons baking powder\*

**Method:**

1. Preheat oven to 180 C.
2. Put butter, sugar, cocoa and golden syrup in saucepan and melt, stirring regularly. Do not allow to boil.
3. Remove saucepan from heat when the ingredients have melted; stir in the rolled oats and the baking powder. Mix well and then press into a greased tin.
4. Bake for approx 10-15 minutes. Check with fork - if the mixture is starting to look a little toffee-like when it begins to cool on the end of the fork, it is ready.
5. Remove from oven and leave to cool.
6. Cut into squares. The final result should taste like a cross between fudge and a chocolate brownie, but with a slightly toffee like texture.

**Chef's Notes / Tips:**

- The original recipe had coconut or flour in it; the first seems way to sweet and the second, just a way of stodging it out. I remembered from my boyhood reading about air force prisoners of war who escaped, and had put together a survival snack based on cocoa and rolled oats. It sounded perfect for tramping, particularly in cold weather. After a bit of experimentation, it turned out to be, indeed, perfect – especially on high passes when the weather has turned bleak.

**Gluten free:**

- Oats may be processed in a place with other products that contain gluten. Baking powder may contain gluten.

## Anakiwa Flapjacks

---

**Chef:** Vanessa Duindam

**Ingredients (\*may contain gluten):**

- 285 g butter
- 6 tablespoon golden syrup
- 2 teaspoon baking soda
- 4 teaspoon boiling water
- 2 cups rolled oats\*
- 1 cup sultanas
- 2 cups flour\*
- 1 cup roasted sunflower seeds
- 2 cups coconut
- 1 cup raw sugar
- 1/2 cup chopped apricots

**Method:**

1. Heat oven to 160°C.
2. Melt butter and golden syrup.
3. Add baking soda and boiling water.
4. Mix in the rest of the ingredients.
5. Bake for 30 minutes.
6. Cut into tramping size pieces, while it is still warm.

**Gluten free:**

- Oats may be processed in a place with other products that contain gluten. Replace flour with rice flour or tapioca flour.

## Magic Peanut Butter Balls

---

**Chef:** Megan Sety

**Number served:** 6-10 snack size balls

**Special features:** gluten free

**Requirements:** you can make this in advance, or for longer trips bring the ingredients and prepare them along the way

### Ingredients:

- 2 heaping tablespoons of peanut butter
- About 1/4 – 1/2 cup of coconut milk powder (whole milk powder works too, but coconut has far more fat and protein for extra energy)
- About 1/4 - 1/2 cup of granulated sugar
- 1/2 cup chocolate chips
- Optional - 1/2 teaspoon of vanilla extract/essence (this makes all the difference on the flavour, but you can also try maple syrup or honey)
- Optional - 2 -6 tablespoons of sesame seeds (for a bit of crunch)
- Optional – coconut flakes (especially if you opted for milk powder instead of coconut milk powder)

### Method:

1. Start with your peanut butter and add the sugar and coconut milk in about equal parts. Mix together until you get a spread where most of the peanut oil has been absorbed and the mix can be formed into balls. Add more sugar or milk powder as you like. Then add chocolate chips and vanilla extract to taste. Afterwards form into bite size balls and roll in sesame seeds and coconut flakes if using.
2. Wrap each ball in glad wrap. These guys travel ok if individually wrapped and then can be easily stowed in pockets for on the tramp eating.

### Chef's Notes / Tips:

- The measurements of the ingredients aren't exact so experiment with your flavours. Starting with 2 heaping tablespoons of peanut butter makes anywhere from 6 to 10 balls depending on how much you add of the others.
- You could substitute almond butter for the peanut butter.



## Granola Bars

---

**Chef:** Megan Sety (*adapted from [www.threemanycooks.com](http://www.threemanycooks.com)*)

**Number Served:** makes about 16 bars

**Requirements:** glass 33 x 23 x 5 cm pan, bake before you go

### Ingredients (\*may contain gluten):

- 2 cups rolled oats\*
- 1 cup wheat germ\*
- 1 cup sliced almonds
- 1/2 cup of dark chocolate chips
- 1/2 cup dried cranberries (cherries and blueberries work too)
- 1 can (14 ounces/400g) sweetened condensed milk
- Optional, shredded desiccated coconut

### Method:

1. Preheat oven until 160 degrees C.
2. Use a long sheet of aluminium foil to line the glass pan and up the sides. Then grease the foil with vegetable cooking spray or butter.
3. Mix all ingredients in a medium bowl and pour into the pan. Spread mixture evenly and pack down.
4. Bake until set (about 20 minutes). The edges will go slightly brown, but be careful not to burn or overcook.
5. Cool completely before cutting – you can cool it faster by putting it in the freezer or refrigerator for about 30 minutes.
6. When firm, remove the bars (foil and all) from the pan. Remove the foil from the bars and the cut into bars and wrap individually in plastic wrap – they are a bit sticky.

### Chef's Notes / Tips:

- I've kept these up to a month in the fridge and up to two weeks while tramping.

### Gluten free:

- Leave out the wheat germ. Oats may be processed in factories near other products that contain gluten.

## Chocolate Apricot and Pistachio Slice

---

**Chef:** Donna Maher

**Special features:** gluten free

**Requirements:** make before you go

### Ingredients:

- 500gms dark chocolate
- 100gms butter
- 1 tin condensed milk
- 1 cup chopped dried apricots
- 1/2 cup pistachio nuts (shelled)

### Method:

1. Melt butter, chocolate and condensed milk in microwave 2 minutes on medium high, stir after 1 minute then again after 2 minutes.
2. Mix in apricots and pistachios. Stir well until all well blended.
3. Pour into a slice tin lined with baking paper and sprinkle over top with coconut. Set in the fridge to chill.
4. Cut into small bite size pieces when ready.

### Chef's Notes / Tips:

- Stores well in the freezer.

## White Chocolate and Cherry Oat Biscuits

---

**Chef:** Beccy Day (*adapted from the Jo Segar's Cookbook 'It's easier than you think'*)

**Number Served:** makes about 30

**Requirements:** bake before you go

### Ingredients (\*may contain gluten):

- 250g butter
- $\frac{3}{4}$  cup sugar
- 3 tablespoons of sweetened condensed milk
- $\frac{1}{2}$  teaspoon vanilla essence/extract
- 1  $\frac{1}{2}$  cups rolled oats\*
- 1  $\frac{1}{2}$  cups flour\*
- 1 teaspoon baking powder\*
- 250g white chocolate\*, chopped into chunks
- 150g glace cherries\*, chopped

### Method:

1. Preheat the oven to 170° Celsius.
2. Grease two baking trays and line them baking paper.
3. Use butter at room temperature or soften it a little (not melted!). Mix the butter and sugar, beating it until creamy.
4. Add the condensed milk and continue beating until smooth.
5. Then add the vanilla, rolled oats, flour and baking powder and mix through.
6. Then add the chopped white chocolate and cherries.
7. Place spoonfuls of the mixture on the trays and press flat with a wet fork.
8. Bake for 25-30 minutes until golden brown.
9. Allow to cool for a few minutes before you take them off the trays and set them on a wire rack to finish cooling.

## Standby Brownies

---

**Chef:** Illona Keenan (*adapted from Donna Hay's 'Fast, Fresh, Simple'*)

**Number Served:** makes 16

**Requirements:** bake before you go

**Ingredients (\*may contain gluten):**

- 150 grams butter
- 275 grams (1 ¼ cups) caster sugar
- 75g (¾ cup) cocoa
- 1 teaspoon vanilla essence
- 3 eggs
- 75g (½ cup) flour\*

**Method:**

1. Preheat oven to 160° Celsius.
2. Melt butter in saucepan along with sugar and cocoa over low heat and stir until butter is melted.
3. Spoon this mix into a bowl and add vanilla and eggs, whisking well.
4. Sift flour over mixture and whisk to combine.
5. Spoon mixture into 20cm square cake tin lined with baking paper.
6. Bake for 30-35 minutes or until centre is just firm.
7. Cool in tin and cut into squares.

## Chocolate Chip Cookies

---

**Chef:** Katy Glenie (*adapted from the Edmonds Cookbook*)

**Special Features:** gluten free options

**Requirements:** bake before you go

### Ingredients (\*may contain gluten):

- 125 grams butter, softened
- ¼ cup sugar
- 3 tablespoons condensed milk
- few drops vanilla essence
- 1 ½ cup flour\*
- 1 t baking powder\*
- ¾ cup chocolate chips

### Method:

1. Cream butter, sugar, condensed milk and vanilla essence till light and fluffy.
2. Mix in sifted flour and baking powder, and chocolate chips.
3. Roll teaspoons of mixture into balls (use your hands).
4. Place on greased baking tray and press with fork to flatten.
5. Bake for around 18 minutes at 180° Celsius.

### Chef's Notes / Tips:

- Keep an eye on them as they bake much faster than you think. Sometimes I put them in for 15 minutes and then leave them to "finish" on the baking tray for a few minutes after you've taken them out of the oven.

### Gluten free:

- Use a gluten free flour such as Healthieries® GF baking mix and make sure baking powder is gluten free.

## Chocolate Raisin Slice

---

**Chef:** Bridget Boyle

**Number Served:** makes 18 squares

**Requirements:** make before you go

**Ingredients (\*may contain gluten):**

- 150 grams digestive biscuits\*
- 150 grams butter
- 250 grams chocolate, coarsely chopped
- 2 tablespoon sugar
- ½ cup slivered almonds, toasted
- ½ - ¾ cup raisins

**Method**

1. Line a standard loaf tin with non-stick baking paper.
2. Break biscuits into coarse chunks and set aside.
3. Place butter, chocolate and sugar in a heat proof bowl over a saucepan of simmering water to melt, or microwave to melt. Stir until smooth.
4. Then stir in raisins, almonds and broken biscuits to coat with chocolate.
5. Press mixture into prepared tin with the back of a spoon and refrigerate to set.

**Chef's Notes / Tips**

- For extra energy, I use Cadbury Energy Chocolate\*.

## ANZAC Biscuits with a Twist

---

**Chef:** Sue Walsh

**Requirements:** bake before you go

### Ingredients:

- 125g or 4 oz flour
- 150g or 6 oz sugar
- 1 cup of coconut
- 1 cup of rolled oats
- 1 handful of raisins or sultanas (optional but highly recommended)
- 1 tablespoon cocoa powder (optional but totally recommend)
- 100g or 4 oz butter
- 1 tablespoon (generous) golden syrup, plus a bit extra for good luck
- ½ teaspoon bicarb soda
- 2 tablespoon boiling water

### Method

1. Preheat oven to 180° Celsius.
2. Mix together dry ingredients including raisins.
3. Melt butter and golden syrup (hint, put spoon in hot water before using in golden syrup. Golden syrup will then fall off the spoon more easily).
4. Dissolve bicarb soda in the boiling water and add to butter and golden syrup. Warning: it will froth up and look a tad impressive, particularly if you use a small saucepan.
5. Make a well in the centre of the flour, stir in liquid.
6. Place in spoonfuls (about tablespoon size) on greased tray. Bake for 15-20 minutes. Recommend checking after 15 minutes and if ready take out.

### Chef's Notes / Tips:

- Biscuits are good for freezing too.

## **Spiced date cake/ muffins (with optional toffee sauce)**

---

**Chef:** Debbie Buck (and Hans Wiskerke for the spice mix)

**Requirements:** bake before you go

### **Ingredients for cake (\*may contain gluten):**

- 1 cup dates pitted and chopped
- 1 teaspoon bicarb soda
- 1 cup boiling water
- 2 tablespoon butter
- 1 cup brown sugar
- 2 eggs
- 1 ½ cups self-rising flour sifted\*
- 2 teaspoons more or less of the spice mix

### **Ingredients for spice mix (makes more than you need for one cake):**

- 6 teaspoons cinnamon
- 2 teaspoons ground cloves
- 2 teaspoons nutmeg
- 1 teaspoon ground white pepper
- 1 teaspoon ground ginger
- ½ teaspoon ground cardamom

### **Methods:**

1. Combine ingredients of spice mix and set aside.
2. Preheat oven to 180° Celsius.
3. Mix dates and bicarb soda in a bowl, pour boiling water on top and leave to stand.
4. Cream butter and sugar until pale, then add eggs one at a time, beating after each addition.
5. Gently fold in sifted flour and spice mix, then stir in the date mixture.
6. Pour into a lightly buttered 18cm square or round cake tin and bake for 30 to 40 minutes until inserted skewer comes out clean. Alternatively, can bake in muffin tins for about 25 minutes or mini muffin tin for about 20 minutes.

### **Chef's Notes / Tips:**

- The recipe for the spice mix will make more than you need for one cake. You can store extra in an airtight container.
- For optional toffee sauce – mix in a saucepan 1 cup brown sugar, ¾ cup cream, ½ teaspoon vanilla essence, 2 tablespoons butter and generous pinch of sea salt. Stirring, bring to the boil. Once boiling, stop stirring and simmer for 5 minutes. Set aside until ready to serve, then quickly reheat when needed. Pour over individual cake serves or muffins.

### **Gluten free:**

- Make sure to use a gluten free flour or baking mix.



## Hummus

---

**Chef:** Richard House (*adapted from a Tom Fanning recipe*)

**Special Features:** gluten free, dehydrated options

**Requirements:** make before you go

### Ingredients:

- 4 handfuls of dried chickpeas (250ml)
- 3-4 tablespoon tahini
- 4-8 cloves garlic, minced
- Juice of 3-4 lemons
- 3-4 bay leaves
- 3 teaspoon ground cumin
- Chilli powder (to taste)
- 5 tablespoon olive oil
- 1/4 teaspoon salt

### Method:

1. Place chickpeas in a large bowl and cover completely with cold water. Allow to soak overnight, about 12 hours. Once chickpeas have soaked, drain and transfer to a large cooking pot. Cover with water twice the amount of chickpeas (do not add salt), with the bay leaves and bring to a boil. Cover and allow to simmer for approximately one hour. Do a taste test at this point to make sure they are tender enough for your liking. Drain and allow to cool for 15 minutes.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, bay leaves in a food processor, and blend to a creamy puree. Add oil or water for right consistency.
3. Add more lemon juice, garlic, cumin, chilli or salt to taste. Turn out into a dinner plate, and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.

### Chef's Notes / Tips:

- Hummus can be refrigerated for up to 3 days and can be kept in the freezer for up to one month. Add a little olive oil if it appears to be too dry.
- Soaked (and peeled) chickpeas can be frozen for several months until needed. Leave the chickpeas to drain thoroughly before transferring them to a freezer bag.
- Tinned chickpeas can be substituted for dried chickpeas – just skip step 1.
- You can also dehydrated hummus to take as a snack and add just a little water for instant hummus while tramping.

## **Make your own hydration electrolyte drink (without sugar)**

---

**Chef:** Allan Jackson from NZ Hunter magazine

### **Ingredients:**

- 100grams salt
- 8 grams crushed epsom salts (2 good teaspoons)
- 2 grams cream of tartar (about 1 small teaspoons)

### **Method:**

1. Mix well.
2. Place back into the salt container.
3. Label clearly or it will end up sprinkled on your dinner.
4. Carry a small amount in a pill bottle and add to water bladder as required.
5. Add  $\frac{1}{4}$  teaspoon of hydration salt to 1 litre of water (i.e. a large pinch per 500ml water).

# Tararua Biscuits

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## Tararua Biscuits (Kiwi)

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**Chef:** Amanda Wells with Illona's variations

**Number served:** 7 pairs of biscuits

**Requirements:** Bake before you go

### Ingredients (\*may contain gluten):

- 250g wholemeal flour\*
- 150g plain flour\*
- 125g butter
- 100g sugar
- 125g oat bran\*
- 1 dessertspoon golden syrup
- ½ teaspoon salt
- ¼ cup milk powder
- things to make them tasty – chopped chocolate, sesame seeds, 1 tablespoon whole grain mustard\*, chopped almonds, dried fruit (raisins, cranberries etc)

### Method:

1. Preheat oven to 135°C.
2. Soften butter, mix ingredients in a large bowl.
3. Divide dry mix to add tasty ingredients. I double the recipe, weigh out 200g (for 4 biscuits) of mixed dry ingredients then add separate flavourings then continue with the method.
4. Adding enough water to make a stiff dough.
5. Roll out to 1cm thickness.
6. Cut into biscuits.
7. Place on a lightly greased oven tray
8. Bake at 135°C (less if your oven is on the hot side) until cooked i.e. a brown colour – usually about 1-1.5hours. Turn oven off but leave biscuits in overnight.

### Chef's Notes / Tips:

- For each 200g lot I add the following amounts to give you an idea. 1 tablespoon of coconut or 1 tablespoon chopped almonds, 1 tablespoon sesame seeds, 1 tablespoon wholegrain mustard, 1 tablespoon cranberries, 4 squares of chocolate,

## Tararua Biscuits (USA)

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**Chef:** Megan Sety

**Serves:** makes about 16 biscuits

**Requirements:** bake before you go

**Ingredients (\*may contain gluten):**

- 2 cups wholemeal flour\*
- 2 or more tablespoons of vanilla extract (or essence if you are saving money)
- 2 tablespoons of golden syrup (or honey or caro syrup)
- ½ cup sugar
- ¼ cup brown sugar
- ½ rolled oats\*
- 1 cup flour\*
- 125 grams of butter
- Dried dates, chopped
- Approximately ½ cup (120ml) water

**Method:**

1. Mix all the ingredients except the butter in a bowl.
2. Soften the butter in a microwave (not melted) and add to the other ingredients. Use your hands to mix this part – when it's mixed well, it should like crumbly.
3. Add a tablespoon of water at a time and mix until it starts to form a ball of dough that will hold together but not be sticky. If you add too much water, you can add a little bit of flour.
4. Roll out to 1cm or about ½ inch thickness. Cut into square biscuits and place on a lightly greased baking tray.
5. Bake at 135 degrees Celsius until cooked (i.e. dry and just starting to turn golden brown), about 1.5 – 2 hours.

## Benbrook's Tararua Biscuits

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**Chef:** Benbrook

**Requirements:** make before you go

**Ingredients (\*may contain gluten):**

- 225 grams butter
- Heaped tablespoon golden syrup
- ½ tin condensed milk
- ¾ cup brown sugar
- 1 cup flour\*
- 1 cup coconut
- 1 cup rolled oats\*
- 1 cup soya flour\*
- 1 cup bran\*
- 1 teaspoon baking powder\*
- Mixed fruit, sultanas, apricots, nuts, etc.

**Method**

1. Melt butter, add golden syrup and condensed milk.
2. Add to dry ingredients.
3. Press into sponge tins approximately ½ inch deep.
4. Bake 180° Celsius for 30-45 minutes.

## **Annette Gazley's Famous Simple Tararua Tramping Biscuits**

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**Chef:** Annette Gazley

**Number Served:** makes about 20 biscuits

**Requirements:** bake before you go

### **Ingredients (\*may contain gluten):**

- 4oz butter
- 4oz brown sugar
- 10oz oat flakes
- 6oz flour\*
- 2 tablespoon golden syrup
- ½ teaspoon baking soda\* (dissolved in ¼ cup cold water)
- Optional - add 1 cup chopped dates

### **Method:**

1. Melt butter and syrup together. Add to the dry ingredients and mix.
2. Then add baking soda mix.
3. Press into a greased baking tray around ½ inch thick.
4. Cook around 30 -45 minutes at or 180° Celsius.
5. Cut into squares when still warm and in tray.
6. Cool a tad and take out on to a cooling tray.



# **The Wellington Tramping and Mountaineering Club**