

Wellington Tramping and Mountaineering Club Recipe Book



Edited by Megan Sety and Illona Keenan

Note: Although every effort has been made to ensure accuracy in this recipe book it is recommended you check the tabulated ingredient amounts against the recipe. For example, if it says 3 tablespoons of chilli it likely means 3 teaspoons.
For corrections and additions please email cookbook@wtmc.org.nz.

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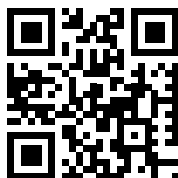
Wellington Tramping and Mountaineering Club

Recipe Book

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Some helpful food and cooking tips

General

- As a guide, allow 100 g for Easy and Medium trips, and 125 g for Medium-Fit and Fit trips of rice or pasta per person or ½ cup of couscous per person, and 300 g vegetable/meat per person.
- Couscous is pasta and contains gluten. As a general rule for cooking couscous, equal parts water to couscous. Bring the water to a boil, remove from the heat, add the couscous, stir quickly, then cover and let stand for 5 minutes.
- 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 meat lovers and vegetarians 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.
- Quinoa is a grain and is high in protein. It's also gluten free. Like rice 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 12-15 minutes, remove from heat and let stand for 2-3 minutes. Quinoa may need to be rinsed in cold water before cooking to remove saponin, which can make it taste bitter or soapy. Pre-packaged quinoa may already have been rinsed, but if you buy it from the bulk bins it's a good idea to rinse it first.
- As a general rule for cooking rice, two parts water to one part rice. However, the amount of water varies by the type of rice (e.g., basmati, jasmine, short grain)—check the packet to be sure. With the rice and water together in the pot, bring the water to boil, and then simmer for about 12-20 minutes with the lid on.
- If taking tinned food look for tins with ring pulls.
- You don't need to peel carrots, potatoes or kumara—this means you'll have less waste. But you should wash them first.
- A sharp knife and chopping board are handy to have together with detergent and a scouring pad for washing up.

Gluten Free

- We have made suggestions on how to make most of the recipes gluten free.
- If using stock, remember you will may need gluten free stock for gluten free.
- Rice, quinoa, polenta, rice noodles, and instant potato are gluten free options which can be substituted for pasta and couscous.
- Gluten free pasta is also readily available in supermarkets.
- 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 person to bring them. Double check stock, soup mix, sauces etc.
- For dessert options there are many gluten free cakes and biscuits readily available at supermarkets.

Vegetarian and Vegan

- Vegetarian and vegan are not the same thing. Vegetarian means not eating meat but may include fish. Vegan means not eating animal products such as meat, dairy including cheese, butter and milk powders, eggs and even things like honey. If you're not sure, ask the person—or get them to suggest a recipe.
- We have made suggestions on most recipes on how to make recipes vegetarian, and if possible, vegan. Some recipes are not appropriate for either vegetarian or vegan.
- If using stock, remember you will need vegetable stock for vegetarians.
- Many of the recipes can be vegetarian if meat is added only to non-vegetarians after serving. Meat is a good source of protein. If you choose to add meat after, you might need to include other non-meat options for protein for vegetarians—such as nuts or cheese. One option is tell trampers to bring their own protein to add to their individual bowls after the cooking is done
- Many packets, sauces, powders and tinned foods contain ingredients which are meat based or animal products. It's often easiest to ask the person who is vegetarian or vegan to bring these ingredients to ensure the right foods. Pasta is not vegan because it contains eggs. Use rice, quinoa, polenta, rice noodles and instant potato as substitutes.
- Tofu is vegetarian and vegan.
- For dessert options there are many vegan cakes and biscuits readily available at the supermarket—not all are labelled vegan so again you may have to ask the person to help. Some brands that usually include some ginger nuts, bliss balls, and dark chocolate.

Aunty Rata's top 10 tips (with bonus from the recipe book editors)

- Get everyone to wash their hands (with soap and water) before starting to cook. Hygiene is particularly important when you are in the hills and preparing group food. Hand sanitisers help get rid of bacteria but you still need to wash the crud from your hands before you start cooking for others.
- 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 likes doing it the most and sit back and enjoy the results.
- Pack a big, light-weight wooden spoon for stirring and serving. Nobody really likes their cup returned to them with dinner dripping off it.
- The chopped garlic that comes in the glass container from the supermarket is full of sugar, salt and other preservatives, additives and flavourings but is just fine decanted into a film canister or some other light weight packaging—unless you like peeling and finely chopping actual cloves of garlic after a hard day in the hills.
- Milk powder or coconut milk powder are not only light and easy to carry, they are also an excellent source of protein and can be used to thicken and flavour pretty much any meal. You can buy coconut milk powder and milk powder from some supermarkets or from speciality Asian supermarkets.
- 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 pill. It is not possible to under-cook the vegetables.
- Soup powder is like milk and coconut powder and is light and easy to transport. It can be used as a hot drink pre-dinner, or if there is a lack of flavouring for the main meal chuck some 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.
- Before you head out make sure you are on top of your tramping party'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 no meat products after the vegetarians have taken their portion. Food assembly is all about problem solving.
- It's important to get quantities right for each food group 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 hungry 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.
- 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 like to be mixed and soaked in cold water for a bit prior to heating (to allow for rehydration and minimum lump production).
- The cook should not, in almost any circumstances, have to clean up. That is what the rest of the team is for.



Mains

Bacon and Leek Pasta

Chef: Kevin Cole

Number served: 5

Requirements: 2 billys, 2 cookers helpful but possible with one, wooden spoon or spatula for bacon

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 500 g pasta*
- 300 g bacon—cut into small squares (can be pre-cooked)
- 1 leek (minus the leafy tops)
- Handful of pinenuts (50 g)
- 250 g of feta cheese or 125 g goats cheese
- Continental® white sauce or similar (optional).

Method:

1. Toast the pinenuts in a billy until some browning occurs and they become fragrant
2. Chop leeks into 1 cm thick discs
3. If you have two stoves, in the first billy, boil water and begin cooking pasta
4. With the other stove and billy, fry the bacon (if uncooked) 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
5. Sauté leeks in bacon fat or oil from this billy until soft. Then add the bacon to keep warm
6. Make up the white sauce, following packet directions and use the pasta water for mixing. Then add the cheese
7. Drain the pasta, add leeks, bacon and the cheese white sauce. Serve with pinenuts.

Chef's notes / tips:

- Seasonal recipe, depends on leeks being available
- If one stove, cook the bacon and leeks first and then set them aside. 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
- You can add broccoli if you want to go light on the leeks—1 head for 6 people
- Other nuts can be substituted for pinenuts—especially for larger groups because pinenuts are expensive
- Can be a bit messy to do the dishes, so be sure to bring soap and scrubber.

Gluten free: use gluten free pasta and skip the sauce.

Bacon and Leek Pasta

Number of people	Two	Four	Six	Eight	Ten	Twelve
Pasta	250 g	400 g	600 g	800 g	1 kg	1.2 kg
Bacon	100 g	200 g	400 g	600 g	800 g	1 kg
Leeks (white bit)	½ leek	1 small leek	2 small	2 medium	2 large	3 medium
Pinenuts	2 tablespoons	4 tablespoons	60 g	90 g	120 g	150 g
Feta	100 g	200 g	300 g	400 g	500 g	600 g
Oil (olive)	30 ml	60 ml	90 ml	120 ml	150 ml	180 ml
Continental®White Sauce (makes 250ml)	1 pkt	1 pkt	2 pkt	3 pkt	4 pkt	4 pkt



Asian Home Gourmet Tofu Laksa

Number served: 6

Requirements: 2 billys is easier

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 300 g packet tofu
- 50 ml oil
- 1 packet laksa paste*
- 1 teaspoon vegetable stock*
- 600 g egg or hokkien noodles*, or vermicelli, or soba* noodles
- 2 cups of coconut cream or milk (either 1 x 400 ml tin or 2 x 50 g packets + 2 cup water)
- Juice from 1 lime
- 1 spring onion
- 2 courgettes or carrots
- 1 capsicum or small head broccoli
- Fresh herbs such as coriander and/or mint.

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. If using coconut milk powder, mix 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, lime juice, and spring onion.

Gluten free: use rice noodles or rice. Make sure the stock and laksa paste are gluten free.

Vegan: check paste has no fish sauce or milk/lactose products. If using coconut milk powder, make sure it doesn't contain dairy milk or lactose products. Use rice or soba noodles. Avoid egg and hokkien noodles. Use vegan stock.

Asian Home Gourmet Tofu Laksa

Number of people	Two	Four	Six	Eight	Ten	Twelve
Noodles*	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Tofu	100 g	200 g	300 g	400 g	500 g	600 g
Oil	1 tablespoon	40 ml	50 ml	75 ml	100 ml	125 ml
Laksa paste	½ pkt (30 g)	½ pkt	1 pkt (60g)	1 pkt	2 pkt (120 g)	2 pkt
Stock*	¼ teaspoon	½ teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons
Herbs such as coriander	tiny bunch	small bunch	bunch	bunch	2 bunches	2 bunches
Coconut cream	1 cup	1½ cups	2 cups	3½ cups	4 cups	4 cups
Lime	1	1	1	2	2	3
Courgette or carrot	½	1	2	3	3	4
Capsicum or broccoli	½	1	1	2	2	3
Spring onion	1 small	1	1	2	2	2

Quinoa, Chickpeas and Vegetables

Chef: Illona Keenan

Number served: 6

Requirements: 2 billies

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

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

Optional

- 2 tablespoons pomegranate molasses
- ½ preserved lemon chopped.

Method:

1. Rinse the quinoa and then cook the quinoa. Boil water, then add quinoa and simmer for 12-20 minutes (typically 1 part quinoa to 2 parts water). Can take off heat after 15 minutes and set aside
2. Fry onion in oil, when soft add spices and garlic and cook for 1 more minute
3. Then add vegetables, cooking for 5 minutes.
4. 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:

- The chickpeas can be drained before leaving the road end if they are to be used on the first night of the tramp
- The optional ingredients are what make this dish tasty. Pomegranate molasses is available from most supermarkets and 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.

Vegetarian: use vegetable stock.

Vegan: leave out the feta cheese and consider adding almonds instead. Use vegan stock.

Quinoa, Chickpeas and Vegetables

Number of people	Two	Four	Six	Eight	Ten	Twelve
Oil	1 tablespoon	40 ml	50 ml	75 ml	100 ml	125 ml
Onion	1 small	1 medium	1 large	2 medium	2 large	3 medium
Quinoa	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Vegetable stock	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons	2 teaspoons	3 teaspoons
Garlic	1 clove	1 clove	2 cloves	2 cloves	3 cloves	4 cloves
Spices: Cumin, Coriander, Sugar, Salt	$\frac{1}{2}$ teaspoon of each	1 teaspoon of each	1 teaspoon of each	1 $\frac{1}{2}$ teaspoons of each	2 teaspoons of each	3 teaspoons of each
Sumac	1 tablespoon	1 $\frac{1}{2}$ tablespoons	2 tablespoons	2 $\frac{1}{2}$ tablespoons	3 tablespoons	4 tablespoons
Pomegranate molasses	1 tablespoon	1 $\frac{1}{2}$ tablespoons	2 tablespoons	2 $\frac{1}{2}$ tablespoons	3 tablespoons	4 tablespoons
Preserved lemons	$\frac{1}{4}$ lemon	$\frac{1}{4}$ lemon	$\frac{1}{2}$ lemon	$\frac{1}{2}$ lemon	$\frac{3}{4}$ lemon	1 lemon
Carrot	1	2 small	2	3 small	3	4 small
Capsicum	$\frac{1}{2}$	1	2	2	3	4
Chickpeas	$\frac{1}{2}$ tin	1 tin (440 g)	1 tin	2 tins	2 tins	3 tins
Sultanas or dried fruit	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup	1 cup
Sundried tomatoes	4	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{4}$ cups
Feta	100 g	200 g	300 g	400 g	500 g	600 g

Pad Thai

Chef: Emily Fetscher

Number served: 4

Requirements: 2 billies

Dietary:

- Vegetarian with substitutions
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 1 carrot
- 1 red capsicum
- 1 courgette
- 250 g baked tofu
- 400 grams rice noodles (check the packet that you don't have to soak the noodles in advance)
- 1 garlic clove
- 1 fresh chilli or 1 - 2 tablespoons sweet chilli sauce
- 1 tablespoon oil
- 2 tablespoons fish sauce*
- 2 tablespoons soy sauce*
- Juice from 3 limes
- 1 bunch coriander, chopped
- 2 spring onions
- 40 g chopped roasted peanuts.

Make ahead:

- At home bake tofu in oven for 30 minutes with 1 tablespoon soy sauce, 1 tablespoon sweet chilli sauce, 1 tablespoon fish sauce and 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, and lime quarters. Set them aside.
2. Fry vegetables, garlic and chilli with oil. When the vegetables are slightly cooked, add tofu and fish sauce, soy sauce, juice of 2 limes and half chopped coriander
3. While the vegetables are cooking, cook the noodles
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 such as chicken or tuna
- In winter replace capsicum with broccoli and add carrots instead of expensive courgettes.

Gluten free: check soy sauce and fish sauce to be sure they are gluten free.

Vegetarian and vegan: leave out the fish sauce—you may need to add extra soy sauce for flavour.

Pad Thai

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rice noodles	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Oil	1 tablespoon	1 tablespoon	50 ml	75 ml	100 ml	125 ml
Garlic	1 clove	1 clove	2 cloves	3 cloves	4 cloves	5 cloves
Capsicum	½	1	1	2	2	3
Carrot	1 small	1 large	2	3	3 large	4
Courgette	1 small	1 small	2	2	3 small	3 large
Tofu	100 g	250 g	400 g	500 g	600 g	700 g
Soy sauce*, fish sauce*, sweet chilli sauce*	1 tablespoon of each	2 tablespoons of each	3 tablespoons of each	4 tablespoons of each	5 tablespoons of each	6 tablespoons of each
Limes	1	3	4	5	6	7
Coriander	tiny bunch	small bunch	bunch	large bunch	1½ bunches	2 bunches
Chopped roasted peanuts	1 tablespoon	40 g or 2 tablespoons	60 g or 3 tablespoons	80 g or 4 tablespoons	100 g or 5 tablespoons	120 g or 6 tablespoons
Spring onion	½	1	1	2	2	3

Chilli Cashew Rice Noodles

Chef: Illona Keenan

Number served: 4

Requirements: 2 billys (or 1 billy plus clean, waterproof plastic bag)

Dietary:

- Vegetarian with substitutions
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 400 g wide rice noodles (dried)
- 2 x 185 g tins of tuna or shrimp
- 2 capsicum
- 2 carrots
- ½ head broccoli
- 2 tablespoons sugar
- 2 tablespoons fish sauce*
- 2 tablespoons soy sauce*
- 2 tablespoons sweet chilli sauce*
- 2 tablespoons lemon juice—1 lemon
- 100 g cashews
- 1 teaspoon salt.

Method:

1. Mix sauce ingredients: Mix sugar, fish sauce, soy sauce, chilli sauce and lemon juice in a bowl and set aside.
2. Bring to boil enough water to cook the noodles. Add noodles and simmer for 3 minutes or as directed on packet. 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
- For more flavour, 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.

Vegetarian: leave out the tinned tuna and add more tofu or nuts—you may also need to leave out the fish sauce.

Vegan: check chilli sauce has no milk / lactose products. Leave out the fish sauce and possibly add more soy sauce for flavour. Leave out the tinned tuna and add tofu or nuts.

Chilli Cashew Rice Noodles

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rice noodles (dried)	250 g	400 g	600 g	800 g	1 kg	1.2 kg
Capsicum	2	4	6	8	8	10
Broccoli	½ small head	½ head	1 head	1 head	2 heads	2 heads
Sugar	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Salt	½ teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons	3 teaspoons
Cashews	50 g	100 g	150 g	200 g	250 g	300 g
Tuna or chicken (or shrimp if you are keen)	1 x 185 g tin	2 x 185 g tins	2 x 185 g tins	2 x 185 g tins + 1 x 95 g tin	3 x 185 g tins	3 x 185 g tins
Carrots	1	2	3	4	5	6
Fish sauce*	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Soy 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	1 small	1	2 small	2	2 large	3

Vegetarian Shepherd's Pie

Chef: Illona Keenan

Number served: 5

Requirements: 2 billies

Dietary:

- Vegetarian
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 1 large onion
- 1 capsicum (red)
- ½ teaspoon mace (can substitute ground nutmeg or ground allspice)
- ½ teaspoon cayenne pepper
- 2 cloves of garlic
- 300 g red lentils
- 1 vegetable stock cube*
- 1 tin black eyed beans or peas
- 2 carrots
- Handful of dried shitake mushrooms
- 50 g tomato paste
- Salt and pepper
- 225 g bag of potato flakes for instant mashed potatoes (take instructions from the package)
- 50 g butter or oil (optional)
- 115 g soft goats cheese
- 100 g grated parmesan cheese
- ¾ cup milk powder.

Method:

1. Sauté onions and capsicum 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 or peas, 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), 5¼ cups for 225 g. 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.

Chef's notes / tips:

- It may be difficult to find black eyed beans or peas in tins—substitute other beans e.g. cannellini
- Tomato paste can be purchased in sachets
- Can be a bit messy to do the dishes, so be sure to bring soap and scrubber.

Gluten free: check stock is gluten free.

Vegetarian Shepherd's Pie

Number of people	Two	Four	Six	Eight	Ten	Twelve
Onion	1 medium	1 large	2 medium	2 large	3 medium	3 large
Mace	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	1 teaspoon	1½ teaspoons
Cayenne pepper	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	1 teaspoon	1½ teaspoons
Garlic	1 clove	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves
Red lentils	200 g	200 g	350 g	450 g	550 g	650 g
Stock*	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	1 teaspoon	1 teaspoon	2 teaspoon	1 tablespoon
Capsicum (red)	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 them out	1 tin	1 tin	1 tin	2 tins	2 tins
Tomato paste	1 tablespoon	25 g	50 g ((2 sachets))	50 g	100 g	100 g
Salt and pepper	bit of each	bit of each	bit of each	bit of each	1 teaspoon each	1 teaspoon each
Butter	40 g	50 g	60 g	70 g	80 g	100 g
Potato flakes	$\frac{1}{2}$ bag	$\frac{3}{4}$ bag	225 g bag	1 bag	1½ bags	2 x 225 g bags
Goats cheese (cherve)	$\frac{1}{2}$ packet	$\frac{1}{2}$ packet	115 g (1 packet)	115 g (1 packet)	2 packets	2 packets
Parmesan cheese	50 g	75 g	100 g	125 g	150 g	200 g
Milk powder	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1¼ cups	1½ cups

Smoked Salmon Pasta

Chef: Amanda Wells

Number served: 4

Requirements: 1 billy, clean large ziplock plastic bag

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 400 g penne pasta*
- 1 tablespoon oil
- 1 onion
- 1 leek
- 2 capsicums (red)
- 2 carrots
- 1 teaspoon cornflour*
- 1 packet of soup* (e.g. creamy vegetable)
- 1 teaspoon basil
- 150 g 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 spare bowl
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 pasta water (about 200 ml) 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 corn flour is also gluten free.

Smoked Salmon Pasta

Number of people	Two	Four	Six	Eight	Ten	Twelve
Penne pasta*	250 g	400 g	600 g	800 g	1 kg	1.2 kg
Oil	2 teaspoons	1 tablespoon	1½ tablespoons	2 tablespoons	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
Capsicum (red)	1	2	3	4	5	6
Carrots	1	2	3	4	5	6
Cornflour	½ teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ 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	1½ teaspoons	2 teaspoons	2 teaspoons	3 teaspoons
Cream cheese	75 g	150 g	250 g	300 g	400 g	500 g
Smoked salmon slices (as much as you can afford!)	50 g	50 g	100 g	100 g	150 g	200 g

Chorizo Couscous

Chef: Amanda Wells

Number served: 5

Requirements: 1 billy (use 2 billys for groups of 8 or more)

Dietary:

- Vegetarian with substitutions
- Vegan with substitutions.

Ingredients: (*may contain gluten)

- 500 g couscous*
- Packet of chorizo (3 sticks)*
- 4 capsicums (red)
- 5 courgettes
- 125 g dried apricots
- 125 g sultanas
- 1 tablespoon honey
- 1 tablespoon soy 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 soy 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 note: The chorizo can be added in at the end or to individual bowls. This is a good recipe to ask each person to bring their own protein to add to their own bowl (chorizo, nuts, etc.).

Vegetarian: add the chorizo to individual plates after serving up or use peanuts, almonds or cashews instead of chorizo (about 50 g per person). Make sure to use vegetable stock.

Vegan: use vegan stock. Replace chorizo with 50 grams peanuts, almonds or cashews per person. Ask vegans if you should replace honey with sugar.

Chorizo Couscous

Number of people	Two	Four	Six	Eight	Ten	Twelve
Couscous*	250 g	400 g	600 g	800 g	1 kg	1.2 kg
Packet of chorizo (3 sticks)*	½ packet	1 packet	2 packets	2 packets	3 packets	3 packets
Capsicums (red)	2	3	4	5	6	7
Courgettes	1	2	3	4	4	5
Dried apricots	1 handful	100 g	150 g	200 g	250 g	300 g
Sultanas	1 handful	100 g	150 g	200 g	250 g	300 g
Honey	1 teaspoon	2 teaspoons	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons
Soy sauce*	1 teaspoon	2 teaspoons	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons
Stock*	½ teaspoon	1 teaspoon	1 teaspoon	2 teaspoons	2 teaspoons	3 teaspoons
Paprika	½ teaspoon	1 teaspoon	1 teaspoon	2 teaspoons	2 teaspoons	3 teaspoons



Satay Noodles

Chef: Amanda Wells

Number served: 4

Requirements: 2 billys (or 1 billy plus clean, waterproof plastic bag)

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 400 g soba noodles (dried)*
- 3 capsicums (carrots in winter)
- 2 heads broccoli (or other vegetables)
- 1 cup coconut milk powder
- 2 tablespoons sugar
- 1 teaspoon salt
- 4 tablespoons peanut butter
- 100 g 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 separately.

Chef's notes / tips:

- To be gourmet, add fresh coriander at end
- Other dried noodles work as well
- Can also use the packets of pre-cooked udon noodles, but allow 200 g per person.

Gluten free: replace soba noodles with gluten free rice noodles.

Vegan: check that coconut milk does not contain dairy milk / lactose.

Satay Noodles

Number of people	Two	Four	Six	Eight	Ten	Twelve
Soba noodles (dried)*	250 g	400 g	600 g	800 g	1 kg	1.2 kg
Capsicum	2	3	4	5	6	7
Broccoli	1 small	2 small heads	2 large heads	3 small heads	3 heads	3 large heads
Coconut Milk Powder	½ cup	1 cup	1½ cups	2 cups	2½ cups	3 cups
Sugar	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Salt	½ teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons	3 teaspoons
Peanut Butter	2 tablespoons	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Cashews	50 g	100 g	150 g	200 g	250 g	300 g



Basic Risotto

Chef: Aunty Rata

Number served: 5

Requirements: 1 billy

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 2 tablespoons olive oil
- 2 sticks celery
- 50 g butter
- 1 large onion finely chopped or a packet of spring onions finely chopped
- 2 cloves garlic chopped
- 2½ cups Arborio rice
- 250ml of dry white wine or vermouth
- 1 tablespoon vegetable stock powder*
- 5 cups water
- 100 g parmesan cheese
- 200-300 g vegetables per person (e.g. courgettes, broccoli, carrots, pumpkin).

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 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—add chopped mushrooms about 100 g per person.
- Pumpkin and feta risotto—use pumpkin for your vegetables and leave out onion. Substitute the parmesan for 200 g 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), about ¼ 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 (check having wine on trip is OK).
- Works with any combination of seasonal vegetables.

Gluten free: check the stock powder is gluten free

Vegan: replace butter with oil. Leave out the parmesan. Ask the vegan if wine is ok, or just use extra stock. Use vegan stock.

Basic Risotto

Number of people	Two	Four	Six	Eight	Ten	Twelve
Olive oil	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Butter	25 g	50 g	50 g	75 g	100 g	125 g
Onion or spring onion	1 medium or 2 spring onions	1 large or 4 spring 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
Vegetables	200-300 g per person	200-300 g per person	200-300 g per person	200-300 g per person	200-300 g per person	200-300 g per person
Celery	1 stick	2 sticks	2 sticks	3 sticks	4 sticks	4 sticks
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	150 ml	250 ml	250 ml	300 ml	300 ml	400 ml
Stock powder* (vegetable, seafood, chicken or beef)	2 teaspoons	4 teaspoons	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Water	2 cups	4 cups	6 cups	8 cups	10 cups	12 cups
Parmesan cheese	50 g	100 g	150 g	200 g	250 g	300 g

Diamond Rice Risotto

Chef: Aunty Rata

Number served: 5

Requirements: 1 billy

Dietary:

- Vegetarian
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 3 x 200 g packets of Diamond® Rice Risotto*
- 2 soup packets*. The 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 g butter
- 2 carrots
- 2 courgettes
- 1 capsicum
- 1 packet dehydrated vegetables such as Surprise peas
- Water as required—about 5 cups.

Method:

1. Rehydrate dried vegetables in cold water in a spare 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® 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.

Gluten free: use a gluten free soup mix (e.g. Maggi®) and gluten free risotto mix.

Diamond Rice Risotto

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



Beef Stroganoff

Chef: Steve Austin

Number served: 4

Requirements: 2 billies

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

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

Method:

1. Put on a billy and start cooking the noodles. When 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® chicken).

Beef Stroganoff

Number of people	Two	Four	Six	Eight	Ten	Twelve
Egg noodles*	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Beef (cut into bite size pieces and frozen before-hand)	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Butter	25 g	50 g	75 g	100 g	125 g	150 g
Onions	1 small	2 small	1 large	2 medium	2 large	2 large
Garlic	1 clove	1 clove	2 cloves	3 cloves	3 cloves	4 cloves
Mushrooms	75 g	150 g	250 g	300 g	400 g	450 g
Sour cream	50 g	100 g	150 g	200 g	250 g	300 g
Onion soup*	½ packet	1 packet	1 packet	2 packets	2 packets	3 packets



Chicken Fettuccine

Number served: 4

Requirements: 2 billies

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 400 g of spinach fettuccine*
- Knob of butter
- 1 capsicum, cut in bite-sized pieces
- 200 g mushrooms, cut in halves
- 3 cloves garlic, minced
- 1 onion, sliced
- 1 packet cherry tomatoes (approx 180 g)
- 2 x160 g tinned chicken
- 1 x 140 g pottle tomato paste
- Bunch of fresh basil, chopped
- 2 teaspoons dried 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 vegetables and sauce mix over pasta.

Gluten free: replace fettuccine with gluten free fettuccine (e.g. San Remo®).

Chicken Fettuccine

Number of people	Two	Four	Six	Eight	Ten	Twelve
Spinach fettuccine *	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Knob of butter	25 g	50 g	50 g	75 g	100 g	100 g
Capsicum	1	1	2	3	4	5
Mushrooms	100 g	200 g	300 g	400 g	500 g	500 g
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	1 packet 180 g	1 packet	2 packets	2 packets	3 packets
Tinned chicken	1 x 160 g tin	2 x 160 g tin	3 x 160 g tin	4 x 160 g tin	5 x 160 g tin	6 x 160 g tin
Pottle tomato paste	1 sachet 50 g	1 x 140 g pottle	1 x 140 g pottle	2 x 140 g pottle	2 x 140 g pottle	2 x 140 g pottle
Bunch of fresh basil, chopped	½ bunch	1 bunch	1 bunch	2 bunches	2 bunches	2 bunches
Oregano	1 teaspoon	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

Number served: 4

Requirements: 2 billys

Dietary:

- Gluten free.

Ingredients (*may contain gluten):

- 400 g rice
- 2 tablespoons peanut oil
- 1 large onion, thinly sliced
- 2 tablespoons curry powder or paste*
- 1 x 410 g tin tomatoes
- 1 x 400 ml tin coconut milk (or 2 x 50 g packets of coconut milk powder mixed with 2 cups water)
- 2 teaspoons sugar
- 2 teaspoons crunchy peanut butter
- 2 medium size kumara or potatoes cut into small bite size pieces
- 1 tablespoon mango chutney*
- 2 cups chopped cooked chicken, frozen (or 2 x 160 g 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 and potatoes until sauce simmers for 5 to 10 minutes or potatoes are cooked
5. Add chicken, sugar, peanut butter and chutney and stir until peanut butter melts and stir until 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
- If you don't eat this on the first day of the tramp or in summer or warm temperatures, use tinned chicken
- Good meal for kayaking trips.

Gluten free: check that the mango chutney and curry paste are gluten free.

Indonesian Chicken Curry

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rice	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Peanut oil	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Onion	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
Tin tomatoes	1 x 410 g tin	1 x 410 tin	2 x 410 g tin	3 x 410 g tin	3 x 410 g tin	3 x 410 g tin
Coconut milk	1 x 270 ml tin	1 x 400 ml tin	1 x 400 ml tin + 1 x 270 ml	2 x 400 ml tin	2 x 400 ml tin + 1 x 270 ml tin	1 x 270 ml tin
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 160 g tin	2 x 160 g tins	3 x 160 g tins	4 x 160 g tins	5 x 160 g tins	6 x 160 g tins
Potato or kumara	1 medium	2 medium or 1 large	3 medium	2 large	3 large	3 large

Chilli con Carne

Number served: 4

Requirements: 1 billy

Dietary:

- Vegetarian with substitutions.
- Gluten free.

Ingredients:

- 3 cups of instant potato mash flakes ($\frac{3}{4}$ cup per person—check directions on the package)
- 2 tablespoons vegetable oil
- 1 onion
- 1 carrot
- 2 cloves garlic
- $\frac{1}{4}$ teaspoon chilli powder
- 400 g mince
- $\frac{1}{4}$ cup water
- 1 tin tomatoes
- 1 tin red kidney beans
- black pepper
- tasty cheese (optional)
- sour cream (optional)

Method:

1. Cook potato mash following directions on packet
2. Heat oil in a billy and cook carrot, 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 $\frac{1}{4}$ cup 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

- You can use rice, quinoa or bulgur wheat as an alternative to instant mash.
- To reduce weight—drain the beans at the roadend and then carry in a plastic bag.

Gluten free: make sure instant mash is gluten free.

Vegetarian: substitute mince with 2 potatoes and 2 carrots (for 4 people).

Chilli con Carne

Number of people	Two	Four	Six	Eight	Ten	Twelve
Instant mashed potato flakes	1½ cups	3 cups	4½ cups	6 cups	7½ cups	9 cups
Vegetable oil	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Carrots	1 small	1 medium	2 medium	3 medium	3 medium	4 medium
Onions	1 small	1 medium	1 large	2 medium	2 medium	2 medium
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Chilli powder	¼ teaspoon	¼ teaspoon	½ teaspoon	¾ teaspoon	1 teaspoon	1½ teaspoons
Mince	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Water	¼ cup	¼ cup	½ cup	1 cup	1 cup	1 cup
Tin whole peeled tomatoes	1 x 400 g tin	1 x 400 g tin	2 x 400 g tins	2 x 400 g tins	3 x 400 g tins	3 x 400 tins
Tin red kidney beans	1 x 400 g tin	1 x 400 g tin	2 x 400 g tins	2 x 400 g tins	3 x 400 g tins	3 x 400 g tins
Black pepper	½ teaspoon	½ teaspoon	1 teaspoon	1 teaspoon	1 teaspoon	1½ teaspoons
Tasty cheese (optional)	50 g	100 g	150 g	200 g	250 g	300 g
Sour cream (optional)	75 g	125 g	125 g	250 g	1 x 250 g + 1 x 75 g	1 x 250 g + 1 x 125 g

Vegetable Goulash

Number served: 8

Requirements: 2 billys (can be 1 one billy with substitution, see notes below)

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 800 g rice
- 75 g butter or 4 tablespoons oil
- 3 cloves garlic, crushed
- 2 onions, chopped
- 1 tablespoon sweet paprika
- 2 tablespoon corn flour
- 2 teaspoons vegetable stock* (use powdered stock and add water)
- 2 tablespoon tomato paste
- 8 potatoes cut into small cubes
- 4 medium size carrots
- 500 g pumpkin peeled and cut into large pieces
- 2 x 425 grams tin whole tomatoes
- 1 tablespoon fresh thyme
- 250 g sour cream
- 2 fresh chilli (optional).

Method:

1. Mix powdered stock, corn flour and water in a spare bowl
2. In one billy, cook the rice
3. In another billy, melt the butter, add garlic, onions and chilli if using. Cook over low heat until onions are soft. Add vegetables in order of cooking times, undrained tinned tomatoes and thyme. Cover and boil until all vegetables are cooked
4. Remove from heat. Stir in the paprika and corn flour, vegetable stock and water mix
5. Return to heat and stir constantly until mixture boils and thickens. Stir in tomato paste
6. Serve on rice with sour cream.

Chef's notes/tips

- You can substitute pre-cooked udon noodles for the rice, but allow 150-200 g per person and then use just one billy. Add noodles when nearly done, heat until the noodles are hot and serve. Note that udon noodles will be heavier to carry than rice.

Gluten free: use gluten free stock.

Vegetarian: use vegetable stock

Vegan: check stock is vegan. Use oil, not butter. Leave out the sour cream.

Vegetable Goulash

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rice	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Butter	25 g	50 g	50 g	75 g	100 g	100 g
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	1½ tablespoons	2 tablespoons
Corn flour	2 teaspoons	1 tablespoon	1½ tablespoons	2 tablespoons	3 tablespoons	3 tablespoons
Vegetable stock*	½ teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons	3 teaspoons
Tomato paste	½ tablespoon	1 tablespoon	1½ tablespoons	2 tablespoons	3 tablespoons	4 tablespoons
Potatoes	2	4	6	8	10	12
Carrots	1	2	3	4	5	6
Pumpkin	100 g	200 g	300 g	400 g	500 g	600 g
Tin whole peeled tomatoes	1 x 425 g tin	1 x 425 g tin	2 x 425 g tin	2 x 425 g tin	3 x 425 g tin	3 x 425 g tin
Fresh thyme	2 teaspoons	1 tablespoon	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Sour cream	75 g	125 g	125 g	250 g	1 x 250 g + 1 x 75 g	1 x 250 g + 1 x 125 g
Fresh chilli (optional)	½ small	1 small	2 small	2 medium	2 medium	3 small

Dave's Mediterranean Fettuccine

Number served: 5

Requirements: 2 billys

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 500 g packet of spaghetti or spinach fettuccine*
- 250 g bacon
- 1 tin of whole peeled tomatoes or 4-6 fresh tomatoes
- 50 g tablespoon capers
- 75 g of pitted chopped black olives
- 2 garlic cloves
- 2 tablespoons 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®).



Dave's Mediterranean Fettuccine

Number of people	Two	Four	Six	Eight	Ten	Twelve
Pasta	200 g	400 g	600 g	800 g	1 kg	1.2 g
Bacon	100 g	250 g	300 g	400 g	500 g	600 g
Whole peeled tomatoes	1 tin	1 tin	2 tins	2 tins	3 tins	3 tins
Capers	25 g	50 g	50 g	75 g	75 g	100 g
Pitted chopped black olives	handful	75 g	100 g	125 g	150 g	175 g
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

Number served: 6

Requirements: 1 billy

Dietary:

- Vegetarian
- Vegan
- Gluten free.

Ingredients:

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

Method:

1. Heat the oil in a billy and fry all the spices, except the turmeric and the ginger, until they splutter a little.
2. Then add the turmeric, ginger, and the potatoes and onion, and cook for 2-5 minutes, 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.

Summer Vegetables with Rice and Lentils

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 teaspoons	1 tablespoon	4 teaspoons	2 tablespoons	2 tablespoons
Cloves	1	2	4	6	8	8
Cardamom pods	1	2	4	6	8	8
Dash salt and fresh ground black pepper	dash	dash	1 teaspoon of each	1 teaspoon of each	2 teaspoons of each	2 teaspoons of each
Cinnamon stick	1 cm	2 cm	2½ cm	3 cm	4 cm	5 cm
Turmeric	½ teaspoon	½ teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ 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 g	150 g	200 g	250 g	300 g	350 g
Basmati rice, washed	100 g	150 g	200 g	250 g	300 g	350 g
Mixture of vegetables e.g. (cauliflower, peas, potatoes, green beans, snow peas, courgettes, capsicum, etc)	300 g	500 g	700 g	900 g	1.1 kg	1.2 kg

Sundried Tomato, Feta and Vegetables

Number served: 6

Requirements: 2 billys for large group, can be done in 1 billy for small groups (see notes below)

Dietary:

Vegetarian

Vegan with substitutions

Gluten free with substitutions.

Ingredients (*may contain gluten):

- 600 g couscous or pasta*
- 300 g sundried tomatoes in oil (can be carried in plastic container but keep oil for cooking later)
- 2 onions
- 4 gloves of garlic
- 1.8 kg of mixed seasonal vegetables (broccoli, courgettes, capsicums, cauliflower, etc)
- Knob butter
- Small jar of olives 100 g (optional)
- Handful of pine nuts 50 g (optional)
- 1 x 200 g 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 and oil. Remove from the heat and 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
10. Serve vegetables over couscous.

Chef's notes / tips:

- If only some people like 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 half 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

Vegan: replace butter with oil. Leave out the feta cheese.

Sundried Tomato, Feta and Vegetables

Number of people	Two	Four	Six	Eight	Ten	Twelve
Couscous* OR Pasta*	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Sundried tomatoes in oil (put into airtight container before packed)	100 g	200 g	300 g	400 g	500 g	600 g
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, cauliflower, etc)	600 g	1.2 kg	1.8 kg	2.4 kg	3 kg	3.6 kg
Knob butter	25 g	50 g	50 g	75 g	100 g	100 g
Small jar of olives (optional)	handful	75 g	100 g	125 g	150 g	175 g
Handful of pine nuts (optional)	handful	50 g	50 g	75 g	100 g	100 g
Feta cheese	100 g	150 g	200 g	300 g	400 g	400 g

Moroccan Kumara and Eggplant Curry

Chef: Aunty Rata

Number served: 6 to 8

Requirements: 2 billies

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- ½ cup couscous* or 100 g of 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
- 2 tablespoon canola oil or 20 g butter
- 2 garlic cloves, minced
- 2 teaspoons each of cumin, coriander, cinnamon, ginger, sugar and turmeric
- Chilli powder to taste
- 2 tins Moroccan flavoured tomatoes (or plain tomatoes)
- 1 tin 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. Cook for 2-3 minutes
4. Add diced kumara, eggplant and courgettes and fry for a couple of minutes more
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 at the road end.

Gluten free: replace couscous or pasta with rice or gluten free pasta. Ensure any stock or instant soup is gluten free

Vegetarian: use vegetable stock

Vegan: check stock is vegan. Use oil, not butter.

Moroccan Kumara and Eggplant Curry

Number of people	Two	Four	Six	Eight	Ten	Twelve
Couscous*, quinoa, pasta*, or rice See note re stock	200 g	400 g	600 g	800 g	1 kg	1.2 kg
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	1 tablespoons	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons
Garlic cloves, minced	1 clove	1 clove	2 cloves	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 teaspoons	2 teaspoons	2½ teaspoons
Moroccan flavoured tomatoes (or plain)	1 tin	1 tin	2 tins	2 tins	3 tins	3 tins
Chickpeas, rinsed and drained	½ tin	½ tin	1 tin	1 tin	2 tins	2 tins
Cashew nuts or dry roasted sunflower seeds (optional)	100 g	100 g	150 g	175 g	200 g	200 g

Chicken and Vegetable Korma Curry with Rice

Chef: Helen Law

Number served: 5

Requirements: 2 billys

Dietary:

- Vegetarian with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 500 g basmati rice
- 2 tablespoon oil
- 1 large onion, peeled and chopped
- 1 large kumara, peeled and diced
- 1 large potato, peeled and diced
- 1 teaspoon vegetable stock*
- 2 courgettes or capsicum (in winter brocolli or carrots)
- 1 korma curry sauce* packet
- 2 x 160 g tinned chicken
- 1 tin chickpeas, rinsed and drained
- 2 x 50 g packets coconut milk powder mixed with 2 cups water.

Method

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

Gluten free: make sure korma sauce and stock is gluten free

Vegetarian: use vegetable stock. Check curry sauce is vegetarian (no fish products, other meat products). Replace the tinned chicken with extra vegetables, or another tin of beans or chickpeas.

Chicken and Vegetable Korma Curry with Rice

Number of people	Two	Four	Six	Eight	Ten	Twelve
Basmati rice	200 g	400 g	600 g	800 g	1 kg	1.2 kg
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	1 large	1 large	3 medium	3 medium
Potato	1	2 small	1 large	1 large	3 medium	3 medium
Vegetable Stock*	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons
Courgettes or Capsicum	1	2	2	3	3	4
Korma Curry Sauce* packet	½ packet	1 packet	1 packet	2 packets	2 packets	2 packets
Tinned chicken	1 x 160 gram tin	2 x 160 gram tins	3 x 160 grams tins	4 x 160 gram tins	5 x 160 gram tins	6 x 160 grams tins
Chickpeas, rinsed and drained	½ tin	½ tin	1 tin	1 tin	2 tins	2 tins
Coconut milk powder	50 g	100 g	100 g	150 g	200 g	200 g



Vegetable Tostadas

Number served: 6

Special features: vegetarian

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

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

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

Method:

1. Dice carrots, potatoes, pepper finely (the smaller the better, e.g. 0.5 cm squares)
2. Chop green beans into about 1cm lengths and spring onions (scallions) about 0.5 cm
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.

Chef's notes / tips:

- Finely chopped ingredients makes for a much more pleasant texture (carry a chopping board)
- 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: use corn tortillas.

Vegan: leave out the feta.

Vegetable Tostadas

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 g	200 g	300 g	400 g	500 g	600 g
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	1½ teaspoons	2 teaspoons
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 g	150 g	200 g	250 g	300 g	400 g

Spicy Chickpeas

Chef: Aunty Rata

Number served: 4

Requirements: 2 billies

Dietary:

- Vegetarian
- Vegan with substitutions.

Ingredients (*may contain gluten):

- 4 tablespoons coconut milk powder (or whole milk powder)
- 2 medium kumara
- 140 g tomato paste
- 1 cup dried red lentils
- 3 teaspoons each of cumin, coriander, ginger and stock* (vegetable, beef or chicken)
- 1 teaspoon cardamom
- 1 onion
- 2 garlic cloves, minced
- 1 tin chickpeas, rinsed and drained
- 400 g couscous*
- 1 teaspoon chilli powder
- 10 g 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 a spare 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 five 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.

Vegan: check coconut milk for milk/lactose product. Check stock is vegan. Replace butter with oil.

Spicy Chickpeas

Number of people	Two	Four	Six	Eight	Ten	Twelve
Coconut milk powder (or whole milk powder)	2 tablespoons mixed with ½ cup water	4 tablespoons mixed with 1 cup water	6 tablespoons mixed with 1½ cups water	8 tablespoons mixed with 2 cups water	10 tablespoons mixed with 2½ cups water	12 tablespoons mixed with 3 cups water
Kumara	1	2 medium	3 medium	2 large	3 medium	4 large
Tomato paste	70 g	140 g	140 g	280 g	280 g	280 g
Dried red lentils	½ cup	1 cup	1 cup	1½ cups	2 cups	2 cups
Cumin, coriander, ginger and stock*	1 teaspoon of each	2 teaspoons of each	3 teaspoons of each	3 teaspoons of each	4 teaspoons of each	4 teaspoons of each
Cardamom	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons
Onion	1 small	1	1	2	2	3
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Tin chickpeas	½ tin	1 tin	1 tin	2 tins	2 tins	3 tins
Couscous*	250 g	400 g	600 g	800 g	1 kg	1.2 kg
Chilli	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ 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

Chef: Aunty Rata

Number served: 4

Requirements: 2 billies, can use one cooker

Dietary:

- Vegetarian
- Vegan with substitutions.

Ingredients (*may contain gluten):

- ½ cup sultanas or raisins
- ½ cup sundried tomatoes
- 1 packet dried vegetables (optional)
- 1 teaspoon vegetable stock*
- 2 garlic cloves, crushed
- 2 teaspoons each of cumin, coriander, ginger, cinnamon
- 1 teaspoon cardamom
- Chilli flakes to taste
- 1 onion, chopped
- 2 carrots or 2 courgettes
- 2 capsicums
- 400 g couscous* per person
- ½ cup cashews (or other nuts)
- 200 g feta.

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 individual bowls and they can mix it themselves
7. Top each serving with some bits of feta. People should mix this into their own portions themselves.

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 ever again.

Vegan: check stock is vegan. Leave out feta cheese.

Moroccan Couscous

Number of people	Two	Four	Six	Eight	Ten	Twelve
Sultanas or raisins	2 tablespoons	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup	1 cup
Sundried tomatoes	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{4}$ cups	1 $\frac{1}{2}$ cups
Dried vegetables (optional)	$\frac{1}{2}$ packet	1 x 100 g packet	1 x 100 g packet	2 x 100 g packet	2 x 100 g packet	3 x 100 g packet
Vegetable stock*	$\frac{1}{2}$ teaspoon	1 teaspoon	1 teaspoon	2 teaspoons	3 teaspoons	3 teaspoons
Garlic	1 clove	2 cloves	2 cloves	3 cloves	3 cloves	4 cloves
Cumin, coriander, ginger, cinnamon	1 teaspoon of each	2 teaspoons of each	3 teaspoons of each	3 teaspoons of each	4 teaspoons of each	4 teaspoons of each
cardamom	$\frac{1}{2}$ teaspoon	1 teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons	2 teaspoons	2 $\frac{1}{2}$ teaspoons
Chilli flakes to taste	$\frac{1}{2}$ teaspoon	1 teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons	2 teaspoons	2 $\frac{1}{2}$ 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*	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Cashews (or other nuts)	1 tablespoon	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup
Feta	100 g	200 g	300 g	400 g	500 g	600 g

Nutty Rice

Chef: Aunty Rata

Number served: 5

Requirements: 2 billies

Dietary:

- Vegetarian
- Vegan
- Gluten free.

Ingredients (*may contain gluten):

- 2 capsicums
- 2 carrots
- 2 courgettes
- ¼ cup of red wine or cider vinegar*
- ½ cup of olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried chives
- 1 cup cashew pieces
- ½ cup peanuts or almond flakes
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 2 teaspoons cumin
- 500 g basmati rice
- ½ cup chopped apricots
- ½ cup chopped figs, raisins or dates.

Method:

1. Chop fresh vegetables
2. Mix together in spare 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.

Nutty Rice

Number of people	Two	Four	Six	Eight	Ten	Twelve
Capsicums	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*	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Olive oil	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 cup
Dried oregano	$\frac{1}{2}$ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons
Dried chives	$\frac{1}{2}$ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons
Cashew pieces	$\frac{1}{2}$ cup	1 cup	1 cup	1½ cups	2 cups	2½ cups
Peanuts or almond flakes	2 tablespoons	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup
Sunflower seeds	1 tablespoon	2 tablespoons	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup
Pumpkin seeds	1 tablespoon	2 tablespoons	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup
Cumin	1 teaspoons	2 teaspoons	2 teaspoons	3 teaspoons	4 teaspoons	4 teaspoons
Basmati rice	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Chopped apricots	2 tablespoons	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup
Chopped figs, raisins or dates	2 tablespoons	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup

Spicy Couscous

Chef: Lee Ann Newton

Number served: 6

Requirements: 1 billy (use 2 billies for groups of 8 or more)

Dietary:

Ingredients (*may contain gluten):

- 300 g feta
- 2 x 30 g salami or 4-5 beer sticks*
- 2 capsicums
- Oil
- 1 onion
- 2 cloves garlic
- spice mix: 2 teaspoons cumin, 2 teaspoons coriander, 2 teaspoons vegetable stock
- 1 teaspoon chilli flakes
- ½ cup sultanas
- 5–6 sundried tomatoes
- 600 g 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 water (½ cup per person) and add sultanas and tomatoes
6. 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
7. 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).

Spicy Couscous

Number of people	Two	Four	Six	Eight	Ten	Twelve
Feta	100 g	200 g	300 g	400 g	500 g	600 g
Salami (30 g) or beer sticks* (12 g)	1 or 2	2 or 3	2 or 4-5	3 or 6	4 or 8	5 or 10
Capsicums	1	2	2	3	3	4
Oil	1 tablespoon	2 tablespoons	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 teaspoons	2 teaspoons	2½ teaspoons
Sultanas	2 tablespoons	¼ cup	½ cup	⅔ cup	¾ cup	1 cup
Sundried tomatoes	2	4	6	8	10	12
Couscous*	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Dried green herbs (e.g. parsley, basil, oregano, mint)	1 teaspoons	2 teaspoons	1 tablespoon	1 tablespoon	1 tablespoon	1 tablespoon

Tomato Mac Cheese

Chef: Aunty Rata

Number served: 5

Requirements: 2 billies, can use one cooker

Dietary:

- Vegetarian with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 150 g salami or chorizo sausage*
- 1 x 100 g packet dried vegetables
- 3 tablespoons sundried tomatoes (optional)
- 2 teaspoons vegetable stock (or chicken or beef)*
- 5 tablespoons coconut milk powder (or whole milk powder)
- 1x 140 g pottle tomato paste
- 5 tablespoons rich tomato soup* mix
- 2 garlic cloves, minced
- 1 onion
- 2 capsicums
- 2 carrots or 2 courgettes
- 500 g macaroni elbow pasta*
- 150 g 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 milk 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, people can always mix the vegetables and pasta in their own bowls)
7. Pass round the parmesan and salami/chorizo for people 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 and cheese is a good one if you don't ever want to be asked to cook again.

Chef's notes / tips:

- Small elbow macaroni cooks 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.

Vegetarian: substitute 100 g parmesan cheese per 100 g salami/chorizo.

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

Tomato Mac Cheese

Number of people	Two	Four	Six	Eight	Ten	Twelve
Salami or chorizo* sausage	75 g	150 g	200 g	300 g	350 g	500 g
Dried vegetables (e.g. Surprise vegetables)	½ packet	1 x 100 g packet	1 x 100 g packet	2 x 100 g packet	2 x 100 g packet	3 x 100 g packet
Sundried tomatoes (optional)	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons	7 tablespoons
Vegetable stock*	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
Coconut milk powder (or whole milk powder)	2 tablespoons mixed with ½ cup water	4 tablespoons mixed with 1 cup water	6 tablespoons mixed with 1½ cups water	8 tablespoons mixed with 2 cups water	10 tablespoons mixed with 2½ cups water	12 tablespoons mixed with 3 cups water
Tomato paste	1 x 50 g sachet	1 x 140 g pottle	1 x 140 g pottle	2 x 140 g pottles	2 x 140 g pottles	3 x 140 g pottles
Rich tomato soup mix*	2 tablespoons	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 medium	1 large	2 medium	2 large	3 medium
Capsicums	1	2	2	3	3	4
Carrots or courgettes	1	2	2	3	3	4
Macaroni elbow pasta*	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Parmesan cheese	50 g	100 g	200 g	200 g	300 g	300 g

Pesto Pasta

Chef: Aunty Rata

Number served: 5

Requirements: 2 billies

Dietary:

- Vegetarian with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 150 g salami or chorizo sausage*
- 1 packet dried vegetables
- ½ cup sundried tomatoes (a bit more for 6 people)
- 500 g pasta*
- ⅔ cup sundried tomato pesto per person
- ½ cup lemon juice or the juice from about 2 lemons
- ⅔ cup green olives*
- 2 capsicums
- 2 carrots or 2 courgettes
- 125 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, people can always mix the vegetables and pasta in their own bowls)
9. Pass round the parmesan and salami/chorizo for people to sprinkle on top and mix in.

Substitutions / variations:

- Feta is a good substitute for parmesan.

Chef's notes / tips:

- Small macaroni elbows or rissoni work best for the pasta as they cook fast
- 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.

Gluten free: replace pasta with gluten free pasta, and check that meat and stuffed olives are gluten free or replace with unstuffed olives.

Vegetarian: add 100 g of parmesan cheese or add a tin of chickpeas or 200 grams of tofu cut in cubes.

Pesto Pasta

Number of people	Two	Four	Six	Eight	Ten	Twelve
Salami or chorizo sausage*	75 g	100 g	200 g	300 g	400 g	500 g
Dried vegetables	½ packet	1 x 100 g packet	1 x 100 g packet	2 x 100 g packet	2 x 100 g packet	3 x 100 g packet
Sundried tomatoes	¼ cup	½ cup	½ cup	¾ cup	1 cup	1 cup
Pasta*	250 g	400 g	600 g	800 g	1 kg	1.2 kg
Sundried tomato pesto	4 tablespoons	½ cup	¾ cup	1 cup	1¼ cups	1½ cups
Lemon or lemon juice	1 lemon or 2 tablespoons	1 lemon or ¼ cup	2 lemons or ½ cup	3 lemons or ½ cup	3 lemons or ¾ cup	4 lemons or ¾ cup
Green olives*	¼ cup	½ cup	¾ cup	1 cup	1¼ cups	1½ cups
Capsicums	1	2	2	3	3	4
Carrots or courgettes	1	2	2	3	3	4
Parmesan cheese	50 g	100 g	150 g	200 g	250 g	300 g



Thai Green Curry with Tuna

Chef: Aunty Rata

Number served: 5

Requirements: 2 billies

Dietary:

- Vegetarian with substitutions
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 500 g basmati rice
- 5 tablespoon coconut milk powder
- 5 teaspoons Thai green curry paste*
- 1 teaspoonsalt
- 1 x 100 g packet dried vegetables
- 2 teaspoons crushed garlic
- 1 onion
- 2½ teaspoons dried coriander
- 2 x 185 g 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 (see water quantities for different number of people in table below with coconut milk powder). Add coconut milk 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 everyone's 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 milk is taken into account.

Gluten free: check the green curry paste is gluten free.

Vegetarian: replace tuna with tofu or cashew nuts.

Vegan: replace tuna with cashew nuts. Check that the coconut milk contains no milk/lactose products. Check that the curry paste is vegan.

Thai Green Curry with Tuna

Number of people	Two	Four	Six	Eight	Ten	Twelve
Basmati rice	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Coconut milk powder (or whole milk powder)	2 tablespoons mixed with ½ cup water	4 tablespoons mixed with 1 cup water	6 tablespoons mixed with 1½ cups water	8 tablespoons mixed with 2 cups water	10 tablespoons mixed with 2½ cups water	12 tablespoons mixed with 3 cups water
Thai green curry paste*	2 teaspoons	4 teaspoons	6 teaspoons	8 teaspoons	10 teaspoons	12 teaspoons
Salt	½ teaspoon	1 teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons
Dried vegetables	½ packet	1 x 100 g packet	1 x 100 g packet	1 x 100 g packet	1 x 100 g packet	1 x 100 g packet
Garlic crushed	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
Onion	1 small	1 medium	1 large	2 medium	2 large	3 medium
Dried coriander	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
Tin of smoked tuna in oil	1 x 185 g tin	2 x 185 g tins	2 x 185 g tins	2 x 185 g tins + 1 x 95 g tin	3 x 185 g tins	3 x 185 g tins
Capsicums	1	2	2	3	3	4
Carrots or courgettes	1	2	2	3	3	4

Asian Noodle Stir-Fry

Chef: Garry DeRose

Number served: 4

Requirements: 1 billy

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 10 ml oil
- 2 x 160 g tinned chicken
- 2 carrots
- 1 onion
- 1 head of broccoli or cauliflower
- 1 capsicum
- 2 courgettes
- 2 packets Maggi Sesame Teriyaki Chicken sauce mix*
- 2 x 220 g packet of pre-cooked Kantong Singaporean Noodle*
- 1 140 g 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
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.



Asian Noodle Stir-fry

Number of people	Two	Four	Six	Eight	Ten	Twelve
Oil	10 ml	10 ml	10 ml	20 ml	30 ml	40 ml
Tinned chicken	1 x 160 g tin	2 x 160 g tins	3 x 160 g tins	4 x 160 g tins	5 x 160 g tins	6 x 160 g tins
Carrots	1	2	2	3	3	4
Onion	1 small	1	1	2	2	3
Broccoli or cauliflower	½ head	1 head	1 head	1½ 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
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 x 140 g packet	1 x 140 g packet	2 x 140 g packet	2 x 140 g packet	3 x 140 g packet

Fish Kedgeree

Number served: 5

Requirements: 2 billies

Dietary:

- Vegetarian with substitutions
- Gluten free.

Ingredients:

- 500 g of basmati rice
- 2 onions
- 3 celery stalks
- 1 small knob of fresh ginger root (1½ cm)
- 2 x 185 g tins of tuna in oil
- 2 tablespoons curry powder
- 5 tablespoons powdered coconut milk or cream (enough to make 400 ml 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 spare 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 aroma
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 through
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.

Vegetarian: replace tinned tuna with 50 g per person of tofu. Fry the tofu with the onions, celery and ginger to add flavour. You could also add cashews.

Fish Kedgeree

Number of people	Two	Four	Six	Eight	Ten	Twelve
Basmati rice	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Onion	1 small	2 medium	2 large	3 medium	3 medium	3 large
Celery stalks	2 stalks	3 stalks	4 stalks	5 stalks	5 stalks	5 stalks
Fresh ginger	1 cm	1 cm	2 cm	3 cm	4 cm	5 cm
Tins of tuna in oil	1 x 185 g tin	2 x 185 g tins	2 x 185 g tins 1 x 95 g tin	2 x 185 g tins	3 x 185 g tins	4 x 185 g tins
Curry powder	1 tablespoon	2 tablespoons	2 tablespoons	3 tablespoons	3 tablespoons	4 tablespoons
Coconut milk powder	2 tablespoos mix with 150 ml water	4 tablespoons mix with 200 ml water	6 tablespoons mix with 250 ml water	8 tablespoons mix with 300 ml water	10 tablespoons mix with 350 ml water	12 tablespoons mix with 400 ml water
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 bunches



Lentil and Mushroom Gratin

Chef: Kevin Cole

Number served: 4

Requirements: 2 billys (or 1 billy + 1 frying pan), 2 cookers

Dietary:

- Vegetarian
- Gluten free with substitutions.

Ingredients (*may contain gluten):

Mushrooms

- 6 tablespoons oil
- 250 g white button mushrooms, sliced
- 4 cloves garlic, crushed

Lentils

- ½ cup olive oil
- 1 onion, chopped
- 1 carrot, diced
- 2 celery sticks, chopped
- 1 clove garlic, chopped
- 250 g red lentils
- 600 ml water
- 4 tablespoons soy sauce*
- 160 g grated cheddar cheese.

Method:

1. First prepare the mushrooms. Heat oil for mushrooms in pan then add the crushed garlic. Cook garlic for 1 minute before adding chopped mushrooms. Cook mushrooms (turning to coat with oil) until soft, about 4 minutes. Once cooked, set mushrooms aside in a separate bowl
2. In one billy, start heating the 600 ml water in billy
3. In the other billy, heat oil. Add chopped onion and fry for 4 minutes
4. Add diced carrot, garlic and celery and fry for a further 5 minutes
5. Add the lentils and stir to coat, continue cooking for 2 minutes
6. Add the boiled water from the first billy and soy sauce
7. Cover and simmer for 20 minutes—stir occasionally and add more water if necessary
8. Once lentils are cooked, add the mushrooms and stir in the cheese—heat for 2 minutes or until heated through.

Chef's notes / tips:

- For harder tramping days you will need to add more to make this hearty enough. Consider adding kumara or potatoes when you add the carrot, or add nuts or tinned chicken
- Easiest for groups of 6 or less because everything can be combined into one billy.

Gluten free: check that soy sauce is gluten free.

Lentil and Mushroom Gratin

Number of people	Two	Four	Six	Eight	Ten	Twelve
Olive Oil	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{4}$ cups	1 $\frac{1}{2}$ cups
Onions	1 small	1 medium	2 small	2 medium	3 small	3 medium
Carrots	1 small	1 medium	1 large	2 medium	3 medium	3 large
Celery	1 stick	2 sticks	3 sticks	4 sticks	5 sticks	6 sticks
Garlic	3 cloves	5 cloves	8 cloves	10 cloves	12 cloves	15 cloves
Red Lentils	125 g	250 g	375 g	500 g	625 g	750 g
Water added to lentils	300 ml	600 ml	900 ml	1.2 L	1.5 L	1.8 L
Soy Sauce*	2 tablespoons	4 tablespoons	6 tablespoons	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
Grated Cheddar	80 g	160 g	240 g	320 g	400 g	480 g
White Button Mushrooms	125 g	250 g	375 g	500 g	625 g	750 g

Moroccan Spiced Lentils and Rice (with Chicken)

Chef: Kevin Cole

Number served: 4

Requirements: 2 billies, or 1 billy and 1 frying pan

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten).

Lentil/Rice mixture:

½ cup French or Le Puy lentils (you can use green or brown lentils)

1 onion (finely chopped)

¾ cup sultanas

1 cup basmati rice

1 teaspoon ground turmeric

2 teaspoons ground cinnamon

½ teaspoon salt

3 cups water.

Fried mixture:

4 tablespoons oil

1 onion (finely chopped)

4 cloves garlic (finely chopped)

½ teaspoon chilli powder

2 teaspoons ground coriander

1 teaspoon ground cumin

¼ teaspoon ground black pepper

1 teaspoon ground ginger

2 tomatoes (chopped)

2 x160 g tins of chicken (bbq or sweet and sour) or 50 g tofu per person.

Method:

1. In the first billy, mix cinnamon and turmeric into a paste using a little water
2. Add lentil, onion, sultanas, salt and the 3 cups of water—bring to a boil while stirring
3. After it has been boiling for 5 minutes add the rice
4. Simmer for 25 minutes, stirring occasionally. Once done, set aside
5. While this is simmering, start on the fried mixture. Mix the chilli powder, cumin, ground black pepper and ground ginger. Set this aside
6. In the second billy or frying pan, heat the oil. When it is ready, add the spice mix from Step 5. Cook for 1 minute stirring continuously
7. Then add the onion and cook for 5 minutes
8. Then add the garlic and cook for a further 5 minutes
9. Then add the chopped tomatoes and chicken and simmer for a further 10 minutes
10. Take this off the cooker and add the lentil mixture. If there is too much liquid in the lentil mixture, you can pour some of this off.

Vegetarian and vegan: replace the tinned chicken with 50 g per person of tofu. Cook the tofu at the same time as the garlic to add flavour.

Gluten free: if using flavoured tinned chicken, check it is gluten free.

Moroccan Spiced Lentils and Rice (with Chicken)

Number of people	Two	Four	Six	Eight	Ten	Twelve
French or Le Puy lentils	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{4}$ cups	1 $\frac{1}{2}$ cups
Onion	2 small	2 medium	2 large	4 small	4 medium	4 large
Sultanas	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups	2 cups	2 $\frac{1}{4}$ cups
Basmati rice	$\frac{1}{2}$ cup	1 cup	1 $\frac{1}{2}$ cups	2 cups	2 $\frac{1}{2}$ cups	3 cups
Turmeric	$\frac{1}{2}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons	2 teaspoons	2 $\frac{1}{2}$ teaspoons	3 teaspoons
Cinnamon	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	8 teaspoons
Salt	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{4}$ teaspoons	1 $\frac{1}{2}$ teaspoons
Water	1 $\frac{1}{2}$ cups	3 cups	4 $\frac{1}{2}$ cups	6 cups	7 $\frac{1}{2}$ cups	9 cups
Oil	2 tablespoons	4 tablespoons	6 tablespoons	$\frac{1}{2}$ cup or 8 tablespoons	10 tablespoons	$\frac{3}{4}$ cup or 12 tablespoons
Garlic	2 cloves	4 cloves	6 cloves	8 cloves	10 cloves	12 cloves
Chilli powder	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{4}$ teaspoons	1 $\frac{1}{2}$ teaspoons
Ground coriander	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
Ground cumin	$\frac{1}{2}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoon	2 teaspoons	2 $\frac{1}{2}$ teaspoons	3 teaspoons
Ground black pepper	$\frac{1}{8}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon
Ground ginger	$\frac{1}{2}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons	2 teaspoons	2 $\frac{1}{2}$ teaspoons	3 teaspoons
Tomatoes	1	2	3	4	5	6
Chicken (bbq or sweet & sour)	1 x 160g	2 x 160g	3 x 160g	4 x 160g	5 x 160g	6 x 160g

Red Lentil and Coconut Dhal

Chef: Richard House

Number served: 4

Requirements: 2 billies, can be done with one cooker

Dietary:

- Vegetarian
- Gluten free.

Ingredients:

- 2 tablespoons coconut oil or other oil
- ½ red onion thinly sliced
- 1 clove garlic, minced
- 1 teaspoon finely grated fresh ginger
- 1 kaffir lime leaf, central stem removed, finely sliced
- ½ stalk lemongrass tough outer layer removed and finely diced
- 1 tablespoon yellow curry paste
- 1 cup (200 g) split red lentils
- 1 x 50 g coconut milk powder packet
- ½-1 cup water
- 1 teaspoon soy sauce
- 2 teaspoons brown sugar
- Juice of 1 lemon
- 1 capsicum (red/yellow/orange), thinly sliced
- 1 tomato, diced
- 3 handfuls baby spinach leaves
- 400 g basmati rice
- 3 tablespoons or a handful of fresh coriander leaves, chopped
- ½ cup roasted cashew nuts.

Method:

1. In one billy cook the rice. Take off the heat and let stand covered for 5 minutes, fluff up with a fork
2. In the other billy, heat the coconut oil on medium heat. Cook the onion, garlic, ginger, kaffir lime leaf and lemongrass until softened, about 3 minutes. If the onion starts to stick just add a splash of water
3. Add curry paste, lentils, a dash of coconut milk powder and a little water and stir to coat and cook, stirring for 1-2 minutes until fragrant
4. Add the remaining coconut milk, cup of water (use just enough water to cover the lentils), soy sauce, sugar, and lemon juice and bring to a simmer for 25 minutes, stirring occasionally, until the lentils are cooked through
5. If the lentil mix looks too dry at any stage, add more water
6. For the last 5 minutes of cooking of the lentil mixture, add the thinly sliced capsicum
7. Once the lentil mixture (dhal) is cooked remove it from the heat. Stir through the diced tomato and spinach leaves
8. Season to taste with salt
9. To serve spoon rice onto plates, spoon dhal on top and garnish with coriander and cashews.

Gluten free: Check the yellow curry paste is gluten free.

Red Lentil and Coconut Dhal

Number of people	Two	Four	Six	Eight	Ten	Twelve
Coconut oil or other oil	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Red onion	$\frac{1}{4}$	$\frac{1}{2}$	1 small	1 medium	1 large	1 large
Garlic	1 clove	1 clove	2 cloves	3 cloves	4 cloves	5 cloves
Ginger	$\frac{1}{2}$ teaspoon	1 teaspoon	$1\frac{1}{2}$ teaspoons	2 teaspoons	$2\frac{1}{2}$ teaspoons	3 teaspoons
Kaffir lime leaf	1 leaf	1 leaf	2 leaves	2 leaves	3 leaves	3 leaves
Lemongrass	$\frac{1}{4}$ stalk	$\frac{1}{2}$ stalk	$\frac{3}{4}$ stalk	1 stalk	1 stalk	$1\frac{1}{2}$ stalks
Yellow curry paste	$\frac{1}{2}$ tablespoon	1 tablespoon	$1\frac{1}{2}$ tablespoons	2 tablespoons	$2\frac{1}{2}$ tablespoon	3 tablespoons
Split red lentils	$\frac{1}{2}$ cup (100 g)	1 cup (200 g)	300 g	400 g	500 g	600 g
Coconut milk powder	$\frac{1}{2}$ x 50 g packet	1 x 50 g packet	2 x 50 g packet	3 x 50 g packet	4 x 50 g packet	5 x 50 g packet
Soy sauce	$\frac{1}{2}$ teaspoon	1 teaspoon	$1\frac{1}{2}$ teaspoons	2 teaspoons	$2\frac{1}{2}$ teaspoons	3 teaspoons
Brown sugar	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons	5 teaspoons	2 tablespoons
Lemon	juice of $\frac{1}{2}$	juice of 1	juice of $1\frac{1}{2}$	juice of 2	juice of $2\frac{1}{2}$	juice of 3
Capsicum	small 1	1	2	3	4	5
Tomato	small 1	1	2	3	4	5
Baby spinach leaves	2 handfuls	3 handfuls	1 x 130 g packet or 4 handfuls	5 handfuls	6 handfuls	1 x 250 g packet or 7 handfuls
Basmati rice	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Fresh coriander leaves	2 tablespoons or small handful	3 tablespoons or a handful	5 tablespoons or $\frac{1}{4}$ cup	6 tablespoons or $\frac{1}{3}$ cup	7 tablespoons or $\frac{1}{2}$ cup	8 tablespoons or $\frac{1}{2}$ cup
Roasted cashew nuts	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups	$1\frac{1}{2}$ cups

Cream and Tarragon Mussels (Coastal Kayaking Trips)

Before leaving for your trip make sure there are no shellfish biotoxin alerts for the area where you plan to collect the mussels (<https://www.mpi.govt.nz/travel-and-recreation/fishing/shellfish-biotoxin-alerts/>).

Chef: Kevin Cole

Number served: 4

Requirements: A coast line that has mussels, large frying pan + lid (smaller quantity could be done in a billy), scouring pad

Dietary:

Ingredients:

- 1 billy full of cleaned mussels
- 3 tablespoons oil
- 250 ml cider vinegar
- 4 cloves garlic, chopped
- 3 teaspoons dried tarragon
- 250 ml long-life cream or Alpro® soya cream
- Best served with crusty bread.

Method:

1. Clean the mussels—scrub with scouring pad and pull off beards
2. Heat oil and fry garlic for 2 minutes
3. Carefully add the cider vinegar and bring to a boil
4. Once boiling, add the mussels and put the lid on. Steam for 5 minutes or until mussels are opened
5. Remove the lid and lift out the mussels discarding any that have not opened
6. Add the cream and tarragon to the pan and heat for 3 minutes before adding the mussels and mixing so they are well coated
7. Turn off heat and serve with crusty bread.

Chef's notes/tips:

- After cooking the mussels, do not eat any that have not opened—if unsure, discard them.

Cream and Tarragon Mussels (Coastal Kayaking Trips)

Number of people	Two	Four	Six	Eight	Ten	Twelve
Mussels	½ billy	1 billy full	1½ billies	2 billies	2½ billies	3 billies
Oil	1½ tablespoons	3 tablespoons	4½ tablespoons	6 tablespoons	7½ tablespoons	9 tablespoons
Cider vinegar	125 ml	250 ml	375 ml	500 ml	625 ml	750 ml
Garlic	2 cloves	4 cloves	6 cloves	8 cloves	10 cloves	12 cloves
Dried tarragon	1½ teaspoons	3 teaspoons	4½ teaspoons	6 teaspoons	7½ teaspoons	9 teaspoons
Cream	125 ml	250 ml	375 ml	500 ml	625 ml	750 ml
Crusty bread	½ loaf	1 loaf	2 loaves	2 loaves	3 loaves	4 loaves



Quick Cook Pesto Pasta

Chef: Barry Cuthbert

Number served: Two

Requirements: 1 billy

Dietary:

- Vegetarian with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 2 tablespoons dried mushrooms
- 2 tablespoons dried capsicum
- 1 tablespoons dried onion
- 1 packet (85g) 2 minute noodles*
- 2 tablespoons pesto*
- 1 tablespoon olive oil
- 25 g grated parmesan cheese
- 50 g per person of protein (salami, tinned chicken or tuna, spicy sausages, nuts, tofu, extra cheese).

Method

1. Add dried vegetables to 1 cup of water and bring to a boil, add noodles (can break the noodles apart), making sure there is enough water to cover ingredients
2. Turn off the stove, cover the pot, and wait 5 minutes
3. Add pesto and oil, then mix
4. Top with the cheese.

Chef's notes/tips:

- You can use flat egg noodles instead of two minute noodles
- This recipe works well if each person adds their own protein, about 50 grams per person, of chorizo, salami, tofu, nuts, extra cheese, etc.
- Very fast to cook on the trip, but requires dehydrating some vegetables in advance.

Gluten free: make sure noodles and pesto are gluten free.

Quick Cook Pesto Pasta

Number of people	Two	Four	Six	Eight	Ten	Twelve
Dried mushrooms	2 tablespoons	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Dried capsicum	2 tablespoons	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Dried onion	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
2 minute noodles	1 x 85 g packet	2 x 85 g packet	3 x 85 g packet	4 x 85 g packet	5 x 85 g packet	6 x 85 g packet
Pesto	2 tablespoons	4 tablespoons	6 tablespoons	8 tablespoons	10 tablespoons	12 tablespoons
Olive oil	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Grated parmesan cheese	25 g	50 g	75 g	100 g	125 g	150 g
Meat (optional)	50 g	100 g	150 g	200 g	250 g	300 g



Carrot and Chickpea Tagine

Chef: Barry Cuthbert

Number served: 4

Requirements: 2 billies

Dietary:

- Vegetarian
- Vegan
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 4 tablespoons olive oil
- 1 onion, finely chopped
- 4 garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 teaspoon ground ginger
- 2 teaspoons cumin seeds
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cayenne pepper
- ½ teaspoon freshly-ground black pepper
- 1 tablespoon brown sugar
- 500 g carrots, thinly sliced
- ¼ cup sultanas
- 2 x 400 g tins of chickpeas, drained and rinsed
- 1 teaspoon salt
- ¼ cup fresh coriander, chopped
- 400 g rice or quinoa (for gluten free) or 2 cups couscous*.

Method

1. In one billy cook the rice or couscous
2. In the other billy, heat the olive oil over medium heat. Add the onion and garlic, and cook until the onion has softened
3. Add the turmeric, ginger, cumin seeds, cinnamon, cayenne, black pepper, brown sugar, and carrots, and stir to combine. Cook for 2 minutes until you can smell the spices
4. Then pour in enough water to cover the bottom of the pot with about 1½ cm of water. Put the lid on the billy and simmer for 10 to 15 minutes
5. Add the chickpeas and sultanas. Add more water if needed. Put the lid back on and cook for another 5 to 10 minutes
6. Then add salt and coriander. Stir to combine, and remove from heat
7. Serve with rice, quinoa or couscous.

Gluten free: use rice or quinoa.

Carrot and Chickpea Tagine

Number of people	Two	Four	Six	Eight	Ten	Twelve
Olive oil	2 tablespoons	4 tablespoons	6 tablespoons	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup
Onion	1 small	1 medium	1 large	2 small	2 medium	2 large
Garlic cloves	2	4	6	8	10	12
Ground turmeric	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
Ground ginger	$\frac{1}{2}$ teaspoon	1 teaspoon	$1\frac{1}{2}$ teaspoons	2 teaspoons	$2\frac{1}{2}$ teaspoons	3 teaspoons
Cumin seeds	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons	6 teaspoons
Ground cinnamon	$\frac{1}{2}$ teaspoon	1 teaspoon	$1\frac{1}{2}$ teaspoons	2 teaspoons	$2\frac{1}{2}$ teaspoons	3 teaspoons
Ground cayenne pepper	$\frac{1}{8}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon
Ground black pepper	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	1 teaspoon	$1\frac{1}{4}$ teaspoon	$1\frac{1}{2}$ teaspoon
Brown sugar	$\frac{1}{2}$ tablespoon	1 tablespoon	$1\frac{1}{2}$ tablespoons	2 tablespoons	$2\frac{1}{2}$ tablespoons	3 tablespoons
Carrots	250 g	500 g	750 g	1 kg	1.25 kg	1.5 kg
Sultanas	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup
Chickpeas	1 x 400 g tin	2 x 400 g tin	3 x 400 g tin	4 x 400 g tin	5 x 400 g tin	6 x 400 g tin
Salt	$\frac{1}{2}$ teaspoon	1 teaspoon	$1\frac{1}{2}$ teaspoons	2 teaspoons	$2\frac{1}{2}$ teaspoons	3 teaspoons
Coriander	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Rice or couscous	200 g or 1 cup	400 g or 2 cups	600 g or 3 cups	800 g or 4 cups	1 kg or 5 cups	1.2 kg or 6 cups

One Pot Pasta

Chef: Barry Cuthbert

Number served: 4

Requirements: 1 billy

Dietary:

- Vegetarian

Ingredients (*may contain gluten):

- 4 tablespoons olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 200 g tomato paste
- 800 ml water
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 500 g pasta* (macaroni or other quicker cooking pasta)
- 100 g parmesan cheese (large handful)
- Salt and pepper to taste.

Method:

1. Heat the olive oil in billy and then add the onions. Saute until translucent about 5 minutes, then add the garlic and saute until fragrant about 1 to 2 minutes
2. Add tomato paste and about 650-700 ml water (keeping some in reserve), basil, oregano and pasta. Mix everything. The liquid may not completely cover the pasta yet—that is ok. Just stir it fairly often so it cooks evenly. Add reserved water as needed, but if you add too much liquid your sauce will not thicken up enough by the time the pasta is done
3. Put the lid on the billy until the liquid comes to a boil (this quickens the process and saves fuel). Keep checking that the sauce does not burn on the bottom of the billy. Once it's boiling, remove the lid and cook until the pasta is cooked
4. Once the pasta is cooked through its ready to eat. Serve with cheese on the top.

Chef's notes/tips:

- You can add chopped up meat such as salami, chorizo, tinned chicken or tuna, cooked chicken or bacon, or cooked spicy sausage. Allow 50 grams of meat per person
- This recipe may not work with gluten free pasta, as it does not always cook as well.

One Pot Pasta

Number of people	Two	Four	Six	Eight	Ten	Twelve
Olive oil	2 tablespoons	4 tablespoons	6 tablespoons	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup
Onions	1 small	1 medium	1 large	2 small	2 medium	2 large
Garlic	2 cloves	4 cloves	6 cloves	8 cloves	10 cloves	12 cloves
Tomato paste	100 g	200 g	300 g	400 g	500 g	600 g
Water	400 ml	800 ml	1.2 L	1.6 L	2 L	2.4 L
Dried basil	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{4}$ teaspoons	1 $\frac{1}{2}$ teaspoons
Oregano	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon	1 $\frac{1}{4}$ teaspoons	1 $\frac{1}{2}$ teaspoons
Pasta	250 g	500 g	750 g	1 kg	1.25 kg	1.5 kg
Parmesan cheese	50 g	100 g	150 g	200 g	250 g	300 g
Salt and pepper	to taste	to taste	to taste	to taste	to taste	to taste

Peanut Noodles

Chef: Barry Cuthbert

Number served: 4

Requirements: 2 billys, 1 cooker

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 400 g egg noodles*
- 2 tablespoons oil
- 1 medium onion diced
- 200 g mushrooms sliced
- 2 capsicums sliced
- 125 g peanut butter
- ¼ teaspoon cayenne powder (to suit) or fresh chilli finely chopped
- 400 ml coconut cream or milk (can use powdered or tinned)
- 1 packet Maggi® Chicken Satay “recipe base”*
- 2 x 160 g tinned chicken.

Method:

1. Boil water in one billy. Once boiling add egg noodles, put the lid on and remove the billy from the heat. Wrap billy in sleeping bag and allow it to sit
2. In a second billy, heat oil and saute onions until translucent, about 5 minutes
3. Add capsicum and mushrooms and cook for a few more minutes, about 3-5 minutes
4. Add Satay packet, coconut cream, peanut butter, cayenne pepper/chilli and stir. You may need to add additional liquid (water/or add hot water from the noodles) so the sauce is not too thick
5. Add chicken to the pot, stir until chicken is hot—about 1 minute.
6. Serve on noodles.

Gluten free: use rice or rice noodles instead of egg noodles. Check the satay packet is gluten free or simply add salt or soy sauce to taste.

Peanut Noodles

Number of people	Two	Four	Six	Eight	Ten	Twelve
Egg noodles	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Oil	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Onion	1 small	1 medium	1 large	2 small	2 medium	2 large
Mushrooms	100 g	200 g	300 g	400 g	500 g	600 g
Capsicums	1	2	3	4	5	6
Peanut butter	65 g	125 g	190 g	250 g	310 g	375 g
Cayenne powder	$\frac{1}{8}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon
Coconut cream or milk	200 ml	400 ml	600 ml	800 ml	1 L	1.2 L
Maggi® Chicken Satay "recipe base"	$\frac{1}{2}$ packet	1 packet	1½ packets	2 packets	2½ packets	3 packets
Tinned chicken	1 x 160 g tin	2 x 160 g tin	3 x 160 g tin	4 x 160 g tin	5 x 160 g tin	6x 160 g tin

Lentil Curry

Chef: Barry Cuthbert

Number served: 4

Requirements: 1 billy

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 1 cup red lentils
- 400 g cup basmati rice or quinoa grains or pearl barley*
- $\frac{3}{4}$ cup sultanas
- juice and rind of 1 lemon
- $\frac{1}{2}$ teaspoon salt
- 1 tin chickpeas (or any type of tinned bean), rinsed and drained
- 2 carrots, chopped into bite size pieces.

Spice paste

- 2 cloves garlic finely chopped or minced
- 4 heaped tablespoons shredded coconut
- 1 heaped tablespoon curry powder
- $\frac{1}{4}$ teaspoon cayenne powder or 1 fresh chilli
- 1 tablespoon brown sugar
- 4 heaped tablespoons pea flour or coconut milk powder.

Method

1. In a spare bowl or large cup make the spice paste. Mix together garlic, shredded coconut, curry powder, cayenne powder, brown sugar and pea flour/coconut powder. Mix with a little water (about 1-3 tablespoons) until most of the lumps from the ground spices are gone. Set aside
2. In the billy, boil 1 L of water. Once boiling add the lentils, rice/quinoa/barley, sultanas, lemon juice and salt and let simmer. Add the carrots after about 5 minutes. Continue to simmer for 10 to 12 minutes or until the lentils and rice/quinoa/barley are done, stirring occasionally
3. Add the spice paste into the billy to thicken the sauce. You will need to continuously stir to make sure the pea flour is sufficiently cooked and to prevent the sauce from burning
4. Add the chickpeas and stir until heated through.

Chef's notes / tips

- Rice, quinoa and barley cook at different times, so you may need to adjust the cooking times given above.

Gluten free: use rice or quinoa. Pearl barley has gluten.

Vegan: either use pea flour or make sure coconut milk powder does not contain dairy milk or lactose product.

Lentil Curry

Number of people	Two	Four	Six	Eight	Ten	Twelve
Red lentils	$\frac{1}{2}$ cup	1 cup	$1\frac{1}{2}$ cups	2 cups	$2\frac{1}{2}$ cups	3 cups
Basmati rice or quinoa grains or pearl barley	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Sultanas	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups	$1\frac{1}{2}$ cups	$1\frac{3}{4}$ cups
Lemon juice and rind	1	1	2	2	3	3
Salt	$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{3}{4}$ teaspoon	1 teaspoon	$1\frac{1}{4}$ teaspoons	$1\frac{1}{2}$ teaspoons
Tin chickpeas or other	1	1	2	2	3	3
Carrots	1	2	3	4	5	6
Garlic	1 clove	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves
Shredded coconut	2 heaped tablespoons	4 heaped tablespoons	6 heaped tablespoons	8 heaped tablespoons	10 heaped tablespoons	12 heaped tablespoons
Curry powder	$\frac{1}{2}$ heaped tablespoon	1 heaped tablespoon	$1\frac{1}{2}$ heaped tablespoons	2 heaped tablespoons	$2\frac{1}{2}$ heaped tablespoons	3 heaped tablespoons
Cayenne powder or fresh chilli	$\frac{1}{8}$ teaspoon or $\frac{1}{2}$ fresh	$\frac{1}{4}$ teaspoon or 1 fresh	$\frac{1}{2}$ teaspoon or $1\frac{1}{2}$ fresh	$\frac{3}{4}$ teaspoon or 2 fresh	1 teaspoon or $2\frac{1}{2}$ fresh	$1\frac{1}{4}$ teaspoons or 3 fresh
Brown sugar	$1\frac{1}{2}$ teaspoons	1 tablespoon	$1\frac{1}{2}$ tablespoons	2 tablespoons	$2\frac{1}{2}$ tablespoons	3 tablespoons
Pea flour or coconut milk powder	2 heaped tablespoons	4 heaped tablespoons	6 heaped tablespoons	8 heaped tablespoons	10 heaped tablespoons	12 heaped tablespoons

Blue Cheese and Smoked Chicken Pasta

Chef: Barry Cuthbert

Number served: 4

Requirements: 2 billies

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 400 g pasta (quicker-cooking pasta such as spirals)*
- 1 teaspoon salt
- 2 tablespoons oil
- 1 onion finely diced
- 250 g mushrooms
- 2 capsicums sliced
- 200 g blue vein cheese
- 250 ml longlife cream
- salt and ground pepper
- 2x 160 g tinned smoked chicken.

Method

1. Cook the pasta in one billy
2. In the other billy, fry the onion in oil for 3 to 4 minutes
3. Then add capsicum and mushrooms and continue cooking until veggies are tender
4. Reduce cooker to low heat and add cream, blue vein cheese and salt and pepper (if you can't control the temperature of the cooker, you can take the billy off and on the cooker to control the heat. You just need to melt the cheese and mix it through). Stir until cream and cheese combine into sauce
5. As soon as cheese is mostly melted, add chicken and keep stirring until it's heated through
6. Drain the pasta and then serve the pasta with the chicken and sauce mix.

Chef's notes / tips:

- If you feel like you're missing vegetables, you could add fresh spinach or kale
- For extra flavour, you could substitute chicken for bacon or chorizo
- Long-life cream comes in 250 ml, 300 ml, 500 ml containers. Some people will get nice coffee in the morning if you stick to the recipe table amounts. Or use it with the pudding.

Gluten free: substitute gluten free pasta.

Blue Cheese and Smoked Chicken Pasta

Number of people	Two	Four	Six	Eight	Ten	Twelve
Pasta	200 g	400 g	600 g	800 g	1 kg	1.2 kg
Salt	½ teaspoon	1 teaspoon	1½ teaspoons	2 teaspoons	2½ teaspoons	3 teaspoons
Oil	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Onion	1 small	1 medium	1 large	2 small	2 medium	2 large
Mushrooms	125 g	250 g	375 g	500 g	625 g	750 g
Capsicums	1	2	3	4	5	6
Blue Vein wedge	100 g	200 g	300 g	400 g	500 g	600 g
Longlife cream	125 ml	250 ml	400 ml	500 ml	600 ml	750 ml
Tinned smoked chicken	1 x 160 g tin	2 x 160 g tins	3 x 160 g tins	4 x 160 g tins	5 x 160 g tins	6 x 160 g tins
Salt and pepper	to taste	to taste	to taste	to taste	to taste	to taste





Desserts

Some quick and easy dessert ideas:

- Sultanas soaked in rum with a chocolate cheesecake mix.
- Fruit cake or ginger loaf with custard.
- Chocolate fondue and fresh fruit / marshmallows. Add a little longlife cream to the melted chocolate to make it extra rich.
- Instant pudding mix with added chocolate chips, marshmallows or fresh fruit (add extra whole milk powder to thicken the pudding mix).
- Instant cheesecake mix.

No-cook desserts:

- Chocolate biscuits never fail—no hassle and guaranteed to be edible.
- Chocolate sponge rolls (1 is good for about 4 people).
- Meringues and squirty cream with some fresh, frozen or tinned fruit.
- Frozen berries in a bag travel well—add a little sugar and/or vanilla. Serve with mascarpone cheese and lady fingers or amaretti biscuits.
- Ready-made pikelets, with tinned berries and grated chocolate.
- Check out the gluten free section of the supermarket for gluten free biscuits and cakes.
- Oreo™ (plain or chocolate) are vegan. Some brands of ginger biscuits are vegan (check packet for no butter, milk or eggs). Some brands of dark chocolate are also vegan.
- Pavlova with fresh fruit (medium size fits into club billies).

More Than Smores

Chef: Ryan Day

Requirements: Campfire and long sticks for roasting marshmallows

Dietary:

- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- Marshmallows
- ToffeePops®*.

Method:

1. Toast two marshmallows (1 pink, 1 white recommended) until hot and gooey over a fire
2. Then place them between two original ToffeePops®. The best approach is to "sandwich" the marshmallows between the biscuits to remove them from the roasting stick.

Chef's notes / tips:

- ToffeePops® may be substituted with Chocolate Thins (you can get more in a small pack) or, for classic smores, chocolate digestives as they are about as close to Graham Crackers as you can get in NZ.

Gluten free: make sure biscuits and marshmallows are gluten free.

Vegan: use vegan biscuits such as Oreo™ or ginger nuts. Look for vegan marshmallows in speciality supermarkets or Moore Wilsons.



Apple Pudding

Chef: Barbara Keenan

Number served: 4

Requirements: some preparation at home, one billy

Dietary:

- Gluten free with substitutions.

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.

Chef's notes / tips:

- If you forget to grind the Ginger Nuts at home, just put them in a bag and bash them at the hut or eat them whole.

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 tablespoons
Cinnamon	¼ teaspoon	½ teaspoon	1 teaspoon
Ginger Nuts—gluten free	5 biscuits	10 biscuits	15 biscuits (1 packet)
Yoghurt	1 x 150 g pottle	2 x 150 g pottle	3 x 150 g pottle

Hot Dates

Number served: 4

Requirements: 1 billy

Dietary:

- Vegetarian
- Vegan
- Gluten free.

Ingredients:

- 1 orange (or orange juice if making for more than 4 people)
- 20 dates
- 2 tablespoons 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	150 ml	300 ml	300 ml	300 ml
Dates	10	20	30	40	50	60
Flaked almonds	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons

Fruit Crumble

Chef: Illona Keenan

Number served: 6

Requirements: 1 billy

Dietary: vegetarian:

- Vegetarian
- Vegan
- Gluten free.

Ingredients (*may contain gluten):

- 1 packet Farmbake® ANZAC biscuits*
- 400 g 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 Page 95).

Chef's notes

- I prefer the dried nectarines that are available from Moore Wilsons, but any fruit would work. I have also made this with cherries and bush lawyer berries.

Gluten free: Make sure biscuits are gluten free.

Vegan: Use vegan biscuits such as Ginger Nuts. Skip the custard on the side.

Number of people	Four	Six
Farmbake ANZAC biscuits	$\frac{3}{4}$ packet	1 packet
Dried nectarines	200 g	400 g

MSR® Custard

Chef: Ant Mullick

Number served: 4

Requirements: one billy

Dietary:

- Gluten free if you can find gluten free custard powder.

Ingredients (*may contain gluten):

- 2 heaped tablespoons (25 g) Edmonds® custard powder*
- 12 heaped tablespoons (2½ cups) full fat milk powder
- 1 tablespoon (8 g) sugar
- 2 cups (500 ml) cold water.

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 a few cms off a very hot burner such as a MSR® whisper lite cooker
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 if you don't.

Gluten free: check the custard powder doesn't 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	1½ cups (70 g)	2½ cups	3 cups	3¾ cups	4½ cups
Sugar	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Water	250 ml	500 ml	750 ml	1 L	1¼ L	1½ L

Chocolate Chip Log

Number served: 8

Requirements: tinfoil, billy or bowl for soaking biscuits, no cooking required.

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 1 packet chocolate chip biscuits*
- 250 ml packet of long-life cream
- Chocolate chips
- ½ cup of warming agent (e.g. sherry, brandy, rum).

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.

Chef's notes / tips:

- It helps to prepare log on tinfoil
- Usually allow between 4-6 biscuits per person.

Gluten free: make sure biscuits are gluten free.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Chocolate chip biscuits	½ packet	1 packet	1½ packets	1½ packets	2 packets	2 packets
Long-life cream	If you want	125 ml	250 ml	250 ml	500 ml	500 ml
Chocolate chips	If you want	⅔ cups	¾ cup	¾ cup	1½ cups	1½ cups
Warming agent	If you want	¼ cup	½ cup	½ cup	1 cup	1 cup

Dried Fruit Salad

Number served: 8

Requirements: billy or bowl for soaking fruit, no cooking required!

Dietary:

- Vegetarian
- Vegan
- Gluten free.

Ingredients (*may contain gluten):

- 250 g (approx 20) dried apricots
- 200 g (approx 20) prunes
- 100 g (approx 16) dried dates
- 100 g (approx 24) dried apple slices
- 30 g 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.

Vegan: check biscuits are vegan.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Dried apricots	50 g (5)	100 g (10)	150 g (15)	200 g (20)	250 g (25)	300 g (30)
Prunes	50 g (5)	100 g (10)	150 g (15)	200 g (20)	250 g (25)	300 g (30)
Dates	25 g (4)	50 g (8)	75 g (12)	100 g (16)	125 g (20)	150 g (24)
Dried apple	25 g (6)	50 g (12)	75 g (18)	100 g (24)	125 g (30)	150 g (36)
Sultanas	7 g	15 g	25 g	30 g	45 g	50 g
Ginger Nuts* (gluten free if required)	¼ packet	½ packet	¾ packet	1 packet	1¼ packets	1½ packets

Gone Bananas

Number served: 5

Requirements: 1 billy

Dietar

- Gluten free.

Ingredients:

- 8 tablespoons milk powder
- 5 x 50 grams of chocolate bar
- 2 tablespoons of cocoa powder
- 2 tablespoons of custard powder*
- 5 bananas
- 5 crepes* (Signature® premade & packaged variety are lightweight).

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 bowl, add chopped bananas, and roll up. 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 tablespoon + 2 teaspoons	5 tablespoons + 1 teaspoon	8 tablespoons	1½ cups	1½ cups	2 cups
50 grams 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	⅓ pkt of 6	⅔ pkt of 6	1 packet of 6	1⅓ pkt of 6	2 packets of 6	2 packets of 6

Bushcraft Chocolate Crackles

Chef: Geoff Keey

Number served: 5

Requirements: one billy, paper cake cups.

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 200 g Kremelta® (this is vegetable fat)
- 3½ cups rice bubbles (or cornflakes)
- 1 cup icing sugar*
- 2½ tablespoons cocoa powder
- 1 cup desiccated coconut (optional)
- Paper cake cups.

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 cake cup and leave somewhere cool to 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 g butter or margarine
- ½ cup sugar
- Paper cake cups.

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 and rice bubbles or corn flakes are gluten free. Vegan: the honey crackles are not vegan. Make sure the cocoa powder does not contain dairy milk products.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Kremelta	85 g	165 g	250 g	330 g	415 g	485 g
Rice bubbles	1½ cups	2½ cups	4 cups	5½ cups	6¾ cups	7½ cups
Icing sugar	½ cup	¾ cup	1 cup	1½ cups	1¾ cups	1¾ cups
Cocoa	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Coconut	½ cup	¾ cup	1 cup	1½ cups	1¾ cups	1¾ cups

Cheeky Chocolate Mousse

Chef: Garry DeRose

Number served: 5

Requirements: large bowl or spare billy, whisk or fork

Dietary:

- Vegetarian with substitutions
- Vegan
- Gluten free.

Special features: no cooking required but needs time to set—prepare before dinner.

Ingredients (*may contain gluten):

- 3 x 70 grams packet of rich chocolate mousse dessert mix*
- 2 cups whole milk powder
- 250 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
- 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 (not for vegetarians).

Gluten free: make sure mousse mix and marshmallows are gluten free.

Vegetarian: make sure marshmallows don't contain gelatine.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Rich chocolate mousse mix	1 x 70 g packet	2 x 70 g packet	3 x 70 g packet	4 x 70 g packet	5 x 70 g packet	6 x 70 g packet
Whole milk powder	6 tablespoons	1½ cups	2 cups	3 cups	4 cups	5 cups
Mini marshmallows	100 g	200 g	300 g	400 g	500 g	600 g

Chocolate Fondue

Number served: 6

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

Dietary: gluten free.

- Gluten free.

Ingredients:

- 250 ml long-life cream
- 300 grams dark chocolate
- 12 pieces fresh seasonal fruit (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 and stir continuously
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 are also good for dunking in chocolate.

Number of people	Two	Four	Six	Eight	Ten	Twelve
Cream	100 ml	250 ml	250 ml	500 ml	500 ml	750 ml
Chocolate	100 g	200 g	300 g	400 g	500 g	600 g
Fruit pieces	6	8	12	16	20	24

Deconstructed Trifle

Chef: Helen Law

Number served: 6

Requirements: large water bottle to whip the cream, one billy to transport the sponge, no cooking

Dietary:

- Gluten free with substitutions.

Ingredients (*gluten free):

- 2 halves of a double sponge*
- 4 tablespoons raspberry jam (this is essential)
- ½ cup sweet or medium sweet sherry (optional)
- 410 g tin Wattie's® Fruit Salad in Clear Fruit Juice
- 250 ml long-life cream
- 600 ml 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. You can pour the cream in a water bottle that is at least twice the size of the cream quantity and shake until soft peaks form. Then 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 the cream and tinned fruit salad don't get any dessert!

Gluten free: make sure the sponge and custard are gluten free.

Deconstructed Trifle

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)	$\frac{3}{4}$ cake	2 halves (the whole cake)	1 whole cake + $\frac{1}{2}$ cake	1 whole cake + $\frac{3}{4}$ cake	2 x cakes
Raspberry jam	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoon	6 tablespoons	$\frac{1}{2}$ cup
Sherry (optional)	$\frac{1}{3}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup	1 cup
Fruit salad	1 pottle	1 tin	1 tin	1 tin & 1 pottle	2 tins	2 tins
Cream	250 ml	250 ml	250 ml	500 ml	500 ml	500 ml
Custard (prepared)	200 ml	400 ml	600 ml	800 ml	1 L	1.2 L
Chocolate (grated)	2 tablespoons	3 tablespoons	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup

Steamed Plum Pudding with Brandy and Custard

Chef: Barry Cuthbert

Number served: 5

Requirements: you'll need an existing plastic steamed pudding container and tinfoil.

Dietary:

Ingredients (*may contain gluten):

- 85 grams butter
- 85 grams brown sugar
- 1 egg
- 1 cup self raising flour*
- 2½ teaspoons ground cinnamon
- ½ cup raisins or sultanas or citrus peel
- 1 teaspoon ground ginger
- 2½ tablespoons milk powder
- Brandy—be generous.

Custard

- 5 tablespoons custard powder
- 8 tablespoons sugar
- ⅔ cup whole milk powder.

Method

1. Mix the butter and sugar together until creamy. There should be no lumps of butter
2. Add the egg and mix
3. Add flour, cinnamon, raisins, ginger and 2 tablespoons of milk powder. Stir until mixed. Add about ¼ cup water until a cake batter has formed
4. Pour this into the pudding container and cover the container with foil. Secure the foil down by folding down two opposing corners over the container rim, but leave the other two corners free
5. Place the pudding container into a large billy and fill the billy with water until ⅔ of the pudding container is submerged
6. Bring the billy to a low boil with the lid on and steam pudding for 30-45 min. Remember to check and add water periodically
7. While that is cooking, make custard by mixing custard powder with ¼ cup water into a paste first, then add another 1¾ cup water along with the sugar and remaining ½ cup milk powder. Slowly heat and stir frequently until custard thickens
8. Once the pudding is cooked through, tip out onto a plate and top with brandy and custard.

Steamed Plum Pudding with Brandy and Custard

Number of people	Two	Four	Six	Eight	Ten	Twelve
Butter	35 grams	75 grams	100 grams	150 grams	190 grams	225 grams
Brown sugar	35 grams	75 grams	100 grams	150 grams	190 grams	225 grams
Eggs	1 small	1	1 egg plus 2 tablespoons water	2	2 eggs plus 4 tablespoons water	3
Self raising flour*	$\frac{1}{2}$ cup	1 cup	$1\frac{1}{2}$ cups	2 cups	3 cups	3 cups
Ground cinnamon	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	6 teaspoons	6 teaspoons
Raisins or sultanas or citrus peel	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups	$1\frac{1}{2}$ cups
Ground ginger	$\frac{1}{2}$ teaspoon	1 teaspoon	$1\frac{1}{2}$ teaspoons	2 teaspoons	$2\frac{1}{2}$ teaspoons	3 teaspoons
Milk powder	1 tablespoons	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons	6 tablespoons
Brandy	enough for flavour	enough for flavour	enough for flavour	enough for flavour	enough for flavour	enough for flavour
Custard powder	2 tablespoons	4 tablespoons	6 tablespoons	8 tablespoons	$\frac{3}{4}$ cup	1 cup
Sugar	3 tablespoons	6 tablespoons	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups
Whole milk powder	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{4}$ cups	$1\frac{1}{2}$ cups



Billy baking desserts

This section features unique recipes that give you options for baking in a billy. It requires a little bit of equipment and preparation and extra time at the hut of course. But you'll be sweetly rewarded.

Billy Steamed Treacle Sponge Pudding

Chef: Kevin Cole

Number served: 2 (or a dainty 4)

Requirements: one metal mug per person, mug needs to be 11cm deep; baking paper, aluminium foil, string or twine, trivet, one billy.

Ingredients (*may contain gluten):

- 30 grams of treacle syrup
- 2 tablespoons (40 grams) margarine or butter
- 30 grams soft brown sugar
- 1 egg
- 3 tablespoons (45 grams) self raising flour*
- 1 tablespoon of milk
- extra treacle syrup to serve.

Method:

1. Position trivet in billy (stones probably unnecessary)
2. Pour about half of the treacle syrup into the mug, make sure it coats the bottom and set aside.
3. Beat remaining syrup, margarine and flour. Add this mix to the mug
4. Cover mug with baking paper. Then cover with foil. Use string to tie paper and foil cover over the mug. Make sure string is long enough to act as a handle
5. Place covered cup in the billy on trivet. Fill billy half way up with hot water. Steam gently for one hour. Top up water as necessary
6. Remove from billy by pulling on the string. Carefully unwrap and turn upside down to eat.

Chef's notes / tips:

- 20 minutes to prepare and 1 hour to cook.

Billy Baked Chocolate Cake

Chef: Kevin Cole

Number served: 6

Requirements: one billy, see additional equipment in the recipe below.

Special equipment:

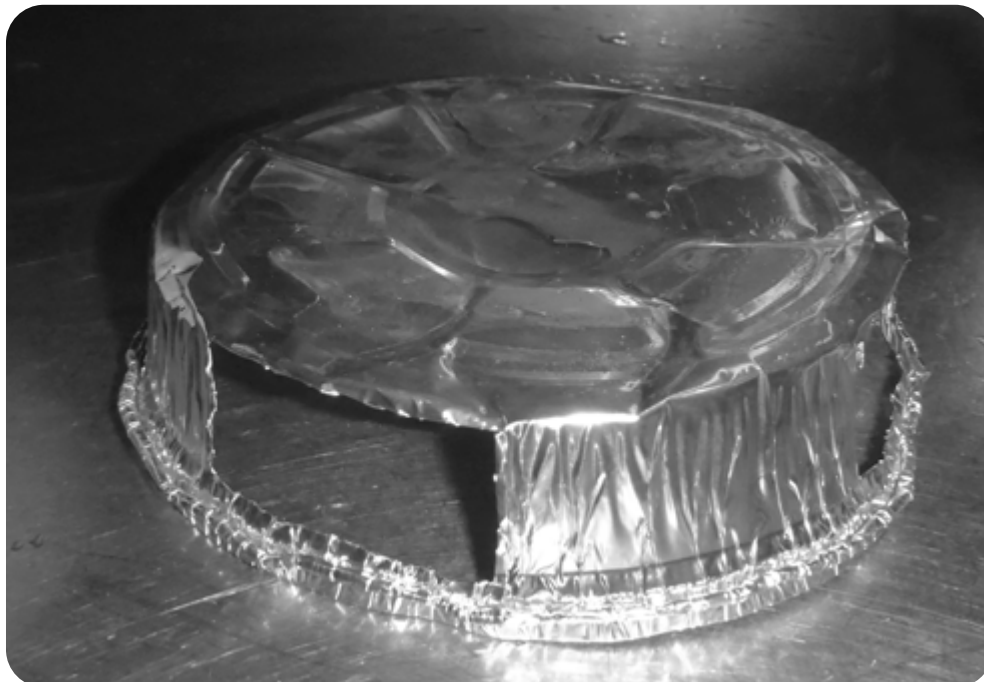
- 2 foil trays 18cm diameter or slightly less to ensure adequate airflow and increase cooking time
- mixing bowl
- Wooden spoon
- Spatula
- Wooden skewer or toothpick.

Ingredients:

Half a box of Edmonds® cafe style chocolate cupcakes* and all ingredients noted on the box (*cake mix and some ingredients may contain gluten).

Method:

1. Make the cake mix and set aside
2. Cut gaps in the sides of one tray to form trivet/base. Put layer of stones in base of billy (rinse the stones first).
3. Heat billy/stones briefly to dry stones and burn off any organic matter—then insert the trivet (the first tray that you have cut). Insert the other tray on top and fold if necessary to make it fit and increase airflow around outside
4. Fill with cake mix and cook on medium for 30-40 minutes with lid on the billy. You can smell when nearly done. Test with a skewer or toothpick, it should come out clean
5. Heat billy/stones briefly to dry stones and burn off any organic matter—then insert the trivet (the first tray that you have cut). Insert the other tray on top and fold if necessary to make it fit and increase airflow around outside.



Billy Baked Muffin

Chef: Kevin Cole

Number served: 4

Requirements: billy, mixing bowl, wooden spoon, spatula, wooden skewer or toothpick. See additional equipment in table below.

Ingredients (*may contain gluten):

- 1 cup Edmonds Miffin Mix
- ¼ cup Rice Bran Oil
- 1½ tablespoons water
- 1 egg

Method:

1. Make cake mix and pour into mug
2. Put layer of stones in base of billy (rinse the stones first). Heat billy/stones briefly to dry stones and burn off any organic matter—then insert the trivet
3. Place mug in the billy on trivet
4. Cook on medium for 25–30 minutes. Test with a skewer or toothpick, it should come out clean.

Method for 6 or 12 serves:

1. Make the cake mix and set aside
2. Cut gaps in the sides of one tray to form trivet/base. Put layer of stones in base of billy (rinse the stones first).
3. Heat billy/stones briefly to dry stones and burn off any organic matter—then insert the trivet (the first tray that you have cut). Insert the other tray on top and fold if necessary to make it fit and increase airflow around outside.

Serves 4	Serves 6	Serves 12
1 cup Edmonds Muffin Mix*	1½ cup Edmonds Muffin Mix*	3 cups Edmonds Muffin Mix*
¼ cup Rice Bran Oil	½ cup (100ml) Rice Bran Oil	¾ cup Rice Bran Oil
1½ tablespoons water	2 tablespoons water	½ cup water
1 egg	2 eggs	3 eggs
1 billy	1 billy	2 billies
1 litre steel mug and 1 metal trivet	2 foil trays 18 cm diameter	4 foil trays 18 cm diameter

Send us your billy baking dessert recipe for this page.
Email cookbook@wtmc.org.nz.



Dehydrated meals

Hot tips for dehydrating

- The basic principle for dehydrated food is that it needs to be low fat so that it doesn't go rancid. You can always add olive oil or fatty extras like chorizo to your meals when you rehydrate them on the tramp.
- Recipes that serve four people usually fill 4 to 5 trays of a standard dehydrator.
- Hydraflow sells the Ezidri® Ultra FD1000 and Sunbeam also sells a dehydrator.
- As a guide to dehydrating times and temperatures refer to the manufacturer's handbook. Dehydrating is 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 can take about 12-24 hours.
- Dehydrators that blow air from the top down 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 (1 cm dice maximum). Grating works well too.
- Try to keep all the vegetables, meat, beans, etc. the same size so they will rehydrate at the same time. Otherwise big chunks will take longer to rehydrate and be chewy.
- Meat only works if it's minced or chopped into small pieces. Larger chunks of meat are difficult to rehydrate and often end up chewy or tough.
- You can store dehydrated food in vacuum sealed bags or plastic bags that zip shut. Because the food is sharp and can puncture holes in the bag, you'll need to seal it into one bag, and then seal this bag into another bag.
- Store in a cool dark place. It can keep for several months if well sealed and kept cool, or in the freezer.
- It's a good idea to take salt on your trip, so you can add if necessary to finished product.

To rehydrate—there are essentially two different ways to rehydrate food

Option 1: Put meal in billy, cover with about 2-3 cm of water above food, bring to boil stirring often to prevent burning the food at the bottom. Once boiling, give a good stir and then put the lid on turn the cooker off and leave for one hour or until ready. If it's cooled too much by the time the food is ready, put it back on the cooker to reheat and stir continuously to prevent burning.

Option 2: Bring water to boiling, then add food, continue boiling and stirring for 5 to 10 minutes. Then cover, take off the cooker and let sit for 10-30 minutes. With this method it's hard to get the water amount correct, but it usually rehydrates faster. To help get the water quantity right, after boiling the water, pour some into a cup or spare billy, then add the food and then add the extra water as needed until there is about 2-3 cm of water above the food.

Basic Mince Curry (dehydrated)

Chef: Amanda Wells

Number served: Four. Total dehydrated weight 600 g

Requirements: dehydrator

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 2 onions
- 2 cloves garlic
- 2 teaspoons of each of these: cumin, curry powder, coriander
- 400 g lean mince
- 2 Continental® stock pots* (beef) dissolved in 4 cups boiling water
- 2 kumara (400-500 g total). Or option 2: 1 kumara plus 1 red pepper plus 1 cup frozen peas
- ½ small pumpkin (about 500 g)
- 180 g brown rice. Or option 2 use 220 g brown rice (rinsed).

Method:

1. Cut vegetables in small similarly sized 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: Four. Dehydrated weight 600 grams

Requirements: dehydrator

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 2 onions
- 2 cloves garlic
- 200 g mushrooms
- 400 g venison mince
- 250 ml red wine
- 1 tablespoon soy sauce*
- 1 teaspoon cornflour
- 1 teaspoon sugar
- 2 teaspoons vegetable bouillon powder* (or powdered stock*) with 3 cups boiling water
- 2 kumara (400g total)
- 200 g 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 soy 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 soy sauce and stock are gluten free.

Tomato Tofu and Quinoa (dehydrated)

Chef: Amanda Wells

Number served: Four. Dehydrated weight 630 g

Requirements: dehydrator

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 2 onions
- 2 cloves garlic
- 400 g 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
- 200 g 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: check stock is gluten free.

Vegan: check stock is vegan.

Mushroom and Bacon Risotto (dehydrated)

Chef: Amanda Wells

Number served: Four. Dehydrated weight 460 grams without extras (see chef's note)

Requirements: dehydrator

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 1 tablespoon olive oil
- 1 onion
- 2 cloves garlic
- 100 g bacon (rind and fat cut off, chopped small)
- 200 grams mushrooms (sliced)
- 400 g risotto rice, washed
- 3 cups of stock*
- 1 cup of wine
- 2 chorizo*
- 100 grams 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 100 grams parmesan
- This recipe is high fat so will not last long—not recommended for trips in a hot climate.

Gluten free: check stock and chorizo are gluten free.

Pea, Pepper and Tofu Risotto (dehydrated)

Chef: Amanda Wells

Number served: Four. Dehydrated weight 530 grams without extras (see chef's notes)

Requirements: dehydrator

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

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
- 400 g risotto rice, washed
- 3 cups of vegetable stock
- 1 cup of wine
- 100 ml olive oil
- 100 g 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 a 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 100 ml olive oil and 100 g parmesan.

Gluten free: check stock is gluten free.

Vegan: check stock is vegan. Check wine is vegan (or substitute with extra stock or about ¼ cup vinegar and 1 cup water). Leave out the parmesan and add 100 g nuts when you rehydrate the meal.

Black Bean Chilli with Quinoa (dehydrated)

Chef: Illona Keenan

Number served: 4

Requirements: dehydrator and free time

Dietary:

- Vegetarian
- Vegan
- Gluten free.

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 tablespoons tomato paste
- 400 g 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:

- See notes at beginning of book on cooking quinoa (page 2, 'Some helpful food and cooking tips').

Vegan: check tomato paste is vegan.

Satay Noodles (dehydrated)

Chef: Illona Keenan

Number served: 4

Requirements: dehydrator

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 2 tablespoon oil
- 1 teaspoons cumin seeds
- 2 onions finely chopped
- 3 cloves garlic
- 1 thumb size bit fresh ginger
- 1½ teaspoons garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chilli flakes
- 1 cup peanut butter
- 2 tablespoons tamarind pulp (or marmalade)
- ¼ cup soy sauce*
- ¼ cup sweet chilli sauce*
- 1 cup coconut milk—either tinned or ½ cup powder mixed with 220 ml water
- 2 carrots thinly sliced—matchsticks
- 2 zucchini thinly sliced—matchsticks
- 1 red pepper thinly sliced—matchsticks
- 400-500 g 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, soy 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 to save space.

Gluten free: check sweet chilli sauce, soy sauce and noodles are gluten free. Rice noodles work well in this dish.

Vegan: check coconut milk for milk/lactose product. Check noodles are vegan, such as rice noodles.

Chilli con Carne (dehydrated)

Chef: Megan Sety

Number served: 4

Requirements: dehydrator

Dietary:

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion
- 2 cloves garlic
- ¼ teaspoon chilli powder
- smoked paprika
- cumin
- 400 g mince
- ¼ cup water
- 1 tin tomatoes, crushed works best
- 1 tin red kidney beans (or any beans)
- 1 tin black beans
- 1½ cup frozen corn (defrosted)
- 2 capsicum, cut up into pieces
- 3 cups uncooked quinoa.

Method:

1. Cook the quinoa according to directions on packet 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, capsicum and water and simmer for 10 minutes or until thickened
5. Mix with the quinoa. Once cool dehydrate.

Chef's notes:

- To make this a really bulky meal, bring instant mashed potato. When you rehydrate the chilli, be sure to use more water than necessary. Once it is rehydrated and ready to serve, add as much instant mash potato as desired.

Tomato Pasta (dehydrated)

Chef: Illona Keenan

Number served: 4

Requirements: dehydrator

Dietary:

Meat or vegetarian options.

Ingredients (*gluten free):

- 2 tablespoons oil
- 2 onions finely chopped
- 3 cloves garlic
- salt and pepper
- 1 tin whole peeled tomatoes
- 3 tablespoons tomato paste
- 1 tablespoon balsamic vinegar
- 1 tablespoon brown sugar
- 1 tablespoon basil pesto
- 400 g of protein—tin of chickpeas or mince (venison, lamb or beef)
- 200-250 g chopped feta cheese
- 400-500 g 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, and protein, optional extras (but not feta cheese)
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 two different pasta meals to dehydrate)
- You can just dehydrate feta cheese on its own and add it to meals.

Eggplant with Pomegranate Molasses & Bulgur Wheat (dehydrated)

Chef: Illona Keenan

Number served: 4

Requirements: dehydrator

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 2 tablespoons oil
- 1 eggplant cubed
- 2 tablespoons 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 tablespoons pomegranate molasses
- 400 g bulgur wheat*
- 200 g 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.

Vegan: leave out the feta cheese. Add chopped almonds or pinenuts after rehydrating as a substitute for the protein from the cheese.

Lamb and Kumara Risoni Pasta with Tomato Sauce (dehydrated)

Chef: Megan Sety

Number served: 4

Requirements: dehydrator

Dietary:

- Vegetarian with substitutions
- Vegan with substitutions
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 400 g mince lamb
- 500 g risoni pasta*
- 400 g courgettes (about 4 medium sized)
- 100 g mushrooms
- 500 g kumara
- 1 packet tomato paste (5g sachet)
- 1 tin of diced tomatoes
- 1 teaspoon dried dill
- 1 teaspoon dried oregano.

Method:

1. Cook the pasta in a large pot and set aside
2. Cook the lamb mince. Drain the fat and oil from the mince and set aside
3. Fry the kumara, mushrooms and courgettes until soft
4. Add the lamb mince, cooked vegetables, tomato paste, tinned tomatoes and dried spices to the pasta
5. Stir, and then ready to dehydrate.

Chef's notes/ tips

- Risoni pasta is very small and when dehydrated takes up less space. You can find it in the bulk foods area or pasta area of the supermarket.

Gluten free: use rice instead of risoni.

Vegetarian: replace mince lamb with 2 tins of kidney beans or cannellini beans.

Vegan: use rice instead of risoni. Replace mince lamb with 2 tins of kidney beans or cannellini beans.

Cottage Pie (dehydrated)

Chef: David Bakker

Number served: 4

Requirements: dehydrator

Dietary:

- Vegetarian with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 400 g low fat beef mince
- ½ tablespoon Worcestershire sauce*
- 500 g frozen mixed vegetables
- 1 x 400 g tin chopped tomatoes
- 1 x 50 g packet tomato paste
- 1 onion, chopped
- 10 g dried mixed herbs
- 180 g instant mashed potatoes*
- 4 tablespoons milk powder.

Method—preparation:

1. Brown the mince, add the Worcestershire sauce when nearly done. Set aside
2. Fry the onion until soft, add the chopped tomatoes and tomato paste. After a few minutes add the frozen vegetables. Continue cooking until the mixture is thick
3. Mix the mince and vegetable mixture together. Then spread onto your dehydrator trays
4. Once dehydrated, put all the dehydrated ingredients into a bag, along with the mixed herbs, and seal it.

Method—rehydrating:

1. Put the dehydrated mixture into a billy and add enough boiling water to rehydrate it but not to make it too runny. You may need to check and add more water
2. When it is time to eat, make the instant mashed potatoes according to the recipe on the packet. You will need the powdered milk for this
3. Heat the rehydrated mixture until hot
4. Serve the mince mixture and top with the mashed potato.

Chef's notes / tips:

- Note you need twice as much instant mashed potato as the packet says for a serving to feed hungry trampers.
- If you have fatty mince drain the fat before dehydrating
- Frozen vegetables are great to dehydrate because they are already cut into small pieces ideal for use and they do not need to be cooked before dehydrating. You can substitute fresh vegetables if you prefer.

Gluten free: check that Worcestershire sauce and instant mash potatoes are gluten free.

Vegetarian: check that Worcestershire sauce is vegan or vegetarian or leave out. Replace mince with 2 tins of kidney or cannellini beans.

Mexican Pulled Pork (dehydrated)

Chef: Kevin Cole

Number served: 5

Requirements: dehydrator, slow cooker

Dietary:

- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 2 tablespoons olive oil
- 2 teaspoons ground cumin
- ¼ teaspoon allspice
- ¼ teaspoon ground cloves
- 1 teaspoon cinnamon
- 1 brown onion, chopped
- 4 garlic cloves
- 2 tablespoons sultanas
- 2 jalapeno chillies
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 teaspoon salt.

Main:

- 1.2-1.5 kg boneless pork (fat removed and cubed, see chef's notes)
- ½ cup water
- 1 tin chopped tomatoes
- 1 tablespoon cider vinegar
- ⅓ cup chopped coriander
- Flour tortillas* (usually 2 to 3 large size per person).

Method:

1. To make the spice paste blend the following in a food processor until a coarse paste is formed: onion, garlic, sultanas, chillies, oregano, thyme and salt
2. Heat olive oil in a large frying pan on medium high heat. Add cumin, allspice, cloves and cinnamon and fry for 1 minute
3. Add the spice paste from step 1 and cook for 7-8 minutes until the mixture darkens and the onion is no longer raw
4. Allow to cool
5. Put chunks of meat and paste in a large plastic bag and mix well. Leave to marinate in the fridge overnight.
6. The next day place marinated meat mixture in a slow cooker. Use the ½ cup of water to rinse the bag that had the meat and pour this into the slow cooker. Then add the tin of chopped tomatoes and cider vinegar to the slow cooker
7. Mix and level mixture then cook on low for 6 hours until the meat falls apart
8. Remove the chunks of meat and shred using two forks. Return to the slow cooker and cook for another 1½ hrs
9. 30 mins before it's finished add the chopped coriander
10. Once done, stir well, then replace the lid and leave to cool.

Chef's notes / tips:

- Serve with Salsa Verde (see next recipe) and tortillas
- A pork leg joint of about 2.3 kg will yield 1.2-1.5 kg of good meat once all of the bone and fat is removed. Then cut into 2.5-3 cm squares.

Gluten free: replace tortillas with a gluten free wrap such as corn tortillas.

Salsa Verde (dehydrated)

Chef: Kevin Cole

Number served: 5

Requirements: dehydrator

Dietary: gluten free, vegetarian, vegan.

Ingredients (*may contain gluten):

- 5 slices of pickled jalapeño
- ½ medium brown onion chopped
- 1 clove garlic chopped
- 4 tomatillos chopped
- ¼ cup coriander chopped
- Juice from 1 lime
- 1 teaspoon cider vinegar
- 1 teaspoon maple syrup

Method:

1. Fry onion until soft
2. Add garlic
3. After 2 minutes add tomatillos and jalapenos
4. Fry until mushy, about 3-4 minutes
5. Remove from heat and add coriander, lime juice, cider vinegar and maple syrup.

Chef's notes / tips:

- Tomatillos are not the same as tomatoes. They may be available in specialty shops early summer through autumn. Fresh tomatillos need to have the leaves peeled off and washed until they are not sticky before cooking. You can also find tinned tomatillos which may need less cooking time. They are a nice condiment to Mexican Pulled Pork or delicious on their own as a snack with corn chips or tortillas.

Send us your ehydrated meal recipe for this page.
Email cookbook@wtmc.org.nz.



Snacks

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: make before you go

Dietary:

- Vegetarian
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 250 g 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 too 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

Requirements: make before you go

Dietary:

- Vegetarian.

Ingredients (*may contain gluten):

- 285 g butter
- 6 tablespoons 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 desiccated coconut
- 1 cup raw sugar
- ½ 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 still warm.

Magic Peanut Butter Balls

Chef: Megan Sety

Number served: 6-10 snack size balls

Requirements: make in advance

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients:

- 2 heaped tablespoons of peanut butter
- About $\frac{1}{4}$ – $\frac{1}{2}$ cup of coconut milk powder or whole milk powder
- About $\frac{1}{4}$ – $\frac{1}{2}$ cup of granulated sugar
- $\frac{1}{2}$ cup chocolate chips
- Optional, $\frac{1}{2}$ 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. In a bowl mix the peanut butter, 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
2. Then mix in chocolate chips and vanilla extract to taste
3. Form into bite size balls and roll in sesame seeds and coconut flakes if using
4. Wrap each ball in glad wrap.

Chef's notes / tips:

- The measurements of the ingredients aren't exact so experiment with your flavours. Starting with 2 heaped tablespoons of peanut butter makes anywhere from 6 to 10 balls depending on how much you add of the other ingredients
- On extended multi-day trips, it may be easier to just have a container of the mix and scoop out individual bites rather than prepare individual balls.

Vegan: check coconut milk powder doesn't contain milk or lactose products, or substitute the milk powder for coconut flour or almond flour—you'll need less. Use dark chocolate chips.

Granola Bars

Chef: Megan Sety

Number served: makes 12 bars

Requirements: 33 x 23 x 5 cm pan, make before you go

Dietary:

- Vegetarian
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 2 cups rolled oats*
- 1 cup wheat germ*
- 1 cup sliced almonds
- ½ cup of dark chocolate chips
- ½ cup dried cranberries (cherries and blueberries work too)
- 1 tin (400g) sweetened condensed milk.

Method:

1. Preheat oven until 160°C
2. Optional but will make your life easier! Press a small square of butter in to each corner of the pan. Then line the pan with a long sheet of baking paper pressing the paper into the corners so it sticks to the 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 (baking paper and all) from the pan
7. Cut into bars and wrap individually in glad wrap—they are a bit sticky. Don't forget to remove the baking paper.

Chef's notes / tips:

- I've kept these several months 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.

Kickers Energy Shots

Chef: Barry Cuthbert

Number served:

Requirements: food processor or blender

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients:

- 1½ cups nuts (peanuts, cashews, almonds, walnuts, or your own mix)
- ½ cup roasted coffee beans
- 1½ cups dates
- ½ teaspoon salt
- ½ cup small dark chocolate chips.

Method

1. Blend nuts and coffee beans together until they are a coarse crumb using a blender/food processor
2. Add dates and salt and blend until the mixture comes together into a ball and is thoroughly mixed
3. Remove from the blender and in a separate bowl stir in the chocolate chips
4. Then roll small amounts (heaped tablespoon) into balls
5. Put in the fridge to set for an hour
6. Store in fridge or freezer until needed.

Vegan: check chocolate chips do not contain dairy milk.

Energy Bar

Chef: Barry Cuthbert

Number served:

Requirements: make before you go

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- 350 g dark chocolate chips
- 1 cup nut butter (peanut, almond, cashew)
- 1 cup honey or maple syrup
- 1 cup shaved almonds
- ½ cup pumpkin seeds
- 1 cup fine coconut flakes
- 2 cups rolled oats*.

Method

1. Preheat oven to 180°C.
2. Melt the chocolate chips using a double boiler or in the microwave. In the microwave, stir the chocolate every 30 seconds to avoid burning it
3. Once the chocolate is melted and smooth, combine all of the ingredients into the bowl until well mixed. Spread the mixture into a brownie pan. Don't make them too thin
4. Bake for 10 minutes. Allow the baked mixture to cool on bench to room temperature before placing them in the refrigerator
5. Once set, about a couple of hours, cut into bars.

Chef's notes / tips:

- Replace the shaved almonds, pumpkin seeds and coconut with your favourite mix of nuts and fruit.

Gluten free: oats may be processed in factories near other products that contain gluten.

Vegan: use maple syrup instead of honey. Check chocolate chips do not contain dairy milk.

Lolly Cake

Chef: Barry Cuthbert

Number served:

Requirements: make in advance

Dietary:

- Vegetarian
- Gluten free.

Ingredients (*may contain gluten):

- 1 packet lollies*, approx 190 g
- 250 g malt biscuits*
- 125 g butter
- ½ tin sweetened condensed milk
- 2 cups desiccated coconut + a little extra for rolling.

Method

1. Break lollies into chunks
2. Crush biscuits to a rough crumb
3. Melt butter and condensed milk over a gentle heat
4. Mix all ingredients together, form into a log shape then roll in coconut
5. Wrap in cling film and chill for 4 hours
6. Slice and keep in the fridge until needed.

Gluten free: check that lollies and biscuits are gluten free.

Hummus

Chef: Richard House

Number served:

Requirements: make before you go, options for dehydrating

Dietary:

- Vegetarian
- Vegan
- Gluten free.

Ingredients:

- 4 handfuls of dried chickpeas (250 ml)
- 3-4 tablespoons tahini
- 4-8 cloves garlic, minced
- Juice of 3-4 lemons
- 3-4 bay leaves
- 3 teaspoons ground cumin
- Chilli powder (to taste)
- 5 tablespoons olive oil
- ¼ 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 height of chickpeas (do not add salt), add 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 dehydrate hummus to take as a snack and add just a little water for instant hummus while you are tramping.

Low Carb Coconut Bread

Chef: Fons Baars

Number served:

Requirements: make before you go

Dietary:

- Vegetarian
- Gluten free.

Ingredients:

- ¼ cup ground flax seeds
- 1½ cups almond flour
- 2 tablespoons coconut flour
- ¼ teaspoon salt
- ½ teaspoon gluten free baking powder
- 1 teaspoon baking soda
- ¼ cup sunflower seeds (optional)
- ¼ cup pumpkin seeds (optional)
- 5 eggs
- 1 tablespoon apple cider vinegar
- ¼ cup coconut oil (melt over low heat).

Method:

1. Preheat the oven to 180°C
2. Line a small loaf tin with baking paper
3. Stir/mix in one bowl flax seeds, almond flour, coconut flour, salt, gluten free baking powder, baking soda and if using sunflower and pumpkin seeds
4. Whisk/mix in another bowl eggs, apple cider vinegar, melted coconut oil
5. Combine wet ingredients with dry ingredients until you get a thick batter
6. Pour batter into loaf tin and bake in the oven for 50 minutes.

Low Carb Seed Bread

Chef: Fons Baars

Number served:

Requirements: make before you go

Dietary:

- Vegetarian
- Gluten free.

Ingredients:

- 1 cup ground flax seeds
- ½ cup almond flour
- 1 teaspoon gluten free baking powder
- 1 teaspoon salt
- ½ teaspoon xanthan gum or chia seeds or psyllium husk
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- 1 teaspoon caraway seeds or fennel seeds or cumin seeds (optional)
- 4 eggs
- 3 tablespoons water.

Method:

1. Preheat the oven to 180°C
2. Line a small loaf tin with baking paper
3. Stir/mix in one bowl the flax seeds, almond flour, baking powder, salt, xanthan gum or alternative, sunflower seeds, pumpkin seeds and if using the caraway, fennel or cumin seeds
4. Whisk/mix in another bowl the eggs and water
5. Combine wet ingredients with dry ingredients and mix to make a thick batter
6. Pour batter into loaf tin and bake in the oven for 30–35 minutes.

Seed Crackers

Chef: Jayne McKendry

Number served:

Requirements: make before you go

Dietary:

- Vegetarian
- Vegan.

Ingredients:

- ½ cup chia seeds
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup sesame seeds
- 1 cup (250 mls) water
- ½ teaspoon salt
- any flavouring you like (optional)—see note below.

Method:

1. Mix all ingredients together. Let sit for about 10 minutes
2. Put a sheet of baking paper on a large oven tray (you really need the baking paper; greasing the tray doesn't work)
3. Spread the seed mix out on the tray as evenly as possible, to a thickness of 5mm at the most (thinner is ok).
4. Bake for 30 minutes at 170°C
5. Take them out of the oven and cut into cracker width strips. Flip each strip over. Cut everything into cracker sized squares. Turn oven down to 160°C and bake for 20-25 minutes. The longer time is good to get them crunchy, but you don't want them to burn, so timing depends on the heat of your oven. You might need to experiment a bit with timing to get them perfect.

Chef's notes / tips:

- You can basically use any combination of seeds you like for these crackers, as long as you keep the chia seeds and the overall quantity. The chia seeds are the magic ingredient that make the crackers work
- Store airtight for up to 2 weeks
- This quantity does me for lunch and snacks over a 4 day tramp. Good with whatever you put on crackers, or just to snack on straight out of the box
- The original recipe uses ground almonds in place of the pumpkin seeds. They're also nice with whole linseeds in the mix
- You can add flavour by adding dried herbs, or spices like cumin, turmeric etc.

Walnut and Sundried Tomato Tapenade

Chef: Jayne McKendry

Number served:

Requirements: make before you go

Dietary: gluten free, vegetarian, vegan.

- Vegetarian
- Vegan
- Gluten free.

Ingredients:

- ½ cup sundried tomatoes (dried, not in oil)
- 1 cup toasted walnuts
- ½ cup fresh parsley
- 2 cloves garlic (optional)
- ½ teaspoon salt
- handful of olives (optional)
- up to ½ cup olive or avocado oil.

Method:

1. Soak tomatoes in boiling water for 10 minutes
2. Put all ingredients except oil in a food processor and blend (or grind with a mortar and pestle). Add oil a little at a time until you've got a well combined but slightly chunky mix
3. Keep in fridge until ready to use. Keeps well for up to 2 weeks.

Chef's notes / tips:

- This is great on crackers or mixed with avocado for breakfast or lunch
- Transport in a plastic pot inside a plastic bag in case the oil leaks
- Lasts up to several days while tramping.



Sundried Tomato Mountain Loaf

Chef: Jan Ducnuigeen

Number served:

Requirements: make before you go

Dietary: vegetarian, gluten free with variations.

- Vegetarian
- Gluten free with substitutions.

Ingredients (*may contain gluten):

- 1 cup rolled oats*
- 1 container of sundried tomato pesto*
- 1 container of cottage cheese (with onion). Usually the smallest container size will do.
- ½ pouch of Simon Gault concentrated vegetable stock* (don't add water, just the stock as it comes out of the package). See: <https://simongault.com/products/vegetable-stock/>
- 1-2 eggs
- 1 finely chopped onion (if more savoury flavour is desired).

Method:

1. Saute the onion in a pan with butter or olive oil until soft. Remove from the stove and let cool
2. Mix sauted onions with all other ingredients in a bowl. Mix well, especially when adding the vegetable stock.
3. Spread in a baking pan to no more than 2 cm depth
4. Bake at about 150° C for about 2 hours, or until the top is quite browned. If the top browns too quickly, cover with tin foil and continue to cook at a lower temperature.

Chef's notes / tips:

- Lasts several days while tramping. May not last as long in hot temperatures. Baking it for 2 hours or more helps it last longer.

Gluten free: check the ingredients of the pesto, cottage cheese (if buying one with added flavourings) and stock to be sure it doesn't contain gluten. Oats may be processed in a place with other products that contain gluten.

Surprisingly Nice Feijoa Lemon Muffins

Chef: Elodie Urlacher

Number served:

Requirements: make before you go

Dietary: vegetarian, vegan.

- Vegetarian
- Vegan.

Ingredients (*may contain gluten):

- 2 bananas
- 3-6 feijoa skins (or the whole feijoa if you have it)
- Half a lemon including peel
- 250 g flour*
- 150 g sugar (white will keep the green colour but brown is cool too)
- 100 ml oil
- ½ teaspoon baking powder*
- ½ teaspoon baking soda
- Pinch of salt.

Method:

1. Blend 2 bananas, 3-6 feijoas, a lemon and 250 ml water until very smooth and viscous.
2. Mix with the rest of the ingredients
3. Pour into mini muffin tin and bake for about 20 min at 180°C.



Breakfast

Chia Porridge with Nuts

Chef: Jayne McKendry

Number served:

Requirements: make before you go

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Ingredients (*may contain gluten):

- ¼ cup chia seeds and enough milk powder to make 250 ml of milk (such as almond milk powder, dairy milk powder or coconut milk powder)
- 1 heaped teaspoon of cinnamon (or a mix of cinnamon and cacao powder)
- Walnuts or any other nuts
- Dried fruit (optional).

Method

1. Prepare before you go—mix the ingredients into a small Ziploc bag or similar.
2. In the hut / at the campsite: Mix the above contents with 250 mls water. Stir really well and leave overnight. If you don't stir fully, you'll end up with gelatinous clumps of chia seed in the morning; not pleasant!
3. When you're ready for breakfast, add handfuls of nuts and dried fruit.

Chef's notes / tips:

- Increase the fat content by adding 25 ml macadamia oil, or whatever oil you like.
- You may want to add some sugar.

Vegan: check coconut milk doesn't contain dairy or lactose products.

Double Chocolate Muesli

Chef: Barry Cuthbert

Number served:

Requirements: make before you go

Dietary: gluten free, vegetarian.

- Vegetarian
- Gluten free.

Ingredients (*may contain gluten):

- 3 cups rolled oats*
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- 5 tablespoons sesame seeds
- 1 cup chopped almonds or other nuts
- ½ cup honey
- ¼ cup oil (whatever suits, coconut, olive, rice bran)
- 3 tablespoons cocoa powder
- 1 cup chocolate chips.

Method

1. Preheat oven to 150°C and line a baking tray with baking paper
2. In a large bowl, combine the first five ingredients
3. In a separate microwave-safe bowl, combine the honey and oil and microwave 30-45 seconds. Stir in cocoa powder and mix well
4. Pour the cocoa/honey/oil mix over the oat mixture and stir until well coated
5. Pour this onto the baking paper and bake for 30 minutes, stirring every 10 minutes
6. Remove from oven and let cool
7. Mix in the chocolate chips when almost cool if you want them to melt a bit, or wait until completely cooled before adding them.

Gluten free: oats may be processed in a place with other products that contain gluten.



Tararua biscuits

Tararua Biscuits

Chef: Amanda Wells with Illona's variations

Number served: 7 pairs of biscuits

Requirements: make before you go.

Ingredients:

- 250g wholemeal flour
- 150g plain flour
- 125g butter
- 100g sugar
- 125g oat bran
- 1 dessert spoon 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 1-1½ hours. Turn oven off but leave biscuits in overnight.

Chef's notes / tips:

- For each 200 g 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.

Benbrook's Tararua Biscuits

Chef: Anita Benbrook

Number served: makes about 9 to 15 biscuits

Requirements: make before you go.

Ingredients:

- 225 g butter
- Heaped tablespoon golden syrup
- ½ tin condensed milk
- ¾ cup brown sugar
- 1 cup flour
- 1 cup desiccated 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 12 mm deep.
4. Bake 180° C for 30-45 minutes.

Chef's tip: soya flour is available at healthfood stores.

Annette's Famous Simple Tararua Biscuits

Chef: Annette Gazley

Number served: makes about 20 biscuits

Requirements: make before you go.

Ingredients:

- 120 g butter
- 120 g brown sugar
- 280 g oat flakes
- 180 g flour
- 2 tablespoons golden syrup
- $\frac{1}{2}$ teaspoon baking soda (dissolved in $\frac{1}{4}$ cup cold water)
- Preferred option—add 1 cup chopped dates

Method:

1. Melt butter and syrup together. Add to the first 4 of the dry ingredients and mix
2. Then add baking soda mix
3. Press into a greased baking tray around 12 mm thick
4. Cook around 30-45 minutes at 180° C
5. Cut into squares when still warm and in tray
6. Let cool for a little while, then take out of the pan to finish cooling.

Scrogginated ANZAC Tararua Biscuits

Traditional Baking and Supreme Award-Winning Recipe from the WTMC Bake-Off 2015

Chef: Barry Cuthbert

Requirements: make before you go.

Ingredients:

- 200 g butter, softened
- ¼ cup peanut butter, crunchy style
- 1 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1½ cups flour
- 1 teaspoon baking soda
- 1½ cups rolled oats
- ½ cup desiccated coconut
- 1 cup dark chocolate, chopped or drops
- 100 g pumpkin seeds
- 1 cup dried cranberries.

Directions

1. Heat oven to 190°C or 170°C fan-bake.
2. Mix together butter and peanut butter until creamy and well-blended
3. Beat in sugar, then egg and vanilla essence
4. Sift in flour and baking soda. Add rolled oats, coconut, chocolate, pumpkin seeds and cranberries and mix to combine
5. Roll mixture in 2 tablespoon amounts into balls and place on an oven tray lined with baking paper. Press tops of biscuits with a fork.
6. Bake for 10 to 12 minutes. Cool on a wire cake rack.

Gluten Free Tararua Biscuits

Chef: Simon Barr

Requirements: make before you go

Dietary:

- Gluten free.

Ingredients (*may contain gluten):

- 2 cups gluten free flour mix
- 2 cups meal (almond meal, flaxseed meal or sunflower seed meal, or a combination)
- 125 g butter
- 100 g coconut oil
- Dash of vanilla essence
- 1 teaspoon salt
- 3-4 teaspoons xanthan gum
- 30 g golden syrup
- 1 egg
- Chopped dates or apricots (optional)
- Chocolate (optional).

Method:

1. Preheat oven to 135°C
2. Melt butter and coconut oil together. Add the vanilla essence
3. Then add the remaining ingredients except the egg and mix in a large bowl
4. Add the egg and mix well. If the mix is too dry and crumbly try adding a little water until it just holds together.
5. Fold in chocolate and dried fruit (optional)
6. Roll out to 1cm thickness
7. Cut into biscuits
8. Place on a lightly greased oven tray
9. Bake until cooked i.e. a brown colour—usually about 1½ hours. Turn oven off but leave biscuits in overnight.

Chef's notes / tips:

- Use a good blended gluten free flour. Start with a rice flour base (cheap), then mix in other types of gluten free flour like chickpea flour, lentil flour, pea flour. These are all good sources of protein and you can find them in Indian food shops
- Xanthan gum attracts moisture to the final product. Otherwise you end up with a really dry product
- To make them less crumbly—add more flour and less meal.

Sety's Spiced Tararua Biscuits

Chef: Megan Sety

Number served: makes 9 large biscuits

Requirements: make before you go.

Ingredients:

- 225 g butter
- 1 heaped tablespoon golden syrup
- ½ tin condensed milk
- ¼ cup brown sugar
- 1 cup wholemeal or whole wheat flour
- 1 cup rolled oats
- 1 cup wheat germ
- 1 cup oat bran
- 1 teaspoon baking powder
- ½ cup chopped dried dates
- 1½ teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ teaspoon vanilla extract (optional).

Method

1. Soften the butter in the microwave
2. Add the rest of the ingredients, except the dates and spices
3. Stir until everything is mixed together into a thick creamy paste
4. Add the chopped dates, spices and vanilla if using and stir until everything is combined
5. Sprinkle a clean bench top surface with wholemeal flour
6. Use your hands to form the mixture into one large ball. Then put these in the centre of the floured bench top and press until it makes a square about 2.5 cm thick.
7. Use a butter knife to cut this into 9 equal squares. Use a spatula to lift the squares up and place on baking tray.
8. Bake 175°C for 20-45 minutes. Depending on the quantities and how crunchy you like your biscuits, the baking time varies. Check it often after 20 minutes and try different lengths of time.



Nutty Cinnamon Tararua Biscuits

Chef: Kevin Cole

Number served: makes 12 biscuits

Requirements: make before you go.

Ingredients (*may contain gluten):

- 130 g butter
- 100 g brown sugar
- 200 g oat flakes
- 150 g flour*
- 70 g pistachios (chopped)
- 50 g walnuts (chopped)
- 50 g almonds (chopped)
- 2 tablespoons golden syrup
- $\frac{1}{2}$ teaspoon baking soda (dissolved in $\frac{1}{4}$ cup cold water)
- 2 teaspoons cinnamon (optional).

Method:

1. Melt butter and syrup together. Add to the dry ingredients (including the cinnamon if using) and mix.
2. Then add baking soda mixed with the water.
3. Press into a greased baking tray to around 2 cm thick.
4. Cook around 20-25 minutes at 180°C.
5. Cut into squares when still warm and in tray (a sharp serrated knife is best because of the nuts).
6. Let them cool slightly and then turn out on a rack to cool.

Tararua Cookies with Cranberries

Chef: Pete Silverwood

Number served: makes about 12-20 biscuits depending on size

Requirements: make before you go.

Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- $\frac{3}{4}$ cup coconut
- $\frac{3}{4}$ cup rolled oats
- $\frac{3}{4}$ cup cranberries
- $\frac{2}{3}$ cup packed brown sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 110 g butter
- 1 good tablespoon golden syrup
- 2 tablespoons water
- $\frac{1}{2}$ teaspoon baking soda.

Method:

1. Preheat the oven to 180°C.
2. Mix dry ingredients except baking soda
3. Put golden syrup, water and butter in cup and warm till butter melts
4. Stir in the baking soda to this mix, then add to dry ingredients and combine
5. Make small golf ball size balls and put on an oven tray
6. Flatten the balls with a fork or spoon while holding the edges of the cookie to stop the edge breaking up.
7. Bake for 14 minutes.

Chef's notes / tips:

- The cookie expands during cooking.

Logan Bread

The American equivalent of the Tararua biscuit. More like a dense dry bread than a hard biscuit.

Chef: Barry Cuthbert

Number served:

Requirements: make before you go.

Ingredients:

Dry ingredients:

- 2 cups wholemeal flour
- 2 cups white flour
- 2 cups quick oats
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{2}$ cup powdered milk
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon.

Wet ingredients:

- $1\frac{1}{2}$ cups water
- $\frac{3}{4}$ cup honey
- $\frac{1}{2}$ cup molasses/treacle/golden syrup
- $\frac{3}{4}$ cup oil.

Goodies:

- $1\frac{1}{2}$ cup nut pieces
- $1\frac{1}{2}$ cup dried fruit/berries
- 1 cup dark chocolate chips.

Method:

1. Heat oven to 170°C
2. In a large mixing bowl, combine all dry ingredients
3. Then add the wet ingredients and stir thoroughly
4. Add Goodies and mix well
5. Pour into a greased 22 cm x 33 cm pan. Bake for 1 hour.
6. Remove from oven, and cut into desired pieces (5 x 8 cm)
7. Return to oven at lowest setting possible, with door slightly open. Cook for another hour or so to further dry.
8. Remove, cool, then wrap cut squares in plastic.

Chef's notes / tips:

- Other additions can include eggs, applesauce, wheat germ, sunflower seeds, or whatever else you like. Make sure the dough is moist enough to spread evenly in the pan.
- Store in freezer until ready for your trip.



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