Favourite Recipes for Camp

compiled by Sharon Martin



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BREAKFASTS

EggNut

This recipe can be used to cook over a buddy burner or on a stove. Try frying a piece of bacon underneath the bread first, place the bread on top and then put the egg in the middle. You need to flip the whole thing, including the bacon, to finish cooking the other side.

Ingredients:
1 egg
1 thick slice of bread
oil for frying

Either tear a round, 3 inch hole in the centre of the bread or use a 3 inch cookie cutter and do the same.
Place the bread onto a frying pan, lightly greased.
Crack the egg into the centre hole. When it is lightly brown turn the whole thing over, and continue to cook till egg is done.
Carefully lift the eggnut from the pan to your plate.

What do you do with the 'holes'? Dip them in beaten egg and cook as mini eggy bread rounds.

Hash Browns

Ingredients:
1 ¾ cup Instant Potatoes
1 2/3 cup Milk
1 2/3 cups Water
½ tsp Salt
3 tbsp Butter
1 Egg
¼ cup Bread crumbs

Equipment:
Mixing bowl
Measuring Cups
Measuring Spoons
Mixing spoon
Lifter
Stove
Fry Pan

Instructions:
Mix package of Instant Potatoes as directed for 4-5 people. Bring water and salt to a boil. Remove from heat. Add milk. Stir in butter, and potato flakes. Mix in egg. Shape into Flat Patties. Roll in Crushed Corn Flakes. Fry golden brown in a small amount of butter.

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Oatmeal In A Paper Cup

Categories:
Yield: 1 serving

2 parts Water; cold
1 part quick oats
1 ds Salt
1 ts Sugar, to taste

Stir all ingredients together. Cup must be filled to top edge to keep it from burning. Set cup by coals, not flame. Stir when it bubbles, then cookabout 1 minutes.

NOTE: Do not used waxed, plastic or foam cups. DS = Dash TS = Teaspoon
Sandy
Northglen, Colorado

Breakfast In An Orange

Preparation Method: Foil cooking
Number Served: one, add ingredients for each person
Non Food Items Needed:
Foil
Long tongs
Knife
Spoon
Fork

Food Items Needed:
One orange
One piece of Canadian Bacon
Two eggs
Salt and pepper to taste

At Home Preparation: None

On Site Prep / Cooking Instructions:
Each person cuts of the top (leaving about a 2 inch hole) of an orange. Keep the top- it's your lid the orange forms a "shell". Scoop out the pulp of the orange and eat. (this is your first course). Place a piece of Canadian Bacon in the bottom of the orange. Break both eggs and pour in on top of the bacon. Scramble slightly with a fork and put the top back on. Wrap in foil and place on glowing coals. Cook 15 to 20 minutes or until done. Eat out of the orange shell.
Mistybunny

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Pancakes in an Orange

Preparation Method: Foil wrapped and in the fire
Number Served: 4 muffins
Non Food Items Needed: serrated spoon

Food Items Needed:
4 large oranges, washed
1 cup Bisquick
1 tablespoon sugar
1/2 cup milk
maple syrup for drizzling

At Home Preparation: None

On Site Prep / Cooking Instructions:
Trim top 1/4 inch off oranges and save. Using a serrated spoon (like a grapefruit spoon) scoop out insides. Go ahead and eat it now! =) You should have a orange cup left.

In a bowl mix the Bisquick, sugar and milk. Spoon the batter into the empty orange shells about halfway filling them. Cover the opening with the top that you cut off and cover the whole thing tightly with foil.

Bury in the coals until set - around 60 - 70 minutes.
(an hour? I dunno about this....I'd be checking after about 5-10 minutes!!)

Serving Suggestions:
Unwrap and let cool some. Be careful they are hot! We like them drizzled with maple syrup. Yum!
Mistybunny

Eggy Bread or French Toast

A traditional UK camp breakfast we serve with bacon or sausages and baked beans!
Ingredients:
Sliced bread
Eggs (1 eggs will do about 2 slices of bread dependent upon the size of the egg!)
Cinnamon or paprika
Tomato Ketchup, brown sauce, Branston Pickle, maple syrup, or whatever else you fancy to eat with them.

Utensils:
Large deep plate or shallow bowl
Frying pan
Fork or a whisk

Method:
Crack open eggs onto plate or into the bowl. Beat thoroughly.
Dip slices of bread into mixture, making sure that both sides are completely covered. Simply fry on both sides until golden brown.
If you add the paprika on to the bread as you turn it each way it creates a slightly reddy brown golden colour.

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Other French Toast/Eggy Bread Recipes

Using two slices of bread, make a peanut butter sandwich.
Dip the sandwich in the egg mixture and toast lightly on greased buddy burner. When browned, flip over and toast the other side.
You can add banana slices to the sandwich before toasting.

- 1 egg per person
- milk
- cinnamon
- nutmeg
- vanilla
- maple syrup
- powdered sugar

Mix 1 egg, a little milk, cinnamon, nutmeg, dash of vanilla.
Dip both sides of bread into mix.
Fry in an heated, oiled pan, or on top of a greased buddy burner.

Serve with maple syrup or powdered sugar (confectioners or 10x sugar) or granulated sugar or cinnamon sugar (sugar and cinnamon mixed-I think it's 1 cup sugar to 1 Tablespoon cinnamon)

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Lunches and Snacks

Applesauce Sandwiches

This recipe is from the Great Camp Woolsey Cookbook, courtesy of the Ottawa Area Girl Guides.

NOTE: This meal is great on a buddy burner!

Spread applesauce on a slice of bread. Sprinkle with sugar and cinnamon. Top with a second slice of bread and butter the outsides of the sandwich. Cook like a grilled cheese sandwich.

Egg Mc-Girl Scouts

Thanks very much to Kathy Stephan

Items needed:

charcoal
matches
aluminum foil
1 - 6 oz (170g) tuna can or equivalent per person
1 tablespoon measuring spoon
hot pads
long tongs

Ingredients (multiply first four ingredients by number of people being served):

2 pieces of link heat & serve sausage per person
1 egg per person
1 whole English muffin per person
1 slice of sandwich style cheese per person
soft margarine or margarine, softened
jam/jelly
spray vegetable coating for cans

Directions: Start charcoal fire; spray cans with the cooking spray. Place sausages in bottom of cans with 1 tbsp. water. Break egg over sausages and water. Cover well with foil and bake in coals for 15-30 minutes. Check to see when eggs are done. While cooking eggs and sausages, butter and heat split muffins on stick or grill. Place slice of cheese on hot muffin and contents from the tuna can. Place jam/jelly on other half of muffin if desired and place on top of eggs & sausages.

Eggs-in-a-Bag

Crack as many eggs as you'd like into a sturdy ziplock bag (the freezer bags are recomended). Add onion, peppers, ham or whatever else you'd like. Cheese is not a good idea because during the cooking process the cheese gets much hotter than the eggs, and the bags may melt. Close the bag, getting out all the air you possibly can. Then the girls get to "smoosh" up their eggs to make them scrambled. Drop the bags into a pot of boiling water. Takes about 5-10 minutes to cook. If you are cooking with a number of girls, it might be a good idea to write names on the bags with permanent marker before cooking for easy identification. This is an especially good meal to make while you are camping and have to heat up your water for dishes since the pan itself never gets dirty, and you have your water already heated.

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Ziploc Omlettes

A couple of weeks ago, I did a little outdoor cooking with my 3rd year girls. We made omlettes in a bag and they were really good.

In a heavy ziplock bag (freezer bags) put in your egg(s) (one was okay for a taste, but not enough for a meal)

Add 1/8 cup of milk for each egg
add in your extras....we used onions, green peppers and ham
zip up the bag and squish it around with your hands to mix.

Put the whole bag into a pot of boiling water and cook until the eggs are done!

You can eat these right out of the bag and save on the dishes!

They really are great!
Mistybunny

Egg-in-a-Hole

Take a piece of bread and butter it on both sides. Cut a hole out of its middle. Place bread on a hot skillet and crack an egg into the hole. When sufficiently cooked on the one side, flip over! You can fry the hole too. This is a great method of cooking an egg on a Tin Can Stove, since the egg can't run over the side of the can.

Pita Bread Pizza's

My brownies and I make this every Saturday of our camping for lunch.

You need: Pizza Sauce, Cheese, Pepperoni, Bacon, etc (Pizza Fixings), Pita Bread too.

You spread the pizza sauce on the pita bread and then load it all up with your favourite pizza toppings. And then cook in the oven at 350 for 10 minutes or so. You could make these in a tin foil oven too and wrap them in tin foil to cook!

YUM!
Jennifer Hartling

From Kathy C.
We do have an annual request – which they made purely accidentally:-

Scrambled Pancakes

Just plain ole pancakes cooked in a not quite greased enough mess kit fry pan. But, that's just my girls.

© Sharon Martin 2001

Taco Salad in a Bag

Each girl gets a bag of nacho chips.
Slit open down side of bag not along the top.
Add taco meat sauce, grated cheese, lettuce, salsa and sour cream.
Eat with fingers - no dishes to wash.

(we prepare the toppings before leaving and divide into zip lock baggies so there are no dishes to wash while hiking)
The Taco meat sauce is frozen after being bagged and can be dropped into a pot of boiling water to heat, or if you are really ambitious you can de-hydrate the meat then re- hydrate while hiking.
Ann Richey

This is REALLY good!!

Bags of Gold

Preparation Method:
Wood fire or bed of charcoals
Number Served:

Non Food Items Needed:
Large saucepan or dutch oven
Spoon or ladle

Food Items Needed:
Canned biscuits (at least 2 - 3 biscuits/girl)
Tomato Soup
Grated Cheese

At Home Preparation:

On Site Prep / Cooking Instructions:
Open cans of biscuits and break each one into fourths. Then roll each fourth into a ball. Punch a depression in the ball and add the grated cheese, seal closed.

Heat tomato soup until boiling. Add the biscuit balls into the tomato soup (watch for girls trying to drop them from high up...they will get burned with the soup).

Add the remaining grated cheese directly into the soup. The biscuits will eventually puff up and rise to the top of the soup. They will not fully bake.

Once they have puffed up, risen and have cooked for a while, serve hot (it is your discretion as to how long they cook).

Finally..Enjoy!

Comments:
If you are adding extra fillers to the soup, add them after the biscuits have mostly all puffed up. You may not be able to add all of your biscuits at one time (depending on how many you have to add).
Mistybunny

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Thanks to Sandy for the following recipes:

----- Now You're Cooking! v5.51 [Meal-Master Export Format]

Cooking in a Paper Bag - Eggs Fried in a Bag, Water for Tea

Categories: Girl Scouts
Yield: 1

EGGS FRIED IN A BAG
12 eggs
6 sl bacon
Salt and pepper to taste

COOKING IN A PAPER BAG:

Perhaps you have the patience and skill to fry your breakfast egg in a paper bag over the embers of a cook fire. See that there are only coals -- no flames -- or else the bag will ignite.
BASIC EQUIPMENT:
12 paper bags (1/2 or 1 lb. size), 12 toasting sticks, and about 4 yards of string.

EGGS FRIED IN A PAPER BAG:

For each serving: Place 1/2 of a bacon slice in the bottom of a paper bag. Break an egg on top of the bacon. Gather the top of the bag together and secure to the end of a toasting stick with string (or just poke the bag onto the stick).
Hold for 15 minutes over the embers (not flames) while the bacon sizzles and the egg fries. Roll down the sides and eat your breakfast out of the bottom of the bag.

WATER BOILED IN A BAG FOR TEA:

If you want to experiment further with paper bags as cooking utensils, try boiling water for tea in one. When the paper is wet. its kindling temperature is raised. As a result, the temperature necessary to boil water inside is not high enough to burn the wet bag. Use bags with seamless bottoms because hot water will soften the glue that hold the bag together.
Try making your own seamless bags by drawing up the edges of a large piece of brown paper to make a hobo bag. Gather the top of the bag together, tie with a string, and fasten it to the end of a toasting stick.
Hold the bag over the embers of the cook fire until the water boils.

Source: GS Mile Hi Council - Denver Colorado USA

Title: Cooking in an Orange Shell - Sweet Potato, Egg,

Gingerbread
Categories: Girl Scouts
Yield: 1

ORANGE SWEET POTATOES
6 oranges
6 c canned sweet potatoes
3/4 c brown sugar
12 marshmallows (1/4 lb)

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BREAKFAST EGG
12 eggs
6 oranges
12 sl bacon (if desired)
Salt and pepper to taste

ORANGE GINGERBREAD
1 pk gingerbread mix
Water for the mix
12 orange shells

COOKING IN ORANGE SHELLS

After you have eaten the pulp from half an orange, save the shell cup to use as a utensil for eggs. vegetables. or cake. Label the individual shells with marking pencil if you like. Be sure to remove any membrane that may have been left.

ORANGE SWEET POTATOES

Cut the oranges in half and eat the pulp (or save half-shells from an earlier meal). Write names on the shells with a magic marker.
Mash the canned sweet potatoes and pack the potatoes into the orange shells. Sprinkle with a little brown sugar and top with a marshmallow.
Bake in the embers of the cook fire until done.

BREAKFAST EGG

Cut the oranges in half, remove the pulp and eat it. Save one half-shell from each orange. Break an egg into the shell; season with salt and pepper. Set it in the coals to bake.
NOTE: The shells may be lined with wax paper or bacon.

ORANGE GINGERBREAD

Make the gingerbread batter by following the package directions. Fill the empty orange shells half full with the batter. Cook in the embers of the cook fire.

Contributor: Girl Scouts Mile Hi Council
World of the Out-Of-Doors (1990).

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MAIN MEALS

Chicken Stew

Chop chicken into 1 inch cubes or equivalent portions. Brown in a large pot. Cover tightly and simmer for 1 1/2 hours, stirring occasionally. Add potatoes, salt and pepper, onions, mushrooms, carrots and peas etc. Continue to simmer for another 45 minutes. Mix 2 cups of flour with 3 cups of water to a smooth paste. Add to stew, stirring. Cook for an additional 15 minutes.

Indian Burger Patties

Combine:

1 cup finely chopped onions
3 lbs. Minced beef
curry powder, madras etc. and any other favourite asian herbs or spices (careful of the strength!)
3 eggs
salt and pepper

Using your hands, mix the minced beef into a finer dough like quality. Add the curry powder and mix well. Shape into small patties 1 inch thick. Fry on a griddle.

Tin Can Bread

This recipe is from the Great Camp Woolsey Cookbook, courtesy of the Ottawa Area Girl Guides.

Combine 1 1/2 cups biscuit mix, 1/2 cup cornmeal, 1/4 tsp. salt, and 2 tbsp. sugar. Stir in 3/4 cup milk and 2 tbsp. vegetable oil. Spoon into greased cans to 2/3 full. Cover tightly with foil and stand in a pot of boiling water. Cover pot and steam about 30-40 minutes. Cool slightly and shake out of can. Serve with soups, stews, etc.

Chicken In Foil

1 sm Green bell pepper; chopped
1/2 sm Red bell pepper; chopped
10 Mushrooms; chopped
4 Chicken breast; halved
1 cn Pineapple slices; 8oz
1 ts Butter or margarine
Garlic powder, salt and/or pepper to taste
4 16-inch squares aluminium foil

Divide the peppers and mushrooms into four equal parts. Coat a small area in the center of the foil with butter or margarine. Place a portion of peppers and mushrooms on the greased area of foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper.

Fold foil securely and check for leaks. Place on coals for 10 to 15 minutes per side.

Makes about 4 servings.

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Camp Meatloaf in A Pan

(note: we pre-cut the onions, celery, apple slices and put them in ziploc bags and in a cooler with ice and try to use the first night we are at camp to maintain their freshness and cut down on problems of food spoilage. That is not necessary, just my own standard).

Ingredients:
1 lb ground beef for every 4 girls
1 cup chopped onions
1 cup chopped celery
1 cup diced apple slices
1 cup bread crumbs (we use real bread and cut up into small pieces)
salt and pepper to taste
(we have used milk but with the apple slices it tends to stay moist so when camping we stick with apple slices but you could use 1/2 cup milk/lb hamburger).

NOTE: if you think it is too moist add more bread crumbs

Wash hands thoroughly before handling food. We use non-latex gloves on the girls' hands to avoid touching food at all.

Mix ingredients together and using muffin tins put small handfuls of meatloaf mixture into the foil, roll up tops of foil and place in muffin tin.
Each 1 lb will make approximately 24 individual meatloafs. Place tin foil over the top of the muffin tins and put on coals, not fire, or rack set close over fire. If using hot coals place some coals along top of tin foil on top of muffin tins and allow to cook one hour checking periodically to see if cooking properly. We serve hot and let the girls choose their own.
Sue Burdorf, Troop 1346

Silver Turtles

This is just another way to describe foil wrapped meals.
We take 2 pieces of foil, put a damp paper towel between them, then place whatever it is you are cooking onto the foil. We usually do a meat, then canned vegetables. We add sauce, or cheese, after cooking. mmmmmmmm
Katy

Here are two the recipes I was talking about I also found one about boiling water in a bag to make tea. One of the recipes says to use a flame but coals will work fine.
(Recipe via Meal-Master (tm) v8.05)

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Boil Water in a Paper Cup (Or Kindling Points)

1 Unwaxed paper cup
Water to fill cup
Open fire or Candle flame

What to do: Fill the unwaxed paper cup with water and set it over the fire or candle flame. The cup will NOT burn, even when the water starts to boil.

What happens: For the paper to burn, it must reach its kindling point. The water draws heat away from the paper and prevents the paper from reaching the kindling point. When the water boils away, the cup will burn.

NOTE: Please use a paper cup that is unwaxed. If you don't the wax will catch on fire.

Source: Girl Scouts Mile Hi Council Outdoor Big Affair 1990 & Mad Scientist - 1995 Adams County Day Camp - Girl Scouts Mile Hi Council

Now You're Cooking! v5.43 [Meal-Master Export Format]
Sandy
Northglen, Colorado

Ten Minute Casserole

1 6.5 oz. can of chicken (or tuna)
1 Cup Minute Rice
2 packets Cream of Mushroom Cup-a-Soup 1 and 2/3 cups boiling water.

Bring water to a boil.
Add chicken, soup and rice.
Stir to remove lumps.
Cover and remove from heat.
Let sit 10 minutes.
Stir again & dig in!!!

Foil Dinner

6 Potatoes, partially cooked and sliced thin
6 Carrots, sliced thin
3 onions, sliced into rings
3 lbs. Ground beef
salt and pepper to taste
aluminum foil

Prepare vegetables and leave them soaking in a bowl of water prior to cooking. For each serving: Make a patty of 1/4 lb. ground beef (3/4 inches thick) and place on a square of foil. Place potato slices, carrots and onions on top of patty. Sprinkle with salt and pepper to taste. Cover with another square of foil and seal edges tightly, Place packet onto embers or onto grill. Cook 10 to 20 minutes until cooked through. Serves 12.

© Sharon Martin 2001

Chicken Tikka

To feed.....	12	24	36
Chicken breast, cut into cubes	1.5kg	3kg	4.5kg
Tikka paste	6 tbsp	12tbsp	18tbsp
Condensed tomato soup	900g	1.8kg	2.7kg
Milk	600ml	1.2lt	1.8lt

Method

1. Mix the soup, milk and tikka paste in a pan and heat thoroughly.
2. Stir in the chicken and simmer gently for 20 mins

3. Check the chicken is cooked and serve with : a) salad and pitta bread or b) boiled rice and vegetables.



With thanks to The Best of Guiding UK http://guidinguk.freeservers.com/index.html for this contribution

Codfish Balls

Clean hands are essential here!
Number served: 3-4

Ingredients:
250g/8oz white fish
vegetable oil for cooking
butter for greasing
500g/1 lb cold mashed potato (or use 1 packet of instant potato for ease)
milk to mix
salt & pepper
1 beaten egg
fresh white breadcrumbs

Method:
Steam the fish by placing it in a lightly buttered deep enamel plate which is balanced over a pan of boiling water, with a second plate inverted over the top. This should take 10 minutes.
Put the spuds on to boil at the same time or the water to boil to make up the instant potatoes. When cooked, mash thoroughly.
Leave the fish to go cold. Remove the bones and skin if you haven't bought it ready boned. Flake it with a fork.
Using a fork, mix the fish with the cold mashed potatoes, using about 1 part fish to 2 parts potato.
A little milk can be added to make the mixing easier. Season well with salt and pepper and mix again.
Make the mixture into balls, a little larger than golf balls preferably. Roll the balls in beaten egg and then in the breadcrumbs.
Fry in smoke-hot oil in a large frying pan until golden brown.
Serve hot with brown bread and butter.
Sharon Martin

© Sharon Martin 2001

Steak-in-a-Bun

Cut meat into thin slices like bacon and cook on a stick over the coals.
Serve in a hamburger bun with an assortment of relish, ketchup and mustard, or A-1 sauce.

Fruit Kabobs

Alternate marshmallows and fresh fruit such as orange sections, pineapple cubes, apple wedges and dates on a pointed green stick.
Toast over coals until marshmallows are brown.

Mock Angel Food

Let a loaf of white bread dry out for a day or so and trim off all the crusts.
Cut the bread into 2" cubes and dip each one into a bowl of sweetened condensed milk. Be sure to coat all sides and roll in shredded coconut or cinnamon sugar.
Toast over coals, on a sharpened stick, turning until browned on all sides. Serves 12
Mistybunny

Frying Pan Pizza recipe:

BASE

8oz (225g) plain flour

half teaspoon salt

herbs

4-5 tablespoons oil

TOPPING

4 tablespoons tomato puree

14 oz (400g) tinned tomatoes

4oz (100g) topping (see below)

5 slices cheese

herbs

(topping: you could use ham, cooked bacon pepperoni, tuna, pineapple, onions, peppers, mushrooms etc on top)!

1. Put flour, salt, pinch of herbs in bowl - add 2 tablespoons of oil and 4 tablespoons of water

2. Mix together gently and knead well

3. Turn onto floured board and roll out to fit frying pan

4. Heat 1 tablespoon oil in frying pan, add base and cook until golden brown underneath. Turn over, spread top with tomato puree, add tomatoes, topping and then cheese.

5. Cook for 5 minutes until cheese has melted.

This will fit a 12-14" frying pan - patrols of 4/5 usually make 1 or 2 each!!!

© Sharon Martin 2001

Sweet and Sour Chicken

This is a very easy to make Chinese dish - as long as you follow the instructions!

Equipment needed :

- 1 frying pan,
- 1 saucepan, quite big,
- 2 wooden spoons,
- a chopping board,
- a sharpish knife,
- some bowls to eat out of.

Food you should have :

- A bag of chicken strips
- Some onions
- A jar of sweet & sour sauce
- Some packets of noodles

Method :

Heat up a LITTLE oil in a frying pan, and put in one bag of chicken strips, stir it occasionally.

While the chicken is cooking chop up an onion into strips, if you don't know how to do it then ask a Guider!!

When ALL the chicken is white, then put the onion in the frying pan.

Stir it occasionally · While the onion is cooking, heat up another pan with water in until it boils.

When the water is boiling put in the noodles, one block of noodles for each 2 people, start timing!! (they need 4 mins to cook)

Now that you have the noodles cooking, your onions should be almost cooked, so put in some sweet and sour sauce out of the jar.

Stir it all around, and with a different spoon try to break up the noodles…….is 4 minutes up yet??

When your noodles are cooked, ask a Guider to tip the water down the sink (make sure they don't lose any noodles!!)

Share out the noodles into bowls, so there is enough for everyone in your group. Now share out the sweet and sour chicken in the same way!

Eat it, but are you brave enough to do it with chopsticks??

© Sharon Martin 2001

Vegetable Samosas

359g/12oz Potatoes peeled and diced
125g/4oz frozen peas
45ml/3 tbsp vegetable oil (I use a large knob of the vegetable Margarine spread)
1 onion Chopped
2.5cm / 1 inch Ginger root, finely chopped
1 garlic clove crushed
1tsp Garam Masala
2 tsp mild curry paste. (Buy a jar of cook in sauce. it goes a long way)
½ tsp cumin seeds
2 tsp lemon juice
Vegetable oil for shallow frying (Again- I use vegetable Marg Spread)

Cook the potatoes in pan of boiling salted water for 5 mins add peas and cook for further 5 mins or until potato is tender.
(You could use cold leftover boiled potatoes diced. Boil peas first for 5 mins then add the cold potatoes for a couple of minutes to heat through)
Drain Well

Heat the cooking oil (Spread) in a frying pan add the onion and potato and Pea mixture, ginger, garlic and spices, fry for 2 mins. Stir in lemon juice and cook gently for 2 mins. Remove from heat and LIGHTLY mash the potato and peas mixture. (Only squash it a bit. …Don't MASH it flat)
At this point - If you want to you could add 60g/ 20z/ ½ cup of unsalted Cashew nuts. Mix well and add salt to taste.

Heat sandwich toaster; spread the veggie marg on BOTH sides of each slice. Put bottom layer in toaster and quickly add the filling, Place second slice on top and close toaster.
Pace the floor till its ready,
Be careful, the filling is HOT.
This should make around 6 sandwiches Remember that means 12 altogether as they divide in half in the sandwich make.

You could make this mixture at home and take it ready to use for speed.

© Sharon Martin 2001

Desserts and Treats

Quick Fruit Flan

Ingredients: Ready made flan case, fresh or tinned fruit, and quick jel and double cream or tinned cream.

Directions: Let the girls make up their own flans, using what fruit they like, and making them as pretty as they like, and then pour quick jel over. You can also use tinned pie filling for this one, but it is not so interesting for the girls. Once the quick jel has set, beat the cream nice and thick and put a blob with each serving or, much more fun, using the tinned 'squirty' type cream, let the girls use their imagination by putting a creamy design on top!

Martian's in a Spaceship

This is a green apple (spaceship) which they hollow out, then stuff a mars bar (martian) into. Apple is wrapped in aluminum foil, and baked in the coals for about 20 minutes. Baked apple with chocolate is YUMMY!

Katy
Troop #1448

Martian Pudding

Ingredients:

1 packet Instant Whip or Angel Delight per four girls
1 Mars Bar per girl.

Directions: Chop the Mars bars up into bite size pieces, and make up the Instant Whip in the usual way. Pour over the Mars Bars , and serve when set. (This is sickly, but easy, and the girls love it!)

WWII Mayonnaise Chocolate Cake

Thanks very much to Peggy Ravitch for posting this recepie to the WAGGGS-L Mailing List!

Ingredients:

3/4 cup cocoa
1 1/2 cup sugar
2 eggs, beaten
3 cups flour
1 cup mayonnaise or salad dressing
1/2 tsp salt
3 tsp baking soda
1 1/2 cup lukewarm milk
2 tsp vanilla

Directions: Blend cocoa, sugar and mayonnaise to form a smooth paste. Add beaten eggs. Add the sifted flour, salt and baking soda alternately with the lukewarm milk and vanilla. Bake in a greased and floured 9 x 13 inch pan at 375 oven for about 30 to 35 minutes.

Note: Stress to the girls that there was a war going on, and imported goods were a luxury. The fear and reality of German U-boats prohibited much of the shipping industry, and when ships could get out on the seas, it was to transport steel, weapons, tanks, and war material.
Sugar was traded like gold in the United States, and the price on the black market soared.
To receive a pair of silk stockings from a fellow was like getting an engagement ring. Leg makeup was commonly used instead. (Draw a straight line down the back of your leg to simulate the

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hose's seam.) Cocoa is grown in the tropics, and the same shipping problems occurred. Therefore people hoarded.

Foil Sundaes

Arrange slice of pound cake on foil. Top with brown sugar, butter and pineapple (crushed), or canned pie filling. Wrap well and grill over coals.

Smores Fudge

1 bag 11.5 oz milk-chocolate pieces
6 squares unsweetened chocolate (chopped up)
1 can 14 oz sweetened condensed milk
1 TBSP butter or margarine
1.5 cups miniature marshmellows
1.5 cups teddy bear shaped honey graham

Grease 9 inch square baking pan (8 inch will work too)

In medium saucepan, over low heat, cook first 4 ingredients until melted, stirring, 8-10 minutes

Remove pan from heat, stir in 1 cup of marshmellows and 1 cup of graham snacks
Spread into prepared baking pan, immediately press remaining marshmallows and graham snacks into fudge

Refridgerate until firm, about 4 hours

To serve, cut into squares

(It sounds like more work than it is. Nice break during day. Doesn't take quite 4 hours to cool, so mid-afternoon is okay or supper for late evening snack.)
mistybunny

Snow Taffy

Boil together 3 c. sugar,
1/2 c. whipping cream,
and 1/2 c. cereal
cream, until it reaches "soft ball" stage.... (112 - 115deg. C or 234 - 240 deg F) -- stir constantly to prevent scorching....

pour in lines onto clean snow and roll up onto popsicle sticks or skewers and enjoy.

We found if it was eaten right away, it was chewy and taffy-ish, but the ones we covered with foil and ate later were almost like a white fudge!

But VERY VERY sweet and rich! I wish they were virtual calories!!! I'm sure you could create variations on this by adding peppermint extract and green food colouring, or..... almond extract or orange or strawberry or rootbeer or..???? endless flavouring possibilities,
I'd guess, as the cream-y base would be easy to enhance! -don't know who originally posted this....or where I got it from.

(The percent represents the amount of cream cereal cream (10%), coffee cream (18%), and whipping cream (35%).)
Mistybunny

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Brown Bears In An Apple Orchard

Cooking method: fire, stove top
Cooking time: 20 minutes
Servings: 6

Ingredients:
2 cans applesauce
Package of ginger bread cake mix
(follow directions for cookie mix)

Method:
Heat two cans of applesauce in a deep pan. Mix package of gingerbread cake
mix, following directions for cookie mix. Sape gingerbread into small balls.
Spread over top of hot applesauce, Cook over low fire for approximately 10
minutes uncovered and 10 minutes covered, or until gingerbread is done.

Pineapple Upside Down Donuts

Cooking Method: Foil
Cooking Time: 15 -20 minutes
Servings: 1

Ingredients:
1 donut 1 teaspoon brown sugar
1 pineapple slice 1/2 teaspoon butter
1 cherry miniature marshmallow (optional)

Cut the donut in half making a top and a bottom. Sandwich the pineapple in between the haves. Fill the centre with brown sugar and butter. Top with cherry and marshmallow.

Wrap in foil and cook on a grill above a bed of hot coals until marshmallow are melted. Approximately 15 -20 minutes.

Note. DO NOT COOK IN COALS AS THE DONUT WILL BURN.
Mistybunny

Campers Fudge

Ingredients:
1/2 cup margarine
1/4 cup boling water
1/2 cup cocoa
1/2 cup powdered milk
1/8 teaspoon vanilla
1 lb. Icing sugar

Melt margarine in boiling water. Add the rest of the ingredients. Spread unto plate and cool. Makes 1 1/2 lbs of calories!
Mistybunny

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Chocolate Noodle Drops

Melt a package of chocolate chips in a pot over low heat. Add chow mien noodles to melted chocolate.

Cover a cookie sheet with wax paper, and drop spoonfuls of chocolate-coated noodles on the paper.

Place cookie sheet in a cool spot so that drops will harden.

Eat and enjoy.
Mistybunny

Here are 2 favorite recipes that my Guides like to make

Camper Fudge

Ingredients
1/2 cup margarine
1/4 cup boiling water
1/2 cup cocoa
1/2 cup powdered milk
1/8 teaspoon vanilla
1 lb. Icing sugar

Melt margarine in boiling water. Add the rest of the ingredients. Spread unto plate and cool

Makes 1 1/2 lbs of calories!
Linda Shier

Fudge pie

2 tbsp cocoa
2 eggs
1 c sugar
1/2 c flour
1 stick butter, melted
1 tsp vanilla
1/2 c pecans

Melt butter in pan and add all ingredients. Bake in greased pie pan at 350 degrees for 30 minutes. Serve with ice cream or whipped topping.

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Openfire Peach skillet dessert

Preparation Method:
wood
Number Served: 9
Non Food Items Needed:
Large cast iron skillet, lid to cover
1 cup Measuring cup
tsp. measuring spoon
Hot pad
serving spoon
Food Items Needed:
1 can sliced peaches
1/3 can of peach juice
1 cup sugar
1/2 tsp. lemon juice
1 cup biscuit mix (dry)
1/3 cup water
4 Tbsp. melted butter
1/4 cup sugar
cinnamon
At Home Preparation:
You could measure your dry ingredients into plastic bags to eliminate need to measure at camp.
On Site Prep / Cooking Instructions:
Start wood fire.
Drain peaches, measure juice, add back to drained peaches. Add 1 cup sugar and lemon juice. Pour into large skillet. Mix biscuit mix with water until stiff. Drop by spoonsful onto peaches. Brush with melted butter. Sprinkle with 1/4 cup sugar and cinnamon. Cover and simmer for 20 minutes.
Serving Suggestions:
Serve warm
Mistybunny

Campfire Cream Puffs

You will need:
A piece of clean wood dowel about 3/4 - 1" around. Ours are 2 feet long.

Tin foil
No stick spray
Instant pudding
Milk
Pillsbury crescent rolls
Whip cream in spray can
fire/coals

Wrap the end of the dowel with tin foil and spray with no stick spray. Wrap one crescent roll around the end of the dowel making sure the edges meet and its not too thick or thin on the end. "bake" your crescent over the hot coals turning often until golden brown.
Fill the cooked crescent roll with pudding and add whip cream.
Eat and ENJOY!!
Mistybunny

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We do the same thing, but instead of whipped cream, we add jelly and make jelly rolls! We also will use a stick instead of a dowel, perhaps because we're very country and there are always green wood around at both our camps.
Kathy C.

Darn Goods

Method: Camp Stove

Refrigerator biscuit dough (comes in a tube)
Vegetable oil for frying
cinnamon sugar
powdered sugar

Cut circles of biscuit dough into quarters. Heat oil. Fry dough until light brown. Turn and brown the other side.

Drain on paper towels.

Put cinnamon sugar and powdered sugar in separate paper bags. Drop in Darn Goods and shake to coat.

Best when eaten warm

Hint: Any biscuit or bread dough can be used, just pinch off pieces about the size of a one inch ball.
Mistybunny

Fruit Crumble

350 g (12 oz) fruit (possibly sweeten with about 50g sugar?)
50 g (2 oz) margarine or butter
100 g (4 oz) self raising flour
50 g (2 oz) sugar

1 Heat oven to 190ºC, 375ºF, Gas Mark 5.
2 Place sweetened fresh fruit or canned fruit in ovenproof dish.
3 Rub fat into flour until it resembles breadcrumbs.
4 Add sugar, mix thoroughly and spread evenly over the fruit.
Bake for about 30 minutes until fruit is cooked and top is golden.

As for portion control - intended for 3-4 ish but sorry that's up to you! I have seen this go a long way when served to sparrow appetites or vanish underneath a sea of custard between two.

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Homemade cake mix

When is the last time you made a cake from scratch? With so many cake mixes on the market, it is almost unheard of. But here is a homemade cake mix that can be made in a large quantity and stored easily. While it takes a little time to make the mix itself, it's worth the effort. It's only a fraction of the cost of store-bought cake mixes and nothing compares to the taste of a homemade cake!

Homemade Cake Mix
3-1/3 cups shortening
5 tablespoons double-acting baking powder
7-2/3 cups granulated sugar
3 tablespoons salt
11 cups sifted all-purpose flour

Place shortening at room temperature in a large mixing bowl. Cream 1/2 minute with mixer at medium speed.
Scrape sides and bottom of bowl. Cream another 1/2 minute at same speed.
Add 4 cups sugar, 1 cup at a time. After each addition, cream 1 minute at medium speed.
Sift together 3 times, flour, baking powder, salt, and 3-2/3 cups of sugar. Sift last time into a clean mixing bowl.
Add 2 cups of sifted ingredients to shortening-sugar. Blend 1/2 minute at medium speed.
Turn mixture into dry ingredients. Blend until it looks like cornmeal. Be sure all ingredients are well blended.

To Store Mix:
Measure mix into 6 equal parts. Spoon it lightly into measuring cup. Each part should be 3-1/2 cups. Place each part into a quart glass jar or zip-lock baggies. Cover and store in a cool, dark place; or place in a metal can, cover, and store in a cool place. When stored properly, mix stays fresh for up to a month. For longer shelf-life, store in the freezer.

YELLOW CAKE
3-1/2 Cup cake mix
1 teaspoon vanilla
2 medium eggs
3/4 cup milk
Yield:
1 square cake 8x8x2 inches
2 round layer cake pans - 8 inches
1 loaf cake - 10x6-1/2x2 inches
1 sheet cake - 12x8x1 inches

Place mix into a 2 quart bowl. Make a well in centre of mix. Add eggs, vanilla and all the milk to the mixture. Beat mixture 1 minute with electric mixer at low speed. Scrape sides and bottom of bowl to be sure all ingredients are mixed. Beat 2 minutes longer at same speed. Batter should be smooth and free of lumps.

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Pour into desired pans and bake in a 350 degree F. oven for 30 - 40 minutes. Cake is done when it springs back up when pressed lightly in centre.

Variations:

White Cake

Use 3 medium egg whites instead of whole eggs.

Spice Cake

Add to the mix for cake: 1 tsp. ground cinnamon
1/2 teaspoon allspice
1/2 teaspoon cloves

Orange Cake

Add 1 teaspoon grated orange rind to mix and use 1/2 teaspoon lemon extract in place of vanilla

Chocolate Cake

1. Add 2 extra tablespoons of milk
2. Stir liquid ingredients into mix until just blended
3. Add 2 squares of melted chocolate and blend into mixture
4. Continue mixing batter as directed

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Bits and Pieces

Candle Cookery

EQUIPMENT NEEDED:

Silver Foil
Candles
Vegetable Oil
Silver Foil Containers
(pudding size ones are best for popcorn)
Bulldog clips
Teaspoon
Matches
Barbecue Skewers
Coathangers & Pliers
Popcorn
Chocolate Buttons
Mint Sweeties
Digestive Biscuits
Marshmallows

Popcorn in Foil

Light the candles.

1. With a foil container - add half teaspoon of oil in to the container.
2. Add a teaspoon of popcorn.
3. With silver foil, cut out a piece of foil much larger than the container. Put a double fold in the middle (this is so the popcorn can expand when cooking).
4. Cover the container with the silver foil and seal well over the edges.
5. Using some initiative, pliers and a coathanger, or two bulldog clips, hold the container over the candle until the popcorn begins to pop.

Chocolate Mint Sweeties

Light the candles.

1. Crush the mint sweets inside a plastic bag.
2. Using a small foil container, melt the chocolate over the candle.
3. When melted add the crushed mint sweets, mix and then leave to set.

S'More's

Light the candles.

1. Skewer a marshmallow (or two) onto a barbecue skewer.
2. Hold over the candle until cooked to taste, then place them between two biscuits with a couple of chocolate buttons. Eat while still hot.

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CHRISTMAS NO-COOK SWEETS

CANDLE
need - mini roll per person and a pack of ready roll icing
1. stand roll on end
2. shape a piece of icing to look like a flame and add to the top.

FATHER CHRISTMAS
need - swiss roll (cut into slices), pack of ready roll icing (white), pack of ready roll icing (red), Smarties and strawberry shoelaces.
1. lay swiss roll on plate.
2. cut santa hat shape from red icing and place at top of cake
3. cut santa beard shape from white icing and plact at bottom of cake
4. stick eyes and nose on with water icing
5. put mouth (shoelace) on beard - smile is best.

JESUS IN MANGER
need - rich tea fingers (manger), white ready roll icing (pillow and blanket), jelly babies (Jesus)
1. roll icing out and cut circles
2. wrap jelly baby in circle (like you would a baby)
3. make a pillow out of the remaining icing and place at one end of biscuit.
4. lay baby with head on pillow.
5. you can use a cocktail stick to score a pattern onto the blanket if you want.

CHRISTMAS TREES
need - rectangles of sponge cake, green ready roll icing, silver balls and mini M&Ms
1. stand rectangle on plate so it stands tall.
2. drape a circle of icing over so that it looks like a tree.
3. put a silver ball at the top and use M&Ms to decorate like you would a tree.

Choc Marshmallow Cups

225g Good plain chocolate
25g butter
1 tbls cream, evaporated or condensed milk
1 tsp. vanilla essence
Small marshmallows

1. Melt the chocolate in a medium sized bowl.
2. Stir the chocolate. Cut the butter in little pieces and add it to the chocolate, stirring until it is melted.
3. Stir in the cream or evaporated milk and vanilla essence. Let it cool.
4. Put it in the fridge for about 30 minutes until it is stiff enough to handle. Halfway through – when a bit cooler than at the start, mix in enough marshmallows to make it nice and lumpy!
5. Take small spoonfuls and put into small foil sweet cases.
6. Leave to set.

Makes 24

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Friendship Cake

Starter Mixture

1 1/3 teaspoons dried yeast
140g/5oz plain flour
8 fl. oz water

Mix together all the ingredients, and cover the mixture. Leave it in a warm place and stir it daily for three days. After this time, the mixture should be frothy and have a distinctive sour, fermented smell.

Cake

Take the starter mixture, and proceed as follows;

DAY 1 - Add 140g/5oz plain flour, 8 fl oz. milk, and 85g/3oz of sugar. Mix well, cover and refrigerate.

DAY 2,3,4 - Stir and return to fridge.

DAY 5 - Repeat day 1, transferring the mixture to a larger bowl.

DAY 6,7,8,9 - Stir and return to fridge.

DAY 10 - Divide into 4 equal parts (approx. 250ml per part). Take one part of the base and add:
220g/8oz. plain flour
220g/8oz. sugar
2 tsp. baking powder
1/2 tsp. bicarbonate of soda
1/2 tsp. salt
1 tsp. ground cinnamon
1 tsp. vanilla essence
2 medium eggs, beaten
8 fl.oz. vegetable oil.

Add one or more of the following in addition to the above:
chopped or pureed apple
mashed banana
raisins
walnuts
chocolate chips
coconut
apricots
chopped fresh peaches.

The amount is variable, but allow 3 pieces of fruit or 110g/4oz dried fruit, nuts etc. Pour the mixture into a deep 12in x 9in oblong or 9in round cake tin. Then mix together 55g/2oz brown sugar, 1 tsp. plain flour, 1 tsp. ground cinnamon and sprinkle this over the cake. Bake in a pre-heated oven 375°F/ 190°C/gas mark 5 for approx. 40 - 60 mins. Cool and store in an airtight tin.

The other 3 parts of the base mix can be used separately as new starters, and passed on to friends.

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Ice Cream in a Bag recipe:

Ingredients & materials:
2 tablespoons sugar
1 cup half & half
1/2 teaspoon vanilla extract
1/2 cup salt (the bigger the granules, the better. Kosher or rock salt works best, but table salt is fine)
Ice cubes (enough to fill a gallon-size bag about half full)
1 pint-size ziplock bag
1 gallon size ziplock bag

Combine the sugar, half & half, and vanilla extract in the pint-size bag and seal it tightly.
Place the salt and ice in the gallon-size bag, then place the sealed smaller bag inside as well. Seal the larger bag.
Now shake the bags until the mixture hardens (about 5 minutes). Feel the small bag to determine when it's done. Take the smaller bag out of the larger one, add mix-ins (cookies, candies, fruit, etc.), and eat the ice cream right out of the bag. Easy clean up tool. Serves 1.

Chocolate Peppermint Candies (makes 3 dozen)

3/4 cup sweetened condensed milk
1 1/2 teaspoon peppermint extract
4 - 4 1/2 cup icing sugar
3 cups semisweet chocolate chips
2 teaspoons hard block margarine

In a bowl, combine milk and extract.
Stir in 3 1/2 - 4 cups of sugar to form a stiff dough.
Turn onto a surface sprinkled lightly with icing sugar. Knead in enough of remaining sugar to form a dough that is very stiff and no longer sticky.
Shape into 1 inch balls. Place on a waxed paper lined (or grease proof paper) baking sheet. Flatten into circles. Let dry 1 hour. Turn over and dry another hour.
Melt chocolate and margarine.
Dip patties in chocolate mixture and place on waxed paper to harden.

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Conversions

ENGLISH	US/CANADIAN
Biscuits	Cookies
Double cream	Heavy cream
Single Cream	Light cream
Prawns	Shrimp
Vegetable fat	Shortening
Bicarbonate of soda	Baking soda
Plain flour	All purpose flour
Pastry flour	Cake flour
Cornflour	Cornstarch
Demerara sugar	Brown sugar
Black treacle	Dark molasses
Golden syrup	Corn syrup
Icing sugar	Confectioners sugar
Glace cherries	Candied cherries
Gelatine	Gelatin
Digestive biscuits	Graham crackers
Fresh yeast	Compressed yeast
Sponge fingers	Lady fingers
Crisps	Chips
Chips	Fries
Brisket	Chuck steak
Mince	Ground meat
Streaky bacon	Strips of bacon
Topside beef	Top round
Stewing steak	Beef chuck
Dumpling mix	Package biscuit mix
Spring onions	Scallions
Iceberg lettuce	Head Bibb lettuce
Cos lettuce	Romaine
Aubergines	Eggplants
Courgettes	Zucchini
Cooked Beetroot	Cooked Beets
Spanish Onion	Bermuda Onion
Jam	Jelly
Jelly	Jell-O

I have no doubt that I have left lots of other ingredients from this list. If you know of any others, please let me know and I will add it to the above list.

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WEIGHTS AND MEASURES

ENGLISH		US/CANADIAN	
Imperial	**Metric**	**Dry Ingredients**	**Fats/Liquids**
½oz	10g		
1oz	25g		
2oz	50g	½cup flour / ¼cup sugar	
3oz	75g	¾cup flour	
4oz (1/4lb)	100g	½cup sugar / 1 cup flour	½cup butter/water/milk
5oz	125g		2/3 cup shortening
6oz	150g	1 ½cups flour / ¾cup sugar	¾cup butter/
7oz	175g	1 2/3 cups flour	
8oz (1/2lb)	200g	1 cup rice/ 2 cups flour/1 cup sugar	1 cup molasses/honey/ butter/milk/water/jam(jelly)
9oz	225g		
10oz	250g	2 ½cups currants/raisins	
11oz	275g		
12oz (3/4lb)	300g	1 ½cups cream cheese	
13oz	325g		
14oz	350g		
15oz	375g		
16oz (1lb)	400g	4 cups flour	2 cups butter/margerine
24oz (1½lb)	750g		
32oz (2lb)	1kg		

LIQUID MEASURES

Imperial	Metric
1 fluid oz	30ml
2 fluid oz	60ml
3 fluid oz	100ml
4 fluid oz	125ml
5 fluid oz (1/4 pint/1 gill)	150ml
6 fluid oz	190ml
8 fluid oz	250ml
10 fluid oz (1/2 pint)	300ml
16 fluid oz	500ml
20 fluid oz (1 pint)	600ml
1 ¾pints	1000ml (1 litre)

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Handy Measures

The following ingredients measured in **level tablespoons** give approximately 25g/1oz weight.

3	Semolina, flour, custard powder, cornflour and other powdery starches
4	Porridge Oats
2	Rice
6	Breadcrumbs (fresh)
3	Breadcrumbs (dry)
5	Grated Cheese
2	Granulated and caster sugar
3	Demerara Sugar, icing sugar (sifted)
5	Desiccated coconut
1	Syrup, honey, treacle and jam (jelly)
4	Ground almonds, hazelnuts and walnuts
2	Dried fruits
4	Cocoa Powder
1	Salt

Spoon Measures

1 tablespoon = 3 teaspoons
1 level tablespoon = 15 ml
1 level teaspoon = 5 ml

if great accuracy is not required:

1 rounded teaspoon = 2 level teaspoons
1 heaped teaspoon = 3 level teaspoons or 1 tablespoon

OVEN TEMPERATURES

	°C (Celsius)	°F (Farenheit)	Gas Mark
Very Slow	110	225	¼
Slow	130	250	½
	140	275	1
	150	300	2
Moderately Slow	160	325	3
Moderate	180	350	4
Moderately Hot	190	375	5
Hot	200	400	6
	220	425	7
	230	450	8
Very Hot	250	500	9

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HEALTH AND HYGIENE

The following are basic tips for health and hygiene at camp.

Anti-Bacterial

Anti-bacterial cleaners are types of disinfectant and can kill germs. They often come in spray form.

Anti-bacterial cleaners won't work if you don't use them properly, so always follow the instructions.

Always clean surfaces first with detergent to remove any grease or dirt, then apply disinfectant to kill any remaining germs.

Use separate cloths or sponges for separate tasks; where practicable use disposable cloths. If using them more than once, wash in hot water and soap then place in a suitable disinfectant, rinse thoroughly and allow to dry. Do not soak overnight as disinfectant solutions weaken and may allow bacteria to grow.

Keep serving bowls covered to protect them from dust, insects and pets.

Bugs

'Bugs' and 'germs' are the common name for the harmful organisms - such as bacteria and viruses - that cause food poisoning. Because we can only see them through a microscope they are also called microbes or micro-organisms.

They can get into our food at any point in the food chain - from the time when an animal or food is in the field to the moment food is put on to the table to eat. If they are allowed to survive and multiply they can cause illness when that food is eaten.

Food poisoning bacteria multiply fast but to do so need moisture, food, warmth and time. They multiply best between 5 and 63°C. One germ can multiply to more than 4 million in just 8 hours in the right conditions. Food poisoning microbes can be dangerous and can kill - though this is rare. They are very hard to detect since they do not usually affect the taste, appearance or smell of food.

Cans

Before opening cans wipe over the tops to remove any dust - and don't forget to clean the can opener.

Never put open cans in the fridge - transfer contents into a storage container or covered bowl and remember to use within two days.

Don't use food from rusty or damaged cans.

Chopping Boards

Wash and dry knives and chopping boards thoroughly after every use and especially between chopping raw meat, fish and poultry and chopping cooked and ready-to-eat foods. Ideally use separate chopping boards for raw and cooked foods.

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Cling Film

Cover dishes and other open containers with foil or film before storing them in the fridge. Don't re-use foil or film to wrap other foods

Cool Bags

Use an insulated bag or cool box to keep chilled and frozen foods cool when shopping and buy these foods last.

Use enough ice packs to keep cool bags really cool.

When having a barbecue or picnic keep meats, salads and other perishable foods cool in the fridge or in a cool bag until just before you are ready to cook/eat them. Ideally use separate cool bags for raw meats and cooked/ready-to-eat foods. Cool bags can only keep food cool for a limited period so cook sooner rather than later.

WASHING HANDS

Don't forget to wash hands:

a) before handling food – any food
b) before handling meat after veg
c) before handling veg after meat
d) before eating or sampling food during cooking
e) after eating or sampling food during cooking
f) before cooking
g) after cooking

Finally, EVERYONE to wash their hands before they sit down to eat.



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To all those who contributed may I say a very big thank you for without you this book would not have been possible.

If you know of any information, recipes or material in this book that does not have the correct acknowledgement or should not be used please contact me.

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