

EXPEDITION COOKBOOK

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Introduction

This booklet contains a few recipes for use on expedition. It is aimed both at the inexperienced cook, to allow them to produce a reasonable meal, and at the more experienced, looking for more recipe ideas.

There are three sections:

1. Basic Food Preparation, with details of how to prepare different foods.
2. Savoury Recipes, with different recipes for meals
3. Sweet Recipes and Extras, with recipes for puddings, sweet treats and bread

In each section, the recipes are arranged in alphabetical order, and are graded according to difficulty. But first, a few words about hygiene and nutrition: please read these as they are important.

Nutrition

Make sure that you are eating a reasonably balanced diet, with at least one proper meal a day. You should eat plenty of fresh fruit and vegetables. You should also make sure you are getting of protein: protein can be obtained from dairy products, meat and fish, and for those of a vegetarian persuasion, your main meal should contain a pulse (beans, chick peas, lentils, etc.) and a grain (rice, pasta, bread, etc.). Pulses and grains together make up the necessary protein balance.

Don't neglect liquid: it is easy to get dehydrated. Drink plenty of water. If you're feeling dehydrated, have some Rehydrat or make your own: 1 teaspoon salt and 1 dessertspoon sugar in a cup of water (this tastes nicer than it sounds).

Hygiene

To avoid poisoning the people you are supposed to be feeding, take the obvious hygiene precautions. Wash your hands in disinfectant before starting to cook. Make sure all the implements are clean. Wash vegetables before starting to cook. Keep food covered. Do use plastic containers to keep insects off the food, or to keep food fresh. If reheating food, make sure it boils for a couple of minutes to kill off any bugs. Not following these simple hygiene precautions is a good way to catch food poisoning, which is not fun.

Basic Food Preparation

Beans (average)

Allow 1/2 handful beans per person. Beans need to be soaked before cooking. The best way to do this is to put them into a pressure cooker with enough water to cover them by 3cm, and leave them for at least 6 hours. If you forget to do this in advance, cover the beans with water as above, put the pan on a stove, put the lid and weight on, and bring them up to full pressure (when steam starts to come out from under the weight); then turn off the stove and leave them to soak for one hour. Once the beans have soaked you can cook them: bring them up to pressure (when steam starts to come out from under the weight), and then turn down the heat and continue to cook them (steam should continue to come out from under the weight); cook black beans at pressure for 8 minutes, kidney beans for 10 minutes, chick peas for 20 minutes. Then remove from the heat and wait for them to cool down; when the indicator goes down, the pan is ready to open. If you are in a hurry, you can cool the pan down by putting it carefully into a bowl of water, but this may cause the beans' skins to burst.

Herbs and Spices (easy)

Most herbs and spices will be available dried. Herbs and spices do a lot to add much needed flavour to a meal. Use as the recipe suggests, or follow these general hints: For sweet items, suitable spices are vanilla flavouring, almond flavouring, ground cinnamon, ground ginger, ground nutmeg (not whole nutmeg) and ground mixed spice. For savoury items, there are a lot of spices to choose from. If in doubt, go for the mixed herbs. Basil, oregano and Italian seasoning go very well with tomato, for that Italian flavour. Sage, thyme and marjoram are all worthy herbs. For curries, curry powder (obviously), and a tandoori spice blend goes very nicely. Also possibilities for curry are coriander, ginger, garam masala, cumin. Turmeric will give that bright yellow to a curry. Salt is frequently added to give a little flavour, and ground pepper (black or white) is a good seasoning, particularly for such things as potatoes. Chilli powder can heat up any dish, for those who like it that way, but a better strategy is to let people add their own at serving time, rather than inflict dragon breath on the entire expedition.

Lentils (easy)

Allow 1/2 handful lentils per person. Put the lentils in the pressure cooker with a lot of water (at least three times the volume of the lentils), and put the lid and weight on. When the pressure cooker is up to pressure (when steam starts to come out from under the weight) you can turn down the heat and continue to cook them (steam should still be coming out from under the weight) and cook for 2-3 minutes. Wait for the pressure to drop (when the indicator goes down) before opening the pan.

Pasta (easy)

Allow 100g pasta per person. If you don't happen to have scales up at Top Camp then measure it by eye, by the number of twists/curls, not by volume. Remember the pasta expands when cooking. Bring a large pan of water with 1 teaspoon salt to the boil; add pasta and cook for 8--10 minutes, uncovered, stirring occasionally; drain through a colander; don't try cooking too much pasta in a pressure cooker in one go, because it won't fit.

Rice (easy)

For rice: allow 1/2 cup rice, 1 cup water, 1/3 teaspoon salt per person; put in a pan, bring to the boil, stir once, and cook for about 10 minutes without stirring (stirring will knock the starch off the grains and make it go sticky); all the water should be absorbed, but if it isn't, drain through a colander, or use a slotted spoon to serve the rice. Rice can either be served hot, or let it go cold and use in a rice salad.

Sultanas (easy)

These and other dried fruit are very versatile. Add to rice pudding, or curries, or much as a snack, or take some for cave food.

Savoury Fresh Veg Recipes

Aloo Gobi (Potatoes and Cauliflower Curry) (average)

Ingredients: cauliflower, potatoes, onion, garlic, oil, tomatoes, coconut milk, tandoori spice, curry powder, (flour)

For 4 servings, peel and chop 1 large onion, wash and cut 1 cauliflower into florets, and wash, peel and cube 4 potatoes. Heat 1/4 of a mug of oil in a pan and fry 3 peeled crushed garlic cloves and the chopped onion for a minute, and then add the potatoes and cauliflower. Fry until the potatoes are just starting to turn soft, adding more oil if necessary. Only when the potatoes are cooked, add 1 tin of tomatoes and the coconut milk (or sachet of creamed coconut, made up as on the packet). Add 2 teaspoons of

tandoori spices and 2 teaspoons of curry powder. Add more to taste. Simmer gently for a while. You can thicken the sauce by sprinkling a little flour on top and stirring well. Serve hot with cooked rice.

Aubergine Fritters (average)

Ingredients: aubergines, flour, egg, oil, milk, parmesan, salt

Make the batter by blending together 4 heaped dessertspoons of flour, 1 egg, 1/4 pint of milk, 1 dessertspoon of Parmesan, and a pinch of salt. Beat well until smooth. Start heating the oil; use 5cm depth of it in a pan. Peel the aubergines (1 or 2 of them) and cut into thin slices. Dip the slices in the batter and fry in the oil when it is hot enough (a small piece of batter dropped in it should sizzle immediately).

Notes: You can also make marrow fritters or potato fritters using the same method.

Aubergine in Tomato-Wine Sauce (average)

Ingredients: oil, water, onion, mushrooms, aubergine, tomatoes, basil, oregano, salt, pepper, red wine

Add 2 tablespoons of olive oil and 1/4 of a mug of water to a pan over a moderate heat, and meanwhile chop a small onion and a few mushrooms. Chop a large aubergine, and add the aubergine, onion and mushrooms to the pan. Cook until soft. Meanwhile, open a tin of tomatoes, and add these to the pan, together with 1 tablespoon of dried basil, 1 tablespoon of dried oregano, a pinch of salt, pepper to taste, and 1/4 mug of red wine. Simmer over low to moderate heat, stirring once in while, for about 15 minutes. Serve hot over hot cooked pasta.

Beijing Dumplings (average)

Ingredients: vegetables, flour, salt, water, flavouring

First, prepare a mix of raw chopped vegetables, as in the basics section. Chop into very small pieces. Good vegetables to use for this are carrots, mangetout, peas, sweetcorn, peppers, onions, mushrooms, anything that takes your fancy, really. If you are using onions or leeks, make sure you don't use too many - you don't want them to overpower the rest of the vegetables. To the mix of chopped vegetables, you may add a little salt and pepper, and herbs if you like, to taste. You may add a little soy sauce or ketchup too if you like, but not too much - the vegetable mixture shouldn't be too wet. Put a large pot of water on to boil while you prepare the dough. This is made from a few cups of flour, a pinch of salt, and as much water as it takes to mix this into a dough. Using a bit more flour if necessary, and a flat clean surface, roll out the dough thinly (but not so thin that the dough breaks when you handle it). Use circular pieces of the dough to make the dumplings from: depending on how large you want your dumplings, you could use 3" to 5" diameter circles. On each circle, wet the edges of the dough with your fingers dipped into some water, and then put some veggie mix in the centre. Fold up the dough, sealing the contents inside (make sure there are no holes in the dumplings!). To cook, put the dumplings into boiling water (a slotted spoon is useful here), and cook for at least 5 minutes, or until they puff out a bit. They might sink at first, but after a while rise to the top. Although you can't do too many in a pan at once, if you are feeding a lot of people, you can have a huge heap of dumplings prepared earlier and just keep putting more in as people want them.

Cabbage Potatoes (average)

Ingredients: potatoes, cabbage, margarine, dill, pepper

Do mashed potatoes using 8 potatoes. Meanwhile, chop 1/2 head of cabbage, and a few onions. Heat some butter in a pan, fry the cabbage and then reduce the heat and cover the pan until the cabbage is limp. Then add the onions and cook further until the onions are soft. Mix the hot cabbage mixture with the hot mashed potato and add some dill and pepper to taste.

Carrots in Batter (average)

Ingredients: carrots, flour, salt, egg, oil

These are delicious --- the quick cooking retains the sweetness of the carrots while giving a crunchy texture. Prepare carrots, and chop into slices 1cm thick. Arrange some flour on a plate, and add a pinch of salt to some beaten egg in a bowl. Allow 1 tablespoon of flour per carrot, and 1 egg per 4 carrots. Dip carrot slices into flour, then working quickly, dip slices into egg and then into moderately hot oil to fry. Use at least 1cm of oil in your pan, but you can either shallow fry or deep fry them.

Cavers' Stew (average)

Ingredients: beans,vegetables,water,herbs/spices,flour,tomatoes

Cook the beans as in the previous section. Select some vegetables: allow 1/2 onion, and 1--2 cloves garlic, and either 2 potatoes or 2 courgettes or 3 peppers or 1 aubergine or 2/3 cauliflower or a similar amount of other vegetables per person. It is better to cook too much than too little. Restrict yourself to about 3 different vegetables, otherwise they will become indistinguishable. Prepare and chop vegetables as in the previous section.

Heat some oil in the bottom of a large pan and then fry the onions. Add the garlic and potatoes after a minute. When the onions start getting soft, add the rest of the veg. Continue to fry, stirring occasionally, until the veg starts to soften. It is important that you don't add any water until the veg (particularly any potatoes in it) starts to soften, as oil can get up to a higher temperature than water, and once you add the water, the veg will cook a lot more slowly.

Add about a cup of water (less for fewer people), put on a lid, and bring to the boil. Add some seasoning, allow 1 teaspoon herbs or 1 teaspoon mild spices, or 1/2 teaspoon chilli-like spices per person: do not add too much spice as you will spoil it. Turn down the heat and simmer gently, stirring occasionally. Meanwhile, get the rice or pasta going (see previous section). When the veg is cooked (test one bit of each vegetable), add some cans of tomatoes (about one can per four people) and the beans. If the stew is too runny then thicken it with one or more packets of sauce mix, or some packets of soup, or a few tablespoons of flour (mix in some water before adding to the stew). Bring back to the boil and simmer for a couple of minutes. Serve hot with the rice/pasta.

Chickpea and Potato Curry (average)

Ingredients: oil,spices,garlic,onion,chickpeas,potatoes,tomatoes,water

For 4 servings: 1 cup of chickpeas should have been soaked overnight. Heat 4 spoonfuls of oil in a pan, and if you have mustard seeds, add 1/2 a teaspoon and wait until they start to pop, and then add the rest of the spices, as many as you can manage from these: 1 teaspoon cinnamon, 1/2 teaspoon ground cardamom, 1 1/2 teaspoon ground cumin, 1 1/2 teaspoon ground coriander, 1/2 teaspoon ground fennel seeds, 1/2 teaspoon turmeric, 1/2 teaspoon cayenne, 1 teaspoon salt. Add 3 miced cloves of garlic and a teaspoon of ground ginger, and a chopped onion. Add 3 potatoes chopped into small cubes, and the (drained) chickpeas. Cook a few more minutes, adding oil if necessary, and then add a cup of water to the pan, cover the pan and simmer for 30 minutes, stirring occasionally. Add a can of tomatoes, stir, cover and cook for another 20 minutes. Serve hot with hot cooked rice.

Chips (easy)

Ingredients: potatoes,oil

Scrub and thinly (you know what size chips should be) slice the potatoes. Put about 5cm of oil in a pan and heat. Add one bit of potato to test if it's hot enough: the oil should bubble round the potato. When it's hot enough, carefully add a handful of potato and fry (be careful you don't get splashed with the hot fat), stirring occasionally, until done.

Chole (average)

Ingredients: chick peas,tomatoes,onion,margarine,garlic,spices

Fry an onion in a little butter and add a teaspoon each of ginger and crushed garlic. Add 1/2 a can of tomatoes, and continue frying. Add one teaspoon each of cumin powder, coriander powder and chilli powder, and a pinch of salt. Stir and fry for another 5 minutes. Add 1 tin's worth of cooked chick peas, and boil for a few minutes. Add 1 teaspoon of garam masala and let the mixture simmer. Separately, boil 1/2 a teaspoon of tamcon in some water until it dissolves, and add to main mixture. Serve hot.

Leek'n'Potato Fritters (average)

Ingredients: potatoes,water,leeks,onion,salt,pepper

Boil 2 potatoes as in the basics section, unmashed. Meanwhile, wash and chop up 3 leeks finely, and also chop an onion. Cook the leeks and onion in 1/2 cup of white wine in a pan. Add salt and pepper, stir, and remove from the heat once the leeks and onions soften. When the potatoes are done, strain and transfer to a bowl. Add 1/2 cup of milk, 1/2 cup of flour, and 2 tablespoons of margarine. Mix well, and then add the leek'n'onion mixture. Mix well. Melt a tablespoon of margarine in a frying pan and using a large serving spoon, spoon the mixture into the pan. Press down. When the underside is golden brown, flip over, press down with a spatula, and cook the other side.

Potatoes a la Pays (average)

Ingredients: potatoes,oil,onion,salt,pepper,water

Peel, quarter and slice 2 potatoes into {1/8}" slices. Chop an onion. Heat 4 tablespoons of oil over a high heat and fry the potatoes, turning once in a while, until they begin to brown in places. Add the onion and fry for about 1 minute. Add salt and pepper; toss to distribute. Now add about 3 tablespoons of water, put the lid on the pan, reduce the heat, and simmer for about 3 to 5 minutes until the potatoes are tender.

Potatoes a la Fruitbat (average)

Ingredients: potatoes,oil,onions,sage,parsley,salt,pepper

Scrub the potatoes (use small or medium-size ones, not large ones) and cut into slices 1/4 of an inch thick. Heat some oil in a large frying pan (or large pan) and add the sliced potatoes. Cook over a moderate heat for 20 minutes, turning frequently to coat them thoroughly in the fat. Chop a handful of spring onions and add these to the pan, together with just enough water to cover the potatoes, and a sprinkling of sage and parsley. Season well with salt and pepper. Boil uncovered for about 10 minutes, or until all the water has been boiled off. Serve hot.

Potato Pancakes (average)

Ingredients: potatoes,eggs,onion,salt,pepper,flour

Beat 2 eggs, and add to them 3 cups of grated potatoes, 4 tablespoons of grated onions, 1 teaspoon of salt, 1/4 teaspoon of pepper, and 2 tablespoons of flour. Heat some oil in a frying pan, and fry portions of the mixture. Serve hot.

Potato Salad (average)

Ingredients: potatoes,mayonnaise,chives

Peel the potatoes, and cut into 1" cubes, and cook as above for boiled potatoes. Make sure the potatoes are cooked yet not too mushy. Drain them (either using a pan lid or a colander) and leave to cool. Put the potatoes in a bowl, and add mayonnaise. Add a pinch of chives (fresh ones are best) Stir gently until the potatoes are well-coated.

Notes: Alternatively you can use salad cream, and flavour with a dash of ground white pepper.

Sweetcorn Stew (average)

Ingredients: oil,onion,pepper,garlic,tomatoes,wine,stock,potato,sweetcorn

Heat 2 tablespoon of oil in a big pot and then cook in it one chopped onion, 1 chopped pepper, and 2 chopped cloves of garlic, until the vegetables are tender. Add a can of tomatoes, 3 tablespoons of wine, 8 cups of stock, 1 medium peeled and chopped potato, and cook with the lid on for 20 minutes. Add a pinch of salt and pepper, followed by 4 cups of sweetcorn, and cook partially covered until all the vegetables are tender - about 20 minutes. Makes 8 servings.

Sweet'n'Sour (average)

Ingredients: vegetables,oil,onions,peppers,pineapple,(sherry,honey),cornflour

Wash, peel, cut and chop desired vegetables and possibly pineapple, and fry them in oil in a pan. (Start with the onions and peppers, and then the vegetables that need the longest to cook.) Combine 4 tablespoons of sherry, 2 tablespoons of honey (or alternatively 6 tablespoons of stock) and 4 tablespoons of soy sauce and 2 teaspoons of cornflour in a bowl. When the vegetables are done, add the liquid mixture and cook for another two minutes until done. Serve with hot cooked rice.

Tomato Sauce (average)

Ingredients: tomatoes,onion,margarine,ketchup,oregano,basil

To make about 1/2 a pint of sauce, melt a spoonful of margarine in a saucepan, and then add 1 heaped dessertspoon of flour, and stir well, cooking for another minute. Then add a can of tomatoes (preferably peeled ones of the plum variety) and a good dollop of tomato ketchup, and cook on a low heat, stirring well, until the tomatoes have disintegrated and the sauce thickened. Add a pinch of salt and pepper, together with some oregano and basil.

Notes: This makes a good base for a sauce to go with pasta or rice. Already-cooked vegetables can be added to the sauce at the end.

Tomatoes a la Whistle Stop (average)

Ingredients: fresh tomatoes,oil,salt,pepper,flour

Cut firm tomatoes (the firmer and greener the better) into {1/2}" slices. Heat a little oil in a frying pan and meanwhile sprinkle the slices with a little salt and pepper and dredge them in flour. Fry tomatoes until browned and crisp, only a few minutes on each side. Serve immediately; if they sit, they become mushy.

Savoury Dry Foods

Adzuki Burgers

Ingredients: 250 g (8oz) adzuki beans, cooked, 2 tbs oil, 1 large onion, chopped, 2 cloves garlic, crushed, 1 tsp yeast extract, ½ vegetable stock cube, 75 g (3 oz) breadcrumbs, wholemeal flour (coat), oil for frying salt and pepper to taste

Mash half of the beans, then mix in the rest. heat the oil in a pan, add the onion and garlic and fry for 5 mins. stir in the yeast extract and stock cube. Mix into the beans with the breadcrumbs and salt and pepper. Wet hands, and form 8 patties. Coat with flour and fry in hot oil for 3 mins on each side.

Basic Curry Sauce

Ingredients: 4Tbs vegetable oil, 2 medium onions, 2 cloves garlic, 2 chillies, 10z sultanas, 1 oz wholemeal flour, 1-2 tsp curry powder, Salt and cayenne, 1½ pints of vegetable stock, lemon juice

Heat the oil in a frying pan and add finely chopped onions and garlic and chillies and sultanas. Cook until the onion begins to brown. Transfer to a saucepan, leaving behind as much oil as possible and put it aside. Mix the flour and curry powder into the oil, with a little salt and cayenne. fry until the colour darkens. Pour in the stock little by little. Stir constantly until it thickens and pour over cooked onion. Simmer with a lid on the pan for 1 hour and add lemon juice.

Chick Pea Curry

Ingredients: 2 Tbs oil, 2 cloves garlic, 2 green chillies, 2.5 cm fresh ginger, 1 large onion, 1 tsp turmeric, paprika, coriander, 2 tsp cumin, ¼ tsp cinnamon, 1tbs tomato puree, 1¾ vegetable stock, 1 tbs lemon juice, 250g (8oz) small potatoes, 250g (8oz) cooked chick peas, 3 tbs natural yoghurt, 2tbs desiccated coconut, Salt and Pepper

Heat the oil in a pan. Add the garlic, chillies, ginger and onion and fry for about 5 mins. Add the spices and fry for 1-2 minutes, then add the tomato puree, stock, lemon juice and salt and pepper and bring to a boil. Add chick peas and simmer for 15 mins. Add yoghurt and coconut and serve with rice

Dhal

Ingredients: ½ lb (225g) red lentils, 1 onion, 2-3 cloves of garlic, 2 Tbs vegetable oil, 1 tin (455g) tomatoes, 2 Tbs tomato puree, 1 oz (30g) butter, Salt and pepper

Wash the lentils and cook with three times their volume of cold water (no soaking necessary)

Prepare tomato sause by frying onion and garlic in oil, then add the tomatoes and simmer for 20 mins. Stir in Tomato puree. When the lentils are cooked they should have absorbed most of the water and the tomato sauce should have thickened, so the resulting mixture is thick and not runny. Season it with salt and paper.

Dumplings (average)

Ingredients: flour,salt,water,(sugar,baking powder,milk)

If you are making a stew or soup, it might be nice to do dumplings with it. Mix together 2 mugs of flour, ½ teaspoon of salt, 1 tablespoon of baking powder, 1 tablespoon of sugar and 2 tablespoons of milk powder in a bowl. Rub in 1/2 a mugful of margarine with your fingers, and form into a firm dough (you may need to add some water). Form the dough into balls the size of ping-pong balls. These may be set on top of a soup or stew, to cook while the soup or stew is cooking, for at least 15-20 minutes, or until the middles of the dumplings are dry.

Notes: Alternatively, you can make much simpler dumplings by using just flour, a pinch of salt, and as much water as it takes to mix the flour into a firm dough.

Falafel's

Ingredients: 125 g (4oz) chick peas, cooked, 1 clove garlic, crushed, 2 tbs parsley, 2 tbs coriander or ½ tsp cumin, 1tbs wholemeal flour 1tsp salt, pepper, oil, FOR CREAM - 6 tbs Tahini, ¼ pint water, lemon juice, 1 clove of garlic

Drain chick peas and beat till smooth. Add remaining ingredients and blend. Wet hands and divide the mixture into 8 pieces and shape into flat patties. Shallow fry in hot oil for about 6 minutes, turning once. To make the cream, mix tahini and water and stir in the lemon juice, garlic and salt and pepper.

Garlic Soup

Ingredients: 4-8 cloves of garlic,½ oz (15g) butter, 1½Tbs flour, 1 pint of milk, 1 pink of vegetable stock, 2Tsp parsley, Sage, salt and pepper to taste

Pulp the garlic and fry gently in the butter. After a few minutes add the flour and slowly stir in the milk. Add the rest of the ingredients and simmer for 15 mins. Season and serve very hot - with cheese

Humus (green sludgy stuff in a veggy kebab)

Ingredients- Chick peas, Oil, Tahini,garlic,lemon juice,salt

Soak chick peas 12 hrs boil them and then puree them, for one pint of mush add 1 desert spoon of tahini + oil, garlic lemon juice and salt to taste.

Divide dough into 8 and roll out each piece into 15cm dia. circles

heat oil in pan and fry each piece of dough for 3 mins

Lentil Burgers (average)

Ingredients: lentils,oil,onion,peppers,herbs,ketchup,flour

Cook lentils as in previous section, allowing 1/2 handful lentils per person: they should be quite soft. Meanwhile, fry a finely chopped onion using a little oil, and if you like a finely chopped pepper with it. Drain the lentils, add the onions and peppers, and mix well, mashing the lentils slightly. Add enough flour to make the mixture stiff enough to hold together: this is about 1/2 dessertspoon per person. Add a few herbs or spices and some tomato ketchup, and mix well. If it is too dry, add a little water to make it stick together. Form into small burgers and fry gently, a few at a time. Serve with a tomatoey sauce, or in buns with mustard.

Lentil Roast

Ingredients: ½lb (225g) red lentils, 2 onions, 1 clove garlic, 2 Tbs vegetable oil, 2 cups breadcrumbs, 1Tbs parsley, ½ tsp sage, 1 tsp thyme, salt and pepper, 2 eggs, 4 oz cheese

Cook the lentils in three times their own volume of water, which should take about 15 minutes. Fry the chopped onion and garlic in the oil and when cooked add to the breadcrumbs in a mixing bowl. Add the chopped herbs and seasoning and mix. Finally add the eggs, the grated cheese, and the cooked lentils and mixed thoroughly. Form rissoles which can be fried.

Nut Cutlets (average)

Ingredients: nuts,oil,onion,herbs,marmite,egg,breadcrumbs,potatoes

Peel an onion, chop finely and fry in a tablespoon of oil for 15 minutes over a low heat. Put the onions in a bowl, and add some cooked mashed potatoes, mixed nuts, a teaspoon of Marmite and a teaspoon of mixed herbs. Form into cutlets, optionally dip into beaten egg and breadcrumbs and then fry in hot oil until golden brown.

Onion Sauce (easy)

Ingredients: onions,margarine,flour,milk,salt,pepper

To make approximately one pint of sauce, peel 2 large onions and chop them. Melt about 2oz (60g) of margarine in a saucepan, and fry the onion for about 15 minutes over a low heat. Add 2oz of flour, stirring well, and then after a minute remove the pan from the heat, and gradually add 1 pint of milk, stirring well. Return the pan to a moderate heat and stir constantly until the sauce thickens. Add a pinch of salt and a dash of pepper, and stir well. Serve hot.

Notes: As a variation, you can add other herbs. You can use this sauce as a base for putting in already-cooked vegetables, and serving with rice or pasta.

Mild curry spice Pilaff

Ingredients: 2tbs oil,1 chopped onion, 25G (8OZ) long grain rice, 1 tsp turmeric, ½ tsp coriander, pinch of clove, 1 pt light stock, 1 bay leaf, 15g (½oz butter), salt and pepper,

Heat the oil in a large pan, add the onion and fry until softened. Add the rice and fry for about 2 mins, until it turn opaque. Sprinkle in spices and fry for 1 min. Pour in the stock and add bay leaf and salt and pepper. Bring to a boil, cover and simmer for 15 mins or until the rice is tender. Stir in butter

Mixed Bean and Onion Salad

Ingredients: 1 cup aduki beans, 1 cup black beans, 1 cup vegetable oil, 1 onion, Olive oil, Sea salt, 1Tbs herbs

Cook the beans till soft but not crumbling apart. Drain them and mix together Take half of the beans and fry them in ½ inch of oil, then remove from heat. When cool mix with the rest of the beans and stirring a finely chopped onion. Dress with a little olive oil, sea salt, and herbs

Peanut Burgers

Ingredients: 2 oz hard vegetable fat, 2 TBS dry onions, ½lb peanuts, 1 cup breadcrumbs, 1 tsp dried parsley, ½ tsp dried thyme, salt and pepper

Grate the vegetable fat and mix all the dry ingredients - can store for 1 month. To use stir in enough water to form a stiff dough

Potato-Cakes (average)

Ingredients: potatoes,water,flour,margarine,salt,pepper

Do some mashed potatoes as above. Leave to cool. In a separate bowl, make up some pastry crumb. This is made by using 2 heaped dessertspoons of flour to every ounce of margarine. Rub the margarine into the flour until it resembles breadcrumbs. (To get the right quantity with regards to the mashed potatoes, use at least 1 oz of flour for every medium sized potato you used in the mash.) Add a little salt and pepper (preferably ground white pepper). Mix the potato mash well with the pastry crumbs. With

floury hands, form into round patties the size of burgers. These can now be fried in a frying pan in hot oil. Delicious served with a little butter on top.

Rice Burgers

Ingredients: 1 onion chopped, 2 tbs oil, 4oz cooked brown rice, 2 tbs wholemeal breadcrumbs, 2 oz cheddar cheese, 1tbs flour, 1 egg, ½ tbs tomato puree, salt and pepper

Fry the chopped onion in the oil. When soft mix with the rice breadcrumbs, grated cheese, flour, egg, tomato puree and seasonings to form a thick dough, form into burgers or sausages. Brush with vegetable oil and grip - turning until both sides are golden brown.

Rice and Vegetable soup

Ingredients: 1 medium onion, 1-2 cloves garlic, 1 Tbs vegetable oil, 2cups cooked rice, 2 pints of vegetable stock, Sea Salt, pepper, parsley, chilli powder to taste

Fry the chopped onion and a clove of pulped or sliced garlic in a little vegetable oil using a large pan. Next add the rice and season it with pepper and salt and the smallest pinch of chilli.

Re-heat the soup and taste to see if any further seasoning is required before serving

Risotto

Ingredients: 1 onion chopped, 2 cloves garlic, crushed, 2 Tbs vegetable oil, 1 cup brown rice uncook, 1 tbs yeast extract, 1 pint vegetable stock, 2 Tbs herbs, Salt and pepper, 4 oz cheese

Sauté onion and garlic in oil over a low heat. When soft add the rice and cook for further five minutes, stirring constantly when the rice should be a golden colour. Dissolve the yeast extract in the stock and sprinkle in the herbs. Pour the stock over the rice. Continue to cook over a low flame, adding more stock as it is absorbed. The rice should be tender in 30 minutes. Stir in half the cheese and when melted remove from heat, top with the rest of the cheese and serve.

Savoury Lentils

Ingredients: ½ cup green or brown lentils, 1 pt vegetable stock, 1 onion, 2 tablespoons vegetable oil, 1 Tbs wholemeal flour, lemon juice

Soak the lentils overnight in the stock then cook in the same liquid until tender, adding more stock if required. After about 30 mins the lentils should be soft but not mushy and can be drained and set aside. Sauté the sliced onion in the oil then mix with the lentils and the flour. Dress with lemon juice and serve

Soup'n'Pasta (easy)

Ingredients: packet soup, water, pasta

This is a good meal for a couple of people if you don't feel like cooking, but do make sure you have at least one proper meal each day. Cook the pasta as above, then add a packet soup and cook as per the instructions, adding more water if necessary.

Spaghetti with Aduki Beans

Ingredients: 1 large onion, 2 cloves garlic, 2tbs vegetable oil, 2lbs(900g) ripe tomatoes, 1 cup cooked aduki beans, salt and pepper, ½ -¾ lb (225-340g) wholemeal spaghetti, 1 oz butter, 2 tbs parsley, 2oz grated cheese

To make sauce, chop the onion and garlic and fry in oil until soft. Add the tomatoes and continue to cook until the sauce thickens. This should take 15 to 25 mins. Add cooked beans and cook for 10 minutes. Season with salt and pepper. Cook the spaghetti - and EAT

Spiced Rice

Ingredients: 2 Tbs oil, 1 onion, 1 clove garlic, 1 cm fresh ginger, 250g (8Oz) rice, 1 tsp mild curry, 25 g (1oz) creamed coconut, 1 pint of chicken stock, 2 Tbs coriander, salt pepper and lemon to taste

Heat the oil in a large pan, add the onion, garlic and ginger and fry for about 5 minutes. Add the rice and fry for about 5 mins. Add rice and fry for about 2 minutes, until opaque, then sprinkle in the curry

powder and fry for 1 minute. Add creamed coconut, stirring until dissolved. Add the stock and salt and pepper - simmer for 15 minutes until rice is tender and liquid is absorbed. Spice it up!

Sweetcorn Soup (easy)

Ingredients: onions, margarine, flour, milk, salt, pepper, sweetcorn

Make up a quantity of Onion Sauce as above. Add a tin of sweetcorn, including juice, stir well, and thin it out a bit with some milk if necessary. Serve hot.

Sweet Recipes and Extras

Alpine Breakfast

Ingredients: 1 Cup porridge oats, ¾ pint (425ml) milk, 1 Tbs fresh lemon juice, raisins or sultans and sugar to taste

Mix it up and eat it right away!

Banana Fritters (average)

Ingredients: bananas, flour, oil, sugar

Peel bananas and cut into 2" chunks. Dredge in flour, and deep fry in oil until golden. Remove bananas with a slotted spoon, sprinkle with icing sugar and serve immediately.

Biscuits (Moreish) (difficult)

Ingredients: margarine, sugar, flour, flavouring, oil

These little biscuits are very moreish. Mix together 4 spoonfuls of sugar with 6 spoonfuls of margarine. Add flavouring, either a teaspoon of vanilla essence or vanilla sugar, or ground ginger, or cinnamon, or ground mixed spice. Mix in 8 spoonfuls of flour. The mixture should hold together but not be too sticky. If too sticky, add flour. If too floury, add a little margarine. Test a small piece for sweetness and flavouring, and adjust if necessary. Now to cook the biscuits. Heat up a frying pan with just a very small amount of oil in. Too much oil will cause the biscuits to fall apart. Take a piece of mixture the size of a large marble and flatten it, and cook on the hot pan until browned underneath, then flip over and brown the other side. Many biscuits can be cooked at once, but take care not to burn them if you cook too many to cope with!

Biscuits (Shakkar Paara) (average)

Ingredients: sugar, oil, margarine, flour, flavouring

Mix 4 rounded dessertspoons of sugar in a pan with a mug of water. Heat gently until the sugar is melted. Meanwhile, add 2 teaspoons of oil and 2 tablespoons of margarine to 6 heaped dessertspoons of flour in a bowl, and rub in well. Now pour in the hot syrup and flavouring (1 teaspoon of either cinnamon, ginger, ground nutmeg or ground mixed spice) and mix. If too sticky, add a little flour. If it doesn't bind, add a little water. Knead well. Divide dough into 4. Heat some oil for deep frying, and meanwhile roll out the biscuits. Roll one 1/4 of the dough out on a floured surface (using a bottle for a rolling pin) into a 6" circle. Using a knife, cut across the circle in parallel lines criss and cross, so as to form diamond shapes. Put diamond shapes into the hot oil and fry until golden brown. Drain and let cool. After they have cooled, keep in an airtight container.

Bread (Flat-pan style) (average)

Ingredients: flour, dried yeast, salt, margarine, water, oil

Nothing beats the smell of fresh bread up at Top Camp, rather than the stale French sticks that get carried up the mountain. Top Camp on a sunny day is a perfect warm environment for bread to rise in. To make bread, put 2 mugs of flour in a pan (preferably one which has a lid to it) and add a spoonful of margarine, and rub in the margarine with your fingers. Add the yeast, mix it in well, and then add water a little by little, mixing well to form a dough that holds together but is not sticky. If sticky, add more flour. If too floury, add a little more water. Now knead the flour in the pan with your hands for 10 minutes, until smooth and elastic. Now put the lid on the pan (so that the creepy crawlies don't get in!) and leave the pan

for an hour or two in the hot Top-Camp sunshine. To cook the breads, heat a little oil in a frying pan, and take a piece of dough the size of a large walnut, and shape the dough with your hands to form a thin oval shape. It is important not to have the dough too thick or it won't cook through properly. Cook the bread in the pan to lightly brown on both sides, flipping over once underside is browned. Continue with the rest of the dough. You should be able to get about 3 breads in the pan at once.

Bread (Poori) (average)

Ingredients: salt,flour,oil,water

These breads are deep-fried, and different flavourings can be added. Blend 2 cups of flour with a pinch of salt in a bowl. Rub in 2 tablespoons of oil. Add 1/3 of a cup of water and work the mixture into a mass, then add more water, slowly, until the dough is kneadable. Knead for 8 minutes with oiled hands. If you're not in a hurry, leave it covered in a warm place for 1/2 to 3 hours. Divide dough into 16 pieces and roll out each until 4"/5" across. Fry the breads two at a time in moderately hot oil at least 3" deep. You need to slip the breads gently into the oil; they will fall to the bottom. Then they will rise: you need to keep them under the surface using a slotted spoon until they puff up full of air. Be very careful when doing this as they are delicate and you don't want to rupture a poori and have it fill with oil.

Notes: Variations include Masala Poori (put in 1/4 teaspoon of cayenne pepper), 1/2 a teaspoon of turmeric, 1 1/2 teaspoons of ground cumin and 2 teaspoons of ground coriander along with the salt), Sweet Poori (add 1/2 cup of white or brown sugar to the flour, and possibly a teaspoon of cardamom), and Banana Poori (use less flour, plus a tablespoon of brown sugar, and mashed bananas instead of water).

Chapattis (bread substitute)

Ingredients: 8 oz (225g) of plain wholemeal flour, pinch of salt 1 oz (25g) butter or marger,-*try solid veg fat to see the difference* 6fl oz (175ml) cold water 1 tspoon of corn oil

Stir flour and salt together in a bowl Rub in butter until the mixture resembles fine bread crumbs
Add sufficient water to mix to a stiff dough kneed on lightly floured surface for 15mins
leave on surface and cover with bowl, leave to rest for 30 mins

Flapjacks (easy)

Ingredients: margarine,syrup,oats

For 4 people, melt one rounded dessertspoon margarine in a frying pan, add a similar amount of syrup, and stir until dissolved. Then add some oats; you need more than you think---a good mugful; the mixture should be quite thick. Squash the mixture down in the pan, and continue to cook over a gentle flame for a few minutes. Then remove from the heat, cut into pieces, and allow to cool.

Notes: Flavouring can be added with the syrup. Try either a teaspoon of ginger, cinnamon, or mixed spice. Vodka is not recommended, as it just wastes it for no good cause.

Gulab Jamun (difficult)

Ingredients: water,sugar,flavouring,oil,flour,milk powder, milk

These are delicious little cake-like balls soaked in syrup. They take a while to do but are a Top-Camp treat well worth the effort. First make the syrup: Combine 2 1/2 mugs of water in a pan with 2 1/4 mugs of sugar in a pan and heat, stirring constantly until the sugar has dissolved. Bring to the boil, boil for 5 minutes, then add the flavouring, then set aside to cool. Suggested flavouring is either lime, or, grenadine, or some tasty alcohol like rum, or a nice liqueur or rum or something. Add 4 spoonfuls, or add to taste. Now for the balls: choose a pan that is deeper than a frying pan, but has a reasonably large diameter. Pour oil into it (about 2") and heat it on a low heat while making the dough. Combine 2 mugs of milk powder with 1 1/2 tablespoons of self-raising flour in a bowl and mix. In another bowl, combine 1/2 mug of milk with 1 teaspoon of oil, and gradually sprinkle in the dry mixture with one hand while stirring with the other. With oiled hands form mixture into 24 balls. When oil has heated up, slip in the balls, one by one. They should sink initially, but rise after a few minutes. Cook on a low heat (as low as you can set it) for about 25 minutes, until the balls are golden brown. While they are cooking, it is important that the oil is low so that they don't cook too fast (and spoil the texture) and that you gently agitate the balls with a wooden spoon to encourage even browning. When they are done, remove with a slotted spoon and put into the syrup. The balls should soak in the syrup at least 2 hours before serving.

Pancakes (average)

Ingredients: flour,egg,milk,margarine,(filling)

Put about three heaped dessertspoons of flour into a bowl. Add an egg and mix. Add about a mug full of milk, a little at a time, mixing to get rid of all the lumps. Beat well. Heat a little margarine in a pan. Add just enough batter to cover the bottom. Fry gently for a few minutes and then toss on turn with a fish slice and fry the other side. Serve hot with either lemon and sugar, or jam, or a hot savoury sauce.

Peanut Brittle (easy)

Ingredients: sugar,peanuts

Melt 2 mugs of sugar in a saucepan. Add peanuts. Pour into a shallow tray and leave to set. Break in to pieces to serve.

Porridge (easy)

Ingredients: Oats ,water,milk,salt

Allow 1/2 cup Oats, 1/2 cup water, 1/2 cup milk and 1/4 teaspoon salt per person. Put into a pan, bring to the boil and simmer for about one minute until thick. Serve with whatever you like, eg milk and sugar, syrup, jam, sultanas, a dash of cinnamon or ground nutmeg.

Porridge - another one

Ingredients: 1½ pints of milk or water, 4 oz (115g) rolled oats, 1 Tbs raisins, Sea salt, 1 cup cooked brown rice, Honey to sweeten

Pour the liquid into a pan and stir in the oats, raisins and a pinch of salt. Bring to a boil and reduce heat and cook for 3-4 mins. Next add the rice and cook for a further 2 mins. Sweeten to taste with honey and serve with milk or cream.

Rice Pudding (easy)

Ingredients: rice,water,milk powder,sugar,cinnamon or nutmeg

Cook rice as in the basics section, allowing a little extra water. When cooked, add a little milk powder to give a nice consistency, and sugar to taste, plus a little cinnamon or ground nutmeg to give a nice flavour.

Scotch Pancakes (average)

Ingredients: self-raising flour,salt,margarine,sugar,egg,milk,(lemon juice)

Mix 4 heaped tablespoons of flour with a pinch of salt in a bowl; rub in 1/2 oz of margarine. Mix in 2 tablespoons of sugar, then mix in 1 egg and 3 tablespoons of milk. Optionally mix in a few drops of lemon juice. Bake two or three at a time by dropping spoonfuls on a hot greased frying pan. Turn over when underside is browned.

Stewed Apple (easy)

Ingredients: apples,sugar,water,cinnamon

Wash, peel, core, and chop the apples, and put in a pan with a little water (just enough to cover the bottom), and a couple of spoonfuls of sugar. Cook gently on a medium heat for about 15 minutes, stirring occasionally, until the apples are mushy. Add a teaspoon of cinnamon (or more to taste), and add sugar if not sweet enough. If the apples were cooking apples you may have to add more. Serve hot or cold.