

NO MORE 2 MINUTE NOODLES

A beginners cookbook for outdoor edders

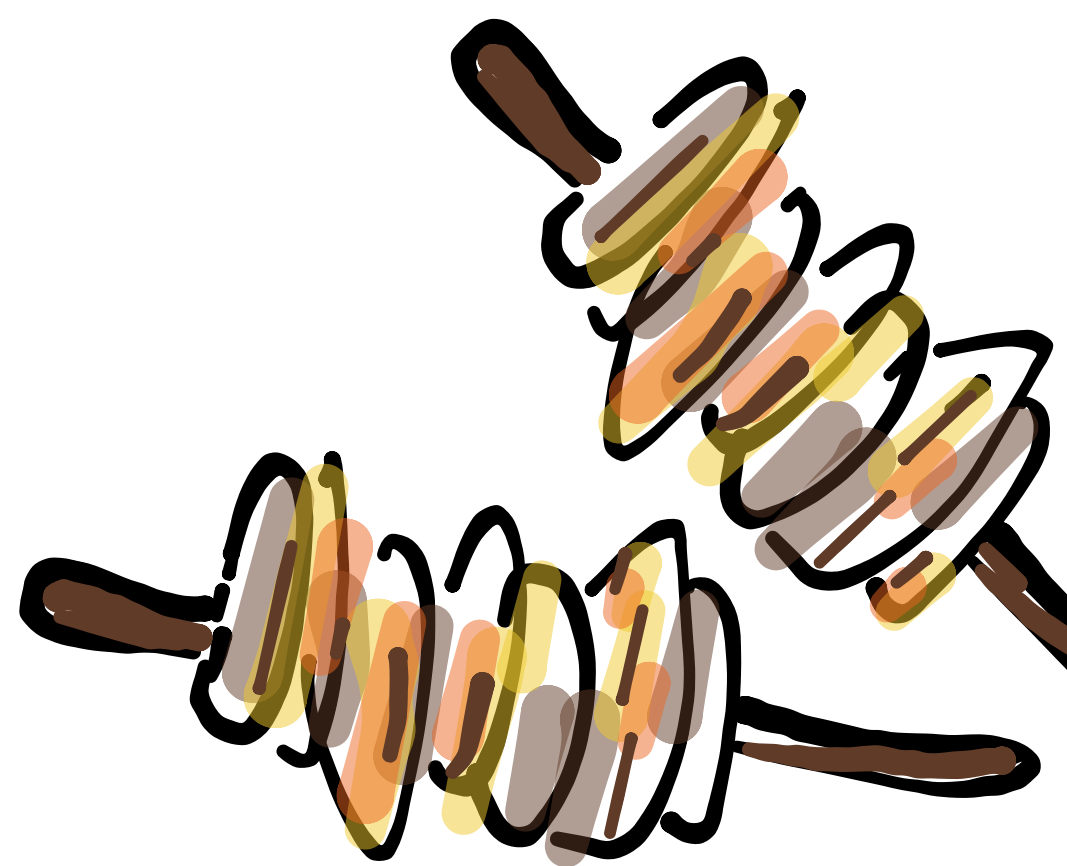
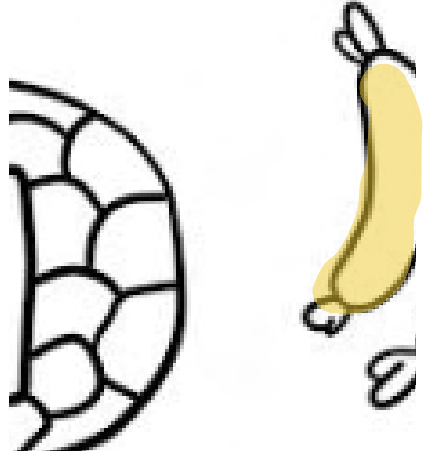
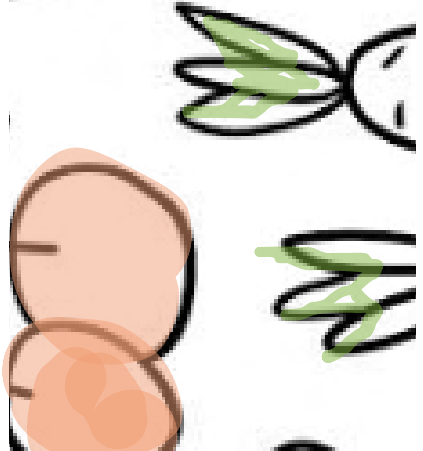
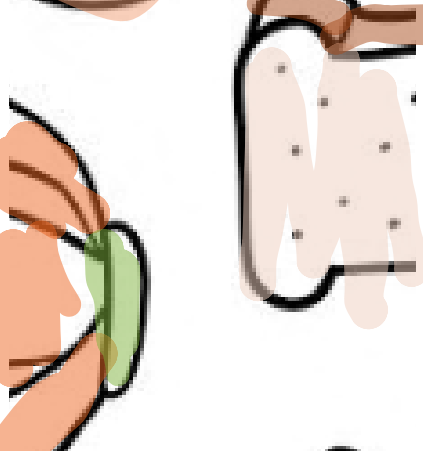




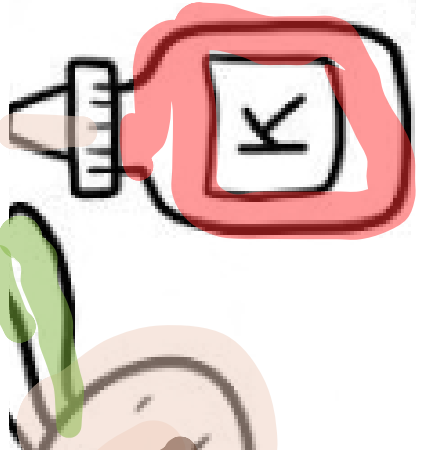



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TIPS AND TRICKS:

Bring a pot big enough for your groups meal choices

Ensure you have enough gas to last the trip

Reusing re-sealable bags as rubbish bags

Bring oil, spices, seasoning, and sauces from home in small plastic sealed containers.

Groups of 2 - Sometimes you can double the recipes if your pots are big enough and have the spare servings for lunch

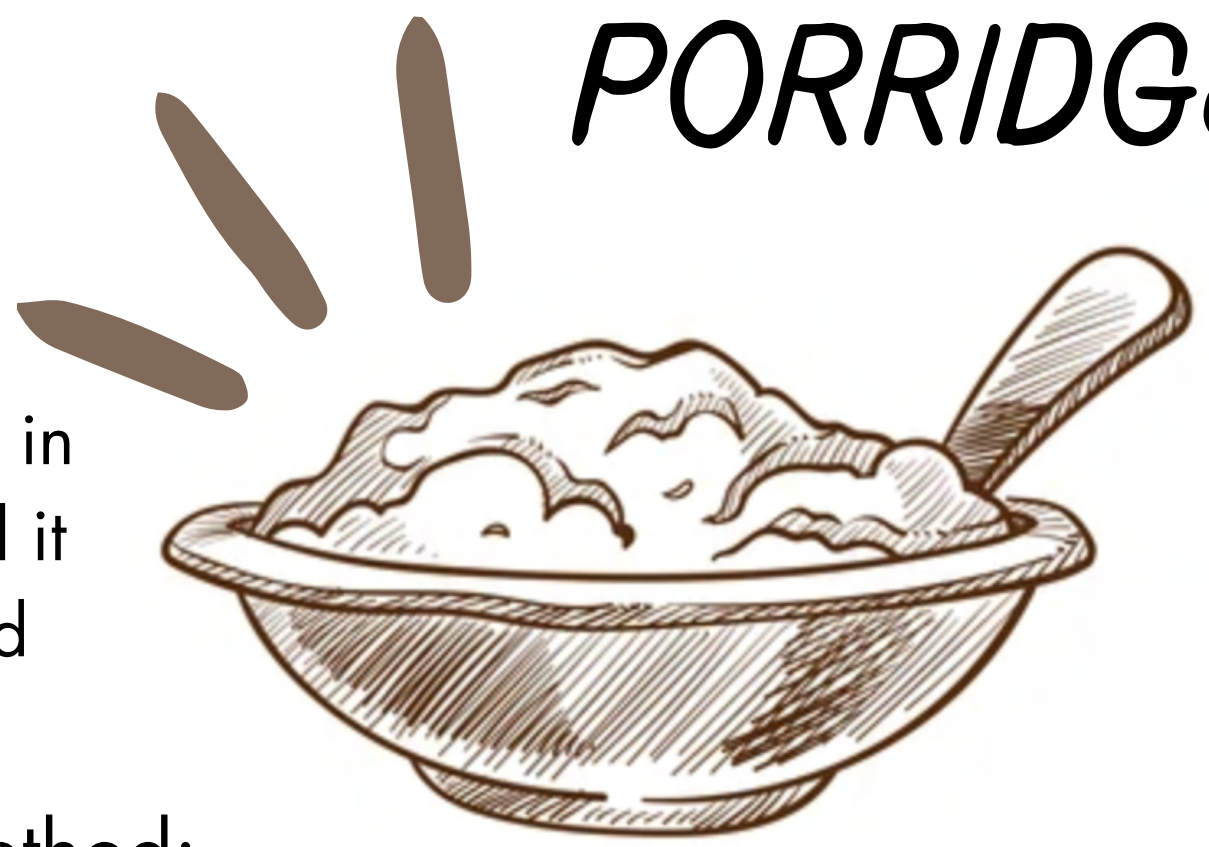
Buy a refillable lighter for your cooker, something to use again and again.

Use portion control, avoid bringing too much excess food but make sure you bring enough!

Avoid bringing extra plastic into the outdoor environment, if using bought muesli bars, unwrap them all and put them in resealable bags, this stops our wrappers flying away

Helpful to bring:
Chopping board

PORRIDGE



To organise before trip:

- Put one day's worth of oats into a resealable bag
- Have choc chips, milk powder and sugar in a separate bag as you don't want to add it to the oats until all the water is absorbed

Method:

Add 1 /2 cup (75g) of oats per person to a pot, then add 1 cups of water to every 1/2 cup of oats (1: 2 ratio)

Turn cooker on, stir the oats and wait for water to boil. Stir frequently so the oats don't burn or stick to the bottom (makes it hard to clean)

Once it's come to boiling, turn the gas down to a low heat/ simmer and keep stirring till most of the water is absorbed.

Take it off the heat when it looks done and there is still lots of moisture.

Now add your toppings of choice e.g. Sugar, dried fruit, milk powder, peanut butter, choc chips

COCONUT CREAM OATS

Ingredients:

- Oats 1/2 cup per person per day
- Coconut cream (1 can per 3-4 servings of oats)
- Toppings of your choice

Method:

Add 1/2 cup (75g) of oats per person to a pot, then add coconut cream using 4:1 ratio. If coconut cream is super thick, add a small amount of water

Turn cooker on, stir the oats and wait for coconut cream to bubble. Stir frequently so the oats don't burn or stick to the bottom (makes it hard to clean)

Once its bubbling, turn the gas down to a low heat/ simmer and keep stirring till most of the water is absorbed.

Take it off the heat when it looks done and there is still lots of moisture.

Now add your toppings of choice e.g. Sugar, dried fruit, milk powder, peanut butter, choc chips

Method:

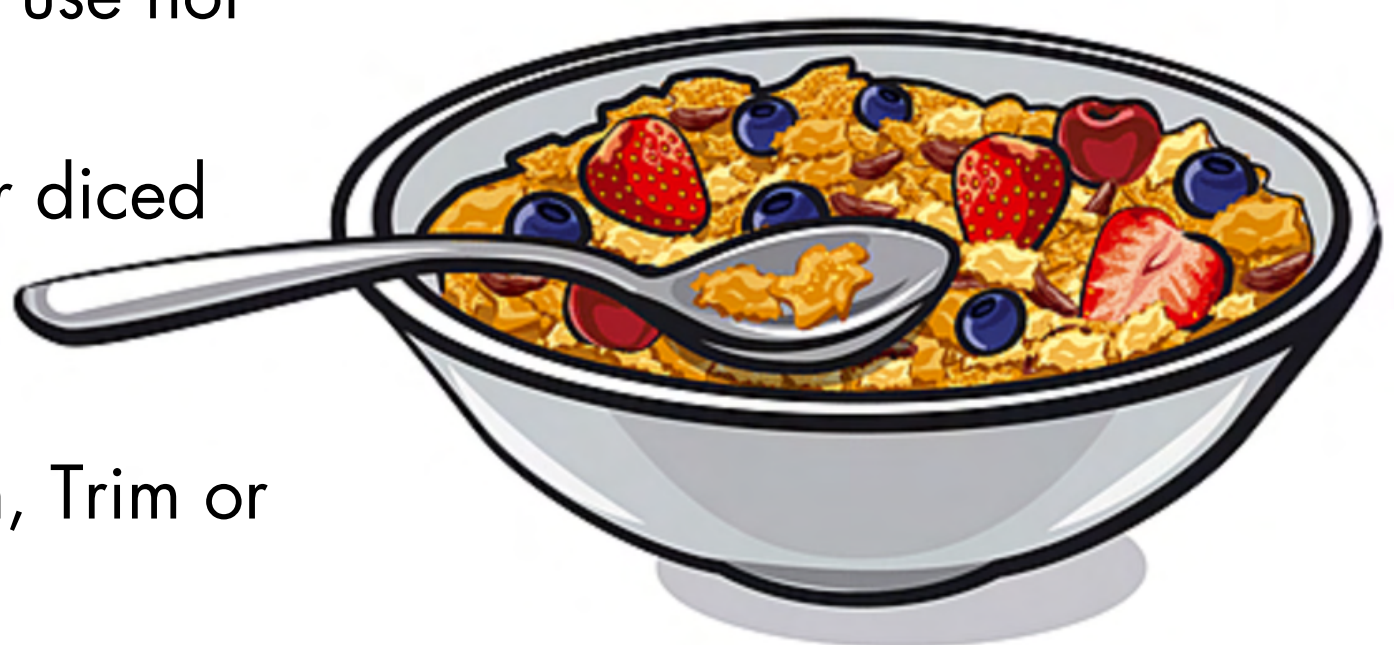
In a bowl mix water and milk powder together [add more powder for more milky flavour]

If you prefer a warm breakfast, use hot water instead of cold.

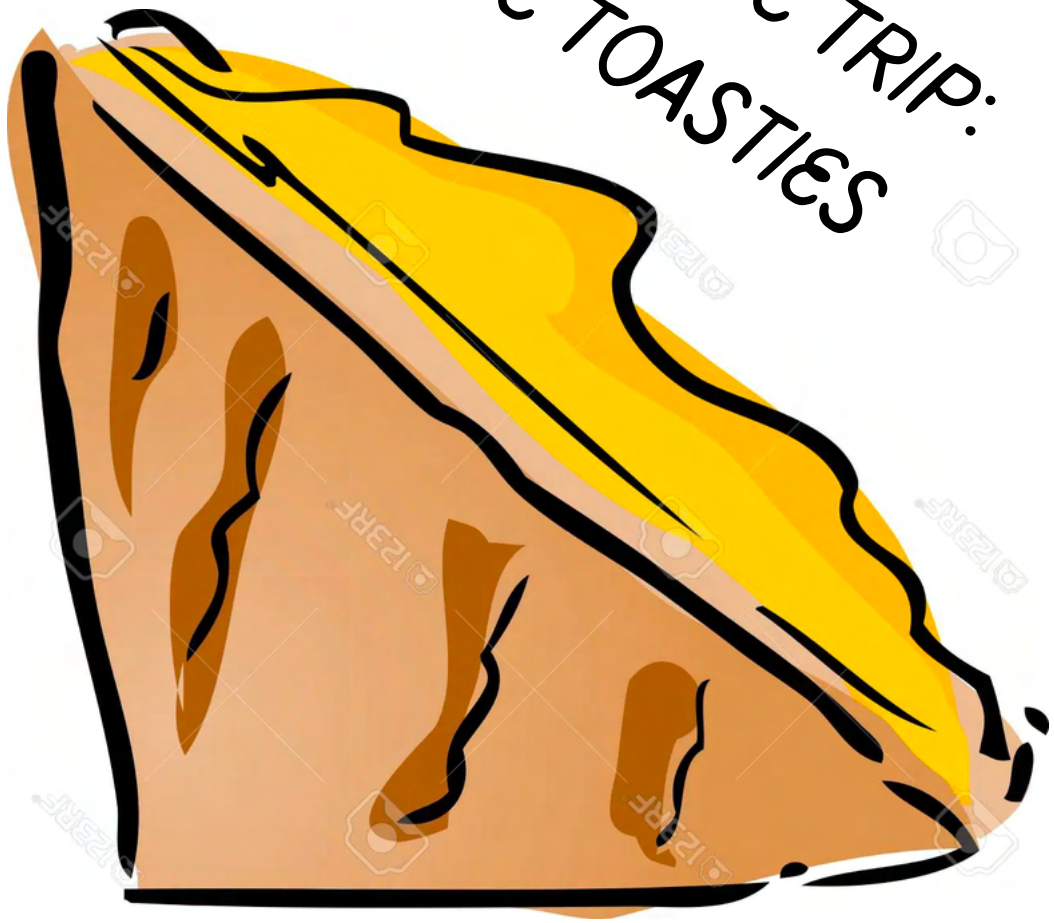
You can add sliced banana or diced apricots on top

Milk powder options: Full cream, Trim or Coconut

QUICK MUESLI



MADE BEFORE TRIP:
CHEESE TOASTIES

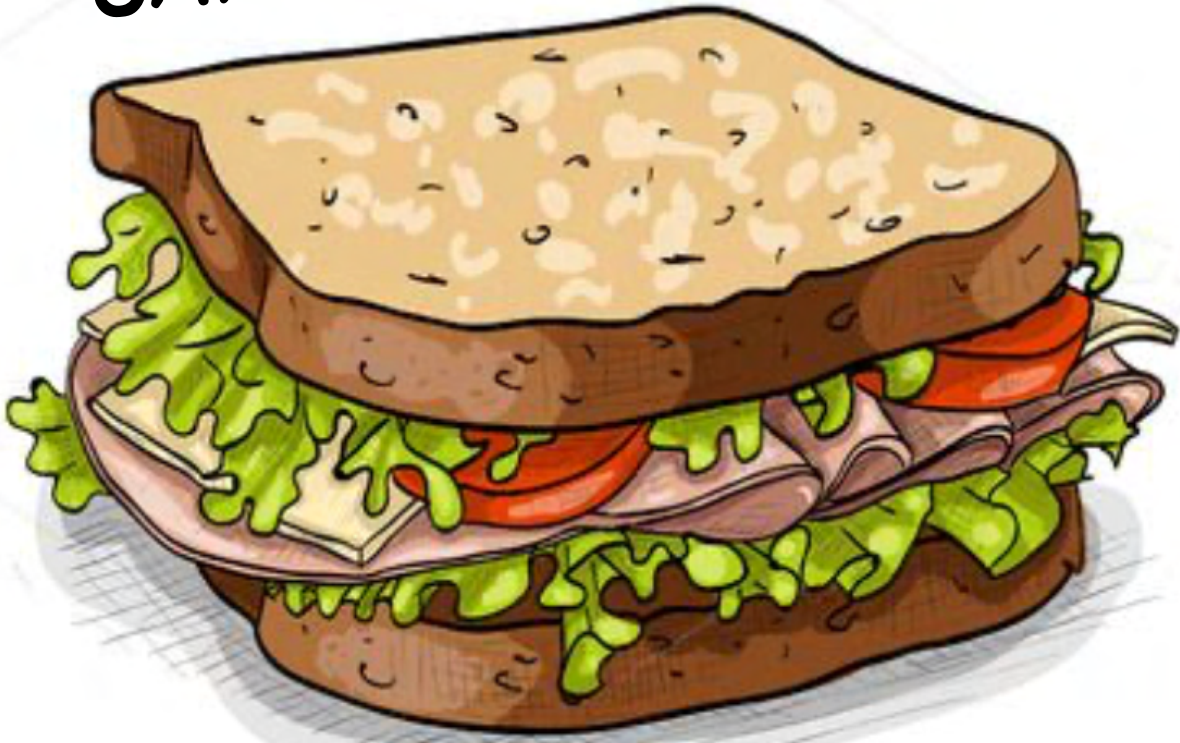


MADE BEFORE TRIP:
BACON & EGG PIE



LUNCH IDEAS

SANDWICHES



WRAPS WITH HUMMUS,
SALAMI
AND
CHEESE



DINNER

LEFTOVERS



CRACKERS WITH
RELISH, CHEESE, SALAMI



Ingredients	Two people	Four people
Pasta (optional GF)	250g	400g
Basil pesto (optional GF) or Tomato paste (optional - add mixed herbs)	2 tbsp	4 tbsp
Olive oil	1 tbsp	2 tbsp
Salami or chorizo	100g	200g
Feta or parmesan cheese	50g	100g
Optional:		
Sundried tomato	¼ cup	½ cup
Dehydrated peas	50g	100g
Broccoli	½ head	Whole head

PESTO PASTA

HIGH PROTEIN BROCCOLI PESTO PASTA



Method:

1. If you are using salami or chorizo chop it up into bite size pieces and set aside
2. Chop the broccoli
3. Add a few cups of water to a pot and place dried vegetables and broccoli in the water to rehydrate. Bring to a boil.
4. Add water to the second pot with enough for cooking the pasta. Bring to a boil. Add pasta and cook.
5. Once the pasta is cooked, drain the pasta and add the pesto and mix thoroughly
6. Serve the contents of the two pots (separately if there isn't room to combine, people can always mix the vegetables and pasta in their own bowls)
7. Pass round the parmesan or feta and salami/chorizo for people to sprinkle on top and mix in.

Tips n tricks:

- You can use any pasta although macaroni elbows, penne or swirls work best.
- Instead of meat you could use tofu, nuts or extra cheese.

CHORIZO COUS COUS

Ingredients:	Two people	Four people
Couscous* (Pearl)	250 g	400 g
Packet of chorizo	(3 sticks) 1/2 packet	1 packet
Capsicums	2	3
Courgettes	1	2
Soy sauce*	1 teaspoon	2 teaspoons
Stock*	1/2 teaspoon	1 teaspoon
Paprika	1/2 teaspoon	1 teaspoon
Honey	1 teaspoon	2 teaspoons
Optional extras:		
Peanuts, almonds or cashew		

Dietary:

Gluten free:
Quinoa or
buckwheat cous
cous to substitute
cous cous

Vegan: Vegetable
stock

Can leave the
chorizo to add to
the individual
plates at the end.



Method:

1. Put the chopped vegetables in a pot with enough water to cover the veges and cook until slightly tender, but still a little crunchy.

2. Add the honey and soy sauce, chopped chorizo, and stir well

3. If no water left in pot add more water to cook the couscous (1:1 ratio), add the stock powder and paprika, stir well, and bring to a boil

4. Add the couscous, stir well, put the lid on and turn off the cooker.

5. Wait five minutes, stir well and serve.

SATAY NOODLES



Special Note:

Be aware of any nut allergies in your group.

Method:

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

Ingredients:	Two people	Four people
Rice or egg Noodles	200g	400g
Capsicum	1	2
Broccoli	½ head	1 head
Coconut Milk Powder (Liquid)	½ Cup	1 Cup
Sugar	½ tbsp	1 tbsp
Salt	½ tsp	1 tsp
Peanut Butter	2 tbsp	4 tbsp
Optional extras:		
Cashews	30 grams	50 grams

CHILLI CON CARNE

Dietary:
Gluten free: Make sure instant mash is GF

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

Method:

1. Cook potato mash following directions on packet
2. Heat oil in a pot and cook carrot, onions, garlic, and chilli powder for 2 minutes in a little bit of oil
3. Add mince, cook for 5 minutes longer
4. Add tomatoes, kidney beans, and ¼ cup water and simmer for 10 minutes or until thickened
5. Add black pepper to taste. Serve with cheese and sour cream topping.

Ingredients:	Two people	Four people
Instant mash potato flakes	1 ½ cup	3 cups
Oil	1 tbsp	2 tbsp
Carrots	1 small	1 large
Onions	1 small	1 medium
Garlic	1 clove	2 cloves
Mince (optional)	200g	400g
Water	¼ cup	¼ cup
Red kidney beans	1x 400g tin	1x 400g tin
Tinned tomatoes	1x 400g tin	1x 400g tin
Black pepper	¼ tsp	¼ tsp
Chilli powder	¼ tsp	¼ tsp
Optional extras:		
Tasty cheese	50g	100g
Sour cream	75g	125g



Chef 's notes / tips

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

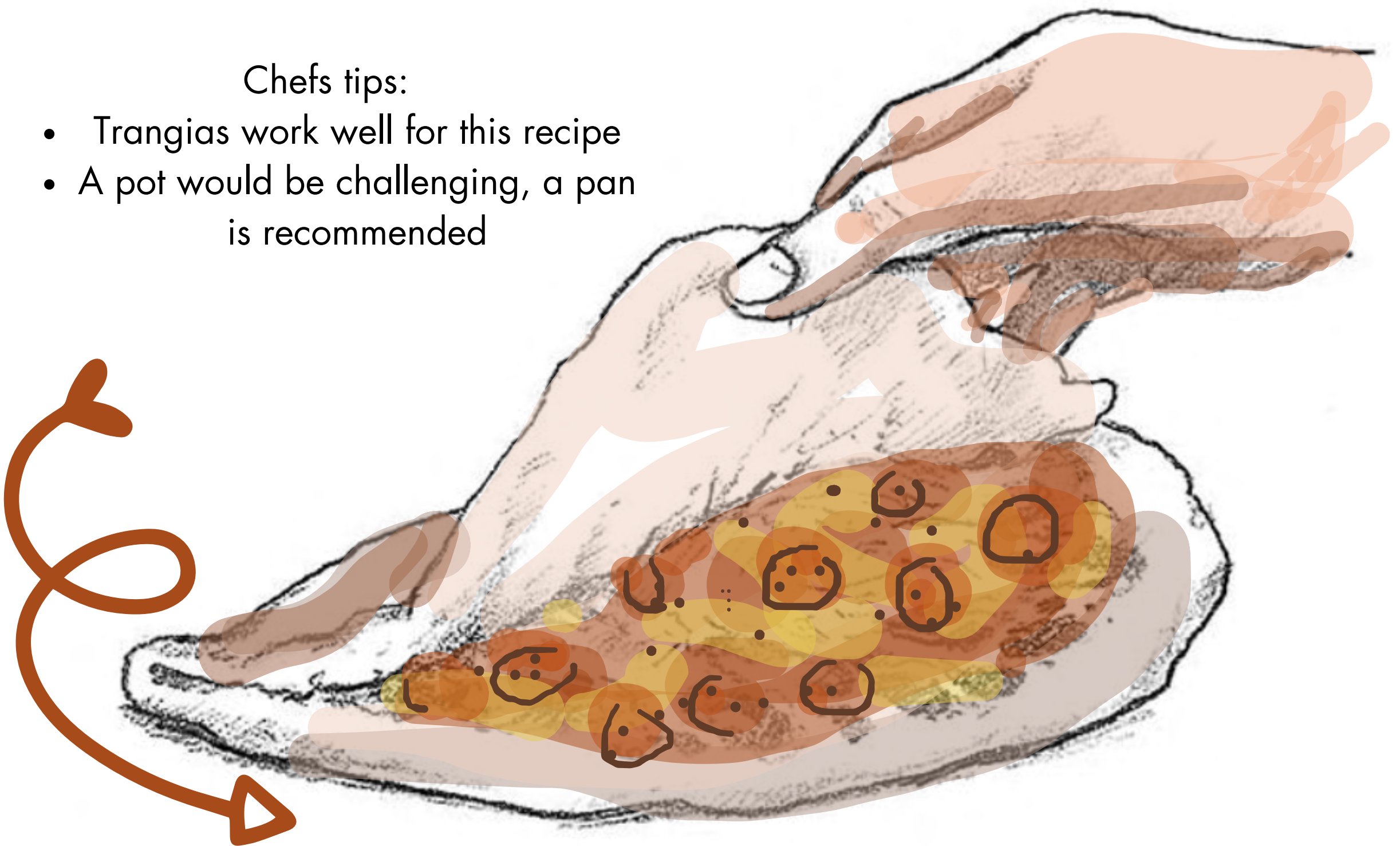
Method:

1. Cut the salami into rounds, heat salami and sauce in a small pot until warmed. Try not to burn the sauce on the bottom.
2. To make a pita pocket make a cut in the pita about half way in and open carefully. If it breaks it makes cooking harder.
3. Add in the salami, sauce and cheese into the pita pocket
4. Close it up and add oil to a pan of some kind. Wait till the pan is hot then place the pita on the pan and flip it when it looks golden and crispy. Roughly enough time for the cheese to melt.
5. Repeat. Try to ration out the salami and sauce so everyone has enough for at least 2 each.

PAN FRIED PITAS/ CALZONES

Chefs tips:

- Trangias work well for this recipe
- A pot would be challenging, a pan is recommended



Ingredients:	Two people	Four people
Pita bread	4 pitas	8 pitas
Salami or chorizo	Half a slab	Whole slab
Pizza sauce - tomato & herb	4 sachets	6-8 sachets
Oil	Splash for each pita	Splash for each pita
cheese	2 slices per pita	2 slices per pita

Ingredients:	Two people	Four people
Custard powder	1 Heaped teaspoon	2 Heaped Teaspoons
Milk powder	$\frac{3}{4}$ Cup of liquid	1 $\frac{1}{2}$ Cups liquid (70g)
Water	250ml	500ml
Sugar	1 Tablespoon	2 Tablespoons
Dried Apricots	$\frac{1}{2}$ Cup	1 Cup
Dried cranberries	$\frac{1}{2}$ Cup	1 Cup
Chocolate chips (optional)	$\frac{1}{4}$ Cup	$\frac{1}{2}$ Cup

FRUITY CUSTARD



Method:

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

Chef 's notes / tips:

- Don't add the cold slurry directly into the boiling water unless you want lumpy custard
 - Full fat milk powder is required—it needs the fat to thicken. You will need a lot more skimmed milk powder/ custard powder otherwise for it to thicken
 - Remember the sugar. It tastes awful if you don't.
- Gluten free: check the custard powder doesn't contain gluten.



CHOCOLATE MOUSSE

Ingredients:	Two people	Four people
Rich chocolate mousse mix	1 x 70 grams packet	2 x 70 grams packet
Whole milk powder	6 tbsp	1 1/2 cups
Mini marshmallows	100 g	200 g

Method:

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

Chef 's notes / tips:

- Recommend Hansell's or Greggs brand of rich chocolate mousse
- The mini-marshmallows can be found in the baking section of the supermarket. Or the big marshmallows can be chopped up
- Be sure to use whole milk powder or it will take extra whisking to thicken the mousse

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

Vegetarian: make sure marshmallows don't contain gelatine.



COOKING ON THE FIRE



DAMPA

Dampa is bread cooked on a stick, it can be filled with savoury or sweet filling

Combine the flour, sugar and salt in a large bowl.

- Gradually add the milk and knead to combine, adding just enough to make a dough that isn't too sticky and that can be easily kneaded. If it's too sticky or wet, it will drop off the sticks when it is being cooked. Add a little extra flour if this is the case. Knead in the bowl for about 10 minutes, or until soft and elastic, giving everyone a turn so they all get to join in the fun.

Ingredients:

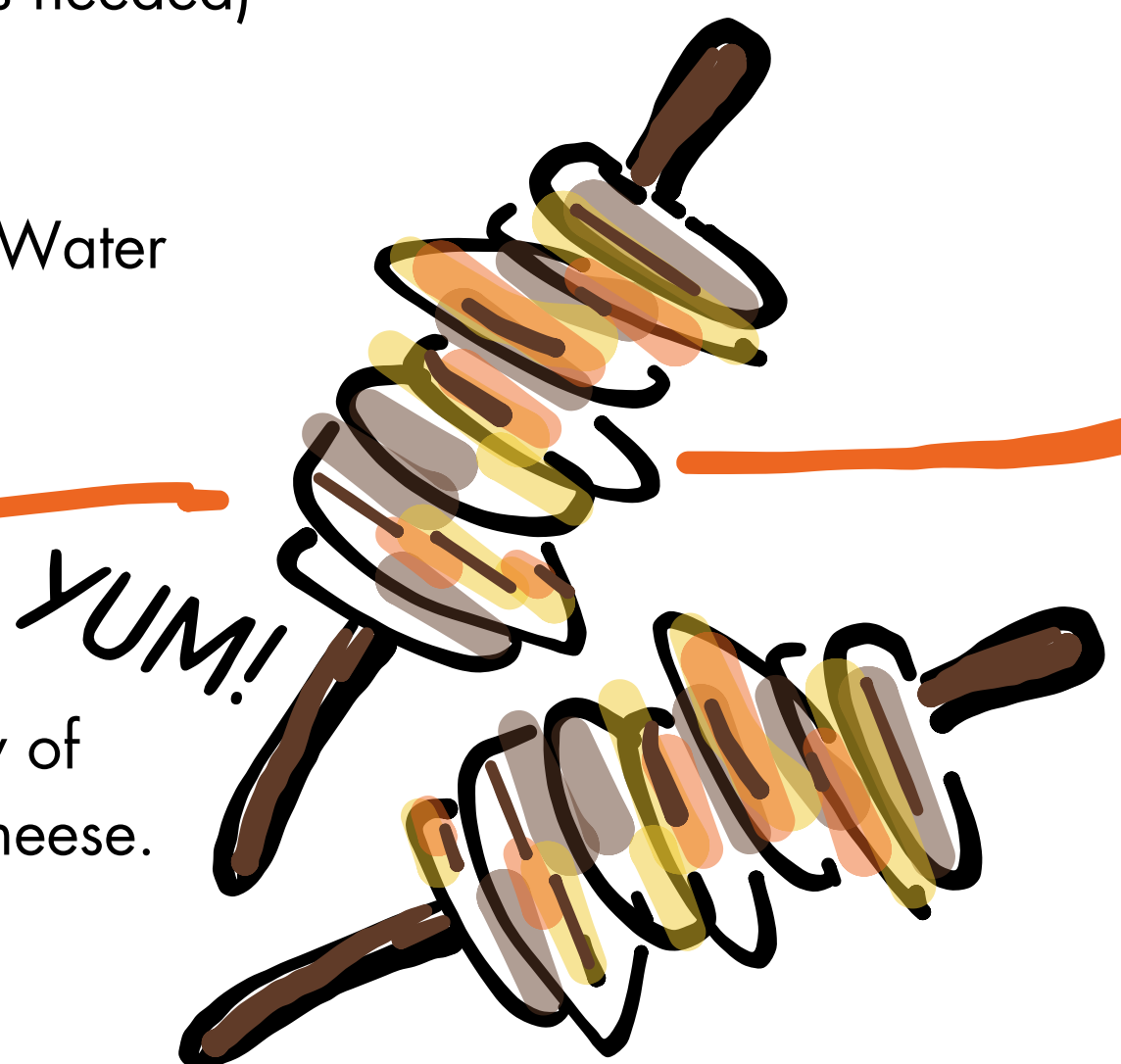
- 2 cups self raising flour (plus extra as needed)
- 1 1/2 teaspoon salt
- 2 teaspoons Sugar
- 1 1/4 cups milk (milk powder) or Water

- Divide the damper into six portions, form into balls and shape into ovals around the top of six long, thick sticks. With parental supervision, let the kids cook the bread over the fire for about 10–15 minutes, turning the bread regularly, until golden brown on all sides. When the bread is cooked, it will sound hollow when tapped. Wait for 5 minutes, then remove from the stick and fill with your favorite filling.

Makes 6 small breads.

Remove bread from stick, fill with a row of chocolate and jam OR sourcream, pesto, cheese.

What ever your heart desires!



BAKED POTATOES

Poke each potato several times all over with a fork. Smear each potato with 1 tablespoon of butter, then double wrap in aluminum foil.

Bury potatoes in the hot coals of a campfire and cook until crispy on the outside and tender inside, about 30 to 60 minutes.



Ingredients: Per person

1x Baking potato

1x Scoop of butter

1x Sheet of tin foil

Filling options!

Cheese, ham, tomato sauce, sweet chilli, sour cream, pesto.

BANANA SPLITS

2. Slice the peel of the banana from stem to bottom, while slicing the banana inside lengthwise. The bananas can be cut into slices instead if you like, (while still in the peel) for easier handling later.

2. Carefully open the banana just wide enough to place the chocolate chips and marshmallows inside the peel with the banana. Stuff with as much of the chocolate chips and marshmallows as desired.

3. Wrap the bananas with the aluminum foil and place on the grill or directly in the coals of a fire. Leave in long enough to melt the chips and the marshmallows, about 5 minutes. Unwrap bananas, open the peels wide, and eat with a spoon.

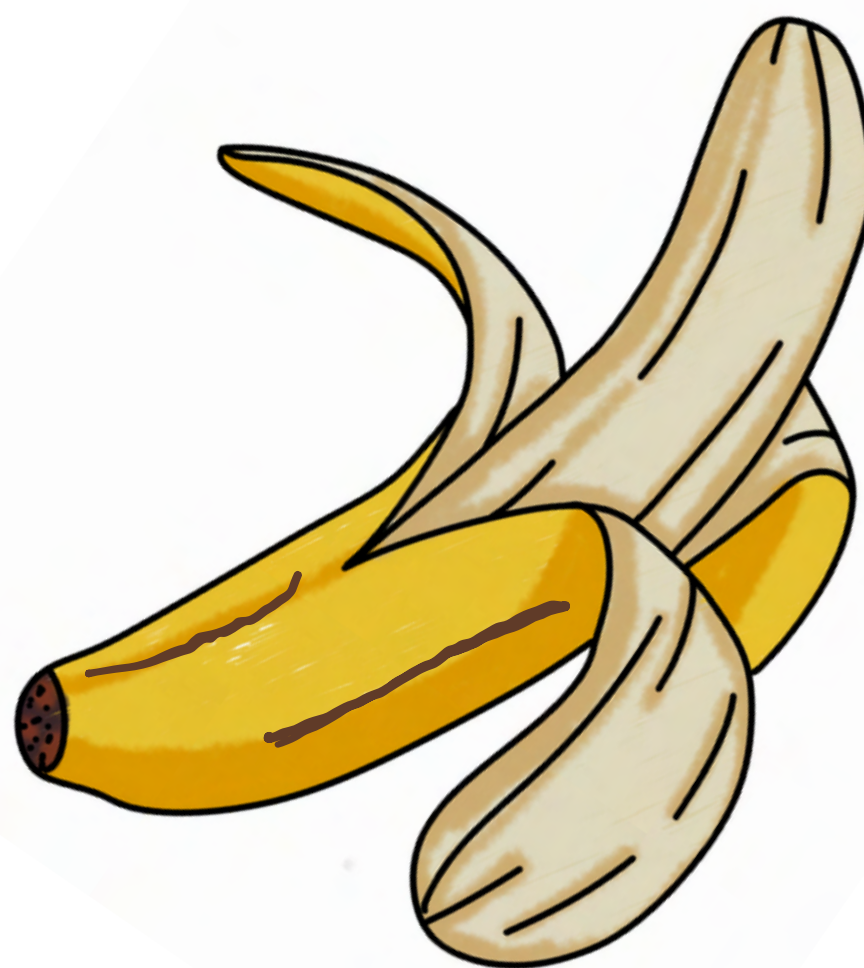
Ingredient: Per person

1x ripe banana

1x row of chocolate block or handful of chocolate chips

3x marshmallows

1x Sheet of tin foil



TARARUA BISCUITS

Number served: 7 pairs of biscuits

Requirements: Bake before you go

Method:

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

INGREDIENTS:

- 250g Wholemeal Flour
- 150g Plain Flour
- 150g Butter
- 100g Sugar
- 150g Oat Bran
- 1Tbs Golden Syrup
- 1/2 tsp Salt
- 1/4 Cup Milk Powder

Tasty extras:

- chopped chocolate,
- sesame seeds,
- 1 tablespoon whole grain mustard*,
- chopped almonds,
- dried fruit (raisins, cranberries etc)



ENERGY BARS

Ingredients:

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

Dietary:

- Vegetarian
- Vegan with substitutions
- Gluten free.

Method

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

Chef's notes / tips:

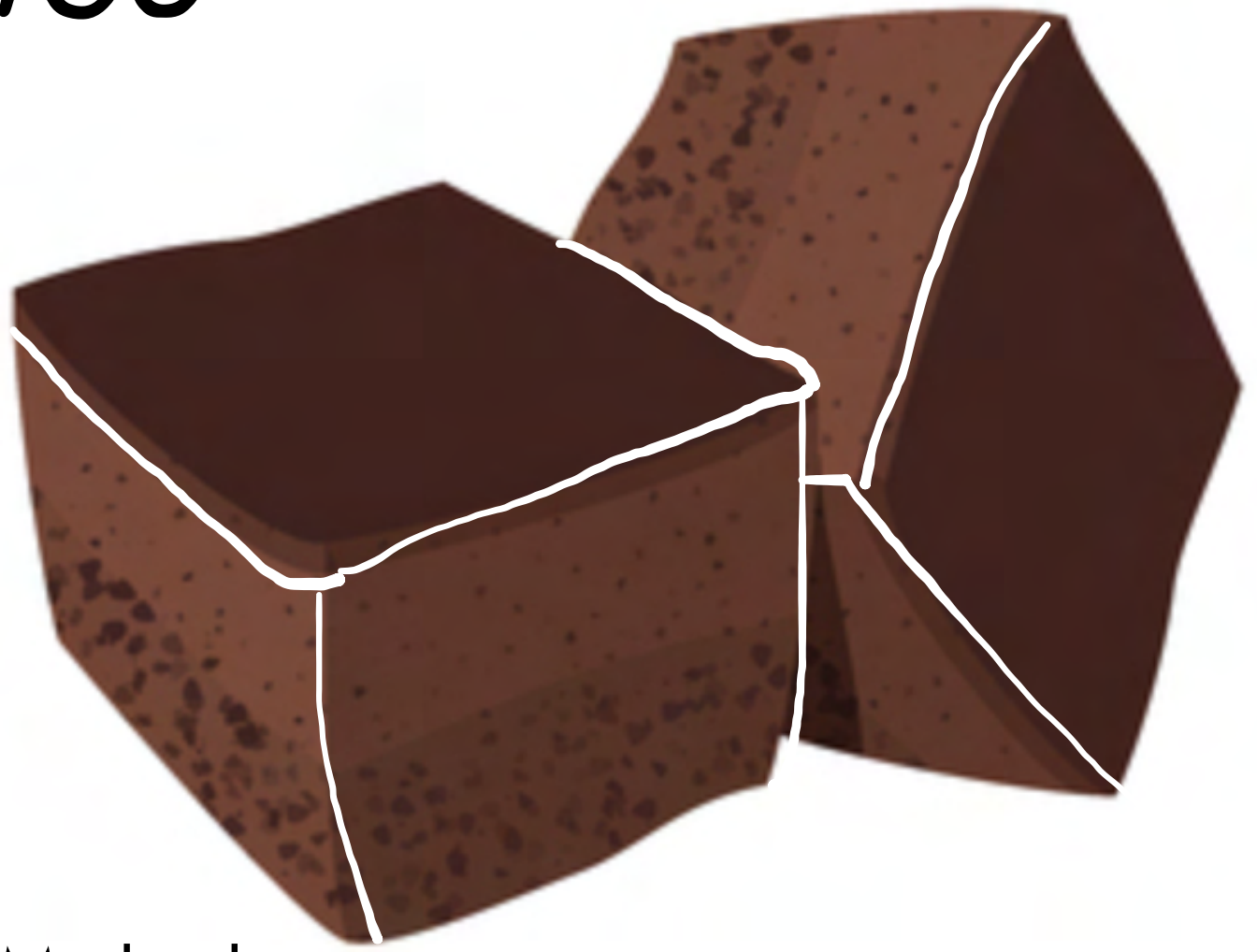
- Replace the shaved almonds, pumpkin seeds and coconut with your favourite mix of nuts and fruit.
Gluten free: oats may be processed in factories near other products that contain gluten.
Vegan: use maple syrup instead of honey. Check chocolate chips do not contain dairy milk.



OATY FUDGE SLICE

Ingredients:

- 250 g butter
- 1 cup sugar
- 2 tablespoons cocoa powder
- 2 tablespoons golden syrup
 - 2 cups rolled oats
- 2 teaspoons baking powder.



Method:

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

HUMMUS

Ingredients

- 400g can of chickpeas
- 1/2 small garlic clove crushed or 1/2 tsp garlic puree
- 1 tsp lemon juice
- 2 tbsp olive oil



Method:

1. Tip the chickpeas, garlic, lemon juice and olive oil into a small blender or food processor
2. Season and add 1 tbsp of chickpea juice
3. Blitz together the ingredients until smooth, adding more chickpea to make a smoother hummus if you like.



SCROGGIN

You can either buy a pre made packet or choose your own selection at supermarket pick n mix

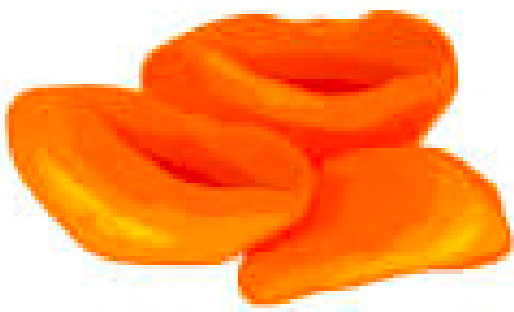


DRIED FRUIT

TIPS: You can dehydrate all of these fruits yourself in the oven or in a dehydrator.



raisins



apricots



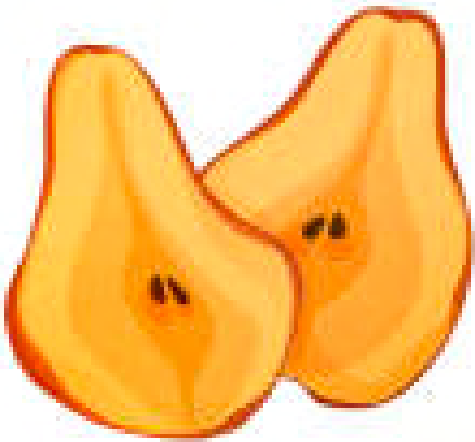
cranberry



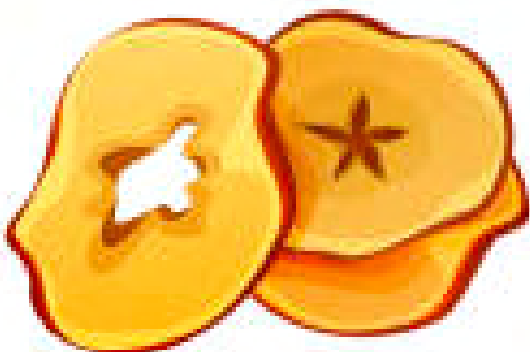
dates fruit



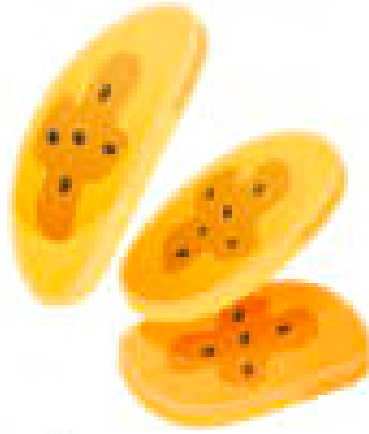
prunes



pear



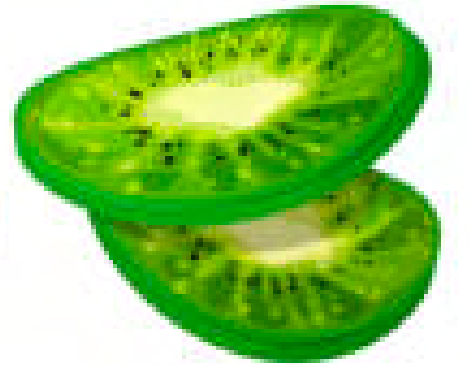
apple



banana



figs



kiwi



pineapple



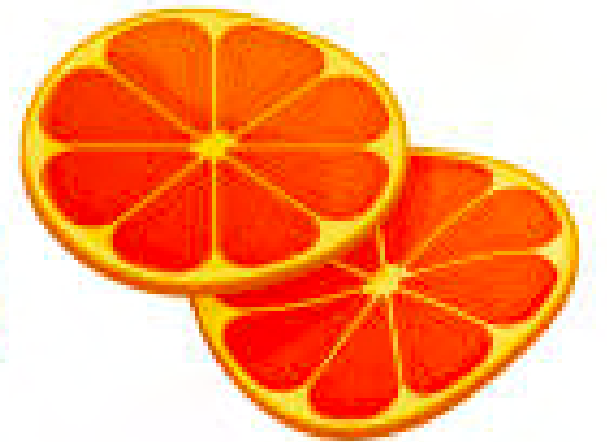
mango



melon



persimmon



orange

TREATS THAT MAKE YOU HAPPY



Chocolate



Salami Sticks



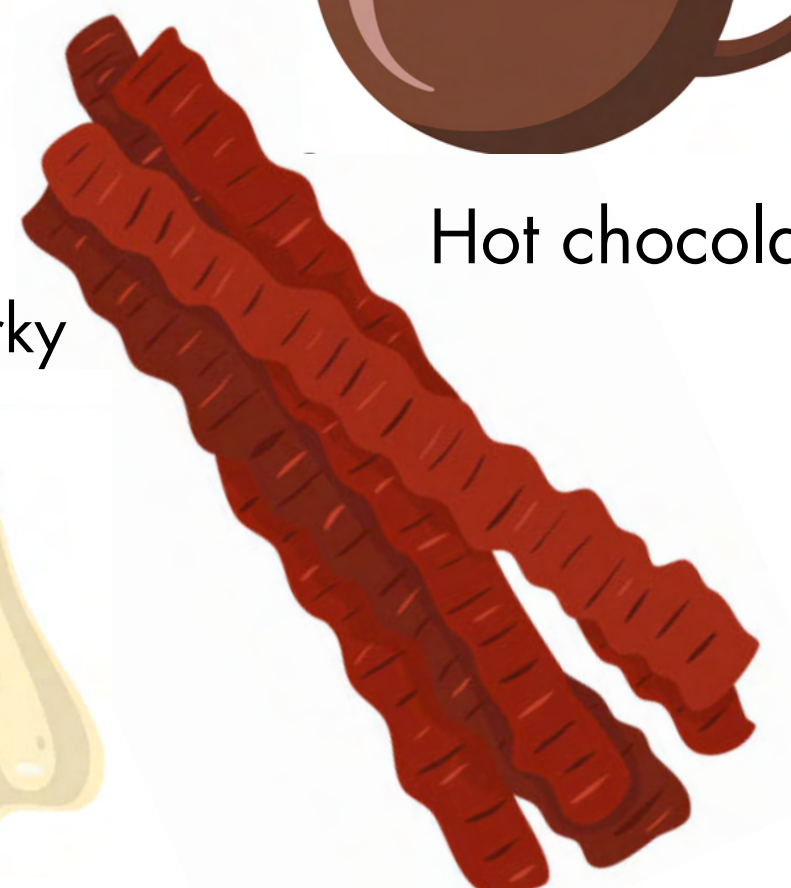
Hot chocolate



liquorice

Jet plane/ lollies

Beef Jerky



*MAKE FOOD THE BEST
PART OF YOUR OUTDOOR
EXPERIENCE!*

We hope you have found something new and tasty, nutritional and possibly more sustainability conscious to cook in the outdoor environment.



Created by Grace & Abby