



CATERING & BUSH COOKING MENUS & IDEAS



ADVENTURE



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

































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INCLUSION

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BLACKWOOD CAMP MENU SELECTIONS

BLACKWOOD SOUP

-  Put 2 Lamb Shanks and a nice bacon bone into a big boiler and more than half fill with water
-  Put this on the fire to simmer and than begin to add bits of everything!!
-  Start with some barley (for Bulk) and ¼ cup of soup mix
-  Add chopped celery and onion, grated carrot, zucchini, turnip and carrot
-  Finely sliced leak is nice too, plus a diced potato
-  When this brew is simmering nicely, add about a dessertspoon of chicken stock powder and ½ cup of tomato paste
-  A few small-style noodles (eg. Flowers of tiny shells) also add to the Blackwood-style Winter consistency
-  Simmer for a least 3 hours and before serving add a can of El Cheapo Tomato Soup

-  A meal in itself – especially if served with home made bread rolls.

PIZZA SCONES

-  Make filling first
-  Lightly fry together 4 full rashers of bacon, 1 chopped onion, 1 sliced green pepper (can also use mushrooms, olives, etc.)
-  Make a basic Scone Dough with 2 cups of Self Raising Flour, 30g butter and approximately 1 cup of milk
-  Knead lightly and roll out to oblong shapes approximately 40cm X 20cm
-  Spread with Tomato Paste, then 1 cup grated cheese and onion etc. mixture
-  Roll up carefully and cut into slices (approximately 1½ - 2cms) and put on a baking tray (Lining tray with Glad-Bake makes life very easy!!)
-  Bake at 200 degrees approximately 10 – 15 minutes



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VEGETARIAN POTATO KUGEL

Ingredients

-  3 medium potatoes
-  2 small carrots
-  1 small onion
-  1 clove garlic
-  1 egg
-  1 tablespoon oil
-  2 tablespoons chopped parsley
-  2 tablespoons wholemeal breadcrumbs
-  ½ cup milk powder
-  ½ cup grated tasty cheese
-  15g butter
-  ½ cup plain yoghurt
-  2 shallots

Method:

-  Grate potatoes, carrots and onion and combine with crushed garlic
-  Lightly beat egg with oil, pour over grated vegetables, stir in chopped parsley, breadcrumbs and milk powder
-  Spread into well greased pie dish (base measures 20cm), dot with butter
-  Bake in Moderate Oven for 30 minutes
-  Sprinkle with cheese, bake a further 15 minutes
-  Serve hot or cold topped with combined yoghurt and chopped shallots

 **Serves 4 to 6**



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ZUCCHINI SLICE










Ingredients:

-  375g Zucchini
-  1 large onion
-  4 rashers of bacon
-  1 cup of grated cheddar cheese
-  1 Cup of Self Raising Flour
-  ½ cup of oil
-  5 eggs
-  Salt & pepper

Method:



-  Lightly fry chopped bacon & onion
-  Add to grated zucchini, together with cheese, flour, oil and lightly beaten eggs
-  Season with salt & pepper
-  Pour into well greased tin (16cm X 25cm)
-  Bake in moderate oven for 30 – 40 minutes or until browned

While the Zucchini Slice is cooking prepare a Tossed Salad as follows:-




- | | | |
|---|--|---|
|  Lettuce |  Green pepper |  Avocado |
|  Celery sticks |  Tomatoes |  Mushrooms |
|  Carrot sticks |  Snow peas |  Cucumber |

Slice the tomatoes and prepare for serving with some pepper & chopped basil

DAMPER ROLLS

-  Make a Damper Mix with 6 cups of Self Raising Flour, 2 tablespoons of Baking Power, a pinch of salt & milk
-  Knead it lightly and make “Ropes” about the thickness of a pencil and coil the “Ropes around long sticks

(Try and have smooth straight sticks)

-  Cook over red hot coals – **flames will burn them**
-  They SHOULD slide off the sticks when nicely golden brown
-  Serve with margarine & jam or honey



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PUFTALOONS

Ingredients:








-  Self Raising Flour & Milk

Method:





-  Mix the Flour & Milk into a thickish batter
-  Heat oil in a fry pan and drop in a tablespoon at a time
-  Fry till golden brown and puffed up and then turn over
-  Lovely with grated cheese added

SALMON HERBED PIKELETS

Ingredients:









-  1 Cup Self Raising Flour
-  ¼ tablespoon of bicarb soda
-  2/3 cup of milk
-  1 egg, lightly beaten
-  15g butter, melted
-  2 tablespoons chopped parsley
-  1 tablespoon chopped fresh chives

Topping Ingredients:

-  185g packaged cream cheese
-  1 tablespoon lemon juice
-  1 small tin pink salmon, drained
-  1 tablespoon chopped fresh chives

NOTE:- 1 packet of grated cheese may be substituted for the above topping.
This is very popular with the students.

Method:

-  Sift Flour & soda
-  Stir in combined milk, egg, butter, parsley and chives
-  Mix to a smooth batter
-  Drop dessertspoons of batter into hot greased frying fan
-  Cook one side until lightly golden brown
-  Turn & cook the other side
-  Cool on a wire rack
-  Pipe topping onto pikelets, sprinkle with chives

Topping:- Blend or process cheese, lemon juice & salmon until smooth.



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 **Makes about 24**

MARINADE FOR CHICKEN WINGS

Ingredients for approximately 30 chicken wings:







-  2½ cm or green cinger – chopped very small or grated
-  2 -3 cloves garlic – crushed or chopped very small
-  ½ cup soya sauce
-  2 teaspoons sugar
-  2 tablespoons honey
-  ¼ cup “your secret ingredients”

Method:

-  Combine all together and pour over wings and marinade overnight
-  Pour 3 tablespoons of oil over wings before cooking
-  Cook for approximately 45 – 60 minutes in a moderate oven, basting & turning wings occasionally

STUFFED APPLES (For 9)





Ingredients:

-  9 Apples
-  1 packet of sultanas
-  Brown sugar
-  Cinnamon
-  Margarine
-  1 packet of aluminium foil

Equipment:

-  Peeler – Corer

Method:

-  Core apple & score skin
-  Mix ingredients and spoon into the centre of the apple
-  Dot with butter
-  Wrap in foil and bake in coals



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BACO – CHEESE DOGS (For 18)




Ingredients:

-  18 rashers of bacon
-  18 saveloy sausages
-  18 cheese slices

Equipment:




-  1 packet of toothpicks

Method:






-  Roll saveloys in bacon & cheese – secure with toothpicks
-  Wrap in foil
-  Place in coals & cook

HAM SURPRISES

Ingredients:

-  Thick ham steaks
-  Crushed pineapple
-  Apple sauce & grated cheese

Method:

-  Cut pocket in ham steaks
-  Fill with either filling
-  Fold in foil
-  Seal at Top
-  Cook on open fire or BBQ



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BASIC CHEESECAKE








Preparation:

-  Crumb Crust with 250 grams plain sweet biscuits & 115 grams melted butter
-  Use a spring form tin

Ingredients:






-  450 grams Philly cream cheese
-  1 tablespoon vanilla
-  3 eggs
-  Grated lemon rind
-  Juice of 1 lemon
-  ½ cup of sugar

Method:






-  Beat cream cheese until soft and add vanilla
-  Beat eggs well and add sugar gradually
-  Continue beating whilst adding cheese mixture in small portions until smooth
-  Add lemon rind and juice
-  Spread into crumb crust and bake at 350° for approximately 30 minutes
-  Cool & chill
-  Can top with fresh fruit or sprinkle with cinnamon & nutmeg

FRUITCAKE

Ingredients:

-  225 grams of sugar
-  225 grams of Plain Flour
-  225 grams of Ground Rice
-  ½ teaspoon of bicarb soda
-  450 grams dried fruit – mixture of currants, sultanas, chopped dates, raisins, cherries & apricots



Method:

-  Mix all together
-  Add 225grams melted butter and 225 grams of milk
-  Mix all together
-  Bake for 1½ hours (approximately) in moderate, slow oven
-  Test with skewer after this time









APPLE CAKE SLICE

Ingredients:

-  1 Packet of Golden Buttercake Mix
-  1 tin of Apples (approximately 450 grams)





Method:

-  Divide cake mixture in half
-  To one half run in 56 grams of coconut
-  Press mixture into base of 19cm X 28cm Lamington Tin and bake approximately 8 minutes
-  Meanwhile, warm apple and make rest of cake mixture with 1/3 cup of milk & 1 egg.
-  Spread apple over partly cooked base
-  Pour cake mix over and bake at 350° for approximately 25 minutes or until golden & firm

APPLE CRUMBLE MIX (Can be made at School beforehand)






Ratio – can be halved, doubled, etc.

To:

-  1 cup Self Raising Flour
-  Run in 85 grams butter and add:-
 - $\frac{1}{2}$ cup of sugar
 - $\frac{1}{2}$ cup of coconut
 - $\frac{1}{2}$ cup of oats
 - Pinch of Cinnamon
-  Spread over apple and bake at 350° for approximately 30 minutes
-  For variety, add some sultanas to the apple mix

TRIFLE

Ingredients:

-  In the bottom of a large bowl place sliced Top Taste Swiss Roll
-  Pour juice from tin of canned fruit over the cake (strawberries, another berry fruit or cherries)
-  Make a jelly and when almost set pour over cake slices
-  When jelly is firm add drained tinned fruit and then cover with a cooled custard, made with 2 tablespoons custard powder and 600ml of milk
-  Top with whipped cream and sliced fresh fruit (eg kiwi fruit, strawberries, grapes, bananas, etc.)



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CAMP CATERING

 Camp Food does not have to be monotonous. It is important however, to work within the capabilities of the cook, the facilities and the students.

 When planning the menu, be aware of the climatic conditions:-















- ☺ Salads are ideal in Summer;
- ☺ Something hot (eg Soup) should be served at lunch time in Winter

 When planning the catering for the camp, sit down and write out tentative menus for each meal. Try to vary them each day. Once you have the menu, write out next to each item in the menu the specific ingredients needed for the number of people you are feeding.


















 Next, a list of all items needs to be made and divided into categories such as fruits, vegetables, meats, etc. and total required quantities calculated.

MENU SUGGESTIONS

BREAKFAST

 Cereal	 Scrambled Eggs	 Baked Beans	 Spaghetti
 Porridge	 French Toast	 Fried Eggs	 Mince
 Fresh Stewed Fruit	 Tomatoes on Toast	 Cinnamon Toast	 Raisin Bread
 Sausages	 Bacon		

LUNCH

 Salad & Fish	 Salad & Meat	 Salad & Eggs & Cheese	 Egg & Bacon Pie
 Crumbed Sausages	 Salmon Patties	 Pizza	 Fried Rice
 Coleslaw	 Rice Salad	 Potato Salad	 Sausages Rolls
 Pasties	 Pies	 Sandwiches	 Rolls
 Soup			



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



















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













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

DINNER

 Baked Chops	 Roast	 Stew	 Meat Pie
 Salmon & Pineapple	 Meat Loaf	 Salmon Mornay	 Savoury Rice
 Sweet & Sour Meatballs	 Chicken Casserole	 Spaghetti Bolognaise	 Corned Beef
 Shepherd's Pie	 Chow Mein	 Curried Sausages	 Braised Steak
 Curry Hamburgers	 Shish Kebabs		








HOT DESSERTS

 Raspberry Shortcake	 Chocolate Pudding	 Chocolate Self Saucing Pudding	 Pineapple Squares
 Fruit Sponge	 Fruit Crumble	 Upside Down Pineapple Pudding	 Apple Turnover
 Pancakes	 Lemon Meringue Pie	 Apple Pie	 Steamed Pudding
 Jam Roly Poly	 Banana Custard	 Syrup Dumplings	 Baked Stuffed Apples

COLD DESSERTS

 Fruit Salad	 Stewed Fruit	 Instant Pudding	 Trifle
 Jellied Fruit	 Choc-Peppermint Dessert	 Coconut Ice Whip	 Pineapple Delight
 Ice Cream	 Jelly		

BEVERAGES – Both Hot & Cold Drinks should be provided

 Water	 Cordial	 Milk	 Tea
 Coffee	 Milo	 Cocoa	



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FIVE DAY MENU FOR A BASE CAMP SITUATION

	BREAKFAST	LUNCH	DINNER
DAY 1		Picnic Lunch brought from Home	Lasange – Meat Sauce made at school beforehand & frozen Apple Cake Slice
DAY 2	Cereal & Fruit Bacon & Eggs Toast / Muffins Milk or Juice	Salad Rolls with:- Ham, Lettuce, Beetroot Cucumber & Alfalfa Home-made Fruit Cake Juice	BBQ – Sausages & Hamburgers Salad with celery & carrot sticks Trifle
Day 3	Cereal & Fruit Bacon & Eggs Puftaloons Toast Milk or Juice	Creamed Tuna on Toast Fruitcake Fresh Fruit Juice	Roast Dinner Roast Potatoes & Pumpkin Peas & Beans Corn Fritters Apple Crumble
DAY 4	Cereal & Fruit Poached Eggs Toast Milk or Juice	Sandwiches (USE – leftover sausages with sauce, or leftover roast with salad) Egg & Lettuce Celery & Cream Cheese ANZAC Biscuits	Marinated Chicken Wings with Fried Rice Cheesecake
DAY 5	Cereal & Fruit Scrambled Eggs Toast Milk or Juice	Salad place with:- Hard Boiled Egg, Sliced Cheese, Lettuce, Beetroot Garlic Bread OR Fish ‘n’ Chips on the way Home	

SUPPERS:- Milk & Biscuits

MORNING & AFTERNOON TEAS:- Fruit or Biscuits & Cordial



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FIVE DAY MENU FOR A BASE CAMP SITUATION

	BREAKFAST	LUNCH	DINNER
DAY 1		Cold Meat Lettuce, Tomatoes, Beetroot, Pineapple, Cheese, Bread Fruit Tea & Coffee	Soup Chow Mein & Rice Apple Pie & Cream Tea & Coffee
DAY 2	Cereal & Fruit Bacon & Eggs Toast / Muffins Milk or Juice	Hot Dogs Bread Rolls Cake & Fruit Cordial	Roast Beef Potatoes, Peas & Pumpkin Trifle Tea & Coffee
Day 3	Cereal & Fruit Scrambled Eggs Bacon Toast Milk or Juice	Sliced Ham, Onion, Tomatoes, Lettuce, Cheese, Cucumber & Bread Cordial	Tomato Soup Mince, Carrots, Peas & Potatoes Tin Peaches & Ice Cream Tea & Coffee
DAY 4	Cereal & Fruit Tomatoes & Bacon Toast Milk or Juice	Sweet & Sour Meatballs Jellied Fruit & Ice Cream Cordial	Stew Potatoes, Beans & Pumpkin Tinned Sponge Pudding Custard Tea & Coffee
DAY 5	Cereal & Fruit Spaghetti Toast Milk or Juice	BBQ Chops Sausages Lettuce & Tomatoes Tea & Coffee	

SUPPERS:- Milk & Biscuits

MORNING & AFTERNOON TEAS:- Fruit or Biscuits & Cordial



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SAMPLE CHECKLIST

GROCERIES

Beef Cubes
Tinned Soup
Weet Bix
Macaroni
Mayonnaise
Cream
Tinned Peaches
Rice
Plain Cake
Custard Powder
Red jellies
Two Fruits
Cornflakes
Salt, Pepper & Vinegar
Tomato Paste
Tinned Sponge Pudding
Butter
Apple Pies
Pineapple Pieces
Beetroot
Cheese
Tea, Coffee & Milo
Eggs
Vegemite, Jam, Honey
Sauce
Cake
Ice Cream
Brown Sugar
Soya Sauce
Tomato Soup
Spaghetti
Margarine
Rice Bubbles

MEAT

Sliced Meat
Saveloys
Roast
Stewing Steak
Mince Steak
Bacon
Chops
Sausages
Sliced Ham

FRUIT & VEGETABLES

Lettuce
Tomatoes
Carrots
Apples
Oranges
Potatoes
Pumpkin
Peas
Celery
Beans
Parsnips
Green Peppers
Onions
Cucumber
Cabbage
Sweet Corn

DAILY NEEDS

Milk
Bread
Bread Roll (1 Day Only)



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QUANTITIES

Bread	“C” Code	25 Slices
	“D” Code	32 Slices
Cake	1 kg	30 Portions
Butter	445 grams	25 Serves
Jam	445 grams	30 Serves
Vegemite	2 kg	240 Serves
Weeties	445 grams	20 Serves
Cornflakes	445 grams	20 Serves

Frozen Foods

Fish Fingers	3 per person per serve
Hamburgers	30 Serves, 2 per serve
Beef Croquettes	3 Dozen, 2 per serve
Apple Turnover	2 Dozen, 1 per serve

Fruit & Vegetables – Fresh

Carrots	60 grams per serve
Potatoes	90 grams per serve
Cabbage	60 grams per serve
Cauliflower	60 grams per serve
Pumpkin	60 grams per serve

Fruit & Vegetables – Frozen

Peas	2 kg	Serves 40
Beans	2 kg	Serves 40
Mixed Vegetables	2 kg	Serves 40

Meat

Bacon	1 Rash Each
Chicken No. 16	6 Serves Each
Sausages (thin)	2 – 3 per person
Roast Topside	9 serves per kg
Corned silverside	9 serves per kg
Blade steak (stew)	11 serves per kg
Minced steak	11 serves per kg
Roast Mutton	9 serves per kg
Sausages Meat (loaf)	9 serves per kg



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Canned Fruit

Peaches	850 grams	Serves 6
	A10	Serves 25
Apricots	850 grams	Serves 8
	A10	Serves 40
Pears	850 grams	Serves 5
	A10	Serves 25
Pineapple	850 grams	Serves 6
	A10	Serves 40
Two Fruits	850 grams	Serves 8
	A10	Serves 40

Groceries

Baked Beans	445 grams	Serves 3
	A10	Serves 20 – 25
Spaghetti	445 grams	Serves 3
	A10	Serves 20 – 25
Beetroot	445 grams	Serves 10
	A10	Serves 80
Instant Pudding	600 ml	Serves 4 – 5
Custard Powder	445 grams	Serves 90
Jelly Crystals	1 packet	Serves 4 – 5
	2 kg	Serves 80
Rice	445 grams	Serves 15 with meat
		Serves 10 as a sweet
Soup	445 grams	Serves 5
	A10 or Packet	Serves 35

Canned Vegetables

Carrots	A10	Serves 30
Peas	A10	Serves 30
7 Vegetable Salad	A5	Serves 40
3 Vegetable Salad	A10	Serves 80
Sweet Corn	A10	Serves 80
Tomato Sauce	5 litres	Serves 320



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













































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


INCLUSION

METHODS of COOKING

<p>BAKE</p> <ul style="list-style-type: none">  Cook with Dry Heat  Tin Can Stove  Camp Oven  Can Oven  Reflector Over  Pit Cooking  Food Inside Food  Sand Cooking 	<p>BARBECUE</p> <ul style="list-style-type: none">  Cook over Direct Heat  Stick & Spit  Can Barbecue  Tall Can
<p>BOIL</p> <ul style="list-style-type: none">  Cook in Water  Aluminium Foil  Tin Can  Billy Can  Dutch Oven  Liquid in Paper Cup or Sack 	<p>FRY</p> <ul style="list-style-type: none">  Cooking with a small amount of fat  Aluminium Foil  Tin Can Stove  Dutch Oven  Rock Cooking
<p>ROAST</p> <ul style="list-style-type: none">  Cook with Dry Heat  Tin Can Oven  Dutch Oven  Can Oven  Reflector Oven  Pit Cooking 	<p>STEAM</p> <ul style="list-style-type: none">  Cook with Moist Heat  Aluminium Foil  Dutch Oven
<p>STEW</p> <ul style="list-style-type: none">  Cooking for a long time in a Small amount of Liquid  Dutch Oven  Pit Cooking 	<p>BRAISE</p> <ul style="list-style-type: none">  Sautee in a Small amount of Fat, the Cook Slowly in Covered Pan with Liquid  Aluminium Foil  Tin Can Oven  Dutch Oven  Pit Cooking
<p>BROIL</p> <ul style="list-style-type: none">  Cook by Direct Heat  Can Barbecue  Reflector Oven  Cooking Indirectly on Coals 	













COOKING with UTENSILS

-  Saucepans, dixies or billies which are to be kept clean should be “soaped” before being used every time. Dampen a cake of household soap and rub a good layer all over the outside of the utensil. Soot from the fire will then wash away quite easily along with the soap.
-  Spoons & pancake turners must have very long handles, so that cooks will be protected from the heat of the fire. A good supply of Barbecue – type tools will be needed.
-  Tongs are essential, as are heavily padded oven cloths and mitts.
-  Be sure to have fire buckets filled with water or an attached hose ready at all times.

COOKING without UTENSILS

Suggestions for improvising cooking equipment:-

-  Use a can for a rolling pin.
-  Use a can to cut out hamburgers, biscuits & scones. Punch a hole in the bottom of the empty can so that air can pass through.
-  A number 10 can, can serve as a dishpan.
-  Warm vegetables in the cans they come in, to save utensils.
 - REMEMBER to pierce the can before heating
-  Roll edges of foil around a square made from coat hanger wire to make a temporary frying pan.
-  Deepen a shallow pan with heavy duty foil.
-  Use aluminium foil shaped like a bowl for serving foods.
-  Use plastic bags for mixing foods.
-  Use a clean stick as a stirring spoon.
-  Cut outside & bottom of a plastic bottle and use as a scoop.



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COOKING in FOIL or BAGS

-  You may use greaseproof paper, newspaper, aluminium foil, oven wrap, oven bags or brown paper bags.
-  CARE IS NEEDED TO AVOID BURNING WHEN COOKING IN THE HOT COALS – heavy duty foil & oven wrap are more effective (when using oven bags be sure to puncture 3 or 4 holes near the tie end.)
-  THE WAY THE FOOD IS WRAPPED IS IMPORTANT – as the object is to make a mini-pressure cooker.
-  Use a sheet of foil or oven wrap big enough to cover the food easily and fold up the parcel carefully, leaving air space around the food but sealing it tightly.
-  Buying heavy duty foil is economically – for it can be saved, cleaned and used again.
-  Lining the foil with greaseproof paper is an additional protection against burning.

COOKING on a STICK

-  Use green sticks of appropriate thickness & length.
-  Peel & point sharply the end on which the food will be cooked.
-  A square shape to the point helps to keep the food on.
-  Make sure the stick is sturdy enough to keep the food upright.
-  Stick cooking is always done over coals and NEVER over a flaming fire.
-  If for some reason, a flaming fire must be used, hold the food to one side of the flames instead of in or over them.

BAKING

-  This can be done in the skins of fruit or vegetables, in sand, in hot ashes or coals.
 - This usually takes about 2 hours of fire burning & feeding
-  A similar method is planking, where meat or fish is pinned to a board and roasted in front of the fire.



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

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STORAGE of FOODS

Staple Foods




-  ALL FOOD requires protection from small animals and insects.
-  Wooden boxes with tight fitting lids work well, as does either a box or a sack hung from a tree limb.

Perishable Foods


1. Creek

-  Shady shallow spot at the edge of the creek.
-  Perishables **SHOULD BE** placed in cool water in a burlap sack, a wooden crate or another type of container.



2. Ground

-  Dig a hole in a Shady Spot.
-  The top **SHOULD BE** covered with burlap saturated with water.
-  The burlap will remain wet by absorption if one end of the burlap is placed in a pan of water.

3. Ice-box

-  Commercial Ice-Box in which either ice or dry ice is used is handy and effective.

4. Burlap Cooler

-  A hanging portable cooler can be made from burlap, ¼ to ½ inch plywood & rope.
-  If the burlap is saturated with water to begin with, it will stay wet by absorption and will be an effective cooler because of evaporation.



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Bush Cooking Recipe Ideas

When Bush Cooking you are only limited by your imagination – here are some very basic Bush Cooking Ideas – which will get your Imagination Flowing and your Tastebuds Excited!!!

NOTE:- All ingredients required for Bush Cooking MUST be provided by the visiting School, Blackwood Staff will help and support the activity but will NOT provide any ingredients.

KEBABS (FOR 5)

- 1 kg Steak (Cut in Cubes) Marinade in soy sauce, oil & sugar
- 5 Tomatoes
- 5 Onions
- 1 Small Can Pineapple Pieces
- 2 Green Capsicums
- 10 Mushrooms
- 5 Skewers



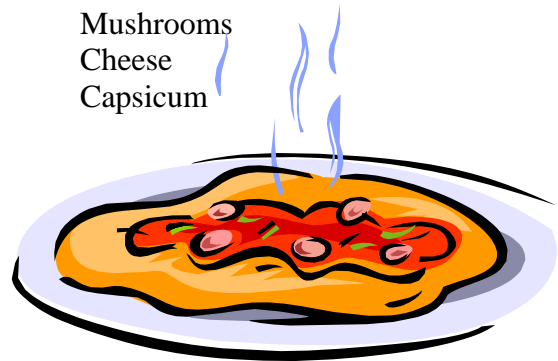
Cut into bite size pieces and place on skewer.

PIZZA

- Ingredients:-
- | | | |
|----------------|-----------------|-----------|
| Lebanese Bread | (Large & Small) | |
| Tomato Paste | | |
| Tomato | Onion | Mushrooms |
| Anchovies | Meat | Cheese |
| Pineapple | Corn | Capsicum |
- USE YOUR IMAGINATION

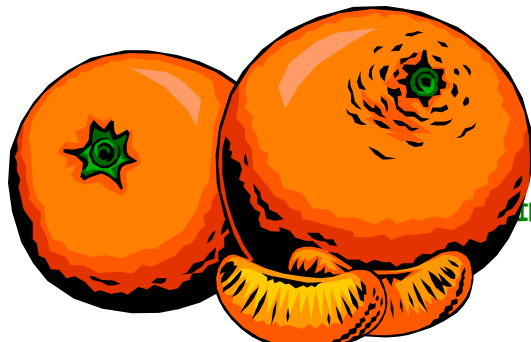
- Equipment:-
- Coat Hangers
 - Foil

- Method:-
- Bent coat hanger into a circle
 - Cover with foil
 - Place bread on top of foil
 - Make your pizza but adding your desired fillings onto the bread
 - Cover with foil
 - Cook on Fire



ORANGE CAKES (FOR 9)

- 9 Oranges
- 1 pkt Cake mix



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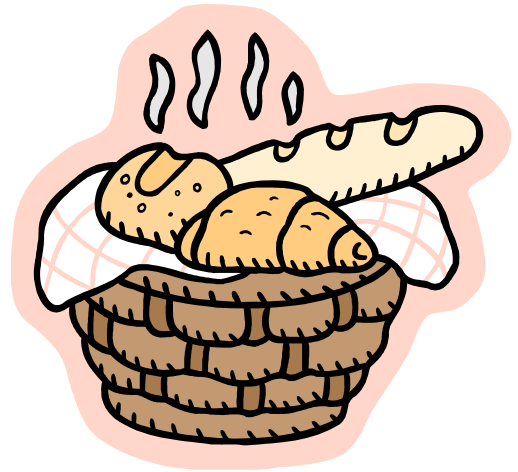
INCLUSION

1 Litre of Milk
Eggs as required (½ doz. for all recipes)

Method:- Cut top off oranges
Hollow out oranges and fill with cake mix
Wrap in foil
Cook in coals

3 WAYS TO COOK 'GREAT AUSSIE DAMPER'

Ingredients:- 3 Cups of Self-raising flour
1 Teaspoon Salt
1¼ Cups of Milk (can use water)
Butter
Favourite Jam or Spreads

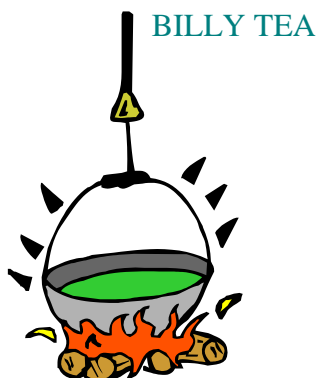


Mixture:- Put flour and salt in a bowl
Add Milk (or water)
Knead into a soft dough – make sure it is not too sticky

Method 1:- **LOAF**
Shape the dough into a loaf and place into a camp oven
Place camp oven onto hot coals & cover lid with more hot coals
After twenty minutes brush the coals of the lid and check to see if Damper is Golden Brown
You can test it by piercing with a knife to see if it is ready

Method 2:- **DAMPER ROPE**
Roll pieces of Damper into sausage shapes (one sausage per student)
Wrap it tightly around the end of a stick
Hold the stick over the coals
Slowly turn stick while cooking
Ready when Golden Brown – check by tapping on it or with a knife

Method 3:- **BREAD ROLLS**
Roll the dough into small sized Bread Rolls
Wrap them loosely in foil to allow them to expand as they cook
Place them on hot coals
Check after 10 or 15 minutes



BILLY TEA

Step 1 Fill the Billy and place on the fire
Step 2 Heat water to boiling point
Step 3 Add some tealeaves
Step 3½ Put in a gum leaf if you want to
Step 4 Pour into mugs
Step 5 Drink and enjoy



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