Africa Expedition Support

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Overland Pub – surviving to tell the stories

A Luscious Guide to Surviving your Overland Expedition …. And put on weight

WHAT'S InSide ……..

SNAXS AROUND THE FIRE

1. **Garlic Bread (V):**
   Garlic and Herb Bread: Herb Bread:
2. **Homemade Pate**
3. **Guacamole (V)**
4. **Salsa (V)**
5. **French Onion Dip (V)**
6. **Garlic Dip (V)**
7. **Camp Brushetta (V)**
8. **Roasted Grubs**
9. **Golden Pasta Bites (V):** *Garlic Mayonnaise: Plum Sauce: Cheese Sauce: Satay Sauce: Sweet And Sour Sauce:*
10. **Roasted Grasshopper/Cricket**
11. **Popcorn (V)**

SOMETHING TO SLURP ON

1. **Chicken Noodle Soup**
   *Easy Chicken Noodle Soup Vegetable Noodle Soup (V) Instant Noodle Soup**
2. **Udon Noodle Soup***
3. **Chicken & Cabbage Soup**
4. **Onion Soup (V)**
5. **Minestrone***
6. **Beansaroni Soup (V)**

GRUB OF THE DAY

1. **Fried Rice (V)**
   Special Fried Rice: Vegetable: Spice IT Up:
2. **Pizza***
3. **Easy Tomato Sauce For PASTA (V)**
4. **Meatballs/Burgers**
   Tuna Patties Hamburger:
   Vegetarian Burgers
5. **Jambalaya***
6. **Pot Roast**
7. **Spicy Fish With Olives And Sundried Tomatoes**
8. **Spicy Beef And PASTA Casserole***
9. **Honeyed Lamb With Noodles**
10. **Baked PASTA Frittata With Tomato Wine Sauce***
11. **Soya Bean Casserole (V)**
12. **New Mexico Cactus Chilli***
13. **Fish On The Grill**
14. **Campfire Spam And Red Sauce**
15. **Teriyaki Chicken**
16. **Chicken Cacciatore**
17. **Complete Dinner In A Pouch**
18. **Stir Fry Vegetables (V)**
19. **Tuna Pasta**
20. **Bangers And Mash**
    Onion Gravy: Red Wine Gravy:
21. **Spicy Vegetable Stir-Fry & Pasta (V)**
    Spicy Meat Stir-Fry with Pasta:
22. **Sausages And PASTA**
23. **Vegetarian Chilli (V)**
24. **Quick Paella***
25. **Noodles And Vegetables With Satay Dressing (V)**
26. **Campfire Roast**
27. **Roast Chicken In Beer Marinade**
28. **Chicken Stuffing**
29. **Bread Dumplings**
30. **Goat With Potatoes**
31. **Hot Dogs**
32. **Pan Fried Fish**
33. **Garlic Shrimp**
34. **Prawns With Thiemo's Famous Seafood Sauce**
35. **Salt And Pepper Squid**
36. **Crab And Noodle Salad With Lemon Dressing**
37. **Eggplant And Olive PASTA (V)**
38. **Baked Red Peppers & Garlic With Pasta (V)**
39. **Beef And Rice Casserole***
40. **Egg Curry (V)**

Meat Curry; Vegetarian Curry

41. **Stir Fried Beef***

Chilli Beef: Chicken: Tofu:

42. **Earth Worm Spaghetti**
43. **Shish Kebabs***

Vegetarian:

44. **Chicken In Spicy Tomato Sauce**
45. **Honey And Pineapple Gammon**
46. **Savoury Mince Mixture**

Spaghetti Bolognese
Shepherd's Pie Topping
Moussaka
Chilli Con Carne
Lasagne,

47. ***Or How About These Little Jems:***

One Pan Meal
Nachos
Chogynosh
Italian Meatloaf

48. **Smoked Meats**
49. **Vegetarian Lasagne**
50. **Vegie Layers (V)**
51. **Hearty Sweet And Sour Stew***
52. **Hearty Stews***
53. **Savoury Pancakes (V)**

A BIT ON THE SIDE

VegieS

1. **Mashed Potatoes (V)**
2. **Ratatouille (V)**
3. **Baked Onions (V)**
4. **Zucchini & Onions (V)**
5. **Grilled POTATO Wedges (V)**
6. **Campfire Corn (V)**
7. **Grilled Potatoes (V)**
8. **Baked Potatoes In Foil (V)**
9. **Honey-Glazed Peas And Carrots (V)**
10. **Grated Courgettes With Lemon (V)**
11. **Red Cabbage Cooked In Wine (V)**
12. **Sweet Yucca Paste (V)**
13. **Grilled Eggplant (V)**

SAlAdS

1. **Easy French Dressing (V)**
2. **Tomato Salad (V)**
3. **Asparagus Salad (V)**
4. **Rice/Pasta Salad (V):**

Tuna: Meat: Dressings:

5. **Corned Beef And Cheese Salad**
6. **Mixed Salad With Olives (V)**
7. **Coleslaw (V)**
8. **Thiemo's Potato Salad***
9. **Potato Salad (V)**
10. **Tomato And Cucumber Salad (V)**
11. **Spicy Sweetcorn Salad (V)**
12. **Cucumber Salad (V)**
13. **Warm Vegetable Salad (V)**
14. **Red Kidney Bean Salad (V)**
15. **Bread Dumplings Salad***
16. **Honey Mustard Pasta Salad**
17. **Cucumber's Love (V)**
18. **Carrot-Cabbage Salad (V)**
19. **Marinated Veggie Salad (V)**

BREAKY

1. **Bread Dumplings With Fried Egg**
2. **Bruschetta (V)**
3. **Pancakes (Sweet) (V)**
4. **Fresh Fruit Salad**
5. **Curried Egg On Toast**
6. **Savoury Pancakes (V)**
7. **Poached Eggs On Fried Bread (V)**
8. **Boiled Eggs (V)**
9. **Scrambled Eggs (V)**
10. **Vegetarian Fry Up (V)**
11. **Breakfast Casserole**
12. **Classic French Toast**
13. **Avocado On Toast**
14. **Huevos Rancheros**
15. **Spaghetti On Toast**
16. **Beans On Toast**
17. **Ant Flambé**

SOMETHING SWEET

1. **Vodka Jelly Turkish Delight (V)**
2. **Flaming Bananas (V)**
3. **Custard On Fresh Fruit (V)**
4. **Fresh Fruit Salad (V)**

Sloshed Fruit(V):

5. **Bananas In Foil (V)**
6. **Stuffed Apples (V)**
7. **Sponge Cake (V)**

Little Treats(V):

OverLand Pub – surviving to tell the stories

To get you started:

OverLand Pub – surviving to tell the stories; was developed to give cook groups a helping hand to make cooking for a group less stressful and ensuring a variety of dishes throughout the overlanding experience!!!!!

Most of these recipes are either quick and easy or just plain easy. Improvisation is the key. There is no such thing as exact ingredients; it's about the concept. Add your personal touch, experiment, try new ideas. After all, there is no such thing as bad camp food.

A few basic tips to help you on your way:

Shopping

To survive an overland experience you need to change the way you think about many things. Buying food is no exception. When we (the authors) think back to when we were younger and went grocery shopping, the shelves were filled with winter vegetables in winter and with summer fruits in summer. Nowadays most things are available all year round …… however, in local villages what is available is what is grown locally at this time of year.

There may not be supermarkets. Markets (the only place to shop) may seem a little overwhelming, mainly from the smell, the first couple of times. Market places are the hub of the village, this is where trading takes place, locals meet to socialise and chat about local politics. And you have the unique opportunity to experience this.

Improvise with what is available.

Meat: does not come in a nice neat package from the supermarket butchery section. It comes from a beast, which is slaughtered and hung. The beast is hung complete, you pick a section; it is then cut off the beast. The meat is likely to be a combination of cuts as one lump – T-bone steaks are unknown! Meat comes in two styles – with or without bone! Different meats which may be available in addition to the usual beef and chicken include: goat, bush pig, bush rat, monkey, camel, zebra, kudu, ostrich, springbok etc. In the absence of fresh meat, corned beef and spam can be used as a substitute particularly for bolognaise, lasagne etc.

Fire:

If you are lucky enough to cook on gas then don't read this section until your gas is finished or regulator broken. In general people tend to make fires way too big to cook on. Remember the locals cook a meal for a whole family using 3 pieces of charcoal. A fire grill is an essential item to have on expeditions.

Different fuels equals different heat settings.

Cooking on wood: wood creates far more heat but only for a short time. It also creates more smoke and carbon stains on pots and pans. Wood can be found easily all over the place except in desert like the Sahara or Namibia. Always remember especially in the Sahara it is the only fuel source for the local community and it is not regenerating. Use sparingly.

Cooking on charcoal: charcoal creates less heat but for longer periods of time. It is the cooking fuel source no.1 throughout central and east Africa. It is sold in big bags on the side of the road for very little money. And buying it supports the local community. The bag makes up half of the total price. Don't throw the empty bag away, trade it in next time you buy charcoal. The charcoal sellers will be more than happy!

How to start a fire: forget about rubbing sticks together or using flint stones it won't work with your experience and you want to eat at the end of the day. In southern Africa fire starters are available at every supermarket or service station. These are not bad but still take time and effort. Kerosene works best and is available pretty much everywhere at service stations.

Make a random pile of firewood or charcoal, pour between a quarter and half a litre of Kerosene over the wood/charcoal and light with match or lighter.

Caution: kerosene is fine and wont combust into balls of fire, it catches fir nice and slowly. Petrol is extremely dangerous and you will lose all your hair!! Diesel works as well but smells and makes food taste like diesel. Diesel is hard to light and won't catch fire unless you use burning paper or cardboard. Do not pour ANY fuel onto burning or smouldering fires. If your charcoal does not catch on after the first go fan it with a pot lid.

Pots and Pans: cooking on any fire will blacken your pots and pans beyond cleaning. To avoid blackening smear washing up liquid or washing powder mixed with water on the outside (take care not to get it inside the pot/pan). This way pots turn nice and shiny at the first rinse.
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Cooking:

Cooking rice and pasta can be a challenge for a big group. This is how we work with quantities (average eaters) and what we have found to be the easiest way to prepare.

Rice:
One extra large camping mug of dry rice serves 3-4 people. Ratio: 1 cup of rice to 2 cups of cold water. Never put rice into boiling water, always bring to the boil. Leave uncovered, cook until water is not visible and let sit for 15-20 minutes off the heat. DO NOT STIR.

Pasta:
70g – 100g uncooked pasta per person for straight pasta dishes. Add pasta to a large pot of boiling salted water, boil, uncovered, until just tender, drain. Pasta needs to move freely in a pot, ensure pasta is well covered with water.

Other tips:

Chillies and spices: Tabasco, chilli and strong herbs and spices – use sparingly unless you are sure the whole group likes it. A dash can add a nice tinge of flavour or spice but a lot can ruin a great dish. Every group is different – some groups love chilli, others don't, while most groups are a combination of liking to disliking – golden rule: you can always add chilli but you cannot take it out!!!!

Vegetarian: does not have to be boring. Quite a few of these recipes can be made vegetarian. Symbols have been used to identify solely vegetarian (V) or can be made vegetarian (*).

Leftovers: everyone hates wasting food. Leftover pasta and noodles can be made into Spaghetti on toast for breakfast or into a tasty salad the following night. Rice can also make a great salad or fried rice the following day. Curried and chilli dishes develop more intense flavours the following day.

Essential kitchen items: In addition to the usual kitchen camping equipment it is essential to have a hand mincer (for chewy beef!), good quality peelers and can openers (although we try to avoid tins we haven't found a tin opener yet that lasts 3 weeks!).

It is a great idea to stock up on little goodies prior to embarking on your expedition or as you come across a delicacy stock up for example Olives, sundried tomatoes, dried parmesan cheese, lasagne sheets etc can be found in north and southern Africa. Gravy mixes, packet soups and most common spices and herbs can be hard to find so best to stock up if you cannot live without. Rice, pasta, flour, sugar, salt, tea, coffee, powdered milk, bread are available throughout. Dried beans and lentils are available in most places, however, you need to factor in soaking time and take into consideration water usage particularly in desert regions – sometimes tins are a better option.

Final Note:

These recipes do not show quantities, unless absolutely necessary. How many onions or potatoes to add to a dish will be up to you – Today's Chefs. Much of what you do to a recipe will depend on personal taste and availability of ingredients …… let your creative thoughts flow ……..These recipes are achievable for groups 30 plus (as we have done) and most of these recipes have been tried in extreme locations like the Sahara and Nubian deserts through to the Simien mountains in Ethiopia. We believe in supporting local communities and buy as much as possible at local markets. Most days we buy the ingredients and then make a plan for meals rather than taking a shopping list only to be disappointed by lack of variety (sometimes the only fresh food available are onions, cabbage and tomatoes!)

The last word – This book is a guide, not a cookbook ……

SNACKS AROUND THE FIRE

1. Garlic bread

Bread – baguettes or rolls are best
Marg or oil
Garlic – loads crushed
Foil
Parmesan cheese (optional)

In a bowl mix margarine and crushed garlic. Cut baguettes into thick slices; do not complete the cut so the base of the baguette is still attached.

One each side of bread spread on the mixture – do not skimp, nothing worse than half garlic bread. Sprinkle a light coating of grated cheese on top.

Wrap each baguette in tin foil and place on the BBQ grill. Turn after a few minutes, serve hot.

Variations:

Garlic and Herb bread: Add a selection of herbs to the margarine and garlic mixture – oregano and basil are popular favourites

Herb Bread: Substitute garlic for herbs.

2. Homemade Pate

This is perfect this recipe when organising a pig on the spit. Ask the crew to request the liver (you won't get any fresher anywhere in the world).

Pork liver – fresh
Onions – diced finely
Garlic - crushed
Red wine
Cream – optional
Pepper
Mixed herbs
Salt
Water
Sugar – a touch
Bacon – optional

Take the liver and remove all discoloured areas and veins. These parts are often bitter so very important. Slice the liver into thin slices. Fry onions, bacon and garlic in a little oil, until onions are soft. Add liver, brown each side, cook until centre is just turning from pink to tan.

In the mincer, mince onions, bacon garlic and liver. Add seasonings, a splash of water and red wine. Mix through and mince again. Mix in cream and mince again. Keep repeating process until the pate is a smooth paste. For course liver do not mince as many times.

Set aside. Let cool and serve with crackers

3. Guacamole

2 Avocadoes – very ripe
Garlic - crushed
Lemon juice
Tabasco – a dash
Tomatoes – diced finely, ripe
Pepper and salt

Remove avocadoes from the skin and discard pip. Add lemon juice and mash into a smooth paste. Mix in tomatoes, garlic, pepper and salt and a dash of Tabasco. Serve on fresh bread, toast, corn chips or crackers

Variation: Substitute Tabasco for sweet chilli sauce

4. Salsa

6 Tomatoes – finely diced
1 Cucumbers – finely diced
2 Onions – finely diced
Garlic - crushed
Tabasco – a dash
Chilli sauce – a bigger dash
Salt and pepper
Mixed herbs

Mix all the above together in a bowl. Serve with corn chips, crackers or as a side dish.

5. French Onion Dip

Packet of French onion soup
Cream cheese or crème fraiche

Mix the above ingredients together in a bowl. Serve with corn chips, crackers, toast, fresh bread or on pasta.

Variation: This recipe works with most packet soups i.e. chicken, corn, pea and ham ……

6. Garlic Dip

4 Hard boiled eggs
2 Egg yolks
Salt and pepper
Lemon juice
Garlic – crushed, loads
Oil

Shell and halve the hard boiled eggs. Take out the yolks, and finely chop them, add to the egg yolks, salt, pepper and lemon juice. Add garlic to the mixture. Gradually beat in the oil a little at a time to make a creamy mayonnaise.

Chop the hard-boiled egg whites, stir into the dip and serve

7. Camp Brushetta (V)

Bread – preferably thickly sliced
Tomatoes - diced
Basil
Garlic - crushed
Oil
Pepper

In a pan place tomatoes, basil, pepper and garlic – fry until just soft. Brush oil over bread and toast. Place tomato mixture on toast and serve.
Note: this can also be served as a quick and easy main meal ……

8. Roasted Grubs

Grubs or other larvae
Open fire & rock

Dig up grubs or other larvae. Set on hot rock near fire for 5 minutes or so, until crunchy.

9. Golden Pasta Bites (V)

Pasta – fusilli, ribbons etc
Plain flour
Eggs – lightly beaten
Breadcrumbs
Oil

Add pasta to a large pot of boiling water, boil, uncovered, until just tender, drain. Rinse under cold water, drain. Let dry (can pat dry with absorbent paper). Lightly toss pasta in flour, shake away excess flour. Dip pasta in eggs and then breadcrumbs.

In a pan, heat oil (oil must be very hot). Deep fry pasta in batches until golden brown. Drain in colander or using absorbent paper.

Serve hot with any of the following:

Garlic mayonnaise: Add crushed garlic, mustard, finely diced peppers and parsley to mayonnaise and blend together.

Plum sauce: combine soy sauce, plum sauce, plum jam, oil, water, chilli (dash), and red wine into a pan. Stir in blended cornflour and wine, stir over heat until sauce boils and thickens.

Cheese sauce: prepare as per instructions on package

Satay sauce: blend smooth peanut butter, water, soy sauce, oil, lime juice, vinegar, crushed garlic, grated ginger and sugar in a pan, heat through.

Sweet and sour sauce: blend soy sauce, oil, crushed garlic, ketchup and vinegar together

Or serve with Vegetarian Chilli, Baked Red Pepper and Garlic Pasta, Spicy Tomato Sauce or as a side dish.

10. Roasted Grasshopper/Cricket

Crickets or grasshoppers (as many as you can catch)
Open fire

Remove legs and wings. Fry quickly in hot frying pan. No oil required. Makes a good beer snack around the campfire. Very good with a touch of chilli powder or dipped into melted chocolate. Unfortunately the red grasshoppers found in the Sahel are skin and bones and therefore rather disappointing. The fat green ones found in central Africa are delicious.

11. Popcorn

Corn
Salt or sugar
Oil

In a large pot heat some oil. Add corn to pot and place lid on top. Wait for the popping. Shake the pot to prevent corn from burning on the bottom. Remove from heat, wait until popping stops then open lid. Serve with salt, or for those with a sweet tooth, sugar

SOMETHING TO SLURP ON

1. Chicken Noodle Soup

Chickens – whole
Noodles – 2 minute, broken
Stock cube
Onions – roughly chopped
Salt
Water
Pepper
Carrots – grated
Courgettes – grated
Bay leaves
Worcester sauce

Place stock cube, bay leaves, onions and chicken in a deep saucepan, season with salt and pepper and cover with water, cover and cook on medium for an hour or so, until chicken starts falling off bone.

Take chicken out of pot and separate the meat from the bones, put meat back into stock, discard bones. Add carrots, courgettes and Worcester sauce. Cover and simmer for about 30 minutes. Add noodles. Serve once noodles are soft.

Variation:

Easy chicken noodle soup: place stock cubes in a pot of boiling water with onions, bay leaves, and roughly chopped garlic. Simmer for 15 minutes. Add grated carrots and courgettes, simmer for a further 10 minutes. Add noodles, serve once noodles are soft.

Vegetable noodle soup: Same as above but substitute chicken stock cubes for vegetable stock cubes. Add more grated vegetables, a little more salt and pepper and maybe a touch of Worcester or brown sauce.

Instant noodle soup: Packet soup from the truck. Prepare as per instructions, add noodles in the last few minutes, once noodles soft, serve.

2. Udon noodle soup

Udon noodles or 2 minute noodles
Carrots – sliced thinly
Spring onions – sliced thinly
Spinach or cabbage – finely sliced
Stock cubes
Eggs
Soy sauce
Pepper

Put crumbled stock cubes, carrots and onions into a pot of water. Bring to the boil, then reduce heat until carrots are soft. Add noodles, spinach, soy sauce and pepper. Bring to the boil and cook for a few minutes.

In a bowl, whisk eggs. Heat frying pan, pour eggs in to form a pancake. Cook until down. Remove, roll it up and slice into thin strips. Set aside.

Serve soup with egg garnish.

This is a very simple base. You can add all sorts to spice up this recipe: like coriander, basil, meat (cut into very thin strips), various other vegetables like broccoli, cauliflower, cucumber, chilli …. Be as creative as you like.

3. CHICKEN & CABBAGE SOUP

Chicken – chopped into pieces (bone in or out)
Cabbage – chopped
Potatoes - chopped
stock cubes
tomato paste
Tomato sauce for pasta (ready made)
Garlic – crushed
Onion - chopped
Salt & Lemon Pepper
Tabasco sauce – use with caution
Bay leaves
Herbs and spices of choice

Fry chicken until juices run clear. Sauté garlic and onion until soft. Pour tomato sauce and paste into large pot. Add stock cubes, cabbage, garlic, potatoes and chicken and spices. Bring to boil and then simmer for an hour or until potatoes are soft.

4. Onion Soup

Onions – loads sliced into fine rings
Garlic – crushed
Oil
Tabasco sauce – a dash
Cayenne pepper and nutmeg – a pinch of each
Stock cubes
Water
Dry white wine
Parmesan

In a pan, brown onions and garlic. Add Tabasco, cayenne and nutmeg, stock cubes and water. Bring to boil and then reduce to simmer for about 30 minutes. Add wine, continue cooking for a little while longer.

Serve in bowls with a dash of parmesan on top. Serve with fresh bread.

Minestrone*

Tomatoes - chopped
Beef stock cubes (can substitute beef for veg stock cubes)
Macaroni – or any pasta
Carrots - diced
Onions - sliced
Courgettes - diced
Tomato paste
Red kidney beans - tinned
Leeks (optional) - sliced
Sugar - tablespoon
Spinach (optional) - chopped
Parsley

Fry onions. In a pot of water add stock cubes, and onions, bring to the boil. Add tomatoes and macaroni, simmer uncovered for 10 minutes. Add rest of vegetables, paste and sugar. Bring to the boil, simmer, uncovered, for a further 15 minutes or until veg are tender. Stir in spinach and parsley just before serving.

Note: Can make your own stock if preferred using meat bones – brown meat, add to boiling water and simmer for an hour.

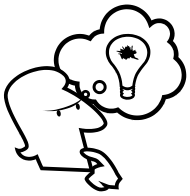
Add some chilli powder or mustard seeds to lift the flavour.

5. Beansaroni Soup (V)

Beans – tinned, rinsed (any variety)
Onions, carrots – chopped
Tomatoes – diced
Garlic - crushed
Pasta
Stock cubes - vegetable
Water
Soy sauce
Herbs of choice
Salt and pepper to taste

Fry onions and garlic in a pan. Add stock cubes and water. Bring to boil. Add tomatoes, carrots and beans, soy sauce, herbs and salt and pepper. Simmer for 20 minutes. Increase heat and add pasta, cook until pasta is tender. You may need to add a touch more boiling water to pot. The consistency desired is a thick chunky soup.

Serve with garlic and herb bread.



GRUB OF THE DAY

1. Fried Rice (V)

Fried rice can make an excellent main meal. Quick and easy. Or an extra special side dish.

Rice
Salt
Onions – sliced thinly
Garlic - crushed
Margarine/oil
Carrots – finely diced
Peas
Eggs
Soy sauce
Pepper
Brown sauce

Cook rice, let stand and cool in a colander – must be cold and cooked properly otherwise the rice will become gluggy when fried. Fry onions and garlic in pan until soft. Add carrots and peas. Cook until soft. Add pepper and soy sauce and brown sauce. Add rice and keep stirring constantly.

In a bowl beat eggs. Pour into the pan in a thin stream, stirring all the time, so that the egg sets in pieces.

Serve as a side dish or main meal.

Variations:

Special fried rice: use one type of meat or a combination of red and white meats and/or seafood. Cook finely sliced meat first and then add.

Vegetable: Add finely sliced vegetables such as broccoli or courgettes, variety of beans.

Spice it Up: Add chilli powder for a kick, and a dash of honey and serve with lemon juice squeezed on top.. For a slight subtle tinge add sweet chilli sauce.

2. Pizza*

Quick and easy homemade pizzas. Perfect for gas or open fire.

For the dough (makes 10 small pizzas):
1 kg self-raising flour
4 teaspoons of salt
500 g melted margarine or butter (oil can also be used)

Mix flour and salt together in a bowl, add tablespoon of margarine and mix together. Add small amounts of cold water and lightly knead. Transfer dough onto floured surface and continue lightly kneading for a few minutes. Divide dough into 10 even portions. With floured hands pat the dough out into even circles.

In a pan for each pizza add 1 tablespoon of margarine. Put the dough in the pan and brown one side (5 minutes). Flip the dough over, add a thin layer of tomato paste, some cheese (or cheese sauce) followed by toppings and continue cooking for a further 5 minutes and serve ……

Toppings need to be precooked or preheated before adding to the pizza.

Suggested toppings:

- Fried onions, tomatoes, garlic, olives, peppers and mixed herbs
- Aubergines and courgettes marinated in garlic and chilli and grilled (best grilled on the fire grill)
- Pineapple and ham (or tinned spam)
- Tuna, onions and peppers
- Classic tomato, garlic and mixed herbs (add some chilli - use sparingly for a kick)
- Minced meat, onions and garlic
- Caramelised onions
- Bacon and eggs

Serve with green salad.

3. Easy tomato sauce for pasta (V)

This is a very simple tomato sauce recipe. You can use this as a base and add a variety of extras to spice it up. Serves 10

3 tins of tomatoes (225g tomato tins), if fresh are not available
500ml of chicken stock (make up from stock cubes)
Loads of garlic
Oregano (or mixed herbs)
Pepper

Add the tomatoes and stock to a pan. Peel and crush garlic adding a little salt and add to pan. Stir in the oregano. Taste. Bring to the boil and then reduce. Add salt and pepper to taste.

Perfect with meatballs, crumbled corned beef, chicken ……..

4. Meatballs/burgers

Easy meatball/hamburger recipe, a little more time consuming than some other recipes but will bring extra cheers when dinner is served.

Meat (boneless), often difficult to buy minced meat but don't despair the truck has a meat mincer.
Grated onions
Grated carrots and/or courgette and/or corn (adds bulk to mixture – the more bulk the more meatballs/hamburgers!!!!)
Eggs
Tomato paste (optional) a couple of healthy tablespoons
Flour – added to bind
Garlic
salt, pepper, mixed herbs, Worcester sauce, Soya sauce, Tabasco, rosemary, BBQ sauce, mustard …… just about anything to taste!!!!!!!

In a bowl mix together minced meat, onions, garlic and carrots/courgettes. Add eggs and tomato paste and stir in. Add flour, small amounts at a time mixing into the mixture until the mince has a nice sticky consistency. Add mixed herbs or what ever to taste.

With floured hands, form the mince into balls about the size of golf balls. To make into hamburgers make mince into larger balls and flatten out to shape like a patty.

In a frying pan add cooking oil. Add a few meat balls/burgers at a time, turning to brown all sides. Continue for about 5 minutes until all are browned. If adding to "Easy tomato sauce for pasta", place meatballs in tomato sauce and continue simmering for 10 minutes. If serving alone, continue cooking in fry pan until cooked all the way through.

Serve with pasta or rice and salad.

Variations:

Tuna Patties - replace meat with tuna, take out the tomato paste. Instead of placing patties into flour only, with tuna patties it is best to place each Pattie in flour, followed by egg wash (eggs whisked in a bowl with a dash of water) and then roll in breadcrumbs. Let sit for 20 minutes in a cool place and then fry.

Hamburger: serve on a bun with tomato, lettuce, cucumber, cheese, fried onions, fried bacon with your choice of mayonnaise, ketchup, BBQ sauce or mustard.

5. Vegetarian Burgers

Very easy to make. Either lentils or red kidney beans provide the base to this recipe – but infact any bean variety could be used.

Tinned Lentils and or/ red kidney beans – washed, mashed
Egg
Grated onions
Grated carrots/courgettes/cabbage
Flour (to bind)
Crushed garlic
salt, pepper, mixed herbs, Worcester sauce, Soya sauce, Tabasco, rosemary, BBQ sauce, mustard …… just about anything to taste!!!!!!!

Mix all ingredients into a bowl except the flour. Add the flour to mixture. This recipe often has more liquid than making meat burgers, so a little more flour may be needed.

Shape into flat rounds and fry in a pan or on the BBQ grill. It is always a good idea to cook one first to test the burgers binding ability……

Serve in buns with the usual burger salads or serve on a plate with salad.

6. Jambalaya*

Traditionally this is a chicken dish, but any meat can be used

Meat
Cooked leg ham – spam (optional)
Risoni pasta or rice
Onions – chopped
Peppers – chopped
Tomatoes – chopped
Tomato paste
Garlic – crushed
Stock cubes – crumbled
Water – double amount equivalent in pasta or rice.
Chilli powder – sprinkle
Pepper – good serving
Thyme leaves – sprinkle
Black olives

Cut meat into strips. Heat oil in pan, add meat cook until lightly brown. Remove chicken from pan and set aside. Add onions, garlic, pepper to pan, cook until onion is soft. Stir in tomatoes, tomato paste, stock cubes, water, pasta, chilli, peppers and thyme. Bring to the boil, simmer covered, until pasta is tender.

Add chicken, ham, olives to pan and simmer further until most of the liquid has been absorbed.

Serve.

7. Pot Roast

This recipe would be difficult for a large group but if the group is small, this is an easy, one pot wonder

Meat – big chunk for roasting – clean off the bits that don't look that attractive
Potatoes – peeled cut into large pieces
Carrots – peeled and into chunks
Onions - sliced
Stock cubes
Pepper
Garlic
Water
Green beans
Flour
Bay leave

In a large pan brown fry onions and garlic, until onions are soft. Add meat and brown all sides. Transfer onions, garlic and meat into large pot. Add some water (not too much) and stock cubes, bay leaves and pepper. Simmer. Leave alone for an hour or so except to turn a couple of times, and maybe add a little more water.

Add potatoes and carrots to the pot. The vegetables will take on the flavour of the stock so try and get them in the stock but do not completely cover the meat in the stock. When potatoes are half done add green beans. Cook until soft.

When the meat juices run clear – she is ready!!!! Remove meat from pot and set aside for at least 10 minutes (the meat needs to rest before carving), in the meantime remove the potatoes, carrots and beans.

With the juice still in the pot bring to the boil and add some flour. Stirring continuously until sauce thickens. Carve meat and serve.

8. Spicy Fish with Olives and Sundried Tomatoes

Fish fillets
Pasta
Onion - diced
Garlic

Sun dried tomatoes
Black olives
Pepper
Chilli sauce or powder

Add onion and garlic to pan, cook until onion is soft. Stir in chilli sauce, pepper and sun dried tomatoes. Add fish to pan, cook over low heat, until tender; add olives. Add pasta to a large pot of boiling water, boil, uncovered, until just tender, drain.

Serve pasta with fish mixture

9. Spicy beef and pasta casserole*

Pasta
Minced meat
Onions - chopped
Pimientos or peppers - chopped
Tomatoes – very ripe fresh or tinned
Corn kernels - tinned
Oil
Chillies – chopped, use carefully
Garlic – loads crushed
Pepper
Mozzarella cheese or cheese sauce

Add pasta to a large pot of boiling water, boil, uncovered, until just tender, drain. In a separate pan fry chillies, onion, garlic, and peppers until onions are soft. Add mince, cook until browned. Add tomatoes, corn and pepper.

In a large greased dish, spoon a layer of pasta, followed by a layer of mince and finally a layer of cheese. Continue this pattern until all ingredients used. Sprinkle remaining cheese on top.

Cover with foil and place on hot coals. Place a layer of coals on top of the dish. Cook for about 45 minutes.

10. Honeyed Lamb with noodles

Egg noodles or pasta
Fillets of lamb (or whatever other meat available) – cut into small chunks
Cornflour
Oil
Ginger – grated
Honey
Lemon juice
Water
Soy sauce

Add noodles to a large pot of boiling water, boil, uncovered, until just tender, drain. Keep warm.

Toss lamb in flour to coat. Place in pan with hot oil and deep fry until golden brown. Remove lamb

Combine ginger, honey, juice, and water in pan. Stir over heat until sauce boils and thickens. Add lamb, stir until heated through. Serve over noodles.

11. Baked pasta frittata with tomato wine sauce*

Risoni pasta or rice
Tomatoes – very ripe and fresh or tinned, chopped reserving liquid for sauce
Mushrooms – roughly chopped
Salami or other meat substitute
Grated tasty cheese
Eggs – lightly beaten
Parsley
Breadcrumbs
Parmesan cheese

Tomato wine sauce
Water
Dry white wine
Tomato paste
Parsley – fresh preferred by dry will do

Add pasta to a large pot of boiling water, boil, uncovered, until just tender, drain.

Combine tomatoes, mushrooms, salami, tasty cheese, eggs, parsley and pasta in bowl; mix well.

Combine breadcrumbs and parmesan cheese, add half to well greased pan, shake crumb mixture around base and side to coat evenly. Spoon pasta mixture into pan. Press lightly, sprinkling with remaining crumb mixture. Bake on hot coals, covered and place coals on lid. Once cooked take off heat and let stand for at least 10 minutes.

Tomato wine sauce: combine reserved tomato juice with remaining ingredients in pan. Bring to boil, simmer, uncovered until thickened.

Slice Frittata and pour sauce over top and serve.

12. Soya Bean Casserole (V)

Onions - chopped
carrots – chopped
Peppers - chopped
courgettes - chopped
Soya beans – canned or rehydrated
tomatoes – canned or fresh, chopped
Stock cubes
basil
flour
water

Sauté onion in a little oil in a pan. Add carrots, peppers, courgettes, tomatoes, basil and stock cubes and cook stirring occasionally until vegetables soften. Add Soya beans and simmer.

Blend flour in a little water and stir into mixture to thicken. Add salt & pepper if needed.
Serve with rice or on toast or with Damper.

New Mexico Cactus Chilli*

Oil
garlic - crushed
onions - chopped
peppers - chopped
Tomatoes - chopped
chilli beans or red kidney beans canned or rehydrated
Jalapeno peppers - chopped
Cactus (optional but vital ingredient) - chopped
sausages
meat - cubed
can tomato juice
tomato paste
stock cubes
Salt and pepper
chilli powder – use sparingly
ground cumin
Paprika
coriander seeds
Tabasco sauce – use sparingly

Sauté garlic and onions in oil until transparent, add cactus and sauté for 5 minutes. Set aside.

Brown sausage and meat, add salt to taste. Cook for about 20 minutes. Add onion mixture, green peppers and spices. Cook and stir for 5 minutes. Add tomato juice, tomatoes, and stock cubes. Bring to a boil; cover and simmer for one hour, stirring occasionally. More water may need to be added.

Add Tabasco, jalapenos, and beans. Simmer for ½ hour.

Serve with rice.

13. Fish on the Grill

Fish – whole or fillets
onion – sliced and separated into rings
Margarine or oil
lemon juice
parsley
Dill
Salt and pepper
paprika

Use heavy aluminium foil cut into squares. Place equal portions of the fish on each piece of foil.

In a saucepan, melt margarine. Add lemon juice, parsley, dill, salt and pepper. Stir to blend well. Pour this mixture over the fish, sprinkle with paprika, and top with the onion slices which have been separated into rings. Fold the foil over the mixture to enclose. Leave a little space for the food to expand while cooking.

Place on a hot grill and grill for 5-7 minutes per side. Fish should flake easily when done.

14. Campfire Spam and Red Sauce

Spam.
Tomatoes - diced
onion - diced.
Tomato paste

water.
Dried basil
oil.
Garlic - crushed
black pepper.

Dice the Spam and sauté in oil in a large pan. Stir until most of the fat from the meat comes out. Add the onion, and continue to stir until nearly transparent. Add garlic, diced tomatoes, tomato paste and water. Mix in basil and black pepper simmer, stir occasionally until tomatoes are soft.

Serve over pasta, or on mashed potato or on its own with salad

15. Teriyaki Chicken

Chicken – boneless or bone in, cut into chunks
Soya Sauce
Oil
Garlic - crushed
Ketchup
Vinegar – splash (Optional)

Mix all ingredients together. Marinade chicken in sauce for 5min - 1hour. Cook on the bbq or in tinfoil on the fire. Serve with stir fry veg and rice.

16. Chicken Cacciatore

Chicken
peppers - chopped
onion – chopped
Carrots - chopped
Mushrooms - sliced
tomatoes – fresh or tinned, diced
Tomato paste
Worcester sauce
Dried Italian herbs
garlic crushed
Grated Parmesan Cheese (optional)
And any other vegetables you desire

Fry onions, garlic and chicken until done. Add tomatoes, tomato paste, Worcester sauce, peppers, carrots, mushrooms and any other veg and herbs to chicken. Let cook until veg tender and chicken cooked.

Serve with rice or pasta, sprinkle parmesan over top.

17. complete dinner in a pouch

Sausage – any type preferably cabanossi or boerwors, roughly chopped
potatoes – peeled and diced
onion - diced
green pepper - diced
margarine
Garlic - crushed
onion powder
salt - to taste
black pepper - to taste
paprika - to taste

One pouch per person.

Combine all the above into a bowl. Mix well. Splitting the mixture into equal portions per person lay each portion on tin foil and wrap. Double wrap if going onto coals.

Cook each parcel for about 20 minutes or until tender.

18. Stir Fry Vegetables (V)

Carrots –finely sliced length-ways
Cabbage – finely sliced
Onions - sliced
Peppers - sliced
Courgettes – sliced length-ways
Garlic - crushed
Ginger - grated
Pepper
Soy sauce
Vinegar (white) - dash
Vegetable stock cube
Flour and water (optional)

Fry garlic, ginger and onions until soft. Add carrots and courgettes, cook for a few minutes then add cabbage and peppers and crumbled vegetable stock cube. Add soy sauce, vinegar, and pepper. Cook until just tender. Add flour and water to thicken sauce (optional)

Serve on rice

19. Tuna Pasta

Easy golden oldie, serve with salad and fresh bread or for something with a little zinge garlic bread.

Pasta (shells or tubes are recommended if available)
Tinned tuna (hint: one of the large tins 1.7kg – more than enough for 30 people)
Chopped large ripe tomatoes
Sundried tomatoes (optional)
Onions (loads, sliced)
Sweet corn – tin, drained
Garlic
Salt and pepper
Sweet chilli sauce - use sparingly (optional)

Bring a large pot of water to boil. Add 3 tablespoons of salt and 2 tablespoons of oil. Add pasta and cook until soft and tender.

Drain and flake tuna. Chop tomatoes, peel and crush garlic. Heat oil in a frying pan. Sauté onions, tomatoes, corn and garlic for a few minutes.

Add the tuna. Heat through, season with salt and pepper. Add a few generous tablespoons of sweet chilli sauce.

Drain the pasta and toss with the tuna mixture. Serve immediately

You can add more veg to this recipe or spice it up with a dash of Tabasco or fresh chillies. A white sauce can be added to give a creamy texture (see White sauce recipe).

20. Bangers and Mash

Sausages – English pork or whatever available
Potatoes – peeled and chopped
Milk
Margarine
Salt and pepper
Gravy mix

Place potatoes in a large pot of boiling water. Cook until very soft. Drain. Add margarine, salt and milk and mash. In the meantime fry sausages in a pan or BBQ them on the grill.

In another pot combine gravy mix with water and cook according to instructions.

Serve with salad.

Gravy alternatives:

Onion gravy: sauté onions and garlic and then add water and gravy mix
Red wine gravy: in a pot heat red wine, reduce slightly and then add gravy mix, simmer until thickened.

21. SPICY VEGETABLE STIR-FRY WITH PASTA (V)

Pasta
Onions – chopped
Peppers – chopped
Eggplant – chopped
Tomatoes – chopped
Black olives
Oil
Vegetable stock cubes - crumbled
Thyme
Bay leaves
Water
Red wine
Chilli powder or sauce

Fry onions and peppers in a pan until onions are soft. Stir in eggplant and tomatoes, cook over low heat for a few minutes. Add vegetable stock cubes, thyme and bay leaves, chilli powder, water and wine. Bring to boil, then simmer uncovered for approximately 15 minutes. Add olives, remove bay leaves.

Add pasta to a large pot of boiling salted water and cook until tender. Drain. Place back in pot.

Add mixture to pasta and toss. Serve with garlic bread.

Variation:

Spicy meat stir-fry with pasta: add sliced meat. Brown meat with onions and peppers and then continue as above.

22. Sausages and Pasta

Something a little different to bangers and mash. Quick and tasty meal.

Pasta
Sausages (frankfurters can be used as a substitute)
Onions - sliced
Peppers - chopped
Tomato soup
Oregano, salt and pepper

Bring a large pot of water to boil. Add 3 tablespoons of salt and 2 tablespoons of oil. Add pasta and cook until soft and tender. Drain pasta.

Meanwhile, fry sausages in a pan until browned approx. 5 minutes. Remove from pan and chop into thick slices (i.e. 4-5cm thick). Add onions and peppers to pan and fry until soft, add tomato soup and oregano. Add sausages. Season to taste. Simmer for 5 minutes.

Serve pasta with sausages on top.

23. Vegetarian Chilli (V)

Black beans – tinned, rinsed
Red kidney beans – tinned, rinsed
tomatoes – diced and/or fire roasted
Oil
Garlic - crushed
onions - sliced
carrot - sliced
Peppers - sliced
1 jalapeño or medium hot chilli - diced
Cayenne Pepper
Cumin
Cinnamon
Garlic Salt
Black Pepper
Chilli Sauce
Italian Seasoning Mix
Salt

In a large pan, sauté onions and garlic until transparent. Add carrots and cook until tender. Add peppers and jalapeño until cooked. Add herbs, spices and tomatoes. Add beans, stir gently until mixed. Taste. Add more herbs and spices if required. The cinnamon will mask the intensity of the spicy smell.

Cover and cook for 20 minutes or more on a low heat (remember to stir occasionally). The sauce and mixture should begin to thicken. Serve with rice, pasta, baked or mashed potato.

Suggestions: add corn, courgettes, Creole seasonings, any other veggies, a dash of nutmeg, or cheese on top.

24. Quick Paella*

Traditional paella takes hours to cook. Here is a quick but tasty version.

Rice (long grain preferable but whatever is available)
Tuna
Meat
Chicken stock
Onions - diced
Margarine/butter or oil
Peppers - sliced
Can pimento
Peas
Red kidney beans
Garlic
Salt and pepper
Turmeric
* stock: rice ratio is roughly 2:1

Sauté garlic and onions in a large fry pan in margarine and oil. Stir in the rice. Stir until well coated with margarine. Add the stock and turmeric. Bring to the boil then reduce heat. Add chopped peppers and pimento to pan. Cover and simmer for 10 minutes.

Add tuna, peas, red kidney beans, simmer until all liquid has evaporated and rice tender. Salt and pepper to taste.

Serve immediately.

25. Noodles and Vegetables with Satay Dressing (V)

Egg noodles – or any pasta will
Oil - splash
Corn - tinned
Cucumbers – cut into strips

Satay dressing

Smooth peanut butter – a good helping
Water – healthy splash
Soy sauce – good dash or two
Oil - splash
Lime juice (or lemon) – healthy squirt
Vinegar (prefer rice but white wine will do) - splash
Garlic – crushed – lots
Fresh ginger – grated – small amount
Sugar – a sprinkle

Add noodles to pot of boiling water, boil, until tender, drain. Toss noodles with oil in bowl. Cut cucumbers into strips, add cucumbers and corn to noodles. Add dressing, toss well and serve.

Satay dressing: combine all ingredients in pan, stir over heat until combined and heated through; do not boil.

26. Campfire Roast

Who said you can't have a Sunday roast while on an overland trip ……..

Hunk/s of meat for roasting
garlic - diced
oil
onions - diced
Salt and pepper to taste
Italian Seasoning
Red wine (optional)

Prepare the fire, wait until the coals are glowing red but not on fire. In a bowl mix oil, garlic, salt, pepper, and Italian seasonings.

Score the meat using a knife. Massage the above mixture into the meat. Place on foil and turn the sides up to create a bowl. Pour in a couple of generous splashes of red wine. Take sides of foil and loosely seal. Add another layer of foil.

Place on hot coals, with the shovel place coals over the top. Leave to cook until juices run clear. To prevent drying out add more wine halfway through cooking. Roast takes between 1-3 hours depending on size.

Serve with baked potatoes and honey-glazed peas and carrots

27. Roast Chicken in beer marinade

Chicken – whole
Salt and pepper
Garlic
Beer
oil

Prepare the fire, wait until the coals are glowing red but not on fire.

Massage salt, pepper and garlic over chicken. Place on a piece of oiled foil. Lift sides to create a bowl. Pour a can of beer over the top. Pull sides up and cover entire chicken. Place another layer of foil over the top.

Place on hot coals, cover with coals and leave to cook – 1 – 2 hours

Serve with potato wedges and salad

28. Chicken Stuffing

For roast chicken

Herbed buttery bread stuffing

White bread or soft white breadcrumbs
Margarine or oil
Onions – finely diced
Celery – finely diced
Parsley, thyme, rosemary
Stock cube
Salt
Pepper

Break bread up into small pieces. In a pan, fry onions and celery until soft, stir in parsley, thyme, rosemary, pepper and a good shake of salt. Add bread, stir until all moisture has been absorbed. Take off heat and let cool down.

Once cool, add stock cube and work together with hands. Mix well. If too dry add a dash of wine, milk or water and mix through.

Stuff the chicken just before it is about to go onto the fire.

29. Bread Dumplings (also can be used as stuffing)*

Bread – stale, the older and drier the better, cut into small cubes
Eggs
Milk
Salt and pepper
Bacon cubes or pork fat

Mix all together to a dough consistency – firm but still moist. Form fist size balls and put in salted boiling water for 20 minutes. Serve with roast pork and gravy, alternatively pig or anything on the spit.

Note: If too many are made, don't despair they make a great Bavarian breakfast. Slice and fry dumplings, serve with a fried egg on top.

Make a great salad the following day: sliced bread dumplings, sliced onions, vinegar, a touch of oil and salt and pepper.

30. Goat with Potatoes

Goat – boneless preferably– cut into chunks
Potatoes – peel, in large chunks
Onions – roughly copped
Tomato paste
Ketchup
Salt and pepper
Stock cubes
Flour
Water

Coat goat in flour. In a pan with oil, lightly fry goat and onions until golden brown on all sides.

Transfer into a pot, add stock cubes, water, tomato paste, salt, pepper, and a healthy squirt ketchup. Cover and simmer for 1-2 hours. Until goat begins to become tender.

Add potatoes to the pot and cook through. Serve with salad.

31. Hot Dogs

Quick, easy and satisfying.

Frankfurters – tinned
Hot dog rolls or baguettes
Onions - sliced
Bacon – in small pieces
Cheese – grated
Salsa (see recipe)

On the BBQ grill onions and bacon together. Fry Frankfurters on BBQ also. Take each baguette slice longways, place a frankfurter, followed by onions and bacon, cheese, and topped with salsa. Serve.

Variations: Instead of salsa add your favourite topping of ketchup, brown sauce, BBQ sauce, mustard or pickles ……..

32. Pan fried fish

Fish fillets or whole
Flour
Salt and pepper
Lemon juice

Heat pan with a little oil. Mix flour, salt and pepper together. Dust fish in flour mixture. Fry each side until done. Fish flesh starts to separate once cooked. Sprinkle with lemon juice and serve.

Serve with rice and salad

33. Garlic Shrimp

Shrimps or prawns – shelled, deveined and washed
Margarine/Oil
Garlic – loads
Salt and pepper to taste

In a pan melt a healthy serving of margarine. Add garlic, fry until golden. Add shrimps. Cook for only a couple of minutes. If large amounts, cook in batches – ensures the pan temperature stays hot and the shrimps are covered in garlic and margarine.

Serve with rice

34. Prawns with Thiemo's famous Seafood Sauce

Whole prawns – preferably king
Pot of boiling salted water.
Lemon juice
Salt and pepper to taste
Chilli powder - dash
Heinz ketchup
mayonnaise
jim bean (must be JB)

Place whole prawns in a pot of boiling water. Boil for a few minutes and serve.

Seafood sauce: blend lemon juice, mayonnaise, ketchup, salt and pepper, chilli and JB. Mix, and serve with prawns. Serve with: more prawns

35. Salt and pepper squid

Squid - cut into tubes or chunks
Salt and pepper – lots of
Oil
Heat oil in a pan, throw in squid with salt and pepper. Cook at high heat for a couple of minutes. Serve with salad and rice or noodles.

36. Crab and noodle salad with lemon dressing

Noodles
Celery – chopped
Apples - chopped
Lemon juice
Dill
Crab meat –cooked

Lemon dressing
Mustard
Sugar
Vinegar
Lemon juice
Oil

Place noodles to a large pot of boiling water, boil, uncovered, until just tender. Remove, rinse under cold water, drain and set aside. Combine celery, apple, juice, dill, crab, noodles and dressing in a bowl; mix well. Lemon dressing: Combine all ingredients and mix well.

37. Eggplant and Olive Pasta (V)

Pasta
Eggplants – chopped
Onions – chopped
Garlic – crushed
Salt
Oil

Tomatoes – canned or fresh – the riper the better
Tomato paste
Vinegar - splash
Sugar -
Oregano
Black olives

Add pasta to a large pot of boiling water, boil, uncovered, until just tender, drain. Rinse under cold water, drain. Sprinkle eggplant with salt and let stand for 20 minutes (optional).

Rinse eggplant under cold water, drain. Heat oil in pan, add onions and garlic, cook until onion is soft. Add tomatoes, eggplant, paste, vinegar, sugar and oregano. Bring to the boil, simmer, uncovered until slightly thickened and eggplant is soft.

Stir in pasta, add olives. Toss until mixed. Serve.

38. Baked red peppers and garlic with pasta (V)

Pasta	Oil
Peppers - lots	Sugar – a sprinkling
Garlic – loads, crushed	Basil (fresh is better but dried will do)

Cut peppers into strips, combine peppers, garlic, basil, oil and sugar in a bowl stir to ensure peppers are covered in marinade. Let sit for 20 minutes or so. Add pasta to a large pot of boiling water, boil, uncovered, until just tender, drain. Return pasta to pot

Roast peppers on BBQ hot plate until soft and slightly charcoaled on the outside. Add peppers to pasta, add a little more basil and salt and pepper to taste. Stir gently and serve.

Suggestion: add a bit of spice to this recipe by adding chopped fresh chillies, thyme and sun dried tomatoes.

39. Beef and Rice casserole*

A one pot wonder that is quick and easy and will not disappoint.

Meat - medium pieces	tomato soup (or other flavours are on the truck)
long grain rice	oregano, salt and pepper
onions chopped	red kidney beans (tin)
cloves garlic, crushed	aubergines, chopped
peppers, roughly chopped	other veg of choice, chopped

Brown meat in frying pan, add onions, peppers, garlic, beans and aubergines and other veg, cook until soft. Stir in tomato soup. Stir in rice and oregano, salt and pepper to taste. Cover and simmer for 40 minutes or until rice is tender and most of the liquid has been absorbed.

40. Egg Curry (V)
Simple and quick. This recipe provides the basis for any curry.

Eggs – hard boiled, peeled	sultanas/peanuts (optional)
rice	milk (optional)
curry sauce mix (in bulk food)	Spices to taste

Make up curry sauce mix according to instructions, put into a large pot and bring to the boil, reduce to simmer.

Add eggs to the curry and simmer. Add sultanas and/or peanuts and milk (optional). Let simmer for at least 20 minutes. Add salt, pepper or other spices/herbs to taste if required.
Cook rice and serve

Variation:

Meat curry: Substitute egg for meat and vegetables (i.e. potato and carrots)

Vegetarian curry: Add vegetables, cook in curry sauce.

Experiment making your own curry sauce using garam marsala, stock cubes, curry powder and/or chilli powder, and nutmeg – options are endless. If making with curry powder: place curry powder in pot on heat, slowly add milk, reduce heat . In a separate bowl add some flour and hot boiling water, mix together, once a smooth paste, add to curry. Simmer until thickened.

Hint: in some places, particularly West Africa it is cheaper to buy eggs already hard boiled but from local kids. Making this recipe even easier!!!!!!

For Emergencies: radiator repairs; a raw egg or some curry powder straight into the radiator does wonders so should have on vehicle at any given time

41. Stir Fried Beef*

Beef – or any available meat
flour (a few tablespoons, with salt and pepper added)
beef stock (make up from stock cube)

veg : cauliflower, cabbage, carrots, broccoli, peppers etc all roughly chopped
onions and garlic
soy sauce
salt and pepper
basil

In a pan, bring the stock to the boil. Add veg, cook for 3-5min. Cut meat into thin strips, toss in flour to lightly coat. In a pan, fry the onions and garlic, add meat. Stir occasionally until browned. Add soy sauce and basil, cook for a few more minutes. Add the veg to the meat and a little stock. Simmer for a few minutes stirring occasionally.

Serve with rice or noodles (try 2 minute noodles!!!)

Variation

Chilli beef: Add a bit of chilli to lift this dish
Chicken: Chicken or any other meat can be used as a substitute
Tofu: Tofu can also be used

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42. Earth Worm Spaghetti

10-15 good sized earthworms pp
water

Drop worms into boiling water like you would lobster and cook for about 2 min then serve. Tastes like fish.

43. Shish Kebabs*

meat, cubed
olive oil (but cooking oil will suffice)
lemon juice

garlic - crushed
salt
cinnamon, black pepper (1/2 teaspoon for every 700g of meat)
paprika, cayenne (healthy pinch)
bay leaves
onions – thick chunks
tomatoes, into 8ths

In a bowl pour in olive oil and lemon juice. Peel garlic and then with a little salt crush. Stir into the olive oil and lemon juice together with cinnamon, black pepper, paprika and cayenne, bay leaves. Marinade the meat in the mixture, leave for 15 minutes.

Place skewers in water for a few minutes (prevents splintering). Thread meat, followed by onion, then tomato onto the skewers including bay leaves. Do not pack too tightly.

On the BBQ plate, place Shish Kebabs, baste with marinade while cooking.

Variation

Vegetarian: substitute meat with veg, i.e. courgettes and aubergines are excellent on BBQ grill.

44. Chicken in Spicy tomato sauce

chicken or any other meat in pieces

margarine
oil
onions - chopped
flour
mustard
tomatoes tinned
vinegar (white wine preferably)
sugar
tomato ketchup
sultanas (optional)
salt and pepper

Rub salt and pepper in to the chicken skins. In a large pan put margarine and oil, heat. Add chicken, fry skin-side down gently until well browned. Add onions.

Put the flour, mustard and some juice from the tomatoes, mix to a smooth paste. Add to chicken with remainder of tomatoes, healthy dash of: vinegar, tomato ketchup, and sultanas, and a couple of tablespoons of sugar.

Bring to the boil and then simmer for at least 30 minutes. Serve with rice, pasta or noodles

45. Honey and Pineapple Gammon

pork tinned spam
honey
pineapple – fresh or tinned (if using fresh, while cutting
conserve juice – may need to add water to juice to increase amount)
mustard

Cut meat into medium to thick slices (1-2 slices per person), arrange in dish. Put the dish on medium heat, lightly fry meat.

Drain juice from pineapple. Reserve flesh. Combine pineapple juice with honey and mustard. Pour over meat. Turn meat to ensure both side are well covered in marinade. Add pineapple and cook for 10 minutes.

46. Savoury Mince Mixture

This savoury mince mixture provides a base for Spaghetti Bolognese, Shepherd's Pie, Moussaka, Chilli con Carne, and Lasagne …. As well as a few other delights

minced meat – if cannot get fresh beef, crumbled corned beef, or Spam minced is a great alternative
onions - sliced
garlic - crushed
tomatoes tinned and/or fresh - chopped
tomato puree
oregano or basil
salt and pepper to taste (Note: tinned meats often have a high salt content, taste before adding)
red wine (optional)

Fry onions and garlic until browned, add meat, continue cooking for a few minutes. Add all other ingredients and simmer for 20 minutes.

Note: grated vegetables add bulk to the dish without hampering the meat flavour.

Spaghetti Bolognese, add chopped carrots, extra tomatoes and paste. Serve with Spaghetti or any other pasta.

Shepherd's Pie topping, boil potatoes. Start the mince and while it's cooking chop onions finely and soften in a pan. Add milk and bring to the boil. Add drained cooked potatoes and mash. Season and use to top the mince in the dish. Place on coals, cover with foil and place coals on the foil to brown topping. Alternatively, boil potatoes and mash, add this to the top.

Moussaka, layer the dish with sliced boiled potatoes, followed by cooked savoury mince, continue layering until all ingredients as used. Make up a white sauce using milk, margarine and flour and use to top the dish. Place on coals, cover with foil and place coals on the foil to brown topping.

Chilli Con Carne, add red kidney beans, chopped carrots, extra tomato and chilli (optional). Serve with rice.

Lasagne, layer ingredients in a greased dish in the following order: lasagne sheets, savoury mince, and white sauce, continue until all ingredients used. Top with grated cheese (optional). Place on coals, cover with foil and place coals on the foil to brown topping. Note: pre-boil lasagne sheets and cook mince prior to speed up cooking time.

Or How about these little jems:

One Pan Meal: to the mince mixture add corn and sliced green (or black) olives. Serve on pasta

Nachos: add some chilli and red kidney beans to the savoury mince, serve on corn chips, topped with cheese and homemade salsa (mix together: finely diced onions, tomatoes, garlic, salt and pepper and a dash of oil).

Chogynosh: to savoury mince add, chopped potatoes; sweet potatoes; carrots; tomatoes and pumpkin, peas, a dash of marmite, tin of baked beans and gravy powder. If not thickening, add some flour mixed with a dash of water to the pot. Cover and simmer for 30 minutes. Taste, add herbs and spices if necessary. Serve with salad and garlic bread.

Italian Meatloaf : to raw savoury mince, mix in ketchup, eggs and breadcrumbs. Peel and slice potatoes. In a deep dish, layer the potatoes at the bottom of the pan. Place the meat over the potatoes. Cover the pan with foil and place on the fire covering with coals. Bake for about an hour. Alternative, wrap the meatloaf in well greased tin foil and place on fire.

47. Smoked Meats

Pointy Stick, preferably forked

Weakest person in the group

Smother the weakest person in their sleep. Carve strips of flesh from buttocks. Stick on pointy stick and smoke over fire for a few hours. Enjoy!

48. Vegetarian Lasagne (V)

Onions - sliced
Garlic - crushed
Aubergine - diced
Courgettes - diced
Carrots - diced
Lasagne sheets (or pasta if not available)
Mixed herbs
Salt and pepper

Worcester sauce
Chilli - use sparingly powder or sauce – smidgen!!
White sauce (milk, margarine, flour) or cheese sauce
Tomatoes - diced
Tomato paste
Peppers – diced
Vegie stock cube
Cheese (grated, optional)

Fry onions, garlic and herbs until brown. Add aubergine, courgettes, carrots tomatoes, peppers and veggie stock cube. Cook until soft. Add tomato paste and Worcester sauce, chilli powder or sauce, salt and pepper to taste. Let simmer for 15 -20 minutes

Cook lasagne sheets until almost ready. Do not overcook as sheets are more likely to break while handling.

Make up white sauce using margarine, milk and flour. Bring milk to the boil, add margarine and flour, reduce heat, simmer until thick – may need to add more flour slowly to thicken sauce. Add grated cheese to mixture (optional).

In a large greased dish layer lasagne sheets, followed with veggie mixture and white sauce, continue until all ingredients used (make sure you finish wit white sauce mixture).

Onto hot coals, cover with tin foil or lid and place coals on the lid to help brown. Leave on coals for at least 30 minutes.

49. Vegie Layers (V)

Potato – peeled, whole
Sweet potato – peeled, whole
Carrots – peeled, whole
Aubergine - sliced
Courgettes - sliced
Herbs, salt and pepper to taste
Onions - sliced
Garlic - crushed
Oil
White sauce (optional)

Mix oil, garlic, herbs, salt and pepper in a bowl. Slice aubergines and courgettes length wise into thin-medium width slices. Marinade in mixture in bowl for 15 minutes. Boil potatoes, sweet potatoes and carrots until just cooked, set aside and let cool.

Place onions, garlic and marinated courgettes and aubergines on the BBQ grill. Cook until tender. Remove from BBQ. Set aside. Slice potatoes into thin-medium slices.

On a greased pan, place a layer of potatoes, followed by grilled aubergines, courgettes, onions and garlic. Keep layering until all ingredients used. Top with white sauce (optional). Place coals, cover with tin foil or lid and place coals on top. Cook for further 30 minutes.

50. Hearty Sweet and Sour Stew*

Meat - cubed
Onions - chopped
Carrots - chopped
tomato paste
ketchup
vinegar cider (or white)
oil
light corn syrup
mustard
brown sugar (or white)
chilli powder
paprika
salt and pepper

In a large pan, heat oil and cook meat, until just browned (about 4 to 5 minutes).
In a large pot place the meat and the remaining ingredients. Mix well, cover and cook until the meat is tender.

Serve with rice

51. Hearty Stews*

Nothing beats a hearty stew, particularly on a cold night.

Vegetables – a mixture of whatever is available. Peeled and cut into chunks
Meat (optional) – whatever is available and cut into chunks
Tomato paste
Onions
Garlic
Salt and pepper

Fry onions and garlic until soft. Brown meat. Add all ingredients to a large pot with tomato paste, Worcester sauce, brown sauce and salt and pepper. Let simmer for an hour or two

Note: this is a basic recipe. Add variety of herbs, gravies, sauces …..

52. Savoury Pancakes (V)

Eggs
Milk
Flour
Salt

Blend flour, eggs, milk, salt together in a bowl. Whisk until airy consistency. Let the mixture sit for 20 minutes. In a pan, heat a little oil. Using a large serving spoon, spoon in a serving of mixture. Fry on each side until brown. Serve.

Can use any filling you like or try one of these:
Savoury mince
Stir fried vegetables
…….. options are endless

A BIT ON THE SIDE

VegieS

1. Mashed Potatoes (V)

Potatoes – peeled and roughly chopped
Milk (optional)
Margarine

Salt
Place potatoes into a pot of salted boiling water, boil until very soft. Drain, add milk and margarine, mash together. Serve.

Suggestion: Add crushed garlic to mash to make garlic mash.

2. Ratatouille (V)

Eggplant – cut into medium sized chunks
Courgettes – thick slices
Onions - sliced
Garlic - crushed
Mixed herbs
Red wine

Fry onions and garlic, until brown. Add eggplant and courgettes, red wine and mixed herbs. Cook until eggplant and courgettes are soft

3. Baked Onions (V)

1-2 med. onion per person – peeled and ends cut off
margarine
Sugar 1/4 tsp. (per onion)
Salt and Pepper to taste
Aluminium foil

Place each onion on a sheet of foil. Place butter, sugar, salt, and pepper on top of each onion. Wrap each onion loosely in foil. Add another layer of foil to each onion. Place in hot coals and cook until tender.

4. Courgettes & onions (V)

onions - chopped
courgettes - chopped
margarine
foil
salt & pepper to taste

Mix courgettes and onions together, add salt and pepper to taste. Place mixture on a sheet of foil, add margarine, wrap foil around mixture. Wrap another piece of foil. Place on coals and cook until tender. The mixture can be cooked in on large parcel or in several small parcels.

5. Grilled Potato Wedges (V)

potatoes
oil
Your favourite seasoning
pepper to taste

Wash whole potatoes, leaving skin on. Boil in a pot of boiling water until just soft in the middle. Drain, cut length-wise into 1/4 inch slices. Let stand and cool down for 10-15 minutes. Brush with oil, both sides. Season to taste and grill 4 minutes on each side or until crunchy

6. Campfire Corn (v)

Corn w/husks
margarine

salt/pepper
fresh whole garlic cloves
foil

Carefully peel back husks (leave intact) and remove strings. Place corn on top of piece of foil. Spread margarine, salt and pepper and bring husks up over again. Put one clove of garlic (optional) in with foil. Wrap carefully and thickly! Place on outer coals and turn frequently until done (about 30 - 40 mins)

7. Grilled Potatoes (v)

Potatoes Onions - sliced
Margarine
Garlic Salt

Scrub potatoes and slice fairly thin. In a large pan place sliced potatoes, onions and margarine. Place over hot coals and cook until tender, turn the potatoes to ensure both sides are crunchy.

Suggestion: Par boil whole potatoes first to shorten cooking time. Once potatoes are half cooked in pot, remove and let sit for a while to allow excess water to evaporate and to allow potatoes to dry out. This will prevent the potatoes from being too moist and therefore not getting a nice crunchy outer

8. Baked Potatoes in Foil (V)

potatoes
Foil
margarine
Salt & Pepper
Any other topping you might want!

Scrub and pierce potatoes with fork.

Double wrap in Foil and place IN HOT COALS for approximately 45 minutes, Turn occasionally. To test for doneness, remove from coals, open package and pierce with fork or squeeze package with gloves on, to see if potato feels soft.

Serve: either as a side dish or one their own with any number of toppings, like;
Garlic mayonnaise
Savoury mince
Spicy tomato sauce
Salsa

9. Honey-Glazed Peas and Carrots (V)

Carrots – peeled and chopped
Peas
Honey
Parsley

Boil carrots, drain reserving liquid. Pour some of the liquid into a pot, bring to the boil, add peas and honey, bring to the boil. Add carrots and boil rapidly, uncovered, until all the moisture has evaporated and peas and carrots are glazed.

Stir in parsley and serve.

10. Grated Courgettes with Lemon (V)

Courgettes - grated
Margarine or oil
Parsley - chopped
Lemon juice
Salt and pepper

Melt margarine in a pan, add courgettes, parsley and lemon juice. Cover and lower temperature, cook for a few minutes. Serve immediately while they are fresh and white.

11. Red Cabbage Cooked in Wine (V)

Red cabbage – sliced finely
Wine (red or white)
Bay leaves
Onions – sliced
Apples (optional)
Salt and pepper to taste

Brown onions in a fry pan. Add cabbage and bay leaves. Cook until cabbage begins to soften. Add wine, salt and pepper to taste. Simmer for 10 minutes. Add apples and simmer for a further 20 minutes.

Note: this dish can be cooked very quickly, however the longer it is left to simmer the better the flavours.

12. Sweet Yucca Paste (V)

Fruits from a broad leaf yucca plant--they grow on a stalk that comes up from the centre of the plant

Bake in a covered pit or slow burning fire--as long as you can--overnight is best. Peel off the skin and remove the seeds and fibre. What is left is a sweet paste that can be eaten or shaped into bars and dried as emergency food for later.

13. Grilled Eggplant (V)

Eggplants – sliced length-ways
Garlic - crushed
Oil
Mixed herbs
Salt and pepper

Slice eggplants into thin lengths. Mix garlic, oil, mixed herbs, salt and pepper in a bowl Dip each piece of eggplant into the mixture and then place on BBQ grill. Grill both sides until browned.

Suggestion: If time permits, place eggplant into mixture and let stand for 2 hours prior to grilling

SALADS

1. Easy French Dressing (V)

Don't be fooled this vinaigrette can be used on an assortment of vegetable dishes.

Wine vinegar
Olive oil (or veg oil whatever is available)
Salt and pepper

Place vinegar into a bowl or jug. Add salt and pepper to taste and stir in. Pour in the oil and beat vigorously with a fork to mix and thicken

Note: 1 part vinegar: 2.5 part oil

Add one of the following:

- Garlic with crushed salt
- Mustard
- Pinch of paprika, cayenne or cinnamon
- Dash of sauce, such as soy, Worcester, or Tabasco
- Freshly chopped or dried herbs: chives, parsley, tarragon, basil, marjoram
- Tablespoon of sugar.
- Or add your own creation ……..

2. Tomato Salad (V)

Tomatoes - sliced
Mozzarella or feta cheese – broken up with fork
Onion – finely diced
Garlic - crushed
Black olives
Lemon juice
Wine vinegar
Salt and pepper
Oil
Hard boiled eggs – shelled and cut into 8ths

Place tomatoes, cheese, onions and olives in a bowl. Beat together the lemon juice, vinegar, garlic and salt until the salt has dissolved, then add the pepper and oil.

Sprinkle the dressing over the salad, let stand for 20 minutes. Toss the salad and garnish with the egg.

3. Asparagus Salad (V)

Asparagus – fresh or tinned
Salt and sugar
Tomatoes – finely diced, seeds removed
Hard boiled eggs (half as many as there are in the group)
Oil
Wine vinegar
Salt and pepper
Parsley – fresh but dried will do

If using fresh asparagus, trim ends. Bring a little water to the boil in a wide shallow pan, add a sprinkle of salt and sugar. Add the fresh asparagus, cover and simmer for 20 minutes or until the shoots are tender. Drain the fresh asparagus, rinse in cold water and allow to cool. Drain canned asparagus, if used.

Cut the asparagus shoots into 1 inch lengths. Shell the eggs and cut each into 8ths. Arrange asparagus, tomato and egg on a flat dish.

Beat the oil with the vinegar, season the dressing to taste and pour over the salad. Let stand for 20 minutes before serving.

4. Rice/pasta Salad (V)

Use left over rice to make this easy salad

Rice or pasta– cooked, cooled
Peppers – finely chopped
Onions – finely diced
Sundried tomatoes – optional
Carrots – cooked, diced
Peas
Red kidney beans – tinned, drained and rinsed
Salt and pepper
Mayonnaise or salad cream

In a bowl mix cooked rice with peppers, onions, sundried tomatoes, carrots, peas and carrots, mayonnaise and salt and pepper to taste. Serve

Variations:

Tuna: add tuna, finely chopped boiled eggs, green olives and lemon juice
Meat: add some ham, spam or salami
Dressings: make up own dressing with herbs, mustard, vinegar, oil, Worcester sauce, soy sauce, Tabasco or BBQ sauce.

5. Corned Beef and Cheese Salad

Corned beef – sliced into thin slices
Corn – tinned, drained
Tomatoes - sliced
Cheese (hard) – cut into thin strips
Olives
Peppers – sliced into long segments
Eggs – hard boiled, cut into 8ths
Salad vinaigrette

Mix the above ingredients together in a bowl. Season with salt and pepper.

6. Mixed Salad with Olives (V)

Cabbage or lettuce - chopped
Tomatoes – chopped
Cucumbers - sliced
Oranges – in segments
Olives – stoned and quartered
Garlic - crushed
Salt
Oil
White wine vinegar
Parsley, marjoram and thyme (fresh or dried)
Pepper

Remove rind and pith from orange, cut the segments free from the pith and quarter them. Place cabbage , tomatoes, cucumbers, oranges, and olives into a bowl.

Beat the oil, vinegar, garlic, herbs, salt and pepper together to make a dressing and pour over the salad. Toss and serve.

7. Coleslaw (V)

Cabbage (red or white or both) – sliced very thinly
Onions – grated
Carrots – grated
Apple – grated (optional)
Mixed herbs
Creamy salad dressing or mayonnaise
Salt and pepper to taste

Mix all ingredients together, add salt and pepper to taste.

8. Thiemo's Potato Salad*

Potatoes – peeled, boiled and cooled
Onion – diced finely
Garlic - crushed
Salt and pepper to taste
Vinegar – good splash
Oil - touch
Fried bacon bits (optional)
Parsley (preferably fresh)
Basil
Sugar – touch

Dice cooked potatoes, add onion, garlic and bacon bits. Mix. Add rest of ingredients. Mix. Add salt and pepper to taste.

9. Potato Salad (V)

Potatoes – peeled, boiled and cooled
Onions
Parsley
Salad cream or mayonnaise
Salt and pepper to taste

Mix all ingredients together. Serve.

10. Tomato and Cucumber Salad (V)

Tomato - chopped
Onion – finely chopped
Cucumber - chopped
Basil – fresh leave or dried
Salt and pepper
Vinegar
Mustard
Garlic - crushed

Mix tomatoes, cucumber, garlic and onions together. Add basil, vinegar, mustard and salt and pepper to taste.

11. Spicy Sweetcorn Salad (V)

Sweetcorn – canned or fresh cooked
Onions – finely diced
Garlic - crushed
Oil
Peppers – finely diced
Paprika, Tabasco - dash
White wine vinegar
Salt and pepper
Tomatoes – finely diced

Lightly brown onions and garlic. Mix peppers, paprika, corn, Tabasco and vinegar into the onions. Season to taste with salt and pepper. Remove from heat and let cool.

Mix tomatoes into the salad and serve.

Alternative: instead of adding Tabasco (which can be a little overbearing, try adding Thai sweet chilli sauce – adds bite with a touch of sweetness).

12. Cucumber Salad (V)

Cucumbers – peeled and thinly sliced
Onions (salad if possible) – finely diced
Dill or parsley
Salad vinaigrette or salad cream

Mix all ingredients together. Leave aside for 30 minutes before serving.

13. Warm Vegetable Salad (V)

Carrots – sliced into lengths
Beans
Courgettes – sliced into lengths
Garlic - crushed
White wine or balsamic vinegar - splash
Oil - dash
Salt and pepper
Rosemary - sprinkle

Blanch carrots, beans and courgettes in salted boiling water for a few minutes. Strain. Place in bowl and add garlic, vinegar, oil and rosemary, gently toss. Add salt and pepper to taste.

Serve either warm or cold.

14. Red Kidney Bean Salad (V)

red kidney beans – dried and soaked or tinned
Onions – diced finely
Garlic - crushed
Vinegar
Oil

Mix all ingredients together. Allow to stand for 20 minutes before serving

15. Bread Dumplings salad*

Cold bread dumplings – sliced
Onions – thinly sliced
Vinegar
Oil
Salt and pepper

Mix the above together and serve as a side dish – just like potatoes.

16. Honey Mustard Pasta Salad

pasta
ham - diced
tomatoes - diced
mustard
honey

oil
vinegar
black pepper.
garlic – crushed
cheddar cheese - grated

Cook pasta according to directions. Drain and set aside.

In a bowl mix mustard, honey, vinegar, oil, pepper and garlic. Add pasta, ham and tomatoes to the dish, toss until coated with the dressing. Sprinkle cheese on top and serve.

17. Cucumber's Love (V)

Cucumbers – sliced thinly
onion – sliced thinly
sugar
vinegar
salt/pepper to taste
pinch of hot sauce (or more!)

Place all ingredients in mixing bowl, cover, and let sit for a while. The longer they sit the better the recipe!

18. Carrot-Cabbage Salad (V)

Carrots - shredded
cabbage - shredded
celery salt
raisins
vinegar dressing

Mix all the above together and serve.

19. Marinated Veggie Salad (V)

broccoli
cauliflower
black olives
marinated artichoke hearts
tomatoes
oil
white wine vinegar
salt/pepper, herbs as desired-(oregano, chives, basil)

Chop up all the veggies into bite size pieces. Mix oil, vinegar and herbs together and pour over veggies. Salt/pepper as desired. Allow to marinate at least over night.

BREAKY

Here are a few suggestions for breakfast that make a nice change from plain toast, jam and cereal.

1. Bruschetta

Bread – baguettes, rolls or thickly sliced crusty Italian bread
Oil
Garlic - loads
Tomatoes – thick slices
Basil – heaps, particularly if fresh

Salt and pepper

In a pan, fry garlic. Add basil and tomatoes. Cook until just soft – only a couple of minutes. Do not overcook.

Toast the bread on both sides. Place tomato mixture on the bread, drizzle a little oil over the top and then season with a little salt and pepper.

2. Bread Dumplings with fried egg

Leftover bread dumplings
Eggs

Fry sliced dumplings. Fry eggs.

Serve dumplings with egg on top.

3. Pancakes (sweet) (V)

Eggs
Milk
Flour
Sugar

Blend flour, eggs, milk, and sugar in a bowl. Whisk until airy consistency. Let sit for 20 minutes.

In a pan, heat a little oil. Using a large serving spoon, spoon in a serving of mixture. Fry on each side until brown. Serve.

Serve with: lemon and sugar, maple syrup, jam or maple syrup.

4. Fresh Fruit Salad

Selection of fruits, mixed together and serve, any fruit goes so use whatever is in season. Add a little lemon juice to prevent fruit from discolouring and some mint for extra flavour.

5. Curried egg on toast

Eggs – hard boiled and shelled
Salt and pepper
Paprika or curry powder
Mashed eggs with paprika, salt and pepper – serve on toast or as filling in savoury pancakes

6. Poached Eggs on Fried Bread (V)

Eggs
Sliced white bread
Margarine or oil
Wine vinegar or lemon juice

Fry the slices of bread in oil until golden brown on each side. At the same time pour water into a wide shallow pan until it comes 5cm (2 inch) up the side. Add the vinegar or lemon juice and bring to the boil. Reduce to simmer.

Break the eggs one at a time in to saucer and slip into the water; do not overcrowd the pan. Roll the egg over in the water with a perforated spoon to make sure the white encloses the yolk. Cook each one gently for 2 minutes until set.

Lift out of water with perforated spoon, drain and serve on fried bread.

Suggestions: Serve on beans and toast for a full breakfast.

7. Boiled eggs (V)

Eggs
Water

Bring a large pot of water to the boil. Pierce the base of the eggs. Place eggs in boiling water.

For soft boiled (as Thiemo likes his….):cook for exactly 3 1/2 minutes

For medium boiled: 5 minutes; For hard boiled: 7-10 minutes

Once eggs cooked remove from water and place in cold water. This is essential, as placing in cold water helps remove the shell from the egg hence easier to peel!!!!!!

Serve with toast ……

8. Scrambled Eggs (V)

Eggs
Milk (optional)
Margarine
Oil
Salt and pepper

Break eggs into a large bowl, add milk, salt and pepper, and a dollop of margarine. Whisk well.

In a pan heat oil. Place egg mixture into pan. Cook gently, with a spatula move the mixture around the pan lifting the cooked parts of the bottom of the pan, until eggs are done.

Add a little more to make a main meal or a hearty breakfast:
Fried onions, green peppers, cheese, tomatoes, tomato paste, garlic, herbs of choice, meat – Serve with bread and salad !!!!!

9. Vegetarian Fry Up (V)

Eggs
Onions – chopped roughly
Tomatoes – chopped roughly
Mushroom – sliced
Baked beans
Bread
oil

Fry onions until just soft, add tomatoes and mushrooms – cook until soft. In another pot, heat baked beans (or open can and place on fire – saves washing up!!!). Fry or poach eggs. Toast bread. And serve.

Suggestion: For non vegetarian fry up, add meat (i.e. sausages, bacon or smoked meat).

10. Breakfast Casserole

Eggs
Milk
Meat – sausages or bacon
Bread
Cheese – grated
Mustard
Onions - chopped
Mushrooms - sliced
Salt and pepper
Cayenne pepper

In a pan fry onions, mushrooms and meat, add spices to taste. Break up bread and place in separate pan on the bottom – covering the pan. Place cooked onions, meat and mushrooms over bread. In a separate bowl break eggs, add milk and cheese. Beat well. Pour mixture over bread and meat.

Cover with foil and let sit for 30 - 60 minutes. Place on coals, covering the top with coals. Cook until eggs are down.

11. Classic French Toast

Bread – ideally white sliced
Eggs
Milk (optional)
oil

Crack eggs into bowl and add milk (optional), whisk until yolks and whites are blended and slightly frothy. Dip each slice of bread into mixture until covered on both sides. Place bread slice directly into heated pan fry until golden brown – serve.

Can serve with: sugar and lemon, jam, ketchup, brown sauce, salt and pepper, cinnamon and apple

Variation: substitute some of the milk for Amarula!

12. Avocado on toast

Bread
Avocado – ripe and soft
Lemon juice - dash
Pepper

Toast bread. Mash avocado and lemon juice in a bowl. Serve avocado on toast with a little pepper on top.

13. Huevos Rancheros

eggs
milk
can diced- green chilli
onion – chopped
black or red kidney beans
salt and pepper to taste

In a pan fry onions, add chilli, beans, salt and pepper to taste. In a bowl beat eggs with milk and then scramble. Serve on toast

14. Spaghetti on toast

Use left over spaghetti from night before.

Spaghetti
Tomato paste
Ketchup
Mixed herbs (optional)
Salt and pepper

In a pot heat the spaghetti, add tomato paste, ketchup, herbs, salt and pepper. Stir until warm.

Serve on toast.

15. Beans on Toast

baked beans tinned
bread
margarine
brown sauce

Toast bread evenly until golden brown on both sides. Bring beans to a simmer in saucepan.

Pour beans on toast. Add lashings of brown sauce.

16. Ant Flambé

Ants
aluminium foil
heat source

Heat a piece of aluminium foil over a flame. Gently lay your hand or sleeve over an active ant hill. Wait for the ants to crawl onto you. Gently brush the ants onto the heated foil, and eat quickly without chewing. The heated foil serves to quickly kill the ants, not cook them. Killing the ants prevents any nasty ant bites, and lessens the probability of your survival meal from crawling out of your mouth.

Something sweeT

1. Vodka Jelly Turkish Delight

Jelly crystals
Vodka
Water
Desiccated coconut

Prepare jelly crystals as per package, substituting maximum 50% water for vodka. Pour into flattish dish.

Place in fridge, preferably overnight, or until set. Cut into cubes and sprinkle with desiccated coconut

Great to get a party started …..

2. Flaming bananas

Bananas
Sugar
Stroh rum 80%

Fry bananas in well oiled pan. Sprinkle with sugar. Turn quickly so sugar caramelises. Pour a double shot of Stroh rum per banana and light with match.

Only good show-off in dark surroundings ……

Serve on its own with a shot of Stroh rum or with whipped cream.

3. Custard on Fresh Fruit

Custard powder
Fresh fruit – cut into chunks

Prepare custard as per instructions on pack. Serve in bowls with fresh fruit, top with custard.

Serve immediately

4. Fresh Fruit Salad

Fruit, whatever is in season
Honey
Lemon juice
Mint leaves

Chop fruit into smallish pieces, add a squirt of lemon juice, a dash of honey and mint leaves. Mix together and serve.

Variation:

Sloshed fruit: prepare a few hours in advance but add some brandy, or sweet sherry. Let sit and then serve.

5. Bananas in Foil

Bananas - peeled
Sugar
Cinnamon
Brandy (optional)
Chocolate or nutella (optional)

Take each banana and place on a piece of foil. Sprinkle with cinnamon, sugar and chocolate, add a dash of brandy. Wrap into parcel and place on coals for a few minutes until banana is soft.

6. Stuffed Apples

Apples – one per person
Sultanas
Sugar
Cinnamon
Brandy or sherry

Take each apple and with a decorer, remove the core leaving a hollow in the apple. In a bowl mix sultanas, brandy, sugar and cinnamon together. Stuff mixture into each apple.

Wrap in tin foil and place on coals. Cook until apple just soft.

7. Sponge Cake

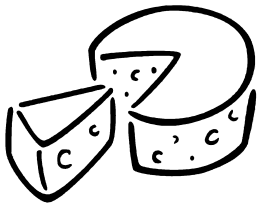
Packet cake mix
And whatever that requires
Brandy or sherry

Mix cake pre-mix as per instructions. Add a healthy shot of brandy to cake mix. Cover pan with tin foil.

To cook on coals: remove hot coals from the fire. Put in safe place where others are not walking. Place cake dish on top of coals. Cover with hot coals also. Leave until cooked. To check if cake is cooked, take a skewer and pierce the middle of the cake until it hits the bottom. Remove skewer, if skewer runs clean than the cake is ready if bits of the cake come out too – leave a bit longer.

Serve with fresh fruit or hot custard.

Variation:

Little treats: Perfect recipe when the sponge has overcooked or the bottom has burnt!!! Cut burnt bits off cake. Cut into small cubes, place in a bowl and shower in brandy (can be any alcohol,

preferably sweet). Take a tin of peaches, and prepare some custard. In a cup, place a layer of cake, followed by peaches and then custard, repeat process. Serve. Perfect!!