BLACKWOOD Outdoor Education Centre

CATERING & BUSH COOKING MENUS & IDEAS
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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 at 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
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
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
- Celery sticks
- Carrot sticks
- Green pepper
- Tomatoes
- Snow peas
- Avocado
- Mushrooms
- 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

ADVENTURE  CHALLENGE  FUN  TEAMWORK  CHOICE  INCLUSION
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.
Makes about 24

MARINADE FOR CHICKEN WINGS

Ingredients for approximately 30 chicken wings:
- 2½ cm or green ginger – 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
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
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 350º 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 225 grams 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 350º 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:- ½ cup of sugar
- ½ cup of coconut
- ½ cup of oats
- Pinch of Cinnamon
- Spread over apple and bake at 350º 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.)
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

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Scrambled Eggs</th>
<th>Baked Beans</th>
<th>Spaghetti</th>
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<tbody>
<tr>
<td>Porridge</td>
<td>French Toast</td>
<td>Fried Eggs</td>
<td>Mince</td>
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<tr>
<td>Fresh Stewed Fruit</td>
<td>Tomatoes on Toast</td>
<td>Cinnamon Toast</td>
<td>Raisin Bread</td>
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<tr>
<td>Sausages</td>
<td>Bacon</td>
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LUNCH

<table>
<thead>
<tr>
<th>Salad &amp; Fish</th>
<th>Salad &amp; Meat</th>
<th>Salad &amp; Eggs &amp; Cheese</th>
<th>Egg &amp; Bacon Pie</th>
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<tbody>
<tr>
<td>Crumbed Sausages</td>
<td>Salmon Patties</td>
<td>Pizza</td>
<td>Fried Rice</td>
</tr>
<tr>
<td>Coleslaw</td>
<td>Rice Salad</td>
<td>Potato Salad</td>
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<tr>
<td>Pies</td>
<td>Sandwiches</td>
<td>Rolls</td>
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### DINNER

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<thead>
<tr>
<th>Baked Chops</th>
<th>Roast</th>
<th>Stew</th>
<th>Meat Pie</th>
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<tbody>
<tr>
<td>Salmon &amp; Pineapple</td>
<td>Meat Loaf</td>
<td>Salmon Mornay</td>
<td>Savoury Rice</td>
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<tr>
<td>Sweet &amp; Sour Meatballs</td>
<td>Chicken Casserole</td>
<td>Spaghetti Bolognaise</td>
<td>Corned Beef</td>
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<td>Shepherd’s Pie</td>
<td>Chow Mein</td>
<td>Curried Sausages</td>
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<td>Curry Hamburger</td>
<td>Shish Kebabs</td>
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### HOT DESSERTS

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<thead>
<tr>
<th>Raspberry Shortcake</th>
<th>Chocolate Pudding</th>
<th>Chocolate Self Saucing Pudding</th>
<th>Pineapple Squares</th>
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<tbody>
<tr>
<td>Fruit Sponge</td>
<td>Fruit Crumble</td>
<td>Upside Down Pineapple Pudding</td>
<td>Apple Turnover</td>
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<tr>
<td>Pancakes</td>
<td>Lemon Meringue Pie</td>
<td>Apple Pie</td>
<td>Steamed Pudding</td>
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<tr>
<td>Jam Poly Roly</td>
<td>Banana Custard</td>
<td>Syrup Dumplings</td>
<td>Baked Stuffed Apples</td>
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### COLD DESSERTS

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<thead>
<tr>
<th>Fruit Salad</th>
<th>Stewed Fruit</th>
<th>Instant Pudding</th>
<th>Trifle</th>
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<tbody>
<tr>
<td>Jellied Fruit</td>
<td>Choc-Peppermint Dessert</td>
<td>Coconut Ice Whip</td>
<td>Pineapple Delight</td>
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<td>Ice Cream</td>
<td>Jelly</td>
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### BEVERAGES – Both Hot & Cold Drinks should be provided

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<thead>
<tr>
<th>Water</th>
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<th>Milk</th>
<th>Tea</th>
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<tbody>
<tr>
<td>Coffee</td>
<td>Milo</td>
<td>Cocoa</td>
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## FIVE DAY MENU FOR A BASE CAMP SITUATION

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

**MORNING & AFTERNOON TEAS:** Fruit or Biscuits & Cordial
## FIVE DAY MENU FOR A BASE CAMP SITUATION

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
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<tr>
<td><strong>DAY 1</strong></td>
<td>Cold Meat</td>
<td>Soup</td>
<td>Chow Mein &amp; Rice</td>
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<td>Chow Mein &amp; Rice</td>
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<td>Pineapple, Cheese, Bread</td>
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<td>Tea &amp; Coffee</td>
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<tr>
<td></td>
<td>Fruit</td>
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</tr>
<tr>
<td></td>
<td>Tea &amp; Coffee</td>
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<td><strong>DAY 2</strong></td>
<td>Cereal &amp; Fruit</td>
<td>Hot Dogs</td>
<td>Roast Beef</td>
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<td>Toast / Muffins</td>
<td>Cake &amp; Fruit</td>
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<td>Cordial</td>
<td>Tea &amp; Coffee</td>
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<td><strong>DAY 3</strong></td>
<td>Cereal &amp; Fruit</td>
<td>Sliced Ham, Onion, Tomatoes,</td>
<td>Tomato Soup</td>
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<td>Scrambled Eggs</td>
<td>Lettuce, Cheese, Cucumber &amp; Bread</td>
<td>Mince, Carrots, Peas &amp; Potatoes</td>
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<td>Tin Peaches &amp; Ice Cream</td>
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<td>Tea &amp; Coffee</td>
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<td><strong>DAY 4</strong></td>
<td>Cereal &amp; Fruit</td>
<td>Sweet &amp; Sour Meatballs</td>
<td>Stew</td>
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<td>Tomatoes &amp; Bacon</td>
<td>Jellied Fruit &amp; Ice Cream</td>
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<td>Custard</td>
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<td>Tea &amp; Coffee</td>
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<tr>
<td><strong>DAY 5</strong></td>
<td>Cereal &amp; Fruit</td>
<td>BBQ Chops</td>
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<td>Spaghetti</td>
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<td>Lettuce &amp; Tomatoes</td>
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<td>Milk or Juice</td>
<td>Tea &amp; Coffee</td>
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**SUPPERS:**
- Milk & Biscuits

**MORNING & AFTERNOON TEAS:**
- Fruit or Biscuits & Cordial

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ADVENTURE  🧸  CHALLENGE  🐿️  FUN  🍀  TEAMWORK  🐨  CHOICE  🎨  INCLUSION
## SAMPLE CHECKLIST

<table>
<thead>
<tr>
<th>GROCERIES</th>
<th>MEAT</th>
<th>FRUIT &amp; VEGETABLES</th>
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<tbody>
<tr>
<td>Beef Cubes</td>
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<td>Mayonnaise</td>
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<tr>
<td>Soya Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato Soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spaghetti</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice Bubbles</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### DAILY NEEDS

- Milk
- Bread
- Bread Roll (1 Day Only)
# QUANTITIES

<table>
<thead>
<tr>
<th>Bread</th>
<th>“C” Code</th>
<th>25 Slices</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>“D” Code</td>
<td>32 Slices</td>
</tr>
<tr>
<td>Cake</td>
<td>1 kg</td>
<td>30 Portions</td>
</tr>
<tr>
<td>Butter</td>
<td>445 grams</td>
<td>25 Serves</td>
</tr>
<tr>
<td>Jam</td>
<td>445 grams</td>
<td>30 Serves</td>
</tr>
<tr>
<td>Vegemite</td>
<td>2 kg</td>
<td>240 Serves</td>
</tr>
<tr>
<td>Weeties</td>
<td>445 grams</td>
<td>20 Serves</td>
</tr>
<tr>
<td>Cornflakes</td>
<td>445 grams</td>
<td>20 Serves</td>
</tr>
</tbody>
</table>

**Frozen Foods**

| Fish Fingers    | 3 per person per serve |
| Hamburger(s)    | 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 |
## Canned Fruit

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Weight</th>
<th>Serves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peaches</td>
<td>850 grams</td>
<td>6</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td>Apricots</td>
<td>850 grams</td>
<td>8</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>40</td>
</tr>
<tr>
<td>Pears</td>
<td>850 grams</td>
<td>5</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td>Pineapple</td>
<td>850 grams</td>
<td>6</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>40</td>
</tr>
<tr>
<td>Two Fruits</td>
<td>850 grams</td>
<td>8</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>40</td>
</tr>
</tbody>
</table>

## Groceries

<table>
<thead>
<tr>
<th>Item</th>
<th>Weight</th>
<th>Serves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Beans</td>
<td>445 grams</td>
<td>3</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>20 – 25</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>445 grams</td>
<td>3</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>20 – 25</td>
</tr>
<tr>
<td>Beetroot</td>
<td>445 grams</td>
<td>10</td>
</tr>
<tr>
<td>A10</td>
<td></td>
<td>80</td>
</tr>
<tr>
<td>Instant Pudding</td>
<td>600 ml</td>
<td>4 – 5</td>
</tr>
<tr>
<td>Custard Powder</td>
<td>445 grams</td>
<td>90</td>
</tr>
<tr>
<td>Jelly Crystals</td>
<td>1 packet</td>
<td>4 – 5</td>
</tr>
<tr>
<td>Rice</td>
<td>445 grams</td>
<td>15 with meat</td>
</tr>
<tr>
<td>Soup</td>
<td>445 grams</td>
<td>5</td>
</tr>
<tr>
<td>A10 or Packet</td>
<td></td>
<td>35</td>
</tr>
</tbody>
</table>

## Canned Vegetables

<table>
<thead>
<tr>
<th>Item</th>
<th>Type</th>
<th>Serves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>A10</td>
<td>30</td>
</tr>
<tr>
<td>Peas</td>
<td>A10</td>
<td>30</td>
</tr>
<tr>
<td>7 Vegetable Salad</td>
<td>A5</td>
<td>40</td>
</tr>
<tr>
<td>3 Vegetable Salad</td>
<td>A10</td>
<td>40</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>A10</td>
<td>80</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>5 litres</td>
<td>320</td>
</tr>
</tbody>
</table>
METHODS of COOKING

<table>
<thead>
<tr>
<th>METHOD</th>
<th>Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BAKE</strong></td>
<td>Cook with Dry Heat, Tin Can Stove, Camp Oven, Can Oven, Reflector Over, Pit Cooking, Food Inside Food, Sand Cooking</td>
</tr>
<tr>
<td><strong>BARBECUE</strong></td>
<td>Cook over Direct Heat, Stick &amp; Spit, Can Barbecue, Tall Can</td>
</tr>
<tr>
<td><strong>BOIL</strong></td>
<td>Cook in Water, Aluminium Foil, Tin Can, Billy Can, Dutch Oven, Liquid in Paper Cup or Sack</td>
</tr>
<tr>
<td><strong>FRY</strong></td>
<td>Cooking with a small amount of fat, Aluminium Foil, Tin Can Stove, Dutch Oven, Rock Cooking</td>
</tr>
<tr>
<td><strong>ROAST</strong></td>
<td>Cook with Dry Heat, Tin Can Oven, Dutch Oven, Can Oven, Reflector Oven, Pit Cooking</td>
</tr>
<tr>
<td><strong>STEAM</strong></td>
<td>Cook with Moist Heat, Aluminium Foil, Dutch Oven</td>
</tr>
<tr>
<td><strong>STEW</strong></td>
<td>Cooking for a long time in a Small amount of Liquid, Dutch Oven, Pit Cooking</td>
</tr>
<tr>
<td><strong>BRAISE</strong></td>
<td>Sautee in a Small amount of Fat, the Cook Slowly in Covered Pan with Liquid, Aluminium Foil, Tin Can Oven, Dutch Oven, Pit Cooking</td>
</tr>
<tr>
<td><strong>BROIL</strong></td>
<td>Cook by Direct Heat, Can Barbecue, Reflector Oven, Cooking Indirectly on Coals</td>
</tr>
</tbody>
</table>
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.
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.
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.
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
- Anchovies
- Pineapple
- 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
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 is 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