

Quick and Healthy

caravan and camping recipes



BIG4
HOLIDAY PARKS

Quick and Healthy

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Breakfast	02
Lunch	13
Sides & Salads	24
Dinner	35
Dessert	61





**Quick
and
Healthy** BREAKFAST



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WHOLEMEAL CARROT PIKELETS

Contributor: Sally Spedding

Serves:



Ingredients:

1 cup wholemeal self raising flour

1 cup grated carrot

1 tbsp olive oil

1 egg, lightly beaten

¾ cup milk

Butter for frying pan

Cream cheese to serve

Method:

1. Combine all ingredients into a bowl and mix together to form batter.
2. Heat up either the BBQ or a frying pan.
3. Add butter or spray lightly with oil.
4. Pour spoonfuls of mixture into frying pan or onto BBQ.
5. Flip when bubbles appear on one side and are lightly browned.
6. Remove pikelets when both sides are cooked.

Serving Recommendation:
Serve hot with cream cheese.





**Quick
and
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CAMPERS FRENCH TOAST

Contributor: Venessa Pintaudi

Serves:



Ingredients:

6 eggs

6 slices bread

6 rashers bacon

Tomato sauce (optional)

BBQ sauce (optional)

Oil

Method:

1. Heat the BBQ with a drizzle of oil.
2. Beat eggs (in a wide enough bowl to fit the bread).
3. Soak each slice of bread on both sides in the egg and place on BBQ hotplate, once cooked turn.
4. While the French toast is cooking, cook bacon as desired on another BBQ hotplate.
5. Top french toast with bacon and serve with your choice of BBQ or tomato sauce.

BIG TIP:

Depending on how many people you're cooking for, it's easy to adjust the ingredient quantities to suit.



Quick and Healthy

BREAKFAST BAKE

Contributor: Barrie Vowles

Serves:



Ingredients:

400g can baked beans

4 eggs

100g ham, shredded

100g cheese, shredded

5 slices of tomato

4 slices of toast

Salt and pepper

Method:

1. Spray baking dish with oil.
2. Add beans and shredded ham.
3. Add eggs on top of beans and ham.
4. Sprinkle with cheese.
5. Layer tomato on top.
6. Bake in oven at 180°C for 30 minutes.
7. Add salt and pepper to taste.

Serving Recommendation:

Serve on fresh toast.





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COOK IN A BAG OMELETTE

Contributor: John McCorquodale

Serves:



Ingredients:

8 eggs
100g tomato, chopped
100g bacon, diced
½ cup cheese, grated
2 shallots, ends trimmed, thinly sliced
2 tbsp fresh parsley
Salt and pepper

Method:

1. Crack 2 eggs (per person) into a zip lock sandwich bag (Glad best as they do not burst).
2. Squeeze in palms of hands until eggs are mixed in the bottom of bag.
3. Add finely chopped ingredients and parsley.
4. Add salt and pepper and tablespoon grated cheese and squeeze until mixed well.
5. Squeeze air out of bag and zip lock.
6. Boil a pot of water on flame or camp kitchen stove.
7. Turn water down to a gentle bubble and place bags in (zip lock at top).
8. Leave in water for 14 minutes.
9. Once cooked, take out and roll onto plate = instant omelette, no washing up.



Quick and Healthy

KERRY'S SLOW COOKER COMBO

Contributor: Kerry Taylor

Serves:



Ingredients:

1 onion, diced

1 pkt of sausages (either the thick 6 pack from supermarket or similar size in the chipolata sausages)

500g bacon

2–3 tomatoes, diced

½ cup water

¼ cup tomato sauce

⅛-¼ cup of Worcestershire sauce

½ cup flour for coating

Salt and pepper

Method:

1. Use a medium or large zip lock bag and add flour seasoned with salt and pepper.
2. Add sausage in batches and shake to coat.
3. If at home, place all ingredients in a slow cooker and turn on before you go to bed or work, allowing approximately 6-8 hours on slow or 4-5 hours on high.

If using a thermal cooker:

1. Use a medium or large zip lock bag with seasoned flour in it, add meat in batches and coat.
2. Place onion in pot and sauté until clear.
3. Add the rest of the ingredients and simmer gently for about 10 minutes before placing into the outer pot for it to self-cook.
4. You may need to add a little extra water as you need to have about 5mm of liquid in bottom of the cooker when you are finished simmering.



Quick and Healthy

SPANISH EGGS

Contributor: David Harnett

Serves:



Ingredients:

4 eggs
1 onion
1 clove garlic
2-3 tomatoes, diced
1 red capsicum, diced
½ green capsicum, diced
½ yellow capsicum, if desired
3 rashers bacon, diced
2 chorizo sausages, cut into bite size pieces

Method:

1. In a large lidded fry pan, fry sausages and bacon until cooked, then set aside.
2. In same pan, fry onion and garlic until soft.
3. Add capsicums and cook until soft.
4. Add tomatoes, simmer a few minutes until soft and sauce develops.
5. Return sausages and bacon to mix.
6. Make a hole in the mix and add eggs, cover.
7. Allow eggs to poach in the liquid with other ingredients.
8. When poaching is completed to desired level, spoon eggs, sauce and onion mix onto plate.

Serving Recommendation:

Serve with warm toast or crusty bread.





**Quick
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HOT POTATO ROTI (WITH EGGS, OPTIONAL)

Contributor: Trevor Savage

Serves:



Ingredients:

1 tbsp butter

Good dash olive oil

400g cooked potatoes, quartered

1 red onion, sliced

2 tbsp capers

½ cup black olives, pitted and sliced

2 tbsp breadcrumbs

1 cup parmesan shavings

Poached eggs, optional

Method:

1. Melt butter and oil on BBQ plate.
2. Fry potatoes with onion, capers and olives, tossing until potatoes just begin to brown.
3. Add breadcrumbs to absorb the oil and give nice crispy finish.

Serving Recommendation:

Serve immediately, sprinkled with parmesan. Better still, add a poached egg to each serving before adding the parmesan.





Quick and **Healthy** EASY EGG AND BACON PIE

Contributor: Sandra Bridge

Serves:



Ingredients:

4 eggs, beaten
½ cup pastry mix
1 cup milk
2 rashers bacon
½ cup grated cheese
2 tomatoes, sliced
½ red capsicum, finely diced
¼ tsp pepper

Method:

1. Heat oven to medium heat.
2. In a bowl, add well beaten eggs to milk and pastry mix.
3. Pour into a greased large pie dish.
4. Add bacon and capsicum.
5. Top with sliced tomato and grated cheese.
6. Sprinkle with black pepper.
7. Cook in oven until centre rises and edge comes away from sides, about 25-30 minutes.



Quick and Healthy

BIRCHER MUESLI

Contributor: Katrina Reynolds

Serves:



Ingredients:

1 cup rolled oats

½ cup apple juice

½ cup natural yoghurt, plus extra to serve

1 apple, grated

¼ cup blueberries (frozen or fresh)

¼ cup strawberries, to serve

Nuts to serve (chopped almonds, macadamias or cashews)

Method:

1. Grate the apple.
2. Mix the grated apple, rolled oats, blueberries, apple juice and yoghurt in a bowl until well combined.
3. Cover and place in the fridge for 1 hour or overnight.
4. If the muesli has been soaking overnight, stir through ½ cup of yoghurt.
5. If the muesli has been soaking for 1 hour, add a little extra yoghurt as desired.
6. Sprinkle strawberries and nuts over the top and serve! Yum

BIG TIP:

Prepare the night before and enjoy first thing the next morning.



Quick and Healthy

DAZ'S BREKKIE

Contributor: Darren Rodda

Serves:



Ingredients:

12 eggs

100g ham or bacon, diced

2 tomatoes, sliced

Grated cheddar cheese

Method:

1. Spray a muffin tray with oil.
2. Place ham or bacon into the bottom of tray.
3. Place a slice of tomato on top of ham/bacon.
4. Sprinkle cheese on top of tomato and add an egg on top.
5. Place tray onto BBQ and cook for 10-15 minutes, until eggs are cooked.

**Quick
and
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Quick and Healthy

LAKSA SPICY CHICKEN SOUP

Contributor: Peter Pepper

Serves:



Ingredients:

Cooking spray

4 x 150g skinless chicken breasts,
cut into bite size pieces

1 onion, finely sliced

1 red capsicum, de-seeded and
finely sliced

2 tbsp Tom Yum Paste
(Thai Red Curry or Laksa Paste)

450g chicken stock

1 x 400ml can reduced fat coconut
milk or light carnation with coconut

125g snow peas

100g dried whole wheat noodles

1/3 cup bamboo shoots, rinsed,
cut into thin strips

25g fresh coriander leaves

Lime wedges to serve

Method:

1. Heat a lidded, deep non stick saucepan and spray with cooking spray.
2. Add chicken pieces and cook for five minutes,
stirring until brown. You may need to do this in batches. Remove and set aside.
3. Add the onion and capsicum to the saucepan and cook for 3-4 minutes until softened but not coloured.
4. Stir in Laksa Paste and cook for 1 minute.
5. Return chicken pieces to the pan and pour in stock.
6. Bring to the boil, cover and simmer for 20 minutes.
7. Add the snow peas, coconut milk, noodles and bamboo shoots.
8. Cook uncovered for 2-3 minutes until tender, stirring occasionally to break up the noodles.
9. Serve immediately into bowls and top with the coriander and lime wedges on the side.



Quick and Healthy

GLAMPING TUNA PATTIES

Contributor: Lee-Anne McDougall

"This recipe was passed down from my mum's friend who makes them often while caravanning. The ingredients are easy to carry and store and the patties are cheap, quick, easy and yummy. You can make big patties for a meal and serve with a side of salad or make bite size patties for a snack"

Serves: 8-10 patties



Ingredients:

425g tuna
1 onion, diced
4 tbsp aioli or mayonnaise
 $\frac{1}{2}$ tbsp of curry powder
1 egg
 $\frac{1}{4}$ cup cheese, grated
2 tbsp breadcrumbs

Method:

1. Place all ingredients in a large bowl.
2. Mix together and roll in breadcrumbs on a separate plate.
3. Cook patties on either a BBQ or shallow fry in a frying pan.

Serving Recommendation:

Serve with a side salad or if having as a snack, dip in sweet chilli sauce or squeeze a bit of lemon on each patty.





**Quick
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ITALIAN STYLE DAMPER ROLLS

Contributor: Raelene Lewis

Serves:



Ingredients:

2 cups self raising flour

2 tsp baking powder

Pinch salt

Milk

½ cup tasty cheese, grated

½ cup sun-dried tomatoes,
chopped

Good sprinkling Italian herbs

Sliced black olives

Method:

1. In a large bowl, mix together flour, baking powder, salt, tomatoes, olives, cheese and herbs.
2. Add in enough milk to make soft wet dough.
3. Divide into four portions and place on a well greased floured tray.
4. Pull aside some coals and place coals on top or cook in a preheated oven.
5. Takes about 35 minutes to cook.



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LEEK AND POTATO SOUP

Contributor: Tracy Knights

Serves:



Ingredients:

4 potatoes
1 leek
1 vegetable stock cube
1 tbsp oil
1 cup hot water
 $\frac{1}{4}$ cup milk powder (optional)
Salt and pepper to taste

Method:

1. Peel, dice and cook potatoes in boiling water until tender.
2. Smash potatoes once cooked.
3. Peel, finely chop and lightly fry leeks in oil until soft.
4. Add to smashed potatoes and mix well.
5. Dissolve stock cube in 1 cup of hot water and add to pot. Stir well.
6. For a creamier soup add milk powder to pot, stir well.
7. Add water as required to reach desired soup thickness.
8. Bring to the boil, stir often to prevent soup sticking to bottom of pan.

BIG TIP:

If you don't have leeks, substitute with an onion.



**Quick
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BBQ MEXICAN PRAWNS WITH SALSA

BIG TIP:

Make sure heat is not too high, otherwise the prawns can be cooked on the outside but a little raw inside.

Contributor: Michael Ketelaar

Serves:



Ingredients:

500g prawns

Bamboo skewers

200g corn chips, crushed

2 eggs, lightly beaten

100g plain flour

50g chilli powder

4 tbsp canola oil

Salsa:

2 tomatoes, chopped

1 Spanish onion, finely chopped

1 avocado, mashed

4 tbsp canola oil

Method:

1. Skewer the prawns and dust with chilli powder.
2. Coat prawn skewers in flour, dip in egg mixture and roll in the crushed corn chips.
3. Place in oil on foil BBQ tray and fry over mild heat on BBQ.
4. To prepare salsa, combine all ingredients and drizzle over prawn skewers.



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ZUCCHINI AND FETA PATTIES

Contributor: Glenys Gelzinis

Serves:



Ingredients:

2 zucchinis, grated
2 spring onions, finely chopped
50g parmesan cheese, grated
2 eggs, beaten
200g feta, crumbled
1 $\frac{2}{3}$ cups flour
Oil to fry

Method:

1. Mix all ingredients together in a bowl.
2. Combine and cover for 30 minutes in a fridge (esky) to firm up.
3. Shape into patties.
4. Cook on an oiled BBQ or electric frying pan until golden.

Serving Recommendation:

Serve with a leafy green side salad.





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KIDS DECKED-OUT BURGERS

Contributor: Lauren Connolly

Serves:



Ingredients:

1 cup cheddar cheese, shredded
1 can sliced mushrooms, drained
 $\frac{1}{3}$ cup mayonnaise
6 slices bacon, cooked and crumbled
 $\frac{1}{4}$ cup onion, finely chopped
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper
 $\frac{1}{4}$ tsp garlic powder
 $\frac{1}{8}$ tsp chilli sauce
 $\frac{1}{2}$ kg lean mince
Burger buns
Lettuce and tomato if desired

Method:

1. In a bowl, combine the cheese, mushrooms, mayo, and bacon.
2. Cover and refrigerate.
3. In another bowl, combine onion, salt, garlic powder and pepper.
4. Add mince and mix well. Shape into patties.
5. Grill, covered over medium-hot heat for 4-5 minutes on each side.
6. Spoon cheese mixture on top of each burger.
7. Grill until cheese begins to melt.

Serving Recommendation:

Serve on warm hamburger buns with lettuce and tomato if desired.





Quick and Healthy

SPICY COUSCOUS FRITTAS

Contributor: Noeleen Spyve

Serves:



Ingredients:

1 cup boiling water
¾ cup couscous
1 long chilli, finely chopped, or
1 tsp chilli sauce
1 small handful flat leaf parsley
5 shallots, chopped
75g feta cheese
2 eggs
2 tbsp plain flour
Olive oil or your favourite oil
Salt and pepper to taste

Method:

1. In a bowl place couscous and a cup of boiling water.
2. Cover and stand for 15 minutes.
3. Allow to cool and then air with a fork.
4. Chop shallots, chilli and parsley.
5. Lightly beat eggs.
6. When couscous is cold, add all ingredients, except the oil, in a bowl and mix together with hands. Crumble the feta.
7. To cook, place oil in non stick frying pan.
8. Make patties about the size of a doughnut.
9. Cook until golden brown.

Serving Recommendation:

Serve with yoghurt, dill and lemon juice dressing, or a side salad.





Quick and Healthy

VEGETARIAN WRAP

BIG TIP:
Filling can be prepared a day in advance if you are having a quick 'pit stop' lunch. Leftover filling can be stored in the fridge for up to three days.

Contributor: Sara Toscan

Serves:



Ingredients:

6-8 wholemeal wraps
Half a bunch basil leaves, roughly chopped
1 handful pine nuts, toasted
1 bunch parsley
250g pumpkin, cubed
1 packet of rocket or baby spinach leaves
2 -3 tomatoes, diced
1 tbsp olive oil for frying

Dressing:

¼ cup lemon juice
1 tbsp olive oil
½ garlic, crushed

Method:

1. Fill saucepan half full with water.
2. Add pumpkin and cook on stove until pumpkin is almost soft (alternative option is to microwave the pumpkin).
3. Preheat frying pan with olive oil.
4. Add cooked pumpkin to frying pan and fry until golden brown.
5. Place all remaining ingredients together in a mixing bowl, mix well.
6. Add pumpkin and combine.
7. To prepare dressing; mix all ingredients together in a small bowl.
8. Place filling on wrap bread and add dressing. Roll up the wrap.



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ZUCCHINI, CORN AND BACON FRITTATA

Contributor: Pauline Sampson

Serves:



Ingredients:

6 bacon rashers, chopped
1 can corn kernels, drained
5 eggs
1 garlic, crushed
1 tbsp dried rosemary leaves
 $\frac{1}{4}$ cup milk
1 tbsp olive oil
1 brown onion, chopped
 $\frac{1}{2}$ cup tasty cheese, grated
2 large zucchinis, sliced
Salt and pepper

Method:

1. Heat oil in a large non-stick frying pan. Add garlic, onion, bacon and zucchini and sauté until golden.
2. Mix together eggs, milk, cheese, rosemary and salt and pepper. Pour over zucchini mixture.
3. Sprinkle over corn and cook over low heat for 5 minutes.
4. Place under a hot grill for a further 3-5 minutes or until browned.

*Quick
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& SALADS





Quick and Healthy

HOT CHILLI JAM

Contributor: Graham Cupitt

Serves:



Ingredients:

- 1 cup apple diced, skin on
- 1 cup brown onion, diced
- 1 cup white vinegar
- 1 cup white sugar
- 1 small packet of jam setting sugar or pectin
- ½ cup chillies (remove seeds if you wish to reduce heat)
- 2-3 drops of pillar box red food colour

Method:

1. Put all ingredients in either the camp oven or a saucepan.
2. Boil rapidly until the temperature reaches 105°C or the fruit becomes transparent and has a shiny glaze.
3. To test if it has set properly, place a small amount of mixture on a cold plate. A skin should form when set.
4. Pour mixture into a bottle and store in a cool place.

Serving Recommendation:

Spread a thin amount of mixture on the top of cooked steak. The animal fat in the steak will neutralise much of the heat of the jam but leave behind the flavour of the chilli.





Quick and *Healthy* WARM PRAWN AND SPINACH SALAD WITH MANDARINS

Contributor: Sara Hamza

Serves:



Ingredients:

1 tsp dijon mustard

2 tsp honey

1 tbsp red wine vinegar

3 tbsp extra virgin olive oil

500g whole new banana prawns,
peeled and deveined, tails intact

Zest and segments from 3 mandarins

100g baby spinach leaves

½ red onion, thinly sliced

½ continental cucumber, peeled and
seeded, thinly sliced diagonally

Salt and pepper

Method:

1. Whisk the mustard, honey and vinegar together in a jug.
2. Slowly drizzle in 2 tablespoons oil while whisking continuously until fully incorporated. Season to taste with salt and pepper.
3. Heat a large frying pan over medium high heat and add the remaining oil to the hot pan.
4. Toss the prawns with the mandarin zest and cook for 4-5 minutes or until just cooked through.
5. Toss the spinach, onion, mandarin segments and cucumber with enough of the dressing to coat.
6. Mound the salad onto the centre of 4 serving plates. Top each salad with the cooked prawns and drizzle any remaining dressing over the prawns.



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TOMATO SALSA

Contributor: John Logan

Serves:



Ingredients:

6 firm red tomatoes

1 red onion

1 bunch fresh basil

Dressing:

2-3 tbsp mayonnaise

2 tbsp quality olive oil

Salt and pepper

Method:

1. Cut tomatoes into small squares.
2. Finely dice red onion.
3. Finely cut fresh basil.
4. Place all ingredients into a serving bowl together.
5. In a separate bowl drizzle olive oil into mayonnaise, a small amount at a time until you have a runny consistency.
6. Gently fold dressing into the tomato salad.
7. Season with salt and pepper.

Serving Recommendation:

Serve with your favourite BBQ meats.



**Quick
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Quick and *Healthy* ROASTED WINTER ROOT VEGETABLES WITH ROSEMARY

Contributor: Graeme & Linda Lord

Serves:



Ingredients:

- 1 large carrot, halved and cut in chunks
- 1 small swede, cut in chunks
- 1 beetroot, cut into thick wedges
- 1 large sweet potato, cut into chunks
- ½ doz baby chat potatoes, halved
- 1 head garlic, broken into cloves
- 1 tsp dried rosemary
- ¼ cup olive oil

Method:

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper.
3. Place vegetables, garlic, rosemary and ¼ cup olive oil into a bowl. Toss well to coat.
4. Arrange vegetables in a single layer on the prepared tray.
5. Bake for 50-60 minutes, until tender and golden.



Quick and Healthy

MOCK CHICKEN

Contributor: Anthony Hughes

Serves:



Ingredients:

1 onion
1 tomato
1 tbsp butter
2 tbsp grated cheese
1 egg, beaten
½ tsp mixed herbs
Salt and pepper

Method:

1. Peel onion and tomato and cut into small pieces.
2. Cook onion and tomato in a saucepan with the butter.
3. Add salt and pepper to taste.
4. When tender, add the grated cheese, beaten egg and a good pinch of mixed herbs.
5. Cook until the mixture thickens.

Serving Recommendation:

This mixture can be used as a delicious filling for sandwiches or served on a cheese and cracker platter.





Quick and Healthy

FAST CORN BREAD

Contributor: Matt Pienaar

Serves:



Ingredients:

1 can beer

1 can creamed corn

500g self raising flour

Pinch salt

Cooking spray

Method:

1. Mix all ingredients together in a bowl.
2. Prepare cast iron pot or bread pan (with lid) by spraying with cooking spray or using a small amount of olive oil or butter. This prevents the bread from sticking to the pot.
3. Bake over medium coals (preferably with a few on the lid) for 45-60 minutes.
4. If cooking in an oven, this would equate to 190°C.
5. Test with a knife to see if ready after 45 minutes.



Quick and Healthy

KIDS SPECIAL SALAD

Contributor: Justine Mitchell

Serves:



Ingredients:

1 bag spinach leaves, washed
50g Changs Original Fried Noodles
100g Always Fresh caramalised onion

Method:

1. Chop up spinach leaves to desired size and place in a bowl.
2. Pour caramalised onion into the bowl and mix until spinach is coated.
3. Crush noodles in your hand into smaller pieces and place in the bowl and mix gently through.

Serving Recommendation:

Best served immediately to keep noodles fresh and crispy.





Quick and Healthy

CORN FRITTERS

Contributor: Lyn Supple

Serves:



Ingredients:

- 1 cup self raising flour
- 2 eggs, whisked
- 1/3 cup milk
- 2 x 420g tins of corn kernels, drained
- 2 tbsp chopped chives
- 100g tasty cheese, grated
- Butter, for frying

Method:

1. Place flour in a large mixing bowl, make a well in middle.
2. Mix in whisked eggs and milk. Fold in corn, chives and cheese.
3. Drop 1/4 cupfuls onto a medium heated and buttered frying pan or a BBQ plate.
4. Cook 2-3 minutes on each side until lightly browned.

Serving Recommendation:

Serve with a side salad and/or sweet chilli sauce.





Quick and Healthy CUCUMBER AND GRAPE SALAD

Contributor: Anna Beard

Serves:



Ingredients:

2 Lebanese cucumbers, scored with a fork length ways

1 large handful seedless grapes (green or red or both)

6-8 sprigs fresh mint leaves

2 tbsp balsamic vinegar

Half a lemon, juiced

Half a chilli, sliced thinly

Method:

1. Slice cucumber into 1cm slices then into quarters.
2. Slice grapes in half.
3. Pick mint leaves and roughly bruise leaves or rip.
4. Put all the above ingredients in a salad bowl.
5. To make the salad dressing; mix lemon, balsamic vinegar and chilli together.
6. Pour dressing on salad and toss.
7. If required, using your hands, slightly squeeze the salad to let out some of the juices and then serve.



**Quick
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BLUE CHEESE AND WALNUT DAMPER

Contributor: Kylie Gibbons

"I first cooked this damper while camping in the Flinders Ranges with friends. We had a camp oven cooking competition and mine was voted the best damper – a crowd favourite even amongst the non blue cheese eaters"

Serves:



Ingredients:

2 cups self raising flour
1 cup milk
1 tbsp olive or vegetable oil
60g blue cheese, chopped into small pieces
1 small handful of walnuts, chopped into small pieces

Method:

1. Sift flour into a bowl.
2. Combine flour with blue cheese and walnuts.
3. Make a well in the centre of flour mixture; add milk and oil and mix to form soft dough.
4. Turn out dough on to lightly floured surface and knead until smooth.
5. Roll into a large ball, flatten slightly and place in an oiled pre-heated camp oven.
6. Put lid on camp oven and cover with hot coals.
7. Cook for about 30 minutes or until golden and sounds hollow when tapped.

Serving Recommendation:
Serve hot as is or with butter.



*Quick
and
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**Quick
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CHEESY BEEF AND BAKED BEAN COTTAGE PIE

Contributor: Debra Welling

Serves:



Ingredients:

1 tbsp olive oil
1 onion, finely diced
1 carrot, chopped
2 tsp curry powder
2 tsp cumin seeds
 $\frac{1}{2}$ cup parsley, chopped
500g beef mince
2 tbsp Worcestershire sauce
1 tbsp flour
 $\frac{1}{2}$ - $\frac{3}{4}$ cup beef stock
1 x 425g can baked beans
Salt and pepper to taste
3 cups mashed potato for topping
 $\frac{1}{2}$ -1 cup grated cheese

Method:

1. Preheat the oven to bake at 200°C.
2. Heat the oil in a frying pan on medium heat.
3. Add the onion, carrot, curry powder and cumin seeds.
4. Cook for 5 minutes stirring frequently.
5. Turn the heat to high before adding the mince.
6. Fry the meat for 6-8 minutes breaking apart with back of spoon until browned all over.
7. Stir in the Worcestershire sauce, flour and stock and mix well before adding the baked beans.
8. Continue cooking for 8 minutes until the mince sauce has thickened.
9. Add chopped parsley.
10. Season with salt and pepper to taste.
11. Pour into a baking dish and top with mashed potato and grated cheese.
12. Bake until lightly golden and lightly bubbling for approximately 20-30 minutes.

Serving Recommendation:

Serve with pumpkin or a green salad or dinner rolls.





**Quick
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SLOW COOKED LAMB AND KUMARA CURRY

Contributor: Jenny Senior

Serves:



Ingredients:

1/3 cup plain flour

1kg lamb, diced in large chunks

500g kumara (sweet potato), peeled and cut into 2cm cubes

1 large brown onion, cut into thin wedges

400g can chickpeas, drained and rinsed

1 cup chicken stock

1/3 cup korma curry paste

1 tbsp coriander, chopped

2 cups rice

Method:

1. Combine flour, salt and pepper and coat the diced meat, add to slow cooker.
2. Add vegetables, chickpeas and coriander.
3. Combine stock and curry paste, pour over meat and vegetables in slow cooker.
4. Cover and cook on high for 4.5 hours or low for 8 hours.

Serving Recommendation:

Serve curry on a bed of white or saffron rice.





Quick and Healthy

JOAN'S LIBYAN SOUP

BIG TIP:
Be prepared, it's HOT!

Contributor: Sue Hackett

"This soup is a heart-warming, belly-filling, freezeable meal in itself. Our family have loved it since Mum and Dad brought it back after living in Libya for a couple of years - hence our name for the soup."

Serves:



Ingredients:

1kg gravy-beef, diced
2 large onions, chopped
6 cloves garlic
1 large carrot
2 tins 4 bean mix, drained
1 tsp parsley
140g tomato paste
1 tin chopped tomato
4 tsp salt
 $\frac{1}{4}$ tsp pepper
2 heaped tsp chilli
1 heaped tsp turmeric
 $\frac{1}{2}$ tsp mustard
 $\frac{1}{2}$ tsp curry powder
 $\frac{1}{2}$ tsp mixed herbs
Water, to cover
Splash of olive oil on top

Method:

1. If cooking in a pressure or slow cooker, add diced meat, onions, garlic, carrot, beans and mix together.
2. Mix in parsley, salt, pepper, chilli, turmeric, curry powder and herbs.
3. Add tomato paste and chopped tomatoes.
4. Pour enough water to cover all ingredients.
5. Add a splash of olive oil on the top.
6. Cover and cook on high for 4 hours or on low for 6 hours.
7. If cooking on a stove pot, follow steps 1-5 and adjust cooking time until meat is soft and tender.



Quick and Healthy

HEARTY BEEF CASSEROLE

Contributor: Jean Palmer

Serves:



Ingredients:

2 tbsp oil
1kg round or chuck steak, cubed
2 tbsp flour
1 large onion, finely chopped
1 clove garlic
 $\frac{1}{2}$ cup red wine (optional) or stock
1 $\frac{1}{2}$ cups beef stock
1 tsp tomato paste
1 bay leaf
 $\frac{1}{4}$ tsp marjoram or oregano
500g potatoes, quartered
2 large carrots, cut into chunks
2 cups mushrooms, halved
2 tbsp parsley, chopped

Method:

1. Place meat and flour in a plastic bag and shake to coat meat.
2. Heat oil in frying pan or camp oven and brown meat.
3. Add all other ingredients except vegetables and cook for 1.5 hours.
4. Add vegetables and cook for further 30 minutes until tender. If not thick enough remove lid and cook until you have thick gravy.
5. Season to liking with salt and pepper.

Serving Recommendation:

Serve with crusty bread or bread roll.





Quick and Healthy

ROAD TRIP PASTA

BIG TIP:

Vegetable variations: use any vegetables you have available at time of cooking. We have used carrot, broccoli and capsicum.

Contributor: Annemari Saunders

Serves:



Ingredients:

500g chicken breast, diced

1 tbsp oil

1 tbsp cajun seasoning

375g fresh fettuccini pasta

1 avocado, diced

250g cherry tomatoes, halved

50-100g semi sun dried tomatoes, sliced

1 tbsp lemon juice

Method:

1. Sprinkle cajun seasoning on diced chicken, then brown in a wok or large frying pan.
2. Cook pasta in saucepan as per the packet directions.
3. Add halved tomatoes, sliced sun-dried tomatoes and diced avocado to wok or frying pan and cook until chicken is cooked through.
4. Drain pasta and add to the chicken.
5. Mix well. You might wish to add about $\frac{1}{3}$ cup of the pasta water to ensure meal retains some moisture.
6. Add lemon juice to desired taste.



Quick and Healthy CAMP GROUND VEGIE STACKS

Contributor: Naomi Irvin

Serves:



Ingredients:

- 1 tbsp oil
- 1 red capsicum, sliced into 4 'flat' edges
- 1 green capsicum, sliced into 4 'flat' edges
- ½ eggplant, sliced into rounds
- ½ zucchini, sliced into rounds
- 4 roma tomatoes, halved
- 1 cup button mushrooms, halved
- 1 cup broccoli heads, halved (to create flat sides)
- Firm tofu, cut into 2cm squares (optional)
- 4 slices of sourdough bread
- Juice of ½ lime
- Cracked pepper
- Baby spinach leaves to serve

Method:

1. Heat BBQ plate and coat/spray with a little oil.
2. Place both green and red capsicum (flesh side down) and broccoli (flat side down) onto BBQ plate.
3. After about 4 minutes, add eggplant and zucchini. Add tofu (optional).
4. Cook eggplant, zucchini and tofu until browned on one side then turn.
5. Add tomatoes and mushrooms to plate. Using BBQ spatula, move mushrooms around the plate to brown them all over.
6. Place sourdough onto hot plate. Cook on one side then turn and cook the other.
7. Stack vegetables one after the other onto a plate.
8. Add tofu and sourdough to edges.
9. Top with spinach leaves, lime juice and cracked pepper.

Serving Recommendation:

These Vegie Stacks are best served immediately when fresh and warm.





Quick and Healthy

MINI DINNERS IN FOIL

Contributor: Cassandra Schleyer

Serves:



Ingredients:

6 large lamb chops

1 large onion, sliced in thin rounds

3 carrots, sliced in thin rounds

3 tomatoes, sliced in thin rounds

6 medium potatoes, sliced thin

Method:

1. Slice onion, tomatoes and carrots in fine round slices.
2. Season or marinade meat to individual taste. Salt and pepper is fine if you don't have any other seasonings with you.
3. Place meat in aluminium foil then layer with potatoes and vegies on top and wrap well
4. Put the foil package in the oven or in coals and cook for 40 minutes.

Serving Recommendation:

Best served with a fresh salad in the summer or steamed green vegetables in the winter.





Quick and Healthy

CAMP OVEN BAKED MAC AND CHEESE

Contributor: Peter Berry

Serves:



Ingredients:

1 cup uncooked macaroni
1 cup Gouda cheese
1 cup sharp cheddar cheese
1 cup bacon pieces (optional)
115g butter
1 cup milk
1 tbsp English mustard
2 cups panko breadcrumbs
Salt and pepper to taste

Method:

1. Heat up 24 beads if you're using a 12" camp oven. Your oven should reach 180°C.
2. Cook macaroni 'al dente', drain and put aside.
3. Oil your camp oven (or an alfoil dish).
4. Combine milk and mustard and mix well.
5. Grate the cheeses.
6. Put a serving spoon full of cooked macaroni on bottom of sprayed camp oven (or alfoil dish) and sprinkle about a third of both cheeses on the macaroni and half of the bacon pieces, sprinkle with pepper.
7. Repeat with layers of macaroni, cheese, bacon and pepper until all the macaroni is used up, or the pot is filled $\frac{3}{4}$ " from top edge.
8. Make sure you cover last layer of macaroni with a good covering of cheese mix.
9. Cut butter into cubes and spread on top of cheese.
10. Pour on milk sauce and spread panko crumbs on top.
11. Bake for 30-40 minutes.
12. Make sure the topping browns. You may have to remove bottom heat for the last 10 minutes.
13. Remove from heat and let cool for 10-15 minutes.



**Quick
and
Healthy**

ONE POT CURRIED SAUSAGES

Contributor: Jo Ellis

Serves:



Ingredients:

500g sausages, cut into pieces

2 large onions, sliced

1 tsp flour

1 tsp sugar

1 tsp tomato sauce

1 tsp vinegar

1 tsp curry powder (add more if desired)

Salt to taste

1-2 cups water

Method:

1. In a bowl, mix together flour, sugar, tomato sauce, vinegar, curry powder and water.
2. Slice the onions and place in a casserole dish with the sausages.
3. Pour the mixture over the onions and sausages.
4. Cook until the sausages are cooked and onions are tender which should take approximately 1 hour.

BIG TIP:

It's easy to double the recipe however take care with adding extra water. Add an extra cup, then monitor whether the recipe needs more. This can be made in bulk and frozen for those late night arrivals.



Quick and Healthy

ITALIAN CHICKEN

Contributor: Ellen Choat

Serves:



Ingredients:

2 large chicken breasts, thickly sliced
1 tbsp oil
1 large onion, finely sliced
1 clove garlic, crushed
2 tbsp tomato paste
2 tins Italian tomatoes (diced with basil and oregano) or 2 tins diced tomatoes and add dried basil and oregano to taste
½ cup red wine (optional) or use stock or water
Grated cheddar or parmesan cheese
Salt and pepper to season
2 cups uncooked pasta

Method:

1. In a large non-stick pan, sauté the onions and garlic until soft.
2. Add sliced chicken and brown.
3. Add the tomato paste, tinned tomatoes, dried herbs (if needed) and red wine and stir well until combined.
4. Turn down heat and simmer for 10 minutes.
5. In a separate saucepan bring water to the boil and add the pasta. Cook until just 'al dente' and strain.

Serving Recommendation:

Serve in large bowls with the Italian Chicken on top and garnish with grated cheese or parmesan.





Quick and Healthy

BEEF GOULASH

Contributor: Faye Waller

Serves:



Ingredients:

500g casserole steak, diced
1 tbsp oil
1 clove garlic, crushed
1 large onion, finely chopped
1 can diced tomatoes
2 large potatoes, diced
3 carrots, diced
2 cups beef stock, liquid stock or jellied stock
3 heaped tsp paprika
Salt and pepper

Method:

1. Heat oil and brown the chopped onion.
2. Add garlic and meat and cook until browned.
3. Add all remaining ingredients.
4. If necessary add water until just covering the ingredients.
5. Simmer gently for 1.5 hours or until meat is tender.

Serving Recommendation:

Serve with noodles or on a bed of rice.





**Quick
and
Healthy**

BEST SPAG BOL CAMPIN' STYLE

Contributor: Lynn Armstrong

"You can put your dinner on in the morning, enjoy a day of camping activities and it's ready at dinner time when you are!"

Serves:



Ingredients:

500g minced beef

1 tbsp olive oil

1 jar tomato pasta sauce

1 jar of water (use pasta sauce jar)

1 tsp garlic

1 tsp chilli

1 beef stock cube

1 tbsp chilli or capsicum pesto

Parmesan cheese

1 pkt thin spaghetti

Method:

1. Heat a splash of olive oil in pot on camp stove or BBQ.
2. Fry off the mince.
3. Put the mince and all other ingredients into the slow cooker and turn on low and leave for the day.
4. When you return, cook the thin spaghetti for 10 minutes in boiling water and then drain.
5. Mix together in the slow cooker and serve.

Serving Recommendation:
Serve with Parmesan cheese.





Quick and Healthy

GREEN PRAWN AND PASTA

Contributor: Penny Greaves

Serves:



Ingredients:

400g linguine pasta

80g butter

1 tbsp olive oil

600g medium green prawns, tails intact

2 tbsp lemon zest

1 tsp chilli flakes

2 cloves garlic, finely diced

1 tsp fresh ginger, finely diced

Salt and pepper to taste

1 cup flat leaf parsley

1 tbsp lemon juice

Method:

1. Prepare the lemon zest, garlic, chilli flakes, ginger, salt and pepper. Set aside.
2. Cook linguine as per the packet instructions and set aside.
3. Melt butter and oil in a frying pan and cook prawns for approximately 2-3 minutes. Add prepared lemon zest, garlic, chilli, ginger, salt and pepper to the prawns and cook for another minute.
4. Add pasta, parsley and lemon juice and toss to combine.



Quick and Healthy MULABAGUMBY STEW

Contributor: Errol Fancourt

Serves:



Ingredients:

4 lamb chump chops
1 tbsp olive oil
1 tin crushed tomatoes with Italian spices
1 tin cannellini beans, drained and rinsed
1 tin tiny taters (small potatoes)
1 small tin carrots, sliced
1 tin peas and corn
½ capsicum, diced
4 cloves garlic, crushed
1 tbsp Worcestershire sauce
1 tbsp tomato sauce
Gravox for thickening
Salt and pepper

Method:

1. In the camp oven, heat olive oil and fry lamb chops until well browned.
2. Add the tins of tiny taters (including juice), carrots and cannellini beans to the camp oven, uncovered, suspended over a bed of coals (just hot enough to simmer the stew).
3. Once the potatoes have softened slightly add the tomatoes, peas and corn (including juice), capsicum, garlic, Worcestershire and tomato sauce.
4. Allow to simmer, uncovered, until liquid is reduced by half, season to taste.
5. Add Gravox to a small amount of hot water and make a liquid paste.
6. Add to stew and stir until it is to the thickness that you like.
7. Remove lamb chop bones by pulling the meat off the bones.

Serving Recommendation:

Serve in a deep bowl with lots of bread and damper to soak up the liquids.





Quick and Healthy

PORCUPINES

Contributor: Mandy Butterfield

"This recipe was one of the first recipes my mother in law shared with me and after 24 years of marriage it's still as popular as ever."

Serves:



Ingredients:

1kg lean mince

1 packet French onion soup mix

1 packet of precooked rice or 1 cup semi cooked rice

1 large tin tomato soup

2 eggs

Method:

1. Beat eggs in a large bowl and add French onion soup mix, mince and rice. Mix well.
2. Put large tin tomato soup and same amount of water in slow cooker, stir to mix.
3. Make small meatballs from meat mixture and add to tomato soup.
4. Once all meatballs are added, stir gently.
5. Replace the lid and cook on low for 6 hours.

Serving Recommendation:

Porcupines can be eaten on their own or served with mash potatoes and vegetables.





Quick and Healthy

CURRIED PRAWNS

Contributor: Sue Hall

Serves:



Ingredients:

1½ tbsp butter

1 large onion, chopped

1½ tbsp plain flour

1 tsp curry powder

¼ cup cream

1 can diced tomatoes

500g prawns

Method:

1. Melt butter in a saucepan, add onion and cook until clear, adding the curry powder last.
2. Turn the heat down to low.
3. Thicken with the plain flour.
4. Add cream and tomatoes, you can puree the tomatoes a bit more if you like.
5. Add the prawns. If using large prawns, cut into smaller pieces.
6. Cook until prawns cooked through.

Serving Recommendation:

Serve on a bed of rice.





Quick and Healthy

GREEK CHICKEN

Contributor: Lyn Wells

Serves:



Ingredients:

8 chicken thighs
2 tsp sweet paprika
3 cloves garlic, crushed
2 tbsp olive oil
400g can diced tomatoes
12 black olives
750g chat or kipfler potatoes, skin on, cut into medium pieces
3 Spanish onions, quartered
1 red capsicum, cut into strips
1 yellow capsicum, cut into strips
1 tbsp fresh oregano, chopped
1 tbsp flat-leaf parsley, chopped
150g feta, crumbled

Method:

1. Preheat oven to 200°C.
2. Cook potatoes in boiling water for 5-10 minutes. Drain and set aside to cool.
3. Pat dry the chicken, place in a medium baking dish, sprinkle with the paprika.
4. Add the onion, capsicum, garlic and potatoes.
5. Drizzle with oil, sprinkle with oregano and season well.
6. Bake for 30 minutes.
7. Add tomatoes and olives, basting chicken with the juices, and cook for 20 minutes.
8. Serve with parsley and feta.

Serving Recommendation:
Serve with a green vegetable and/or tossed salad.





Quick and Healthy SLOW COOKED ROAST LAMB

Contributor: Graeme and Linda Lord

Serves:



Ingredients:

1.5kg leg of lamb

5-6 cloves garlic

2-3 rosemary sprigs

2 tbsp olive oil

Salt and pepper to season

Method:

1. Have leg of lamb at room temperature for 30 minutes before cooking.
2. Place in slow cooker.
3. Add all remaining ingredients.
4. Put the lid on the slow cooker and cook on low for 8 hours.
5. Allow to rest for 20 minutes before slicing.

Serving Recommendation:

Serve with Roasted Winter Root Vegetables with Rosemary.

See recipe on page 28.





Quick and Healthy

INDIAN CHICKEN BIRYANI

Contributor: Joanne Romeyko

Serves:



Ingredients:

2 cups long grain rice, rinsed

600g chicken thigh fillets,
cut into large strips

2 tbsp vegetable oil

1 large onion, diced

3 tsp garlic, crushed

3 cups chicken stock

1 bunch fresh mint

500g tub Greek yoghurt

Spice Mix:

2½ tsp garam masala

2 tsp ground turmeric

2½ tsp ground cumin

8 whole cloves

16 whole cardamom pods

3 tsp sea salt

Method:

1. Heat oil in large electric frypan, add onion and garlic and cook over medium heat until soft.
2. Add all the spices, salt, chicken and cook for 4 minutes.
3. Add rice and chicken stock and bring to the boil.
4. Reduce heat, cover and simmer for 10-12 minutes or until rice is cooked.
5. Stir in half a bunch of freshly chopped mint and serve.
6. In separate bowl, mix the Greek yoghurt and the remaining freshly chopped mint to make Mint Raita.

Serving Recommendation:
Serve with Mint Raita.





Quick and Healthy

BBQ

LEFTOVERS

Contributor: Michael Krasowski

Serves:



Ingredients:

2 celery sticks, finely sliced

1 large onion, diced

1 large capsicum, diced

2 tins diced tomatoes

4-6 leftover sausages from a BBQ plus any other leftover meats or processed meats in the fridge

4 cups pasta

4 rashers bacon, diced

½ tsp black pepper

Chilli to taste

2 tsp crushed garlic

1 tbsp dry mixed Italian herbs

4 bay leaves

1 tbsp olive oil

Method:

1. Cut the sausages and other leftover meats into 1 inch cubes and set aside.
2. Cook the pasta until almost 'al dente'.
3. Strain the pasta, wash off the starch in cold water and set aside.
4. Heat oil in a deep frying pan or a Dutch oven.
5. Add the bacon and stir until golden.
6. Mix in the garlic and chilli and give it a quick fry. Be careful not to burn it.
7. Add celery, onion and capsicum and stir occasionally until transparent.
8. Add the sausages/meat and stir, heating it through.
9. Add the tomatoes and stir, heating it through.
10. Mix through herbs, pepper and bay leaves.
11. When the mix is just short of bubbling, add the pasta and mix through well.
12. This stage will also cook-off the pasta through absorbing the juices in the pan.

Serving Recommendation:

Serve immediately in bowls with crusty bread, a green salad and a glass of your favourite tipple.





Quick and Healthy

LICKY, STICKY ONE-PAN DINNER

Contributor: Julia Hebaier

Serves:



Ingredients:

4 chicken Maryland or small whole chook

2 cups vegetables of choice (carrots, pumpkin, potatoes, sweet potatoes), chopped

2 tbsp oil

1 clove garlic

2 pinches dried oregano

Salt and pepper to taste

Method:

1. Heat oil slightly in a frying pan.
2. Add garlic and sauté, taking care not to burn it.
3. Add chicken, sprinkle oregano and salt and pepper and sear all over on medium-hot heat.
4. Add 1cm of water and vegetables. (Time the addition of vegetables according to their estimated cooking time compared to the chicken. For instance, any delicate vegetables might be added later).
5. Reduce heat to a simmer. Secure lid firmly for maximum flavour melding.
6. Check occasionally, adding more water if necessary.
7. Cook until meat comes away from the bone. Long, slow cooking is best.

Serving Recommendation:

Toss cooked noodles, rice or bread into pan juices and serve alongside.



Quick
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**Quick
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TANGY SWEET CURRY

Contributor: Noel Cox

Serves:



Ingredients:

1kg chuck steak, cut into pieces

4 celery sticks, diced

1 tsp salt

1 tbsp syrup

2 tbsp plain flour

1 cup water

3 medium carrots, diced

1 large onion, diced

Juice of 1 lemon

1 tsp curry powder

2 green apples, diced

1 small tin tomato soup

Method:

1. Dice all vegetables and combine with meat.
2. In a separate bowl, blend flour, curry, salt, syrup and lemon juice.
3. Mix tomato soup and water then add to meat and vegetables.
4. Place in a slow cooker or camp oven and cook slowly about 2 hours, if using a camp oven, ensure the heat isn't too high.

Serving Recommendation:

Serve on a bed of white or saffron rice.





Quick and **Healthy** SPICY PEANUT SHREDDED CHICKEN

Contributor: Amy Hart

Serves:



Ingredients:

1 tbsp oil
1kg chicken thighs, skin removed
1 onion, finely chopped
3 x 410g cans crushed tomatoes
4 heaped tbsp peanut butter
1 tsp chilli flakes
1 tbsp honey
1 tsp cinnamon
1 tsp cumin

Rice and crusty bread for serving

Method:

1. Cook chicken thighs in batches until the outside is browned. Inside can still be raw.
2. Place chicken in cold slow cooker.
3. Place all other ingredients in slow cooker, stir to combine.
4. Cook for 6-8 hours on low heat (time dependant on cooker).
5. Stir towards end of cooking to breakup and shred meat.

Serving Recommendation:
Serve with rice and crusty bread.





**Quick
and
Healthy**

RECESSION BUSTER CASSEROLE

Contributor: Margaret Brown

"I came across this recipe in 1990 in the middle of the 'recession we had to have', and my sons re-named it the 'Recession Buster Casserole' due to its low cost ingredients."

Serves:



Ingredients:

9 thick sausages
1 onion, finely chopped
4 rashers bacon, chopped
2 cloves garlic, crushed
1 pkt French onion soup
1 cup boiling water
½ cup red wine or beef stock
2 tbsp tomato paste
100g small halved mushrooms

Method:

1. Cook sausages, cool and slice diagonally into thick slices.
2. Gently fry onion, bacon and garlic in camp oven or large saucepan until just starting to brown.
3. Add sausages.
4. In separate bowl, combine soup, boiling water, red wine or stock and tomato paste.
5. Add this mixture to sausage mixture, stirring to combine.
6. Cook over moderate heat for 25 minutes.
7. Add mushrooms and continue cooking for further 15 minutes.

BIG TIP:

Save time by cooking the sausages the night before when barbequing dinner.



**Quick
and
Healthy**

GREEK YIROS CAMPING STYLE

Contributor: Catherine Phelan-Smith

"Easy to prepare, nutritious and impresses friends who think camping is all about sausages in bread and baked beans".

Serves:



Ingredients:

700g butterflied lamb
1 pkt of wraps
1 small tub of tzaziki
2 cups spinach leaves
1 cup onion, diced
3 cloves garlic, chopped
Olive oil
1 lemon
Handful oregano and rosemary

Method:

1. Combine onion, garlic and a handful each of oregano and rosemary.
2. Add enough olive oil so that garlic, onion and herbs come together and can be rubbed easily into the lamb.
3. Place lamb on foil tray and rub herb mix all over the lamb.
4. Place slices of lemon on top of lamb and cover with foil.
5. Cook lamb on 160°C until cooked.
Approximately an hour depending on Weber or BBQ heat.
6. Let stand for 15 minutes and then cut into slices suitable to put into wraps.
7. Warm wraps by putting in foil and placing on top of meat for the last 20 minutes to warm.
8. Place meat, spinach and tzaziki in wraps and serve immediately.

*Quick
and
Healthy* DESSERT





Quick and Healthy

CHOC CHIP DAMPER

BIG TIP:

The chocolate chips can be replaced with white, dark or milk chocolate chips, caramels, marshmallows or fruit...or a combination of all.

Contributor: Dani Franklin

"Get the kids to help with this recipe. We had six club scouts make this with no adult intervention as part of a cub cook-off. It was so much fun"

Serves:

**Ingredients:**

1kg self raising flour
(plus extra for flouring the board)
Large pinch salt
120g butter
300ml water
1 pkt chocolate chips

Method:

1. Put camp oven with a rack in the bottom (that the damper will sit on), on campfire or low heat.
2. In a large bowl, combine flour and salt.
3. Cut up butter and use your fingers to gently rub into the flour until the mixture looks like breadcrumbs.
4. Add the choc chips.
5. Add the water and combine with a wooden spoon. If the mix is too dry, add a little bit more water.
6. Use your hands to bring the dough together.
7. Sprinkle chopping board with some flour and turn dough onto the floured board.
8. Knead gently for 1-2 minutes until dough is smooth.
9. Shape into a round disc that will fit in the Bessemer.
10. Place 2 pieces of foil in a cross shape and place baking paper on top.
11. Place round dough disc in the middle of the cross and wrap the baking paper/foil around it.
12. Place in the pot carefully, ensuring it is on the insert.
13. Cook for approximately an hour. It is ready when the top is nice and golden brown.

Serving Recommendation:

Serve in a tea towel for a country feel, with marinated strawberries, hot chocolate sauce and freshly whipped cream.





Quick and Healthy

DI'S FANTASTIC FUDGE

Contributor: Diane Law

Serves:



Ingredients:

1x 400g tin sweetened condensed milk

500g dark chocolate

75g butter

1 tsp vanilla

Optional extras:

Lolly snakes, M&M's, nuts, clinkers,

raspberries, peppermint crisp...

any of your favourite sweets.

Method:

1. Melt condensed milk, chocolate, butter and vanilla in a saucepan on a low heat without bringing to the boil.
2. Stir until thick and then add any of your optional extras if desired.
3. Pour mixture onto a baking paper lined slice tin.
4. Refrigerate until set and cut into bite size pieces.

BIG TIP:

If you do not like dark chocolate, you can use milk chocolate.
Best stored in the fridge.



Quick and Healthy

'NO BAKE' DATE SLICE

Contributor: Roslyn Chessell

Serves:



Ingredients:

250g butter
¾ cup sugar
1 egg, lightly beaten
1 tsp vanilla
1 pkt marie biscuits, broken not crushed
250g dates, chopped
½ cup walnuts
½ cup coconut, shredded
Oil to grease the tin

Method:

1. Melt butter and sugar in a large saucepan.
2. Add dates, egg and vanilla.
3. Cook until the dates go mushy, stirring frequently.
4. Add biscuits and walnuts.
5. Mix well together.
6. Grease the tin and sprinkle with half the coconut.
7. Place mixture in prepared greased tin.
8. Press down well and smooth out as much as possible.
9. Sprinkle with remaining coconut.
10. Refrigerate and cut into pieces when set.

BIG TIP:

If unable to find Marie Biscuits, you may use Milk Coffee or Arrowroot. Best stored in a container in the fridge.

MUD CAKE IN A MUG

Contributor: Arthur Allman

"You can share one of these cups between two people, or have it all to yourself"

Serves:



Ingredients:

4 tbsp self raising flour

4 tbsp sugar

2 tbsp cocoa

1 egg

3 tbsp milk

3 tbsp oil

3 tbsp chocolate chips

Splash vanilla extract

1 large coffee mug

Method:

1. In a large coffee mug, add self raising flour, sugar and cocoa and mix well.
2. Add egg, milk and oil and mix together.
3. Mix in chocolate chips and vanilla extract.
4. Put the mug in a 1,000kw microwave and cook for 3 minutes.
5. Cake will rise over top but don't be alarmed.
6. Enjoy straight away.

Serving Recommendation:

Serve with cream or ice cream.





Quick and Healthy

LEMONADE SCONES

Contributor: Katrina Greve

"This scone recipe makes around 15 scones to share with the whole family"

Serves:



Ingredients:

3 cups self raising flour

1 cup cream

1 cup lemonade

Pinch salt

Method:

1. Sift flour into a large bowl, make well in centre and add cream and lemonade.
2. Mix with knife until mixture comes together.
3. Turn dough onto floured surface and knead until smooth and pliable.
4. Use a scone cutter or roll into golf size balls.
5. Add baking paper to bottom of rack in camp oven or use an old cake tin lined with baking paper.
6. Cook in camp oven for 15-20 minutes until golden brown.

Serving Recommendation:

Enjoy with jam and cream.





**Quick
and
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MIKE'S WORLD FAMOUS BREAD & BUTTER PUDDING

Contributor: Mike Linsell

Serves:



Ingredients:

50g butter
1 loaf of thick raisin toast
4 eggs
4 egg yolks
175g caster sugar
300ml thin cream
300ml thickened cream
1 vanilla pod, split, seeds scraped
3 tbsp jam

Method:

1. Preheat oven to 180°C.
2. Lightly butter your baking dish or camp oven.
3. Remove the raisin toast crusts and cut each slice into 2 triangles.
4. Stand triangles up in dish.
5. In a bowl, whisk together the eggs, egg yolks and caster sugar.
6. Place both creams in a saucepan with the vanilla pod and seeds and bring to scalding point.
7. Pour cream over the egg mixture and whisk lightly to combine.
8. Pour mixture over bread slices.
9. Set pudding aside for at least 30 minutes - this ensures that the pudding will be light and not stodgy.
10. Cover the dish loosely with foil, place in the oven and bake for 15 minutes.
11. Remove the foil and bake uncovered for a further 15 minutes or until golden.
12. Heat the jam in the microwave for about 40 seconds or in a small saucepan over low heat for 1-2 minutes until spreadable.
13. Remove pudding from oven and use a pastry brush to spread jam over top.
14. Return to oven for 2-3 minutes.

Serving Recommendation:

Serve immediately with thickened cream whilst sipping on a nice glass of sticky dessert wine.



**Quick
and
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Quick and **Healthy** GOLDEN SYRUP DUMPLINGS

Contributor: Louise Brown

Serves:



Ingredients:

$\frac{3}{4}$ cup brown sugar
 $\frac{1}{3}$ cup golden syrup
100g butter
1 $\frac{1}{2}$ cup self raising flour
 $\frac{3}{4}$ cup milk
2 cups water

Method:

1. Combine water, brown sugar, $\frac{1}{4}$ cup golden syrup and half the butter in a large saucepan.
2. Stir over a low heat until melted.
3. Use your fingertips to rub in the remaining butter into the flour.
4. Combine milk and the remaining golden syrup.
5. Stir into the flour mixture until well combined.
6. Bring the sauce to the boil then drop heaped dessert spoonfuls of the mixture into the sauce.
7. Reduce the heat to low and simmer, covered for 15-20 minutes or until a skewer comes out clean.

Serving Recommendation:
Serve immediately with ice cream.





**Quick
and
Healthy**

EASY APPLE CRUMBLE

Contributor: April Crowe

Serves:



Ingredients:

3 apples, peeled and chopped

1/4 cup water

1 tbsp brown sugar

1/3 cup plain flour

1/3 cup brown sugar

1/3 cup muesli

3 tbsp melted butter

Cinnamon to taste

Method:

1. Place chopped apples, water and brown sugar in foil tray.
2. In a bowl, mix flour, brown sugar, muesli, cinnamon and butter together in a bowl.
3. Sprinkle mixture on top of the apples.
4. Cover with foil and place on grate over the open fire for approximately 15-20 minutes.



Quick and Healthy

MANGO SLICE

Contributor: Irene Coburn

Serves:



Ingredients:

2 punnets strawberries, sliced
3 mangoes, sliced, seed removed
2 packets strawberry flavoured jelly
180ml boiling water
240ml low calorie lemonade

Method:

1. Line a loaf tin with glad wrap.
2. Layer the strawberries and mangoes in the tin.
3. Melt the two packets of jelly in boiling water.
4. Add lemonade.
5. Pour jelly mixture over the fruit.
6. Cover and set in the fridge for a few hours.
7. When set, turn out on a nice plate and cut into thick slices.



Quick and Healthy

THE CAMPING 'TART'

Contributor: Gina Kelly

"A lovely, easy and very refreshing dessert for all the sweet toothes on the road!"

Serves:



Ingredients:

1 supermarket tart/pie crust base
1 tin condensed milk
1 can crushed pineapple
½ cup lemon juice
300ml cream

Method:

1. Combine condensed milk and lemon juice in a bowl.
2. Drain juice from pineapple and mix into condensed milk.
3. Whip cream till stiff and slowly fold into the mixture.
4. If you don't have a hand beater, chill a glass jar and lid in the freezer, add cream and shake vigorously.
5. Pour into crust and refrigerate for a few hours.

Serving Recommendation:
Serve with a side of fruit.





Quick and Healthy

JAFFA CAKES

Contributor: Tara Borthwick

Serves:



Ingredients:

8 oranges

1 packet vanilla cake mix Milk as required for cake mix

Eggs as required for cake mix

1 block of chocolate

Method:

1. Using a sharp knife, cut the top off each orange (just enough that you can fit a spoon through the top of the orange).
2. Scoop out flesh of orange with spoon leaving behind skin and white flesh.
3. Scoop orange mixture into a bowl.
4. Prepare cake mix as per instructions on the packet.
5. Squeeze a little of orange juice into the cake mixture.
6. Spoon cake mixture into orange skins about half full.
7. Push a square of chocolate into mixture.
8. Replace lid on oranges and wrap in foil individually.
9. Place into coals of fire, dutch oven or BBQ and cook for approx 12-15 minutes.
10. Once cooked, take out, unwrap and eat with a spoon.



**Quick
and
Healthy**

SPICY FRUIT AND RICOTTA TRIANGLES WITH CARAMEL SAUCE

Contributor: Laurel Rasmus

Serves:



Ingredients:

8 slices spicy fruit or raisin loaf
250g ricotta cheese
45g sugar
2 tsp grated orange rind
1 tbsp orange juice
60g butter, melted

Sauce:

300ml light cooking cream OR thickened cream
1 cup brown sugar
90g butter
½ tsp vanilla essence

Method:

1. Mix together ricotta, sugar, orange rind and juice till smooth.
2. Spread mixture evenly over each fruit or raisin loaf slice.
3. Sandwich slices together, pressing each together firmly, making four sandwiches.
4. Cut each sandwich crosswise to give you two triangles.
5. Brush each with a little melted butter and place on a heated BBQ or campfire cooking plate.
6. Cook until heated through, turning once.
7. To prepare caramel sauce; combine all ingredients together in a saucepan and heat on BBQ or campfire cooking plate, stirring until melted and well combined.
8. Simmer gently, uncovered for approximately 5 minutes or until slightly thickened.

Serving Recommendation:

Pour caramel sauce over the fruit triangles.





**Quick
and
Healthy**

BBQ MANGO DELIGHT

Contributor: Dani Beckett

Serves:



Ingredients:

2 mangoes

2 tbsp white sugar

2 tbsp honey Greek Yoghurt

Method:

1. Preheat BBQ plate.
2. Remove cheeks from mangoes and sprinkle the cut side with sugar.
3. Cook, sugar side down for 5 minutes until golden and caramelised.

Serving Recommendation:

Serve with a dollop of Greek yogurt and drizzle with honey.





Quick and Healthy

BONFIRE BANANA BOATS

Contributor: Elizabeth Berns

Serves:



Ingredients:

4 large, ripe bananas
1 small bag of chocolate chips
1 small bag of mini marshmallows
1 small bag of caramel chips
1 cup shredded coconut (optional)

Method:

1. Carefully split each banana lengthwise, do not peel.
2. Stuff a few chocolate chips, caramel chips, mini marshmallows and coconut inside each banana peel.
3. You will probably have some overflow, this is okay.
4. Wrap each banana tightly in aluminium foil and place over campfire, turning after 30-45 seconds.
5. Unwrap carefully and enjoy with a spoon.

BIG TIP:

Don't leave bananas in the campfire for more than a minute or two. It doesn't take long for everything to melt. You can substitute any of the fillings. Try mashing up your favourite chocolate bar in a plastic bag and add that to the bananas to make your treat even more delicious.



Quick and Healthy

DATE AND OAT BALLS

Contributor: Christine Horan

"A great healthy snack or treat for all when you're out travelling or on the go. This recipe makes around 25 balls."

Serves:



Ingredients:

500g fresh dates (or packaged)

2 cups raw almonds

2 cups oats

Method:

1. Place all ingredients in a food processor.
2. Once combined, roll into bite sized balls.
3. Place in the refrigerator to set for a few hours.
4. These can be rolled in cocoa powder or shredded coconut before placing in the refrigerator.

BIG TIP:

You can substitute dates and almonds for other ingredients such as sultanas, currants, dried apricots, cashews, peanuts etc.

Prepare the day before your holiday and have as a healthy snack on the road.