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Camp cooking— Quick meals in minutes

Fried rice

You will need:

3 rashers of bacon, chopped	1 cup oil
1 small onion, chopped	Soy sauce
1 cup cooked chopped mixed vegetables	2 cups cooked rice

Using a large fry pan, fry the bacon and onion in 2 tablespoons of oil. Add the cooked rice and the cooked chopped vegetables. Add soy sauce to taste. Serve hot.

Pasta and tuna

You will need:

500g pasta (shells, spirals etc)
Can of cream of chicken and corn soup
Large can of tuna
Milk

Cook the pasta. Separately cook the soup, diluted with half a can of milk, until it thickens. Stir the cooked pasta and tuna into the soup. Serve hot.
It can be served with mashed potato and vegetable to as fillers.

Variations: Add cooked chicken or shredded ham and grated cheese.

Pot roast

Add 2 tablespoons oil to a large pot and add a piece of rolled roast. Brown it on all sides, turn down the heat, put the lid on and leave it to cook slowly. Allow 20 minutes for each kilo, plus 20 minutes.
Potatoes can be roasted in the same way in a large saucepan. You will need more oil to cover the bottom of pan.

Sausage hotpot

You will need:

8 large sausages	Cabbage, shredded
1 packet chicken noodle soup	1 cup peas
Carrots, chopped	Gravox
Potatoes, cut in pieces	

Boil the sausages to remove the fat. Cool and chop into pieces. Make up the chicken noodle soup according to the instructions. Add the carrots, potatoes and cabbage and cook until the vegetables are cooked. Add the peas, thicken with Gravox and serve.



Savoury mince

You will need:

1kg fat free mince	6 large potatoes, cut in pieces
1 onion, chopped	1 cup peas
1 large can peeled tomatoes	Gravox or cornflour
4 carrots, chopped	

Brown the mince with the chopped onion. Add the tomatoes, carrots and potatoes. Simmer for 20 minutes or until the vegetables are soft. Add the peas. Cook for a further 5 minutes. Thicken with the Gravox or cornflour and serve with toast.



Stir fry

You will need:

Selection of vegetables (eg. carrot, zucchini, capsicum, onion, cauliflower, broccoli, cabbage)
Your choice of chicken, beef, or pork strips
Masterfoods honey, soy and garlic sauce
Oyster sauce

Fry the vegetables on a barbecue hotplate. Separately fry the meat and then mix the meat and vegetables together. Add the Masterfoods and oyster sauces. Serve with fried rice.



Vegetable pancake

You will need:

6 eggs	2 cups diced vegetables
1 cup milk	2 potatoes
2 tablespoons plain flour	Butter

Cook the diced vegetables. Peel and thinly slice the potatoes. (You can blanch the slices in hot water at this stage.)
Beat together the eggs, milk and flour. Melt two large dobs butter in a large fry pan, pour the egg mixture into the fry pan and add the sliced potato and mixed vegetables. Cover and cook very slowly (5–10 minutes).

Variations: Add cooked sausage, bacon, ham, cheese, tomato, or any other favourite combination.



Other ideas to consider

Marinated chicken wings	Crumbed chicken
Shasliks	Beef schnitzel
Hot potatoes (with coleslaw, ham, grated cheese)	Rissoles
Chicken patties	Spaghetti bolognese
Ham steaks	Chicken with stir through sauces
Chopped tomatoes, bacon,	