

## Acknowledgements

With thanks to all the cooks and others who have contributed recipes, ideas and experience to this book, especially Malcolm Arthur, Bethany Backo, Christine Browne, Merle Caitlin, Colin Dayman, Ineke de Graaf, Heather Fearn-Wannan, Merle Hounsell, Debbie Jay, Geoff Jay, Velma Kneale, Patricia Shaw, Brian Sloane, Dot Teague, Lisa Vandenberg and Steve Ward.

© Z. Brownfield, M. Cox, H. Herculson, K. Wade 1971

First Edition 1971
Reprinted 1974
Second Edition 1984
Third Edition 1995
Reprinted 2000, 2003, 2005, 2009
Fourth Edition 2019 (eBook, editor Thomas Wood-Burgess)

Scripture Union Australia
455 Springfield Road
Mitcham
VIC
3132

All Rights Reserved. No part of this publication, except special pages indicated, may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of Scripture Union.

# Catering and Cooking for Camps and Conferences 

# MINSTRY TO THE INTEROR 

with amendments and<br>additional recipes

Compiled by:
Zoe Brownfield
Merle Cox
Helen Herculson
Ken Wade
Thomas Wood-Burgess
Introduction ..... 1
Review the situation ..... 2
The role of the cook ..... 3
The responsibilities of the cook ..... 4
Prepare the menu ..... 5
Allergies and intolerances ..... 10
Sample menus ..... 12
Ordering the supplies ..... 14
Sample quantities page ..... 15
Serving size comparisons ..... 17
Miscellaneous items to bring ..... 20
Organise the equipment ..... 21
Equipment checklist ..... 23
Kitchen layout ..... 25
Refrigerators and freezers ..... 26
Keeping the camp healthy ..... 27
Outdoor cooking plan ..... 28
Cooking fires ..... 29
Outdoor barbecuing ..... 31
Differing quantities ..... 32
General tips ..... 33
Recipe index ..... 71
Ingredient index ..... 73
Menu overview template ..... 85
Ingredients overview template ..... 86
Quantities overview template ..... 87
Cereals ..... 35
Soups ..... 36
Sauces ..... 37
Beef ..... 39
Chicken ..... 44
Sausages ..... 45
Fish ..... 46
Eggs ..... 47
Rice ..... 49
Vegetables ..... 50
Salads ..... 51
Pastry and biscuit bases ..... 53
Milk-based desserts ..... 54
Jelly-based desserts ..... 55
Tarts and slices ..... 56
Crumbles ..... 60
Pies and puddings ..... 61
Fruit ..... 62
Biscuits ..... 63
Cakes ..... 64
Muffins ..... 66
Pancakes and scones ..... 67
Icing ..... 69
Drinks ..... 70

Ministry to the Interior has been prepared by a team of experienced cooks and resource persons to assist people who are considering catering and cooking at a camp or conference. In particular, this book is aimed to help those who have had little experience beyond catering and cooking for an average family.

The selection of recipes in this book has been intentionally directed towards top-of-the-stove cooking for use in temporary camping situations. However, many of the recipes can also be cooked using an oven and therefore are appropriate to permanent kitchens. In this book, the term camp should be taken to include literal camps, conferences, house parties, church and social gatherings-any situation where large numbers are to be catered for.

Quantities in recipes in this book are for 50 adults, based on minimum nutritional needs. Ways are presented for adjusting quantities to suit different numbers and age groups.

As well as a wide selection of recipes, this book contains guidelines for:

- Assembling the facts
- Establishing the cook's responsibilities
- Planning economic and nutritious menus
- Estimating quantities
- Ordering supplies
- Using equipment safely
- Organising kitchen staff
- Cooking outdoors


## Important questions to ask

Before the menu can be planned and the order prepared, several practical questions must be answered.
Who are the campers? Are they boys, girls, teenagers or adults?
How many campers or team members are there? This will affect the equipment required as well as food quantities. Remember that numbers may vary from meal to meal once camp has begun.

Are there any special dietary needs? This will affect the types of dishes that can be prepared.
How long is the camp? What are the exact days? Are there any public holidays or Sundays (when food may need to be delivered the day before)?

What special activities are there? For example, overnight outdoor camping, sausage sizzles, picnics, birthday parties, special afternoon teas, etc. Plan for these occasions, but be prepared to be flexible, particularly if bad weather affects outside activities.

Where is the camp to be held? Is it in a beach camping area, an isolated farming area, a permanent campsite, or a conference centre? What access is there to shops or vendors for daily needs (e.g. milk and bread)? How far must bulk supplies (e.g. groceries) and perishables (e.g. meat, vegetables and butter) be transported?

What is the budget for the camp? What is the expected expenditure per camper per day for food?
What are the cooking facilities? Is there a kitchen with all equipment supplied, a cook-tent with limited, mobile equipment, or open-air barbecue-style fire with little equipment?

What fuels will be used? Gas, LPG, electricity, etc?
What are the cold storage facilities? How many refrigerators and freezers are there? What is their source of power? How big are they? Is there access to other cold storage (e.g. butcher's cool room)?

What are the general storage facilities? Is there a pantry, open shelving or cupboards for food packages? Is there dust/fly proofed storage for cooking utensils (including big pots)?

How much equipment is there? A suggested list of requirements for a kitchen under canvas to serve 50 people is given on page 23.

What water facilities, including hot water, are available? Will it be necessary to boil drinking water?

## What are the toilet and washing facilities?

## What are the arrangements for garbage disposal?



## More than just a cook

The cook as a member of the body of Christ is as important as all other members in the Lord's work. Christ gives different roles to the various members of the body. From the head, this is Christ, the whole body, joined and held together by every supporting ligament, grows and builds itself up in love as each part does it work (Ephesians 4:7, $15,16)$. The unity of the Spirit, which we are to make every effort to keep, is strengthened as we are at peace with the various other members of the body and the roles they play (Ephesians 4:3).

Given the central role of the kitchen in the life of the camp, it is vital that the cook become acquainted with camp personnel and be aware of the program and policies of the camp. To know the responsibility links in the team will be especially helpful when emergencies arise. Also, involvement in the team preparation for the camp is likely to make the camp leader more conscious of the need to notify the cook before and during camp about program changes affecting the kitchen and variations in numbers for meals.

## More than just a kitchen

Besides the practical role of cooking and organising the kitchen, cooks often have a listening and/or spiritual ministry during the camp. For example, it is not unusual at a camp for the cook to be seen as the only reminder of home, as a 'mother/father image', and to have a ministry to lonely campers (and even team members) who become 'kitchen dwellers'. Try always to have a job for them, and be a sympathetic counsellor. For pranks and concerts, too, the kitchen may well be the chief source of another kind of prop! Again, when the campers are off site for some reasons (e.g. a hike, bus trip, outing of some kind), the cooks are often the only people at the site to protect the belongings and care for visitors. Therefore, try to bear with interruptions. 'Be completely humble and gentle; be patient, bearing with one another in love' (Ephesians 4:2).

## Sensible strategies for survival and success

The following points are important for the personal survival of the cooks and the success of the camp.

- Teach assistant cooks. Involve them in all stages so that they may gain experience and be able to take over in an emergency.
- Keep records as you go and amend where necessary. The experience gained may be used during the camp and for planning future camps.
- Pray constantly to be prepared for the unexpected. Even with planning and preparation, every meal is a crisis time. Encourage others to pray for the cooks.
- Arrange the day so a quiet time can be regular and programmed. This will help your relationships with leaders, assistant cooks, team members and campers.
- Make the kitchen as open as possible. The cooks can have a vital ministry of prayer and listening while working.
- Have a rest period each day and, where possible, for one whole day out of the kitchen each week during camp.
- Organise for essential early nights as much as possible. Having arranged ingredients for supper, preparation and serving can be left to others.
- Arrange for someone to tell you when you are getting irritable and try to leave the kitchen for a brief rest to regain calm.
- Leave the kitchen while washing up is in progress and sit down quietly with assistants to check organisation of meals. Don't underestimate the time required for the preparation of food and the actual time for cooking each item. To get everything ready and to cope with the unexpected, plan at least two meals ahead.
- Conserve your energy by sitting down as much as possible. Have a couple of chairs always in the kitchen and make sure both you and your assistants use them.
- Have assistance available to help with heavy pots.
- Wear non-iron comfortable clothing (non-flammable), and a clean apron daily. Wear comfortable shoes, not thongs or sandals, to protects against accidents. Remember hair must be kept away from food.


## Before camp

The cook, in collaboration with the assistant cooks, and in consultation with the camp leaders, is responsible for preparing the menu and the food order. A detailed camp program, with approximate numbers, ages and gender of campers and the catering budget, is essential for this. If possible, the campsite should be visited to investigate the kitchen equipment and local shopping facilities.

## At the start of camp

The cook should decide the layout of the kitchen (see page 25) and supervise the checking and putting away of the ordered foodstuffs and, where appropriate, the unpacking, cleansing and putting away of kitchen equipment and cooking utensils.

## During camp

The cook is responsible for the smooth and orderly running of the kitchen and the supervision of the kitchen staff. This includes a concern for the hygiene and cleanliness of the kitchen, kitchen equipment and cooking utensils.

If it is found that too much or too little food has been ordered, these steps can be taken:

- Orders for perishables at local shops may be adjusted, especially milk and bread.
- Leftover foods may be used, for example in soups. Be wary of re-using cooked meat. It is better to dispose of leftover food quickly, than to risk illness.


## At the end of camp

The cook organises the dismantling of the kitchen, or, in the case of a permanent kitchen, its thorough cleansing, and the listing and storage of equipment and utensils. Also the Cook checks with the treasurer that all bills have been paid, and that no small items have been overlooked. Unused food items may be auctioned at the end of camp.

Meals at camps and conferences are a time of rest, fellowship and refreshment. So when preparing the menu, plan not only to provide a balanced diet, but to have meals that are interesting and varied, and can be served attractively. Careful planning before camp will ensure more time for attractive presentation of meals, periods of rest out of the kitchen, and dealing with the unexpected at camp.

## Nutritional value of food

The body needs different types of food in order to function at its best.

1. Proteins, for growth and repair of body tissue, are found in meat, poultry, milk, cheese, eggs and fish.
2. Carbohydrates, for energy, are found in sugar, cereals, flour, bread, potato, pasta, fruit, jam and syrup.
3. Fats, the most concentrated energy food, are found in butter, margarine, fat on meat, oil and cream.
4. Minerals of different kinds are needed, e.g. calcium from milk and cheese, iodine in sea foods, iron from meat, nuts and green leafy vegetables.
5. Vitamins, necessary for normal growth, are obtained from fruits and vegetables, dairy products, eggs, meat and wholegrain cereals. Roughage, obtainable from fruit, vegetables and grains is also essential.

## Minimum daily nutritional requirements

The amount given is for one person, for one day's menu.

Milk (Can be used as beverage, on cereal, or in milkbased dessert)
Adult: 300 mL
Child or adolescent: 600mL
Meat, poultry, fish, eggs, cheese
180g meat, poultry, fish
OR 1 egg
OR 30g cheese
Fats (e.g. margarine)
$15 \mathrm{~g}-30 \mathrm{~g}$ daily
(1 dessertspoon to 1 tablespoon, level)

## Vegetables and fruit

At least one serving of each of these:
140 g potato
50 g green vegetable
50 g yellow vegetable
1 citrus fruit or tomato
1 other serving of fruit
Please note, one serving of fruit or vegetable should be raw

Wholegrain bread, cereals, rice
At least 3 servings, which include:
30 g breakfast cereal
30 g wholegrain bread (1 slice)

## General guidelines

When planning a menu, the following advice should be considered:

1. Plan the menu for the whole time in advance-this makes initial ordering easier. Be aware of generally unpopular dishes, e.g. spinach, cabbage, etc. Keep in mind that by the end of camp no food should remain. Be prepared to change plans.
2. A variety of dishes is essential. However, if a dish is to be served more than once during the camp, try to combine it with different accompanying dishes and leave at least a two day gap. Daily salad meals require careful planning to vary the contents each day. Variations to basic dishes are included in the recipes.
3. Consider the temperature. Obviously hot food is appetizing for winter meals, while salads and cold desserts can be used in summer. Always serve hot foods hot and cold foods cold. Avoid using shallow and deep fried dishes during summer camps.
4. For morning teas provide pikelets, scones, dips and crackers. For afternoon teas provide biscuits, cakes or slices with beverages. Fruit should be available at all times. Suppers may include pikelets, cheeses, and Milo.
5. For every meal select foods from each of the five food groups. Too much protein food one day and carbohydrate food the next does not provide a balanced diet. The body uses only a certain amount of protein each day, and the rest is converted to carbohydrate. Within a meal, do not serve bread with hot potato, rice or pasta, as this can double the carbohydrate content.
6. Desserts should be planned to balance the rest of the meal. Serve a light dessert with a substantial main course, and a substantial dessert with a light main course. Fresh fruit as part of a light dessert every second day is an easy way of ensuring the intake of essential vitamins and roughage.
7. Colour harmony is important, and must be considered when the menu is being planned. Green and yellow vegetables, sauces and garnishes provide colour and variety.
8. Vary the shape and texture. A meal should not be entirely soft or entirely crisp. The shape may be varied by cutting the vegetables in different ways (rings, strips, quarters, whole, mashed, grated, etc.). Serve something crunchy with soft foods (e.g. toast with soup, crisp salads with fish, etc.).
9. Do not repeat flavours in one meal (e.g. tomato soup should not be followed by tomatoes in the main course). There should be a combination of bland and sharp flavours. Young children do not always appreciate high seasonings and pronounced flavours.


## Careful economy

Efficient and effective use of all resources (time, energy, money and storage) is essential for good stewardship.

## Money

1. Establish from the camp leader the expectations of the campers in relation to the meals. Quality and quantity clearly affects overall costs.
2. Obtain a detailed copy of the final program, as this guides the arrangement of the menu. It is vital that the cook is informed of any changes before and during the program.
3. Experience and knowledge of the rate of food cost inflation are the best guides for arriving at the food budget for the camp. One approach is to assess, from a previous similar camp, the food cost per person per day, and inflate this amount to reflect the projected costs. This gives a budget estimate of the amount of money necessary to provide the menu of that previous camp at the time of the camp being planned.
Food costs could account for over half of the campers' fees. There may be opportunity to negotiate this with the camp leaders before fees are advertised.
The projected cost of food not only takes into account inflation, but also the season and location of the camp. In tourist resorts, prices can alter greatly, according to the season. It is helpful to meet and talk to shopkeepers well before camp, to explain the camp's purpose and catering needs.
4. To buy food in a city will acquire it at the cheapest rate, but will cause real costs to increase, in relation to time, transportation to the site and possible loss of goodwill of local people. To buy locally may cost more, but saves time and transportation, as well as increasing goodwill and contact with local growers or shopkeepers (sometimes essential in an emergency). Be aware that local growers may not be able to afford to discount or donate.
5. A limited budget need not mean an uninteresting menu, or a lack of nourishing foods. These practical suggestions will help to keep costs down:
a. Whenever possible, buy meat in bulk (see page 9). This requires more careful menu planning, but provides inexpensive variety. The price of bulk meat can vary from shop to shop. The retail price for meat is affected by seasonal conditions and also by prices charged for exported meat. It would be worthwhile to check current meat prices with two or three reliable suppliers before placing an order.
b. Tinned, frozen or dried foods are often cheaper than fresh, and there is little preparation or waste. However, tinned foods which may contain a lot of liquid are bulky and heavy and may be damaged, and frozen foods need a freezer. These factors should be taken into consideration before you decide to buy quantities of tinned or frozen foods. Dried foods are lighter to carry and use little storage.
c. Concentrated juice (not fruit juice drink) may prove cheaper and is easier to carry and serve.
d. When using bread as an accompaniment, allow one and a half slices per person when preparing the order. This will probably need adjusting when you establish the bread consumption of the group.
e. To assist with snacks and suppers, participants at the camp may be able to contribute some homemade cakes, slices, or biscuits, etc.
6. While every effort may be made to use resources wisely, a well equipped and well stocked kitchen can attract thieves. Arrange to have the kitchen supervised as much as possible and, when unattended, secured as well as is practical. The cook's knowledge of stock and the arrangement of the kitchen will make losses more obvious.

## Careful economy

## Time, energy and storage

Convenience foods may cost a little more money, but this is offset by the saving in time, energy and storage space. Such foods include:

- Potato flakes or powder
- Ready made custard
- Instant puddings
- Snap dried vegetables
- Dried soups
- Pancake mix
- Frozen vegetables
- Cake mix
- Frozen pastry
- Lemon juice

To save storage space, buy in catering size quantities when possible. In the camp situation, however, it may save money, time and energy for the cook to use packets or tins of a size that can be wholly used in one dish, e.g. jelly packets, tinned pineapple slices, etc.

For convenience, consider buying:

- Tomato sauce in bottles
- Instant coffee in jars
- Vegemite in small jars
- Margarine in tubs for table use

Cold storage facilities must be taken into account when planning the menu. Available freezer space will set limits on the amount of frozen food to be stored and on the period of storage. Perishables, including meat, milk and eggs require adequate refrigerator space for storage. When planning for refrigerator prepared deserts, consider the amount of refrigerator space available at the time of preparation. If the use of bulk meat is incorporated when planning the menu, the storage of the meat must be considered. This may be either in a freezer or in the butcher's cool room and collected as required. In either case, refrigerator space must be set aside for thawing the meat prior to preparation.


## Buying bulk meat

A menu to use bulk meat requires more thoughtful planning, but will include a greater variety of meat dishes using better quality meat with possible cost savings.

## Choosing the meat

- Younger is better than older or mature-lamb over mutton, yearling over beef
- Cooking method should be chosen according to the age and texture of the meat. Older and coarser textured meat should be used for braising and stewing.
- Consider the time required to prepare menu.
- When cooked correctly, cheaper cuts can be just as tender and nutritious as more expensive cuts.
- When buying meat, the colour and texture are good guides to quality of the meat.
- The coverage of fat on the carcase will affect the tenderness of the meat. If the meat is to be largely used for grilling, a relatively heavy fat cover is preferable. If the meat is to be largely used for braising, pot roasts and stewing, a relatively lighter cover may be acceptable. To retain maximum nutritional value and flavour in the meat, fat should not be trimmed prior to cooking.
- The nutritional value of lean beef, veal, lamb, mutton and pork is about the same. The protein, minerals and vitamins are contained in the lean tissue of meat and the amount of these nutrients is practically the same in all cuts of meat. The fat in meat adds to its flavour and tenderness. The difference in the palatability of meat lies in its tenderness and the cooking method used. All meat is tender if it is cooked properly at a low temperature.


## Protein content of cooked meat

Cooking method affects the protein content of cooked meat. The protein content of various cooked cuts of beef have been reported as follows:

Topside roast, 1 slice
Round stew steak
Rump steak, grilled medium

75 g cooked weight $=20.1 \mathrm{~g}$ protein
170 g cooked weight $=20.9 \mathrm{~g}$ protein
130 g cooked weight $=31.8 \mathrm{~g}$ protein

This can be interpreted as indicating the following:

Cooking method
Dry roast
Grilling-medium
Stewing

Protein content/Cooked weight
About 26\%
About 24\%
About 12\%

When moist meat cooking methods are employed, some protein is lost to the liquid in which the meat is cooked. To make that liquid available with the meat, as gravy sauce, for example, will increase the protein available in the meal.

## Freezing meat and nutritional value

While freezing fresh meat may appear to have positive economic consequences in some situations, it should be noted that the protein content of thawed meat is only two-thirds the content of the original fresh meat. Since meat is $75 \%$ water and water is lost from the meat portion during thawing, some of the protein is lost from the meat in the water.


Food allergy and intolerance are both types of food sensitivity which can cause illness however they are not the same thing. A food allergy causes the immune system to react to a particular food with immediate symptoms, such as itchiness, rash and swelling. Sometimes a reaction can be so severe that it can trigger a life-threatening reaction known as anaphylaxis. Food allergies occur in around one in every 20 children, and some of these allergies are severe. Ensuring that children avoid exposure to any foods they are allergic to is the only way to manage food allergies.

Food intolerance doesn't involve the immune system. Food intolerance is an adverse reaction to a particular food. The symptoms can be unpleasant and, in some cases, severe, but are generally not lifethreatening.

The 10 most common food allergens are crustaceans, eggs, fish, milk, peanuts, soybeans, tree nuts, sesame seeds, gluten and lupin.

Coeliac disease is a disorder of the small bowel caused by an immune reaction to dietary gluten (a protein found in wheat, barley and rye). It is not a food allergy but an auto-immune disease. In coeliac disease, the lining of the bowel is damaged by the white blood cells of the immune system and not by antibodies (as in food allergic reactions). Symptoms include nausea, wind, tiredness, constipation, reduced growth and skin problems. Care must be taken to avoid cross contamination during food preparation because as little as 50 mg of gluten (equivalent to $1 / 100$ th of a slice of standard wheat bread) can damage the small intestine in people with coeliac disease. All ingredients used (including garnishes, dressings, sauces, etc.) must be gluten free.

FODMAPs are a collection of short-chain carbohydrates (sugars) that aren't absorbed properly in the gut, which can trigger symptoms in people with IBS. FODMAPs are found naturally in many foods and food additives. Although FODMAPs can be found in a wide variety of foods, there are a handful of common culprits. Main offenders are garlic and onion as well as shallots, spring onion and leeks. Also watch for wheat, dairy and apple and pears. Given the difference in tolerance, it can be quite important to speak to the person with the intolerance.

## Food laws and labels

Since December 2002, the Australia New Zealand Food Standards Code requires food labels to declare certain foods and certain substances in foods, including:

- cereals that contain gluten and gluten products
- crustacea and their products
- eggs and egg products
- fish and fish products
- milk and milk products
- nuts and sesame seeds and their products
- peanuts and soybeans and their products
- added sulphites in concentrations of $10 \mathrm{mg} / \mathrm{kg}$ or more
- royal jelly (presented as food or present in food), bee pollen and propolis.

To avoid foods when you are cooking for someone with an allergy, learn the terms used to describe these foods on food labels, for example:

- Milk protein - milk, non-fat milk solids, cheese, yoghurt, caseinates, whey, lactose
- Lactose - milk, lactose
- Egg - eggs, egg albumen, egg yolk, egg lecithin
- Gluten - wheat, barley, rye, triticale, wheat bran, malt, oats, cornflour, oat bran
- Soy - soybeans, hydrolysed vegetable protein, soy protein isolate, soy lecithin
- Salicylates - strawberries, tomatoes.


## Tips

1. Keep recipes simple. Don't add extra sauces, dips or marinades where possible (or have each person add their own condiments), and make sure you know exactly what makes up each dish.
2. Fresh is best. By buying fresh ingredients, you know exactly what it is you are getting. Processed foods often contain many ingredients sourced from several suppliers. Although all packaged foods must be labelled there is less room for accidents if using fresh ingredients. Simple to prepare, fresh foods are often safest for those with food allergy.
3. Read the label. This one is as simple as it sounds, and although it may be a little time consuming, it is worth the investment. Read the label so that you know what you are getting. Look for food labels each and every time you purchase a packaged food. Labels should be checked even if you have bought the product before, as product recipes can change. If there is no label, ask the person serving the food about allergen content and safety during preparation. This way, you can have the most confidence about the contents of what you buy. By remembering to always read or ask about food content every time, you can avoid any unpleasant surprises. For instance, did you know that ham from the deli is often glazed with egg?
4. Communicate. Check with people with special dietary requirements and/or their parents (if appropriate) to get specific information about their issues. It can be useful to have a tentative menu plan and ask about possible replacements and find out what products they trust-they'll be happy you asked. Keep all labels so they can read them too.
5. Simple swaps for dairy include rice, almond, oat, soy and macadamia milks, coconut yoghurt, dairy free margarines or substitute oils where applicable. Please note that there is a difference between cow's milk protein intolerance/allergy and lactose intolerance. Those with lactose intolerance can use lactose free dairy products but these still contain cow's milk protein and are not suitable for those with an allergy to dairy.

## References

allergyfacts.org.au/resources/help-sheets/5-top-entertaining-tips
heas.health.vic.gov.au/early-childhood-services/allergy-and-intolerance
foodauthority.nsw.gov.au/foodsafetyandyou/life-events-and-food/allergy-and-intolerance
betterhealth.vic.gov.au/health/conditionsandtreatments/food-allergy-and-intolerance
monashfodmap.com/about-fodmap-and-ibs
coeliac.org.au/catering-gluten-free

Two sample menus are presented. The first is for five days of a menu for a 10 day adult camp, while the second applies to a two-day conference. Many campers prefer not to have cooked breakfasts.
A template can be found on page 85.

## Five days of a menu for an adult camp

This menu assumes that an advance party has established the kitchen, using a previously arranged kitchen layout, to the point where cold storage, stove, urns, etc. are operating. The cook is still to do the final locating of food and kitchen utensils. The menu is five days out of a ten-day adult camp, illustrating the variety of dishes derived from the bulk purchase of beef and lamb. A gas hot plate is available for grilling and deep frying.

To supplement purchased food, team members were requested to bring some homemade biscuits and snacks for supper. No particular time was scheduled for morning and afternoon teas-fruit, cordial, cake, biscuits, tea and coffee were available during the morning and afternoon for team members.

| Program | Breakfast <br> Time: 7.30 | Lunch <br> Time: 12.30 | Dinner <br> Time: 5.30 | Snacks <br> Time: 9.00 |
| :---: | :---: | :---: | :---: | :---: |
| Monday 27th <br> Morning-Beach service Afternoon-Group meetings Evening-Skating, games, movie | Cereal Toast Fruit juice Fresh fruit | Hamburgers <br> Salad <br> Vanilla slice | Roast chicken Vegetables <br> Apple crumble Ice cream | Coffee Biscuits Cake |
| Tuesday 28th Morning-Games Afternoon-Group meetings Evening-Fancy dress, sleep out, coffee | As above | Tacos <br> Jelly Ice cream | Chops <br> Apple meringue | As above |
| Wednesday 29th Morning-Castle building <br> Afternoon-Group meetings <br> Evening-Movie night | As above | Hot dogs <br> Watermelon | Spaghetti bolognaise <br> Peaches Ice cream | As above |
| Thursday 30th Team day off | As above | Sandwiches | No meal provided | As above |
| Friday 1st <br> Morning-Free time Afternoon-Group meetings <br> Evening-Bush dance | As above | Cold meat Salad <br> Ice cream cones | BBQ steak <br> Salad <br> Jacket potato <br> Cheesecake | As above |

## Sample menu for a two-day conference

This menu assumes a fully equipped conference centre kitchen with outdoor barbecue facilities available.
If an evening meal on the first night cannot be arranged, the supper should be a light meal.
Except where fruit and cordial are indicated, tea and coffee, or some other beverage, would accompany the meal.

Fresh fruit should be available at all times during the conference, as well as being a part of the barbecue meal.

| Program | Breakfast <br> Time: 7.45 | Lunch <br> Time: 12.30 | Dinner <br> Time: 6.00 | Snacks <br> Time: 10.15 |
| :---: | :---: | :---: | :---: | :---: |
| Day 1 <br> 9pm-arrive, settle in |  |  |  | Soup <br> Cake |
| Day 2 <br> 9.15-Session 1 10.45-Groups 1.30-Free time 5.00-Session 2 <br> 7.30-Concert | Cereal <br> Fruit juice Toast | BBQ chops Sausages Salad Coleslaw Fresh fruit | Taco mince Rice Peas and carrots <br> Pineapple jelly Ice cream | Milo <br> Raisin toast |
| Day 3 <br> 9.15-Session 3 <br> 10.45-Groups <br> 12.00-Packup <br> 1.30-Clean up <br> 2.30-Leave | Cereal Scrambled eggs Toast | Cold meat Salad Potato salad <br> Apple crumble Custard |  |  |

## Planning a specific menu

1. Obtain a detailed copy of the programme for the camp, noting occasions when the kitchen is especially involved. Have a comprehensive list of the equipment available along with shopping and storage facilities at the camp (particularly on weekends and public holidays).
2. Select dishes for each day, taking into account the program, the facilities and equipment, the general guidelines indicated earlier in this section, and whether the ingredients can be available for that day.
3. Complete a menu planner for each day (using a template at the end of the book).
4. When planning light refreshments, take into account not only the facilities for providing freshly baked cakes, etc., but also the day's programme, e.g. serve cordial or fruit after strenuous exercise.
5. Unless you have plenty of ovens, if using an oven for the main dish, choose a sweet dish that doesn't need an oven, e.g. cheesecake rather than apple crumble.

## Preparing the order

There are a number of ways of compiling an order of food for a camp. The method described here is designed to have minimal amount of food remaining at the end of camp.

1. Taking one meal at a time, list every ingredient and its associated quantity (using the template on page 86). An example is shown on the next page. When checking quantities in the relevant recipes, remember that in this book they are for 50 adults. If recipe quantities need to be altered, the revised amounts may be found from page 17.
2. Compile the complete list of quantities needed (using the template on page 87).
3. Separate out order lists based on where you are buying ingredients. For example, if you are shopping at a butcher for meat, and a greengrocer for fruit and vegetables, separate out those two types of food into separate lists. When compiling, remember the following points:
a. The fruit and vegetable order will vary according to local conditions and the camp's location. In some cases, fresh vegetables are obtainable daily, and the order will therefore outline the day to day requirements, as well as the total quantities needed for the camp. It is often economical (and sometimes essential) to purchase some vegetables (e.g. potatoes) in bulk, and to buy others on a day to day basis.
b. The meat order will also vary according to local conditions. If you suspect a certain type of meat may not be available, list an alternative.
c. Bread will probably be purchased on a day to day basis. Specify clearly what type of bread is required, e.g. sliced/unsliced, sandwich/toast, long/round buns, etc.
4. When checking the final order lists:
a. Try to group similar items (e.g. tinned fruits together, vegetables together, etc.)
b. Make sure that the quantity (number and size) of every order is listed, as well as the brand (if necessary). Sometimes an item is not available in the package size wanted, but if the total quantity needed is clearly stated, the correct amount can still be purchased.
5. If getting food delivered, keep copies of all distributed order lists, and check them carefully against the goods delivered. If possible, get large delivery orders to vendors about a month in advance.



## sampieluantiles



Number of adults served

|  | 5 | 10 | 20 | 30 | 40 | 50 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Meat |  |  |  |  |  |  |
| Roasts, boneless | 900g | 1.8 kg | 3.6 kg | 5.4 kg | 7.2 kg | 9 kg |
| Roasts, with bone | 1.2 kg | 2.4 kg | 4.8 kg | 7.2 kg | 9.6 kg | 12 kg |
| Corned meat, boneless | 1 kg | 2 kg | 4 kg | 6 kg | 8 kg | 10kg |
| Corned meat, with bone | 1.15 kg | 2.3 kg | 4.6 kg | 6.9 kg | 9.2 kg | 11.5 kg |
| Grilling steak | 900 g | 1.8 kg | 3.6 kg | 5.4 kg | 8.2 kg | 9 kg |
| Grilling chops | 1.2 kg | 2.4 kg | 4.8 kg | 7.2 kg | 9.6 kg | 12 kg |
| Mince | 750 g | 1.5 kg | 3 kg | 4.5 kg | 6 kg | 7.5 kg |
| Sausages, thick | 850 g | 1.7 kg | 3.4 kg | 5 kg | 6.8 kg | 8.5 kg |
| Cold meat (2 slices each) | 500g | 1 kg | 2 kg | 3 kg | 4 kg | 5 kg |
| Chicken, boneless fillets | 800 g | 1.6 kg | 3.2 kg | 4.8 kg | 6.4 kg | 8 kg |
| Chicken, with bone | 1.2 kg | 2.5 kg | 5 kg | 7.5 kg | 10 kg | 12 kg |
| Fresh fish fillets | 650 g | 1.3 kg | 2.6 kg | 3.9 kg | 5.2 kg | 6.5 kg |
| Canned fish fillets | 500g | 1 kg | 2 kg | 3 kg | 4 kg | 5 kg |
| Bread |  |  |  |  |  |  |
| Sliced, sandwich (loaves) | 0.5 | 1 | 2 | 3 | 4 | 5 |
| Sliced, toast (loaves) | 0.5 | 1 | 1.5 | 2.5 | 3.5 | 4 |
| Rolls | 8 | 15 | 30 | 45 | 60 | 75 |
| Salads |  |  |  |  |  |  |
| Beetroot, canned | 215 g | 450g | 665g | 850 g | 1.1 kg | 1.35 kg |
| Capsicum, large | 0.5 | 1 | 2 | 3 | 4 | 5 |
| Cheese, grated | 150 g | 300 g | 600 g | 900 g | 1.2 kg | 1.5 kg |
| Cheese, slices | 10 | 20 | 40 | 60 | 80 | 100 |
| Lettuce | 0.5 | 1 | 2 | 3 | 4 | 5 |
| Tomatoes | 350 g | 700g | 1.4 kg | 2.1 kg | 2.8 kg | 3.5 kg |
| Cucumbers, long | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 |
| Carrots, grated | 100 g | 200g | 400g | 600 g | 800 g | 1 kg |
| Cabbage, shredded | 250 g | 500g | 1 kg | 1.5 kg | 2.25 kg | 3 kg |
| Celery, bunch | 0.5 | 0.5 | 1 | 1.5 | 1.5 | 2 |
| Eggs, boiled | 5 | 10 | 20 | 30 | 40 | 50 |
| Rice/Pasta | 100 g | 200g | 400 g | 600 g | 800 g | 1 kg |
| Peas, canned | 215 g | 450g | 850g | 1.3 kg | 1.7 kg | 2.15 kg |
| Alfalfa/Sprouts | 0.5 pkt | 1 pkt | 2 pkt | 3 pkt | 4 pkt | 5 pkt |
| Mixed beans, canned | 450 g | 850g | 1.7 kg | 2.55 kg | 3.4 kg | 4.25 kg |



## Number of adults served

## Vegetables

Beans, fresh
Beans, frozen
Beans, dried
Broccoli/Cauliflower
Carrots, fresh

Carrots, froze
Carrots, dried
Corn (cobs)
Corn, kernels
Peas, frozen
Peas, dried
Peas, canned
Potato, fresh
Pumpkin
Zucchini
Sugar
In tea/coffee/on cereal
Margarine
Per meal (15g each)
To spread (2 slices of bread)
To spread (3 scones/pikelets)

## Beverages

Instant coffee
Tea bags
Cordial (concentrated)

## Cordial (diluted 1:4)

Fruit juice
Milo

## Biscuits

Cream (2 each)
Plain, sweet (2 each)

Crackers (2 each)
Savoury (2 each)

| 5 | 10 | 20 | 30 | 40 | 50 |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |
| 400 g | 800 g | 1.6 kg | 2.4 kg | 3.2 kg | 4 kg |
| 300 g | 600 g | 1.2 kg | 1.8 kg | 2.4 kg | 3 kg |
| 50 g | 100 g | 200 g | 300 g | 400 g | 500 g |
| 500 g | 1 kg | 2 kg | 2.75 kg | 3.5 kg | 4.5 kg |
| 300 g | 600 g | 1.2 kg | 1.8 kg | 2.4 kg | 3 kg |
| 250 g | 500 g | 1 kg | 1.8 kg | 2.25 kg | 2.75 kg |
| 50 g | 100 g | 200 g | 300 g | 400 g | 500 g |
| 5 | 10 | 20 | 30 | 40 | 50 |
| 440 g | 850 g | 1.7 kg | 2.55 kg | 3.4 kg | 4.25 kg |
| 250 g | 500 g | 1 kg | 1.8 g | 2.25 kg | 2.75 kg |
| 60 g | 125 g | 250 g | 375 g | 500 g | 625 g |
| 440 g | 850 g | 1.7 kg | 2.55 kg | 3.4 kg | 4.25 kg |
| 750 g | 1.5 kg | 3 kg | 4.5 kg | 5.5 kg | 7 kg |
| 500 g | 1 kg | 2 kg | 3 kg | 4 kg | 5 kg |
| 500 g | 1 kg | 2 kg | 2.75 kg | 3.5 kg | 4.5 kg |
|  |  |  |  |  |  |
| 25 g | 50 g | 100 g | 150 g | 200 g | 250 g |
|  |  |  |  |  |  |
| 75 g | 150 g | 300 g | 450 g | 600 g | 750 g |
| 75 g | 150 g | 300 g | 450 g | 600 g | 750 g |
| 55 g | 110 g | 220 g | 330 g | 440 g | 550 g |
|  |  |  |  |  |  |
| 10 g | 20 g | 40 g | 60 g | 80 g | 100 g |
| 2 | 4 | 8 | 12 | 16 | 20 |
| 200 mL | 400 mL | 800 mL | 1.2 L | 1.6 L | 2 L |
| 1 L | 2 L | 4 L | 6 L | 8 L | 10 L |
| 1 L | 2 L | 4 L | 6 L | 8 L | 10 L |
| 100 g | 200 g | 400 g | 600 g | 800 g | 1 kg |
|  |  |  |  |  |  |
| 200 g | 400 g | 750 g | 1 kg | 1.5 kg | 2 kg |
| 125 g | 250 g | 500 g | 750 g | 1 kg | 1.25 kg |
| 50 g | 100 g | 200 g | 300 g | 400 g | 500 g |
| 125 g | 250 g | 500 g | 750 g | 1 kg | 1.25 kg |
|  |  |  |  |  |  |

Number of adults served

|  | 5 | 10 | 20 | 30 | 40 | 50 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Cake |  |  |  |  |  |  |
| Fruitcake ( 50 g each) | 250 g | 500 g | 1 kg | 1.5 kg | 2 kg | 2.5 kg |
| Sponge (30g each) | 150 g | 300 g | 600 g | 900 g | 1.2 kg | 1.5 kg |
| Spreads/Condiments |  |  |  |  |  |  |
| Jam/Honey | 150 g | 300 g | 600 g | 900g | 1.2 kg | 1.5 kg |
| Vegemite | 10 g | 20 g | 40 g | 60 g | 80g | 100 g |
| Tomato Sauce | 125 mL | 250 mL | 500 mL | 750 mL | 1L | 1.25 L |
| Soups |  |  |  |  |  |  |
| Liquid | 465g | 850 g | 1.7 kg | 2.55 kg | 3.4 kg | 4.25 kg |
| Dried | 60 g | 120 g | 240 g | 360 g | 480 g | 540g |
| Cereals |  |  |  |  |  |  |
| Weetbix/Cornflakes/Rice Bubbles/Muesli | 150 g | 300 g | 600 g | 900 g | 1.2 kg | 1.5 kg |
| Rolled Oats | 150 g | 300 g | 500 g | 850 g | 1 kg | 1.35 kg |
| Dessert Toppings |  |  |  |  |  |  |
| Custard (to serve) | 500 mL | 1L | 2L | 3L | 4 L | 5L |
| Custard powder | 30 g | 60 g | 120 g | 180g | 240g | 300 g |
| Fresh cream | 150 mL | 300 mL | 600 mL | 900 mL | 1.2 L | 1.5L |
| Ice cream | 500 mL | 1L | 2L | 3L | 4L | 5L |
| Yoghurt | 500 g | 1 kg | 2 kg | 3 kg | 4 kg | 5 kg |
| Milk |  |  |  |  |  |  |
| For tea/coffee | 250 mL | 500 mL | 750mL | 1L | 1.5L | 2L |
| For cereals | 600 mL | 1.25 L | 2.5 L | 3.75 L | 5L | 6.25 L |
| For all needs | 2L | 4 L | 8L | 12L | 16L | 20L |
| Fresh Fruit |  |  |  |  |  |  |
| Apples/Oranges/Bananas | 5 | 10 | 20 | 30 | 40 | 50 |
| Watermelon | 2 kg | 4 kg | 8 kg | 12 kg | 16 kg | 20 kg |
| Tinned Fruit |  |  |  |  |  |  |
| Peaches/Apricots | 850 g | 1.7 kg | 3.4 kg | 4.25 kg | 5.95 kg | 6.8 kg |
| Pineapple/Two Fruits/Pears/Plums | 455 g | 850 g | 3.4 kg | 4.25 kg | 5.95 kg | 6.8 kg |

## Other miscellaneous items

This list consists of items that are not food, but which may still be required at camp:
$\square \quad$ Aluminium foil
$\square \quad$ Candles (for birthdays)
$\square \quad$ Chux or other absorbent cloths/sponges
$\square \quad$ Cleansing powder/cream
$\square \quad$ Clingwrap
$\square \quad$ Detergent
$\square \quad$ Dishcloths, mops and brushes
$\square \quad$ Disinfectant
Electric light bulbs
$\square \quad$ Gas (see page 21)
$\square \quad$ Insect spray
$\square \quad$ Matches
$\square \quad$ Non-stick food spray
$\square \quad$ Paper towels
$\square \quad$ Patty pans
$\square \quad$ Pegs
$\square \quad$ Soap
$\square \quad$ Stainless steel scourers
$\square \quad$ Steel wool
$\square \quad$ Toilet paper
$\square \quad$ Washing powder
$\square \quad$ Zip lock bags

If you are going into a situation where a kitchen must be created, the following information will be relevant to setting up and using the equipment safely and efficiently. If working in an established, wellequipped kitchen, the main concern will be with safe, efficient use of all the equipment. Remember to check that all the equipment needed for the planned menu is available and in safe working order.

## Fire safety

In case of a fire, have a fire extinguisher suitable for domestic fires readily available in the kitchen. Include suitability for all possible fires-gas, electrical and fat. Also include a fire blanket.
You can find available equipment (in Australia) at the following links: General fire extinguisher, fire blanket, wet chemical extinguisher, dry chemical extinguisher.

## Liquified Petroleum Gas

If using LPG, use a joint sealant approved for LPG when connecting. Check continually in a wind. LPG stoves use a naked flame, and are therefore not permitted outdoors when a total fire ban is declared.

LPG is generally obtained in 9 kg or 45 kg bottles. If possible, have two bottles at your disposal, one in use, and the other full in reserve. Since the gas is heavier than air and will collect in explosive "puddles" if there is a leak inside the kitchen, bottles should be placed outside the kitchen where air movements can disperse any gas discharged from the regulator if excess pressure builds up.

When connecting LPG, leaks at joints may be prevented by applying a joint sealant approved for use with LPG before screwing together, except the joint on the gas bottle itself. Remember that the gas bottle connection has a reversal thread, opposite to a normal thread, but the threads of the rest of the connections are normal.

After the system has been connected, the safety officer should check for leaks at joints. Test joints by spraying with soapy water, do NOT use a lighted match. If a leak is detected, it may simply require a tightening of the joint, or a fresh application of approved joint sealant.

For economy and safety in gas usage, the gas should be turned off at the bottle as soon after use as possible.

The gas, held under pressure in the bottle, is at a temperature below freezing, so that it is possible to gauge roughly how much gas remains in the bottle by pouring hot water over bottle, then running a hand up and down the side. The level of the liquid gas inside the bottle is at the place where the temperature changes noticeably. The weight of the empty bottle is usually shown and so a more accurate measure can be made by weighing the partly-used bottle on a spring balance.

Most LPG stoves and gas rings have pre-set flame controls. However, when the flow of gas is fully turned on, if a yellow instead of a blue flame is produced, an adjustment of the amount of air combining with the gas may rectify this fault. This adjustment should only be performed by someone competent for the task. It is possible to adjust the gas pressure at the regulator, but this is rarely necessary.

LPG lamps are also available. It is preferable to use hanging lamps for safety. Ensure an adequate supply of glass and mantles.

## Electricity

The electrical officer should install the system, with due attention to the standards relevant for the installation. It should be noted that the final authority concerning electricity is vested in the local supply authority. Have and use all electrical equipment on wooden floors if in under-canvas situations. Earth leakage circuit breakers are available too, check the local legal requirements.

In a camping area, electricity is usually drawn from a 240 V supply, which is generally under the control of the proprietor or manager, but may be controlled by the local supply authority. While 240 V power is usually suppled to the kitchen as well as other domestic and display areas, often only 32 V power is permitted in canvas situations.

The main switch board, which receives power directly from the source, or a sizable subsidiary switch board, will be placed in or near the kitchen. For safety, the distribution board in the kitchen should have adequately rated and protected power points, and be anchored so that insertion and removal of plugs do not move the box. The location of the box in the kitchen should be such that the box is not able to get wet from any source.

While circuit breakers and core-balance units provide substantial protection for the use of electricity, a further recommended safety precaution is that all electrical appliances should be mounted on duckboards, or other insulated flooring, and be operated only by persons standing on such flooring. Duckboards are a form of temporary flooring for kitchens under canvas, and can be made by nailing $100 \mathrm{~mm} x$ 25 mm boards of required length to $100 \mathrm{~mm} \times 75 \mathrm{~mm}$ cross pieces, set about 800 mm apart. More than one duck-board may be required to accommodate all the appliances, and to provide room for the kitchen staff to move about while using them.

One of the major causes of fires in domestic situations is the overloading of electrical circuits. Be aware of the capacity of the circuits available for use in the kitchen, and have a fire extinguisher suitable for electrical fires always available in the kitchen.

For lighting in the kitchen, a string of globes is quite effective, but a fluorescent light in the centre of the kitchen will be more economical and efficient.


The following is a suggested list of requirements for a kitchen under canvas to serve 50 people. This list can be adapted for other types of kitchens:
$15400 \mathrm{~mm} \times 3600 \mathrm{~mm}$ tent with 4 roof vents, 5 separate panels with half-wall fly-screened windows, and one separate panel being half door as well as fly-screened window
$31800 \mathrm{~mm} \times 900 \mathrm{~m}$ tables for stove and urn, for food preparation, for cooking utensils and use of electrical equipment
13-5 burner LPG stove (number of burners varying with availability of electricity)
1 18-30L urn, electric (if sufficient electricity available) or gas (an aluminium boiler with tap on an urn ring separate from stove)
2 refrigerators (usually electric) on duck-boards
3-5 frypans (if sufficient electricity available
1 cupboard with doors or dust-proof covering for cutlery and crockery
Tea chests or boxes with dust-proof covers for spare plastic-ware, such as mugs, jugs, containers, etc.
Shelving for food (heavy tins can be stacked on the duck-boards under a table)
At least 2 chairs with backs
A cold water supply, plumbed in from a tap, or using a 200L tank, or $2 \times 30 \mathrm{~L}$ plastic containers with taps 3 garbage bins for food scraps, tins, paper
1 slop bucket and pit (if allowed)
1 all-purpose fire extinguisher (dry powder)
1 fire blanket

## For cooking and serving

4 hand tin openers
12 potato peelers
6 small peeling knives
1 bread knife
2 metal graters
2 rotary egg-beaters
1 electric mixer (if possible)
1 lemon squeezer
2 cutting boards (made of polyethylene)
3 egg lifters
$3 \times 1 \mathrm{~L}$ boil-proof measuring jugs
3 wooden spoons with long handles
3 large 3-pronged kitchen forks
2 funnels (1 large and 1 small)
1 large potato masher
3 soup ladles ( 2 deep and 1 shallow)
3 large spoons
3 straining spoons

2 ice cream scoops
3 pairs tongs
3 large kitchen knives
1 sharpening steel or knife sharpener
2 food strainers
Aluminium utensils
1 colander
4 large baking dishes ( $600 \mathrm{~mm} \times 400 \mathrm{~mm}$ )
6 large boilers with lids ( $4 \times 15 \mathrm{~L}$ and $2 \times 10 \mathrm{~L}$ )
$12 \times 1$ L plastic jugs
4 saucepans ( $2 \times 5 \mathrm{~L}, 1 \times 2 \mathrm{~L}$ and 1 with lip)
6 heat mats ( $300 \mathrm{~mm} \times 300 \mathrm{~mm}$ )
2 toasters
4 large plastic mixing bowls 1 rolling pin
6 boards for placing on serving table under hot equipment


## For tables

8 table cloths (or rolls of butcher's paper) 6 margarine containers 12 sugar containers
12 jam and honey containers
12 salt and pepper containers
6 sauce containers
4 large tea pots ( $4-5 \mathrm{~L}$ each)
6 throwovers (net, voile or muslin)
50 dinner plates
50 cereal/soup/dessert plates

50 side plates (optional) 50 mugs
50 plastic cups
50 knives
50 forks
50 dessert spoons
25 teaspoons
50 soup spoons (optional)
1 small tea pot

## For storage

Plastic ice cream containers 2 plastic garbage tins for water or cordial
$2 \times 20$ L plastic containers with screw top lids
6 plastic boxes for bread storage

## For washing/cleaning

6 trays
6 large dish drainers
12 plastic washing up dishes
6 wash-up brushes
12 tea towels per day 12 sponges
6 plastic plate scrapers

1 paint scraper
6 pairs rubber gloves
1 bucket for carrying hot water (5L)
2 scrubbing brushes 48 pegs Rope suitable for a clothes line

## Miscellaneous

1 clock
1 First Aid kit
2 bowls for washing hands 6 hand towels or rolls of paper towel

4 plastic buckets
1 gas lighter
Old newspapers

The layout of the kitchen tent illustrated is based on the following principles, which may be adapted for other types of kitchens:

1. Water, cordial and cups at the entrance makes them readily available without interfering with cooking.
2. Items which helpers will require for laying dining and serving tables should also be near the entrance.
3. The stove and urn should be at the opposite end of the kitchen to the entrance to prevent serious injury caused by accident when handling heavy, hot cooking utensils. Fire blankets and extinguishers should be near stoves.
4. For maximum safety, all electrical equipment should be mounted on duck-boards and the operator should stand on the duck-boards while using it.
5. The preparation table should be at a good working height, to minimise fatigue.
6. Refrigerators should not be located on the side of the tent facing the direction that is hottest during the day.
7. No food should be placed directly on the ground-place on duck-boards or shelves.
8. Chairs and stools should not be removed from the kitchen at any time because they are used by the cooks for resting as well as food preparation.
9. If possible, the tent used as the kitchen should have vents in the roof and half-wall fly screened windows to provide adequate ventilation to reduce the effects of steam and cooking vapours on the canvas.



The amount of available cold storage space must be considered when planning the menu.

## Refrigerators

A refrigerator may be used for storing milk, crisp salad vegetables, margarine, eggs, cheese, all meats, some fruit, drinks and for preparing desserts.

If possible, before the camp have the refrigerators checked that they are working efficiently and that the door seal and catch are operating properly. To maintain efficiency during camp, try to reduce door opening to a minimum by being aware of what each refrigerator contains. Any refrigerator, without an automatic defrost, should be cleaned out and defrosted once a week to maintain efficiency.

For under-canvas conditions, when installing, place on duck-boards and ensure the refrigerator is level or tipped slightly backwards to assist door closing and to prevent containers falling out. A tray of water placed on a shelf in the refrigerator will assist with levelling.

To clean, use a sponge with 1L of warm water containing about a teaspoon of bicarbonate of soda or vanilla essence. Detergent should not be used.

Check the contents daily to know what is in the refrigerators. Dispose of food leftovers stored for more than one day.

Store uncooked food (e.g. raw meat) below cooked food in the refrigerator to prevent contamination. Make sure foods in open containers, such as jellies and beetroot, are level and secure to prevent spills.

To prepare the refrigerator for a long period in storage, clean thoroughly and ensure the door will remain open for the period in storage.

## Freezers

Household freezers are already being used in camps under canvas. As well as the above points about refrigerators, the following should be noted:

When packing raw meat to freeze, package correctly and label contents clearly. Place into freezer in reverse meal order, i.e. food for last meal is put in first. This also applies to foods other than meat.

Meat should be thawed under refrigeration. No meat should be allowed to stand at room temperature, especially under canvas, for more than 1 hour.


You can access a free food handling course at dofoodsafely.health.vic.gov.au. This free, non-accredited online learning resource is provided by the Australian Department of Health and Human Services to enable you to understand how to safely work with food. We recommend every cook complete this course before cooking on their camp.

Food can become unsafe or unsuitable for consumption due to contamination, poor handling practices, poor hygiene practices, incorrect storage and undeclared allergens.

## Handling

People carry food poisoning bacteria in their ears, nose and throat, and on their skin and hands without knowing it. If you, the cook, do not have good personal hygiene, food may be contaminated by your body, clothing and hands. Some things to always remember to do include:

- Wash your hands thoroughly
- Keep your nails short and clean
- Keep your hair clean, tied back or covered at all times
- Have a clean body and clean clothing at all times
- Wear protective clothing to protect food from contamination
- Keep personal belongings and clothing in a separate room
- Take your apron off before going to the toilet or outside the food preparation area
- Cover all cuts and wounds with a waterproof, brightly coloured bandage and a glove

It is also important to remember not to do the following things:

- Wear artificial nails, as they can fall off into the food
- Smoke near or around food or preparation areas
- Wear nail polish, as it can chip off into the food
- Touch or comb your hair while preparing food
- Wear rings while preparing food (without your hands covered)
- Touch your face or piercings while preparing or serving food
- Cook if you are unwell, especially if you have diarrhoea, vomiting or fever
- Blow on food, cough, sneeze, or spit over food or food preparation surfaces
- Eat or drink over unprotected food or food preparation surfaces


## Storage

When you buy food, you need to store it in the appropriate storage area to help prevent contamination. You should always follow the instructions on the labels. Types of storage include:
Dry storage is for 'dry' foods that have a long shelf-life and can be kept at room temperature, such as flour, tea, coffee, dried pasta, sugar, canned food, biscuits, rice and other uncooked grains.
Cold storage is for foods that must be kept in the refrigerator below $5^{\circ} \mathrm{C}$.
Frozen storage is for foods that need to be kept frozen solid at $-15^{\circ} \mathrm{C}$ or colder.

## Preparing and serving

Handle the food as little as possible. Always make sure utensils are clean.
Prepare the food as close to serving time as possible. Cooked food to be served cold should be cooled quickly and refrigerated. It should not be allowed to stand at room temperature.
Serve hot food piping hot and make sure it is cooked right through.

## More information

For all the needed information, please complete the free course at dofoodsafely.health.vic.gov.au. This


When the camp program is being worked out, a suggestion for outdoor meals often arises. Such meals could include a barbecue (usually lunch or tea), tea and breakfast for a group who sleep out overnight, a meal away from the campsite, or a day camping trip. While outdoor meals can add variety to the menu, their success depends on careful planning. While the cooking may be done by somebody else, the cook is responsible for preparation and supervision, even if not personally present.

At some stage in planning outdoor meals, the following issues should be considered:
In many places during the year, the authorities place restrictions on the lighting of fires in the open. In some places a permit may be required from local authorities to light a fire in the open at any time. It is important that the cook or other camp representative approach the relevant authority (police, fire brigade, local council, National Park or Forestry Ranger) to check about where you plan to have an outdoor meal. This information probably needs to be collected as soon as the menu has been planned and before the ordering occurs. If an open fire is not permitted or the weather is wet, a low pressure gas barbecue may be used in a tent or some other shelter (e.g. garage), as long as the gas bottle is outside.

The dishes in the meal and the method of cooking will depend on a number of factors-the equipment available, the competency of people to use the equipment, and the mode of transporting the food and equipment to the site of the meal. Take into account the likely period out of cold storage of such items as milk, meat, margarine, slices, salad vegetables or eggs.

Pack food in plastic containers (or bags) or tins. The meal should also be served on unbreakable plates.

A decision must be made concerning whether all food will be cooked and served at one place or small groups will be formed, each to cook at separate fires. After making this decision, identify the people who will be responsible for preparing each fire, doing the cooking, and arranging the serving of the meal. Decide whether children should cook over one large fire with adult help, or over several smaller fires where they can do all the preparation under adult supervision.

If small group cooking is planned, prepare a list of all necessary food and equipment, and attach it to a box for each group. Use this list to check items into the box. As well, this list will inform the group of the contents of their box. Include a copy of recipes or cooking and serving suggestions, when necessary and/or appropriate. The principle of labelling the contents of boxes leaving the kitchen is worthwhile in many situations.

Be concerned about the environment and arrange for adequate disposal of all rubbish, either in provided bins, or by returning it to camp.

## Accompanying dishes

Possible hot dishes are suggested on page 31 in the outdoor barbecuing section. Serve cold accompanying dishes before the hot dishes. Some suggestions for cold dishes are:

Salad vegetables-lettuce, tomato, cucumber, carrot, celery, beetroot, onion, capsicum, potato chips
Protein foods-cheese, boiled eggs, bean salad
Mixed salads-potato, coleslaw, rice, macaroni, apple and celery
Fruit-pineapple, orange, watermelon, banana, apple, sultanas
Bread-sliced, rolls, garlic bread, long bread sticks, onion cones
Sauces and salad dressings
Beverages-tea, coffee, milk, sugar, fruit punch, cordial, cold water
Desserts/cakes/slices—fresh fruit salad with cream, trifle, cheesecake, pavlova, fruit pies


A good fire is built in a safe space which helps to control it, is large enough to serve the need and to make thrifty use of wood, is kept under control and is watched at all times, and is put out when no longer needed.

## Construction

Fires may be built:

- On sand, rocks or dirt, with the ground around cleared of leaves, grass, sticks and other items which may catch fire
- In a temporary or permanent fireplace, temporary fireplaces being made of ditches or holes in the ground, green logs, bricks or rocks
- With the wind at your back, as you face the fire, to provide draught through the fire and also (hopefully) blow the smoke away from the cook

Items to build a fire include:

- Tinder-often paper will be used, but this may be anything that is very light and dry, not thicker than a match
- Kindling—should be wood that snaps when broken, and generally dead branches from lower limbs of trees are best (remember, sticks lying on the ground may be damp)
- Fuel-consists of good firm pieces of wood, graduated in size from pieces just bigger than kindling up to good-sized logs, depending on use. Charcoal beads may also be used.

The types of wood which may be used in building a fire are:

- Soft wood (e.g. pine)—good as kindling to start fires, or for quick hot fires, but does not leave good coals
- Hard wood (e.g. eucalyptus)—burns slowly and yields coals that will last, and with a good hot fire to get it started, it will burn well for a long time.

Among the types of fires which may be used for outdoor cooking are the following:

- A criss-cross file-This is a substantial fire suitable for slow cooking over coals (if using hardwood) or a long burning fire. After a basic fire with tinder and kindling is well alight, place a thick stick or log on each side and then place layers of lighter sticks in a criss-cross pattern above (lightest at the top). Let it burn down almost to coals before starting to cook.
- A reflector fire-This fire provides a steady indirect heat. Start with a basic fire of kindling and tinder, and build it into a high criss-cross fire against a rock or a reflector of logs or metal sheet. Let it burn down to good coals before starting to cook.
- A trench fire-This fire is used when there is no permanent fireplace available and cooking is to be done in small cooking utensils, rather than on a grill or hotplate. A trench is dug to form a long fireplace along the direction of the prevailing wind. It may have stones placed along the edges for greater height. One or more basic fires of tinder and kindling are started and, when going well, short thin stacks are placed across the trench and long heavier sticks along them, in layers, making a long, narrow criss-cross type fire. If the fire seems to be burning poorly, raise the long sticks with a crossstick at the front to let more air in. Let the fire burn down before starting to cook.


## Supervision

The person in charge of the cooking fire should:

- Choose a spot for the fire away from buildings, fallen trees and overhanging branches, and clear the area around the spot
- Use or make a fireplace to enclose the fire
- $\quad$ Not use flammable fuel (e.g. methylated spirits, petrol) to start the fire
- Have the required tinder, kindling and fuel on hand before starting the fire
- Place fuel on the fire when it is alight, not throw it on
- Light the fire sufficiently well in advance of when it will be used for cooking so that the cooking is done over low flames and hot coals
- Maintain the fire at an even heat during cooking, spreading the coals to lower the heat
- Have the necessary cooking utensils and equipment available.
- Have a fire extinguisher or sand available for an emergency-don't use water on a fat fire as it spreads the fire
- When cooking is finished, extinguish the fire
- Return the surroundings to normal and take any remaining rubbish back to camp


## Fire extinguishing

To extinguish the fire:

- Let the fire die down as much as possible
- Separate partly burnt logs, break up big pieces of burnt wood, scatter the coals
- Sprinkle with water, starting at the edges and moving to the middle, and scatter coals again-repeat until there are no live coals
- If no water is available, use sand or dirt
- Cover with dirt and rocks to return the environment to normal, and check again carefully before leaving
- The fire may be regarded as out when you can press your hand on the spot where the fire was.


## Equipment and utensils

At least a day before the planned meal, have somebody go to the place where the cooking is to be done to check what facilities the area provides for the meal-a fireplace, rocks or stones, wood, seating and serving. Whatever is lacking, such as a level surface for serving, will have to be transported to the site.

## Select from the following lists, utensils and equipment to suit your requirements:

1. Fire-matches, paper, kindling, fuel, axe, spade, aprons, extinguisher, special equipment needed for the chosen cooking method
2. Cooking pots-billy cans, boilers with lids, frying pans, wire grillers, hot plate, spit
3. Cooking tools-long handled forks, tongs, egg-lifters, kitchen knife, carving knives, wooden spoons, ladles, skewers, mitts, pot-holders or gloves, pointed green sticks, large cutting boards
4. Cooking foil-aluminium foil, pre-cut to required sizes
5. Serving dishes—plastic platters, containers, bowls or boilers, baking dishes, serving spoons, forks, tongs
6. Serving area-level surface or table, table cloths or sheets of plastic or paper, throw-overs, teatowels or towel
7. Individual paper plates, cups, serviettes, knives, forks and spoons
8. Plastic containers of sugar, milk, pepper, salt, sauces, etc.
9. Containers of water for drinking and other purposes, ladles or jugs to serve out hot or cold beverages

Grilling using a metal hot plate, grate or wire griller over a fire or gas burners.

## Dishes

Chops, steak, sausages, hamburgers, eggs, onion rings, thinly sliced potatoes, sliced pineapple, capsicum rings, bananas

## Fire preparation

To prepare a fire for cooking on a long plate or grate, two approaches may be used:

1. Make a series of criss-cross fires and allow them to burn down before placing the plate/grate in position for cooking
2. Place on thick or two thinner logs (one on top of the other) along the length of the fireplace, about half way in. Place tinder against the logs and kindling on top of the tinder. When well alight, thicker fuel may be placed against the backing logs to maintain the fire and/or burn the coals.

Allow 30-45 minutes to prepare a fire for cooking for 50 people. Also allow about 20 minutes for all meat to cook.

## Problems

1. Cleaning hot plate-when the plate has been warmed, pour on some water and scrape with paint scraper to remove grime. Then lightly smear with oil and/or cook sausages first.
2. Cooking area of hot plate or grill—if inadequate for cooking all food at once, serve meal as food is cooked. Cooked foods can be kept hot in a bain-marie.
3. Spitting fat and heat-be equipped with adequate protective clothing.
4. Smoke-if the fire has been correctly located in relation to the prevailing wind, this problem is minimised.
5. Burning fat on the hot plate-this indicated that the plate is too hot for cooking. Spread the coals underneath to reduce heat, and wait until the heat dies down before proceeding. Perhaps the hot plate may be too close to the fire and may need raising.
6. Fat dripping through a grate, feeding the fire—raise the grate higher above the fire and/or spread the coals to reduce heat.

The recipes in this book list quantities to feed 50 adults. The same amounts should provide enough food for 65 junior children ( $8-12$ years of age).

For different numbers, change the amounts of food ingredients in recipes according to the numbers, e.g. for 30 adults use 0.6 of each given amount (i.e. 30/50). The quantity check from page 17 will assist.

It is essential that proportions within recipes are observed. All metric cup and spoon measurements are level and not tightly packed.


## Desserts

- Milk. To make many hot milk-based desserts, it is easier to use full cream powdered milk than fresh milk.
- Custard. If custard tastes slightly burnt, add a little salt, peppermint or lemon essence, and taste again. If the burnt taste remains, do not serve.
- Jelly. As jelly recipes require 24 hours to set under camping conditions, plan ahead both for preparation and cold storage. To aid setting, extra jelly crystals, gelatine, or $1 / 2 \mathrm{tsp}$ bicarbonate soda may be added.
- Fresh fruit. Sometimes fresh fruit can be donated or is available from local growers.


## Hygiene and safety

- Keep out of the kitchen anyone showing symptoms of illness. Do not let a sick person come into contact with food preparation at any stage.
- Hand washing: Keep a bowl of water for hand washing, to avoid contamination with foods. Replace the water frequently.
- In case of fire: A dry-powder fire extinguisher must be kept in the kitchen. A blanket stored in the kitchen area can be used to smother a fire or to treat shock.
- Garbage bins. Clean newspaper can be placed at the bottom of garbage bins before use to make them easier to empty and keep clean. Bins should be sterilised after emptying.
- Plastic bowls. Mark plastic mixing bowls "for kitchen use only", and do not allow them to be used for anything but food preparation.


## Kitchen efficiency

- Working surfaces. All working surfaces, particularly the stove, should be kept as clean as possible. Implement a policy of tidy as you go. Have a specific place for each utensil.
- Storing milk. Make sure that milk is stored in a refrigerator as soon as possible after purchase.
- Storing supplies. At the beginning of camp, sort goods into categories-tinned, cereals, vegetables, etc.-and store together on shelves in reverse meal order or in groups of similar foods. Do not allow any food to remain on bare ground.
- Tin openers. Ensure that you have 2 or 3 good tin openers.
- Plasticware: Do not place plasticware on or near a heat source.
- Coffee urn: Take note of the time needed for the urn to boil in order to know when to begin heating water for coffee or tea. Remember to refill the urn immediately after using hot water, to save time later and to avoid boiling the urn dry.
- Utensils. Be aware that many items used successfully in a domestic situation may not be adequate for constant use for catering for large groups.
- Burnt food: If food has stuck to the bottom of the boiler, and the boiler has been placed in a tray of cold water, the cooking process is stopped and the burnt food becomes separated from the unburnt food. Pour the unburnt food into another boiler and taste. If it tastes burnt, do not hesitate to dispose of it. Using heat mats over heat, and allowing time for slow cooking should prevent this, as well as constantly supervising and stirring foods as they cook.
- Clearing burnt boiler. Boil water, onions and salt to lift burnt food. A paint scraper can be used in dire situations to remove the rest.


## Comfortable cooking

- Family recipes. Most family recipes can be used if required, just multiplying the ingredients to suit the numbers needed to be served.
- Left overs. Try to have some left overs so that you can offer seconds to campers. This gives the idea that there is always plenty of food. You may do this by rounding up to the nearest 5, e.g. cooking for 45 if you have 42 campers.


## Meat

- Slow cooking: Plan to prepare well ahead for any dishes which should cook slowly, to allow enough time for the cooking to take place. Allowing insufficient time, then cooking faster, will cause sticking and possible burning.
- Cooking meat. When cooking meat to be served cold, place the hot meat immediately in a refrigerator after cooking. Speedy temperature reduction lessens bacterial build-up.
- Parboiling: In general, never partly cook meat. However, sausages may be parboiled prior to frying or barbecuing to remove some of the fat and to seal them.
- Mince: To make meat balls, dip hands in hot water after each one is made. This firms the meat balls and no flour or breadcrumbs are needed.
- Flour coating: To coat meat with flour, place some meat pieces and flour in a plastic bag and shake well. Repeat until all meat is coated.
- Stews. To thicken stews, remove boiler containing meat from the source of heat. Make a paste of the thickening agent (flour or cornflour) with some cold water. To this, gradually mix some hot liquid from the boiler, until the thickening is warm. Add the mixture slowly to the food in the boiler, stirring constantly. Return to heat on heat mat, bringing to the boil and simmer for three minutes.
- Tasting: To check flavours, taste savoury and sweeter meat dishes when nearly cooked. If more flavour is needed, beef, chicken, bacon cubes, meat extract, soy sauce, tomato sauce,
Worcestershire sauce, curry powder or salt can be added to savoury dishes, and fruit juice, honey, jam or sugar can be added to sweet dishes. A second opinion of flavour is always helpful.
- Keeping food hot. To keep cooked food hot for serving, place the container of food inside one container of simmering water.


## Pasta and Rice

- Pasta: The ratio is 5 g pasta to 160 mL water. Pasta doubles in size when cooked.
- Rice: Cooked rice is three times the volume of uncooked rice.


## Serving meals

- Cafeteria style: By serving meals cafeteria style, food is kept hot and space is saved. As well, the danger of contamination from flies is reduced.
- Plates. Just before serving the meal, count the plates. Stack them in 2 or 3 piles, to help assess during serving whether each portion being served is too big, too small or about right. If more than half the food is served, but more than half the plates remain, portions are too large.


## Vegetables

- Colour. To retain colour, appearance and flavour, it is essential that vegetables should not be overcooked. Cut vegetables into fairly evenly sized pieces, to enable uniformity of cooking.
- Green vegetables. Cooking green vegetables for as little time as possible retains colour, so there is no need to use bicarbonate soda.
- Food value: More food value is retained by vegetables cooked whole, steamed or baked, than by boiled and mashed vegetables.
- Peeling pumpkin: To peel pumpkin pieces easily with vegetable peelers, the skin is placed in very hot water first.
- Preparation: Preparation of vegetables must not be done too far in advance of cooking. Prepared vegetables should never be left overnight. One meal ahead is the longest time recommended for prepared vegetables to be left standing, if possible under refrigeration.


## Muesli (Option 1)

1 kg rolled oats (11 cups)
250 g sultanas or raisins ( 1.5 cups)
10 g coconut ( 2 tbsp )
250 g bran ( 2.5 cups )
125 g crushed nuts ( $2 / 3$ cup)
Optional:
10 g sesame seeds (2 tbsp)
250 g wheatgerm (2.5 cups)

1. Mix all ingredients well and store in an airtight container.

Serve with milk and sugar, or fruit.
Yields over $50 \times 30 \mathrm{~g}$ serves.

## Muesli (Option 2)

1.5 kg quick-cooking oats

200g fruit medley
180 g sultanas (1 cup)
150 g crushed nuts ( 1 cup)
80 g skim milk powder (1 cup)
120 g coconut ( 1.5 cups)
Optional:
300g lecithin meal

1. Mix all ingredients well and store in an airtight container.

Serve with milk and sugar, or fruit.
Yields 2.5 kg .

## Porridge

1.35 kg rolled oats

5L cold water
5 L hot water
Salt, to taste

1. Whisk rolled oats into cold water. Add the hot water and salt
2. Bring to the boil, stirring constantly.
3. Simmer for 10 minutes, stirring frequently.

Serve with milk and sugar or honey.

## Vegetable Soup

## 15L stock

1 kg carrots, chopped or grated
1 kg onions, chopped
1 kg potatoes, chopped or grated
$1 / 2$ bunch celery, chopped
Worcestershire sauce/Curry powder, to taste
Salt and pepper, to taste
Optional:
1 kg parsnips, chopped or grated

1. In a large boiler, add vegetables, sauce, salt and pepper to stock. Bring to the boil.
2. Cover and simmer for 2 hours.
3. Check flavour, and add more seasoning if necessary.

Serve with toast or bread.

## Beef and Vegetable Soup

Vegetable Soup as above
3 kg beef, cubed

1. Make vegetable soup as above, adding beef in step 1.

## Chicken and Vegetable Soup

Vegetable Soup as above (omitting potatoes)
3 kg chicken
1 kg pasta

1. Make vegetable soup as above, omitting out the potatoes and adding chicken and pasta in step 1.

## Pumpkin Soup

10L stock
5 kg pumpkin, peeled and chopped
1 kg onions, chopped
5L milk
10g sugar (1 tbsp)
Salt, pepper, to taste
300 mL cream

1. In a large boiler, place pumpkin, onions, sugar and seasonings.
2. Add stock, to barely cover, and bring to the boil.
3. Simmer until tender.
4. Strain, retaining liquid. Blend or mash vegetables into a puree.
5. Add milk and strained liquid. Reheat, but do not boil.

Serve garnished with cream

## Gravy

## 360 g flour ( 3 cups)

120 g gravy mix ( 1 cup)
2.5 L hot water or vegetable stock 500 mL cold water (2 cups)

1. Blend flour, gravy mix and cold water to a smooth paste.
2. Add to hot water and stir.
3. Bring to the boil. Simmer for 2 minutes, stirring constantly.

Serve with roast meat, fried meat or sausages.

## Caramel Sauce

3.75 L water

250 mL water, for thickening ( 1 cup)
500g brown sugar
125 g butter
130 g cornflour (1 cup)
60 g honey or golden syrup ( 1 tbsp )

1. Boil sugar and 3.75 L water.
2. Combine 250 mL water and cornflour, and add to liquid sugar.
3. Stir in butter and honey.
4. Cook for 3 minutes.

Serve with ice cream or other desserts.

## Mint Sauce

150 g mint ( 3 cups)
400g sugar (2 cups)
750 mL vinegar (3 cups)
750 mL boiling water (3 cups)

1. Add sugar to water, and stir until dissolved.
2. Add vinegar, then mint and stir well.
3. Cover until required.

Serve with roast lamb.
1.7 kg apple pie filling tins

750 mL water ( 3 cups)
250 g butter
200 g sugar (1 cup)

1. Combine all ingredients and heat in a saucepan.

Serve with roast pork, pork chops or pork sausages.

## Savoury White Sauce

250 g butter
250 g flour (2 cups)
2 L milk

1. Warm 1.75 L milk and then remove from heat.
2. Melt butter and add flour, stirring until smooth.
3. Add 250 mL ( 1 cup) cold milk and blend well.
4. Add warm milk gradually, stirring constantly until thickened.
5. Allow to cook at simmering point for 3 minutes.

Serve with corned meat.

## Sweet White Sauce

Savoury White Sauce as above
40g sugar (4 tbsp)
5 mL vanilla essence ( 1 tsp )

1. Make savoury white sauce as above, adding sugar and vanilla essence in step 2.

Serve with plum pudding.

## Mornay Sauce (5-6L)

500g butter
500 g flour (4 cups)
750 g full cream powdered milk (9 cups)
4 L boiling water
OR 2L boiling water and 2 L boiling stock 1 L cold water

1. In a boiler, melt butter, and then stir in flour.
2. Stir until smooth, and continue to stir while flour cooks for approximately 2 minutes, becoming "sandy". Do not allow flour to brown. This mixture is called a roux, and will keep for several days in a refrigerator.
3. Remove roux from heat, and add 500 mL cold water, blending well, stirring with a wooden spoon.
4. When smooth paste is made, add hot water still stirring constantly.
5. With 500 mL cold water, make a paste with powdered milk. Add a little of the hot water, then stir into the roux.
6. Return to heat, and bring to the boil, then simmer at a low heat for 5 minutes, stirring constantly.

Use for mornay recipes, adjusting quantities as required.

## Kebabs

8 kg steak or lamb, cubed and marinated 3 kg tin pineapple pieces, drained 1 kg champignons, tinned or fresh 8-10 capsicums, cored and cubed 1 kg bacon, cut to 2 cm squares 1 kg onions, cubed
150-200 skewers, wooden and soaked in water

1. Place ingredients in fairly shallow containers
2. From each container take separate ingredient items, threading onto skewer, so that each skewer holds 4 pieces of meat, alternated with one or two pieces of bacon, onion, pineapple, capsicum and mushroom.
3. Cook on a hot plate or grate, turning to ensure thorough cooking, or bake at $190^{\circ} \mathrm{C}$ for 30 minutes.

Serve at a barbecue meal or with rice.

## Corned Beef

10kg corned silverside
250 mL vinegar ( 1 cup)
40g brown sugar (4 tbsp)
5 onions, peeled and halved
3L cold water
Optional:
Sprigs of rosemary

1. Place meat, vinegar, brown sugar and onions (and rosemary) in boiler.
2. Cover with cold water.
3. Bring to the boil, and simmer gently for 3-4 hours until meat is tender.

Serve with boiled vegetables and white sauce, cold with salad or as sandwich filling.

## Roast Beef/Lamb/Pork

9 kg beef
OR 12 kg lamb
OR 12kg pork
125 mL oil ( $1 / 2$ cup)

1. Preheat oven to $190^{\circ} \mathrm{C}$.
2. Divide meat into $3-4$ portions, and brush each with oil.
3. Place meat, fat side up, in baking dish, containing a little water.
4. Cook for 2-3 hours, until tender. Do not turn.

Serve with baked potatoes and pumpkin, peas or beans, gravy and sauce.

## Beef Stroganoff

8kg topside or round steak, cubed 1 kg onions, chopped
4 cloves garlic, finely chopped
250 mL oil (1 cup)
125 mL tomato paste ( $1 / 2 \mathrm{cup}$ )
3.5L stock

1 kg mushrooms, sliced
600 mL sour cream
25 g parsley, chopped (1/2 cup)

1. In a pan, fry onions and garlic in oil until brown. Place in boiler.
2. Add meat, and cook until brown.
3. Add stock and tomato paste, and bring to the boil.
4. Cover and simmer for 1 hour.
5. Add mushrooms.
6. Just before serving, add sour cream and mix well.

Serve on boiled rice or plain pasta.

## Curry Meatballs

## 7.5 kg beef mince

1 kg rice, cooked
6 eggs, beaten
125 mL lemon juice ( $1 / 2$ cup)
10 g curry powder (2 tbsp)
250 mL oil ( 1 cup)

1. Blend meat and rice and mix in curry powder and lemon juice.
2. Bind mixture with beaten eggs, and shape into small balls.
3. Shallow fry or bake in a baking dish until cooked, turning once.

Serve with rice and vegetables.

## Hamburgers

7.5 kg beef mince

5 g nutmeg ( 1 tbsp )
6 eggs, beaten
40 mL oil (2 tbsp)

1. Mix mince, nutmeg and eggs.
2. Mould into meatballs about 5 cm in diameter.
3. Place meatballs in greased pan and flatten with a spatula.
4. Fry until both sides are golden brown, turning once.

Serve with lettuce, tomato, pickles, onion and tomato sauce on a bun.

## Pot Roast

9 kg meat
200g butter
125 mL oil ( $1 / 2 \mathrm{cup}$ )
3 large onions, chopped
6 carrots, chopped
$1 / 2$ bunch celery, chopped
80 mL soy sauce ( 4 tbsp )
40 mL Worcestershire sauce ( 2 tbsp )
1L water
70 g cornflour ( $1 / 2 \mathrm{cup}$ )
125 mL water ( $1 / 2$ cup)
4 sprigs parsley
1 sprig thyme

1. Divide meat into 3-4 portions.
2. Heat butter and oil and sear meat on all sides until brown.
3. Reduce heat and add onions, carrots and celery.
4. Cook for 10 minutes, then add sauces, 1 L water and herbs.
5. Cover and simmer for 3 hours until meat is cooked, turning every $1 / 2$ hour for even cooking.
6. Remove meat, and add cornflour mixed with 125 mL water. Boil for 2 minutes, stirring constantly.

Serve with baked vegetables and greens.

## Apple Meatballs

7.5 kg beef mince

500 g onions, grated
6 apples, grated
6 eggs, beaten

1. Mix mince, onion, apple and eggs together.
2. Form small balls and place on a greased tray.
3. Bake in oven at $190^{\circ} \mathrm{C}$ for $1 / 2$ hour, or dry fry.

Serve with rice and vegetables.

## Rissoles

7.5 kg beef mince

OR 4.5 kg beef mince and 3 kg sausage mince
500 g onions, finely chopped
250 g tomato paste (1 cup)
5 g nutmeg ( 1 tbsp)
6 eggs, beaten
250 mL milk (1 cup)
20 mL Worcestershire sauce ( 1 tbsp )
120 g flour ( 1 cup)
250 mL oil (1 cup)

1. Mix mince, onions, tomato paste, sauce, nutmeg, flour, milk and eggs.
2. Mould into rissoles, and shallow fry, or bake in oven, turning once.

Serve with vegetables, with spaghetti or rice, or with salad.

## Easy Meatloaf

7.5 kg beef mince

3 kg potatoes, grated
10 g mustard (2 tbsp)
12 eggs, beaten
60 mL Worcestershire sauce ( 3 tbsp )
200 g dry breadcrumbs (2 cups)
20 mL oil ( 1 tbsp)
Aluminium foil

1. Mix mince, potato, mustard, sauce and eggs.
2. Shape into 4 loaves, and roll in breadcrumbs.
3. Wrap in oiled foil and place in baking dishes or in frypans.
4. Cook for 1.5 hours at $190^{\circ} \mathrm{C}$.

Serve with peas and carrots, or cold with salad.

## Frypan Meatloaf

7.5 kg beef mince<br>3 kg sausage mince 60 g dried onion flakes ( 4 tbsp )<br>120 g dried vegetable soup<br>6 eggs, beaten<br>1 g pepper ( 1 tsp )<br>Optional:<br>Salt (if dried soup has no salt included)

1. Mix mince, onion, soup, eggs and pepper.
2. Divide into 4 loaves.
3. Spread each amount into a frypan completely covering the base. Place lids on frypans.
4. Cook for 1.5 hours at low heat.
5. Cut into serving pieces while still in the frypan.

Serve with vegetables and gravy.

## Meatloaf

7.5 kg beef mince

OR 4.5 kg beef mince and 3 kg sausage mince
1 kg carrots, grated
1 kg onions, chopped
500g tomatoes, chopped
OR 450 g tomato puree
40 mL Worcestershire sauce (2 tbsp)
20 mL tomato sauce ( 1 tbsp )
6 eggs, beaten
240 g flour (2 cups)
250 mL oil ( 1 cup)

1. Mix eggs, sauces, carrots, onions and tomatoes with mince.
2. Turn onto a floured board, and divide into 4, rolling in flour.
3. Bake for 2 hours at $160^{\circ} \mathrm{C}$ with a little oil.

Serve with boiled or baked vegetables and gravy.

## Chilli Con Carne

## 7.5 kg beef mince

3 kg kidney beans, not drained
3 kg whole tomatoes, chopped
1 kg onions, chopped
250 mL oil ( 1 cup)
3 cloves garlic
5 g chilli powder ( 1 tbsp)
5 g basil ( 1 tbsp)
Optional:
6 capsicums, chopped

1. In a large boiler, stir-fry onions, garlic and capsicum.
2. Add meat, and cook until colour changes.
3. Add beans, tomatoes, chilli and basil, and bring to the boil.
4. Cover and simmer for 1 hour. Taste to check spice flavour.

Serve with rice.

## Lasagne

2.5 kg instant Lasagne sheets

Bolognaise sauce (as page 43)
3L mornay sauce (as page 38)
250 g oil ( 1 cup)
1 kg cheese, grated

1. Oil the baking dishes.
2. Pour $1 / 3$ meat sauce into baking dishes. Cover with $1 / 3$ lasagne sheets.
3. Layer $1 / 3$ meat sauce, then $1 / 3$ mornay sauce, then $1 / 3$ lasagne sheets.
4. Repeat step 3.
5. Cover with remaining $1 / 3$ mornay sauce, then grated cheese.
6. Bake for $20-30$ minutes at $190^{\circ} \mathrm{C}$, testing with a fork.
7. Let stand 5 minutes before serving.

Serve with salad and herb or garlic bread.

## Mexican Mince

7.5 kg beef mince
1.25 kg cheese, grated

700 g onions, chopped
250 mL oil (1 cup)
3 kg tin tomato soup
3 kg tin whole kernel sweet corn, drained
Optional:
6 capsicums, chopped

1. Fry onions and capsicum in a boiler.
2. Add meat, cooking until colour changes.
3. Add tomato soup and corn.
4. Simmer for 45 minutes, stirring occasionally.
5. Stir in cheese, and simmer for 3 minutes.

Serve with boiled rice and beans, or with fried rice.

## Savoury Mince

7.5 kg beef mince

1 kg onions, chopped
3 kg tin tomato puree
1 kg carrots, grated
250 mL oil (1 cup)
40mL Worcestershire sauce (2 tbsp)
3L stock or water
30g gravy mix (3 tbsp)
30 g cornflour ( 3 tbsp )
125 mL water ( $1 / 2 \mathrm{Cup}$ )
5 g mixed herbs ( 1 tbsp )

1. Fry onions in a boiler
2. Add meat, and fry until brown
3. Add carrots, puree, stock, sauce and herbs, and bring to the boil.
4. Cover and simmer for 1 hour.
5. Skim well to remove excess fat.
6. Separately, mix gravy mix, cornflour and 125 mL water to create gravy.
7. Thicken meat mix with gravy, and simmer for 5 minutes, stirring frequently.
8. Add more seasoning as required.

## Shepherd's Pie

## 7.5 kg beef mince

1 kg carrots, grated
500 g onions, chopped
750 mL water ( 3 cups)
5 kg potatoes, mashed
40 mL Worcestershire sauce (2 tbsp)
500 g cheese, grated
3 g nutmeg ( 1 dsp )
Optional:
2 kg tomatoes, sliced

1. Place carrot, onion, meat, water, nutmeg and sauce in a boiler, and bring to the boil.
2. Simmer until cooked, for approximately 1.5 hours.
3. Thicken, if required, and simmer for 3 minutes.
4. Place in baking dishes, and cover with sliced tomatoes.
5. Spread mashed potatoes over the top evenly, and top with grated cheese.
6. Bake for 10 minutes to brown.

Serve with green and yellow vegetables.

## Spaghetti Bolognaise

Cooked spaghetti
7.5 kg beef mince 1 kg tomato paste (4 cups)
1 kg onions, chopped
500 mL water (2 cups)
250 mL oil ( 1 cup)
2 cloves garlic, chopped
1 kg cheese, grated

1. Brown onion and garlic in a boiler.
2. Add paste, meat and water, and bring to the boil.
3. Cover and simmer for 1.5 hours, stirring occasionally.
4. To serve, pour meat over spaghetti and garnish with cheese.

Serve with salad.
Tacos
Mexican mince (as page 42)
150 taco shells
3.5 kg tomatoes, chopped

4 lettuces, shredded
1.5 kg cheese, grated

4 jars Taco sauce, 2 mild and 2 hot

1. Cook Mexican mince.
2. Warm taco shells in the oven as directed on the packet.
3. Place bowls of tomatoes, shells, lettuce and cheese in centre of tables, with sauce.
4. Serve meat sauce onto plates.

## Roast Chicken/Turkey

12 kg chicken
OR 12kg turkey
125 mL oil ( $1 / 2$ cup)

1. Preheat oven to $190^{\circ} \mathrm{C}$.
2. Brush meat with oil.
3. Place meat in baking dish and roast for $1.5-2$ hours

Serve with vegetables, gravy and stuffing.

## Steamed Chicken

12 kg chicken
1.5 L water ( 6 cups)

1. Place chickens in large boiler with liquids.
2. Cover with lid, and bring to the boil.
3. Simmer for 1.5-2 hours, or until tender.
4. Cool chickens rapidly by promptly refrigerating.

Use to prepare chicken for other dishes.

## Apricot Chicken

8 kg chicken fillets
240 g French onion soup
3 kg apricot nectar

1. Put chicken pieces in baking dishes.
2. Warm apricot nectar and add soup.
3. Cover chicken with sauce, and cook for 1.5 hours, covered with foil, at $190^{\circ} \mathrm{C}$.

Serve with boiled rice and vegetables.

## Chicken/Beef/Pork Chow Mein

12 kg chicken, steamed and boned (as left)
OR 8kg steak, cubed and cooked
OR 8 kg lean pork, cubed and cooked
2 kg onions, chopped
2 kg carrots, chopped
1.5 bunches celery, chopped

2L stock
1 g pepper ( 1 tsp )
7 g curry powder ( 5 tsp )
50 g brown sugar ( $1 / 4$ cup)
125 mL soy sauce ( $1 / 2$ cup)
250 mL oil ( 1 cup)
Optional:
1 cabbage, shredded

1. Steam fry vegetables in oil in a boiler with lid on for 10-15 minutes.
2. Add chicken stock and flavourings, and steam for 5-10 minutes.
3. Add chicken pieces, and cook until chicken is heated through.

Serve with rice.

## Parboiled Sausages

8.5 kg sausages ( 100 sausages), separated 1-2L cold water

1. Place sausages in boiler, and cover with water, then bring to the boil.
2. Remove sausages from liquid, and dispose of liquid immediately.
3. Use sausages immediately, or store in refrigerator until required.

Use to prepare sausages for other dishes.

## Fried Sausages

8.5 kg parboiled sausages (100 sausages)

250 mL oil (1 cup)

1. Heat oil in baking dishes.
2. Place sausages in rows, and fry for 5 minutes, then turn, cooking for a further 10 minutes.

Serve with gravy, sauces, eggs or tomatoes.

## Baked Sausages

8.5 kg parboiled sausages ( 100 sausages)

250 mL oil ( 1 cup)

1. Heat oil in baking dishes.
2. Place sausages in rows, and bake for 20-30 minutes at $190^{\circ} \mathrm{C}$.

Serve with gravy, sauces, eggs or tomatoes.

## Fried Fish

1 kg self raising flour
1.5 L water

4 eggs, beaten
6.5 kg fish fillets ( 50 fillets)

500 g flour (4 cups)
2 L oil
6 lemons, sliced

1. Add eggs to self raising flour, and mix into a smooth batter with water.
2. Pour half of the oil into a baking dish or frypan, and heat.
3. Cut fish into servings, and dry well.
4. Coat fish with flour, and then dip into batter, removing surplus batter before placing in hot oil, at $200^{\circ} \mathrm{C}$.
5. Fry until golden brown, and then drain on absorbent paper.

Serve with salad or vegetables, and chips and coleslaw.

## Steamed Fish

6.5 kg fish fillets (50 fillets)
1.5 L milk

OR 125 mL vinegar ( $1 / 2$ cup) and 1.5 L water
1 g pepper ( 1 tsp )
50 g parsley ( 1 cup), chopped
6 lemons, sliced

1. Place fillets in baking dishes, and add liquid and pepper, sprinkling parsley and lemon over the top.
2. Cover with tray or aluminium foil.
3. Simmer for 15 minutes or until cooked, and drain, using liquid for white sauce.
4. Remove from pan with an egg lifter.

Serve for breakfast with zucchini and tomato savoury.

## Boiled Eggs

50 eggs
125 mL vinegar ( $1 / 2$ cup)
2 L cold water

1. Place eggs in a tea towel, and tie the diagonal corners together making sure no egg can fall out.
2. Put a wooden spoon under the knots, making a "swag".
3. Lower eggs into a boiler containing water and vinegar.
4. Bring to the boil, and simmer for 10 minutes.
5. Lift swag from the boiler and plunge into cold water, to make shelling easier.
6. As required, shell and cut eggs.

Serve in salads or for breakfast.

## Curried Eggs

25 boiled eggs as above 125 mL mayonnaise ( $1 / 2$ cup)
OR 125 mL yoghurt ( $1 / 2$ cup)
OR 125 mL sour cream ( $1 / 2$ cup)
20 g curry powder ( 4 tbsp )
10 g parsley ( 1 tbsp ), chopped

1. Shell and halve eggs lengthwise.
2. Remove yolks with a teaspoon and mash with mayonnaise, curry powder and parsley.
3. Press into egg whites.

## Fried Eggs

50 eggs
500 mL oil (2 cups)

1. In two frypans, pour enough oil to cover the bases, and heat.
2. Break eggs into cups, and then place in hot oil. 9-12 may be cooked at once in each frypan. For each pan of eggs, recover base with oil, and heat.
3. Cover with frypan lids, and cook at moderate heat for 3 minutes, or until set.
4. Remove with egg lifter and serve immediately.

Serve as breakfast with sausages or bacon, or at a barbecue, cooked in metal rings on a hot plate.

## Poached Eggs

50 eggs
1 L water (4 cups)
40mL vinegar (2 tbsp)

1. Mix water and vinegar together.
2. Place rings in frypans, pouring water in to depth of 5 mm , halfway up the egg rings.
3. Break 9-12 eggs into cups, then pour into egg rings, and cook until firm.
4. Remove with egg lifter and serve immediately.

Serve for breakfast on toast.

[^0]
## Bacon Quiche

Savoury pastry (as page 53)
36 eggs, beaten
1.5 L milk

500 g cheese, grated
1.5 kg bacon, trimmed and chopped OR 1 kg ham, chopped
500 g onions, finely chopped

1. Roll pastry thinly, to cover large baking dishes, and trim.
2. Beat eggs into milk, and pour over the back of a wooden spoon onto pastry base.
3. Sprinkle bacon and onions evenly over egg mixture.
4. Spread grated cheese evenly over the top.
5. Bake for $1-1.5$ hours at $200^{\circ} \mathrm{C}$, checking on the middle section.

Serve with salad.

## Spinach Quiche

Bacon quiche as above (omitting bacon)
2 kg spinach, finely chopped

1. Make bacon quiche as above, omitting bacon and adding spinach in step 3.

## Vegetable Quiche

Bacon quiche as above (omitting bacon)
500g carrots, grated
500 g zucchini, grated
450 g tin corn kernels, drained

1. Make bacon quiche as above, omitting out bacon and adding carrots, zucchini and corn in step 3.

## Scrambled Eggs

60 eggs
125 g butter
2.5 L milk, heated or boiled Optional:
25 g parsley (1/2 cup), chopped
250 g bacon, chopped and fried 500 g cheese, grated
850 g tin whole kernel corn, drained

1. Beat eggs until frothy, and then add milk, mixing well.
2. Melt butter in frypans, baking dishes or double boiler.
3. Add egg mixture, and stir in any optional additions.
4. Cook at a low heat for 20 minutes, stirring mixture occasionally.

Serve for breakfast with toast.

## Boiled Rice (Absorption)

3 kg rice (10 cups)
7 L water, boiling
125 g butter

1. In a large boiler, bring water to rapid boil, and add butter.
2. Add rice and stir.
3. Cover and cook at a low heat for 20 minutes until all water is absorbed.

## Boiled Rice (Rapid Boil)

3 kg rice (10 cups)
20L water, boiling ( 80 cups)
125 g butter
Optional:
125 mL lemon juice (1⁄2 cup)

1. In a large boiler, bring water to rapid boil, and add butter.
2. Add rice and stir.
3. Cook for 18 minutes uncovered.
4. Strain in a large colander, and place colander in boiler to keep rice hot.

## Fried Rice (Method 1)

3 kg cooked rice, cold
1 kg bacon, chopped small 500 g peas
500 g onions, finely chopped
12 eggs, beaten
80 mL soy sauce ( 4 tbsp )
500 mL oil (2 cups)
Optional:
1 cup celery, chopped
1 cup shallots, chopped

1. Heat oil, and fry onions and bacon.
2. Add rice, stirring frequently, and cook for 10 minutes.
3. Add eggs in a cleared space and cook.
4. Add peas and soy sauce, and stir.

Serve as an accompaniment to other dishes.

## Fried Rice (Method 2)

3 kg rice
500 g onions, chopped
500 g prawns, peeled and chopped
OR 500 g chicken, cooked and chopped
OR 500 g ham, chopped
500 g tomatoes, chopped
1 green capsicum, chopped
7L boiling stock
375 mL oil ( 1.5 cups)

1. Fry rice and onion in oil in frypan until brown, stirring to prevent burning.
2. Add meat, tomatoes and capsicum, then slowly pour stock into pans.
3. Cover with lid, and simmer for 30 minutes until rice is tender.
4. Check flavour, and season as necessary.

Serve as an accompaniment to other dishes.

## Boiled Vegetables

4kg beans, stringed and sliced 5 kg broccoli, in serving pieces 4.5 kg brussel sprouts, halved 4.5 kg cabbage, shredded 3 kg carrots, peeled and ringed 6 kg cauliflower, in serving pieces 50 half corn on the cobs
7 kg potato, peeled in serving pieces
5 kg pumpkin, in serving pieces
4.5 kg zucchini, sliced

1. Place chosen vegetables in a large boiler, and add water until barely covered.
2. Bring to the boil, cover, and simmer for 10-20 minutes (potatoes may need 30 minutes).
3. Drain well, and serve hot.

## Mashed Potato

Boiled potato as above
1.5 L milk

250 g butter

1. Boil potato as above, and then add milk and butter, mashing together.

## Mashed Pumpkin

Boiled pumpkin as above
250 g butter
1 g pepper ( 1 tsp )

1. Boil pumpkin as above, and then add butter and pepper, mashing together.

## Baked Vegetables

5 kg carrots
8 kg onions
5 kg parsnip
8 kg potato
5 kg pumpkin
1L oil

1. In a large boiler, bring chosen vegetables to the boil. Drain well, and allow to dry.
2. Heat oil in baking dishes or frypans, and then place vegetables in oil.
3. Cook at a $190^{\circ} \mathrm{C}$ for $45-60$ minutes, turning once. Beware that pumpkin, parsnip and onion will burn if left too long.

## Greek Salad

1 kg small cherry tomatoes
4 Lebanese cucumbers, sliced
4 capsicums, chopped
500 g onions, cubed
750 g feta, cubed
375 mL white vinegar
375 mL olive oil
375 g black olives
1 g oregano (1 tsp), dried

1. Combine vegetables and cheese cubes.
2. In a large jar, shake together vinegar, oil and oregano.
3. Mix dressing through vegetables, tossing to cover completely.

## Italian Salad

500 g pasta
2 lettuces, torn
1 kg tomatoes, sliced
250 g onions, sliced
4 cucumbers, sliced
2 bunches shallots, sliced
$1 / 2$ bunch celery, chopped
5 g sugar ( 1 dsp )
1 g pepper ( 1 tsp )
500 mL Italian dressing (2 cups)
OR 500 mL balsamic vinegar (2 cups)

1. Cook pasta and cool.
2. Combine all ingredients in a large bowl, and mix well.

## Coleslaw

3 kg cabbage, washed, cored and shredded 1 kg carrots, grated 750 mL mayonnaise ( 3 cups) OR 750mL coleslaw dressing (3 cup) Optional:
$1 / 2$ bunch celery, chopped
500 g onions, finely chopped
2 cucumbers, chopped
$850 g$ tin pineapple pieces, drained 500 g sultanas ( 2.5 cups)
1 red capsicum, chopped
2 apples, chopped

1. Mix all ingredients well.

## Salads

Cold lamb, beef, ham, chicken or corned meat Tasty or cheddar cheese, grated, cubed, in slices or in wedges
Hard boiled eggs
Mixed beans
Alfalfa and bean sprouts
Asparagus, tinned, spears or cuts
Beetroot, tinned, sliced, whole or cubed
Cabbage, shredded finely
Capsicum, sliced or chopped
Carrots, sticks, cooked rings or grated
Celery, washed well, cut into 5 cm lengths
Corn, tinned, whole kernel
Cucumber, washed, dried and peeled, or sliced into thin rounds
Lettuce, torn or shredded
Onion, sliced thinly or chopped finely
Orange, sliced in quarters
Peas, cooked
Pineapple, peeled and cut into wedges or slices
Snow peas
Tomatoes, sliced, halved or in quarters
Watermelon, cubed or balled

1. Try to include 7-10 of the above ingredients, mixing well and serving fresh.

## Pasta Salad

1.5 kg cooked pasta

250 mL oil ( 1 cup)
10g paprika (2 tbsp)
1 g pepper ( 1 tsp )
375 mL French dressing ( 1.5 cups)
750 g cooked peas ( 8 cups)
6 red capsicums, finely sliced

1. Sprinkle pasta with oil, toss and cool.
2. Add paprika and pepper to dressing and stir through pasta.
3. Add peas and capsicum, and chill.
4. Toss before serving.

## Tabbouleh

5 bunches parsley, chopped 1 bunch shallots, chopped 1 bunch mint, chopped 2 kg tomatoes, chopped 250 g cracked wheat (bourghul)
500 mL boiling water
500 mL lemon juice (2 cups)
250 mL oil (1 cup)
Optional:
5 g chilli powder (1 tsp)

1. Soak wheat in boiling water for 15 minutes, and then drain well.
2. In a large bowl, combine vegetables and cracked wheat.
3. Mix lemon juice, oil and chilli powder through salad.

## Potato Salad

3.5 kg potatoes, peeled and cubed 250 g onions, finely chopped 750 mL mayonnaise ( 3 cups) 25 g parsley ( $1 / 2$ cup), chopped 12 g mint ( $1 / 4 \mathrm{cup}$ ), chopped Optional:
6 hard boiled eggs, chopped
1 bunch celery, chopped
500 g green peas (6 cups), cooked

1. Place potatoes in a boiler, and add cold water until barely covered.
2. Bring to the boil and simmer until cooked but firm.
3. Drain immediately, and cool.
4. Add onions, and then mix together with mayonnaise, parsley and mint.

## Rice Salad

1 kg rice, cooked (as page 49)
850 g tin corn kernels, drained 1 bunch celery, chopped
50 g parsley ( 1 cup), chopped 1 capsicum, chopped
500 mL French dressing (2 cups) Optional:
500 g green peas (6 cups), cooked
12 bunch shallots, chopped
250 g ham or fried bacon, chopped

1. Cool rice, and add corn, celery, parsley, capsicum and dressing, mixing thoroughly.

Serve with bread or in lettuce leaf cups.

## Savoury Pastry

750 g self raising flour (6 cups)
375 g butter
300 mL water ( 1.25 cups)
1 g salt ( 1 tsp )

1. Rub butter into flour, and then mix with water to make a fairly soft dough.
2. Store pastry in refrigerator until needed.
3. Turn onto a floured board, and knead lightly.
4. Cut, and roll each piece into the size of a baking dish.
5. Lift pastry with a rolling pin, and place over filled dishes.
6. Bake at $220^{\circ} \mathrm{C}$ for $1 / 2-3 / 4$ hours.

## Biscuit Base

6 packets Marie biscuits
375g butter, melted
Optional:
10 g cinnamon (2 tbsp)

1. Crush biscuits in a separate bowl until very fine, and then add butter and cinnamon, and mix throughout.
2. Press biscuit base evenly into base and sides of an ungreased, lined tray. Chill.

## Biscuit Pastry

300g butter
150 g sugar ( $3 / 4$ cup)
5 eggs
1 kg self raising flour ( 8.5 cups)

1. Rub butter into flour, then add sugar and eggs.
2. Knead lightly, and roll out thinly.
3. Place on trays, and cook at $220^{\circ} \mathrm{C}$.

## Sweet Pastry

750 g self raising flour ( 6 cups)
375 g butter
30 g icing sugar ( 3 tbsp )
300 mL water ( 1.2 cups)

1. Combine flour and icing sugar, and rub in butter.
2. Mix in water slowly to make a soft dough.
3. Turn onto a floured board and knead lightly.
4. Wrap in greaseproof paper, and refrigerate for at least 30 minutes.
5. Divide into dishes and roll each piece to size required to cover dish.
6. When pie is made, cook at $220^{\circ} \mathrm{C}$ for 30 minutes, or until golden brown.

## Custard

300 g custard powder ( 2.5 cups)
300 g sugar ( 1.5 cups)
10 mL vanilla essence ( 1 dsp )
680 g powdered milk ( 6 cups) and 5 L water OR 5L fresh milk

1. Boil 4 L of water or milk, depending on what you are using.
2. Blend sugar, custard powder (and milk powder) with 1 L water or milk.
3. Add to boiling water or milk, stirring well, and then add vanilla essence.
4. Bring to the boil and simmer for 3 minutes.

Salt or lemon essence can be added to counteract slightly burnt taste. Do not serve if burnt. Serve as an accompaniment to other desserts.

## Caramel Custard

Custard as above (omitting sugar)
200g sugar (1 cup)
180 g golden syrup or honey ( $1 / 2$ cup)

1. Make custard as above, omitting 100 g of sugar, and adding golden syrup at step 3.

## No-Bake Pavlova

60 g gelatine ( 6 tbsp )
750 mL cold water ( 3 cups)
1.5L evaporated milk (6 cups)

600 g sugar ( 3 cups)
12 egg whites, at room temperature
15 mL vanilla essence ( 3 tsp )
1L cream, whipped
750 mL passionfruit pulp ( 3 cups)
OR 750 g fresh strawberries (3 punnets)

1. Soak gelatine in cold water for 10 minutes.
2. Heat milk until it reaches boiling point, then remove from heat, and add gelatine, stirring until dissolved.
3. Add egg whites, sugar and vanilla, and allow to cool.
4. Beat until still, for approximately 15 minutes.
5. Pour mixture into greased tray, cover and refrigerate.
6. Decorate with fruit and whipped cream.

## Jellied Fruit

## 1.5 kg jelly crystals

Boiling water
Tinned fruit, e.g. pineapple pieces, pears, or two fruits, with juices

1. Add required boiling water as dictated by the packet, and stir until dissolved.
2. Place fruit into dishes.
3. Pour fruit juice over fruit (replacing the required amount of cold water with fruit juice).
4. Pour jelly over fruit and stir to mix, then refrigerate until set.

Serve with custard or ice cream.

## Trifle

600 g jelly crystals
1.2 L boiling water
1.2 L cold water
1.4 kg cake pieces

OR 1.35 kg jam roll
2.5L custard, cooled

625 mL made-up orange cordial ( 2.5 cups)
OR 625 mL orange juice ( 2.5 cups)
1.7 kg tinned fruit

1L cream, whipped

1. Make jelly, as according to packet, and allow to cool but not set.
2. Place cake in large bowls, and pour orange cordial over cake.
3. Add fruit, and spread over cake, then add jelly, spreading over cake.
4. Cover with custard, and decorate with cream.

## Cheesecake

1 kg cream cheese, softened
1.5 kg evaporated milk, well chilled

600 g sugar ( 3 cups)
400 g lemon jelly crystals
375 mL boiling water ( 1.5 cups)
250 mL lemon juice ( 1 cup)
2 tbsp lemon rind, grated
10 mL vanilla essence ( 1 dsp )
Biscuit base (as page 53 )
3 kiwi fruit, peeled and sliced

1. Add jelly crystals to boiling water, and stir until dissolved.
2. Add lemon juice and rind.
3. In a bowl, beat cream cheese with sugar and vanilla.
4. In a chilled bowl, beat chilled milk until mixture triples in volume.
5. Add jelly to cheese mixture, then beat in milk.
6. Pour onto biscuit base, and decorate with kiwi fruit, refrigerating until served.

## Passionfruit Slice

250mL water (1 cup)
375g custard powder (1 packet)
2.25L water (9 cups)

500 g sugar (2.5 cups)
750 mL passionfruit pulp (3 cups)
2 kg sweetened condensed milk
500 mL lemon juice (2 cups)

1. Blend 250 mL water and custard powder together, making a paste.
2. Mix 2.25 L water and sugar, and then bring to the boil, thickening with custard paste.
3. Add passionfruit, and mix well.
4. Allow to cool, then spread onto biscuit base.
5. Beat together condensed milk and lemon juice, and then immediately spread onto passionfruit slice.
6. Refrigerate until served.

## Pineapple Slice

500 mL hot water (2 cups)
3 kg crushed pineapple
200g sugar (1 cup)
250 g butter
200 g custard powder (1.5 cups)
325 g cornflour ( 2.5 cups)
500 mL cold water (2 cups)
Biscuit base (as page 53)
Optional:
Meringue (as page 57)

1. Boil water, sugar and pineapple,
2. Mix custard powder, cornflour and cold water together, and add to pineapple mixture, stirring until it re-boils.
3. Add butter, and mix well.
4. Pour onto biscuit base, and allow to cool, refrigerating until serving.

Add meringue on top when cool.

## Lemon Slice

Pineapple slice as above (omitting pineapple) 750 mL lemon juice (3 cups)
1 cup lemon rind, grated

1. Make pineapple slice as above, omitting pineapples, adding lemon juice and lemon rind in step 1.

## Vanilla Slice

10 packets Sao biscuits (or similar)
Custard (as page 54)
500 g icing sugar mixture
125 g passionfruit pulp

1. Make custard, and allow to cool.
2. Place 5 packets of Saos in trays as a base.
3. Spoon custard onto base, and then top with remaining 5 packets of Saos.
4. Combine icing sugar and passionfruit pulp, and spread on top of biscuits.

Serve within one hour of making, so biscuits are crisp.

## No-Bake Meringue Topping

10 egg whites
270 g honey golden syrup ( $3 / 4 \mathrm{cup}$ )

1. Beat egg whites until stiff.
2. Gradually add honey, beating constantly.
3. Spread on desired filling.

## Baked Meringue Topping

10 egg whites
150 g sugar ( $3 / 4$ cup)

1. Beat egg whites until stiff.
2. Gradually add sugar, beating constantly until sugar is dissolved.
3. Spread on desired filling, and bake at $160^{\circ} \mathrm{C}$ for 15 minutes, until brown.

## Apricot or Raspberry Slice

670g apricot or raspberry jam
125 mL hot water ( $1 / 2$ cup)
1.5 kg self raising flour (12.5 cups)

500g butter
400 mL water ( 1.6 cups)
4 eggs
375 g coconut ( 4.5 cups)
500 g sugar ( 2.5 cups)

1. Rub butter into flour, and mix in 400 mL water.
2. Roll dough out, and place pastry on trays, spreading jam over top.
3. Beat eggs, then stir in coconut and sugar.
4. Spread coconut topping over jam, and bake at $190^{\circ} \mathrm{C}$ until golden brown.

Serve with custard or by itself.

## Chocolate Slice

500g butter
120 g golden syrup ( $1 / 3$ cup)
750 g self raising flour ( 6.5 cups)
20 g cocoa ( 5 tbsp )
500 g sugar ( 2.5 cups)
120 g coconut ( 1.5 cups)
5 mL vanilla essence ( 1 tsp )
Chocolate icing (as page 69)

1. Melt butter and golden syrup, then add vanilla essence.
2. Mix dry ingredients, and then combine with golden syrup mixture, mixing well.
3. Press onto greased trays and bake at $190^{\circ} \mathrm{C}$ for 15-20 minutes.
4. Ice with chocolate icing and extra coconut if desired.

## Coconut Slice

720 g self raising flour (6 cups)
320 g coconut (4 cups)
600 g sugar ( 3 cups)
500 g butter, melted
8 eggs, beaten
500 mL milk
Lemon, orange or passionfruit icing (as page 69)

1. Combine dry ingredients in a large bowl.
2. Add eggs and butter, mixing well, then add milk.
3. Pour into greased trays, and bake at $190^{\circ} \mathrm{C}$ for 25-30 minutes.
4. Ice with lemon, orange or passionfruit icing while still warm.

## Fruit Slice

750 dried fruit
500 g self raising flour (4.3 cups)
320 g coconut ( 4 cups)
8 eggs, beaten
120 mL golden syrup ( $1 / 2$ cup)
Optional:
2 mL lemon essence ( $1 / 2 \mathrm{tsp}$ )

1. Mix all dry ingredients in a large bowl.
2. Melt butter and golden syrup together, then cool.
3. Add eggs and mix well.
4. Add liquid to dry ingredients and mix thoroughly.
5. Pour into greased trays, and bake at $190^{\circ} \mathrm{C}$ for 20-30 minutes.
6. Cut while still warm.

## Rocky Road

480 g self raising flour ( 4 cups)
400 g sugar ( 2 cups)
500 g butter, melted
45 g cocoa ( $1 / 2 \mathrm{cup}$ )
6 eggs, beaten
160 g crushed nuts ( 2 cups)
170 g brown sugar (1 cup)
20g copha (2 tbsp)
80 g crushed nuts (1 cup)
200 mL water
60 g butter ( 4 tbsp )
500 g icing sugar (4 cups)
100 g glace cherries, chopped
20g cocoa ( 4 tbsp)
200 g marshmallows, chopped

1. Combine flour, sugar, 45 g cocoa and 160 g crushed nuts in a large bowl.
2. Beat eggs into 500 g melted butter, then fold in dry ingredients, mixing well.
3. Spread into greased trays and cook at $190^{\circ} \mathrm{C}$ for 25-30 minutes.
4. Combine brown sugar, water, copha and 20 g cocoa in a large saucepan, bringing to the boil, then simmering for 3 minutes, until copha is melted.
5. Blend in 60 g butter and icing sugar.
6. Fold in marshmallows, cherries and 80 g crushed nuts.
7. Spread over cooked base while still warm.

## Chocolate Crackles

500g rice bubbles
1 kg icing sugar mixture ( 5 cups)
320 g coconut ( 4 cups)
250 g cocoa (3 cups), sifted
1 kg copha, melted

1. Mix all dry ingredients in a bowl, and pour in copha, mixing thoroughly.
2. Place in patty pans or spread in trays and refrigerate.

## Hedgehog Squares

1 kg plain biscuits, crushed 500g butter
400g sugar (2 cups)
30 g cocoa ( $1 / 3$ cup), sifted
4 eggs, beaten
80 g walnuts ( 2 cups), crushed
10 mL vanilla essence ( 1 dsp )
Chocolate Icing (as page 69)

1. Melt butter and sugar in a saucepan, then add cocoa and eggs.
2. Stir and cook for 3 minutes, then remove from heat.
3. Add biscuits, walnuts and vanilla.
4. Press into trays, top with chocolate icing and refrigerate.

## Honey Joys

360 g cornflakes
250 g coconut (6 cups)
250 g brown sugar ( 1.5 cups)
180 g honey ( $1 / 2$ cup)
500 g butter

1. Boil brown sugar, honey and butter for 5 minutes.
2. Test toffee by dropping a little into cold water to see if it sets.
3. Pour mixture through cornflakes and coconut.
4. Set in slab tin or patty pans and refrigerate.

## Snowballs

1 kg plain biscuits, crushed
800 g condensed milk
120 g coconut ( 1.5 cups)
20 g cocoa ( 4 tbsp ), sifted
500 g coconut ( 6 cups), for coating

1. Combine biscuits, condensed milk, 120 g coconut and cocoa in a large bowl, and mix well.
2. Form small balls, roll in coconut and refrigerate.

## Sultana Slice

1 kg arrowroot biscuits, crushed
500 g butter, melted
750 g sultanas
400g sugar (2 cups)
2 tbsp orange rind, grated
80 mL orange juice ( 4 tbsp )
4 eggs
10 mL vanilla essence (1 dsp)
Chocolate icing (as page 69)

1. Bring butter, sultanas and sugar to the boil in a large saucepan, then remove from heat.
2. Add orange juice, rind, eggs, vanilla and biscuits, and stir well.
3. Press into trays, top with chocolate icing and refrigerate.

## No-Bake Crumble Topping

600 g cornflakes or biscuits ( 6 cups), crushed 500 g brown sugar (3 cups)
250 g butter
Optional:
160 g coconut (2 cups)

1. Rub all ingredients together, and spread evenly over fruit.

## Baked Crumble Topping

750 g self raising flour ( 5 cups)
500 g brown sugar (3 cups)
250 g butter
Optional:
$240 g$ coconut (4 cups)

1. Melt butter in a large saucepan.
2. Add flour, sugar and coconut and mix well.
3. Spread evenly over fruit, and bake at $190^{\circ} \mathrm{C}$ for 25-30 minutes.

## Apple, Apricot or Peach Crumble

6 kg tinned apples or apricots or peaches
$250-500 \mathrm{~mL}$ water or fruit juice ( $1-2$ cups)
400 g sugar (2 cups)
Crumble topping as above

1. Heat fruit, sugar and liquid.
2. Spread fruit into baking dishes, and spread crumble topping evenly over fruit.

Serve hot or cold, with custard or ice cream.

## Honey Pear Crumble

Baked crumble topping as above
6 kg tinned pear halves, drained, reserving liquid 350 g honey ( 1 cup)
250 mL lemon juice (1 cup)

1. Place pear halves in large baking dishes.
2. Combine pear syrup, honey and lemon juice, and pour over pear halves.
3. Prepare and spread crumble topping over pears, and bake at $190^{\circ} \mathrm{C}$ for $25-30$ minutes.

Serve hot with custard.

## Apple, Apricot or Peach Pie

Sweet pastry (as page 53)
6 kg tinned apples or apricots or peaches
400 g sugar (2 cups)
250-500mL water ( $1-2$ cups)

1. Prepare sweet pastry.
2. Heat fruit, water and sugar, and place into baking dishes.
3. Cover with pastry (using a rolling pin to lift).
4. Prick pastry in several places to allow steam to escape, and cook at $220^{\circ} \mathrm{C}$ for 30 minutes.

Serve with custard or cream.

## Chocolate Self Saucing Pudding

360 g butter
12 eggs
12 cups self raising flour
6 cups milk
6 tsp salt
8 tbsp cocoa powder
12 tsp vanilla essence
6 cups sugar
15 cups boiling water

1. Cream butter and sugar, adding eggs.
2. Fold in sifted flour, salt and cocoa powder, alternately with milk and vanilla essence.
3. Pour into desired dishes, and flatten out.
4. Gently pour boiling water over mixture.
5. Bake for 45 minutes at $180^{\circ} \mathrm{C}$, watching to ensure it doesn't burn.

Serve hot with ice cream.


## Stewed Fruits

2L water
600 g sugar (3 cups)
6 kg apples, peaches, berries, cherries, nectarines, pears or plums
65 g cornflour ( $1 / 2$ cup) blended with 125 mL water ( $1 / 2$ cup)
Optional:
Lemon pee/
Cinnamon
Passionfruit pulp

1. Cut fruit into small pieces.
2. In a large boiler, place water, sugar and optional flavourings, and bring to the boil.
3. Add fruit to the boiler gradually, and return to the boil.
4. Simmer for $1 / 2$ hour or until tender, stirring occasionally.
5. Thicken with cornflour paste if necessary, and taste for sweetness, adding sugar if required.

Serve with custard, jelly, ice cream or cream.

## Baked Apples

50 Granny Smith apples
375g butter
450 g dried fruit (3 cups)
500 g sugar ( 2.5 cups)
5 g cinnamon ( 1 tbsp )

1. Core unpeeled, washed whole apples.
2. Stuff centre of each apple with dried fruit, and arrange on baking dishes.
3. Dot top of apple with butter, and sprinkle with sugar and cinnamon.
4. Bake at $160^{\circ} \mathrm{C}$ for 1 hour.

Serve hot with custard, cream or ice cream.

## Fruit Salad

1.5 kg pineapple (1), peeled and sliced
1.5 kg rockmelon (1-2), peeled and seeded

5 kg watermelon, seeded and cubed
2 kg bananas (12), peeled
250 mL lemon juice or orange juice
500 g grapes
3-6 kiwi fruit
3-6 passionfruit
Optional:
500 g apples, peeled and chopped
500 g berries
500 g cherries, pitted

1. Chop all fruit into chunks or cubes.
2. Use the lemon or orange juice to coat the bananas and apples to stop them from going brown.
3. Combine all ingredients.

Serve alone or with ice cream.

## ANZAC Biscuits

500 g rolled oats ( 5.5 cups)
360 g coconut ( 4.5 cups)
500 g plain flour ( 4 cups)
500 g sugar ( 2.5 cups)
500 g butter
250 g golden syrup ( $2 / 3$ cup)
125 mL boiling water ( $1 / 2$ cup)
15 g bicarbonate soda ( 1.5 tbsp )

1. Mix oats, flour, sugar and coconut.
2. Melt syrup and butter.
3. Mix soda with boiling water and add to syrup and butter.
4. Add to dry ingredients and mix well.
5. Roll into balls, flatten with a fork, and spread evenly on greased trays.
6. Bake at $160^{\circ} \mathrm{C}$ for 20 minutes.
7. Let cool on trays before serving.

## Cornflake Biscuits

500g butter, melted
400 g sugar (2 cups)
4 eggs, beaten
500 g self raising flour ( 4 cups)
160 g coconut ( 2 cups)
375 g sultanas (2 cups)
250 g cornflakes (4 cups), crushed
Optional:
80 g crushed nuts (2 cups)
2 mL lemon essence ( $1 / 2$ tsp)
80 g choc bits (2 cups)

1. In a large bowl, combine dry ingredients.
2. Add melted butter and beaten eggs, and mix well.
3. Place teaspoons of mixture onto greased trays.
4. Bake at $190^{\circ} \mathrm{C}$ for 15 minutes, until brown.

## Coconut Biscuits

500 g sugar ( 2.5 cups)
80 g coconut ( 1 cup)
250 mL milk ( 1 cup)
5 g bicarbonate soda ( 1 dsp )
750 g butter
720 g plain flour (6 cups)

1. Boil sugar, coconut, milk and soda together.
2. When the mixture starts to foam, set aside to cool.
3. Rub butter into flour, and add to cooled liquid.
4. Knead well, and then roll out thinly and cut into shapes.
5. Bake at $190^{\circ} \mathrm{C}$ for $15-20$ minutes.

## Banana Cake

1.5 kg ripe bananas, peeled and mashed 720 g self raising flour ( 6 cups)
425 g brown sugar ( 2.5 cups)
500 g butter
10 eggs, beaten
375 mL milk ( 1.5 cups), heated 10 g bicarbonate soda (3 tsp)

1. Melt butter and sugar together, then add eggs and beat well.
2. Dissolve soda in hot milk, stirring well.
3. Add flour and milk alternately to egg and butter mixture, mixing well.
4. Fold mashed banana through mixture.
5. Pour into greased baking dishes, and bake at $190^{\circ} \mathrm{C}$ for 1 hour, checking that the centre is cooked.

Cool before serving.

## Carrot Cake

1 kg carrot, grated
375 g sultanas
720 g self raising flour (6 cups)
500 g brown sugar ( 2.5 cups)
160 g walnuts or pecans, chopped
500 mL oil (2 cups)
10 eggs, beaten
300 mL sour cream
10 g bicarbonate soda (3 tsp)
10 g cinnamon ( 3 tsp )
10 g nutmeg ( 3 tsp )

1. Combine dry ingredients in a large bowl, mixing well.
2. Combine oil, eggs and sour cream, and beat well. Stir through dry mixture.
3. Pour into greased baking dishes, and bake at a $160^{\circ} \mathrm{C}$ for $1-1.5$ hours, checking that the centre is cooked.

## Carrot and Zucchini Cake

Carrot cake as above (omitting 500g carrot) 500 g zucchini

1. Make carrot cake as above, omitting 500 g carrot, and adding zucchini in step 1.

## Patty Cakes

1 kg self raising flour ( 8.5 cups)
500 g sugar ( 2.5 cups)
250 g butter
8 eggs
500 mL milk (2 cups)
5 mL vanilla or lemon essence ( 1 tsp )
Optional:
250 g sultanas (1.5 cups)

1. Cream butter and sugar, then add eggs and beat well.
2. Add essence, then milk and flour, mixing well.
3. Pour into greased patty pans until two thirds full.
4. Bake at $190^{\circ} \mathrm{C}$ for $10-15$ minutes.

Serve topped with different coloured icings, or without icing if sultanas are present.

## Slab Cake

500g butter
750 g sugar ( 3.75 cups)
500 mL milk ( 2 cups)
1.4 kg self raising flour ( 12 cups)

5 mL vanilla essence ( 1 tsp )
8 eggs, beaten

1. Cream butter and sugar, then add eggs and beat well.
2. Add essence, then add flour alternately with milk, and mix well.
3. Pour into greased baking dishes, and bake at $190^{\circ} \mathrm{C}$ for $3 / 4$ hour.
4. Ice when cold.

## Chocolate Cake

Slab cake as above (omitting 200g flour)
200 g cocoa ( 2.5 cups)
250 mL milk ( 1 cup)

1. Make slab cake as above, omitting 200 g flour, and adding cocoa and milk in step 2.

## Fairy Cake

Slab cake as above
200g hundreds and thousands (1 cup)

1. Make slab cake as above, adding hundreds and thousands in step 2.

## Orange Cake

Slab cake as above 250 mL orange juice ( 1 cup)
2 tbsp orange rind

1. Make slab cake as above, adding orange juice and rind in step 2.

## Sultana Cake

Slab cake as above
500 g sultanas ( 2.5 cups)
10 g mixed spice

1. Make slab cake as above, adding sultanas and mixed spice in step 2.

## Coconut Cake

Slab cake as above
80 g coconut ( 1 cup)

1. Make slab cake as above, adding coconut in step 2.

## Plain Muffins

1.25 kg self raising flour (10 cups)

300 g sugar ( 1 cup)
400 g butter, melted
1 L milk (4 cups)
10 eggs, beaten

1. Combine dry ingredients in a large bowl.
2. Beat together butter, 3 cups milk and eggs,
3. Add liquid to dry ingredients, and mix quickly, adding last cup of milk if needed. The mixture should be moist and appear lumpy.
4. Fill greased muffin tins two thirds full.
5. Bake at $220^{\circ} \mathrm{C}$ for $15-20$ minutes, until brown.

## Apple or Apricot Muffins

Plain muffins as above
425 g apples or apricots (2 cups), chopped finely 7 g cinnamon (2 tsp)

1. Make plain muffins as above, adding apples and cinnamon after step 3.

## Berry Muffins

Plain muffins as above
825g berries, fresh, frozen or tinned

1. Make plain muffins as above, adding berries after step 3 . If using frozen berries, leave frozen and fold in at the last minute to hold colour and shape.

## Fruit Muffins

Plain muffins as above
375 g dried fruit (2 cups)
Optional:
80 g crushed nuts (1 cup)

1. Make plain muffins as above, adding fruit and nuts after step 3.

## Bran Muffins

Plain muffins as above (omitting 500g flour and sugar)
250 g bran (2 cups)
300 g brown sugar
100 mL golden syrup

1. Make plain muffins as above, omitting 500 g flour and sugar, adding bran and brown sugar in step 1 , and golden syrup after step 3.

## Savoury Muffins

Plain muffins as above (omitting 200g sugar)
500 g ham, finely chopped
500 g cheese, grated

1. Make plain muffins as above, omitting 200 g sugar, and adding ham and cheese after step 3.

## Pancakes

750 g self raising flour ( 6.5 cups)
1.5 L milk

6 eggs, beaten
60 g butter ( 2 tbsp ), for greasing

1. Sift flour and add eggs, then beat, gradually adding milk until mixtures is thick and smooth.
2. Mix in the remainder of the milk, and allow to stand for 1 hour.
3. Pour 2 tbsp of mixture at a time onto a preheated and lightly greased pan.
4. Cook until brown underneath, and bubbling on top, then turn to brown.

Serve with lemon juice and sugar, hot syrup or tinned fruit and cream.

## Pikelets

750 g self raising flour ( 6.5 cups)
60 g sugar ( $1 / 4$ cups)
1.5 L milk

6 g bicarbonate soda ( 2 tsp )
90 g butter ( 3 tbsp ), melted
4 eggs, beaten
60 g butter ( 2 tbsp ), for greasing

1. Mix milk, soda and butter, then add flour and sugar.
2. Add eggs, and mix well, then add further milk if necessary until mixture runs nicely off a spoon.
3. Spoon onto hot, lightly greased frypan or hot plate. If too much butter is used, pikelets will become too greasy and crusty.
4. Cook until bubbling, then turn to brown on other side.

Serve for supper and snacks, buttered or with jam and cream.

## Scones

2 kg self raising flour
375 g butter
1.25 L milk

OR 750 mL powdered milk and 500 mL water Milk, for glazing

1. Sift flour well.
2. Grate butter into flour, then rub together with tips of fingers until mixture looks like fine breadcrumbs.
3. Add liquid almost all at once and mix quickly and lightly.
4. Turn onto lightly floured board and knead lightly for 30 seconds.
5. Roll out to 20 mm thickness, and cut with a sharp knife into approximately 5 cm squares.
6. Glaze with milk, and bake at $250^{\circ} \mathrm{C}$ for $10-12$ minutes until lightly browned on top.

Serve for snacks, supper or light desserts, buttered or with jam and cream.

## Sweet Scones

Scones (as page 67)
375 g sugar (2 cups)

1. Make scones, adding sugar in step 2.

## Date Scones

Scones (as page 67)
500 g dates ( $21 / 2$ cups), chopped
250g sugar ( $11 / 4$ Cups)

1. Make scones, adding sugar and dates in step 2.

## Fruit Scones

Scones (as page 67)
375 g dried fruit
250 g sugar ( $11 / 4$ cups)

1. Make scones, adding sugar and fruit in step 2.

## Cheese Scones

## Scones (as page 67)

250 g cheese ( $21 / 2$ cups), grated

1. Make scones, adding cheese in step 2.

## Icing

500 g icing sugar mixture 30 g butter ( 2 tbsp )
20 mL hot water ( 1 tbsp )

1. Melt butter, and add icing sugar mixture.
2. Mix to consistency of thick cream with hot water.
3. Spread with knife over cakes, dipping knife constantly in hot water to make spreading easier.

## Lemon Icing

Icing as above (omitting hot water)
20 mL lemon juice ( 1 tbsp )

1. Make icing as above, omitting hot water, and adding lemon juice in step 2.

## Chocolate Icing

Icing as above
10 g cocoa ( 2.5 tbsp )

1. Make icing as above, adding cocoa in step 1.

## Orange Icing

Icing as above (omitting hot water)
20 mL orange juice ( 1 tbsp )

1. Make icing as above, omitting hot water, and adding orange juice in step 2.

## Passionfruit Icing

Icing as above
125g passionfruit pulp

1. Make icing as above, adding passionfruit pulp in step 1.

## Cream Cheese Icing

250 g cream cheese, softened 500 g icing sugar mixture, sifted 125 g butter, melted
20 mL lemon or orange juice ( 1 tbsp )

1. Beat cream cheese, butter and juice until fluffy.
2. Gradually beat in icing sugar, until all is absorbed.

## Fruit Punch

6L fruit juice
2L lemonade, cold
2L dry ginger ale, cold
850g tinned fruit salad
Crushed ice

1. Combine juice, fruit and ice in a large container.
2. Just before serving, pour in lemonade and ginger ale, and serve.


ANZAC Biscuits 63
Apple Crumble 60
Apple Meatballs 40
Apple Muffins 66
Apple Pie 61
Apple Sauce 37
Apricot Chicken 44
Apricot Crumble 60
Apricot Muffins 66
Apricot Pie 61
Apricot Slice 57
Bacon Quiche 48
Baked Apples 62
Baked Crumble Topping 60
Baked Meringue Topping 57
Baked Sausages 45
Baked Vegetables 50
Banana Cake 64
Beef 39-42
Beef and Vegetable Soup 36
Beef Chow Mein 44
Beef Stroganoff 39
Berry Muffins 66
Biscuit Base 53
Biscuit Pastry 53
Biscuits 63
Boiled Eggs 47
Boiled Rice 49
Boiled Vegetables 50
Bran Muffins 66
Cakes 64-65
Caramel Custard 54
Caramel Sauce 37
Carrot and Zucchini Cake 64
Carrot Cake 64
Cereals 35
Cheese Scones 68
Cheesecake 56
Chicken 44
Chicken and Vegetable Soup 36
Chicken Chow Mein 44
Chilli Con Carne 42
Chocolate Cake 65
Chocolate Crackles 58
Chocolate Icing 69
Chocolate Self Saucing Pudding61

Chocolate Slice 57
Chow Mein 44
Coconut Biscuits 63
Coconut Cake 65

Coconut Slice 58
Coleslaw 51
Corned Beef 39
Cornflake Biscuits 63
Cream Cheese Icing 69
Crumbles 60
Curried Eggs 47
Curry Meatballs 40
Custard 54
Date Scones 68
Drinks 70
Easy Meatloaf 41
Eggs 47-48
Fairy Cake 65
Fish 46
Fried Eggs 47
Fried Fish 46
Fried Rice 49
Fried Sausages 45
Fruit 62
Fruit Muffins 66
Fruit Punch 70
Fruit Salad 62
Fruit Scones 68
Fruit Slice 58
Frypan Meatloaf 41
Gravy 37
Greek Salad 51
Hamburgers 40
Hedgehog Squares 59
Honey Joys 59
Honey Pear Crumble 60
Icing 69
Italian Salad 51
Jellied Fruit 55
Jelly-Based Desserts 55
Kebabs 39
Lamb Kebabs 39
Lasagne 42
Lemon Icing 69
Lemon Slice 56
Mashed Potato 50
Mashed Pumpkin 50
Meatballs 40
Meatloaf 41
Meringue Topping 57
Mexican Mince 42
Milk-Based Desserts 54
Mince 42
Mint Sauce 37


## Mornay Sauce 38

Muesli 35
Muffins 66
No-Bake Crumble Topping 60
No-Bake Meringue Topping 57
No-Bake Pavlova 54
Onion Gravy 37
Orange Cake 65
Orange Icing 69
Pancakes 67
Parboiled Sausages 45
Passionfruit Icing 69
Passionfruit Slice 56
Pasta Salad 52
Pastry 53
Patty Cakes 64
Pavlova 54
Peach Crumble 60
Peach Pie 61
Pear Crumble 60
Pies 61
Pikelets 67
Pineapple Slice 56
Plain Muffins 66
Poached Eggs 47
Porridge 35
Pork Chow Mein 44
Pot Roast 40
Potato Salad 52
Puddings 61
Pumpkin Soup 36
Quiche 48
Raspberry Slice 57
Rice 49
Rice Salad 52
Rissoles 41
Roast Beef 39
Roast Chicken 44
Roast Lamb 39
Roast Pork 39
Roast Turkey 44
Rocky Road 58
Salads 51-52
Sauces 37-38
Sausages 45
Savoury Mince 42
Savoury Muffins 66
Savoury Pastry 53
Savoury White Sauce 38
Scones 67-68

Scrambled Eggs 48
Shepherd's Pie 43
Slab Cake 65
Slices 56-59
Snowballs 59
Soups 36
Spaghetti Bolognaise 43
Spinach Quiche 48
Steak Kebabs 39
Steamed Fish 46
Steamed Chicken 44
Stewed Fruit 62
Sultana Cake 65
Sultana Slice 59
Sweet Scones 68
Sweet Pastry 53
Sweet White Sauce 38
Tabbouleh 52
Tacos 43
Tarts 56-59
Trifle 55
Vanilla Slice 57
Vegetable Quiche 48
Vegetable Soup 36
Vegetables 50

Alfalfa
Salads 51

## Apples

Apple Crumble 60
Apple Meatballs 40
Apple Muffins 66
Apple Pie 61
Apple Sauce 37
Baked Apples 62
Coleslaw 51
Fruit Salad 62
Stewed Fruits 62
Apple pie filling
Apple Sauce 37
Apricot jam
Apricot Slice 57
Apricot nectar
Apricot Chicken 44
Apricots
Apricot Chicken 44
Apricot Crumble 60
Apricot Muffins 66
Apricot Pie 61
Arrowroot biscuits
Sultana Slice 59
Asparagus
Salads 51
Bacon
Bacon Quiche 48
Fried Rice 49
Kebabs 39
Rice Salad 52
Scrambled Eggs 48
Balsamic vinegar
Italian Salad 51
Bananas
Banana Cake 64
Fruit Salad 62
Basil
Chilli Con Carne 42
Bean sprouts
Salads 51
Beans
Boiled Vegetables 50
Salads 51
Beef
Apple Meatballs 40
Beef and Vegetable Soup 36
Beef Chow Mein 44
Beef Stroganoff 39
Chilli Con Carne 42
Curry Meatballs 40
Easy Meatloaf 41
Frypan Meatloaf 41
Hamburgers 40

Kebabs 39
Meatloaf 41
Mexican Mince 42
Pot Roast 40
Rissoles 41
Roast Beef 39
Salads 51
Savoury Mince 42
Shepherd's Pie 43
Spaghetti Bolognaise 43
Tacos 43

## Beef mince

Apple Meatballs 40
Chilli Con Carne 42
Curry Meatballs 40
Easy Meatloaf 41
Frypan Meatloaf 41
Hamburgers 40
Meatloaf 41
Mexican Mince 42
Rissoles 41
Savoury Mince 42
Shepherd's Pie 43
Spaghetti Bolognaise 43
Tacos 43

## Beetroot

Salads 51

## Berries

Berry Muffins 66
Fruit Salad 62
Stewed Fruits 62

## Bicarbonate soda

ANZAC Biscuits 63
Banana Cake 64
Carrot and Zucchini Cake 64
Carrot Cake 64
Coconut Biscuits 63
Pikelets 67
Biscuits
Apple Crumble 60
Apricot Crumble 60
Biscuit Base 53
Cheesecake 56
Hedgehog Squares 59
No-Bake Crumble Topping 60
Peach Crumble 60
Snowballs 59
Sultana Slice 59
Vanilla Slice 56
Black olives
Greek Salad 51
Bourghul
Tabbouleh 52
Bran
Bran Muffins 66

Bran

Muesli 35
Breadcrumbs
Easy Meatloaf 41
Broccoli
Boiled Vegetables 50

## Brown sugar

Apple Crumble 60
Apricot Crumble 60
Baked Crumble Topping 60
Banana Cake 64
Beef Chow Mein 44
Bran Muffins 66
Caramel Sauce 37
Carrot and Zucchini Cake 64
Carrot Cake 64
Chicken Chow Mein 44
Corned Beef 39
Honey Joys 59
Honey Pear Crumble 60
No-Bake Crumble Topping 60
Peach Crumble 60
Pork Chow Mein 44
Rocky Road 58
Brussel sprouts
Boiled Vegetables 50

## Butter

ANZAC Biscuits 63
Apple Crumble 60
Apple Muffins 66
Apple Pie 61
Apple Sauce 37
Apricot Crumble 60
Apricot Muffins 66
Apricot Pie 61
Apricot Slice 57
Bacon Quiche 48
Baked Apples 62
Baked Crumble Topping 60
Banana Cake 64
Berry Muffins 66
Biscuit Base 53
Biscuit Pastry 53
Boiled Rice 49
Bran Muffins 66
Caramel Sauce 37
Cheese Scones 68
Cheesecake 56
Chocolate Cake 65
Chocolate Icing 69
Chocolate Self Saucing Pudding 61
Chocolate Slice 57
Coconut Biscuits 63
Coconut Cake 65
Coconut Slice 58

Cornflake Biscuits 63
Cream Cheese Icing 69
Date Scones 68
Fairy Cake 65
Fruit Muffins 66
Fruit Scones 68
Hedgehog Squares 59
Honey Joys 59
Honey Pear Crumble 60
Icing 69
Lemon Icing 69
Lemon Slice 56
Mashed Potato 50
Mashed Pumpkin 50
Mornay Sauce 38
No-Bake Crumble Topping 60
Orange Cake 65
Orange Icing 69
Pancakes 67
Passionfruit Icing 69
Patty Cakes 64
Peach Crumble 60
Peach Pie 61
Pikelets 67
Pineapple Slice 56
Plain Muffins 66
Pot Roast 40
Raspberry Slice 57
Rocky Road 58
Savoury Muffins 66
Savoury Pastry 53
Savoury White Sauce 38
Scones 67
Scrambled Eggs 48
Slab Cake 65
Spinach Quiche 48
Sultana Cake 65
Sultana Slice 59
Sweet Pastry 53
Sweet Scones 68
Sweet White Sauce 38
Vegetable Quiche 48
Cabbage
Beef Chow Mein 44
Boiled Vegetables 50
Chicken Chow Mein 44
Coleslaw 51
Pork Chow Mein 44
Cabbage
Salads 51
Cake pieces
Trifle 55
Capsicum
Chilli Con Carne 42
Coleslaw 51

## Capsicum

Fried Rice 49
Greek Salad 51
Kebabs 39
Mexican Mince 42
Pasta Salad 52
Rice Salad 52
Salads 51
Tacos 43
Carrots

## Baked Vegetables 50

Beef and Vegetable Soup 36
Beef Chow Mein 44
Boiled Vegetables 50
Carrot and Zucchini Cake 64

## Carrot Cake 64

Chicken and Vegetable Soup 36
Chicken Chow Mein 44
Coleslaw 51
Meatloaf 41
Pork Chow Mein 44
Pot Roast 40
Salads 51
Savoury Mince 42
Shepherd's Pie 43
Vegetable Quiche 48
Vegetable Soup 36

## Cauliflower

Boiled Vegetables 50
Celery
Beef and Vegetable Soup 36
Beef Chow Mein 44
Chicken and Vegetable Soup 36
Chicken Chow Mein 44
Coleslaw 51
Fried Rice 49
Italian Salad 51
Pork Chow Mein 44
Pot Roast 40
Potato Salad 52
Rice Salad 52
Salads 51
Vegetable Soup 36
Champignons
Kebabs 39
Cheddar cheese
Salads 51

## Cheese

## Bacon Quiche 48

Cheese Scones 68
Mexican Mince 42
Salads 51
Savoury Muffins 66
Scrambled Eggs 48
Shepherd's Pie 43

Spaghetti Bolognaise 43
Spinach Quiche 48
Tacos 43
Vegetable Quiche 48

## Cherries

Fruit Salad 62
Rocky Road 58
Stewed Fruits 62
Cherry tomatoes
Greek Salad 51

## Chicken

Apricot Chicken 44
Chicken and Vegetable Soup 36
Chicken Chow Mein 44
Fried Rice 49
Pot Roast 40
Roast Chicken 44
Salads 51
Steamed Chicken 44
Chilli powder
Chilli Con Carne 42
Tabbouleh 52
Chocolate chips
Cornflake Biscuits 63
Cinnamon
Apple Muffins 66
Apricot Muffins 66
Baked Apples 62
Biscuit Base 53
Carrot and Zucchini Cake 64
Carrot Cake 64
Cheesecake 56
Stewed Fruits 62
Cocoa

$$
\text { Chocolate Crackles } 58
$$

Chocolate Icing 69
Chocolate Self Saucing Pudding 61
Chocolate Slice 57
Hedgehog Squares 59
Rocky Road 58
Snowballs 59
Sultana Slice 59
Coconut
ANZAC Biscuits 63
Apple Crumble 60
Apricot Crumble 60
Apricot Slice 57
Baked Crumble Topping 60
Chocolate Crackles 58
Chocolate Slice 57
Coconut Biscuits 63
Coconut Slice 58
Cornflake Biscuits 63
Fruit Slice 58
Honey Joys 59

## Coconut

Honey Pear Crumble 60
Muesli 35
No-Bake Crumble Topping 60
Peach Crumble 60
Raspberry Slice 57
Snowballs 59
Coleslaw dressing
Coleslaw 51
Condensed milk
Passionfruit Slice 56
Snowballs 59

## Copha

Chocolate Crackles 58
Rocky Road 58

## Cordial

Trifle 55
Corn
Boiled Vegetables 50
Mexican Mince 42
Rice Salad 52
Salads 51
Scrambled Eggs 48
Tacos 43
Vegetable Quiche 48
Corn on the cob
Boiled Vegetables 50
Corned silverside
Corned Beef 39

## Cornflakes

Apple Crumble 60
Apricot Crumble 60
Cornflake Biscuits 63
Honey Joys 59
No-Bake Crumble Topping 60
Peach Crumble 60

## Cornflour

Caramel Sauce 37
Lemon Slice 56
Pineapple Slice 56
Pot Roast 40
Savoury Mince 42
Stewed Fruits 62
Cracked wheat
Tabbouleh 52
Cream
No-Bake Pavlova 54
Pumpkin Soup 36
Trifle 55
Cream cheese
Cheesecake 56
Cream Cheese Icing 69
Crushed nuts
Cornflake Biscuits 63
Fruit Muffins 66

Muesli 35
Rocky Road 58

## Cucumber

Coleslaw 51
Greek Salad 51
Italian Salad 51
Salads 51

## Curry powder

Beef and Vegetable Soup 36
Beef Chow Mein 44
Chicken and Vegetable Soup 36
Chicken Chow Mein 44
Curried Eggs 47
Curry Meatballs 40
Pork Chow Mein 44
Vegetable Soup 36
Custard
Trifle 55
Custard powder
Caramel Custard 54
Custard 54
Lemon Slice 56
Passionfruit Slice 56
Pineapple Slice 56
Vanilla Slice 57
Dates
Date Scones 68
Dried fruit
Baked Apples 62
Fruit Muffins 66
Fruit Scones 68
Fruit Slice 58
Dried vegetable soup
Frypan Meatloaf 41
Dry ginger ale
Fruit Punch 70
Eggs
Apple Meatballs 40
Apple Muffins 66
Apricot Muffins 66
Apricot Slice 57
Bacon Quiche 48
Baked Meringue Topping 57
Banana Cake 64
Berry Muffins 66
Biscuit Pastry 53
Boiled Eggs 47
Bran Muffins 66
Carrot and Zucchini Cake 64
Carrot Cake 64
Chocolate Cake 65
Chocolate Self Saucing Pudding 61
Coconut Cake 65
Coconut Slice 58
Cornflake Biscuits 63

Eggs
Curried Eggs 47
Curry Meatballs 40
Easy Meatloaf 41
Fairy Cake 65
Fried Eggs 47
Fried Fish 46
Fried Rice 49
Fruit Muffins 66
Fruit Slice 58
Frypan Meatloaf 41
Hamburgers 40
Hedgehog Squares 59
Lemon Slice 56
Meatloaf 41
No-Bake Meringue Topping
No-Bake Pavlova 54
Orange Cake 65
Pancakes 67
Patty Cakes 64
Pikelets 67
Pineapple Slice 56
Plain Muffins 66
Poached Eggs 47
Potato Salad 52
Raspberry Slice 57
Rissoles 41
Rocky Road 58
Salads 51
Savoury Muffins 66
Scrambled Eggs 48
Slab Cake 65
Spinach Quiche 48
Sultana Cake 65
Sultana Slice 59
Vegetable Quiche
Evaporated milk
Cheesecake 56
No-Bake Pavlova
Feta
Greek Salad 51
Fish fillets
Fried Fish 46
Steamed Fish 46
Flour
ANZAC Biscuits 63
Apple Muffins 66
Apple Pie 61
Apricot Muffins 66
Apricot Pie 61
Apricot Slice 57
Bacon Quiche 48
Baked Crumble Topping 60
Banana Cake 64
Berry Muffins 66

Biscuit Pastry 53
Bran Muffins 66
Carrot and Zucchini Cake
Carrot Cake 64
Cheese Scones 68
Chocolate Cake 65
Chocolate Self Saucing Pudding
Chocolate Slice 57
Coconut Biscuits 63
Coconut Cake 65
Coconut Slice 58
Cornflake Biscuits 63
Date Scones 68
Fairy Cake 65
Fried Fish 46
Fruit Muffins 66
Fruit Scones 68
Fruit Slice 58
Gravy 37
Meatloaf 41
Mornay Sauce 38
Onion Gravy 37
Orange Cake 65
Pancakes 67
Patty Cakes 64
Peach Pie 61
Pikelets 67
Plain Muffins 66
Raspberry Slice 57
Rissoles 41
Rocky Road 58
Savoury Muffins 66
Savoury Pastry 53
Savoury White Sauce
Scones 67
Slab Cake 65
Spinach Quiche 48
Sultana Cake 65
Sweet Pastry 53
Sweet Scones 68
Sweet White Sauce 38
Vegetable Quiche 48
French dressing
Pasta Salad 52
Rice Salad 52
French onion soup
Apricot Chicken 44
Fruit juice
Apple Crumble 60
Apricot Crumble 60
Fruit Punch 70
Peach Crumble 60
Fruit medley
Muesli 35

Garlic
Beef Stroganoff 39
Chilli Con Carne 42
Spaghetti Bolognaise 43

## Gelatine

$$
\text { No-Bake Pavlova } 54
$$

Ginger ale
Fruit Punch 70
Glace cherries
Rocky Road 58
Golden syrup
ANZAC Biscuits 63
Bran Muffins 66
Caramel Custard 54
Caramel Sauce 37
Chocolate Slice 57
Fruit Slice 58
Lemon Slice 56
No-Bake Meringue Topping 57
Pineapple Slice 56
Granny Smith apples
Baked Apples 62
Grapes
Fruit Salad 62
Gravy mix
Gravy 37
Onion Gravy 37
Savoury Mince 42
Green capsicum
Fried Rice 49
Ham
Bacon Quiche 48
Fried Rice 49
Rice Salad 52
Salads 51
Savoury Muffins 66
Herbs
Savoury Mince 42
Honey
Caramel Custard 54
Caramel Sauce 37
Honey Joys 59
Honey Pear Crumble 60
Lemon Slice 56
No-Bake Meringue Topping 57
Pineapple Slice 56
Ice
Fruit Punch 70
Icing sugar
Apple Pie 61
Apricot Pie 61
Chocolate Crackles 58
Chocolate Icing 69
Chocolate Slice 57
Cream Cheese Icing 69

## Hedgehog Squares <br> 59

Icing 69
Lemon Icing 69
Orange Icing 69
Passionfruit Icing 69
Peach Pie 61
Rocky Road 58
Sultana Slice 59
Sweet Pastry 53
Vanilla Slice 57
Italian dressing
Italian Salad 51
Jam
Apricot Slice 57
Raspberry Slice 57
Jam roll
Trifle 55
Jelly crystals
Cheesecake 56
Jellied Fruit 55
Trifle 55
Kidney beans
Chilli Con Carne 42
Kiwi fruit
Cheesecake 56
Fruit Salad 62
Lamb
Kebabs 39
Pot Roast 40
Roast Lamb 39
Salads 51
Lasagne sheets
Lasagne 42
Lebanese cucumbers
Greek Salad 51
Lecithin meal
Muesli 35
Lemon essence
Cornflake Biscuits 63
Fruit Slice 58
Patty Cakes 64
Lemon jelly crystals
Cheesecake 56
Lemon juice
Boiled Rice 49
Cheesecake 56
Cream Cheese Icing 69
Curry Meatballs 40
Fruit Salad 62
Honey Pear Crumble 60
Lemon Icing 69
Lemon Slice 56
Passionfruit Slice 56
Tabbouleh 52

Lemon rind
Cheesecake 56
Lemon Slice 56
Stewed Fruits 62
Lemonade
Fruit Punch 70
Lemons
Cheesecake 56
Fried Fish 46
Steamed Fish 46
Lettuce
Italian Salad 51
Salads 51
Tacos 43
Marie biscuits
Biscuit Base 53
Cheesecake 56
Marshmallows
Rocky Road 58
Mayonnaise
Coleslaw 51
Curried Eggs 47
Potato Salad 52
Milk
Apple Muffins 66
Apricot Muffins 66
Bacon Quiche 48
Banana Cake 64
Berry Muffins 66
Bran Muffins 66
Caramel Custard 54
Cheese Scones 68
Chocolate Cake 65
Chocolate Self Saucing Pudding
Coconut Biscuits 63
Coconut Cake 65
Coconut Slice 58
Custard 54
Date Scones 68
Fairy Cake 65
Fruit Muffins 66
Fruit Scones 68
Mashed Potato 50
Orange Cake 65
Pancakes 67
Patty Cakes 64
Pikelets 67
Plain Muffins 66
Pumpkin Soup 36
Rissoles 41
Savoury Muffins 66
Savoury White Sauce
38
Scones 67
Scrambled Eggs 48
Slab Cake 65

Spinach Quiche 48
Steamed Fish 46
Sultana Cake 65
Sweet Scones 68
Sweet White Sauce 38
Vanilla Slice 57
Vegetable Quiche 48
Milk powder
Caramel Custard 54
Cheese Scones 68
Custard 54
Date Scones 68
Fruit Scones 68
Mornay Sauce 38
Muesli 35
Scones 67
Sweet Scones 68
Vanilla Slice 57
Mint
Mint Sauce 37
Potato Salad 52
Tabbouleh 52
Mixed beans
Salads 51
Mixed herbs
Savoury Mince
Mushrooms
Beef Stroganoff
Mustard
Easy Meatloaf
Nectarines
Stewed Fruits 62
Nutmeg
Carrot and Zucchini Cake
Carrot Cake 64
Hamburgers 40
Rissoles 41
Shepherd's Pie 43
Oats
ANZAC Biscuits 63
Muesli 35
Oil
Baked Sausages 45
Baked Vegetables 50
Beef Chow Mein 44
Beef Stroganoff 39
Carrot and Zucchini Cake
Carrot Cake 64
Chicken Chow Mein 44
Chilli Con Carne 42
Curry Meatballs 40
Easy Meatloaf 41
Fried Eggs 47
Fried Fish 46
Fried Rice 49

Oil
Fried Sausages 45
Greek Salad 51
Hamburgers 40
Meatloaf 41
Mexican Mince 42
Pork Chow Mein 44
Pot Roast 40
Rissoles 41
Roast Beef 39
Roast Chicken 44
Roast Lamb 39
Roast Pork 39
Roast Turkey 44
Savoury Mince 42
Spaghetti Bolognaise 43
Tabbouleh 52
Tacos 43
Olive oil
Greek Salad 51
Olives
Greek Salad 51

## Onion flakes

Frypan Meatloaf 41
Onion Gravy 37
Onions
Apple Meatballs 40
Bacon Quiche 48
Baked Vegetables 50
Beef and Vegetable Soup 36
Beef Chow Mein 44
Beef Stroganoff 39
Chicken and Vegetable Soup 36
Chicken Chow Mein 44
Chilli Con Carne 42
Coleslaw 51
Corned Beef 39
Fried Rice 49
Greek Salad 51
Italian Salad 51
Kebabs 39
Meatloaf 41
Mexican Mince 42
Onion Gravy 37
Pasta Salad 52
Pork Chow Mein 44
Pot Roast 40
Potato Salad 52
Pumpkin Soup 36
Rissoles 41
Salads 51
Savoury Mince 42
Shepherd's Pie 43
Spaghetti Bolognaise 43
Spinach Quiche 48

Tacos 43
Vegetable Quiche 48
Vegetable Soup 36

## Orange cordial

Trifle 55
Orange juice
Cream Cheese Icing 69
Fruit Salad 62
Orange Icing 69
Sultana Slice 59
Orange rind
Sultana Slice 59
Oranges
Salads 51
Sultana Slice 59
Oregano
Greek Salad 51
Paprika
Pasta Salad 52
Parboiled sausages
Baked Sausages 45
Fried Sausages 45
Parsley
Beef Stroganoff 39
Curried Eggs 47
Pot Roast 40
Potato Salad 52
Rice Salad 52
Scrambled Eggs 48
Steamed Fish 46
Tabbouleh 52
Parsnips
Baked Vegetables 50
Beef and Vegetable Soup 36
Chicken and Vegetable Soup 36
Vegetable Soup 36
Passionfruit pulp
Fruit Salad 62
No-Bake Pavlova 54
Passionfruit Icing 69
Passionfruit Slice 56
Stewed Fruits 62
Vanilla Slice 57
Pasta
Chicken and Vegetable Soup
36
Italian Salad 51
Pasta Salad 52

## Peaches

Peach Crumble 60
Peach Pie 61
Stewed Fruits 62
Pears
Honey Pear Crumble 60
Jellied Fruit 55
Stewed Fruits 62

## Peas

Fried Rice 49
Pasta Salad 52
Potato Salad 52
Rice Salad 52
Salads 51

## Pecans

Carrot and Zucchini Cake 64
Carrot Cake 64
Pepper
Beef and Vegetable Soup 36
Beef Chow Mein 44
Chicken and Vegetable Soup 36
Chicken Chow Mein 44
Frypan Meatloaf 41
Italian Salad 51
Mashed Pumpkin 50
Pasta Salad 52
Pork Chow Mein 44
Pumpkin Soup 36
Steamed Fish 46
Vegetable Soup 36
Pineapple
Coleslaw 51
Fruit Salad 62
Jellied Fruit 55
Kebabs 39
Pineapple Slice 56
Salads 51
Plain flour
ANZAC Biscuits 63
Coconut Biscuits 63
Plums
Stewed Fruits 62
Pork
Pork Chow Mein 44
Pot Roast 40
Roast Pork 39
Potatoes
Baked Vegetables 50
Beef and Vegetable Soup 36
Boiled Vegetables 50
Easy Meatloaf 41
Mashed Potato 50
Potato Salad 52
Shepherd's Pie 43
Vegetable Soup 36
Prawns
Fried Rice 49
Pumpkin
Baked Vegetables 50
Boiled Vegetables 50
Mashed Pumpkin 50
Pumpkin Soup 36

## Quick-cooking oats

## Muesli 35

Raisins
Muesli 35
Raspberry jam
Raspberry Slice 57
Rice
Boiled Rice 49
Curry Meatballs 40
Fried Rice 49
Rice Salad 52
Rice bubbles
Chocolate Crackles 58
Rockmelon
Fruit Salad 62
Rolled oats
ANZAC Biscuits 63
Muesli 35
Porridge 35
Rosemary
Corned Beef 39
Salt
Bacon Quiche 48
Beef and Vegetable Soup 36
Chicken and Vegetable Soup 36
Chocolate Self Saucing Pudding 61
Frypan Meatloaf 41
Porridge 35
Pumpkin Soup 36
Savoury Pastry 53
Spinach Quiche 48
Vegetable Quiche 48
Vegetable Soup 36
Sao biscuits
Vanilla Slice 57
Sausage mince
Frypan Meatloaf 41
Meatloaf 41
Rissoles 41
Sausages
Baked Sausages 45
Fried Sausages 45
Parboiled Sausages 45

## Self raising flour

Apple Muffins 66
Apple Pie 61
Apricot Muffins 66
Apricot Pie 61
Apricot Slice 57
Bacon Quiche 48
Baked Crumble Topping 60
Banana Cake 64
Berry Muffins 66
Biscuit Pastry 53
Bran Muffins 66

Self raising flour
Carrot and Zucchini Cake
Carrot Cake 64
Cheese Scones 68
Chocolate Cake 65
Chocolate Self Saucing Pudding
Chocolate Slice 57
Coconut Cake 65
Coconut Slice 58
Cornflake Biscuits 63
Date Scones 68
Fairy Cake 65
Fried Fish 46
Fruit Muffins 66
Fruit Scones 68
Fruit Slice 58
Orange Cake 65
Pancakes 67
Patty Cakes 64
Peach Pie 61
Pikelets 67
Plain Muffins 66
Raspberry Slice 57
Rocky Road 58
Savoury Muffins 66
Savoury Pastry 53
Scones 67
Slab Cake 65
Spinach Quiche 48
Sultana Cake 65
Sweet Pastry 53
Sweet Scones 68
Vegetable Quiche 48
Sesame seeds
Muesli 35
Shallots
Fried Rice 49
Italian Salad 51
Rice Salad 52
Tabbouleh 52
Silverside
Corned Beef 39
Skim milk powder
Muesli 35
Snow peas
Salads 51
Sour cream
Beef Stroganoff 39
Carrot and Zucchini Cake 64
Carrot Cake 64
Curried Eggs 47
Soy sauce
Beef Chow Mein 44
Chicken Chow Mein 44
Fried Rice 49

Pork Chow Mein
Pot Roast 40
Spaghetti
Spaghetti Bolognaise
Spinach
Spinach Quiche 48
Steak
Beef Chow Mein 44
Beef Stroganoff 39
Kebabs 39
Stock
Beef and Vegetable Soup 36
Beef Chow Mein 44
Beef Stroganoff 39
Chicken and Vegetable Soup
Chicken Chow Mein 44
Fried Rice 49
Gravy 37
Mornay Sauce 38
Onion Gravy 37
Pork Chow Mein 44
Pumpkin Soup 36
Savoury Mince 42
Vegetable Soup 36
Strawberries
No-Bake Pavlova 54
Sugar
ANZAC Biscuits 63
Apple Crumble 60
Apple Muffins 66
Apple Pie 61
Apple Sauce 37
Apricot Crumble 60
Apricot Muffins 66
Apricot Pie 61
Apricot Slice 57
Baked Apples 62
Baked Crumble Topping 60
Baked Meringue Topping 57
Banana Cake 64
Beef Chow Mein 44
Berry Muffins 66
Biscuit Pastry 53
Caramel Custard 54
Caramel Sauce 37
Carrot and Zucchini Cake
Carrot Cake 64
Cheesecake 56
Chicken Chow Mein 44
Chocolate Cake 65
Chocolate Self Saucing Pudding
Chocolate Slice 57
Coconut Biscuits 63
Coconut Cake 65
Coconut Slice 58

## Sugar

Corned Beef 39
Cornflake Biscuits 63
Custard 54
Date Scones 68
Fairy Cake 65
Fruit Muffins 66
Fruit Scones 68
Hedgehog Squares 59
Honey Joys 59
Honey Pear Crumble 60
Italian Salad 51
Lemon Slice 56
Mint Sauce 37
No-Bake Crumble Topping 60
No-Bake Pavlova 54
Orange Cake 65
Passionfruit Slice 56
Patty Cakes 64
Peach Crumble 60
Peach Pie 61
Pikelets 67
Pineapple Slice 56
Plain Muffins 66
Pork Chow Mein 44
Pumpkin Soup 36
Raspberry Slice 57
Rocky Road 58
Savoury Muffins 66
Slab Cake 65
Stewed Fruit 62
Sultana Cake 65
Sultana Slice 59
Sweet Pastry 53
Sweet Scones 68
Sweet White Sauce 38
Vanilla Slice 57
Sultanas

## Carrot and Zucchini Cake <br> 64

Carrot Cake 64
Coleslaw 51
Cornflake Biscuits 63
Muesli 35
Patty Cakes 64
Sultana Slice 59
Sweet corn
Mexican Mince 42
Tacos 43
Taco shells
Tacos 43
Taco sauce
Tacos 43
Tasty cheese
Salads 51

## Thyme

$$
\text { Pot Roast } 40
$$

Tinned fruits
Apple Crumble 60
Apple Pie 61
Apricot Crumble 60
Apricot Pie 61
Fruit Punch 70
Honey Pear Crumble 60
Jellied Fruit 55
Peach Crumble 60
Peach Pie 61
Trifle 55
Tomato paste
Beef Stroganoff 40
Rissoles 41
Spaghetti Bolognaise 43
Tomato puree
Meatloaf 41
Savoury Mince 42
Tomato sauce
Meatloaf 41
Tomato soup
Mexican Mince 42
Tacos 43
Tomatoes
Chilli Con Carne 42
Greek Salad 51
Italian Salad 51
Meatloaf 41
Fried Rice 49
Salads 51
Shepherd's Pie 43
Tabbouleh 52
Tacos 43
Turkey
Roast Turkey 44
Two fruits
Jellied Fruit 55
Vanilla essence
Caramel Custard 54
Cheesecake 56
Chocolate Cake 65
Chocolate Self Saucing Pudding 61
Chocolate Slice 57
Coconut Cake 65
Custard 54
Fairy Cake 65
Hedgehog Squares 59
No-Bake Pavlova 54
Orange Cake 65
Patty Cakes 64
Slab Cake 65
Sultana Cake 65
Sultana Slice 59

Vanilla essence
Sweet White Sauce
Vanilla Slice 57
Vegetable soup
Frypan Meatloaf
41
Vegetable stock
Gravy 37
Onion Gravy 37
Vinegar
Boiled Eggs 47
Corned Beef 39
Curried Eggs 47
Greek Salad 51
Italian Salad 51
Mint Sauce 37
Poached Eggs 47
Steamed Fish 46
Walnuts
Carrot and Zucchini Cake
Carrot Cake 64
Hedgehog Squares 59
Water
ANZAC Biscuits 63
Apple Crumble 60
Apple Pie 61
Apple Sauce 37
Apricot Crumble 60
Apricot Pie 61
Apricot Slice 57
Bacon Quiche 48
Boiled Eggs 47
Boiled Rice 49
Boiled Vegetables 50
Caramel Custard 54
Caramel Sauce 37
Cheese Scones 68
Cheesecake 56
Chocolate Icing 69
Chocolate Self Saucing Pudding
Chocolate Slice 57
Corned Beef 39
Curried Eggs 47
Custard 54
Date Scones 68
Fried Fish 46
Fruit Scones 68
Gravy 37
Hedgehog Squares
59
Icing 69
Jellied Fruit 55
Lemon Slice 56
Mashed Potato 50
Mashed Pumpkin 50
Mint Sauce 37
Mornay Sauce 38

No-Bake Pavlova 54
Onion Gravy 37
Parboiled Sausages 45
Passionfruit Icing 69
Passionfruit Slice 56
Peach Crumble 60
Peach Pie 61
Pineapple Slice 56
Poached Eggs 47
Porridge 35
Water
Pot Roast 40
Raspberry Slice 57
Rocky Road 58
Savoury Mince 42
Savoury Pastry 53
Scones 67
Shepherd's Pie 43
Spaghetti Bolognaise 43
Spinach Quiche 48
Steamed Chicken 44
Steamed Fish 46
Stewed Fruit 62
Sultana Slice 59
Sweet Pastry 53
Sweet Scones 68
Tabbouleh 52
Trifle 55
Vanilla Slice 57
Vegetable Quiche 48
Watermelon
Fruit Salad 62
Salads 51
Wheatgerm
Muesli 35
White vinegar
Greek Salad 51
Worcestershire sauce
Beef and Vegetable Soup 36
Chicken and Vegetable Soup 36
Easy Meatloaf 41
Meatloaf 41
Pot Roast 39
Rissoles 41
Savoury Mince 42
Shepherd's Pie 43
Vegetable Soup 36
Yoghurt
Curried Eggs 47
Zucchini
Boiled Vegetables 50
Carrot and Zucchini Cake

| Program | Breakfast <br> Time: |  | Lunch <br> Time: | Dinner <br> Time: |
| :--- | :--- | :--- | :--- | :--- |
| Day |  |  |  | Snacks <br> Time: |
| Day |  |  |  |  |
| Day |  |  |  |  |
| Day |  |  |  |  |
| Day |  |  |  |  |
| Day |  |  |  |  |

Program

Breakfast

Lunch

Dinner

Snacks

## QUANTITIES OVERVIEW

| tem |  |  |  |  |  |  |  |  |  |  |  | crand total |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |




[^0]:    Serve with salad.

