

RECIPES FOR MEALS DEMONSTRATED AT NOVEMBER MEETING

Red Lentil curry

1 finely chopped onion
1 clove garlic, chopped
2cm piece of fresh ginger, chopped
1tbsp oil
1 tbsp Curry powder
1 cup red lentils (presoaked for 1- 2 hours)
1 vegetable stock cube
water

Method

1. fry onion, garlic, ginger in oil
2. add curry powder and fry for 30seconds
3. add soaked lentils
4. cover with water, (about 2cm of water above lentils)
5. simmer for 10 –15 minutes until cooked. Add more water if needed
6. serve with rice (rice in a bag if backpacking)

Dried Vegetable Pasta sauce

1 finely chopped onion
1 clove garlic, chopped
1 chopped carrot (can use dehydrated carrot)
5 dehydrated tomatoes
½ cup surprise peas
1/3 cup dried mushrooms, (presoaked)
1 tbsp oil
1 sachet tomato paste
1 teaspoon Italian herbs
1 stock cube OR
1 sachet tuna with basil

Method

1. Fry onion & garlic in a little oil
2. Add pre-soaked veggies, bring to boil.
3. Add tomato paste and herbs
4. Simmer until veggies are soft
5. Add tuna just before serving
6. Serve with pasta (3 minute type or small spirals which cook in 8 minutes)

SOME SUGGESTIONS FOR CAMPING MEALS

1. **Red lentil curry with rice** (see recipe)
2. **Pasta with vegetable sauce** made from re-hydrated veggies (see recipe). You can also add a sachet of tuna at the end of cooking (one with sundried tomato & basil is good)
3. **Thai veggie curry with rice** - use sachet of curry paste, coconut milk powder, fresh or dried onion, tin of chickpeas or other beans, chopped potato (easy to carry in backpack) dehydrated veggies (peas, corn, beans, carrots, etc).
4. **Cheesy Pasta** – use quick cooking pasta, pkt of cheese sauce mix, dehydrated veggies, (peas & corn), dried onion, ham/bacon/ salami can be added.
5. **One pot fried rice** - cook onion & garlic in oil, add some pre-soaked veggies, one cup of rice, 2 cups water, stock cube, herbs/spices to suit, bring to boil. Simmer until holes appear in the top of the rice, then cover, remove from heat and allow to sit for 5 minutes. Add some nuts (cashews/almonds for extra protein). Soy sauce can be added at this stage if desired.
6. **Satay chickpeas and veggies with rice/couscous**- as for the Thai curry, except replace the curry paste with the satay sauce (from a sachet) and use less coconut milk powder.

NB. For most of these meals, the choice of carbohydrate base is up to the individual. Rice, noodles, pasta, couscous, Dehydrated potato can all be used.

SWEETS FOR BACKPACKING

Some possibilities are given below.

- instant chocolate mousse, custard
- dried fruit (apricots, apples etc) soaked in hot water with cinnamon & sugar)
- pancakes (pkt mix, add milk powder & water)
- muffins (these carry better than bread)