

COMBINED MANUALS & MENUS FOR CATERED U.K. CAMPS

CONTENTS

- 1. AT A GLANCE MENUS WEEK A with
DETAILED MENUS SATURDAY TO FRIDAY**
- 2. AT A GLANCE MENUS WEEK B with
DETAILED MENUS SATURDAY TO FRIDAY**
- 3. BREAKFASTS**
- 4. LUNCH GUIDELINES**
- 5. CAKES & PARTY FOOD IDEAS**
- 6. STANDARD PRACTICE INFORMATION**
- 7. ALLERGENS, ALLERGIES & INTOLERANCES**
- 8. CATERERS & APPRENTICES: CHECKLIST,
GUIDELINES & DAILY TASKS**
- 9. CATERER FEEDBACK SHEETS**
- 10. HEALTH & SAFETY POLICY AND GENERAL RISK
ASSESSMENTS**
- 11. KITCHEN CLEANING & SAFETY CHECK**

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

‘AT A GLANCE’ MENUS (WEEK A)

DAY	BREAKFAST	DINNER
SATURDAY (Breakfast for end of week)	PORRIDGE CEREALS GRAPEFRUIT / PRUNES CROISSANTS / BRIOCHES AND / OR TOAST	JACKET POTATO ASSORTED FILLINGS GREEN SALAD, YOGURT, FRUIT
SUNDAY ROAST NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG SAUSAGES / VEGETARIAN HAGGIS FRESH MUSHROOMS FRIED BREAD	ROAST SHOULDER OF LAMB ROAST SQUASH AND FETA TART ROAST & BOILED POTATOES GREEN BEANS, CARROTS FRUIT CRUMBLE & CUSTARD
MONDAY PASTA NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGGS BACON / VEGETARIAN SAUSAGE BAKED BEANS FRIED BREAD	BEEF BOLOGNESE VEGAN MUSHROOM BOLOGNASE PASTA, GARLIC BREAD MIXED SALAD JAM SPONGE & CUSTARD
TUESDAY PIE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD SAUSAGES / VEGETARIAN HAGGIS TOMATOES	CHICKEN LEEK AND SWEETCORN PIE VEGAN COTTAGE PIE PEAS, CAULIFLOWER, CARROTS MASH POTATO PEAR AND CHOCOLATE CRUMBLE & CUSTARD
WEDNESDAY CHILLI NIGHT OPT IN TO VEGGIE CHILLI	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG BACON / VEGETARIAN SAUSAGE FRESH MUSHROOMS FRIED BREAD	BEEF CHILLI, VEGATARIAN CHILLI, RICE GUACAMOLE, SOUR CREAM TORTILLA CHIPS GRATED CHEESE TREACLE SPONGE & CUSTARD
THURSDAY CASSEROLE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGGS SAUSAGES/ BAKED BEANS FRIED BREAD	HUNGARIAN Pork GOULASH BEANY GOULASH MASH POTATO BROCCOLI, RED CABBAGE FRUIT PIE & CUSTARD
FRIDAY CURRY NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD BACON / VEGETARIAN SAUSAGE TOMATOES	CHICKEN CURRY RED BEAN AND SPINACH CURRY RICE, DAHL PEAS, SWEETCORN NAAN BREAD ICE CREAM & FRUIT SALAD

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK A

SATURDAY DINNER

JACKET POTATO, ASSORTED FILLINGS, GREEN SALAD YOGURT, FRUIT

JACKET POTATO

Wash, dry and prick potatoes and put in hot oven from about 3 p.m. (about 210°C). You can cover in foil if preferred, and they will retain heat better, but will need to remove foil if being kept overnight. Spread them out on the trays and check regularly to see how they are doing. Removing foil about 40 mins before serving allows the skins to crisp up.

FILLINGS NB cater for people having at least 2 fillings.

BAKED BEANS Open 1 2.5kg tin per 25 people and heat gently.

TUNA Make up tuna / tuna mayonnaise / tuna and sweetcorn. Allow 100gm

Tuna per person and make up enough for half the camp.

CHEESE Put out 6kg grated cheese as an option for the topping.

GREEN SALAD

Prepare with 5 lettuces, 3 cucumbers, 4 chopped mixed sweet peppers. Provide separate salad dressing

YOGURT

Yogurt will have yogurt delivered in the morning. 4 x 5 litre pots. Serve no more than 200ml per person

FRUIT 2 tins of Fruit Cocktail in syrup.

CHEESE AND BISCUITS You can offer cheese and biscuits.

FRESH FRUIT Put out a mixed selection.

DRINKS

Hot drinks Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

Caterer – please use the space to add in any of your own 'Hints of the Day' that work well, then when the manual is returned we will be able to take note of these and incorporate them into future manuals.

HINT OF THE DAY

Remember to keep some potatoes back for late arrivals.

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WEEK A

SUNDAY DINNER

ROAST SHOULDER OF LAMB ROAST SQUASH AND FETA TART GREEN BEANS, CARROTS, ROAST & BOILED POTATOES FRUIT CRUMBLE & CUSTARD

ROAST LAMB

Put the boned joints in meat tins, cover with foil & cook (40 mins per Kg + 40 mins) until done (Use probe thermometer to check). Remove from oven, cut into slices and place back in trays with gravy and keep warm in oven covered with foil. For a camp of 100 meat eaters, arrange meat into 4 trays each to serve 25 which will assist with portion control.

ROAST SQUASH AND FETA TART

400g Puy Lentils	4 cloves garlic chopped
400g Feta Cheese/vegan feta	Bunch fresh rosemary
3 large butternut squash 2cm dice	Puff pastry sheet Check vegan
200g Fresh spinach	2 tsp chilli flakes

Roast squash in olive oil in oven till nearly cooked (40-50 mins), add rosemary, garlic and chilli and roast for 10 more minutes. Boil puy lentils in water then drain. Wash spinach and wilt in a saucepan. Dice feta into 1cm cubes. When using Vegan Feta add at the end do not cook.

Combine ingredients with cooked squash and spread out in trays. Cover with pastry sheet. Cook for approx. 30 minutes in high oven. Keep an eye on pies and cover edges of pie with foil to prevent burning.

If making a tart bake the pastry blind until it starts to cook before adding topping and cook for longer.

Puff pastry needs to be thoroughly defrosted. Thaw at room temperature for 2 hours or alternatively thaw overnight in the refrigerator and stand at room temperature for 15-20 minutes before use. Lightly flour both the work surface and pastry before rolling to required thickness. Allow to stand for 5 minutes to help reduce shrinkage.

GRAVY

approx. 10 pints required use a combination of meat juices from the cooking pans and gravy mix. If required, make gluten-free gravy using Marigold bouillon and meat juices.

GREEN BEANS

10 kg. Add to boiling salted water. Return to boil and cook for a few minutes

CARROTS

10/15 kg. Chop, wash and add to fast boiling water and boil quickly. Do not overcook!

POTATOES (25kg total for 100 people)

Proportion of boiled and roast is up to the caterer (maybe a quarter boiled)

Boiled: Put potatoes into two containers as this will ensure more even cooking. Halfway through the cooking time, ladle the bottom potatoes to the top of each pan. **DO NOT OVER COOK** but remember that the quantity you are cooking will take

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some time to come to the boil. Total actual boiling time around 30-40 mins. Start to cook potatoes about 2 hours before they are due to be served.

For **roast potatoes** add to trays of vegetable oil (**do not use fat from the meat**) and cook for at least 2 hours. When the roasts are done drain the oil, combine trays, and keep warm.

FRUIT CRUMBLE

Open 2 x 2.6kg tins of Peach and 2 x 2.6kg tins of Rhubarb and place in 4 trays. One tin per tray.

Keep some fruit separate for gluten-free option.

Cover with crumble mix and cook until golden brown. You can add oats to the crumble mix to add extra crunch. Cook in advance if you need the oven space.

CUSTARD

Whisk up powder with boiling water – will need at least 7.5litres, so make in 2 batches.

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water.

Keep table clean and ensure the supplies are on the table.

Caterer – please use the space to add in any of your own 'Hints of the Day' that work well, then when the manual is returned we will be able to take note of these and incorporate them into future manuals.

HINT OF THE DAY

It is suggested that left-over potatoes are served for lunch the following day as potato salad or fried for breakfast.

WEEK A

MONDAY DINNER

BEEF BOLOGNAISE VEGAN MUSHROOM BOLOGNAISE PASTA, GARLIC BREAD, MIXED SALAD JAM SPONGE & CUSTARD

BEEF BOLOGNAISE

11.5kg Mince	3 x 500g red lentils
2kg onions chopped	1 800gm tin tomato purée
2kg carrots chopped	mixed herbs,
2Kg courgettes chopped	garlic to taste
3 x 2.5 kg tin tomatoes	9 oxo cubes (NB these are not gluten free)

Divide mince between oiled 3 trays, break up lumps and put into a very hot oven for 20 minutes till starting to colour. Rinse the lentils. Remove trays from oven and add evenly divided onions and vegetables, tomatoes & puree, lentils garlic and mixed herbs. Barely cover with water, add stock cubes and cook, covered with foil for about 1 hour, stirring occasionally. Keep an eye on the liquid and add a little more water if needed – aiming for a rich sauce as the lentils absorb the water. Remove foil if necessary to get a right consistency for the sauce. When cooked through cover the trays with foil and keep in a warm oven. Each tray served approx. 35 people

VEGAN MUSHROOM BOLOGNAISE

120g dried porcini mushrooms	4 leeks
2kg chestnut mushrooms	1 2.4kg tin tomatoes chopped
8 onions	Marigold bouillon
8 garlic cloves	Thyme, rosemary
8 carrots	Tomato puree
2 400g tins Lentils	

Soak the dried mushrooms in hot water and set aside and drain lentils. Put the chestnut mushrooms in an oven tray with a little olive oil and cook in a very hot oven until they soften, brown and all the water they produce is gone – they should be a nice dark brown. In a pan add the other vegetables and fry gently in some olive oil until the veg softens. Chop the porcini mushrooms keeping the liquid. Chop the tinned tomatoes. Add the vegetables to the oven tray mushrooms along with the herbs, tomato puree, chopped porcini and juice. Finally stir in the chopped tomatoes and lentils and return to the oven for about an hour, stirring occasionally. When the sauce is rich and thick, cover and keep warm in an oven.

MIXED SALAD

Prepare with 5 lettuces, 3 cucumbers, 4 chopped mixed sweet peppers 2 kg baby tomatoes. Prepare separate salad dressing.

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PASTA

Cook 8Kg of pasta in boiling salted water until done

GARLIC BREAD

If frozen garlic bread not provided, caterer will need to order this bread.

Take 10 French loaves, score halfway through in portion 'chunks' and add some butter & garlic mixture to each cut before placing in oven of 20 mins

Use 8 loaves for garlic and make 2 using herb butter – label clearly! Each loaf to serve 10/12

JAM SPONGE

Make as per packet instructions. Layer jam in base of trays before topping with the sponge batter and bake in tins in oven. Make this as soon as breakfast is cleared away and cover with foil until needed. Alternatively, bake plain sponges and top with jam when cool.

CUSTARD

Whisk up powder with boiling water – will need at least 7.5 litres, so make in 2 batches

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

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WEEK A

TUESDAY DINNER

CHICKEN, LEEK AND SWEETCORN PIE

VEGAN COTTAGES PIE

PEAS, CAULIFLOWER, CARROTS

MASH POTATO

PEAR & CHOCOLATE CRUMBLE & CUSTARD

CHICKEN LEEK AND SWEETCORN PIE

11 kg Chicken chopped pieces – breast	12 tbsp Marigold bouillon
20 leeks washed & sliced	300 ml soy sauce
4 kg drained weight sweetcorn	Mixed herbs
3 kg onions chopped	water to loosen consistency
2kg mascarpone cheese	puff pastry 5 sheets

METHOD

Put 4 trays in the oven with 100ml olive oil in each. Put in oven to heat for 10 mins. Divide the chicken between 4 trays, add the onions and place back in oven. Leave for 20 mins till sealed. Add all the other ingredients, stir and add enough water to loosen the mixture and cover with foil – return to the oven for an hour so that everything is cooked through. **For a dairy free option omit the mascarpone cheese.**

Cover with puff pastry (and bake in hot oven for about 30 minutes).

Puff pastry needs to be thoroughly defrosted. Thaw at room temperature for 2 hours or alternatively thaw overnight in the refrigerator and stand at room temperature for 15-20 minutes before use. Lightly flour both the work surface and pastry before rolling to required thickness. Allow to stand for 5 minutes to help reduce shrinkage.

NB If gluten-free version required, make gravy with cornflour & Marigold bouillon and cook separately. Top with mashed potatoes.

VEGAN COTTAGE PIE

5 large sweet potatoes	3 peppers chopped
5 large potatoes	3 large carrots grated
300gm of Kale	2 tsp bouillon powder
300gm of spinach	2 tsp marmite (NB not gluten free)
500gm puy lentils	Dairy free spread

Boil and mash sweet potatoes adding sunflower spread to mash.

Fry off carrot and pepper, add spinach and kale and simmer until reduced.

Add lentils and boiling water to cover the mixture. Add marmite and bouillon powder. Boil for 30 minutes until lentils are soft. Check frequently and add more water if necessary. Put in baking tray, cover with mash, and cook for 15 minutes.

PEAS (7.5Kg frozen)

Put in boiling salted water, bring back to the boil and cook for just a few minutes. Drain and keep warm. NB this process takes at least ½ hour!

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CAULIFLOWER – use at least 14 good sized cauliflowers - cut into florets, put in boiling water and cook until still slightly crunchy.

CARROTS

10/15 kg. Chop, wash and add to fast boiling water and boil quickly. Do not overcook!

MASH POTATO- 25kg for 100 people

Start to cook potatoes about 2 hours before they are due to be served, as mashing will take some time. Cut potatoes quite small and put in two containers as this will ensure more even cooking. Halfway through the cooking time ladle the bottom potatoes to the top of each pan. **DO NOT OVER COOK** but remember that the quantity you are cooking will take some time to come to the boil. Cook for about 30 mins once boiling (test with knife) and drain.

Mash potatoes – do not add milk or dairy spread so potatoes can be used for all. It is suggested that left-over potatoes can be fried for breakfast.

PEAR AND CHOCOLATE CRUMBLE

Open 6 x 2.6kg tins of pears place in 4 trays. Scatter with 2kg of chocolate chips spread evenly over the trays

Keep some fruit separate for gluten-free option.

Cover with crumble mix and cook until golden brown. Cook in advance if you need the oven space.

CHOCOLATE SAUCE

Whisk up custard powder with cocoa powder (1 tablespoon of cocoa to 4 tablespoons custard powder) then whisk with boiling water – will need at least 7.5 litres, so make in 2 batches

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

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The pastry can be cooked separately and cut into squares/rectangles to be added when serving.

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WEEK A

WEDNESDAY DINNER

OPT OUT BEEF CHILLI & RICE

OPT IN VEGETARIAN CHILLI & RICE

GUACAMOLE, SOUR CREAM, GRATED CHEESE

TREACLE SPONGE AND CUSTARD

MEXICAN CHILLI (SPICY & NON-SPICY) CON CARNE (gluten free)

See recipe calculator for ingredients - 1 tray per 25 portions

Preheat 4 oven trays in the oven with 100ml oil. Add onions, chopped celery and carrots and return to oven for 15 mins. Remove from oven and add mince dispersing evenly, return to oven for a further 30 mins, taking it out halfway through to break up remaining lumps of mince. Add tinned kidney beans, tomatoes, tomato puree and enough vegetable stock to make a sauce, add chilli powder to taste varying spicing to give a choice. Use smaller containers if making a smaller quantity. Cover with foil and cook for at least another hour, it will be fine in a moderate oven for longer. Each tray to serve 25. Or make on the top and keep warm in the oven.

MEXICAN VEGETABLE CHILLI (SPICY & NON-SPICY) (vegan, dairy & gluten-free)

See recipe calculator for ingredients - 1 tray per 25 portions

Preheat 4 oven trays in the oven with 100ml oil. Add onions, chopped celery, red pepper and carrots and return to oven for 15 mins. Remove tray from oven and add the garlic, chilli powder, cumin, smoked paprika and oregano, return to the oven for 10 mins. Remove from oven, add the diced tomatoes and their juices, the drained kidney beans, bay leaf and enough vegetable stock to make a sauce. Cover and cook for at least another hour. If you have a food processor, liquidise a portion of chilli from each tray and add it back to the mixture to give a good thick consistency. Finally mix in the vinegar to taste before serving.

RICE (a camp of 120 need about 6 kg. for a 80 person camp – 4.5 kg)

Soak rice for 1 hour in the large trays: 2cm depth of rice with about 3cm cold water over the top. (Use at least 4 trays). After an hour, drain, return to the tray and cover with fresh cold water about 1cm over the rice. Season and drizzle with oil and mix well. Cover with foil (shiny side down & well sealed) and put in oven for 2 hours (brown rice) or 1½ hours (white rice) at about 150 degrees. Stir halfway through and add a little boiled water if it looks like it may dry out. Re-cover ensuring properly sealed. When serving, keep spare trays hot in the oven until needed.

GUACAMOLE From booker. Option to add extra fresh avocado small chunks and lime juice

SOUR CREAM/ CRÈME FRAICHE/ OATLY CRÈME FRAICHE 3 kg

GRATED CHEESE put out 6kg grated cheese for topping

TORTILLA CHIPS 3kg (approx. 25g per person)

TREACLE SPONGE Mix 3.7 kg of golden syrup with zest of 16 lemons and the juice of 8 lemons and 600g breadcrumbs made from stale white bread. Divide evenly between 4 greased trays. Make up 2 full bags of the powdered sponge mix and spread evenly across the four trays. Serve with extra syrup. Cook in advance if you need the oven space.

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CUSTARD Whisk up powder with boiling water - will need at least 7.5litres, so make in 2 batches

FRESH FRUIT Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

Meat recipe calculator		25	50	75	100
Tinned kidney beans (2.5Kg tin)	tins	0.5	1	1.5	2
10kg Minced beef	Kg	2.5	5	7.5	10
Chopped onions	Kg	0.5	1	1.5	2
Celery heads	unit	0.5	1	1.5	2
Carrot	Kg	0.5	1	1.5	2
Chilli powder	Tbsp	0.5	1	1.5	2
2.5kg Tinned tomatoes	tins	1	2	3	4
Tomato purée 200g tube	tube	1	2	3	4

Veggie recipe calculator	Portions	25	50	75	100
Chopped Onions	Kg	0.5	1	1.5	2
Tinned kidney beans (2.5Kg tin)	Tin	1	2	3	4
Pepper -red	unit	3	6	9	12
Courgettes	Kg	0.5	1	1.5	2
Celery Heads	unit	1	2	3	4
Carrots	gram	0.5	1	1.5	2
2.5kg Tinned tomatoes	tin	1	2	3	4
Tomato purée 200g tube	tube	1	2	3	4
Chilli powder to taste.	tbsp	3	6	9	12
ground cumin	tsp	6	12	18	24
smoked paprika	tsp	3	6	9	12
red wine vinegar	tsp	6	12	18	24
bay leaf	each	3	6	9	12
oregano	tsp	1	2	3	4
Garlic	clove	4	8	12	16

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WEEK A

THURSDAY DINNER

HUNGARIAN PORK GOULASH BEANY GOULASH BROCCOLI, RED CABBAGE, MASH POTATO FRUIT PIE & CUSTARD

HUNGARIAN GOULASH

12kg Pork Fillet cubed
2 kg onions
250g flour
250 g paprika
Assorted veg – choose from around 3 kg seasonal veg such as cauliflower, courgette, chopped spinach.

2 x 2.5 kg tins of tomatoes
bouillon
300g of tomato purée.

Put the meat and a little oil in a hot oven to seal. Fry the onions on a low heat until soft. Mix flour, paprika, bouillon, tomato purée and a little water to make a paste then add some more water. Stir this into the meat, add the tomatoes and onions. Add more water, you will need a total of 8 pints of water. The assorted veg may be lightly boiled before adding to mix (if frozen chopped spinach, add directly to mixture. Divide into 4 trays, each for 25 people to assist with portion control. Cover with foil and cook in oven for at least 1 hour 30 mins. You may wish to make one tray with a little or no paprika. For gluten free, use a little cornflour to replace the flour.

BEANY GOULASH (vegan & gluten-free)

1.5 kg of cannellini (and similar) beans
2 kg onions
5 crushed cloves garlic
8 large green peppers
Assorted veg – choose from around 1 kg seasonal veg such as cauliflower, courgette, frozen spinach.

1 x 2.5 kg tin of tomatoes
400 g tomato purée
100 g paprika, herbs, salt & pepper

Rinse beans and simmer for 1 hour (or use tinned). Fry onions & garlic until soft. Add peppers & fry for a further few minutes. Add other assorted veg. Mix in tomatoes, tomato purée, the drained beans, chopped spinach, paprika, herbs to taste and salt & pepper. Simmer for at least 30 minutes.

MASH POTATO - 25kg for 100 people

Start to cook potatoes about 2 hours before they are due to be served, as mashing will take some time. Cut potatoes quite small and put in two containers as this will ensure more even cooking. Halfway through the cooking time ladle the bottom potatoes to the top of each pan. DO NOT OVER COOK but remember that the quantity you are cooking will take some time to come to the boil. Cook for about 30 mins once boiling (test with knife) and drain. It is suggested that left-over potatoes can be fried for breakfast.

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RED CABBAGE (8)

Put in baking trays with sliced cooking apples (1 per 1 kg cabbage), sprinkle with sugar and wine vinegar. Cover with foil and cook in oven an hour.

BROCCOLI – 10kg frozen

Add to fast boiling water and boil quickly. Do not overcook.

FRUIT PIE (Make this as soon as breakfast is cleared away). Can be served cold.

Open 4 x 2.6kg tins of Apple and place in trays. (5 trays for 24 servings each)

Some trays may have dried fruit or mincemeat added.

Keep some fruit separate for gluten-free option.

Either -Puff pastry needs to be thoroughly defrosted. Thaw at room temperature for 2 hours or alternatively thaw overnight in the refrigerator and stand at room temperature for 15-20 minutes before use. Lightly flour both the work surface and pastry before rolling to required thickness. Allow to stand for 5 minutes to help reduce shrinkage

Or Make PASTRY mix as per instructions on the packet. Either roll out and cover fruit mixture with lid of pastry or bake separately and cut into lids. Cook for 30 mins.

CUSTARD

Whisk up powder with boiling water – will need at least 7.5litres, so make in 2 batches

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

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WEEK A

FRIDAY DINNER

CHICKEN CURRY RED BEAN, CASHEW AND SPINACH CURRY, DAHL RICE, PEAS, SWEETCORN, NAAN BREAD ICE CREAM & SAUCE and FRUIT

CHICKEN CURRY

Diced chicken thighs
1kg chopped onions
Rogan Josh sauce
Korma sauce

Grease 4 trays with oil and divide the chicken between 4 trays, add onion evenly across 4 trays and put in oven for 20 mins so the meat is sealed. Mix 2 trays with Rogan Josh, and 2 trays with Korma sauce

RED BEAN, (CASHEW) and SPINACH CURRY (vegan & gluten free)

NB this is the quantities for 20 people.

oil	½ tube tomato purée
1kg onions, chopped	2 x 400ml tins coconut milk
½ kg carrots, thinly sliced	500ml vegetable stock
8 garlic cloves, crushed	2 x 400g can red kidney beans, rinsed & drained
2 red peppers, chopped	unsalted cashews (optional)
4 courgettes in chunks	Large bag spinach
A couple of bay leaves	Salt & pepper
1 tbsp paprika	
3 tbsp curry powder	

Heat the oil in a large saucepan and fry the onions, courgettes and carrots for 5 minutes. Add garlic, red pepper, and bay leaves and fry briefly. Stir in paprika, 4 heaped tsps. curry powder, tomato paste, coconut milk, stock, and beans and bring to a boil. Reduce heat and simmer uncovered until everything is tender. Wilt spinach and chop, add to beans, salt & pepper and heat through for a few minutes. Add cashew nuts at end if using.

LENTIL DAHL (vegan & gluten free)

N.B. THESE QUANTITIES SERVE 20 VEGETARIANS, INCREASE IF SERVING EVERYONE.

2 onions, chopped very finely
2 tsp each crushed coriander & cumin seeds, if available (plus curry powder 3 tbsp or to taste)
3 mugs of lentils - soaked for a few hours
½ tube tomato puree

Fry onions and seeds/curry powder. Add lentils, tomato purée, and water to cover. Bring up to a high heat, then simmer, checking to make sure there is still enough water. When the lentils have gone mushy it is ready. Garnish with coriander leaves. Serve with rice or naan or potatoes

PEAS (10Kg frozen)

Put in boiling salted water, bring back to the boil and cook for just a few minutes. Drain and keep warm. NB this process takes at least ½ hour!

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SWEETCORN Open tins (4 large or equiv. small) and heat gently.

RICE (a camp of 120 need about 6 kg. 80 person camp – 4.5 kg)

Soak rice for 1 hour in the large trays: 2cm depth of rice with about 3cm cold water over the top. (Use at least 4 trays). After an hour, drain, return to the tray and cover with fresh cold water about 1cm over the rice. Season and drizzle with oil and mix well. Cover with foil (shiny side down & well sealed) and put in oven for 2 hours (brown rice) or 1½ hours (white rice) at about 150 degrees. Stir halfway through and add a little boiled water if it looks like it may dry out. Re-cover ensuring properly sealed. When serving, keep spare trays hot in the oven until needed.

NAAN BREAD, MANGO CHUTNEY.

ICE CREAM

It will be in the chest freezer. Chocolate and fruit sauces should be provided.

FRUIT

Open 4 x 2.6kg tins of Fruit (Peaches, Apricots, Pears) and place in serving bowls

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

Caterer – please use the space to add in any of your own ‘Hints of the Day’ that work well, then when the manual is returned we will be able to take note of these and incorporate them into future manuals.

HINT OF THE DAY

There may be non-curry eaters so establish this and, if necessary, make small chicken casserole for those people. Add other vegetables if desired to chicken dish.

If desired, you can increase party feel of the meal by buying Indian snacks, pakoras, etc. to add to the meal from party funds (Iceland have had good frozen party packs).

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

AT A GLANCE' MENUS (WEEK B)

DAY	BREAKFAST	DINNER
SATURDAY (Breakfast for end of week)	PORRIDGE CEREALS GRAPEFRUIT / PRUNES CROISSANTS / BRIOCHES AND / OR TOAST	JACKET POTATO ASSORTED FILLINGS GREEN SALAD, YOGURT & FRUIT
SUNDAY ROAST NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG SAUSAGES / VEGETARIAN HAGGIS FRESH MUSHROOMS FRIED BREAD	ROAST BACON JOINT ROASTED VEGETABLE & LENTIL TART ROAST & BOILED POTATOES GREEN BEANS, CARROTS, PARSLEY SAUCE FRUIT CRUMBLE & CUSTARD
MONDAY PASTA NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGGS BACON / VEGETARIAN SAUSAGE BAKED BEANS FRIED BREAD	BEEF LASAGNE AND VEGETARIAN LASAGNE GARLIC BREAD MIXED SALAD JAM SPONGE AND CUSTARD
TUESDAY PIE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD SAUSAGES / VEGETARIAN HAGGIS TOMATOES	CHICKEN, LEEK & BUTTER BEAN PIE QUORN, LEEK AND BUTTER BEAN PIE MASH POTATO CAULIFLOWER PEAS, SWEETCORN PEAR & CHOCOLATE CRUMBLE & CHOC CUSTARD
WEDNESDAY CHILLI NIGHT OPT IN TO VEGGIE	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG BACON / VEGETARIAN SAUSAGE FRESH MUSHROOMS FRIED BREAD	MEXICAN CHILLI CON CARNE (SPICY & NON), VEGETABLE CHILLI (SPICY& NON) , RICE , GUACAMOLE, TORTILLA CHIPS SOUR CREAM, GRATED CHEESE, TREACLE SPONGE & CUSTARD
THURSDAY CASSEROLE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGGS SAUSAGES/ BAKED BEANS FRIED BREAD	LAMB TAGINE VEGETABLE TAGINE BROCCOLI, CARROTS COUSCOUS FRUIT PIE & CUSTARD
FRIDAY CURRY NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD BACON / VEGETARIAN SAUSAGE TOMATOES	CHICKEN CURRY BUTTERNUT SQUASH & CHICKPEA CURRY RICE, DAHL PEAS, SWEETCORN ,NAAN BREAD FRUIT SALAD, ICE CREAM

Formatted: German (Germany)

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK B

SATURDAY DINNER

JACKET POTATO ASSORTED FILLINGS, GREEN SALAD YOGURT, FRUIT

JACKET POTATOES

Wash, dry and prick potatoes and put in hot oven from about 3 p.m. (about 210°C). You can cover in foil if preferred, and they will retain heat better, but will need to remove foil if being kept overnight. Spread them out on the trays and check regularly to see how they are doing.

FILLINGS NB cater for people having at least 2 fillings.

BAKED BEANS Open 1 2.5kg per 25 people and heat gently.

TUNA Make up tuna / tuna mayonnaise / tuna and sweetcorn. Allow 100gm Tuna per person and make up enough for half the camp.

CHEESE Put out 6kg grated cheese as an option for the topping.

GREEN SALAD

Prepare with 5 lettuces, 3 cucumbers, 4 chopped mixed sweet peppers. Provide salad dressing separately

YOGURT

Yogurt will have yogurt delivered in the morning. 4 x 5 litre pots. Serve no more than 200ml per person

FRUIT 2 tins of Fruit Cocktail in syrup.

CHEESE AND BISCUITS You can offer cheese and biscuits

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks Put out pump pots, remembering to refill regularly, Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

Caterer – please use the space to add in any of your own 'Hints of the Day' that work well, then when the manual is returned we will be able to take note of these and incorporate them into future manuals.

HINT OF THE DAY

Remember to keep some potatoes back for late arrivals.

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK B

SUNDAY DINNER

ROAST BACON JOINT & PARSLEY SAUCE ROASTED VEGETABLE AND LENTIL TART GREEN BEANS, CARROTS, ROAST & BOILED POTATOES FRUIT CRUMBLE & CUSTARD

BACON JOINTS (16.5kg for 100)

Put the joints in the large trays and cover with foil & cook (40 mins per Kg + 40 mins) until done (Use probe thermometer to check). Remove from oven, cut into slices and place back in trays with juices and keep warm in oven covered with foil. Baste occasionally so the meat does not dry out. For a camp of 100 meat eaters, arrange meat into 4 trays each to serve 25 which will assist with portion control.

ROASTED VEGETABLE AND LENTIL TART

400g Puy lentils	4 onions -chopped
400g feta or vegan feta	400g baby tomatoes - halved
8 tablespoons chopped sun dried tomatoes in oil	4 cloves garlic
4 red peppers chopped	4 tbsp mixed herbs
4 yellow peppers chopped	Large pastry sheet
4 courgettes- chopped	- Check vegan

Chop the vegetables into neat 1-2 cm pieces. Roast peppers, courgettes, onions and tomatoes in olive oil in oven till nearly cooked (15-20 mins), add garlic and mixed herbs and return to oven for 10 more minutes. Boil puy lentils in water then drain. Dice feta into 1cm cubes. NB. When using Vegan Feta add at the end do not cook.

Lay pastry sheet into greased tray and score a 2cm border. Bake blind until it is part cooked. Mix the roasted vegetables with the sun-dried tomato paste, feta and cooked lentils and spread out onto pastry. Cook for approx. 30 minutes in high oven.

Puff pastry needs to be thoroughly defrosted. Thaw at room temperature for 2 hours or alternatively thaw overnight in the refrigerator and stand at room temperature for 15-20 minutes before use. Lightly flour both the work surface and pastry before rolling to required thickness. Allow to stand for 5 minutes to help reduce shrinkage.

POTATOES – 25kg

Proportion of boiled and roast is up to the caterer (maybe a quarter boiled)

Put the potatoes in two containers as this will ensure more even cooking. Halfway through the cooking time ladle the bottom potatoes to the top of each pan. DO NOT OVER COOK, but remember that the quantity you are cooking will take some time to come to the boil. Cook for about 30-40 mins once boiling. Start to cook potatoes about 2 hours before they are due to be served.

For **roast potatoes** add to trays with vegetable oil and cook for at least 2 hours.

When the roasts are done, combine trays and keep warm.

GREEN BEANS 10 kg.

Add to boiling salted water. Return to boil and cook for a few minutes

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

CARROTS 10/15kg

Chop, wash and add to boiling water. Boil quickly. Do not overcook!

PARSLEY SAUCE (approx. 6 litres)

Make the parsley sauce according to packet instruction. See standard practice. Serve separately.

GRAVY/SAUCE

We suggest you make gravy. Approx. 10 pints required use a combination of meat juices from the cooking pans and gravy mix. If required, make gluten-free gravy using Marigold bouillon and meat juices.

FRUIT CRUMBLE

Open 4 2.5kg tins of fruit, 2 each Apricot and Rhubarb and place in 4 trays.

Keep some fruit separate for gluten-free option.

Cover with crumble mix and cook until golden brown. You can add oats to the crumble mix to add extra crunch. Cook in advance if you need the oven space.

CUSTARD

Whisk up powder with boiling water – will need at least 7.5 litres, so make in 2 batches

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

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HINT OF THE DAY

You may want to make a mustard or honey sauce for some of the trays of meat.

It is suggested that left-over potatoes are served for lunch the following day as potato salad or fried for breakfast.

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK B

MONDAY DINNER

BEEF LASAGNE VEGETARIAN LASAGNE GARLIC BREAD, MIXED SALAD JAM SPONGE AND CUSTARD

LASAGNE

11kg Mince	garlic to taste
2kg onions	non pre-cook lasagne sheets
2kg carrots	6 litre Béchamel sauce (or make own white sauce)
2 x 2.5 kg tin tomatoes	3kg grated cheese
1 800gm tomato purée	
mixed herbs,	

Cook mince in a large saucepan with onions & carrots. Barely cover with water, add stock cubes and cook for about 1 hour, stirring occasionally. At end of cooking period add tomatoes and tomato puree. Mixture must be fairly liquid to cook the lasagne sheets. Prepare 6 litres cheese sauce (see *Standard Practice*) by adding grated cheese to the béchamel sauce and add herbs to taste. Keep some grated cheese back to top the Lasagne. Spread a layer of cooked mince, top with lasagne pasta, top with meat and then pasta and so on, until the tray is full. Then cover with a coating of cheese sauce. Sprinkle with grated cheese. Avoid over-filling trays, so make 5 (20+ portions each). Bake in oven 45 minutes. Check if cooked and add tomato juice or a little boiled water to keep moist.

VEGETARIAN LASAGNE

2 kg onions	salt,
500 g chopped mushrooms	pepper,
4 heads of celery	mixed herbs,
500 g chopped carrots	garlic to taste
500 g chopped courgettes	Can use sweet potatoes, squash as well
2 400gm tins brown lentils (tinned, drained) (or 2 cups uncooked)	Non pre-cook lasagne sheets
1 x 2.5 kg tin tomatoes.	1 litre cheese sauce from above

Slice onions and lightly fry in vegetable oil. Add mushrooms, celery, chopped carrots chopped courgette, brown lentils (tinned, drained) and tomatoes. Season with salt, pepper and mixed herbs and cook briefly. Form Lasagne bake as detailed above, using vegetable mixture instead of meat.

MIXED SALAD

Prepare with 5 lettuces, 3 cucumbers, 4 chopped mixed sweet peppers 2 kg baby tomatoes. Provide salad dressing separately.

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

GARLIC BREAD

If frozen garlic bread not provided, caterer will need to order this bread.

Take 10 French loaves, score halfway through in portion 'chunks' and add some butter & garlic mixture to each cut before placing in oven of 20 mins

Use 8 loaves for garlic and make 2 using herb butter – label clearly! Each loaf to serve 10/12

JAM SPONGE

Make as per packet instructions and bake in tins in oven. Place a layer of jam in the base of the trays and top with sponge batter and bake. Alternatively, make up sponges and top with jam just before serving. Make as soon as breakfast is cleared away.

CUSTARD

Whisk up powder with boiling water – will need at least 7.5 litres, so make in 2 batches

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

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HINT OF THE DAY

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK B

TUESDAY DINNER

CHICKEN, LEEK AND BUTTER BEAN PIE

QUORN, LEEK AND BUTTER BEAN PIE

CAULIFLOWER, PEAS, SWEETCORN,

MASH POTATO

PEAR AND CHOCOLATE CRUMBLE & CHOCOLATE CUSTARD

CHICKEN, LEEK AND BUTTERBEAN PIE

11 kg Chicken chopped pieces – breast	12 tbsp Marigold bouillon
20 leeks washed & sliced	4 tbsp soy sauce (optional)
4.7 kg drained weight butter beans	Mixed herbs
3 kg onions chopped	water to loosen consistency
2kg mascarpone cheese	puff pastry 5 sheets

Method.

Put 4 trays in the oven with 100ml olive oil in each AND heat for 10 mins. Divide the chicken between 4 trays, add the onions and place back in oven. Leave for 20 mins till sealed. If the chicken has produced a lot of liquid drain off most of it, reserving it for later if needed. Add all the other ingredients, stir and add enough water to loosen the mixture and cover with foil – return to the oven for an hour so that everything is cooked through. Before topping with pastry check consistency, add a little chicken liquid or water to keep the mixture moist but not too wet.

For Dairy free omit mascarpone cheese.

Cover with puff pastry (and bake in hot oven for about 30 minutes).

Puff pastry needs to be thoroughly defrosted. Thaw at room temperature for 2 hours or alternatively thaw overnight in the refrigerator and stand at room temperature for 15-20 minutes before use. Lightly flour both the work surface and pastry before rolling to required thickness. Allow to stand for 5 minutes to help reduce shrinkage.

NB If gluten-free version required, make gravy with cornflour & Marigold bouillon and cook separately. Top with mashed potatoes.

QUORN, LEEK AND BUTTERBEAN PIE (vegan & gluten-free)

1.2 Kg vegan Quorn	4 tbsp soy sauce (optional)
4 leeks	4 tbsp mixed herbs
1 kg drained butterbeans	Water to loosen consistency
4 onions	1 sheet puff pastry
3 tbsp marigold bouillon	

Put 1 tray in the oven with 100ml olive oil to heat for 10 mins. Add the onion to the tray and place back in the oven for 20 minutes until softened and starting to colour. Add all the other ingredients, stir and add enough water to loosen the mixture. Cover with foil cover and return to the oven for an hour to thoroughly heat through. Once everything is cooked check consistency, add water if needed and cover with pastry as above. Return to the oven for 30 minutes

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

CAULIFLOWER – use at least 14 good sized cauliflowers - cut into florets, put in boiling water and cook until still slightly crunchy

PEAS (10Kg frozen) Put in boiling salted water, bring back to the boil and cook for just a few minutes. Drain and keep warm. NB this process takes at least ½ hour!

SWEETCORN Open tins (4 large or equiv. small) and heat gently.

MASH POTATO - 25kg for 100 people

Start to cook potatoes about 2 hours before they are due to be served, as mashing will take some time. Cut potatoes quite small and put in two containers as this will ensure more even cooking. Halfway through the cooking time ladle the bottom potatoes to the top of each pan. DO NOT OVER COOK but remember that the quantity you are cooking will take some time to come to the boil. Cook for about 30 mins once boiling (test with knife) and drain.

Make mashed potatoes without butter and milk so dairy-free.

It is suggested that left-over potatoes can be fried for breakfast.

PEAR AND CHOCOLATE CRUMBLE

Open 6 x 2.6kg tins of pears place in 4 trays. Scatter with 2kg of chocolate chips spread evenly over the trays

Consider a pear only option as some people do not like chocolate apparently.

Keep some fruit separate for gluten-free option.

Cover with crumble mix and cook until golden brown. Cook in advance if you need the oven space.

CHOCOLATE CUSTARD

Whisk up custard powder with cocoa powder (1 part of cocoa to 4 parts custard powder) then whisk with boiling water – will need at least 7.5 litres, so make in 2 batches

FRESH FRUIT Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

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HINT OF THE DAY

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK B

WEDNESDAY DINNER

OPT OUT BEEF CHILLI & RICE
OPT IN VEGETARIAN CHILLI & RICE
TOMATO SALSA, GUACAMOLE, GRATED CHEESE
SOUR CREAM / CRÈME FRAISHE,
TREACLE SPONGE & CUSTARD

MEXICAN CHILLI (SPICY & NON-SPICY) CON CARNE (gluten free)

See recipe calculator for ingredients - 1 tray per 25 portions

Preheat 4 oven trays in the oven with 100ml oil. Add onions, chopped celery and carrots and return to oven for 15 mins. Remove from oven and add mince dispersing evenly, return to oven for a further 30 mins, taking it out halfway through to break up remaining lumps of mince. Add tinned kidney beans, tomatoes, tomato puree and enough vegetable stock to make a sauce, add chilli powder to taste varying spicing to give a choice. Use smaller containers if making a smaller quantity. Cover with foil and cook for at least another hour, it will be fine in a moderate oven for longer. Each tray to serve 25. Or cook on the top and use the oven to keep warm.

MEXICAN VEGETABLE CHILLI (SPICY & NON-SPICY) (vegan, dairy & gluten-free)

See recipe calculator for ingredients - 1 tray per 25 portions

Preheat 4 oven trays in the oven with 100ml oil. Add onions, chopped celery, red pepper and carrots and return to oven for 15 mins. Remove tray from oven and add the garlic, chili powder, cumin, smoked paprika and oregano, return to the oven for 10 mins. Remove from oven, and add the diced tomatoes and their juices, the drained kidney beans, bay leaf and enough vegetable stock to make a sauce. Cover and cook for at least another hour. If you have a food processor, liquidise a portion of chilli from each tray and add it back to the mixture to give a good thick consistency. Finally mix in the vinegar to taste before serving.

RICE (a camp of 120 need about 6 kg. 80 person camp – 4.5 kg)

Soak rice for 1 hour in the large trays: 2cm depth of rice with about 3cm cold water over the top. (Use at least 4 trays). After an hour, drain, return to the tray and cover with fresh cold water about 1cm over the rice. Season and drizzle with oil and mix well. Cover with foil (shiny side down & well sealed) and put in oven for 2 hours (brown rice) or 1½ hours (white rice) at about 150 degrees. Stir halfway through and add a little boiled water if it looks like it may dry out. Re-cover ensuring properly sealed. When serving, keep spare trays hot in the oven until needed.

GUACAMOLE From Bookers. Option to add extra fresh avocado small chunks and lime juice

SOUR CREAM/ CRÈME FRAICHE/ OATLY CRÈME FRAICHE 3 kg

GRATED CHEESE put out 6kg grated cheese for topping

TORTILLA CHIPS 3kg (approx. 25g per person)

TREACLE SPONGE

Mix 3.7 kg of golden syrup with zest of 16 lemons and the juice of 8 lemons and 600g breadcrumbs made from stale white bread. Divide evenly between 4 greased trays. Make up 2 full bags of the sponge mix and spread evenly across the four trays. Serve with extra syrup.

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

CUSTARD Whisk up powder with boiling water - will need at least 7.5litres, so make in 2 batches

FRESH FRUIT Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

Meat recipe calculator		25	50	75	100
Tinned kidney beans (2.5Kg tin)	tins	0.5	1	1.5	2
10kg Minced beef	Kg	2.5	5	7.5	10
Chopped onions	Kg	0.5	1	1.5	2
Celery heads	unit	0.5	1	1.5	2
Carrot	Kg	0.5	1	1.5	2
Chilli powder	tbsp	0.5	1	1.5	2
2.5kg Tinned tomatoes	tins	1	2	3	4
Tomato purée 200g tube	tube	1	2	3	4

Veggie recipe calculator	Portions	25	50	75	100
Chopped Onions	Kg	0.5	1	1.5	2
Tinned kidney beans (2.5Kg tin)	Tin	1	2	3	4
Pepper -red	unit	3	6	9	12
Courgettes	Kg	0.5	1	1.5	2
Celery Heads	unit	1	2	3	4
Carrots	gram	0.5	1	1.5	2
2.5kg Tinned tomatoes	tin	1	2	3	4
Tomato purée 200g tube	tube	1	2	3	4
Chilli powder to taste.	tbsp	3	6	9	12
ground cumin	tsp	6	12	18	24
smoked paprika	tsp	3	6	9	12
red wine vinegar	tsp	6	12	18	24
bay leaf	each	3	6	9	12
oregano	tsp	1	2	3	4
Garlic	clove	4	8	12	16

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HINT OF THE DAY

The pastry can be cooked separately and cut into squares/rectangles to be added when serving.

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK B

THURSDAY DINNER

LAMB TAGINE, VEGETABLE TAGINE CARROTS, BROCCOLI, COUSCOUS FRUIT PIE AND CUSTARD

LAMB TAGINE

Olive oil
2kg Onions, chopped
Fresh root ginger, 8 tablespoons, finely chopped
Boneless lamb shoulder cubed
8tbsp. ground cumin
4tbsp Paprika
4tbsp Ground coriander
5 or 6 cinnamon sticks
Passata (can be made using tinned tomatoes, chop/ mash down flesh) 3x 2.5 kg cans
2kg sweet potatoes, peeled and chopped
400g pitted dates, roughly chopped
400g dried apricots, roughly chopped
1.5kg chickpeas
Stock (adjust this to suit quantity)
Garlic to taste

Fry onions, remove from pan add ginger, then fry off the diced lamb. Add all the other spices, passata and sweet potatoes + sufficient stock to cover mix well and cook slowly in oven. After 1hr, add chickpeas, dates and apricots, continue cooking until meat is tender (approx. 1hr) and rich sauce achieved. Adjust liquid if necessary. Put into 4 trays each serving 25.
Start early as the longer it cooks the better.

VEGETABLE TAGINE (vegan & gluten-free)

1 butternut squash	Vegetable stock (bouillon)
1 kg sweet potato	Tin tomatoes
3 onions	1.5kg tin chickpeas
3 cloves garlic	50g pitted dates, roughly chopped
1 celeriac	50g dried apricots, roughly chopped
500g carrots	2 handfuls raisins
500g potatoes	Coriander

paprika, turmeric, ginger, cinnamon, cumin

Chop butternut squash and sweet potato into large cubes then roast for ½ hour in hot oven (be careful not to overcook). Chop onion & garlic, fry in oil, add spices and cook gently. Add all remaining vegetables cubed. Mix well and cook gently for 10 mins with lid on. Surround vegetables with just enough stock to keep moist, add salt & pepper and cook for a further 10 mins with lid on. Put in tomatoes and cook until vegetables are soft but whole. Add butternut squash and sweet potato, raisins, dates, apricots and chickpeas and continue until well heated through.

Serve with fresh coriander on top. Start early as it improves when left to mature.

BROCCOLI – 10kg frozen

Add to fast boiling water and boil quickly. Do not overcook.

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

CARROTS 10/15 kg

Chop, wash and add to fast boiling water and boil quickly. Cook separately and do not overcook!

COUSCOUS use at least 60 g per person, say 6½kg for 100. The general proportion is 1½ times the amount of liquid. Make in batches of 1kg at a time, to avoid it becoming stodgy. Pour boiling water from kettles into large flat pan and add couscous to the water. Do not stir, just cover and leave for a few minutes for the water to be absorbed. Then fluff up with a fork, add generous knobs of butter or olive oil. The water can be replaced by stock which is tastier. Do not over-stir, as it will become very stodgy. (Put in large trays as the weight of couscous in a large saucepan turns it into a mush).

For gluten-free, cook a few portions of rice.

FRUIT PIE (Make this as soon as breakfast is cleared away).

Open 4 x 2.6kg tins of Apple and place in trays. Some trays may have dried fruit or mincemeat added. *Keep some fruit separate for gluten-free option.*

Either-Puff pastry needs to be thoroughly defrosted. Thaw at room temperature for 2 hours or alternatively thaw overnight in the refrigerator and stand at room temperature for 15-20 minutes before use. Lightly flour both the work surface and pastry before rolling to required thickness. Allow to stand for 5 minutes to help reduce shrinkage

Or Make PASTRY mix as per instructions on the packet. Roll out and cover fruit mixture with lid of pastry. Cook for 30 mins. Can be served cold. (5 trays for 24 servings each)

CUSTARD

Whisk up powder with boiling water – will need at least 7.5litres, so make in 2 batches

FRESH FRUIT

Put out a mixed selection.

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

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HINT OF THE DAY

Be adventurous with couscous – add dried herbs or fresh coriander and mixed peppers diced very small.

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

WEEK B

FRIDAY DINNER

CHICKEN CURRY BUTTERNUT SQUASH AND CHICKPEA CURRY, DAHL RICE, PEAS, SWEETCORN, NAAN BREAD ICE CREAM & SAUCE and FRUIT

CHICKEN CURRY

Diced chicken thighs
1kg chopped onions
Rogan Josh sauce
Korma sauce

Grease 4 trays with oil and divide the chicken between 4 trays, add onion evenly across 4 trays and put in oven for 20 mins so the meat is sealed. Mix 2 trays with Rogan Josh, and 2 trays with Korma sauce

BUTTERNUT SQUASH & CHICKPEA CURRY NB this is the quantity for 20 people.

1.2kg Butternut squash	1 tbsp garam masala
1kg onions, chopped	1 tbsp ground coriander
4 garlic cloves, crushed	1.2 kg chickpeas
Ginger, peeled & chopped	1 litre vegetable stock
Chillies	3 x 400ml tins Coconut milk
1tbsp turmeric	Large bag spinach
1 tbsp ground cumin	

Peel the squash (either with a potato peeler or cutting the peel off with a knife, as they can be pretty tough) scoop out the seeds, then chop into chunks. OPTIONAL - Put the chunks in a roasting tin, splash on some olive oil and roast in a medium/high oven for about 45 minutes - this gives a nicer flavour. (Or roast with skin on and remove later – not so tough).

Sweat the onions and garlic in a large saucepan until they are translucent. Add the ginger, chillies and spices and cook off for about 5 minutes. Add the butternut squash – fry off for 5-10 minutes if not roasted. Add the stock and coconut milk and cook the squash and chickpeas through by bringing to a simmer. Wilt the spinach and add before serving.

Can be served with fresh coriander as an optional topping if available.

LENTIL DAHL (vegan & gluten free)

N.B. THESE QUANTITIES SERVE 20 VEGETARIANS, INCREASE IF SERVING EVERYONE.

2 onions, chopped very finely
2 tsp each crushed coriander & cumin seeds, if available (plus curry powder 3 tbsp or to taste)
3 mugs of lentils - soaked for a few hours
½ tube tomato puree

Fry onions and seeds/curry powder. Add lentils, tomato purée, and water to cover. Bring up to a high heat, then simmer, checking to make sure there is still enough water. When the lentils have gone mushy it is ready. Garnish with coriander leaves. Serve with rice or naan or potatoes

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Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023

PEAS (10Kg frozen)

Put in boiling salted water, bring back to the boil and cook for just a few minutes. Drain and keep warm. NB this process takes at least ½ hour!

SWEETCORN Open tins (4 large or equiv. small) and heat gently.

RICE (a camp of 120 need about 6 kg. 80 person camp – 4.5 kg)

Soak rice for 1 hour in the large trays: 2cm depth of rice with about 3cm cold water over the top. (Use at least 4 trays). After an hour, drain, return to the tray and cover with fresh cold water about 1cm over the rice. Season and drizzle with oil and mix well. Cover with foil (shiny side down & well sealed) and put in oven for 2 hours (brown rice) or 1½ hours (white rice) at about 150 degrees. Stir halfway through and add a little boiled water if it looks like it may dry out. Re-cover ensuring properly sealed. When serving, keep spare trays hot in the oven until needed.

NAAN BREAD, MANGO CHUTNEY.

ICE CREAM

It will be in the chest freezer. Chocolate and fruit sauces.

FRUIT

Use tinned peaches, apricots, pears etc

DRINKS

Hot drinks

Put out pump pots, remembering to refill regularly,

Coffee, tea bags, sugar

Skimmed, semi skimmed and whole milk and plastic teaspoons.

Cold drinks

Leave out assortment of squash and a jug of cold water

Keep table clean and ensure the supplies are on the table

Caterer – please use the space to add in any of your own 'Hints of the Day' that work well, then when the manual is returned, we will be able to take note of these and incorporate them into future manuals.

HINT OF THE DAY

There may be non-curry eaters so establish this and, if necessary, make small chicken casserole for those people. Add other vegetables if desired to chicken dish.

If desired, you can increase party feel of the meal by buying Indian snacks, pakoras, etc. to add to the meal from party funds (Iceland have had good deals on frozen party packs).

Recipes are for 120 campers (100 meat eaters, 20 vegetarian) Updated 2023