

STANDARD PRACTICE

MEAT COOKING TIMES - guidelines

Lamb & Beef 20 mins per 500gm + 20 mins over

Pork 30 mins per 500gm + 30 mins over

Poultry 25 mins per 500gm + 20 mins over

dependent on camp ovens (they may take longer so always check). Joints will take longer than cubed/diced meat.

MEAT PREPARATION

Generally, the butcher will have supplied meat just as you want it. eg. Stewing steak chopped into cubes. Turkey or chicken diced.

STANDARD VEGETABLE PRACTICE

Get the LEADER or WARDEN to announce at the beginning of the week that each camper/family is to be responsible for preparing the number of potatoes that he/she/they will eat each day before they leave the camp after breakfast. On some other days carrots may also be needed to be washed/ peeled.

Before Breakfast is finished the Caterer should provide:

- a sack of potatoes (25kg or 56lbs for 100 people)

- a place to put peelings

- water to wash potatoes

- a container of water for peeled potatoes

- carrots if they are required that day

- peelers

- PVC sheet (indoor or outdoor) to protect floor/ground surface in a convenient corner of the Marquee/hall, or if the weather is dry, outside.

Prepare an additional 2-5 kgs if potatoes are wanted for next day's breakfast.

COOKING POTATOES

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 they are boiling. Start potatoes off about 2 hours before they are due to be served.

For **roast potatoes**, add to trays using vegetable oil (**do not use fat from the meat**) and oven bake. Turn the trays and the potatoes within the trays periodically.

Left-overs can be served for lunch as potato salad or fried for breakfast.

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

PASTA:- Allow 75g per person. Bring a large pan ½ full of slightly salted water to the boil. Add 1 tbsp of cooking oil and then the pasta, stir immediately and thereafter periodically. Bring to boil, test for softness, drain, add sauces and keep in covered trays for serving.

RICE (about 50g per person ample, 120 person camp - about 6 kg, 80 camp – 4.5 kg
We now recommend cooking rice in the following manner, as any unused tray which has been kept hot in the oven can be quickly cooled in a colander and refrigerated overnight for use at lunch the next day. N.B. slowly cooled rice is very dangerous.

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 130 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.

RED KIDNEY BEANS, CHICK PEAS, ETC.

If dried beans or pulses are used these must be properly soaked and prepared. Usually we will be using tinned, pre-cooked beans.

STANDARD BREAD PRACTICE

Put out ready sliced and freshly cut white and brown loaves somewhere near the drinks table so that the campers can have the amount of bread they need as they collect their drinks. Refresh when these loaves are finished. This method saves having a number of half used loaves at the end of each meal.

N.B. This is a change to previous procedure. In line with good hygiene, health and safety practice DO NOT put out uncut bread as previous practice allowed. Uncut bread should be cut in the kitchen and brought out by cooks of the day.

CUT LOAVES will be available for packed lunches and for fried bread etc.

ADVICE FOR USING READY MIXES

Pastry mix – 1 pack makes pie tops for 5 large trays.

Crumble mix – 1 pack covers at least 2 large trays. Add a few oats for extra texture. Use 1 large tin of fruit per tray

Frozen puff pastry – 1.5kg block makes top for 2 large trays.

STANDARD SAUCES/GRAVY PRACTICE

(For 100 people make 12 pints)

We now use pre-mixed, add water only types to save time and effort. Make up as detailed on the packet.

WHITE SAUCE

Use ratio of 1 pint milk and add 50g flour and 50g margarine. Put all ingredients together in double boiler and keep stirring until mixture thickens. If gluten-free version needed, use cornflour.

CHEESE SAUCE

This year we are trying to use a Béchamel sauce which grated cheese can be added. The sauce provided should be suitable for coeliacs and vegetarians. A small amount of English mustard powder will bring out the flavour of the cheese.

GRAVY

Make 12 pints as detailed on packet.

For **ONION GRAVY** add 4 finely chopped large onions per 12 pints of gravy.

CUSTARD

Use Custard mix as detailed on the packet. We are usually supplied with 'add-water' custard, which can be made using boiling water directly into the big jugs.

HOT CHOCOLATE SAUCE

Make with custard powder and cocoa. Add 50g cocoa powder to amount of custard powder to be used for 3 pints. Mix custard powder and cocoa together, and then follow instructions for making custard sauce.

STANDARD DRINKS PRACTICE

For each meal, a table away from the main serving tables should have the following items:-

- Teapot of tea,
- Vacuum flasks of hot water,
- Milk left in original containers to identify (full cream, skimmed, semi-skimmed etc.)
- Jug of cold water,
- Jugs of squash,
- Plastic teaspoons,
- Sugar,
- Coffee sachets,
- Teabags,
- Containers for empty coffee, sugar sachets etc.
- Paper towels (to allow people to wipe up spillages).

Quantities needed will vary for each meal and cooks **MUST** keep replenishing as necessary. All available kettles should be boiled and refilled to re-boil until you are sure that no more hot water is required.

TEA Check size of tea bags and adjust accordingly. For ordinary tea bags: 8-10 per large pot. One pot is usually enough for an evening meal. Top up as necessary. At breakfast, this will be frequently.

COFFEE & SPECIALITY TEAS – SEE HOT WATER we no longer make coffee in the vacuum jugs. Instead, make sure coffee and teas are available at all times.

HOT WATER Add boiling water to the vacuum jugs (place vacuum jug on floor or table and take care with steam when pouring). At mealtimes there should always be 1 or 2 vacuum jugs full.

COLD WATER Put one large jug of cold water out at all times.

SQUASH Make up plastic jugs of diluted squash: see bottles for proportions. Throw away old squash when it has been left out all day. Ensure jugs are covered. If very hot weather, it may be advisable to provide cold water in the plastic jugs and provide squash only at mealtimes.

EVENING DRINKS

8 large spoons of drinking chocolate in a large s/steel jug, then $\frac{3}{4}$ fill with boiling water and whisk. You usually need 2 jugs for 100 people, so keep water & spare jug ready if more required. Have milk for campers to add (especially for children). You can decant the mix into smaller jugs if you have trouble carrying them.

Also provide plenty of hot water in vacuum flasks and make sure there is plenty of milk and other supplies on the table for those who want speciality tea or coffee.