

# STANDARD LUNCH PRACTICE

Lunch will depend upon the availability of labour, supplies, weather. Please keep lunch simple! If you put too much effort into lunch, you will not have any time off before preparing dinner. However, take advantage of any speciality of the cooks. Check that any dishes you prepare do not replicate the evening meal (i.e. no rice salad if there is rice in the evening, ditto pasta).

It can be a good idea to only put out half your supplies at the beginning of lunch, or to put some items into small containers, to encourage portion control by campers.

As a general pattern, lunch is **SALAD** plus some **PROTEIN**

**SALADS:** Serve separately on trays/bowls:

Lettuce (at least 5)	tomatoes ( $\frac{1}{2}$ - $\frac{3}{4}$ tray)	bottled beetroot
cucumber (3-6)	sliced onion (in vinegar)	
coleslaw		

**PROTEIN:-** Can be chosen, after consulting the caterer, from the following:

tinned fish	hardboiled eggs	ham
cottage Cheese	cold sausages	bean salads
cheese (slice up)	tinned meats	hummus (recipe follows)

**NOTE:-** All campers need ADEQUATE PROTEIN for lunch and can be allowed REASONABLE SIZE PORTIONS and a CHOICE.

**FRUIT** 1 piece of fruit & 1 cake is also served.

**DRINKS** Make drinks as required.

## SALADS

You can create a couple of mixed salads to create interest and variety. Amounts and quantities are not specified as these are left to the individual caterer's choice and stock of ingredients available.

### Vinaigrette dressing

2 parts oil

1 part wine vinegar

French mustard

black pepper to season

herbs can also be used.

This is best mixed in a screw top jar so that it can be shaken well to blend. It can be added into the salad to thinly coat ingredients. Any surplus may be kept safely in jar until the next day.

### Suitable combinations with vinaigrette dressing

Sliced tomatoes and onions

Shredded red cabbage, grated carrot (or julienne strips), chopped onion & green pepper

Tinned sweetcorn, chopped onions, diced pepper & parsley

Grated carrot, parsley, chopped or grated onion, diced green peppers and juice of an orange

Shredded lettuce, diced cucumber, red & green peppers, diced carrots

Shredded red cabbage, cauliflower florets (very small), green pepper, shallots or onions

Grated carrots, sultanas, mixed chopped nuts, orange juice

Diced beetroot, tinned chick peas (drained), chopped onion.

## **Garlic Mushrooms**

Chopped mushrooms (white firm type),  
vinaigrette dressing,  
chopped parsley,  
finely chopped clove garlic,  
teaspoon sugar.

Mix and leave in sealed container in 'fridge overnight to marinade.

## **Mayonnaise**

Use bought variety. Once opened, jars should be kept in fridge. Mayonnaise can be thinned with vinegar or milk.

### **Suitable combinations with mayonnaise dressing**

#### **Coleslaw:-**

chopped white cabbage, grated carrot, chopped onion, chopped red apples (tossed in lemon juice), mayonnaise & seasoning

#### **Curried Coleslaw:-**

as for coleslaw with curry powder added to mayonnaise.

#### **Vegetable salad:-**

Any leftover vegetables such as peas, French beans, sweet corn with mayonnaise

#### **Pasta salad:-**

Cooked pasta shapes, tinned sweetcorn, tuna flakes, chopped tomatoes, mayonnaise

#### **Potato salad:-**

Chopped cooked potatoes, finely chopped onion, herbs, mayonnaise

## **SOUPS**

If the weather is cold/wet consider making soup for those who are on site. Find out how many want soup before preparing. The caterer may ask you to use up some leftovers for soup. Beany soups are a good way of offering protein to everyone on camp. To thicken soups, you can mash some of the mixture and add to the remainder, or use a vegetable mill/potato ricer if available. Very frequently, any vegetarian dinner leftovers make excellent soup, by simply adding water, mashing a bit, etc. If you really want to make soup without any leftovers, a reliable base is fried onion, tinned tomato, lentils and cubed potato, with lots of seasoning and herbs.

## **HUMMUS**

There are many recipes for making chick pea dips. If in a marquee without electricity, you may mash drained tinned chick peas as best you can, or use a vegetable mill if there is one. Basic ingredients are: chick peas, a teaspoon of tahini (sesame seed paste), lemon juice, olive oil, seasoning. Many people also add some of the following: yoghurt, mayonnaise, chilli or paprika. Depending on who is at your camp, it can be useful to ensure that your recipe caters for vegans & is gluten-free.

## **PIZZA**

A bag of pizza base mix will make 16 x thin trays, cut into 8 pieces or 8 x deeper trays cut into 20. Add a variety of toppings (tomato puree + peppers, sweetcorn, mushrooms, pineapple etc. etc. + cheese). Some very simple ones for children.

## **VEGAN bits**

Applewoods cheese (check for vegan)

Any Violife cheese

Vegan ham / chicken slices

Alpro soya yogurts

Jus roll croissants / pan o chocolate / cinnamon rolls

Oreos

Bourbons

Gingernuts

Biscoff biscuits.

Bournville Chocolate

Engevita yeast flakes with B12

# CAKES, PUDDINGS & PARTY FOOD IDEAS

The normal practice is to make cakes on camp, mainly from the packet mixes. However, for the start of each week, currant buns and doughnuts are purchased from the baker, so that there is a cake with the cup of tea when the campers arrive on Saturday and also for lunch on Sunday. For the first week these will have been pre-ordered by the office. During the week cakes will need to be cooked to provide a supply for at least 3 days each week.

It is the Caterer's job to decide which cakes will be baked on which days. Try to use any favourite recipes that the campers might have.

The best time to cook the cakes is immediately after dinner, when the ovens are still hot.

A bag of sponge or cake mix makes 2 large deep trays or 4 small ones (it depends on whether you want a big sponge cake or a thinner more brownie-like result).

Some typical cakes are:

## **JAM SPONGE**

Prepare and cook sponge cake mix in 2 or more trays. Allow to cool and coat with jam and/or other 'goodies' to choice. (Variations:- vanilla sponge, chocolate sponge, orange / lemon sponge – add zest to mix)

## **MINCE TART**

Use pastry mix for base. Spread with a generous layer of mincemeat and bake until cooked.

## **MINCE SLICE** (20 pieces)

140g margarine

85g brown sugar

110g porridge oats

225g flour (preferably brown)

Mincemeat

Grease shallow baking trays. Melt the margarine and brown sugar in a large saucepan. While that is happening, mix together the porridge oats and flour. When the fat and sugar has turned liquid, gradually stir in the flour and oats. Spoon half the mixture into prepared tins and press down firmly. Spread over with a generous layer of mincemeat and cover with the remainder of the oat mixture, again pressing down firmly. Cook, in a hot oven for about 25 mins.

## **PLAIN (or) FRUIT SCONES**

Make as detailed on scone mix packet. For fruit scones, mix in 300g currants to each scone mix packet.

## **FLAPJACK** (20 pieces)

335g margarine  
110g brown sugar  
6 tablespoons warmed syrup  
335g oats.

Mix together, spread into small trays and cook in medium oven for about 25 mins. cut whilst still warm.

## **SYRUP OAT SLICES** (20 pieces)

pastry mix packet  
225g butter  
10 tablespoons Golden Syrup  
225g oats  
110g desiccated coconut  
almond essence  
jam

Make pastry as packet instructions and line shallow tin. Spread with jam. Melt butter with Golden Syrup, Add oats, desiccated coconut and a few drops of almond essence. Bake for 20 mins. When cold cut into fingers.

## **BREAD PUDDING** (10 portions)

800g loaf of bread (shredded)  
550g of margarine or vegetarian suet  
100g of sugar  
350g of dried fruit  
4 tablespoons of marmalade  
2 tablespoons of cinnamon or nutmeg  
milk

Pour boiling water over the bread, allow to stand and squeeze out all the water. Mix in the margarine (or vegetarian suet), sugar, marmalade, dried fruit, cinnamon or nutmeg and sufficient milk to produce a sticky consistency. Put into a greased shallow baking tray and bake in a moderate oven for 1½ to 2 hours until golden crusted. Sprinkle with caster sugar and serve.

## **BREAD & BUTTER & MARMALADE PUDDING**

The more traditional version of a bread pudding.

Butter the bread and slice diagonally. Layer in a large oven dish with marmalade, mixed dried fruit and mixed spice. Add milk and egg whisked together, pour over bread and then sprinkle with Demerara sugar and cook until set.

## **BAKED BANANAS** (vegan friendly)

To use up mushy bananas

- Cut bananas lengthways and place on stainless steel trays
- Drizzle maple syrup or other syrup over; add knobs of vegan margarine and mixed spice or sultanas
- Bake in a medium oven for ½ hour

# PARTY FOOD

Remember this isn't a meal but a little treat. The cost is taken from the party budget of £1 per person on camp.

Lots of exciting things can be made from the "store cupboard".  
Maybe 2 or 3 of the following.

- Pizza, cut into small slices
- Quiche, again cut into manageable pieces
- Any cake mix, again cut small
- Can use cocktail sticks to make both savoury and sweet "bits" seem fun.
- Use cheese & biscuits as available
- Make loads of very small sweet pastry bases and top with chopped apricot or peach and a dollop of cream
- Have a children's cupcake workshop: either baking the day before, or icing/topping pre-baked cakes. Excellent as wet-weather entertainment!
- Hot dogs
- Meringue nests

## FRIDAY MEAL: CURRY NIGHT

In the past, some caterers have used part of their Party Night fund to buy frozen bhajis and pakoras, etc. from Iceland.