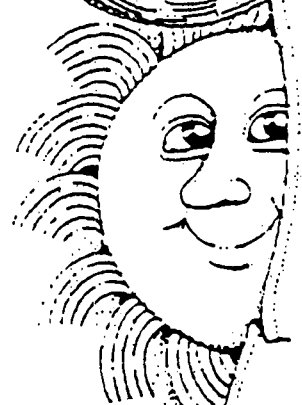


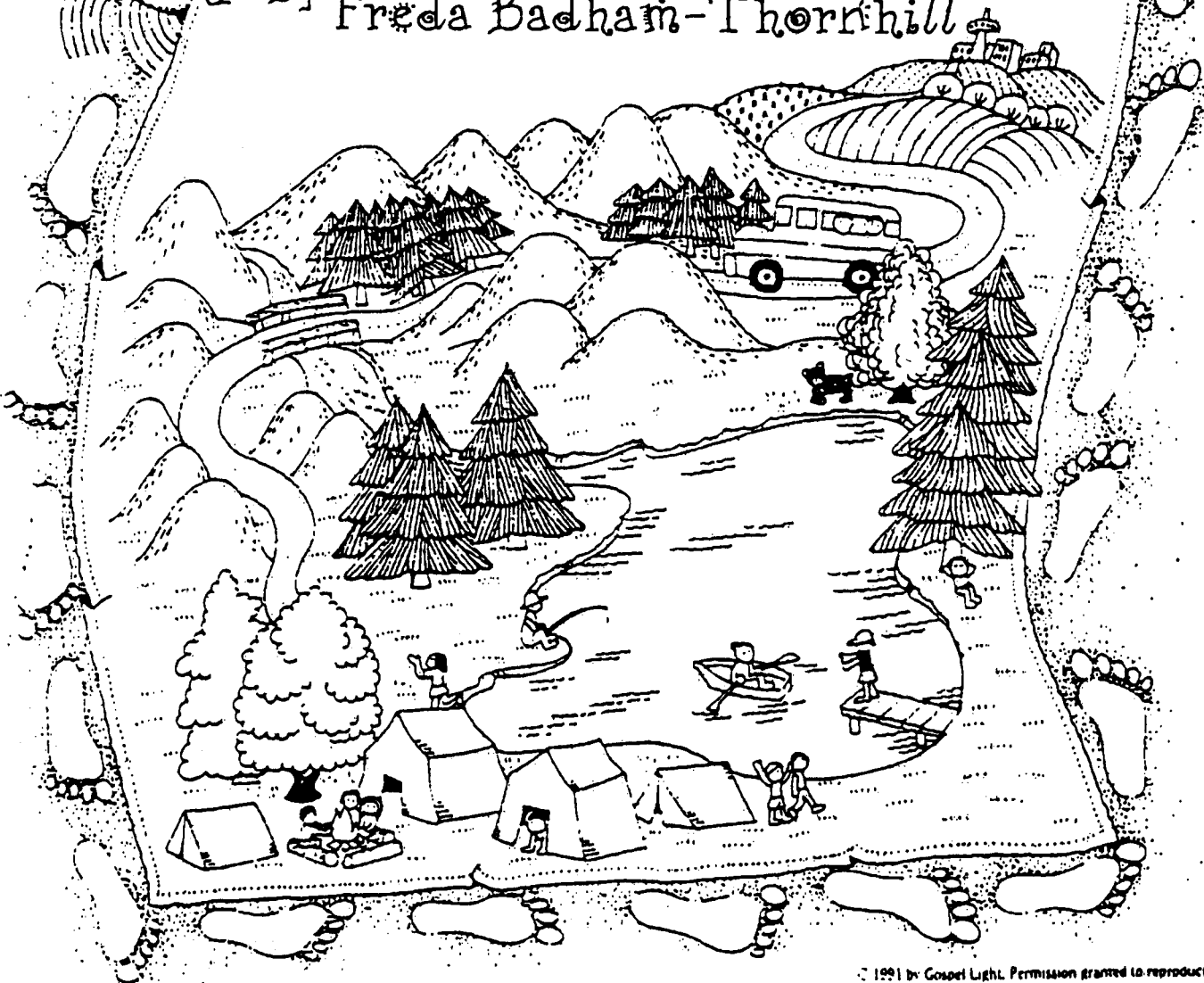
GAMING



Cooking

Made Easy

By Freda Baham-Thorrhill



ACKNOWLEDGEMENTS

When one starts a project such as this, there are always friends and family that lend a hand. I would like to thank all those wonderful folk, scouters from my old District, for the encouragements. Especially to the mum, Charleen O'Donoghue, from my old group for the typing, Shoena Smith for helping with experiments. Also to Cecile Lester-Oliver and my Granddaughter, Michelle, for praising and sampling my cooking. Plus a very big thank you to my son, Mark, for doing the scanning and putting it in Apple pie order.
To you all, many thanks.

INSTRUCTIONS

There is nothing nicer than the warm fresh smells that come from a kitchen, especially when you're at camp. But to me the ultimate is to see the boys tuck in and enjoy a meal.

So with that in mind I have tried to make the following recipes as tasty and as easy to make as possible. I have also included hints, tips and quantities for extra help.

Some of the recipes are old favourites, some are newish, you'll probably recognise ones you have used many times. They are all nourishing and not expensive to make. All can be frozen up to the point before vegetables are added. These should only be added when you start heating at camp, as vegetables do not freeze too well once cooked. They also lose vitamins. If you are not having vegetables do have plenty of salads. Also, remember children are not fond of cooked carrots, serve them raw grated in sticks or medallions. Cabbage is also not a favourite cooked but cole slaw is, so do include it when you can, but go sparingly with mayonnaise. Do serve as much fresh fruit as you can or even canned fruit or dried fruit.

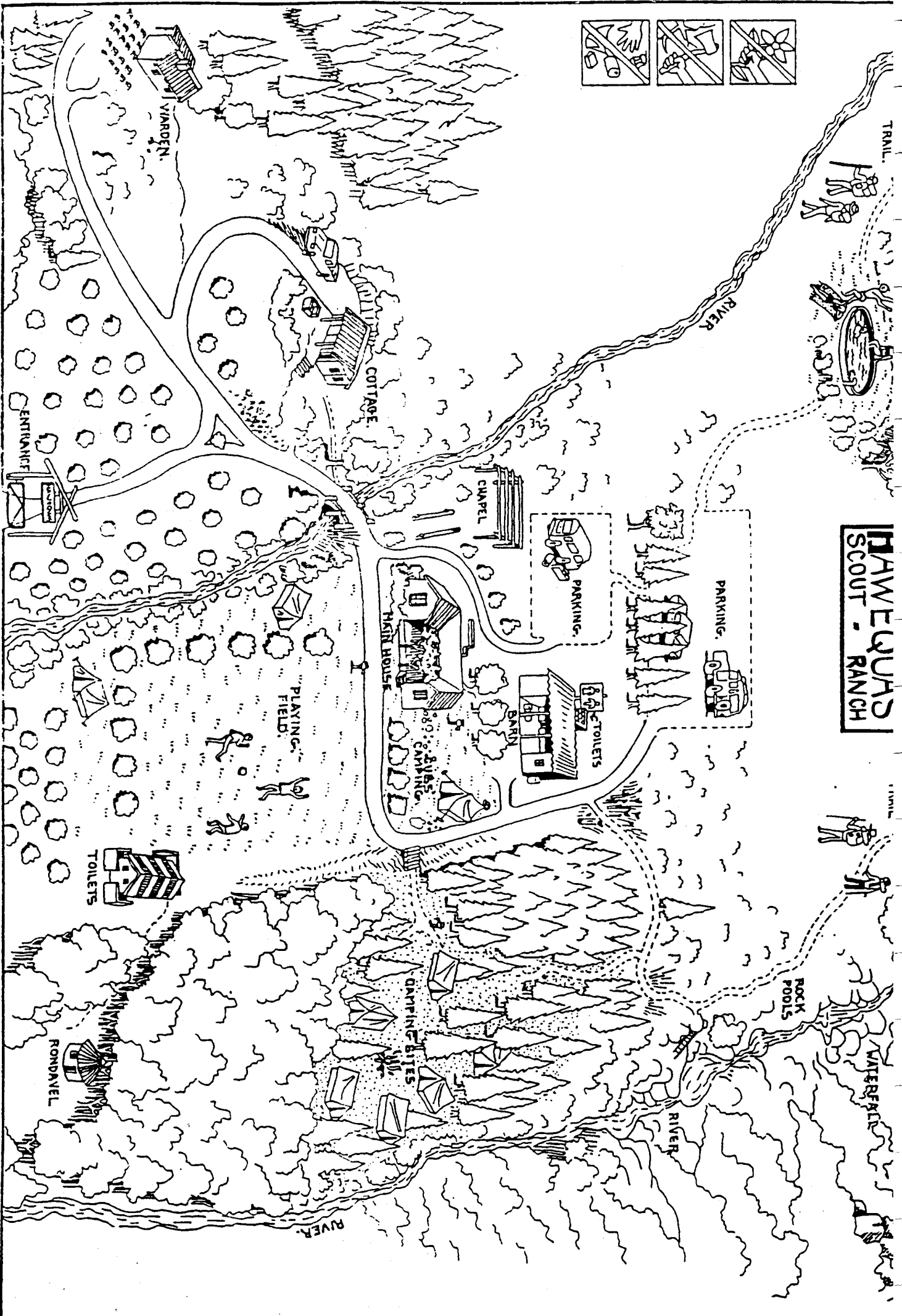
Plenty of fruit juices. Make sure about allergies and especially diabetics, there are many children today with diabetes. Omit sugar and fats for these children. Also check religion. We are in a multi-society now so we do not want to offend. If you have bacon and pork, do use separate utensils. Support the scout camps, e.g. Gilgua (Haweguas) the facilities are great.

Good luck, enjoy your camp, this is where you get to know your boys.

Bon Appetite

Freda Badham-Thornhill (MAO)

HAVEQUAS SCOUT RANCH



WARDEN

COTTAGE

CHAPEL

MAIN HOUSE

PLAYING FIELD

PARKING

PARKING

TOILETS

TOILETS

RONDANEL

DANCING SITES

ROCK POOLS

WATERFALL

RIVER

RIVER

TRAIL

BREAKFASTS

BACON & EGGS

Ingredients:

Eggs - 1 per person

Bacon - 2 Rashers per person (250g streaky = 10 - 12 rashers)

Don't overcook eggs as they will continue cooking while being kept warm. Fry bacon in a little water 'til crisp - do not add oil or margarine.

EGG IN A HOLE (Egyptian Eyes) or (One-eyed Jack)

	<i>Ingredients:</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>You can give these different names to go with your programme</i>	<i>Bread</i>	<i>24 slices</i>	<i>50 slices</i>
	<i>Margarine</i>	<i>Mix margarine & oil,</i>	
	<i>Oil</i>	<i>Just enough to grease pan.</i>	
	<i>Jam of choice</i>	<i>1 small tin</i>	<i>½ large tin</i>
	<i>Eggs</i>	<i>24</i>	<i>50</i>
	<i>Cookie cutter</i>		

Heat the oil and margarine a little at a time in a large frying pan. Cut a hole in the centre of the bread slices. Place as many slices as you can in the frying pan. Carefully break an egg in a saucer (test for freshness) and then slowly pour a little of the white into the hole and then add the rest. Fry lightly then flip over and fry lightly on other side. Do not overcook as eggs will cook further when they are kept warm.

Fry rounds of bread and serve with jam and egg slices.

VIENNA SURPRISE (Piperade)

	<i>Ingredients:</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Beef Sausage can be used instead of viennas. These will have to be fried beforehand</i>	<i>Vienna Sausages</i>	<i>1 per person</i>	<i>1 per person</i>
	<i>Eggs</i>	<i>12</i>	<i>25</i>
	<i>Milk</i>	<i>200 ml</i>	<i>400 ml</i>
	<i>Margarine</i>	<i>50 ml</i>	<i>200 ml</i>
	<i>Parsley & Seasoning</i>		

Boil a pot of water. Add viennas and remove from stove. Make scrambled eggs by melting the margarine in a pot. Whisk eggs 'til nice and frothy. Pour into pot. Cook on a low heat, stirring all the time, until the eggs are nice and creamy. Remove from heat and cut viennas lengthwise but not through. Fill with scrambled egg previously seasoned with parsley and seasoning. Keep warm until ready to serve.

These make a nice change from normal eggs for breakfast.

SCRAMBLED EGGS ON FRIED BREAD (With chopped parsley)

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>If you have a toaster or oven, bread can be toasted instead</i>	<i>Eggs</i>	<i>18</i>	<i>36</i>
	<i>Milk</i>	<i>250 ml</i>	<i>500 ml</i>
	<i>Water</i>	<i>to mix cornflour</i>	<i>to mix cornflour</i>
	<i>Seasoning</i>	<i>to taste</i>	<i>to taste</i>
	<i>Parsley</i>	<i>to taste</i>	<i>to taste</i>
	<i>Fried bread</i>	<i>24 slices</i>	<i>50 slices</i>
	<i>Maizena (corn flour)</i>	<i>120 ml</i>	<i>250 ml</i>
	<i>Oil</i>	<i>50 ml</i>	<i>100 ml</i>

Mix cornflour with water to make a thin paste. Add milk and stir well. Beat eggs and add to cornflour mixture. Meanwhile heat margarine and oil in a large saucepan, pour into egg mixture and turn down the heat. As soon as the mixture starts to cook, stir with a wooden spoon until just cooked but still nice and creamy. Season with salt, pepper and parsley. Cover with a lid and move to side of stove. **DO NOT OVERCOOK.** Serve on fried bread or toast.

Tomato sauce can be substituted instead of parsley. Put sauce on just before serving.

AMERICAN BREAKFAST PANCAKES (Large Crumpets)

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>If you are going to make for 50 servings, mix in two batches - much easier. If you are not comfortable with metric measures, see conversion table page</i>	<i>Flour</i>	<i>4 x 250 ml</i>	<i>8 x 250 ml</i>
	<i>Baking powder</i>	<i>40 ml</i>	<i>80 ml</i>
	<i>Salt</i>	<i>4 ml</i>	<i>10 ml</i>
	<i>Eggs</i>	<i>4</i>	<i>8</i>
	<i>Milk</i>	<i>500 ml</i>	<i>1 litre</i>
	<i>Oil</i>	<i>60 ml</i>	<i>120 ml</i>
	<i>Sugar</i>	<i>250 ml</i>	<i>500 ml</i>

These pancakes should be about the size of a small saucer $\pm 12\frac{1}{2}$ - 14 mm.

In a large bowl sift flour, salt and baking powder together. Beat eggs and sugar together, add $\frac{1}{2}$ milk and oil and mix well. Add egg mixture to dry ingredients. Gradually stir in remaining milk to form a smooth batter. Do not over-beat or mix. Drop large spoonfuls in large, preheated, oiled pan or riffle pan. When bubbles appear, turn and cook on other side. Keep warm on closed tea towel. Serve with syrup or maple syrup. Great fun to have instead of eggs. One large or maybe two per cub.

FRENCH TOAST

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>This is an all-time favourite served with cinnamon sugar or strawberry jam</i>	<i>Bread</i>	<i>24 slices</i>	<i>50 slices</i>
	<i>Eggs</i>	<i>6</i>	<i>12</i>
	<i>Milk</i>	<i>500 ml</i>	<i>1 litre</i>
	<i>Oil</i>	<i>for greasing</i>	<i>± 100-150 ml</i>
	<i>Cinnamon Sugar</i>	<i>200 ml</i>	<i>400 ml</i>
	<i>Strawberry jam</i>	<i>1 small tin 410 g</i>	<i>840 g</i>

FRENCH TOAST (cont.)

Beat eggs well, add milk. Dip bread into egg mixture and fry on preheated pan. Fry on both sides 'til pale brown. Sprinkle with cinnamon sugar and keep warm or spread warmed jam on bread. Cub favourite.

SHIRRED EGGS (Baked eggs)

Preheat oven to 180°C

Grease ovenproof dish with cooking spray. Bake eggs carefully into dish without breaking yolks. One egg per person. Sprinkle with salt and pepper. Place dish in a pan with hot water and bake for 15 - 20 minutes till set.

STEAMED EGGS

Break eggs one per person into small moulds or tea cups previously greased with cooking spray. Put in pan of boiling water and steam until the whites are firm.

LUNCHES & DINNERS

HOT DOGS & CRISPS

1 kg = 18 - 20 viennas
Do count when buying
to be sure

<i>Ingredients</i>	<i>8 year olds</i>	<i>older boys</i>
<i>Viennas</i>	<i>1 per person</i>	<i>2 per person</i>
<i>Rolls</i>	<i>1 per person</i>	<i>2 per person</i>
<i>Tomato sauce</i>	<i>Bottle 750 ml = 50 x 15 ml</i>	
<i>Mustard sauce</i>	<i>Bottle 350 ml = 24 x 15 ml</i>	
<i>Margarine - Soft</i>	<i>10 g per roll - 500 g = 60 rolls</i>	

To heat sausages, boil water, add viennas, close pot and move from heat to avoid bursting.

BOEREWORS ROLLS

1 kg boerewors = 6-8
pieces

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Boerewors</i>	<i>1 per person</i>	<i>1 per person</i>
<i>Rolls</i>	<i>1 per person</i>	<i>1 per person</i>
<i>Margarine</i>	<i>10 g per roll - 500 g = 60 rolls</i>	

Boerewors is better braaied than fried, try not to fry.

HAMBURGERS

ORIGIN:

The hamburger received its name from Jewish emigrants coming from Hamburg, Germany, to America. They got tired of the usual fare so they cut up the meat into small pieces, then re-assembled it into a giant "Hamburger Steak". It was not prepared from Ham or Pork but of pure Beef. It was referred to as a "Hamburger Steak", originating from Hamburg. Later to become Hamburgers as we know it today in thin, thick, small or giant patties, juicy and to be found at outlets everywhere.

BASIC RECIPE:

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Mince</i>	<i>2 kg</i>	<i>4 kg</i>
<i>Onion finely chopped</i>	<i>4</i>	<i>6</i>
<i>Bread soaked in milk</i>	<i>4 thick slices 300 ml</i>	<i>7 thick slices 500 ml</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>

Mix ingredients lightly with a fork. Shape into patties. For camp, patties can be frozen at this stage. Open freeze on cooking trays. When frozen, pack into plastic containers. They usually freeze overnight. Gull over coals, under oven element or in a riffle pan.

To make meat stretch, grate carrot and potato, ± 2 cups carrot or 2 cups potato to 4 kg mince. You can also use half Beef & half Pork mince.

HAMBURGERS (Cont.)

Serve with chips and salad.

Salad ingredients:- Lettuce, tomato, pineapple slices, onions fresh or fried, cucumbers.

GIANT HAMBURGERS

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>These burgers can also be mixed with half Pork or Mutton Mince</i>	<i>Mince</i>	<i>2 kg</i>	<i>4 kg</i>
	<i>Onions</i>	<i>4</i>	<i>6</i>
	<i>Margarine</i>	<i>20 ml</i>	<i>40 ml</i>
	<i>Cooking oil</i>	<i>20 ml</i>	<i>40 ml</i>
	<i>Fresh bread crumbs</i>	<i>400 ml (96 g)</i>	<i>500-600ml (150g)</i>
	<i>Carrot, grated</i>	<i>4 large</i>	<i>6 -7 large</i>
	<i>Grape juice(liquifruit)</i>	<i>400 ml</i>	<i>800 ml</i>
	<i>Salt</i>	<i>15 ml</i>	<i>25 ml</i>
	<i>Pepper</i>	<i>To taste</i>	<i>To taste</i>

Sauté onions in margarine and cooking oil in heavy-based saucepan until translucent. Mix all the ingredients lightly and either shape into 20 mm thick round giant burgers and place on a baking tray or place in 20 - 23 cm layer cake tin and bake in oven 160°C for 45 minutes. Cut like a cake into 6 - 8 pieces and serve with bread rolls and salad.

Hint- smaller can also be prepared from the same mixture. Both small and large patties can be cooked over coals until golden brown.

These make a change from the usual and can be served with vegetables, mashed potato and salad.

MACARONI AND CHEESE

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Chopped bacon can also be added for a richer taste</i>	<i>Macaroni</i>	<i>1½ kg (3 x 500g pkt)</i>	<i>3 kg (6 x 500g pkt)</i>
	<i>Oil</i>	<i>12.5 ml per 1 lt water - sauce</i>	
	<i>Cornflour (Maizena)</i>	<i>90 g</i>	<i>180 g</i>
	<i>Milk</i>	<i>1½ lt</i>	<i>3 lt</i>
	<i>Cheese</i>	<i>6 cups</i>	
	<i>Tomatoes</i>	<i>1 - 1½ kg</i>	<i>2 - 2½ kg</i>
	<i>Seasoning</i>	<i>To taste</i>	<i>To taste</i>
	<i>Margarine</i>	<i>90 g</i>	<i>180 g</i>
	<i>Baking Dishes</i>	<i>3</i>	<i>5 - 6</i>
	<i>Bread crumbs</i>	<i>1 cup</i>	<i>2 cups</i>

Bring 3 lt water to boil for 1½ kg macaroni, add salt and oil and macaroni. Stir to prevent sticking and to prevent boiling over. Drain when cooked. Make white sauce. This is an easy method for large quantities. Mix cornflour with water to a smooth paste. Bring milk to the boil, stir cornflour in and continue stirring to prevent burning. Add seasoning to taste. Remove from stove, add margarine and cheese. Stir to mix. Grease baking dishes. Cut tomatoes and put a layer at bottom of pans. Mix sauce and macaroni, pour into baking dishes. Add a layer of tomato on top, sprinkle with bread crumbs and cheese. Bake in 180°C oven for 30 minutes until nicely browned. Serve with salads. Can also be served with sausages for a large meal.

FRANKFURTERS OR VIENNA BAKE

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Try coleslaw, carrot & pineapple salad</i>	<i>Frankfurters/Viennas</i>	2 kg	4 kg
	<i>Spaghetti/Macaroni</i>	3 x 500 g	3 kg
	<i>Margarine</i>	100 ml	150 ml
	<i>Pkt soup, tomato</i>	4 pkt	8 pkt
	<i>Worcestershire Sauce</i>	100 ml	150 ml
	<i>Onions</i>	½ kg	1 kg
	<i>Seasoning</i>	To taste	To taste
	<i>Baking trays 26x36</i>	3	5 - 6

Heat oven to 180°C. Fry onion and finely-chopped celery in margarine until nicely browned. Make up soup as directed on pkt soup, add Worcestershire sauce, season to taste. Cut sausages into pieces. Cook spaghetti or macaroni in usual way. Pour sauce over and bake for 15 - 20 minutes.

Serve with salad.

MINI PIZZAS (With white bread)

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Gherkins can also be added to pizzas if liked</i>	<i>Bread (white/brown)</i>	24 slices	50 slices
	<i>Margarine</i>	250 g	750 g
	<i>Tomato & onion mix</i>	3 x 410 g tin	6 x 410 g tin
	<i>French Polony</i>	24 slices	50 slices
	<i>Cheddar cheese</i>	1 kg	2 kg
	<i>Baking trays 36 x 26</i>		
	<i>Oil for greasing trays</i>		

Grease pans with oil. Set oven at 180°C. Lightly spread bread with margarine. Put bread in pans, each pan holds 8 slices. Puree tomato mix and spread on bread. Chop Polony and spread some on each slice. Sprinkle with layer of cheese. Heat through in oven for ± 20 minutes until cheese has melted.

Serve with salad and pineapple.

QUICK PIZZA QUICHE

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>crust:</i>	<i>Flour</i>	<i>1 kg</i>	<i>2 kg</i>
	<i>Baking powder</i>	<i>40 ml</i>	<i>80 ml</i>
	<i>Oil</i>	<i>260 ml</i>	<i>500 ml</i>
	<i>Boiling water</i>	<i>250 ml</i>	<i>500 ml</i>
<i>filling:</i>	<i>Mix herbs</i>	<i>25 ml</i>	<i>50 ml</i>
	<i>Grated Cheddar</i>	<i>500 ml</i>	<i>1 kg</i>
	<i>Cocktail sausage or Small viennas</i>	<i>750 g</i>	<i>1.5 kg</i>
	<i>Tomato & onion mix</i>	<i>3 x 410 g tin</i>	<i>6 x 410 g tin</i>
	<i>Gherkins</i>	<i>1 jar</i>	<i>2 jars</i>
	<i>Seasoning</i>	<i>To taste</i>	<i>To taste</i>
	<i>Baking tray 36 x 26</i>	<i>3</i>	<i>6</i>

Set oven to 190°C. Spray sheets. Mix dry ingredients, add oil and water. Mix to a stiff dough, divide between pans and press a thin layer in pans. Heat tomato and onion mix. Season with herbs, salt & pepper. Spread over crust. Sprinkle with a little cheese. Arrange sausages and gherkins on top. Bake for 25 - 30 min or until done. Serve hot.

Can be made in advance.

COWBOY MINCE DISH

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Freezes well for short while</i>	<i>Bacon</i>	<i>12 rashers</i>	<i>24 rashers</i>
	<i>Onion</i>	<i>4 small</i>	<i>6 small</i>
	<i>Garlic</i>	<i>25 ml chopped</i>	<i>50 ml chopped</i>
	<i>Mince</i>	<i>2½ kg</i>	<i>5 kg</i>
	<i>Salt & Pepper</i>	<i>To taste</i>	<i>To taste</i>
	<i>Baked beans</i>	<i>3 tins</i>	<i>6 tins</i>
	<i>Tomato cube paste</i>	<i>4 cubes</i>	<i>8 cubes</i>
	<i>Boiling water</i>	<i>250 ml</i>	<i>400 ml</i>
	<i>Paprika</i>	<i>10 ml</i>	<i>20 ml</i>
	<i>Sugar</i>	<i>20 ml</i>	<i>40 ml</i>
	<i>Mixed herbs</i>	<i>10 ml</i>	<i>20 ml</i>

Reconstruct tomato cubes with water. Fry bacon until crisp. Remove from pan and chop finely. Sauté finely chopped onion and garlic in pan fat until glossy. Add mince and stir-fry with a fork until done. Return the bacon to the pan and season to taste. Add beans and prepared tomato paste. Simmer for a few minutes until the mixture thickens and season with the remaining ingredients.

Serve with rice.

LASAGNE

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Red sauce:-</i>	<i>Mince</i>	<i>2½ kg</i>	<i>5 kg</i>
	<i>Garlic</i>	<i>25 ml crushed</i>	<i>75 ml</i>
	<i>Oil</i>	<i>30 ml</i>	<i>60 ml</i>
<i>Freezes well</i>	<i>Parsley</i>	<i>30 ml fresh or dried</i>	<i>60 ml</i>
	<i>Bay leaf</i>	<i>4</i>	<i>6</i>
	<i>Whole tomatoes</i>	<i>3 x 410 tin</i>	<i>6 x 410 tin</i>
	<i>Beef stock</i>	<i>500 ml</i>	<i>1 lt</i>
	<i>Tomato paste</i>	<i>1 small tin</i>	<i>2 small tins</i>
	<i>Nutmeg</i>	<i>2 ml</i>	<i>5 ml</i>
	<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>White sauce:-</i>	<i>Margarine</i>	<i>125 g</i>	<i>250 g</i>
	<i>Cake flour</i>	<i>300 ml</i>	<i>500 ml</i>
	<i>Milk</i>	<i>1½ - 2 lt</i>	<i>3 - 4 lt</i>
	<i>Nutmeg</i>	<i>2 ml</i>	<i>5 ml</i>
	<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
	<i>Ribbon noodles</i>	<i>2 pkts</i>	<i>4 pkts</i>
	<i>Grated cheese</i>		

Fry mince and garlic in oil until the meat is done, not browned, with no lumps. Add parsley, tomatoes. Mix beef stock and tomato paste. Season and simmer until no longer watery. Set aside. Make white sauce, melt margarine, add flour, stir until smooth. Remove from heat, add milk slowly until smooth, return to stove. Heat while stirring until it comes to boil and thickens. Season to taste. Layer beginning with red sauce, lasagne sheet, white sauce, ending with white sauce, sprinkle with cheese. Bake 40 - 60 min until cooked through.

Cook noodles in salted boiling water until al dente. Rinse, drain, add little salad oil to prevent sticking. Spread in layers, starting with layer of red sauce, in bottom of roasting or similar dish. Add layer of noodles. Sprinkle with cheese. Add white sauce layer. Continue in rotation until all ingredients are used. Top with grated cheese. Bake until nicely browned at 180°C. Serve with mixed green salad. Alternately you can use Lasagne sheets. Follow instructions on package as some do not have to be cooked first.

BASIC FRICADELLE RECIPE

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Mince</i>	<i>2½ kg</i>	<i>5 kg</i>
<i>Bread soaked in meat stock</i>	<i>5</i>	<i>10</i>
<i>Onion chopped</i>	<i>4 medium</i>	<i>6 - 8 medium</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Cloves</i>	<i>2 ml</i>	<i>4 ml</i>
<i>Nutmeg</i>	<i>2 ml</i>	<i>4 ml</i>
<i>Wine vinegar</i>	<i>125 ml</i>	<i>200 ml</i>

Mix bread to all remaining ingredients. Handle lightly with a fork and shape into fricadelles, place in a roasting dish and bake at 180°C for ½ - 1 hr or grill.

Basic recipe with a tomato sauce for a richer dish. Use onion & tomato mix for 24 about 2½ tins. Or, add 2½ tins of mushroom soup - 24 servings. Pineapple chunks added about 10 minutes before end of cooking time makes another change. Serve with mash potato and salad & peas.

MINCE SAVOURY

Freezes well for up to 1 month

<i>Ingredients</i>	<i>Serves 24</i>	<i>Serves 50</i>
<i>Mince</i>	<i>2½ kg</i>	<i>5 kg</i>
<i>Cold water</i>	<i>1 lt - to cook mince</i>	<i>2 lt</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Chutney</i>	<i>½ bottle</i>	<i>1 bottle</i>
<i>Raw rice</i>	<i>500 g</i>	<i>1 kg</i>
<i>Minestrone soup</i>	<i>3 tins</i>	<i>6 tins</i>
<i>Creamed mushroom Soup</i>	<i>3 tins</i>	<i>6 tins</i>
<i>Boiling water</i>		
<i>Garlic & herbs</i>	<i>To taste</i>	<i>To taste</i>
<i>Roasting pans</i>	<i>2 x 2 lt</i>	<i>3 - 4 x 2 lt</i>

Oven 180°C, cooking time 1½ hours. Spray oven dishes. Cook mince with garlic and herbs to taste. Pour into prepared dishes, cover with chutney. Sprinkle rice over meat, pour first veg and then mushroom soup over. Now pour boiling water over, cover and bake for 1½ hours. Serve hot with salads.

MEAT BALLS

Try cooking in a cooking bag for best results

<i>Ingredients</i>	<i>Serves 24</i>	<i>Serves 50</i>
<i>Onion</i>	<i>3 chopped</i>	<i>6 chopped</i>
<i>Garlic crushed</i>	<i>25 ml</i>	<i>50 ml chopped</i>
<i>Mince</i>	<i>2 kg</i>	<i>4 kg</i>
<i>Brown bread crumbs</i>	<i>750 ml</i>	<i>1 lt</i>
<i>Tomato sauce</i>	<i>100 ml</i>	<i>200 ml</i>
<i>Worcester sauce</i>	<i>75 ml</i>	<i>100 ml</i>
<i>Dried thyme</i>	<i>15 ml</i>	<i>25 ml</i>
<i>Egg</i>	<i>4</i>	<i>8</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Flour</i>	<i>125 ml</i>	<i>250 ml</i>
<i>Gravy powder</i>	<i>60 ml</i>	<i>120 ml</i>
<i>Oil</i>	<i>30 ml</i>	<i>60 ml</i>

Sauté onions and garlic until glossy. Add remaining ingredients except flour and gravy powder, mix well. Shape into meat balls. Divide meat balls into three or four cooking bags. Mix flour and gravy powder. Place flour mixture into each bag, shake well to cover meat balls. Close bags, place cooking bags in baking pan and bake in 180°C over for 30 - 40 mins until nice and brown. Serve with mash and salad, or rice and peas.

Keep in cooking bag if to be frozen and reheat in a slow oven.

BEEFY COTTAGE PIE (For camp)

<i>Ingredients</i>	<i>Serves 24</i>	<i>Serves 50</i>
<i>Lean beef mince</i>	<i>2½ kg</i>	<i>5 kg</i>
<i>Beef veg soup powder</i>	<i>2 pkt</i>	<i>4 pkt</i>
<i>Water</i>	<i>400 ml</i>	<i>800 ml</i>
<i>Worcester sauce</i>	<i>40 ml</i>	<i>75 ml</i>
<i>Fruit chutney</i>	<i>50 ml</i>	<i>100 ml</i>
<i>Frozen mixed veg</i>	<i>500 g</i>	<i>1 kg</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Onion</i>	<i>3</i>	<i>6</i>
<i>Oil</i>	<i>50 ml</i>	<i>75 ml</i>
<i>Potatoes for mash</i>	<i>2½ kg</i>	<i>5 kg</i>
<i>Margarine</i>	<i>25 g</i>	<i>50 g</i>
<i>Cheddar cheese</i>	<i>125 g</i>	<i>250 g</i>
<i>Bread Crumbs</i>	<i>125 ml</i>	<i>250 ml</i>
<i>Milk</i>	<i>125 ml</i>	<i>250 ml</i>
<i>Roasting pans</i>	<i>2 - 3</i>	<i>3 - 4</i>

Heat oil in a large saucepan, fry onions. Add mince, brown well. Add soup mixture, Worcester sauce, chutney, vegetables and pepper. Bring to boil. Reduce heat, cover and simmer eight minutes. Spoon into lightly greased pans. Prepare mashed potatoes from previously boiled potatoes. Season to taste, spoon mash over mince mixture. Bake at 180°C for 20 - 30 min. Remove from oven, sprinkle with cheese and crumbs, return to oven till nicely browned and cheese melted. FOR FREEZING: Freeze in pans before adding mash as potato doesn't freeze well.

Serve with rice and salad.

MOUSSAKA FOR CHILDREN

<i>Ingredients</i>	<i>Serves 24</i>	<i>Serves 50</i>
<i>Potato instead of Brinjals</i>	<i>6 large, sliced</i>	<i>10 - 12 large</i>
<i>Margarine</i>	<i>125 g</i>	<i>250 g</i>
<i>Onion</i>	<i>4</i>	<i>6</i>
<i>Garlic, chopped</i>	<i>25 ml</i>	<i>75 ml</i>
<i>Mince</i>	<i>2½ kg</i>	<i>5 kg</i>
<i>Mushrooms</i>	<i>1 punnet</i>	<i>3 punnets</i>
<i>Tomatoes</i>	<i>410 g tin</i>	<i>2 x 410 g</i>
<i>Tomato puree</i>	<i>125 ml</i>	<i>200 ml</i>
<i>Sauce:</i>		
<i>Margarine</i>	<i>100 g</i>	<i>200 g</i>
<i>Flour</i>	<i>100 ml</i>	<i>250 ml</i>
<i>Milk</i>	<i>4 cups (1 lt)</i>	<i>2 lt</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Cheese</i>	<i>500 ml</i>	<i>2 x 500 ml</i>
<i>Egg</i>	<i>4</i>	<i>8</i>

Fry sliced potatoes until golden brown. Place in bottom of roasting pan and up the sides. Place remaining ingredients in a pot and bring to the boil. Stir constantly, add to roasting pan. Pour sauce over, cover and bake 1 hr in oven at 180°C. Uncover & bake for further 10 min.

SAUCE

Melt margarine in saucepan and stir in flour, gradually add milk, stirring. Season. Blend in cheese and eggs. Pour over meat, bake as directed.

PANCAKES

This mixture makes ± 40 pancakes. They also freeze well. Pack in 10's and freeze. Reheat on a plate over pot of boiling water, cover with pot lid. Filling of your choice: mince, tuna or mushrooms, or even fruit salads as a sweet, or just plain.

6 eggs (jumbo or extra large) well beaten. Add 1.125 lt (4½ cups) - hold back (1 cup) 250 ml water - to be added later. Add 750 ml (3 cups) flour & 5 ml (1 tsp) salt, well sifted. Beat well. Add 375 ml (1½ cups) oil and beat well. If using an electric mixer e.g. food processor, switch off and stir in 15 ml (3 tsp) Baking powder, and the held-back 250 ml (1 cup) water. Let stand for few minutes. For first pancake, brush oil on bottom of pancake pan. No oiling needed after this. These pancakes are super with cinnamon sugar.

P.S. C.W.10 (Two Oceans District) used this recipe doubled many times for the "National pancake bake" some years ago and came second in the largest pancake section.

VIENNA BAKE

This is also a good dish for a 1st night supper in camp

<i>Ingredients</i>	<i>Serves 24</i>	<i>Serves 50</i>
<i>White bread</i>	<i>12 slices</i>	<i>24 slices</i>
<i>Milk</i>	<i>1½ lt</i>	<i>3 lt</i>
<i>Eggs</i>	<i>9</i>	<i>18</i>
<i>Bacon rindless</i>	<i>250 g</i>	<i>500 g</i>
<i>Corned beef</i>	<i>2 tins</i>	<i>4 tins</i>
<i>Onion</i>	<i>1 grated</i>	<i>2 grated</i>
<i>Origanum</i>	<i>20 ml</i>	<i>30 - 35 ml</i>
<i>Viennas</i>	<i>1 kg</i>	<i>2 kg</i>
<i>Seasoning</i>	<i>To taste</i>	<i>To taste</i>
<i>Cheddar cheese</i>	<i>300 g (750 ml)</i>	<i>600 g (1½ lt)</i>

Remove the crusts from bread. Soak bread in milk, mash with a fork. Add well-beaten eggs and mix well. Chop bacon and shred corn beef and mix into bread mixture. Add seasoning & cheese. Mix thoroughly, pour into baking dishes. Cut sausages in half and arrange on top. Bake at 180°C for 35 - 40 min or until set.

PIZZA ROLL

These can be served For lunch or 1st Night in camp

Mince can be made In advance and Frozen

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Mince</i>	<i>1½ kg</i>	<i>3 kg</i>
<i>Cheese</i>	<i>750 ml grated</i>	<i>1 kg grated</i>
<i>Onion</i>	<i>3 chopped</i>	<i>6 chopped</i>
<i>Origano</i>	<i>20 ml</i>	<i>40 ml</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Tomato paste</i>	<i>250 ml</i>	<i>500 ml</i>
<i>Fresh tomato</i>	<i>6 large</i>	<i>12 large</i>
<i>Bread rolls</i>	<i>24</i>	<i>50</i>

Mix meat, onions, oregano, salt, pepper and tomato paste. Cut bread rolls lengthwise and add meat to rolls. Grill for 12 minutes until meat is done. Grate cheese, put three slices of tomato on roll, sprinkle with cheese, grill and serve hot.

MEATBALL KEBABS

Mustard, use the kind children like on their burgers & hotdogs

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Parsley</i>	<i>50 ml</i>	<i>75 ml</i>
<i>Onion, chopped</i>	<i>2 medium</i>	<i>4 medium</i>
<i>Crushed garlic</i>	<i>25 ml</i>	<i>30 - 40 ml</i>
<i>Lean mince</i>	<i>1½ kg</i>	<i>3 kg</i>
<i>Worcester sauce</i>	<i>To taste</i>	<i>To taste</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Mustard (optional)</i>	<i>1 btl</i>	<i>1 btl</i>
<i>Kebab skewers</i>	<i>24</i>	<i>50</i>

MEATBALL KEBABS (cont.)

These quantities are for 4 meatballs, walnut-size on each skewer. If you need more you can estimate for every 600 g mince makes 48 minceballs. Just add a third of other ingredients to mince when you increase ingredients.

Sauté onions and garlic in a little oil 'til soft, cool, before adding to mince. Add the other ingredients and season to taste. Mix well but lightly. Shape into walnut-size balls or slightly larger, about the size of a ping pong ball. Cut bacon rashers in half and spread with mustard of choice. Wrap each meatball with bacon. Thread on skewer, 4 to a skewer. Cook over medium fire or bake in oven at 160°C 'til nicely done. Do not add oil to baking pan. If boy's religion doesn't allow bacon then cook with a little water or with tomato soup mixed and pour over before cooking.

Check if all boys are allowed bacon. Omit bacon and cook separately to bacon kebabs.

BASIC MINCE

I have omitted 250g chopped bacon, but you can add bacon instead of lamb mince

Good for cottage pie, bolognaise, moussaka and bobotie

Ingredients

2 kg mince (lean)
250 g Lamb mince or use more beef
6 – 8 Onions
4 cups grated carrots
50 ml flour
50 ml crushed garlic
4 stacks celery finely chopped
3 x 410 g tomatoes chopped
500 ml Red grape juice (liqui-fruit is good)
500 ml minestrone stock (cubes available at supermarkets)
a little sugar
20 ml mixed herbs or pinch of herbs
Salt & pepper

In a large pot, fry (bacon till crisp, if used, then remove from pot) onions and garlic, 'til glossy, stir to prevent burning to avoid bitter taste. Add meat and turn up heat. Stir fry until nicely done. Add vegetables and flour and mix well. Add rest of ingredients and simmer on low heat for 1½ hours. When cold, pack in 500g portions and freeze. (500 g serves 6).

QUICK CHICKEN

*This is a great dish
For a banquet, it's
A little more rich
In flavour*

Ingredients	Serve 24	Serve 50
Drumsticks	24	50
Chutney	2 btl	3 btl
Ideal milk or plain yoghurt	± 2 cans	± 3 cans
White onion soup	2 pkt	4 pkt
Chicken spice	1 btl	1 btl
Roasting pans	2	3

QUICK CHICKEN (cont.)

Arrange drumsticks in roasting pans. Sprinkle with spice. Pour chutney over, if too thick add a little water. Add ideal milk or yoghurt. Sprinkle onion soup over chicken, cover and cook for 30 min in preheated 180°c oven. Remove cover and cook for a further 15 min until nicely browned. If it looks too dry, add a little hot chicken stock.

Serve with mash potatoes or potato salad & mix veg. For the above dish you can use chicken wings as well.

QUICK CHICKEN WINGS

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Please note, if your budget allows more than one wing per person, just double</i>	<i>Chicken wings</i>	<i>24</i>	<i>50</i>
	<i>Oil for deep frying</i>		
	<i>Chicken spice</i>	<i>1 btl</i>	<i>± 1½ btl</i>
	<i>Lemon juice</i>	<i>1 x 500 ml btl</i>	<i>1 x 500ml btl</i>

Wash & dry wings very well. Deep fry a few at a time until nicely browned. Drain on kitchen paper towels. Sprinkle with spice while still warm. Drizzle lemon juice over. Serve with bread rolls (round crispy ones) with chips & salad.

CHICKEN STEW

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Chicken pieces</i>	<i>4½ kg</i>	<i>9 kg</i>
<i>Oil</i>	<i>100 ml</i>	<i>150 ml</i>
<i>Onions</i>	<i>3</i>	<i>6</i>
<i>Ground clove</i>	<i>4 ml</i>	<i>6 ml</i>
<i>Can tomato (whole)</i>	<i>4-5 x 410g tin</i>	<i>5-6 x 410g tin</i>
<i>Potatoes, medium</i>	<i>12</i>	<i>18</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Sugar</i>	<i>To taste</i>	<i>To taste</i>

Braise onions in oil. Add cloves. Add chicken pieces, cook until chicken is brown all over. Add tomatoes – chopped, and sugar. Close and cook (simmer) for 20 min. Add peeled and quartered potatoes to chicken. Cover and simmer until potatoes are soft. Stir occasionally to prevent sticking.

Serve with rice and chopped parsley.

MOCK CHICKEN CACCIATORE

	Ingredients	Serve 24	Serve 50
Count in packet to make sure each person has one thigh or chicken of choice	Chicken thighs	4 kg	8 – 9 kg
	Paprika	50 ml	75 ml
	Mushrooms (tin)	1 large tin	2 large tins
	Green pepper	4	7
	Garlic	25 ml	40 ml
	Salt	10 ml	20 ml
	Pepper	6 ml	10 ml
	Can tomato juice	3 tins	5 tins
	Sugar	15 ml	30 ml
	Grape juice or Chicken stock	100 ml	200 ml
Oil	100 ml	200 ml	

Sprinkle paprika over chicken pieces (if using frozen, defrost first), brown chicken pieces a few at a time, keep warm and set aside. Sauté garlic and peppers. Season well, add chicken and tomatoes, cover and simmer 1½ hours or until chicken is tender. Add stock or juice for the last 20 minutes. Serve with rice and salad.

QUICK TIP

Omit mushrooms and coat chicken with mushroom soup powder and brown, add water to sauce if it becomes too thick. Chicken drumsticks can also be used instead of thighs.

CHICKEN BAKE

	Ingredients	Serve 24	Serve 50
Use frozen drumsticks, count to make sure you have correct amount. Never send a child hungry to bed.	Drumstick	24	50
	Tomato & onion mix	3 tins	6 tins
	Chicken stock cube	4 cubes	8 cubes
	Brown sugar	30 ml	50 ml

Preheat oven to 160°C (325°F). Spray ovenproof dishes (roasting pans ideal). Arrange drumsticks in pans. Heat tomato mix and crumble stock cubes and sugar till well mixed. Pour over drumsticks and cover. Bake for 40 min. Remove cover and bake for a further 15 min. Serve with salad & rice.

CHICKEN & PINEAPPLE CASSEROLE

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Chicken pieces</i>	<i>24</i>	<i>50</i>
<i>Cake flour seasoned</i>	<i>250 ml</i>	<i>400 ml</i>
<i>Salt & pepper</i>		
<i>Green pepper</i>	<i>4</i>	<i>6</i>
<i>Mushrooms</i>	<i>500 g</i>	<i>2 x 500 g</i>
<i>Pineapple rings</i>	<i>2 x 440 g</i>	<i>4 x 440 g</i>
<i>Chicken stock</i>	<i>400 ml</i>	<i>800 ml</i>
<i>Thyme</i>	<i>10 ml</i>	<i>20 ml</i>
<i>Cream or ideal milk</i>	<i>2 tins or 2 cups</i>	<i>4 x tins or 4 x cups</i>
<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>
<i>Oil</i>	<i>100 ml for frying</i>	<i>200 ml for frying</i>

Put seasoned flour into plastic bag and then add a few chicken pieces at a time, shake until well coated. Continue until all chicken pieces are coated. Brown in heated oil. Pack in roasting pans. Sauté peppers until soft, add to pans. Sauté mushrooms & pineapple until browned lightly, add to dish. Pour over chicken stock and pineapple juice. Sprinkle with herbs. Bake covered in 180°C oven for 1 hr, thicken sauce with cream, season and pour over chicken. Serve with rice & salad.

STICKY WINGS

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>You can double up if you think 1 wing is too small</i>	<i>Chicken wings</i>	<i>24</i>	<i>50</i>
	<i>Lemon juice</i>	<i>200 ml</i>	<i>400 ml</i>
	<i>Soy sauce</i>	<i>200 ml</i>	<i>400 ml</i>
	<i>Apricot jam</i>	<i>160 ml</i>	<i>300 ml</i>
	<i>Chutney</i>	<i>160 ml</i>	<i>300 ml</i>
	<i>Garlic</i>	<i>25 ml chopped</i>	<i>40 ml chopped</i>
	<i>Onion</i>	<i>2 large</i>	<i>4 large</i>
	<i>Roasting pans</i>		

Oven 160°C (325°F). Put chicken wings in pans. Mix remaining ingredients and pour over chicken, marinate for ± 1 hr. Roast for about 1 hr until chicken is nicely browned. Serve with mash potato, peas & salad.

CAMP CHICKEN A LA KING (from my friend Shoena)

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>This dish is more than a la king, it's a hearty meal.</i>	<i>Chicken pieces/frozen</i>	<i>4½ kg</i>	<i>8 - 9 kg</i>
	<i>Mushroom soup</i>	<i>2</i>	<i>4</i>
	<i>Onion Soup</i>	<i>2</i>	<i>3</i>
	<i>Frozen peas/carrots</i>	<i>1 kg</i>	<i>2 kg</i>
<i>This dish freezes well. Do not freeze with potatoes</i>	<i>Onions</i>	<i>3</i>	<i>5</i>
	<i>Milk as needed</i>	<i>± 1 lt</i>	<i>± 2 lt</i>
	<i>Potatoes</i>	<i>2½ kg</i>	<i>5 kg</i>
	<i>Salt & pepper</i>	<i>To taste</i>	<i>To taste</i>

Place chicken in large saucepan and add hot water to cover. Cook until chicken is soft & tender, but not mushie. Remove chicken from stock. Cook and remove from bone. Cut into pieces, but not too small. Chicken can be packed into suitable containers at this stage and frozen when completely cold. Pour stock into a plastic container, cool and freeze. Stock to be used when you finish the dish. When needed defrost chicken, discard fat from the top of frozen stock, add stock to chicken and bring to boil. Add frozen veg and cook for about 10 -15 min. Add peeled & sliced potatoes and cook until just done. Mix in soups with milk and cook for about ten min, do not overcook, it must just simmer to prevent chicken breaking up too much. Taste for seasoning. Serve with rice and salad, enjoy. Cubs love this dish - always ask for more.
(It is best to defrost chicken before cooking, discard bits on chicken and wash well)

BASIC POT ROAST

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
<i>Variation, Monkey gland Add mild curry powder to onions, use ½ tomato puree & ½ stock, mixed herbs & add sugar</i>	<i>Top side</i>	<i>3.9 kg</i>	<i>7.8 kg</i>
	<i>Oil</i>	<i>50 ml</i>	<i>100 ml</i>
	<i>Onions</i>	<i>4</i>	<i>6 - 7</i>
	<i>Garlic crushed</i>	<i>4 cloves</i>	<i>6 cloves</i>
	<i>Rosemary</i>	<i>10 ml</i>	<i>20 ml</i>
	<i>Salt</i>	<i>20 ml</i>	<i>35 ml</i>
	<i>Black pepper</i>	<i>5 ml</i>	<i>7 ml</i>
	<i>Meat stock</i>	<i>600 ml</i>	<i>1.2 lt</i>
	<i>Cake flour</i>	<i>100 ml</i>	<i>200 ml</i>

For large amount of meat, divide into suitable pieces to ease handling. Tie meat at intervals for meat shape. Heat oil (or mix marg & oil) in heavy saucepan and brown meat. Add onion and garlic ant fry until translucent. Add seasoning & heated stock. Reduce heat and simmer, covered for 1½ - 2 hrs until tender. Thicken with flour for gravy.

MEAT ROLLS

Flat rib or thin flank can be made to stretch by deboning and using a stuffing of your choice. Roll up and tie at intervals of about 25 cm & follow basic recipe.

RICE STUFFING

Mix chopped onion, fried to glossy state, with 250 ml cooked rice, dried parsley, chopped dried fruit, raisins, carrot grated or grated sweet potato.

SUITABLE ROAST CUTS

Beef, more economical, Bolo, Chuck, Flat rib brisket, thick flank etc.

1.5 kg serves six. The larger the amount the less the meat shrinks. 1.5 kg is the smallest amount to roast.

STIR-FRY

Ingredients	Serve 24	Serve 50
Boneless meat	2.9 kg	5.750 kg
Cut into strips		
Oil	45 ml	60 ml
Onions, sliced	6	10
Sweet peppers	3	6
Seeded, cut in strips		
Carrots, cut in strips	8	12 - 14
Salt	20 ml	35 ml
Black pepper	5 ml	15 ml
Cooked pasta	750 ml	1.25 kg

Heat oil and brown meat a little at a time. Add vegetables in above order and fry until cooked but still crisp. Add seasoning and sauce of your choice, cook for 1 minute. Stir in pasta or rice. Make you favourite sauce by combining ingredients that follow.

Barbecue – serve 24

80 ml Tomato sauce
60 ml Worcestershire sauce
60 ml Vinegar
1 lt meat stock
60 ml sugar
24 ml made mustard
120 ml cornflour

Sweet & sour – serve 24

1 lt pineapple, orange,
mango or apricot juice
40 ml Soy sauce
120 ml vinegar or lemon
juice
100 ml sugar
120 ml cornflour

For 50 servings just double up on ingredients.

Vary vegetable in basic recipe by adding or replacing different vegetables.

For 24 servings

4 x 250 ml spinach chopped
4 x 250 ml cauliflower
4 x 250 ml whole corn kernels
Canned or fresh,
4 x 250 ml chopped celery
4 x 250 ml leeks chopped
4 brinjals cubed
pineapple chunks

4 x 250 ml mushrooms
4 x 250 ml shredded
cabbage
4 x 250 ml sliced baby
marrow
4 x 250 ml green beans
3 x 410 g canned, sliced

For 50 servings use 1½ the amounts.

BOBOTIE

	<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
	Mince	2½ kg	5 kg
	Oil	30 ml	60 ml
<i>Curry powder can be reduced. Check for bite as you go along. If not too sure about curry omit and use only turmeric</i>	Margarine	12½ ml	30 ml
	Onion		
	Garlic (crushed)	25 ml	75 ml
	Grated carrot	2½ cups	4 - 5 cups
	Grated potato	2½ cups	4 - 5 cups
	Ginger	5 ml	10 ml
	Curry powder	10 ml	10 - 15 ml
	Turmeric	10 ml	10 - 15 ml
	Sugar	25 ml	50 ml
	Chutney	1 Btl	2 Btls
	Salt & pepper	to taste	to taste
	Vinegar	30 ml	60 ml
	White bread	4 slices	8 slices
	<i>Topping:</i> Yoghurt or	750 ml	1½ l
	Buttermilk		
Salt	To taste / about 10 ml		
Eggs	8	16	
Baking trays			

Soak bread in water, then lightly squeeze and mash. Fry mince, onion and garlic. Add carrots & potato, add spices and season to taste. Add vinegar and mashed bread. Divide into baking trays. Can be frozen at this stage. Finish at camp with chutney spread over mince. Then beat up eggs and yoghurt, pour over bobotie and bake at 190°C for 35 min. Serve with yellow rice and sliced bananas with a salad.

BEEF STROGANOFF

<i>Ingredients</i>	<i>Serve 24</i>	<i>Serve 50</i>
Topside	2.9 kg	5 kg
Marg	100 g	200 g
Onion chopped	6	10
Garlic chopped	25 ml	50 ml
Soy sauce	100 m	150 - 200 ml
Tomato puree	1 x 410 g tin	2 x 410 g tin
Salt & pepper	To taste	To taste
Sugar	25 ml	35 ml
Mushroom Soup	4 pkts mixed	6 - 7 pkts
Beef stock	with 1½ lt	3 lt
Yoghurt	500 ml	1 lt

Cut meat into strips and sear & brown quickly in marge. Remove from pan, if necessary add more marge and sauté onions and garlic until golden. Remove from heat, add puree. Gradually add Soy sauce, stock and soup (mix soup in stock, easier to control) and yoghurt. Simmer 5 min, add meat, simmer 30 min. Serve with rice, sprinkle with parsley and a nice green salad.

PUDDING

MALVA PUDDING (This amount serves 25, double for 50)

Ingredients

<i>1 kg self-raising flour</i>	<i>100 ml apricot jam</i>
<i>400 g (500 ml) sugar</i>	<i>5 ml salt</i>
<i>500 g margarine</i>	<i>1 lt milk</i>
<i>50 ml White vinegar</i>	<i>4 ex-large eggs</i>
<i>15 ml bicarbonate of soda</i>	

Cream sugar and marge together until light & fluffy. Add eggs one at a time, beat well. Add flour and milk alternately to creamed mixture. Mix vinegar, bicarb and jam together, add to flour mixture. Pour into a buttered large baking pan approx 380 mm x 300 mm and bake at 180°c for 60 – 75 min.

Meanwhile make cream sauce:

Ingredients

54 g marge
750 ml cream
375 ml milk
15 ml vanilla essence

Mix all ingredients in a large pot. Stir over medium heat until sugar has melted. Bring to boil, cook stirring all the time for 3 min, remove from stove. Prick pudding as soon as it comes out of oven and pour sauce over. Serve.

APPLE CAKE

	Ingredients	Serve 24	Serve 50	
<i>Cut each cake into 24 pieces. Serve with ice cream or ideal milk.</i>	<i>Cake flour</i>	<i>750 ml (3 cups)</i>	<i>1.04 lt (6 cups)</i>	
	<i>Baking Powder</i>	<i>10 ml (2 tsp)</i>	<i>20 ml (4 tsp)</i>	
	<i>Cinnamon</i>	<i>10 ml (2 tsp)</i>	<i>20 ml (4 tsp)</i>	
	<i>Ground cloves</i>	<i>5 ml (1 tsp)</i>	<i>10 ml (2 tsp)</i>	
	<i>Tinned Apples</i>	<i>1 x 410 g tin</i>	<i>2 x 410 g tin</i>	
	<i>Margarine</i>	<i>250 g</i>	<i>500 g</i>	
	<i>2lt box of ice cream cuts into 16 pieces</i>	<i>Castor sugar</i>	<i>500 ml (2 cups)</i>	<i>2 x 500 ml(4 cups)</i>
		<i>Eggs</i>	<i>2</i>	<i>4</i>
		<i>Strong black coffee</i>	<i>250 ml (1 cup)</i>	<i>500 ml (2 cups)</i>
		<i>Raisins</i>	<i>125 ml (½ cup)</i>	<i>250 ml (1 cup)</i>
	<i>Roasting pans</i>	<i>1 x 24 x 32mm</i>	<i>2 x 24 x 32mm</i>	

Preheat oven to 180°c. Grease pan. In a bowl combine dry ingredients. Cream margarine and sugar 'til light. Add eggs, beat well. Beat in flour mixture alternately with black coffee, stir in apples and raisins. Pour into baking pan. Bake for 55 – 60 min. Cool, cut cake into 24 pieces. Serve. For 50 servings use 2 roasting pans.

