



Prince Alfred College



Peak Adventure Menu Booklet

All meals will be cooked on a lightweight camping stove (also known as a Trangia stove). You will be cooking with a partner. You and your partner will need to create a menu plan from which you will then develop a shopping list. Your menu needs to include meals for the duration of your expedition.

Cooking on a Trangia Stove is exciting and interesting. For some, it is not easy cooking a full meal if it is your first time. Many of you have used the stoves on previous camps and would know they take a little longer than the usual stove to heat up. Keeping that in mind here are a few other suggestions to assist you and your partner in preparation for the expedition:

Some Tips:

Remove all excess packaging and place food into snap lock bags, e.g. Muesli bar wrappers removed and all put into the same snap lock bag.
Ensure the quantities are correct, e.g. If you only need a table spoon of oil then put a table spoon into a film canister and leave the rest of the bottle at home.
Your meals should be relatively quick and easy to prepare.
Choose recipes with the least and reasonably lightest ingredients.
Use a combination of long life and powdered milk.
Try to minimise the amount of tinned food you take with you.
Consider the space for your chosen activity.
Write on the outside of the food container which day and meal period that particular food is to be used.

Some No No's:

No two-minute noodles to be taken on camp for any meal. They are high in salt and provide little energy needed to recover after a days paddling.
Do not plan to have meats such as steak, bacon and sausages or frying eggs as the meat spoils quickly and can cause food poisoning and eggs are messy and hard to cook.
No soft drink or coffee
No Pancakes as they are messy, take ages to cook and for all the effort of cooking and cleaning they are quickly consumed.

Expedition Recipe Ideas

Breakfast

All quantities for 2 people

After the majority of the following suggestions there will be a brand name that you can identify with if you are having trouble finding different ingredients. These are not the brands you must buy they are only a suggestion.

It is important to start the day well with a large breakfast. Estimate more per serve than you would normally eat for breakfast, as you will be hungrier than usual!
Weet bix or muesli packs are the best. (Cornflakes, just right etc. are ok but crush easier).
Measure each serve with your usual breakfast bowl into a snap lock bag.
Instant porridge sachets (flavoured) are great for a warm breakfast. (Uncle Toby's)

Milk - Long life or powdered milk. The 250 fruit box size works well. (Devon dale)
Breakfast Bars. (Sanitarium - Fruity Bix, Uncle Toby's)
Muffins, Crumpets and Fruit loaf - Fry with butter and spread with you favourite jam, honey, vegemite etc.
Fresh fruit and tubs of diced fruit. (Golburn Valley)
NO PANCAKES – Overrated!

Lunch

Generally lunch is something quick and easy and does not require too much preparation.

Biscuits; Sao's, Saladas, Cruskits, Vita Wheat, Country Cheese, Mountain Bread
Toppings: Tuna Tempters (Safcol), metwurst, salami, cheese, tomato, sprouts, continental cucumber, mayonnaise, dijonaise.

On the side: celery and carrot sticks with dip, celery with peanut butter, Sakata crackers or shapes

Spreads: butter, mustard, sweet spreads as desired

Fruit and fruit cake

Muesli bars (Uncle Toby's)

Guacamole

1 Avocado,

Juice from ½ a lemon

½ Tomato, diced

A pinch of Chilli powder and Cummin

1 clove of garlic, finely chopped

A large spoonful of Mayonnaise

Remove seed from avocado and spoon flesh into a bowl. Mash remainder of ingredients together with a fork. Can be used as a dip or spread.

Expedition Lunch Menu Example

3 Slices of Mountain Bread per person

1 Squeeze pack Dijonaise

2 Tomatoes per person

1/4 Continental Cucumber

1/4 Block of Black and Gold Cheddar Cheese

2 Tuna Tempter (sachets)

1/4 of a large salami

1 Piece of Fruit per person

8 Biscuits

On a cold day it is nice to warm up with a warm drink or a cup of soup. Milo is always good to have and the Cup-of-Soups with the many different varieties are quick and easy.

Dinner Recipe Ideas

After a big day of activity it is great fun to sit down and create a full meal for you and you partner to enjoy. Preparation is the key and given good weather we usually have plenty of time for you to make a delightful meal. The following menu items are just a guide you can add or substitute ingredients and you are also welcome to create your own expedition meal.

Stir Fry

1/4 of large Fermented meat e.g. salami or metwurst OR 1 frozen precooked diced chicken breast from home the night before

1/4 Onion

1/4 Red Capsicum

Freeze dried Peas & Corn

1 Handful of Snow peas

6 Mushrooms

1 Carrot (1 stick of celery optional)

1 handful of Cashews

1 full film canister of soy sauce

1 full film canister of honey

Method:

Cut up all veggies into bit size pieces. Cook onions in Trangia bowl, add other veggies and stir-fry. Don't over cook. Crisp is best. Add honey, soy sauce, corn & peas and cashews, mix in fried noodles. Serve vegetarians first, and then add any meat.

Thai Curry and Rice

1 Sachet of Thai Curry Paste (Blue Dragon, Kan-Tong)

1 Sachet of powdered coconut milk (or small can)

1/4 to 1/2 cup of rice per person (depending on how hungry they are)

Vegetable mix, choose from: broccoli, snow peas, carrot, red capsicum, zucchini, dried peas & corn, dried peas & carrots.

1 film canister of soy sauce

1. Cooking Rice

Rice takes approximately 15 minutes to cook. Bring to boil water in the large bowl.

NOTE: You will need to measure 2 x as much water as rice to cook it. (e.g. 1/2 cup of rice requires 1 cup of water when using the absorption method).

Add rice and boil rapidly for 4-5 minutes, then simmer very gently for another minute with the lid on, before removing from heat and letting it sit with the lid remaining on for 10 minutes to absorb the water. Should be light and fluffy.

NOTE: Continue to stir the rice as soon as it is added to the boiling water to prevent it from sticking to the bottom!!

2. Making Coconut Thai Curry Paste

Whilst the rice is 'sitting', make up coconut powder in your cup by using small quantity of water and mixing to form a lump free paste. Add more water gradually until creamy consistency is achieved. Add some of your curry paste to this mixture. You can always add more but you cannot remove it once it is in your mixture.

3. Stir Frying the Veggies

Stir fry the veggies in the small bowl until bright coloured then add coconut paste and heat through, stirring all the time. Add soy sauce to taste and serve with rice.

Spaghetti Bolognaise

(Possible on the first day if you bring frozen mince or a frozen pre made sauce from home)

100g of mince each	1 Spaghetti Bolognaise sachet (Continental)
Pasta	2 Onions, diced
1 Clove of Garlic finely cut (break one section off the whole piece of garlic)	
1/4 head of Broccoli	1 Small tin of chopped tomatoes
1/4 Capsicum, diced	1 Small packet of Parmesan cheese

Method:

Place the mince in the small bowl and cook until it is a little brown then add the onions and garlic and fry for 10 minutes. Add the veggies, tinned tomatoes, Spaghetti Bolognaise sachet and simmer for 5 minutes. To cook the pasta, boil water in the large bowl. When boiled put all the pasta into the bowl and stir. Allow to cook for 10 minutes or until soft. Drain the water from the pasta by using the lid of your Trangia to hold the noodles in the bowl. Serve with Parmesan cheese over the top.

Bush Pita Pizza

2 Long Life Pitas per person (Buttercup, Bazzar)
1 Tomato Paste sachet or small tub
250g Cheese to grate (pack a grater)
1/4 of Metwurst or Salami
1 can of Pineapple pieces
1 Onion

Add whatever toppings you would like: olives, sun dried tomatoes, mushrooms etc.
Herbs to add a different flavour: Basil, Rosemary & Mixed Herbs.

Method:

Prepare base by buttering the bottom, placing on frying pan/lid and spreading tomato paste over the top of the base.
Fry onion in the small bowl and add diced salami or metwurst. Add the veggies and cook until browned. Spoon some veggies over your pizza and top with grated cheese, then cover with the big bowl and cook on low heat. Every now and again use a knife to look under your pizza base and check it is not burning.
This meal takes a while but it is great fun. Have it on a night when you get to camp early enough.

Dessert Recipe Ideas

It is always nice to finish your meal off with a dessert. The following options can be used or ideas of your own are certainly welcome.

Apple or Apricot Crunch

½ Packet Butternut Snap Biscuits
1 Small packet of dried apple rings or apricots
A pinch of Cinnamon
Fruit box size of long life cream or custard (Devon dale)

Method:

Simmer apple rings in very small amount of water until soft and plump (fully re-hydrated). Keep adding small amounts of water as it is absorbed. Add a pinch of cinnamon to the apple. Whilst you are cooking the apple you can use your mug and the Trangia lid to crush the biscuit for the crumble.

Sprinkle the crumble on the apple and serve with cream or custard.

Other Ideas:

Packet Cheese Cake, Banana Split with cream, topping and nuts; Instant Pudding (Cottees, Whitewings), Fresh Fruit, Custard, Sweet Biscuits.

Drinks

It is important that you keep your fluids up throughout the expedition to ensure you enjoy your entire time on camp. For some variety add Tang or Vita Fresh sachets to the water.

Milo, Ovaltine, Nesquik and Hot Chocolate sachets can also be used to make both hot and cold drinks.

NO SOFT DRINKS OR COFFEE

Scroggin

This is a term used for a collection of foods that will give you an energy boost when required. Ideas for a scroggin bag include: nuts, dried fruit, chocolate, rice/soy crisps, small amount of lollies. All ingredients are mixed together or can also be kept separate.

