



Scotts Creek

Year 8 Expedition



MENU BOOKLET

NAME : _____



During your paddling expedition this year, you will be cooking with your tent partner on a very effective outdoor stove called the **Trangia** (see below).



Shortly, you will need to find a person in your class that you want to share a tent with and cook some awesome meals with!

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:

- **2 breakfasts**
- **2 dinners**
- **2 lunches**
- **& ample snacks**

Please note that a **pre-prepared packed lunch for day 1** is the easiest option and helps us embark on our journey sooner. Prince Alfred College is a **NUT Free school**, therefore students are asked **not** to bring nuts.



Many of you have used the stoves on previous experiences at Scotts Creek but it is not easy cooking a full meal on a Trangia stove for the first time. Here are a few suggestions to assist you and your partner in preparation for the expedition:

Some Tips:



- A good meal affects your mood – choose something you will look forward to!
- Ensure meals are nutritionally balanced
- Remove all excess food 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 and clean
- Choose recipes with fewer and reasonably light ingredients – attempt to avoid glass and tins as they are heavy and are bulky
- Avoid foods that require refrigeration
- Use a combination of long life and powdered milk
- Consider the space in your Kayak – only take what you need/can fit
- Write on the outside of the food container which day and meal period that particular food is to be used
- Depending on what you are cooking aluminum foil or oil can make all the difference! E.g. bush pizzas

Some No No's:



- Do not plan to have meats such as steak, bacon and sausages as the meat spoils quickly and can cause food poisoning
- No eggs as they are messy and hard to cook
- No pancakes as they are also messy, time consuming and for all the effort of cooking and cleaning they are quickly consumed
- Two minute noodles doesn't qualify as a meal – as an entrée or snack is fine
- No soft drink, coffee or chewing gum



EXPEDITION RECIPE IDEAS

BREAKFAST

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!

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.

- Cereal – Weet bix or muesli packs are the best for slow burning energy (measure each serve with your usual breakfast bowl into a snap lock bag)
- Instant porridge sachets (Uncle Toby's)
- Long life or powdered milk – the 250ml fruit box size works well (Devondale)
- Breakfast Bars
- Muffins, crumpets or fruit loaf – fry with butter and spread with your favourite jam, honey, vegemite etc.
- Fresh fruit and tubs of diced fruit (Goulburn Valley)
- UP&GO's are **NOT** sufficient enough breakfast by themselves. However, they will be allowed as a side.
- **NO** PANCAKES, EGGS and BACON.

Note that due to time constraints, we generally advise against a warm cooked breakfast, especially on the Wednesday morning.



LUNCH

Generally, lunch is something quick and easy and does not require too much preparation. We would usually stop for up to an hour for lunch including banking / launching time. Here are some ideas:

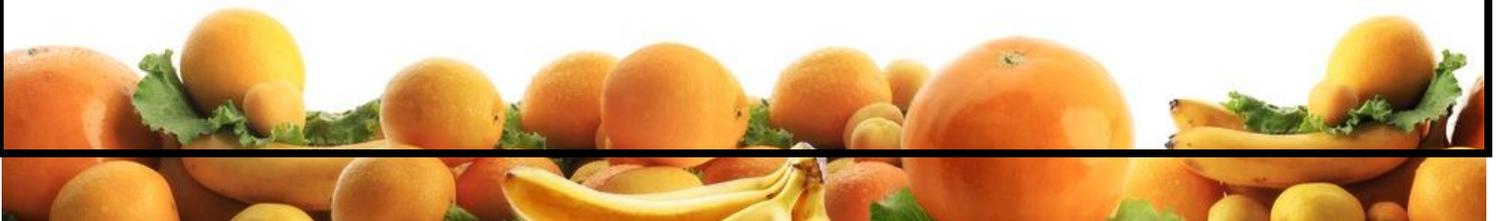
- Biscuits: Sao's, Saladas, Cruskits, Vita Wheat, Country Cheese,
- Mountain Bread or Wraps (Mission)
- Toppings: Tuna cans or sashes (Safcol), mettwurst, salami, cheese, tomato, sprouts, cucumber, onion, capsicum, baby spinach, mayonnaise
- On the side: celery and carrot sticks with dip, Sakata crackers or shapes
- Spreads: butter, mustard, sweet spreads as desired
- Fruit and fruit cake
- Muesli bars (Uncle Toby's)
- Guacamole (mix the following ingredients and use as a dip or spread)
 - 1 Avocado
 - Juice from ½ a lemon
 - ½ Tomato, diced
 - A pinch of Chilli powder
 - 1 clove of garlic chopped fine
 - A large spoonful of mayo

Lunch Example

3 Slices of Mountain Bread per person
2 Tomatoes per person
1/4 Block of Black and Gold Cheddar Cheese
1/4 of a large salami
8 Biscuits

1 Squeeze pack Dijonaise
1/4 Continental Cucumber
1 Tuna Tempter (sachets)
1 Piece of Fruit per person

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



DINNER

After a big day of activity, it is great to sit down and create a full meal for you and your partner to enjoy. For those who would like something quick and easy there are dehydrated meals available for purchase from most outdoor stores. However, they can be expensive and bland. Another quick option is to make a meal the night before your expedition and freeze it. It will thaw out during the following day and be ready to heat at the campsite that night. Alternatively, take your time, chop up some fresh ingredients and use the chance to put your skills to the test.

We **discourage meat being used for dinner on the second night** as we can't guarantee that it won't spoil in the warm Riverland climate. Exceptions can include dehydrated or canned meat, pre-cooked smoked and sealed meats or salami and mettwurst. Please choose meats wisely, exercise caution and freeze if necessary.

If you wish to make your meal from scratch then the following menu ideas 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 mettwurst OR 1 frozen precooked diced chicken breast from home the night before
- 1/2 Onion
- 1/4 Red Capsicum
- Freeze dried Peas & Corn
- 1 Handful of Snow peas
- 6 Mushrooms
- 1 Carrot
- 1 full film canister of soy sauce
- 1 full film canister of honey

Method:

Cut up all veggies into bite size pieces. Cook onions in Trangia bowl with a tablespoon of oil, add other veggies and stir-fry. Don't over cook. Crisp is best. Add honey, soy sauce, corn & peas, 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)
- 1/2 cup of rice per person (depending on how hungry you are)
- Vegetable mix, choose from: broccoli, snow peas, carrot, red capsicum, zucchini, carrots, dried peas & corn.
- 1 film canister of soy sauce

Method:

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 = 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. The rice 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 and possibly burning!

2. Making Coconut Thai Curry Paste

Whilst the rice is 'sitting', make up coconut powder in your cup by using a 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
- Pasta
- 2 Onions, diced
- 1 Clove of Garlic finely cut
- 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 or until brown. 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 - this meal takes a while but it is often worth the wait

- 2 Long Life Pitas (15cm diameter) per person (Buttercup, Bazzar)
- 1 Tomato Paste sachet
- 250g grated cheese
- 1/4 of Mettwurst or Salami
- 1 can of Pineapple pieces
- 1 Onion
- 6 Mushrooms
- 1 Capsicum
- Oil

Add whatever toppings you would like: olives, sun dried tomatoes, or herbs such as basil, rosemary or mixed herbs for flavor.

Method:

Prepare base by oiling 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 mettwurst. 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.



DESSERTS

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 (Devondale)

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
- Instant Pudding
(Cottees, Whitewings)
- Fresh Fruit
- Custard
- Sweet Biscuits



DRINKS

It is essential that you keep your fluids up throughout the expedition to ensure you enjoy your entire time on camp. You should have 4L per person per day to allow for cooking and drinking. We will supply each student with a 10L water bladder but you must bring at least one appropriate drink bottle. Camelbacks/hydrapacks are useful and can be attached to your boat.

For some variety, add Tang or Vita Fresh sachets to **some** of your water. Powerade is also okay as long as it is not all you are drinking.

Milo, Nesquik and Hot Chocolate sachets can also be used to make both hot and cold drinks around mealtimes. Remember no tea or coffees.

SCROGGIN

This is a term used for a collection of quick-fix foods that give you an energy boost when required. Ideas for a scroggin bag include: dried fruit, chocolate, rice/soy crisps, nutri-grain, small amounts of lollies. All ingredients can be mixed together in a zip lock bag or kept separate. Prince Alfred College is a **NUT Free school**, therefore students are asked **not** to bring nuts.



MENU PLANNER

My cooking partner is: _____

The meals we have chosen are:

	Monday	Tuesday	Wednesday
Breakfast	Home		
Lunch	Packed lunch		Scotts Creek
Dinner			Scotts Creek
Snacks			(morning only)



