



# ***EASY COOKING ON THE ROAD***

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**< VOL. 1 >**

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# EASY COOKING ON THE ROAD

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# AUSTRALIAN DAMPER

## INGREDIENTS

450 grams flour, self-raising

¼ teaspoon salt

180 ml milk (if too dry, add a bit more)

1 teaspoon sugar, caster

80 grams butter, chilled

Note: Extra flour, if you need it

## METHOD

1. Mix the flour, salt and sugar together into a bowl.
2. Rub the butter into the flour with your fingertips until it looks like fine breadcrumbs.
3. Add milk slowly and mix to form a soft dough.
4. Knead lightly on a floured board until smooth. Shape into a round loaf, brush with milk and cut a cross in the top surface of the dough.
5. Grease tin foil and dust with flour. Add bread dough and wrap it.
6. Place in the coals of the BBQ and let it bake for about 30 minutes.

Note: To test if it's done, tap on the loaf and it should sound hollow. Cut into moderately thick slices and serve while still warm. I recommend to top with butter, golden syrup or your favourite jam.





# ***MACARONI AND CHEESE***

## INGREDIENTS

5 cups milk (1 ¼ L)

1 lb elbow macaroni, dry (455 g)

2 cups shredded cheddar cheese (200 g)

Tip: Consider adding bacon for extra flavor

## METHOD

1. In a large pot, bring the milk to a boil.

2. Add the pasta and stir constantly until the pasta is cooked, about 10 minutes.

3. Turn off the heat, then add the cheddar. Stir until the cheese is melted and the pasta is evenly coated.

4. Enjoy!





# ***CAMP BURRITOS***

## INGREDIENTS

16 Eggs  
1 lb. Sausage  
1 Yellow Onion  
3 Cloves Garlic, minced  
6 Med. Potatoes, chopped  
2 Cups Cheddar Cheese, shredded  
4 Green Onions, chopped  
3 T. Parsley, chopped  
8 or 9 Tortilla Shells  
Salt & Pepper to taste  
Aluminium Foil for wrapping  
Optional: Salsa and/or hot sauce

## METHOD

1. Chop potatoes and boil until soft.
2. Chop green onions and set aside.
3. Crack 16 eggs and cook over low heat until you have soft, scrambled eggs. Salt and pepper to taste.
- 4 Saute yellow onions and garlic in 2 T. olive oil until fragrant.
5. Add sausage to onion mixture and cook all the way through.
6. In large bowl combine Sausage mixture, scrambled eggs, potatoes, cheese, green onions, parsley, and Salt & Pepper.
7. Divide ingredients into 8 or 9 tortilla shells. Roll and wrap in aluminium foil -- And it's ready to throw on the fire.



# ***SPINACH AND FETA DAMPER***

## INGREDIENTS

Plain flour, to dust

450g (3 cups) self-raising flour

100g butter, chilled, chopped

200g feta, crumbled

70g (1 cup) shredded Parmesan

60g baby spinach leaves, coarsely chopped

160ml (2/3 cup) milk

1 egg, lightly whisked

1 1/2 tablespoons shredded Parmesan

## METHOD

1. Preheat oven to 200°C. Dust a baking tray with plain flour. Place the self-raising flour and butter in a bowl. Use your fingertips to rub butter into the flour until the mixture resembles fine breadcrumbs. Stir in the feta, Parmesan and spinach.
2. Add the milk and egg to the flour mixture. Stir until well combined. Turn onto a lightly floured surface. Use your hands to bring the dough together. Knead for 1-2 minutes or until smooth. Shape dough into a 20cm disc. Place on the prepared tray. Use a sharp knife dipped in flour to score the top into 8 wedges. Top with extra Parmesan.
3. Bake for 35-40 minutes or until golden and the loaf sounds hollow when tapped on the base. Transfer to a wire rack to cool slightly.



A close-up photograph of a dish featuring grilled salmon fillets and vegetables. The salmon is cooked to a golden-brown color and is topped with a mixture of black and white sesame seeds. It is served alongside green vegetables, including asparagus spears and bell peppers, which are also coated in the same seed mixture. The dish is presented on a dark, possibly metal, grill surface.

# ***GRILLED SALMON WITH VEGGIES***

## **INGREDIENTS**

1/4 cup butter or margarine, softened  
2 tablespoons chopped fresh or 1/2 teaspoon dried basil leaves  
1 teaspoon grated lemon peel  
8 oz fresh asparagus spears  
1 medium red or yellow bell pepper, cut into 1/4-inch-wide strips  
2 teaspoons olive or vegetable oil  
1/2 teaspoon red and black pepper blend  
1/2 teaspoon lemon-pepper seasoning  
1/2 teaspoon garlic salt  
1 lb salmon fillet, 3/4 to 1 inch thick

## **METHOD**

1 Heat grill for 5 minutes. In small bowl, mix butter, basil and lemon peel, then set aside.  
2 In large bowl, toss asparagus spears and pepper with 1 teaspoon of the oil and 1/4 teaspoon each of the pepper blend, lemon-pepper seasoning and garlic salt. Place vegetables on grill. Close grill. Grill 4 to 6 minutes or until vegetables are crisp-tender. Remove from grill; cover to keep warm.  
3 Cut salmon into 4 serving-size pieces. Brush salmon with remaining 1 teaspoon oil; sprinkle with remaining 1/4 teaspoon each of the seasonings. Place salmon, skin side down, on grill. Close grill. Grill 4 to 5 minutes or until salmon flakes easily with fork. Serve butter mixture with salmon and vegetables.





# ***FRANKFURTER DIPPY DOG***

## **INGREDIENTS**

2 cups self-raising flour  
30 grams butter, chopped  
3/4 cup buttermilk  
6 Frankfurters  
1 egg, lightly beaten  
tomato sauce, to serve  
6 paddle pop sticks

## **METHOD**

1. Sift flour into a bowl. Using fingertips, rub butter into flour until mixture resembles breadcrumbs. Make a well in the centre. Add buttermilk. Using a flat-bladed knife, stir until mixture forms a soft dough, adding more buttermilk if necessary. Turn out onto a lightly floured surface. Knead gently until smooth (don't over-knead).
2. Divide dough into 6 equal portions. Roll 1 portion out to a 10cm x 16cm rectangle. Push 1 paddle pop stick into the end of each Frankfurt. Place Frankfurt in the centre of dough. Roll dough up to enclose Frankfurt. Repeat with remaining dough, paddle pop sticks and Frankfurt's.
3. Place a large, greased cast iron pot over high heat until hot. Brush dough with egg. Carefully place in pot. Cover with lid. Reduce heat to low (if on a fire pit, move pot further away from the fire). Cook, turning occasionally for 15 minutes or until golden all over. Carefully remove from pot. Serve with tomato sauce.



# ***CAMPFIRE BANANA BOATS***

## INGREDIENTS

Bananas

Toppings, such as high quality chocolate, blueberries, sliced strawberries, marshmallows and nuts to preference.

## METHOD

1. With peel still on, slice a banana lengthwise without going all the way through.
2. Stuff the banana with your toppings.
3. Wrap in heavy duty foil, and place in the coals of your fire for 5 minutes.
4. Very carefully, fish out the banana, open it (be careful, the steam is super hot!) and eat the delicious goodness right out of the foil and banana peel.



# ***THREE CHEESE CAMPFIRE POTATOES***

## **INGREDIENTS**

- 3 large potatoes, peeled and cut into 1-inch cubes
- 1 medium onion, chopped
- 3 tablespoons grated Parmesan cheese
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 1/2 cup bacon pieces
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded cheddar cheese

## **METHOD**

1. In a double thick heavy-duty aluminium foil (about 18 inches square), slice up butter. Add chopped potatoes, onion, salt, and pepper.
2. Fold foil around potato mixture and seal tightly. Grill, covered, over medium heat for 15-18 minutes on each side or until potatoes are tender. Carefully open foil, as they will be very hot. Sprinkle the bacon and cheeses over potato mixture.
3. Grill for another 3-5 minutes longer or until cheese is melted.
4. Open foil carefully to allow steam to escape.





# ***CHOCOLATE PEPPERMINT SLICE RECIPE***

## INGREDIENTS

1 1/2 cups self raising flour  
2 tbsp cocoa  
1 cup coconut  
1/2 cup brown sugar  
125g unsalted butter, melted  
Filling 30g Copha, melted  
2 cups icing sugar  
2 tbsp milk  
1/2 tsp peppermint essence  
Chocolate layer 125g dark chocolate  
30g unsalted butter

## METHOD

1. Preheat oven to 180°C (160°C fan-forced). Butter a 16cm x 26cm x 3cm slice tray (or close to those dimensions).
2. Combine flour, cocoa, coconut and brown sugar in a bowl, stir in melted butter and mix until well combined. Press mixture into slice tray and bake for 10-15 minutes until starting to brown. Remove from oven and cool slightly.
3. To make filling, place icing sugar in a small bowl, stir in melted Copha, milk and peppermint essence. Spread filling over warm base. Place tray in fridge for about 30 minutes until filling is cold.  
To make the topping, melt butter and chocolate together, stir until smooth. Spread chocolate over peppermint filling.
4. Leave at room temperature to set and then slice into squares. I usually slice through the chocolate layer first, then go back and cut right through the base.




# ***BANANA BREAD***

## INGREDIENTS

125g soft butter  
1 cup brown sugar  
2 tsp vanilla extract  
3 eggs  
2 cups self-raising flour  
1 tsp cinnamon  
1/2 tsp bicarbonate of soda  
3 ripe bananas  
1/2 cup milk

## METHOD

1. Preheat oven to 160°C. Grease and line a 6-cup capacity loaf pan with baking paper.
2. Using electric beaters, beat butter, brown sugar and vanilla together until light and creamy.
3. Add eggs, one at a time, and beat well between each. Sift self-raising flour, cinnamon and baking soda over butter mixture. Mash ripe bananas and stir into mixture with 1/2 cup milk until well combined.
3. Spoon into prepared pan and smooth top. Bake for 1 hour or until cooked when tested with a skewer. Stand for 5 minutes before transferring to a wire rack to cool. Slice, Serve, Enjoy!



# ***CAMPFIRE DOUGHNUTS***

## INGREDIENTS

Peanut or vegetable oil

1 can of biscuit dough

Cinnamon sugar

Fun options: frosting, sprinkles, or powdered sugar for different twists on your doughnuts

## METHOD

### 1. Heat the Oil

Heat 2-3 inches of oil in a skillet, until “shimmering”. Test the heat of the oil with a small piece of biscuit dough. If the dough browns, and begins to fry, it’s ready! If the dough sinks to the bottom and does nothing, it’s not ready. Another trick to test the temperate of the oil is to use a wooden chopstick. If you stick the chopstick in and small bubbles come out- your oil is hot!

### 2. Make a Doughnut Shape

Remove the biscuits from their can, and poke a hole in each one making a doughnut shape. You may need to pull the hole open a bit to make it into a true O shape.

### 3. Fry

Drop your doughnuts very carefully into the oil. Fry on each side until brown. When finished frying, remove from the oil and let cool on a wire rack.

### 4. Coat the Doughnuts

While the doughnuts are still warm, either dip them in the cinnamon sugar, or toss them with the cinnamon sugar in a paper bag. You can also choose to frost your doughnuts or coat them in powdered sugar.





# ***CHICKEN AND PASTA BAKE***

## INGREDIENTS

- 200 g (7 oz) spiral pasta
- 425 g (15 oz) can cream of mushroom or broccoli soup
- 250 g (1 cup) sour cream
- 1 teaspoon curry powder
- 1 barbecue chicken
- 250 g (9 oz) broccoli, cut into small pieces
- 80 g (1 cup) fresh breadcrumbs
- 185 g (1½ cups) grated Cheddar cheese

## METHOD

1. Preheat the oven to 180C. Bring a saucepan of salted water to the boil, add the pasta and cook for 10–12 minutes, or until al dente. Drain.
  2. Combine the soup, sour cream and curry powder and season to taste with freshly ground black pepper.
  3. Remove the meat from the chicken carcass and roughly chop. Combine the chicken with the pasta, broccoli and soup mixture. Spoon into ovenproof baking tray and sprinkle with the combined breadcrumbs and cheese.
- Bake for 25–30 minutes, or until the cheese melts. Mmmmmm Melted cheese.



# ***PUMPKIN PIE***

## INGREDIENTS

For the pie:

- 1 ¼ cup pumpkin puree
- ¾ cup sugar
- ½ tsp salt
- ¼ tsp ground ginger
- 1 tsp cinnamon
- 1 tsp flour
- 2 eggs, lightly beaten
- 1 cup evaporated milk
- 2 tbsp water
- ½ tsp vanilla
- pie crust (see below)

For the Pie Crust:

- 190 grams of flour
- 1 tbsp (rounded) sugar
- pinch salt
- 120 ml (about ½ a cup) vegetable oil
- 2 tbsp milk

1. Preheat oven to 200 Celsius
2. Place all ingredients into a 9 inch pie pan.
3. Stir all together with a fork.
4. Pat mixture into the bottom and up the sides of the pie pan.
5. Poke holes in the bottom and sides with a fork.
6. Bake for 15 minutes or until light brown.

## METHOD

1. Preheat oven to 200 Celsius.
2. Combine pumpkin, sugar, salt, spices, and flour in a mixing bowl.
3. Add eggs, mix well.
4. Add evaporated milk, water, vanilla, and mix well.
5. Pour into pastry shell.
6. Bake at 200 Celsius for 15 minutes, then reduce heat to 180 Celsius for 35 minutes.





# ***EASY PANCAKES***

## INGREDIENTS

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

## METHOD

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.





# ***CAMPFIRE APPLE BOATS***

## INGREDIENTS

1 apple per person  
cinnamon  
raisins  
brown sugar

## METHOD

1. Core apple. Surround apple in aluminum foil. Put in raisins, brown sugar and cinnamon.
2. Wrap apple in aluminum foil and place on coals. Rotate occasionally.
3. When your apple boat is done cooking it tastes like sweet apple sauce with peeling. Yummo!



# ***ONE PAN BALSAMIC CHICKEN***

## INGREDIENTS

- 1/4 cup Italian salad dressing
- 3 Tbsp balsamic vinegar
- 2 Tbsp honey
- 1 1/4 lbs chicken breast tenderloins
- 2 Tbsp olive oil
- ½ tsp Kosher salt and pinch freshly ground black pepper, to taste
- 1 lb fresh green beans, trimmed of tough ends, chopped into 2-inch pieces
- 8 oz sliced mushrooms
- 1 cup Cherry tomatoes, halved

## METHOD

1. Mix together dressing, balsamic vinegar and honey in a measuring cup.
2. Heat 1 Tbsp of the oil and sauté the mushrooms for 4 minutes until they have started to brown, then add the green beans and cook for another 4 minutes or until the green beans are crisp-tender.
3. Remove the vegetables from the pan, add the remaining oil and the chicken tenders. Sprinkle with salt and pepper and sauté until brown on each side.
4. Remove from the pan. Add in the sauce and stir for a couple minutes until thickened into a glaze consistency. Add the chicken, green beans, and mushrooms back into the pan and add the tomatoes. Stir to coat everything evenly with the sauce. Enjoy!





# ***BEEF RAGU SLOW COOKER***

## INGREDIENTS

2 tablespoons olive oil  
1kg beef chuck steak, cut into 4cm pieces (see note)  
1 brown onion, finely chopped  
1 celery stalk, finely chopped  
1 carrot, finely chopped  
1 cup dry red wine  
2 x 400g cans cherry tomatoes in juice  
1 cup Massel beef stock  
2 tablespoons tomato paste  
3 sprigs fresh thyme  
Cooked curly fettuccine, to serve  
Grated parmesan, to serve  
Fresh flat-leaf parsley leaves, chopped, to serve  
Salt, to season

## METHOD

1. Heat half the oil in a large frying pan over high heat. Cook beef, in two batches, for 5 minutes or until browned. Transfer to the bowl of a 5.5-litre slow cooker.
2. Add remaining oil to pan. Add onion, celery and carrot. Cook for 3 minutes or until just tender.
3. Add wine, tomatoes with liquid from cans, stock, paste and thyme to pan. Bring to the boil. Carefully pour over beef. Stir to combine. Cover with lid.
4. Cook in your slow cooker on low for 6 hours (or on high for 4 hours) or until beef is very tender. Stir with a wooden spoon to roughly shred beef. Mix Ragu through fettuccine. Season with salt and pepper. Serve topped with Parmesan and parsley if you choose.





# ***APPLE CIDER BEEF STEW***

## INGREDIENTS

3 tablespoons flour  
2 tablespoons cider vinegar  
2 teaspoons salt  
1 large bay leaf  
1/2 teaspoon pepper  
4 carrots, sliced  
1/2 teaspoon dried thyme  
3 potatoes, quartered, sliced  
2 pounds beef stew meat  
2 onions, sliced  
3 tablespoons olive oil  
1 celery stalk, sliced  
2 cups fresh apple cider  
1 apple, sliced  
1/2 cup water

## METHOD

1. Combine flour, salt, pepper, and thyme in a bowl. Toss the stew beef into the flour mix, then brown with olive oil in a Dutch oven.
2. Stir in cider, water, and cider vinegar. Bring to a boil.
3. Add bay leaf. Simmer meat until tender.
4. Add balance of ingredients and cook until the vegetables are nice and tender.



# ***CAMPER'S BREAKFAST WITH HASH BROWNS***

## INGREDIENTS

1/4 cup butter, cubed  
2 packages (20 ounces each or 567 grams)  
refrigerated shredded hash brown potatoes  
1 package (7 ounces or 200 grams) frozen  
fully cooked breakfast sausages, thawed and  
cut into 1/2-inch pieces  
1/4 cup chopped onion  
1/4 cup chopped green pepper  
12 large eggs, lightly beaten  
Salt and pepper to taste  
1 cup shredded cheddar cheese

## METHOD

1. In a deep 12-in. cast-iron or other heavy skillet, melt butter. Add the potatoes, sausage, onion and green pepper. Cook, uncovered, over medium heat until potatoes are lightly browned, 15-20 minutes, turning once.
2. Push potato mixture to the sides of pan. Pour eggs into center of pan. Cook and stir over medium heat until eggs are completely set. Season with salt and pepper. Reduce heat; stir eggs into potato mixture.
3. Top with cheese; cover and cook until cheese is melted, 1-2 minutes.



# ***CHOCOLATE AND PEANUT BUTTER MUG CAKE***

## INGREDIENTS

- ¼ Cup all-purpose flour
- 2 Tbsp. unsweetened cocoa powder
- 2 Tbsp. sugar
- ¼ tsp. baking powder
- ¼ Cup milk (room temp is better)
- 2 Tbsp. butter, melted & cooled
- ¼ tsp. vanilla extract
- 1 Tbsp. creamy peanut butter
- 1 Tbsp. mini chocolate chips

## METHOD

1. In a small bowl, whisk together the flour, cocoa powder, sugar, and baking powder until completely combined.
2. Blend in milk, butter, and vanilla until batter is smooth.
3. Pour batter into a mug.
4. In another small bowl, combine the peanut butter with the chocolate chips and then drop it into the center of the mug. Push it down so it's even with the top of the batter.
5. Microwave on high for 1 minute.

Make sure you let it cool before eating.





# ***BABY BACK RIBS***

## INGREDIENTS

1 cup seasoned rice vinegar  
4 cloves garlic, chopped  
1 cup orange juice  
2 t. olive oil  
1/2 cup maple syrup  
Salt and pepper  
1/2 cup water  
1 t. crushed red pepper  
2 T. finely chopped ginger  
3-5 lbs pork loin back ribs  
2 T. finely chopped cilantro  
1 T. cornstarch

## METHOD

1. Combine vinegar, orange juice, maple syrup, water, ginger, cilantro, garlic olive oil, 1 t. black pepper, and red pepper in a medium bowl. Reserve 1 cup of marinade. Place ribs in a shallow glass dish or large plastic bag. Pour remaining marinade over ribs, cover or close. Marinate in refrigerator or cooler for 4-24 hours.
2. To make glaze: Place reserved cup of marinade in a small saucepan; whisk in cornstarch. Bring to a boil, stirring constantly; set aside.
3. Remove ribs from marinade and discard marinade. Grill ribs on a covered grill over medium coals about 8-12 minutes, turning and rearranging frequently.
4. Brush ribs with glaze during the last few minutes of cooking. Remove from grill and baste again with glaze



# ***BLUEBERRY AND BANANA PANGAKES***

## INGREDIENTS

1 cup flour

⅓ cup powdered milk + 1 cup water, or 1 cup milk

1 teaspoon baking powder

¼ teaspoon salt

1 egg

1 banana, sliced into 1/4" inch pieces

1/2 cup blueberries

6 teaspoons of butter

Toppings:

Maple Syrup, Jam, cream, butter, honey, or all the above lol

## METHOD

1. Combine the flour, powdered milk, baking powder, and salt in a bowl (this can also be done at home ahead of time and stored in a resealable bag or container). Add the water and egg to the dry ingredients. Using a fork, whisk the ingredients to combine, making sure to not over mix (some small lumps in the batter are OK),

2. Heat a skillet over your campfire or camp stove over medium low heat. Add a teaspoon of butter to the skillet and swirl to coat the pan. Pour ⅓ cup of the pancake batter into the center of the skillet and scatter some of the banana slices and blueberries on top. and cook for a few minutes until the top begins to bubble and the sides are set (about 2-3 minutes). Using a spatula, flip the pancake and cook the other side until golden.

3. Repeat with the rest of the batter, adding 1 teaspoon of butter into the pan for each pancake as needed.

4. To serve, stack the pancakes and top with maple syrup, jam, butter, or honey.



# ***BARBECUED BEEF WITH PEPPER CRUST***

## **INGREDIENTS**

- 1 tablespoon olive oil
- 2 teaspoons ground mixed peppercorns
- 1 tablespoon wholegrain mustard
- 2 teaspoons chopped fresh thyme leaves
- 1 1/2 cups barbecue sauce (see related recipe)
- 1.4kg piece beef scotch fillet

## **METHOD**

1. Preheat barbecue to high, leaving hood closed. Tie beef with kitchen string at 4cm intervals (to maintain shape during cooking). Combine oil, pepper, mustard, thyme and 1/2 cup sauce in a flameproof roasting pan. Add beef. Turn to coat.
2. Transfer beef to barbecue char grill, reserving oil mixture. Cook, turning, for 5 minutes or until browned all over. Return beef to pan. Reduce heat to low. Baste beef with oil mixture. Cook, covered, for 1 hour for medium or until cooked to your liking.
3. Remove beef. Cover with foil. Stand for 15 minutes. Slice. Serve with remaining barbecue sauce.





# ***PUMPKIN SOUP***

## INGREDIENTS

2 tablespoons olive oil  
1 onion, finely chopped  
1 leek, white part only, finely sliced  
1 garlic clove, crushed  
1/2 teaspoon ground coriander  
1 teaspoon ground cumin  
1/2 teaspoon freshly grated nutmeg  
1kg peeled pumpkin, diced  
1 large potato, peeled, diced  
1L Massel chicken style liquid stock or vegetable liquid stock  
1/2 cup (125ml) thin cream

## METHOD

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.

2. Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.

Tip: Add more cream to taste.



# ***BACON AND POTATO SOUP***

## **INGREDIENTS**

- 300g peeled, cubed potatoes
- 8 bacon rashers
- 1 large onion, diced
- 2 sticks celery, diced
- 1 large carrot, diced
- 200ml chicken stock
- 1 2/3 cups (420ml) full cream milk
- 1 cup (250g) sour cream (or Greek yoghurt)
- 1 pinch salt and fresh ground black pepper, to taste
- 1 tablespoon finely diced fresh parsley

## **METHOD**

1. Place potatoes in a large saucepan and cover with water. Cover the saucepan and place over medium high heat then boil the potatoes until tender. Drain reserving 125ml cooking liquid.
2. Roughly mash the potatoes in the saucepan, leaving some large chunks.
3. Meanwhile; fry the bacon until crisp then remove to kitchen paper to drain.
4. In the same frying pan saute onion, celery and carrots in bacon dripping until tender. Add to potatoes. Stir in reserved cooking liquid, chicken stock, milk, sour cream, salt and pepper. Cook over low heat for 10 minutes or until heated through; do not boil.
5. Dice bacon and add to soup along with parsley.



# ***BACKPACKER CEREAL BARS***

## INGREDIENTS

1 cup butter  
4 eggs -- lightly beaten  
1 1/2 cups brown sugar  
2 cups whole almonds  
1 cup quick cooking oats  
1 cup chocolate chips  
1 cup whole wheat flour  
1/2 cup chopped dates  
1 cup white flour  
1/2 cup chopped dried apricots  
1/2 cup wheat germ  
1/2 cup shredded coconut  
4 teaspoons grated orange peel

## METHOD

1. Preheat oven to 180c. Cream butter with 1 cup brown sugar. Stir in oats, wheat flour, white flour, wheat germ, and orange peel.
2. Press mixture into bottom of an ungreased 9 x 13-inch baking pan. Combine eggs, almonds, chocolate chips, dates, apricots, coconut and remaining 1/2 cup brown sugar. Mix gently, but thoroughly. Pour over butter mixture.
3. Spread evenly. Bake 30-35 minutes and cool before cutting into bars.





# ***CHICKEN NOODLE SOUP***

## INGREDIENTS

1 tablespoon olive oil  
1 large onion diced  
4 cloves garlic minced  
2 large carrots chopped  
1 rib celery chopped  
6 skinless chicken thighs, bone in (or 8 legs)  
2 quarts (litres) chicken stock or broth  
1-2 chicken bouillon cubes, crushed (adjust to your tastes)  
7 oz (200 g) green beans, chopped in thirds  
3/4 cup corn kernels  
4 oz (120 g) baby spinach leaves  
1/2 quart (litre) of water, as needed  
6 oz (200 g) vermicelli or egg noodles (or angel hair pasta)  
Salt and pepper, to taste  
1/4 cup fresh parsley, finely chopped

## METHOD

1. Heat oil in a large pot over medium heat. Cook onion for 2 minutes, then add garlic, celery and carrots; cook for 5 minutes.
2. Add the chicken thighs, broth (stock), crushed bouillon, green beans and corn kernels. Top up with water if needed to cover all of the ingredients.
3. Increase heat and bring to a boil for about 4 minutes. Reduce heat, partially cover the pot with a lid, and allow to simmer for 20 minutes or until the chicken is cooked through.
4. Transfer chicken to a plate and shred the meat; discard the bones.
5. Add the chicken back into the soup along with the noodles. Cover and cook for 6-8 minutes while stirring occasionally to separate noodles.
6. Stir in the spinach leaves and allow to wilt in the soup (about 3 minutes, pressing leaves into the liquid with the tip of a wooden spoon). Mix parsley through. Season with salt and pepper, to taste.



# ***BLACKENED FISH***

## INGREDIENTS

- 1 1/2 cups unsalted butter, melted
- 6 firm fish fillets (about 1/2" to 3/4" thick)
- 3 tablespoons Cajun Blackening Spices

## METHOD

1. Preheat grill with heavy cast-iron skillet in the grill. Get it nice and hot.
2. Reserve 12 tablespoons of melted butter for serving and pour the rest into a shallow dish. Dip each fillet into butter and sprinkle spices on both sides. Place in skillet.
3. Cook for about 2 minutes or until the bottom is almost black but not burned. Flip over. Pour about a teaspoon of butter on the cooked side and continue cooking about 2 minutes or until fillet is finished.
4. Serve immediately with 2 tablespoons of butter for dipping. It's best to cook about 2 fillets at a time.

Tip: Wipe clean the skillet between each batch of fillets and keep the temperature hot.





# ***CAMPFIRE NACHOS***

## INGREDIENTS

- 1 bag corn chips
- 1 x 400 gram can refried beans
- 1 x jar black olives
- 225 grams cheddar cheese, grated
- 2 tomatoes
- 1/2 onion, diced
- 1 x 225 gram jar salsa
- 1 x 400 gram can sweet corn
- 1 x 100 gram jar jalapenos (Only if you enjoy them, remove if you have kids in your camp)

## METHOD

1. Place a layer of chips in the bottom of the cast iron pan, and top them with half of the: beans, olives, cheese, tomatoes, onion, salsa, corn, and jalapenos.
2. Place a second layer of chips on top of the other ingredients, and then top these chips with the remaining ingredients, finishing with the cheese on top.
3. Cover the top of the pan with a sheet of aluminium foil, and carefully place the pan on top of the grate or coals.
4. Let nachos cook, maintaining the hot coals for 10-15 minutes or until the cheese is melted. Move the pan to a heatproof location and allow nachos to cool for a few minutes.





# ***EGGS IN JAIL***

## INGREDIENTS

Thickly sliced bread (brioche bread works well)

Eggs

Butter

## METHOD

1. Butter the bread slices, both sides.
2. Cut a hole in the middle of the bread that can accommodate a cracked egg, about 10cm.

In a greased fry pan, which is already hot and sizzling, place the bread.

3. Put another knob of butter in the hole in the middle of the bread, and then crack 1 egg into the hole.

4. Cook, until the bread, is golden on the bottom, and then CAREFULLY, using a wide spatula, flip egg/bread combo and brown the other side of the bread.

5. Cook your eggs on each depending on how you like them. Season according to your taste.



# ***ONE POT BEEF STROGANOFF***

## INGREDIENTS

- 2 Tbsp extra virgin olive oil
- 600 g beef rump steak, trimmed, thinly sliced
- 1 Large brown onion, halved, cut into thick wedges
- 200 g cup mushrooms, halved
- 2 garlic cloves, crushed
- 1 Tbsp smoked paprika, plus extra to serve
- 2 Tbsp Worcestershire sauce
- 2 Tbsp tomato paste
- 3 Cups Massel beef stock
- 300 g dried angel hair pasta
- 2 zucchini, cut into ribbons
- 2/3 Cup sour cream
- 1/4 Cup chopped fresh flat - leaf parsley, to serve

## METHOD

1. Heat 1/2 the oil in a large saucepan over medium-high heat. Cook beef, in 2 batches, for 4 minutes or until just browned. Transfer to a heatproof bowl.
2. Heat remaining oil in same pan over medium-high heat. Add onion and mushroom. Cook, stirring, for 3 minutes or until onion starts to brown. Add garlic and paprika. Cook, stirring, for 30 seconds or until fragrant. Add Worcestershire sauce and tomato paste. Stir to coat. Add stock and 2 cups water. Bring to the boil. Add pasta. Cook, stirring occasionally, for 5 minutes or until pasta is tender.
3. Return beef to pan with zucchini. Stir. Cook for a further 2 minutes or until heated through. Stir in 1/2 the sour cream. Serve stroganoff topped with remaining sour cream, and sprinkled with parsley and extra paprika.

## Notes:

Use less water - made with less pasta than the recipe called for (250g) and it was watery, Tasted good, zucchini added some texture and taste



# ***CHICKEN STROGANOFF WITH RICE***

## **INGREDIENTS**

2 tbs olive oil  
500 g chicken thigh fillets sliced  
200 g button mushrooms sliced  
2 tbs tomato paste  
2 tsp mild paprika  
2 cups long-grain white rice  
1 Litre Campbell's Real Stock chicken  
400 g green beans \*to serve

## **METHOD**

1. Preheat oven to 200C/180C fan-forced.
2. Heat oil in a large pan over medium-high heat. Cook chicken for 4-5 minutes until browned. Add mushrooms and cook until browned. Add tomato paste and paprika. Cook 1 minute.
3. Add rice and Campbell's Real Chicken Stock. Bring to the boil. Bake, covered for 15-20 minutes





# ***BACON BAKED POTATOES***

## INGREDIENTS

5 lbs round white potatoes  
1 lb thin sliced bacon  
Cheese  
aluminum foil

## METHOD

1. Scrub potatoes in water, poke with a fork. Wrap in one layer of bacon. Wrap in foil, shiny side toward the inside.
2. Lay along the coals of the campfire, turning often with long tongs. Check for doneness by poking with a fork, when fork slides easily into the potatoes, take them out of the fire.
3. Serve with your choice of toppings (I use cheese, lots of cheese lol), and save any leftovers to be reheated for breakfast. Leftovers can be cut up, and mixed with scrambled eggs and cheese for a quick delicious breakfast.



# ***CHEESE STEAK PACKETS***

## INGREDIENTS

4 sheets (12 x 18-inches each) foil  
1 cup shredded Cheddar cheese  
1 pound boneless beef sirloin steak,  
1/2-inch thick  
4 sub or hoagie-style buns  
Salt and pepper  
Ketchup or steak sauce  
2 medium onions, thinly sliced

## METHOD

1. Preheat grill to medium-high. Spray foil with nonstick cooking spray. Cut steak lengthwise in half and then crosswise into 1/8-inch thick strips. Sprinkle steak strips with salt and pepper; set aside.
  2. Center one-fourth of onions on each sheet of foil. Top with steak strips and cheese. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.
  3. Grill 8 to 10 minutes in covered grill. Serve on sliced buns with additional cheese, if desired. Top with ketchup or steak sauce.
- Number of Servings: 4





# ***GREEN BEAN SALAD***

## INGREDIENTS

- 1 lb. fresh green beans, trimmed and sliced into 2" pieces
- 1/2 cup pitted ripe olives, drained and sliced
- 1/3 cup fat-free, non-creamy Italian salad dressing
- 1/2 cup (about 2 oz.) crumbled bleu or feta cheese
- 1/2 - 3/4 cup diced red onion

## METHOD

1. Cook beans until crisp-tender (generally when they turn bright green). Warm Italian salad dressing in microwave about 30 seconds. Toss beans, onion, olives and dressing together. Allow to sit at room temperature about one hour. Pack into zip lock bag.
2. Place cheese into sandwich or snack size zip lock bag and place on top of beans before sealing.
3. Refrigerate or place in camp cooler (depending upon when you make it). Bean mixture can be prepared up to 3 days prior to serving.
4. At campsite, remove cheese bag and pour bean mixture into bowl; toss lightly. Crumble cheese on top and serve. Serves 4-6.





# ***HAM AND CHEDDAR LUNCH BOX MUFFINS***

## INGREDIENTS

1 1/2 cups all-purpose flour  
1/2 cup stone-ground yellow cornmeal  
2 teaspoons baking powder  
1 teaspoon garlic powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/4 cups buttermilk  
2 large eggs  
7 tablespoons unsalted butter, melted and cooled, divided  
1 cup shredded sharp cheddar cheese  
8 ounces thick-cut deli ham (1/2-inch thick), diced  
3 tablespoons finely chopped chives, divided  
Freshly ground black pepper

## METHOD

1. Arrange a rack in the middle of the oven and heat to 190c. Line a standard 12-well muffin pan with papers liners or coat the wells with cooking spray.
2. Whisk together the flour, cornmeal, baking powder, garlic powder, baking soda, and salt in a large bowl. Whisk the buttermilk, eggs, and 5 tablespoons of the butter in a medium bowl until combined. Pour the wet ingredients into the dry, and mix with a wooden spoon or rubber spatula until just combined. Some lumps are fine. Fold in the cheese, all but 1/2 cup of the ham, and 2 tablespoons of the chives.
3. Spoon the batter into the muffin wells, filling each about 3/4 full. Top the muffins with the reserved ham, sprinkle with the remaining chives, and sprinkle with pepper. Top each muffin with 1/2 teaspoon of the remaining melted butter.
4. Bake until the tops just begin to brown and a toothpick inserted in the centre of a muffin comes out clean, 20 to 25 minutes. Cool the muffins in the pan for about 5 minutes, then transfer to a cooling rack to cool completely.



# ***SLOW COOKER POT ROAST***

## INGREDIENTS

- 1 - 2 kg / 2 - 4 lb beef chuck roast / rolled chuck
- Salt and pepper
- 2 tbsp olive oil
- 1 onion (large) , cut into large dice
- 5 garlic cloves , peeled and smashed (Note 2a)
- 5 carrots , peeled and cut into 2.5cm/1" pieces
- 3 celery stalks , cut into 4 cm / 1.5" pieces
- 1 cup / 250 ml dry red wine (or sub with beef broth)
- 3 cups / 750 ml beef broth , salt reduced
- 1/3 cup / 50g flour (plain / all purpose)
- 1 tsp dried rosemary
- 1 1/2 tsp dried thyme
- 750 g - 1 kg / 1.5 - 2 lb potatoes , peeled and cut into 2.5 cm / 1" pieces

## METHOD

1. Pat beef dry with paper towels. Sprinkle generously with salt and pepper all over.
2. Heat oil in a skillet over high heat. Brown aggressively all over - a deep dark brown crust is essential for flavor base! Should take about 7 minutes.
3. Transfer beef to slow cooker.
4. In the same skillet, add onion and garlic. Cook for 2 minutes until onion is browned.
5. Add wine, reduce by half. Transfer to slow cooker.
6. Mix together flour and about 1 cup of the broth. Lumps is fine. Pour into slow cooker.
7. Add remaining broth, carrots, celery, rosemary and thyme into slow cooker.
8. Cover and slow cook on LOW for 5 hours. Or 45 minutes in a pressure cook on HIGH.
9. Add potato, slow cook on LOW for 3 hours. Or 10 minutes in a pressure cooker on HIGH.
10. Remove beef. Rest for 5 minutes, then slice thickly.
11. Adjust salt and pepper of Sauce to taste. Serve beef with vegetables and plenty of sauce!



# ***LEMON BUTTER CHICKEN***

## INGREDIENTS

8 bone-in, skin-on chicken thighs  
1 tablespoon smoked paprika  
Kosher salt and freshly ground black pepper, to taste  
3 tablespoons unsalted butter, divided  
3 cloves garlic, minced 1 cup chicken broth  
1/2 cup heavy cream 1/4 cup  
freshly grated Parmesan  
Juice of 1 lemon  
1 teaspoon dried thyme  
2 cups baby spinach, chopped

## METHOD

1. Preheat oven to 200 degrees c.
2. Season chicken thighs with paprika, salt and pepper, to taste.
3. Melt 2 tablespoons butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; drain excess fat and set aside.
4. Melt remaining tablespoon butter in the skillet. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Stir in chicken broth, heavy cream, Parmesan, lemon juice and thyme. Add extra Veg now. Cook for around 10-12 minutes.
5. Reduce heat, add some corn flour slurry. When the sauce has slightly thickened, about 3-5 minutes. Return chicken to the skillet.
6. Cook for another 10 minutes. Stir in spinach, and simmer until the spinach has wilted.  
Serve with pasta or rice. Or salad.





# ***MOIST MICROWAVE CARROT CAKE***

## INGREDIENTS

1 cup Wholemeal S.R. flour  
3/4 cup Brown Sugar  
2 teaspoon cinnamon  
2 cups Grated Carrot [3-4 Carrots]  
1/2 cup Raisins or sultans  
1/2 cup Oil  
2 eggs

## METHOD

1. Combine flour, sugar, cinnamon, carrot, and raisins in a bowl.
2. Stir in eggs and pour oil into ring pan, cook on med/high 8 min. (depending on Microwave power, you might need to cook for 9 1/2 min) stand for 5 mins, put on rack and cool, top with cream cheese topping.



# ***CHICKEN ROULADE WITH VEGGIES***

## INGREDIENTS

2 tablespoons extra-virgin olive oil plus more for brushing

4 6-8-ounce skinless, boneless chicken breasts, pounded to 1/8-inch thickness

Kosher salt and freshly ground black pepper

4 ounces feta, crumbled

2 tablespoons minced fresh oregano

4 garlic cloves, minced

1/2 teaspoon finely grated lemon zest

1/2 cup dry white wine

1/2 cup low-salt chicken broth

2 tablespoons fresh lemon juice

Lemon wedges

## METHOD

1. Line a baking sheet with waxed paper; brush with oil. Arrange chicken breasts in a single layer on prepared sheet and brush all over with oil. Season with salt and pepper. Sprinkle chicken with feta, oregano, garlic, and lemon zest, dividing evenly and keeping filling away from edges. Beginning at the narrower end of 1 chicken breast, roll up, enclosing filling as you would a jelly roll; tie with kitchen twine at 1" intervals to secure. Repeat with remaining chicken breasts.

2. Preheat oven to 230 c. Heat 2 Tbsp. oil in a large heavy skillet over medium-high heat. Add chicken roulades and cook until brown on all sides, about 10 minutes. Transfer chicken roulades to a small roasting pan and bake until an instant-read thermometer inserted into the thickest part of roulades registers 70 c, 5-7 minutes.

3. Add wine, broth, and lemon juice to skillet; bring to a boil and cook, scraping up any brown bits, until reduced to 1/2 cup, about 5 minutes. Cut strings from roulades and place on plates. Spoon pan juices over; serve lemon wedges alongside for squeezing over.





# ***SUPER MOIST CHOCOLATE CUPCAKES***

## INGREDIENTS

3/4 cup (95g) all-purpose flour (spoon & leveled)  
1/2 cup (42g) unsweetened natural cocoa powder  
3/4 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 large eggs, at room temperature (see tip above)  
1/2 cup (100g) granulated sugar  
1/2 cup (100g) packed light brown sugar  
1/3 cup (80ml) vegetable or canola oil (or melted coconut oil)  
2 teaspoons pure vanilla extract  
1/2 cup (120ml) buttermilk, at room temperature

## METHOD

1. Preheat the oven to 177°C. Line a 12-cup muffin pan with cupcake liners. Line a second pan with 2 liners – this recipe makes about 14 cupcakes. Set aside.
2. Whisk the flour, cocoa powder, baking powder, baking soda, and salt together in a large bowl until thoroughly combined. Set aside. In a medium bowl, whisk the eggs, granulated sugar, brown sugar, oil, and vanilla together until completely smooth. Pour half of the wet ingredients into the dry ingredients. Then half of the buttermilk. Gently whisk for a few seconds. Repeat with the remaining wet ingredients and buttermilk. Stir until *\*just\** combined; do not over mix. The batter will be thin.
3. Pour or spoon the batter into the liners. Fill only halfway (this is imperative! only halfway!) to avoid spilling over the sides or sinking. Bake for 18-21 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool completely before frosting.
4. Frost cooled cupcakes however you'd like. Top with sprinkles, if desired. Store leftovers in the refrigerator for up to 5 days.





# ***BACON AND EGG PIE QUICHE***

## INGREDIENTS

- 6 egg
- 1 cup milk
- 1 cup cheese grated
- 1 1/2 cup bacon rashers diced

## METHOD

1. Preheat oven to 180C.
2. Place 6 eggs and milk into a large jug and whisk. Add bacon/ham.
3. Add grated cheese, season with salt and pepper.
4. Pour into a well greased 12 hole muffin tray.
5. Bake until lightly golden on top.
6. Enjoy!

## DUTCH OVEN QUICHE RECIPE

Pre-heat 12" oven with about ten charcoals underneath. Place three or four bottle caps (or other "spacers") in bottom of oven.

Using a large zip lock back, crack five eggs and place in bag, add 10-12 ounces of your favorite cheese(s). Mix thoroughly in bag. Add seasoning to your taste (minced onion is good). Utilizing ready made pie crust in aluminium pie tin, pour mixture from bag into pie crust about two thirds full.

Bake in oven with about 10 charcoals on top of lid for 10 to 18 minutes.

When quiche has risen and browned, its done. Remove, cut and serve. Makes about two Quiches, 8 slices each!

You can cook bacon or sausage or other ingredients on the lid and add to the mixture to taste.



# ***COWBOY SOUP***

## INGREDIENTS

2 lb Ground Beef  
2 Cans Minestrone Soup  
2 Cans of Diced Tomatoes  
2 Cans Ranch Style Beans  
2 Cans Mixed Veggies

## METHOD

1. Brown Ground Beef and drain.
2. Add Beef and all canned ingredients to large pot and stir.
3. Simmer on low for 20 minutes.



# ***CINNAMON STARS BISCUITS***

## INGREDIENTS

- 2 2/3 cups (300g) finely ground almonds
- 1 tablespoon ground cinnamon
- 1 teaspoon lemon zest
- 3 egg whites
- 1/8 teaspoon salt
- 2 1/2 cups (440g) icing sugar
- 1 3/4 teaspoons lemon juice

## METHOD

1. Stir together the almonds, cinnamon and lemon zest until combined.
2. Beat the egg whites and salt until soft peaks form. Slowly sift in the icing sugar, continuing to beat until the mixture is stiff. Set aside 1/3 cup of the egg white mixture for the glaze. Fold in the almond mixture.
3. Preheat oven to 170 degrees C. Line the baking trays with baking paper.
4. Roll the dough to 6mm thickness on a surface that has been sprinkled with icing sugar. Using a 6cm star cookie cutter, cut out the biscuits and place them on the baking trays.
5. To make the glaze, add the lemon juice to the reserved egg white mixture, stirring until smooth.
6. Brush the tops of the biscuits lightly with the glaze. (If the glaze starts to thicken, add a few more drops of lemon juice.)
7. Bake for 20 to 25 minutes. When done, they will be light brown and soft in the centre. Remove and cool on wire racks.





# ***CHEESY GARLIC PULL-APART BREAD***

## **INGREDIENTS**

### **Bread:**

An unsliced round or oblong crusty bread loaf, such as sourdough, Vienna or Pane di Casa.

1 cup (or more) grated/shredded melting cheese – such as a mix of mozzarella, cheddar and Parmesan. Or try mozzarella, Gruyere or provolone.

### **Garlic Butter Mix:**

½ to 1 cup (250g) butter – melted (you may need more you may need less, depending on the size of the bread loaf).

2-3 cloves of garlic – crushed (or use 2-3 tablespoons tube/jar minced garlic), more or less to taste.

1 tablespoon of fresh parsley – finely chopped

Salt and pepper (to taste)

## **METHOD**

1. Preheat your camp oven to hot, or your home oven to 200°C or 180°C (fan-force).

2. Using a large, sharp, serrated bread knife, cut the bread into a criss-cross (diamond) pattern, about 3-4cm wide, but don't cut all the way through to the bottom of the bread.

4. Place the bread on a large sheet of foil, enough to wrap entirely.

5. In a small bowl, combine the melted butter with the other garlic butter mix ingredients.

Using your fingers or a knife, pry open the cracks in the bread and evenly drizzle the melted garlic butter mix in the cracks.

6. Sprinkle or spoon the grated cheese into the cracks.

7. Cover and enclose the bread with foil.

8. Make sure you have a trivet at the bottom of your camp oven. Place the foil-wrapped-bread on the trivet and cover and bake as detailed – coals top and bottom.

9. Serve straight away.



# ***PARTY SIZED SAUSAGE ROLLS***

## INGREDIENTS

- 1 kg sausage beef mince
- 2 tbs tomato paste
- 2 cups fresh breadcrumbs
- 1/3 cup Worcestershire sauce
- 2 eggs
- 5 sheets puff pastry frozen
- 1 egg \*extra \*to glaze

## METHOD

1. Add sausage mince and breadcrumbs to a mixing bowl and combine with a spoon.
2. Add tomato paste, Worcestershire sauce and eggs to mixture, then mix.
3. Cut each sheet of thawed puff pastry in half.
4. Spread a strip of mixture about 3-4cm in diameter down the middle of each half sheet, lengthwise.
5. Moisten the edges of the pastry with water. Fold one edge of the pastry over the strip of mixture, and then fold the other side over.
6. Cut into 4 pieces (can be frozen at this stage).
7. Glaze with milk or beaten egg and bake at 180C for 15 minutes.





# ***QUICK CAMPING OMELETTES***

## INGREDIENTS

Veggies (green peppers, onion, mushrooms)

Meat (ham, bacon, sausage)

Cheese (shredded - 1/8 cup per person)

Eggs (2 per person)

Milk/cream (1/2 Tablespoon per person)

Butter (1/4 teaspoon per person)

Salt & Pepper

## METHOD

1. Fill a pot 3/4 full of water & put on to boil. Your pot size will be determined by how many people are eating. We use a dutch oven pot to prepare 6-8 omelettes.
  2. Cut up your favorite ingredients, green pepper, onion, mushrooms ham, bacon, sausage (etc) into small pieces. This can be done ahead of time to save on the preparation at your destination. Put all ingredients on the table in bowls.
  3. Give each person a Ziploc sandwich bag and write their name on it with a permanent marker.
  4. Each person goes around the table with their bag & puts whatever ingredients they would like into it, then add the milk, butter, eggs & salt/pepper. "Zip" the bag up , try to get most of the air out of the bag to allow for expansion.
  5. Carefully knead the bag to mix up the ingredients & scramble the eggs. Place the bag into the boiling water for 10 minutes.
- \*\* If you use more than 2 eggs allow an extra 3-4 minutes for cooking time.**





# ***CHIPOTLE CHICKEN BURRITOS***

## INGREDIENTS

1 tablespoon vegetable oil

3/4 cup fresh salsa

1 chipotle chile in adobo sauce, chopped, plus 1 to 2 tablespoons sauce from the can

1 14-ounce can pinto beans, drained and rinsed

1 1/2 cups shredded rotisserie chicken, skin removed

1/4 cup roughly chopped fresh cilantro

Kosher salt

4 burrito-size flour tortillas

1 1/3 cups cooked white rice, warmed

1 1/3 cups shredded cheese (about 5 ounces)

1 1/3 cups shredded lettuce

Guacamole, for serving (optional)

## METHOD

1. Heat the vegetable oil in a medium pot over medium-high heat. Add 1/2 cup of Salsa, the chopped chipotle, and adobo sauce to taste; cook until the mixture starts to sizzle, about 2 minutes. Add the beans and 3/4 cup water; bring to a low boil, then stir in the chicken and cook until the mixture is slightly thickened, about 2 minutes. Stir in the cilantro and season with salt.

2. Heat the tortillas as the label directs. Arrange the rice horizontally in the lower half of each tortilla, leaving a 1 1/2-inch border on all sides. Top evenly with the cheese, chicken mixture, lettuce and the remaining pico de gallo.

3. Fold the bottom edge of each tortilla snugly over the filling, tuck in the sides and roll up tightly. Cut the burritos in half and serve with guacamole.



# ***SALMON TERIYAKI***

## INGREDIENTS

- 1 tablespoon oil
- 4 salmon filets, skinless
- 1 clove garlic, minced
- ½ teaspoon ginger, minced
- ¼ cup low sodium soy sauce (we recommend to use low sodium, regular makes the sauce too salty)
- ⅓ cup water
- 2-3 tablespoons brown sugar (depending on how sweet you like it)
- 1 tablespoon rice wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 tablespoon water
- green onions for garnish, if desired
- sesame seeds for garnish, if desired

## METHOD

1. Add garlic, ginger, soy sauce, ⅓ cup water, brown sugar, rice wine vinegar and sesame oil to a medium bowl.
  2. Add half of the marinade to a zip lock bag and the other half to a small saucepan and set aside.
  3. Place salmon filets in the zip lock bag and marinate for 30 minutes.
  4. Heat oil in a large skillet. Add salmon filets making sure not to overcrowd pan (I had to cook two at a time).
  5. Cook 3-4 minutes on each side until desired.
  6. Meanwhile heat the reserved marinade in the saucepan and bring to a simmer.
  7. Add cornstarch and water to a small bowl and whisk to combine.
  8. Slowly whisk in the cornstarch mixture to the marinade and simmer until thickened.
- Serve immediately with the teriyaki sauce drizzled on top as well as green onions and sesame seeds for garnish, if desired.



# ***ANZAC BISCUITS***

## INGREDIENTS

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125 g butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda

## METHOD

1. Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
2. Melt the butter in a saucepan, then add golden syrup and water.
3. Stir the bicarbonate of soda into the liquid mixture.
4. Add the liquid to the dry ingredients and mix thoroughly.
5. Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
6. The biscuits will harden when cool.





# ***EASY PAVLOVA***

## INGREDIENTS

4 egg whites  
1 1/4 cups (275g) caster sugar  
1 teaspoon vanilla extract  
1 teaspoon lemon juice  
2 teaspoons cornflour  
500ml thickened cream  
1/2 cup blueberries  
1/2 cup Strawberries  
Top with any other fruit you prefer

## METHOD

1. Preheat oven to 150 degrees C. Line a baking tray with baking paper. Draw a 23cm circle on the paper.
2. In a large bowl, beat egg whites until stiff but not dry. Gradually add in the sugar, about 1 tablespoon at a time, beating well after each addition. Beat until thick and glossy. Gently fold in vanilla extract, lemon juice and cornflour.
3. Spoon mixture inside the circle drawn on the baking paper. Working from the center, spread mixture toward the outside edge, building edge slightly. This should leave a slight depression in the center.
4. Bake for 1 hour. Cool on a wire rack.
5. In a small bowl, beat cream until stiff peaks form; set aside. Remove the paper and place pavlova on a flat serving plate. Fill the center of the pavlova with whipped cream and top with fruit of your choice.



# LEMON CAKE

## INGREDIENTS

125 g butter  
185 g sugar  
185 g self-raising flour  
4 tbs milk  
2 eggs large  
2 lemons zested

## SYRUP

6 tbs fresh lemon juice  
6 tbs icing sugar heaped

## METHOD

1. Preheat oven to 160C.
2. Grease and line a loaf tin with baking paper.
3. Cream butter and sugar, beat in eggs.
4. Add flour, lemon rind and milk and mix well.
5. Pour into tin and smooth top.
6. Bake for 30-40 minutes.
7. Syrup: Mix lemon juice and sugar.
8. After removing cake from oven, prick the top with a metal skewer.
9. Pour over the lemon juice while cake is still hot.
10. Leave until cold before removing from tin.

Suggestion: Serve with Vanilla ice cream





# ***PRAWN AND CHILLI RISOTTO***

## INGREDIENTS

40ml butter  
20ml (4 tsp) olive oil  
1 onion, finely chopped  
1 garlic clove, finely chopped  
200g arborio rice  
1,2 litres good quality fish stock, hot  
500g prawns, cleaned and shelled  
2 green chillies, seeded and finely chopped  
salt and freshly ground black pepper, to taste  
250ml (1 cup) fresh cream  
fresh flat-leaf parsley, finely chopped, to garnish

## METHOD

1. Heat the butter and olive oil in a large frying pan and sauté the onion and garlic for 2 minutes.
2. Add the rice and stir to combine with the onion and garlic mixture. Slowly add the fish stock one ladleful at a time, making sure that the liquid has been absorbed before adding the next ladleful of stock. Stir until all the stock has been used and the rice is al dente.
3. Stir through the prawns and chillies and cook until the prawns are heated through, about 10 minutes. Season.
4. Add the cream and heat through. Sprinkle with the parsley and serve hot.



# ***THANK YOU***

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