



ADVENTURE CAMP PRE-CAMP SCOUT PROGRAMME

Date	Programme
W/C 18 th March 2024	Practice tent pitch and strike
W/C 25 th March 2024	Menu Planning Cooking Tips Shopping List
EASTER BREAK	
W/C 15 th April 2024	Stoves
W/C 22 nd April 2024	Cooking a basic meal
W/C 29 th April 2024	Full Kit Inspection of all gear going to camp
Thursday 2nd May 2024	Food Shopping For Camp

If at all possible, we would suggest 1 overnight during the school easter break so scouts attending can get a chance to pitch a tent and cook for them selves.

ADVENTURE CAMP SCOUT MENU PLANNING – HINTS AND TIPS

At Adventure camp you're expected to provide and cook your own food.

Before camp you should:

- spends some time on menu planning with the Scouts that you are going to be cooking with. Agree on items that you ALL like.
- Try cooking the dishes – and eat them to make sure you like them!
 - o Don't bring foods you know you don't like or won't eat.
 - o Make sure you know how to prepare and cook all the food. If you need a recipe make sure you print it (don't rely on having on your phone!). It may be worth writing down the menu and any instructions – and making sure you all have a copy. Remember to take them with you!
 - o Don't rely on one person – they may have to pull out of camp or something happen that means they can't help with the cooking
- Work with your Scout Leaders to make sure you can use the cooking equipment that you plan to take (part of the group kit).

Make sure you eat an evening meal before arriving at the camp on the Friday.

You may want to take a snack for Friday supper time – something easy that does not need cooked as you'll be busy setting up your tents. Maybe something like a cake bar or biscuits

Scouts should take snacks for during activity time.



Things worth noting

- There is no refrigeration and freezer facility
- Cool blocks defrost by day 2
- Storage of food at camp is important. Avoid bringing uncooked meat, if you do need to bring uncooked meat, use it on the Saturday and not leave it to fester until Sunday evening.
- UHT milk will last longer than fresh, especially as the camp will be hot and sunny!

Things to think about

- **Cooking Time** - consider how much patience you have to cook your food - quicker cooking foods tend to be preferred by most.
You **MUST** have breakfast, it will set you up for the day. So if you prefer not to cook in the morning make sure you have a cold alternative. If you are planning to cook – then make sure you get up in time – you’ll need enough time to cook, eat and clean up before flag break.

Meal times can be a quick turnaround, and it’s really easy to get pre-occupied with other stuff. You need to stay focused on preparing your meal and more importantly tidying-up afterwards! Think about this when planning your menu - preparation is the key to making your life easy.

- **Calorie dense** – camping and activities takes a lot of energy, so you need food that can properly refuel you.
- **Lightweight** – keep it as lightweight as possible - you have to carry it. And think about bulk, don’t take a whole box of cereal if there is only two of you! If you need salt or pepper– can you take a small amount in a small container (remember to label it so ALL your group knows what it is!!!)
- **Storage** – Items in cardboard and paper tend to get damp.
- **Do any preparing at home** – do any items need chopped? Could they be prepared at home and put in a box/zip lock bag for example onions or smoked sausage so you just need to throw it in to heat.
- **Pre-cooked meals** – could you pre-cook at home and put into food takeaway boxes. Then they are easy to reheat at camp with limited effort (also avoids raw ingredients, prepping and chopping).
Also, if you **freeze pre-prepped meals** - it slowly defrosts keeping it cool.
If deciding to freeze things - Leave to cool completely then pop in a freezer-proof container, it will keep in the freezer for up to 3 months.
Best to put the container in a food bag so it doesn’t make other items wet as it defrosts. It can be used as the cool block to keep other things cool! BUT make sure it has time to defrost before it needs to be used!!!
- **Smoked sausage makes a great meat** – it’s not raw, doesn’t need refrigerated, Scouts prefer to handle as opposed to raw meat – and it’s safer.



- **Swedish meatballs** is also popular at Scout camp. If you don't have an Ikea locally, Farmfoods do great ones. And the ones Iceland do are a close second.
- Or **bacon cooks quickly** – and if you get lardons then no need to chop
- **Tinned Tuna** is also a great option if everyone likes it – look for ring-pull tins to make opening easier.
- **Microwave rice pouches** can be cooked in a pot (like a boil in the bag).
- **Orzo pasta** is quicker to cook than other pastas, or get **quick cook penne pasta** as opposed to the ones that take longer.
- **Supper noodles are quick to cook** and a good accompaniment or okay if you add other stuff to them – but probably not substantial enough on their own.
- **Take-a-way food** containers are a great way to take food
 - o keeps airtight and dry
 - o can take appropriate size portions
 - o can write instructions on tub
- **Zip-lock bags** are equally good (for the same reasons above)
 - o Can cook food in them (like a boil in the bag)
 - o However, do need a little bit of care to avoid piercing/Bursting (ie standing on!!!)
- **Clearly label containers** - If you put stuff in other containers – remember to clearly label them so everyone knows what's in the container!
- **Bring diluting juice** – make sure you drink plenty throughout the day. A bottle of diluting juice is a great idea to have and can be drunk hot or cold!
- **It's a team effort** - if you're first back from activities can you get on with setting-up and prep. Remember some may be off-site so may return late than others. Don't leave one person to it, everyone should be involved. But you don't all need to stand round a pot and stir – can you split the jobs up! But remember, if you're not cooking, don't wander off, as your food will get cold while everyone else enjoys their nice warm meal. Food gets cold fast outdoors!
- **Measuring stuff** – remember if you need to measure anything out like milk or water – take a measuring jug OR mark measurements on your cup with a sharpie.
- **Snacks for morning Activities** – assuming you have got up early and had an early Breakfast then you are away on activities – it is a good idea to have a mid morning snack – energy bar or fruit is ideal for this.





MENU IDEAS

Breakfast ideas – make sure you have breakfast!

- Cereal can be decanted into smaller boxes – taking large boxes are bulky, they get damp and squashed.
- Cereal bars or things like Frostie cereal bars – avoids bulk and the need for milk
- Go Ahead Yoghurt Breaks
- Kellogg's Rice Krispie Squares Marshmallow
- Instant porridge pots– the Golden Syrup ones are a good option
- Fruit – banana, apple or box pre-prepped fruit
- Chocolate brioche – again avoids bulk, no need for cooking and no milk
- Think if you'll want to make a hot breakfast. If you do keep it simple.
 - o Omelette in a Ziplock bag - <https://www.allrecipes.com/recipe/85107/omelet-in-a-bag/>
 - o Bacon cooks quicker than sausages
- if you prefer not to cook then cold meat or a jam sandwich/croissants

Lunch ideas

Lunch must be planned as a packed lunch.

Wraps and pitta breads are less likely to get squashed and not so bulky to carry as bread

- Cold sausage rolls, pies or pork pies
- Cup-a-soups are handy to have just in case it's been a cold day.
- Peperami sticks
- Cheesestring Attack A Snack boxes / Dairy Lea Lunchables / Dairy Lea dunkers
- Cold pasta pot - either ones you buy in the supermarket, or you could cook and prepare one at home and take it with you.
- High energy snacks – such as protein bars, mini bags of trail Mix, Nuts, Dried Fruit
- Haribo Gummy sweets and Jelly Beans, wine gums are all good picks for sugar. But remember not too many sweets!!!
- Soreen Malt – individual lunchbox packs / or cake bar
- Jelly or Jelly and fruit pots
- Fruit / Crisps / Biscuits

Dinner ideas

- Filled pasta works well - doesn't take long to cook (3-5 mins to cook)
 - o Once drained can add the pasta sauce to pan to heat and then add the pasta back into pan – SO ONLY NEED ONE PAN!
- Swedish meatballs, tomato sauce and pasta (quick cook penne) – and some grated cheese if you like
- Pasta, smoked sausage and sauce
- Pasta with tuna and sweetcorn
- Cheesy pasta is a great option – and you can even add stuff to it like ham or smoked sausage or veggies
- Super noodle Ramen



- Put the noodles in a large pan, add 300ml boiling water and bring to a gentle simmer.
 - Add flavour sachet, reduce heat
 - Add handful of stir fry veg (the bags you get in supermarkets – choose your preference – or make your own)
 - Add 1 tbsp soy sauce (take a small amount in a little tub clearly ladled)
 - You can finish off with a drizzle of sriracha, chilli flakes or a squeeze of lime
 - If you want to be really sophisticated boil an egg – half it and serve on top
- Pre-cooked meals at home that are easy to reheat, such as:
- Curry – with rice pouches or serve with Nan breads OR Poppadoms instead
 - Spaghetti Bolognese – with quick cook pasta
 - Chilli - served with rice pouches
 - OR serve with Nacho crisps – and you can even take some grated cheese
 - Sausage casserole
 - There are loads to choose from and depends on how you like it. Do you like it with onions and gravy, or tomato and bean?
 - If you like beans - a sausage cassoulet type thing is handy – as it can all be cooked in one pot and no need to cook a separate accompaniment
 - Sweet and sour with egg or rice noodles (noodles cook quickly)
 - Mac and cheese
 - make the cheese sauce at home and freeze
 - cook pasta at camp – drain
 - heat cheese sauce, add smoked sausage (if you like), add pasta back into sauce
- Frying pan pizza - <https://www.youtube.com/watch?v=SFjeyf1dXN0>
- You can use tomato puree as your base OR if you prefer you can make a fancy pizza topping at home and take in a small tub – add herbs, garlic paste, olive oil to tomato puree and mix
 - You can add any whatever ingredients you like such as ham, sweetcorn, onions – to make it easier you can prepare the toppings at home and take in food bag (when I do this I put all the toppings (not the cheese) in one bag)

Dessert ideas

- Cake or fruit pies and custard - Lyle's Golden Syrup Cake is always a hit!
- Banana (or any other fruit) and custard
- Rice pudding or custard pots – can eat cold or hot (you even get instant custard you just add water too if you want to go really lightweight)



RECIPE IDEAS AND ADAPTING THEM TO SUIT

You'll find lots of simple recipes online – take a look to find one that suits you and your groups tastes.

You can adapt recipes to your preference. For example, spaghetti Bolognese if you like mushrooms and other veg add them in, if not keep it simple with mince and sauce! Or if you're vegetarian just use vegetables or Quorn mince.

Here's an example recipe for spaghetti Bolognese, you'll see how it can be adapted to make it easy by using a jar or packet mix or if you are a budding chef why not try the sauce from scratch. It can also be adapted depending on what you like – add all, some or none of the veg. And if you are a vegetarian or vegan swap out the mince.

Spaghetti Bolognese

Make the Bolognese at home or as a program night at Scouts **before camp**.

Ingredients – this serves 4

- 2 tbsp oil
- 400g/14oz beef mince (or Quorn mince or miss out the mince and add some more veg!)
- 1 onion, diced

- Add additional veg as per your preference:
 - 100g/3½oz carrot, grated
 - 75g mushrooms
 - 1 courgette
 - 1 pepper

- 1 Jar of Bolognese sauce or make your own sauce.
If making your own sauce:
 - 2 garlic cloves, chopped or 2tsp garlic puree
 - 2 x 400g tin **chopped** tomatoes (careful not to buy plumed – but if you do just chop into small pieces!)
 - 2 tsp dried oregano or 2 tsp dried mixed herbs
 - 1 tsp caster sugar
 - 1 tsp salt
 - 400ml/14fl oz stock (made from stock cube. Ideally beef, but any will do)
 - 2 tbsp tomato purée
 - salt and pepper

- 400g/14oz dried spaghetti – or other pasta – quick cook Penne is a good idea, quicker to cook and easier to eat

Method

1. Heat a large saucepan over a medium heat.
2. Add a tablespoon of oil
3. Once the oil is hot add the mince
4. Cook the mince until it's starting to brown, but you can still see some pink (not fully cooked)
5. Add the onions
6. Once the mince is browned and the onions softened and translucent (be careful not to burn the mince. It just needs to be a dark brown colour)



7. If adding veg, add the grated carrot, mushrooms, courgette and cook for another 2 minutes.
8. If using a jar of sauce – Add in the sauce, when it starts to bubble, turn the heat down and let it simmer for about 15-20 minutes until the mince is cooked through

If cooking your own sauce:

- Add the garlic and cook for another 2 minutes.
- Add the tinned tomatoes
- Add the oregano (or mixed herbs), salt and sugar and stir well to mix.
- Pour in the stock – stir well to mix
- Bring to the boil and then reduce the temperature to simmer gently (bubbling gently, just below boiling) for 45 minutes, or until the sauce is thick and rich.
- Add tomato puree – this will thicken the sauce, if you don't like a thick sauce you don't have to add it all
- Taste and adjust the seasoning (salt and pepper) as necessary.

Recipe Tip

This Bolognese sauce must be cooked in advance and frozen.

Leave to cool completely then pop in a freezer-proof container, it will keep in the freezer for up to 3 months.

9. When at camp – add the Bolognese to a pan and heat over a medium heat. It will take approx. 10-15 mins. Make sure it's piping hot all the way through.
10. Cooking your pasta:
 - At the same time add enough water to your pan to boil your pasta. Remember you only need enough water to boil your pasta so don't spend time boiling too much water!
 - Add a pinch of salt to your water.
 - Cook according to the packet instructions.
 - Once the pasta is cooked through, drain

To serve, put the pasta onto plates, add the Bolognese on top AND for some luxury add some grated cheese!