

OUCC Expedition Recipe Book

1 Introduction

This booklet contains a few recipes for use on expedition. It is aimed both at the inexperienced cook, to allow them to produce a reasonable meal, and at the more experienced, looking for more recipe ideas.

Remember that if you are guarding camp while others are caving, it is your responsibility to make sure there is some food ready for them when they return: they will not be pleased to get back after a 20 hour epic to find no food.

In each section, the recipes are arranged in increasing order of difficulty. But first, a few words about hygiene and nutrition: please read these as they are important.

Nutrition

Make sure that you are eating a reasonably balanced diet, with at least one proper meal a day. You should eat plenty of fresh fruit and vegetables. You should also make sure you are getting of protein: your main meal should contain a pulse (beans, chick peas, lentils, etc.) and a grain (rice, pasta, bread, etc.).

Don't neglect liquid: it is easy to get dehydrated in the Spanish sun. Drink plenty of boiled and/or sterilized water. If you're feeling dehydrated, have some Rehydrat or make your own: 1 teaspoon salt and 1 dessertspoon sugar in a cup of water (this tastes nicer than it sounds).

Hygiene

To avoid poisoning the people you are supposed to be feeding, take the obvious hygiene precautions. Wash your hands in disinfectant before starting to cook. Make sure all the implements are clean. Wash vegetables before starting to cook. At Top Camp, boil or sterilize all drinking water. Keep food covered. If reheating food, make sure it boils for a couple of minutes to kill off any bugs. Keep milk out of the sun.

2 Main courses

Basic cavers' stew

Cook the beans as below. Select some vegetables: allow $\frac{1}{2}$ onion, and 1–2 cloves garlic, and either 2 potatoes or 2 courgettes or 3 peppers or 1 aubergine or $\frac{2}{3}$ cauliflower or a similar amount of other vegetables per person. It is better to cook too much than too little. Restrict yourself to about 3 different vegetables, otherwise they will become indistinguishable. Chop onions. Peel garlic cloves and chop off the ends, then chop finely or crush. Scrub or peel, and chop potatoes into 1.5cm dice. Wash and slice courgettes into 1cm slices. Wash and cut peppers into 2cm squares or thin strips. Wash and dice aubergine into 2cm dice, then sprinkle with salt and leave for 30 minutes; then rinse and pat dry. Wash and cut cauliflower into separate florets.

Heat some oil in the bottom of a large pan and then fry the onions. Add the garlic and potatoes after a minute. When the onions start getting soft, add the rest of the veg. Continue to fry, stirring occasionally, until the veg starts to soften. Add about a cup of water (less for fewer people), put on a lid, and bring to the boil. Add some seasoning, allow 1 teaspoon herbs or 1 teaspoon mild spices, or $\frac{1}{2}$ teaspoon chilli-like spices per person: do not add too much spice as

you will spoil it. Turn down the heat and simmer gently, stirring occasionally. Meanwhile, get the rice or pasta going (see below). When the veg is cooked (test one bit of each vegetable), add some cans of tomatoes (about one can per four people) and the beans. If the stew is too runny then thicken it with one or more packets of sauce mix, or some packets of soup, or a few tablespoons of flour (mix in some water before adding to the stew). Bring back to the boil and simmer for a couple of minutes. Then eat.

Beans, rice and pasta

Allow $\frac{1}{2}$ handful beans per person. Beans need to be soaked before cooking. The best way to do this is to put them into a pressure cooker with enough water to cover them by 3cm, and leave them for at least 6 hours. If you forget to do this in advance, cover the beans with water as above, put the pan on a stove and bring them up to full pressure (when steam starts to come out from under the weight); then turn off the stove and leave them to soak for one hour. Once the beans have soaked you can cook them: bring them up to pressure (when steam starts to come out from under the weight), and then turn down the heat and continue to cook them (steam should continue to come out from under the weight); cook black beans at pressure for 8 minutes, kidney beans for 10 minutes, chick peas for 20 minutes. Then remove from the heat and wait for them to cool down; when the indicator goes down, the pan is ready to open. If you are in a hurry, you can cool the pan down by putting it *carefully* into a bowl of water, but this may cause the beans' skins to burst.

Lentils are done similarly, but don't need to be soaked, and require lots of water (at least three times the volume of the lentils). Pressure cook for 2–3 minutes.

For rice: allow $\frac{1}{2}$ cup rice, 1 cup water, $\frac{1}{3}$ teaspoon salt per person; put in a pan, bring to the boil, stir once, and cook for about 10 minutes without stirring (stirring will knock the starch off the grains and make it go sticky); all the water should be absorbed, but if it isn't, drain through a colander.

For pasta: allow 100g pasta per person; bring a large pan of water with 1 teaspoon salt to the boil; add pasta and cook for 8–10 minutes, uncovered, stirring occasionally; drain through a colander; don't try cooking more than about 500g pasta in a pressure cooker in one go, because it won't fit.

Soup and pasta

This is a good meal for a couple of people if you don't feel like cooking, but do make sure you have at least one proper meal each day. Cook the pasta as above, then add a packet soup and cook as per the instructions, adding more water if necessary.

Chips

Scrub and thinly slice the potatoes. Put about 5cm of oil in a pan and heat. Add one bit of potato to test if it's hot enough: the oil should bubble round the potato. When it's hot enough, add a handful of potato and fry, stirring occasionally, until done.

Lentil burgers

Cook lentils as above, allowing $\frac{1}{2}$ lentils per person: they should be quite soft. Meanwhile, fry a finely chopped onion and, optionally, a finely chopped pepper. Drain the lentils, add the onions and peppers, and mix well, mashing the lentils slightly. Add enough flour to make the mixture

stiff enough to hold together: this is about $\frac{1}{2}$ dessertspoon per person. Add a few spices and some tomato purée, and mix well. If it is too dry, add a little water to make it stick together. Form into small burgers and fry gently, a few at a time. Serve with a tomatoey sauce, or in buns with mustard.

Bean burgers are made in the same way, but with beans.

3 Sweet things

Flapjack

For 4 people, melt one rounded dessertspoon marg in a frying pan, add a similar amount of syrup, and stir until dissolved. Then add some Mornflakes; you need more than you think—a good mug full; the mixture should be quite thick. Squash the mixture down in the pan, and continue to cook over a gentle flame for a few minutes. Then remove from the heat, cut into pieces, and allow to cool.

Pancakes

Put about three heaped dessertspoons of flour into a bowl. Add an egg and mix. Add about a mugful of milk, a little at a time, mixing to get rid of all the lumps. Beat well. Heat some oil in a pan. Add just enough batter to cover the bottom. Fry gently for a few minutes and then toss on turn with a fish slice and fry the other side. Serve with lemon and sugar or jam.

Porridge

Allow $\frac{1}{2}$ cup Mornflakes, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup milk and $\frac{1}{4}$ teaspoon salt per person. Put into a pan, bring to the boil and simmer for about one minute until thick. Serve with milk and sugar or syrup.

Rice pudding

Cook rice as above, allowing a little extra water. When cooked, add milk powder or milk to give a nice consistency, and sugar to taste.