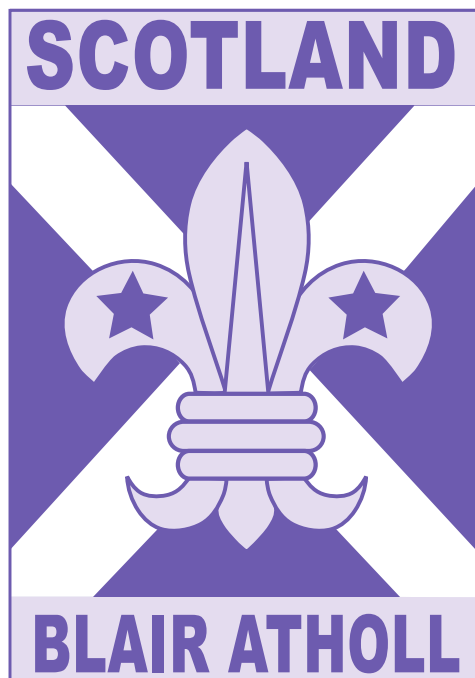


# CAMP MENU



# 2018

# General Notes on Patrol self catering at Blair Atholl

Our aim is to make you feel as much at home as possible during your stay on camp. Some simple rules need to be observed so that we can all enjoy ourselves safely.

## Collections

You collect your food twice daily at the following times **07.40 and 16.40**.

- QM will provide you with plastic boxes to carry your provisions.
- You should keep these clean as they are used to carry your food supplies.
- Please remember to bring back your empty boxes each time you visit otherwise you will be sent back to collect them before we give out the full boxes.
- When collecting you will need to send two patrol members. **One of the two people should ideally be your patrol QM.**

## Cleanliness

- Personal hygiene, hot water and keeping your site clean are **ESSENTIAL!!**
- One of your patrol will be required to attend a short food hygiene course which will cover all aspects of Blair Atholl patrol catering. This person should be designated your Patrol QM.
- Your kitchen store **MUST** be kept clean and tidy. If you have any surplus **UNOPENED** food from a meal please hand it to your subcamp staff or bring it back to us at next issue. (QM will not reuse any food you return if it has been **OPENED**.)
- You will need to keep your dining shelter surfaces clean using hot water and the anti-bacterial cleaner. Don't leave scraps of food on the table or on the ground or you will be woken very early by scavenging gulls.
- All dairy products and any perishable products you may have should be kept in a cool box or in cold water.
- Use the containers you brought from home to keep food in and keep the lids sealed.

## Menu

- On the following pages you will find the menu diary for the camp. There are some hints and tips and recipes for you to follow for different mealtimes. If you spend some time following these recipes you will find your mealtimes more enjoyable and filling. However if you feel you can make better use of the ingredients you are given please feel free to experiment. Although if you spoil the food you have, we don't carry enough stock to resupply you.

- Please try to sit down as a whole patrol when possible for meals. It's far more sociable and you will get to know one another better.
- You will notice that lunch and supper are missing.
- If you are off site all day, lunch will be provided by the activity leaders, you will however need your water bottle with you.
- If you are on site for lunch, this will be provided by your subcamp staff.
- Supper is provided centrally from your subcamp marquee at a time set by your subcamp team.
- Where you find (v) this means that ingredient is a vegetarian replacement.
- Where you see (GF) this means an ingredient is Gluten Free.

## Stock Items

- You will be given the following stock items at the start of the camp.

<b>Stock Items</b>			
<b>J Cloths</b>	<b>Clingfilm</b>	<b>Cooking Oil</b>	<b>Matches</b>
<b>Firelighters</b>	<b>Scourers</b>	<b>Tinfoil</b>	<b>Brillo Pads</b>
<b>Tomato Sauce</b>	<b>Brown Sauce</b>	<b>Sugar</b>	<b>Coffee</b>
<b>Jam</b>	<b>Pepper</b>	<b>Salt</b>	
<b>Anti-Bac Cleaner</b>	<b>Handwash</b>	<b>Diluting Juice</b>	<b>Washing up Liquid</b>

- Extra stock items should be requested at issue time. You have this booklet so plan ahead for each meal and ask for any extra items you may need. Please remember that QM can be very busy and we may not have time to deal with your requests outwith issue times.
- Please only ask for these items if you require them.
- Some items will be available from subcamp leaders, these are; tea, hot chocolate, cup a soups and bin bags.
- Anti-bac, handwash, diluting juice and washing up liquid will also be available from your subcamp leaders. Do not throw out your initial bottles as you can then refill them as you need it.

# IMPORTANT INFORMATION

- Monday 16th** Welcome to BA 2018. Your first stock issue is tonight at 16:40. Dinner will be provided centrally by your subcamp staff.
- Tuesday 17th** Your overseas guests arrive today. Make sure and remember to cook enough for dinner as they will be joining you this evening.
- Wednesday 28th** Activities start today so remember and leave yourself enough time to make breakfast. You need a good start to the day today!!! Also Camp dinner is tonight - see page 9.
- Saturday 21st** VISITORS DAY!!!! Remember the Country Fair is also today and I hope your stand is ready. Dinner will be issued with your breakfast provisions **Please advise your subcamp leaders if you are staying in or going out so they know if you need fed.**
- Sunday 22nd** **Subcamp Sunday.** You will spend the majority of the day on or around your subcamp. There is no evening collection today. Dinner will be delivered to your subcamp and you will be joined by the staff team for dinner.
- Tuesday 24th** Start trying to use up any open stock items you have left over.
- Wednesday 25th** **Burns Supper.** Catering together in your subcamps.
- Thursday 26th** Dinner will be provided centrally. Please throw out all left over, opened or perishable food tonight.

# BREAKFAST IDEAS

You will get a mixture of hot and cold breakfasts throughout Blair Atholl 2018. The following pages will provide you with a selection of ideas for variety each morning.

## Cereal

Cereal will be available every morning. If you run out let us know at morning collection and we will supply your patrol with more.



## Croissants

Croissants can be eaten hot or cold. If you wish to heat them, cut the croissant up and toast them on a dry frying pan. Jam or cream cheese is optional.



## Bacon / Sausage Rolls

Pretty straightforward cook the bacon or sausages. Place on a buttered roll. Serve with sauce if required. SIMPLE!!



# EGGS

You will be given eggs every second morning to go with your cooked breakfast, try mixing things up with this selection of methods to prepare them!!

## Fried Eggs

Heat up a little oil in a frying pan then crack the eggs gently into the hot oil. Cook to your liking, either runny, sunnyside up or turn them over halfway through for a hard egg.

## Poached Eggs

Bring a small pan of water to the boil. Then with a fork create a whirlpool in the water. Into this crack an egg and cook for 4-5 mins then carefully remove.

Delicious with crispy bacon!!!

## Boiled Eggs

Place the number of eggs required into a pan and cover with cold water to about 2cm above the top of the eggs. Then place on the fire and heat until the water boils. At this point check the time. If you want soft eggs cook for a further four mins or for hard eggs cook for seven mins.

ENJOY!!!



# Scrambled Eggs

Serves 3

## Ingredients

4 eggs

150ml of milk

Large knob of marg

Salt and Pepper



1. In a bowl whisk the eggs, milk and salt.
2. Melt the butter in a pot (gentle heat).
3. Add the egg mix and stir until firm.

**TRY**

## Blair Atholl Top Tip

Always use a wooden spoon for best results. Don't over-stir - think of this as folded eggs rather than scrambled. Also try adding some crispy fried bacon chopped up and stirred through to make it different.

## MAIN MEALS

Tuesday 17th July 2018

### Orzo Pasta with Peas and Pancetta

#### Ingredients

Orzo pasta

Diced pancetta

Oil

Garlic puree

Frozen peas

Butter (4 tbs.)

Parmesan cheese

Peppers (v)

Mushrooms (v)



1. Place a large pot of boiling water on the fire, make sure to add salt.
2. Add the pasta, stir frequently until soft.
3. In a hot frying pan, add the oil, butter, garlic and pancetta, once cooked add the peas. Add salt and pepper to taste.
4. Drain the water off the pasta, pour the frying pan mix into the pasta along with the parmesan cheese.

**Vegetarian Option:** Replace pancetta with peppers and mushrooms.

**TRY**

### Blair Atholl Top Tip

Remember to read through the complete recipe first before starting as you may need to do some prep before getting started.



# Wednesday 18th July 2018

## Camp Dinner

**Starter – Soup**

**Main – ‘Traditional’ Mince  
and Tatties**

**Dessert – Iced Buns**



You will have four or five members of the staff team eating with you tonight. Plastic cutlery and plates will be provided for you and your guests. Please do not use these for serving or you will have nothing to eat from. Please follow the instructions on the soup for the starter.

## Mince and Tatties

1. Cut potatoes into two pieces, place in a pot with salt and cold water, boil until soft.
2. Heat a little oil in a pan and fry the diced onion until soft, add the mince and cook until brown, keep stirring.
3. Wash, peel and slice the carrots, then re-wash them. Add to the mince and cover with cold water, leave to simmer.
4. Add the gravy granules (GF), leave to simmer for 30 mins. Add more gravy granules as necessary.
5. Serve the mince with boiled potatoes.

**Vegetarian Option:** Replace mince with Quorn mince.

**TRY**

### Blair Atholl Top Tip

Traditionally this is served with mashed potatoes. If you wish to try this mash your boiled potatoes together with some marg. You can get this from your subcamp leaders.

# Thursday 19th July 2018

## Chicken Curry

### Ingredients

Cooked chicken cubes  
Boil in the bag rice (GF)  
Carrots  
Peas  
Mushrooms  
Onions  
Curry sauce mix (V, GF)  
Chick peas (V)  
Potato (V, GF)  
Veg stock cube (V, GF)



1. Put on a pot of water, add salt and bring to the boil.
2. Add the rice, cook slowly (around 15 minutes-ish) until soft.
3. In a large pot heat oil, add chicken and onions then brown.
4. Add 500ml of boiling water to the pot and add stock cubes.
5. Add the vegetables and curry sauce, add a lid and cook for 20 minutes.

**Vegetarian Option:** Use the additional veg and chick peas instead of chicken.

**TRY**

### Blair Atholl Top Tip

Remember to double check the instructions on the rice. If it is overcooked it will become sticky and tasteless!!!!

# Friday 20th July 2018

## Beef Stir Fry

### Ingredients

Stir fry pork steak

Noodles

Stir fry mixed vegetables

Mangetout and Babycorn

Mushrooms

Stir fry sauce



1. Boil a pot of water with salt for the noodles.
2. In a frying pan with hot oil, fry the pork strips, add the vegetables and keep moving for four minutes.
3. Add the stir fry sauce.
4. Place the noodles into the boiling water and cook until soft.
5. Serve the stir fry on a bed of noodles.

**TRY**

## Blair Atholl Top Dessert Tip

### Chocolate Bananas

1. Slice banana lengthways
2. Stuff with buttons (make sure everyone gets some)
3. Wrap in foil and stick on embers

**Saturday 21st July 2018**

## **Tomato and Smoked Sausage Pasta**

### **Ingredients**

**Pasta**

**Smoked sausage**

**Garlic powder**

**Chopped onion**

**Tomato puree**

**Chopped tomatoes**

**Stock cubes (GF, V)**

**Oregano**

**Grated cheese**



1. Boil a pot of water with salt and add the pasta.
2. Slice the smoked sausage into discs.
3. Lightly fry the chopped onion, add the smoked sausage discs and heat through.
4. Add the tinned tomatoes, tomato puree, garlic powder, herbs and stock cubes, simmer.
5. Add additional hot water if required.
6. Drain the cooked pasta and add the sauce mix, add salt if needed.

**Vegetarian Option:** Miss out the smoked sausage

**Gluten Free:** Alternative pasta will be provided

**TRY**

### **Blair Atholl Top Tip**

Grated cheese is available from your subcamp so you can top off the pasta once it has been served onto your plate.

# Monday 23rd July 2018

## Chilli and Rice

### Ingredients

Mince veg stock cubes (GF, V)

Diced onions

Tin of chopped tomatoes

Diced red pepper red kidney beans

Garlic puree boil in the bag rice

Chilli powder sugar

Tomato puree sour cream

Cheddar cheese



1. Large pot boiling salted water, cook rice until soft. (15 minutes-ish)
2. Prepare your vegetables.
3. In a pan, add oil, heat, then add the onions, garlic and chilli, cook until soft.
4. Add the meat to the pan, using a wooden spoon to break up the meat, cook this until it is brown.
5. Add the tomato puree, sugar, tinned tomatoes and red peppers.
6. Add 900ml hot water and the stock cubes, leave to simmer, stir frequently.
7. Drain, wash kidney beans and add to pot. (Add water if needed).
8. Add salt to chilli if needed.
9. Serve with sour cream, grated cheese and the boiled rice.

**Vegetarian Option:** Use Refried beans and baked beans instead of mince to make a three bean chilli.

# Tuesday 24th July 2018

## Spaghetti Carbonara



### Ingredients

Spaghetti

Diced bacon

Philadelphia

Eggs (yokes only)

Parmesan

Veg stock cubes (GF,V)

Spinach (V)

Peas (V)

1. Boil a pot of salted water, add the pasta, cook until soft.
2. In a frying pan add oil, heat, add bacon and cook.
3. Veg stock, 600ml water and follow the packet instructions.
4. Two small bowls, crack egg into your hand, whites into one bowl yokes into another. (Bin the whites)
5. Whisk the yokes together with the Philadelphia cheese.
6. Drain the pasta.
7. Add the veg stock to the bacon pan, pour into the pasta and mix together.
8. Add the Philadelphia egg mixture to the pot and stir through.
9. Check for salt.
10. Top with Parmesan cheese.

**Vegetarian Option:** Use peas and spinach instead of the chopped bacon

**TRY**

### Blair Atholl Top Tip

Make sure the pasta is hot when mixing the Philadelphia cheese and eggs together as the heat from the pasta will cook the eggs.

Blue – Issued by your subcamp leaders	Monday 16th	Tuesday 17th	Wednesday 18th
Breakfast	N / A	Fruit juice, cereal, yoghurts, bread croissants, jam, cream cheese	Fruit juice, cereal, sausage and egg rolls
Lunch	N / A	Self / catered (s/c) Buffet Style (bread)	s/c Buffet Style (wraps)
Dinner – Main	Pies, beans and mash	Orzo pasta with peas and pancetta	Fruit juice, soup, mince and tatties
Dinner – Sweet	Swiss roll and custard	Angel delight and tinned fruit	Iced buns
Supper	Shortbread and biscuits	Victoria Sponge	Biscuits and cheese

Blue – Issued by your subcamp leaders	Thursday 19th	Friday 20th	Saturday 21st
Breakfast	Fruit juice, cereal, yoghurts, bread croissants, jam, cream cheese	Fruit juice, cereal, bacon and egg rolls	Fruit juice, cereal, yoghurts, bread croissants, jam, cream cheese
Lunch	s/c Buffet Style (bread)	s/c Buffet Style (wraps)	s/c Buffet Style (bread)
Dinner – Main	Curry and rice	Pork and/or Veg Stir Fry and noodles	Tomato and smoked sausage pasta
Dinner – Sweet	Apple pie and cream	Chocolate bananas	Rice pudding and peaches
Supper	Hotdogs	Shortbread and biscuits	Victoria Sponge

Blue – Issued by your subcamp leaders	Sunday 22nd	Monday 23rd	Tuesday 24th
Breakfast	Fruit juice, cereal, potato scone, sausage and egg rolls	Fruit juice, cereal, yoghurts, bread croissants, jam, cream cheese	Fruit juice, cereal, bacon and egg rolls
Lunch	s/c Buffet Style (wraps)	s/c Buffet Style (bread)	s/c Buffet Style (wraps)
Dinner – Main	Subcamp BBQ and buffet	Chilli and rice	Spaghetti Carbonara
Dinner – Sweet	Iced buns	Swiss roll and custard	Angel delight and peach slices
Supper	Biscuits and cheese	Hotdogs	Shortbread and biscuits

Blue – Issued by your subcamp leaders	Wednesday 25th	Thursday 26th	Friday 27th
Breakfast	Fruit juice, cereal, yoghurts, bread croissants, jam, cream cheese	Fruit juice, cereal, sausage and egg rolls	Fruit juice, cereal, yoghurts, bread croissants, jam, cream cheese
Lunch	s/c Buffet Style (bread)	s/c Buffet Style (wraps)	Packed lunches
Dinner – Main	Vegetable soup, Haggis, Neeps and Tatties	Chinese Meal with noodles	N / A
Dinner – Sweet	Pot trifles	Apple pie and cream	N / A
Supper	Victoria sponge	Biscuits and cheese	N / A