



Recipe Book



One Book for all Winter Parties



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Acronyms

DF Dairy Free

GF Gluten Free

QM Quarter Master

TVP Texturised Vegetable Protein

Units

G Grams

KG Kilograms

L Litre

ML Millilitre

Tbsp Tablespoon

Tsp Teaspoon

There are 1000mls in 1 litre

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Quartermaster's Notes

- Welcome to the Most Important Job on a Winter Party!
- We hope you had an enjoyable ski into the chalet and that all the participants and fresh food they carried made it safely into the chalet.
- It is now important that (if you have not already done so) you collect all the fresh food from the participants NOW and that you put it away in a manner that will make your job as easy as possible for the coming week.
- Below is a suggested organisation method that you may use - of course if you have a better idea or something that make more sense to you – go for it, these are only guidelines.
- N.B. These guidelines are taken from the menu as written, if you swap meals, or use different recipes, you will need to allow for that.

Fresh Fruit & Vegetables

Produce	No. of meals	Meal	Our suggestion is to use the white baskets on the fresh food pantry. Designate 1 basket per day & divide the food according to the menu. It's a bit of work at the start of the week but will make the rest of the week much easier!
Zucchini	3	Sun/Din, Mon/Din, Fri/Din	
Carrot	4	Sat/Din, Sun/Din, Thur/Din, Fri/Din	
Onions	3*	Sat/Din, Sun/Din, Thur/Din	
Broccoli	1	Wednesday Dinner	
Cauliflower	1	Thursday Dinner	
Pumpkin	2	Sunday/Dinner & Thursday/Dinner	
Eggplant	1	Sunday Dinner	
Capsicum	3	Sat/Din, Sun/Din, Thurs/DIPS	
Celery	3	Mon/Din, Thurs/DIPS, Fri/Din	
Spring Onion	2	Sat/Din, Sun/Din	
Asian Greens	1	Saturday Dinner	

* Onions can be spread over other days in place of dried onions.

+ Use up any remaining fresh vegetables in Friday night's meal

Meat

We recommend that you identify and label meat before storage.

Rump Steak and Stewing Steaks look very similar when frozen.

Day	Meat needed	Storage Suggestion
Every touring lunch	Ham & Salami	Both in the kitchen fridge
Saturday	Chicken Fillets	Kitchen fridge
Sunday	Roast Beef	Fresh pantry fridge
Monday	Vegetarian	NA
Tuesday	Stewing Steak	Fresh pantry fridge
Wednesday	Rump Steak & Bacon	Fresh pantry fridge
Thursday	Roast Lamb, Bacon & Sausages	Fresh pantry fridge
Friday	Vegetarian	NA

Quartermaster's Notes cont'

Soups

- Soups play an important nutritious role in our menu. They're not optional.
- Many dinners have soups to be prepared from scratch. Whilst these can be substituted with condensed tinned soups, there are limited flavours available. (This can save time if the party has been out all day!)

Other

- There are many ingredients at the Chalet that are not listed in the menu. These ingredients are listed on page 65. This includes herbs and spices.
- Be mindful of how many extra ingredients you use – stock in the bulk pantry must last the entire season!
- We recommend that you stock the day pantry & kitchen fridge during duties time after breakfast for the next duty rotation. (Cooks should be preparing take out lunches at this time using what you put in the fridge yesterday).
- Make sure to refrigerate leftovers – **do not** place it in the snow overnight as this attracts animals. You can use the snow to cool down food rapidly.

Dietary requirements

- We ask that all dietary requirements are listed on the fridge to ensure that everyone is catered for.
- For complex dietary requirements, we suggest that you take the person with the dietary requirement into the bulk pantry so that they can see what is available to them.
- We have a number of new dietary items in the drawers in the BIG pantry.

Menu quantities

- After Saturday dinner, assess whether you need to increase or decrease portions
 - All main recipes are written for 10.
 - If you have a lot of big eaters, increase the portions where possible (eg. From 20 person recipe to 25 person recipe).
 - If you have a lot of small eaters, reduce the portions slightly – you don't want excessive leftovers .
- If you have hungry people, consider whether they're eating the full 3 course. Offer any hungry participants other food options from the pantry (eg. Hot lunch options, extra soup, etc.) **Participants shouldn't be left hungry.**

Soups

Powdered bulk soups (~2kg buckets)	Tinned condensed soups	Packets of powdered soup (~100g / cup of soups)
Chalet dinners		ONLY for touring lunches

Participant Notes

It is up to YOU to ensure the Winter Party is well fed while you are cook. The QM's job is to ensure you have all the ingredients you need, but its your job to cook it well and not make anyone sick.

Duty groups change after morning duties. This means that after breakfast you'll prepare the days lunch (if a hot lunch you'll prepare it for the next group of cooks to complete). Cook duties generally run from dinner until lunch the next day.

All the ingredients you require for the meals you're cooking will be in the day pantry (in the corner of the kitchen) as well as the kitchen fridge. If you require anything else from either the extra from the bulk or fresh pantries, ask the QM to get it for you.

There are many ingredients at the Chalet that are not listed in the menu. These ingredients are listed on page 65.

Herbs & Spices

These ingredients are there to be used and you're welcome to experiment with, however, just remember that the ingredients must last the whole season! Taste as you go, you can always add more but you can't take it out!

Avoid tipping spice jars directly into a steaming pot. Instead, tip it into a small plate. This avoids moisture from getting into the jar.

Menu quantities

- Follow the quantities on the menu. If it instructs you to use all a fresh ingredient – use it all as it is not required for another meal and will go to waste otherwise
- Food is supplied per person – your Winter Party does not get 1/13 of what is in the bulk pantry!
- Check with your QM as to what recipe quantity you're cooking for (eg. You have 27 people, are you cooking to 25 or 30?)
- Follow the recipe book (rather than the packet) for rice and pasta cooking instructions. The change in elevation and other Chalet related factors impact the packet recipe.

Other

- For potatoes, always peel the potatoes first and then cook them. The peel cannot be consumed as it is coated in a substance that cannot be consumed

Please read the next few pages about dietary requirements.

Dietary Requirements

Every year we have many people attend the Chalet with dietary requirements that we cater to. It is absolutely integral that all dietaries are treated as serious unless otherwise advised. To prevent cross contamination avoid:

- Re-wash bowls and equipment prior to use.
- Use fresh condiments for that person and use the allergy stickers provided.
- Put one person in charge of dietaries for each meal to ensure this is kept separate.

We are unable to guarantee that there are no small traces remaining nor can we guarantee that there is no airborne traces. For example, a pan may have been used to cook meat before.

There is a dietary handbook available at the Chalet. If in doubt, ask the person!

Vegetarian & Vegan Options

All meals have a vegetarian and vegan option that is complementary to the main meal being prepared by the cooks with an appropriate amount of protein. Tofu will have been added to your fresh vegetables supplied at the start of your Winter Party.

Whilst we do our best to check the additives to ensure they're vegan, we cannot guarantee that every canned veg is labelled as vegan. When we identify something as vegan we are checking for meat, fish, dairy/milk, egg, honey, gelatine, animal fats and red food colouring. We try and check for additives that are known to not be vegan, but the additives that can be either we simply don't have the resources to check when our brands vary year to year. We check ingredients not supply chains.

Additionally, there are Vegie Delight canned meals in the pantry and TVP (texturized vegetable protein) that can be used in place or to supplement the menu options at the person's discretion.

Nutritional yeast, egg replacer and vegan cream (amongst other items) are supplied for vegans to use.

Our margarine brand varies from year to year but is usually vegan. Nuttelex is provided regardless.

Gluten Free

We have gluten free pasta, bread mix, pasta, soy sauce and vegemite to supplement. Many of our staples are gluten free, including corn flour and custard powder.

Please note that we **do not** have a GF toaster as we cannot guarantee that it remains GF week-to-week. Therefore, we suggest that if you're coeliac or very sensitive to gluten – we suggest toasting your toast on the stove in the kitchen.

Some new 2025 additions for our gluten free friends include: sweet biscuits, vegemite, soy sauce and a special sweet mustard pickle spread. These items should only be used for gluten

free people rather than for the whole party. For celiacs, a certified GF texturised vegetable protein (TVP) is available.

We also have gluten free biscuits for your tea & coffee. There is a separate box to store these in.

Diabetic

Each individual will have different requirements. We suggest speaking to the individual and ensure their needs are communicated. Carbs & sugars typically need to be monitored, as such portions may need to be adjusted for the individual (eg. They receive less carbs and more of the rest of the meal). Often diabetics will source their energy through nuts. If there is a nut allergy on your week, consider whether it is possible to have diabetics consume nuts.

Sugar free jelly, cordial, biscuits and baking mix are found in the pantry. Find the biscuits & baking mix in the dietary section. Sugar substitute is also provided.

Fodmap

Each person is different so check in with the person prior to cooking! There is Massel gravy powder, garlic replacer and onion replacer available for use. Ensure that canned goods are rinsed well (eg. Chickpeas, mushrooms, etc.).

For more info look at the dietary handbook.

Dietary Soup

For touring soups, there is a GF option.

When the soup isn't suitable for a person's dietary requirements, it is suggested that another soup is substituted for that individual. Alternatively, corn soup can be made using the creamed corn available!

Types of milk available:

- Full cream, skim, soy, lactose free, almond, rice & oat.

WEEK BASE MENU

		1 st Sat	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast (hot options)	Standard	BYO	Scrambled Egg on Toast	Pancakes	French Toast	Bacon, Eggs & Corn Fritters	Sausages & eggs	Baked Beans	No hot option – cereal & toast only
	Vegetarian					Eggs & Corn Fritters	Vegie delights & eggs		
	Vegan		Use egg sub	Use egg sub	Use egg sub	Corn fritters	Vegie delights		
Lunch	All	BYO	Touring lunch OR hot chalet lunch						
Soup	Standard	Chicken (flavour) & Corn	Cream of Mushroom	Lentil & Tomato	Minestrone	Tomato	Cream of chicken	Vegetable	
	Vegetarian & Vegan						Cream of Mushroom		
Dinner	Standard	Green Curry with Chicken	Roast Beef & Roast Veg	Pasta Bake (Vegetarian)	Beef Casserole	Stir Fry with Steamed Rice & Steak	Party food + Roast Lamb & Veggies, Cauliflower in cheese sauce	Bolognese Style (Vegetarian)	
	Vegetarian	Green Curry w/ tofu	Ratatouille		Use nutritional yeast	Bean based stew	TVP burgers		
	Vegan								
Dessert	Standard	Golden Syrup Dumplings	Apricot Pie & Custard	Chocolate Pudding & Cream	Sticky Date	Chocolate Mouse	Apple Crumble & Custard	Canned fruit, Jelly*, Custard or Trifle	
	Vegan	Switch dairy for coconut cream & egg for replacer	Switch dairy for coconut cream	Switch dairy for coconut cream & egg for replacer	Switch dairy for coconut cream	Canned fruit	Use DF marg	*Jelly is not vegan	

Bogong Rover Chalet

Food Menu



Fit for a skier



Base Breakfasts

Touring Lunches

Rations – for base breakfast & touring lunches

Hot Lunches

Other basics



Make sure you read the participant notes on page 6 before you start cooking

Base Breakfasts

This is the same breakfast every day served with Juice. Vary juice flavours each day.

Cereals:

- Rice Bubbles
- Corn Flakes
- Weetbix
- Muesli
- GF – Corn Flakes & Rice Bubbles

Natural Yogurt (prepared the night before)

Tinned Fruit (alternate options each day)

Toast & Spreads (GF Vegemite available)

Porridge

At dinner time, ask how many people want porridge for breakfast. Only cook enough to save waste! (Less is more, there are plenty of other breakfast foods if short). The night before, check whether the current stock is quick or rolled oats

Yogurt

Follow EasyYo instructions. It must be prepared the day before. Make the next day's yogurt during the day and in the evening remove the yogurt maker and refrigerate overnight.

There are a choice of flavours. Consider adding honey or jam

Left over natural yogurt can be used to make dough for wraps

If stock is...	Rolled Oats	Quick Oats
	Prepare Overnight	Prepare morning of
	Start this recipe the night before	Start this recipe the morning of
Ingredients	1/3 cup of <u>Rolled Oats</u> per person 1 cup of water per person. 1 pinch of salt for the pot.	1/3 cup of <u>Quick Oats</u> per Person 1 cup of water per person. 1 pinch of salt for the pot.
Method	1. Add calculated amount of oats and water to the correct sized hot box pot. 2. Add a pinch of salt. 3. Bring pot to boil, stirring occasionally. (pay attention to the bottom of the pot). 4. Simmer for 3 minutes. 5. Immediately seal pot wand transfer to hot box. 6. Serve in the morning! Note: Make sure you use the right hot box pot! There are 2 differently sized pots to pick from	1. Add a pinch of salt. 2. Bring pot to boil, stirring occasionally. 3. Simmer for 15 minutes. 4. Serve

Touring Lunches

Cup of soups	Various flavours
2 minute noodles	Various flavours
Biscuit & Bread	Saladas, Saos, etc.
Proteins	Tasty Cheese, Canned Tuna/Salmon (plain & flavoured), Anchovies, Ham, Salami, small flavoured Chickpea cans (for vegetarians & vegans), mixed beans
Other fillings	Beetroot, Canned Pineapple, Spreads, Tomato Relish, Sundried Tomato, etc.
Leftover dinner	Leftovers from the previous night, if cooled and refrigerated promptly.
GF alternatives	Rice/corn thins, rice crackers, GF bread, GF wraps (same recipe – switch flour), GF sweet mustard pickle
Dried fruit & nuts	

Enhancements

Simple Wrap/Tortillas (Makes 6)

Ingredients:

- 2 cup Atta Flour
- $\frac{3}{4}$ cup lukewarm water
- Pinch of Salt

Yogurt Based Wraps (Makes 6)

Ingredients:

- 2 cup Atta Flour
- $\frac{3}{4}$ cup plain yogurt
- Pinch of Salt

Method (for both recipes)

1. Combine ingredients to make a dough & knead well.
2. Divide Dough into 6 and roll out to 2-3mm thick.
3. Cook on a hot pan/BBQ for about 90s each.

Hummus

Ingredients:

- 1 can chickpeas (drained & rinsed)
OR 125g dried chickpeas soaked overnight
- $\frac{3}{4}$ tsp crushed garlic
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 2 tbsp tahini
- 2 tbsp water
- Salt & pepper

Method:

Combine and blend all ingredients to make a paste.

Mexican beans

Mix any can of beans with taco seasoning (page 18).

Base Breakfast and Touring Lunch Rations (same each day)

Everyday Quantities	Base Breakfast and Lunch			Quantities are Raw/Concentrated					
		Pack Size	Quantity PP	10 People	15 People	20 People	25 People	30 People	35 People
Breakfast	Oats – as requested	Random	1/3 cup	3 1/3	5	6 2/3	8 1/3	10	13 1/3
	Juice	2 litres	200 ml	2 litres	3 litres	4 litres	5 litres	6 litres	7 litres
	Tinned fruit	850g		1 can	1 can	2 can	3 can	3 can	4 can
	Weet Bix	Random	as req						
	Rice bubbles	Random	as req						
	Cornflakes	Random	as req						
	Muesli	Random	as req						
	Bread	Random	2 slices						
	Assorted spreads & butter	Random	as req						
Lunch	Ham		20g	200g	300g	400g	500g	600g	700g
	Salami		20g	200g	300g	400g	500g	600g	700g
	Cup-a-soup	4pk	1	10	15	20	25	30	35
	Canned chicken	400g	50g	1 can	2 can	2 can	3 can	3can	3 can
	Canned sardines			1 can	1 can	2 can	2 can	3can	3 can
	Tinned tuna / salmon	425g	50g	1 can	2 can	2 can	3 can	3can	3 can
	Cheese	250g	40g	400g	600g	800g	1,000g	1,200g	1,400g
	Dry biscuits	Random	40g	400g	600g	800g	1,000g	1,200g	1,400g
	Beetroot	440g	40g	1 can	2 can	2 can	3 can	3can	3 can
	Pineapple pieces	425g	40g	1 can	2 can	2 can	3 can	3can	3 can
	Gherkin spread or pickle spread	Random	as req						
	Pecks' spreads	Random	as req						
	Salsa or tomato relish	Random	as req						
	Raisins, sultanas & currants	Random	30g	100g	150g	200g	250g	300g	350g
	Dried apple & apricots	Random	20g	100g	150g	200g	250g	300g	350g
	Dried biscuits	Random	50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg
	Family assorted biscuits	500g		1	1	2	2	3	3

Only open as required

Hot lunches (at the Chalet)

These are optional and are great for bad weather days or when staying close to the Chalet, such as tow days. Parties are only catered for up to 3 hot lunches per week.

Options include:

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Soups

Use the bulk powdered soups. Don't use the cup of soups, these are for touring only! Prepare according to packet.

Toasties

These can be cooked on the BBQ or the jaffle irons!

Suggested fillings: salsa, cheese, salami, ham, tuna, bean mash, tomato paste and pineapple!

Ensure that you don't use more than usual lunch rations!

Leftovers

Got leftovers? Use them! We have a microwave for this reason!

Pasta options

Pasta base

Method:

1. Use hot water (cold water takes a long time to bring to the boil).
2. Bring a large pot of water to the boil on the stove top (boiling means big bubbles). Add the pasta to the water, give a quick stir to make sure the pasta is not sticking to itself. Stop stirring.
3. Once the pasta/water are boiling again boil for the time it states on the packet. If you don't have a time recommended, after 10 minutes using a pair of tongs remove a piece of pasta. Bite the pasta - remember it will be HOT. If it feels soft then it is cooked. If it is still firm leave it boiling until it is ready.

Pesto Pasta Sauce

Ingredients:

Jar of pesto pasta sauce

Method:

1. Once pasta is cooked, scoop out ½ cup of pasta water to use later in the recipe. Then drain and return pasta to the pot.
2. Stir through the pesto sauce and use the pasta water to help bind the sauce.
3. Serve with grated cheese.

Simple Tomato Pasta Sauce

Ingredients:

- 1 tsp garlic
- 1 tbsp olive oil
- 1 tbsp dried onion flakes
- 1 tsp dried basil/Italian herbs
- 2 can crushed tomato
- 1 tbsp extra virgin olive oil (EVOO)
- ½ tsp salt
- 1 tsp sugar

Method:

1. Cook pasta using the above method on page 14 until just right. Remember to fill the pot with hot water to save time. At the same time as the pasta is cooking make the sauce. They should finish cooking around the same time. NOTE: The sauce will take at least 40 minutes.
2. Heat a frying pan over medium/high heat, add the olive oil to the base of the pan. Add and lightly fry garlic, onion & herbs.
3. Add canned tomato, EVOO, salt & sugar. Simmer for 30 minutes (minimum).
4. Stir through cooked pasta & serve.

Creamy Boscaliola (serves 6)

Ingredients:

- 3 level teaspoons cornflour (not heaped)
- 1 cup evaporated milk
- 1/2 cup Massel chicken style stock
- 125g bacon (or canned ham), chopped into small pieces
- 2 tsp crushed garlic
- 1 tbsp dried onion flakes
- Olive oil
- ½ can champignons sliced
- 1 tsp dried parsley

Method:

1. Cook pasta using the above method on page 14 until just right. Remember to fill the pot with hot water to save time. At the same time as the pasta is cooking make the sauce.
2. In a bowl, blend cornflour and 1 tbsp evaporated milk to a smooth paste. When it is mixed with no lumps, add remaining evaporated milk, stock, salt and pepper. Leave ready for use in Step 4.
3. Heat a frying pan over medium-high heat. Add oil, bacon/ham, garlic and onion.
4. Cook, stirring, for 6 minutes or until golden. Add mushrooms. Cover. Cook, stirring every minute, for 4 minutes or until mushrooms are tender.
5. Drain pasta using a colander. Set the pasta aside. Return the empty pasta saucepan to stovetop over medium heat. Add milk mixture. Cook, stirring, for 2 minutes or until sauce just comes to the boil (big bubbles).
6. Stir the pasta, bacon mixture and parsley into the cooked milk mixture. Reduce heat to low.
7. Gently stir the mixture until it is heated through. Season with pepper. Serve.

Salmon Pasta (serves 4)

Ingredients:

- 320g spaghetti – broken up
- 1 can of salmon
- 2 tsp garlic
- 2 tsp lemon juice
- 1 tsp parsley leaves
- Olive oil
- Salt & pepper
- Parmesan

Method:

4. Cook pasta using the above method on page 14 until just right. Remember to fill the pot with hot water to save time. At the same time as the pasta is cooking make the sauce. They should finish cooking around the same time.
5. Once pasta is cooked, scoop out ½ cup of pasta water to use later in the recipe. Then drain and return pasta to the pot.
6. Combine salmon, garlic, lemon juice, parsley leaves and oil with the pasta in a pot. Return it to the stove top and mixing gently allow it to heat through.
7. Add a few tablespoons of the pasta water and stir until the pasta is slightly creamy.
8. Serve with salt, pepper and parmesan.

Loaded Potatoes (serves 6)

Ingredients:

- 6 medium potatoes
- 1 can of spam – cut into small pieces
- Tasty cheese – shredded/grated
- 1 can of corn
- 1 can of beans (red kidney beans or black beans)
- Onion flakes
- Olive oil
- Salt & pepper
- Tasty cheese – grated
- Optional: dried chopped chives
- Optional: sour cream – see page 18

Method:

1. Wash potatoes & then peel. Do not eat the peel
2. Preheat oven to medium/hot. Rub potatoes with olive oil and season with salt & pepper.
3. Wrap each potato in foil and place in oven for 1 hour. They can sit directly on the oven rack or be placed on a tray for easier handling.
4. When the potatoes have 10 minutes to go, heat a frypan until medium. Add the spam and stir around until the spam is crispy.
5. Remove the potatoes from the oven. Cut a cross through the foil into the potato open where cut.
6. Spoon chosen toppings onto the potato & serve.

Burrito Bowls (serves 6)

Ingredients:

- 420g rice – medium grain
- 2 tsp coriander leaves
- 1 can black beans
- 1 can corn
- 1 can chopped tomatoes
- 1 cup boiling water
- ½ cup texturized vegetable protein (TVP)
- 2 tsp beef style stock powder
- Olive oil
- 1 serve of sour cream – see page 18
- 1 jar of salsa
- 1 jar of pickled jalapenos
- Taco seasoning – see page 18

Method:

1. Cook rice according to the packet or Hot Box Method – see page 18.
2. Combine boiling water with the TVP and the beef stock. Allow to sit for 5 minutes.
3. Heat a frypan on the stove until medium/hot. Pan fry the black beans on the stove with a little oil, salt & pepper.
4. In a separate frypan pan fry TVP mix, stirring to allow it to brown. Stir in the taco seasoning.
5. In a separate bowl mix rice and coriander leaves together.
6. Serve bowls with rice, beans, corn, tomatoes, TVP mince, sour cream, salsa & jalapenos.

Chinese Sausage & Rice (serves 6)

Ingredients:

- 420g medium grain rice
- Water
- 1 pkt Chinese sausages – cut into small pieces
- Sesame oil
- 1 tsp onion flakes
- 1 tsp minced garlic
- 1 tsp minced ginger
- 3 tbsp Soy sauce
- Chinese wine
- Sugar
- Sesame seeds
- Optional: Chilli flakes

Method:

1. Cook rice according to packet. See page 18 for Hot Box Method.
2. Heat a saucepan on the stove, add the oil and add the Chinese sausage. Cook for 2 minutes.
3. Stirring add onion, ginger, garlic, soy sauce, Chinese wine and sugar flakes to the pan. Cook for 2 more minutes.
4. Serve sausage mix over the rice. Add sesame seeds & chilli flakes.

Butter Beans (serves 4)

Ingredients:

- 1 tsp oil
- 2 tsp onion flakes
- 2 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp cumin
- 1 tsp coriander ground
- 1 can of chopped tomatoes
- 1 cans of butter beans
- 1 serve of coconut milk – see page 18
- Optional: chilli flakes
- Optional: served with rice

Method:

1. Optional: cook rice according to the packet. See page 18 for Hot Box Method.
2. Heat the oil in a large, deep pan over low heat. Add garlic and onion and stirring, cook for 1 minute.
3. Add ginger, cumin, coriander and any chilli flakes and stirring, cook for 1 minute,
4. Stir in chopped tomatoes, butter beans and coconut milk to the pan.
5. Simmer for 15 minutes, ideally covered
6. Serve with (optional) rice.

Butter Chicken (serves 4)

Ingredients:

- 420g basmati rice
- 1 tsp oil
- 1 tsp margarine
- 4 tsp onion flakes
- 1 tsp minced ginger
- 3 tsp minced garlic
- 140g tomato paste (1 packet)
- 1 can of chicken
- 1 tsp garam masala
- 1 tsp cumin
- 1 tsp salt
- 1 tsp black pepper
- 250ml cream
- Coriander leaves – to serve

Method:

1. Cook rice according to packet. See page 18 for Hot Box Method.
2. In a saucepan, on low heat, heat the oil, butter, onion, ginger and garlic for 30 seconds.
3. Stir in the canned chicken, tomato, garam masala, cumin, salt and pepper to the saucepan.
4. Heat until simmering (small bubbles). Simmer for 10 minutes.
5. Remove from heat and add the cream.
6. Serve on rice sprinkle on coriander leaves.

Other Basics

Rice – Hot Box Method

Ingredients:

- 1/3 cup Rice per person.
- Cold water at 1:2 ration (1 cup rice + 2 cup water)

Method:

1. Prepare at least 1 hour before serving.
2. Rinse and drain uncooked rice with cold water.
3. Select the hot-box pot (there are 2).
4. Add measured quantity of rice to the saucepan
5. Add cold water to saucepan. 1 part rice : 2 parts water or 1 'knuckle' depth above rice in saucepan.
6. Bring rice to a rolling boil for 2 minutes and then place rice in hot-box and seal.
7. Cook in hotbox for at least 50min.
8. Serve – there should be no need to drain.

Sour Cream

Ingredients:

- 250ml cream
- 2 tsp lemon juice

Consider using plain yogurt as a substitute.

Method:

1. Place the cream in bowl & gradually mix in the lemon juice.

Best prepared 30 minutes prior to serving.

Taco Seasoning (makes enough for 1 can of beans or 1 cup of TVP)

- 1tsp garlic powder
- 1 tsp onion flakes
- 1 tsp oregano
- 2 tsp cumin
- 2 tsp paprika
- 1 tsp salt
- 1 tsp pepper
- Optional: chilli flakes

Method:

Mix together.

Self Raising Flour

Ingredients:

- 1 cup plain flour
- 2 tsp of baking powder
- Optional: 0.5 tsp salt

Method:

Mix together.

Coconut Milk (from powder) Makes 1 cup

Ingredients:

- 4 tbsp of coconut milk powder
- 1 cup warm water

Method:

1. Combine coconut milk powder and the 1/2 cup water in a bowl. Stir until dissolved.
2. Use more coconut milk powder for creamier consistency.
3. Add luke warm water to make up to 250 ml.

Coconut Cream (from powder)

Ingredients:

- 8 tbsp of coconut milk powder
- 1 cup warm water

Method:

1. Combine coconut milk powder and the 1/2 cup water in a bowl. Stir until dissolved.
2. Use more coconut milk powder for creamier consistency.
3. Add luke warm water to make up to 250 ml.

Custard (from powder) – serves 10

Ingredients:

- 4 tbsp custard powder
- 4 tbsp sugar
- 4 cup milk

Method:

Follow instructions on the packet.

Preparing Dried Legumes (prepares 1 tinned equivalent)

Item	Dried amount to make 1 can prepared	Water (at least this much)
Kidney beans	125g	300ml
Chickpeas	125g	300ml
Lentils - green	100g	300ml
Lentils - red	100g	300ml
Cannellini beans	125g	300ml
Black beans	125g	300ml

Method

1. Ideally prepare at breakfast time. Prepare in a bowl or resealable lunch box.
2. Measure required number of dried legumes to match required number of cans.
3. Add corresponding amount of cold water. (Extra is ok, wont work well with less).
4. Cover and let soak at room temperature.
5. When adding to meals, ensure legumes are cooked for at least 30 minutes.

Preparing Powdered Egg (prepares 1 egg)

Ingredients:

- 1 level tsp egg powder
- 2 tbsp cool water

Method:

1. Mix egg powder and water together.
2. Let it sit for a minute.
3. Mix again and use as a beaten egg.

For baking, powdered egg may be added like dry ingredients and liquid additions increased by 2 tbsp.

Baking Bread

Expect bread to take at least 3 hours from start to finish!

Tips:

- Don't wash the bread tins!
- Start bread at breakfast time. Do the initial rise in the drying room. After the bread has been kneaded and place in the trays, put them on the racks above the oven for a second rise. It will make taller loaves!
- Mix it up and make bread rolls!
- Under proofing is better than over proofing – just do less time on each proof!
- Seal the top of the bowl that the bread is rising in with gladwrap!
- You can hang the bowl over a sink with hot water to help create the warm environment!

Suggestions:

- Cinnamon scrolls
- Fruit bread
- Twists (sundried tomato, parmesan, etc.)

~3 a week		Hot Lunch ration table			Quantities are Raw/Concentrated					
Quantities			Pack Size	Quantity Per Person	10 People	15 People	20 People	25 People	30 People	35 People
Pasta	Base	Pasta	500g	80g	800g	1.2kg	1.6kg	2.4kg	3.2kg	3.8kg
	Pesto	Pesto jar	300g		1 jar	2 jars	2 jars	3 jars	3 jars	3 jars
	Simple Tomato	Crushed tomatoes	400g		2 can	3 can	4 can	5 can	6 can	7 can
	Creamy Boscaila	Evaporated milk	400g		2 can	3 can	4 can	5 can	6 can	7 can
		Champignons	400g		1 can	2 can	2 can	3 can	3 can	3 can
	Salmon	Salmon	220g		2 can	3 can	4 can	5 can	6 can	7 can
Loaded Potatoes		Potatoes - fresh	Each	1 medium potato pp	10	15	20	25	30	35
		Spam	340g		2 can	3 can	4 can	5 can	6 can	7 can
		Canned corn	400g		2 can	3 can	4 can	5 can	6 can	7 can
		Beans of choice	400g		2 can	3 can	4 can	5 can	6 can	7 can
Rice Base		Rice	Varies	70g	700g	1.05kg	1.4kg	1.75g	2.1kg	2.45kg
Burrito Bowls		Black beans	400g		2 can	3 can	4 can	5 can	6 can	7 can
		Canned corn	400g		2 can	3 can	4 can	5 can	6 can	7 can
		Crushed tomatoes	400g		2 can	3 can	4 can	5 can	6 can	7 can
		TVP	Varies		1 cup	2 cup	3 cup	4 cup	5 cup	6 cup
		Salsa	Varies		1 jar	1 jar	2 jar	2 jar	3 jar	3 jar
		Jalapenos	Varies		1 jar	1 jar	1 jar	2 jar	2 jar	2 jar
Chinese Sausages & Rice		Chinese sausage			2 pkt	3 pkt	4 pkt	5 pkt	6 pkt	7 pkt
Butter Beans		Butter beans	400g		2 can	3 can	4 can	5 can	6 can	7 can
		Coconut milk powder	1kg		10 tbsp	15 tbsp	20 tbsp	25 tbsp	30 tbsp	35 tbsp
		Water	Tap		2 ½ cup	3 ¾ cup	5 cup	6 ¼ cup	7.5 cup	8 ¾ cup
Butter Chicken		Tomato paste	140g Pkt		2 pkt	3 pkt	4 pkt	5 pkt	6 pkt	7 pkt
		Canned chicken	354g		2 can	3 can	4 can	5 can	6 can	7 can
		UHT cream	250ml		2	3	4	5	6	7

Bogong Rover Chalet

Food Menu



Fit for a skier



Saturday Dinner to Sunday Lunch



Chicken & Corn Soup
Green Chicken Curry & Rice
Vegan & Vegetarian: Tofu & Rice
Golden Syrup Dumplings
Scrambled Eggs

Make sure you read the participant notes on page 6 before you start cooking

Saturday Dinner

Soup: Chicken and Corn (serves 10)

Ingredients

- 3 cans creamed corn
- 6 cup hot water
- 6 tsp chicken noodle soup powder (bulk)
- 4 tbsp spring onion - chopped
- 2 tsp soy sauce
- 2 egg lightly beaten
- Salt to taste

Method:

1. Use a large saucepan on the stove top.
2. Add Corn, water, soup mix, chives and soy Sauce to a saucepan and bring to boil.
3. Simmer for 10 minutes.
4. Gradually whisk in beaten egg and serve.

Common Dietary Alterations For This Soup:

Egg free	Serve any people who can't eat egg, prior to adding the egg in.
Vegetarian & Vegan	Double check chicken noodle soup powder as it varies year to year. See egg free for vegan.
This is	This recipe is Dairy Free. It is Gluten Free by ingredient as our soy sauce is GF.

Green Chicken Curry (Green Tofu Curry) (serves 10)

Ingredients:

- | | | |
|----------------------------|----------------------------|---------------------------|
| • 1 kg chicken - diced | • 1 can bean shoots | • 440ml water |
| • Tofu for non meat eaters | • 1 can bamboo | • 1 tbsp oil |
| • 1 can / 4 fresh carrots | • 1 can water chestnuts | • 1 tbsp fish sauce (opt) |
| • Asian greens | • 1 diced onion | • 1 tbsp brown sugar |
| • Capsicum | • 1 jar green curry paste | |
| • 50g dried peas | • 1 serve of coconut cream | |
| • 2 can corn | – see page 19 | |

Got more than 10 people? Refer to page 25 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Method

1. Prepare rice in hotpot (see page 18).
2. Drain canned vegetables, slice carrot, dice meat/tofu and onions.
3. Heat oil in saucepan, stir while frying curry paste for 1-2 until fragrant.
4. Add coconut cream and water and bring to a simmer. (At this point separate out curry mix if doing a separate vegetarian meal).
5. Add meat/tofu and all veggies to the pot.
6. Simmer for 20 minutes stirring occasionally.
7. Just prior to serving, stir in sugar and fish sauce.

★ Pro tips! ★

Leftover rice can be stored & reused if chilled within an hour and kept refrigerated

This can be used for a fried rice the next day

Alternative Recipes For This Meal:

- Chicken/Tofu Stir Fry (see page 58)
- Apricot Chicken (see page 57)

Common Dietary Alterations For This Main Meal:

Vegetarian & Vegan	Use tofu instead of chicken. Paste should be vegetarian & vegan, but best double check. Should it not be, other curry powders are supplied in the bulk pantry. Don't use the fish sauce.
This is	This recipe is Dairy Free & Egg Free. It is Gluten Free if no fish sauce is used.

Got a suggestion? Please write it on the lined paper supplied in this binder. NOT on the recipes themselves!

Other	If the curry paste isn't suitable. Use the alternative curry powders instead which may be suitable.
-------	---

Sunday Dessert

Golden Syrup Dumplings (serves 6)

Got more than 6 people eating dessert tonight? Refer to page 25 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Dumplings

Ingredients:

- 1 cup self raising flour*
- 1 tbsp margarine
- 1 tbsp sugar
- 1 tbsp powdered egg or 1 beaten egg
- Milk to mix to a soft dough

*Out of self raising flour? See page 18 to make your own!

Method:

1. Using your fingers rub margarine into flour until there are no lump.
2. Mix in sugar, egg and enough milk to make a soft dough.
3. Prepare syrup.

☆ **Pro tips!** ☆
One batch of
syrup per
saucepan for
best results

Syrup

Ingredients:

- ½ cup brown sugar
- 1 tbsp butter
- 1 tbsp golden syrup
- 1 cup water

Method:

1. Place all syrup ingredients in a 20cm(ish) saucepan and stirring bring to boil (big bubbles).
2. Gently drop spoonful of dough into boiling syrup until all dough is used.
3. Cover and simmer on very low heat for 15 minutes.

Common Dietary Alterations For This Dessert:

Gluten free	Use gluten free flour instead. Cook GF dumplings first to minimise cross contamination
Dairy free	Use DF margarine & cow free milk (eg. Soy, almond)
Egg free	Use egg replacer
Vegan	See dairy free & egg free

Sunday Breakfast

Base Breakfast (see page 11)

Hot option

Scrambled Eggs (prepared from powdered egg) & Vegan Scrambled Eggs

Served with Toast

Method:

1. Mix the eggs according to the packet.
2. In a pan on the stove, pour in the egg mixture and stir continuously until cooked. Serve.

Sunday Lunch

Touring lunch (Page 12) or hot lunch (Page 14).

Day 1		Saturday Dinner to Sunday Lunch			Quantities are Raw/Concentrated						QM Notes
Quantities			Pack Size	Quantity pp	10 People	15 People	20 People	25 People	30 People	35 People	
FRESH FOOD											
Dinner	Green Curry	Chicken Fillets – raw weight (Tofu for Vegos)	random	200g	All						All supplied
		Asian greens			All						All supplied
		Capsicum			All						1/3 of weeks supply
		Onions		20g	200g	300g	400g	500g	600g	700g	1/3 of weeks supply
		Carrots	random	40g	400g	600g	800g	1000g	1,200g	1,400g	1/4 of weeks Supply
		Spring onion	bunch		¼ bunch	¼ bunch	½ bunch	¾ bunch	1 bunch	1 bunch	1/3 of weeks supply
Breakfast		Nil									
Lunch	Touring	Ham		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
		Salami		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
BULK PANTRY											
Dinner	Soup	Creamed corn	440g	88g	3 can	4 can	6 can	7 can	9 can	10 can	
		Egg	ea.		2	3	4	5	6	7	
		Bread (if made)	random	1 slice	10	15	20	25	30	35	
	Green Curry	Tinned bean shots			1 can	2 can	2 can	3 can	3can	3 can	
		Tinned bamboo			1 can	2 can	2 can	3 can	3can	3 can	
		Tin water chestnuts			1 can	2 can	2 can	3 can	3 can	3 can	
		Green curry paste			1 jar	2 jar	2 jar	3 jar	3 jar	3 jar	
		Coconut cream			1 can	2 can	3 can	4 can	5 can	6 can	
		Canned corn			1 can	2 can	3 can	4 can	5 can	6 can	
		Dried peas	50g		2pkt	3pkt	4pkt	5pkt	6pkt	7pkt	
		Dessert	Self raising flour			2 cup	3 cup	4 cup	5 cup	6 cup	7 cup
	Brown sugar				1 cup	1.5 cup	2 cup	2.5 cup	3 cup	3.5 cup	
	Butter				4 tbsp	6 tbsp	8 tbsp	10 tbsp	12 tbsp	14 tbsp	
	Eggs				2	3	4	5	6	7	
Breakfast	Base	See page 13									
	Hot	Powdered egg		1 tbsp	10	15	20	25	30	35	

Bogong Rover Chalet

Food Menu



Fit for a skier



Sunday Dinner to Monday Lunch



Asparagus Soup

Roast Beef

Vegan & Vegetarian: Ratatouille

Apricot Pie & Custard

Pancakes

Make sure you read the participant notes on page 6 before you start cooking

!

Sunday Dinner: Roast

Soup: Tinned asparagus soup – prepare according to the packet

Contains Milk, Gluten, Soy & Wheat. See page 8 for dietary soup suggestions

Roast Beef & Veggies (Serves 10)

Got more than 10 people? Refer to page 30 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- Roast beef (use all)
- 1.2kg potato – rinsed, peeled & cut into small pieces
- 2.5 carrots – cut into small pieces
- 2.5 onions – cut into small pieces
- 1kg pumpkin – cut into small pieces
- Eggplant (use all*) – cut into circles
- Zucchini (use all*) – cut into small pieces
- Capsicum* – cut into small pieces
- Canned beans
- 1tsp baking soda
- Oil, salt & pepper
- Horseradish to serve (optional)

Recommended herbs: rosemary, garlic, basil, oregano & thyme

*This ingredient needs to be shared with the vegetarians for the ratatouille

Beef Raw weight (kg)	0.5	1	1.5	2	2.5	3
Aprox. Cooking Time (min)	20-25	40-50	60-75	80-100	100-125	120-150

Roast Beef Method:

1. Get oven going, heating to around 200 degrees celsius.
2. Rub oil, salt, pepper and any herbs on the meat. Cover meat in foil and place in oven. Cook until internal temperature is at least 65 degrees – refer to the above table and use the meat probe thermometer to check the internal temperature.
3. Allow meat to sit for 20 minutes before carving into slices.

★ Pro tips! ★

Honey can be used to help tenderise the meat!

★ Pro tips! ★

Use honey and mustard on the carrots!

Roast Veg Method:

1. Cut eggplant into circles, sprinkle a small amount of salt on each piece and allow to sit for 15 minutes. Wipe off moisture with paper towel.
2. Boil a large pot of salted water with the baking soda. Add potatoes into the water and boil for 15 minutes. Drain potatoes.
3. Place all vegetables in a pan, drizzle liberally with oil. Season with salt, pepper and rosemary. Roast until slightly brown. Potatoes will take the longest.

★ Pro tips! ★

Start early and don't let the oven go out!

Keeping the oven fire going is continuous job!

Gravy - Options

1. Use pan juices from the beef. In the roasting pan stir in approx 3 tbsp flour and gradually add ~2-2.5 cup of beef stock. Stir as it comes to the boil and thickens.
2. Use the bulk gravy mix found in the pantry. Knorr brand is gluten free. Follow the recipe on the container,
3. Use the Massel gravy mix found in the dietary section of the bulk pantry. This is vegan, low fodmap and gluten free. Follow the recipe on the tin.

Ratatouille (serves 5) – Vegetarian & Vegan option

Got more than 5 people? Refer to page 30 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- 1 zucchini
- 1 eggplant
- 1 carrot
- 1 onion
- 1 can Cannellini beans
- 1 can creamed corn
- 1 tsp minced garlic
- 1 can tomatoes
- Salt, Pepper & Oil

Method:

1. Slice all veggies. Drain & rinse beans.
2. Heat a small amount of oil in a saucepan, add onion and fry until transparent.
3. Stirring, add garlic to the pan and fry for 1 minute.
4. Add all remaining ingredients and simmer gently for at least 30 minutes.
5. Serve with roast potatoes.

Alternative Recipes For This Meal:

- Curry (see page 58), use above ingredients to make a beef curry
- Black Bean Burgers (vegetarian & vegan) (see page 57)

Common Dietary Alterations For This Main Course:

Gluten free	Choose gravy option accordingly.
This is	Egg free & dairy free. Ratatouille is vegan & vegetarian.
Vegetarian / Vegan	Careful to avoid cross contamination with the roast veg.

Sunday Dessert

Apricot Pie & Custard (10 people)

Got more than 10 people? Refer to page 30 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- 350g dried apricots
- 5 cup water
- ½ cup sugar
- Pastry mix
- Milk – to glaze
- 1 serve of custard – see page 19

Method:

1. Place apricots, water and sugar in a pot and simmer for at least 30 minutes. Remove from heat and put in a bowl to cool down. This should be done before you mix the pastry.
2. Make pastry as per packet. Rest pastry for 10 minutes.
3. Roll out pastry into a 30cm rectangular shape that is 0.5-1cm thick. The shape should be 3cm bigger than the baking dish you're using.
4. Place apricot mix in a baking dish and add the pastry on top.
5. Make small air vents in the top with a fork.
6. Place onto a greased baking dish and glaze the top with milk.
7. Bake in moderate to hot oven for 30-40 minutes or until golden brown.
8. Serve with custard – see page 19 for instructions.

Common Dietary Alterations For This Dessert:

Gluten free	Pastry mix contains wheat. Homemade pastry can be made, however it is suggested to serve this as stewed apricot & custard (ie no pastry). Homemade shortcrust pastry recipe on page 63.
Dairy free	Use a dairy free milk for glaze & custard.
Vegan	<u>Confirm with the individual as to whether they're comfortable or not.</u> Neither the pastry mix or the custard powder contain ingredients identified as animal based, however neither are marked as vegan. The raising agents in the pastry mix may not be vegan. The colour "annatto" in the custard is generally vegan. A homemade custard recipe can be found on page 63. Use a dairy free milk for glaze & custard Homemade shortcrust pastry recipe on page 63.
This is	Egg free & vegetarian.

Preparation Required by your Duty Group

Bake bread for breakfast. See page 20

Monday Breakfast

Base Breakfast (see page 11)

+ **Pancakes** (serves 10)

Ingredients:

- 2.5 cup of self raising flour*
- 2.5 tbsp powdered egg / egg substitute
- 1.1 litres of milk

*Out of self raising flour? See page 18 to make your own!

Method:

1. Combine all ingredient and beat well.
2. Allow batter to stand for around 30 minutes.
3. Fry on a clean, buttered BBQ plate.
4. Using a jug, pour circles of batter (allowing it to spread) and fry on a clean, buttered BBQ plate . Once the first side is browned, use an egg flip to turn to cook the other side.

Common Dietary Alterations For This Breakfast:

Consider cooking dietaries first to minimise cross contamination.

Gluten free	Use gluten free flour.
Dairy free	Use dairy free milk.
Egg free	Use egg substitute (blue packet).
Vegan	Use dairy free milk & egg substitute.
This is	Vegetarian.

Preparation Required by your Duty Group

- Soak lentils
- Soak kidney beans

These are required for dinner. Your duty group must do this

Monday Lunch

Touring lunch (Page 12) or hot lunch (Page 14).

Day 2		Sunday Dinner to Monday Lunch			Quantities are Raw/Concentrated						QM Notes
Quantities			Pack Size	Quantity Per Person	10 People	15 People	20 People	25 People	30 People	35 People	
FRESH FOOD											
Dinner	Roast Beef, Roast Veg & Ratatouille	Roasting Beef	random	200g raw	All						All supplied
		Onions		20	200g	300g	400g	500g	600g	700g	1/3 of weeks supply
		Carrots	random	40g	400g	600g	800g	1kg	1.2kg	1.4kg	1/4 of weeks Supply
		Spring onion	bunch		1/4 bunch	1/4 bunch	1/2 bunch	3/4 bunch	1 bunch	1 bunch	1/3 of weeks supply
		Pumpkin		50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg	1/2 of weeks supply
		Eggplant		50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg	All supplied
		Zucchini		50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg	1/3 of weeks supply
		Capsicum			All						1/3 of weeks supply
Breakfast		Nil									
Lunch	Touring	Ham		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
		Salami		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
BULK PANTRY											
Dinner	Soup	Asparagus	440g	88g	2 can	3 can	4 can	5 can	6 can	7 can	
		Bread (if made)	random	1 slice	10	15	20	25	30	35	
	Roast	Canned green beans	400g	50g	2 can	3 can	4 can	5 can	6 can	7 can	
		Potatoes		100g	1kg	1.5kg	2kg	2.5kg	3kg	3.5kg	From Bulk Pantry
	Ratatouille	Cannellini beans	440g		2 can	3 can	4 can	5 can	6 can	7 can	
		Creamed corn	440g		2 can	3 can	4 can	5 can	6 can	7 can	
		Canned tomatoes	440g		2 can	3 can	4 can	5 can	6 can	7 can	
	Dessert	Dried apricots			300g	450g	600g	750g	900g	1.05kg	
		Pastry mix	370g		370g	555g	740g	925g	1.11kg	1.3kg	
		Custard powder	300g		4 tbsp	6 tbsp	8 tbsp	10 tbsp	12 tbsp	14 tbsp	
		Milk (for custard)	1 litre		4 cup	6 cup	8 cup	10 cup	12 cup	14 cup	
Breakfast	Base	See page 13									
	Hot	Milk (or alternative)	1 litre		1.1 L	1.65 L	2.2 L	2.75 L	3.3L	3.85 L	
		Powdered egg	2kg	1 tbsp	10 tbsp	15 tbsp	20 tbsp	25 tbsp	30 tbsp	35 tbsp	

Bogong Rover Chalet

Food Menu



Fit for a skier



Monday Dinner to Tuesday Lunch



Lentil & Tomato Soup
Pasta Bake
Chocolate Pudding & Cream
French Toast

Make sure you read the participant notes on page 6 before you start cooking!

Monday Dinner

Soup: Lentil & Tomato (serves 10)

Ingredients:

- 1 tbsp dried onion
- 1 can carrot / 2 fresh carrots chopped
- 1 can lentils
- 1 can crushed tomatoes
- 1 tsp garlic
- 1 tsp Italian herbs
- 4 tsp vegetable stock powder
- 1.5 L water
- 1 bay leaf
- Oil, salt & pepper
- Optional: 200g diced bacon / spam

☆ Pro tips! ☆
Consider adding chilli flakes, bay leaves, parsley, rosemary, thyme, salt and pepper

Method:

1. Drain & rinse lentils.
2. Heat a large saucepan using a small amount of oil fry up garlic, herbs and any bacon/spam.
3. Add all remaining ingredients and bring to boil. Simmer for at least ½ hour.
4. Season to taste with salt and pepper. Adjust thickness with extra water (if required).

Common Dietary Alterations For This Soup:

Vegan / Vegetarian	Don't use spam / bacon (or cook separately).
This is	Gluten Free, Dairy Free & Egg free.

Preparation Required by your Duty Group

Bake bread for breakfast. Bake extra as tomorrow's hot breakfast option is French toast! Bread baking tips & trips are on page 20.

Pasta Bake (serves 10)

Ingredients for pasta mix

- 1 tbsp dried onion
- 2 tbsp minced garlic
- 3 tsp Italian dried herbs
- 1 can carrots / 2 fresh carrots - grated
- 1 zucchini – grated
- 1 can mushrooms – drained & sliced
- 100g green lentils – soaked since breakfast, rinsed & drained
- 100g red kidney beans – soaked since breakfast, rinsed & drained
- 3 tub tomato paste
- 2 cans tomatoes (diced or crushed)
- 1 can creamed corn
- 1 cup water or mushroom can liquid
- 1 cup texturised vegetable protein (TVP)
- ¼ cup nutritional yeast
- 4 tsp beef style stock powder
- 3 tsp chicken style stock powder
- Sugar
- 500g pasta spirals
- Salt, pepper & oil

- Optional: bacon, sausage, spam, etc.

Ingredients for white sauce

- 1L milk (or alternative)
- ½ cup flour
- 100g margarine
- 1 tsp mustard powder
- 200g grated cheese
- Vegan: ½ cup nutritional yeast
- Salt, pepper & oil

☆ Pro tips! ☆
Consider adding chilli flakes, rosemary, basil, parsley, bay leaves and paprika!

You can add tuna, sausage, bacon or spam to your pasta bake! Just make sure you don't give it to the vegetarians/vegans!
Serve with parmesan cheese!

Method

1. The previous cooks should have already soaked the red kidney beans & lentils for you.
2. Place lentils and kidney beans in a saucepan. Combine with 5 cups of water and a pinch of baking soda. Bring to boil and allow to simmer for 40 minutes or until soft and tender.
3. Stoke oven to a medium heat.
4. Rehydrate the TVP by combining 1 cup of boiling water, beef stock and the TVP. Allow for it to sit for 5 minutes.
5. Heat a pan over low heat, add the garlic, onion, dried herbs and oil. Stir the pan and allow to gently simmer for 2 minutes.
6. Add the TVP mixture and stirring allow it to brown a little in the pan.
7. Add to the pan the carrot, zucchini and mushroom. Simmer for 5 minutes.
8. Add the lentils, kidney beans, tomato paste, tomatoes, creamed corn, nutritional yeast and 1 cup of water to the pan. Simmer for at least 30 minutes.
9. In a separate saucepan bring water to boil with a big pinch of salt. Remember to start with hot water. Add the pasta, give a small stir to prevent it sticking together. Once boiling cook pasta for 4 minutes (ie. Partially cooked). Once pasta is cooked, scoop out ½ cup of pasta water to use later in the recipe.
10. Drain and allow to cook slightly to avoid pasta getting soggy.
11. Add sugar and a dash of oil to the TVP mix. Combine partially cooked pasta and the TVP mix. Place in baking tray.
12. Make bechamel sauce:
 - a. Melt butter in a saucepan over low heat.
 - b. Add flour and whisk in. Cook 1 minute.
 - c. Stirring, add milk gradually, cup by cup.
 - d. Continue to whisk until the sauce thickens. Season with salt, pepper & mustard powder.
 - e. If making vegan: Add the extra nutritional yeast.
13. Mix ¼ of the bechamel sauce through the pasta with the pasta water that was saved earlier.
14. Pour remaining bechamel sauce over the pasta.
15. Add grated cheese on top.
16. Bake for 30 minutes or until the cheese is golden brown.

☆ Pro tips! ☆

Keep a little pasta water to help make the pasta bake even creamier! You can even use the liquid from the tinned mushrooms!

Alternative Recipes For This Meal:

- Lasagne (see page 59)
- Homemade Pasta Recipes (see page 61)

Common Dietary Alterations For This Main Course:

Gluten free*	Use gluten free pasta & gluten free flour in the bechamel sauce.
*Celiac	In addition to the above, there is TVP available in the dietary section of the bulk pantry which is declared Gluten Free. Our general TVP is GF by ingredient but not declared GF.
Dairy free	Add extra nutritional yeast into the bechamel sauce to make it cheesy (note: don't put it on top, it needs to be mixed into the white sauce). Use dairy free milk in the bechamel sauce.
This is	Vegetarian & Egg free – the pasta should be egg free but double check!
Vegan	Make it dairy free.

Monday Dessert

☆ Pro tips! ☆

Don't cover the dish in foil. It won't bake!

Chocolate Self Saucing Pudding & Cream (serves 10)

Got more than 10 people? Refer to page 35 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients – Pudding:

- 2 cup self raising flour*
- 1.5 cup sugar
- 4 tbsp cocoa
- 1 cup milk
- 250ml cream – to serve

Ingredients – Sauce:

- 1 cup brown sugar
- 4 tbsp cocoa
- 2.5 cup boiling water

*Out of self raising flour? See page 18 to make your own!

Method:

1. Sift together flour, cocoa and sugar to create the flour mix.
2. Melt butter and stir through flour mix.
3. Add milk and mix.
4. Pour into pie dish.
5. In a separate bowl, combine the brown sugar and cocoa.
6. Sprinkle the sugar/cocoa mix on top of the pudding dish.
7. Pour boiling water gently over the pudding.
8. Immediately bake for 45 minutes.
9. Whip the cream while the pudding is cooking.

Tuesday Breakfast

Base Breakfast (see page 11)

+ **French Toast** (serves 10)

Got more than 10 people? Refer to page 35 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- 10 slices of bread
- 10 tbsp powdered egg
- 2 L of milk
- 1 tsp of sugar
- 1 tsp of cinnamon
- 1 tsp of vanilla
- Margarine / oil
- Serve with honey, jam, etc.

Method:

1. Heat up the bbq or the stove using margarine.
2. Whisk egg, milk, sugar, cinnamon and vanilla in a bowl to create the egg wash.
3. Soak each piece of bread in the egg wash.
4. Melt a small amount of margarine on the hotplate. Cook each slice of bread on the hotplate, flipping until golden brown.
5. Serve with honey, jam, etc.

Common Dietary Alterations For This Breakfast:

Gluten free	Use gluten free bread. Ensure gluten free bread is done first to mitigate cross contamination.
Dairy free	Use dairy free milk.
Egg free	Use egg substitute (yellow packet).
Vegan	Use dairy free milk & egg substitute.
This is	Vegetarian.

Preparation required by your Duty Group

Remind the next Duty Group to prep the beef casserole now by placing it in the hot box

Tuesday Lunch

Touring lunch (Page 12) or hot lunch (Page 14).

Day 3		Monday Dinner to Tuesday Lunch			Quantities are Raw/Concentrated						QM Notes
Quantities			Pack Size	Quantity pp	10 People	15 People	20 People	25 People	30 People	35 People	
FRESH FOOD											
Dinner	Soup	Celery			1 Stick	1 Stick	2 sticks	2 Sticks	3 Sticks	3 Sticks	1/3 of weeks supply
	Pasta bake	Zucchini		50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg	
Breakfast		Nil									
Lunch	Touring	Ham		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
		Salami		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
BULK PANTRY											
Dinner	Lentil & Tomato Soup	Can lentils	440g		1 can	2 can	2 can	3 can	3 can	3 can	Used dried & soaked if possible
		Can carrots / fresh	440g		1 can	2 can	2 can	3 can	3 can	3 can	
		Can tomatoes	440g		1 can	2 can	3 can	4 can	5 can	6 can	
		Bread (if made)	rando	1 slice	10	15	20	25	30	35	
	Pasta Bake	Can carrots / fresh	400g	50g	2 can	3 can	4 can	5 can	6 can	7 can	
		Can champignons	440g		1 can	2 can	2 can	3 can	3can	3 can	
		Dried kidney beans	375g	11g	110g	165g	220g	275g	330g	385g	Used dried & soaked if possible
		Dried green lentils	375g	11g	110g	165g	220g	275g	330g	385g	
		Canned tomatoes	440g		2 can	3 can	4 can	5 can	6 can	7 can	
		Tomato paste	140g		3 tub	4 tub	6 tub	7 tub	9 tub	10 tub	
		Canned cream corn	440g		1 can	2 can	3 can	4 can	5 can	6 can	
		TVP			1 cup	1.5 cup	2 cup	2.5 cup	3 cup	3.5 cup	
		Nutritional yeast			¼ cup	½ cup	¾ cup	1 cup	1 ¼ cup	1 ½ cup	
		Pasta spirals			1kg	1.5kg	2kg	2.5kg	3kg	3.5kg	
		Milk	1L	100ml	1L	1.5 L	2 L	2.5 L	3L	3.5L	
		Cheese		20g	200g	300g	400g	500g	600g	700g	
Dessert	Choc pudding	Cream (cartons)	250ml	25ml	2 cartons	3 cartons	3 cartons	4 cartons	5 Carton	6 cartons	
		Milk	1L	25ml	1 cup	1.5 cup	2 cup	2.5 cup	3 cup	3.5 cup	
Breakfast	Base	See page 13									
	Hot	Powdered egg		1 tbsp	10	15	20	25	30	35	
		Milk	1L	100ml	1L	1.5L	2L	2.5L	3L	3.5L	

Bogong Rover Chalet

Food Menu



Fit for a skier



Tuesday Dinner to Wednesday Lunch



Minestrone Soup

Beef Casserole with mash

Vegan & Vegetarian: Bean stew with mash

Sticky Date Pudding

Bacon, Eggs & Corn Fritters

Make sure you read the participant notes on page 6 before you start cooking!

Tuesday Dinner

Soup: Minestrone (serves 10)

Got more than 10 people? Refer to page 35 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- 1 tbsp dried onion
- 1 tsp minced garlic
- 1 stick celery – diced
- 1 tsp dried parsley flakes
- 1 zucchini – diced
- 1 can carrots / 2 fresh carrots – drained & chopped
- 1 can kidney beans – rinsed & drained
- 2 can diced tomatoes
- 1 can creamed corn
- 1.5L vegetarian stock
- 200g pasta spirals
- Salt, pepper & olive oil
- To serve: parmesan
- Optional: fried spam or bacon

Method:

1. In a saucepan, heat a small amount of oil and fry onion, garlic, celery and parsley in a little oil until the celery is transparent.
2. Add zucchini, carrots, beans, tomato, corn and stock. Season with salt & pepper .
3. Bring to boil (big bubbles) then turn down heat to simmer (small bubbles) for at least 20 minutes.
4. Add pasta 10 minutes before serving. Cook until the pasta is ready.
5. Optional: fry spam/bacon with a little oil.
6. Serve with grated parmesan and spam/bacon for carnivores.

Common Dietary Alterations For This Soup:

Gluten free	Use gluten free pasta & no parmesan.
Dairy free / Vegan	No parmesan.
This is	Vegetarian & Egg free – the pasta should be egg free but double check!.

Preparation Required by your Duty Group

Bake bread for breakfast. Bread baking tips & trips are on page 20.

Beef Casserole with Mashed Potato (serves 10)

Got more than 10 people? Refer to page 41 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Prepare beef in the morning

Ingredients:

- 2 tbsp dried onions
 - Braised steak (fresh) – diced
 - 1 can / 2 fresh carrots – chopped
 - 1 can champignons
 - 1 can green beans*
 - 1 can lentils*
 - 2 pkts dried peas
 - 4 tsp stock powder – beef
 - 6 cup water*
 - Cornflour – to thicken
- *You can keep the liquid from the cans to be used in place of water. Not suggested for low fodmap folk

Method:

1. Using the hot box pot, brown the diced steak and onion on the stove. Don't overcook!
2. Add to the pot the carrots, champignons, green beans, lentils, dehydrated peas, stock & water (keep a small amount of water for the cornflour paste (see step 4)
3. Simmer for 20 minutes
4. Mix cornflour with a small amount of water to make a paste. Stirring, add the cornflour paste to the mixture to thicken
5. Transfer to hot box to cook for 6-8 hours

Legume based stew (serves 5) – Vegetarian & Vegan option:

Ingredients:

- 2 tbsp dried onions
- 1 can / 1 fresh carrots – chopped
- 1 can champignons
- 1 can green beans
- 1 can lentils
- 1 can of chickpeas/beans (choice!)
- 1 pkts dried peas
 - 2 cup water
- 2 tsp stock powder – vegetable
 - 2 cup water
- Cornflour – to thicken

Method:

There is no need to make this in the morning!

1. Combine all ingredients in a pot and simmer for half an hour
2. Serve with mash

Mash Potato (serves 10)

Ingredients:

- 350g of instant mash (deb)
- 6 cup of water

Method:

1. Prepare deb / dried mashed potato by combining the deb and the boiling water together.
2. Stir together and allow to stand for 30 seconds and repeat.

Alternative recipes ideas for this meal (no recipes in this book):

- Cottage Pie
- Mild Curry
- Dahl
- Stoganoff

Common Dietary Alterations For This Main Meal:

Vegan	The legume based stew is vegan. Deb mash contains milk so use fresh potato^.
Dairy free	Deb mash contains milk so use fresh potato^.
This is	Gluten free* & egg free.
Celiac*	Deb mash "may contain" gluten. Use fresh potato^.

^See page 61 for fresh potato mash recipe

Tuesday Dessert

Sticky Date (serves 10)

Got more than 10 people? Refer to page 41 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients – pudding

- 2 cup dates - chopped
- 2 cup water
- 2 tsp bicarb soda
- 100g margarine
- 2 cup brown sugar
- 125ml water

Ingredients – Sauce

- 2 cup brown sugar
- 300ml UHT cream
- 100ml margarine
- 1 tsp vanilla
- 1 tsp cinnamon

Additional cream for serving

- 1 tsp vanilla extract
- 2 cup self raising flour*

*Out of self raising flour? See page 18 to make your own!

Method:

1. Grease and line a 20cm cake pan.
2. Combine the dates and water in a saucepan and bring to boil.
3. Remove from heat, stir in bicarb and stand for 5 minutes.
4. Mix the margarine and sugar using the electric mixer until light and fluffy.
5. Combine powdered egg & water together. Beat into the margarine mix.
6. Use a potato masher to mash the date mixture. Stir the flour into the date mix. Stir the date/flour mix into the margarine, sugar, egg mix.
7. Pour into cake pan and bake at 180 celsius for 50 minutes. *Sauce does **not** get poured on the pudding prior to baking.*
8. Make the sauce by combining the sauce ingredients in a saucepan and boiling for 3 minutes.
9. Whip the cream.
10. Serve pudding warm with sauce and whipped cream.

★ Pro tips! ★

In 2025 the recipe quantities have been doubled. What's listed here is double what was here prior!

Common Dietary Alterations For This Dessert:

Egg free	Sub egg powder for egg replacer (blue packet).
Dairy free	Sub cream in the sauce for coconut cream. Vegan whipping cream available for serving.
Gluten Free	Sub the flour for gluten free flour.
Vegan	See egg & dairy free.
This is	Vegetarian.

Preparation required by your Duty Group

Bake bread for breakfast. Bread baking tips & trips are on page 20.

Wednesday Breakfast

Base Breakfast (see page 11)

Got more than 10 people? Refer to page 41 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

+ **Bacon, Eggs & Corn Fritters** (serves 10)

Corn Fritters (serves 10)

Ingredient:

- 2 cup self-raising flour
- 4 tbsp powdered egg
- 4 tbsp water
- 2/3 cup milk
- 2 can corn kernels – drained
- 1 tsp dried chives
- Salt

Method:

1. Mix ingredients together.
2. Heat BBQ or pan (oil if necessary).
3. Spoon onto a hot pan / BBQ.
4. Cook until golden brown on both sides.

☆ **Pro tips!** ☆

Cook bacon & eggs on the bbq. Cook eggs to order!

Give the bbq a bit of extra time to heat up!

Common Dietary Alterations For This Breakfast:

Egg free	If an allergen, look at other dietaries and consider cooking eggs separately or last.
Dairy free	Use dairy free milk in the corn fritters.
Vegetarian	No bacon. Cook bacon last to minimise cross contamination.
Vegan	No bacon or eggs. For corn fritters see egg & dairy free.
Gluten free	Use gluten free flour in the corn fritters. Consider cooking gluten based corn fritters last or separately.

Preparation Required by your Duty Group for Dinner

Cook rice in the hotpot – see page 18 for instructions.

At lunch, remove from hot-box & cool by putting the pot outside.

Wednesday Lunch

Touring lunch (Page 12) or hot lunch (Page 14).

Day 4		Tuesday Dinner to Wednesday Lunch			Quantities are Raw/Concentrated						QM Notes	
Quantities			Pack Size	Quantity Per Person	10 People	15 People	20 People	25 People	30 People	35 People		
FRESH FOODS												
Dinner	Soup	Bacon		20g	200g	300g	400g	500g	600g	700g	Use some of b'fasts, or tinned ham/spam	
	Main	Braising Steak			All supplied							
Breakfast		Bacon			All supplied						2/3 of weeks supply	
Lunch	Touring	Ham		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply	
		Salami		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply	
BULK PANTRY												
Dinner	Minestrone Soup	Kidney beans	440g		1 can	2 can	2 can	3 can	3 can	3 can		
		Can carrots / fresh	440g		1 can	2 can	2 can	3 can	3 can	3 can		
		Canned tomatoes	440g		2 can	3 can	4 can	5 can	6 can	7 can		
		Bread (if made)	random	1 slice	10	15	20	25	30	35		
	Beef Casserole	Can carrots	400g		1 can	2 can	2 can	3 can	3 can	3 can		
		Can champignons	440g		1 can	2 can	2 can	3 can	3 can	3 can		
		Canned green beans	440g		1 can	2 can	2 can	3 can	3 can	3 can	Used soaked dried if possible	
		Canned lentils	440g		1 can	2 can	2 can	3 can	3 can	3 can	Used soaked dried if possible	
		Dried peas	50g		2 pkt	3 pkt	4 pkt	5 pkt	6 pkt	7 pkt		
		Dried mashed potato	350g	35g	350g	525g	700g	875g	1,050g	1,225g		
		Dessert	Cream (cartons)	250ml	25ml	2	3	4	5	6	7	
			Powdered egg			4 tbsp	6 tbsp	8 tbsp	10 tbsp	12 tbsp	14 tbsp	
	Dates				2 cup	2.5 cup	3 cup	3.5 cup	4 cup	4.5 cup		
Breakfast	Base	See page 13										
	Hot	Eggs		1.5 each	15	24	30	25	30	35	Cook to order!	
		Canned corn	400g		2 can	3 can	4 can	5 can	6 can	7 can		

Bogong Rover Chalet

Food Menu



Fit for a skier



Wednesday Dinner to Thursday Lunch



Tomato Soup

Steak & stir fry with steamed rice

Vegan & Vegetarian: TVP burgers

Chocolate Mouse

Sausages & eggs

Make sure you read the participant notes on page 6 before you start cooking!

Wednesday Dinner

Soup: Tinned Tomato

Beef & Veg in Black Bean Sauce with Rice (serves 10)

Got more than 10 people? Refer to page 46 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- Pre-cooked rice that has been in the hot box since breakfast
 - Steak (all)
 - 2 tsp bicarb
 - 1 jar black bean sauce
 - Broccoli (all)
 - 1 can corn or corn spears*
 - 1 can straw mushrooms*
 - 100g dehydrated mushrooms
 - 1 can green beans*
 - 2 tbsp dried onion
 - 2 cups water*
 - Oil, salt & pepper
 - 50ml soy sauce
 - Optional: 2 tbsp chilli, 2 tbsp garlic, 2 tbsp ginger, 2 tbsp oyster sauce
- *You can keep the liquid from the cans to be used in place of water. Not suggested for low fodmap folk*

Method - Beef:

1. Slice steak into thin strips, across the grain if possible.
2. Mix bicarb and a little water, toss over steak and rub in. Refrigerate for as long as possible while preparing rest of meal.
3. Rinse beef with water and lightly dry with paper towel prior to cooking.
4. Rehydrate the onion and mushrooms with a little warm water.
5. In a saucepan or wok, add the beef and allow it to brown.

☆ Pro tips! ☆

Rub in Chinese 5 spice and garlic into the beef and don't rinse off!

Method – Vegetables:

1. In a separate pan, fry the mushrooms, onion, green beans, corn and broccoli to the pot. Keep the vegetables separate for the vegetarians (if no vegetarians, feel free to combine).
2. Add the optional herbs and then the soy sauce and any oyster sauce.
3. Mix in the sauce & water and coat the vegetable mix and the beef.
4. Serve with rice. See Hot Box Method page 18.

☆ Pro tips! ☆

Toss the broccoli in oyster sauce!

This will be vegan/vegetarian friendly in ~2026 onwards.

TVP burgers (serves 5) – Vegetarian & Vegan option

Ingredients:

- 1.5 cup of TVP
- 2 cup of water
- 3 tsp beef stock
- 1 tsp black pepper
- 1 tsp paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- ¼ cup nutritional yeast
- 2 tsp coconut oil
- ~3 tablespoons of plain flour
- ~3 tablespoons of bread crumbs
- Optional: 2 tsp worcestershire sauce & 2 tsp gravy powder & vegetarian oyster sauce
- Oil

Method:

1. Combine the Texturised Vegetable Protein (TVP), water, beef stock, black pepper, paprika, garlic powder and onion powder in a pot. Bring to boil (big bubbles). Remove from heat, cover and rest for 5 minutes. The TVP should bounce slightly to touch and be slightly fluffy.
2. Add nutritional yeast and any of the optional flavourings (note: nutritional yeast needs to be added while hot).
3. Mix in coconut oil. The mixture should be a sticky mess.
4. Add in the bread crumbs and plain flour until the texture is like mince meat but a little sticky.
5. Roll into a pattie shape and cook in a saucepan with oil for 3-4 minutes each side.
6. Serve with rice and vegetables.

Preparation required by your Duty Group

Bake bread for breakfast. Bread baking tips & trips are on page 20. If having fairy bread tonight, bake extra bread!

Alternative recipes for this meal:

- Curry & Rice (see page 58)
- Bean Burgers (see page 57)
- Steak & Fried Rice (see page 59)

Common Dietary Alterations For The Main Meal:

Vegan & Vegetarian	The TVP burgers, veg & rice are appropriate. Please check the oyster sauce as we are transitioning over to vegan oyster sauce from 2026 onwards.
Gluten Free	Beef option is gluten free. For the TVP burgers switch the flour & breadcrumbs for GF alternatives. Celiacs should note that the TVP burger ingredients have "may contain" ingredients.
This is	Egg free & dairy free.
Celiac*	The TVP burgers have "may contain" ingredients.

Wednesday Dessert

Chocolate Mousse

Follow directions on the packet

Common Dietary Alterations For This Dessert:

Egg free	Contains milk, egg & gelatine. Make from scratch – see page 64.
Dairy free	
Vegetarian	
Vegan	
This is	Gluten Free.

Thursday Breakfast

Base Breakfast (see page 11)

+ **Sausages & Eggs**

☆ Pro tips! ☆

Cook sausages and eggs on the bbq!

Our veggie delight sausages have been discontinued. We are sad too! We are keeping our eyes peeled for new products to replace it!

Give the bbq a bit of extra time to heat up!

Common Dietary Alterations For This Breakfast:

Egg free	If an allergen, look at other dietaries and consider cooking eggs separately or last.
Vegetarian	No sausage. Cook sausage last to minimise cross contamination.
Vegan	No sausage or eggs. It is suggested to cook up some baked beans for vegans.
Gluten free	Gluten Free & Dairy Free.

Preparation Required by your Duty Group for Dinner

Soak chickpeas (vegetarian/vegan option) in water.

Thursday Lunch

Touring lunch (Page 12) or hot lunch (Page 14).

Day 5		Wed. Dinner to Thursday Lunch			Quantities are Raw/Concentrated						QM Notes
Quantities			Pack Size	Quantity Per Person	10 People	15 People	20 People	25 People	30 People	35 People	
FRESH FOOD											
Dinner	Main	Rump Steak		160g	All supplied						All supplied
		Broccoli			All supplied						
Breakfast		Sausages			All supplied						
Lunch	Touring	Ham		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
		Salami		20g	200g	300g	400g	500g	600g	700g	
BULK PANTRY											
Dinner	Soup	Tomato	440g	88g	2 can	3 can	4 can	5 can	6 can	7 can	
		Bread (if made)	random	1 slice	10	15	20	25	30	35	
	Beef in Black Bean Sauce	Rice		1/3 Cup	3.3 cup	5 cup	6.7 cup	8.3 cup	10 cup	11.6 cup	
		Can corn / spears	400g		1 can	2 can	2 can	3 can	3can	4 can	
		Can staw mushrooms	440g		1 can	2 can	2 can	3 can	3can	4 can	
		Dried mushrooms		10g	100g	150g	200g	200g	300g	350g	Dehydrated weight
		Green beans	500g		1 can	2 can	2 can	3 can	3can	4 can	
		Black bean sauce			1 jar	1.5 jar	2 jar	2.5 jar	3 jar	3.5 jar	
	Dessert	Choc. mousse mix	1.9kg	25ml	Follow instructions on pack.						
Breakfast	Base	See page 13									
	Hot	Eggs		1.5 each	15	24	30	25	30	35	Cook to order!

Bogong Rover Chalet

Food Menu



Fit for a skier



Thursday Dinner to Friday Lunch



Party Night
Cream of Chicken Soup
Roast Lamb
Vegan & Vegetarian: Falafels
Apple Crumble
Baked Beans

Make sure you read the participant notes on page 6 before you start cooking!

Thursday – Party Foods

French Onion Dip (serves 10-15)

Got more than 10 people? Refer to page 52 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- 30g French onion soup mix
- 250ml UHT cream

Method:

1. Whip cream until it holds peaks.
2. Add in soup mix, continuing to whip.
3. Allow to stand for at least 30 minutes prior to serving.

Hummus (serves 10-15)

Ingredients:

- 1 can chickpeas
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp olive oil
- ½ tsp crushed garlic

Method:

1. Drain the chickpeas & rinse.
2. Combine all ingredients in blender and process until smooth.
3. Can be served immediately.

Devils On Horsebacks (serves 10)

Ingredients:

- 10 toothpicks
- 10 prunes – pitted (take out pits)
- 5 rashers of bacon

Method:

1. Heat oven.
2. Cut the bacon in half to create 10 long strips.
3. Wrap bacon around the prune and secure with toothpick.
4. Bake for 20 minutes or until crispy.

Don't like prunes? Try squares of cheese instead!

Other Ideas:

- Fairy Bread
- Celery & Capsicum with Dips
- Pinwheels (pastry wheels with toppings including tomato paste, cheese, olives, etc.)
- Anti-Pasto (olives, pickled onion, pickles, sundried tomatoes, roasted capsicum)
- Cheese Club (BYO)

Common Dietary Alterations For The Party Food:

Dairy free	French onion dip is not suitable.
Vegetarian	Devils on horsebacks are not suitable.
Vegan	Hummus <u>is</u> suitable.
This is	Gluten free & Egg Free.

Preparation Required by your Duty Group

Bake bread for breakfast. Bread baking tips & trips are on page 20.

Thursday – Dinner

Soup: Cream of chicken

Contains Milk, Gluten, Soy & Wheat. Whilst this is meat free, vegetarians should be asked whether they'd like an alternative soup (cream of mushroom recommended). See page 8 for dietary soup suggestions.

☆ Pro tips! ☆

It might be party night but make sure the oven fire doesn't go out!

Roast Lamb, Roast Veg & Cauliflower with Cheese Sauce (serves 10)

Ingredients:

- Lamb (all)
 - Onion (all remaining)
 - 1kg potatoes
 - Pumpkin (all remaining)
 - 400g carrots
 - Cauliflower (all)
 - 100g margarine
 - 4 tbsp plain flour
 - 4 cups milk
 - 1 block tasty cheese - grated
 - Serve with mint sauce / jelly
- Recommended herbs: rosemary, garlic, chilli & thyme (or mixed herbs)

Lamb Raw weight (kg)	0.5	1	1.5	2	2.5	3
Time (min)	20-25	40-50	60-75	80-100	100-125	120-150

Roast Lamb Method:

1. Get oven going, heating to around 200 degrees celsius.
2. Rub oil, salt, pepper and any herbs on the meat. Cover meat in foil and place in oven. Cook until internal temperature is at least 65 degrees – refer to the above table.
3. Allow meat to sit for 20 minutes before carving into slices.

☆ Pro tips! ☆

Cut meat up to sit flat in pan with fat cap facing up. Have liquid (eg. Stock) covering the bottom of the pan. When cooked add flour and gravy powder to pan to make gravy!

Roast Veg Method:

1. Wash potatoes & peel. Do not eat the peel.
2. Cut onion, carrots, pumpkin and potatoes into desired size.
3. Boil a large pot of salted water with the baking soda. Remember to start with hot water. Add potatoes into the water and boil for 15 minutes. Drain potatoes.
4. Place all vegetables in a pan, drizzle liberally with oil. Season with salt, pepper and rosemary. Roast until slightly brown. Potatoes will take the longest. Take the pan out and toss veggies regularly. To test if vegetables are cooked, pierce with a skewer and they will feel soft in the centre.

☆ Pro tips! ☆

Season the carrots separately with honey & mustard!

Cook the onions with the meat (but remember to keep some aside for vegetarians!)

Cauliflower with Cheese Sauce

1. Place the cut up cauliflower in a saucepan and cover with hot water.
2. Bring to the boil and simmer until soft.
3. Drain the cauliflower and place in a baking dish.
4. Make the cheese sauce and pour over the cauliflower.
5. Place in the oven for 20 minutes or until browned.

☆ Pro tips! ☆

Season the cheese sauce with salt, pepper and mustard powder!

TO MAKE THE SAUCE:

1. Heat margarine in a saucepan until melted and foaming.
2. Add the flour and stir through until slightly bubbling.
3. Remove pan from heat and gradually add the milk in. Stir continuously.
4. Return pan to heat and continue stirring until the sauce boils.

Falafels With Tahini Dressing (serves 5) – Vegetarian & Vegan option

Falafels

Ingredients – Falafel:

- 0.5 cups of dried chickpeas
- Water to soak & cook chickpeas in
- 3 tsp baking soda
- 1 tsp paprika
- 2 tsp cumin
- 4 tsp dried parsley
- 4 tsp dried oregano
- 4 tsp dried coriander
- 4 tsp garlic powder
- 4 tsp onion powder
- ¼ flour (extra may be needed)
- 4 tsp oil
- Salt & Pepper

Method – Falafel:

1. Cook chickpeas according to packet. Add 2 tsp of baking soda to the water (note: canned chickpeas won't work). Drain chickpeas.
2. Blend cooked chickpeas in a food processor.
3. Combine 1 tsp baking soda, herbs & spices, flour and oil together with the chickpeas.
4. Roll into small balls. Add extra flour if too wet and add extra oil if falling apart.
5. Pan fry falafels until golden brown. Do not deep fry.

Tahini dressing

Ingredients – Tahini Dressing:

- ¼ cup tahini
- ¼ cup iced water
- Pinch of cumin
- Pinch of salt
- 2 tsp garlic powder
- 6 tsp lemon juice
- Optional: chilli & coriander

Method – Tahini Dressing:

1. Combine tahini, water, cumin, salt & garlic in a bowl and whisk.
2. Trust the process! It will look gross for a minute and then look white and creamy.
3. Add lemon/lime juice last.

Common Dietary Alterations For The Main Meal:

Vegetarian & Vegan	Use falafel recipe.
Dairy free	All but the cheesy cauliflower is DF.
Gluten Free	Can't consume the cheesy cauliflower. Falafels can be made GF by switching the flours.
Celiac*	Consider different gravy options.

Thursday Dessert

Got more than 10 people? Refer to page 52 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Apple Crumble (serves 10)

Ingredients:

- 4 tbsp self raising flour
- 2 tbsp margarine
- 4 tbsp brown sugar
- 4 tbsp coconut
- 2 tin apple pie
- 1 serve of custard – see page 19
- Optional: pinch of cloves

*Out of self raising flour? See page 18 to make your own!

Method:

1. Place pie apple in a baking dish.
2. In a bowl, rub together flour and margarine until mixture looks like fine crumbs.
3. Add brown sugar and coconut. Mix well. Place this mixture over the pie apple.
4. Bake in a moderate oven until brown (30 minutes).
5. Whilst the crumble is baking, make up the custard.
6. Serve with custard.

☆ Pro tips! ☆

Add 2 tbsp of brown sugar to the top of the crumble before baking!

Common Dietary Alterations For This Dessert:

Gluten Free & Celiac*	Switch the flour for GF flour.
This is	Vegan, Vegetarian, Dairy Free & Egg Free (assuming switching milk for custard).

Friday Breakfast

Base Breakfast (see page 11)

+ Baked Beans

Common Dietary Alterations For This Breakfast:

This is	Gluten Free, Vegan, Vegetarian, Dairy Free & Egg Free.
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Preparation Required by your Duty Group for Dinner

Start soaking lentils & kidney beans for dinner; Make Jelly for tonight's dinner.

Friday Lunch

Touring lunch (Page 12) or hot lunch (Page 14).

Day 6		Thursday Dinner to Friday Lunch			Quantities are Raw/Concentrated						QM Notes
Quantities			Pack Size	Quantity Per Person	10 People	15 People	20 People	25 People	30 People	35 People	
FRESH FOOD											
Dinner	Main	Celery			For Dips						Save a couple of sticks for Friday
		Lamb Leg			All supplied						
		Onions		20g	200g	300g	400g	500g	600g	700g	All remaining
		Potatoes		100g	1kg	1.5kg	2kg	2.5kg	3kg	3.5kg	From Bulk Pantry
		Pumpkin		50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg	All remaining
		Carrots	random	40g	400g	600g	800g	1kg	1.2kg	1.4kg	1/4 of weeks supply
Breakfast		Nil									
Lunch	Touring	Ham		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
		Salami		20g	200g	300g	400g	500g	600g	700g	1/6 of weeks supply
BULK PANTRY											
Dinner	Soup	Cream of chicken	440g	88g	2 can	3 can	4 can	5 can	6 can	7 can	Concentrated
		Bread (if made)	random	1 slice	10	15	20	25	30	35	
	Devils On Horsebacks	Prunes		2	20	30	40	50	60	70	
		Bacon			All						Use 1/3 of weeks supply
	Antipasto	Olives		10g	100g	150g	200g	250g	300g	350g	
		Pickles		10g	100g	150g	200g	250g	300g	350g	
		Sundried tomatoes		10g	100g	150g	200g	250g	300g	350g	
		Roasted capsicum		10g	100g	150g	200g	250g	300g	350g	
	Party food	Cream (cartons)	250ml		1 ctn	2 ctn	2 ctn	3 ctn	3 ctn	3 ctn	
		Dried biscuits	random	50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg	
	Dessert	Pie apple	850g		2 cans	3 cans	4 cans	5 cans	6 cans	7 cans	
Breakfast	Base	See page 13									
	Hot	Baked beans	440g		2 can	3 can	4 can	5 can	6 can	7 can	

Bogong Rover Chalet

Food Menu



Fit for a skier



Friday Dinner to Saturday Lunch



Vegetarian Bolognaise
Canned fruit, jelly & custard
Base breakfast only

Make sure you read the participant notes on page 6 before you start cooking

Friday – Dinner

Soup: Tinned Vegetable

Vegetarian Bolognaise (serves 10)

Got more than 10 people? Refer to page 56 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Ingredients:

- 2 tbsp dried onion
- 1-2 tsp crushed garlic
- 1 tsp Italian dried herbs
- Canola oil
- 2 carrots grated
- 1 zucchini grated
- 1x 400g can mushrooms – drained & sliced
- 100g green lentils – soaked since breakfast (rinsed and drained)
- 100g kidney beans – soaked since breakfast (rinsed and drained)
- 1x 140g tub tomato paste
- 2x 400g cans diced tomatoes
- Salt and pepper
- 2 tbsp extra virgin olive oil
- 1 tbsp sugar
- Grated cheese & parmesan to serve

Method:

1. Cook pasta using the method on page 14 until just right. Remember to fill the pot with hot water to save time. At the same time as the pasta is cooking make the sauce. They should finish cooking around the same time.
2. In a saucepan, cook onions, herbs and garlic in oil for a minute.
3. Add all remaining ingredients.
4. Mix together and simmer for at least 30 minutes (minimum) .
5. Serve on pasta with Grated Cheese and parmesan.

Other variation:

- Add any left-over lunch meat to bolognaise (not veg friendly).

Alternative Recipes For This Meal:

- Creamy Tomato & Salami Pasta (see page 57)
- Hot lunch Pastas (see page 14)

Common Dietary Alterations For This Main Meal:

Dairy free & Vegan	Don't add cheese. Let individuals add it.
Gluten Free	Switch pasta for GF.
This is	Vegetarian & Egg Free.

Friday Dessert

Canned Fruit, Jelly & Custard (serves 10)

Got more than 10 people? Refer to page 56 for the quantities. If you're inbetween sizes, consider if you have bigger eaters or smaller eaters!

Make jelly in the morning.

Make custard – see page 19

Common Dietary Alterations For This Dessert:

Dairy free	Make custard with DF milk alternative.
Vegetarian & Vegan	There is no vegan jelly. Serve without jelly. Make custard with DF milk alternative.
This is	Gluten Free & Egg Free.

Friday Breakfast

Base Breakfast (see page 11)

Preparation Required by your Duty Group

Bake bread for breakfast. Bake enough for incoming party (if there is one). Bread baking tips & trips are on page 20.

Day 7		Friday Dinner to Saturday Breakfast			Quantities are Raw/Concentrated						QM Notes
Quantities			Pack Size	Quantity Per Person	10 People	15 People	20 People	25 People	30 People	35 People	
FRESH FOOD											
Dinner	Pasta	Carrots		40g	400g	600g	800g	1kg	1.2kg	1.4kg	1/4 of weeks Supply
		Zucchini		50g	500g	750g	1kg	1.25kg	1.5kg	1.75kg	1/3 of weeks supply
Breakfast		Nil									
BULK PANTRY											
Dinner	Pasta	Vegetable	440g	88g	2 can	3 can	4 can	5 can	6 can	7 can	Concentrated
		Bread (if made)	random	1 slice	10	15	20	25	30	35	
		Can champignons	440g		1 can	2 can	2 can	3 can	3can	3 can	
		Canned kidney beans	440g		1 can	2 can	2 can	3 can	3can	3 can	Used soaked dried
		Canned lentils	440g		1 can	2 can	2 can	3 can	3can	3 can	Used soaked dried
		Canned tomatoes	440g		2 can	3 can	4 can	5 can	6 can	7 can	
		Pasta			1kg	1.5kg	2kg	2.5kg	3kg	3.5kg	
		Cheese		20g	200g	300g	400g	500g	600g	700g	
	Dessert	Jelly			2pkt	3pkt	4pkt	5pkt	6pkt	7pkt	
		Canned fruit salad	850g		2 can	3 can	4 can	5 can	6 can	7 can	
Breakfast	Base	See page 12									

Additional Recipes - mains

For these recipes, dietary changes are not suggested. Consider making swaps similar to other meals (eg. Use milk alternative to make it dairy free, use gluten free flour instead of normal flour, etc.)

Apricot Chicken – serves 10

This is an alternative for Saturday Dinner.

Ingredients:

- All chicken (or tofu)
- 200g carrots
- 100g dried peas (rehydrated)
- 400g canned corn
- 60g French onion soup mix
- 2 can apricot nectar
- All Asian greens
- Optional: oyster sauce

☆ Pro tips! ☆

Dry off excess water from the Asian greens or they'll spit in the oil!

Method:

1. Prepare rice in hotpot – see page 17
2. Remove skin from the chicken and cut into 2cm cubed sized pieces.
3. Roll the chicken in plain flour. Remove the excess flour and place chicken in baking dish.
4. In a small bowl, mix onion soup gradually with the apricot nectar.
5. Pour the mixture over the chicken pieces. Cover with foil.
6. Bake in moderate oven for 1.5 hours or until done. Foil may be removed 25 - 50 minutes before serving so chicken can brown.
7. Warm a little oil in a frypan. Stir fry chopped and rinsed Asian greens briefly with a little oyster sauce.
8. Serve with rice, sweetcorn, carrots and peas.

Black Bean Burgers – serves 10

This is an alternative to Sunday, Wednesday & Thursday Dinners.

Ingredients:

- 2 tbsp dried chives
- 2 tsp chilli flakes (opt)
- 2x 400g can black beans, rinsed and drained
- 2 tsp paprika
- 140g breadcrumbs
- 1x 400g can chickpeas
- Flour to dust
- Oil

Method:

1. Place in food processor bowl chives, chilli, 2/3 black beans, paprika and breadcrumbs. Process until smooth.
2. Add remaining beans and chickpeas.
3. Pulse very briefly so the texture remains a little course.
4. Roll mixture into patties and dust with flour.
5. Fry in oil until slightly charred and cooked through.

Creamy Tomato & Salami Pasta – serves 10

This is an alternative to Friday Dinner.

Ingredients:

- Leftover salami, ham and or bacon
- 2 tbsp dried onion
- 1 tbsp oil
- 2 x 400g can tomatoes

Method:

1. Cook pasta using the above method on page 14 until just right. Remember to fill the pot with hot water to save time. At the same time as the pasta is

- 1 tsp crushed garlic
- 1 tsp Italian herbs
- 1 diced zucchini
- 1 x 400g can evaporated milk
- 100g cheese – grated
- 800g pasta

- cooking make the sauce. They should finish cooking around the same time.
2. Fry onion and meat in oil.
 3. Add garlic and cook for 1 minute
 4. Add remaining ingredients except evaporated milk and cheese.
 5. Simmer for ½ hour.
 6. Add Evaporated milk and cheese and simmer for a further 5 minutes.

Beef Curry (and other curry)– serves 10

This is an alternative to Wednesday Dinner.

Ingredients:

- All supplied steak
- 4 tbsp oil
- 4 tbsp dried onion
- ½ cup Keens curry powder
- ½ tsp chilli powder
- 1 tsp garlic powder
- 1 tub of tomato paste
- 2 can tomatoes
- 1.5 cup Massel beef stock
- 2 tsp salt
- 4 tsp plain flour
- ¾ cup milk

Method:

1. Cut up steak into 2.5cm cubes.
2. Heat oil in a large pan. Add the onion and cook until soft.
3. Add to the pan the curry powder, chilli powder, garlic powder and meat cubes. Stir until the meat is coated and browned.
4. Add tomato paste, canned tomatoes, stock and salt. Simmer for 1-1.5 hours or until tender. Stir occasionally.
5. Blend flour with a little milk until smooth. Add remaining milk and stir.
6. Remove meat from heat and add the milk mixture. Stir until smooth. Return to heat and stir until mixture boils and thickens.

There are jars of messman curry and red thai curry pastes in the pantry – follow the instructions on the jar. There are also spices in the pantry to make most curries from scratch. Serve with plain rice cooked in the hot box and use the vegetables from the fried rice recipe in your curry.

Combine curry sauce with protein & vegetable rations.

Chicken Stir-Fry – serves 10

This is an alternative to Saturday Dinner.

Ingredients:

- All diced chicken (or tofu)
- 100g carrots
- Asian greens capsicum
- 50g dried peas (rehydrated)
- 1 can spears corn
- 1 can bean shoots
- 1 can bamboo
- 1 can water chestnuts
- 1 diced onion
- 1 tbsp oil

Method:

1. Prepare rice in hotpot. See method on page 18.
2. Drain Canned Veggies, slice carrot, onion & greens, dice chicken/tofu.
3. In a jug mix soy sauce, sesame oil, stock powder flour and water.
4. Heat oil in wok. Fry onion, until slightly brown,
5. Add diced chicken (or tofu), garlic and ginger.

- 3 tsp crushed garlic
- 2 tsp minced ginger
- 1/3 cup soy sauce
- 2 tsp sesame oil
- 1 tbsp Massel chicken stock powder
- ¼ cup cornflour
- 1 cup water

6. Stir-fry until chicken is cooked. Stir in the onion and carrots Add the vegetables.
7. Stir in the sauce and cook until thickened. Serve.

Lasagne – serves 10

This is an alternative to Monday Dinner.

Ingredients:

- 1 tbsp dried onion
- 1-2 tsp crushed garlic
- 1 tsp Italian dried herbs
- Canola oil
- 1 can carrots drained and grated/diced
- 1 zucchini grated
- 1x 400g can mushrooms – drained and sliced
- 100g green lentils – soaked since breakfast (rinsed and drained)
- 100g kidney beans – soaked since breakfast (rinsed and drained)
- 1x 140g tub Tomato Paste
- 2x 400g cans diced tomatoes
- Salt and pepper
- 1 tbsp sugar
- 2 tbsp extra virgin olive oil
- 500g lasagne sheets (or make your own!)
- Milk or milk alt.
- Flour
- Margarine
- Salt and pepper
- Grated Cheese & parmesan to serve

Method:

Lasagne Sheets (egg free)

If making your own, prepare dough 1st.
(directions on page 61).

'Red Sauce'

1. Heat a small amount of oil in the frypan. Fry onion, garlic and herbs and cook for 1 minute.
2. Add carrots, zucchini, mushrooms, lentils, beans, tomato and tomato paste.
3. Simmer for at least ½ hour.
4. Add sugar and extra virgin olive oil.
5. Season with salt and pepper

Béchamel sauce (See Cookery the Australian Way or page 32)

Lasagne

1. In a deep greased baking dish build lasagne using alternating layers of pasta, red sauce and béchamel.
2. Finish with a layer of béchamel and grated cheese.
3. Cover loosely in foil and bake at 180deg for 30 minutes.
4. Remove foil and bake for another 10 minutes.

Steak & Fried Rice – serves 10

This is an alternative to Wednesday Dinner.

Ingredients:

- All Steak
- Pre-cooked rice
In hot box after breakfast
- 1 cup oil
- 5 eggs
- Diced onions

Method:

1. Cook steaks on BBQ. Keep warm in a sealed bain-marie with a little hot beef stock
2. Precook rice after breakfast in hot-box and cool at lunchtime or when you return from skiing.
3. Rehydrate peas in a little warm water.

- 1 can carrots - drained & chopped
 - 1 can corn - drained
 - 100g dried peas – rehydrated & drained
 - 1 can champignons - sliced & drained
 - Pinch salt
 - Soy sauce
 - Pinch Chinese five spice
4. Prepare onions, carrots and mushrooms.
 5. Beat eggs in a bowl. Heat a little oil in wok or BBQ.
 6. Cook eggs as omelette, slice up and set aside.
 7. Heat remaining oil in the wok or on the BBQ.
 8. Fry onion until browned.
 9. Add carrot, drained peas, corn and mushrooms. Cook until hot through.
 10. Add cooked rice, salt, soy and 5 spice.
 11. Stir-fry over high heat until hot through.
 12. Stir in omelette.

Additional Recipes - other

For these recipes, dietary changes are not suggested. Consider making swaps similar to other meals (eg. Use milk alternative to make it dairy free, use gluten free flour instead of normal flour, etc.).

Egg free pasta – serves 10

This is an alternative base for Monday Dinner.

Ingredients:

- 170ml water (you may need a little more!)
- 2 tbsp olive oil
- 425g plain flour
- Pinch of salt

Method:

1. Form a soft dough and kneed for at least 5 minutes until smooth.
2. Rest dough for at least 30 minutes.
3. Divide dough into 4 then roll out and work through the pasta machine.
4. Build lasagne!

Mash potato from fresh potato – serves 10

This is an alternative base for Tuesday Dinner – in particular for dietaries.

Ingredients:

- 6-8 medium sized potatoes – chopped into 2-3cm cubes
- Water to cover
- 1 tsp salt
- 1 tsp pepper
- 4 tbsp margarine
- Optional: garlic & chives

Method:

1. Wash potatoes & peel. Do not eat the peel.
2. Bring a large pot of water to the boil on the stove top (boiling means big bubbles). Add the potatoes.
3. Turn down heat and allow pot to simmer for 30 minutes. Potatoes are ready when potatoes effortlessly slide off a knife when pierced with a knife.
4. Drain water from saucepan.
5. Mash potatoes with a fork or potato masher. Add salt, pepper, margarine and any other herbs.

Additional Recipes – desserts

For these recipes, dietary changes are not suggested. Consider making swaps similar to other meals (eg. Use milk alternative to make it dairy free, use gluten free flour instead of normal flour, etc.).

Peach Sponge – serves 10

Ingredients:

- 2 cup self raising flour
- 4 tbsp margarine
- 2 egg
- 6 tbsp milk
- 2/3 cup sugar
- 2 tin peach
- Custard to serve

Method:

1. Cream margarine and sugar together.
2. Add egg and mix well.
3. Stir in flour and milk alternatively. Mix until smooth.
4. Put peach slices in baking dish and pour over cake mixture.
5. Bake in moderate oven (180C) for 30 - 40 minutes.
6. Serve with whipped cream.

Pears & Choc Pudding – serves 10

This is an alternative for Saturday Dessert & requires an oven.

Ingredients:

- 2 tins pears
- 2 tbsp cocoa
- 2 tbsp sugar

Pancake batter:

- 2 cup self raising flour
- 1 tbsp powder egg or substitute
- 1 ¾ cups milk or substitute

Method:

1. Prepare pancake batter.
2. Add 1 tsp cocoa and 1 tbsp sugar.
3. Arrange pears in a greased baking dish.
4. Pour over pancake batter.
5. Bake until a skewer comes out clean.
6. Serve with whipped cream or chocolate sauce.

Optional: Add in some cocoa powder into the whipped cream!

Chocolate Brownies & Cream – serves 10

This is an alternative for Sunday Dessert.

Ingredients:

- 125g margarine
- 125g chocolate
- 1 cup brown sugar
- 2 tbsp dried egg
- 6 tbsp cool water
- 1 cup plain flour
- ¾ cup walnuts
- Cream (to serve)

Method:

1. Grease and line a rectangle pan with baking paper.
2. Melt together margarine and chocolate.
3. Add sugar and stir until dissolved.
4. Combine egg powder and water.
5. Mix into chocolate mix the egg, flour and walnuts.
6. Pour into cake pan.
7. Cook for 30min at 180deg.
8. Serve warm with whipped cream.

Hot Spicy Fruit Salad – serves 10

Ingredients:

- 60g brown sugar
- 250g dried apricots
- 2 tbsp honey
- 2 tins peach slices

Method:

1. Dissolve brown sugar in 2 cups water in heavy based saucepan.

- 2/3 cup sultanas
- 2 cups water
- Nutmeg, cinnamon & whole cloves

2. Add 125g dried apricots, 2 cloves, 1 teaspoon of cinnamon, 1 teaspoon nutmeg, and 1 tbsp honey.
3. Simmer for 15 minutes.
4. Add tin of drained peaches and simmer another 30 minutes.
5. Add sultanas just before serving.
6. Serve hot with custard. NOTES: This desert can be made before hand and reheated. (or in the hotbox).

Vegan Custard – serves 10

This is an alternative for various meals.

Ingredients:

- 450ml milk of choice (eg. Soy)
- 2 tbsp sugar
- 2 tbsp vanilla extract
- 3 tbsp cornflour

Method:

1. Measure the milk into a saucepan then remove 5 tbsp of the milk to a bowl.
2. Add the sugar and vanilla extract to the saucepan.
3. Heat the pan of milk, stirring occasionally, until the sugar has dissolved.
4. Bring the milk almost to the boil then take it off the heat.
5. Add the cornflour to the cold milk stirring to make a smooth paste.
6. Poor half of the hot milk onto the paste stirring as you do this.
7. Tip the mixture back into the saucepan.
8. Return the pan to the heat and stir as the custard thickens.
9. Allow the custard to bubble gently and cook for a minute while stirring.

Shortcrust Pastry – serves 10

This is an alternative for various meals.

Ingredients:

- 3 1/3 cup plain flour
- 250g margarine, chilled
- 2 egg or egg substitute
- 2 tbsp chilled water

Method:

1. Process flour, butter and a pinch of salt in a food processor until mixture resembles breadcrumbs.
2. Whisk egg and water in a bowl until combined, then with food processor motor running, add to flour mixture. Process until mixture begins to form large clumps, stopping machine before mixture forms a ball.
3. Turn pastry out on to a work surface and knead gently to bring together. Form into a disc for a round tart or into

a log shape for a rectangular tart. Wrap in plastic wrap and refrigerate overnight or for at least 2 hours.

Vegan Choc Mousse – serves 10

This is an alternative for various meals.

Ingredients:

- 4 tbsp of coconut milk powder, chilled
- 1 cup warm water
- ¼ cup cocoa powder
- 4 tbsp icing sugar
- 1 tsp vanilla essence

Method:

1. Use the electric mixer to beat the coconut milk powder & water together until smooth. This will take around 10 minutes.
2. Add the cocoa powder, icing sugar and vanilla essence.

List of ingredients not mentioned elsewhere

Baking	Binders	Bread crumbs
		Yeast
		Atta flour
		Rice flour
	Cake Mixes	
	Basics	Cream of tartar
		Gelatine
		100s & 1000s
		Vanilla essence
		Sugar substitute powder
	Other	Popcorn kernels
Beverages	Cordial	Assorted flavours
		Diet cordial
		Ribena
	Hot drinks	Coffee (decaf, instant & ground)
		Tea (loose leaf & bags)
		Assorted tea flavours
		Milo
		Hot chocolate
Oil	Oil	Sesame oil
		Extra Virgin Olive Oil
		Coconut Oil
		Copha
		Nuttelelex
Dairy & Dessert	Baking	Condensed milk
		Evaporated milk
	Drinking	Powdered milk
		Alternative milks
	Other	Yoghurt – assorted flavours
	Dessert	Diet jelly
		Instant puddings
Dietary	Fodmap	Onion powder
		Garlic powder
		Gravy
	Gluten	Cornflakes
		Rice bubbles
		WeetBix
		Plain flour
		Self raising flour
		Rice flour
		Cake mix
		Pasta
		Rice noodles
		Rice cakes / Corn thins
		Rice Crackers
		Sweet biscuits
		Sweet mustard pickle
		Vegemite
		2 min noodles
		Vita wheats
	Vegan	Coconut whipping cream
		Egg substitute
		Texturised Vegetable Protein (TVP)
		Nutritional yeast

	Diabetic	Sugar free jelly
		Sugar free cordial
		Sugar free biscuits
		Sugar substitute
Fruit	Dried	Apples, apricots, mixed fruit, prunes, raisings & sultanas
	Tinned	Apricots, pineapple pieces & two fruit
Tinned Protein	Beef	Braised steak & onion
		Corned beef
		Spaghetti & sauce with beef
	Chicken	Tinned chicken (plain & flavoured)
	Fish	Sardines (assorted)
		Salmon
		Tuna (assorted)
	Pig	Deli ham
		Spam
	Vege-tarian	Baked beans
		NutMeat
		Nutolene
		Spaghetti in tomato sauce
Sauce	Asian	Chinese cooking wine
		Oyster sauce
		Massaman curry paste
		Red Thai curry paste
	Spreads	Pecks spreads (assorted)
		Sweet mustard pickle
		Gherkin relish
		Tomato relish
	Squeezy	Mayo
		Mustard
		Tomato sauce
		BBQ
		Hot chilli
		Sweet chilli sauce
		English mustard
	Other	Lemon juice
		Worcestershire
		Pesto (basil; sundried tomato)
		Balsamic glaze
		Tahini
Veg & Beans	Dried Beans	Tomato salsa
	Jars	Borlotti, chickpeas, four bean mix, green lentils, green split peas, red kidney beans, red lentils, soup mix & split peas
		Olives
		Pickled onions
		Jalapenos
		Charred capsicum
		Crunchy chilli oil
	Other	Tortillas

All Herbs & Spices

Basil leaves
Bay leaves (whole)
Cajun seasoning
Cayenne
Chilli powder / flakes
Chives
Cinnamon (ground)
Cinnamon sugar
Whole cloves
Coriander leaves
Coriander powder / ground
Coriander seeds

Crushed chilli
Cumin
Curry powder
Five spice powder / chinese
Garlic granules
Garum marsala
Ginger powder
Italian herbs
Lemon pepper seasoning
Minced Garlic (wet)
Minced Ginger (wet)
Mixed spice / all spice

Mixed herbs
Mustard powder
Nutmeg (ground)
Onion flakes
Oregano leaves
Paprika / sweet
Rosemary leaves
Sage
Sesame seeds
Thyme leaves
Turmeric

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