

# ***Expedition Meal planning***



***Really great food is an integral part of any successful expedition, for purposes of nutrition, sustainability, learning and enjoyment!***

Cooking can be seen as an adventure activity - presenting opportunities to experiment and work together to discover individual talents and preferences, developing new skills or tastes.

Sometimes meals are planned and prepared individually, in small groups or as a larger communal meal. Each of these approaches has merits and this document is written for you to consider reasons for doing **all of these** on your expedition.

Get in touch with other trainees to discuss options and ideas.

We use Trangia fuel stoves and gas cookers, and where a fire is permitted we will often have a wok available.

We often carry an esky with ice to store certain foods for a limited time on expedition.

Ample clean drinking water is made available in 20 litre drums to refill your personal water bottles and use for cooking purposes only. Please conserve this precious resource!

A list of menu suggestions is also included below... when selecting your food please consider:

- Your medical and dietary needs and preferences – and those of others in your group
- Healthy nutrition including fresh food and a well-balanced diet
- Duration of the trip and perishability of various foods – menu focus will change over time
- Easy preparation (some preparation is a good thing) eg. able to be cooked in approx 20 minutes, often while the sun sets!
- Minimal clean up/low waste – remove packaging beforehand and pack everything carefully to avoid spoilage, reduce reliance on jars, cans and disposable items
- Budgeting – you can cater for quality meals at less than \$15 per person/day
- Storage options – a good esky can mean that frozen food is ready on the third day
- Avoiding high risk foods such as fresh meat and pre cut vegetables etc

- Also avoid fried food which can be hard to clean up and poses additional risk of burns

### **Suitable foods**

*Some foods are better able to cope with being stored in a boat and left in a tent. Consider the following timeframes and pack them carefully!*

#### **Generally:**

- *Wraps rather than bread for easy lunches with all your favourite toppings*
- *Quick breakfast eg cereals/muesli with UHT or powdered milk*
- *Make dinners your specialty – we like to share and compare...*
- *Carry snacks such as trail mix, fruit cake, muesli bars, chocolate and nuts for energy*

#### **Day 1/2 recommendations:**

- *Meals can be prepared from scratch from fresh food such as cos lettuce, tomatoes, corn, capsicum, zucchinis, broccoli, cucumbers, apples etc*
- *Fresh eggs and cheese can be packed carefully*

#### **Day 2/3 recommendations:**

- *Robust fresh food such as oranges, beans, cabbage, pumpkin, carrots and onions will last several days*
- *Frozen meat or pre-prepared meals will start to thaw and be ready now*



#### **Day 4 onward recommendations:**

- *Packet pasta or dehydrated meals with pesto and other preserves*
- *Salami or tinned tuna*



## **Meal suggestions:**

### **DINNER**

#### ***Pocket Pizzas on the fire***

#### ***Ingredients (for 6 people)***

- *12 wraps (2-3 packets)*
- *500grms sliced ham*
- *500grms salami*
- *2 each x fresh onions, capsicums, zucchinis*
- *2 x tins of pineapple chunks*
- *Jar of sliced olives*
- *4x Tomato paste sachets*
- *500 grams grated cheese*

#### ***Equipment Required***

- *Open fire*
- *Knife, grater and chopping board*
- *Personal eating equipment*
- *Aluminium foil*

#### ***Instructions***

- *Stoke up the fire to create a bed of coals*
- *Chop and grate the fresh ingredients and lay them out for presentation*
- *Create your favourite pizza pocket using the ingredients on a wrap, folded with cheese into a section of foil to cover the pocket completely*
- *Add to the coals and supervise a slow cooking for approximately 5 minutes, turning regularly until cooked. Serve hot!*

## ***Pocket Pizzas on the fire***

### ***Variations and Considerations***

*Gluten and dairy -free alternatives:*

*Replace standard wraps with:*

- *Gluten and Dairy free, Vegan options eg sweet potato wraps*
- *Do not add cheese to the meal*

*Refrigeration free alternatives:*

*Salami/ tinned meat or vegetarian options to replace fresh mince*

## **Spaghetti Bolognaise**

### **Ingredients (for 4-5 people)**

- *500grms organic minced beef*
- *500grms pasta*
- *Fresh onion & garlic to taste*
- *1 each of carrot, capsicum, zucchini*
- *Small tomato paste and herbs/bolognaise sauce sachet*
- *250 g parmesan cheese*
- *Salad ingredients*
- *Cooking oil and salt*

### **Equipment Required**

- *Trangia and fuel, or pots on the fire*
- *Knife, grater and chopping board*
- *Personal eating equipment*

### **Instructions**

- *Empty the pasta into the large pot. Fill with water and bring to boil. Boil for 5 minutes, remove and cover; the pasta will continue to cook in the pot.*
- *Chop or grate vegetables into small pieces and keep separate. Pour a spoon full of oil into the small pot, add the onion / garlic and beef mince and cook until brown (remember to keep stirring or it will burn). Add the zucchini, capsicum & carrot and cook for a few minutes before adding the other flavours.*
- *Cook over a low heat for approximately 5 minutes, stirring regularly.*
- *Serve with cheese and salad!*

## ***Spaghetti Bolognese***

### ***Variations and Considerations***

*Gluten-free alternatives:*

*Replace pasta with:*

- *San Remo pasta – Gluten and Dairy free, Vegan options*
- *Orgran pasta – Gluten, Dairy and Nut free and Vegan options*
- *Rice Noodles - Gluten, Dairy and Nut free and Vegan option*

*Replace spag bog sauce with:*

- *Tinned diced tomatoes and tinned beans or chick peas*

*Dairy-free alternatives:*

- *Replace pasta as per gluten-free alternative*
- *Do not add cheese to meal*
- *Ensure spag bog sauce sachet is dairy-free*

*Nut-free alternatives:*

- *Refer to gluten-free alternatives*

*Vegan alternatives:*

- *Refer to gluten-free alternatives*
- *Replace organic minced beef with Textured Vegetable Protein (TVP) mince*

*Refrigeration free alternatives:*

- *Salami or tinned meat/ vegetarian options to replace fresh mince*

## **DINNER**

### **Tomato & Bacon Pasta**

#### **Ingredients (for 4-5 people)**

- 300grams bacon (or chicken / salami)
- 500grams packet pasta
- Fresh tomato, capsicum, onion & garlic to taste
- 1 pkt tomato soup mix
- 250g parmesan cheese
- Cooking oil
- Salad ingredients

#### **Equipment Required**

- Trangia and fuel
- Knife and chopping board
- Personal eating equipment

#### **Instructions**

- Empty the pasta into the large pot. Fill with water and bring to boil. Boil for 5 minutes, remove and cover; the pasta will continue to cook in the pot. When draining water, leave at least 1/3 in with the pasta
- Add tomato soup mix to pasta
- Dice the bacon, tomato, onion and capsicum and fry before adding to the pasta mix
- Cook over a low heat for approximately 5 minutes, stirring regularly.
- Serve with cheese and salad!

## **Tomato & Bacon Pasta**

### **Variations and Considerations**

#### *Gluten-free alternatives:*

- *Replace pasta with:*
  - *San Remo pasta – Gluten and Dairy free, Vegan options*
  - *Orgran pasta – Gluten, Dairy and Nut free and Vegan options*
  - *Rice Noodles - Gluten, Dairy and Nut free and Vegan option*

#### *Dairy-free alternatives:*

- *Replace pasta as per gluten-free alternative*
- *Do not add cheese to meal*

#### *Nut-free alternatives:*

- *Refer to gluten-free alternatives*

#### *Vegan alternatives:*

- *Refer to gluten-free alternatives*

#### *Refrigeration free alternatives:*

- *Salami or tinned meat, or vegetarian options to replace fresh meat*

## **DINNER**

### **Chicken Curry**

#### **Ingredients (for 4-5 people)**

- *1 curry paste sachet*
- *1 cup coconut milk (1 sachet = 1 cup)*
- *1 cup water*
- *Fresh onion & garlic to taste*
- *1 each of carrot, zucchini, potato*
- *1 organic chicken breast*
- *1 handful fresh beans*
- *500grams rice*
- *Cooking oil*

#### **Equipment Required**

- *Trangia and fuel or wok on the fire*
- *Knife and chopping board*
- *Personal eating equipment*

#### **Instructions**

- *Three quarters fill the large pot with water; add rice and fresh beans. Bring to boil and simmer for approximately 10 minutes, DO NOT let the rice boil dry, add more water if necessary. Remove from the stove and cover with the trangia lid.*
- *While rice is cooking chop up and fry onion / garlic, potato, zucchini, chicken & carrot (dice very small to speed up cooking). Add coconut milk, water and curry sauce. Bring to the boil, simmer until vegetables are cooked. Mix sauce and rice / vegies together in the wok and serve hot.*

## **Chicken Curry**

### **Variations and Considerations**

#### *Gluten-free alternatives:*

- *Ensure curry paste sachet is gluten-free (Asian Home Gourmet - Gluten, Dairy, & nut free)*
  - *Indian Butter Chicken, or*
  - *Thai Green Curry*

#### *Dairy-free alternatives:*

- *Refer to gluten-free alternatives*

#### *Nut-free alternatives:*

- *Refer to gluten-free alternatives*

#### *Vegan alternatives:*

- *Refer to gluten-free alternatives (ensure there are no animal products in sachet)*
- *Replace Organic chicken with additional veggies (capsicum and mushrooms) forming a Vegetable Curry*

#### *Refrigeration free alternatives:*

- *Tinned or packaged chicken or vegetarian option to replace fresh meat*

## **DINNER**

### **Carbonara**

#### **Ingredients (for 4 people)**

- 300g bacon
- Fresh carrot, mushrooms, corn and beans
- Fresh onion & garlic to taste
- 1 pkt Tasty Cheese Sauce
- 500gm pasta
- 500g shredded parmesan
- Cooking oil

#### **Equipment Required**

- Trangia and fuel or wok on the fire
- Knife and chopping board
- Personal eating equipment

#### **Instructions**

- Three quarters fill the large pot with water; add pasta, corn, beans and mushrooms. Bring to the boil and simmer for approx 10 mins, don't stir. Remove from the stove and cover with the trangia lid. While pasta is cooking, chop bacon. Pour a spoonful of oil into the wok and stir fry onion / garlic, carrot & bacon. Add pasta & contents to wok (including water). Add Tasty Cheese Sauce packet and stir. Continue to stir and heat through. Stir Fry for approx 2 mins, add cheese, serve hot!

## **Carbonara**

### **Variations and Considerations**

#### *Gluten-free alternatives:*

- *Replace Tasty Cheese Sauce with*
  - *Whole Egg Powder (quantity equivalent to 2 eggs), 1 small UHT pouring cream, shredded cheese*
- *Replace pasta with:*
  - *San Remo pasta – Gluten and Dairy free, Vegan options*
  - *Orgran pasta – Gluten, Dairy and Nut free and Vegan options*
  - *Rice Noodles - Gluten, Dairy and Nut free and Vegan option*

#### *Dairy-free alternatives:*

- *Replace pasta as per gluten-free alternatives*
- *Replace Tasty Cheese Sauce with:*
  - *Whole Egg Powder (quantity equivalent to 2 eggs-ensure no milk powder in this product), 1 small coconut cream*
  - *Do not add cheese to meal*

#### *Nut-free alternatives:*

- *Refer to gluten-free alternatives*

#### *Vegan alternatives:*

- *Replace pasta as per gluten-free alternatives*
- *Replace bacon with Chickpeas*
- *Replace Tasty Cheese Sauce with: Coconut cream, shredded cheese*

#### *Refrigeration free alternatives:*

- *Tinned or packaged chicken or vegetarian option to replace fresh meat*

## **DINNER**

### ***Stir Fry Beef***

#### ***Ingredients (for 4 people)***

- *500grms organic strips of beef*
- *2 packets Hokkien noodles*
- *Fresh onion & garlic to taste*
- *1 capsicum, carrot, broccoli*
- *1 oriental beef sauce sachet*
- *Cooking oil*

#### ***Equipment Required***

- *Trangia and fuel or wok on the fire*
- *Knife and chopping board*
- *Personal eating equipment*

#### ***Instructions***

- *Three quarters fill the large pot with water, add noodles. Bring to boil and simmer for approximately 5 minutes, don't stir. Remove from the stove and cover with trangia lid. While noodles are cooking chop up vegetables. Heat wok, add 1 tablespoon oil and add the beef, onion & garlic. Fry in wok until beef is lightly browned. Add vegetables. Stir for a few minutes, and then add the oriental sauce. Add water if necessary. Simmer for 10 minutes, stirring continuously. Serve on a bed of noodles, or stir the noodles into the wok and heat through.*

## **Stir Fry Beef**

### **Variations and Considerations**

#### *Gluten-free alternatives:*

- *Replace Hookien Noodles with Rice Noodles*
- *Ensure oriental beef sauce sachet: (Maggi – Gluten and nut free)*
  - *Beef Stroganoff, or*
  - *Lamb Casserole*
  - *Or any other gluten-free sachet*

#### *Dairy-free alternatives:*

- *Refer to gluten-free alternatives*
- *Ensure packet sauce sachet is dairy free*

#### *Nut-free alternatives:*

- *Refer to gluten-free alternatives*

#### *Vegan alternatives:*

- *Replace noodles as per gluten-free alternatives*
- *Replace Organic Strip beef with Tofu*
- *Ensure packet sauce sachet is free of animal products*

#### *Refrigeration free alternatives:*

- *Tinned or packaged chicken or vegetarian option to replace fresh meat*

## **DINNER**

### **Chicken Napoli**

#### **Ingredients (for 4 people)**

- 1 pkt pasta
- 1 bag parmesan cheese
- onion & garlic flakes
- 1 organic chicken breast
- 1 carrot
- 1 capsicum
- 1 tub tomato paste
- ½ small bottle of sweet chilli sauce

#### **Equipment Required**

- Trangia and fuel
- Knife and chopping board
- Personal eating equipment
- Wok (if desired)
- Oil

#### **Instructions**

- Three quarters fill a large pot with water and pasta. Bring to the boil and simmer for 10 mins. Place to the side and cover. While pasta cooks, chop carrot, capsicum and chicken. Heat wok and lightly fry vegis, chicken, onion / garlic in oil until cooked. Add tomato paste and required amount of chili sauce. Drain pasta mix in. Heat through and serve with a decent sprinkle of cheese!

## ***Chicken Napoli***

### ***Variations and Considerations***

#### *Gluten-free alternatives:*

- *Ensure sweet chilli sauce brand is gluten free*
- *Replace pasta with:*
  - *San Remo pasta – Gluten and Dairy free, Vegan options*
  - *Orgran pasta – Gluten, Dairy and Nut free and Vegan options*
  - *Rice Noodles – Gluten, Dairy and Nut free and Vegan option*

#### *Dairy-free alternatives:*

- *Refer to gluten-free alternatives*
- *Do not add cheese to the meal*

#### *Nut-free alternatives:*

- *Refer to gluten-free alternatives*

#### *Vegan alternatives:*

- *Replace pasta as per gluten-free alternatives*
- *Replace organic chicken breast with Textured Vegetable Protein (TVP) Chunks or Tofu*

#### *Refrigeration free alternatives:*

- *Tinned or packaged chicken or vegetarian option to replace fresh meat*

## **DINNER**

### **Satay Vegetables**

#### **Ingredients (for 4 people)**

- 500gm rice
- onion & garlic flakes
- 1 Satay Sauce
- 1 carrot
- 1 potato
- 1 surprise peas and corn
- group peanut butter

#### **Equipment Required**

- Trangia and fuel
- Knife and chopping board
- Personal eating equipment
- Wok (if desired)
- Oil

#### **Instructions**

- Empty the rice and peas /corn into the large pot. Fill with water and bring to boil. Boil for 5 minutes, remove and cover; the rice will continue to cook in the pot. DO NOT let all the water evaporate. Pour a spoon full of oil into the wok, and add onion, garlic, carrot and potato. Cook over a low heat for approximately 2 minutes. Add 1 cup water, Satay Sauce and simmer for 5 mins until veggies are soft, add water if need be and stir regularly. Add Satay Sauce and 2 spoon fulls of group peanut butter. Simmer until cooked, serve on a bed of rice.

## **Satay Vegetables**

### **Variations and Considerations**

#### *Gluten-free alternatives:*

- *Ensure satay sauce is gluten-free (Yackandandah)*
  - *Thai Satay Simmer Sauce (Jar) – Gluten & Dairy free*

#### *Dairy-free alternatives:*

- *Refer to gluten-free alternatives*

#### *Nut-free alternatives:*

- *Do not use satay sauce or peanut butter – replace both with a honey, soy and garlic stir fry sauce (or another really yummy tasting nut free alternative)*

#### *Vegan alternatives:*

- *Ensure Satay sauce and peanut butter is free of animal products*
- *Replace with alternate flavouring sauce if required.*

#### *Refrigeration free alternatives:*

- *Tinned or packaged chicken or vegetarian option to replace fresh meat*

## **DINNER -Burritos**

### **Ingredients (for 12 people)**

- 25 Soft Tacos or burritos (4-5 packets)
- 2 packets taco seasoning
- 4 each of onions and carrots
- 1 lettuce
- 8 Roma tomatoes
- 500g tasty cheese (grated)
- 4 x 400g Mince
- 1 plastic bottle tomato paste
- 500g sour cream
- 1 tin red Kidney beans
- Cooking oil

### **Equipment Required**

- Trangia and fuel or wok on the fire
- Knife and chopping board
- Personal eating equipment

### **Instructions**

- Pour a spoon full of oil into the wok; add the onion & mince (kidney beans for vegetarian option) and brown (remember to keep stirring or it will burn). Add the carrot and cook for a few minutes. Add the taco seasoning, tomato paste and water (see packet) before cooking over a low heat for approximately 5 minutes, stirring regularly.
- Chop lettuce and tomatoes into small pieces and serve – load each burrito with mince, lettuce, tomato, cheese and sour cream!

## **DESSERT**

### ***Campfire Baked Cinnamon Apples***

#### ***Ingredients (for 4 people)***

- *4 medium apples*
- *2 tsp. cinnamon*
- *2 tsp. sugar*

#### ***Equipment Required***

- *Knife and chopping board*
- *Personal eating equipment*
- *Aluminium foil*
- *Camp fire*

#### ***Instructions***

- *Cut the apple from top to bottom at three different positions making sure not to cut all the way through the bottom. Place apple on a piece of heavy duty aluminum foil to wrap the apple in. Open the apple similar to a flower. Add the cinnamon and sugar to the center of the apple. Wrap the apple in foil, making sure it is securely closed. Place in campfire coals for approximately 20-30 minutes. Also try using brown sugar instead of the cinnamon and sugar*

#### ***Variations and Considerations***

- *This dessert is Gluten-free, nut-free, dairy-free and Vegan friendly*