



# Camp Oven Recipe Book



Name:

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## STEW & SOUPS

<p><b>CAMP OVEN STEW</b></p> <p><i>Glenn made this superb stew to demonstrate Camp Oven cooking at our South Queensland Pathfinder Leader's Training Day, November 2009.</i></p>		<p>Serves:</p> <p>Preparation time: 15 min</p> <p>Cooking time: 20-30 min</p>
Ingredients	Procedure	
<ul style="list-style-type: none"> <li>* Potatoes</li> <li>* Carrots</li> <li>* Onions</li> <li>* Capsicums</li> <li>* Apples (fresh cooking or dried)</li> <li>* Corn or peas (fresh or dried)</li> <li>* Tomatoes or Spanish Tomato cup-of-soup or Pizza sauce</li> <li>* Red lentils</li> <li>* Egg</li> <li>* Sunflower seeds</li> <li>* Nutmeat or equivalent</li> <li>* Herbs</li> <li>* Crystallised ginger</li> </ul>	<ol style="list-style-type: none"> <li>1. Slice vegetables; the thinner they are sliced, the quicker and better they will cook. Note. Carrot takes the longest to cook.</li> <li>2. Combine all ingredients in camp oven.</li> <li>3. Add water to just cover the ingredients.</li> <li>4. Place Camp Oven and its contents on a heat source.</li> <li>5. Bring stew to boil, cover with lid and reduce heat.</li> <li>6. Allow stew to simmer for 20 to 30 minutes, stirring occasionally.</li> </ol> <p><b>Notes:</b> The quantities of ingredients may be varied according to the size of the Camp Oven, the number of hungry people, taste preferences or availability of ingredients.</p> <p>The crystallised ginger may be replaced by any combination of herbs.</p>	
<p><b>Source of Recipe:</b> Glenn Bernoth of South Queensland Conference, SPD</p>		

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## CASSEROLES & SAVOURIES

<b>Camp Oven Quiche</b>		Serves: 4
<i>Ian made this delicacy to demonstrate Camp Oven cooking at our South Queensland Pathfinder Leader's Training Day, November 2009.</i>		Preparation time: 10 min Cooking time: 20-30min
Ingredients	Procedure	
<ul style="list-style-type: none"> <li>* 1 Medium onion, finely chopped</li> <li>* 2 Eggs</li> <li>* Self raising flour (250ml ie 1 cup)</li> <li>* Cheese, grated (250ml ie 1 cup)</li> <li>* Milk (250ml ie 1 cup)</li> <li>* Pinch of salt</li> <li>* Pinch of herbs</li> </ul>	<ol style="list-style-type: none"> <li>1. Place a trivet inside the camp oven.</li> <li>2. Select a round, flat, metal container (a quiche dish). Make sure it fits inside the Camp Oven with at least 15mm clearance between it and the walls of the camp oven.</li> <li>3. Place the Camp Oven on a heat source so it will be hot when cooking starts. Note that this is not essential, but it saves time.</li> <li>4. Lightly oil the container.</li> <li>5. Mix the ingredients until a runny mixture and place in the container (ie a quiche dish). Don't forget to save some of the grated cheese to put on the top of the quiche at the end.</li> <li>6. Place the container inside the camp oven.</li> <li>7. Replace the camp oven lid and place coals or heat beads (approx 10 beads) on the lid.</li> <li>8. Check after about 15 minutes. It is golden brown on the top when it is cooked. Don't forget to sprinkle the last of the grated cheese on top to give it a yummy crisp top.</li> </ol> <p>Notes:</p>	
<b>Source of Recipe:</b> Ian Norris, Pine Rivers Church, South Queensland Conference, SPD		

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## VEGETABLES

<b>SIMPLE BAKED VEGETABLES</b>		Serves:
<i>This is the most simple, no-frills way baking vegetables. Enjoy the 'true' taste of these healthy foods.</i>		Preparation time: 10 mins
		Cooking time: 15 mins
Ingredients	Procedure	
<ul style="list-style-type: none"><li>* Potatoes</li><li>* Pumpkin</li><li>* Onions</li><li>* Carrots</li><li>* High quality vegetable cooking oil / spray</li></ul>	<ol style="list-style-type: none"><li>1. Place a flat metal (or enamel) plate or dish in the Camp Oven, ensuring that it does not touch the bottom or sides of the Camp Oven. Hint. Use a trivet.</li><li>2. Place the Camp Oven on a heat source so it will be hot when cooking starts. Note that this is not essential, but it saves time.</li><li>3. Chop up vegetables. The finer the vegetables are chopped, the quicker they will cook.</li><li>4. Lightly coat the vegetables with a high quality vegetable oil and place them in the Camp Oven.</li><li>5. Bake until vegetables are cooked to your satisfaction; lightly done, well done (or charcoal?).</li></ol> <p><b>Notes:</b> The quantities of ingredients may be varied according to the size of the Camp Oven, the number of hungry people, taste preferences or availability of ingredients.</p> <p>It is worthwhile placing coals or cooking beads on the lid of the Camp Oven to give an even heat.</p> <p>Try wrapping the vegetables in aluminium foil.</p>	
<b>Source of Recipe:</b> Glenn Bernoth of South Queensland Conference, SPD.		

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## BREADS

DAMPER	
<p>The types of damper are limited only by imagination (and ingredients). See below for ideas on Savoury Dampers and Sweet Dampers.</p>	
<p>Serves: _____ Preparation time: 15 min Cooking time: 20-30 min</p>	
Ingredients	Procedure
<ul style="list-style-type: none"> <li>* Self raising flour</li> <li>* Powdered or fresh milk or water</li> <li>* Salt</li> <li>* Note. Some recipes add 1 teaspoon of baking powder per cup of self raising flour</li> </ul>	<ol style="list-style-type: none"> <li>1. Place a flat metal (or enamel) plate in the Camp Oven, ensuring that it does not touch the bottom or sides of the Camp Oven</li> <li>2. Place the Camp Oven on a heat source so it will be hot when cooking starts. Note that this is not essential, but it saves time.</li> <li>3. Place self raising flour and powdered milk in bowl, with depression in the centre of mixture.</li> <li>4. Add small portions of water (or fresh milk) to centre of mixture, mixing with a spoon or fork from centre out until all dry ingredients are moist. As mixing progresses, small amounts of water can make a big difference to the consistency of the uncooked damper. The aim is to have a stiff ball of mixture... if using hands (clean!!) to finalise mixing or to knead dough, flour hands to minimise dough sticking to fingers. If dough ends up too wet or sticky, add more dry self raising flour and knead mixture</li> <li>5. Place damper on the flat metal (or enamel) plate in the Camp Oven, ensuring plate is not touching base of oven and there is room for the damper to rise (or swell) as it cooks.</li> <li>6. Cook in camp oven for 20 to 30 minutes, depending on the thickness of the damper. Damper is cooked when knife or fork pushed into damper is pulled out without dough sticking to it.</li> </ol> <p><b>Notes:</b> The quantities of ingredients may be varied according to the size of the Camp Oven, the number of hungry people, taste preferences or availability of ingredients.</p> <p><u>Savoury Damper:</u> add herbs, grated cheese, parmesan cheese, sliced olives or other savoury ingredients to dough.</p> <p><u>Sweet Damper:</u> replace salt with sugar for, add sultanas, other chopped dried fruit, Milo or cooking chocolate powder, chocolate bits, cinnamon, chopped crystallised ginger, mini marshmallows, unsalted chopped nuts to dough.</p>
<p><b>Source of Recipe:</b> Glenn Bernoth of South Queensland Conference, SPD.</p>	

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## DESERTS

<b>Sultana Roll</b>		Serves: Preparation time: 15min Cooking time: 20-30 min
<b>Ingredients</b>	<b>Procedure</b>	
<ul style="list-style-type: none"> <li>* <i>Self raising flour</i></li> <li>* <i>Powdered milk</i></li> <li>* <i>Cooking apples</i></li> <li>* <i>Sultanas or other dried fruit</i></li> <li>* <i>Sugar</i></li> <li>* <i>Cinnamon</i></li> <li>* <i>Nutmeg</i></li> </ul>	<ol style="list-style-type: none"> <li>1. Prepare a stiff sweet damper dough, including sultanas</li> <li>2. Flatten dough to approximately 15 mm thick and add thinly sliced apple, sultanas (or other dried fruit), sugar, cinnamon and nutmeg to one half of the dough.</li> <li>3. Fold the other half of the dough over the sliced apple.</li> <li>4. Wrap in aluminium foil and bake in a hot camp oven.</li> <li>5. Place the camp oven on a bed of hot coals removed from the fire, and cover the lid with hot coals, replace cooled coals with hot coals as required to maintain a high oven temperature.</li> <li>6. Cook in camp oven for 20 to 30 minutes. The Sultana Roll is cooked when a knife or fork pushed into the damper is pulled out without dough sticking to it</li> </ol> <p>Notes:</p>	
Source of Recipe: Glenn Bernoth of South Queensland Conference, SPD.		

<b>Camp Oven Fruit (Christmas) Cake</b>		Serves: Preparation time: 15min Cooking time: 45min
<b>Ingredients</b>	<b>Procedure</b>	
<ul style="list-style-type: none"> <li>* <i>Self raising flour (250 ml ie 1cup)</i></li> <li>* <i>Condensed milk (375g tin)</i></li> <li>* <i>Dried mixed fruit (375g packet)</i></li> <li>* <i>Pinch of salt</i></li> </ul>	<ol style="list-style-type: none"> <li>1. Place a flat metal (or enamel) plate in the Camp Oven, ensuring that it does not touch the bottom or sides of the Camp Oven</li> <li>2. Place the Camp Oven on a heat source to preheat it.</li> <li>3. Mix ingredients together really well, pour into a well greased cake tin or pie plate.</li> <li>4. Place cake tin or pie plate in camp oven and bake for 45 minutes.</li> <li>5. Cool in pan</li> </ol> <p>Notes:</p>	
Source of Recipe: <a href="http://www.freewebs.com/campovencook">www.freewebs.com/campovencook</a>		

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## CAMP OVEN LID USED AS A GRIDDLE

<b>Toad in a Hole</b>		<b>Serves:</b>
<i>This recipe tastes better than it sounds.</i>		<b>Preparation time:</b> 5 mins
		<b>Cooking time:</b> 5 mins
<b>Ingredients</b>	<b>Procedure</b>	
* <i>Bread, sliced</i> * <i>Eggs</i> * <i>Cheese, grated</i> * <i>Cooking oil or butter / margarine</i> * <i>Salt to taste</i>	<ol style="list-style-type: none"><li>1. Place Camp Oven lid upside down on a heat source</li><li>2. Make a hole (approx 75mm diameter) in the centre of a slice of bread</li><li>3. Butter the bread or lightly oil the upside-down Camp Oven lid</li><li>4. Place the bread on the Camp Oven lid. You can also put the removed bread centre on the lid if there is room.</li><li>5. Crack an egg and gently drop it into the centre of the bread.</li><li>6. Sprinkle with grated cheese.</li><li>7. Continue cooking until the egg is cooked to your satisfaction and the bread is a nice brown. Some folks like to keep turning the bread over. It's up to you!</li></ol> <p><b>Notes:</b> The cheese is not compulsory. Try other condiments.</p>	
<b>Source of Recipe:</b> Glenn Bernoth of South Queensland Conference, SPD.		

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## OTHER MASTERPIECES

<b>Pizza</b> {Brief comments on the recipe}		Serves: Preparation time: 10 min Cooking time: 15-20 min
Ingredients	Procedure	
<b>DAMPER DOUGH BASE</b> * Self raising flour * Milk (powdered or fresh) * Water (optional) * Salt <b>SAVOURY TOPPING</b> * Pizza topping or tomato sauce * Mushroom pieces * Corn niblets (tinned or fresh) * Onion * Nutmeat of meat substitute * Capsicum * Sliced olives * Cheese, grated <b>SWEET TOPPING</b> * Condensed or caramel milk * Marshmallows (mini or chopped) * Scotch finger biscuits, crumbed. * Sliced cooking apple * Crystallised ginger * Cinnamon	<ol style="list-style-type: none"> <li>1. Place a trivet inside the camp oven.</li> <li>2. Select a round, flat, metal (or enamel) plate. Make sure it fits inside the Camp Oven with at least 15mm clearance between it and the walls of the camp oven.</li> <li>3. Place the Camp Oven on a heat source so it will be hot when cooking starts. Note that this is not essential, but it saves time.</li> <li>4. Prepare stiff damper dough as a pizza base.</li> <li>5. Oil the plate and lightly spread flour on the plate</li> <li>6. Spread damper dough over base &amp; sides of floured plate as thinly as possible.</li> <li>7. Spread pizza or tomato sauce over the flattened damper and add desired toppings.</li> <li>8. Top pizza with parmesan and grated cheese.</li> <li>9. Place the pizza covered dish in camp oven, keeping plate off bottom &amp; sides of camp oven.</li> <li>10. Bake in a hot Camp Oven. Cover the lid with hot beads or coals. Maintain a high oven temperature for 15 to 20 minutes.</li> </ol> <p><b>Notes:</b> Why not experiment with different ingredients.</p>	
<b>Source of Recipe:</b> Glenn Bernoth of South Queensland Conference, SPD.		

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## RECIPE TEMPLATES FOR YOU TO USE

Feel free to copy and use the following recipe templates for your own use. Better still, enter your favourite Camp Oven recipe into a template and send it to us. We can then share it with everyone. Remember we can only use vegetation recipes.

Serves: Preparation time: Cooking time:	
Ingredients	Procedure
* <i>List ingredients here</i>	1. Enter procedure here.
	Notes: {Brief notes on the procedure or the ingredients}
Source of Recipe:	

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<b>Serves:</b> <b>Preparation time:</b> <b>Cooking time:</b>	
<b>Ingredients</b>	<b>Procedure</b>
* <i>List ingredients here</i>	2. Enter procedure here.
<b>Notes:</b> {Brief notes on the procedure or the ingredients}	
<b>Source of Recipe:</b>	