

Quick & Healthy

CARAVAN &
CAMPING RECIPES







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BANANA QUINOA PANCAKES

Contributor: Anthony Hanna

“This is a recipe I developed as a bit of a treat though still very healthy and can be cooked just about anywhere”.

Ingredients

- ½ cup quinoa flakes
- ½ mashed banana
- 1 whisked whole egg
- Cinnamon to taste
- 1 scoop protein powder
- ½ cup milk

Method

1. Mix all ingredients in a bowl.
2. Cook with olive oil approx 45-60 secs each side.
3. Drizzle honey/maple syrup over top.
4. Enjoy!





EGGS BENEDICT

Contributor: Rose Boseley

Serves 4

Ingredients

- 4 English muffins
- 8 slices of ham
- 1 tbsp vinegar
- 1 tsp salt
- 8 eggs
- 1 cup finely grated cheese

Method

1. Cut muffins in half and toast.
2. Place one slice of ham on top of each half and warm under grill. Set aside and keep warm.
3. Bring 5cm of water to the boil in a saucepan. Add vinegar and salt. Break egg into cup and gently slide it into saucepan. Allow water to simmer gently for 2-3 minutes, until egg white is set.
4. Lift egg carefully, drain off water and place on top of ham on toasted muffin. Repeat with remaining eggs.
5. Scatter finely grated cheese over egg and place under hot grill to melt.





CORN, BACON & ZUCCHINI

Contributor: Zora Sulja

Serves 6

Ingredients

30g butter	2 x 420g cans creamed corn
4 shallots, ends trimmed, thinly sliced	500ml (2 cups) chicken or vegetable stock
4 short-cut bacon rashers, halved lengthways, cut into thin strips	Crusty bread, to serve
3 (about 450g) zucchinis, cut into 1cm pieces	
1 x 420g can corn kernels, drained	

Method

1. Melt the butter in a saucepan over medium heat.
 2. Add the shallot and bacon and cook, stirring occasionally, for 5 minutes or until shallot is golden.
 3. Add the zucchini and cook for 1 minute.
 4. Stir in the corn kernels, creamed corn and stock.
 5. Cover and bring to the boil.
 6. Reduce the heat to medium-low and simmer, partially covered, for 10 minutes or until the zucchini is soft.
 7. Ladle soup among serving bowls.
- Serve with crusty bread.





CAMPING TORTILLA SALAD

Contributor: Philippa Clapham

"This is our favourite camping Tortilla Salad, using several raw ingredients (which makes for easy camping storage) as well as a healthy, delicious, quickly prepared camping salad, which is a full meal in itself."

Ingredients

A handful of roughly chopped macadamia nuts

1 apple, cut into slices

6 chopped dates

A handful of pumpkin seeds

Chicken strips, grilled on the campfire with honey and Tamari soy sauce marinade

1 avocado cut into slices

Shredded lettuce leaves

Shavings of parmesan cheese

2 large Tortilla wraps, cut in strips, lightly grilled on campfire

Method

1. Grill marinated chicken strips.
2. Toast Tortilla strips on grill.
3. Toss together with salad, apple, seeds, dates, avocado and parmesan.





BBQ PEACH SALSA

Contributor: Margaret Brown

"This recipe goes great with marinated butterflied BBQ lamb."

Serves 4

Ingredients

4 large peaches, stoned and cut into wedges

Juice of 1 lemon

Pinch of sugar

1 small onion, thinly sliced

2 Lebanese cucumbers, chopped

1 cup coriander sprigs

Method

1. Barbecue peach wedges until golden (about 1 minute each side).
2. Transfer to large bowl. Immediately add lemon juice, sugar and onion.
3. Toss gently to combine.
4. Toss through cucumber and coriander just before serving.





FRITTATA

Contributor: Danielle Masseen

"When travelling I find the following recipe a quick, tasty and easy one to cook."

Ingredients

- 1 chopped onion
- 1 cup grated cheese
- 4 eggs
- 1 cup chopped mushrooms
- 1 cup of diced ham
- Salt and pepper for seasoning

Method

1. Fry onion, add mushrooms and ham, stir and when reasonably cooked, add beaten eggs (I use 2 eggs for two people).
2. Sprinkle grated cheese on top, put lid on fry pan and turn off heat after about one minute, rest for another minute and then you have a very tasty frittata.

Serve on toast or with mashed potatoes.





BAKED POTATOES WITH CHILLI

Contributor: Adela Maizey

"Baked potatoes are an excellent camping staple. If we don't make chilli other options include tuna and tinned corn, prawns with bacon and coleslaw or good old baked beans!"

Serves 4

Ingredients

4 potatoes	Chilli Powder
1 onion	Tin of tomatoes
1 tsp garlic	Tin of four bean mix
500 grams minced meat	Water
1 tsp cumin	Salt & pepper
1 tsp coriander	Cheese
1 tsp paprika	Chopped vegetable (optional)
1 tsp oregano	

Method

1. Prick required number of potatoes with fork, wrap in foil. Place them on the coals at the edge of the campfire.
2. Allow to cook for approximately 40 minutes or until tender.
3. Meanwhile, make chilli: Cook onion, garlic, and 500g minced meat in dutch oven until brown.
4. Add 1 tsp cumin, coriander, paprika, and oregano. Add the same amount of chilli powder or as much as you prefer. Stir through.
5. Add 1 tin of tomatoes, 1 tin of drained four bean mix, and about ½ cup of water. Add any chopped vegetables you may have available such as red or green capsicum.
6. Season with salt and pepper. Allow to simmer, stirring frequently and adding water as required until potatoes are cooked.
7. Spoon cooked chilli over potatoes and add some cheese on top.





SOME CHOW MEIN

Contributor: Deb Harrison

I'm not too good remembering numbers, so my favourite is "Some Chow Mein."

Serves 4

Ingredients

Onion

Mince

Curry powder

Chilli

Rice

Shredded cabbage

Chicken noodle soup packet

Soy Sauce

Water

Method

1. Some mince browned with some rice, some curry powder, some chilli, and some onion.
2. Add some shredded cabbage and packet of chicken noodle soup and some soy sauce and some water.
3. Cook and eat some. It's awe-some!





MARINATED BUTTERFLIED BBQ LAMB

Contributor: Margaret Brown

“The following is always on our menu when we are off in our motorhome (Miss Daisy). We use our Weber BabyQ for every meal, never cook inside.”

Ingredients

- 2kg boned butterflied leg of lamb
- 3 tbsp soy sauce or teriyaki sauce
- ½ cup orange juice
- Salt & pepper
- ¼ cup honey
- ¼ cup mint
- 3 tbsps oil
- Garlic to taste

Method

1. Combine marinade ingredients well in clip lock bag, add lamb and marinate meat overnight.
2. Place on rack over low/medium heat under BBQ hood for approx 1 hour

Note: This is also successful with lamb chops.

Goes great with BBQ Peach Salsa





DROVER FRIED CURRY

Contributor: Rod Bellette

Having to learn about good food the hard way, Rod Bellette's younger years were spent jackerooing through the Northern Territory, where custard and milk were the powdered variety. Rod started work in the 1950's at Alexandria Station near Camooweal in the Northern Territory, when it was the largest single holding in the world, at 11,050 sq. miles and running 80,000 head of Shorthorn cattle and to work them around 2,000 horses. Nine months of the year were spent out with the herds, branding and drafting.

A keen horseman, Rod went on to later work for large pastoral company NAPCo. Now residing in Victoria, Rod and Alethea still love to head north, Rod is a opal mining enthusiast, finding, polishing and selling them on their travels.

Rod and Alethea have a customised Compass Pop Top which allows them to travel to their favourite spots including BIG4 Caloundra Waterfront Holiday Park for a spot of Flathead fishing.

Ingredients

- | | | |
|------------------------|----------------------------------|-------------------|
| 2 potatoes scalloped | 500 grams chopped
corned beef | ½ cup plain flour |
| 1 sliced onion | 1 tbsp curry powder | 2 cups rice |
| ½ cup tomato sauce | 1 tbsp mixed herbs | Cooking oil |
| ½ cup Holbrook's Sauce | | |





Method

1. Place camp oven lid or frying pan, on a bed of gidyea or other coals, add fat or cooking oil, cover pan or lid with scallops of potato slices.
2. When one side is cooked turn over and cover with sliced onions, cook until onion turns soft.
3. Remove the cooked potato and onion and put aside.
4. Start with a generous dash of Tomato Sauce, and Holbrooks Sauce
5. Add Curry Powder and Mixed Herbs and fry well together.
6. Add chopped corned beef or any other meat and fry together, when meat is cooked through, add the cooked potato and onion.
7. Mix lightly together.
8. Add enough salted water to make plenty of gravy, and then when it boils, thicken with plain flour and water, mix and lightly stir until it thickens.
9. Boil billy or pot of water, add rice slowly, when water boils and cook for 12 minutes ONLY.
10. Serve curry on a bed of rice



BAKED BEAN CASSEROLE

Contributor: June Deane

Serves 4

Ingredients

- 1 can of baked beans
- 250 grams chopped ham
- 1 onion chopped
- 4 cracked eggs
- 1 crushed clove of garlic
- ½ cup of grated carrot
- ½ cup of grated zucchini
- ½ cup of grated cheese

Method

1. Cover the bottom of the pan with a layer of baked beans.
2. Add zucchini, great way to disguise those greens.
3. Add carrot, onion, garlic, crack the eggs and layer with ham and cheese.
4. Cook in a camp oven for 30 minutes.

This healthy meal's a breeze.





SLOW ROASTED LAMB SHANKS WITH BAKED POTATOES, VEGIES AND RED WINE GRAVY

Contributor: Peter Hellwig

Serves 4

Ingredients

One shank per person
1-2 bottles of red wine
1-2 ltrs of beef stock
1 bunch of rosemary
1 head of garlic
1-2 potatoes per person
Packet of frozen vegies
Packet of gravy mix
Some plain flour
Small amount of oil

Method

1. Pre-heat camp oven on a good bed of coals.
2. Cut the meat away from the bone at the skinny end of the shank.
3. Cut small slits into shank to insert garlic and rosemary. Stuff a few bits of garlic and rosemary into the meat. Coat the meat with flour.
4. Place a small amount of oil into the camp oven that has been pre heated to bloody hot.
5. Brown off shanks in small amounts in the oven until sealed
6. Once all the shanks are nicely sealed remove the oven from the heat and deglaze the bottom with some of the red wine.
7. Then place the shanks in the oven and cover with the beef stock and red wine. Make sure you leave a glass of wine to drink



8. Then put the rest of the rosemary and garlic into the oven and put the lid on.
9. Place the oven on the side of the fire and cover with coals.
10. Leave the oven for minimum 6hrs and drink rest of the wine.

POTATOES

1. Place one potato, a knob of butter, some finely diced garlic and some finely chopped rosemary into foil, one potato per person. Cover potato's tightly with foil and put into coals on fire. Cook until soft and brown.

VEGIES

2. Steam or boil the vegies with the meat and potatoes are almost done.

GRAVY

3. Once the shanks are done remove from oven and allow to rest.
4. Put the oven back onto the heat and reduce the remaining cooking juice and add some gravy mix.
5. Allow to thicken then strain to remove the garlic and rosemary.
6. Whisk to ensure gravy is smooth.

Serve the potatoes and vegies on the side of the shank and cover with gravy and enjoy. Enjoy some more wine with dinner and have a good yarn around the camp fire after you have had a great feed.



JANET'S CHICKEN LEGS

Contributor: Janet Heiner

"Our family's favourite".

Serves 4

Ingredients

A pack of chicken drumsticks.

(Usually about 1kg)

1 sachet of Tomato soup mix

1 sachet of Chicken soup mix

1 tbsp of Plain Flour

(Rice flour works really well as an alternate)

Method

1. Preheat the oven to about 150°, or can be done in a dutch oven.
2. Combine the soup mixes and flour on a plate or shallow dish.
3. Coat each drumstick with the soup mixture, dusting off any excess.
4. Place coated drumsticks onto a cake tray, and then a baking tray.
5. Lightly spray the drumsticks with Olive Oil.
6. Roast the drumsticks until cooked. Usually takes about an hour, depends on the size of the drumsticks.

Serve with vegies, salad, chips or on their own. Great hot or cold.





MALAYSIAN CHICKEN STIR FRY

Contributor: Kathleen Spurr

"This is one of my family's healthy one pan favourite meals for camping; it's tasty, easy, healthy and quick to cook".

Serves 4

Ingredients

3 chicken breasts thinly sliced

1 packet (contains 2 sachets)

Kantong inspirations udon noodles

Fresh mixed stir fry vegetables eg. broccoli, cauliflower, carrot, red cabbage, snow peas or alike.

½ bottle of master foods bottle of soy, honey & garlic marinade mixed with 1 ½ cups water.

1 onion chopped

1 tbsp olive oil

½ tsp chinese five spice

½ tsp ground ginger

½ tsp ground coriander seed

1 tsp garlic

1 tsp mild chilli sauce (optional)

2 tsp corn flour mixed with a little water

Method

1. Fry chicken, onion & garlic in a large pan with olive oil until chicken is cooked through.
2. Add Chinese five spice, ground ginger, coriander & (chilli sauce optional) add marinade, water and vegetables stir in to combine flavours, simmer over low heat for 5 mins with a lid on.
3. Add noodles and stir to separate.
4. Add cornflour a little at a time to thicken juices.
5. Turn off heat and stir over to combine juices, veg & noodles
6. Ready to serve immediately. ENJOY.





HEALTHY FIERY FAJITAS

Contributor: Gail Wildash

Serves 4

Ingredients

1 tbsp extra virgin olive oil	500gms chicken breast cut into cubes
1 tsp cumin	1 red capsicums cut into 4cm squares
1 tsp chilli powder (depending on required heat)	1 yellow capsicums cut into 4cm squares
½ tsp dried oregano	1 red onion cut in wedges 2 layers thick
3 crushed garlic cloves	Flour tortillas
Juice of 1 lime	Olive oil spray
Pinch salt & black pepper	

Method

1. Combine olive oil, cumin, chilli powder, oregano, garlic, lime juice, salt and pepper. Use this to marinate chicken and vegetables separately in sealable plastic bags.
2. Chill in an esky if available for 2 hours or use straight away.
3. Heat grill/campfire. Thread chicken, capsicum and onions onto skewers, alternating as you go.
4. Grill/flame skewers, turning them frequently, for 5 to 8 minutes.
5. Wrap tortillas in foil and place on grill to warm.
6. Serve with tortillas and desired toppings.





CAMP OVEN APRICOT CHICKEN

Contributor: Jill Seymour

“This recipe’s neat - the kids eat their veggies and think it’s a treat!”

Serves 4

Ingredients

- 1kg skinless chicken pieces
- 1 diced onion
- 2 sliced carrots
- 2 sliced celery sticks
- 1 packet of French onion soup
- 1 large can of apricot halves in nectar
(drain apricot halves and put aside for later).

Method

1. Place chicken pieces in camp oven. Combine remaining ingredients, including nectar, pour over chicken and stir well.
2. Dig a hole next to your camp fire. Fill with hot coals so that camp oven sits a few inches above the ground.
3. Shovel a few coals onto camp oven lid.
4. Simmer for 2 hours.
5. Add apricot halves and stir through before serving.

Delicious with baked potatoes!





CHICKEN AND CARROT WINTER WARMER

Contributor: John Bell

"This is our families favourite camping and caravanning dish. Our son asks me to make it for his friends when they come over for a sleepover. It's very healthy and the kids love it too".

These ingredient amounts are open for variation according to taste or for the number of hungry mouths.

If you are bush camping use a camp oven suspended over open fire coals, if you're in your caravan or at home use a large deep sided frypan or saucepan.

Serves 4

Ingredients

Olive oil	1 can diced tomatoes
1 large onion diced	1 can chickpeas
500g diced chicken breast or thigh	½ cup water
2 tsp hot chilli powder	Handful of dried mint leaves
2 tsp turmeric	½ bunch parsley chopped
2 tsp crushed garlic	½ bunch mint leaves chopped
Salt and Pepper	A squeeze of lemon or lime juice
4 carrots diced/cubed	
4 large potatoes diced/cubed	



Method

1. In a large camp oven or deep sided pan, heat oil, add onion and the chicken, brown the chicken all over.
2. Add chilli powder, turmeric, garlic, salt & pepper, stir until fragrant, add carrot & potatoes. Stir until veg is coated with ingredients.
3. Add can of diced tomatoes, add chickpeas and water, add dried mint leaves. Slowly stir until combined.
4. Bring it all to a nice simmer, cover and cook on slow simmer for 1 ½ hours.
5. Fold through fresh parsley and mint leaves, cook for 5 minutes more
6. Squeeze lemon or lime juice on top then serve.
7. Be prepared for the tribe to come back for seconds.

Serve in a bowl on its own or on a bed of cooked rice



CHICKEN OR SAUSAGE VEGETABLE POCKETS

Contributor: Kate Rigby

“My late Dad’s healthy recipe when we were kids camping.”

Serves 4

Ingredients

Butter	1 medium diced sweet potatoes
Garlic (fresh or dry)	500 grams diced chicken or 6 sausages
2 diced carrots	4 corn on the cobs
1 diced onion	
2 diced potatoes	

Method

1. Cut and dice all vegetables. Add a teaspoon of butter, seasoning and garlic.
2. Place on a square piece of foil with either diced raw chicken or a sausage.
3. Gather up foil and make into pockets.
4. Season and brush corn on the cob with butter and wrap in foil or in husks.
5. Cook on fire coals that have died down a bit.
6. Cook until vegies are softened. Takes about 15 mins, depending on the fire coals.

We also had our own long sticks that we made to toast a piece of toast on over the coals. There’s no washing up with dishes either, the best part of it Dad used to say.

That was a very healthy fun way for us kids to eat when we camped, and I still do it today with my kids and grandkids.





BBQ TANDOORI CHICKEN NAAN BREAD BURGERS WITH YOGHURT

Contributor: Nicola Thomson

Serves 4

Ingredients

500g chicken mince	1 lettuce (any variety), leaves separated, washed, shredded
½ cup fresh breadcrumbs	Salt and pepper
2 tsp tandoori paste	Naan bread
2 tsp olive oil	
1 cup reduced-fat plain yoghurt	
1 shredded cucumber (squeeze and drain excess water)	

Method

1. Mix chicken mince, breadcrumbs and tandoori paste in a bowl.
2. Divide the mixture in even portions and shape each portion into burger sized patties.
3. Heat oil on BBQ and cook patties for approximately 4 minutes each side or until golden brown.
4. Meanwhile, mix yogurt and cucumber in a bowl and season with salt and pepper.
5. Warm Naan bread on BBQ.
6. To serve, place lettuce, patties and cucumber yogurt mix on top of Naan bread and roll into a wrap.





CURLY CHICKEN PASTA

Contributor: Michael Fahey

Ingredients

400 grams curly pasta

BBQ or Cooked Chicken

Small diced onion

Tbsp seeded mustard

Garlic

1½ cups of cream

Bag of baby spinach

Method

1. Boil curly pasta for enough people.
2. Break up cooked chook and add to the now drained pasta.
3. Dice and add small onion.
4. Add seeded mustard and garlic to taste.
5. Pour cream or that healthier cooking cheese into the pot and stir through on low heat.
6. Serve on top of baby spinach and there you have a 1 pot meal with little mess you can do at any camp site. Plus the left over chook if any can be used in a salad the next day.





CHICKEN RICE

Contributor: Olly Rowe

This is one of our favourites and is very filling. You can even have it as a side dish.

Ingredients

1 cup brown rice - cooked	½ cup pineapple pieces
2 large chicken breasts - grilled	Sultanas - optional
Half a large capsicum - diced - not too small	1 level tsp curry powder
3 celery sticks - diced - not too small	Hot chilli powder - more and less depending upon how spicy you like it
3 medium garlic cloves - chopped very small	2 tsp of chicken stock
1 large red onion - diced - not too small	½ cup of pineapple juice
3 quarters cup frozen peas and corn	

Method

1. Light spray of extra virgin olive oil into a large frypan, sauté garlic.
2. Add capsicum, celery, red onion, frozen peas and corn and pineapple pieces and a half a cup of sultanas.
3. Sprinkle spices over ingredients and add pineapple juice and stir through.
4. Cook on slow heat for about 5 minutes so that the ingredients don't become too soft.
5. Add cooked chicken - diced.
6. Add cooked rice.
7. Stir all together and serve.





STEAMED FISH, COUSCOUS & BEANS

Contributor: Frank Yates

Enjoy with your favourite beverage. This recipe can be adjusted to suit the appetite and the amount of people that are being fed.

Serves 4

Ingredients

4 - 6 fillets of your favourite fish (this works for most fish from Herring to Snapper)
Couscous (any type - I like the lemon & lime flavours for this dish)
Scaled, cleaned, filleted & de-boned. Leaving the skin on
Fresh beans (runner or stringless)
Butter
Salt & Pepper
Italian mixed herbs
Water

Method

1. First catch & prepare your fish, or get it from the fish monger.
2. In a steamer pot add some Italian herbs to water and bring to gentle boil.
3. Prepare the couscous as per directions & keep warm
4. In another pot or pan heat some more water and simmer add the Beans. These only take a couple of minutes.
5. Season fish with a little salt & pepper
6. Add the fish to the steamer pot skin side down & steam until just cooked. This should only take a couple of minutes depending on the thickness of your fish.
7. Drain beans & toss through some butter.
8. Put a mound of couscous on a plate or bowl.
9. Top with fish, beans on the side.
10. Any butter from the beans to be drizzled over the fish.





CHEATS TUNA RISOTTO

Contributor: Robyn Harvey

Ingredients

1 or so cups of rice (preferably brown and the amount depending on the size of your family)

2 or so cups of stock (I often use powdered, beef, chicken or vege, but fresh/carton would be nicer.)

1 tin diced tomatoes

1 small tin baby corncobs (drained)

1 small tin green beans (drained)

1 large tin of tuna in spring water

Method

1. In a large saucepan, boil the rice in the stock for ten minutes or so.
2. Add all the canned ingredients. I usually add the tuna brine too, if more liquid is needed.
3. Basically just boil away for 10-15 minutes, stirring occasionally, until the liquid is mostly gone and serve hot.

You could add any number of other ingredients, such as sautéed onion, spring onions or other chopped vegies if you have them.





HAYSTACKS

Contributor: Nelle Schulz

"After 12 years as Director of Maitland Pathfinders, an adventure and camping club for 10-15 year olds, it was easy to find a favourite recipe that everyone loves".

Ingredients

Sliced onion	Chopped tomatoes
Chopped carrot	Sliced lettuce
Chopped celery	Chopped Cucumber
Oil	Chopped Avocado
Tin of tomatoes	Grated cheese
Tin of three bean mix	Sour Cream
Tin of Nutolene	
Corn chips	

Method

1. Braise sliced onions and chopped carrot and celery in a large pot with a little oil. Add a can of chopped tomatoes, a can of three bean mix (drained), a can of chopped nutolene (optional) and stir over fire until heated through.
2. On table place a bowl each of corn chops, chopped tomatoes, finely sliced lettuce, chopped cucumber, chopped avocado, grated cheese and sour cream.
3. Each person takes a pile of corned chips, adds the bean mix, top with cheese next so it can melt, add salad choices and top with sour cream.

Something for everyone. Delicious!





VEGETABLE FRITTATA

Contributor: Nelle Schulz

Ingredients

- 1 tbs olive oil
- 1 small eggplant, roughly diced
- 1 zucchini sliced
- 1 green capsicum, roughly sliced
- 1 small red onion, roughly sliced
- 2 garlic cloves, crushed
- handful of cherry tomatoes
- 6 eggs
- ½ cup low fat cheese

Method

1. Heat oil in a large pan with heatproof handle over a medium high heat. Add eggplant, zucchini, capsicum, onion and garlic and cook for 8 mins or until cooked through.
2. Toss through tomatoes and cook for another 2 - 3 mins.
3. Whisk eggs in a medium bowl, then whisk through cheese. Pour egg mixture over vegetables in pan.
4. Turn heat to low-medium and cook for a further 10 mins or until cooked through.
5. Place frittata under a medium heat grill for 5 mins or until golden brown.
6. Remove from pan, cut into wedges and serve with a green salad.





PINEAPPLE AND COCONUT CAKE

Contributor: Andrea Whittaker

This is one of our favourites and is very filling. You can even have it as a side dish.

Ingredients

- 1 tin of crushed pineapple (juice included)
- 1 cup of caster sugar
- 1 cup of coconut
- 1 cup of self raising flour

Method

1. Mix all ingredients together.
2. Pour into prepared tin and cook for 40 minutes to an hour; depending on the heat.

Due to the sugar content this cake can keep for a few days without refrigeration.

Delicious!





OATY COCONUT SLICE

Contributor: Con & Faye Glibatsas

Ingredients

1 cup rolled oats	2 tbsp honey
1 cup plain flour	2 tbsp water
$\frac{3}{4}$ cup coconut	$\frac{1}{2}$ tsp bicarbonate of soda
$\frac{3}{4}$ cup raw sugar	
125g butter	

Method

1. Grease a 25cm x 30cm Swiss roll pan.
2. Combine oats, flour, coconut and sugar in large bowl.
3. Combine butter, honey and water in saucepan, stir over heat until butter is melted, stir in soda, and pour into dry Ingredients; stir until combined.
4. Press mixture evenly into prepared pan.
5. Bake in moderate oven for about 25 minutes.
6. Cool in pan before cutting.

Keeping time: 2 days





BAKED APPLE

Contributor: Melissa Brown

Ingredients

Apple

Brown sugar

Raisins

Butter

Method

1. Core apples.
2. Combine brown sugar and raisins.
3. Fill apple with sugar and raisin mixture
4. Top with a pat of butter.
5. Wrap in aluminium foil, set in coals and bake for about 15 to 20 minutes





FRUIT SKEWERS WITH RUM BUTTER GLAZE

Contributor: Sandy Horsfall

Ingredients

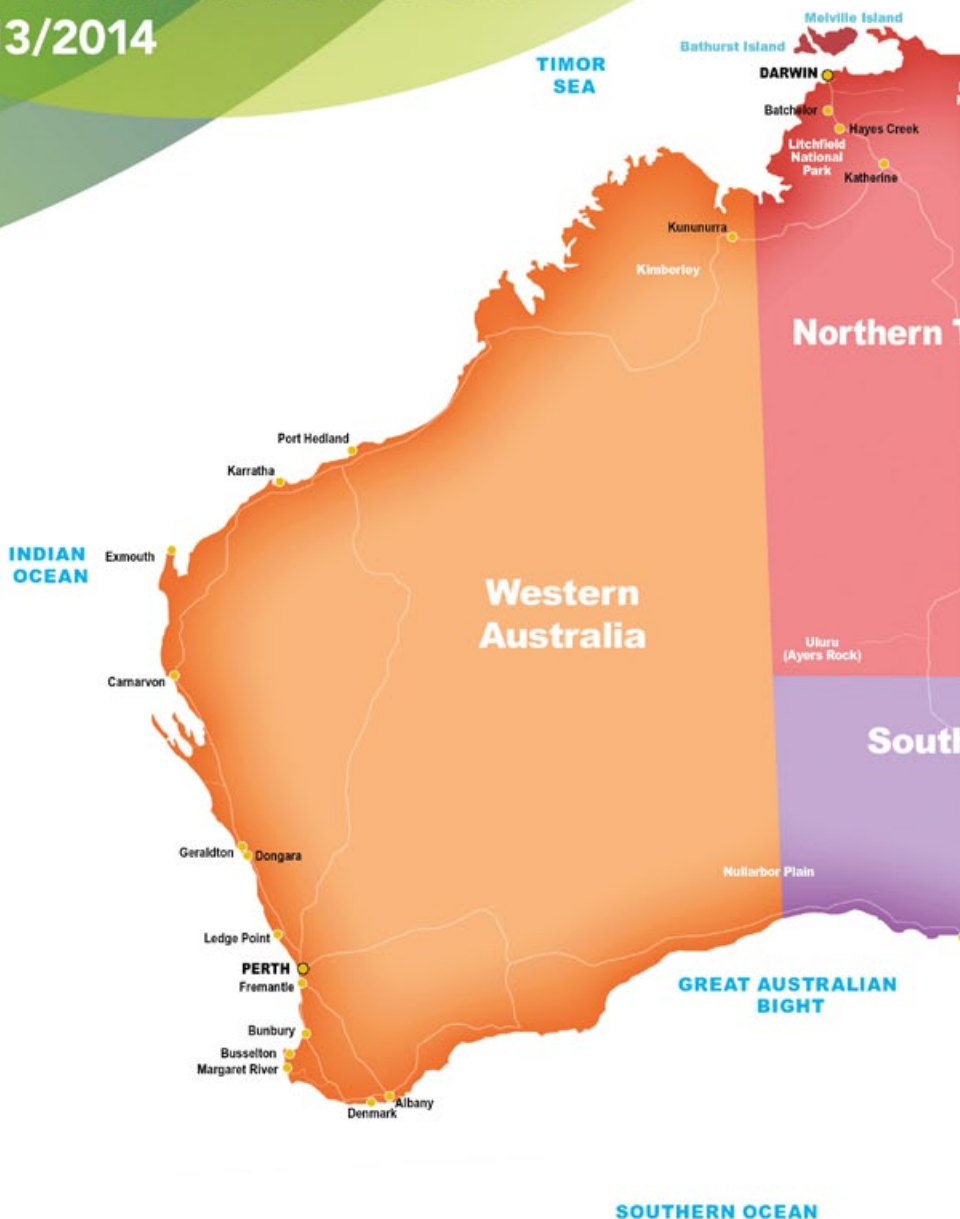
- 1 peach, peeled, stoned and cut into 8
- 1 mango, peeled, stoned and cut into 8
- 8 strawberries hulled and halved
- Small pineapple, peeled and cut into 8
- 2 bananas cut into 2cm pieces
- $\frac{3}{4}$ cup dark rum
- $\frac{1}{4}$ cup dark brown sugar
- 1 tbsp butter

Method

1. Soak 8 wooden skewers in cold water for 1 hour.
2. Put fruit into a bowl with rum and sugar. Stir gently to coat all fruit. Put in esky/fridge for 1 hour.
3. Drain marinade and thread fruit onto skewers.
4. Bring marinade to boil in saucepan, then reduce heat and simmer for 5 mins.
5. Remove from heat and whisk in butter to make glaze.
6. Preheat grill plate and cook skewers for 5 mins, basting with glaze for last minute.



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