

BIG FLAVOURS

A COLLECTION OF TRAVELLERS' FAVOURITE RECIPES



BIG4TM
HOLIDAY PARKS

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CAMP COOKING TIPS

'Everything but the kitchen sink' is a common expression, but when camping and caravanning you might be tempted to alter it to 'I just want my kitchen sink'. And the bench. And all your utensils.

Campsite cooking can be a challenge for even the most hardened chef – and the thought of slaving away in an unfamiliar setup is rarely an attractive option. However, it doesn't have to be an all-consuming chore. Follow our camp cooking tips and, with a little forward thinking, you're sure to find a BIG4 Camp Kitchen is just as comfortable as being at home.



IT'S A PLAN:

Before your departure, think about the meals you are likely to prepare and the utensils, ingredients, and condiments you require. Be sure to pack light by being imaginative: for example, pots can double as mixing bowls. A great space-saving technique is to fill a small jar with tomato sauce rather than bringing along a year's supply of the big red. Alternatively, Tic Tac containers are ideal for storing salt, pepper, and other spices, and give squeeze bottles a new lease on life by using them to hold pre-made pancake mix.



ON THE CHOPPING BLOCK:

Pre-chop, slice, dice, grate, and even cook food before you hit the road and place it in resealable bags. This will not only save time but also reduce frustration. It's a lot easier to chop meat or vegetables for a hearty stew on your kitchen bench at home than it is to balance the chopping board on your knees at a campsite. This preparation will also reduce the amount of time required to wash up when you are on holiday.



SOMETHING IN RESERVE:

Issues can arise when cooking at a campsite, so it's good to have a back-up plan. Pack a couple of tins of spaghetti or baked beans – or anything else for that matter – in case your cooking masterpiece ends up resembling an 'oh Mr Hart, what a mess' creation.



A SILVER LINING:

Make aluminium foil your best friend. This product is so adaptable, helping to save time and reduce stress in so many ways: wrap various foods in foil to cook over the campfire; use a sheet of foil as a strainer by poking holes into it; or mould foil to fit inside pots or pans to reduce clean up time. These are just a few benefits of foil – put it at the top of your shopping list as it's sure to come in handy time and again.



COVER UP:

It's a simple yet effective trick – place a lid over pots when cooking at the campsite. This will not only speed up the cooking process but is a sure way to keep dirt, bugs, and other unwelcome nasties from crashing the (dinner) party.



FASTER PASTA:

Pre-soaking pasta in a sealed bag full of water will dramatically reduce its cooking time, ensuring easier preparation. It might sound like an old wives' tale but it actually works. While it is best to soak the pasta overnight, simply allowing water and pasta to be acquainted for a couple of hours will have an impact.

We hope these simple tips and tricks will allow you to have a better camping and caravanning experience. Happy cooking!

Scrambled Eggs and Sardines

Contributor: Peter Tindley

"This is my mother's Recipe".

SERVES:



INGREDIENTS:

- 1 tin sardines
- 2 eggs
- 1 tsp parsley, optional
- 1 tsp butter
- ½ lemon, optional
- Salt and pepper, to taste

METHOD:

1. Mash sardines, place in frypan with butter, and add eggs.
2. Turn mixture with a fork while cooking slowly.
3. Add parsley and season with salt and pepper.

SERVING SUGGESTION:

Serve on toast with salt and pepper and lemon.

TIP: YOU CAN ALWAYS ADD SOME GRATED CHEESE AND MELT IT THROUGH THE BAKED BEANS AND EGG.

Baked Beans and Egg

Contributor: Chante Olsson

"It's my Dad's traditional breakfast dish while camping".

SERVES:



INGREDIENTS:

- 1 can baked beans
- 3 eggs
- ½ cup cheese, optional
- Salt and pepper, to taste

METHOD:

1. Boil the eggs and peel while still warm.
2. Put baked beans into a pot and heat.
3. Mash the eggs with a fork and mix together with baked beans over heat, season to taste.

SERVING SUGGESTION:

Serve on toast and enjoy.





Breakfast Cereal

Contributor: Ian Horan

"Low-Carb Breakfast Cereal".

SERVES:



INGREDIENTS:

½ cup natural almonds (or any nuts you prefer)

½ cup sunflower seeds

½ cup pumpkin seeds

½ cup coconut threads

½ cup LSA (linseed, sunflower and almond mix) or ground flax seed.

Your choice of chopped apricots, raisins, cranberries, or dried banana.

METHOD:

1. Toast the coconut threads and almonds (optional).
2. Roughly grind the nuts, leaving the sunflower and pumpkin seeds whole.
3. Mix everything together, including your choice of dried fruits.

SERVING SUGGESTION:

Enjoy with yoghurt and half a banana or thawed berries.

TIP: DRIED FRUITS ARE NOT LOW CARB, BUT MAKE THE MIXTURE DELICIOUS! MAKE IT UP BEFORE YOU GO ON HOLIDAYS AND TAKE IT IN A CONTAINER READY TO GO.

TIP: GREAT FOR BREAKFAST,
BRUNCH, OR JUST A SNACK.

Bacon and Egg Cups

Contributor: Darren Rodda

"Bacon and Egg Cups with maple syrup".

SERVES:



INGREDIENTS:

8 slices of bread	125g butter
4 rashers bacon, shredded	1 cup maple syrup
1 cup cheddar cheese	Salt and pepper, to taste
8 eggs	

METHOD:

1. Preheat oven to 200°C.
2. Partially cook the bacon for 3-5 minutes in a large skillet set to medium-high, leaving still pliable.
3. Mix maple syrup and butter in a small saucepan and heat over medium-low so butter melts.
4. Using a cookie cutter or similar, cut bread in a 3-inch diameter circle.
5. Grease muffin pan and line with bacon so that it circles each mould.
6. Brush each side of the bread with the syrup/butter mixture and place in cup so that it rests evenly at the bottom of the mould. Trim the bread where necessary.
7. Crack an egg into each mould, season with salt and pepper, and sprinkle with cheese.
8. Bake in oven for 10-15 minutes, until eggs are cooked.

TIP: FOR A HEALTHIER OPTION, SPRINKLE WITH CHOPPED CAPSICUM AND FRESH CHIVES.

Toad in the Hole

Contributor: Lee-Anne McDougall

"Quick snack, brunch, or meal. Children love it! This is a dish I ate as a child. I loved it then and still love it now. It is comfort food for me and I make it often for our caravanning group. It's a winner!"

SERVES:



INGREDIENTS:

4 slices of bread	1 avocado, optional
4 eggs	Worcestershire sauce
4 short-cut bacon rashers, diced	2 tbsp butter
	Salt and pepper, to taste

METHOD:

1. Grease a BBQ plate or frypan with butter.
2. Dice bacon and cook until crunchy, then set aside.
3. Cut out a shape or rip a hole in the middle of each slice of bread, keep middle piece.
4. On BBQ plate or in frypan, lightly toast each slice of bread and middles.
5. When bread is toasted, crack an egg into each hole and sprinkle cooked bacon over the egg white while still runny.
6. Cook both sides until egg is to your liking.
7. Season with salt and pepper and place toasted middle on top.

SERVING SUGGESTION:

Serve with slices of fresh avocado and a splash of Worcestershire sauce.

"Eggs broken into holes in toast and sprinkled with bacon".

TIP: CAN STORE IN FREEZER FOR MONTHS.

Cheese and Bacon Rounds (Mini Muffins)

Contributor: Carol Straughan

"This recipe has been circulating among our caravanning group for a couple of years. When we go away, there are always plenty of muffins at happy hour".

SERVES:



INGREDIENTS:

200g bacon bits	¾ cup milk
2 cups cheese, grated	1 egg
1 small onion, chopped	1 tsp French mustard
1 cup self-raising flour	

METHOD:

1. Put bacon, cheese, onion, and flour in a bowl.
2. Combine milk, egg, and mustard in a small jug.
3. Add to dry ingredients and mix well.
4. Spoon mixture into greased mini-muffin tin and bake 180°C until brown; approx. 20 minutes.

SERVING SUGGESTION:

Delicious when hot but just as tasty when served cold.

"Cheese and Bacon Rounds that are quick and easy to make".

“Easy-going, warm family favourite of two-minute cheesy eggs”.

TIP: A WHISK BEST ASSISTS WITH MIXING THE CURRY POWDER.

Nanna's Sunday Special

Contributor: Justine Mitchell

“This recipe is a third-generation hand-me-down from my Nanna and Pop, a mining family that lived in Kalgoorlie and had little money but demanded a good, hot meal. I had always been told it was a ‘secret recipe’ by mum and only recently found out how easy it is to make! This is a family favourite on a Sunday night in winter”.

SERVES:



INGREDIENTS:

- 5 eggs
- 1 cup cheese, grated
- 1 tsp Keen's curry powder

METHOD:

1. Mix all ingredients in a saucepan.
2. Place on element, BBQ, or campfire plate.
3. Mix continuously with wooden spoon until consistency of thickened cream.
4. Remove from heat and serve on crusty bread or toast.

SERVING SUGGESTION:

Crusty bread or warm buttery toast.

TIP: FOR A VEGETARIAN OPTION, OMIT THE BACON AND ONION AND SUBSTITUTE WITH SHALLOTS OR LEEK.

Corny Camping Soup

Contributor: Kaz Roebuck

"I love taking my mum and dad and all the kids away camping. They love sitting by the fire and waiting for lunch!"

SERVES:



INGREDIENTS:

1 tbsp butter or oil	1 x 420g can corn kernels, drained
1 onion, finely diced	2 x 420g cans creamed corn
4 short-cut bacon rashers, diced	500ml (2 cups) chicken or vegetable stock
3 medium-size zucchini, diced	

METHOD:

1. Fry bacon and onion in butter or oil until golden.
2. Add zucchini and stir for 2 minutes.
3. Add cans of corn and stock.
4. Simmer until zucchini is soft.

SERVING SUGGESTION:

Best served with damper or crusty bread.

"This hand-warming cup of hot, hearty, chunky soup is easy to make over a campfire".

TIP: A DELICIOUS, EASY, FILLING, AND HEALTHY DISH THAT WILL KEEP YOU GOING UNTIL DINNER.

Egg and Potato Mash

Contributor: Mariam Elachkar

"This is a favourite in summer on those long days where you need something filling for lunch to get you to dinner. Can be prepared and taken with you to the beach or on a walk".

SERVES:



INGREDIENTS:

- 4 eggs
- 5 medium potatoes
- 1 tsp parsley, chopped
- Salt and pepper, to taste

METHOD:

1. Boil eggs and potatoes in pot with salted water.
2. Boil until potatoes are soft.
3. Peel eggs and potatoes.
4. Place in large bowl and mash roughly until all combined, season with salt and pepper.
5. Place on serving plate and garnish with chopped parsley.

SERVING SUGGESTION:

Serve with Lebanese bread and sliced tomatoes and cucumber.



TIP: POTATO SLICES COOKED IN SWEET CHILLI BEER BATTER, THEN FRIED.



Sweet Chilli Potato Cakes

Contributor: : Ian McDonagh

"I made these for mates once and they have raved about them ever since".

SERVES:



INGREDIENTS:

3 potatoes, peeled, thinly sliced
 1 can beer
 1½ cups flour
 1 tbsp sweet chilli sauce
 Salt and pepper
 Oil, for frying

METHOD:

1. Heat oil in wok or saucepan.
2. Mix flour, sweet chilli sauce, pepper, and beer to make a batter.
3. Dip potatoes into batter.
4. Drop into boiling oil and cook for approx. 10 minutes, until golden brown.
5. Take out and place on paper towel to drain oil.
6. Season with salt, and serve.

TIP: YOU CAN USE ANY CUT OF CHICKEN. THE RECIPE IS BEST WITH FRESH GARLIC, GINGER, AND CORIANDER..

Fowl Marinade

Contributor: Lee-Anne McDougall

"This is very popular within our caravan group; it is so simple and quick yet so tasty. The recipe was passed down to the group from a dear old friend, Margaret. Kids love this recipe using mini drumsticks!"

SERVES:



INGREDIENTS:

8-10 pieces thigh chicken	1 tbsp fresh coriander, chopped
4 tbsp Kecap Manis (sweet soy sauce)	1 tsp garlic, grated
2 tbsp sweet chilli sauce	1 tsp ginger, grated

METHOD:

1. Mix all ingredients together and pour over chicken.
2. Marinate fowl for an hour in a zip lock bag or non-metallic container.
3. Cook on BBQ on low heat, pan fry, or bake until fowl is cooked.

SERVING SUGGESTION:

Place chicken in a warm wrap with an Asian-style salad or just eat it on its own.



TIP: YOU CAN ADD ANYTHING TO THIS RECIPE; INSTEAD OF HAM OR BACON, ADD DICED SPINACH, GRATED ZUCCHINI, OR EVEN A GOOD HANDFUL OF MIXED VEGETABLES. CAN BE SERVED HOT OR COLD.

Impossible Pie

Contributor: Kerry Barry

"I received this recipe many years ago and have made it on many occasions. All my family and friends call it my signature dish".

SERVES:



INGREDIENTS:

3 eggs	3-4 rashers bacon (or ham), chopped
¼ cup margarine, melted	1 tbsp parsley
1¼ cups milk	1 tbsp chives
1 onion, finely chopped	Salt and pepper, to taste
1 cup cheese, grated	
½ cup self-raising flour	

METHOD:

1. Mix together eggs, margarine, and milk in a bowl.
2. Mix with onion, cheese, self-raising flour, bacon (or ham), and herbs. Season with salt and pepper.
3. Pour all ingredients into a large, slightly greased pie dish.
4. Bake in 190°C moderate oven for 45 minutes.

SERVING SUGGESTION:

This recipe can be eaten on its own or with a nice, crisp salad.

"Impossible Pie is an easy recipe for when unexpected guests drop by: delicious to eat, easy to make, impossible to stuff up".



Fettuccine with Leeks

Contributor: Arthur Allman

"Quick and easy dish for those lazy days".

SERVES:



INGREDIENTS:

500g fettuccine	1 red capsicum, cut in strips
60g butter	1 cup thickened cream
2 leeks, thinly sliced	Black pepper
200g ham (or cooked chicken), cut into thin strips	Grated cheese, if required

METHOD:

1. Cook fettuccine as per packet directions.
2. Heat butter in a large frying pan, cook leeks for about 8 minutes or until tender.
3. Add ham or chicken and capsicum and cook for 2 to 3 minutes, then stir in cream.
4. Bring to the boil then reduce heat and simmer for 4 to 5 minutes.
5. Add fettuccine, toss to combine, and season with ground pepper.
6. Top with grated cheese, if required.

SERVING SUGGESTION:

Ideally served with a fresh green salad and crusty bread, with a cheeky glass of red nearby.



“A potato cake-like dish, shallow fried or cooked on the BBQ and eaten hot or cold. This is a recipe from my Irish grandmother”.

Mock Fish

Contributor: Grahame McClenaghan

“My grandfather used to grow potatoes, and my Irish grandmother made this dish. To compensate for the fact my grandparents did not have access to fish, they named the recipe ‘Mock Fish’”.

SERVES:



INGREDIENTS:

3 medium potatoes, peeled and grated	2 eggs, beaten
1 large onion, grated	Salt and pepper
1 cup parsley, chopped	2 tbsp oil per batch for shallow frying

METHOD:

1. Heat oil in frying pan or on BBQ plate.
2. Combine all ingredients in a bowl and mix together.
3. Add heaped dessert spoons of mixture to pan/BBQ plate and slightly flatten to approx. 80mm round.
4. Cook each side until golden brown.

SERVING SUGGESTION:

Can be served hot or cold. Great with salad, vegetables, and cooked or cold meats. Top with your favourite sauce or gravy. Can be reheated the next day.

TIP: THIS RECIPE CAN BE COOKED IN A FRYPAN OR ON A BBQ PLATE. IT'S BEST TO KEEP ADDING SMALL AMOUNTS OF OIL BETWEEN EACH BATCH. EGG RINGS CAN BE USED, THOUGH IT TAKES LONGER TO COOK.

Quick Chicken

Contributor: Cheryl Seymour

"I visited a friend and she always makes this. You can have a cooked chicken in the freezer and serve this dish when unexpected visitors drop by".

SERVES:



INGREDIENTS:

- | | |
|---|------------------------------|
| 1 cooked chicken, diced | 1 tin cream of mushroom soup |
| 2 Granny Smith apples, peeled and diced | 1 tsp curry powder |
| 2 sticks celery, diced | 2 cups frozen peas and corn |
| 1 large onion, diced | 1 tsp butter, for frying |

METHOD:

1. Fry apples, celery, and onions in butter for 3-5 minutes.
2. Add curry powder and cook a further 2 minutes, stirring constantly.
3. Add cooked chicken, stir.
4. Add mushroom soup, peas, and corn and cook for 8-10 minutes on low heat.

SERVING SUGGESTION:

Serve on a bed of rice or with mashed potato.

“This is a quick and easy meal that will satisfy the kids without costing a fortune. Just have the corn chips ready!”



Easy Nachos

Contributor: Maree Beer

“My kids love it and it sells out at school fetes where we sell 250 serves in two hours”.

SERVES:



INGREDIENTS:

500g beef mince	1 pkt corn chips
1 x 400g can diced tomatoes	1-2 cups tasty cheese, grated
2 tbsp taco seasoning	1 tub sour cream
1-2 tbsp olive oil	Guacamole (see page 89)
Salt, to taste	

METHOD:

1. Heat olive oil in frying pan on medium heat.
2. Brown mince and add taco seasoning. Stir well.
3. Mix in the can of tomatoes. Reduce heat and simmer for 5 minutes, stirring occasionally. Add salt to taste.
4. Put a handful of corn chips in a bowl. Spoon mince onto the chips then top with grated cheese, guacamole, and sour cream.

SERVING SUGGESTION:

Create a production line of chips, mince, cheese, and guacamole so everyone can serve themselves. If you like the cheese a little bit melted, zap in the microwave for 10-20 seconds before you add the guacamole and sour cream.

TIP: THE MINCE CAN BE COOKED AND FROZEN THEN THAWED OR PLACED IN THE SLOW COOKER IN THE MORNING SO, AFTER A BIG DAY OF ADVENTURES, IT WILL BE READY TO SERVE WHEN YOU GET BACK TO CAMP.

TIP: DOUBLE THE RECIPE FOR MORE PEOPLE. THICKEN WITH CORNFLOUR MIXTURE USING CHICKEN STOCK IF THICKER SOUP IS PREFERRED.

Easy Peasy Chicken and Corn Soup

Contributor: Reidena Brown

"It's quick and easy as well as nourishing and can be prepared early to be heated up later in the microwave or stove top. BIG4 Emerald Beach Holiday Park has an excellent camp kitchen to cook this recipe".

SERVES:



INGREDIENTS:

2 chicken breasts, diced	4 x spring onions, chopped
500ml chicken stock	2 eggs, beaten
1-2 x 400g cans creamed corn	Salt and pepper, to taste

METHOD:

1. Use camping gas stove or camping kitchen stove, add chicken and stock to saucepan to cook for 10 minutes until tender.
2. Add corn, and stir.
3. Sprinkle spring onions into mixture.
4. Poor egg mixture into soup, stirring vigorously with a fork until combined.
5. Season with salt and pepper, to taste.

SERVING SUGGESTION:

Use throwaway resistant cups so no washing up is required. Serve with bread or toast for dipping.

"Yummy chicken soup with only 5 ingredients that cooks in less than 20 minutes to warm the soul on starry nights".

Fruit Fly Savoury Pie

Contributor: Lesley Kurek

"We bought Italian bread at a country market and it became too hard to eat before we finished the loaf. We were entering a fruit fly exclusion zone the next day and had bought a lot of vegetables at roadside stalls. We only had a microwave in our cabin so I threw this recipe together and to our surprise it was delicious and has become a travelling favourite".

SERVES:



INGREDIENTS:

4 thick slices stale bread	2 cups milk
4 eggs	2 tbsp parsley
4 cups vegetables	1 cup cheese, grated
2 stock cubes	1 onion

METHOD:

1. Chop onions and other vegetables, then either fry or microwave for 15 minutes.
2. Allow to cool, mix in parsley.
3. Dissolve stock cubes in milk.
4. Beat eggs, add stock cubes and milk.
5. Place stale bread in dish, top with vegetable mixture.
6. Pour over milk mixture, sprinkle cheese on top.
7. Bake in oven at 180°C until brown and set, approx. 45 minutes.

SERVING SUGGESTION:

Serve with any salad ingredients you need to get rid of before crossing state borders or into fruit fly exclusion zones.

TIP: THIS RECIPE CAN BE VARIED ACCORDING TO WHATEVER VEGETABLES YOU HAVE, AND THE COOKED LEFTOVERS CAN BE TAKEN INTO THE FRUIT FLY EXCLUSION ZONE REHEATED AND EATEN THE NEXT DAY.

"This recipe was invented to use up vegetables before crossing into a fruit fly exclusion area and to make use of stale bread".

“We first had this at BIG4 Beachcomber Coconut Caravan Village and it is a tradition every other winter we go there”.

Peppered Kangaroo with Horseradish Cream

Contributor: Christine Smyth

A recipe from the ‘Entire Beast’ cookbook by Chris Badenoch.

“We first tried kangaroo in 2011 at Mission Beach with our then 8 and 6-year-old children – and they loved it. It is still one of their favourite meals!!”.

SERVES:



INGREDIENTS:

12 baby beetroots
2 tbsp olive oil
2 tbsp salt
½ cup black peppercorns,
crushed
1 tbsp thyme
4 kangaroo fillets

Horseradish Cream

2 tbsp horseradish
250ml sour cream
1 tbsp Dijon mustard
1 tsp white wine vinegar,
optional
Salt and pepper, to taste



METHOD:

1. Make horseradish cream by combining all ingredients, mix well. Cover and refrigerate.
2. Preheat oven to 180°C. Place beets in a double layer of foil, drizzle with olive oil and salt and pepper.
3. Wrap and roast until soft in coals or in camp oven. Once cooked and cooled, peel off skins and set aside in foil to stay warm.
4. Combine thyme, crushed peppercorns, and salt in a flat dish and roll fillets in mixture until well coated.
5. Heat a splash of olive oil on a hot, flat plate over a fire or a BBQ plate, and fry for 6-10 minutes or until browned on all sides, until medium. Let the kangaroo rest.
6. Slice fillets and serve with beetroots and horseradish cream and any other vegetables.

SERVING SUGGESTION:

Potatoes in their jackets complement this if you have coals handy.

Super Easy Homemade Pizzas

Contributor: Nicki Nackovski

"This is one of our family favourites because I can always guarantee the kids will eat it all. We made this recently at BIG4 Wye River and it was a perfect way to warm up after our cold and windy day at the beautiful beach nearby".

SERVES:



INGREDIENTS:

4-5 cups self-raising flour
3 cups yoghurt
½ cup pizza sauce or tomato sauce

Toppings:

You can use any toppings you like.

2 cloves garlic
200g ham or chicken
1 capsicum
½ cup olives
100g mushrooms
½ tin pineapple
2 cups mozzarella, grated
2 tomatoes, sliced



TIP: THESE HOMEMADE PIZZAS ARE NOT ONLY EASY, THEY ARE DELICIOUS. OUR KIDS LOVE DIY PIZZA NIGHT BECAUSE THEY GET TO CHOOSE THEIR OWN TOPPINGS AND GET INVOLVED.



METHOD:

1. Preheat oven to 230°C.
2. Mix self-raising flour and yoghurt in a large bowl.
3. Put handfuls of the mixture onto a well-floured chopping board or bench top and sprinkle flour on top and roll out with a rolling pin. Knead for 2-5 minutes (optional).
4. Cut into a rough circle and spread pizza sauce or tomato sauce on top.
5. Choose whichever toppings you like and sprinkle on top.
6. Bake at 230°C for approx. 15 minutes.

SERVING SUGGESTION:

This recipe serves our family of 5 – 2 large pizzas and 3 small.

TIP: A VERY MILD
CHICKEN THAI MEAL.



Penang Chicken and Noodles

Contributor: Julie Porteous

SERVES:



INGREDIENTS:

800g chicken breast, diced	2 tbsp peanut butter
1 can coconut milk	1 pkt hokkien noodles
1 tbsp red curry paste	½ pkt frozen stir-fry vegetables (or whatever vegetables you have handy)
2 tbsp brown sugar	
2 tsp fish sauce	

METHOD:

1. Cook diced chicken in frypan until brown, set aside.
2. Cook vegetables in same pan until soft, set aside.
3. To make your sauce, cook red curry paste, brown sugar, fish sauce, and peanut butter together in same frypan for 2 minutes, then add coconut milk and stir to combine.
4. Add cooked chicken and vegetables to sauce mix and combine together.
5. Prepare noodles as per packet instructions. Drain the noodles and serve on a plate, spoon curry over the noodles.

“Sweet Chilli Prawns – a dish the whole family will love”.

Sweet Chilli Prawns

Contributor: Christine Horan

SERVES:



INGREDIENTS:

- 500g green prawn cutlets, tail intact
- 200g snow peas, trimmed
- 1 medium onion, peeled and cut into segments
- 1 red capsicum, sliced into thin strips
- 1 bunch of baby bok choy, sliced into approx. 4cm lengths
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tsp garlic, crushed
- 1 tsp chilli, minced
- 2 tbsp sweet chilli sauce
- 1 tbsp peanut oil



TIP: PRAWNS CAN BE SUBSTITUTED WITH BEEF, CHICKEN, PORK, OR LAMB.

METHOD:

1. Combine lime juice, soy sauce, sweet chilli sauce, chilli, and garlic in a bowl and add prawns.
2. Mix well and put aside to marinate while you prepare the vegetables.
3. Heat half the oil in a wok over medium-high heat.
4. Drain the prawns (reserving the liquid) and cook for 2-3 minutes until pink. Remove from pan and set aside.
5. Heat the remaining oil in the wok and add onion, cooking for 1 minute.
6. Add other vegetables and stir-fry for about 2 minutes, or until they're cooked to your liking.
7. Return prawns to pan, add reserved marinade.
8. Cook 1-2 minutes until simmering.

SERVING SUGGESTION:

Serve with steamed rice and/or extra vegetables.
Try the marinate on prawn skewers for a tasty alternative.
(see front cover).

“A very appetising and filling meal”.

Chicken and Mushroom Risotto

Contributor: Philip Mason

“Trial and error with over-cooking the chicken, burning it, or it being too tough to eat: forgot the white wine, no taste; too much liquid and the meal turned sloppy. Just cook for a couple of minutes and let stand for 2 minutes to cook out the liquid. Have not eaten a better risotto; even my son and daughter cook it for our grandchildren and friends and rave about it. Can be cooked anywhere: indoors, outdoors, on a wood fire, gas burner or electric cooker, or in any type of wok”.

SERVES:



INGREDIENTS:

2 chicken fillets, diced
 2 cups mushrooms, sliced
 ½ cup sundried tomatoes, sliced
 15 pitted olives, sliced
 1 cup Arborio rice
 4 cups chicken stock
 150ml dry white wine (rest of the bottle to be drunk with the meal)
 ½ cup virgin olive oil
 Handful spinach leaves, washed and dried
 2-3 cups of parmesan cheese, finely grated
 Black pepper, to taste



TIP: DO NOT OVERCOOK THE CHICKEN AND STICK TO THE TIMINGS.

METHOD:

1. Add virgin oil to a wok placed on a gas burner or the BBQ, or use an electric wok, set heat on number 4.
2. Add diced chicken and stir to cover, add Arborio rice and stir until coated. Add 150ml white wine.
3. Add chicken stock and stir, adding sliced mushroom, sliced sundried tomatoes, and olives. Add black pepper, to taste. Bring to the boil.
4. Cover wok with a lid and turn heat to simmer for 10 minutes.
5. Leave the wok covered; turn OFF the heat and let stand for another 10 minutes.
6. Empty contents into large serving bowl; fold in the spinach and finely grated parmesan cheese until mixed well.
7. Ready to serve 4 people a good, healthy, and filling meal.

SERVING SUGGESTION:

Self-serve to suit appetite.

TIP: TASTY AND EASY; MAKE AS SPICY AS YOU WANT.



Hungarian Goulash

Contributor: Katalin Maria Yeoman

SERVES:



INGREDIENTS:

2 Hungarian sausages (or any spicy sausage)	2 tsp sweet paprika
6 medium potatoes, cut into wedges	1 tsp caraway seeds, optional
1 large onion, diced	¼ tsp hot paprika, optional
2 cloves garlic	1 tbsp oil
	Salt and pepper

METHOD:

1. Cut sausages into small pieces; add onion, then paprika, and let cook for 10 minutes, stirring occasionally.
2. Add caraway seeds (optional) then salt and pepper, garlic, and potatoes.
3. Cover with water and bring to boil; turn heat to low, slowly cook until potatoes are soft.
4. Once cooked, thicken with cornflower, if needed.

SERVING SUGGESTION:

Great with crusty bread, such as damper.

Tanya's Darwin Ripper Rissoles

Contributor: Tanya Pawson

SERVES:



INGREDIENTS:

¾ cup brown rice, cooked	1 tsp beef stock
500g slimmers mince	1 dspn oyster sauce
1 cup zucchini, grated	1 egg
1 cup carrot, grated	Pepper, to taste
1 small onion, finely diced	
1 pkt spring vegetable soup	

METHOD:

1. Mix all ingredients together and flatten out to make patties.
2. Heat BBQ to high heat and oil the cooking grate on your grill.
3. Place your burgers on hot grill.
4. Turn your burgers after 4-5 minutes, and cook for another 4-5 minutes.
5. Continue grilling until juices from the burgers run clear and the patties have a solid feel.
6. Remove from grill and check to make sure they are cooked through by using a fork to pierce through the center.
7. Remove the burgers from the grill and let them sit for about 4-5 minutes

SERVING SUGGESTION:

Great with hamburger rolls, on their own, or with salad or vegetables.

TIP: IF YOU ARE GOING TO FREEZE THE RISSOLES, OMIT THE ZUCCHINI. OTHERWISE, ENJOY.



Steamed Mussels in Beer

Contributor: Dave Hall

"This is so quick and easy to make. It is a wonderful starter dish or even a main course. Just make sure you have some crusty bread to go with it".

SERVES:



INGREDIENTS:

750g mussels
 1 large (long neck) bottle of beer
 1½ medium onions, thinly sliced
 3 tsp garlic, minced
 1½ pinches red chilli flakes, optional
 3 tbsp fresh parsley, finely chopped
 3 tbsp butter
 1½ tsp olive oil
 Salt and pepper, to taste



TIP: BEST MADE WITH FRESHLY-CAUGHT MUSSELS.

METHOD:

1. In a sauté pan, add olive oil and bring to medium-high heat. Add onion and garlic and sauté for a couple of minutes.
2. If you like a little heat, add a pinch of red chilli flakes (this is completely optional).
3. Rinse the mussels well in cold water in a colander. Note any opened mussels; tap them a couple of times and if they do not close they are dead and should be thrown out.
4. Add the beer and mussels to the pan; reduce heat to medium and cover.
5. Simmer approximately 5-7 minutes until mussels begin to open. Turn off heat, add butter and parsley, and stir well. Don't overcook the mussels: you simply want to make sure they are all open.

SERVING SUGGESTION:

Serve with crusty bread. I like to drizzle with olive oil and toast it, and then rub with a garlic clove and a tomato. Just cut a tomato in half and rub over the bread. It has amazing flavour.

“Really quick, no mess, very tasty”.



TIP: CAN ALSO BE MADE WITH HOMEPRIDE SWEET AND SOUR SAUCE.

Curry in a Hurry Chicken

Contributor: Lo Coburn

“I’ve cooked this at BIG4 Parks in Busselton, Ledge Point, Denmark, and Albany. I’ve also prepared this in a slow cooker: I just cut up chicken breasts and put them in a slow cooker with the rest of the ingredients and leave it on while we go out. People around us ask what the gorgeous smell is!”.

SERVES:



INGREDIENTS:

- 1 cooked roast chicken
- 1 onion, diced
- 1 jar Homepride Curry Sauce
- 1 pkt microwave rice
- 1 tin tomatoes

METHOD:

1. Break chicken up into a frypan, add onion, tomato, and Homepride Curry Sauce.
2. Simmer for 20 minutes.
3. Microwave rice for 90 seconds.

SERVING SUGGESTION:

Serve with rice and raita.

“Hearty beef stroganoff with jasmine rice. Family recipe passed to me by my mother”.

Beef Stroganoff

Contributor: Peita Pearce

“This recipe is a family favourite passed down to me by my mum. Over the years, I have tweaked the ingredients and amounts to suit my family’s tastes and for camp cooking”.

SERVES:



INGREDIENTS:

1-2 tbsp olive oil
 700g steak, cut into strips
 1 large onion, diced
 500g mushrooms, sliced
 Salt and pepper, to taste
 2 tbsp beef stock powder
 2 tbsp tomato paste
 1 tbsp Worcestershire sauce
 1 cup water
 1 tsp corn flour, to thicken
 3 tbsp sour cream, or more to suit taste
 1½ cups jasmine rice



METHOD:

1. Heat a large fry pan or pot over high heat.
2. When pan is hot, add oil. Fry off the steak strips in batches.
3. Remove all steak from pan after frying, turn the heat down, and add sliced onion.
4. Sauté onions until almost soft, add sliced mushrooms and salt and pepper.
5. Sauté for a further 2 minutes before returning steak to the pan.
6. Combine beef stock, tomato paste, Worcestershire sauce, corn flour, and water in a bowl.
7. Add beef stock mix to pan with steak and mushrooms.
8. Stir until sauce starts to thicken. If sauce is too thick, add more water.
9. Allow to simmer for 5 minutes.
10. Take off the heat and stir in sour cream. Serve with jasmine rice.

SERVING SUGGESTION:

This can be cooked easily in a camp oven if that is your preferred method. If using a camp oven, add all the ingredients except the corn flour and sour cream. Cook until meat is tender then add the combined sour cream and corn flour and stir to thicken.

TIP: I PREFER A MILD COMMERCIAL CHILLI SAUCE BUT THIS CAN BE ADJUSTED TO SUIT.

Super Simple Seafood

Contributor: Janice Evans

"I am often asked for this recipe and am almost embarrassed when I have to admit it's that easy".

SERVES:



INGREDIENTS:

1kg mixed seafood	250ml cream
1 onion, sliced	1 tbsp cornflour, to thicken
1 tsp oil	Bread rolls/loaf or rice/pasta to serve
¼ cup sweet chilli sauce	

METHOD:

1. Sauté onion in oil.
2. Add seafood.
3. Stir gently in its own juices until seafood starts cooking.
4. Add sweet chilli sauce.
5. Thicken with cornflour, mixed with a little water, to suit the meal: thicken less for chowder, more for a meal served with rice or pasta.
6. Add cream to suit the desired consistency.
7. Takes approx. 15 minutes.

SERVING SUGGESTION:

Works great as chowder in bread rolls/loaf. As a meal, I prefer served with rice than pasta.

“Hearty, good old-fashioned stew with yummy dumplings”.

Camp Fire Stew with Dumplings

Contributor: Peita Pearce

“A quick and easy crowd pleaser. An old recipe but a goodie”.

SERVES:



INGREDIENTS:

Stew:

- 500-700g beef, cut into large pieces
- 1-2 tbsp olive oil
- 2 tbsp plain flour
- 2 large carrots, chopped into large chunks
- 4 large potatoes, chopped into large chunks
- 2 onions, sliced
- 2 cups water
- 2 tbsp beef stock
- 1 tbsp mixed herbs
- 2 cloves garlic

Dumplings:

- 1 cup plain flour
- 1½ tsp baking powder
- 1 egg, lightly beaten
- ⅓ cup milk
- ½ tsp salt
- Herbs, if desired



TIP: SUBSTITUTE A CUP OF WATER FOR A BOTTLE OF BEER FOR A MORE ROBUST FLAVOUR.



METHOD:

Stew:

1. Heat camp oven or large pot and add olive oil.
2. Coat the meat in flour, layer the meat and vegetables in the pot, and add mixed herbs and garlic.
3. Combine water and stock and pour over the layered ingredients.
4. Cover and bring to the boil, then reduce heat and simmer for about 1 hour or until the meat is tender.

Dumplings:

1. Combine all ingredients in a bowl.
2. Drop spoonfuls of the mixture over the stew half way through the cooking process.

SERVING SUGGESTION:

Serve as is or with crusty bread if you're not making dumplings.

Use a plastic zip lock bag to coat the meat with the flour. This means less mess and an even coating. You can add any vegetables to this stew.

“Quick and easy curry chicken that everyone loves”.

Creamy Curry Chicken

Contributor: Kylie Smith

“I cook this curry every Easter at our annual family get together: it is always popular, quick to make, and can be made bigger to feed more people by adding more ingredients. I get lots of positive comments and I have passed the recipe onto newcomers to the family clan”.

SERVES:



INGREDIENTS:

- 1 BBQ chicken, pulled apart using legs and wings
- 2 pkts Continental creamy chicken curry
- 1½ cups milk or large tin of carnation milk
- 1 cup chicken stock
- 1½ litres of water
- 1 heaped tbsp curry powder
- 1 tbsp salt
- 1 tsp pepper
- ⅓ cup Worcestershire sauce
- ⅓ cup Lancashire sauce
- 3-4 drops Tabasco sauce, optional
- 2 onions, chopped
- 4 medium potatoes, chopped
- 250g mixed frozen vegetables
- 1 tin baby corn
- 2 sticks celery, optional
- 1 tbsp plain flour, for thickening



TIP: IF VEGETABLES AREN'T AVAILABLE, JUST USE CHICKEN AND ONIONS AS IT STILL TASTES GOOD.

METHOD:

1. In camp oven or large boiling pot, add creamy chicken curry, milk, and water and stir until all dissolved.
2. Add salt and pepper, sauces, and curry powder; stir again to combine.
3. When slightly cooled, add the flour.
4. Add onion, chicken, potato, and then the rest of ingredients.
5. Cook on a slow, steady heat for about an hour so flavours flow through (can be cooked quicker if needed).
6. Remove from heat and serve up when ready.

SERVING SUGGESTION:

Serve with boiled rice or fresh bread or rolls, best served in a bowl if having with rice. Always a winner on a cold night. It can be made in a camp oven or using a pot on top of gas cooker. For camp oven and cook top, cook it slow and stir it often.

TIP: Add any extras you like; I have even used leftover baked potato. It is sensational reheated the next morning on toast or can be used for the next night's meal as long as it's kept cool. It is a very quick and easy meal to prepare.

Chicken with Spicy Peanut Sauce

Contributor: Moya Allman

"This recipe was given to me by a fellow traveller and has been cooked in many BIG4 Parks: at the Alice, Darwin, Broome, and many more. The last time was at Port Elliot BIG4, a very spectacular spot".

SERVES:



INGREDIENTS:

700g chicken breast fillets, cut into strips if using skewers or cubed if cooking in a pan	½ tsp Sambal Oelek
1 tbs peanut oil	⅓ cup crunchy peanut butter
1 small brown onion, chopped fine	⅔ cup chicken stock
1 tsp curry powder	140g coconut milk
	1 tsp sugar
	2 tsp light soy sauce

METHOD:

1. Thread chicken on skewers, cook on grill plate, or cook cubed in pan.
2. To make the sauce, heat oil and cook onion, curry powder, and Sambal Oelek until onion is soft.
3. Stir in peanut butter, stock, coconut milk, sugar, and soy sauce.
4. Bring to boil, reduce heat, and simmer until sauce thickens.

SERVING SUGGESTION:

Can be served with rice or a fresh green salad. Especially good with a nice wine or a cold beer.

TIP: IF USING WOODEN SKEWERS, DON'T FORGET TO SOAK THEM IN WATER SO THEY WON'T BURN. ANY SAUCE LEFT OVER WHEN COLD MAKES A GREAT DIP, ESPECIALLY FOR RAW VEGETABLES SUCH AS CELERY, CARROT, OR ZUCCHINI.

"Very tasty and easy chicken dish. Can cook on skewers or cube chicken and cook in a pan".

“Firm tomatoes stuffed with bacon, breadcrumbs, corn, and grated cheese”.

Stuffed Tomatoes

Contributor: Denise Eldridge

“I first cooked these at boarding school in the oven while I was in high school. I am now 68!! We have cooked these at several caravan parks, especially Aussie Outback Oasis Cabin and Van Village in Charters Towers where we stay quite often. We now cook them in a crockpot”.

SERVES:



INGREDIENTS:

4 firm tomatoes
 1½ tbsp butter
 2 rashers bacon
 ½ cup corn kernels
 ½ cup fresh breadcrumbs
 ¼ cup cheese, grated
 1 small onion or 2 shallots, chopped
 Salt and pepper



TIP: MAKE SURE TOMATOES ARE FIRM OR THEY WILL GO MUSHY.

METHOD:

1. Select firm tomatoes and cut off a slice from the top of each one.
2. Carefully scoop out the flesh of each tomato, set aside.
3. Fry onion and chopped bacon in butter on a BBQ plate until golden brown.
4. Add corn, breadcrumbs, cheese, and chopped tomato pulp. Season to taste.
5. Spoon filling into tomato cases.
6. Place in a greased camp oven and heat through for approx. 15 minutes.

SERVING SUGGESTION:

Serve with grilled meat.

“Hearty tomato, chilli, and chorizo one-pot pasta”.

Chorizo Pasta

Contributor: Helen Morgan

“This recipe is one of our favourite camping staples. We recently travelled from the Mid West of Western Australia to the Gold Coast, camping all the way with our six-month old daughter, and this meal was cooked at numerous BIG4 campsites. As the recipe is so versatile, the ingredients can be substituted if necessary and it can be cooked in one pot, even on a camping stove”.

SERVES:



INGREDIENTS:

200g dried penne pasta
 1 chorizo sausage, chopped
 1 garlic clove, crushed
 ½ onion, chopped
 1 x 400g can tinned tomatoes, with most of the juice drained
 ½ tsp fresh or dried chilli
 Salt and pepper, to taste
 100ml thick cream, optional
 1 tbsp olive oil
 Parmesan, to serve



TIP: THIS DISH IS REALLY VERSATILE AND SO EASY TO MAKE USING JUST ONE POT – USE PANCETTA OR BACON IF CHORIZO IS NOT AVAILABLE. ADD CHOPPED MUSHROOMS, ZUCCHINI, OR A HANDFUL OF FRESH SPINACH IF YOU WANT EXTRA NUTRIENTS. OMIT THE CHILLI, IF DESIRED.

METHOD:

1. Bring enough water to the boil in a pot in the camp kitchen or on your camp cooker/fire.
2. Add pasta and a pinch of salt and cook pasta for approx. 10 minutes until al dente. Drain pasta, place to one side, and prepare the sauce.
3. Pour oil into pot and sauté onion and garlic until onion is translucent.
4. Add chorizo and tinned tomatoes and continue to cook for 5 minutes.
5. Add chilli and salt and pepper and cook for a further 2 minutes before adding the cream, if desired.
6. If adding cream, cook for another 2 minutes.
7. Add pasta into sauce and stir until heated through.
8. Sprinkle parmesan cheese over the top and serve.

SERVING SUGGESTION:

Best served with crusty or garlic bread, a side salad if desired, and a glass of red wine.

Jamaican Goat Curry

Contributor: Sean Gibbons

"This is my 'no-fail' recipe, made both at home and away camping over many years. Everybody loves it, including those tentative about eating goat".

SERVES:



INGREDIENTS:

1kg goat meat, with or without bones
 Juice of 1 lime
 1 tbsp salt
 1 tsp black pepper, freshly ground
 1 chilli, seeded and minced
 ½ tsp dried thyme
 ½ tsp allspice
 1 tsp garam masala
 3 tbsp curry powder
 2 spring onions, sliced
 1 onion, sliced
 3 cloves garlic, minced
 4 tbsp vegetable oil
 3 tomatoes
 1 tin coconut milk



TIP: A NATIONAL DISH OF JAMAICA, BUT WORKS EQUALLY WELL IN A CAMP OVEN.

METHOD:

1. Rinse goat meat, coat in the juice of half a lime.
2. Put the meat in a large bowl and add salt and pepper, chilli, thyme, allspice, garam masala, curry powder, spring onion, onion, and garlic. Leave for at least 2 hours (or overnight) to marinate in fridge.
3. Preheat camp oven over hot coals. Add oil to the camp oven; add the meat, reserving the seasoning mixture.
4. Cook for 6 minutes until brown, add seasoning mix, and cook for a further 2 minutes.
5. Add tomatoes and cook for a further 3 minutes, until everything is combined.
6. Add coconut milk and 2 tins of water.
7. Bring to the boil, reduce heat to low, cover, and cook for a good couple of hours until meat is tender.
8. Stir in the remaining lime juice.

SERVING SUGGESTION:

Serve with rice.

Chicken and French Onion Casserole

Contributor: Fiona Hocking

"This recipe is a family favourite - even the kids go back for seconds".

SERVES:



INGREDIENTS:

4-8 pieces chicken - depending on the size of the pieces/appetite
 2 heaped tbsp plain flour
 30g pkt French onion soup
 1 heaped tbsp butter
 2 tbsp oil
 3 bacon rashers, chopped
 2 medium onions, sliced
 1 cup water
 2 heaped tbsp sour cream



METHOD:

1. Toss chicken pieces in the combined flour and dry soup mix, either in a plastic bag or in a bowl (reserve excess flour mixture).
2. Heat butter and oil in frypan, cook chicken until brown all over. Remove chicken pieces from frypan, place in camp oven.
3. Add bacon and onions to frypan, cook for a few minutes until onions are soft.
4. Pour bacon, onions, leftover butter, and oil into camp oven with chicken.
5. Blend leftover flour mixture with water and pour over everything in the camp oven.
6. Place lid, simmer for 1-1¼ hours or until chicken is cooked through/falling off the bone.
7. Stir intermittently, so nothing sticks to the bottom and burns.
8. Just before serving, stir in sour cream.

SERVING SUGGESTION:

Serve with rice or pasta.

Tip: Use thighs, breast, drumsticks, or wings. This dish doesn't work well with small pieces of chicken e.g. cubed or minced. Also, if you use a lot of large pieces of chicken, you may need to double up on the flour and soup mix, or the end result will be too watery with little flavour.

Burgers with a Cauliflower Bun Delight

Contributor: Clinton McQueen

"Curious caravan park goes at BIG4 Mildura Deakin Holiday Park asked numerous times about these easy-to-assemble burgers. Luckily, I had quite a few of them: once word got around about how good they were, they quickly disappeared! I'm happy to share these cheap, easy, and beautiful gluten-free delights. A BBQ party treat!"

SERVES:



INGREDIENTS:

½ cauliflower	100g goat cheese
2 tbsp flax meal	6 Roma tomatoes
2 eggs	1 pkt baby spinach
8 gluten-free beef patties	Salt and pepper

METHOD:

1. Purée the cauliflower, add flax meal, eggs, and salt and pepper.
2. Grab a handful of the mixture and shape into burger buns.
3. Bake in oven at 200°C for 10 minutes one side, flip, and cook for another 5 minutes.

SERVING SUGGESTION:

Present like a usual burger and looks like beautiful burger. Once bitten into, the taste sensation begins!

TIP: THE BUNS FREEZE WELL. KEEP THEM IN AN AIRTIGHT BAG/CONTAINER UNTIL AT A CARAVAN PARK WHERE YOUR GLUTEN-FREE OPTION WILL BE THE ENVY OF ALL. SIMPLE, EASY, SCRUMPTIOUS.



TIP: THE BISCUITS ARE ALSO REALLY GOOD USED AS SMORES (BISCUITS WITH TOASTED MARSHMALLOWS IN BETWEEN).

No-Bake Camp Biscuits

Contributor: Sue Hall

"This is the quickest and easiest no-bake biscuit recipe. Kids (and adults) will love the biscuits and the ingredients are those commonly found in our camping pantry. We have used this recipe a number of times but our favourite has been at the Port Elliot Holiday Park in South Australia on a very windy, cold, and blustery June long weekend. While the weather was poor, these lovely biscuits and a hot cuppa helped warm us up".

SERVES:

Makes 36 biscuits

INGREDIENTS:

½ cup butter, softened	½ tsp vanilla extract
⅔ cup white sugar	1¾ cups rolled oats
3 tbsp unsweetened cocoa powder	⅓ cup icing sugar, for decoration
1 tbsp strong brewed coffee	

METHOD:

1. Cream together butter, sugar, cocoa, coffee, and vanilla.
2. Add oats and mix well.
3. Roll into 36 balls about 1 inch in diameter.
4. Dip balls into icing sugar.
5. Allow to set on wax paper.

SERVING SUGGESTION:

Biscuits best served with a steaming hot cuppa!



TIP: A DELICIOUS
SUMMERTIME SALAD.

Strawberry Bean Salad

Contributor: Rodney Land

SERVES:



INGREDIENTS:

- 1 punnet strawberries
- 200g green beans
- 1 block Australian feta
- ½ bag baby spinach
- 1 tsp olive oil

METHOD:

1. Cut a punnet of strawberries into quarters, remove the tops.
2. Cut green beans in halves.
3. Crumble the Australian feta.
4. Mix all together then add ½ bag of baby spinach.
5. Lightly drizzle with olive oil and then serve.

SERVING SUGGESTION:

Serve with a nice BBQ fish or chicken and a freshly chilled sauvignon blanc.

Billycan Beer and Bacon Damper

Contributor: Susie Leggett

SERVES:



INGREDIENTS:

2 tbsp olive oil
 1 small red onion, thinly sliced
 2 middle bacon rashers, trimmed, cut into matchsticks
 1 tbsp Always Fresh Relish Chilli Jam
 3 cups self-raising flour
 2 tsp fresh rosemary, chopped
 ½ tsp sea salt
 280ml beer, at room temperature
 Butter, for serving
 Salt and pepper, to taste



TIP: THE FAMILY LOVES THIS BREAD SERVED FROM THE BILLY. ALWAYS USE LASHINGS OF BUTTER.



METHOD:

- Grease and line the base of a 1.5L billycan with baking paper.
- Heat 1 tbsp of oil in a frying pan over medium-low heat.
- Add onion and cook, stirring, for 7 minutes or until soft.
- Stir in bacon for 6 minutes or until golden.
- Stir in the jam for 2 minutes or until lightly caramelised. Season with salt and pepper.
- Transfer to a bowl and allow to cool for 10 minutes.
- Combine flour, rosemary, and salt in a large bowl. Season with pepper.
- Make a well in the centre and add beer and remaining oil.
- Stir to form a soft, sticky dough and turn onto a lightly floured surface.
- Knead for 5 minutes or until smooth and elastic, then roll out dough to a 20cm x 35cm rectangle.
- Spread with onion mixture and roll up lengthways to form a sausage shape.
- Holding each end, twist dough to expose some onion mixture. Shape into a coil and place in prepared billycan.
- Set aside in a warm place for 30 minutes to rest.
- Preheat enclosed barbecue on low. Place billycan on tray and cook with hood down for 40 minutes or until golden and dough sounds hollow when tapped.
- Stand for 5 minutes, remove from billy can, and serve warm.

TIP: IF YOU'RE RUNNING SHORT ON TIME AND HAVE POWER, YOU CAN PAR-BOIL OR MICROWAVE POTATO AND PUMPKIN, WHICH I USED TO DO IF I COOKED IT AT HOME.

Veggie Patch

Contributor: Gail Dean

"My kids used to love it and it's a good way to get them to eat vegetables".

SERVES:



INGREDIENTS:

1 bunch silverbeet or spinach, shredded	¼ pumpkin, thinly sliced
1 small onion, finely diced	1 cup cheese, grated
2 small potatoes, thinly sliced	1 tbsp curry powder

METHOD:

1. Heat BBQ plate, then line large square of foil with baking paper.
2. Start layering the shredded silverbeet/spinach, potato, pumpkin, and onion.
3. Sprinkle over curry powder, then grated cheese.
4. Wrap up into a square parcel and cook on BBQ for 20 minutes, then turn over and cook another 20 minutes.

SERVING SUGGESTION:

You can serve this with fish or any meat cooked on the BBQ.



The Best Guacamole Dip Ever

Contributor: Simon Thom

"This is an easy snack to whip up when on holidays; the kids will love it and it's great with new friends and drinks. No cooking involved and it only takes 5 minutes to make and is easy to wash up".

TIP: YOU CAN ADD CORIANDER AND/OR FRESH CHILLI IF YOU LIKE.

SERVES:



INGREDIENTS:

1 large ripe avocado	6-8 drops Tabasco sauce
½ tomato	Salt and pepper, to taste
½ Spanish onion	1 packet corn chips
1-2 tbsp sweet chilli sauce	2 cold beers
2 heaped tbsp sour cream	

METHOD:

1. Open cold beer, this is for you to drink! You are on holidays!
2. Cut avocado in half, remove seed, and scoop out the green stuff and chop it into small pieces and place into a good-sized bowl.
3. Add sour cream and sweet chilli sauce.
4. Mash it up using a stick blender if you have one or just use a fork.
5. Dice tomato and onion; I like to use Roma tomatoes.
6. Add to the avocado and mix it in.
7. Add Tabasco sauce and salt and pepper, to taste.
8. Serve with corn chips.
9. Grab second beer and wash up.

SERVING SUGGESTION:

I serve it with corn chips and I like to use Doritos (the red packet), but you can use carrot sticks, rice crackers, or whatever you like.





Potato Rosti

Contributor: Christine Kelly

“An easy, low-fat potato dish without the mess of hot oil on a camp stove. This potato rosti dish makes a nice change from mashed, boiled, and steamed potatoes.”

SERVES:



INGREDIENTS:

- 1 large red-skinned waxy potato, cleaned
- 1 dspn olive oil
- 1 tsp dried oregano, if desired
- Salt and pepper, to taste

METHOD:

1. Coarsely grate potato, including skin.
2. Mix all ingredients in a bowl.
3. Press mixture to evenly cover the bottom of a 20cm non-stick frypan.
4. Place on gas burner, set at medium heat and leave until the underside is brown and the rosti is firm enough to flip over.
5. Carefully flip to brown the other side.
6. Turn out and cut in half to serve.

“I have made this and shared with a few other travellers while swapping stories and having a glass of wine or a beer at the end of a day”.

Mexican-Layered Dip

Contributor: Jo Ellis

“This meat-free dish is lovely for a light lunch or even better when sitting around the camp fire or having drinks with friends”.

SERVES:



INGREDIENTS:

- 3 large, ripe avocados
- ½ small onion
- 2 tbsp lime/lemon juice
- 1 clove garlic, crushed
- 1 cup sour cream
- 1 pkt taco seasoning mix
- 1 bunch spring onions, chopped finely
- 3 medium tomatoes, diced
- 1 medium jar pitted black Kalamata olives
- 2 tins refried beans
- 250g tasty cheese, grated
- 2-3 pkts of corn chips



TIP: MAKE THIS AS CLOSE TO SERVING TIME AS POSSIBLE SO THE AVOCADO DOESN'T DISCOLOUR AND THE INGREDIENTS STAY NICE AND FRESH.

METHOD:

1. Mash avocados and mix with finely chopped onion and lime/lemon juice.
2. Add garlic that has been mashed to a paste with salt.
3. Mix the taco mix through the sour cream.
4. Chop spring onions finely and dice tomatoes about the same size.
5. Drain and slice the olives.
6. Grate the cheese.
7. Assembly: layer the beans, the avocado mix, then the sour cream mix. Top with spring onions, tomatoes, olives, and grated cheese.
8. Serve with corn chips.

SERVING SUGGESTION:

Ideally, this should be served in a shallow dish so it can be scooped up easily with corn chips and one that will comfortably hold all the layers. The one I use is glass and about 20cm square.

Tomato and Zucchini Bake

Contributor: Chery Offner

"This is always popular when I make it. It is tasty and what I like most is that it is all fresh and all in one dish".

SERVES:



INGREDIENTS:

1 tbsp butter	2 large tomatoes, diced
1 clove garlic	1 tsp mixed Italian herbs
2 zucchinis, sliced	1 cup tasty cheese, grated
1 small onion, diced	Salt and pepper, to taste

METHOD:

1. Grease an ovenproof dish with butter.
2. Crush a clove of garlic over the base.
3. Mix chopped zucchinis, onion, and tomatoes (choko, mushrooms, or capsicum can also be added).
4. Layer vegetables in the dish.
5. Sprinkle mixed herbs and season with salt and pepper.
6. Cover the top of vegetables with tasty cheese and bake in a moderate oven until just brown on top, approx. 20-30 minutes.

SERVING SUGGESTION:

This dish is so easy and great with steak, chops, sausages, chicken, or fish. A baked potato in its jacket could be served as well.

Chicken and Bacon Cob

Contributor: Alana Gordon

"Delicious cob loaf, filled with chicken, bacon, mushrooms, and country onion and chives".

SERVES:



INGREDIENTS:

1 cooked chicken breast, diced	3 tbsp country onion and chive dip
250g bacon, diced	2 cups cheese, grated
6 button mushrooms, sliced	1 crusty cob loaf
6 shallots	
1 tub cooking cream	
1 block Philadelphia cheese, softened	

METHOD:

1. Preheat camp oven with a cooling rack in bottom.
2. Cut top of cob and pull out the inner part.
3. Mix together remaining ingredients, leaving aside 1 cup of cheese.
4. Place mixture in the cob and top with remaining cheese.
5. Cook in camp oven for 15-20 minutes, until golden.
6. Remove from camp oven and enjoy.

Cob Loaf Dip

Contributor: Lynda MacDonald

"Warm cob loaf and dip - lovely for the cold nights while camping. We love this campfire cob loaf, it is a tradition in our family and whenever there is a camping trip or bonfire party, there will be Cob Loaf Dip".

SERVES:



INGREDIENTS:

2 x 200ml sour cream	1 cup egg mayonnaise
½ pkt French onion soup	1 tbsp dried parsley
1 pkt frozen spinach, defrosted and squeezed of excess water	1 cob loaf

METHOD:

1. Mix first 5 ingredients together.
2. Cut top of cob and pull out the inner part, breaking middle into bite-size pieces.
3. Place loaf and bread pieces onto tray, pour dip into loaf.
4. Heat in camp oven at 180°C until dip has warmed through.

Pumpkin Damper

Contributor: Frederick MacFeate

"Yummy pumpkin damper with raisins and walnuts baked in a Weber Baby Q".

SERVES:



INGREDIENTS:

1 cup mashed pumpkin	2½ cups self-raising flour
¼ cup castor sugar	1 tbsp milk, extra
1 egg, lightly beaten	¼ tsp ground cinnamon
¼ cup pecans or walnuts, chopped	1 tbsp castor sugar, extra
¼ cup milk	60g butter
¼ cup raisins, chopped	

METHOD:

1. Sieve pumpkin into a bowl, stir in egg and milk.
2. Sift flour and cinnamon in to a bowl, rub in butter.
3. Stir in sugar, nuts, raisins, and then pumpkin mixture.
4. Knead on a floured surface until smooth.
5. Place dough onto greased oven tray and press out with fingers to a circle about 2cm thick.
6. Brush with extra milk, sprinkle with extra sugar, and mark into 8 wedges.
7. Bake in Weber Baby Q on the lowest setting for about 30 minutes or until golden brown and damper sounds hollow when tapped lightly with fingers.



Potato, Onion and Tomato Pie

Contributor: Paul Southcott

"An inexpensive and easy side dish for a lot of meals. I came across this recipe by accident and it's so tasty".

SERVES:



INGREDIENTS:

6 medium potatoes	1 egg yolk
2 large onions, diced	1 cup breadcrumbs, optional
1 clove garlic, diced	1 tbsp olive oil
1 large tomato, sliced	

METHOD:

1. Preheat oven to 245°C.
2. Peel and cut potatoes into chunks. Put on to boil and mash once cooked.
3. Drizzle oil into frying pan and cook onions and garlic until onions are clear.
4. Add half of the mash to an 8-inch Pyrex dish.
5. Place the onion mix on top of the potato and cover the onion with the remaining mash.
6. Brush on egg yolk, add breadcrumbs, and place sliced tomato on top of pie.
7. Place pie in moderate oven and bake until top goes golden brown, approx. 20 minutes.

SERVING SUGGESTION:

Delicious with meat pie or a hearty casserole.

TIP: INGREDIENTS VARY WITH THE AMOUNT OF PEOPLE, BUT THE RECOMMENDED SERVING SIZE IS ENOUGH FOR FOUR.

Crepes with Poached Berries and Banana

Contributor: : Paul McDonald

"We often have this recipe for either breakfast or as a dessert. Sometimes we skip the mains and only have the dessert. We have cooked this at BIG4 Nambucca Beach and Cooke Point Holiday Park in Port Hedland. We love this park and went to our son's wedding last year and cooked it for the family. What an occasion! Everyone raved about it".

SERVES:



INGREDIENTS:

Crepes:

1 cup plain flour
1 egg
1 cup milk
Pinch of salt

Berry mix:

1 cup mixed berries, frozen or fresh
1 banana, sliced diagonally
1 tbsp butter
1 tbsp brown sugar
1-2 tbsp maple syrup



METHOD:

1. Using a stick blender or whisk, mix together all ingredients for crepes to remove all lumps.
2. Allow to stand covered for up to an hour.
3. Melt butter in a small pan and heat, careful not to burn butter; when hot add small amount of crepe mixture to thinly cover bottom of pan. Remember, crepes are meant to be thin.
4. Cook until brown and then flip to cook the other side. Repeat until all mixture is used, buttering pan/plate between each crepe.
5. In a medium pan, add butter and brown sugar and heat until butter melts and brown sugar is dissolved.
6. Add maple syrup and bring mixture to very hot.
7. Add banana and berries and slowly poach on low-medium heat until all cooked (bananas soft and all berries cooked so as not frozen). Don't overcook as it will go mushy.
8. Put two or three crepes on each plate and cover with berry and banana mix.

SERVING SUGGESTION:

Can be lightly dusted with icing sugar for classy look or to impress. Can be served with a scoop of ice cream or your favourite yoghurt.

Lemon Drizzle Cake

Contributor: Jill Britten

"An easy and delicious cake that can double as a dessert with a raspberry coulis and whipped cream".

SERVES:



INGREDIENTS:

1½ cups self-raising flour	<i>Topping</i>
1 cup caster sugar	Juice of 2 lemons
2 eggs	½ cup caster sugar
Zest of 2 lemons	
½ cup milk	
125g butter	

METHOD:

1. Pre-heat oven to 180°C. Line a 20-22cm cake tin with baking paper.
2. Sift flour and caster sugar together and place in food processor.
3. Cut butter into small pieces and add to flour and sugar mixture. Process until mixture looks like breadcrumbs.
4. Beat eggs with the milk and fold into mixture until combined and then fold in the grated zest of the lemons.
5. Pour mixture into prepared tin and bake for about 35 minutes or until cake is cooked when tested with a wooden skewer.
6. Remove cake from the oven and rest in tin for 5 minutes. Mix lemon juice with caster sugar in small bowl until sugar has dissolved; pour over cake.

SERVING SUGGESTION:

This is delicious served warm as a dessert with a fresh raspberry coulis (or frozen raspberries if fresh not available) and clotted cream.

TIP: STORE LEFTOVERS
IN FRIDGE. TASTES GOOD
REHEATED THE NEXT DAY.



Baked Apple Surprise

Contributor: Nicole Pardon

"Our family favourite when camping and our winter-at-home dessert".

SERVES:



INGREDIENTS:

1 cup self-raising flour	2 cups boiling water
1 cup green apples, peeled and sliced	¼ cup milk
1 cup brown sugar	1 pinch salt
2 tbsp butter	½ tsp ground cinnamon

METHOD:

1. Preheat oven to 180°C or warm Dutch oven over fire.
2. Sift flour and salt together in mixing bowl.
3. Add chopped apple and milk.
4. Mix into scone dough either as a whole cake or small dumplings and place into greased baking dish/Dutch oven.
5. In a jug, blend together brown sugar, water, and butter.
6. Pour over dough and sprinkle with cinnamon.
7. Bake for approx. 20-30 minutes until golden brown.

SERVING SUGGESTION:

Serve with cream or ice cream.

TIP: IF YOU HAVE SPACE, YOU CAN MAKE ONE LARGE PIE. OTHER CITRUS JUICES CAN BE USED - MANDARIN IS NICE.

No Fuss Condensed Milk Tart

Contributor: Judy Payne

"My husband taught me to make this recipe when we were first married - his mother gave it to him when he left home. My daughter has handed it to her husband who is from New Zealand. Three generations and one international make it a favourite. I made this at Aussie Outback Oasis Cabin and Van Village at Charters Towers".

SERVES:



INGREDIENTS:

1 pkt gingernut biscuits (or your favourite plain biscuit) ½ cup bottled lemon juice
1 tin condensed milk 4-6 disposable cups

METHOD:

1. Crumble biscuits into bottom of cups.
2. Pour condensed milk into a mixing bowl.
3. Stir in lemon juice and allow mixture to thicken.
4. Pour mixture over biscuit crumbs.
5. Refrigerate, if possible.
6. Serve immediately.

SERVING SUGGESTION:

Any fresh, frozen, or tinned fruit can be served with this.

Nanna's Boiled Fruit Cake

Contributor: Sandra Peters

"This recipe will serve well into the future just as it has done in the past. I took a very large cake to a work forum in Brisbane and noted there was just less than half a cake at the end of the first day. I assumed it would come out for morning tea the next day but it didn't. However, I did receive a call two days later from the unit in Brisbane saying how lucky they were to be able to enjoy the leftovers. I was asked what the secret was and whether I would share the recipe. This is not a new thing, as it seems to happen each time it is shared".

SERVES:



INGREDIENTS:

115g butter	½ cup water
1 tbsp golden syrup	3 eggs, beaten
1 tsp bi-carb soda	1 cup self-raising flour
1 tsp mixed spice	1 cup plain flour
½ cup brown sugar	½ cup rum
½ cup white sugar	Parisian essence, to colour
375g mixed fruit	
375g sultanas	
1 cup water or 1 can pineapple pieces	



TIP: DELICIOUS MOIST CAKE TO SERVE WITH A MUCH-EARNED CUPPA. SO VERSATILE - YOU CAN MAKE AS MUFFINS FOR THE KIDS OR SERVE IT UP WITH CUSTARD FOR DESSERT.

METHOD:

1. Boil the butter, golden syrup, bi-carb soda, mixed spice, and sugar for 10 minutes. Allow to cool.
2. When cool, add beaten eggs and rum, mixed fruit, sultanas and water or pineapple pieces, and then sift in flours alternately.
3. If mixture seems too moist, continue to add equal amounts of flour gradually to gain the right consistency.
4. Bake in a lined cake tin at 140°C for 2 hours.

SERVING SUGGESTION:

My grandchildren prefer the mixture to be cooked in muffin tins.

Blueberry Cake

Contributor: Linda Kelso

SERVES:



TIP: RECIPE IS DESIGNED
FOR A 24CM CAKE TIN.

INGREDIENTS:

200g ricotta cheese	¼ tbsp ground cinnamon
150g sugar	½ tbsp vanilla extract
240g wholemeal plain flour	1 tbsp baking powder
3 eggs	125g blueberries
80g milk	

METHOD:

1. Wash blueberries and set aside.
2. In a bowl, mix together flour with the baking powder and set aside.
3. In a separate bowl, using a spatula, work ricotta and sugar until creamy. It is important that the sugar dissolves well.
4. Add the eggs, one at a time, and mix well.
5. Add the milk, vanilla extract, and cinnamon and stir until combined.
6. Sprinkle over the flour and fold into mix until completely incorporated. Add a handful of blueberries at this point and fold gently in to mix.
7. Butter pan and pour the mixture in.
8. Sprinkle remaining blueberries on top of cake.
9. Bake at 180°C for about 45 minutes and check cake is cooked through by using a skewer.
10. Once baked and cooled, place the cake on a serving plate and sprinkle with icing sugar.



Coconut Cranberries Cake

Contributor: Steve Starr-Magill

"While travelling around the USA, I picked up this recipe in Yellowstone National Park from some Texans. They were great people who gave us great tips about the best places to see while camping in the USA".

SERVES:



INGREDIENTS:

2 eggs	½ cup milk
1 cup self-raising flour	½ cup canola oil
1 cup sugar	2 tsp vanilla
1½ cups coconut	2 tsp cinnamon
1 cup cranberries	

METHOD:

1. Mix all ingredients, besides half the cranberries, together with a wooden spoon until well combined.
2. Pour into round or loaf tin.
3. Add the other half of the cranberries to the top of wet mix.
4. Place in moderate oven and bake for 45 minutes. Test to see if cooked all the way through.
5. When cooked, leave to cool slightly in tin, then turn out on to plate.

SERVING SUGGESTION:

Best served warm with whipped cream or custard. When camping, we use long-life cream and custard.

TIP: IF YOU USE A CAMP OVEN, TEST TO SEE IF IT'S COOKED AFTER 20 MINUTES DUE TO DIFFERENT TYPE OF HEAT USED. YOU CAN USE ANY DRY FRUIT OR NUTS IN THE RECIPE IF YOU DON'T LIKE CRANBERRIES.





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