

Camp Recipes – International Food



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Including International food in a camp is a great idea and a good opportunity to introduce the girls to some international Foods. You may decide to have a theme to your whole camp around an international topic and by including international food it makes it more fun for the girls.

Recommendations:

- Start off with one or two items in your menu. Some girls are hesitant to try new foods and so it is best to go slowly.
- Use simple recipes so that the girls are successful in what they are making.
- Use recipes that do not take too long to cook. Remember that it takes the girls longer to prepare things than you would.
- Keep in mind the limitations of camp equipment.
- Introduce some more complex dishes by having the QMs for camp prepare them.
- Bring in a few prepared foods from the country you are including. It adds to the meal and encourages the girls to try new things.

Almond Chicken (China)

Ingredients:

1 cup chicken breast, skinless	1 tablespoon light soya sauce
½ cup celery, sliced	¼ teaspoon salt
½ cup green bell pepper, diced	1 chicken stock cube
½ cup frozen peas	4 teaspoons cornstarch
½ cup roasted slivered almonds	¼ cup water
olive oil	

Equipment:

frying pan

Instructions:

1. Slice the chicken into strips and stir fry with a little olive oil.
2. Add the soya sauce and salt to the chicken. Stir well.
3. Add the celery and green peppers. Continue to stir fry until the vegetables are tender.
4. Add the peas and stir fry until hot. Add the almonds.
5. Remove the chicken and vegetables. Place them on a plate and cover with aluminum foil.
6. Boil the water and dissolve the stock cube in it.
7. Stir the stock into the cornstarch. Put into the frying pan and cook gently until thickened.
8. Add the chicken and vegetables back into the pan. Stir with the sauce.
9. Serve with rice.

Chappati (India)

Ingredients:

2 cups whole wheat flour	1 teaspoon salt	cold water
½ cup flour	2 tablespoons oil	

Equipment:

large bowl rolling pin tea towel

Instructions:

1. Mix together the whole wheat flour, white flour, and salt.
2. Add enough cold water to make a soft pliable dough. Knead well.
3. Divide the dough into 10 equal balls.
4. On a lightly floured board, flatten each ball slightly. Roll out into thin round shapes about 1/8" thick.
5. Heat a griddle or frying pan and cook each chappati until golden brown.
6. Turn and cook the other side until brown spots appear.
7. Remove from the frying pan into a clean tea towel and brush one side with butter.
8. As each chappati is cooked, stack on top of each other.
9. Wrap in the tea towel to keep warm.

Chicken Souvlaki (Greece)

Ingredients:

8 ounces chicken breasts, skinless olive oil

Equipment:

wooden skewers frying pan

Instructions:

1. Soak the skewers in cold water for about 1 hour so that they won't flame on the barbeque.
2. Light the barbeque or the fire.
3. Cut the chicken into medium-sized cubes. Put onto the skewers and brush lightly with olive oil. Put about six pieces of chicken on each skewer.
4. Cook the chicken, turning occasionally until the chicken is thoroughly cooked and no pick remains. Alternatively, the chicken can be cooked on a frying pan.

Cheese Fondue (Switzerland / France)

Ingredients:

1 package dry cheese sauce mix 1 cup milk
1 cup grated Swiss cheese (Gruyere) French bread

Equipment:

fondue set

Instructions:

1. Combine the cheese sauce mix and milk. Heat according to the instructions on the package.
2. Add the grated Swiss cheese. Stir until melted.
3. Serve with cubes of French bread.

Chicken Curry (India)

Ingredients:

1 pound chicken breast	olive oil	fresh ginger root
¼ teaspoon turmeric	½ onion	1 medium tomato
1 ½ teaspoon curry powder	½ cup water	1 clove garlic
1/8 teaspoon cayenne	salt	1 tablespoon coconut milk

Equipment:

frying pan

Instructions:

1. Cut the chicken breasts into thin slices.
2. Heat the olive oil. Fry the onions gently for 5 minutes until they are soft, but not browned.

3. Add the tomatoes, crushed garlic, ginger, turmeric and salt. Cook for 5 minutes.
4. Add the chicken pieces. Cover tightly and cook until tender.
5. Add the curry powder, water, and cayenne. Add the coconut milk.
6. Cook for about ½ hour.
7. Serve the rice.

Chocolate Fondue (Switzerland / France)

Ingredients:

3 bars Toblerone chocolate	½ cup cream	grapes
strawberries	apples	blueberries
oranges or mandarins	bananas	raspberries

Equipment:

fondue set tea light

Instructions:

1. Chop the chocolate bar into small pieces.
2. Combine with the cream in a fondue pot, which can be heated with a tea light.
3. Stir until the chocolate is melted and thoroughly combined with the cream.
4. Serve with fruit, speared on fondue forks.

Crumpets (England)

Ingredients:

2 teaspoons yeast	½ teaspoon baking soda	¾ cup milk
½ teaspoon sugar	½ teaspoon salt	2 cups flour
½ cup lukewarm water	butter	jam

Equipment:

large bowl

Instructions:

1. Stir the sugar into the lukewarm water. Sprinkle the yeast on top. Leave in a warm place until it rises.
2. In a large bowl, combine the flour, baking soda, and salt.
3. Add the yeast and the milk to the flour. Beat to a smooth batter. The batter should be quite thin. If necessary, add more water.
4. Allow to rise 2 to 3 hours. If the batter is too thick add a little more water.
5. Grease a griddle and the rings with a little shortening.
6. Fill each ring about half full with the batter. Cook until bubbles form on the top and burst. Turn and cook for a minute or two on the second side.
7. Serve toasted with butter and jam.

Fajitas (Mexico)

Ingredients:

2 chicken breasts, boneless and skinless	10 tortilla shells
1 green bell pepper, sliced	sour cream
1 red bell pepper, sliced	guacamole
2 packages fajita spice mix	salsa
1 onion, chopped	

Equipment:

frying pan

Instructions:

1. Slice the chicken breast and cook on a frying pan.
2. When the chicken is cooked, add the onions, and cook until softened.
3. Add the bell peppers and fajita spice mix. Simmer until the sauce is thick.
4. Place a small amount of mixture on each tortilla shell and roll up.
5. Serve with sour cream, guacamole or salsa.

Pita Bread (Greece)

Ingredients:

8 pita bread	butter
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Equipment:

aluminum foil

Instructions:

1. Spread one side of the pita bread with butter. Stack the pita bread.
2. Wrap the pita bread in aluminum foil and heat. The bread can be heated in the barbeque or in a frying pan.

Potatoes, Cauliflower and Peas (India)

Ingredients:

1 small cauliflower, separated into florets	¼ teaspoon garam masala
2 medium potatoes, peeled and cubed	1 teaspoon salt
1 cup green peas	1 teaspoon sugar
3 tablespoons butter or margarine	2 tablespoons water
1 medium onion	1 teaspoon turmeric
2 teaspoons fresh ginger	1 teaspoon cayenne pepper
fresh coriander leaves, finely chopped	

Equipment:

saucepan

Instructions:

1. Prepare the vegetables and set aside.
2. In a saucepan, saute the onion in butter until golden brown.
3. Add the ginger, turmeric, cayenne pepper, garam masala, salt, and sugar.
4. Add the vegetables and stir for a few minutes. Add water. Cover and cook over low heat until vegetables are tender. This will take about 10 minutes.
5. Garnish with chopped coriander.

Sushi (Japan)**Ingredients:**

1 cup rice	carrot	imitation crab
nori (seaweed) sheets	celery	salmon
cucumbers		

Dressing: ½ cup vinegar 4 tablespoons sugar

Equipment:

pot knife peeler sushi mat

Instructions:

1. Cook the rice with water in a pot. When cooked, put the rice into a bowl and fan it until it is shiny.
2. While the rice is cooking, prepare the fillings. If using carrots, celery and cucumbers, peel the carrots and slice the celery and cucumbers into very thin strips.
3. Make the dressing and add it to the rice. Mix together well.
4. Place the sheets of nori on the sushi mats and spread the rice over the mats.
5. Put some of the filling down the centre of the rice.
6. Roll up the nori and cut into pieces about ½" thick.

Tzatziki (Greece)**Ingredients:**

½ long English cucumber	1-2 cloves garlic, minced	pepper
1 teaspoon salt	2 teaspoons dried dill weed	1 cup plain yogurt
½ cup sour cream		

Equipment:

grater sieve paper towel

Instructions:

1. Grate the cucumber. Place it in a sieve and leave for 15 minutes. Squeeze out the excess liquid with some paper towel.
2. Combine the garlic, salt, yogurt, sour cream, dill and pepper. Add the cucumber and stir well.
3. Chill before serving.

Walking Tacos / Taco-in-a-Bag (Mexico)

Ingredients:

1 bag of nacho chips	lentils	salsa
lean ground beef	hummus	sour cream
shredded cheese	beans	onions
lettuce, shredded		
tomatoes, chopped		

Equipment:

frying pan

Instructions:

1. Cook and season the lean ground beef.
2. Crush the nacho chips in the bag.
3. Add the lean ground beef, shredded cheese, lentils, onions, lettuce, beans, and tomatoes.
4. Add lentils and hummus. Add salsa and sour cream.
5. Eat from the bag with a fork or spoon.