

INTERNATIONAL CAMP FOOD

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

I would recommend that:

- You 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 and can enjoy eating it. The recipes I am including in this session have been simplified for girls to make.
- Use recipes that don't 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. Most times you will not have electricity. While we will have electric frying pans etc. for our session all the recipes can be prepared just as easily on a camp stove.
- You can introduce some more complex dishes by having the QM 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.

CHEESE FONDUE (Switzerland/France)

Most cheese fondue recipes include white wine which is obviously not allowed at Guide camp. The following recipe is suitable and also a good choice for backpacking as you can substitute dried powdered milk for the fresh milk.

1 package dry cheese sauce mix

1 cup milk

1 cup grated Swiss cheese (Gruyère or Emmentaler)

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

CHOCOLATE FONDUE (Switzerland/France)

3 bars (100gms each) Toblerone chocolate
½ cup cream

1. Chop the chocolate 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 (tooth picks work too)

Suggested fruits to serve with the fondue are bananas, strawberries, grapes, apple slices, mandarin orange segments (well drained if using canned).

FAJITAS (Mexico)

2 breasts of chicken – boneless and skinless
1 green pepper - sliced
1 red pepper - sliced
1 onion - chopped

2 pkg. fajita spice mix
10 tortilla shells
Sour Cream
guacamole or salsa

1. Slice the chicken breast and cook in a frying pan.
2. When the chicken is cooked (no longer pink inside) add the onions and cook until softened
3. Add the pepper slices and the 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 and guacamole or salsa.

CHAPPATI (India)

2 cups whole wheat flour
½ cup flour
½ tsp. flour
cold water
2 tbsp. oil

1. Mix together the flours and salt. Add enough cold water to make a soft pliable dough. Knead well.
2. Divide the dough into 10 equal balls.
3. On a lightly floured board flatten each ball slightly. Roll out into thin round shapes about 1/8" thick.
4. Heat a griddle or frying pan to approx. 400° and cook each chappati until golden brown. Turn and cook the other side until brown spots appear being careful not to burn the brown spots.
5. Remove from the skillet onto a clean tea towel and brush one side with butter.
6. As each chappati is cooked, stack on top of each other.
7. Wrap in the tea towel to keep warm.

POTATOES, CAULIFLOWER AND PEAS (India)

1 small cauliflower, separated into florets
2 medium potatoes, peeled and cubed
1 cup green peas
3 tbsp. butter or margarine
1 medium onion
2 tsp. fresh ginger
1 tsp. turmeric
1 tsp. cayenne pepper, or to taste
¼ tsp. garam masala
1 tsp. salt
1tsp. sugar
2 tbsp. water
Fresh coriander leaves (cilantro) finely chopped

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

CRUMPETS (England)

2 tsp. yeast
½ tsp. sugar
2 cups flour
½ tsp. baking soda
½ tsp. salt
½ cup lukewarm water
¾ cup milk

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 and beat to a smooth batter. The batter should be quite thin, if necessary add more water.
4. Allow to rise 2 – 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.

CHICKEN SOUVLAKI (Greece)

8 ozs. skinless chicken breasts

Olive oil

Wooden skewers

1. Soak the skewers in cold water for about 1 hour so that they won't flame on the barbecue.
 2. Light the barbecue 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 pink remains.
- If you are concerned about the chicken being thoroughly cooked you can use pre-cooked chicken and re-heat it.
 - The chicken cubes could be cooked in a frying pan.

TZADSIKI

½ long English cucumber

½ tsp. salt

½ cup sour cream

pepper to taste

1 or 2 cloves garlic minced

1 cup plain yogurt

2 tsp. dried dill weed

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

PITA BREAD (Greece)

8 Pita bread

Butter/Margarine

1. Spread one side of the pita bread with butter/margarine. Stack the pita bread.
2. Wrap in aluminum foil and heat.

* The bread can be heated in the barbecue or in a frying pan.

SUSHI (Japan)

1 cup rice

Several sheets nori (seaweed)

An assortment of fillings (carrot, celery, salmon, crab)

Dressing: ½ cup vinegar

 4 tbsp. sugar

1. Cook the rice. When cooked put it into a bowl and fan until shiny.
2. While the rice is cooking prepare the fillings. If using carrots and celery, peel the carrots and slice carrots and celery 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 them.
5. Put some of the filling down the center of the rice.
6. Roll up the nori and cut into pieces about 1 1/2 " thick.

ALMOND CHICKEN (China)

1 cup of raw skinless chicken breast	2 tbsp. light soya sauce
½ cup sliced celery	¼ tsp. salt
½ cup diced green pepper	1 chicken stock cube
½ cup frozen peas	4 tsp. cornstarch
½ cup roasted slivered almonds	¼ cup water

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

WALKING TACOS (Mexico)

1 snack-sized bag of nacho chips
ground beef
cheese, lentils, hummus, beans or other vegetarian options
salsa
sour cream
taco toppings – shredded lettuce, chopped tomatoes, onions etc.

1. Cook and season the ground beef
2. Crush the nachos in the bag
3. Add the ground beef, cheese, lentils etc. as preferred
4. Add toppings as preferred
5. Add salsa and sour cream

Eat from the bag. Vegetarians can omit the ground beef and add more of the lentils etc.

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CHICKEN CURRY (India)

1 lb. Chicken breast
oil for frying
½ onion
fresh ginger root
1 med. Tomato
salt to taste

¼ tsp. turmeric
1 ½ tsp. curry powder
1/8 tsp. cayenne
½ cup water
1 clove garlic
2 tbsp. coconut milk

1. Cut the chicken breast into thin slices.
2. Heat the oil, fry the onions gently for 5 mins. Until soft but not browned.
3. Add the tomatoes, crushed garlic, ginger, turmeric, and salt
4. Cook for 5 minutes and 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 with rice.