

Bivi Recipes

July 2017

Expedition cooking is an art, often a challenging art. Mostly it is rewarding, and anyway, you have to eat. Below are the distillations from the experiences of Imperial College Caving Club and JSPDT over several years of summer expedition at 2 000 m, approx. 15 people for a month at a time.

The Basics

Cooking times

It takes longer to **cook** than you think! Partly because water boils at a lower temperature at altitude (96°C at 2 000 m), partly because the stoves are less efficient than in a house (e.g. effects of wind) and partly because you are cooking large amounts. For example, pasta may say it takes 10 mins, but maybe it takes 20 mins to boil enough water!

Boiling water

Carrying petrol up the mountain is tedious. Water is boiled in **kelly kettles** (~1L capacity) and poured into the large pots for boiling pasta – spelt – other pulses on the petrol stoves.

Does it need soaking?

- Pre-soaking of pulses reduces cooking time and fuel usage. We usually pour 2-4 'kelly kettles' of boiling water to fill the pots, depending on quantities.
- Buckwheat and red lentils –pre-**soak** not needed; boil for 20 mins. Do not boil with salt – **add** it after.
- Green lentils, yellow split peas – **cook** for one hour. Preferably **soaked** for 6 hours before
- Spelt berries (type of wheat) can be **soaked** 1-2hrs before
- Soup grain mixes – such as Country broth **mix** — are best if **soaked** for 12- 18 hours
- Dried veg and mushrooms are best if **soaked** for 3-6 hours
- The beans we **use** don't need soaking – but it helps to reduce cooking times if they are soaked for 6 hours or so.

How to cook it and how much?

Couscous for 10 people: Takes 30 mins. Melt 2 tbsp margarine/oil in pan. **Add** 500 g couscous. **Cook** for 2 mins. **Add** 800 ml boiling water. Bring back to boil. Boil for 2/3 mins – should resemble a slurry. **Leave** for 10 mins. Fluff.

Bulgar wheat (grains): **Add** to boiling water; boil for 10 mins. **Leave** for 15 mins to **soak** up water. We usually **add** a handful to slop at the end of cooking to if it needs bulking up. If cooking to accompany slop, approx. one cup per person.

Buckwheat (grains – not flour):

- 1 cup toasted buckwheat groats
- 1-2 Tbsp margarine,
- 1 3/4 cups filtered water
- salt to taste

Optional: toast grains before hand for 4-5 mins in dry pan. **Put** all ingredients in large pot. Bring to a **simmer** then **cover** with a tight fitting lid and **simmer** on low for 18-20 minutes. Just like with rice, you should hear hissing while it's cooking and it will get quiet when it's done. **Stir** in **additional** 1 Tbsp butter if desired. Boil in flavoured sauce. Expands less than other dried pulses on cooking. Great as slop accompaniment.

Rice: 1 cup (1/3 litre) of rice is enough for 2 people. Rice needs to be a max of ¼ pan depth. **Add** twice the volume of water (warm is OK, but not boiling). **Add** large pinch salt. **Simmer** gently for approx. 15 mins (brown rice takes longer) until all the water has been absorbed. Maybe **add** 1 teaspoon turmeric at end to make yellow rice. Takes 1 hour.

Pasta: 150 g pasta per person is a generous helping. Pasta needs lots of water so make sure to have plenty of kelly kettles on the go. **Add** large pinch salt and tablespoon of oil to a large pan of boiling water. **Add** pasta, boil vigorously for 10 mins.

In the bivi, 3 Kelly kettles of water are needed for pasta (10 people). **Wait** until all the water is boiling before **adding** pasta. Takes 45 mins.

Beans (e.g. cannelloni): Make sure the beans don't need to **soak**. You need ½ cup pp. **Cook** for 45 mins. They expand a lot. Really good food value and texture in a slop – people like them.

Spelt grains: These grains appear in the Country Broth Mix, but you might want to **use** them on their own. **Use** 100g (~1/2cup) pp for spelt on its own. **Soak** for 1-2hrs before with flavour sachet. **Use** a ratio of 1:1.5 spelt to water using the soaking water, plus a little more fresh water if needed to **cover** them. When they have reached a boil, lower to a **simmer**, **cover**, and **cook** until tender, about 45 minutes, then drain. **Add** salt to taste afterwards.

Alternative: you can try a 'spelt risotto' by adding stock, dried mushrooms and flavour sachets.

Instant polenta: Only **use** the instant stuff! The real stuff takes hours to **cook**. It's important here to get the proportions of polenta:water right (1 part polenta to 2-3 parts water). Good food value, **add** cheese medallions if feeling fancy. *Enough for 10 people as accompaniment to slop*

In a large saucepan, boil 4 cups of water with a good pinch of salt. **Add** 2 cup polenta **slowly**, stirring the whole time. Boil for 2 mins whilst stirring continuously. It will thicken and should end up looking like mash potato. **Add** more polenta/boiling water if necessary. Finally, **add** a tablespoon of oil/ghee and **mix** in. Nice sliced and fried for breakfast the next day.

Pan warning: **heat** some water in the pan after you've finished to **clean**. Sets like concrete!

The Recipes

Here are a few basic recipes that have worked. Feel free to experiment and try out new things. Experiment at home so you have some idea what you are doing with a new foodstuff before you get to the bivi.

Measurements are approximate.

1 tbs (tablespoon) is a small dollop.

1 tsp is a teaspoon

1 cup is a small enamel cup (no. 8 on the bottom)

The Slop

The slop is the evening meal. It generally takes the form of a stew accompanied by rice/grains/pasta/couscous. Usually, there is protein/carbs in the stew as well as the accompanying dish. It starts with starting soaking any pulses and dried veg (including dried mushrooms) after breakfast/lunch in water with the contents of flavour sachets added. The flavour sachet selected determines the type of slop and what other ingredients might go with it.

To start cooking, gently **fry** 2 onions +/- garlic until onion is transparent. Transfer to cooking pot; **add pre-soaked** or dried pulses and more water. Bring to boil. The taste develops as it cooks. After 15 mins boiling, **check** taste. What is it lacking? Generally, needs boiling for 1 – 1 ½ hours before its ready.

Flavour options include:

Tomato based: **add** a little harissa (care it's very hot!); marmite/Worcester sauce/Lea and Perrins sauce/tamarind extract.

Creamy: e.g. with mushrooms paprika, herbs, cumin

Curry: **add** more curry paste/spices (but care with chilli!)

Keep checking flavour and also make sure it doesn't burn.

Not big enough slop?

Bulk it out by adding buckwheat or couscous (**cook** for 10 mins).

Too runny?

Add smash – or better cornflour. **Mix** 2 teaspoons of cornflour with enough water to make a runny paste in a cup. **Add** to stew. **Cook** for 5 mins. Also try adding gram – chickpea flour – to thicken. Recommended by chefs!

Need something quick?

Couscous and bulgar wheat are quick. Pasta/rice are not so quick. **Add** instant flavour. Pre-flavoured packets are good.

Lentil Dahl (for 10)

- 2 onions
- Spices – e.g. ginger, cumin, coriander, cardamom.
- 5 cup red lentils
- 10 cup water
- Oil/ghee

Heat the oil/ghee in a frying pan. **Add** chopped onion and some spices. **Cook** until onion transparent. Transfer to cooking pot and **add** lentils and enough water to 2 cm above lentils. **Cook** for 30 mins. until you have a mush. At the end of the cooking time, **heat** some oil/ghee in a frying pan. **Add** spices, especially cumin. **Fry** on a medium **heat** until cumin starts popping. Pour over dahl and **stir** in.

Mushroom lentil dahl

- Mushrooms (about half a packet, **mix** different varieties)
- 2 onions
- Garlic
- Paprika
- Chilli flakes
- 5 cups red lentils
- 10 cups water
- Cornflour/Nido (dried milk powder)

Black fungus mushrooms – break before soaking; shitake mushrooms – chop after soaking. **Soak** mushrooms for about 2 hours. Take mushrooms out of liquid but save liquid for boiling lentils. **Put** lentils on to boil. Chop mushrooms and onions. **Fry** together with spices. When the lentils are a soggy mush, **add** the mushrooms and **stir** in. To make it creamy, **add** cornflour and/or Nido.

Split pea soup

- 1 tablespoon extra virgin olive oil
- 2 large onions, chopped
- salt/pepper
- 5-6 cups dried split green peas, picked over and rinsed
- 10-12 cups water
- lemon juice
- a few pinches of smoked paprika
- pre-**soaked** mushrooms
- sausage casserole flavour sachets

Add olive oil to a big pot over med-high **heat**. **Stir** in onions and mushrooms and salt and **cook** until the onions soften, just a minute or two. **Add** the split peas and water, flavour sachet and mushroom soaking sauce. Bring to a boil, dial down the **heat**, and **simmer** for 30-35 minutes, or until the peas are cooked through.

Serve a deep fried side (falafels – sausages) with the soup.

Tomato bulgar wheat

- 2 onions
- 2 cloves garlic - optional
- ½ tube tomato paste
- 1 tsp harissa (if you have it – careful, it's spicy!)
- 1 tsp cumin
- 1 tbsp lemon juice
- Approx 400g bulgarwheat or buckwheat
- Pomegranate molasses (if you have it)
- 2 cups water

Fry onions (and garlic) with salt and pepper. **Add** tomato paste and a bit of flavour, e.g. 1 tsp harissa and **fry** 2 mins. more. **Add** water, lemon juice, cumin and bulgar wheat. Re-**heat** until boils

– should look like a slurry. **Stir** in pomegranate molasses at end (if you have it) and maybe tuna. **Add** salt to taste. **Leave** to **soak** up water for 10-15 mins. Buckwheat can be substituted for bulgar wheat – you just need to **cook** for longer. **Add** some thyme/sorrel collected from around the mountain and drizzle with olive oil if you like.

Buckwheat or kasha with vegetables (for ten)

Ingredients

- Dried mushrooms
- Generous helpings olive oil
- 3 onion, coarsely chopped
- (presoaked) carrots
- 5 cup (pre-toasted) buckwheat

Seasoning

- 1/2 teaspoon sea salt
- Freshly ground black pepper, to taste
- 7½ water boiled from kettles
- Vegetable bouillon
- Smoked paprika

Pre-**soak** mushrooms. Drain and save the soaking water. **Set aside**. **Fry** onions in olive oil in frying pan. Transfer to pot and **add** buckwheat, plus kelly kettle boiled water. **Add** the mushrooms, seasoning, mushroom soaking water. **Leave** to **cook** until fluffed up and liquid absorbed. Taste and adjust with salt or pepper, if necessary. Garnish with parsley and **serve** with deep fried munch (falafels and/or sausages).

Alternative : Substitute buckwheat for spelt, but pre-**soak** the spelt for 1-2hrs before hand.

Cheesy pasta

Cook pasta; **add** white sauce sachet (or water with cornflour/smash. **Add** lots of grated cheese. Not good food value but quite quick and simple! Nice with meat, onions and fried mushrooms. Alternative is to **cook** a **tomato stew/sauce** to go on the side.

Dumplings (makes 8)

To 2 cups suet **mix**, **add** water 2 tablespoons at a time until just enough to make a dough (**add** more suet **mix** if you overdo the water). Roll into golf balls, **put** in stew and **simmer** for 15-20 mins until swollen and cooked (**test** one). **Serve** immediately.

Alternative: flavour your dumplings with herbs and spices (paprika, ground coriander, cumin etc...)

Mushroom and Onion Gravy

Ingredients

- 5 tbsp veg oil
- 1/2 cup finely chopped onion
- 8 ounces mushrooms, finely chopped
- 1/2 cup corn starch
- 4 cups vegetable broth or stock
- 1-2 flavour sachet
- 1/4 teaspoon sage – mixed herbs
- salt and freshly ground pepper to taste

Instructions

In a medium saucepan, **heat** oil. **Add** the onion and **cook** on low for 15 minutes, covered. **Add** the mushrooms and **cook** another 15 minutes on medium. **Save** mushroom soaking water for bouillon. **Stir** in the flour and **cook** for a minute. The mushroom mixture will appear like a thick paste. Slowly **whisk** in the broth, adding a little at a time, until the liquid is incorporated and the mixture is smooth. **Simmer** until thickened, about ten minutes. **Season** with the sage, salt, and pepper.

Potholer's Pilaf

The quick and easy way to **cook** generous, savoury rice. Can be served with fried munch on side.

- Vegetable bouillon
- Parboiled rice (½ cup pp)
- Raisins
- Peanuts
- Herbs and spices
- 4 tbsp vegetable oil
- 2-3 Onions – chopped
- few mushrooms – chopped

Gently **heat** pan with oil, pre-soaked mushrooms, onions. **Fry** till soft and golden then **add** parboiled rice. **Make** stock with veg. bouillon, herbs and spices, nuts and raisins then **ladle** gradually into rice. **Stir** until cooked through and the liquid has evaporated. **Easy** on salt if using salted peanuts.

Chunky Fries (for ten)

When/If potatoes available. 2-3kg served as side dish. **Wash** then **cut** potatoes into long thick wedges. **Deep-fry** in batches in fryer until gold and soft inside. **Serve** immediately for maximum morale boost.

Breakfast/leftovers

Pancakes

The favourite bivi breakfast!

- 2 cups flour (wheat or buckwheat)
- 1 teaspoon baking powder
- 1 tbsp instant milk
- Pinch salt
- 1 egg
- 1 tbsp sugar
- 2 tbsps oil
- 1 cup water (or more if necessary)

Mix dry ingredients. **Whisk** in egg and remaining ingredients. Spoon into a hot frying pan to form a thin layer. **Flip** to **cook** other side.

Pan temperature: you can always **check** your pan is hot enough by taking a droplet of mixture and putting it in the pan. If it hisses and can be easily removed with spatula seconds after, the temperature is right.

Batter consistency: a thick batter leads to thick american style pancakes (~mm thick), make it more runny (by **adding** water+nido) to get the French style 'crêpe'.

Flipping: when the borders of the pancake shrink away from the pan edges or start to roll back (crêpe), insert spatula under one side and work your way to the center, lifting gently with both spatula and with free hand. **Shake** pan slightly to 'release' and **flip** (flick of the wrist).

Gallic (buckwheat) pancake or 'galette':

- 1 cup water
- 1-1.3 cup buckwheat flour
- 4 tbsp oil
- 3 eggs
- Pinch salt

These pancakes tend to be savoury. **Mix** dry ingredients. **Whisk** in egg, salt and water. Spoon into a hot frying pan to form a VERY thin layer. **Flip** to **cook** other side. Best to **fry** several (e.g. 5) before thinking about the fillings.

Fillings

- Diced cheese
- **Mix** of herbs
- Fried onions
- Previous day's slop

Chickpea pancakes (Pudlas - from Yotam Ottolenghi)

2 cups gram flour
½ sachet fast action yeast (or fresh yeast)
½ teaspoon sugar
¼ teaspoon salt

1 egg
½ teaspoon baking powder
Oil for frying

Put flour, yeast and sugar in a large bowl (or saucepan) with salt. **Add** the egg and 100 ml of warm (not boiling) water and **whisk** until smooth. **Cover** and **leave** in a warm place for about an hour until doubled in size. **Add** the baking powder, **mix** well, and **set aside** for another 15 mins. Spoon in about 3 tablespoons of mixture into a frying pan with hot oil for about 2 mins each side until golden brown. Pancakes should rise to about 1.5 cm in height and be light and fluffy

Smashburgers

Add 1-2cups smash and ½ -1cups flour in pot, spoon in the left overs until smooth and dough'ey. **Add** 1-2 eggs to form a dough. **Shape** into burgers, around a piece of cheese in the middle if you like and shallow **fry** for 5 mins each side until golden brown. Remember to **clean** the leftovers pot afterwards.

Egg Fried Rice

For left over rice. **Heat** oil in pan, Maybe **fry** an onion. **Fry** rice until starts popping, then **stir** in egg. If the rice is soggy, try frying the egg first, then **adding** it back in at the end. **Add** salt + pepper/soy sauce to rice. **Serve** with sauces. Be inventive with this one – **add** in whatever you fancy, even fresh veg if around.

Porridge

- 1 cup oats
- 2 cup water
- Options: pinch salt or 1 tlbs Nido or cinnamon.

Put in pan. **Heat** until boiling, stirring occasionally. **Simmer** v gently for 3-4 mins. **Add** sugar etc. to taste. **Pan warning**: sets like concrete. **Clean** immediately or **soak**. Easier to **clean** if no Nido added.

Deep frying

An essential of bivi cooking! First, ensure the basis for the cooker is stable. **Use** fat that is solid at room temperature, e.g. Crisp and Dry. Oil needs to be hot, but too hot and it will burn the food. **Test** with a prawn cracker. **Don't deep fry when inebriated!**

Almost anything can be fried. Once the **fryer** has reached temperature, you can **fry** a lot of stuff for later. Be warned, many experiments result in the fat needing to be changed. We usually change the oil once during expo.

Poppadums and prawn crackers

Wait until oil is hot and just spitting (**test** with a prawn cracker). **Add** about 6 prawn crackers or 1 poppadum to the cage and gently lower into the fat. The cracker should expand instantly. Once expanded, **lift** cage and **empty** crackers onto plate or Tupperware/unused bin bag or eating later. Useful if expecting people later.

Onion Bhajis

- 2 eggs
- 3 onions, sliced
- 2 cup gram (or plain) flour
- 1 tsp ground coriander
- 1 tsp cumin seeds
- Pinch salt
- 3 tlbs vegetable oil, plus extra if required

Beat the eggs in a large saucepan.

Add the onion rings and **mix** well.

Add the flour, salt, ground coriander and cumin seeds and **stir** well to combine.

Deep **fry** a large spoonful of the bhaji mixture and **fry** for 30-45 seconds, until golden-brown

Alternatively, can be shallow fried on each side.

Deep fried cheese

Good on a cold, rainy day.

Slice cheese, dip in milk or beaten egg, coat with breadcrumbs, deep **fry**.

Jack's farmhouse falafels

- 270 g/ 500 ml of gram flour
- 1 tbsp salt
- 1 tbsp parsley flakes
- 1 tbsp cumin
- 1 tbsp garlic powder
- 1/2 tbsp paprika
- 1 tsp ground coriander
- 1 tsp tumeric powder
- 1 tsp chilli powder
- 1 tsp baking powder

Mix well. To make falafel, **add** slightly less than half the volume of water and **stir** well, and **let** sit for ten minutes. **Heat** oil and deep **fry** by scooping a small quantity into the oil. **Fry** for two or so minutes until brown.

Desserts and snacks

Popcorn

Warm approx. 125 g margarine (1/4 of a 500 g tub) with approx. 3 tlbs golden syrup and a pinch of salt in a small pan on the stove to make syrup. At the same time, **heat** oil in large pan until just spitting (**test** with a corn). **Add** 2 cups popcorn, **stir**. **Shake** occasionally. When popped, pour over heated syrup and **stir**. Lid on or lid off?

Anal delight (or any other packet dessert, e.g. cheesecake)

Follow instructions on packet: ie mix packet with water+nido if necessary in large bowl. Take turns at whisking or **use** electric drill with **whisk** attached. **Pass** the bowl round with communal spoon.

Trifle

A 3 layer dessert that needs to be made over 2 days. The layers are sponge fingers with fruit tea, jelly and custard. A bivi classic.

- Sponge fingers (2 packs)
- 3 packs jelly with only enough water for 2 packs (else doesn't set)
- 1litre fruit tea (made with boiling water)
- 1 sachet custard (makes 1 litre)

Day one. Arrange sponge fingers in the base of a large (e.g. 5 litre) Tupperware so they form a tight fitting layer in the bottom. Pour over hot fruit tea.

Boil water in a small saucepan for jelly (Follow instructions on packet but usually approx. 1 litre boiling for 3 packs jelly). **Add** jelly cubes and **stir** until dissolved – usually requires a low **heat** on stove. **Add** 1 litre cold water (or whatever jelly instructions say), **stir** and pour over sponge fingers. Transfer to cool place, ensure Tupperware is level and **leave** to set for 24 hours.

Day two. When jelly is set, make the custard. Follow instructions on packet, but with only 2/3rds water stated. Pour over Tupperware and leave to set in a cool place, again ensuring Tupperware is level. If custard made in morning, should be set for the evening. **Add** any decoration (sugar strands, crushed biscuits etc.) before serving. Try variations such as a layer of crushed biscuits/lion bars between jelly and custard.

Biscuit base

Can be the base of a dessert, e.g. with jelly or custard on top.

- ½ pack digestive biscuits – crushed, e.g. in a bag with bottle
- 100 g (2 tlbs) margarine

Heat margarine in saucepan. **Add** crushed digestives until all the margarine has been **soaked** up. Transfer to Tupperware and **leave** to set. Once set, **add** whatever topping you like.

Doughnuts

- 1 cup water + a bit extra if needed
 - 1 tsp or ¼ cube fresh yeast or 2 tsp/1 sachet dried yeast?
 - 1 tsp salt
 - 1 scoop dried milk
 - ¼ cup oil
 - 2 eggs
 - 3 cup flour
 - Optional: strawberry jam
- 1) Dissolve yeast in warm water
 - 2) **Mix** remaining ingredients in a container with lid. E.g. a 2 litre Tupperware
 - 3) **Let** rise until double – punch it down
 - 4) Roll out dough and **cut** into **shape** into balls/rings
 - 5) Optional : **shape** around ½ tsp strawberry jam
 - 6) Deep **fry**

Saber's bread and butter pudding

- 1) Chop stale bread into chunks
- 2) **Soak** in ginger wine or similar (optional)
- 3) Make custard and **add** 2 tlbs of golden syrup
- 4) **Add** bread and **heat** through

Cake (outback oven)

- 2 egg
- ½ cup of sugar, margarine
- 2 cups flour
- 1½ tsp baking powder
- 1 tbs Water if needed

Mix sugar and margarine together. **Add** flour and baking powder, **stir** in. **Add** egg in middle, **mix** in slowly. Mixture should be a bit sloppy, but not wet sloppy. **Add** more flour/water if needed. Bake for 20-30 mins. Do two and assemble with jam in middle.

Non baked treats:

No bake Flapjack

- 1 tbsp golden syrup or honey
- 1 tbsp margarine
- 2 cup porridge oats

Melt syrup/honey and margarine together in large-ish pan. Toast oats in pan (1/2 cup at a time to get a good even colour). **Add** toasted oats to pan when mixture starts to boil. Reduce **heat**, **stir** until the **mix** sticks to bottom of pan and pour into a dish. **Cut** into segments whilst hot and **allow** to cool. Try **adding** cocoa, crushed up chocolate biscuits or raisins.

No bake cookies

- 1¼ cup sugar
- 1 tbsp Nido
- ½ cup margarine or 6 tbs oil
- 1/3 cup cocoa
- ½ cup peanut butter
- 3 cups porridge oats

In saucepan **mix** sugar, cocoa. Nido and margarine. **Heat** over medium flame until boiling. Remove from **heat** and cool for 1 minute. **Add** peanut butter and oats and **mix** in. Drop spoonfuls on a plate and cool.

Tanguy's treats –variation on no bake flapjacks

- 2 cups porridge oats
- 1tbsp margarine
- 4tbsp golden syrup
- 3tbsp cocoa power
- 3tbsp ground almonds (fancy)

In saucepan **heat** margarine and golden syrup. Pre-toast oats. When mixture boils, reduce **heat**, **add** oats, almonds and cocoa powder. Ladle mixture in baking dishes and **allow** to cool. **Cut** into segments before completely set and **let** cool further until near solid.

Griddle scones (makes ~12 scones)

These are from one of Mary Berry's recipes. Eat really fresh with butter.

- 225g (8oz) flour (*can use wholemeal as alternative*)
- 3tsp baking powder
- 25g 1tbsp margarine or ghee
- 1tbsp caster sugar
- about 150ml (1/4 pint) milk

Heat and grease the heavy based frying pan. **Put** flour, baking powder and margarine/ghee in large bowl and **rub together** to make fine breadcrumbs. **Stir** the sugar and **add** milk to make soft but not sticky dough. **Divide** dough in half and **knead** each piece lightly on floured surface. **Stretch** into ½ inch thick roll, **cut** into wedges. **Cook** wedges in batches on hot pat for 5min on each side until evenly brown. **Leave** to **cool** slightly and eat as fresh as possible.

Variations: Use 80g ground almonds – 150g flour instead to give nutty flavour. Can also flavour with vanilla, rum (**add** with milk) and raisins (100g).

Singin' Hinny – griddle cake (makes ~12-15 portions)

This cake is fried in the pan, sizzling or 'singing' – it's a proper northern food.

- 350g plain flour
- 2 tsp baking powder
- 75g (3tbsp) vegetable suet
- 100g raisins
- 200ml milk

Heat gently and **grease** the heavy based frying pan. **Put** flour, baking powder and margarine/ghee in large bowl and **rub together** to make fine breadcrumbs. **Stir** the raisins and **add** milk to make soft but not sticky dough. **Knead lightly** on floured surface. **Roll** to about ½ inch thick and **lift** into the griddle pan. **Cook** gently on both sides for 5 mins until a good deep brown. **Serve** hot!

Variations: got currants? Cranberries or other dried fruit and nuts? Then **add** in (100g total)!

Welsh cakes

- 350g plain flour
- 2 tsp baking powder
- 175g (6oz) margarine
- 115g (4 ½ oz) caster sugar
- 100g raisins (currants, fruit mix etc...)
- 1tsp mixed spice
- 1 egg
- 2tbsp milk

Heat gently and **grease** the heavy based frying pan. **Measure** flour, baking powder and butter in large bowl and **rub** together to make fine breadcrumbs. **Add** sugar, raisins and spice. **Beat** egg and milk together and **add** this to the mixture to form a firm dough. **Knead** lightly and **roll** on floured surface to ¼ inch thick. **Cut** into rounds 3 inches across. **Cook** on low heat about 3min on each side until golden brown. **Serve** on the day, buttered.

Breads

Chapatis - Very easy.

- 2 cups chapati flour
- Good pinch salt
- Water
- Oil/ghee

Put chapati flour (or wheat flour if no chapati flour available) in a medium saucepan/container with salt. **Add** water slowly (2 tablespoons at a time) – just enough to form a dough. **Let** it rest for 30 mins – important! Roll into walnut sized pieces, flatten and roll out of floured surface (maybe **use** bottle). **Fry** individually in a very hot frying pan in a little ghee (or margarine/veg oil). **Wait** until bubbles appear and underside is brown, and then **rub** to other side. Good for breakfast (but not as good as pancakes).

Yeast Breads

Fresh yeast works better than dried yeast. If using dried yeast, **add** yeast to warm (not boiling!) water.

Bread

- 1 tsp. or ¼ cube fresh yeast or 2 tsp/1 sachet dried yeast
- 1 tbs sugar
- 2 tbs oil
- 1 cup warm water
- 1½ tsp salt
- 1¼ cup flour

Prepare yeast by **adding** to warm water in a cup. **Mix** rest of ingredients together and **knead** for 5 mins in a **clean** Tupperware container. **Let** rise for 45 mins in warm sunshine with lid on, punch down. Maybe **add** cumin etc. Roll into balls. **Let** rise for another 15 mins. Flatten the roll and **fry** in medium hot frying pan until cooked on both sides.

Variations: Nan bread. **Add** 2 tbs Nido and 1 tsp baking powder.

Pete's Humorous Humus

Pete says this takes about 15 mins and makes 1/3 trangia pan. Humus is a mixture of tahini (sesame seeds) and chickpea flour-water **mix**. If you don't have tahini, you can make it quite simply.

- For the tahini (if you need to make it)
- 1 tablespoon sesame seeds
- 2 tablespoons (a good splash) olive oil
- For the humus:
- 1 cup gram (chickpea) flour
- Garlic powder
- Cumin
- Water
- Salt to taste

Heat sesame seeds in a frying pan with olive oil. **Heat** SLOWLY until light brown. Remove from **heat**. If the sesame seeds are dark brown or burnt start again or the flavour will be too strong. Crush with the bottom of a **CLEAN** enamel bivi cup until a powder. **Add** another good splash of olive oil as you rinse into a container (e.g. trangia pan).

In another container, **mix** gram flour, garlic powder and cumin. **Add** water slowly until it becomes a thick paste. **Add** in the tahini slowly. The mixture may become solid. If it does, **add** more water. Beat until smooth, **adding** more water if necessary. **Add** salt to taste. Store covered in a cool place. Will last about 2 days.