

# the

Becky High DofE

# cook book



Suitable for Bronze, Silver and Gold Expeditions

# Introduction

## **Fed up with bland brekkies, squashed sarnies or plain pasta?**

We have collected and tested a selection of tasty recipes suitable for all levels of expedition and ability.

All the recipes are made with common ingredients available from most supermarkets and are very affordable.

We have endeavoured to make all the meals with items which do not require refrigeration\*.

We hope that the following meal ideas will inspire you to be adventurous with your meal prep.

Becky High DofE Team

\*the only exception is the fajitas.

# Tips

On expedition you will burn many more calories than usual. You should be aiming to eat something in the region of **3500** calories per day but this will vary from person to person.

Tinned goods (chickpeas, corned beef etc) should be removed from the tin (drained) and placed in Ziplock bags. This reduces packaging and weight.

Onions, peppers and other veg should be sliced at home, combined with a little oil and packaged in a Ziplock bag.

Quick cook pasta is available in most types of pasta, this can reduce cooking time and should be accounted for when combining with other ingredients.

Pasta, and couscous are heavy when hydrated, Dried is preferable.

Trangia's are NOT Non Stick, a scourer should be packed (washing up liquid is also required).

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# Porridge

Serves 1+

Calories 100+

Things you need

Instructions

Porridge Sachet/Pot

Water

Boil water and add to porridge pot/sachet.  
Stir and allow to hydrate.

Toppings

Add your toppings and mix.

(Choc Chips

Berries

Honey etc)

# Pancakes

Serves 1+

Calories 100+ per pancake

Things you need

BAKING PARCHMENT

Pancake batter mix

Water

Toppings

(Choc chips  
berries etc)

Instructions

## **YOU NEED BAKING PARCHMENT TO SUCCESSFULLY COOK THIS RECIPE**

Mix pancake batter with indicated amount of water.

Light burner and set to medium heat.

Place frying pan on heat and line with baking parchment.

Allow to heat up.

Pour a small amount of batter in the center of the parchment.

Cool until bubbles start to appear on the surface.

Flip pancake and cook on the other side.

Remove from heat and extinguish burner.

Add toppings if required.

Laugh at others scrubbing their pans.

# Loaded Croissant

Serves 1+

Calories 200 per Croissant + fillings

Things you need

Croissants

Fillings

(cheese,

Ham, jam, etc)

Instructions

Split croissant horizontally.

Stuff with savoury filling.

(do not fill with sweet fillings at this point).

Set Trangia flame to low using the simmer ring.

Place croissant on the frying pan and lightly toast. The filling should warm/melt.

Do not allow to burn.

Remove from heat.

(At this point add sweet filling if using).

Extinguish burner.

Enjoy!

# Wraps, & Flatbreads

Serves 1+

Things you need

Wraps

Fillings

Sandwiches often get squashed flat when hiking, so skip that step and use wraps, pitta or flatbreads instead.

Suitable for preparation when you stop for lunch. Popular fillings which fill all your nutritional requirements include:

Cheese

Cured meats (pepperoni, summer sausage etc)

Tuna

Salad items can be transported using a small Tupperware container.

For a novelty texture to your lunch, add crisps or broken crackers to your wrap.  
(It may sound odd but really works).



# Tuna Cous Cous

Calories 250-300 approx.

## Things you need

Cous cous

Cold water

Tuna jacket Topper

Salad veg (prepared)

Crispy onion bits

## Instructions

Add couscous to a bowl and pour on the cold water as per the instructions. Stir and leave to hydrate for 5-10 minutes until light and fluffy.

When ready mix in the tuna jacket topper and salad veg.

Top with crispy onion bits.

Dig in.

(Swap out tuna with other canned or pouched fish (eg salmon for an alternative)).

# Nut Free Trail Bars

Makes 24 Bars

Calories 180 approx. per bar

(At Home)

Instructions

300g rolled oats

50g sunflower seeds

25g flax seeds

50g shredded coconut

200g melted butter

50g brown sugar

75g maple syrup

1 Large banana mashed

1Tsp vanilla extract

2 medium eggs

60ml coconut milk

100g choc chips

Preheat oven to 180°C.

In a large mixing bowl, combine butter, sugar, maple syrup and banana.

Add eggs and vanilla extract and stir until combined.

Next add your whole oats, sunflower seeds, shredded coconut, and flax seeds. Stir until combined and then add your chocolate chips. Stir in the chocolate chips until they are evenly distributed.

Add the coconut milk and stir until mixed well. Spread into a 20x30cm pan.

Bake for 12-15 mins.

Cool and cut into bars.

# Energy Balls

Makes 20

(At Home)

100g rolled oats

4tbsp sunflower seeds

50g cocoa powder

2tbsp maple syrup

400g chopped dates

chopped pretzels

Calories 100 approx. per ball

## Instructions

Place the oatmeal and coconut in the bowl of a food processor and pulse a few times until finely ground.

Add the cocoa powder, dates, sunflower seeds, and maple syrup and pulse to combine until the mixture comes together in a sort of dough. Add a few more drops of maple syrup if it's not quite coming together, and pulse again.

Roll mixture into 1 inch balls and roll in the chopped pretzels if desired

# Dirty Mac and Cheese

Things you need

Calories 350-400 approx. pp

Serves 5

Instructions

macaroni 500g(100g pp)

cheese sauce packet

water

hot dogs-sliced (2-3 pp)

Bring water to the boil and add pasta.

Cook until almost soft.

Remove from heat and extinguish burner.

Add chopped hot dog sausages and mix to warm.

Do Not Drain.

Add powdered sauce sachet and mix.

Add additional water until required consistency is achieved.

# Fajitas

Things you need

Calories 600 approx. pp

Serves 4

Instructions

peppers and onion—  
sliced and oiled

fajita seasoning

tortillas

grated cheese

frozen cooked chicken

(BRONZE ONLY)

jerky or tinned meat

(SILVER AND GOLD)

Light burner (medium flame) and place frying pan on top.

Add oiled peppers and onion.

Fry until lightly coloured.

Add meat and stir.

Add spice mix and a splash of water.

Cook for another 5 (approx.) mins until all ingredients cooked through.

Remove from heat and extinguish burner.

Distribute among the tortillas and add grated cheese.

Enjoy the envy of your campmates.

# Hiker Pasta

Calories 600-700 approx. pp

## Things you need

pepperoni/or sausage

sun dried tomato tub

dried mushrooms

Italian seasoning

Garlic powder

Pasta (your choice)

(Optional—Parmesan)

(Optional—veggies)

## Instructions

Slice pepperoni/summer sausage and veggies.  
Light burner.

Place a pot of water on the burner and fry pan  
on top.

When water boils—Add pasta and any hard  
veggies.

While the pasta is cooking, heat the protein and  
tomato sauce.

Cook until pasta is soft.

Remove from heat combine and stir.

Extinguish burner

Top with Parmesan

# Beef Chow Mein

Calories 400-500 approx. pp

## Things you need

Beef jerky (chopped)

Sliced peppers and

onions (oiled)

Instant noodles (1pp)

Chow mein stir fry sauce

(optional—beansprouts)

## Instructions

Light burner.

Place a pot of water on the burner and fry pan on top of water pan.

When water boils—add noodles and seasoning packet.

While the noodles are cooking, heat the jerky and veggies in the frying pan.

Cook until noodles are soft.

Remove from heat, combine and stir in chow mein sauce and beansprouts.

Extinguish burner

# Not Pasta Carbonara

Calories 500-600 approx. pp

## Things you need

Pasta

Carbonara sachet (Wet)

Pepperoni/Summer Sausage

(optional—Parmesan)

(optional—mushrooms)

## Instructions

Light burner.

Place a pot of water on the burner and fry pan on top of water pan.

When water boils—add pasta.

While the pasta is cooking, heat the pepperoni and sauce (and mushrooms) in the frying pan.

Cook until pasta is soft.

Remove from heat, combine and stir.

Extinguish burner.

Add Parmesan to taste.



# Corned Beef Hash

Calories 500-600 approx. pp

## Things you need

Corned beef

Chopped oiled onion

Tinned cooked potatoes  
(drained in Ziplock Bag)

Or

Idahoan mashed potato  
Sachets

(optional paprika for a  
kick)

## Instructions

Light burner

On a medium flame.

(If using mash, boil water and hydrate the potatoes as per product instructions)

Place pot on the flame and add onion, cook until clear.

Add broken up beef and crushed potatoes.

Combine and heat ingredients.

(Add paprika at this point to taste)

Remove from stove.

Extinguish flame.

Can be combined with tortillas for a tasty wrap.

# Chickpea Curry

Calories 550-600 approx. pp

## Things you need

Chickpeas (drained and bagged)

Chopped oiled onion

Fresh spinach

Tomato paste

Coconut milk

Curry spices

Rice (Uncle Bens or Boil in the Bag)

(optional naan bread)

## Instructions

Light burner

On a medium-high flame.

Lightly fry onions until browned.

Add spices and toast until fragrant.

Pour in coconut milk and tomato paste.

Stir and cook for a few minutes.

Add drained chickpeas and fresh spinach.

Simmer for a few minutes.

Remove from heat.

Extinguish Burner.

Serve with rice

If adding naan, place the frying pan on the curry while cooking and warm the bread in the dry frying pan.

# Mushroom Gnocchi

Calories 400-450 approx. pp

## Things you need

Gnocchi

Mushrooms (cleaned)

Mushroom cupasoup

Garlic

Small amount of frozen  
butter

Water

## Instructions

Light burner.

On a medium-high flame.

Boil water for sauce in smaller pot.

When water has boiled remove from heat.

In larger pot, sauté garlic and mushrooms in the butter.

Add Cupasoup and approx. 500ml hot water.

This should create a creamy sauce (add more water if too thick).

Mix well and add gnocchi.

Heat well for a few minutes.

Remove from heat.

Extinguish burner.

Different soup flavours can be used to alter the taste.

# Spinach and Mushroom Pasta

Calories 400-450 approx. pp

## Things you need

Pasta

Mushrooms (cleaned)

Garlic

Small amount of frozen  
butter.

Spinach

Water

(optional Parmesan)

## Instructions

Light burner

On a medium-high flame.

Boil water for pasta in smaller pot.

When water has boiled add pasta.

In frying pan, sauté garlic, spinach and mushrooms in the butter.

When the pasta is cooked, remove from the heat and combine with the mushrooms, spinach and garlic.

SAVE SOME OF THE PASTA WATER.

Add a little pasta water to loosen the ingredients if necessary.

Extinguish burner.

Add parmesan if required