

COOKS

Guidance Notes

for Canal Camps



[#wedgicakes](#)

waterway
recovery
group

Version 2017.1

Introduction

Welcome to the Cooks Guidance Notes.

The content within this guide is designed to assist you in catering for 18 volunteers on your Canal Camp. Each Canal Camp cook takes a **different approach to cooking** & these notes are only a guide intended to help you during the week. Remember, if you are in any doubt about anything or are struggling during the week it's always best to **ask for help**.

Why Volunteer as Camp Cook?

As camp cook you can...

- ◇ Meet **new people** from all over the country and abroad.
- ◇ Have a **fun, enjoyable** and **free** holiday.
- ◇ Become a **vital** member of the **WRG Leadership Team**.
- ◇ Bathe in the satisfaction of 18 people **enjoying your cooking**.

As a Canal Camp cook you ideally need to be able to give up a whole week, preferably have some experience of Canal Camps, and most of all be willing to cook for 18 hungry volunteers. Your main role is to cook dinner for the volunteers each night as well as carry out the shopping ensuring there is enough food for breakfast, lunch and dinner. The rest of the role is up to you, and can involve preparing and cooking breakfast and lunch if you want, or you can arrange with the camp leader for others to prepare those meals. You can also ask for assistance, for example, with preparing vegetables during the week, it's not unusual for volunteers to take a day or two off site to help the camp cook out. Cooks can also have the night off and organise a BBQ or a Fish and Chip night instead of cooking.



“It’s all about getting the right balance – I like cooking as well as being on site so try and work around this. It’s your holiday too, remember so make the canal experience what you want it to be”

If you are unsure about what to expect and would like some more guidance come along to **WRG’s Leaders Training Day**, where you can speak to leaders and cooks about the camp ahead.





Before the camp

Before you do anything....

Chat to the leader and assistant for the camp you are cooking on, about the site visit and who will ring the volunteers. This is usually the leaders role but as cook you may want to ring or email the people with special dietary requirements, after the leaders have done their initial briefing over the phone. As cook you should also discuss with the leader how you would like things to run catering wise, i.e. whether you will do breakfast, whether you want help etc.

2-3 months before

Site Visit

It's sometimes a good idea for the cook to go along to the site visit. You get to see the area, site and find out where the local supermarket is. It also allows you to do the all important accommodation checks.

2 weeks before

Dietary Requirements

Make sure you feel comfortable with everyone's dietary requirements given on their booking information. Find out whether they have any allergies, intolerances or particular dislikes. Medical conditions such as diabetes can also effect diet or meal timings etc. Remember that individual's dietary needs can change – don't assume you know!

Money

You need to decide with the leader who will manage the money on camp. This will then be transferred into that person's bank account a few days prior to the camp. If you aren't getting the money you need to decide with the leader the best way of dealing with the money on camp.

On the day

Arrival of Kit

If you need help unloading and checking the kit just ask the leader, or any willing volunteers mulling about. Remember you need to give yourself enough time to unpack, shop and cook dinner. Before unpacking and starting to cook make sure the kitchen is clean as well.

Safety Talk

There is space in the safety talk for the cook. The Catering Toolbox Talk will help you through this. The talk outlines specific kitchen guidelines such as no site clothing in the kitchen, to tidy up midnight feasts and to put the butter and milk back in the fridge. This is an opportunity for you to lay out your own ground rules e.g. what food is okay for volunteers to help themselves to. Use this opportunity to double check with the



Accommodation

Use the following questions to ask the host society when discussing the possible accommodation and as a checklist when on the site visit. Remember its very handy **to take pictures of the kitchen** on a site visit especially if the cook isn't available.

The Basics

- Is there a Kitchen? If not is there an area you could turn into a kitchen?
- Is there mains running water (hot and cold). Check how hot water is produced.
- How many sockets are there in the kitchen? Is the electricity on a meter?
- Is there any space in the cupboards which you can use?
- Is there enough space to store the catering kit (whether in the kitchen or elsewhere)?
- Can you use any of the equipment already in the kitchen? (Remember to try not to get equipment mixed up).
- How clean is the kitchen? Are there any signs of infestation? (insect, rodent, bird; check under the cupboards).

The Oven

- Is there an oven or do you need to arrange a portable cooker?
- Does the oven work?
- Do all the rings on the hob work? Do they all work at the same time?
- How big is the oven? (Remember ideally you will need an oven that can fit Grundy tins inside. Your biggest Grundy tin is 26cmx40cm. It is however possible to manage without this.

The Griddle

- Is there somewhere to put the griddle? (Remember the griddle can become very smoky and greasy so can mark walls. The griddle can also get very hot so shouldn't be put underneath overhead cupboards).
- Is there suitable ventilation (operable windows) or extraction in the kitchen?

The Fridge/Freezer

- Is there a fridge we can use? Where will the kit fridge go? Remember it needs a plug socket.
- Is there a freezer? Where will the kit freezer go?

Brew Up area and Toaster Area

- Where will these go? Is there a possible area outside of the kitchen?

Contacts / Procedures

- Who is the caretaker? Have you got their contact number?
- Where are the smoke alarms and trip switches? Can you reset them? Are they lined to the fire service?
- What time can you get into the hall on the first day (this is important as you can plan your day around this)?
- Will you be able to have at least one set of hall keys?
- Who else will be using the hall? Can you use the kitchen while they are there?

Logistics

- Where are the nearest shops and supermarkets? Does the local have any good contacts (e.g. farm shop). We must maintain a good standard of where we purchase food.
- What do you do about bins and recycling? Is it collected (when) or do you need to take it away? Where is the tip and recycling centre?





Finances

Canal Camp Money

The money for the camp will be paid electronically from Head Office to the leader or the cook. Make sure you discuss with the leader who is taking charge of the money during the camp. Head Office will need details of your bank account number and sort code. The payment will be based on money received from volunteers (minus VAT) and a float of £250.

The budget for food is £6-7 per person per day. Any extra money paid by the volunteers goes towards the cost of feeding those who don't pay for their food (e.g. the leader and cooks), logistics and administration costs. The float is provided to avoid any cash flow problems and to pay for fuel. It is expected that the bulk of the float will be returned with the accounts forms. Remember to return the accounts form and receipts to Head Office. Don't forget to collect and record payments from volunteers who have not yet paid their Canal Camp fee.

It always helps to fill out the accounts form on a daily basis or things get confusing!

It is the responsibility of the Canal Camp money holder to complete the accounts and to send the accounts form in to Head Office with the receipts at the end of the camp.

Claiming Expenses

Leadership Teams may claim travel expenses, including mileage from home to the camp or for the site visit. All expenses must be submitted on an expenses form, with receipts attached. Full guidelines on claiming expenses can be found at

https://www.waterways.org.uk/wrg/volunteer/leading/claiming_expenses

We advise all volunteers to inform their insurers if they use their car to commute from home to a place of volunteering.





Budgeting

It's important to budget throughout the camp and to be aware of what you are spending. Here are some of our top tips for budgeting on your camp. Remember everyone is different and there are a number of different ways to go about this:

- **Work out what your budget is.** This is £6-7 per person per day. It is not the amount of money which you receive from Head Office.
- This is a **budget** so the maximum you should spend. While WRG recognises that in some exceptional circumstances you will have to spend more than this, for most camps you should aim to come in under this figure. This is entirely possible.
- **Keep track** of how much you have spent as you go along, even if you aren't formally keeping the accounts. You may need to reconsider your plans for the end of the week if you find you are getting close to the budget.
- It is helpful to have an idea of how your budget divides into a **daily spend**. Remember, you will spend more at the beginning of the week because you need to buy things which will last the week. Some evening meals will also cost more than others - e.g. chicken is more expensive than mince.
- Over the week, plan meals involving both cheaper and more expensive meats (and other ingredients).
- A rough breakdown of the daily budget is 25% breakfast, 25% lunch, 50% dinner in money terms
- Think about how much you spend on a weekly basis at home. How does this compare to the weekly budget per person? This will give some indication of how much you may need to adjust your usual purchasing habits, in terms of how many branded products you buy for example (though you probably also eat a rather different menu at home to on a camp)
- Look carefully at special offers and large packs, as they may not always work out cheaper and remember, branded products on offer may be cheaper than own brand, although it is unlikely you will be able to buy lots of branded products - and campers don't expect them
- You could do some practice shops online in advance of the camp to get an idea of how much things cost.
- **Remember the food box:** don't buy things it already contains. Could you plan your menu to use up some of the contents?



Cooking time!

The First Day...

The first day can get really hectic Think about what time you need to get to the accommodation to fit it all in. Check that you know what time the kit is due to arrive.

Arrive slightly early if that helps to give yourself plenty of time.

What you need to plan for...

- **Shopping.** Remember to find out from the previous cook what is going to be leftover before you go and buy the essentials such as tomato ketchup etc.
- **Unpacking and checking the kit.**
- **Cleaning the kitchen.**
- **Preparing and cooking dinner** - plan this around the leaders plans for the timing of the safety talk and trip to site.

Dinner on the First Night

It's best to do something simple and fairly light for the first night, such as quiche, jacket potatoes and salad. This requires little preparation and limited kit, so is easy to fit around the kit turning up and all the other things that need doing on the first day.

NOTE: cooking a large volume of jacket potatoes will take much longer than you expect! Frozen wedges are a good substitute.

You need to discuss the timing of the meal with the leader. Agree whether it will be before or after the safety talk or any site visit. It's best to let people know when the meal is likely to be (perhaps even in the pre-camp phone call, so they can plan their eating during the day). It's also nice to try to have some nibbles as well as tea and coffee available as people are arriving:

It is a good idea to allow a couple of extra portions on the first night, in case the people delivering the vans need to be fed unexpectedly for example.



Helpful Hint:

Homemade cake you've brought with you, or just some biscuits and some fruit goes down really well.

Breakfast

Breakfast can be cooked by a **nominated person(s)**, it doesn't always have to be the cook. You are however as cook responsible for making sure there is food to cook. We like to give canal campers a **good breakfast** every morning but it doesn't always have to have all the trimmings, as long as it's hot and **full of protein**. If you have **vegetarians** on your camp remember to ask them what they'd like before buying vegetarian substitutes. It's also a good idea to provide cereals and toast for breakfast for people who might want these options. You could also provide porridge, but ask who would like it before preparing it.

Sometimes it's good to try **something different** but always ask if the campers are happy with this. If making pancakes or drop scones it's always best to make the batter the night before.

Our guide to the perfect breakfast

Get up and get **yourself ready**, sometimes it's a good idea to put the griddle and oven on to heat up whilst you sort yourself out. Don't forget to turn the **burco on** so people can wake up to a hot drink.

7:00am

Put oven on at Gas 6/200° C
Switch griddle onto 4 to heat up
Put sausages on a tray into the oven.

7:15am

Cook bacon on griddle until cooked
Transfer to a tray, cover with foil and place to keep warm at bottom of oven. Slice/quarter mushrooms, place in saucepan with a splash of oil.

7:30am

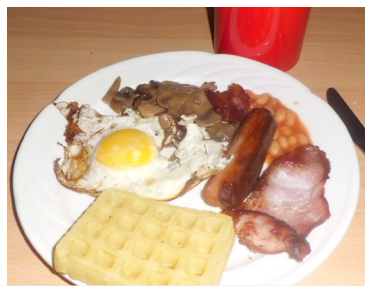
Put beans into saucepan
Put hash browns and veggie sausages in oven

7:45am

Turn on heat under beans and mushrooms
Scrape griddle then fry eggs

8.00 (Or time decided on with leader) Serve

WRG Canal Campers



Quantities (camp of 18)

24 Sausages
3x400g Beans/Tinned Tomatoes
24 Rashers of Bacon
18 Eggs
400g Mushrooms

Vegetarians (per person)

2 x hash browns
2 x vegetarian Sausages



Lunch

There are **two ways** of sorting lunch (both are perfectly good ways and depend on personal preference and the location of the site relative to accommodation).

- Make it after breakfast and take it down to site
- Ask volunteers to make their own. Set up fillings etc on a table before and after breakfast for volunteers to make their own. (Its always good practice to make a few extras in case volunteers are hungry).

There are however pros and cons of having volunteers make their own lunch:

Pros

- ◇ There is less waste, volunteers will make the amount that they want to eat.
- ◇ It's quicker for you, as you don't spend time making lunch and can go get on with the shopping and preparing that evenings dinner.
- ◇ If people are on multiple sites everyone can eat at the time they want.

Cons

- ◇ Volunteers might forget their lunch and therefore go without.
- ◇ It's difficult to judge quantities, people use a lot more this way too so it can be more expensive.
- ◇ It's trickier to use up the breakfast leftovers.

Make sure sandwiches are bagged up and labelled so sandwiches don't get mixed up. Its good practice to leave the cool box next to the sandwich making area so people can put them in and won't forget them. They'll also arrive much fresher. It's important throughout the week to take note of what's left over and adjust the next day accordingly. It's also a good idea to check who does & doesn't want spread. People can get bored of sandwiches throughout the week so it may be an idea to add alternatives such as; couscous, oatcakes, rice cakes or salad. **In addition to sandwiches—some suggestions:** crisps, fruit, cake, chocolate biscuits, pickle (and a knife – or look for squeeze bottle), little boxes of raisins, soup, melon, ice pops & donuts.



Shopping List (18 volunteers)

- ◇ 45 rolls or 4 loaves of bread (brown and white) (allow for 2.5 rolls per person)
- ◇ 400g cheese
- ◇ Packet of ham/chicken
- ◇ 2 x can of tuna
- ◇ 6 x eggs
- ◇ Houmous
- ◇ Biscuits / cakes
- ◇ Salad (lettuce / cucumber)
- ◇ Fruit bananas/apples/ oranges
- ◇ Crisps

Dinner

Dinner consists of **two courses**, a **main** and **pudding**; hearty and simple. Generally, don't try anything too unusual unless you know the campers well – they are usually quite **conservative!**



Good Practice

You can give the options in the morning and give volunteers a choice between the meat and veggie options. Try and avoid making more than two options – so if for example someone doesn't eat lamb, ask them whether they would have the veggie option (they'll usually say yes).

Use the Whole Cooker

Plan how you will use the hob and oven in deciding what to cook. Generally, aim for one course on the hob and one in the oven (e.g. lasagne and jelly, stew and crumble). Make sure tins fit in the oven before you fill them with food.

Vegetarians

It's always best to have a chat with vegetarians at the start of the week about their preferences. Try not to make cheese the centre of every meal. Make use of pulses and beans. It's also best to check whether they eat Quorn before you cook it, some vegetarians don't like it.

Puddings

These can be simple and served with ice cream or custard. Ready-made flan cases filled with fruit and ready-made strudels are easy options. If you are making a pudding that needs to set make sure the setting agent is veggie friendly.

Midnight Feasts

These do happen, and toast frenzies are well known throughout WRG. Obviously this isn't a problem if you have enough bread in but come morning campers won't be happy if there isn't any bread to accompany their breakfast. **Always hide some bread and milk in the evening just in case.**

Fussy Campers (Not Allergies!)

For volunteers who are fussy with their food we have a saying: **'cut it small or chop it big!' (e.g. Mushrooms, onions etc they can then pick them out or the won't notice them).**

Nights Out

Discuss the timing of dinner with the leader – it might be affected by things happening on site (e.g. a concrete pour; or you might need to feed people in shifts (although try to avoid this). It might also need to fit in with evening activities (e.g. cinema). For a boat trip, a picnic tea or fish and chips work well.



Allergies

2-3 weeks prior to the camp you will get sent the catering sheet from Head Office. This will include how many people you are catering for each day but most importantly it will include what dietary requirements your volunteers have. Cooks must then ensure that they have **specific knowledge** of how to cater for that requirement or make further enquiries into the intolerance.

The cook should make sure that separate preparation and serving utensils are used when preparing food for that specific dietary need and are cleaned before use at all times. Sometimes it is useful to keep utensils used for that specific requirement separate throughout the week. It is however the responsibility of the individual with the allergy / food intolerant to ensure that they avoid foods on a daily basis that cause them particular issues.

New Allergen Legislation

As of December 2014 new allergen laws have come into force stating that from now all food service organisations serving unpackaged food or food that is packaged on site for immediate consumption, have to supply details of the menu items that contain the **EU Top 14 allergens** within the dishes they serve. As long as cooks are aware of what ingredients are in the food (and have this information available to volunteers) that they are serving then we are adhering to this law.

EU Top 14 Allergens

- Cereal containing gluten
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soya beans
- Milk
- Nuts
- Celery
- Mustard
- Sesame
- Sulphur Dioxide
- Lupin
- Molluscs

Hidden Allergens:

Make sure you know what's in the ingredients you use as can be many hidden allergens found in foods, for example dried fruit contains sulphur dioxide.

For a helpful infographic visit: www.food.gov.uk/business-industry/allergy-guide/allergen-resources#toc-7.



The Kit

Replacement Kit

You can **buy replacements** for things broken during the week, if it's something easily replaceable. There are also spares in stock that can be sent out to the camp (or to the next camp), arrange this through Head Office. If you buy any replacements, describe it on the kit list so future camps can identify it.

NO WOODEN IMPLEMENTS are to be used or added to the kit. They can harbour bacteria and transfer allergens, even if well washed. Melamine spoons and rolling pins have been added to the kit, and there are spares available if necessary.

The Kit Boxes

The kit list is arranged by box and must be re packed as well as possible at the end of the camp. Try and remember what came from where (or take photographs) as it will help you at the end.

To clean the **griddle**, scrape down the griddle and lightly grease the surface. Cover with clingfilm or a bin liner. Remember to empty the drop tray.

Watch Out

The kit tins are **not** non stick, so need to be lined with tinfoil or greaseproof paper for puddings or cakes.

The Tea Towels

Ask the local canal society if they are able to **wash the tea towels** on a hot wash (above 40 degrees). If they have a cake fairy, they would be a good person to try. Alternatively, you can boil them up in the largest saucepan or use a laundrette. There are enough sets of tea towels in the kit for the whole season, so someone can take them home at the end of the week to wash and dry the towels; they then need to make their way back into the kit. Its easy to keep on using a tea towel until its sodden and dirty, remember to change them when necessary and dry them out thoroughly by hanging them somewhere after use. Use the thick oven cloths as heat proof mats to put things on.

Brew Kits and Burcos

One of the kitchen posters has a list of contents of the brew kit.

In hot weather, try and freeze some squash overnight to go out on site the next day – remember to leave room for expansion! Alternatively, you can put ice cubes into made-up squash. **Burcos are large water boilers**, either electric (for the accommodation) or gas (for site) powered. Put **water in the burco before you switch it on**. They take time to heat up – best to allow about half an hour. The electric burcos come to the boil and then remain at a simmer. The burcos are descaled once a year, and should not need to be done during the season. Request a spare burco through Head Office rather than repairing one, including replacing gas hoses as repairs must **only** be done by a competent person.





The Rota

Some camps use a rota system for washing up and tidying the hall. What will work as a rota will depend on the volunteers. One option is to have a table with gaps for campers to add their names which you can circulate at the safety talk; another is to allocate at random in advance; alternatively, it can be informal with no written rota but an eye kept on who does what. Any rota needs to be flexible to allow for the fact that someone might be needed on site at a crucial point.

Washing Up

It's good to have a washing up rota as some volunteers try to get out of it. Volunteers may need some reminders about using hot water, washing up liquid, washing both sides of the plate and changing the water. They may also need reminding to change wet tea towels and to hang up wet ones to dry.

Keeping Accommodation Clean and Tidy

It is not the cook's responsibility to do the cleaning, though they might oversee that it is done (discuss with the leader who will do this). You could have a **rota** for checking whether the toilets need cleaning for example.

Campers in the Kitchen

Campers should only be in the kitchen on invitation of the cook. Consider the size (and layout) of the kitchen to work out what's practical – for example, when is it convenient to wash up the brew kit?

Campers in the kitchen should be clean – no work clothes and their hands must be washed!

Think up a list of tasks you can give volunteers who want to help out. However don't assume that campers know what they're doing if they want to help – they may never have peeled a potato before.

Unwell campers should not help in the kitchen.

**Every Cook Should Know... You are allowed some time out, and a shower.
Don't forget to socialise and know when to stop.**



Hall Cookers

Some cookers can be tricky and when you aren't used to a cooker things can go wrong...

- Check beforehand that you know where the **fuse board or trip switch** is, and how to silence the smoke alarm. Never disable the smoke alarm.
- Things will always **take longer** than you expect, especially potatoes!
- When **facilities are limited**, stew is very flexible – pork, chicken, beef, lamb. Also curry, chilli and Bolognese can all be cooked on a hob, only if you can't fit any of the tins in the oven. Serve nice bread as the carbohydrate if there isn't enough room on the hob for another pan; or couscous, which only needs covering with boiling water and leaving for 10 minutes. Jacket potatoes can go direct on the oven shelves – just remember they will take longer than when you only cook one or two.
- Garlic bread can be **griddled** – set to a low temperature, turn regularly and wrap in foil unless you want breakfast to taste of garlic for the rest of the week.
- Make **cold puddings**: trifle, cheesecake, jelly and ice cream.





Quantities

If you can cook for four, you can cook for 20, but it will take longer, both preparation and cooking (heat takes time to get to heat through). Round quantities up rather than down and aim to have leftovers. But don't **multiply spices** by the same amount – you will need less than you think.

The Round baking tins:

These divide into 12 for puddings (e.g. cheesecake); line with foil and lift out before cutting.

Rectangular (grundy) tins:

These divide into 12 for generous portions of lasagne, pasta bake, pies etc; If they are deeply filled they can split into 15.

Biggest saucepan:

If **full** of stew or potatoes serves about 25.

Middle saucepan:

If **filled** is about enough for a single serving of vegetables for 25.

What to do with Leftovers

It's always difficult to know what to do with leftovers... usually shouting 'seconds' does the trick but sometimes, even this doesn't clear them all. Instead you could try the following:

Pasties

If you have made anything like curry, bolognese or stew the previous evening then buying ready made pastry (or making your own) and fashioning some pasties can be a great way to use up those leftovers. You can then take these to site the next day for people to have with their lunch.

Soup

If you have some leftover vegetables then it's easy to turn these into soup as a warm lunch. Remember though if it's a warm day people may not want soup for lunch, but it can always become a starter that evening. Just chop up some extra vegetables and add flavouring (garlic, pepper and salt), water and stock. Alternatively, they can become the base of the next evening's stew.

Desserts

Depending on the dessert these could (with some bowls) go down to site in a cool box. Failing this bring them out at the next evening's dinner. They usually get eaten up. Things like pasta bake can be taken along to site with bowls and cutlery.

All leftovers should be stored properly and used within two days. If they go out on site and some come back it's always best to admit defeat and throw them away.



Leaders

Things that make a Cook's life easier

and entice them to be more willing to be your cook again!

- First of all you need to remember that every cook has different methods and preferences: **don't assume that what works for one will work for another!**
- Ask them if they'd like to be in **control of the money** for the week – it makes sense since they'll be spending most of it (and it will be one less thing for you to worry about!), but not all cooks will be happy to take the responsibility.
- Ask **what jobs** they want on the **rota** before writing it. For example: do they want someone to do breakfast and lunch. If so do they want it done every day or just some days? Do they want someone to help with preparing the evening meal?
- Discuss how the **accommodation cleaning** is going to work, when it is going to be done, and who is going to be responsible for organising what needs doing and checking it is done properly: **don't assume the cook has the time or inclination to do so.**
- It's always best to get your requests for odd shopping bits and bobs (runs to the hardware shop, builders merchant, chemist etc) in by breakfast if at all possible so the cook can plan their day. Write them down, so the cook doesn't have to try and remember!
- **Don't** assume the cook is **willing to supervise/entertain a camper unfit** to be on site. Consider leaving someone else with them to keep them company if necessary.
- If the cook is doing **breakfast**, ask whether the **time you've decided** for it is ok with them before announcing it to the camp.
- Offer to **help** with serving the **evening meal** (which also gives you a good opportunity to pass a friendly word with everyone...)
- Check that the evening **washing up has been done properly** and the kitchen has been left tidy.
- Try and give some notice (even half an hour) of the fact that you're going to be **late back from site**. Most cooks are quite prepared for it to happen at least once during the week, but the earlier you tell them, the easier it is to rearrange the food (and possibly even decide that there's time to stop for a cup of tea for once!).
- Try to get off site at a **reasonable time on the last day** so the cook can feed you all and let their hair down before midnight!





What to do if You Haven't Got a Cook

Get Organised

- Pre-plan your menu
- Make up recipe cards with quantities pre-adjusted to suit the camp (see recipe pages)
- Remember to allow for **veggies** and other **special diets**. Make sure you've checked whether the volunteers have any allergies and that you're happy with what they mean. You should also make sure you've understood the basics of food hygiene and safety. Aim for a **varied menu** but don't be too adventurous!

Before You Get to Camp

- What could you (or someone else) **make in advance** and **freeze**?
- Buy some **extra Tupperware**
- Ask the **local canal society** whether they can help perhaps by making lunch, cakes, doing a BBQ

Use Your Volunteers

Most people have **one dish they can cook** which is suitable for large numbers (e.g. spaghetti bolognese, chilli con carne, curry). Ask the volunteers about this when you make the pre-camp phone call then try to make use of what skills you have on your camp, though they will need some advice on multiplying quantities and sticking to the budget.

- Make a **rota** for cooking breakfast, make sure there is always someone sensible to oversee it.
- Consider getting campers to sign up for a **'domestic' day** in groups of two or three, where they do all the accommodation stuff: cook breakfast, make lunch, tidy/clean, shop (divide them up with one driver with transport, or you/your assistant could take them in combination with picking up/delivering lunch) and make dinner (but have other volunteers to do the evening washing up!).

WRG Canal Camps





What to do if You Haven't Got a Cook

Shopping

- You will have to shop during the week as there is not enough storage space for a week's worth of meat and bread in the camps freezer unless you have a camp of 12 or less.
- You could get in vast quantities of many non-perishables at the beginning of the week (tins, most fruit and veg, biscuits, crisps etc), but stock control is easier if you shop regularly.
- Work out how you're going to do it. This will depend on how near the supermarket is, what it's opening hours are (24 hour ones are brilliant in this situation, but remember early closing on Sundays and Bank Holidays); and how you are going to pay for it (i.e. do you need to give someone cash if you're not there yourself?)
- Write shopping lists in advance so any volunteer could go shopping.
- Think about getting a supermarket delivery, especially for the first night (ask the local for the post-code).
- The first shop always takes longer than you think. If you can find someone to come along to do just the Saturday shop and evening meal, that will make your life a lot easier.

Weekend Cook

See if you can find a cook just for the first weekend, or for a couple of nights during the week. Perhaps the cook from the previous camp can stay on for a day or so or leave you some meals pre-prepared or frozen?

Alternative Foods

- Go out for fish and chips one night and have a BBQ another (easy if you keep it simple with burgers and sausages, bought salads etc).
- Ready made puddings can be pretty good value e.g. cheesecakes/gateaux on 3 for 2 offers in the freezer section (remember to defrost in time to eat...); choc ices; fruit pies/strudel; instant custard is fool proof – if you read the instructions!
- Get some cakes made in advance to bring with you (many cakes freeze well).





Shopping

It's helpful to know what you're likely to inherit before you arrive. In the summer, this can be done by text between cooks or assistant leaders. For one-off camps (Easter, Christmas), make a list and send it to Head Office.

Make a note on the kit list of good, and bad, local finds, so this information can be collated. Local canal trusts are charities, and should be able to provide you with a letter as proof if you think it would be helpful in negotiating with suppliers.

Order in Advance

Consider ordering in bulk in advance for things like meat from a butcher, and ask for a discount. Ask if you can collect the order in stages, so you don't need to fit it all into the fridge at once.

The First Shop

For the first shop, it's helpful to have an extra pair of hands (it's a good job for the early arrivals). For the rest of the week it is usually more manageable, but getting everything in the trolley, out onto the checkout and back in again without squashing the bread takes a bit of planning and practice.

Always Make a List

You will need to make a list, but if you can think on your feet you can make good use of offers and discounts. Write your list in the order in which things are located in the supermarket. See page 19 for a shopping list of the daily basics.

Camp Welfare

The cook may be asked to do some special shopping by campers, if you aren't too busy it's always nice to get these added things for people but don't let people take advantage (and not the beer run).

Don't Have a Car?

Don't panic....talk to the leader prior to the camp and sort out how you're going to get to and from the shops. Sometimes there is a volunteer who will happily take an hour off site to help you do the shopping.



Shopping

For 18 Volunteers LUNCH

45 rolls or 5 loaves bread	½ iceberg lettuce
400g cheese	½ cucumber
20 slices ham	Box of cherry tomatoes
20 slices chicken/salami	15 apples
2x185g cans tuna	10 bananas
4 eggs	Bag of oranges
Small tub hummous or mushroom pate	24 bags crisps
Biscuits or cakes	

BREAKFAST

24 sausages	Economy box mushrooms (400g)
24 rashers bacon	2 loaves bread
18 eggs	Veggie sausages
3x400g baked beans	Hashbrowns

ESSENTIALS

Coffee	Tinfoil	Mayonnaise
Tea	Bin bags	Salad cream
Milk	Scourers	Salt
Sugar	Kitchen roll	Pepper
Margarine	Bleach	Tomato ketchup
Squash	All purpose cleaner	Brown sauce
Pickle	Muesli	Clingfilm
Biscuits	Weetabix	J-cloths
Jam	Cornflakes	Washing-up liquid
Marmalade	Marmite	Toilet roll
Peanut butter	Oil	Detox spray

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Catering Paperwork

A lot of work has gone into producing these documents, they may seem daunting at first, but they are there to help guide you along the way, not to overwhelm you.

Catering Folder

A Catering folder is provided with each kit and should contain Cooks Guidance Notes, Catering Forms, Catering Work Instructions and useful signs.


Catering Work instruction's

The Catering work instructions are there as a guide for you to get the best out of your kitchen and to help you understand certain aspects of catering either in unknown spaces, for a large group of people and for unknown people who have different dietary requirements.

Catering Forms

These are to be filled in throughout the camp as and when they specify. Daily checks of the kitchen should be made and marked on the appropriate forms. At the end of the camp please return the forms to Head Office. Hard copies can be found in the catering folder. You also need to fill out the catering kit list at the start and end of your camp and send that back to Head Office.

- **CF003 - Food Hygiene** - this form is important as it makes sure you understand basic food hygiene before working in the kitchen.
- **CF003a - Shelf Life Coding**
- **CF004 - Cleaning Schedule and Checklist**
- **CF006 - Dietary Checklist**
- **CF008 - Fridge Temperature Checklist**

 Forms to fill in

 Optional



Basic Food Hygiene

It's important that volunteers feel confident in the food they are served.

Personal hygiene

BEFORE cooking

- Wash yourself and change clothes after working on site and before handling food.
- Wash your hands before handling food.
- Don't cook or prepare food if you feel unwell or have diarrhoea – You must be 48hrs symptom free before re-entering the kitchen.
- Tie back long hair and remove any jewellery from your hands.
- Cover open wounds with a blue plaster.

DURING cooking:

- Wash your hands frequently but especially after visiting the loo, blowing your nose, eating or smoking, handling raw meat or eggs, or after any mucky jobs like taking the bins out or handling vegetables still covered in soil.
- Be aware that touching door handles, taps etc with dirty hands will spread contamination.

Kitchen Cleanliness

- Keep dogs out of the kitchen.
- Wipe surfaces with antibacterial spray before and after use.
- Ensure the kitchen, floor, food storage areas and the oven are clean.
- Ensure bins are emptied regularly and the inside and lids cleaned.
- Throw away dishcloths and sponges after two lots of washing up maximum.

Food Preparation

- Make sure food is cooked all the way through, especially meat and fish.
- Defrost frozen food before cooking it (unless the packaging says 'cook from frozen').
- Never refreeze food after thawing (unless it was raw and has now been properly cooked).
- Keep hot food hot and cold food cold.
- Use the right colour chopping board/fleximat for the right food type.

When preparing raw meat, fish or eggs, use separate utensils, dishes and chopping boards/ fleximats and keep these away from other food.





Useful Signs

These can be put up in the **appropriate place** either in the kitchen or wherever the 'activity' is taking place as guidance for the cook and volunteers. Make sure people are aware of them.

Laminated copies can be found in the Catering folder.

- ◇ Chopping board colours
- ◇ Contents of site brew kit
- ◇ How to make breakfast
- ◇ How to make lunch
- ◇ How to do the washing up
- ◇ Catering Toolbox Talk
- ◇ No site clothes in the kitchen
- ◇ How to pack the fridge
- ◇ The Food Box

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CF002 - Chopping Board Colours

Cooks must make sure that they use the right chopping board for the job. Below are the list of colours and what food product you should be chopping on that specific colour in order to avoid cross contamination.

Red – raw meat

Blue – raw fish

Green – salad & fruit

Yellow – cooked meat

White – bakery & dairy

Brown - vegetables





Brew Kit

The site brew kit is for everyone to use on site for their tea breaks. Make sure all the items below are in the red box with the cups before you go to site.

Mugs

Tea spoons

Teapot

Tea-bags

Coffee

Sugar

Milk

Biscuits

Water Containers (filled!)

Burco and gas bottle

Squash (diluted and undiluted)

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If you are unsure of what goes into the brew kit...just ask!

Don't forget the teapot!





How to Cook Breakfast

7:00

Put oven on at Gas 6/200C.

Switch griddle onto 4 to heat up .

Put sausages in trays in oven.

7:15

Cook bacon on griddle.

Cover with foil and place to keep warm at bottom of oven.

Slice/quarter mushrooms; place in saucepan with a splash of oil.

7:30

Pour beans into saucepan.

Put veggie sausages in oven.

7:45

Turn on heat under beans and mushrooms.

Scrape griddle then fry eggs.

8:00

Serve breakfast.

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Preparing Lunch

1. Wipe down tables with detox spray.
2. Put 4 eggs onto boil for 10 minutes, then drain and cool under running water before shelling for egg mayo.
3. Butter bread (5 loaves) / halve and butter rolls (45), leaving 5 rounds/rolls unbuttered as necessary.
4. Fill with a selection from: Cheese, Sausage / bacon/ Ham /Salami/corned beef/ Mushroom pate / hummus/Chicken/Peanut butter/Jam/Marmite/ Tuna or egg mayo.
5. Wrap well in clingfilm/bags and label.
6. Make up a box of salad (lettuce, cucumber, tomatoes).
7. Assemble lunch box with:
 - Pickle
 - Salad cream / mayo
 - Crisps
 - Fruit
 - Cake / chocolate biscuits
 - Knives
8. Wipe tables and wash-up.



How to Wash Up

- **Wipe** the surfaces in the kitchen before you start, so there is somewhere clean to put the dry equipment.
- Use **HOT** water, washing up liquid and clean washing up brushes, sponges and cloths.
- Change the water **before** it gets grey and greasy.
- Wash and dry **ALL** plates, bowls, mugs and cutlery used for the meal. Check the tables are clear.
- Clean **both** sides of any equipment.
- Change tea towels when they are **damp**, and before they start dripping.
- Hang up used tea towels to dry. Don't leave them folded up on the worktop.
- Ask the cook what to do with any **leftover food** from the meal
 - Breakfast leftovers can go into lunch.
 - In the evening **throw away** any sandwiches from lunch, but not cake or fruit.
 - The cook will decide what to do with any leftovers from dinner
- Make sure the **brew kit** has been washed up.
- Put saucepans, trays and other cooking equipment back in the boxes
- Put plates, mugs and cutlery away.
- Leave the kitchen clean and tidy, with surfaces wiped, ready for the next meal to be cooked.
- Top up the **burco**.



Toolbox Talks

Catering (The Accommodation)

Eating on a Canal Camp

- ◆ Explain just how important the cook is and then introduce them.
- ◆ Make sure they have given all their allergies/ hates/ requirements to the cook (in confidence if required)
- ◆ Explain when meals will be served (you may wish to talk through self-prepared sandwiches if that's the plan).
- ◆ Explain any plan of the cook communicating the menu.
- ◆ Explain the brewing up kit (keep the Burco full!)
- ◆ Don't go hungry, use the toaster. Explain what food can and can't be raided—this varies from cook to cook.
- ◆ Tidy up any toast frenzies—put the spread and milk back in the fridge.
- ◆ Explain that the cook can obtain specialist shopping if asked nicely and/or mention supermarket runs.

- ◆ Explain any rules about when volunteers can go in the kitchen and what help is appreciated.
- ◆ Explain any recycling systems.

Food Safety is mostly common sense but it does no harm to be reminded. Point out laminates on the fridge as a reminder. Also draw the camp's attention to the catering folder and explain that it is a public resource. If any volunteer has any concerns about food safety they should talk to the

Kitchen Safety: remember that accidents can happen in the accommodation as well as on site.

- ◆ Each kit comes with a set of good quality, sharp knives. Remember that they are sharp.
- ◆ Pan handles and lids can become really hot.
- ◆ Keep kitchen floors from becoming a slip hazard.
- ◆ Remind people the Burco is HOT!

Key Points

✓	Don't wear site clothes in the kitchen.	✓	Use up the oldest food first.
✓	If you are going to assist with food preparation then put an apron on, wash your hands (with anti bac soap), tie long hair back, cover cuts with a blue plaster.	✓	If you have diarrhoea or vomiting then inform the cook or leader (in confidence) and don't prepare food.
✓	Don't sneeze anywhere near the food (your elbow is not a bad place if you are caught) and don't taste food with a spoon that's already been in your mouth.	✓	Take guidance from the cook on where food should be stored (but as a rule covered and not on the floor).
✓	Cold food should be kept cold, frozen food frozen and hot food hot. Take guidance from the cook when you're going to do things like reheating, defrosting, cooling leftovers	✓	Empty the bins when they need it and if they are dirty, clean them (especially the lids).
✓	. Keep the kitchen clean —this includes fridges, work surfaces, the floor, your hands, utensils, the curver boxes etc.		



The Food Box

The 'beast of the food box' goes to every camp and is filled with food that has been left over from previous camps such as lasagne sheets, flour and spices etc. You can find some wonderful things in here so get creative with what you can use out of it. It's important that you take stock of what's in this box before going shopping to save buying the same thing again.

Getting in touch with the cook of the previous camp a few days before your own camp can help you plan your menu as there may be lots of lasagne sheets left over or you may not need to buy so much flour etc. It's important that you utilise this box as it can get very full. If you are cooking on a camp towards the end of the camp season try and use as much out of the box as you can so there isn't much left over for WRG to store.



Call Head Office (01494 783453 ex604) to get the previous camps cooks number.



Main: **Shepherd's Pie**

Veggie Main: **Garden Pie**

Dessert: **Fruit Flan**

Following recipes give quantities for feeding 20, including 2/3 veggies.

Method

1. Chop onions (set aside half an onion for veggie) and peel and slice carrots
2. Fry onions in a little oil until translucent
3. Add meat and stir to break up; cook until browned
4. Add oxtail soup and carrots and simmer gently, stirring occasionally
5. Peel potatoes and chop up into small pieces
6. Boil potatoes until soft; drain and mash with margarine and milk
7. Place meat in trays (2, possibly 3, depending how big the oven is); top with potatoes, **SAVING SOME FOR VEGGIE!**
8. Chop pepper and courgette; fry gently with reserved onion until soft
9. Stir in sweet corn (drained) and veg soup
10. Put in small tray and top with potato
11. Grate cheese, and sprinkle over both meat and veggie
12. Put in oven gas 5/190C for 45-60 minutes, until golden

Close to serving

1. Slice bread into chunks
2. Chop cabbage, removing hard centre
3. Put in saucepan about ¼ full of water; boil until tender then drain

For the Dessert:

1. Open tins of fruit and drain, reserving juice
2. Arrange fruit in flan cases (put them on the big white chopping boards)
3. Make up jel-lo following instructions, using fruit juice (stand saucepan in sink of water to cool quickly, but keep stirring!)
4. Pour over flans and leave to set

Ingredients

2kg minced lamb	1 red pepper
6 large onions	1 small courgette
10 large carrots	4 french sticks
5 tins condensed oxtail soup	3 large cabbages
5kg potatoes	1 small tin sweetcorn
400g cheese	1 tin condensed vegetable soup
3 large flan cases	tinned fruit in juice (a mixture, about 9 cans in total)
2 cans squirty cream	3 sachets (i.e. 2 doubles) jel-lo (gelatine glaze)

Kit:

Shepherds Pie: large rectangular tins, divided into 12 or 15 portions

Garden Pie: small rectangular tin

Cabbage: next to largest saucepan

Fruit Flan: place on chopping boards, divide into 8 slices





Main: **Chicken and Leek Casserole**

Veggie Main: **Mushroom Casserole**

Dessert: **Jam Sponge**

Method

1. Slice leeks and chop mushrooms
2. Fry leeks and mushrooms gently in a little oil
3. Remove 3 BIG spoonful's and put in separate pan for veggie
4. Chop bacon and stir into meat pan
5. Slice chicken ON RED CHOPPING MAT
6. Fry chicken in batches in frying pan, and add to veg and bacon when cooked
7. Stir in chicken soup and leave to simmer gently, stirring occasionally
8. Stir mushroom soup into veggie pan and leave to simmer, stirring occasionally
9. Mix up sponge mix, following instructions (whisk well!)
10. Spread jam in bottom of trays (2 or 3); pour over sponge mix
11. Bake in oven at Gas 5/190C until golden brown
12. Wash rice in batches in sieve then tip into large saucepan
13. Cover rice with plenty of boiling water and cook over low heat until water absorbed and rice tender (add more water as necessary)
14. Separate broccoli into florets and place in pan about ¼ full of water
15. Bring to boil and cook until tender, stirring to stop those at the bottom overcooking make up custard following instructions on tin

Kit:

Chicken and Leek Casserole: next to largest saucepan , generous ladleful each

Mushroom Casserole: smallest saucepan

Rice: largest saucepan, 1½ spoonfuls each

Broccoli: medium saucepan

Jam Sponge: large rectangular tins, divided into 12

Custard: pressure cooker base

Ingredients

2kg chicken breasts	6 tins condensed chicken soup (or some chicken & mushroom or chicken & white wine)
6 large leeks	1 tin condensed mushroom soup
About 1kg mushrooms	2kg rice
300g smoked streaky bacon	6 large heads broccoli
1kg bag of sponge mix	6 eggs
2 large jars (around 800g) jam	3 pints milk
Small tin custard powder	



Main: Lasagne (meat & veggie)

Dessert: Brian (Yoghurt / fruit)

Method:

1. Set aside ½ onion, 1 clove garlic, 1 pepper, ½ courgette, 10 mushrooms; chop rest of veg
 2. Fry until onion translucent
 3. Add mince, stir to break up and fry until brown
 4. Stir in 6 cans of tomatoes, most of tomato purée and ½ packet of herbs
 5. Leave to simmer gently
 6. Chop remaining veg (including aubergine)
 7. Fry gently until soft; stir in last tin of tomatoes, tomato puree and 1tsp herbs
 8. Layer with lasagne sheets (2/3 tins for meat, 1 small tin veggie) – but don't put top sheet on until ready to add cheese sauce!
 9. Make up cheese sauce following instructions and pour on top
 10. Grate cheese and sprinkle on top
 11. Bake at Gas 5/190C for 45-60 minutes until golden
 12. Make up salad with lettuce, cucumber and cherry toms
 13. Mix garlic purée, butter and remaining herbs
 14. Slice french sticks and spread with garlic butter then wrap in tinfoil
- bake for about 20 minutes (or griddle gently, still in foil, if the oven's full!)

Dessert:

1. Whip cream until stiff; stir in yogurt and fruit to marble
2. Put into large serving bowls and top with thick layer brown sugar

Ingredients

2kg minced beef	2 iceberg lettuces
6 large onions	2x250g punnets cherry tomatoes
1 bulb garlic	2 cucumbers
about 750g mushrooms	2 bottles salad dressing
4 big courgettes	big tube tomato purée
4 red peppers	1 packet dried mixed herbs
6x400g cans chopped tomatoes	1 aubergine
2 packets lasagne sheets	3 packets cheese sauce mix
3 pints milk	5 french sticks
500g cheddar cheese	1 tube garlic purée
2x250g butter	
1 packet soft brown sugar	2kg plain yogurt
4 packets frozen summer fruits (or 6 tins)	2x568ml whipping cream

Kit:

Meat Lasagne: large rectangular tins, divided into 12 or 15 portions

Veggie Lasagne: small rectangular tin

Salad: salad bowl and/or mixing bowls

Brian: round baking tins, large spoonful each

Main: Sausage and Mash

Dessert: Chocolate Pudding

Method

1. Peel potatoes and cut into small chunks; place in large saucepan covered with cold water
2. Slice swiss rolls and arrange in bottom of large serving bowls
3. Drain most of the juice from mandarins then spoon segments on top of swiss roll
4. Make up angel delight using slightly less milk than given on packet and spoon on top of mandarins
5. Place sausages in trays and bake in oven Gas 5/190C for 60 minutes (but veggie sausages only take 30 minutes)
6. Boil potatoes until tender, drain and mash with margarine, milk and mustard
7. Peel and slice onions; fry over medium heat in a little oil until soft
8. Make up gravy granules with boiling water, then stir into onions
9. Peel and slice carrots then boil until tender
10. Cover peas with boiling water, then bring back to boil and drain

Ingredients

Main

about 12 lb sausages (2-3 per person)
packet veggie sausages
6 large onions
1 pot veggie gravy granules
Jar wholegrain mustard
6kg potatoes
2 big (1.5kg) bags frozen peas
10 large carrots

Dessert

4 chocolate swiss rolls
4 packets chocolate angel delight
3 pints full fat milk
4 tins mandarins in juice

Kit:

Sausages: large rectangular tins, 2-3 per person

Veggie Sausages: small rectangular tin

Mash: largest saucepan, big spoonful each

Onion Gravy: medium saucepan

Peas: pressure cooker base

Carrots: next to smallest saucepan

Chocolate Trifle: round baking tins, big spoonful each

Main: **Beef Stew**

Veggie Main: **Veggie Stew**

Dessert: **Apple Crumble**

Method

1. Peel, core and slice apples then cover with water
2. Cut butter into small pieces then rub into 1kg flour until the texture is like breadcrumbs
3. Stir in sugar and half packet of cinnamon
4. Drain apples then place in trays; sprinkle over sultanas
5. Spread crumble topping over
6. Bake Gas 5/190C for 20-30 minutes
7. Chop onions and garlic (set aside ½ onion for veggie), slice mushrooms and carrots and halve potatoes
8. Fry veg in LARGE saucepan until onion translucent
9. Slice beef ON RED CHOPPING MAT then toss in flour to coat
10. Fry beef in frying pan in batches until browned then add to veg
11. Make up stock cubes with 6 pints boiling water and add to meat
12. Stir in tomato purée and leave to simmer gently
13. Chop reserved onion and fry until soft
14. Stir in tomatoes and drained beans
15. Peel sweet potato, cut into chunks and stir in; bring to boil and simmer until potato is soft
16. Mix up dumplings with suet and flour following packet instructions
17. Add dumplings to both meat and veggie stews and simmer until fluffy (about 20 minutes)
18. Cover beans with boiling water then bring to boil, simmer for 5 minutes then drain
19. Slice bread into large chunks
20. Make up custard following instructions on tin

Ingredients

2kg beef stewing steak	4 large loaves crusty bread (variety)
6 large onions	1x400g tin tomatoes
2x1.5kg bags plain flour	1 small tin kidney beans
2 packets veggie suet	1 small tin butter beans
1 bulb garlic	1 sweet potato
about 750g mushrooms	2kg frozen green bean
small tube tomato purée	4 beef stock cube
1kg baby potatoes	10 large carrots
500g sultanas	2x250g butter
packet ground cinnamon	small tin custard powder
1 bag demerara sugar	3 pints milk
12 large cooking (bramley) apples	

Kit:

Beef Stew: largest saucepan, 1½ ladleful each

Veggie Stew: smallest saucepan

Green Beans: medium saucepan

Apple Crumble: round baking tins or large rectangular tins, divided into 12

Custard: pressure cooker base



Main: **Roast Pork**

Veggie Main: **Baked Mushrooms**

Dessert: **Jelly and Ice Cream**

Method:

1. roast pork joints (temp and time should be on the pack)
2. make up jellies following instructions on packet and put in fridge to set
3. peel potatoes and chunk into large chunks
4. boil potatoes for 5 minutes then drain
5. spread potatoes out in trays, drizzle with plenty of oil and sprinkle with salt
6. roast in oven (Gas 7/210C) until crispy
7. peel and slice carrots; peel swede and cut into chunks; peel and chop onions
8. boil carrots, swede and onion until soft; drain and mash with margarine and black pepper
9. chop garlic, sprinkle over mushrooms, drizzle with a little oil; slice mozzarella and lay on top
10. bake (Gas 5/190C) for 20 minutes
11. cover peas with boiling water then bring back to boil and drain
12. make up gravy with boiling water

Ingredients

Several pork joints (about 3kg in total)	2 large onions
6 kg potatoes	2 jars apple sauce
10 large carrots	2 big bags peas
2 large swedes	1 pot beef gravy granules
2 big (field) mushrooms per veggie	Few cloves garlic
1 ball mozzarella	
8 slabs jelly (4x2 flavours)	2 big tubs ice cream
Selection ice cream sprinkles	3 bottles ice cream sauces

Kit:

Roast Pork: large rectangular tins

Baked Mushrooms: small rectangular tin

Potatoes: boil in largest saucepan, then roast in large rectangular tins

Peas: medium saucepan

Carrot and Swede: next to largest saucepan

Jelly: mixing bowls or round baking tins





Main: **Bacon and Tomato Pasta Bake**

Veggie Main: **Stilton pasta bake**

Dessert: **Fruit Salad and Ice Cream**

Method:

1. boil bacon joints, following instructions on pack
2. peel and chop onions, deseed and slice peppers, slice courgettes; place in pan with a large splash of oil and sweat until soft.
3. stir in pasta sauce and tomatoes
4. in another pan, stir fry mushrooms (halved if large) and broccoli (cut into florets) until tender
5. make up packet soup following instructions, then and stir into mushrooms; crumble in stilton cheese
6. fill largest saucepan half full of water and bring to boil; add pasta and boil for 10 minutes, STIRRING REGULARLY; drain
7. grate cheese and bread (to make breadcrumbs) and mix together
8. drain bacon, slice into chunks and mix into tomato mixture
9. mix 4 large spoonfuls of pasta into mushroom mixture and place in small tin
10. mix remainder of pasta with tomato sauce, and put into large tins
11. sprinkle cheese and breadcrumbs over meat and veggie bakes
12. bake at Gas 5/190C until golden and crispy (about 45 minutes)
13. empty tins of fruit into large bowls (may not need all the juice)
14. make up salad with lettuce, cherry tomatoes and cucumber

Ingredients

2kg pasta shapes	2 large (750g) jars tomato based pasta sauce (any flavour)
3 bacon joints (1.8-2kg)	3 tins chopped tomatoes
6 onions	500g cheddar cheese
6 peppers, red and yellow	8 crusts bread
6 courgettes	12 oz button mushrooms
large head broccoli	packet or tin stilton and broccoli soup
4oz blue stilton cheese	Salad (Cucumber, Tomatoes, Lettuce)
2 bottles salad dressing	

Dessert

- 1x2 litre tubs vanilla ice cream
- 9 tins fruit in juice, various types

Kit:

Bacon and Tomato Bake: large rectangular tins, divided into 12

Stilton Bake: small rectangular tin

Salad: salad or mixing bowls

Fruit Salad: mixing bowls or round baking tins



Main: **Pork and Apple Casserole**

Veggie Main: **Spicy Chickpeas**

Dessert: **Bread and Butter Pudding**

Method:

1. prick potatoes thoroughly and bake at Gas 4/180C direct on oven shelves for at least two hours, swapping round occasionally; pile into tray when done
2. butter bread (can also spread some slices with marmalade) and cut slices in half diagonally; layer in round baking tins with dried fruit and sugar
3. mix together milk, cream and eggs; pour over bread and leave to soak
4. peel and slice onions and garlic; place ½ onion and 1 clove garlic in smallest saucepan for veggie; place rest in large saucepan and sweat in oil until soft
5. toss pork in seasoned flour until lightly coated
6. fry in oil in frying pan in batches until lightly browned then transfer into large saucepan
7. add to large saucepan 3 tbsp coriander, 1 tbsp chilli powder and 1 tbsp cinnamon; stir well and cook for 1 minute
8. dissolve 2 stock cubes, tomato purée and 1 tbsp sugar in 500ml boiling water; add to pork with wine and apple juice; leave to simmer gently
9. fry reserved onion and garlic until soft; stir in 1 tsp coriander, 1 tsp cinnamon and 1 tsp chilli powder and cook for 1 minute
10. add tinned tomatoes and drained chickpeas and butter beans; dissolve veg stock cube in 250ml boiling water and stir in; leave to simmer very gently, stirring regularly and adding more water if necessary
11. trim mushrooms; core and chop (but not peel) apples, stir into pork about 45 minutes before serving
12. bake pudding at Gas 4/180C for 30-40 minutes
13. separate broccoli into florets; place in saucepan about ¼ full of water
14. bring to boil and steam till tender, stirring to stop those at bottom from overcooking

Ingredients

2kg pork, cubed	3 vegetable stock cubes ground coriander
500g bag plain flour	6 large heads broccoli
5 large onions	400g tin chickpeas
5 cloves garlic	400g tin butter beans
500g box mushrooms	20 baking potatoes
6 large eating apples	2 loaves sliced white bread
tube tomato puree	500g dried mixed fruit
1 litre apple juice	2½ pints milk
½ bottle white wine (or 300ml more vegetable stock)	284ml pot double cream
mild chilli powder	500g granulated sugar
ground cinnamon	12 eggs
400g tin chopped tomatoes	250g butter

Kit:

Pork and Apple Casserole: largest saucepan , 1½ ladlefuls each

Spicy Chickpeas: smallest saucepan

Broccoli: medium saucepan

Bread and Butter Pudding: round baking tins or rectangular trays, divided into 12

Main: **Chicken Pie**

Veggie Main: **Mushroom Pie**

Dessert: **Cheesecake**

Method:

1. crush digestives and mix with melted butter; press into base of round baking tins
2. make up dream topping according to instructions; beat in cheese and vanilla essence until well mixed
3. pour over biscuit base, smooth top and place in fridge to set
4. peel potatoes, cut into chunks and place in large saucepan covered with cold water
5. slice chicken into chunks on RED CHOPPING MAT
6. mix flour, seasoning, 2 tbsp chilli powder and grated zest of lemons in bowl and toss chicken until well coated
7. peel and slice 5½ onions; in saucepan sweat gently with a sprinkling of sugar until golden
8. fry chicken in batches to seal and add to onions; add chicken and mushroom soup and lemon juice; simmer gently for 30 minutes
9. slice remaining half onion and ¼mushrooms; sweat gently until soft, stir in mushroom soup
10. slice remaining mushrooms and add to chicken
11. chop parsley leaves and add to both chicken and mushrooms
12. place chicken mixture in large tins and mushroom mixture in small tin
13. roll out pastry and place on top of fillings; brush with milk or beaten egg
14. bake at Gas 6/200C until pastry is golden (45-60 minutes)
15. bring potatoes to boil and cook until tender
16. mash with garlic purée, margarine and milk
17. cover peas and sweet corn (mixed or separate) with boiling water, bring to boil and drain
18. pour pie filling over cheesecake

Ingredients

2kg chicken breasts	1 tin condensed mushroom soup
500g plain flour	bunch of fresh parsley
mild chilli powder	3 packets puff pastry
3 lemons	5kg potatoes
6 onions	tube garlic purée
5 tins condensed chicken & mushroom soup	2 large bags (1.5kg) frozen peas
750g mushrooms	2 large bags (1.5kg) frozen sweetcorn
Dessert	2x250g butter
800g soft cheese (e.g. Philadelphia)	2x400g digestive biscuits
4 packets dream topping	4 tins pie topping (e.g. black cherry)
1 pint milk	bottle vanilla essence

Kit:

Chicken Pie: large rectangular tins, divided into 12 or 15

Mushroom Pie: small rectangular tin

Mash: largest saucepan

Peas and Sweet corn: medium saucepan and pressure cooker base

Cheesecake: round baking tins, divided into 12



Example Menu Plans

Each cook is different, however, some find it helpful to make a **meal plan** prior to their camp. This means they can plan what they need to buy when and know what's going to happen over the following week, some campers also like to know what's on the menu. Remember **circumstances can change** so it is good to remain **flexible**.

Saturday	Lasagne Garlic Bread Salad Fruit Salad and Ice Cream
Sunday	Roast Pork Roast Potatoes Carrot and Swede Eton Mess
Monday	Chicken and Leek Stew Rice Green Beans Chocolate Trifle
Tuesday	Fish and Chips
Wednesday	Shepherd's Pie Broccoli Cheesecake
Thursday	Pasta Bake Salad Chocolate Pudding
Friday	Chicken Curry Rice Jelly and Ice Cream

Saturday	Quiche and Salad Ice Cream
Sunday	Chicken Pie Garlic Mash Green Beans Chocolate Trifle
Monday	Chilli con Carne Rice Broccoli Apple Crumble
Tuesday	Beef Stew and Dumplings Crusty Bread Peas and Sweetcorn Apple Crumble
Wednesday	Lasagne Salad Fruit Flan
Thursday	Sausage and Mash Peas and Sweetcorn Bread and Butter Pudding
Friday	BBQ





Cake and Biscuit Recipes

Never Fail Cake

Ingredients

4oz glacé cherries
5ozg can pineapple chunks in juice
4oz butter, cut into cubes
12oz dried fruit
6oz light muscavado sugar
2 eggs
8oz self raising flour

Method

Place cherries, pineapple (with juice), butter, dried fruit and sugar in saucepan. Heat gently, stirring occasionally, until butter has melted and sugar dissolved. Stir in flour and eggs until well mixed. Pour into foil lined tin. Bake at Gas 4/180C for 1½ hours.

Any Occasion Cake

Ingredients

1 lb dried fruit
4oz raisins
4oz glacé cherries
grated zest of 1 lemon & 1 orange
¼ pt sherry
6oz soft brown sugar
4oz plain flour
2oz self raising flour
2 oz ground almonds
1 tsp mixed spice
6 oz butter, softened
3 eggs

Method

Marinate fruit and zests in sherry overnight. Mix dry ingredients with butter and eggs and stir in drained fruit. Spoon into lined tin, smooth surface and bake at Gas 1/140C for 2½ hours.

Lemon Curd Cake

Ingredients

1 jar lemon curd
6oz granulated sugar
6oz soft butter
3 eggs
8oz self raising flour

Method

Beat half of the lemon curd with the sugar and butter, then beat in eggs one by one. Fold in flour. Pour into tin, then dollop rest of lemon curd in teaspoonfuls over surface. Bake at Gas 3/170C for 1 hour, covering half-way through. Cool in tin.





Cake and Biscuit Recipes

Toffee Square Cakes

Ingredients

8 oz butter
8oz golden syrup
10oz self raising flour
1 tsp salt
8oz light muscavado sugar
3 eggs
2 tbsp milk

Method

Melt butter and syrup together then cool for 15 minutes. Mix flour, salt and sugar together, beat in butter and syrup, then eggs and milk. Bake at Gas 3/170C for 40-50 minutes.

Rich Chocolate Cake

Ingredients

12oz self raising flour
4oz plain flour
3 oz cocoa powder
1 tbsp instant coffee
250g butter
200g dark chocolate
1 tbsp oil
1 cup water
12oz granulated sugar
2 eggs

Method

Heat butter, chocolate, oil, water and sugar together until smooth. Sift in dry ingredients, and stir in eggs until well combined. Bake at Gas 3/170C for 2 hours.

Cherry Oaties

Ingredients

3oz plain flour
3oz self raising flour
12oz oats
4oz granulated sugar
4oz glacé cherries, halved
4oz white chocolate, chopped into small chunks (or add extra cherries)
125g butter, melted
2 eggs

Method

Mix together dry ingredients and fruit. Mix in butter and eggs. Bake at Gas 4/180C for 20 minutes.





Cake and Biscuit Recipes

Golden Crispes

Ingredients

3oz corn flakes
4 tbsp golden syrup
1 tbsp sugar
1 oz butter
Vanilla/almond essence

Method

Melt butter, syrup, vanilla essence and butter together and boil for 1 minute. Mix in cornflakes. Spoon into paper cases and leave to set.

Mallow Crispies

Ingredients

4oz soft toffees
4oz butter
4oz marshmallows
5oz rice crispies

Method

Melt together toffees, butter and marshmallows and stir in rice crispies. Spoon into paper cases (quickly!) and leave to set.

Chocolate Biscuit Cake

Ingredients

100g butter
3 tbsp golden syrup
2 tbsp cocoa powder
200g digestive biscuits, crushed
50g raisins

Method

Melt together butter, syrup and cocoa, and stir in biscuits and raisins. Spoon into tin and leave to set before cutting into slices.

Simple Jammy Biscuits

Ingredients

8oz self raising flour
4oz caster sugar
4oz butter
1 egg, beaten
4 tbsp strawberry jam

Method

Rub flour, sugar and butter together. Mix in egg to form a stiff dough. With floured hands, shape into a cylinder, cut into 2cm thick slices. Make a dent in each and add tsp of jam. Bake at Gas 5/190C for 10-15 minutes.





Useful Links

WRG Website—Cooks Pages

https://www.waterways.org.uk/wrg/volunteer/cooking/cook_s_corner

Food Standards Agency Website

<http://www.food.gov.uk/>

Food Allergen Summary

<https://www.food.gov.uk/sites/default/files/allergy-resources-fact-sheet.pdf>

Safer Food Better Business

https://www.waterways.org.uk/wrg/wrg_documents/leaders_documents/safer_food_better_business

Catering for Special Diets

<http://www.3663.co.uk/health-and-wellbeing-dietary-requirements>

WRG Catering Camp



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