

110 Camp Recipes

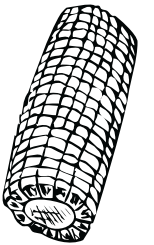
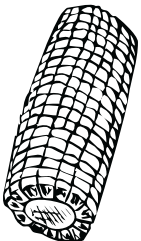


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Quick Camp Site Marinades CaravanParks.com

Basic Marinade: 1 Clove garlic crushed, 3 tbsp olive or sunflower oil, 3tbsp dry sherry, 1 tbsp Worcestershire sauce, 1 tbsp dark soy sauce, ground black pepper

Yoghurt Spice Marinade: 150ml Plain yoghurt, 1 small onion finely chopped, 1 clove garlic crushed, 1tsp finely chopped root ginger, 1tsp ground coriander, 1tsp ground cumin, half tsp ground turmeric

Red wine marinade: 150 ml Dry red wine, 1 tbsp olive oil, 1 tbsp red wine vinegar, 2 cloves garlic crushed, 2 dried bay leaves, ground black pepper

Venison Marinade CaravanParks.com

Ingredients: ½ Cup olive oil, ¼ cup fresh lemon juice, ½ tsp salt, ½ tsp coarse ground black pepper, ½ tsp chilli flakes, 3 garlic cloves – crushed, 1 tbsp lemon peel, ¼ cup chopped fresh parsley, ¼ cup chopped fresh oregano, coriander, basil or dill.

Method: Combine all ingredients in a bowl; whisk or stir together. Make sure you have enough marinade to cover your venison and refrigerate for 24 hours. Remove from the fridge and only cook the venison once it has reached room temperature.

Chicken Fajita Marinade CaravanParks.com

Ingredients: ¼ Cup beer, 1/3 cup fresh lime juice, 1 tbsp olive oil, 2 tsp crushed garlic, 1 tbsp brown sugar, 1 tbsp Worcestershire sauce, 1 tbsp chopped coriander, ½ tsp ground cumin, salt to taste

Method: Combine all the ingredients together and refrigerate for 24 hours. Marinade the chicken for 3-4 hours before cooking.

Honey & Mustard Dressing CaravanParks.com

Ingredients: 1tbsp Sunflower oil, 150ml plain yoghurt, juice of 1 lemon, 1tsp wine, 1tsp Wholegrain mustard, 1 tsp honey, black pepper, salt.

Method: Combine all the ingredients and leave for 10 minutes before serving. Use over salads or as a marinade for chicken.

Scarlet Steak Sauce CaravanParks.com

Ingredients: 40g Raspberry jam, 25g brown sugar, 30ml Worcestershire sauce, 30ml tomato sauce, 30ml malt vinegar, 5 drops Tabasco Sauce, Salt and freshly ground black pepper to taste.

Method: Place all the ingredients into a small pot or pan. Bring to boil, turn the heat down and simmer for 10 minutes or until thickened.

Braai Sous Annette Weigelt

Ingredients: 2 Large finely chopped onions, 2 cloves finely chopped garlic, 50ml oil, 1 can (410g) tomato puree, 1 pkt oxtail soup powder, 500ml hot water, 1 bottle (470g) fruit chutney, 30ml white sugar, a few drops of Tabasco Sauce

Method: Fry the onions and garlic in the oil. Mix the tomato puree and the soup powder well and add to the onions. Add the water and stir well until boiling point. Add the chutney, sugar and Tabasco, bring back to the boil, reduce heat and simmer for 10 minutes.

Sweet & Sticky BBQ Sauce CaravanParks.com

Ingredients: 2 tbsp Butter, 1/8 cup chopped onion, 1/2 cup chopped celery, 2 tsp minced garlic, 1 cup tomato sauce, 1/4 cup lemon juice, 2 tbsp white sugar, 2 tbsp white vinegar, 1 tbsp Worcestershire sauce, 1 tsp dry mustard, 1/2 tsp ground black pepper

Method: Melt butter over medium heat. Fry onion, celery and garlic until soft. Stir in tomato sauce, lemon juice, sugar, vinegar, Worcestershire sauce, mustard and pepper. Simmer 15 to 20 minutes.

Honey & Whiskey Fire Sauce CaravanParks.com

Ingredients: 1 Chopped onion, 4 tbsp crushed garlic, 1 tbsp butter, 1 cup whiskey, 625ml honey, 450g picante sauce, 450g hot salsa, 340g tomato paste, 1 cup tomato juice, 2 tbsp ground black pepper

Method: Fry the onion and garlic until soft. Reduce heat and pour in about 1/2 cup of whiskey. Turn up the heat again, add the remaining whiskey and simmer for 5 to 10 minutes, allowing the alcohol to cook out. Add the honey, picante sauce, hot pepper sauce, tomato paste, tomato juice and ground black pepper and stir well. Simmer for 5 to 10 minutes. Remove from heat, cover and cool in the refrigerator. Use as a marinade or as a hot or cold sauce.

Gorgonzola Sauce CaravanParks.com

Ingredients: 1 1/2 Cups dry white wine, 1 1/4 cups cream, 2 tbsp fresh Parmesan cheese, 100g crumbled Gorgonzola cheese, pinch ground nutmeg, black pepper to taste

Method: Cook white wine over high heat until reduced by half. Add cream, reduce heat and cook until reduced by one-third. Add parmesan, gorgonzola and nutmeg. Stir until cheeses melt and sauce is creamy. Fantastic over steaks, chicken, seafood and jacket potatoes.



Basic Pot Bread Thys

Ingredients: 2pkts 500g Self raising flour, 1 can luke warm beer, salt.

Method: Combine the ingredients in a well greased flat bottomed pot. Cover and leave to rise for about 20 minutes. Place the pot on the coals for 45-60 minutes, checking halfway. Place a few coals on the lid.

Willie's Pot Bread Willie Bromehead

Ingredients: Basic pot bread dough, 1 tin drained sweet corn kernels, sunflower seeds, grated cheese, finely chopped onion.

Method: Add 1 tin, drained sweet corn kernels and sunflower seeds to the dough. Place in a well greased flat bottomed pot and leave to rise. Make slits in the top of the dough and fill with finely chopped onion and grated cheese. Sprinkle with parsley. Cook as per Basic Pot Bread.

Maria's Pot Bread Maria De Wet

Ingredients: Substitute the can of beer for 250ml buttermilk and add 1 pkt of oxtail or brown onion soup powder to the self raising flour.

Method: Cook as per Basic Pot Bread.

Tomato & Onion Pot Bread Mads

Ingredients: 2kg Bread dough, 2 cans tomato & onion mix, garlic, salt and pepper, herbs and spices, grated cheese

Method: Combine the tomato and onion mix with the garlic, herbs and spices. Make medium size balls with the dough, dip them into the tomato mixture and pack the balls tightly together in a well greased flat bottomed pot. Sprinkle with grated cheese. Cover and leave to rise for about 30 minutes. Place on the coals for about 60 minutes, checking halfway.

Madiba-Microwave Pot Bread Gerhard Greyling
Ingredients: Pre-made or store bought bread dough, spinach, pre-cooked potato cubes, diced bacon, 1 onion, chopped, sliced mushrooms, sliced red and green peppers, grated cheese.

Method: Roll the dough out into a square. Fry all the other ingredients, except the cheese, until done. Spread this mixture over the rolled out dough and cover with the cheese. Roll all this up into a big sausage-like roll and place it into a well greased flat bottomed pot, cover and leave to stand for 20 minutes. Place on the coals for about 60 minutes, checking halfway. Cut into slices and enjoy.

Cheese & Bacon Pot Bread Thinus Kotze
Ingredients: 1kg Self raising flour, 500ml buttermilk, 30ml oil, 5ml salt, 250g diced bacon, 2 cups grated cheese, 5ml garlic.

Method: Mix the flour, oil, salt, bacon, cheese and garlic together. Add the buttermilk and kneed well. Place in a well greased flat bottomed pot. Cover and leave to rise for about 30 minutes. Place on the coals for about 60 minutes, checking halfway.

Stok Brood Thys
Ingredients: Pre-made or store bought bread dough, a few sticks about ½ meter lengths. If you are going to use sticks collected from around the campsite, I would suggest covering one end with foil.

Method: Butter the foiled end of the stick. Take a ball of dough and roll it around the stick, sealing it at the top of the stick. Cook slowly over open coals. The bread will slide off the stick once it is done all the way through. Fill with your favourite filling: mince, jam, bacon and eggs, cheese, or just enjoy with butter and your meal.

Savoury Brunch Bread CaravanParks.com
Ingredients: Pre-made or store bought bread dough, 500g bacon, 8 hardboiled eggs, 4 cups grated cheese, sun-dried tomatoes, 250g sliced black mushrooms, olive oil, salt, pepper, herbs and spices

Method: Roll it into a long rectangular shape about 1cm thick and about 30cm wide, it should be quite long. Place your bacon, eggs, tomatoes, mushrooms and cheese down the middle of the dough and add salt, pepper, herbs and spices to your likings. Pull the dough over the filling, pinch the ends closed and coil it up inside a well greased and floured flat bottomed pot. Brush over with olive oil, sprinkle with salt and herbs. Cover and leave to stand for 15 minutes. Place pot on the coals for 45 minutes, checking halfway.

Muffins a-la-Potjie Elu
Ingredients: 2 Rectangular greased foil dishes, pre-made muffin mixture of your choice.

Method: Pour the muffin mixture into well greased foil dishes, about ¾ full and place the dishes into a flat bottomed pot. Cover with the lid and place the pot directly onto a circle of around 6-8 hot briquettes. Place another 6-8 hot briquettes onto the lid. Leave for about an hour and do not peak! Enjoy with butter and jam.



Spicy Popcorn CaravanParks.com

Ingredients: 3 tbsp Unpopped popcorn, 2 tbsp oil, 1 tsp chilli powder, 1 tsp garlic salt, 3 disposable foil pans, 1 20-inch long strip aluminium foil, folded lengthways until 3 inches wide

Method: Combine popcorn, oil, chilli powder, and garlic salt in one disposable pan; mix well. Place pan inside another pan to double thickness. Invert third disposable pan over popcorn to close. Wrap foil strip crosswise around pan; fold over to secure pans together and to form a handle. Place pan in centre of braai grid. Grill for 8 to 10 minutes or until popping stops.

Sweet Nut Crunch Dot Bromehead

Ingredients: 1 Cup raw unshelled pumpkin seeds, 1 cup whole almonds, 2 tbsp melted butter, 1 tbsp honey, 1 tbsp brown sugar, 1 tsp cinnamon, 1 tsp salt, $\frac{1}{2}$ tsp cayenne, $\frac{1}{4}$ tsp ground nutmeg

Method: To make the sweet nut crunch: Spread the pumpkin seeds and almonds evenly in a frying pan. Place onto the grid until the nuts are fragrant and lightly toasted, about 15 minutes. Remove the pan from the grill. In a small bowl combine the remaining sweet nut crunch ingredients and mix well. Drizzle the mixture over the nuts and toss to coat evenly. Return the pan to the fire for 20 to 25 minutes more, stirring occasionally. Remove and allow the nuts to cool in the pan for 1 hour. Break into bite-sized pieces.

Pickle Rolls Holley Bromehead

Ingredients: Cream cheese, assorted lunch meats (ham, beef, chicken), pickles: gherkins, pickled onions, relish

Method: Take a slice of lunch meat and spread cream cheese over it, place your choice of pickle inside and roll up the meat. Enjoy

Spicy Nut Crunch Dot Bromehead

Ingredients: 1 Cup raw unshelled pumpkin seeds, 1 cup whole almonds, 1 cup roasted peanuts, 2 tsp hot chilli oil, 1 tsp olive oil, 1 tsp salt, 1 tsp paprika, 1 tsp Worcestershire sauce, ½ tsp cayenne pepper

Method: To make the spicy nuts: Spread the pumpkin seeds and almonds evenly in frying pan. Place onto the grid until the nuts are fragrant and lightly toasted, about 15 minutes. Remove the pan from the grill and add the peanuts. In a small bowl whisk together the remaining spicy nut ingredients. Drizzle the mixture over the nuts and toss to coat evenly. Return the pan to the fire for 5 to 7 minutes more, stirring once or twice. Remove and spoon nuts onto paper towels. Allow to cool.

Sweet Chilli Cheese Crackers Holley Bromehead

Ingredients: 1 Portion Philadelphia cream cheese, 1 bottle sweet chilli sauce, a variety of your favourite crackers.

Method: Open the cheese and place in the centre of a plate. Pour the sweet chilli sauce over the cheese. Enjoy with your favourite crackers.

Camp Site Trail Mix CaravanParks.com

Ingredients: 1 Box of Frosted Flakes, 1 pkt Raisins, 1 pkt Peanuts, 1 Large Bag of Plain M&M's

Method: Empty all ingredients into a large bowl, with lid, and mix together for an energy packed and delicious trail mix.

Sugared Almonds CaravanParks.com

Ingredients: 1 Egg white, 2 cups whole blanched almonds, ½ cup granulated sugar, 1½ tsp ground cinnamon, 1/8 tsp salt, 1 tbsp melted butter

Method: In a small bowl beat egg white until frothy. Add almonds; coat completely. Drain excess egg white from almonds; set aside. In a medium bowl combine sugar, cinnamon, and salt; mix. Add drained almonds; coat completely. Place nuts in a frying pan in a single layer. Place pan in centre of braai grid. Cook 14 to 16 minutes, turning nuts once halfway through grilling time. When nuts turn a dark brown, brush with butter to coat completely. Let cool before serving.

Fresh Fruit Juicy Pops Holley Bromehead

Ingredients: 100% Fruit juice assorted flavours, fresh fruit cubes of your choice (apples, strawberries, pineapple, grapes etc)

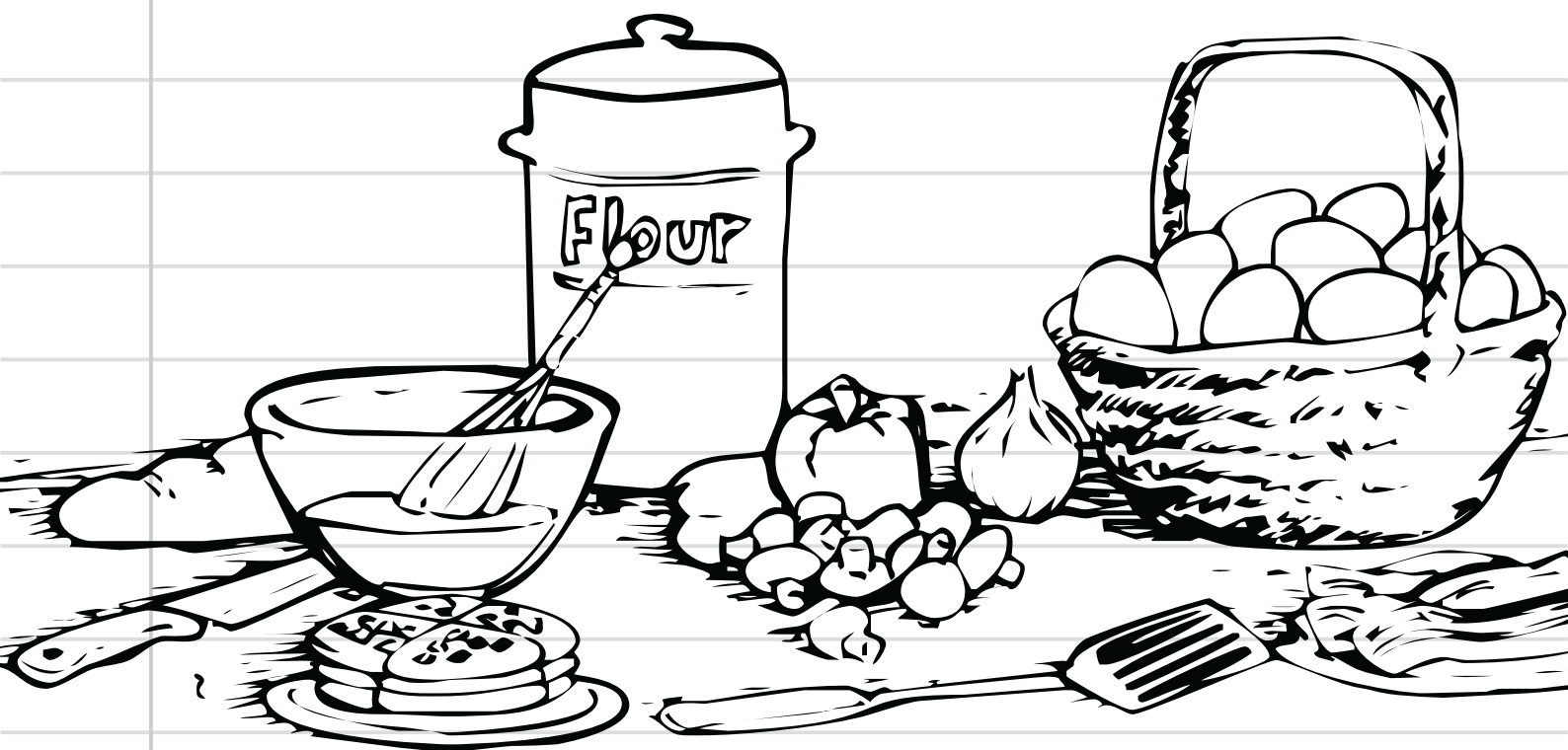
Method: Pour fruit juice into ice pop containers, add a few cubes of fruit and freeze.

Fresh Fruit Yoghurt Pops Holley Bromehead

Ingredients: Assorted flavour yoghurts, fresh fruit cubes of your choice (apples, strawberries, pineapple, grapes etc)

Method: Combine the fruit and yoghurt, pour into the ice pop containers and freeze.

10 Breakfast Brunch & Lunch



Campfire Breakfast Mads

Ingredients: 1 Dozen eggs, 1 packet bacon, ½ cup chopped onion, ½ cup chopped green pepper, 1 x can chopped mushrooms, grated cheddar cheese (as much as you want), chopped garlic, 1 teaspoon dried parsley

Method: Cut bacon into pieces and put into the skottel braai, stirring into separate pieces. Cook until about 1/2 done, then add chopped veggies, and stir until bacon is crisp and veggies are tender. Meanwhile beat eggs in large bowl, adding a little milk if available, add the garlic and parsley, and stir into bacon mixture in skottel. Cook stirring constantly until eggs are set. Remove from skottel, serve and sprinkle with cheese.

Zip Lock Omelettes Colleen Smith

Ingredients: Eggs, Ziploc bags, fillings of your choice; cheese, bacon, mushrooms etc

Method: Add 2 beaten eggs into your zip lock bag, add your choice of fillings. Season with salt and pepper. Seal the bag and shake well. Open the bag and roll out all the air and reseal. Stand the bags in boiling water for 13 minutes. Remove and serve.

Corny Scramble Herman van Staden

Ingredients: 6 Eggs, 1 can of sweet corn, 1pkt bacon cooked and crumbled, 2 tbsp margarine.

Method: Beat the eggs in a bowl . Add corn and crumbled bacon. Melt butter in a frying pan over medium heat. Add the egg mixture. Cook and stir until the eggs are completely set. Serve hot.

Bully Beef Waffles Herman van Staden

Ingredients: 2 Eggs, 1 cup of milk, 2 teaspoon cooking oil, 1 cup cake flour, pinch salt, 2 teaspoon baking powder, 1 can corned beef chopped up in very small pieces, grated cheese, margarine

Method: Preheat waffle iron. In a bowl mix together the eggs, milk and oil. Combine the flour, salt and baking powder. Stir in the milk mixture until it makes a smooth batter. Stir in the corned beef. Spoon batter onto waffle iron, close the lid, and cook until light brown. Take a knife and spread a little margarine lightly over the hot waffles and then sprinkle some grated cheese over the waffle. I close the lid slightly so that the heat can melt the cheese. Scoop out the waffle and have it for breakfast with eggs.

Breakfast Jaffles Herman van Staden

Ingredients: Slices of bread buttered on one side, cheese, eggs, bacon, salt and pepper.

Method: Using a Jaffle Iron, place bread buttered side down in the Jaffle Iron. Put a slice of bacon on, break an egg on top, sprinkle with cheese. Cover with the other slice of bread, buttered side up, close the Jaffle Iron and put onto the coals until golden brown.

Jaffle Variations CaravanParks.com

You can put almost anything into a Jaffle, so use your imagination. Here are some ideas to get your taste buds going.

Bully Beef & Chutney; Cheese, Ham & Tomato; Boerewors & Braai Sauce; Brown Mushrooms & Feta; Chicken Mayo; Potjiekos; Tuna Mayo; Curried Baked Beans; Vienna's & Tomato Sauce; Potato Salad & Steak; Chicken, Pineapple and Cheese; Pilchards in Tomato Sauce

Pap Toast Willem van Wyk

Put your leftover pap into a flat pan after dinner and place it in the fridge. In the morning, cut it like a pizza, butter each slice and fry until golden brown. Serve with grated cheese, fried eggs and any meat from last night's braai

Okaukuejo Special Luanda

Ingredients: 1 Chopped onion, crushed garlic, 250g diced bacon, 1 can tomato and onion mix, oregano, 6 eggs, grated cheese

Method: Fry onions, garlic and bacon in a skottel. Add the tomato and onion mix and the oregano and heat through. Make holes in this mixture and break an egg into each hole. When eggs are nearly done, cover them with the tomato mixture and sprinkle the whole lot with grated cheese. Serve with leftover pap or a slice of Pot Bread.

Pita Pizza CaravanParks.com

Ingredients: Pita breads, tomato & onion mix, grated cheese. **Topplings:** feta cheese, parmesan, olives, bacon, ham, pineapple, mushrooms, fresh tomato slices, shrimps, boerewors, chutney, well anything that you like to eat normally works well on a pizza, so use whatever toppings you fancy.

Method: Lightly toast the pita breads on each side. Place the pita onto a piece of oiled and floured foil. Spoon on a bit of the tomato and onion mix and cover with your favourite toppings. Place on the grid until the cheese has melted. This works especially well on a weber-type braai that you can cover.

12 Salads, Veggies & Side Dishes



Long Life Potato Salad Tina van Zyl

Ingredients: $\frac{3}{4}$ Cup Mayonnaise, $\frac{3}{4}$ Cup Condensed milk, $\frac{1}{2}$ Cup Vinegar, 1 Onion, finely chopped, 6-8 Potatoes, cooked in salt water and cubed, 7,5 ml Mustard powder, 3 ml Red pepper

Method: Mix all the ingredients together and keep refrigerated. If the potato salad is too sweet, add more vinegar. If it is too sour, add more condensed milk. This can be made a day or two before leaving for the weekend and lasts more than a week in the fridge.

Couscous Salad CaravanParks.com

Ingredients: 500g Couscous, sliced spring onions, 1 diced onion, olives, diced green and red peppers, 250g sliced mushrooms, 250g diced bacon.

Method: Prepare the couscous as per the instructions on the box, takes about 2 minutes. Fry the onions, peppers, mushrooms and bacon. Combine all the ingredients together in a bowl. Can be served warm or cold and it keeps for 2-3 days in the fridge.

Three Bean Salad Hester Gurr

Ingredients: 1 Tin butter beans, 1 tin baked beans, 1 tin green beans, 1 onion chopped, 1 green pepper chopped, Sauce: 250ml white vinegar, 250ml olive oil or sunflower oil, $\frac{1}{2}$ cup sugar, 3 heaped tablespoons dried basil.

Method: Make the sauce first and then combine all the ingredients in a bowl with the sauce. This salad is best made the day before and it keeps for up to a week in the fridge.

Wild Green Biltong Salad Christa van der Merwe

Ingredients: Lettuce leaves, peas, celery, green peppers, cucumber, spring onions, green beans, boiled eggs, sliced biltong, grated cheese, Miracle Whip/Mayo

Method: In a glass bowl, layer all the greens one on top of the other, cover the last layer with mayo, then the biltong and then the cheese.

Carrot Salad Herman van Staden

Ingredients: 3 Cups of shredded carrots, 1 can of pineapple pieces drained, 1 cup of small marshmallows, ¼ cup of raisins, ¼ cup of diced celery, ½ cup of creamy salad dressing, 2 tsp sugar

Method: In a large bowl toss together the carrots, pineapples, marshmallows, raisins and celery. Whisk together the salad dressing and sugar, pour over salad and toss. Chill for at least 12 hours.

Butterbean and Pineapple Salad Christa van der Merwe

Ingredients: 1 Tin butterbeans, 1 tin pineapple pieces. Sauce: Cook together 50ml sugar, 50ml vinegar, 25ml maizena

Method: Place beans and pineapple in a bowl, pour sauce over and enjoy

Pasta Salad Christa van der Merwe

Ingredients: Cooked pasta of any kind, 1 can peas or mixed vegetables, garlic sauce or any other salad dressing.

Method: Place all the ingredients in a bowl, mix well and enjoy

Noodle Salad Gretha Coetzee

Ingredients: 1 Chopped onion, 1 chopped green pepper, 1 pkt cooked spiral noodles. Sauce: 250ml tomato sauce, 125ml olive oil, 125ml vinegar, 1 cup sugar, 1 heaped tsp curry powder, few drops of Tabasco Sauce, pinch of pepper.

Method: Add the chopped ingredients to the cooked noodles, pour over the sauce and mix well. Refrigerate for a few hours or leave overnight.

Broccoli Salad Christa van der Merwe

Ingredients: Broccoli broken into small pieces, diced unpeeled red apples, sweet corn kernels. Sauce: Equal quantities mayo and condensed milk combined.

Method: Place the veggies in a bowl, pour sauce over. The longer you leave it, the nicer it tastes. If you are concerned about the condensed milk or are watching what you eat, you can use cream style sweet corn instead of kernels and low fat salad dressing instead of condensed milk.

Moerslaai Johann Buitendach

Ingredients: 1 pkt Cherry tomatoes, mielie kernels, button mushrooms, olives, feta, lettuce leaves, salad dressing

Method: Place all the ingredients in a bowl, 30 seconds and you're done!

Pineapple Salad Terina Maree

Ingredients: 2 Cans of pineapple pieces, 250ml sour cream, 1 can of condensed milk.

Method: Drain the pineapple pieces. Mix the sour cream and the condensed milk together and pour over the pineapple. Refrigerate before serving.



Sweet Potato Rounds Herman van Staden

Ingredients: 2 Sweet potatoes, peeled and shredded, 2 eggs lightly beaten, 1 tbsp brown sugar, 2 tbsp cake flour, 2 tsp ground cloves, 2 tsp ground cinnamon, vegetable oil for frying

Method: Squeeze the sweet potatoes to release as much liquid as possible. This is very important. In a large bowl, combine sweet potato, eggs, brown sugar, flour, cloves and cinnamon and mix well. Heat the oil in a large skillet. Form mixture into round small flat patties and fry in hot oil. Flip rounds after 4 minutes when bottom is brown and cook on the other side until brown and cooked through. Drain on paper and serve hot.

Veggie Bake Mark Groome

Ingredients: Foil, veggies of your choice, 1pkt brown onion soup, 1pkt white onion soup, 250ml cream.

Method: Make a double layer pocket of tinfoil. Throw in your veggies. Mix the soup and the cream together and pour over the veggies. Seal the pocket. Clear a space in the coals for the pocket. Gather coals around the tinfoil pocket, and place a couple on top. 20-30 minutes later, veggies are done.

Foil Veggies CaravanParks.com

Ingredients: Potatoes, sweet potatoes, bringal, butternut, mielies, cabbage wedges, onions, butter, olive oil, garlic, salt, pepper, herbs and spices

Method: Wrap your favourite veggies individually in foil, add a knob of butter and some salt, pepper and rosemary and place directly into the coals. For butternut, cut lengthways in half and scoop out the seeds. Place onto a sheet of foil and add olive oil, garlic, salt and pepper. Wrap up the foil and place into the coals.

Pineapple Salsa CaravanParks.com**Ingredients:** 1 Pineapple finely diced, 1 red pepper finely diced, 1 green chilli, deseeded and finely chopped, coriander, fresh mint, 1tbsp lemon juice.**Method:** Combine all the ingredients and leave for 10 minutes before serving. Fantastic with chicken and fish dishes.**Pita Fingers** Herman van Staden**Ingredients:** 6 Small pita breads, 4tbsp butter, finely chopped garlic, 2 tbsp fresh chopped parsley, salt and pepper**Method:** Place butter in a small pan and heat gently until melted, add the garlic and parsley and just heat through. Set aside to allow flavour to combine. Lightly slash the pita breads on one side and place cut side on the grid and toast lightly. Turn the pita bread over and spoon over the garlic butter. Season lightly with salt and pepper. Grill for another 2-3 minutes until butter melts in. Lift the pita breads onto a board and cut into thick fingers. Serve while still warm and crisp.**Garlic Camp Fire Snails** Pieter**Ingredients:** 1 Small tin of snails in brine per three people, ½ a finely chopped onion, crushed garlic, 1 tin cream of mushroom soup, grated cheese**Method:** In a potjie heat a bit of oil and fry the onion and garlic till soft. Add the soup and when it starts to boil, add the snails (minus the brine of course). Add a bit of cheese to the soup mixture and simmer for five minutes. Serve with fresh brown bread - guaranteed a hit.**Grilled Black Mushrooms** CaravanParks.com**Ingredients:** 400g Large black mushrooms, crushed garlic, olive oil, knob of butter, salt, pepper, Italian herbs**Method:** Melt the butter with the garlic, olive oil, salt, pepper and herbs in a large bowl. Add the mushrooms and toss to coat well. Place the mushrooms on the grid for 5-10 minutes until done.**Corn with Bacon & Chilli** CaravanParks.com**Ingredients:** 4 Mielies, 8 slices bacon, paprika**Method:** Wrap 2 slices of bacon around each mielie. Sprinkle with paprika and wrap in foil. Place in the coals for 20-25 minutes.**Sweet Corn Bake** CaravanParks.com**Ingredients:** 1 Can sweet corn, 2 cans whole kernel corn, 5 beaten eggs, 500ml cream, 250ml double cream, 2 tbsp flour, 2 tbsp maizena, 2 tbsp white sugar, ¼ cup melted butter, salt and pepper to taste**Method:** Combine sweet corn, kernels, eggs, cream, flour, maizena, sugar, melted butter, salt, and pepper in an oven proof dish or small potjie pot and place over the coals for 1 hour or until set.**Potatoes Parcels** Tina van Staden**Ingredients:** Sliced potatoes, chopped onions, chopped pepper dews, 1 tsp butter, salt and pepper, grated cheese.**Method:** Put all the ingredients into the foil parcels and seal well. Place in the coals or on the grid until done. Open the parcels and sprinkle grated cheese over and serve.



Blikkie Sop Christa van der Merwe

Ingredients: 1 Can pea soup, 1 can tomato soup, 1 can tuna in brine, 1 can mussels, 1 can water

Method: Drain and flake the tuna and drain the mussels. Add all the ingredients to a pot and bring to the boil and season to taste. Reduce heat and simmer for 10 minutes until done. Serve with a freshly made Pot Bread of your choice.

Bean & Bacon Soup CaravanParks.com

Ingredients: 200g Sugar beans, 3 mutton or pork shanks, 250g diced bacon, 1.5 litres water, 30ml butter, 1 finely chopped onion, 2 stalks finely chopped celery, 1 finely chopped carrot, salt and pepper

Method: Cover beans with cold water and soak overnight. Bring the meat, bacon and water to boil in a pot over the coals and simmer till the meat is tender. Fry the onion, celery and carrot in butter in a frying pan for 3 minutes.

When the meat is tender add the veggies and the beans and simmer for 20 to 30 minutes more. Add salt and pepper to taste and serve with a Pot Bread of your choice.

Chunky Chicken Soup CaravanParks.com

Ingredients: 8 Chicken pieces, 6 potatoes quartered, 2 chopped onions, chopped red and green pepper, garlic, pre-made chicken stock, 4 chopped carrots, green beans, peas, mushrooms, baby marrows, turnips, frozen mix veggies, herbs and spices, oil.

Method: You can make this in your potjie over the coals and you can add any veggies you like and leave out the ones you don't like. Fry the onions, peppers and garlic a little, then add the chicken pieces and brown gently. Once browned, add the stock and the potatoes, cover and simmer for about 45 minutes. Add the remainder of the veggies and season to taste. Cover and simmer again until the veggies are all done. Serve with your choice of Pot Bread

Beer Cheese Soup CaravanParks.com

Ingredients: 1 Cup minced celery, 1 cup minced carrots, 1 onion minced, ½ cup butter, 1/3 cup flour, ½ tsp. salt, ¼ tsp. pepper, 2 cups cream, 300ml beer, 300ml condensed chicken stock, 3 cups grated Cheddar cheese

Method: In your potjie, fry the celery, carrots, and onion in butter until tender, 4-5 minutes. Add flour and cook with a wire whisk, stirring constantly, until mixture bubbles, 4-5 minutes. Add cream, beer, and chicken stock. Cook and stir until thickened, about 10 minutes. Then add cheese, salt and pepper and cook until soup is blended and cheese is melted.

Zippy Bacon & Potato Soup CaravanParks.com

Ingredients: 250g Diced bacon, 1 chopped onion, 8 peeled and diced potatoes, 1 grated carrot, 5 cups water, 1 can evaporated milk, 2 tbsp butter, 4½ tsp minced fresh parsley, 2 tsp Worcestershire sauce, ½ tsp mustard, ½ tsp ground nutmeg, ¼ tsp salt, 1/8 tsp cayenne pepper

Method: Fry bacon and onion; drain and set aside. Cook the potatoes and carrot in water for 20 minutes or until tender (do not drain). Stir in the remaining ingredients and the bacon mixture. Cook for 10 minutes or until heated through.

Beefy Tomato Pasta Soup CaravanParks.com

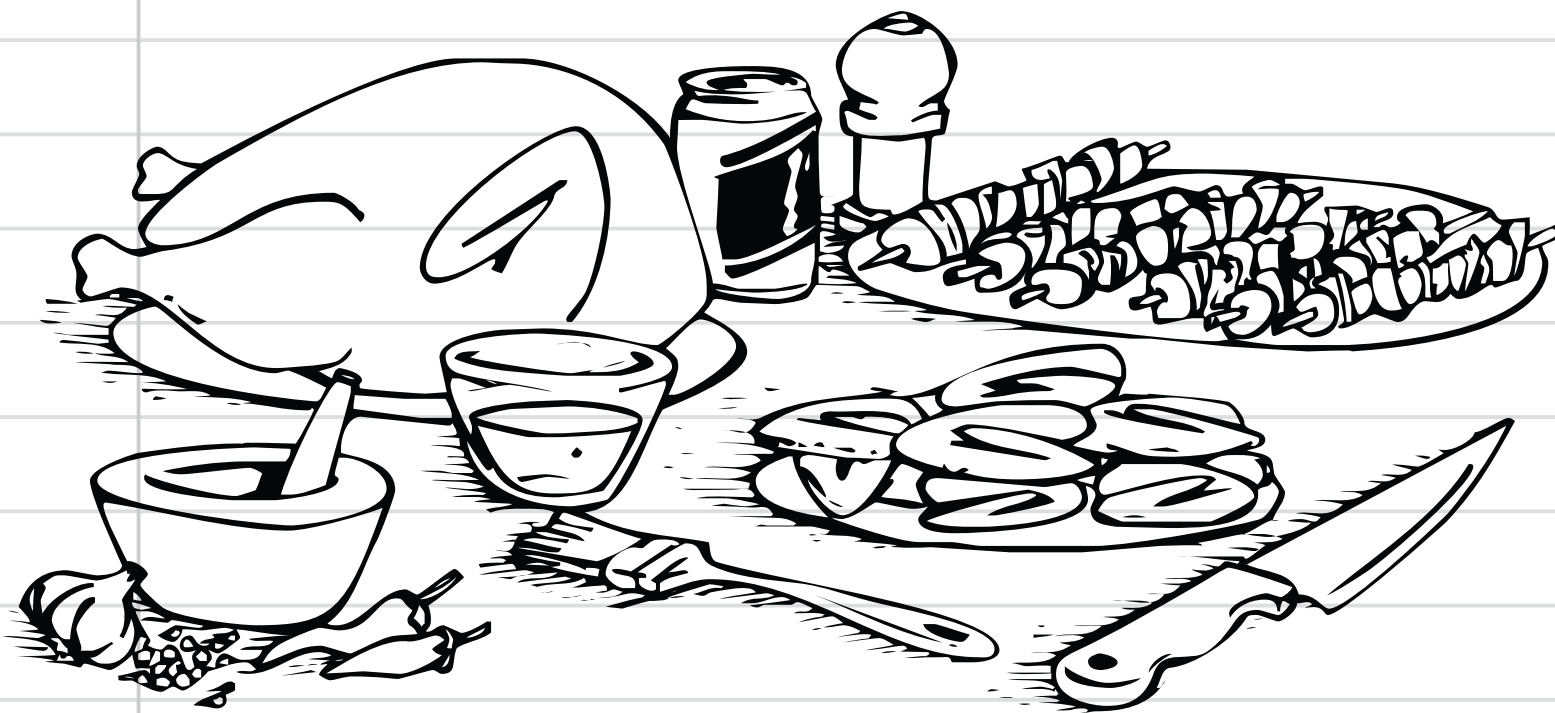
Ingredients: 500g Mince, 2 roughly chopped green peppers, 1 roughly chopped onion, 1tsp crushed garlic, 5 cups water, 2 cans undrained diced Italian tomatoes, 1 sml can tomato paste, 1 tbsp brown sugar, 2 tsp Italian herbs, 1 tsp salt, ¼ tsp pepper, 2 cups uncooked spiral pasta, Croutons

Method: Fry the beef, green peppers, onion and garlic over medium heat until meat is no longer pink; drain. Add the water, tomatoes, tomato paste, brown sugar, herbs, salt and pepper. Bring to a boil. Add pasta. Cook for 10-14 minutes or until pasta is tender, stirring occasionally. Serve with croutons if desired.

Seafood Bisque CaravanParks.com

Ingredients: 2 Cups dry white wine, 1 bay leaf, 1 chopped onion, 1 clove garlic, 2 sticks chopped celery, 1 crayfish or crab, 500g prawns, 24 cleaned mussels in the shells, 1kg marinara mix, 4 cups cream, 1 cup milk, 1 tsp dried thyme, 1 tbsp minced fresh parsley, ¼ tsp rosemary, 1 cup chopped spinach, ½ cup grated carrot, salt, pepper, ½ tsp lemon juice

Method: Combine the white wine, bay leaf, onion, garlic, and celery in a potjie pot over medium heat. Bring to a boil. Add the crayfish/crab, cover the pot and steam for 10 minutes. Remove the crayfish/crab. Add the prawns, cover the pot, and steam for 5 minutes. Remove the prawns. Add the mussels, cover the pot and steam until they open. Remove the mussels and extract the meat. Discard any that do not open. Add 2 cups water to the liquid in the pot, bring to a boil. Extract the crayfish/crab, reserving the shells. Peel and de-vein the prawns, reserving the shells. Chop all the meats into bite-size pieces, cover and set aside. Return the seafood shells to the pot of broth and add 2 cups water. Bring to a boil, then reduce heat and simmer for 30 minutes. Strain the broth and return it to the pot. Bring the broth to a simmer over low heat. Add the cream, milk, thyme, parsley, and rosemary and simmer until the mixture thickens slightly, about 5 minutes. Add all the seafood and simmer for 5 minutes. Stir in the spinach and carrots and simmer another 5 minutes, just to wilt the spinach. Season with salt and pepper, stir in the lemon juice and serve hot with a Pot Bread of your choice.



Beer Can Chicken by Guy Crichton

Ingredients: Whole chicken, can of your favourite beer or coke, mixed herbs, chicken spice, tot of Sherry, chilli paste, salt and pepper to taste, tin foil.

Method: Open a can of your favourite beer! Take a few compulsory sips! Add into the $\frac{3}{4}$ -full beer - Chicken spice, herbs, and chilli paste. Add a tot or two of sherry. This gives the chicken an amazing flavour. Remember to salt the outside/skin as this gets it nice and crispy. Put the opened can, with the ingredients in the can, up the chicken's rear so that the chicken is "sitting" on the beer can. The can will support the chicken in an upright position. Place the can (with the chicken sitting on it) on the grid of an open braai (the grid must be at a normal sort of height) and place tin foil around so as to retain some of the heat. Not too close to the chicken though. You might want to weigh down the tin foil on the corners so it does not fly away. The principle is that your magic mixture in the can will boil and steam through the chicken - leaving amazing flavours, and the meat turns out soft and melts in your mouth. About an hour and a half later you will have the softest chicken ever! Check your coals carefully and enjoy watching your chicken turn golden brown. Enjoy!

Garlic Cheddar Chicken Herman van Staden

Ingredients: $\frac{1}{2}$ Cup margarine, garlic, 1 cup bread crumbs, $\frac{1}{2}$ cup grated cheddar cheese, 1 tsp dried parsley, 1 tsp dried oregano, black pepper, salt, 4 skinless boneless chicken breasts pounded thin.

Method: Melt the butter in a saucepan over low heat and cook the garlic until tender, about 5 minutes. In a bowl, mix the bread crumbs, cheese, parsley, oregano, pepper and salt. Dip each chicken breast in the butter garlic to coat, then press into the bread crumb mixture. Drizzle with any remaining butter and top with any remaining bread crumb mixture. Pan fry until golden and the chick is cooked through.

Camp Fire Chicken Parcels Herman van Staden

Ingredients: 1 Finely chopped onion, 2 chopped yellow and green peppers, 250g sliced mushrooms, garlic, salt, pepper, 2 peeled and diced potatoes, ¼ cup olive oil, juice of 1 lemon, 2 cubed boneless chicken breasts, parsley,

Method: Combine all the ingredients in a bowl and mix well. Divide the mixture onto the foil parcels and seal well. Place another sheet of foil over this parcel to secure and seal well again. Place in the coals for about 40 minutes and serve in the foil parcels.

Chicken GIBLETS a-la-Portuguese Andrew Leigh

Ingredients: 1kg Chicken gizzards cut into bite-size pieces, 2 large sliced onions, 5 diced tomatoes, 3 finely chopped large chillies, 3tsp powered chicken stock, 3 large chopped garlic cloves, 3 bay leaves, 2tsp heaped paprika, 2 – 3 tbsps finely chopped parsley, olive oil

Method: Rinse gizzards under cold water to remove any excess dirt. Drain in a colander. Heat a deep pot and liberally apply olive oil to the bottom. When hot, place half the Gizzards in the pot and caramelise, stirring continually to avoid burning. Remove once done and set aside. Add more olive oil as deemed necessary and caramelise the remainder of the gizzards, once done set aside. Add more olive oil to the now empty pot and fry the onions. When the onions are soft return the gizzards to the pot and add the finely diced tomato, chicken stock, bay leaves and garlic. Season with salt and pepper to taste, it is important to season now before adding the chilli to get the correct balance. Your dish is now done, but for those of us who have a definite leaning toward foods with a bite the following addition to the recipe is recommended. Add the 3 finely diced chillies (or more if your taste allows). Give the pot a good stir and allow to simmer over a low heat for as long as what it takes to get the Gizzards tender. Allow at least two hours, in this time the sauce reduces to bread roll 'dunkin' consistency. Serve either on a bed of potato wedgies or with your choice of Pot bread.

Pot Roasted Lemon Chicken CaravanParks.com

Ingredients: 1 Whole chicken, 4 peeled and halved potatoes, 2 peeled and halved onions, 1 peeled and cubed butternut, 4-6 leeks halved lengthways, olive oil, butter, salt, pepper, 2 halved lemons, rosemary, whole garlic cloves, 500ml chicken stock, 1 glass dry white wine

Method: Put your potjie pot (flat bottom works best) on the coals with the lid on and leave to heat up. Wash the chicken and pat dry. Rub the butter between the skin and the flesh. Rub the olive oil over the skin of the chicken. Place 2 halves of lemon into the cavity of the chicken and squeeze the other 2 halves of lemon over the chicken. Season the whole bird with salt, pepper and rosemary. Add a little olive oil to the pot and lightly fry the leeks. Place the chicken on top of the leeks, add the wine and half the stock. Cover for 30 minutes and place a few coals on the lid. Place the potatoes, onions and butternut around the chicken, add more liquid if necessary, but not too much, you don't want stew. Cover until potatoes and chicken are done.

Hunter Chicken Hester Gurr

Ingredients: Olive oil, 1 whole chicken, cut into pieces, 250g diced bacon, 2 chopped onions, 1 sliced green and red pepper, 250g sliced mushrooms, salt, pepper, 1 heaped tsp paprika, 1 can tomatoes, 2 cups rice, 500ml chicken stock

Method: Soak the rice for 1 hour in water. Fry the onions, peppers, chicken and bacon until browned. Drain the rice. Sprinkle the rice over the chicken, add the stock and the can of tomatoes. Put the lid on and simmer for 35 minutes. Add extra water if necessary. Add the peas and the mushrooms, cover and leave until the peas are done. Do not mix this dish until everything is done.

Chicken Kebabs Willie Bromehead

Ingredients: 500g Cubed skinless, de-boned chicken breasts, 25ml tomato paste, 5ml curry powder, 25ml soy sauce, 1 can drained apricot halves, retain the juice, 2 cubed onions, 1 cubed green pepper, olive oil

Method: Mix the tomato paste, curry powder, soy sauce, and apricot juice together. This is your marinade. Thread the chicken, onion, green pepper and apricots on skewers. Marinate for an hour or two. Fry in olive oil in a skottel or over the coals.

Sweet Thai Chilli Wings Holley Bromehead

Ingredients: 12 Chicken wings, 1 pkt Royco Sweet Thai Chilli sauce, skewer sticks.

Method: Place the wings onto the skewer sticks and sprinkle the sauce powder over both sides of the wings. Braai for 25 minutes.

Yoghurt Chicken CaravanParks.com

Ingredients: 8 Chicken thighs, 15ml honey, 30ml lemon juice, 30ml plain yoghurt, 60ml chopped fresh mint, salt, pepper

Method: Slash the chicken a few times and place in a bowl. Mix together the honey, lemon juice, yoghurt and seasoning and pour over the chicken. Leave for 30 minutes to marinate. Braai until golden and crispy.

Italian Style Chicken CaravanParks.com

Ingredients: 1 Bottle Italian-style salad dressing, 1 tsp garlic powder, 1 tsp salt, 4 skinless, boneless chicken breast halves

Method: In a shallow baking dish, mix the salad dressing, garlic powder, and salt. Place the chicken in the bowl, and turn to coat. Refrigerate for at least 4 hours. Braai over medium coals for 8 minutes on each side

Quick Chicken Burgers CaravanParks.com

Ingredients: Skinless, de-boned chicken breasts and a variety of your favourite marinades

Method: Cover one breast at a time with cling film and beat flat with a kitchen mallet, rolling pin, empty wine bottle or any other utensil that will. Place the breasts into your favourite marinade for 2 hours. Braai for 4-5 minutes on each side. Serve in a hamburger bun topped with a grilled black mushroom and a side salad.

Meat



Potjiekos Holley Bromehead

Ingredients: 1.5 kg Your choice of meat, 1 Pkt Garlic Steak Marinade, 2 tbs Olive Oil, 2 Onions – sliced, 250ml Red Wine, Salt & Pepper to taste, 250g Whole Baby Carrots, 3 Medium Potatoes, peeled and sliced, 250g Frozed Peas, 250g Sliced Mushrooms, 1 Tin Cream of Mushroom Soup.

Method: Marinate the meat in the garlic marinade for 1 hour, turning the meat every now and then. Heat the oil in the pot, add the meat and onions, cover and simmer for about 45 minutes. Mix the red wine with the marinade and add to the pot. Cover and simmer for another 3 hours or until the meat is tender. Add a little water if the meat becomes too dry. Season with salt and pepper. Arrange the potatoes, carrots, and peas in layers on top of the meat, cover and simmer for a further 45 minutes. Add the mushrooms and soup, cover and simmer for 30 minutes. **Tips:** Potjies cooked on a wood fire lends a unique wood smoke taste to the food. Important - do not stir your potjie or it will turn into soup.

Beef Fillet Leon Coetzee

Ingredients: Beef Fillet, soup bones, crushed garlic, salt, pepper

Method: Cut the fillet open lengthways to open it up, make extra cuts if it needed. Push the marrow out of the soup bones, use the back of a wooden spoon and spread it over the fillet. Use as much marrow as you like, the more the better it tastes, add garlic, salt and pepper. Roll the fillet back up and secure with string placed about 4cm apart. Place onto the grid and braai until done.

Owambo-Special Johann Buitendach

Ingredients: 4 Cans baked beans, 1 can apricot jam, 2 cans cubed bully beef, 2 chopped onions, 2 finely chopped chillies, 2 tbsp chutney, salt, pepper

Method: Place all the ingredients in a pot and simmer for 15 minutes until done!

Hamburger Patties Herman van Staden

Ingredients: 500g Mince, finely chopped onion, 250g finely chopped mushrooms, salt, pepper, 3 finely chopped bacon rashers, grated cheese, crushed garlic, mustard, bread crumbs, 1 tbsp soya sauce, 1 tbsp Worcestershire sauce, beer

Method: Combine all the ingredients and mix well. Add beer if more moisture is needed. Put into fridge for about two hours. Make into patties and grill over fire or in a frying pan.

Venison Potjie Adrie Moffat

Ingredients: 1 Leg of venison, 8 halved garlic cloves, 100g sliced bacon, 4 tbsp oil, 3 chopped onions, 2 tsp salt, coarsely ground black pepper, 1 cup beef stock, Marinade: 4 tbsp brown vinegar, 2 tbsp oil, 2 tbsp brown sugar, 2 bay leaves, 10 whole black peppercorns, 3 whole cloves, 1 cinnamon stick, 3 cups dry red wine.

Method: Prepare the marinade, heat the vinegar to boiling point and then add the remainder of the marinade ingredients. Simmer for a few minutes, remove from the heat and leave to cool. Once cool, add the red wine. Using a sharp knife make incisions about 4cm apart over the whole leg and push a piece of garlic and bacon into each. Place into a bowl and pour the marinade over, leave for at least 24hrs, turning often. Remove the meat from the marinade and pat dry. Heat some oil in your potjie pot and brown the meat all over. Add the onions and fry until translucent. Season with salt and pepper. Add the beef stock and 250ml of the marinade. Reduce heat and simmer for 3-4 hours until meat is tender.

Hobo Dinner Willie Bromehead

Ingredients: 4 Medium potatoes peeled and sliced, 1/2 sliced medium onion, 500g de-boned and diced stewing beef, 1/4 cup water, salt, pepper. Heavy-duty foil, doubled in 25mm lengths.

Method: Add water to beef and mix well. Add potatoes, onion and seasoning. Mix well. Separate into 3-4 servings. Wrap in double-thickness heavy-duty aluminium foil. Place seam-side up on coals for about 40 minutes, rotating periodically. Do not turn over. Open carefully. Serve with chutney or tomato sauce.

Campers Pot Roast Willie Bromehead

Ingredients: 4-6 Pork or beef ribs or a beef roast, 4 sliced medium onions, 6-7 halved potatoes, 1 large bag of baby carrots, 1/2 cup celery chunks, salt, pepper, barbeque sauce

Method: Place meat, potatoes, onions, carrots and celery in large pot and cover with water. Add salt and pepper. Place pot on fire and let cook slowly for a couple of hours.

Piccadinos Mark Groome

Ingredients: Pork, cut into bite size chunks, garlic, olive oil, cream, pepper, pepper sauce, curry powder/marsala mix.

Method: Brown the pork with garlic in the olive oil. Pour in the cream, so it covers the meat. Add pepper and pepper sauce to taste, its supposed to be a little spicy. Add a pinch of curry/marsala. Add a pinch of salt. Simmer away until the creamy pepper sauce thickens. Eat with hot chips, bread, or both.....oh, and some good wine.



Lamb Pot Trevor

Ingredients: 2kg Leg of lamb, 150g dried peaches, 250g diced bacon, 300g baby carrots, 15ml ground coriander, 8 peeled and halved potatoes, 15ml brown sugar, 300g brussel sprouts, 1 bottle dry red wine, salt, pepper, 30ml butter, 15ml apricot jam, 3ml dried rosemary, 15ml cake flour, 250ml sour cream

Method: Trim all the fat off the leg. Make small cuts in the leg with a knife and stretch these cuts by pushing a finger in each cut. Fill each cut with the cubed bacon. Rub the leg well with the coriander and the brown sugar. Marinate the leg in the wine overnight. Melt the butter in the pot while the fire is still burning and brown the leg slightly on all sides. Add the rosemary and 50ml of the wine marinade. Cover with the lid and allow the pot to simmer for at least 1.5 hours or until the leg is half done. Ensure that the coals are not too hot and turn the leg regularly adding some more wine marinade and not more than half of the sour cream. Add the dried fruit, cover with the lid and allow the pot to simmer for 30 minutes. Layer the veggies as they appear in the recipe and season with the salt and pepper. Add the remaining sour cream, cover with the lid and allow the pot to simmer for an hour. When the leg is done, add the jam, cover with the lid and wait until the jam has melted. The pot is now ready to be served. Remove the leg and carve it in slices. Add the flour to the sauce and stir until ready.

Beef & Onions Holley Bromehead

Ingredients: Diced stewing beef, 2 sliced onions, 1 sliced green pepper, 250g brown mushrooms, 2 cans of tomato and onion mix, 500ml stock, salt, pepper, herbs and spices.

Method: Fry the onions and mushrooms, add the meat and brown a little. Season to taste with salt, pepper, herbs and spices. Add the stock and the tomato and onion mix, put the lids on simmer over the coals until the meat is tender, about 1 ½ hours. Serve with pap or your choice of Pot Bread.

Shish Kebabs CaravanParks.com

Ingredients: 450g Cubed lamb, 1 large cubed green and yellow pepper, 8 halved baby onions, 250g button mushrooms, 15ml melted butter. Marinade: 45ml olive oil, juice from 1 lemon, crushed garlic, 1 large grated onion, ½ tsp oregano, salt, pepper

Method: Blend all the ingredients for the marinade, pour over the meat and refrigerate for 2-3 hours. Thread the skewers alternating with lamb, peppers, onions and mushrooms. Braai for 10-12 minutes, basting occasionally.

Persian Kebabs CaravanParks.com

Ingredients: 450g Lean lamb or beef fillet, 2-3 strands saffron, 1 large grated onion, 15ml melted butter, salt, pepper

Method: Cut the meat into strips of about 1cm thick. Soak the saffron in 15ml boiling water, pour into a small bowl and mix in the onion. Add to the meat and refrigerate for 2-3 hours. Season the meat with salt and pepper and thread onto the skewers, folding the meat like a concertina. Braai for 10-12 minutes, basting occasionally with the melted butter.

Black Bean Chilli CaravanParks.com

Ingredients: 600g Cubed boneless pork, 2 cans drained black beans, 1 cup chopped onion, 1 cup chopped yellow pepper, 1 cup thick and chunky salsa, 1 can diced tomatoes, 1 tsp crushed garlic, 1 tsp paprika, ½ tsp cumin, sour cream, grated cheddar cheese

Method: Combine all ingredients except the sour cream and cheese in a potjie pot. Cover and cook on low heat for 3-4 hours. Top individual bowls with sour cream and Cheddar cheese.

Brazilian Pork Ribs CaravanParks.com

Ingredients: 1kg Pork ribs, ½ cup soy sauce, 10 cloves crushed garlic, 1 tbsp dried rosemary, 1 tbsp dried oregano, 2 bay leaves, 1 juiced lemon, fresh parsley, ground black pepper to taste

Method: Place the spare ribs into a large pot, and fill with just enough water to cover. Add the soy sauce, garlic, rosemary, oregano, bay leaves, lime juice and ¾ of the parsley. Bring to a boil, then boil uncovered over medium heat until the water has completely evaporated, about 25 minutes. When all of the water is gone, remove the ribs, season with salt and pepper and place on the braai for a few minutes on each side.

Piggy-Back Lamb Chops CaravanParks.com

Ingredients: 2 tbsp Olive oil, 250g sliced mushrooms, 8 slices bacon, 4 lamb chops, coarsely ground pepper, salt

Method: Heat the olive oil and fry the mushrooms, set aside. Fry the bacon until crispy with some pepper, set aside. Season the lamb chops with salt and pepper and place them on the braai. Cook to your desired degree of doneness. Serve each chop with two slices of bacon over it, and top with the sliced mushrooms.

Fish



Mussels en Croustade Andrew Leigh

Ingredients, 4 Large, round crusty bread rolls, 175g butter, 900g mussels, cleaned, 50ml oz dry white wine, 2 large or 4 small leeks, cleaned and finely chopped, 30ml double cream, 1 tsp beurre manie (a mixture of equal proportions of butter and flour) , 1 tbsp chopped chives salt and freshly ground pepper,

Method: 1. Use one potjie as an oven by placing coals on the lid as well, or use a Weber. Preheat the potjie to about 200C. 2. Cut a thin slice off the top of each bread roll and set aside. Scoop out all the soft bread from inside each roll with a teaspoon, leaving a wall about 6mm thick. Melt 50g of the butter and use to brush the inside of each roll and the lids. Place them on a rack in the potjie and bake for 5-7 minutes, until crisp and golden. Keep warm.

3. Now place the mussels in the potjie with the wine, then cover and cook over a high heat for about 3 minutes, shaking the pot now and then, until they have just opened. Tip them into a colander set over a bowl to collect all the cooking liquor. Remove the mussels from their shells, cover and set aside. 4. Rinse the potjie to get rid of any grit that may have accumulated from the mussels. Melt another 25g of the butter in the potjie. Add the leeks, cover and cook for 4-5 minutes, until soft. Add all the mussel cooking liquor except the last tablespoon or two (which might contain some grit), then bring to the boil and simmer until reduced by half. Stir in the remaining butter, the double cream and the beurre manie. Simmer for 1 minute until slightly thickened. 5. Stir the mussels, chives and some seasoning into the sauce. Spoon the mixture into the warm rolls, partly cover with the lids and serve.

Coconut Shrimps Herman van Staden

Ingredients: 1 Egg, ½ cup flour, another ¼ cup flour, 2/3 cup beer, 1 ½ tsp baking powder, 2 cups flaked coconut, prawns, oil

Method: In a bowl, combine egg, ½ cup flour, beer and baking powder and mix into a batter. Place ¼ cup flour and coconut in two separate bowls. Hold the prawn by the tail and coat in flour, shake off excess. Dip in egg/beer batter, allow excess to drip off. Roll the prawn in coconut, and place on a baking tray lined with wax paper. Refrigerate for 30 minutes. Fry the prawns in batches for 2 to 3 minutes, turning once. Remove onto a paper towel to drain.

Snoek on the Coals Coert

Ingredients: 1 Fresh cleaned snoek, foil, chutney, black pepper, lemon juice

Method: Place the fish onto the foil. Mix the chutney, pepper and lemon juice together and smear all over the fish. Wrap the fish in the foil and place onto the grid until done.

Skottel Trout Willie Bromehead

Ingredients: 4 Fresh cleaned trout, 10ml lemon pepper, 10ml lemon juice, 150ml margarine, 50ml crushed almonds. Filling: 1 chopped onion, 50ml chopped parsley, 1 clove crushed garlic, 1 tin whole peeled tomatoes, drained, salt.

Method: Mix the lemon pepper, lemon juice, melted margarine and almonds. Heat the mixed filling ingredients, reserving some tomato and onions for garnishing. Stuff the trout with the filling and then fry the trout in foaming margarine. Add the rest of the tomatoes, onions and almonds. Fry until the fish is cooked. Serve with rice.

Fish Stir Fry Willie Bromehead

Ingredients: 1tbsp Olive oil, 1 stick finely chopped celery, 1 finely chopped onion, 1tsp crushed garlic, 1 tin of un-drained minced tomatoes, 1 tin drained butter beans, 1tsp chilli powder, ½ cup dry white wine, 4 de-boned, cubed white fish fillets, 2tsp chopped fresh parsley, ground black pepper.

Method: Heat the oil in the skottel. Add the celery, onion and garlic and sauté for about 5 minutes. Add the tomatoes, beans and chilli. Simmer for about 10 minutes. Meanwhile – heat the wine in a medium saucepan over moderate heat. Add the fish, and poach for about 3 – 4 minutes – until just cooked through. Add the cooked fish with the juices to the tomato and beans in the skottel. Add the parsley and pepper to taste. Serve with 'pap' or mashed potatoes and mixed salad.

Fresh Grilled Sardines CaravanParks.com

Ingredients: 1kg Fresh cleaned sardines, olive oil, salt, coarse black pepper, chopped fresh parsley, lemon wedges

Method: Remove the sardine heads, rinse and pat dry. Brush with olive oil and sprinkle with salt and pepper. Braai for about 3-4 minutes each side until the skin starts to brown. Serve immediately with chopped parsley and lemon wedges.

Grilled Prawns Holley Bromehead

Ingredients: 2kgs Prawns, ½ cup olive oil, ½ cup lemon juice, crushed garlic, salt, pepper, finely sliced fresh chillies, finely sliced chives

Method: Make the marinade with all the ingredients, refrigerate while you prepare the prawns. Remove the heads of the prawns, cut lengthways to butterfly the prawn and remove the vein. Rinse under running water and place in a bowl. Once all the prawns have been prepared, pour the marinade over, mix well and refrigerate for at least 2 hours, turning occasionally. Over low heat coals, place the prawns flesh down onto the grid for about 2 minutes, turn over for another 2 minutes. Remove and eat while hot.

Camp Fire Fish Parcels Holley Bromehead

Ingredients: 1 Whole cleaned fish, foil, 1 sliced lemons, 1 whole lemon, 1 glass dry white wine, olive oil, salt, pepper, thyme, 3 peeled and sliced potatoes, 1 sliced onion

Method: Use double layer foil for this. Make a bed for the fish with the sliced potatoes and onions. Add salt, pepper, thyme and a splash of olive oil. Make 2 or 3 cuts on either side of the fish and place onto the bed of potatoes and onions. Place the lemon slices and a few onions into the belly of the fish and again add salt, pepper, thyme and a splash of olive oil. Pour the wine over the whole lot and seal the foil well. Place over medium heat coals for about 30 minutes or until the potatoes are done. Enjoy with your favourite Pot Bread.

Marinated Fish & Mussel Skewers CaravanParks.com

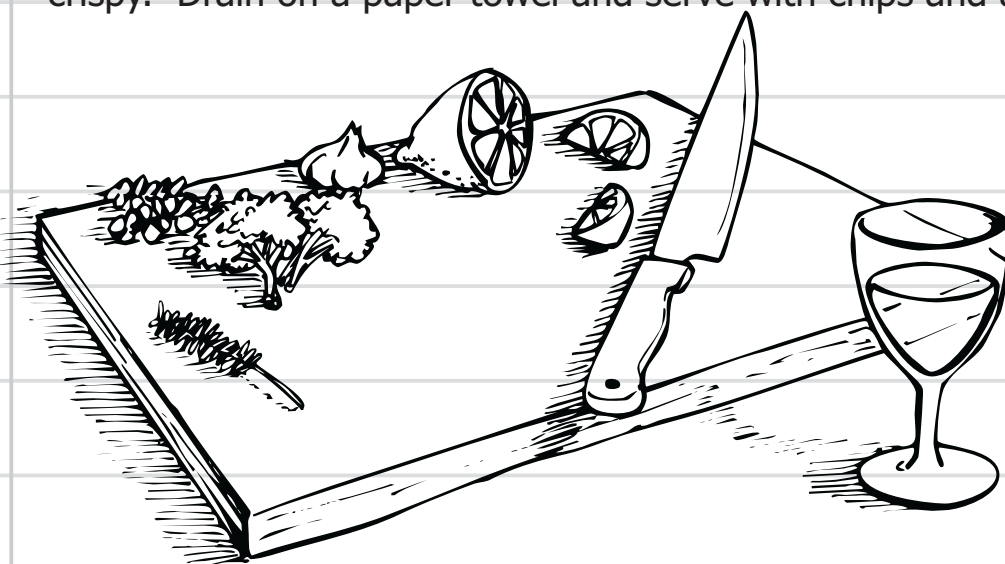
Ingredients: 450g Cubed white fish, 5ml olive oil, 30ml lemon juice, 5ml paprika, crushed garlic, 4 bacon rashers, 8 mussels, salt, pepper

Method: Mix together the oil, lemon, garlic, paprika and pepper and pour the marinade over the fish. Refrigerate for 30 minutes. Cut the bacon rashers in half and wrap around a mussel. Thread onto skewers, alternating with fish cubes, prawns and mussels. Braai for 7-8 minutes, turning once and basting with the leftover marinade.

Beer Battered Fish CaravanParks.com

Ingredients: ¼ Cup self raising flour, ¼ cup maizena, 250g plain flour, 250ml beer, oil for deep frying, 4 skinless fish fillets

Method: Sift the self raising flour, maizena and ½ a cup of plain flour in a bowl together and make a well in the centre. Pour in the beer and whisk to a smooth batter. Coat the fish fillets in the plain flour, shaking off the excess, then dip into the beer batter. Fry for 4-5 minutes until golden brown and crispy. Drain on a paper towel and serve with chips and a salad.





Grilled Pineapple Herman van Staden

Ingredients: 1 Fresh peeled pineapple sliced in rings, $\frac{1}{4}$ cup rum, $\frac{1}{4}$ cup brown sugar, 1 tbsp ground cinnamon, $\frac{1}{2}$ tsp ground ginger, $\frac{1}{2}$ tsp ground nutmeg, $\frac{1}{2}$ tsp ground cloves

Method: Place the pineapple rings in a glass bowl. In another bowl mix together the rum, brown sugar, cinnamon, ginger, nutmeg and cloves. Pour the mix over the pineapple rings, cover and refrigerate for 1 hour or over night. Make a fire or preheat an outside gas grill and put the pineapple rings on the grill and grill for about 15 minutes, turning once, or until outside is dry. Serve immediately with ice cream and the marinade.

Milk Tart Annette Weigelt

Ingredients: 1L milk, 4 eggs, 1 cup sugar, 1 can Ideal Milk, 4 tbsp maizena, 4 tbsp flour, 125g butter, pinch of salt, cinnamon, crushed tennis biscuits.

Method: Heat the milk and butter together. Combine the salt, flour, maizena, sugar and eggs and add the Ideal milk. Add this to the warm milk and butter. Reduce the heat and warm through. Put the crushed tennis biscuits in the bottom of a baking tin and press down firmly. Pour the milk mixture over, sprinkle with cinnamon and leave to cool and set.

Marshmallow Cookies Annette Weigelt

Ingredients: 2 pkt Marshmallows, 1 pkt crushed marie biscuits, 1 can condense milk, 75ml strawberry Nesquik, 125g butter, 250g coconut

Method: Melt the butter and Nesquik together. Add the maries to the condense milk and mix well. Refrigerate for 1 hour. Smear butter on your hands and take a small knob of the marie/condense milk mixture and wrap it around a marshmallow. Roll this in the coconut and refrigerate for another hour.

Banana Salad AWOD**Ingredients:** Peeled and sliced bananas, 1 can caramel, lemon juice**Method:** Put the bananas into a bowl. Mix the caramel with a few drops of lemon juice and pour over the bananas. Mix well**Melk Kos** Belinda**Ingredients:** $\frac{3}{4}$ Cup flour, 2L milk, pinch of salt, sugar to taste**Method:** Put the flour in a bowl and add a little water, just enough to make the mixture crumbly. Heat the milk and salt until boiling point and then add the crumbly flour mixture to this. Stirring continuously until the crumbles are done. Serve with cinnamon sugar.**Eat 'n Mess** Sharyn Le Roux**Ingredients:** Fresh strawberries, meringues, fresh cream, mascarpone cheese**Method:** Cut strawberries into halves, put in a bowl, break the meringues over the strawberries. Lightly beat the cream until just starting to stiffen and add the mascarpone to the cream and mix well. Pour the cream mixture over the strawberries and meringues and mix well.**Peanut Butter Chocolate Pudding** CaravanParks.com**Ingredients:** 2 Cups cold milk, 2 tbsp chunky peanut butter, 1 cup whipped cream, 1 pkt chocolate instant pudding**Method:** In a small bowl, mix 2 tbsp milk and peanut butter until smooth. Fold in $\frac{3}{4}$ cup whipped cream and set aside. In a mixing bowl, beat pudding mix and remaining milk until blended, about 2 minutes. Let stand for 5 minutes. Spoon half of the pudding into individual bowls; top with peanut butter mixture and remaining pudding. Garnish with remaining whipped cream.**Rooibos Tea Punch** Christa van der Merwe**Ingredients:** 1L cold rooibos tea, 1L fruit juice, 1L Sprite, 1 small can fruit salad**Method:** Combine all the ingredients together and serve with ice.**Smoothies** Christa van der Merwe**Fruit & Yoghurt:** 250ml Fruit juice, few ice cubes, 1 banana, any fresh fruit 200ml yoghurt. In a blender, mix together for 1-2 minutes and serve.**Banana & Caramel:** 800ml Milk, 2 bananas, packet of instant caramel pudding. In a blender, mix together for 1-2 minutes and serve.**Shakes** Herman van Staden**Icy Banana:** 2 Sliced bananas, 5 crushed ice cubes, 4 cups milk, $\frac{1}{4}$ cup of sugar. In a blender, mix together for 1-2 minutes and serve.**Mango & Banana:** 1 Peeled and diced mango, 1 sliced banana, 3 scoops vanilla ice cream, $1\frac{1}{2}$ tbsp sugar, $\frac{1}{2}$ tsp cinnamon, pinch of ground nutmeg, $1\frac{1}{2}$ cups milk. In a blender, mix together for 1-2 minutes and serve.**Avocado:** 1 Diced avocado, 5 cubes of crushed ice, 3 tbsp sugar, $1\frac{1}{2}$ cups of milk, 1 tsp fresh lemon juice, 2 scoops of vanilla ice cream. In a blender, mix together for 1-2 minutes and serve.

Camp Site Conversions

5ml	=	1tsp
5ml	=	1tbsp
60ml	=	4 tbsp or 1/4 cup
80ml	=	1/3 cup
125ml	=	1/2 cup
200ml	=	3/4 cup
250ml	=	1 cup

Cooking Time Verses - Temperature

Roast Beef

Rare:	13 mins per lb./450g
Medium:	17 mins per lb./450g
Well Done:	21 mins per lb./450g

Rolled Beef

Medium:	17 mins per lb./450g
Well Done:	21 mins per lb./450g

Pot Coals & Pot Temperature

For flat pots - Dutch ovens:

The normal formula is to use twice the number of coals as the diameter.

For Example: 20 for No.10 pot.

(For other sizes modify according to table below)

Baking: More heat from top, 15 coals on the lid and 5 under the pot.

Roasting: Equal heat, 10 coals on the lid and 10 under the pot.

Stewing: More heat from bottom, 5 coals on the lid and 15 under the pot.

Degrees		10"Oven		12"Oven		14"Oven	
Deg F	Deg C	Bottom	Top	Bottom	Top	Bottom	Top
300	150	12	5	14	7	15	9
325	165	13	6	15	7	17	9
350	175	14	6	16	8	18	10
375	190	15	6	17	9	19	11

Flat Pot - Dutch Oven Sizes

Oven Size	Oven Capacity	Depth	Weight
Diameter of pot	Quarts	Inches	Kg's
8	2	3	5
10	4	3.5	6.8
12	6	3.75	9
12D	8	5	10.4
14	8	3.75	11.8
14D	10	4.5	12.7
16	10	3..75	14.5

Potjie Sizes

Potjie Size	Litres	Quarts	Weight Kg's
1/4	0.7	0.74	1.55
1/2	1.2	1.27	2.65
3/4	2.7	2.85	3.75
1	3.0	3.17	5.6
2	6.0	6.34	7.5
3	7.8	8.24	9.5
4	9.3	9.83	13.34
6	13.5	14.27	18.9
8	18.5	19.55	22.35
10	28.0	29.59	33.85
14	34.5	36.46	33.35
20	56.3	59.49	58.0
25	70.5	74.5	72.2



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