



**Kandersteg**  
International  
Scout Centre

# Recipes

Summary of the recipes for Camp Alpine 2019

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# Pesto Pasta

**Allergy Advice: contains lactose, peanuts and gluten**

Ingredients	For: 1	For:
Pasta	85g	
Pre-made pesto	20 g	
Cherry tomatoes	60 g	
Mini mozzarella balls	30 g	
Salt & pepper (starter pack)	To taste	

## Method

1. Fill a large saucepan (big enough to fit all the pasta in) with water, add a little salt & oil in and place on the hob, bring the water to boil.
2. When the water is boiling add the pasta and cook for 5 - 10 minutes. Check, if it is cooked by tasting a piece, it should be soft but still have a little bite.
3. Whilst the pasta is cooking, wash the cherry tomatoes and chop in quarters. Drain the mozzarella balls from their liquid.
4. When the pasta is cooked drain it and return to the saucepan. Stir the pesto sauce, tomatoes and mozzarella balls into the pasta. Add a little salt and pepper if you like.
5. Serve and enjoy!

## Dietary Alternatives

- For a lactose free, vegan and nut free version use Red pesto and do not add the mozzarella balls.
- For gluten free version use gluten free pasta.

# Chicken Cacciatore with Rice

**Allergy Advice: Contains gluten**

Ingredients	For: 1	For:
Chicken pieces	140 g	
Flour	To coat chicken	
Salt & pepper	To taste	
Chicken stock	50 ml	
Onions	40 g	
Green pepper	40 g	
Carrot	40 g	
Celery	15 g	
Garlic	1 g	
Crushed tomatoes	100 g	
Herbs from the starter pack such as oregano	To taste	
Rice	75 g	

## Method

1. Finely chop the garlic. Cut the onion, carrot and celery into small pieces. Cut the pepper into strips, discard the stalk and seeds.
2. Place a saucepan of water to boil. When the water is boiling add the rice and cook for 10 - 15 minutes or until the rice is cooked through.
3. Coat the chicken pieces in the flour, season with salt & pepper and then fry in a frying pan with a little oil until they are golden brown on the outside. Set the chicken aside on a plate.
4. In the same frying pan lightly fry the onions, carrot and celery for five minutes, add the garlic for the last minute as well as your choice of herbs.

5. Add the chicken stock to the pan (make the stock up with the correct amount of water for the number of people you are cooking for and the recommended amount of stock cubes on the packet).
6. Add the crushed tomatoes, chicken & peppers and leave to cook gently for 20 - 30 minutes.
7. Check the chicken is cooked all the way through - the meat should not be pink and the juices should be clear.
8. Serve the Chicken Cacciatore with the rice. Enjoy!

### Dietary Alternatives

- For a gluten free variation use cornflour which is naturally gluten free. The stock may also contain gluten so you may need to use gluten free stock cubes or powder. You may want to use the cornflour & GF stock for the entire group to avoid making two separate dishes.

## Cauliflower & Courgette Cacciatore

**Allergy Advice: Suitable for vegans, may contain gluten**

Ingredients	For 1:	For:
Cauliflower	55 g	
Courgette	55 g	
Green peppers	40 g	
Salt & pepper	To taste	
Vegetable stock	50 ml	
Onions	40 g	
Carrots	40 g	
Celery	20 g	
Garlic	1 g	
Crushed tomatoes	100 g	
Herbs from the starter pack such as oregano	To taste	
Rice	75 g	

### Method

1. Finely chop the garlic. Cut the onion, carrot and celery into small pieces. Cut the peppers into strips, discard the stalk and seeds.
2. Cut the courgettes into medium size chunks, either hole or half rounds. Cut the cauliflower into medium sized florets.
3. Place a saucepan of water to boil. When the water is boiling add the rice and cook for 10 - 15 minutes or until the rice is cooked through.
4. Lightly fry the onions, carrot and celery for five minutes, add the garlic for the last minute as well as you choice of herbs.
5. Add the cauliflower and courgette and fry for a few minutes. Season to taste with

salt and pepper

6. Add the vegetable stock to the pan (make the stock up with the correct amount of water for the number of people you are cooking for and the recommended amount of stock cubes on the packet).
7. Add the crushed tomatoes and leave to cook gently for 20 - 30 minutes.
8. Check the cauliflower and courgette are soft and cooked through.
9. Serve the Cauliflower & Courgette Cacciatore with the rice. Enjoy!

### Dietary Alternatives

- Be cautious that the stock may contain gluten. For a gluten free dish use gluten free vegetable stock cubes or powder.

# Minced Beef Burritos

**Allergy Advice: Contains gluten and lactose**

<b>Ingredients</b>	<b>For 1</b>	<b>For:</b>
Minced beef	120 g	
Onion	40 g	
Mixed Peppers	40 g	
Grated cheese	30 g	
Fajita seasoning	To taste	
Flour tortillas	1-2	
Lettuce	A few leaves	
Sour cream	30 g	

## Method

1. Cut both the onion and pepper into strips. Fry in a pan until soft
2. Fry the mince beef in a separate pan. Add the fajita seasoning to taste.
3. Wash and cut the lettuce.
4. Either make up the tortilla before serving or put everything in separate dishes and allow everyone to serve themselves.
5. Enjoy!

## Dietary Alternatives

- Use vegan mince for a vegetarian/vegan option
- Swap the tortilla for a gluten free wrap for a gluten free alternative
- Leave out the cheese for a lactose free alternative



# Meatballs & Cream Sauce with Mash Potatoes

**Allergy Advice: Contains lactose**

Ingredients	For 1	For:
<b>Mash potatoes</b>		
Pre-made mash powder	30g	
Butter	2g	
Salt	1g	
Hot Water	120ml	
Cold Water	50 ml	
<b>Meatballs &amp; Cream Sauce</b>		
Pre-made meatballs	0.18 kg	
Meat stock powder	1 g	
Cream / Soya milk	0.10 l	
Butter / Margarine	3.50 g	
Flour	2.25 g	
Ground rosemary	0.60g	
Bay leaves	0.10 leave	
Salt & pepper	To taste	

## Method

1. Place a big pot with water for boiling and add the butter and salt. When the water is boiling, take it out from the fire and add the cold water. After add the mash powder, wait 3 minutes to set and then start mixing everything. If is too liquid add more mash powder. Tasted and add more salt if is necessary.

2. Place the meatballs in a pan and fry them until they look brown from the outside.
3. Melt the butter over a low heat. Add the flour and cook until it is a smooth bubbly paste (a roux). You will need to stir constantly.
4. Take off the heat and add the cream slowly to mixture, stirring constantly - a whisk may do a better job at helping to prevent lumps forming.
5. Return to the heat and add the meat stock powder, rosemary, the bay leaves and a little salt and pepper.
6. Allow the sauce to come to the boil and then leave to simmer. You may want to add a little water if the sauce is very thick.
7. Taste the sauce and add more seasoning or herbs if needed.
8. Serve the meatballs and sauce separately for this dish. Enjoy!

### Dietary Alternatives

- For the mash:
- Gluten free, lac free and vegan version use boiled potatoes, add margarine and rice milk for substituted the butter and the milk.
- For the creamy sauce:
- For a lactose free version use lactose free cream
- For a vegan option use soya or rice milk ( soya contains gluten) instead of cream

# Alpine Macaroni & Cheese

**Allergy Advice: Contains gluten and lactose**

Ingredients	For 1	For:
Macaroni Pasta	80 g	
Potatoes	75 g	
Onions	50 g	
Garlic	1/2 clove	
Cheese	80 g	
Cream	80 ml	
Paprika	To taste	
Salt & pepper	To taste	
Apple mousse	20 g	

## Method

1. Peel the potatoes and slice into 1/2 cm rounds. Place in a pan of water and boil until soft.
2. Boil the pasta until just done, around 5 - 8 minutes.
3. Finely chop the onions and garlic. Fry in hot oil until the onion is nice and soft.
4. When the pasta is cooked, drain it and return to the pot. Mix in the onion & garlic, the cream and the cheese. When the potatoes are done add them, the paprika and salt & pepper. Mix everything together making sure the cheese is nicely melted and well mixed.
5. Serve with the apple mousse and enjoy!

## Dietary Alternatives

- For a gluten free version use gluten free pasta
- For a lactose free version use lactose free cream and vegan cheese
- For a vegan option use soy milk and vegan cheese