Outdoor Cooking Recipes

Scroggin'
Australian Style

'A08

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**Banana Special**

**Ingredients**
- 5 x ripe bananas
- 2 eggs
- 4 x tablespoons flour
- 2 x tablespoons cinnamon
- ¼ cup of sugar

**Method**
Mash bananas well
Add egg and flour to make a thick batter
Drop by spoonfuls on to hot oiled fry pan
Turn once
Sprinkle with cinnamon sugar (sugar and cinnamon mixed)

**Beef Stew**

**Ingredients**
- 600g beef
- Potato
- Pumpkin
- Carrots
- Onion – sliced
- Flour
- Vegemite

**Method**
Dice vegetable and meat to approximately the same size
Par boil the vegetables
Brown the meat and onion in a fry pan
Make a gravy of flour vegemite and water in fry pan
Place all ingredients into a pot and cook for 45 min – you may need to add more water.
Beef Stew in Pumpkin Skin

Ingredients

600g beef  
Onion – sliced  
Potato  
Flour  
Pumpkin  
Vegemite  
Carrots

Method

Scoop out pumpkin seeds and dispose  
Cut out as much of the pumpkin flesh as possible and just leave a shell of approx 1 cm thickness of pumpkin  
Dice vegetable and meat to approximately the same size  
Par boil the vegetables  
Brown the meat and onion in a fry pan  
Make a gravy of flour vegemite and water in fry pan  
Add this with other ingredients into pumpkin skin  
Then place on fire wrapped in foil or in a camp oven or other idea.
Caramel Dumplings and Cream

Ingredients

DUMPLINGS
1 ¼ cups self raising flour
1/3 cup sugar
1 teaspoon vanilla essence
1/3 cup milk
1 tablespoon margarine
CARAMEL SAUCE
1 tablespoon margarine
1 ¼ cups of brown sugar

Cream

Method

Dumplings- put flour into a bowl, rub in the margarine then add sugar
Add combined milk and vanilla and stir well

Sauce- Combine both ingredients in a large billy with 1 ½ cups of water
Stir constantly until the sauce is boiling then reduce the heat
Drop spoonfuls of Dough into the simmering sauce cover and
simmer for 20 minutes  Serve with Cream

Yoghurt Muffins

Ingredients

2 cups self-raising flour 1 egg lightly beaten
½ cup brown sugar ½ cup milk
½ teaspoon cinnamon
200g fruche yoghurt – with or without fruit-
3 mashed bananas or stewed apples
½ cup crushed walnuts or pecans ( optional )
Method
Mix flour sugar and cinnamon together
Add all other ingredients
Mix up lightly
Spoon into 6 large muffin cups
Place muffin tin into oven and bake in a moderate oven for approx 30 mins

Mango Pork and Rice

Ingredients
500g diced pork
1 x onion – diced
2 x carrots – sliced
Mango chicken recipe mix
Tin of mango slices (or fresh mango)
2 cups of rice

Method
Brown the diced pork and onion in a teaspoon of margarine
Add the mango slices including the juice
Add 1 cup of water
Add the mango chicken packet mix and add the sliced carrots
Simmer – covered for 30 minutes stirring occasionally
(add extra water if it gets too thick)
Boil 2 litres of water with a little butter and salt in a large billy
Add 2 cups of rice and stir a few times while it comes back to the boil
Simmer for 10 minutes drain then serve.
Fish Mornay

Ingredients
2 Tablespoons butter
2 Tablespoons flour
1 Pint milk
1 lb Tuna
1 teaspoon curry powder
1 small tin corn niblets
1 pkt cream chicken soup made up with ½ usual liquid

Method
Melt butter and add flour. Stir while adding milk. When sauce has thickened add tuna soup curry and corn. Serve over hot rice

Jam Roly Poly

Ingredients
450g self-raising flour 300ml milk
2 x teaspoons sugar 225g raspberry jam
4 x slices of bread – grated or crumbed

Method
Mix the flour and sugar gradually add the milk
Work all into a dough - roll out into a rectangle about 20cm long and 1 cm thick spread with jam, sprinkle with breadcrumbs, roll up like a swiss roll cut into serving sizes, wrap loosely in foil and place in an oven bag and seal allow room for expansion, do this twice (with oven bags), cook in a Dixie for 15 – 20 minutes.
Lamb with Vegetables

Ingredients

2 ½ lbs best end neck chops 3 oz butter or substitute
1 large onion 2 large carrots
1 large parsnip – or similar or leave out 2 large potatoes
¼ cup flour 1 tablespoon curry powder
2 tablespoons tomato paste 1 tablespoon plum jam
1 ½ pints of water Salt & pepper

Method

Heat butter in frying pan, add chops, brown well; remove from pan. Add flour and curry powder in pan, stir until flour is golden brown. Add tomato paste plum jam water salt and pepper continue stirring until sauce boils and thickens. Put chops into large ovenproof dish, add peeled and sliced onion, sliced carrots and parsnips and peeled and cubed potatoes. Pour sauce over, bake covered in moderate oven 1 ½ hours or until chops are tender.

Lemon Meringue Pie

Ingredients

2 egg whites Small amount of castor sugar
Tin of condensed milk
Lemon juice Pie shell
Mix condensed milk and lemon juice until desired flavour. Pour into pie shell. Whisk egg whites in a clean metal bowl until light and fluffy (add a little sugar) keep whisking until soft peaks form. Place on top of pie in peaked form. Cook in reflector oven until golden.

Can be made in advance
Meat Loaf

Ingredients
Mince
Sausage mince
Onion
½ cup bread crumbs
Salt and pepper
Tomato sauce
Rolled oats/cereal
Egg

Method
Chop up the onion finely. Place all ingredients into a bowl and mix well. Form into a loaf and place into a loaf tin. Bake for 40 – 45 minutes. Serve with extra tomato sauce on top and vegetables.

Pumpkin and Bacon Fried Bread

Ingredients
1 cup cooked mashed pumpkin
2 bacon rashers, chopped and cooked
1 onion chopped and cooked
2 ½ cups self raising flour
1 egg beaten
1 tablespoon milk
1 teaspoon dry mustard
¼ teaspoon cayenne pepper
2 tablespoons butter

Method
Stir egg and milk into pumpkin
Place flour mustard and cayenne pepper into a bowl and rub in butter
Add bacon onion and pumpkin mixture to flour.
Combine well Turn onto floured surface and knead until mixture is smooth. Roll out to a damper shape but about 3 cm thick and mark into wedges. Cook for about 30 minutes.
Scotch Eggs

Ingredients
- 500G sausage mince
- 1 tablespoon (20ml) bottled barbecue sauce or tasty sauce
- 1 tablespoon flour
- Salt and pepper
- 6 hard boiled eggs
- 1 egg beaten with 1 tablespoon water
- Dry breadcrumbs
- Oil or fat for frying

Method
Mix the sausage mince with the sauce, with salt and pepper and divide into 6 equal portions.
Mix the flour and season and coat the eggs. Shape a portion of the sausage mince around each egg enclosing it completely. Brush with beaten egg and coat with crumbs.
Deep fry the scotch eggs for 5-7 minutes in hot but not too hot oil or fat until brown all over. Drain and serve whole or cut in half with tomato sauce and vegetables.

Scrambled Eggs in a Snap-Lock Bag

Ingredients
- Eggs
- Bacon
- Tomato
- Onion
- Milk/water
- Cheese?

Method
Cut up tomato and bacon into small pieces. Slice and dice onion finely. Beat eggs with a fork in a bowl and add either milk or water (no more than 2 tablespoons per egg). Put all ingredients into a snap lock bag. Place into a pot of boiling water and simmer until cooked. Make sure the plastic bag does not touch directly onto the metal pot or the plastic will melt.
Shortcrust Pastry

Ingredients
2 cups plain flour
½ teaspoon salt
½ cup milk or water
4 tablespoons of butter – softened but not melted

Method
Blend flour and salt together
Mix in butter with fingertips until mixture looks a bit like breadcrumbs
Slowly add milk or water and mix until there is no dry flour left and becomes a stiff dough
Knead on floured board until smooth
Roll out to size