

THE
CAMPING
COOK  BOOK
2017



Here at GO Outdoors we're excited to introduce you to our second camping cookbook!

After the great response we received about the first one, we couldn't wait to get started on a new, healthy and diet-friendly edition.

If you're a vegetarian, a vegan, a pescatarian or you only eat gluten-free foods, you've no need to fear! Our selection of easy-to-cook camping recipes has come from the top camping bloggers and they have plenty of experience cooking to different specifications in the great outdoors!

In fact, these recipes are so delicious, you'll want to make them at home, never mind just by the campfire.

Explore snacks, breakfast, lunch and dinner recipes and you'll realise we've got all of your tastes covered right here!



Our food symbols guide

-  **Vegetarian**
-  **Vegan**
-  **Gluten Free**

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Breakfast

Get ready for a day of adventures in the great outdoors with a wholesome, revitalising breakfast. We've got a mouth-watering selection of recipes, from chickpea hash to banana pancakes, decadent porridge and high-fibre breakfast bars. You'll be spoilt for choice, but whichever tasty treat you go for, your day will be off to a great start!



*Banana Babab Porridge
with Blueberry Acai Compote*

See page 8

Matt Vernon

7th Rise



Matt Vernon is a foraging instructor and wild food chef. He's been working at 7th Rise for 3 years now and is constantly creating new ways to bring together wild and often unknown ingredients in a contemporary way, and especially loves cooking over wood-fired embers.

7thrise.co.uk



Foraged Frittata V

Great for breakfast, lunch or dinner.
Using common coastal wild edibles that are simple to identify with a good foraging guide book.

Ingredients

- 4 large eggs
- 2 handfuls of sea beet
- Handful of spear-leaved orache
- Small handful of rock samphire
- 150ml double cream
- Half a grated nutmeg (1 tsp)
- Salt and pepper

What you'll need

- Bowl
- Wooden spoon or whisk
- Dutch oven or cast iron skillet with a lid

Method

This is best cooked over low embers for an even, slow cook. Cooking over fire rather than a gas hob will add a delicate smoky flavour to this dish.

Wash all your foraged greens. Remove and discard the tough stalks from the sea beet and tear up the leaves into pieces.

Beat your eggs with seasoning and grated nutmeg, then whisk in your cream.

Pour half your mix into the pan and gently heat until the bottom starts to set, now scatter your shredded wild greens in and pour over the remainder of the egg mix, making sure the greens are evenly spread out.

Place the lid on, return to the heat and heap some embers over the top of the pan. Cook for around 15 minutes. Be sure to brush all the ash from the lid before opening. If the frittata is not quite set, put the lid back on and allow the residual heat of the Dutch oven to continue cooking.

Chris Nickson

Camping Expert



Chris Nickson is a freelance writer, music journalist, novelist and a lover of the outdoors, hiking and camping. More information about Chris and his novels can be found on his website chrisnickson.co.uk.

Clare Birtles, Camping Expert's editor, camps regularly with her family and their dog Bertie and has personally tested these recipes!

campingexpert.co.uk



Eggs in a Bag

A novel way to cook bacon and eggs - can work well if you're using a campfire. Best of all, there's no washing up of pans afterwards.

Ingredients

- Brown paper bag/
greaseproof paper bag
- 1 egg
- 3 rashers bacon

Method

Separate the rashers of bacon and use them to line the bottom of the paper bag. After this, break the egg into the bag and fold down the top of the bag twice. Poke a stick through the bag and suspend over the campfire.

The grease in the bacon will cook everything as it heats. Be careful not to have it too close to the fire or your breakfast might end up burnt.

Adele Halsall

Everything's Peachy



I'm Adele, a plant-based wholefoods blogger from Liverpool, UK. Everything's Peachy is all about a passion for all things plant-based and cruelty free. As well as recipes and ingredient spotlights, you'll also find recommendations on the best brands and products for living a natural, ethical lifestyle.

When not writing about food or adventuring with my boyfriend, I can be found making music, practising yoga/Pilates and generally pottering about my kitchen.

everythingypeachy.co.uk



Adventurer's Overnight Oats VE

Overnight oats are one of my favourite breakfasts; they're so portable and can be made in a variety of different ways. I made these ones with the adventurer in mind, combining the complex carbs of the oats with healthy fats of pumpkin seeds, vitamins from the apple and raisins and energy-boosting omega 3 from the chia seeds. The addition of cinnamon gives everything a warm, autumnal taste and you can make as many pots as you need to.

Ingredients

- 1 cup rolled or steel cut oats
- 1 tbsp chia seeds
- ½ grated apple
- ½ handful of raisins
- 1 tbsp pumpkin seeds
- 1 tsp maple syrup
- Sprinkle of cinnamon
- Milk of choice

Method

Combine the oats, chia seeds, grated apple, raisins, pumpkin seeds, maple syrup and cinnamon in jar or airtight container. Mix well.

Pour over your milk of choice until it's just covering all of the ingredients. Stir well to ensure everything is soaked.

Refrigerate for three hours or overnight, then enjoy!

What you'll need

1 glass jar or airtight container

Megan McDuffie
Michael van Vliet

Fresh off the Grid



A culinary resource for the outdoor community. Offering a collection of recipes, how-to guides, and camp cooking gear, this website hopes to make it easier to enjoy good food in the great outdoors.

freshoffthegrid.com



Coconut Chia Oatmeal VE

Ingredients

- 1 (425g) can coconut milk
- 2 tbsp maple syrup
- 1 cup rolled oats
- 2 tbsp chia seeds
- ¼ tsp salt
- Mix-ins: berries, sliced bananas, nuts, coconut flakes, etc.

Method

Heat the coconut milk and maple syrup in a saucepan until simmering. Pour into a preheated, insulated food container with the oats, seeds, salt and any other mix-ins. Seal and let cook in the container for about 30 minutes.

If you want to cook this on a stovetop instead of inside a thermos, simply add the oats to the simmering coconut milk and cook until the oats are tender, about 10 minutes.

Chickpea Breakfast Hash with Veggies V GF

Ingredients

- 1 tbsp oil
- 1 summer squash or courgette sliced into ½-inch half moons
- 1 small red onion sliced into ¼-inch half moons
- 3 mini sweet peppers cut into ¼-inch slices, or 1 bell pepper
- 1 (425g) can chickpeas drained
- ½ tsp cumin
- ¼ tsp coriander
- ⅛ tsp cinnamon
- ½ tsp salt plus more to taste
- 2 eggs

Method

Heat the oil in a skillet over your campfire or camp stove on medium-high heat until hot and shimmering. Add the onions, peppers, and zucchini and saute until beginning to soften, about 5 minutes. Add the drained chickpeas and spices and cook until the veggies and chickpeas are cooked through and browned in spots, about 10 minutes.

Move the veggies & chickpeas to the sides of the skillet to create a well in the middle of the pan. Add a little oil if the bottom of the pan is looking dry. Crack two eggs into the well and cook to your liking.

Pull the skillet off the heat and serve!

Niki Webster

Rebel Recipes



Niki is a freelance food consultant, recipe creator, food stylist and photographer and IIN health coach. Having had a successful career in digital & brand marketing within the food industry, she has now gone freelance to follow her foodie passion. Her award-winning food blog Rebel Recipes is where she shares her delicious but easy plant-based recipes.

rebelrecipes.com



Banana Baobab Porridge with Blueberry Acai Compote

VE GF

Ingredients

Banana Porridge:

- ½ cup organic gluten-free oats
- 1 cup almond milk (a little more if you would like to loosen the porridge at the end)
- 1 tbsp almond butter
- 1 tsp organic burst baobab

Blueberry Acai Compote:

- ½ cup blueberries
- Splash water
- 1 tsp maple syrup
- 1 tsp acai powder

Toppings:

- Dollop coconut yogurt
- 1 tsp chia seeds
- A few nuts
- A few blueberries

Method

To make the blueberry acai compote; Add the blueberries, water and maple syrup to a saucepan and simmer on a low heat until the blueberries have broken down into a deliciously jammy compote. Stir in the acai.

Add the oats, banana, almond butter and almond milk to a saucepan and cook on a low-to-medium heat until the oats are creamy (you may want to add some maple syrup if you like it a little sweeter - taste and see). Stir in the Baobab.

Top the oats with compote, chia, coconut yogurt and nuts - seriously delicious!



Oatbran, Banana & Choc Chip Pancakes with Raspberry Compote VE

Ingredients

- ½ cup oatbran
- 1 cup buckwheat flour
- ½ tsp baking powder
- 1 large banana - mashed
- Pinch sea salt
- ½ cup cacao nibs or dairy free choc chips
- 1 cup almond milk
- 1 tbsp maple syrup
- Raspberry compote
- 1 cup raspberries
- Splash water
- 1 tbsp maple syrup

Method

Preheat a pan with a little coconut oil. The pan needs to be quite hot. Add the oatbran, buckwheat flour, baking powder, cacao nibs or dairy-free choc chips, mashed banana, maple syrup (or sweetener of choice) and almond milk to a large bowl and mix thoroughly to combine and form a thick batter.

Spoon the mixture a ladle at a time into the pan and fry for 1-2 minutes until the underside is firm. Carefully flip the pancakes and then cook for another minute or so until the pancakes are cooked through and slightly golden.

To make the raspberry compote, add the raspberries, water and maple syrup to a saucepan and simmer on a medium heat until the berries start to melt down.

Dollop the compote over the stacked pancakes and serve!



More great recipes
from Rebel Recipes

High Fibre Malty Breakfast Bars VE

Ingredients

- ⅔ cup gluten-free oats
- ⅓ cup organic barley flakes
- ¼ cup organic puffed quinoa
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ½ cup pecans
- ¼ cup ground almonds
- ½ cup flax seeds
- 1 tbsp maca
- ½ tsp cinnamon
- 1 tbsp peanut butter or almond butter
- ¼ cup melted coconut oil
- ¼ cup coconut honey
- 2 bananas - mashed

Method

Preheat the oven to gas mark 5/190°C.

Mix all the dry ingredients in a large bowl.

Heat coconut oil very gently in a saucepan until melted then add to the wet mix.

Add the wet mix to the mixture & stir well until everything is combined (this shouldn't be too wet).

Line a baking tray with greaseproof paper & spread the mix on top, around an inch thick. Top with your choice of crunchy toppings.

Bake for 25 minutes - test the middle of the bars with a knife to ensure they are cooked through. If not, bake for a further few minutes and test again.

Remove from the oven, leave to cool slightly and then divide into bars.

Camille Allcroft

Coco Cami



I am a freelance food and drink writer and blogger living near Liverpool. I love good food and I write a lot of restaurant reviews for my blog Coco Cami, I have also written for titles such as Olive Magazine and Speciality Food Magazine. I enjoy cooking simple recipes and breakfast is my favourite meal of the day, I love discovering new restaurants and bars too. Food is my passion and writing about it is a dream come true, I have always wanted to be a writer.

cococami.blogspot.co.uk



Fluffy Banana Pancakes with Honey-Drenched Berries



This is the perfect breakfast recipe to set you up for a day of activities, it requires simple ingredients and it is easy to make. These fluffy banana pancakes are filling, tasty and healthy, and when topped with the honey-drenched berries they also make a delicious sweet treat.

Ingredients

- 2 medium free-range eggs - beaten
- 1 ripe mashed banana
- 130g plain flour
- 1 tsp baking powder
- 130ml milk
- Coconut oil to fry the pancakes
- Selection of fresh berries - washed
- Honey
- Sprinkle of icing sugar to decorate

Method

In a mixing bowl, mix together the mashed banana, flour, eggs, baking powder and milk until it forms a smooth batter.

In a large non-stick frying pan over a medium heat, melt a tablespoon of coconut oil. Spoon enough pancake batter in to the pan to make a medium pancake, allow to cook for about two minutes and then flip to cook the other side. Repeat the process until all the pancake batter has been used up and you have a stack of golden pancakes.

Wash a selection of fresh berries such as blueberries, strawberries and raspberries and place in a separate bowl. Drizzle your desired amount of honey over the berries and stir and then pour the honey-drenched berries over the top of the pancake stack. Add a sprinkle of icing sugar to decorate.

You can also serve these with a spoonful or two of Greek yoghurt for a refreshing twist.

What you'll need

- Single gas burner stove
- Mixing bowl
- Wooden spoon
- Spatula
- Large non-stick frying pan

Keith Foscett



Keith Foscett is a long-distance hiker, and general outdoors lover. Host of a blog that won the GO Outdoors Best Outdoor Blog of 2015, he also contributes to various outdoor publications and is the author of five books on long-distance thru-hiking.

Nurturing an unhealthy interest in woollen base layers, he loves a glass of Rioja and a decent paella. His native habitat is the South Downs National Park in West Sussex.

keithfoskett.com/blog



Decadent Porridge V

Oats are proven to keep you full for longer, exactly what you need for a day in the outdoors. With the addition of coconut, cacao, dates and almonds this tastes more like a decadent dessert than porridge! Sometimes I'll use dried fruit such as blueberries or strawberries as a change, and even banana chips. A pinch of salt always brings out the flavour of porridge. Great hot or cold!

Ingredients

- 75g oats
- 6 chopped dates
- 1 dsp cacao powder
- 1 dsp almond flakes
- 2 dsp desiccated coconut
- 1 tbsp powdered milk
- 190ml water
- Pinch of salt

What you'll need

Cooking pot
Camp stove (optional)
Spoon

Method

Nuts taste wonderful toasted so sprinkle the almonds in a very hot pan and toss until dark brown (this can be done at home), set aside to cool.

All the dried ingredients can be mixed together and sealed in a plastic bag. Ideally the night before, add the water and let soak overnight. It can be eaten cold in the morning or simply heat through if you like your breakfast hot. Of course, use fresh milk if you have it, or your preferred dairy alternative. If you like it sweet, add a sprinkle of sugar or better still, either maple syrup or honey.

Lunch

When you're out and about, you won't want a heavy lunch in case you get drowsy, but it's important to stay well-fuelled! We'd suggest something filling and delicious, yet healthy all the while! We've got a delectable collection of lunch recipes from our bloggers, including vegan sweet potato fajitas, gluten-free lentil chilli and even vegetarian risotto. None of us have ever eaten this well in the great outdoors!



Speedy Lentil and Bean Chilli with Nachos

See page 15





Quick & Simple Baked Beans VE

I just absolutely love homemade baked beans. They're so much more rustic and full of flavour than the tinned ones. Many baked bean recipes I've tried can get a little too complicated, so I've tried to keep this one simple to mimic your classic tin of Heinz as much as possible! Though I've used haricot beans here, you can sub any beans you have to hand.

Ingredients

- 300g haricot (or other) beans
- 200g tinned chopped tomatoes
- 2 tbsp vegan-friendly Worcestershire sauce
- 2 tsp molasses, date syrup or maple syrup
- Pinch paprika
- Salt and pepper, to taste
- Sourdough of choice, to serve
- Optional: spinach, to garnish

What you'll need

Small saucepan (for the beans)
Grill (for the bread)

Method

Place the beans and chopped tomatoes in the saucepan and heat on medium light until hot.

Add the Worcestershire sauce, sweetener of choice and paprika and stir well.

Heat through for another 2 minutes to allow the flavours to deepen. Season with salt and pepper.

Serve the beans atop toasted slices of sourdough and garnish with spinach and a good grind of black pepper.



Another great recipe from *Everything's Peachy*

Grilled Sweet Potato Fajitas VE GF



To save time at your campsite, you can cut and marinate the sweet potatoes at home and pack them in an airtight container or bag in your cooler.

Method

Prep & marinate the sweet potato "steaks": Cut both ends off the sweet potato. Place the sweet potato vertically on your cutting board and slice downwards to create 4 or so ½" slabs. Prepare the marinade by mixing the oil, liquid aminos, chile powder and salt together in a small container. Lay the sweet potato on a large plate and drizzle half the marinade over the top, using the back of a spoon if needed to evenly coat. Flip the sweet potato and repeat on the other side. Set aside and let marinate for at least 20 minutes.

Prep veggies: Meanwhile, slice up all the vegetables. De-stem and deseed the peppers and cut into long strips. Chop the onion into ¼" wide slices. Chop the garlic.

Cook the veggies: Over your campfire, heat 2 tablespoons oil in a cast iron skillet. Once hot, add the peppers and onion. Sauté over high heat until they soften, then add the garlic and spices. Continue to cook until the vegetables are soft and the onion is just beginning to brown - about 15-20 minutes total.

Cook the sweet potatoes: Right after you get the vegetables going in the skillet, place the sweet potatoes on the grill (you could also cook them in a second cast iron skillet if you're not cooking over a campfire). Cook on one side for 5 minutes, then flip and cook the other side for 5 minutes. Once they are tender throughout (but not mushy!), pull them off the fire and slice into ¼" slices.

Toast the tortillas over the fire, about 15-20 seconds per side.

To assemble: place a scoop of the vegetables onto a tortilla. Add the sweet potatoes on top, and finish with a squeeze of lime. Repeat for the other fajitas and enjoy!

Ingredients

SWEET POTATOES

- 1 large sweet potato
- 1 tbsp cooking oil
- 2 tsp liquid aminos or soy sauce
- 1 tsp New Mexico chile powder
- ½ tsp salt

FOR THE VEGGIES

- 1 red bell pepper
- 1 poblano pepper or green bell pepper
- 1 white onion
- 3 tbsp cooking oil
- 3 cloves of garlic
- 1 tsp New Mexico chile powder
- 1 tsp ground cumin
- 1 tsp salt

TO SERVE

- 1 lime cut into wedges
- 4-6 flour tortillas or corn for gluten-free



Another great recipe from *Fresh off the Grid*

Sarah Riley

Inspired Camping



Sarah Riley is the Founder of Inspired Camping, with a mission to inspire others to go outside as much as possible in a variety of ways. She is also an advisor and mentor supporting the outdoor hospitality industry, by nurturing new businesses wanting to launch into the glamping market. Visit Inspired Camping to gather more cool camping and glamping inspirations and flex your glamping business muscles at Inspired Courses.

Photo credits: Roy Riley.

inspiredcamping.com



Easy Classic Beef Burgers GF

One of the best things about summer is the chance to chill outside at the campsite with friends, your favourite drink and a red-hot BBQ. There's nothing quite like the smell and sound of campers enjoying one of the greatest pleasures of camping.

So we decided to think about our own favourite burgers and come up with a list of four we felt (in our humble opinion) were the best. These make perfectly healthy camping food, especially if the meat is lean and they are layered with tomatoes, cucumber, gherkins, avocado, BBQ'd pineapple, grated carrot, onions or campfire-roasted peppers. Yum!

Ingredients

- 500g topside chunky mince
- 1 small grated red onion
- 1 clove of crushed garlic
- 1 tbsp ketchup
- Gluten-free Worcestershire sauce
- Gluten-free Dijon mustard
- Seasoning to taste

Method

Mix everything together, divide into 10-12 burgers and cook for 2-5 minutes on each side. Simple!

Now all you have to do is sit in that comfy camping chair, put your feet up and sunglasses on, take your burger in both hands, look at it for a while... then enjoy!



Aromatic Tofu Burgers

V GF

Ingredients

- 400g organic tofu
- 2 tsp toasted and ground cumin seeds and a pinch of ground cloves
- 1 tbsp grated ginger
- 2 tbsp chopped coriander
- 1 tbsp crunchy peanut butter
- Zest of 1 lime and salt and pepper to taste
- 1 egg and toasted breadcrumbs to bind

Method

Mix all the ingredients and add the egg and breadcrumbs last to bind the mix into burgers that take 2-5 minutes to cook on each side.

Fiery Pork Burgers

GF

Ingredients

- 500g good pork mince
- 1 inch grated ginger
- Chinese 5 spice
- 1 hot chilli
- 2 tbsp soy sauce
- 1 spring onion and coriander - finely chopped
- Salt and pepper to taste

Method

Mix together and divide into 10-12 burgers and cook for 2-5 minutes on each side. It's as easy as that!

Chicken Burgers with Smoked Paprika

GF

Ingredients

- Chicken - split and pounded into thin strips
- ½ lemon - juice and zest
- Smoked paprika and seasoning to taste
- 1 tbsp sesame oil and sesame seeds
- Salt and pepper to taste

Method

Cover the chicken with all the ingredients for at least 20 minutes before cooking for 2-5 minutes on each side.



More great recipe from Inspired Camping

Speedy Lentil & Bean Chilli with Nachos

VE GF

Super-fast, spicy and delicious! Save time by preparing your ingredients at home first and storing in an airtight container or bag in your cooler.

Ingredients

- 1 onion - chopped
- 2 tbsp olive oil
- 4 cloves garlic - sliced
- 1 tsp cumin seeds
- 2 tsp smoked paprika
- ½ tsp cinnamon
- 1 tsp smoked garlic powder (optional)
- ½ tsp cayenne pepper
- 2 tsp harissa paste
- 1 can of organic black beans - drained
- 1 can organic green lentils
- 1 bottle of organic passata
- 1 courgette - chopped
- 2 organic peppers - chopped
- ½ tsp sea salt
- Black pepper
- 1 tsp maple syrup
- Juice ½ lime
- Coriander

Toppings;

- Avocado
- Handful olives
- Fresh chillies
- Hummus
- Cashew cheese

Nachos;

- 2 gluten-free wraps - quinoa and chia wrap
- Olive oil spray
- Sprinkle smoked paprika



Method

Add the oil to your saucepan then add in the onion. Fry for 8-10 minutes until soft. Add in the garlic and spices and cook for a further few minutes then add in the veg to your pan and fry for 2-3 minutes.

Next add the harissa paste and stir to combine. Then add in the beans, lentils and passata and simmer for 10 minutes.

Season with salt and pepper, then add the maple syrup and lime. Stir in coriander to serve.

To make the nachos; Cut the wraps into triangles - 8 per wrap, then place on a baking tray.

Spray with olive oil spray and sprinkle with smoked paprika.

Bake for 10 minutes until crisp.



Another great recipe from Rebel Recipes

Anca

Cook Style



My name is Anca and I'm an expat living in UK.

I discovered my passion for cooking and new ingredients after becoming vegetarian 9 years ago. I started my food blog because I had many recipes I wanted to share.

In the last 2 years I baked on the Great British Bake Off and it was so much fun, I got the chance to try many new things.

I embarked on a Taste the World adventure, as I want to cook a meal from every part of the world. My husband and I love camping and as cooking is a passion, I want to cook when we are away on holidays with the caravan.

cookstyle.co.uk



Risotto with Soft Cheese & Mushrooms V

Ingredients

- 140g rice for risotto
- 250g mushrooms
- 125g reduced fat soft cheese
- 2 tsp oil
- Sea salt
- White pepper
- Black sesame seeds

Method

Boil 600ml water. When it starts boiling, put the rice in and stir. Leave on the hob until the rice has boiled. Meanwhile, in a frying pan, heat the oil and toss in the chopped mushrooms. Cook until the mushrooms are tender.

When the rice is boiled, take it off the heat and add the spices and the soft cheese. Stir until the cheese is incorporated. Add the mushrooms and stir a couple of times.



Pasta with Veggies V

Ingredients

- 2 small cans of peas
- 1 can of chopped tomatoes
- 320g dried pasta
- Grated cheddar
- 2 tsp vegetable oil
- Basil
- Parsley
- Garlic powder
- Salt
- Pepper
- Black sesame seeds

Method

Bring water to the boil and toss in the pasta. Boil according to the instruction on the package, around 10 minutes. When the pasta is boiled, drain the water and rinse with cold water so the pasta does not continue cooking.

Meanwhile, in another pan, heat the oil. Add the chopped tomatoes, add the spices and leave to cook for a few minutes, stirring from time to time so it doesn't catch the bottom of the pan. When the tomato sauce starts to thicken, add the drained peas and stir.

Put the pasta back in the pan it boiled in and pour the tomato sauce on top. Stir with care so the peas don't become mushy. Put the pasta on the plates, add the grated cheddar on top and sprinkle sesame seeds.

Dinner

You're sure to have worked up an appetite after hours of excitement and exploration! Impress yourself and your campmates with your culinary skills and try out vegan wild leek bhaji burgers, vegetarian three-cheese stuffed mushrooms, or even take on the lentil and coconut dal! We promise, you won't look back to eggs and bacon on the barbie!



Red Lentil &
Coconut Dal
with Toasted
Sunflower Seeds
See page 24

Shannon

Must Hike Must Eat



Shannon writes on her blog, Must Hike Must Eat, about her love for hiking trails both long and short. From long-distance hiking in the Pacific Northwest to trail maintenance on the Pacific Crest Trail to car camping in national parks around the United States, you will find her sharing ideas and recipes for following a whole-foods, paleo diet while enjoying adventures in the great outdoors.

musthikemusteat.com



Lemon Tarragon Chicken Salad

A quick and easy meal that will have you eating lunch or dinner in just a few minutes!

Ingredients

- 1 pack shredded cabbage (coleslaw)
- 1 can or pack cooked chicken (omit for vegan)
- ½ cup sunflower seeds
- 1 lemon - juiced
- 3 tbsp olive oil
- 1 tsp fresh or dry tarragon
- Sea salt

What you'll need

4L sealable food bag
Knife

Method

Put the cabbage, chicken, sunflower seeds in a 4L sealable food bag and toss.

Squeeze the lemon juice into the bag and add the oil and tarragon. Toss again to distribute the dressing.

Salt to taste, makes 6 servings.

Jenna

Raw Rhubarb



Raw Rhubarb is an award-winning food blog which offers creative recipes that focus on being simple, easy, fast and healthy with a predominant focus on paleo and ketogenic food. There's no technical terms or truffle oil here - but nothing is limited, either. Featured in Free From Magazine and a regular writer for Primal Eye magazine, Jenna is also one of Jamie Oliver's Food Revolution Ambassadors, helping to spread the word about the food revolution and connect schools, communities and restaurants.

rawrhubarb.co.uk



Paleo Chilli Con Carne GF

This is a great meal to make outside as all you need is one pot, a tin opener and a camping stove! The heat from the chilli will warm you up from the inside if you're eating it at night time or if you're thinking of doing it for lunch, the chocolate will be a cheeky bit of energy to help you continue on your adventure!

Ingredients

- 1 tin chopped tomatoes
- 500g beef or pork mince
- 2 big handfuls of mushrooms - chopped
- Bacon if you've got it - chopped
- Green veg like broccoli, kale, green peppers
- 1 red pepper - chopped
- 2 tsp paprika
- 1 onion, diced
- 4 garlic cloves, chopped finely
- Olive or coconut oil for frying
- 25g dark chocolate
- Couple of fresh tomatoes to serve (optional)
- Avocado to serve (optional)
- Natural yoghurt/coconut yoghurt to keep it paleo to serve (optional)

Method

Heat your coconut or olive oil in a big pan.

Add the onions and garlic for 3 minutes on low.

Add the mince and bacon, if you have it and brown it for about 5 minutes, still on low.

Add the tomatoes, paprika and chilli and bring to the boil.

Turn it down low and add the veg and chocolate.

Simmer for about 12 minutes.

Season to taste.



Wild Leek Bhaji Burger VE

The delicious three-cornered leek has mild flavours of spring onion and sweet garlic. It is a highly invasive non-native pest so do the countryside a favour and chow down!

Ingredients

- 70g three-cornered leek (or spring onion)
- 1 tsp ground coriander
- 1 tsp garam masala
- 70g gram flour
- ½ tsp salt
- 100ml sunflower oil

Method

Wash your leeks but don't worry about drying. Tear into roughly 2 inch lengths, put in a bowl and massage in the salt, leave to rest for 20 minutes. The salt will draw out moisture that will help the gram flour form a batter.

In another bowl mix your flour and spices and when the leeks have had 20 minutes, gradually add the flour mix and massage into the leeks until all has been added. Note the leeks won't be swimming in batter, just coated in sticky gram flour. Divide the mix in two and form into thin patties.

Warm your oil over a medium heat, drop in a piece of leek to test it sizzles. Shallow fry your bhajis for 3-4 minutes each side, or until golden and crispy. Serve in a toasted bun with raita and mango chutney.

What you'll need

2 bowls
Pan
Tongs/spoon



More great recipes
from 7th Rise

Wild Paella

Have a fantastic time with the family with a small push net catching your own brown shrimp on a sandy shore. It's simple to do, just requiring a little time and patience.

Ingredients

- 1 tbsp olive oil
- 1 medium onion
- 2 red or yellow peppers
- 100g French beans
- 300g paella rice
- 1 tsp smoked paprika
- 1 tbsp tomato purée
- Small glass of white wine
- 1 litre chicken stock
- 1 lemon
- Handful of fresh parsley
- Handful of wild garlic
- Shrimp

Method

Give the shrimp a rinse in fresh water and drop into boiling water, cooking for about 3-5 minutes.

Heat the oil in a pan over a medium heat, chop and add the onions and peppers. Cook for around 15 minutes until the onions have softened without colouring.

Push the onion and pepper mix to one side of the pan, add the tomato purée and roast for a few minutes to add depth of flavour. Add the smoked paprika and stir all together.

Add the white wine and stir, simmer for 1 minute. Add the rice and most of the chicken stock (retaining 100ml for later) and stir.

Cook for around 15 minutes until the rice is tender, add a little stock if it is drying out too soon. Stir in the fresh tomatoes, beans and shrimp. Put the lid back on and cook for another 6 minutes or until nearly all the stock has been absorbed. Test for seasoning and add if needed. Squeeze the lemon juice all over and scatter chopped wild garlic and parsley to serve.

What you'll need

Large pan
Spoon
Push net

Shell Robshaw-Bryan

Camping with Style



Shell Robshaw-Bryan is an outdoors-mad blogger who runs *Camping with Style*. Her blog is aimed at encouraging people to spend more time outdoors, and as a keen glamer Shell regularly features camping tips, reviews and advice that will help you enjoy the outdoors and camp in comfort, with a little bit of style!

campingwithstyle.co.uk



Healthy Sweet Chilli Prawn/ Quorn Stir Fry

Ingredients

- Fresh beansprouts
- Pre-cooked fresh noodles
- Fresh sweet chilli stir fry sauce
- King prawns or Quorn pieces
- Pre-chopped bag of mixed stir fry veg
- Olive oil spray

Method

Use a large frying pan or wok, and coat with a few sprays of oil. Bung in the veggies and cook on a moderate-to-high heat for a few minutes until they start to soften and gain some colour. If you're using Quorn pieces, pop these in now, then add the cooked noodles and stir for a few more minutes to heat through. Finally add the chilli stir fry sauce and if you're using prawns, pop these in for a final few minutes.



Camp Casserole – Steak/Quorn

To make life as easy as possible, I do all of the prep for this at home first and simply take the ingredients with me, or more often than not, slow cook it at home, then freeze it, ready to take camping. Once defrosted, it provides a hearty meal with chunks of bread, or simple boiled new potatoes.

Ingredients

- Leeks
- Mushrooms
- Carrots
- Celery
- Beef or vegetable stock
- Red wine (optional)
- Lean steak chopped into chunks or 1 bag of Quorn pieces
- Cornflour or low fat crème fraîche
- New potatoes
- Herbs & seasoning – rosemary, thyme, bay leaf and pepper

Method

Chop the vegetables into chunks. Chop the small new potatoes in half. Make the stock and gently heat whilst pouring in some red wine. Add herbs and seasoning. Add the chopped vegetables and potatoes. Pop in your chopped steak or Quorn pieces. Slow cook for at least 3 hours.

If you are cooking this meal whilst camping, if you can't cook slowly over an open fire or on top of a wood burner, you can cook off all of your ingredients individually before adding to the stock and simmering for 15 minutes. This will save time and will mean you won't need to leave the pot simmering for hours, you will compromise a little on depth of flavour though, so be sure to add additional seasoning as needed.

Emily Luxton



Emily Luxton is a full-time travel blogger focusing on solo female travel, adventure, and personal development through travel. Championing a deeper, slower travel style where possible, Emily tries to really get to know each new destination, and to encourage others to do the same through her blog.

emilyluxton.co.uk



Spicy Bean Bake

Ingredients

- 1 tsp vegetable oil
- 400g bacon
- 2 cloves garlic
- 2 medium onions
- 1 tin 5 bean salad
- 1 tin chopped tomatoes
- 360g rice
- Tortilla chips
- Sour cream (optional)

Method

This dish is really easy to make and can be done all in one pan over a camping stove. Chop the bacon, onion, and garlic, add them to the tin, and fry until the onions are soft and the bacon is cooked through. Meanwhile, boil the rice in a saucepan following the pack's instructions - allow about 90-100g rice per person. When the onions, bacon, and garlic are cooked, pour in the tins of five bean salad and chopped tomatoes. Bring to the boil, then reduce the heat and simmer until the beans are cooked through. Serve with rice, tortilla chips and sour cream.

What you'll need

Chopping board
 Knife
 Frying pan
 Saucepan
 Double burner camping stove

Cornelius Veakins

Outdoor BBQ Chef



Cornelius Veakins is The Outdoor BBQ Chef and works as a Consultant Chef in the world of domestic and commercial Wood, Fire and Smoke cooking. His passion is to demonstrate the true versatility of wood, fire and smoke all year-round outdoor cooking, working with people and chefs across the country.

outdoorbbqchef.co.uk



BBQ Three Cheese Portobello Mushrooms



Ingredients

- 20g grated Italian hard cheese
- 50g brioche - crumbed
- 100g cream cheese
- 100g grated cheddar cheese
- Juice from 1 lemon
- 10g finely chopped fresh coriander
- 2 finely chopped spring onions
- Salt and pepper
- As many portobello mushrooms as you'd like!

Method

Peel and lightly rinse the mushrooms and remove the stalks, do not wash them as mushrooms are like sponges and absorb water.

Combine all ingredients listed below in a bowl and mix well. Don't hesitate in tasting and tweaking the recipe, if you want more zing just add extra lemon juice.

Add about a large teaspoon of the mix to each mushroom and cook on a plancha on your barbecue or in your woodfired oven for about 10-15 minutes depending on your kit.

BBQ Whisky Oak-Smoked Beef Carpaccio

This is my smoked version of an amazing Italian dish. Carpaccio was created by Giuseppe Cipriani in Venice around 1950 and dedicated to the Venetian painter Vittore Carpaccio, I love carpaccio and have used my Kamado barbecue to create my own distinct interpretation. Hope you like it!

Ingredients

- 1 fillet of quality beef - remove all excess fat
- 1 clove garlic purée
- 1 tbs fresh coriander - finely chopped
- 1 tbs fresh thyme - finely chopped
- 3 tbs olive oil
- 1 tbs sea salt
- 1 tbs fresh ground pepper
- Pre-soaked whisky oak chips

Method

Rub your fillet with salt and pepper and get your BBQ up to 75/100°C, add your pre-soaked whisky oak chips and leave your fillet to smoke, in indirect heat, for 30 minutes.

Mix all the ingredients in a bowl and then rub all over the fillet and leave to rest for 20 minutes.

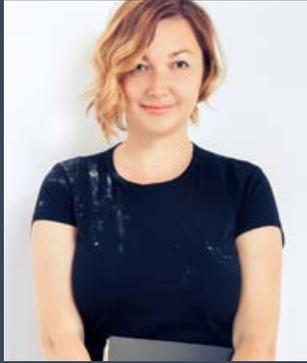
Now it is time to sear your carpaccio: get your barbecue up to 600°C plus and sear each side of your beef fillet for 3-4 minutes on a cast-iron pan.

Remove the fillet from the heat and leave to cool down to room temperature. Slice as thinly or thickly as you like, drizzle with lemon juice and a sprinkle of parmesan cheese.

If you like your carpaccio thinly sliced, wrap in cling film and freeze overnight, this means it is much easier to slice.

Tanya Krezevska

Trail Recipes



Tanya Krezevska is an avid hiker and founder of Trail Recipes, a food blog dedicated to all outdoor enthusiasts.

Tanya is passionate about good food and Mother Nature, and even when she is “on-the-go” she can’t stop cooking delicious meals.

After 20 years of a successful career in sales and marketing,

Tanya turned her passion into a profession – she got a diploma in culinary arts and became a Trail Chef.

trail.recipes



Vegan Bulgur Chilli VE

Ingredients

- 1 tbsp olive oil
- 1 red onion - diced
- 1 red bell pepper - chopped
- 1 can (400g) diced tomatoes
- ¾ cup quick-cooking bulgur
- 1 tsp Mexican seasoning
- Salt, to taste
- Sugar, to taste
- 1 can (400g) kidney beans - drained
- 4 pieces dark chocolate (70% cacao)

What you'll need

- Cutting board
- Knife
- Pot
- Spatula or spoon

Method

Heat the olive oil in a pot over medium heat. Gently cook the onion, stirring regularly, until softened. Stir in the red bell peppers, bulgur, and Mexican seasoning. Heat together for a couple of minutes.

Pour in diced tomatoes and 1 cup water; bring to a boil. Season to taste. Add the kidney beans and simmer for 6-7 minutes, until the bulgur is tender and almost all the liquid is absorbed.

Stir in chocolate pieces and enjoy!

Red Lentil & Coconut Dal with Toasted Sunflower Seeds VE GF

Ingredients

- 1 tbsp coconut oil
- 2 small onions - chopped
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp ground coriander
- ½ tsp chilli flakes
- 1 cup red lentils
- 5 cups water
- 1 cup desiccated coconut
- 1 tsp sea salt
- 1 cup sunflower seeds

Method

Add the onion to a large pan with the coconut oil and sauté for 10 minutes on a low heat. Add in the spices and fry for a further few minutes.

Thoroughly wash and drain the lentils.

Next add the lentils and water to the pan and simmer for 15 minutes on a low heat.

Finally stir in the coconut and season with salt and pepper.

Toast the sunflower seeds in a dry pan (medium heat) for a few minutes. Toss them occasionally and keep your eye on them as they burn quickly!

To serve top with toasted sunflower seeds.



Another great recipe from Rebel Recipes

Dessert

No matter where we are, that sweet tooth still calls for attention now and again! If you're hungry for a sweet treat, look no further than our selection of desserts. From gluten-free peanut butter cookies to vegan chia seed pudding - we've got something for everyone!



*Raw Chocolate
& Hazelnut
Brownies*
See page 27



Olive Oil & Sea Salt Dates



Dessert does not get any easier than this.
You can enjoy this cold or warmed up over the grill!

Ingredients

- ½ cup Medjool dates
- 1 tbsp olive oil
- Sea salt

Method

Sprinkle the olive oil and sea salt on the dates and enjoy or warm the dates and olive oil in a small pan first, then sprinkle with the sea salt.



More great recipes
from *Must Hike Must Eat*



Blackberry & Sorrel Crush



A fruity, sweet and sharp drink, like slushy for grownups. Blackberries and sorrel are both very common wild ingredients you can find yourself. Fresh and free!

Ingredients

- A small handful of blackberries
- 6 large common sorrel leaves
- Sprig of basil
- Vodka
- Sugar
- Soda
- Ice

Method

Using a sturdy glass, muddle (bash) the fruit, sorrel and sugar together.

Add vodka and crushed ice, muddle some more.

Add soda, stir and serve.

What you'll need

Glass
Rolling pin (or camping mallet handle)



Raw Hot Chocolate VE GF

We all need a natural energy boost when we're travelling or on the go. This decadent mug of hot chocolate tastes indulgent, but contains all natural ingredients and is full of nutrients. Cacao can be quite a powerful stimulant, so if you're sensitive to caffeine perhaps have this earlier in the day or sub the cacao for cocoa instead.

Ingredients

- 1 mug milk of choice
- 2 tsp raw cacao/cocoa powder
- 1 tsp coconut sugar
- Dash of cinnamon

Method

Add the milk and cacao powder to the saucepan and heat gently until the cacao has dissolved. If you have a blender you can whizz them together first and then heat in the pan.

When the milk is hot but not boiling, add the coconut sugar and cinnamon and stir. Serve immediately in mug.

What you'll need

Mug
Blender
Small saucepan



More great recipes
from *Everything's Peachy*

Raw Chocolate & Hazelnut Brownies VE GF

These raw brownies are a real treat! Goopy, chocolatey and moreish, it's hard to believe they're made with only three ingredients. Once they've set in the freezer, store them in your cool box for a nutritious and energising snack.

Ingredients

- 400g Medjool dates
- 150g roasted hazelnuts, without skins
- 3 tbsp raw cacao (or cocoa) powder

Method

Place the hazelnuts into the food processor and grind into a flour. (If you have a blender with a milling blade, this will work too.)

Add the dates and cacao powder and blend thoroughly until a sticky, chocolatey dough forms. You may have to stop a few times to scrape the mixture into the middle.

Press the mixture evenly into a square brownie tin and freeze for about an hour or until the brownie dough has firmed.

Slice into squares or rectangles, wrap in greaseproof paper and store in an airtight container, preferably refrigerated.

What you'll need

Food processor
Square brownie tray

Laura Ramage

Cocktails & Wanderlust



Laura Ramage is a lifestyle blogger from Cornwall who has a passion for Health & Fitness, Travel and the Outdoors.

From surfing and SUPing to exploring the coastal paths, Laura's blog aims to share new and exciting ways of leading a well-balanced lifestyle.

cocktailsandwanderlust.com



Acai Berry & Chia Seed Pudding



The Acai Berry and Chia Seed Pudding is a perfect meal to kick-start anyone's morning. Not only does it require little time to prepare, it only contains a few ingredients, which is perfect if you're camping or spending the day outdoors. Chia seeds and acai are also packed with nutrients, protein and lots of goodness; therefore you will be left feeling healthy and energised.

Ingredients

- ½ cup whole chia seeds
- 2 cups milk, soya milk or plant-based milk
- 2 tbsp maple syrup
- 1 tsp acai powder
- Handful of blueberries

Method

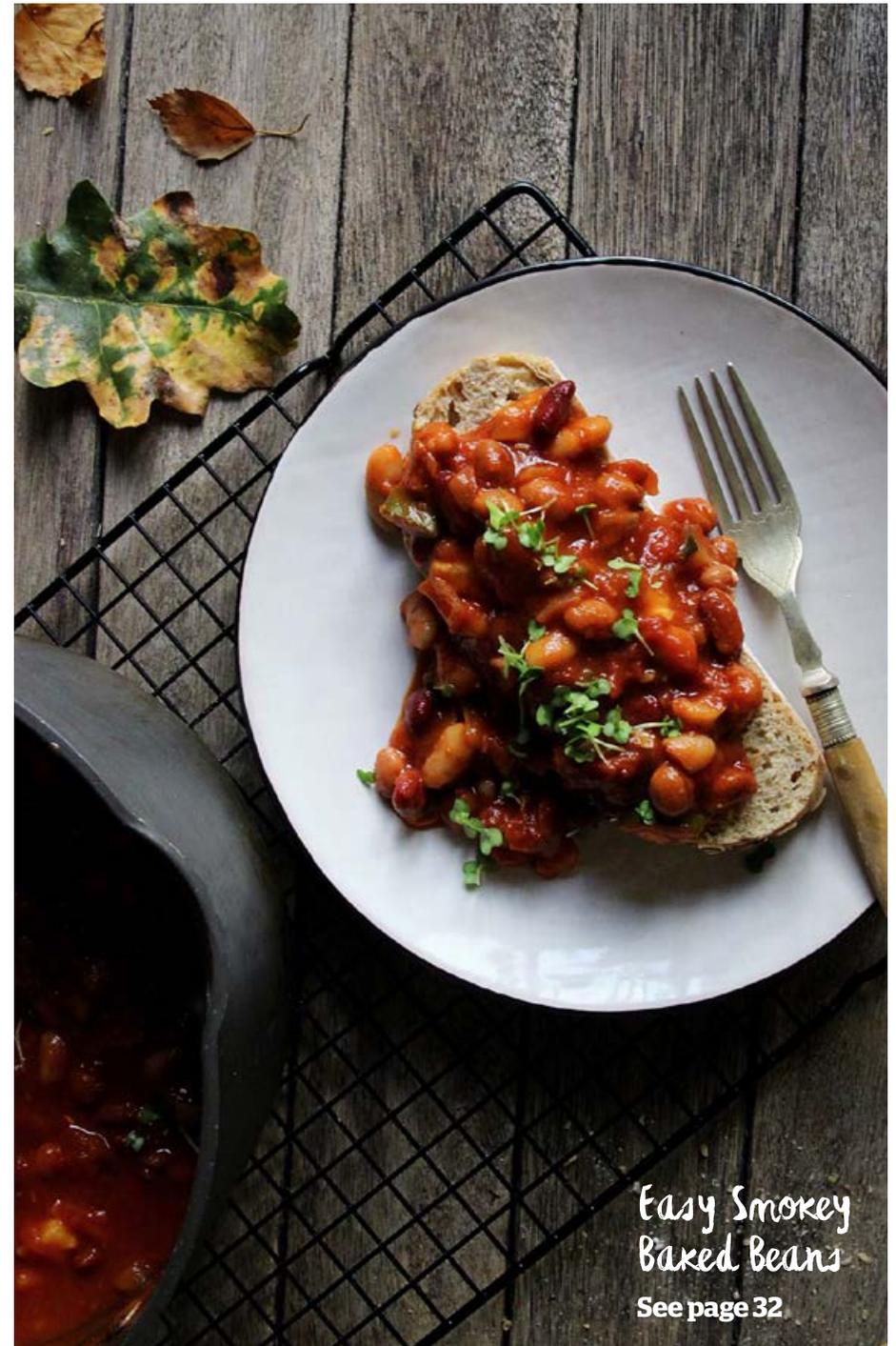
Mix together the milk, chia seeds, maple syrup and acai powder in a bowl until well combined. Cover the bowl or pour the mixture into two jam jars and store in a refrigerator or cool box overnight (or for at least 4 hours).

Wake-up, grab your jam jar and before eating sprinkle blueberries on top.

You can vary this recipe by adding in different flavours such as cacao to the pudding as well as adding different toppings such as bananas.

Snacks

Sometimes when camping, you'll be rushing around to make the most of your trip, or maybe you just won't be in the mood for a full meal! That's why we've collated this appetising selection of snacks to whet your appetites and ward off the hunger until tea time! Whip up delicious, vegan sorrel drop scones or try your hand at gluten-free peanut butter bars that you can master in minutes!



Easy Smokey
Baked Beans
See page 32



Horseradish Mushroom Jerky VE GF

Ingredients

- 453g portobello mushrooms
- 2 tbsp apple cider vinegar
- 3 tbsp coconut aminos (or soy sauce)
- 4 tsp prepared horseradish
- ½ tsp sea salt
- ½ tsp garlic powder

What you'll need

Knife
4L sealable food bag
Dehydrator

Method

Cut the mushrooms into strips about ½" wide. Mix together well with the rest of the ingredients and add to a 4L sealable food bag or other sealable container with the mushrooms.

Leave to marinate overnight until mushrooms are saturated.

Lay out on open racks in your dehydrator for 5-6 hours until dry through and chewy.

Store in an airtight container, makes 4 servings.

Pumpkin Hummus VE GF

This is a great bean-free way to enjoy hummus and add some extra vitamins and fibre into your diet. Enjoy with cut vegetables or on your favourite sandwich. Make at home and store in a plastic container for your next outdoor adventure.

Ingredients

- 425g canned pumpkin
- ½ cup tahini
- ¼ cup olive oil
- ½ lemon juiced
- ½ tbsp cumin
- ½ tbsp minced garlic
- ½ tsp dried oregano
- ½ tsp sea salt

What you'll need

Mixing bowl
Spoon
Knife (to cut lemon)
Food processor optional

Method

Mix all ingredients in a bowl by hand or in a food processor until smooth.



More great recipes
from Must Hike Must Eat



Mussels GF

Ingredients

- 1 tsp olive oil
- 2 cloves garlic - finely chopped
- 1 large onion - chopped
- 900g mussels
- 230ml dry white wine
- 150ml double cream
- Crusty bread, to serve

What you'll need

Chopping board
Knife
Frying pan
Camping stove

Method

When you're cooking on a camping stove, you want to choose something that can be done all in one pan. This easy mussels recipe is perfect for that. Heat the olive oil in a large pan over a medium-high heat. Add the onion and garlic and fry for about 5 minutes, until soft. Add the mussels, wine, and cream, stir, and cover the pot. Cook for about 10-15 minutes until the mussels are cooked through. Serve in a bowl with some crusty bread.



Another great recipe
from Emily Luxton

Raw Raspberry Chia Jam VE GF

This raw chia seed jam is so easy to make, it's perfect to add to your camping trip prep. Using just simple ingredients, it provides every bit of sweetness as regular jam, but with the energising boost of the chia seeds and without all the added sugar.

Ingredients

- 2 cups raspberries
- 2 tbsp chia seeds
- 2 tbsp maple syrup
- 2 tbsp warm water

What you'll need

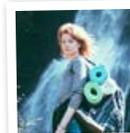
Bowl & fork
Airtight jar or container

Method

Mash the raspberries in a bowl with a fork until they have turned into a pulpy mixture. Add the water, chia seeds, maple syrup and stir well.

Pour mixture into an airtight jar and store in the fridge for at least one hour to firm.

Enjoy spread on toast or crackers, or drizzled over yoghurt.



Another great recipe
from Everything's
Peachy

Puffed Quinoa & Peanut Butter Bars

VE

Easy Smokey Baked Beans VE**Ingredients**

- 2 tbsp olive oil
- 1 onion - diced
- 4 cloves garlic
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- 1 tsp cumin seeds
- 2 packs/tins organic tomatoes
- 1 courgette - sliced
- 3 sundried tomatoes chopped up finely (optional)
- 2 tsp tamari
- 1 pack organic borlotti beans
- 1 pack organic red kidney beans
- 1 pack organic cannellini beans
- Salt
- Pepper
- 1 tbsp maple syrup
- 1 tsp apple cider vinegar
- 1 tsp liquid smoke (optional)
- Optional - extra sprinkle of chilli flakes

Method

Add the onion to a large pan with the oil and sauté for 10 minutes on a low heat. Add in the garlic and spices and fry for a further few minutes.

Next add the courgette, tomatoes and sundried tomatoes and simmer for 30 minutes on a very low heat.

Finally add in the beans, tamari, maple syrup, apple cider vinegar, liquid smoke and simmer for a few minutes, then season with the salt, pepper and chilli to taste.



Another great recipe
from Rebel Recipes

Ingredients

- 1 cup pitted dried dates
- 1 cup puffed quinoa
- ⅓ cup shelled pumpkin seeds
- ⅓ cup shelled sunflower seeds, unsalted
- 1 cup creamy peanut butter
- 2 tbsp virgin coconut oil - melted
- 1 bar (about 100g/3.5oz) dark chocolate (70% cacao) broken into chunks
- ⅓ cup unsweetened shredded coconut

Method

Line a 25 x 20cm (8 x 10") baking dish with parchment paper. Pulse dates in a food processor until you get a sticky paste.

Transfer the date paste to a large bowl. Add puffed quinoa, seeds, peanut butter, and coconut oil. Stir until well combined. Press the quinoa-peanut butter mixture into prepared baking dish.

Melt the chocolate and pour over, spreading evenly. Dust with coconut flakes.

Cool to room temperature, then refrigerate about 2 hours, or until firm. Remove the slab from the baking dish, and cut it into 12 bars.

Wrap each bar in waxed paper or aluminium foil. Store bars in an airtight container in the fridge for up to one month, until you are ready to put them in your backpack.



Another great recipe
from Trail Recipes

Chris Bax

Taste the Wild



Chris' two passions in life (apart from his wife Rose) are the outdoors and food. Chris has had a love of the outdoors from scouting as a boy to mountaineering and mountain travel in later years. He has travelled widely and has experienced life with indigenous peoples around the globe. His love of food led him into a career as a chef, but the outdoor life kept calling and inspired him to set up Taste the Wild where he could combine his interests and pass on his enthusiasm and knowledge to others. He now teaches people to find and cook food in the wild.

tastethewild.co.uk



Sorrel Drop Scones V GF

Ingredients

- 110g (4oz) gluten-free flour
- 25g (1oz) caster sugar
- 1 egg
- 150ml (5.3 floz) milk (full fat)
- 1 handful of sorrel leaves chopped.
If you can't find sorrel use some elderberries or bilberries

Method

Put the flour and sugar into a bowl and mix. Make a well in the middle of the mixture and drop in the egg and half the milk. Mix to a batter. Now mix in the rest of the milk. Add the sorrel leaves and stir in.

Heat a flat griddle pan or heavy based saucepan until hot and grease with lard. Drop dessert spoonfuls of the batter onto the pan leaving room for them to spread.

Cook until bubbles rise to the top and then flip over and cook for approx. 1 minute more. Remove to a cooling rack and cover.



Campfire Baba Ganoush VE GF

The smokiness of the campfire adds to the authenticity of flavour in this simple and delicious dip.

Ingredients

- 5 aubergines
- 100g light tahini paste
- 3 tbsp olive oil
- Juice of 1 lemon (maybe more to taste)
- 10-15 wild garlic leaves - very finely chopped

Method

Roast the aubergines directly on the hot coals at the side of the fire until soft and slightly charred. Allow to cool slightly, then cut in half and scrape out the flesh into a bowl. Add all the other ingredients to the bowl, season with salt and pepper and mash to a rough paste. Taste and readjust the seasoning with salt, pepper and lemon juice if necessary.

Jayne and Bibi Rodgers Veggie Runners



Veggie Runners is an award-winning food and fitness blog, written by mother and daughter marathon runners, Jayne and Bibi Rodgers. The blog is full of gourmet vegan recipes for active people, running tips and chatty tales of their trials, tribulations and occasional triumphs in their trainers.

veggierunners.com



Vegan BBQ Baked Beans VE

These vegan barbecue baked beans are perfect camping food, a great balance of protein and carbs and absolutely delicious too. They have a really deep, rich flavour that's about a billion times tastier than anything you'll ever get from a can and they're really easy to make on a camping stove too.

Ingredients

- 400g tin borlotti beans
- 1 red onion - diced
- 500g tomato passata
- 1 tbsp tomato purée
- 1 heaped tsp miso
- 1 tbsp nutritional yeast
- 1 ½ tsp hot paprika
- 1 ½ tsp dried oregano
- Handful of fresh coriander - chopped

Method

Place all of the ingredients except the coriander in pan, stir well, bring to the boil then reduce to a simmer.

Stir now and again until all of the luscious flavours have blended together. They're ready to eat as soon as they're heated through thoroughly. The taste gets even richer the longer you cook them for.

Serve on wholemeal or rye toast, sprinkled with the chopped coriander.

Sauces

What's life without a little indulgence? Why should food outdoors mean food with less flavour? Well you needn't feel guilty about these healthy sauces - they'll give your meal an extra kick and you can make them in minutes!



Another great recipe from Rebel r

White Top Pizza Sauce V GF

Flammeküechle is an Alsatian traditional white top pizza and is basically a thin-crust pizza that should be made with crème fraîche, sliced onions and smoked lardons. My version is with white top sauce, dirty cooked onions, baby leeks, mozzarella, parmesan and goats' cheese.

Ingredients

- 100g full fat crème fraîche
- 100g natural yoghurt
- Salt and pepper
- Freshly chopped coriander

White top sauce can be used with any type of pizza and you'll soon see your family and friends divide into two camps: red top and white top. Please give it a try, it'll be worth it!



More great recipes from Outdoor BBQ Chef

Chimichurri: The Best Steak Sauce

Chimichurri originally comes from the Rio de la Plata, Argentina and is very green but completely delicious: sweet, sharp and fresh with a hint of heat.

Ingredients

- 2 cups fresh Italian parsley leaves
- 4 medium garlic cloves - peeled and smashed
- ¼ cup fresh oregano leaves
- ¼ cup red wine vinegar
- ½ tsp red pepper flakes
- ½ tsp rock salt
- Freshly ground black pepper
- 1 cup extra-virgin olive oil

Method

Place your parsley, garlic, oregano, vinegar, red pepper flakes, salt, and pepper in a food processor. Blitz until finely chopped for about a minute. Whilst still blitzing add the oil in a steady stream. As with all sauces, it is best to refrigerate at minimum for a couple of hours to allow the flavours to blend. Ideally leave overnight.



More great recipes from Inspired Camping

Hot Peanut Sauce VE GF

This gorgeous burger sauce has to be prepared before the camping trip. However, it can last more than a week if kept chilled.

Ingredients

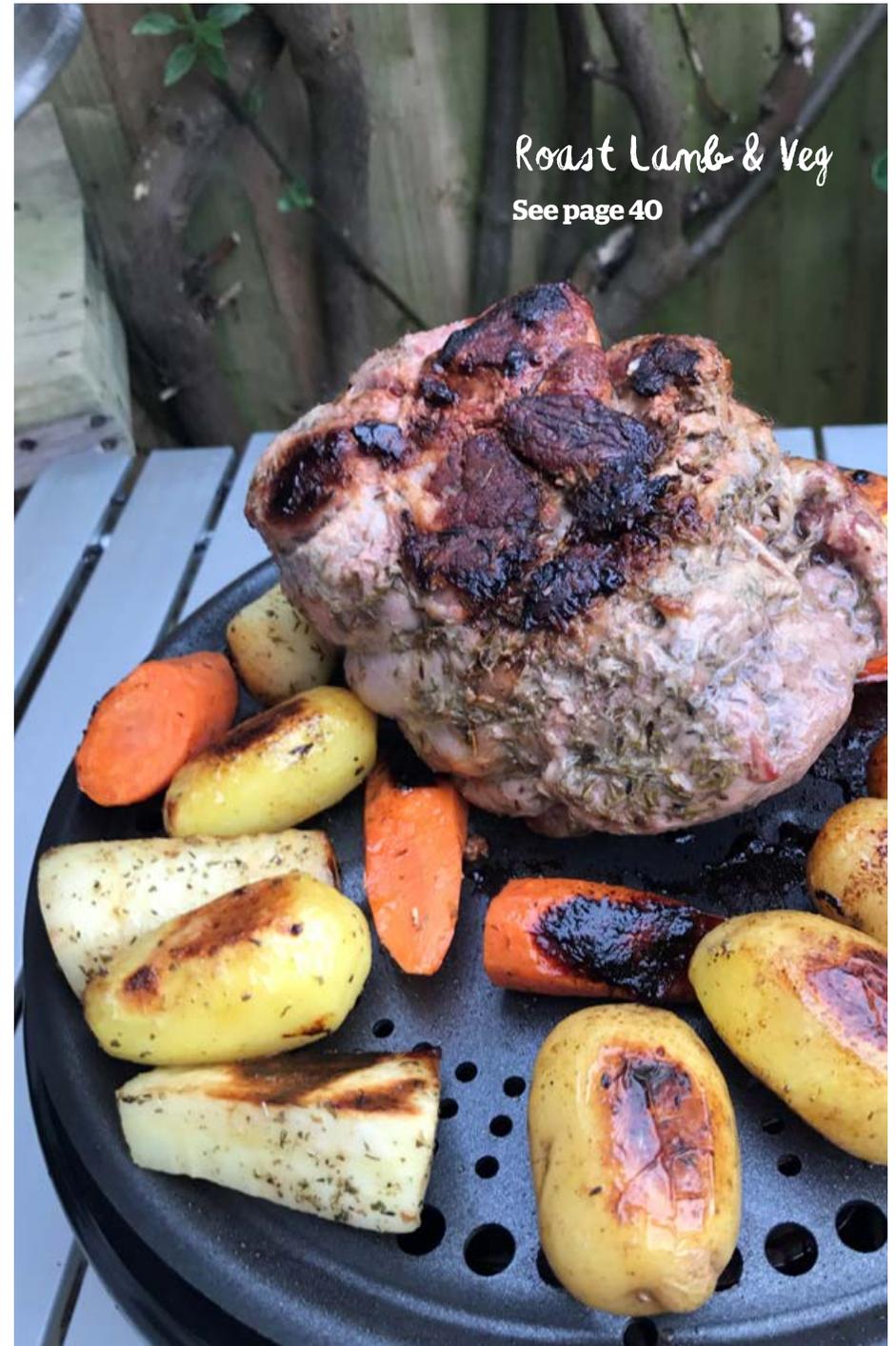
- 1 medium onion and 2 small chillies - finely chopped (including the seeds if you like it hot)
- 2 cloves of crushed garlic
- 2 inch piece of grated ginger
- 2 tbsp of good olive oil
- 1 tbsp toasted sesame oil
- Zest of 1 lime
- 2 cups of roasted peanuts
- 4 tbsp soy sauce
- ½ cup of water
- Salt and pepper to taste

Method

Sizzle the onions and chillies in the oil until tender. Add the garlic and ginger and cook for a few minutes. Then whizz up in a blender until it's smooth. Add the rest of the ingredients and whizz again until it's the consistency you like (we like ours crunchy).

GO Outdoors Favourites

At GO Outdoors we LOVE nature and LOVE camping - it goes without saying! As an added treat, find some of our personal favourite recipes right here!



Roast Lamb & Veg

See page 40

Naz Haque

GO Outdoors



Naz Haque joined GO Outdoors as a Web Test Analyst less than a year ago and the 'active' bug has already hit her. Although, the one thing that she is most passionate about is food. She enjoys various cuisines but her idea of a fun day is a really hot and sunny day when the family barbecue is taken out. She totally recommends the Malai chicken kebab and was handed the recipe by her mother in law. In her words, "These kebabs lend well to al fresco dining and are a firm family favourite. The cream marinade makes the chicken tender and succulent while the barbecue coals give the necessary char, go on, give it a try!"



By Renupradhul

Malai (Cream) Chicken Kebab



Ingredients

For the Kebab:

- 500g boneless chicken - cut into small pieces
- ¼ cup fresh double cream
- 2 tsp store-bought ginger garlic paste
- 2 tsp store-bought tandoori masala
- 1½ tsp salt
- 1 tsp vegetable oil
- Skewers

For Coriander and Mint Chutney:

- 2-3 tbsp yoghurt
- A small handful coriander & mint leaves
- Salt

Method

For the kebab: mix together the ginger and garlic paste, kebab masala, double cream, salt, and rub the marinade into the chicken. Let the marinated chicken rest for at least a couple of hours in a cool place, ensuring that a cling film covers the chicken to ensure no moisture is lost. Once marinated, put the chicken pieces onto a skewer, lightly brush some oil over it and then grill it over a barbecue (for 15 minutes depending on the chicken cube size, turning every 5 minutes). Once they are a bit chargrilled, they should be done.

For the coriander and mint chutney: Chop mint and coriander leaves really finely, just so it's as good as a powder. Add this to the yoghurt and add some salt to the mixture.

Enjoy your kebabs with the yoghurt dip.

Steph Hoy

GO Outdoors



A big fan of shopping locally, eating vegetarian and vegan dishes and creating simple one-pot recipes. Long-time vegetarian and enthusiastic camper.



Spicy Chickpea Medley VE

Ingredients

- Your choice of rice
- 1 can of chickpeas
- 1 carrot - chopped
- 1 onion
- 5 mushrooms
- 2-4 chillies to taste
- 1 spring onion
- 1 red pepper
- 2 cloves of garlic
- 2 tbsp tomato purée
- 1 tbsp of turmeric powder
- 1 tbsp of paprika
- Hot chilli powder to taste

Method

Cook some rice and set to one side.

Open a can of chickpeas and put into the pan.

Add one chopped carrot, one onion, 5 mushrooms, two chillies, spring onion, one red pepper and two cloves of garlic to the pan with the chickpeas (you can actually add any veg you like - but these are my favourites).

Add two tablespoons of tomato purée, a tablespoon of turmeric powder, a tablespoon of paprika and if you want to add more spice, add a few tablespoons of hot chilli powder or an extra chilli or two.

Add a pint and a half of water to the pan and let the mixture bubble away for a good 10-15 minutes or until the chickpeas are soft and start to shed their coatings.

Serve immediately.

Jo Eade

GO Outdoors



I work at the Chatham store part time on clothing and I'm the rep.

In my spare time I love to be outdoors and camping in my camper van with my son. We spend lots of time geocaching and you'll often find me climbing a tree or kayaking along a river in search of a geocache.



Roast Lamb & Veg

GF

Ingredients

- Small leg of lamb.
- New potatoes
- Carrots - in chunky pieces
- Parsnip - cut up in chunks
- Thyme
- Sprigs of rosemary
- Vegetable oil
- Salt and pepper
- 2 cups of red wine
- 2 cups of cold water

Method

Marinate the lamb (I used deboned lamb) in some oil, thyme, salt and pepper. Light the Cobblestone as per instructions and once ready place the grill plate on the Cobb Barbecue to heat with the lid on. After 10 minutes wipe the grill plate with oil (or if using the roasting rack no need to oil the grill plate)

Mix the red wine and water together and pour one cup into the moat with the sprigs of rosemary.

Place the lamb on the centre of the grill plate and leave for 30 minutes. Meanwhile parboil the potatoes, parsnip and carrots. When done toss in some oil and mixed herbs, salt and pepper.

After 30 minutes turn the lamb and place the potatoes, carrots and parsnips around the lamb, check and fill the moat with more of the red wine and water. Turn the veg after 30 minutes. The lamb should take 1 hour 30 minutes to 1 hour 45 minutes depending on how you like it. Do not take the lid off more than necessary as you will lose heat.

If using the roasting rack you will not need to turn veg therefore leave the lid on. Cooking times will speed up if you can resist the urge to peek.

Remove lamb and leave to stand for 10 minutes whilst the veg finishes cooking.



For more summer inspiration, join the conversation

