

GREAT AUSSIE BREAKFAST FOR TWO

CONTRIBUTED BY ANITA AND MIKEY PAVEY, THE DIRT 4WD

This one is easy, and the most delicious.

I have this cookie cutter the shape of Australia (any shape will do, you can even use a glass turned upside down), so depending on how many eggs you want, a piece of bread for each egg.

Ingredients

4 slices of Bread 4 eggs 2 rashers of bacon salt and pepper tomato sauce

Optional

spinach leaves cheese onion

- Cut out the inside of the bread slice with the cookie cutter, and place the bread (and the piece you cut out) onto the BBQ, then crack an egg into the hole in the bread, add salt and pepper. You can add in some extras like grated cheese, spinach or cooked onion, whatever your taste. But leave room for the bacon.
- Now to cook it up, flip the egg in bread, should only take a few minutes either side.
- Get your plate and place the egg in bread, bacon and cut out piece of bread on a stack on your plate, add a dollop of tomato sauce and there it is, The Great Australian Breakfast.











ONE SKILLET BREAKFAST

Packed with proteins and carbs, this frittata combines all of the usual breakfast camping food staples to make one really hearty dish. Best of all, it only requires one skillet to prepare, perfect for tent campers and backpackers.

Ingredients

2 medium potatoes

2 tablespoons cooking oil

1 clove of garlic

1/2 small onion

1/3 lb. ground sausage

5 eggs

1/2 cup cheddar cheese salt & pepper to taste

Preparation Time

15 minutes at home & 5 minutes at the campground

Cooking Time

15 minutes

Yeild

2 servings

- Add the oil to a large skillet and heat it on a stove (if you're camping with an RV) or over the campfire (if you're tent camping).
- **7** Fry the potatoes until golden.
- Add the onions and garlic and fry them until they start to change color.
- Fry the sausage until they are brown, breaking it up as you cook it.
- Add the eggs into the skillet, breaking the yolks and mixing them through the entire pan. Cook until the eggs have set.
- Add the shredded cheddar cheese. Cover the pan for a few minutes to allow the cheese to melt.



ANITA'S EASY PEASY DAMPER

CONTRIBUTED BY ANITA AND MIKEY PAVEY, THE DIRT 4WD

Ingredients

8 cups self-raising flour80g butter400g Goulburn Valley fruit salad



- Get your fire ready with red hot coals, line your camp oven with foil, then grease and flour it.
- Use your fingertips to rub the butter into the flour until the mixture resembles fine bread crumbs.
- Add the fruit salad and juice to the flour mix and combine until it just comes together.
- Turn the dough on to a lightly floured surface and knead gently for 1-2 minutes or until smooth, shape into a disc and place in the camp oven.
- Shovel some hot coals on a flat surface in the shape of the oven, then place the camp oven on top of the coals. Place another shovel full of hot coals on top of the oven.
- Cook for 20-25 minutes or until the damper is cooked through and sounds hollow when tapped on the base. Then serve with butter and lashings of golden syrup and Quandong jam and a cup of billy tea.



QUINOA SALAD

CONTRIBUTED BY CAMPS AUSTRALIA WIDE

We use this salad a lot when we are travelling as once it is made it will keep for 2-3 days and the flavours seem to get even better by the next day! You can use any herbs, vegetables you have available eg sweet corn chopped off the cob and its really good for lunch with tinned tuna, cold sausages etc.

Ingredients

1 cup quinoa (I use white)
herbs as available - mix of parsley, coriander, mint usually
2 x spring onions
fresh or dried chillies to taste
rind and juice of 1 lemon
olive oil

- Cook the quinoa in 1-¼ cups of water on low heat until absorbed and quinoa clear.

 Leave with lid on to finish cooking and it will also dry out.
- Finely chop herbs, chillies and spring onions add to a bowl with olive oil (about ¼ cup), lemon juice, lemon zest, salt and pepper to taste. Stir to make a green dressing and pour over cooked quinoa, season and check flavor adjusting as needed.
- It tastes great just like this, but add any extras as you like and serve with protein. For us it is usually chicken tenderloins or lamb cutlets.
- 4 Enjoy!

BLUE CHEESE PORTOBELLO MUSHROOM BURGERS

This quick and easy recipe for Blue Cheese Portobello Mushroom Burgers is a good example of pleasing hungry campers with vegetarian friendly foods. Salt, pepper, and a little Worcestershire sauce help evoke a beef patty, while a healthy dose of pungent frommage gives the dish a kick in the pants.

Add some lettuce, a dab of Dijon, and a whole wheat bun, and you've got yourself a main course. It may not make you forget about a Big Mac, but it'll sure as hell be better for everyone involved.

Ingredients

2 teaspoons worcestershire sauce ½ teaspoon extra virgin olive oil kosher salt freshly ground black pepper 2 medium portobello mushroom caps, wiped free of dirt ½ cup blue cheese crumbles 2 whole wheat hamburger buns or rolls, cut in half

Optional

- a few leaves lettuce
- a slice or two of onion
- a few dabs dijon mustard

- Preheat your broiler. Line a small baking sheet with aluminum foil.
- In a small bowl, combine Worcestershire, olive oil, and salt and pepper to taste. Whisk.
- Brush both sides of mushrooms caps with mixture. Place them gill-side-up on your baking sheet. Broil 2 to 3 minutes. Remove from broiler. Sprinkle evenly with blue cheese. Broil about 2 more minutes, until cheese is browned a tiny bit melty.
- Remove from broiler, place on a plate, and set aside for a minute.
- Place buns cut-side-up on pan. Broil about 30 seconds, until slightly browned. Remove from broiler. Place on plate. Stack mushrooms on buns with lettuce, onion, and Dijon (if desired).
- 6 Eat. Rock out with your socks out.





COLA AND SMOKEY BBQ SPARE RIBS

CONTRIBUTED BY MICK, NICK & RYAN, CAST IRON BOYS

This is a very easy recipe to make whilst camping or at home. Make sure you have a bowl of water to wash hands. Yum!

Ingredients

- 1 kilogram of ribs
- 1 bottle of smokey BBQ marinade
- 2 litres of cola

ABOUT THE COOK

The Cast Iron Boys are 3 young
Aussie blokes named Mick, Nick and
Ryan who all share a passion for the outdoors
and all the activities that go along with them.
We promote camp oven cooking via live demos,
Facebook, YouTube and our website. Feel free to
post photos or ask questions.

Our website: www.castironboys.com

Follow us on Facebook
www.facebook.com/castironboys

Watch more of our videos www.youtube.com/user/campovencookingmick

- **1** Cut the ribs into individual pieces.
- Pour cola into the camp oven, add the ribs and bring to the boil. Let boil for half an hour.
- Remove ribs and drain cola. Brush marinade over ribs and place back in the camp oven.
- Bake for one hour, whilst re-basting the ribs with more marinade every 10-15 minutes.
- Serve and enjoy!!





THREE CHEESE POTATOES

Ingredients

- 3 large potatoes, peeled and cut into 1-inch cubes
- 1 medium onion, chopped
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon minced chives
- ½ teaspoon seasoned salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- ½ cup crumbled cooked bacon
- ½ cup shredded part-skim mozzarella cheese
- ½ cup shredded cheddar cheese

Yield

4-6 servings.

- In a large bowl, combine the first six ingredients.

 Transfer to a double thickness of greased heavy-duty foil (about 18 in. square). Dot with butter.
- **2** Fold foil around potato mixture and seal tightly. Grill, covered, over medium heat for 15-18 minutes on each side or until potatoes are tender.
- Carefully open foil. Sprinkle the bacon cheeses over potato mixture. Grill 3-5 minutes longer or until cheese is melted. Open foil carefully to allow steam to escape.



PIGS IN PONCHOS

Ingredients

8 good-quality hot dogs

- 1 can (16 oz.) vegetarian (lard-free) spicy refried beans
- 1 large poblano chile pepper
- 16 flour tortillas (8-inch), heated to soften slightly
- 1 % cups homemade or store-bought salsa verde

Yellow mustard, jalapeno mustard or honey mustard 2 ½ cups shredded monterey jack cheese

Cooking spray

Yield

4-6 servings.

- Preheat an outdoor grill, indoor griddle or grill pan to medium-high heat. Parboil the hot dogs for a few minutes to heat through. In a medium saucepan, heat the beans over medium heat (or cover and heat in the microwave on high for 3 minutes), adding a little water to thin slightly.
- 2 Meanwhile, grill the poblano (or cook over an open flame on the stovetop or under the broiler) until evenly charred. Transfer to a bowl, cover and let cool, then peel and slice.
- Make the ponchos: Top each of 4 tortillas with a thin layer of salsa verde, a swirl of mustard, a few slices of poblano and lots of cheese, then cover each with another tortilla. Spread the top tortilla with some beans and set a dog at one end. Wrap and roll up the tortilla stack around the dog; repeat with the remaining ingredients. Spray the ponchos with cooking spray and grill for a few minutes to brown and crisp the tortillas.



SCRAN IN A CAN

Ingredients

1 pound ground beef assorted seasonings, for seasoning the meat to taste

4 tomatoes, sliced

1 (16 to 17 ounce) can whole kernel corn, drained

1 cup buttermilk baking mix

1/3 cup milk

butter or margarine salt and pepper

Optional

fresh parsley

Preparation Notes

You will need 4 cleaned 2 to 3 pound coffee cans for this recipe.

Preparation time

10 min

Cooking time

40 min

Ready in

50 min

Yield

4 servings

- Season ground beef as desired the shape into four patties.
- **9** Grease four 2 to 3 pound clean coffee cans.
- Place a meat patty in the bottom of each can.
- Top each patty with 3 tomato slices and ¼ of the corn.
- Dot with butter and season to taste with salt and pepper.
- Cover each can securely with aluminum foil.
- Place on grill 3 to 4 inches from hot coals and cook for 20 to 30 minutes.
- Mix baking mix and milk together thoroughly with a fork for a dumpling batter.
- Remove foil lids and drop small spoonfuls of batter into each can. Sprinkle with parsley, if desired.
- Cook uncovered for about 10 minutes. Recover and cook 10 minutes longer. When ready eat directly from the can.

RABBIT CACCIATORE

CONTRIBUTED BY BERNADETTE JACKSON, GUNS & GAME

Cacciatore means "hunter" in Italian, and in cooking terms, it means prepared "hunter-style", that is, a rustic combination of basic ingredients that deliver a satisfying and appetising meal.

Imagine rabbits feeding on the grass and herbage that grows in amongst the trees in an olive grove...

The meat from young rabbits is tender and not too strong in flavour.

This one frypan meal brings together Mediterranean ingredients in the Aussie bush. If you don't like olives, you can leave them out, or just cook with them and then don't eat them, as they really add piquancy to the dish. If you don't have white wine, that's okay too, just add an extra half cup of water. I've served the cacciatore with rice, you could also serve it with pasta, potatoes, or crusty bread to soak up the sauce. It doesn't take long to prepare, or to cook, and makes the best of an afternoon's rabbit hunt.

Method

- You'll need the meat from three young rabbits (approx 600g) make sure you remove any sinew and silver skin and cut into small pieces. You could also use chicken thigh or breast fillets.
- Heat two tablespoons olive oil in a frypan over hot coals and add half the meat. Fry the meat until lightly coloured, remove from the frypan and repeat with the remainder of the meat.
- **?** Remove from the pan.
- Chop 3 onions and 3 cloves of garlic, add to the pan and fry until lightly golden.

Add the following ingredients to the pan with the fried onions

140g tomato paste,

400g crushed tomatoes,

2 teaspoons sugar,

2 teaspoon chicken stock powder,

2 teaspoons dried thyme leaves,

3 teaspoons dried oregano,

12 black olives

black pepper to taste,

1/2 cup white wine,

3/4 cup water.

Stir gently to combine.

Return the cooked rabbit meat to the frypan.

- Leave to simmer over coals for 25-30 minutes.

 In the meantime, add 2 cups of uncooked rice and 3 cups water to the billy. Bring to the boil, stir, then allow the rice to cook for 10 minutes with the lid on the billy. Remove the billy from the heat and leave to sit (with the lid still on) until the cacciatore is cooked.
- After about 25 minutes, the sauce will have thickened and the rabbit meat will be very tender.
- Gently fork the rice in the billy to loosen the grains, and serve with the rabbit cacciatore.

The olives explode with flavour in your mouth and add a delicious piquancy to the meal, the herbs compliment the delicate flavour of the rabbit meat, and the sauce is rich and satisfying.

Right Inset: This one frypan meal brings together Mediterranean ingredients in the Aussie bush

Right: Serve the rabbit cacciatore with rice, the olives explode with flavour in your mouth and add a delicious piquancy to the meal, the herbs compliment the delicate flavour of the rabbit meat, and the sauce is rich and satisfying.



WHOLE PUMPKIN STUFFED WITH MEDITERRANEAN MINCE

CONTRIBUTED BY ASH, LEANNE, GREG AND RAQUEL, OZWIT

This recipe is suitable to be cooked in a convention oven, Weber Q or camp oven using hot coals, gas burner or heat beads! For more great recipes visit www.ozwit.com or find us on facebook!

Ingredients

1 whole jap pumpkin to fit your camp oven

2 tbsp oil

500g beef mince

1 tsp garlic

1 tbsp mild chilli

½ tbsp Moroccan seasoning

1 tsp cinnamon

½ cup of chicken stock

100g sultanas, soaked in half cup hot water

100g borlotti beans



Method

Cut top of pumpkin to form a lid. Scoop out seeds and scrape sides with a spoon.

In a frypan, heat oil, garlic, onion and sauté for 2 minutes.

Add mince and cook until brown.

Sprinkle mild chilli, Moroccan seasoning, cinnamon, chicken stock and borlotti beans into mince.

Drain sultanas and add to mixture.

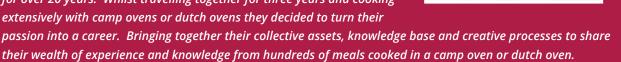
Cook through until most of the moisture has evaporated.

Add meat mix into scooped out pumpkin and place the whole pumpkin inside a large camp oven.

Cook using 10-12 Heat Beads® on top and 10-12 on bottom for approximately 2 hours until the pumpkin inside is tender. Check by using a skewer.

ABOUT THE COOK

OzWit is a team of four Ash Bidwell, Leanne Bidwell, Greg Mace and Raquel Mace who have travelled, cooked and shared interests together for over 20 years. Whilst travelling together for three years and cooking extensively with camp ovens or dutch ovens they decided to turn their





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CHICKEN AND CORN TURKISH PIDE

CONTRIBUTED BY ASH, LEANNE, GREG AND RAQUEL, OZWIT

Damper Bread Mix Ingredients

1 pkt Laucke Crusty White Bread Mix with Yeast provided water

Filling Ingredients

¼ cup tomato paste
1 teaspoon dried oregano
1 teaspoon dried basil
spray oil
500g chicken breast, diced
1 clove of garlic, finely diced
½ red onion, finely shredded
100g corn kernels
½ green capsicum, finely shredded
1 spring onions, finely diced
1 ripe tomato, sliced
salt and pepper

1 cup of light tasty cheese



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- **f** Follow instructions on the back of the bread mix. Ensure you make this using the 'by hand' instructions.
- Once dough has been left to rise, knead and make four individual balls of even size. Wrap in cling wrap for a further 10 minutes.
- Remove plastic from individual dough balls, knead separately on a floured chopping board or flat, floured surface.
- Place baking paper over board and dust with flour and roll with a floured rolling pin or floured bottle to form a flat oblong shape dough, approximately 0.5cm to 1cm thick with each ball of dough.
- With a knife spread tomato paste over the pastry leaving 2cms around the sides. Sprinkle with herbs.
- In a frypan spray oil and cook chicken breast and garlic over medium heat until browned. Drain any excess liquid.
- Place chicken, red onion, corn, capsicum, spring onion and sliced tomatoes over the top of the pastry, leaving 2cms around the sides.
- Fold pastry at bottom from one side overlapping to the other and fold up the sides to make a boat shape.
- Sprinkle with salt and pepper and cheese and place pide, already on baking paper on an oven tray and cook on medium heat for 10-15 minutes.

STOCKMEN STEW

CONTRIBUTED BY VIV & RON MOON, MOON ADVENTURE PUBLICATIONS

I've adapted this great recipe from a stew I came across during one of our trips to South Africa. It's a great way to use up some leftover cooked meat, such as sausages and steak; and boy how those South Africans like to eat meat, they make a good Aussie meat eater look like a vegetarian!!! A few ingredients and some cans to open, but a really easy and tasty dish to throw together, and a meal in one.

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Ingredients

1 to 2 tblspns oil

1 to 2 red onions - finely chopped

2 cloves garlic - crushed

(or jar or tubed minced garlic)

1 green or red capsicum – de-seeded and finely chopped 2 cups or more of leftover cooked meat – chopped (leftover meat from the BBQ such as steak, chops and sausages works well) – the more meat you've got, the happier your carnivore man will be.

½ tspn ground coriander

½ tspn ground cumin

 $\frac{1}{2}$ to 1 tspn chilli flakes or crushed chilli

(jar or tube variety) – more or less to suit your taste and how much of a bite you want the dish to have.

1 x 400gm can of tomatoes – chopped or crushed works best

- 1 x 400gm can of baked beans
- 1 x 400gm can of butter beans
- 1 x 400gm can of corn kernels
- 1 tblspn of balsamic vinegar
- 1 tblspn sugar (or to taste)
- salt/pepper to taste

Viv's Hint:

This was very tasty. You could also serve it in some soft tortilla wraps with some shredded lettuce, or on a bed of mashed potatoes.

Method

Heat the oil in a large frying pan or camp oven and add the onions, garlic and capsicum. Stir over a med/high for a few minutes until softened.

- Add the spices and chilli and stir for a few minutes to allow the flavours of the spices to develop.
- Add the chopped meat along along with the tomatoes, baked beans, butter beans and corn and mix to combine.
- Add the balsamic vinegar and sugar and mix through. Season to taste.
- Add a ½ cup of water if you feel it needs it.
- Bring to the boil, then reduce the heat and simmer gently, stirring occasionally, for about 25 to 30 mins until everything is thoroughly heated through and all the flavours have had a good chance to develop and the stew has thickened.
- Keep an eye on the amount of liquid in the stew.

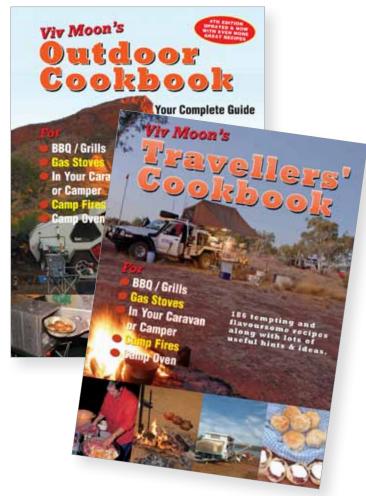
 Add a little more water if the stew becomes too thick.
- Serve with some fresh bread, or on some toast.



ABOUT THE COOK

Viv & Ron Moon have spent much of the last 40 years exploring and writing about Australia's wild and remote areas. Viv commenced writing her Camp Fire Cooking column in the national 4x4 Australia magazine over 25 years ago, and today her column is still one of the most popular features in that magazine. Her two Cookbooks are written specifically to help camp cooks get the most out of cooking during their travels, whether they are 4WD touring, camping, caravanning or simply holidaying. For all the details on Viv's cookbooks, check out their web site at www.guidebooks.com.au.

Viv's Cookbooks are available direct from:
Moon Adventure Publications
PO Box 1112, Pearcedale Vic, 3912
Ph: (03) 5978 6066
Email: info@guidebooks.com.au, and orders can be made from their web site, www.guidebooks.com.au





HEARTY SAUSAGE-VEGETABLE HOT POT

CONTRIBUTED BY ROAMING COOKING

Good for left over sausages!

Ingredients

Oil/butter for frying

- 8 sausages
- 2 onions
- 2 cloves garlic
- 1 packet beef soup mix
- 4 carrots
- 2 cans stewed/diced tomatoes
- 2 cans chickpeas (drained)
- 1 cup pasta (macaroni)
- 4 cups water

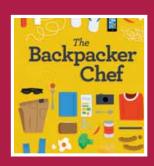
Method

- Fry/BBQ sausages turning every couple of minutes until cooked.
- While sausages are cooking, chop onions and garlic and slice carrots.
- Cook onions and garlic in large saucepan for a few minutes.
- Cut sausages into slices and add with 4 cups water and all other ingredients to the saucepan. Bring to boil, reduce heat and simmer for 25 minutes.

ABOUT THE COOK

Jacqui is the author of 'The Backpacker Chef', a pocket-sized, fuss free recipe book designed for travellers – only basic ingredients, basic cooking equipment and basic skills required! Her website www.roamingcooking.com provides inspiration for easy meal ideas when cooking on the road.

Our website: www.roamingcooking.com



APPLE DUMP CAKE OR APPLE COBBLER

CONTRIBUTED BY ANITA AND MIKEY PAVEY, THE DIRT 4WD

Traditionally the dump cake is to place canned fruit on the bottom and cake mixture on top, but we love the fruit mixed all the way through. Serve hot with cream or custard, you'll have them begging for more.

Dump cake may not have the most flattering name but it is a dessert that many people rave about.

The name cake is a little bit deceptive and some people prefer to call dump cake a version of cobbler instead. When people are not praising its delicious taste, they're often celebrating how quick and easy this dessert is to make.

Ingredients

1 cup self raising flour1 cup plain flour2 teaspoons cinnamon1/4 teaspoon netmeg1 teaspoon baking soda1 1/2 cups sugar220 grams butter

1 x 800g can pie apples

Method

Melt butter slightly, place all ingredients in a bowl and mix together. Place in round cake pan and place inside of your camp oven or a 180 degree oven.

Shovel some hot coals on a flat surface in the shape of the oven, then place the camp oven on top of the coals. Place another shovel full of hot coals on top of the oven and cook until golden, approx 20-30 mins.









APPLE PIE ON A STICK



Ingredients

- 1 cup sugar
- 1 tbsp cinnamon
- 4 cooking apples
- 4 dowel or roasting sticks

Method

- In a small bowl, mix together sugar and cinnamon and set aside.
- Push the stick or dowel through the top of the apple to the bottom until the apple is secure.
- Roast the apple 2 to 3 inches above the bed of hot coals and turn frequently.(As the apple cooks, the skin starts to brown and the juice dribbles out.)
- When the skin is loose, remove the apple from the coals but leave it on the stick.
- Peel the skin off the apple, being careful not to burn yourself because the apple is very hot.

GRILLED CHOCOLATE BANANA MELT





- Slice a banana down the middle and stuff with Marshmallows and chocolate chips.
- Wrap it in foil and throw it on a grill for a couple of minutes to get a warm, decadent banana melt.
- A handful of crushed Cinnamon Toast Crunch cereal on top is all you need to add the graham cracker element of your s'more and the perfect amount of crunch to compliment the gooeyness of everything else.

Philip and Cathryn from Camps Australia Wide travel over 50,000 km each year researching, visiting and documenting locations across Australia while talking to travellers along the way. They seek out the best places to camp in Australia and share these special sites with thousands of travellers.

Since 2006, the adventurous pair have covered over 400,000 km across, around and over Australia. They have always been an outdoor couple, with fishing and camping playing a big part in their lives.

Philip and Cathryn took over Camps Australia Wide in 2006 with the aim to share their travel experiences and insights through Australian Camping and Caravanning guides. Their product line includes the highly sought after camp site and tourist park guides, as well as their innovative camping app and navigation tools.

You can buy their products online at www.campsaustraliawide.com.au or from good bookstores, camping and travel stores across Australia.

