

Outdoor Cooking  
Recipes

Scroggin'  
Australian Style  
'08

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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	Onion – sliced
Potato	Flour
Pumpkin	Vegemite
Carrots	

### 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  $\frac{1}{2}$  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.

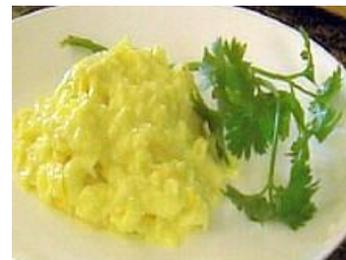
Mix the flour and season and coat the eggs. Shape a portion of the sausage mince around each egg enclosing it completely. Brush with beaten egg and coat with crumbs.

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	Onion
Bacon	Milk/water
Tomato	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