

Menu**Friday**

Lunch

Brown bag from home

Dinner

Satays (2pp), grilled vegetables & potatoes, pudding, Brown Bears

Saturday

Lunch

Baguette, sausage, cheese selection

Dinner

Rabbit stew, garlic bread, chocolate upside down cake (Dutch oven, 71 briquettes)

Sunday

Lunch

Wraps (2pp), canned chicken, lettuce, cheddar cheese

Dinner

Macaroni and Cheese, fried ham, apple crumble (Dutch oven, 46 briquettes)

Monday

Lunch

Smoked salmon, paté, pita bread

Dinner

Fettuccini Alfredo, garlic bannock, salmon croquettes, Mud Pie cookies

Tuesday

Lunch

Sausage, Ritz crackers (1pkg pp), cheddar cheese

Dinner

Shepherd's pie, peach cobbler (Dutch oven, 47 briquettes)

Wednesday

Lunch

Peanut butter & jam sandwiches, wraps/English muffins/bagels

Dinner

Fast food

Menu (continued)**Breakfasts**

Oatmeal, variety pack

Bagels (1 ½ pp)

English Muffins

Peanut butter

Jam

Cream cheese

Nutella

Snacks

Cliff bars

Granola bars

Peanut M&Ms

Beef jerky

Apples, green

Oranges, seedless, medium

Mixed nuts

Wine Gums

Toffee cookies

Condiments & Seasonings

Montreal steak spice

Vegetable oil

Salt & Pepper

Creamers (for coffee)

Mayonnaise

Mustard

Butter

Sugar (for coffee)

Drinks

Juice crystals, iced tea

Juice crystals, lemonade

Hot chocolate

Coffee, regular

Coffee, decaffeinated

Spare

Kraft Dinner

Cup a soup

Grocery List

Item	Quantity	Status	Store	Notes
Milk, 3.5%, UHT	3 litres			
Juice crystals, Iced Tea	1 kg			
Juice crystals, Lemonade	1 kg			
Hot chocolate	18 pkgs	Have		
Coffee	2 x 500mL			
Coffee, decaffeinated	500mL			
Sugar				
Creamers	30			15mL each
Cliff Bars	1 lg box, 32		Costco	
Granola bars, crunchy	1 lg box, 28		Costco	
Granola bars, Dipps	1 lg box, 30		Costco	
Dark chocolate covered berries	1 bag		Costco	
Peanut M&Ms	1.5kg bag		Costco	
Wine gums	1kg bag		Costco	
Mixed nuts	1.1 kg		Costco	
Caramels	36			Toffee cookies
Jerky, pork	1 lg pkg (300g)		Costco	
Jerky, beef	1 lg pkg (300g)		Costco	
Apples, green	2 bags			
Oranges, seedless, medium	1 bag			
Ingredients for Toffee Cookies				
Oatmeal (porridge)	12	Have		
Cream cheese, spreadable	2 x 400g		Costco	
Bagels, plain	24			
Bagels, cinnamon & raisin	24			
English muffins	36		Costco	
Nutella	1 jar (725g)			
Peanut butter, crunch, Kraft	1 jar (1kg)			
Jam, strawberry	500mL			
Jam, blackberry	500mL			Smuckers Pure
Mustard	1 squeeze tube	Have		
Salt & Pepper	2			Moisture proof
Vegetable oil	2 x 125mL			
Mayonnaise, squeeze bottle	1			
Butter	3 lbs			
Macaroni & Cheese, PC White Cheddar	4 boxes			Spare
Cup-a-soup	3 boxes			Spare
Satays	14			Friday supper
Grilled vegetables & potatoes	3 packages			Friday supper
Pudding, Jell-O, cooked, chocolate	2 boxes			Friday supper
Pillsbury crescent rolls	2 tubes			Friday supper
Cinnamon/sugar mixture				Friday supper
Baguette, mini	8			Saturday lunch
Dried sausage (Double Smoked Country Garlic)	0.7 kg		SK	Saturday lunch
Cheese	3 types			Saturday lunch
Bacon	2 slices			Saturday supper (Rabbit)

Item	Quantity	Status	Store	Notes
Olive oil, extra virgin	2 tablespoons			Saturday supper (Rabbit)
Onion	1 medium			Saturday supper (Rabbit)
Leek, white part	3			Saturday supper (Rabbit)
Celery	1 stalk			Saturday supper (Rabbit)
Carrots	6			Saturday supper (Rabbit)
Potatoes	6			Saturday supper (Rabbit)
Rabbit	1			Saturday supper (Rabbit)
Chicken stock	1 litre			Saturday supper (Rabbit)
Rabbit stew spices	1			Saturday supper (Rabbit)
Garlic bread	3 loaves			Saturday supper
Chocolate cake ingredients				Saturday supper
Tortillas, soft, large	16			Sunday lunch
Chicken, canned	2			Sunday lunch
Lettuce, iceberg	1 head			Sunday lunch
Cheese, cheddar, old	1/2 907g block		Costco	Sunday lunch
Elbow noodles	5 cups			Sunday supper (Macaroni & cheese)
Mozzarella cheese	5 cups			Sunday supper (Macaroni & cheese)
Sour cream	4 cups			Sunday supper (Macaroni & cheese)
Cottage cheese	2 ½ cups			Sunday supper (Macaroni & cheese)
Eggs	3			Sunday supper (Macaroni & cheese)
Ham	1			Sunday supper
Apples, green	8			Sunday supper (Apple Crumble)
Apple Crumble ingredients	1			Sunday supper (Apple Crumble)
Canned cream	2			Sunday supper (Apple Crumble)
Smoked salmon				Monday lunch
Paté				Monday lunch
Pita bread	16			Monday lunch
Parmesan cheese	1 cup			Monday supper (Fettuccini Alfredo)
Whipping cream	2 cups (500mL)			Monday supper (Fettuccini Alfredo)
Fettuccini noodles	27oz (765g)			Monday supper (Fettuccini Alfredo)
Ingredients for Fettuccine				Monday supper (Fettuccini Alfredo)
Butter, garlic	½ cup			Monday supper (Garlic Bannock)
Garlic Bannock ingredients	1			Monday supper (Garlic Bannock)
Mud Pies ingredients	1			Monday supper
Salmon, canned	2 cans			Monday supper (Salmon croquets)

Item	Quantity	Status	Store	Notes
Eggs	2			Monday supper (Salmon croquets)
Salmon croquet ingredients				Monday supper (Salmon croquets)
Dried sausage (OctoberFest)	0.7 kg		SK	Tuesday lunch
Cheese, cheddar, old	1/2 907g block		Costco	Tuesday lunch
Ritz crackers	3 x 400g			Tuesday lunch
Ground beef	3 lbs			Tuesday supper (Shepherd's Pie)
Carrots, medium	3			Tuesday supper (Shepherd's Pie)
Potatoes, large	6			Tuesday supper (Shepherd's Pie)
Beef stock	1 litre			Tuesday supper (Shepherd's Pie)
Garlic	3 cloves			Tuesday supper (Shepherd's Pie)
Onions	3			Tuesday supper (Shepherd's Pie)
Eggs	2			Tuesday supper (Shepherd's Pie)
Milk	1 litre			Tuesday supper (Shepherd's Pie)
Ingredients for Shepherd's Pie				Tuesday supper (Shepherd's Pie)
Sliced peaches	2 x 29oz cans or 3 x 340mL cans			Tuesday supper (Peach cobbler)
Duncan Hines yellow cake mix	1 box			Tuesday supper (Peach cobbler)
Eggs	3			Tuesday supper (Peach cobbler)
Ingredients for Peach cobbler				Tuesday supper (Peach cobbler)
Canned cream	2			Tuesday supper (Peach cobbler)

Satays

14 Satays

1. Grill over fire until cooked.
2. Or remove from skewer and fry over stove.

Grilled Vegetables and Potatoes

3 packages Potatoes & Vegetables

1. Fry until cooked.

Pudding

1 package Jell-O cooked pudding mix
3 cups Milk

1. Pour milk into saucepan.
2. Stir in pudding mix.
3. Bring to boil over medium heat, stirring constantly.
4. Cool 5 minutes, stirring twice.
5. Pour into small bowls. Serve warm or chilled.
6. Makes 6 servings of ½ cup each.

Braised Rabbit

2	slices	Bacon, chopped	
2	tablespoons	Extra virgin olive oil	12" Dutch oven
1	medium	Onion	50 Briquettes
3		Leek, white part	
1	stalk	Celery	
6		Carrots	
6		Potatoes	
1		Rabbit	
2-3	cups	Chicken stock	
1	teaspoon	Thyme	
1		Bay Leaf	
		Coarse salt	
		Black pepper	

1. Heat a frying pan. Add olive oil and bacon. Sauté for a few minutes until the bacon is starting to brown and throw off its fat.
2. Season the rabbit on all surfaces with salt and pepper. Add the rabbit and cook briefly on each side to brown all the surfaces. Remove to a plate and hold.
3. Add the onion, leek, celery and any other aromatic vegetables and stir. Sauté until the onions soften and turn translucent but before they change color.
4. Add back the rabbit, along with any juices which have accumulated. Add the bay leaf and a few sprigs of fresh thyme.
5. Pour over the stock just to partially cover the rabbit. Season well with salt and pepper. Cover.
6. Bake at 350F degrees (17 briquettes on the top, and 7 on the bottom).
7. Occasionally check to stir and adjust the heat as needed to maintain a light boil. After a while, flip the rabbit.
8. Continue to braise until the meat is tender and starting to fall off the bone; 60-90 minutes. Replace briquettes after 45 minutes.
9. Remove from the heat and let rest a few minutes before serving. Be sure to spoon over some of the juices and vegetables on each plate.

Chocolate Upside Down Cake

3	tablespoons	Butter	10"	Dutch oven
			21	Briquettes
1	cup	Flour		
¾	cup	Sugar		
2	teaspoon	Baking powder		
¼	teaspoon	Salt		
5	teaspoon	Cocoa powder		
½	cup	Milk		
1	teaspoon	Vanilla		
1	cup	Pecans or walnuts, chopped		
1	cup	Water		
½	cup	Sugar		
½	cup	Sugar, brown		
¼	cup	Cocoa powder		

1. Melt butter and swirl around to cover bottom and sides of Dutch oven.
2. Mix the flour, sugar, baking powder, salt, and cocoa.
3. In a bowl, combine flour mix with milk and vanilla. Pour in melted butter from Dutch oven. Just take what pours out, leaving the oven well-coated. Add nuts and stir well.
4. Pour batter into Dutch oven.
5. Mix sugar, brown sugar, and cocoa.
6. Sprinkle sugar over top of batter.
7. Pour 1 cup of water over batter.
8. Bake at 350 degrees (14 briquettes on the top, and 7 on the bottom); for 30 minutes. Check for doneness by inserting toothpick or similar into center of cake - if it comes out clean, it is done.
9. When done, remove from heat and remove lid for about 5-10 minutes to cool. Then, put lid on and turn cake over onto lid. If all goes well, it will fall onto lid, but you may loosen the cake with a knife before flipping.

Macaroni & Cheese

5	cups	Elbow macaroni	
7	tablespoons	Salt (1 tablespoon/litre of water)	12" Dutch oven
			25 Briquettes
5	cups	Mozzarella cheese, shredded	
3 ¾	cups	Sour cream	
2 ½	cups	Cottage cheese	
3		Eggs, lightly beaten	
½	teaspoon	Salt	
½	teaspoon	Pepper	

1. Fill large pot with 7 litres of water (1 litre or quart per 100g of pasta), and bring to a boil.
2. Add salt.
3. When the water comes back to a rolling boil, add the macaroni and give it a good stir to separate the pieces.
4. Stir occasionally to keep the pasta pieces from sticking to each other or the pot.
5. Cook until tender but firm; drain.
6. In Dutch oven, combine the remaining ingredients, except for 1 cup of the cheese.
7. Bake at 350F (8 briquettes below, and 17 on the lid) for 45 minutes or until bubbly.
8. Sprinkle with remaining cheese, and broil for 2 minutes or until lightly golden.

Ham

1. Heat vegetable oil in frying pan.
2. Fry ham for 2-3 minutes on each side.

Apple Crumble

8		Apples, green	
2	teaspoons	Cinnamon	10" Dutch oven
2	teaspoons	Nutmeg	21 Briquettes
3	cups	Quick cooking oats	
1	cup	Walnuts, chopped (optional)	
1	cup	Flour, all purpose	
2	cups	Brown sugar	
1	teaspoon	Baking powder	
2	teaspoons	Salt	
1	cup	Butter	
2	cans	Cream	

1. Peel and slice apples.
2. Mix apple slices, cinnamon, and nutmeg in a bowl.
3. Mix oats, flour, sugar, baking powder, salt, and butter to make a crust.
4. Press half the crust mix into the bottom and sides of the Dutch Oven.
5. Pour the apples onto the crust.
6. Cover the apples with the rest of the crust mix.
7. Bake covered about 45 minutes at 350°F (14 briquettes on the top, and 7 on the bottom); until top crust is light brown and apples are tender.
8. Serve with cream.

Fettuccini Alfredo

2	cups	Whipping cream
1	cup	Butter
1	cup	Parmesan cheese
1/2	cup	Parsley
27oz	(765g)	Fettuccine noodles (3oz/person)

1. Cook and drain noodles.
2. Melt butter.
3. Add whipping cream, cheese, parsley, and chicken to the butter.
4. Cook the mixture for only a minute.

Salmon/Tuna Croquets

2	7 1/2 oz	Salmon (or tuna), drained, reserve juice
1	Eggs	
1/2	Teaspoon	Salt
1/8	Teaspoon	Pepper
1/2	Teaspoon	Worcestershire sauce
1/4	Cup	Reserved juice
1 1/2	Cup	Flour
1	Tablespoons	Baking powder

1. Combine first six ingredients in bowl. Mix well.
2. Add flour and baking powder. Stir together.
3. Drop by rounded spoonful's into hot 375F (180C) vegetable oil. Brown completely.
4. Makes 32 croquettes.

Garlic Bannock

3	cups	Flour, all-purpose
1	teaspoon	Salt
2	tablespoons	Baking powder
1/4	cup	Butter, garlic, melted (1/2 stick)
1 1/2	cups	Water

1. Measure flour, salt, and baking powder into a large bowl. Stir to mix. Pour melted butter and water over flour mixture. Stir with fork to make a ball.
2. Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle 3/4 to 1 inch thick.
3. Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning.

Shepherd's Pie

3	lbs	Ground beef (dehydrated)	12" Dutch oven
1 ½	cups	Onion, chopped (~3 medium onions)	27 Briquettes
3	cloves	Garlic	
1	pinch	Thyme	
1	pinch	Savory	
1	pinch	Salt	
1	pinch	Pepper	
3/8	cup	Flour	
3	cups	Beef stock	
1 ½	teaspoons	Worcestershire sauce (7.5 mL)	
3	medium	Carrots, diced small	
6	large	Potatoes	
1 1/8	cup	Milk	
2		Eggs, lightly beaten	

1. Rehydrate ground beef. Add hot water (2 parts water to 1 part ground beef) and wait 15 minutes.
2. In the Dutch oven on stove, cook ground beef, stirring with a fork to break it up.
3. Drain any excess fat.
4. Add onion and garlic, cook until softened.
5. Stir in thyme, savory, salt, and pepper.
6. Stir in flour.
7. Add stock, Worcestershire sauce, and carrots.
8. Simmer partially covered, about 20 minutes, stirring often, until fairly thick and carrots are tender.
9. Meanwhile, boil the potatoes in salted water until tender; drain and mash.
10. Beat in milk.
11. Reserve half of eggs for brushing on top; beat rest of eggs into potatoes.
12. Spread potato mixture carefully over meat mixture (easiest if you start from the edges).
13. Brush with reserved egg.
14. Bake at 375°F (9 briquettes on the bottom, 18 on the lid) for about 30-45 minutes or until bubbling hot and topping is golden.

Peach Cobbler

4	teaspoons	Vegetable oil (20 mL)	10" Dutch oven
½	cup	Brown sugar	20 Briquettes
3	540mL cans	Sliced peaches	
1	box	Duncan Hines yellow cake mix	
3		Eggs	
1 1/3	cup	Water	
1/3	cup	Vegetable oil (83 mL)	
1	cup	Sugar	
2	teaspoons	Cinnamon	
2	cans	Cream	

1. Preheat Dutch oven on stove.
2. Mix cake mix, eggs, water, and 1/3 cup oil.
3. Add 4 teaspoons of oil and brown sugar to Dutch oven.
4. When sugar has melted, dump in peaches (with no more than ½ cup of the juice).
5. Add sugar, cinnamon, and stir.
6. Pour cake batter on peaches slowly.
7. Put lid on oven and add 8 briquettes on the bottom and 12 burning briquettes on top of lid.
8. After 15 minutes, remove oven from coals and continue baking from top until cake is brown and cake is done (about 45 minutes). Check with toothpick.
9. Allow cake to cool 30 minutes before serving.
10. Serve with cream.

Brown Bears

2	tubes	Pillsbury dough
1	cup	Butter
		Sugar/cinnamon mixture

1. Wrap marshmallow stick in tinfoil.
2. Wrap Pillsbury dough around stick; keep one layer thick.
3. Toast over fire.
4. Brush with melted butter.
5. Sprinkle with sugar/cinnamon mixture.

Mud Pies

2	cups	Sugar
1/2	cup	Milk
1/2	cup	Shortening
5	tablespoons	Cocoa
1/2	teaspoon	Salt
1	teaspoon	Vanilla extract
3	cups	Quick cooking oats
1	cup	Coconut
2	sheets	Wax paper

1. Mix first set of ingredients in a large saucepan.
2. Bring to a boil, and remove from heat.
3. Add second set of ingredients.
4. Mix well.
5. Cool a little and drop by teaspoon onto wax paper.
6. Allow to harden for 1-2 hours.

Toffee Cookies

36		Caramels
3	tablespoons	Cream (light) (6 creamers)
2	cups	Cornflakes
1	cup	Rice Krispies
1/2	cup	Coconut
2	sheets	Wax paper

1. Put caramels and cream in large heavy saucepan over low heat to melt.
2. Add remaining ingredients.
3. Stir to coat.
4. Drop by spoonful's onto wax paper.
5. Leave to harden.