

# FoodSupply Manual

## Haarlem Jamborette 2019



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# 1. General information FoodSupply

During the Jamborette the FoodSupply team will try to facilitate all your needs concerning food, drinks, and supplies for your daily activities concerning food and drink.

From 6:00 am till 7:00 pm, members of our FoodSupply team will be working for your needs. If there is anything we need to know, you can tell your subcamp staff. They will contact us, then we will try our best to fix the problem. Until 7:00 pm there will be FoodSupply staff on call if there are big problems.

## 1.1 Boxes, Cool bags, and Ice blocks

During the Jamborette every group will get their foraging in boxes and cool bags. And to keep the products cool we will add some ice blocks to the contents. The cool bag is yours to keep at the end of the Jamborette. The ice blocks and boxes need to be returned to us at the end of the Jamborette.

For the boxes, at the beginning of the camp. Your group will get a fixed number of boxes, this amount is what you will return to us at the end of the Jamborette. Therefore, you have to sign for the boxes verifying you have received the number of boxes. Every box not returned to us, is going to cost your group €5. During the camp you will need to swap your old box for the new one(s). Make sure that it is clean, otherwise the subcamp staff can send you away to clean it before you will get your new one(s).

For the Ice blocks, every afternoon you will receive a cool bag with supplies and ice blocks to keep the contents cool. Every morning it is possible to swap your old ice blocks for new ice blocks. With the new blocks you can keep your breakfast meat, milk etc. cold in your cool bag till lunch. Around 10:00 am. the boxes with ice blocks will be collected from the subcamp tent by the FoodSupply staff. So, make sure you swap your elements (if needed) before 10:00 am.

For the cool bags, every day with the foraging you will get new cool bag(s) with your goods for dinner. The first day you will receive the first cool bag(s) from us, the second day you need to swap the old bags for new ones. As with the boxes, make sure that it is clean, otherwise the subcamp staff can send you away to clean it before you'll get your new one(s).

## 1.2 Daily foraging

Three times a day FoodSupply will bring goods to the subcamp. Between 6:30 am and 7:15 bread, fruit and other goods will be brought to your subcamp (if your subcamp is going to leave earlier than the others, we will make sure that your subcamp will get it asap).

Around 10:00 am members of FoodSupply will bring the daily milk, vla, yoghurt, breakfast meats, and other goods to the cool container at the subcamps.

For the afternoon foraging every subcamp has its own policy and times you can come for your boxes and cool bags.

### 1.3 Allergies & Diets

If there is anything to report on this, you have done this through the registration system. The data that is known in the system and/or through communication with subcamp staff and/or Info team. Is the data we work with! The day of arrival you can check if your details are correct and if necessary, make adjustments, those adjustments will be processed and facilitated from Monday 29<sup>th</sup> July.

If you have any changes that you can communicate beforehand, do so via your subcamp staff and before the 20<sup>th</sup> July. This way we can make sure that everything is processed accordingly.

#### 1.3.1 Allergies & Diets general details

As you know we facilitate the six allergies/diets (no pork, no beef, Vega, nut free, lactose free, and gluten free), for some cases we make an exception. For some participants with combinations of those allergies/diets. To know for sure that you can have something, on the (regular) packing list their will be letters mentioned, if there is a "1" filled in if it contains or can contain ....

Afternoon box:	G	M	N	L	P	B	V	
Broccoli								1ST
Gravy meat								18gr
Cheese sauce				1				44gr
San Fransisco volkoren cookies	1		1					1pc

**G = contains or can contain Gluten**

**M = contains or can contain Meat**

**N = contains or can contain Nuts**

**L = contains or can contain Lactose**

**P = contains or can contain Pork**

**B = contains or can contain Beef**

**(V = Vega)**

**(S= contains or can contain Shell fish/animals)**

We try to facilitate allergies as best as we can, but we can't guarantee 100%. So, when you doubt about something and it's in Dutch, check with your subcamp staff or a Dutch speaking scout.

#### 1.3.2 Allergies & Diets specific details

We try to make it as easy as possible for all of us, that's why we distribute Gluten free bread with the daily bread in the morning. This bag of gluten free bread (most of the time approx. 10 slices) Is for breakfast and lunch. For Lactose free bread, we distribute this with the cool bulk delivery. So, you can find this in the cool container. Vega and Halal lunch meat will also be distributed to the cool container. Sometimes products for people with gluten allergies will be put in the general afternoon box, because this is easier for us.

For all other specific needs, we have our A&D team. They fill paper bags with products for the people with specific allergies and diet needs. This paper bag will be added to the box or cool bag, on the packing list it will be mentioned if your group is getting one. Those bags get their own packing list, with (if needed) specific recipes for things. This packing list also has letters on it, only this says if it is suitable for...;

**N = nuts free**

**D = diary free**

**Ta = Wheat free**

**G = gluten free**

**Ve = Vegan**

**E = Egg free**

**L = lactose free**

**To = Tomato free**

Allergens/diets							
N	G	L	D	Ve	To	Ta	E
1	1	1	1			1	1
1	1	1	1			1	1
1							
	1						
1	1	1	1	1			

For some allergies/diets we do nothing as FoodSupply, because those are items you need to watch as leader/person. For example; Chocolate, oranges, cheese. Those are products that are not a main meal component. As a group it is easier to look out for it, then that we do that for you.

## 1.4 things to remember

Some days you will get some goods for the next day, like drink cartons and cookies/biscuits. Due to activities that take place somewhere off the Jamborette terrain. Therefore, it is important to take those with you on that day/activity.



For dinner on your hikes day you will not receive dinner on the day itself, the day before you will receive dinner pouches. If you are going on the Punisher hike, it is important to take your dinner pouches with you on the hike.

Every day you will get breakfast and lunch, some days we offer a special. But it can be so that due to your programme timetable, you won't have time and you have to stick to a regular breakfast/lunch. You can plan a special breakfast/lunch during a

moment that suits your programme better.

Your basics kit is calculated for the entire Jamborette, but some goods you might consume faster.

This Jamborette we will recycle more than last time. To facilitate this, you find two types of garbage bags in your basics kit. For plastic there is a small bag, in this bag you can throw; Cans, drink carton (milk, vla, yoghurt), and plastic waste in general. Plastic, Glass, cardboard has its own bin on every subcamp. For everything that is not one of those, you can throw it in your rest / residual waste bag. For that last item there is also a bin on your subcamp. You can use one of your boxes to help sort your waste, but keep in mind to clean it when you want to return that box.

This Jamborette we are working together with a big Dutch supplier of outdoor meals: Adventure Food. They have given us a huge discount so we could provide you all with a dinner pouch on your hikes day.



## 2. Menu details

This Jamborette the FoodSupply team will try something new. We will have more variety in breakfast and lunches including meals from all around the world. Also, the dinners will be matched to your programme's during the day. Sometimes, your subcamp will eat something else than the other subcamps. Or when you are Green B, you will get other things than Green A.

In the scheme on the next page you can see what you could expect during the Jamborette concerning breakfast, lunch and dinners.

What the codes mean can be found in the list below.

+ = A drinking juice box + cookie for off terrain activity

<b>Dinner Nr.</b>	<b>Dinner name</b>
<b>D0</b>	Chilli con carne + Rice + Nacho's
<b>D1</b>	Fusilli pasta with tomato sauce
<b>D2</b>	Couscous with ratatouille & meatballs
<b>D3</b>	Nasi
<b>D4</b>	Tortilla wraps
<b>D5</b>	Spaghetti pasta pesto chicken
<b>D6</b>	"Stamppot" endive + meatball
<b>D7</b>	Soup & hotdogs
<b>D8</b>	Broccoli, cooked potatoes + gravy & hamburger
<b>D9</b>	Chicken curry
<b>D10</b>	Baked potatoes, green beans & sausages
<b>D11</b>	Pita chicken gyros
<b>D12</b>	Adventure Food dinner pouches

<b>Breakfast Nr.</b>	<b>Details</b>
B1	Scrambled eggs + white beans + Bacon
B2 / B3	American and Dutch Pancakes
B4	Fresh buns
B5	Cereals mix
B6	Eggs + bacon
B7	Bread, breakfast meat + cheese, milk (100%)
B8	Bread, breakfast meat + cheese, milk (60%)

<b>Lunch nr.</b>	<b>Details</b>
L1	Tosti's
L2	Dutch "Wentelteefjes"
L3	Crispbread
L4	BLT Sandwich + chips
L5	Bread, breakfast meat + cheese, milk (100%)
L6	Bread, breakfast meat + cheese, milk (60%)

		27 July 2019	28 July 2019	29 July 2019	30 July 2019	31 July 2019	01 August 2019	02 August 2019	03 August 2019	04 August 2019	05 August 2019	06 August 2019	07 August 2019
		Arrival day	Opening							Open day		Closing	Departure
Breakfast			B7	B1&B8	B5&B8	B2/B3/ B7	B7	B6&B8	B7	B4&B8	B7	B7	B7
Lunch			L5	L3&L6	L1&L6	L5	L5	L2&L6	L4&L6	L5	L5	L5	
Basics		Basics kit											
ORANGE	A	D0	D1	D6+	D4+	D8+	D12	D3	D10	D11	D9+	D7	
	B	D0	D1	D6+	D4	D8+	D5	D3	D10	D11+	D9+	D12	
	Evening					Campfire							
RED	A	D0	D1+	D12	D2	D8+	D5+	D3	D10	D11+	D4	D7	
	B	D0	D1+	D6	D2	D8	D5+	D12	D10	D11+	D4+	D7	
	Evening						Campfire						
GREEN	A	D0	D1+	D6+	D12	D8	D5	D3+	D10	D11	D9+	D7	
	B	D0	D1	D6+	D2	D8	D5+	D3+	D12	D11	D9+	D7	
	Evening										Campfire		
YELLOW	A	D0	D1+	D4+	D2+	D12	D5	D3	D10	D11+	D9	D7	
	B	D0	D1+	D4	D2+	D8	D5	D3+	D10	D11+	D12	D7	
	Evening							Campfire					

### 3. Basic supplies

This Jamborette we decided to put less in the basics kit, instead you have more products you can purchase at the shop. The list below illustrates what you will receive concerning the basics kit. Most items are calculated for the entire jamborette, some items are not. *The cookies that are mentioned are for one day, almost every day you will get new cookies and another flavour.*

The items that you can purchase at the Shop;

- Coffee grind for quick filter,
- Coffee filter No 102,
- Coffee filter No4,
- Instant coffee,
- Coffee creamer,
- Dressing yoghurt,
- Nature vinegar,
- Flour,
- **And more...**



Birthday cakes are possible to order. You pay for them in advance at the Shop, the delivery of the cake(s) will be at your subcamp with the afternoon foraging the next day. *Ordered on the 28<sup>th</sup> before 1:00 pm > delivered 29<sup>th</sup>.*

- Birthday whipped cream cake (needs to be ordered minimal 24 hours before 1:00 pm) (cakes are in four sizes; 15, 20, 25, and 30 persons).

Product	Allergens/diets						Volume	Product	Allergens/diets						Volume
	G	M	N	L	P	B			V	G	M	N	L	P	
Garbage bags: Residual waste							20ST	Curry sauce							850ml
Garbage bags: Plastic waste							40ST	Mayonnaise sauce							850ml
Sponges							1ST	Tomato ketchup							850ml
Dishclothes							10ST	Jam Apricot							600gr
Dish brush							1ST	Jam Strawberry							600gr
Dishwashing liquid							1000ml	Apple spread							450gr
All-purpose cleaning liquid							1000ml	Duo Penotti hazelnut	1		1	1			400gr
Abrasive cleaning liquid							750ml	Chocolate sprinkles milk				1			400gr
Sandwich bags							155 ST	Chocolate sprinkles pure				1			400gr
Matchboxes							8ST	Peanut butter			1				650gr
Tea English blend							20ST	Fruit sprinkles							400gr
Tea fruit flavour							25ST	KelloggsCornflakes 500gr	1						500gr
Sugar							1000gr	Gluten free Cornflakes							250 gr
Pepper mill, black pepper							1ST	Cruesli raisins	1		1				965gr
Salt							125gr	Limonade sirop raspberry							1000ml
Olive oil							1ST	Limonade sirop "Reine"							1000ml
Sunflower oil							1000ml	Limonade sirop Orange							1000ml
								Spiced bisquits	1		1	1			1pc



## 4. Dinner recipes

Little reminder, Food Supply doesn't handout recipes during the Jamborette!

### **D0 – Chili con carne**

#### Ingredients:

- Onions
- Bell pepper red / Yellow
- Chili con carne mix
- Water 200 ml per mix pouch
- Red kidney beans
- Brown beans
- Tortilla chips nacho
- Rice Basmati
- Minced meat (pork minced meat / Vega minced meat)

#### Recipe:

##### 1) Chili con carne

Cut the onions and Bell peppers in small pieces, Drain the beans.

Heat a big saucepan with some butter. Fry the minced meat, till brown coloured. (Pork/Vega in a separate pan). Add onions and bell pepper and fry for 2 minutes with the meat. Add the water and Chili con carne mix. Let it cook for 2 minutes, whilst stirring regularly. Add the drained beans and heat them with the chili con carne on low heat for 2 till 3 minutes.

##### 2) Rice

Boil water in a big pan and add the rice. Cook for 8 minutes, stir regularly. After 8 minutes drain the rice and let it rest for 5 minutes (stir to prevent the rice from sticking).

### **D1 – Fusilli pasta with tomato sauce**

#### Ingredients:

- Fusilli pasta
- Sauce Sugocasa (Tomato allergy = Cheese sauce)
- Vegetable mix pasta
- Grated cheese
- Minced meat (Chicken slices / Vega minced meat)

#### Recipe:

##### 1) Fusilli pasta

Boil water in a big pan (1 litre of water per 100grams pasta), if desired add some olive oil and salt to the water. Cook the Fusilli 7 till 8 minutes, stir regularly. Drain the pasta and rinse bell pepper with a little bit of cold water. Sprinkle pasta with some olive oil.

##### 2) Sauce

Heat in a frying pan oil/butter and cook the minced meat. (Chicken / Vega in separate pan).

Heat a big saucepan with some oil/butter. Fry the vegetables for 2 till 3 minutes. Add the Sauce Sugocasa and heat it on medium heat for 5 minutes.

## D2 – Couscous with ratatouille

### Ingredients:

- Ratatouille; - bell pepper, - Zucchini, - Eggplant, - Mushrooms (wash and cut in large pieces)
- Peeled tomatoes
- Onion
- Garlic (smashed thin)
- Couscous
- Meatballs (Meat, pork, Vega)
- Cucumber
- Mint

### Recipe:

#### 1) Ratatouille

Cut the Onions in thin cubes and fry it in ca. 1 min. add the bell pepper, Zucchini, Eggplant, and mushrooms and gently stew (boiling) in a large saucepan. When the vegetables are cooked, add the peeled tomatoes and garlic and gently let it stew further. Add the mint, cut very small!

#### 2) Meatballs

Bake the meatballs. (for the preference keep the meat, pork and Vega separate from each other.

Make sure you keep enough ratatouille aside for the people who eat pork free or/and vegetarians in your group; then add the meatballs to the ratatouille in the pan.

#### 3) Soak Couscous

Measure the water you need for the couscous; you can read on the package how much water you need. Start to the boil the water. Remove the pan from the heat, add the couscous and let this soak (stirring occasionally). Keep the couscous warm by using a cover on the pan.

#### 4) Cucumber

Cut the cucumber into slices

Enjoy your meal

## D3 – Nasi

### Ingredients:

- Rice Silver fleece (75 grams per person, 1 Jambo beaker 4/5 full = approx. 150gr)
- Vegetable mix Nasi
- Nasi mix pouch
- Water 150ml per pouch
- Sate sauce
- Eggs (for Vegetarian an extra egg per person)
- Chicken slices
- Kroepoek
- Soy sauce
- Baked onions
- Sambal red

### Recipe:

#### 1) Rice

Boil water in a big pan and add the rice. Cook for 15 minutes, stir regularly. After 15 minutes drain the pan and rinse with a little bit of cold water.

#### 2) Nasi

(For Vega; maybe easier to bake the chicken separately from the vegetables)

Put a big saucepan on the stove on medium heat. Add some oil/butter and bake the chicken till golden brown. Stir-fry the vegetables with the chicken for a few minutes.

Add the water and the mix and let it slowly cook for 2 till 3 minutes.

Add the cooked rice and stir/mix firmly.

#### 3) Egg

Per person one egg, Vega = 2 per person.

Beat 4 eggs in a bowl with some salt and pepper. Heat a frying pan with some butter, bake an omelette and afterwards slice in ribbons.

#### 4) Sate

Put the sate sauce in a pan and heat on low heat, keep stirring the sauce till heated.

Add omelette, sate, baked onions, sambal, and soy sauce to your nasi.

## **D4 – Tortilla wraps**

### Ingredients:

- Soft tortilla's
- (Gluten free wraps)
- Onions
- Corn sweet
- Bell pepper yellow/red
- Iceberg lettuce
- Tomato
- Garlic
- Brown beans
- Burrito seasoning mix
- Salsa medium
- Minced meat (chicken slices, Vega minced meat)
- Crème fraiche
- Grated cheese

### Recipe:

#### 1) Burrito mixture

Cut onions and bell pepper in small pieces. Chop garlic finely. Drain brown beans.

Put a big frying pan on the stove and add some oil or butter. (Vega or Chicken in a separate pan) Fry garlic and onion before adding meat. Fry the meat for 3 till 5 minutes before adding Burrito seasoning mix and bell pepper. Bake for 2 till 3 minutes, add brown beans and heat them on low heat with the mixture for 4 minutes.

#### 2) Tortilla serving

If desired the tortillas can be heated shortly in a frying pan.

Cut lettuce in small ribbons, tomato in small pieces, and drain the corn.

Crème fraiche, grated cheese, salsa, lettuce, tomato, and corn can be used as extra toppings for the tortillas.

## **D5 – Spaghetti pasta pesto chicken**

### Ingredients:

- Spaghetti pasta
- Pesto (con basilico Genovese / Genovese) (25 grams per person)
- Zucchini
- Onions
- Bell pepper red/Yellow
- Garlic
- Arugula
- Cherry tomato
- Chicken slices (Vega = Mozzarella)

### Recipe:

#### 1) Spaghetti

Boil water in a big pan (1 litre of water per 100grams pasta), if desired add some olive oil and salt to the water. Cook the Spaghetti 11 to 13 minutes, stir regularly. Drain the pasta and rinse with a little bit of cold water. Sprinkle pasta with some olive oil.

#### 2) Chicken

Put a pan on the stove on medium heat. Add some oil and bake the chicken till they are golden brown.

#### 3) Vegetables

Cut zucchini, onions, bell pepper in pieces. Chop the garlic finely.

Put a big saucepan on the stove on medium heat. Add some oil and bake the zucchini for 2 minutes, add onions, garlic, and bell pepper fry for 2 till 3 minutes.

#### 4) Spaghetti pasta pesto

Add the vegetable mixture and pesto to the spaghetti.

Cut the cherry tomato in half.

The arugula, cherry, chicken or mozzarella can be added to the pasta on your plate.

## D6 – “Stamppot” endive

### Ingredients:

- Mashed potatoes; 700 - 800ml water
- Milk (shelf life)
- Endive
- Gravy
- Diced bacon
- Grated cheese (Vega/no pork) instead of Bacon))
- Meat ball (Meat, pork, Vega)

### Recipe:

#### 1) Mashed potatoes

(for 1 package of 178 gr) Boil 700ml water in a pan, when the water boils take it from the stove. Slowly empty the mashed potatoes mix, while whisking it through the water. You can add some more water when it is too stiff.

#### 2) Making the “stamppot”

Slowly, while stirring through the mashed potatoes, add the endive. If needed and desired, you can add some milk/water to it. When all endive (or the desired amount) is combined with the mashed potatoes, it is ready to be served.

#### 3) Meat ball

Bake the meatballs in a frying pan on medium heat, in 5 till 8 minutes brown on both sides. If desired, you can add the gravy to the meat balls (but, keep the Vega and no pork separate from the rest.)

#### 4) Gravy

**(per 18grams of gravy powder)** melt 50grams of butter till it is brown. Slowly add 250ml water and the gravy powder. Stir and let it cook slowly, but the stove on the lowest level and let it simmer for 1 minute.

#### 5) Diced bacon

Bake the bacon in a frying pan.

## **D7 – Soup & hotdogs**

### Ingredients:

- Chicken soup (no pork, no beef)
- Tomato soup (meat)
- Mushroom soup (Vega)
- Hotdog buns (2 per person)
- Hotdogs Chicken (no pork, no beef)
- Hotdogs regular
- Hotdogs (Vega)
- Baked onions
- Sauces (Basics kit)

### Recipe:

#### 1) Soup

Put each type of soup in a different pan, let it slowly cook till it's hot.

#### 2) Hotdogs (4 per person)

Put each type of hotdogs in a different pan, let them slowly heat through. Don't let them cook to hard.

#### 3) Hotdog buns (2 per person)

Create them to your own wishes...

## D8 – Broccoli and potatoes

### Ingredients:

- Peeled potatoes,
- Broccoli
- Gravy
- Cheese sauce mix
- Hamburgers (Meat, pork, Vega)

### Recipe:

#### 1) Potatoes

Put a big pan of water on the stove, wait for it to boil, when it boils add the potatoes and cook until done. Check every 5 minutes, potatoes are done when a fork or knife goes into a potato easily.

#### 2) Broccoli

At the same time put a big pan with water (pinch of salt) on the stove. Cut the stem of the broccoli, cut those in small pieces and keep them aside. Cut the broccoli florets in small pieces. When the water boils first add the stems and let them cook for 3 min. then add the rest of the Broccoli. Total after 10 minutes they will be ready, also check by poking the stems.

#### 3) Burgers

Bake the burgers in a frying pan on medium heat, in 5 till 8 minutes brown on both sides.

#### 4) Gravy

**(per 18grams of gravy powder)** melt 50grams of butter till it is brown. Slowly add 250ml water and the gravy powder. Stir and let it cook slowly, but the stove on the lowest level and let it simmer for 1 minute.

#### 5) Cheese sauce

**(per 44grams of cheese sauce powder)** blend in small pan 250ml water and the cheese sauce powder. Stir and let it cook slowly, but the stove on the lowest level and let it simmer for 1 minute.



## **D9 – Chicken curry**

### Ingredients:

- Chicken curry mix
- Water ... ml
- Onions
- Green beans
- Bell pepper red
- 1 apple per 4 persons
- Pineapple pieces
- Rice Silver fleece (75 grams per person, 1 Jambo muck 4/5 full = approx. 150gr)
- Chicken slices (Vega Chicken slices)

### Recipe:

#### 1) Rice

Boil water in a big pan and add the rice. Cook for 15 minutes, stir regularly. After 15 minutes drain the pan and rinse with a little bit of cold water.

#### 2) Green beans

Put a big pan with water (pinch of salt) on the stove. When the water boils add the beans and let them cook for 4 min. After 4 minutes drain the green beans.

#### 3) Chicken curry

Cut the onions and bell pepper in small pieces. Peel and cut the apples.

Put a big saucepan on the stove on medium heat. Add some oil and bake the chicken till they are golden coloured. Add onions and bell pepper and fry for 3 minutes. Add curry mix and water and cook for 4 minutes.

(For Vega, bake in separate pan and add enough vegetables. After frying vegetables add a part of the curry mix and water and cook for 4 minutes.)

Add green beans, apple and pineapple slices to the curry. You can also keep them separate from the curry and add them on your plate.

## **D10 – Baked potatoes and green beans**

### Ingredients:

- Potatoes slices,
- Green beans,
- Sausages (Meat, pork, Vega)
- Apple sauce/compote

### Recipe:

#### 1) Potatoes

Bake the potato slices in a frying pan, recommended to not put too much at once, salt and pepper for flavouring.

#### 2) Green beans

Put a big pan with water (pinch of salt) on the stove. When the water is boiling add the beans and let them cook for 5 min. keep poking them from time to time to check them. Total after 5 to 8 minutes they will be ready. After cooking the beans, you could add some pepper and butter.

#### 3) Sausages

Bake the sausages in a frying pan on medium heat, in 5 till 8 minutes brown on both sides. (Vega; 4 till 6 minutes)

## **D11 – Pita chicken gyros**

### Ingredients:

- Turkish bread/pita
- Chicken slices + gyros herbs (Vega Falafel)
- Onions
- Garlic
- Iceberg lettuce
- Cucumber
- Tomato
- Garlic sauce

### Recipe:

Cut the garlic and the onions into fine pieces and bake them in oil with the chicken until tender. (Vega; heat falafel for approx. 3 minutes on medium heat)

Cut the vegetables into small pieces. You can serve them in different bowls or as mixed salad.

Cut the Turkish bread into pieces.

Serve with garlic sauce

## **D12 – Adventure Food dinner pouches**

New this year!!

When doing hikes, you will get these **the day before** in your afternoon box. When going on the Punisher hike it is recommendable to take it with you. The instructions are mentioned on the pouch, you only have to boil water, add stir and wait.

## 5. Recipes breakfast & lunch

We try to offer some variations in your breakfast and lunches through the Haarlem Jamborette. Even Dutch people are done with bread and peanut butter after 2 days.

We collected some ideas from around the world and we hope you are going to enjoy your breakfast and lunches more with these suggestions. From a partially English breakfast to Dutch “Wentelteefjes” (literally: Screwed bitches).

### **B1 – Scrambled eggs**

As the title illustrates in the menu list “scrambled eggs + White beans + Bacon”

Ingredients: 4 eggs per 4 persons, ¼ cup milk, salt and pepper (as desired), butter. Cans with white beans, bacon (2 slices per person).

1. BEAT eggs, milk, salt and pepper in medium bowl until blended.
2. HEAT beans in a pot over low/medium heat. Let it cook slowly.
3. HEAT butter in large non-stick skillet over medium heat until hot. POUR IN egg mixture. As eggs begin to set, GENTLY PULL the eggs across the pan with a spatula, forming large soft curds.
4. Bake bacon in a frying pan.
5. CONTINUE cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. Do not stir constantly. REMOVE from heat. SERVE immediately.

### **B2 / B3 – American and Dutch Pancakes**

You will get ingredients for both on one day, because we know that you could plan when you want to bake pancakes for breakfast. This way you could maximise the enjoyment of your pancakes.

American pancakes; Ingredients: 1 Koopmans Mix “voor Amerikaanse pancakes”, 400ml milk, 2 eggs. Oil.

1. Put the mix in a bowl and add the milk. Stir firmly till a smooth dough.
2. Add the eggs and stir them into the batter.
3. Heat oil in a frying pan.
4. Pour plenty of mixture into the pan for a pancake of approx. 10cm in diameter and bake on medium heat.
5. Turn the pancake(s) when the edges are well-done and bake the other side golden-brown.
6. Add sugar, powdered sugar, butter, or everything else that you want on it.

Dutch pancakes; Ingredients: 1 Koopmans “Pannenkoeken origineel”, 850ml milk, 2 eggs. Butter or Oil.

1. Put the mix in a bowl and add **half** of the milk. Stir firmly till a smooth dough.
2. Keep stirring the mixture and add slowly the rest of the milk and the eggs and stir them into the batter.
3. Heat the frying pan, before putting in butter/oil.
4. Pour with a ladle some batter into the pan, divide it evenly around the bottom of the pan. Don't use too much of batter, it needs to be a bit thicker than a French crepe.
5. Turn the pancake when the top is getting dry/ well-done and bake the other side golden-brown.
6. Add sugar, powdered sugar, butter, or everything else that you want on it.

## **B4 – Fresh Buns**

Today you will get some fresh soft buns from the bakery, and some Dutch current/raisins buns.

## **B5 – Cereals mix**

With the basics kit you got cornflakes and cruesli. To day you will get some extra types of cereal to mix things up.

## **B6 – Eggs + Bacon**

In the Netherlands we sometimes start our day with a freshly boiled/cooked/scrambled egg and some bacon. We put this on a fresh slice of brown bread, with (maybe) some ham and cheese, for taste some salt and pepper. Eetsmakelijk!

A little eggsplanation if you want it done properly, Ingredients; 1 egg, 2 slices of bacon, 1 or 2 slices of bread, 1 or 2 slices of cheese, butter, salt and pepper.

1. Heat the frying pan on medium heat, wait till the pan is hot. Put in some butter.
2. Put the slices of bacon in the pan, you could bake them for 15 seconds. Crack your egg above the pan (and bacon) (when this is difficult, crack the egg first in a bowl/mug). Keep your egg yolk whole. Bake them together till they are ready to serve.
3. Place your slice(s) of bread ready on a plate, maybe add some cheese on it. When your egg is ready let it slide on to your prepared bread.

## **B7/B8 – Regular breakfast & L5/L6 – Regular lunch**

In general, you get fresh bread, milk (full and half full), variety of Vla and Yoghurts (combined there are 9 flavours), breakfast meats and cheese every day. This combined with the sweet spreads you got in the basics kit, are the daily basics for your breakfast. Combined with a daily variety of fruits, we estimated 2 pieces of fruit per person per day (almost every day we will switch the fruits around, in total there are 6 types; Apples, pears, bananas, kiwi's, oranges, and tangerines).

On mornings with “B8” or lunches with “L6” you most of the time get another option/suggestion to use for breakfast or lunch. But we always provide the basics, but we calculate that you would use less than normal. So, the “B8” and “L6” will be less than 100% but enough to enjoy your meal.

On mornings that your entire subcamp needs to start with the programme earlier than the rest, we will bring the bread delivery to your subcamp first.

**Tip to tackle food waste:** When you are gathering your products for your breakfast out of the cool container. Please only take what you think your group needs for breakfast. The leftovers you can keep cool till the lunch in your cool bag at your campsite.

### **Can I get new elements in the morning?**

Yes, every morning with the bread delivery we will bring a number of elements to your subcamp. You can trade your old ones for new ones at the staff. But PLEASE, always trade one for one. Because otherwise we will run short and we can't facilitate cold elements for you anymore.

**Deviation of breakfast/lunch products:**

On your packing list of the day “Afternoon box” and “Cool bag” you will see a section with “Bulk”. Like the example below. These are the products that are provided for you at the campsite, the next day. So, when you get your packing list on Monday you can already see what you are entitled to the next day.

Bread (also Gluten free) and fruits will be ready in the tent. The cool stuff will be ready for you in the little cool container.

<b>Bulk:</b>					
Apples (Total during the day)				1000gr	3
Bananas (Total during the day)				1000gr	3
Tangarines (Total during the day)				1000gr	1
Gluten Free bread Multigrain				10 ST	0
Bread Brown/whole-grain	1			20 ST	4
Bread whole-grain/multigrain	1			20 ST	2
Bread white	1			20 ST	4

The amount mentioned are estimates, you are not obliged to get this deviation. But the total mentioned per item is what you are entitled to. So, for example, you are entitled to 10 bags of bread. But if you want more white than brown bread, that’s up to you. When you exceed the amount that is calculated for you, there will be a shortage.

<b>Bulk fridge:</b>					
Vla variety		1		1000ml	4
Yoghurt Variety		1		1000ml	4
Milk variety (full/half full)		1		1000ml	4
Lactose free Yoghurt		1		1000ml	1
Lactose free Milk		1		1000ml	1
Cheese spread		1		100gr	2
Cheese slices total		1		slices:...	52
Table butter total		1		500gr	1
Breakfast meat variety (Vega)	1			... slices	1
Breakfast meat variety (Halal)	1		1 1	... plkn	0
Breakfast meat variety				...package	10

**Note:** The amount changes throughout the week. Due to less appetite for bread, not being present at the campsite, or something else.

## **L1 – Tosti's**

In the Netherlands we sometimes lunch with Tosti's, Grilled cheese sandwiches. Especially as a young scout you (sometimes) learn to make this yourself in your scouts' kitchen. It is a nice variation to the standard lunches and a nice way to use your old bread from the day before.

There are some variations to our tosti's, but the important part is you want to enjoy it, so make it as you want.

Ingredients; Old bread (preferably the day before), cheese, ham, apricot jam, strawberry jam, butter. (Tosti's with cheese are heaven with curry or ketchup)

1. The most important thing is to spread butter on the OUTside of the bread. And the stuffing (with or without extra butter) on the inside. On the inside you can add what you want, a sweet tosti: Apricot jam, a savoury tosti: Cheese and ham, a "Hawaii" combination Savoury and sweet.
2. Put a frying pan on the stove on medium heat, wait till the pan is hot, add a little butter. And insert the Tosti('s). Bake them brown on both sides, a tip to let the cheese melt better; put a lid on the pan.

## **L2 – Dutch "Wentelteefjes"**

A "brother" of the French toast, but then the Dutch way.

Ingredients; (for 8 Wentelteefjes); 8 slices of old bread, 1 egg, 2 to 3 tablespoons of cinnamon sugar, 250ml milk (shelf life), butter.

1. Beat the egg(s) in a bowl till a smooth yellow mixture, add the cinnamon sugar stir again, next add the milk to the batter and gently mix it together.
2. Put the batter in a flat bowl (one that you can easily let 2 slices of bread soak in). "Wentel" / roll the slices gently through the mix.
3. Heat a frying pan on medium heat and add some butter. When the butter has melted put the slices in the pan, bake the ones in the pan for 5 minutes, flip halfway. After this put them on a plate, add some cinnamon sugar and enjoy your meal.

## **L3 – Crispbread**

Crispbread is a nice variation to your daily bread routine, try some with cheese or jam.

## **L4 – BLT Sandwich + crisps**

Or you make a BLT sandwich with some crisps...

Ingredients; slices of bread, tomato, cucumber, iceberg lettuce, bacon, crisps, sauces.

1. Slice the tomato and cucumber in thin slices. Pull the leaves from the iceberg lettuce and wash them, cut them into thin ribbons.
2. Bake the bacon in a frying pan.
3. Place the slices of bread on a plate, build the sandwich up to your likings (Sandwich with mayonnaise, tomato, lettuce, bacon, sandwich).
4. Enjoy with a bag of crisps and some cucumber on the side.

6. Your notes