



CAMPERS' COOKBOOK

21 RECIPE IDEAS
FROM REAL CAMPERS





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INTRODUCTION

Nothing builds the appetite quite like a day in the great outdoors! We've spoken to caravanners, campers and motorhomers the length and breadth of the country and have compiled a great selection of hearty feasts and quick treats to tempt your taste buds.

Whether you need to throw something together over a gas burner in one pot, or you've got a motorhome packed with kids to cater for, there's sure to be something to tickle your fancy in our Campers' Cookbook!



**COOK WITH
THE KIDS**



EASY PEASY PIZZA

From **Carol Reece**
in Sunderland

“A GREAT NO-OVEN
PIZZA WHERE THE
KIDS CAN GET REALLY
CREATIVE WITH NEW
TOPPINGS.”

METHOD

Topping

Heat oil in a frying pan, then add the onion and garlic and cook for 5 mins. Tip in tomatoes and simmer for 5-10 mins or until the tomatoes are soft then take off the hob and stir in the basil. Add salt and pepper to taste then allow to cool.

Base

Put the flour in a bowl and make a well in the centre, add the olive oil then add 100ml warm water and mix with hands into a soft dough. Tip the dough onto a lightly floured surface and roll out to fit your frying pan. Heat a glug of olive oil in the frying pan, then press the dough into the pan and cook over a medium heat for 8-10 mins.

Once the base is golden, spread the pizza base with the tomato sauce mixture, scatter on the cheese and your toppings of choice and grill until it has melted and the base is golden at the edges.

INGREDIENTS

For the base

- 225g self-raising flour
- 3 tbs olive oil, plus extra for frying
- 2 shallots, sliced
- 2 garlic cloves, crushed
- 250g tomatoes, halved
- 10 fresh basil leaves, chopped or two tsp of dried basil
- 50g cheddar, grated
- Salt and pepper to taste

For the topping

- Additional toppings of your choice – peppers, sliced ham and pineapple chunks work well

PORKY POTATO PARCEL

From Diane Bell
in Oldham

“A GREAT BITE-SIZED
MEAL THAT LITTLE
(AND GROWN UP!)
MOUTHS WILL LOVE.”

METHOD

Place all ingredients on a large sheet of foil and drizzle with oil. Wrap tightly in the foil leaving a hole. Pour 100ml water into the hole before sealing the foil parcel and placing on BBQ for twenty minutes or until sausages are cooked through and potatoes are soft.

Serve straight away in a bowl.

INGREDIENTS

Per person

- 2 sausages cut into one-inch chunks
- 3 new potatoes, peeled and quartered
- Handful of green beans
- 2 tbsp of peas
- 1 tsp of oil
- 1 knob of butter
- Pinch of salt and pepper

QUE-SERA QUESADILLAS

From Phil 'Caravan Larry' Haywood
in Northamptonshire -
see www.caravanlarry.uk



METHOD

Cover half of the tortilla with half of the cheese then top with the chicken and sweetcorn and season. Sprinkle on the remaining cheese and fold the tortilla in half. Oil the hot grill and place the folded tortilla on it. You will need to flip the quesadilla so leave enough space on the grill to do this.

After about two minutes, slide a fish slice under the open end of the quesadilla and flip it over the fold to cook the other side.

When the cheese is all gooey and melted and the tortilla is nicely toasted, remove from the grill.

Cut into quarters and eat straight away!

INGREDIENTS

Per person

- 1 tortilla
- 40g sweetcorn (about ¼ of a small tin)
- 50g cooked and shredded chicken breast, about 50g
- 50g grated cheddar cheese
- Salt and pepper to taste

“YOU CAN REALLY GO TO TOWN WITH THE FILLINGS BUT MY CHILDREN’S FAVOURITE IS A SIMPLE CHICKEN, SWEETCORN AND CHEDDAR CHEESE THAT WE COOK ON THE BARBECUE AND CALL BARBECUE BUTTIES!”

KEBAB-SOLUTELY FABULOUS

From Gemma Lee
in Chester

“QUICK AND EASY
TREATS THAT KIDS WILL
LOVE TO HELP PREPARE
AND EAT.”

METHOD

Cut the banana into 1 cm slices, top and tail the strawberries then half lengthways. Skewer the chopped fruit and marshmallows, toast quickly on an open fire or BBQ before squeezing on chocolate sauce.

INGREDIENTS

Makes two

- 6 large pink or white marshmallows
- 4 strawberries
- 1 banana
- Chocolate sauce



**VERY
VEGGIE**

SWEET CARROT WRAPS

From **James Mills**
in Fallowfield



METHOD

Spread hummus down the centre of each tortilla wrap. Wash and chop the pear and carrots into 1cm chunks. Place on top of the hummus then fold the bottom up first, then the left side over, then the right. Serve with a mixed leaf salad.

INGREDIENTS

Serves four

- 1 tub of hummus
- 2 large carrots
- 2 large pears
- 4 tortilla wraps
- Bag of mixed leaf salad

**“SIMPLE AND TASTY
WRAPS THAT CAN
BE WHIPPED UP
IN A JIFFY.”**

FRIDGE RAIDER'S SOUP

From **Annie Jackson**
in Essex



METHOD

Heat the oil in a large saucepan and gently fry the garlic, carrot, celery, parsnip and potatoes for 3-4 minutes. Make up the stock cube according to instructions and add to the pan with the remaining ingredients. Bring to the boil then simmer for 10-15 minutes or until the potatoes are tender. Season to taste and either blend until smooth or serve chunky.

INGREDIENTS

Serves four

- 4 large potatoes
- 1 tbsp oil
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 stick celery, sliced
- 1 parsnip
- 400g tin baked beans, drained
- 1½ tsp dried Italian herbs
- 1 vegetable stock cube
- Hot water to make stock
- Salt and pepper

**“DON'T THROW AWAY
YOUR PAST-THEIR-BEST
VEGGIES, BRING THEM
AWAY WITH YOU AND
MAKE THIS YUMMY SOUP!”**

CROISSANT AVEC DES ŒUFS BROUILLÉS

From **Matthew Dent**
in Hartlepool



METHOD

Whisk the eggs, cheese, milk and a pinch of salt and pepper in a bowl. Pour into a saucepan and heat gently, stirring continuously, until scrambled.

Split open croissants (warm them first if you have an oven) and put the scrambled eggs inside. Eat hot.

INGREDIENTS

Serves four

- 8 large eggs
- 100g grated Red Leicester cheese
- 50ml milk
- Salt and black pepper to taste
- 4 large croissants

“A SIMPLE YET
SATISFYING BREAKFAST
WITH A LUXURY FEEL.”

HEAVENLY HALLOUMI BURGERS

From **Shauna McCabe**
in Leamington Spa



METHOD

Place the mushrooms on a hot barbecue, stalk side down, and cook for 7 minutes.

Turn them over, drizzle with olive oil, season well and cook for a further 7 minutes then set aside. Cook the halloumi on the barbecue for 1-2 minutes on each side and remove from the heat. For extra spice add chilli flakes at this point.

Halve the brioche buns and place cut side down on the barbecue for 1 minute until they are toasted. Spread a teaspoon of tomato chutney on the base of each brioche bun. Fill the buns with two slices of halloumi, a mushroom and a handful mixed leaves.

INGREDIENTS

Serves two

- 4 medium thick slices of halloumi
- 2 Portobello mushrooms
- 2 tsp spicy tomato chutney
- Handful of mixed leaves with rocket
- 2 brioche buns
- Salt and pepper to taste
- 3 tbsp olive oil

**“FOR EXTRA SPICE,
TRY USING SHOP-BOUGHT
HALLOUMI WITH CHILLI,
OR SPRINKLE CHILLI
FLAKES ONTO THE CHEESE
AS IT IS COOKING.”**



**ONE POT
WONDERS**

CHICKEN IN HEREFORD CIDER

From **Ali Ray**, Eat Local,
Camping & Caravanning magazine,
The Camping and Caravanning Club

**"I MAKE THIS WITH
LOCALLY SOURCED 'ONCE
UPON A TREE' CIDER, BUT
IT CAN BE DONE WITH ANY
TRADITIONALLY MADE
MEDIUM-DRY CIDER."**

METHOD

Heat the oil and butter in a large saucepan, or deep frying pan. Add the onions and cook slowly until they soften and go translucent. Meanwhile, put the garlic cloves in a mug of boiling water and leave for five minutes. Let them cool then pop them out of their skins.

Add the chicken breasts to the pan, turn the heat up and brown on both sides. Add the cider, garlic, seasoning and turn the heat down and let the chicken cook through while the cider bubbles (about 20 minutes). Take the chicken out and turn heat up to let the cider cook down to half the volume, mash the garlic cloves into the liquid and then reduce heat, add the chicken back to pan and pour in the cream.

Stir it through until both chicken and cream have come up to heat. Serve with rice or potatoes.

INGREDIENTS

Serves two

- 2 free range chicken breasts
- 1 large onion (cut into 2cm wedges)
- 6 cloves of garlic, unpeeled.
- 100ml cider (I used Once Upon a Tree medium)
- 100ml double cream
- Salt and pepper
- Rice or potatoes to serve
- 1 tbsp butter
- Olive oil

CAMPSITE CREAMY CHICKEN PASTA

From **Thomas Kelly**
in County Longford

“A TASTY CREAMY DISH
THAT CAN BE HEATED
UP BY ADDING MORE
CHILLI TO TASTE.”

METHOD

Fry the chicken in a large pan over a medium heat with the olive oil. Once it has started to brown, add the garlic and fry for about one minute. If using fresh chopped chilli, add that in now.

Make the chicken stock with the instructions according to the packet and add to the pan along with the cream and uncooked pasta. If using dried chilli, sprinkle on the chilli flakes now.

Bring to a boil, then cover and reduce to a simmer. Simmer for 15-20 minutes or until pasta is tender. Remove from heat and stir in grated parmesan cheese. Serve immediately.

INGREDIENTS

Serves four

- 3 tbsp olive oil
- 4 skinless chicken breasts, cubed
- 2 cloves of garlic, minced
- 1 chicken stock cube
- 250ml of double cream
- 225g of any bite-sized shape pasta, uncooked
- 3 tbsp of grated parmesan
- 1 tsp of dried chilli flakes (or a fresh red chilli if you like it really hot!)
- Salt and pepper to taste

SAMMY'S FAVOURITE PAELLA

From **Nick Welch**
in Braintree



METHOD

If using an all in one grill, put peppers on first to soften and slightly char.

Using a paella pan, or one wide low pot, fry the chicken, garlic, squid, onion and chorizo, add a little sea salt. If you have a bottle open, feel free to add some wine in at this point!

Add in paella rice and gently fry until rice starts to go translucent then add in the saffron and continue stirring for one minute. Add the stock and leave to simmer for 15-20 minutes, try to avoid stirring if possible. Add more water if the rice absorbs all the liquid. Check seasoning and adjust if required.

After around 15-20 mins, arrange prawns, mussels and peppers on top, they will cook gently in the heat and take approximately 5 minutes.

Turn off heat, put in the centre of the table and enjoy!

INGREDIENTS

Serves six to eight

- Approx 300g chorizo sausage, preferably fresh not dry
- 4 chicken thighs, diced
- 4 squid tubes, scored and sliced
- 300g tiger prawns or 8-12 crevettes - must be raw
- 400g mussels cleaned and de-bearded
- 4 cloves garlic, minced
- 2 onions, diced
- 1l of chicken or fish stock
- 500g paella rice
- Pinch of saffron
- 1 tsp smoked paprika
- 4 peppers cut into 8

**“A FAILSAFE
CAMPSITE CROWD
PLEASER.”**

GINGER BEEF STIR FRY

From **Tim Meek**
in Nottinghamshire



METHOD

In a large pan, boil the vegetables in water until they begin to soften then drain the water. Add the beef, ginger and garlic, then stir fry in the oil until the meat is cooked. Add the soy sauce, then mix in the noodles. Serve and eat!

INGREDIENTS

Serves four

- 3 spring onions, chopped
- 2 carrots, thinly sliced or grated
- 2 red peppers, thinly sliced
- 1 tsp lazy ginger or one inch piece of fresh ginger finely chopped
- 1 tsp lazy garlic or one minced clove
- Four thin beef steaks cut into strips (or meat free alternative)
- 1 tbsp of dark soy sauce
- 1 tbsp of oil (sesame works best but vegetable or olive oil is fine)
- 300g of straight-to-wok noodles

**“AN ORIENTAL
INSPIRED ONE-POT
DELIGHT.”**

COWBOY STEW

From **Tim Booth**
in Boston

“A HEARTY STEW
THAT’S IDEAL AFTER A
LONG DAY IN THE
SADDLE - HORSE
OR BIKE!”

METHOD

Heat the oil in a large pan with a lid. Add the onion and bacon, and cook over a medium heat until the onion is really soft and starting to brown and the bacon is crisp. Push to the side of the pan, increase the heat and add the chicken pieces. Cook for a few mins until the meat is nicely browned. Add the paprika, tomatoes, 200ml water and salt and pepper to taste. Cover with a lid, lower the heat to a gentle simmer and cook for 45 mins, stirring occasionally.

Add the beans, stir in the barbecue sauce and simmer uncovered, for 20 mins until the sauce has thickened.

INGREDIENTS

Serves four

- 15ml oil
- 1 large onion, chopped
- 3 rashers smoked bacon, chopped
- 4 chicken breasts chopped into chunks
- 1 teaspoon paprika
- 1 400g can of baked beans
- 100ml barbecue sauce
- 200ml water



**DONE IN 60
SECONDS**
(OR THEREABOUTS...!)



SMOKED SALMON LINGUINI

From **Sheila O'Connor**
in Chelmsford



METHOD

Cook the linguini in salted boiling water until al dente then drain. Put the oil in a large deep pan and heat till very hot. Throw in the onions and peppers and stir. Add the salmon strips and stir. Add the cream cheese and chopped parsley, stir again then add the drained linguini.

Mix together thoroughly, plate up, and top with a sprinkling of the cayenne pepper and parsley.

INGREDIENTS

Serves two

- 120g smoked salmon cut into thin strips
- 6 spring onions, washed and cut into long strips
- 1 small pepper deseeded and cut into long strips
- Chopped parsley
- A splash of olive oil
- 1 large tbsp cream cheese
- Cayenne pepper

**“QUICK,
EASY AND
SUPER TASTY.”**

CHICKEN, BLUE CHEESE AND PEAR SALAD

From **Joanne Rattrie**
in *Weston-super-Mare*



METHOD

Put the salad leaves in a bowl. Core and thinly slice the pear, then add to the bowl. Add in the chicken, crumble over the blue cheese and sprinkle in the pine nuts.

Lightly toss the ingredients together then drizzle with balsamic vinegar.

INGREDIENTS

Serves two

- 1 small bag of salad leaves
- 1 ripe pear
- 1 packet of cooked chicken breast or some leftover cooked chicken cut into bite sized pieces
- 75g of blue cheese, such as stilton or gorgonzola
- A handful of pine nuts
- A drizzle of balsamic vinegar

**“A PERFECT
SUMMER SALAD.”**

MEXICAN OMELETTE

From Lynn Harrop
in Oxford

“A SPICY KICK HEATS
UP THIS OLD
FAVOURITE.”

METHOD

With a fork mix the eggs and salt in a jug. Put the butter in a medium hot frying pan, when it starts to bubble, add the egg mix. When it begins to firm up, but there's still a little raw egg on the top, add the grated cheese (and chilli flakes).

Fold it in half – check the underside and serve when golden brown.

INGREDIENTS

Per person

- 2 large eggs
- Sea salt and freshly ground black pepper
- Small knob of butter
- Handful of grated Mexicana cheese or cheddar cheese with half a tsp of dried chilli flakes

CHEATERS' CHEESECAKE BITES

From Elaine Lewis
in Huntingdon

“AMAZINGLY TASTY,
EXCEPTIONALLY EASY
AND VERY MOREISH!”

METHOD

Spread the cream cheese onto the digestive biscuits with a teaspoon. Dollop the jam on top of the cream cheese. Enjoy!

Note: Lazy Lemon Meringue bites can be created by using the same method but with shortcake biscuits, lemon curd and Marshmallow Fluff.

INGREDIENTS

Serves two

- 4 x digestive biscuits
- 100g cream cheese
- 50g strawberry jam

CARAVAN CLUB SANDWICH

From Caravan Club member **Samantha Haas**
in Corby



METHOD

Butter the bread. Top the first slice with salami and onion, then top with the second slice of bread. Follow with mayonnaise and mint sauce and layer the cheese and cucumber on top. Season and top with the third slice of bread. Cut into triangles and serve with crisps on the side.

INGREDIENTS

- 3 slices of bread
- Danish salami
- Cucumber
- Sliced onion
- Salt and pepper
- Mature Cheddar cheese
- 1 tbsp mayonnaise
- 1 tsp mint sauce
- Butter/margarine
- Crisps of your choice to serve

“THE REFRESHING MINT AND MAYO COMBO IN THIS RECIPE PUTS A NEW TWIST ON THE TRADITIONAL CLUB SANDWICH.”



**LOWER-CAL
LOVELIES**



STICKY CHICKEN STICKIES

From **Rob Humphries**
in Cheltenham



METHOD

Mix up all marinade ingredients in a large bowl, stir in the chicken and veg and leave overnight for the flavours to infuse. When ready to cook, skewer the meat and vegetables then cook on a BBQ or under a grill until the chicken juices run clear.

INGREDIENTS

Makes four

Kebabs

- 2 chicken breasts, chopped into one inch cubes
- 1 large onion cut into chunks
- 2 peppers (any colour!) cut into chunks

Marinade

- 2 tbsp maple syrup
- 1.5 tbsp soy sauce
- Juice of one lemon
- 2 cloves of garlic finely chopped
- Metal skewers to cook

**“GREAT TO PREPARE THE
NIGHT BEFORE YOUR TRIP
– JUST REMEMBER TO GET
THEM FROM THE FRIDGE!”**

FOR THE LOVE OF COD PARCELS

From **Jim and Janice Gillies**
in Edinburgh

**“A GREAT ALTERNATIVE
TO FRIED FISH AND
CHIPS IF YOU’RE
STAYING BY THE SEA.”**

METHOD

Place portions the cod on pieces of foil. In a saucepan, melt butter before adding lemon juice, salt and pepper and stirring thoroughly. Pour this mixture over the fish, sprinkling with paprika and topping with onion slices.

Fold the foil around the fish and seal before placing on the barbecue for 5-7 minutes per side.

While the fish is cooking, boil the tin of new potatoes until soft. Serve together.

INGREDIENTS

Serves four

- 4 cod fish fillets
- 2 tbsp butter
- 100ml lemon juice
- 1/4 tsp salt
- 1/4 tsp fresh ground black pepper
- 1/4 tsp paprika
- 1 onion, thinly sliced
- 1 tin of new potatoes

SUPER TUNA WRAP ATTACK

From **Emma O'Brien**
in Stoke on Trent



METHOD

Drain the tuna and mix in a bowl with the cream cheese. Add a couple of dashes of vinegar, salt and black pepper to taste. Spread the low fat mayonnaise down the centre of each tortilla. Add the tuna mix on top. Top with salad leaves then drizzle with sweet chilli sauce. Fold up and eat.

INGREDIENTS

Makes two

- 1 tin of tuna
- Vinegar, salt and black pepper to taste
- 2 tbsps of Philadelphia light with grilled peppers cream cheese
- 2 x handfuls of mixed salad leaves
- 2 tsp light mayonnaise
- 2 tsp sweet chilli sauce
- 2 wholemeal tortillas

**“THE BEST THING
TO DO WITH
TINNED TUNA!”**

FOIL ROASTED TATTIES

From **Sarah Manners**
in Stockton on Tees

“BAKED POTATOES NEVER TASTED SO GOOD!”

METHOD

Scrub the potato so there is no dirt on the skin. Remove any eye holes. Push a metal skewer through the centre to make a hole that goes through the length of the potato and prick the rest of with a fork. Brush the oil over the tin foil and sprinkle this with salt, pepper and garlic salt. Place the potato on the foil and wrap tightly.

Place on the barbecue and turn every ten minutes until it feels soft. Remove from the foil and put back on the barbecue for a further five minutes to crisp up the skin. Split the cooked potato in half and spoon over the cottage cheese. Season to taste.

INGREDIENTS

Per person

- 1 medium sized baking potato
- 1 tsp olive oil
- 1 tsp garlic powder
- Sea salt and black pepper to taste
- 100g cottage cheese with pineapple
- Sheet of tin foil





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