

# **RB Camp Cookbook 2025**

1. Pizza
2. RB Hummus
3. Coleslaw
4. Red Onion Pickle
5. Green Salad
6. Roasted Cauliflower
7. Pea and Herb Couscous
8. Roasted Potatoes
9. Chilli Beans
10. Pokka Pakoras
11. Mint Sauce
12. Chunky Dal
13. Blaag Aloo
14. Roast Courgettes
15. Basmati Rice
16. Breakfasts: Stewed Fruit and Porridge

## Pizza Serves 20

2.6kg 00 Organic White Flour

1.7L Water (adjust)

50g Salt

3.5g (1/2 sachet) AD Yeast

Cheese: 650g Mozzarella, 300g Cheddar, 300g Vegan

Sauce: 1.5kg Tomato Sauce, 20g salt, 1/4 bag basil

Toppings: 250g Peppers, 250g Onions, 250g Mushrooms

1. Make dough the day before. Ensure each bowl is the same. Knead really well.
2. Leave in a cool undisturbed place til 7 hours before service.
3. Make 20 x 210g Doughballs. These need really knocking back to avoid big bubbles.
4. The hour before prepare cheese and toppings. Slice toppings thinly, use sparingly.
5. Prepare tomato sauce. Add salt and fresh basil to tomatoes. Make batches of 1.5kg.
6. Pizzas should be as large as possible...

## **RB Hummus Serves 50**

2kg cooked drained chickpeas

6-8 Lemons depending on size

15 Garlic Cloves

20g Salt

300g Tahini

75ml Olive Oil

40g Paprika

1. In the food processor, blend lemon juice, garlic cloves and salt. Set aside for 15 minutes before stirring in tahini. 1 catering tin = 1 batch fits nicely in the food processor.

2. Add drained chickpeas reserving the chickpea liquid.

3. Blend the mixture until smooth, adding reserved chickpea liquid as needed.

4. Adjust the lemon juice, salt, and tahini to taste.

5. Decant Hummus to a plastic bowl, evenly sprinkle a large handful of paprika. Seal the surface with olive oil.

6. Serve 50 ml per portion. Spoon through the oil and paprika to the Hummus beneath.

## **Coleslaw Serves 150**

6kg Cabbage

6kg Carrots

2 litres Cider Vinegar

60g Salt

100g Black Mustard Seeds

500ml Olive Oil

1. Combine grated white cabbages, grated carrots, cider vinegar, salt and black mustard seeds in the largest stainless pot with lid.
2. Leave the mixture to soften, stirring occasionally. This will take 6 hours min.
3. Closer to serving time, add Olive Oil to the mixture and beat well. This part is important! get right to the bottom and mash everything together. Emulsify!
4. Serving is pinch with green tongs

## **Red Onion Pickle Serves 150**

10kg red onions

1 litre Cider Vinegar

1 litre Water

100g white sugar

40g Salt

1 bag coriander

1. Half and finely slice red onions in food processor.
2. Boil cider vinegar, water, white sugar and salt. Cool a bit and add to sliced onions.
3. Leave to pickle! This takes 6 hours. Turn the container so the juices circulate.
4. Garnish with fresh coriander. Serve using green tongs, small pinch per serving.

## **Green Salad Serves 150**

12 Lettuce

4kg Tomatoes

8 Cucumber

1 catering bag Rocket

Break apart lettuce, larger leaves into pieces. Slice tomatoes and cucumber. Portion is 3 slices of tomato, 3 slices cucumber. Rocket chopped and mixed with tomatoes.

## Roasted Cauliflower Serves 150

16kg Cauliflower

0.5L Olive oil

30g red chilli

100g Paprika

20g black pepper, 40g Salt

50g thyme

4 lemons

20 cloves garlic

1. Remove leaves and cut flat base onto each cauli.
2. Place whole in baking tray, brush with a little oil then sprinkle with pepper and salt, pour a little water into bottom of tray, careful not to get water on florettes.
3. Bake covered with foil in medium oven for approx 30 mins, checking and rotating trays.
4. Mix warm olive oil with Spice mix, Dried Thyme, garlic pureed, lemon juice. Paint mixture thickly over caulis and return them uncovered to a hot oven.
5. Bake until well browned and crispy, check, baste and rotate trays. Serving is 80g

## Couscous Serves 150

6kg Couscous, 1kg Quinoa

Dressing mix: 1 litre Olive oil, 6 lemons juiced, 100ml Cider vinegar

2 bunches Parsley, chopped fine

1 bunch Mint, chopped fine

20g Sugar, 40g salt, 20g black pepper, 100g mustard seed

2kg red and 2kg white onion, diced fine

7kg Garden peas, brought to boil for 1 minute

Stock: 2kg Onions, 2kg Carrots, 2 heads celery, 50ml Veg oil, 10g salt, 5 bay leaves, 5 cloves garlic, 10L boiling water

1. Make veg stock: Put water on to boil. Put veg on to soften: Onions roughly chopped, Carrots peeled and roughly chopped, celery roughly chopped, garlic cloves whole, small amounts of veg oil and salt, bay leaves. Soften veg for 15 minutes, add boiling water and simmer for 1 hr, remove veg.

2. Combine dressing mix ingredients thoroughly.

3. Make Quinoa (2:1 by vol water:quinoa, boil 15 mins, seal and leave for 10 mins).

4. Make Couscous in 1kg batches, 1 kg = 25 portions. Equal amount of stock by volume for couscous. Pour boiling stock over 1kg couscous in warm pot and seal. Wait 10 mins then fluff with fork and combine with dressing mix, do not over-mix. Adjust amount of stock on next batch if too dry.

Serving is 150ml ladleful.



## **Roasted Potatoes Serves 150**

22kg white potatoes (reserve 5Kg for Blaag Aloo)

200ml Veg oil, 100ml water

40g Salt

50g Thyme, 20g black pepper

Clean and inch chunk potatoes, place in veg oil greased rectangular baking trays, brush with oil and water, sprinkle with thyme, salt and pepper. Bake uncovered in med hot oven. The trays will need rotating and the potatoes turning, brushing more oil if needed. Serving is 150g

## Chilli Beans Serves 150

6 Kg Onions, 40g Salt

2 Kg Peppers

500 ml veg oil

40 garlic cloves, 20g Green Chillis

100g Cumin Seeds, 40g Red Chilli, 100g Ground Cumin,  
100g Paprika

4 x 2kg dw Cans well-drained and rinsed Kidney Beans

6kg Bag in Box Tomatoes

300g Tom Puree, 50g Oregano, 40g Sugar, 50ml Vinegar,  
20g Black pepper, 3 lemons

1. Thinly slice onions and peppers. Sauté Onions with salt on low heat in veg oil, stirring often until golden. This takes an hour! Add peppers and roughly chopped garlic 20 mins before the end.
2. Add green chillies and Spices. Cook off spices.
3. Once the onions are golden and spices cooked, add well drained and rinsed kidney beans, tomatoes, tomato puree, oregano, brown sugar, vinegar, lemon juice, salt.
4. Bring to a very low boil, cover, and simmer for as long as possible, stirring frequently.
5. Serve 100 ml per portion with 30g grated cheddar/vegan cheese

## **Pokka Pakoras Serves 150**

10kg Onions (approx 60)

1 bunch fresh coriander

60g salt, 10g Baking Powder, 60g Turmeric, 120g Garam Masala, 60g Cumin, 80g Coriander, 20g Black pepper, 20g green chillis

18 Garlic Cloves, 100g Ginger

4.5kg Gram Flour

3 litres Veg Oil for frying

1. Finely slice onions. Split between 2 pots to make mixing easier.
2. Combine the sliced vegetables with salt and spices, baking powder, garlic and ginger puree, green chillis and roughly chopped coriander inc stalks. Mix really well. The mixture will get liquid as the veg breaks down. Let it rest for minimum 45 minutes before adding Gram Flour. Mix occasionally.
3. Add Gram Flour in stages and mix well until veg is thinly coated. Don't add any water. You might not use all the Gram Flour in the recipe. There should not be lots of liquid dough.
4. Each pakora should be approx 50g, form with moist hands. Flattened disc shape.
5. Shallow fry on medium heat, leave for first minute then move gently in pan, then turn until well-cooked, with no raw batter in the middle and a dark golden-brown exterior.
6. Check the odd one while cooking. A portion is 2 pakoras.

## **Mint Sauce Serves 75**

2kg dairy Yoghurt, 2kg soy Yoghurt

Half Bunch Mint each

50g Sugar each

2 Lemons each

Water

Portion is 50ml. 4kg serves 75. Combine roughly in blender adding water to thin until pourable. Label containers

**\*IMPORTANT\*.**

## Chunky Dal Serves 50

2 kg Yellow Split Peas

8 litres Water 50g Ginger 60g Turmeric Powder

25g Green Chillies 60g Coriander Seeds, 60g Cumin Seeds

200 ml Sunflower oil 30 cloves Garlic

60g Ground Coriander, 60g Garam, 10g Pepper

1/3 Bag Fresh Coriander

1. Yellow split peas, water, grated ginger, turmeric, green chillies. 2kg per pot.
2. Bring to boil for approximately 2 hours, until it thickens. Turning heat to low and stirring constantly towards the end. Remove the green chilies and any ginger chunks from the pot.
3. In a separate large pan, dry fry spice mix 1, remove from heat, crush the seeds roughly.
4. Add 200ml veg oil to the crushed seeds, and heat the mixture.
5. Once the oil is medium hot but not smoking, Take off the heat and add sliced garlic cloves - Cautiously - they will sizzle up!
6. Immediately add spice mix 2. Mix in. Sizzle briefly.
7. You can make the spice oil mix in advance, but heat it before adding to pot. Carefully tip the hot oil mixture over the dahl, and mix well. Add salt to taste.
8. Serve the Chunky Dahl in 100 ml ladlefuls for a main and 50ml for a side. Garnish with finely chopped fresh coriander.

## **Blaag Aloo Serves 150**

700ml Veg Oil, 10L boiling water

6kg Onions, 20g salt

2kg White Cabbage, 1kg Peppers

5kg Spring Greens, 2 kg Caballero

5kg Potatoes

10g Green Chillies

200g Garam, 20g Red Chilli

100g Black Mustard Seeds, 100g Coriander Seeds, 20g  
Cumin Seeds

100g Ground Coriander, 100g Turmeric, 30g Pepper

30 Cloves Garlic, 200g Ginger

1 bag Fresh Coriander

1. Split between 2 large pots, sauté finely sliced onions with 500ml oil and salt until golden, stirring frequently. this could take up to an hour. Add chopped cabbages 20 mins from end.

2. Add picked and finely shredded fresh greens, chopped and seeded peppers, green chilies and Spices 1.

3. Cover the vegetables with boiling water and bring to a vigorous boil. Cook for around 30 minutes til veg is tender. Taste and add more of spices 1 if needed. One pot could be less spicy. Let cool a bit then stick blend until smooth, pick out any stringy greens. \*\*\*\*Continues on next page\*\*\*

4. Add 1 cm cubed potatoes. Cook until the potatoes are done.

5. Making the spice blend: In a separate pan, dry fry Spices 2 until fragrant, remove from heat roughly crush the seeds and add 200ml of oil to the pan. Add Spices 3 and heat the oil until the spices sizzle briefly, then remove the pan from the heat

6. Blend whole garlic cloves with chunks of ginger and 50ml water to make a puree, add the garlic and ginger puree to the oil mix. Caution with adding things to hot oil. Cook until fragrant, add blend into the main pot.

7. Stir the mixture well and cook down for 10 mins, salt to taste. Garnish with chopped fresh coriander. Serving is 150 ml.

## **Courgettes Serves 150**

10kg Courgettes

250ml Olive Oil, 250ml water, 20g salt, 100g Turmeric, 50g Black Pepper

Slice courgettes into 1.5 cm chunky rounds. Combine all the ingredients in a large bowl and tip into baking trays with equal juice. Bake uncovered in a hot oven on top shelf til al dente. They take around 10 minutes and should remain firm. Serving is 4 slices.



## **Basmati Rice Serves 50**

2kg Basmati Rice

6 litres Boiling Water

4 Bay Leaves, 8 Cardamom Pods

1. Bring water and a large handful of salt to a rolling boil.
2. Use large rectangular baking tray.
3. Combine basmati rice, bay leaves, and cardamom pods in the tray.
4. Baking tray on oven rungs, transfer boiling water with pitchers. 1:3 ratio rice to water.
5. Stir the rice, cover the tray tightly with wide aluminum foil.
6. After 45 mins, check the rice; if needed, add more boiling water to the tray.
7. Bake for approximately 1.5 hours, or until the rice is cooked. Don't let it dry out.
8. 150 ml per portion.

# Breakfasts

Fresh coffee/tea making procedure:

1. Make 2 1.5L french presses with 1/4 bag of coffee in each. Make em strong and full and leave them for 5 mins before pressing slowly. They may need a mix before pressing.
2. Decant both of these into the 5L pump airpot and top it up full with 2L boiling water.
3. The other airpot is for boiling water for tea.

Only fill the Burco halfway (10L) as it will take ages and should be the first thing on along with several pans of water for the porridge and teas.

## Stewed fruit Serves 50

1 litre Boiling Water

250g chopped dried dates

250g Raisins or Sultanas

500g Diced fresh fruit

Pour boiling water onto dried dates and sultanas, add diced fresh fruit, stew gently until dried fruit has swelled but the fresh fruit is still firm. This takes about 15 minutes to cook. Maybe add a couple of cardamom pods?

## **Porridge Serves 25**

1kg Oats

4 litres Boiling Water 10g Salt

1kg Stewed Fruit 40g/portion

0.75kg Walnuts 30g/Portion

1. Make sure to use boiling water to start off with. Start off 2 batches, making more as required. Combine porridge oats, boiling water, and a small handful of salt.
2. Bring the mixture to a boil.
3. Reduce heat to low and cook for 10 minutes, keeping a chunky consistency.
4. When serving, ask if they would like fruit or nuts.
5. Large serving is 150ml. Most people will want less.
6. Add 40g of stewed fruit per portion on top of the porridge.
7. Sprinkle 30g per portion of crushed nuts. Nuts must be kept separate and added last. **\*IMPORTANT\***
8. People can add their own milk and sugar as desired. Whole fruits are also available.
9. Use same pots and boiling water for next batch.