

RB Camp Cookbook 2023

These are our recipes for the cafe at Radical Bakers Gatherings. They are hearty camp or celebration meals. All recipes serve 75 people except where noted.

You can book tickets for our events only through our website <https://radicalbakers.org>

Stewed Fruit

1.5 litre Boiling Water
300 g dried dates
450 g sultanas
900 g sliced fresh fruit

Pour 1.5 L boiling water on 750 g dried dates and sultanas, add 900 g diced fresh fruit, stew gently.

Porridge

3 kg Oats
12 litres Boiling Water
Large Handful Salt
3 kg Stewed Fruit
2.25 kg Walnuts

1. Combine 3 kg of porridge oats, 12 litres of boiling water, and a large handful of salt.
2. Bring the mixture to a boil, stirring well.
3. Reduce heat to low and cook for 10 minutes, keeping a chunky consistency. Avoid turning the mixture into gruel.
4. Move pot to front burner and put on lowest heat.
5. Serve 200 ml of thick porridge.
6. Add 40 g of stewed fruit per portion on top of the porridge.
7. Sprinkle 30 g per portion of crushed nuts. Nuts must be kept separate and added last with a separate spoon.
8. People can add their own milk and sugar as desired. 9. Use same pot and boiling water for next batch.

Coleslaw

3 kg White Cabbage
3 kg Carrots
2 litres Cider Vinegar
1 handful of Salt
50 g Black Mustard Seeds
250 ml Olive Oil

1. 3 grated white cabbages (3 kg), 3 kg grated carrots, 2 L cider vinegar, 1 big handful of salt, and 50g black mustard seeds.
2. Leave the mixture to soften for minimum 3 hrs, stirring often.
3. Closer to serving time, add 0.25 L of olive oil to the mixture and beat well. Serving is large pinch with tongs

Red Onion Pickle

6 kg red onions
2 litres Cider Vinegar
1.5 litres Water
100 g white sugar
handful Salt
1/2 bag coriander

1. Slice 6 kg of red onions.
2. Add 2 L of cider vinegar, 1.5 L of water, 150 g of white sugar, and a handful of salt to the sliced onions.
3. Leave to pickle for as long as possible!
4. Garnish with finely chopped fresh coriander. Large pinch per serving.

Green Salad

6 Iceberg Lettuce
1.5 kg Salad Tomatoes
6 Cucumber

Slice ingredients finely, serve separately

Chilli Beans

3 Kg Onions
1 kg Peppers
200 ml veg oil
20 garlic cloves
50 g Cumin Seeds, 25 g Red Chilli, 10 g Fresh Chillis, 100 g Ground Cumin
100 g Paprika
4.5 kg well-drained and rinsed Kidney Beans
2.5kg Chopped Tomatoes
150 g Tom Puree, 25 g Oregano, 1 tbspn Br Sugar, 1 tbspn Vinegar, 1 lemon
Large Handful Salt

1. Thinly slice 3 kg onions, 1 kg peppers. Sauté on low in 0.2 L sunflower oil, until translucent/golden. Get on heat early.
2. Then add 20 peeled and minced garlic cloves, 50 g of cumin seeds, 25 g of red chili powder, 10 g fresh green chillies, 100 g of ground cumin, and 100 g of paprika.
3. Once the onions are golden and spices cooked, add 3 catering tins of drained kidney beans, and one of chopped tomatoes, 150 g of tomato puree, 25 g of dried oregano, 1 tbspn of brown sugar, 1 tbspn of vinegar, juice of 1 lemon, and salt.
4. Bring to a very low boil, cover, and simmer for as long as possible, stirring frequently.
5. Serve 150 ml per portion

Hearty Roast Veg Soup

3 kg Parsnips
3 kg Carrots
15 Cloves Garlic
3 Butternut Squash
Veg Oil, handful Brown Sugar, generous grating Nutmeg
3 Celery head
3 kg Onions
15 litres Boiling Water/stock
Bay Leaves, Salt, Ground Black Pepper

1. Preheat oven to a hot temperature.
2. Slice 3 celery head and 3 kg onions, get the soup base on quickly.
4. Saute the celery and onions until translucent. Add 20g paprika, 20g ground coriander, pinch of ground cumin
3. Chop into small pieces 3 kg parsnips, 3 kg carrots, 15 cloves garlic, 3 butternut squash. Toss vegetables in oil, brown sugar, and nutmeg. Roast vegetables in a medium hot oven until they are tender and caramelized, about 1 hour.
5. Remove vegetables from the oven when golden and soft, and add to celery/onion base.
6. Add 20 L of hot water/stock to the chopped vegetables.
7. Add Bay Leaf, salt, and pepper to taste.
8. Simmer the mixture until the flavors meld together. Break up big chunks, Zizz roughly.

RB Hummus**Serves 50**

1.5 kg (1 catering tin) Drained Cooked Chickpeas
6 Lemons
15 Garlic Cloves
1 Tbspn Salt
300 g Tahini
150 ml Olive Oil
50 g Paprika

1. In the food processor, blend the juice of 6 lemons, 15 roughly chopped garlic cloves, and 1 tablespoon of salt. Set aside for 15 minutes before stirring in 0.33 kg of tahini.
2. Add 1.5 kg of drained chickpeas (1 catering tin), 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. Hummus into a bowl, evenly sprinkle a large handful of paprika. Seal the surface with 0.2 L of olive oil.
6. Serve approximately 50 ml per portion. Spoon through the oil and paprika to the Hummus beneath.

Basmati Rice 6 litres Boiling Water

Serves 50 2 kg Basmati Rice
4 Bay Leaves
8 Cardamom Pods

1. Bring 6 litres of water and a large handful of salt to a rolling boil.
2. Use large baking tray.
3. Combine 2 kg of basmati rice, 4 bay leaves, and 8 cardamom pods in the tray.
4. Place Baking tray on oven rungs and transfer boiling water with pitchers into the tray use a 1:3 ratio of rice to water.
5. Stir the rice, cover the tray tightly with wide aluminum foil, shake to mix the rice again and shut oven.
6. After 1 hour, check the rice; if needed, add more boiling water to the tray.
7. Bake for approximately 1.5 hours.
8. fluff and serve 150 ml per portion.

**Pokka
Pakoras**

3 kg White Cabbage
1.5 kg Peppers
4.5 kg Onions
100 g Coriander Seeds, 100 g Mustard Seeds,
18 Garlic Cloves
125 g Ginger
2 tspn Baking Powder, Salt, Pepper, 100g Fresh Coriander
2.5 kg Gram Flour
1.5 litre Veg Oil

1. Prepare the vegetables: finely slice or julienne 3 white cabbage, 1.5 kg of peppers, and 4.5 kg of onions.
2. Combine the sliced vegetables in the largest stainless pot with 100 g of roasted and crushed coriander seeds, 100g mustard seeds, 2 Tspn baking powder, handful of salt, handful ground black pepper, 18 minced garlic cloves, 125 g of grated ginger, and a bunch of roughly chopped coriander inc stalks.
3. Add 2.5 kg of gram flour, ensuring it coats the vegetables evenly. Mix occasionally for 45 minutes. Form palm sized pakoras by hand, keeping fairly thin. Start cooking Pakoras early, refresh oil regularly.
4. Shallow fry on medium heat, turning until well-cooked, with no raw batter in the middle and a dark golden-brown exterior.
5. Serve 2 pakoras per portion

Mint Sauce 1 kg Yoghurt

1 Bunch Mint
50 g Sugar
2 Lemons
Water

1 kg Yoghurt OR Soy Yoghurt, 100 g bunch Mint, 50g White Sugar, Juice of 2 Lemons. Combine roughly in blender adding water to thin until pourable. Portion is 1 Tablespoon or 15 ml.

Chunky Dal 2 kg Yellow Split Peas

8 litres Water

50 g Ginger

50 g Turmeric Powder

25 g Green Chillies

50 g Coriander Seeds

50 g Cumin Seeds

150 ml Sunflower oil

30 cloves Garlic

50 g Ground Coriander, 50 g Garam, 25 g Pepper, Salt

1/2 Bag Fresh Coriander

1. 2 kg yellow split peas, 8 L water, 50 g grated ginger, 50 g turmeric, and 25 g whole green chillies.
2. Bring to boil on low for approximately 2 hours, until it thickens. Stirring constantly towards the end.
3. Remove the green chillies from the pot.
4. In a separate large pan, dry fry 50 g coriander seeds and 50 g cumin seeds, then crush them.
5. Add 150 ml sunflower oil to the crushed seeds, and heat the mixture.
6. Once the oil is hot but not smoking, Take off the heat and add 30 sliced garlic cloves - Cautiously!
7. Add 50 g ground coriander, 50 g garam masala, and 25 g ground black pepper. Mix in. Sizzle for 10 seconds.
8. Carefully tip the hot oil mixture over the dahl, and mix well.
9. Add salt to taste, and garnish the dahl with half a finely chopped bunch of fresh coriander.
10. Serve the Nutty Dahl in 100 ml ladlefuls.

Blaag Aloo 200 ml Oil

3 kg Onions

1.5 kg White Cabbage

500 g Peppers

5 g Green Chillies

50 g Garam, 50 g Ground Coriander

2.5 kg Spring Greens, Spinach, Kale or like

2.5 kg Potatoes

50 g Black Mustard Seeds, 50 g Coriander Seeds, 10 g Cumin Seeds

10 g Red Chilli, 25 g Ground Coriander, 25 g Garam, 50 g Turmeric

25 g Pepper, Salt to taste

15 Cloves Garlic

100 g Ginger

1. In a large pot, heat 0.2 L of oil and sauté 3 kg of finely sliced onions until golden, stirring frequently.
2. Add 1.5 finely chopped white cabbages, 0.5 kg peppers, 5 g green chillies, 50 g garam masala, 50 g of ground coriander.
3. Cover the vegetables barely with boiling water and bring to a boil. Cook for around 10 minutes. Blend until smooth.
4. Add 2.5 kg of shredded greens: spinach/kale/cabbalero and 2.5 kg of 1 cm cubed potatoes. Cook until potatoes are done.
5. Making the spice blend: Dry fry 50 g mustard seeds, 50 g coriander seeds, 10 g cumin seeds, 5 g of cardamom seeds. Toast well, crush the seeds and add 0.1 L of oil to the pan. Add 10 g of red chili powder, 25 g of ground coriander, 25 g of garam masala, 50 g of turmeric, and 25 g of black pepper. Heat the oil and sizzle the spices briefly, then add a paste made from 15 minced garlic cloves and 100 g of grated ginger blended with 50 ml of oil. Cook until fragrant add blend to the main pot.
6. Serve approximately 100 ml per portion.

Courgettes 6 kg Courgettes

50 g Turmeric

25 g Black Pepper

100 ml Oil

100 ml water

salt

- Slice courgettes into 1.5 cm rounds. Combine all the ingredients in a large bowl and tip into baking trays with equal juice. Bake in a single layer in a hot oven on top shelf til al dente. Serving is 3-4 rounds.