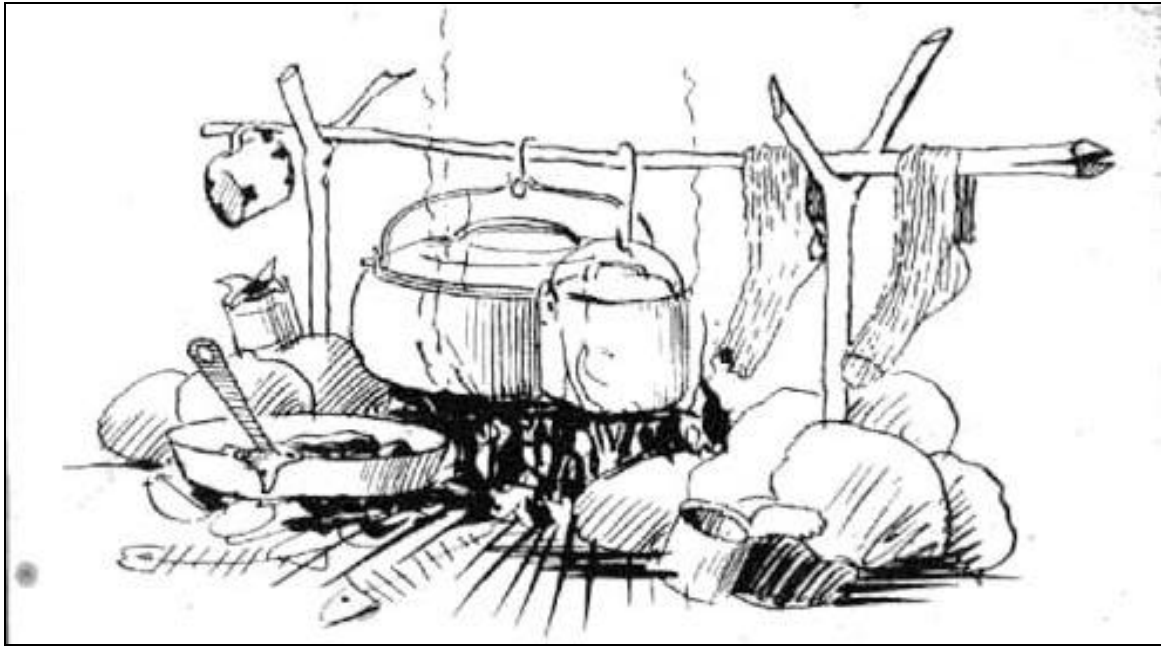


CAMP



COOKERY

D.M. Cowlin

NEW ZEALAND FOREST SERVICE



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INTRODUCTION

Thousands of excellent cookery books have been published but few, if any, are entirely devoted to camp cooking with the limited rations and cooking facilities involved. When camping for some months in the hills, as Forest Service hunters do, a knowledge of how to prepare nutritious meals is essential to good, healthy living under rugged conditions.

This text is intended to assist those whose cooking experience is limited and it may also provide the more experienced with some helpful hints. Recipes are mainly based on Forest Service rations as supplied to hunters and others whose work takes them into the mountains or bush. All the recipes have been tried and tested many times under camp conditions. If the measurements and instructions given in the text are carefully followed there should be little fear of failure. It will be noted that the methods for measure of ingredients vary-for example, one recipe may say "2oz of butter", another may say "2 dessertspoons of butter". Both are the same, but the book is written in this way to help the tyro guess weights accurately. With experience it is amazing how accurately they can be guessed.

At the end of the text are appendices dealing with cooking terms, cooking heats, weights and measures, and use and storage of foodstuffs.

Cleanliness is most important in good cooking. One cannot expect a loaf of bread to be a success if the mixing bowl was used the day before to wash a pair of socks in. Likewise, clean hands and fingernails are a must when handling foodstuffs. Many harmful bacteria which the hands carry around are not destroyed during cooking and can cause serious stomach upsets.

Serving is also important. This may sound ridiculous in the bush, but an attractively laid out plate looks much more appetising than one where everything has been piled up together. It takes little time or effort to neatly arrange potatoes and vegetables on a plate, and believe me this is appreciated by even the most hardened back country men.

**DON COWLIN,
New Zealand Forest Service
Hokitika**



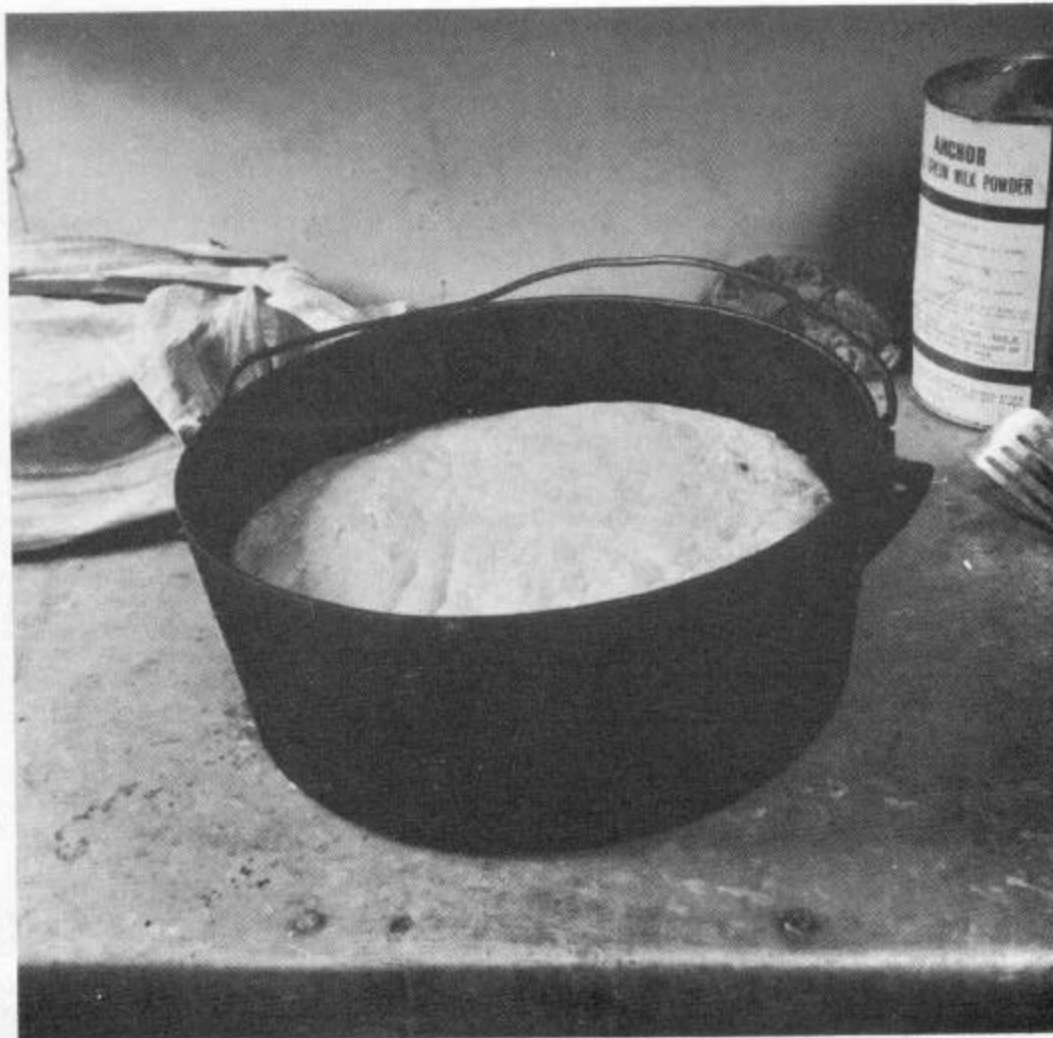
N.Z.F.S. photo

Work the mixture to a firm dough by thorough kneading with the knuckles.

BAKING – GENERAL

An important facet in baking is the condition of the flour. Lumpy or weevilly flour or even old flour will not give such good results as clean fresh flour. (Flour will keep well for many months if stored in an airtight tin.) If your camp has a flour sifter, use it.

In baking, do not be afraid to use butter that has gone rancid; it makes perfect scones and any harmful bacteria are destroyed during the cooking, which also destroys any unpleasant taste.



N.Z.F.S. photo

Grease both the camp oven and the inside of the lid, put in the dough and stand it in a warm place to rise. Don't bump it.

BREAD MAKING

Camp-oven bread is often spoiled through poor preparation, and the following tips will assist in making a good loaf:

- Ingredients must be kept warm but not too hot or too cold, otherwise the yeast will be destroyed. Blood heat (98°F) is ideal. Yeast is a living organism and must be treated as such; hence the importance of warm temperatures which allow it to multiply (work).
- Too much kneading will cause split crusts.
- Too little kneading causes holes in the loaf.
- Too much salt will result in slow rising of the dough.
- Too little salt will result in the loaf rising too quickly and forming holes in the loaf.
- Too much yeast and the loaf will have a strong taste. Too little yeast results in a slow rising loaf and a tough one.

A good bed of coals is essential in bread making. While waiting for the dough to rise (about 1/2 to 1 hour), heap the fire up with good firewood (preferably round pieces because these leave a better ember than split firewood). By the time the bread is ready to go on the fire the ashes should be ideal. Place the camp oven about 18 inches above the red hot embers and also cover the lid of the camp oven with red hot embers (using a shovel or other implement such as a large piece of tin). Do not put any more firing on while the bread cooks.

When the bread is cooked (usually after 1 hour), carefully remove the camp-oven lid by slipping a billy hook under the handle of the lid and lifting. If the loaf is stuck in the camp oven, take a firm hold of the wire handle of the oven (use a cloth) and give it a sharp, circular twist. If two or three attempts still fail to shift the loaf, stand the camp oven on a well soaked cloth for a minute. The loaf should, however, come out quite easily if the camp oven was well greased before placing the dough in.

A loaf may be inspected during cooking by slipping the edge of a knife under the lid and raising it gently for an inch. As a rule the loaf cooks quite thoroughly in 1 hour. When ready, the loaf should have a hollow sound when knocked on the bottom and should be well risen and nicely browned with a crisp crust. To make sure it is cooked in the middle, a thin, clean stick may be pushed through the centre of the loaf. When withdrawn, it should be clean if the loaf is cooked. If the stick has wet batter sticking to it the loaf is not cooked.

Basic Bread Mixture - Full Camp Oven Loaf

- Half a Camp oven (standard size) of dry flour
- 2 heaped dessertspoons sugar
- stir in 1 level teaspoon salt
- 2 tablespoons (heaped) milk powder

Mix together thoroughly in a warm basin or camp oven.

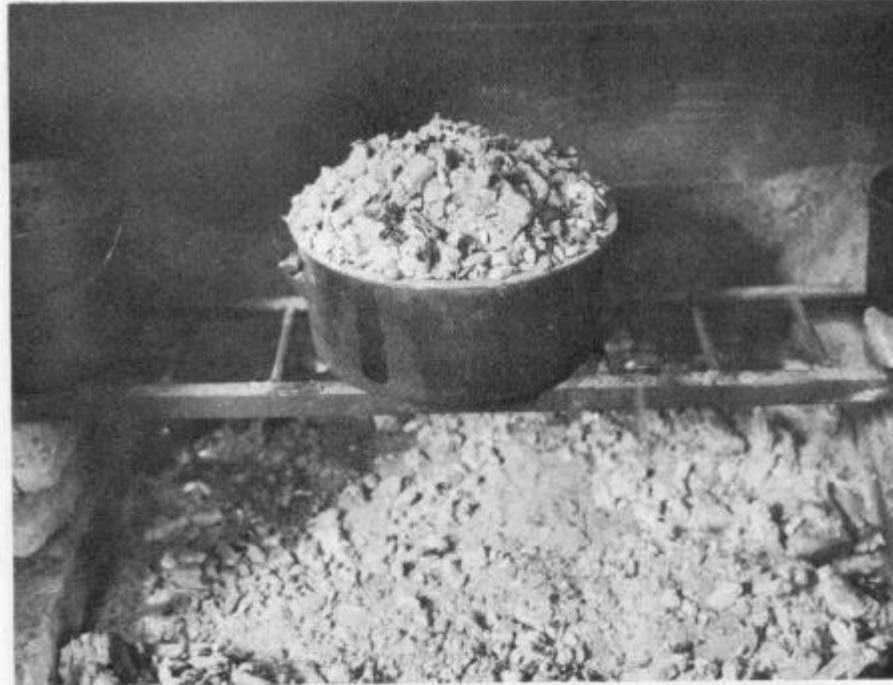
Yeast Mixture

- 1½ pint mugs warm water (blood heat)
- 1 heaped dessertspoon sugar
- 2 level dessertspoons yeast (dry)

To check yeast for freshness place a little in a mug half full of warm water with a little sugar; the yeast should begin to "erupt" in a short time; if not, discard the whole bottle of yeast and use a fresh one. Check the date stamped on the yeast bottle (it usually states a date after which it may no longer be expected to work).

Make the yeast mixture first and while it is working prepare the dry ingredients. Add the yeast mixture to the dry ingredients after it has "erupted" (about 20 minutes). mix to a **firm** dough, adding more flour or warm water if necessary, and knead by turning the dough and pressing the knuckles firmly into it. Do this for a good 5 minutes. Place the dough into a greased camp oven (lid greased, too) and allow to rise in a warm place until mixture is about 1 inch from the top of the camp oven. (It is important that the dough is not bumped while rising, otherwise it will have to be kneaded again and allowed to rise once more.) Place oven carefully about 18 inches above a good layer of red hot embers, cover lid well with red hot embers, and allow to cook for 1 hour.

Turn loaf out onto a clean cloth when cooked and cover with cloth to absorb moisture for ½ hour before eating. There are numerous other bread making methods, but the above one is best for camp cooking.



N.Z.F.S. photo

Place the oven carefully about 12 to 18 inches above a layer of hot red embers. Also build up a good pile of embers on the lid and leave to cook for about one hour.

Note: an excellent drink may be made by leaving a yeast mix overnight. In the morning fill a mug with the mix, add two teaspoons of sugar, stir rapidly, and drink immediately. By making this drink a habit, many ailments such as acne, etc., may be prevented. These ailments are sometimes caused by a restricted diet, and deficiencies are replaced with fresh yeast.

Baking Powder Bread

- 2 x 1 pint mugs dry flour
- 4 heaped tablespoons milk powder
- 1 dessertspoon baking powder (rounded)
- 2 dessertspoons sugar
- 1 level teaspoon salt.

Mix into a fairly heavy dough with cold water and knead for a minute or so (not too much because the raising effect of the baking powder will be destroyed). Place dough in a greased camp oven and cook in the same way as yeast bread for 1 hour. Place this loaf on the fire as soon as it is mixed-no waiting for it to rise. (Variety can be obtained by adding spice, raisins, etc.)

Bread Rolls (Yeast)

Make a small amount of the basic bread mix. Break off dough in pieces the size of a plum; allow to double their size in a greased camp oven in a warm place and cook as bread for ½ to ¾ hour.



Yeast Buns

Basic bread mixture but with extra milk powder (approx 1 tablespoon). Prepare and cook as bread rolls, but paint top with sugar and water mixture when cooked (this prevents a hard crust forming).

Camp Oven Fruit Cake (eggless)

2lb flour (2 ½ x 1 pt. mugs)

8oz butter

1lb sugar (1 x 1 pt. mug)

1 tablespoon golden syrup (not essential)

1 lb fruit (raisins, dates, sultanas, on their own or mixed) (a 1 pt. mug full)

1 heaped teaspoon baking powder

Mix butter and sugar together until creamed. Add golden syrup and flour mixed with baking powder and then the fruit, mix with prepared milk to a consistency that is not too stiff. Grease well a small camp oven, pour mixture in and let stand for 15 minutes. Bake as you would bread for 1½ to 2 hours.

Cheek with wooden splinter after 1½ - 2 hours. This cake is best left overnight before cutting. It will last for several days and does not go dry. Very nutritious on the hill.

PASTRY

Short or flan pastry for pies, etc., is very simple to make. Puff or flaky pastry, however, is difficult to make but the recipe is given for those who wish to try it.

Short or Flan Pastry

- 1 pint mug dry flour
- 4 oz butter
- 1 level teaspoon baking powder
- Sugar if pastry is required for sweets

Mix the dry ingredients together and rub butter well into the mixture. Add enough water to make a firm dough. Roll out with a bottle to 3mm to 6mm thick and use, as required for pies, etc. Line a greased enamel plate with pastry, add filling, cover with more pastry, press down moistened edges with a fork, trim, and stand plate in camp oven on a small empty tin with top and bottom cut out. The plate must not directly touch the camp oven. Place oven over hot embers, cover lid with embers, and cook for ½ to ¾ hour. If top is not browned in this time, remove oven from fire and just cover lid with fresh red hot embers for ¼ hour.

Puff or Flaky Pastry

- 1 pint mug flour
- 8 oz butter
- Pinch salt

1. Mix the flour and salt, add cold water to make a very firm dough. Roll out to 6 mm thick.
2. Spread dabs of butter over all of the top side evenly with a knife (do not melt the butter)
3. Fold each of the four sides into the centre, and fold the whole lot over once. (Keep the pastry as cool as possible when folding, this prevents the butter running which will spoil the pastry.)
4. Roll out hard (adding flour) to 6 mm thick. (it will be found that rolling the pastry is hard work - this is a good sign that you will have excellent pastry.)
5. Repeat steps 3 and 4 twice more each.
6. Fold once more into four and cut off enough as required. This pastry lasts for several days if kept cool.

Note: A 6mm layer of puff pastry will rise up to 25 mm when cooked.

Suggested Pie Fillings

Pie fillings must be cooked before being added to the pie. When making a pie always thicken the meat with a flour and water paste. Alternatively, make a gravy and mix well into the meat. If this is not done the filling will be quite dry and not at all appetising.

Savoury Fillings

Cooked meat, minced venison and tinned vegetables with gravy (thick).

Tinned meat with onions and vegetables.

Cold roast venison with gravy (thick).

Stewed venison, steak and kidney, or left-over stew.

Sweet Fillings

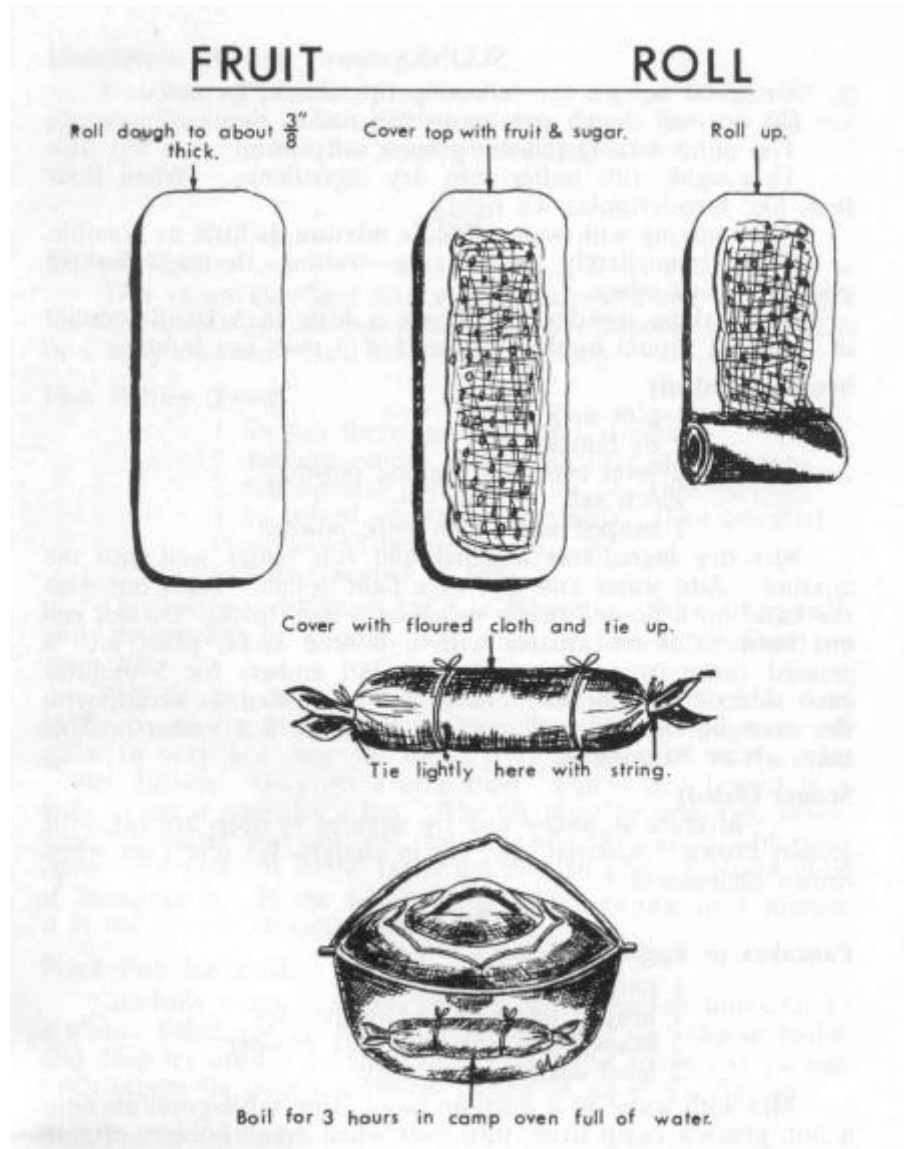
Thick custard (sweetened).

Stewed fruit (apricots, prunes, apples) with custard, or juice.

Cooked rice with sultanas or raisins or jam (mixed with a little milk).

Jam or syrup.

Tinned fruit (apricots, peaches, etc.) with a thick custard.



SCONES

For good scones, the following tips should be noted:

Do not roll dough out hard-this makes tough scones.

Too much baking powder gives a salty taste.

Thoroughly rub butter into dry ingredients. (When flour feels like breadcrumbs, it's right.)

After mixing with water, handle mixture as little as possible.
Cook immediately on mixing-waiting destroys baking powder raising effect.
Test baking powder by placing a little in a small amount of water; it should bubble.
Discard if it does not bubble.

Scones (Girdled)

- 1 pint mug flour
- 2 oz butter
- 2 level teaspoons baking powder
- Pinch salt
- 1 heaped tablespoon milk powder

Mix dry ingredients together and rub butter well into the mixture. Add water and mix to a light dough. Press out with the hand on a floured bench to about 12 mm thick. **Do not roll out hard.** Cut off squares with a floured knife, place into a greased camp oven, and cook over hot embers for 5 minutes each side or until brown. They can be cooked as bread, with the oven lid on and well covered with red hot embers. This takes about 20 minutes.

Scones (Fried)

Mixture as above and fry squares in deep hot fat until golden brown. Alternatively, fry in shallow fat and turn when brown underneath.

PANCAKES Pancakes or Eggless Pikelets

- ½ pint mug flour (6 oz)
- 1 heaped teaspoon baking powder
- 2 heaped dessertspoons milk powder
- 2 level dessertspoons sugar

Mix with water to a medium paste, drop tablespoonfuls onto a hot, greased camp oven, turn over when many bubbles appear on top (2 or 3 minutes each side), serve hot with golden syrup or butter.

Doughnuts (Yeast)

Basic bread mixture (see page 6), break off pieces the size of a plum, allow to double their size in a warm place and place in hot deep fat and fry until golden brown, remove from the fat and roll in sugar. Allow to cool before eating.

Doughnuts (Baking Powder)

Use baking powder bread mixture (see page 4). Break off pieces. Roll into balls and fry in deep fat as above. Do not wait for these to rise but cook immediately after mixing.

FISH

Tinned Fish

This is an excellent source of protein and not often made use of because of the user's lack of knowledge in preparing it in a tasty manner. Next time try it this way:

Fish Patties (Fried)

- 1 tin fish (herrings, cod, etc.), drained.
- 2 medium onions cut up small or dried onions.
- 2 tablespoons potato powder or other binding.
- ¼ tin mixed vegetables (drained). (Not essential.)

- Pinch mixed herbs.
- Salt and pepper to taste.

This recipe is sufficient for 8 to 10 patties. Mix all ingredients thoroughly in a billy, now make a batter (described on page 30).

Roll the fish base into balls about the size of a plum -roll in flour and dip in the batter. Remove with a tablespoon and place in very hot deep fat for 2 or 3 minutes or until a rich golden brown. Only do 4 at a time. Fat is best heated in a billy to get a deep fry effect. The fat must be very hot, other- wise the batter will not seal instantly and the patties will burst open. To find out if the fat is hot enough place a 12mm cube of bread in it. If the bread turns golden brown in 1 minute it is the correct temperature.

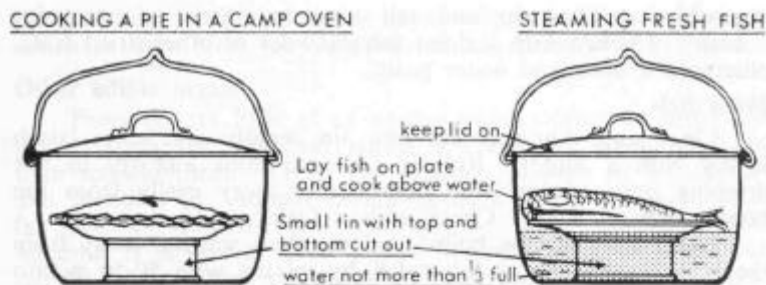
Fried Fish (canned)

Carefully empty contents of one tin of smoked fillets on to a plate. Select pieces of the fish about 1 or 2 oz. Dip in batter and deep fry until a golden brown. Done the above way canned fish changes its taste completely to one of an exotic flavour.

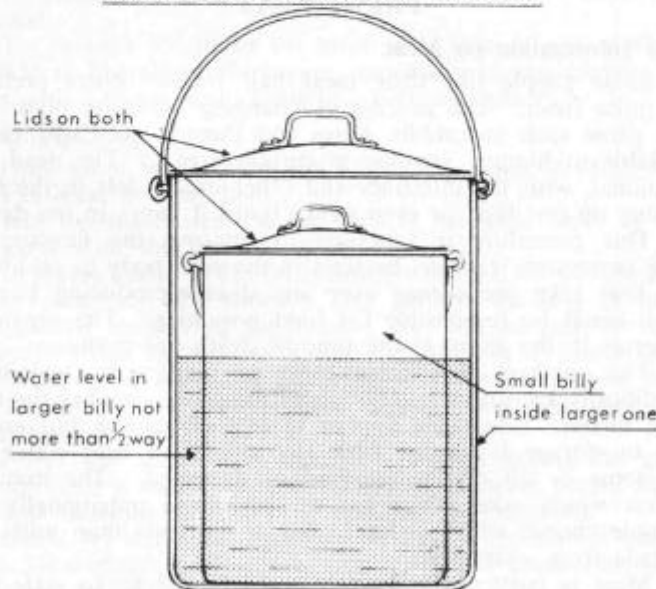
Fish Patties (grilled)

- 1 tin fish (any type), drained.
- ½ tin vegetables.
- dessertspoons potato powder, cooked rice, or other binding seasoning.

Mix well in a billy, sprinkle with a little flour if sticky. Roll into balls about the size of a plum and lightly flour, press down flat, and place in a well greased camp oven, place oven over hot embers and cook each side until brown.



DOUBLE BOILER FOR STEAM PUDDING



Smoked Fish

Take 1 tin of smoked cod or other smoked fish. Drain the juice and mix to a thick paste with powdered milk. Add pepper and seasoning (salt is not necessary) and water to make about ½ to ¾ pint. Put the fish in this sauce, add a generous knob of butter and simmer for 20 minutes. Thicken with a little flour and water paste.

Fresh Trout

Often available to hunters who equip themselves with a rod (and a licence) is fresh trout. Many people do not like trout because they consider the flesh dry. Trout cannot be cooked like saltwater fish by frying in hot fat. Done this way it is very dry. There are four methods of doing trout to retain the natural juices.

1. Fillet the trout and cover in batter and deep fry in hot fat (best way).
2. Cook the trout as saltwater fish in butter. Flour steaks or fillets lightly, melt a tablespoonful of butter in pan, place steaks in and simmer gently each side until cooked. (The flesh comes away easily from the bones when cooked-check with a fork.)
3. Baked. Select a whole trout, clean, scale, remove head and wrap in greased brown paper, or tinfoil if available, making sure the whole fish is well covered and sealed. Place in camp oven with a tablespoon of butter and cook gently with the lid on for 1 hour. Remove paper and serve. It is best to rub butter or fat well into the fish first, also cover the paper well with butter or fat by rubbing in with the fingers. A stuffing added to a trout done this way improves it. (Stuffings described on page 31)
4. Steamed Trout. Select a whole trout-scale and clean, and remove head. Stuffing may be added if you wish. Thoroughly rub butter all over and inside the fish. Cover well with greased paper or tinfoil if available. Lay the trout on a plate which will fit inside a camp oven. About one-third fill camp oven with water and place a small tin in the centre of the oven., place the plate on this tin (to keep it above the water), place camp oven lid on and allow the water to boil for about ½ hour - remove trout and serve. Make sure water does not boil dry, add a little during cooking if necessary but be sure trout is above it. Keep lid on the camp oven during steaming.

Fresh Eels

These fish exist in almost every river and creek in New Zealand and are an excellent change to a meat dish. The following are the two recipes for preparing them. Eels are as rich in protein as any other fish and are very easy to catch or gaff at night.

Fricassee Eel

Cut up about 2 lb eel (skinned) into 3 inch lengths and put them into a billy. Cover with cold water and if available, 4 oz of vinegar. Add 1 large onion cut up fine, 1 large can mixed vegetables, and pepper and salt to taste. Stew (simmer) for 1 hour. Thicken with a dried fish chowder or other dried soup, otherwise a flour and water paste.

Fried Eels

Clean and skin eels, cut into 3in. lengths and score (slash lightly with a knife). Roll in seasoned flour and fry in hot dripping until cooked (the flesh comes away easily from the bones when cooked). Check with a fork.

Note: Eels can be boiled and the flesh scraped away from the bones and done as fish cakes by mixing with 50/50 potato and frying in shallow fat for 3-4 minutes. Done this way it is difficult to tell what sort of fish one is eating.

Trout can be done in a similar manner, and fish cakes are good cold when on the hill.

FRESH MEAT

Some Information on Meat.

Some people like their meat half rotten, others prefer it not quite fresh. The process of "hanging" is quite often used with game such as rabbits, hares and Canada geese (which are available to hunters anytime in certain areas). The dead bird or animal, with the intestines and other organs left in the body is hung up for days, or even weeks (until it glows in the dark?).

This procedure is supposed to improve the flavour, but more important, it allows bacteria in the dead body to proliferate and thus take precedence over any disease-producing bacteria which could be responsible for food poisoning. The organisms or germs in the game at the time of death are harmless.

This method of treating or poultry by hanging is scientifically known as autolysis, and the process makes the meat more tender. The same applies to legs of venison but greater care in storage is needed with any animal or bird which has had some or all organs removed or damaged. The maturing process which takes place has an advantage nutritionally (for example cheese, which is far higher in nutrients than milk, and is made from sour milk).

Meat is particularly dangerous if allowed to go stale after being cooked. It is very prone to attack by disease-producing organisms. Cooked meats should be stored in as cool as possible conditions as this inhibits' the growth of disease-producing germs.

If meat is allowed to hang for 2 days (bird or animal) I find this is sufficient to tenderise it, but care must be taken against fly strikes; once this has occurred and eggs have hatched into maggots, putrefaction is rapid (a matter of hours) and should not be eaten in this state. Fly blown meat is extremely dangerous as fly larvae cannot hatch unless conditions are warm, which is often ideal for disease-producing bacteria to reproduce.

Other edible organs

There is very little of an animal which cannot be eaten and organs from the intestinal region are a lot richer in vitamins than muscle meat. Liver for instance, is high in Vitamin A and plentiful in Vitamin D and some E. Kidneys have these Cat soluble vitamins, too, but not so high. Water soluble Vitamin B is several times higher in liver and kidneys than in muscle meat. Other offal such as brain, sweetbreads, heart, etc., is all rich in nutrients.

General

Fresh meat is best left to hang for at least 24 hours before cooking. If this is not convenient, break the fibres well (especially on steaks) by hammering the meat well with a clean piece of wood. To prevent fly strike on meat if a safe is not available, sprinkle it liberally with pepper, especially in the creases, and cover with a clean cloth; hang in a high airy place.

Frying Tips

Only use a minimum of fat, i.e. ¼ inch or less in camp oven.

Fat **must** be very hot.

Not too much steak in the oven at the same time.

Cook with the oven lid off to lose steam.

In frying steak, if the fat is not hot enough the outside pores of the meat are not sealed. This permits the loss of juices, consequently toughening the steak. Very hot fat seals the pores instantly, retaining the juices and resulting in a tender steak. Too much meat cools the fat rapidly resulting in loss of juices into the fat and the meat is more or less boiled in its own juice, which toughens it.

Never cut steak with the grain, **always across the grain**. The fibres of a steak cut with the grain, on being placed in hot fat, will immediately contract, resulting in toughness.

Never fry steak too long. In fat that is the correct temperature 3-4 minutes each side is ample; less for those who prefer it rare.

Roasting Tips

Do not put too much fat on the roast-it is unnecessary and the roast becomes greasy.

Leave the camp oven lid off occasionally to lose excess steam, or better still, only half cover the camp oven with the lid occasionally for up to 10 minutes.

Keep the roast well above flames. A medium heat makes a better job than too hot a fire.

Stewing Tips

Never boil, only simmer-boiling toughens steak.

Place meat in **cold** water and bring up to required temperature.

Cook with the oven lid on to retain steam.

HINTS ON SELECTING VENISON

Parts are named for convenience only and cannot be compared to beef cuts. There are only four **cuts** on a deer which are really suitable for frying. They are:-

Porterhouse Steak

This cut comes from the back and is under 12 inches long. It lies from the last rib to the base of the tail-two per beast. 14 to 16 steaks (small).

Fillet or Pope's Eye Steak - Sometimes Called Undercut

This cut lies underneath the kidneys and is a muscle about 12 inches long. It is easily removed if a knife cut is made between the hip bone and rear rib (floating). Two fillets per beast. 12 to 14 steaks (small).

T-bone Steak or Sirloin

This cut is the halved backbone consisting of the porterhouse steak one side and the fillet steak the other-a difficult cut to obtain without butchers' tools. Two cuts per beast-about 12 to 16 one-inch chops.

Topside Steak

This cut comes from the **muscle** on the insides of the back legs. 8 to 10 large steaks.

Roasting (or Braising) or Stewing Cuts Rump Steak

The large muscles on the **outside** of the back legs, which run up to the hip. This cut is good fried but better done as a roast.

Silverside

The large muscle between the rump and the topside - never try frying this cut.

Shin

The small muscle below the topside muscle. All forequarter cuts are suitable for stewing and roasting only.

VENISON RECIPES

Fried Venison Steak

Place two tablespoons of fat into a camp oven and bring up to a very hot temperature. Cut good frying steaks about 8 mm thick, place into hot fat and fry for 3 to 4 minutes each side; serve immediately.

Roast Venison

Select a choice piece of venison (topside etc.). Size according to the number of persons. Sprinkle a little flour on the bottom of the camp oven and add about ¼ lb of fat (not too much). Lay the roast in and sprinkle more flour over the cut. Salt the roast and place the oven on the fire well above the flames. Turn the roast after each hour. A normal topside roast of about 6 lb should take 2 to 3 hours to cook. Plenty of residue is left for a rich gravy if roasting is done in the above way. Occasional basting improves a roast and prevents its going dry. Note: Normal roasting time 25-30 minutes per pound.

Braised Venison Steak

Select 4 to 6 large stewing steaks and lay on top of 4 to 5 onions cut into rings in your camp oven. Add one dessertspoon of fat. Sprinkle with flour and salt and pepper, brown for hour, then add 1 mug (1 pint) of vegetable juice or water. Keep the lid on the camp oven while cooking. Simmer for 1 hour, stirring occasionally. Thicken, if required, with dry soup or a flour and water paste. Potato powder is also ideal for thickening a braise, but be careful you do not use too much.

Stewed Venison (Brown)

Cut 2 or 3 lb of stewing venison in one-inch cubes. Place this in a camp oven with a dessertspoon of fat, cook lightly until brown. Add the following:-

- 2 or 3 onions cut in rings or a handful of dried onions
- 1 large tin of mixed vegetables and juice
- Salt and pepper
- Pinch of mixed herbs
- 2 dessertspoons packet soup or rice
- 2 dessertspoons macaroni
- 2 pints water (cold)
- 1 teaspoon yeast extract (i.e. Marmite)

For a "white" stew do not brown the meat first, simply place the meat in cold salted water, bring to the boil, and add the rest of the ingredients after 1 hour of simmering. Simmer for a further hour (add a little more water if necessary). Then add 2 packets of dried soup, any kind (optional). Simmer for a further 1 hour or longer if possible. Thicken further with a little flour and water if required and serve. A good stew should be cooked for at least 2 hours before serving.

Curried Venison

Slice 2 lb stewing steak into 1 inch cubes. brown in a dessertspoon of fat. Sprinkle 2 level teaspoons of curry in and brown further, but be careful not to burn. Add the following:-

- 1 lb sultanas
- 1 good handful of rice
- Small handful of dried apples. prunes or apricots
- 2 pints water
- Pepper and salt to taste
- Pinch mixed herbs

Simmer for 11 hours (adding a little more water if necessary) and thicken with dried soup or a flour and water paste.

Rissoles

Mince sufficient fresh venison for the meal, add 1 or 2 freely chopped onions or prepared dried onions, season, then add a little potato powder to bind. Mix well, roll into balls, cover with flour. press flat, and grill on a well greased camp oven until cooked (5 minutes each side). (Extremely tasty when served with a barbecue sauce.)

Poor Man's Goose

Part boil some potatoes and slice. Cut Lip about 1 lb of liver finely. Put alternate layers of liver and potatoes in a small camp oven, cut an onion up fine and spread over top (or a handful of dried onion flakes). Sprinkle with pepper and salt. Over all pour stock, milk (prepared), gravy or hot water and simmer over medium fire for 1 hour. Keep lid on oven while simmering.

Croquettes

1 lb of any left, over fish or (goose flesh is O.K. too). Mince up fine. Then get ready:-

- 4 oz milk
- 1 tablespoon flour
- 1 tablespoon butter Pepper and salt
- A small chopped onion if liked
- 8 oz cooked rice (1 pint mug)

Melt the butter and flour together add milk **and** stir until thick. Then add minced meat and rice. Stir. Shape and flour pieces well and fry each side in a little fat until brown.

Cheese and Rice Croquettes

4 oz cheese (cut fine)

8 oz cold cooked rice (½ a 1 pint mug)

8 oz milk (prepared) 2 tablespoons flour 1 tablespoon butter

Make a thick white sauce with milk, flour and butter. Add cheese and stir over low heat until melted. Mix in rice and shape pieces, roll in flour and fry in a little fat until brown each side. This is a good breakfast dish if no meat is available.

Shepherd's Pie

This dish is designed to make use of "left-overs".

2 or 3 lb of cold venison or left-over stew, or 2 tins of meat (any type)

2 or 3 onions or prepared dried onions

Pinch mixed herbs

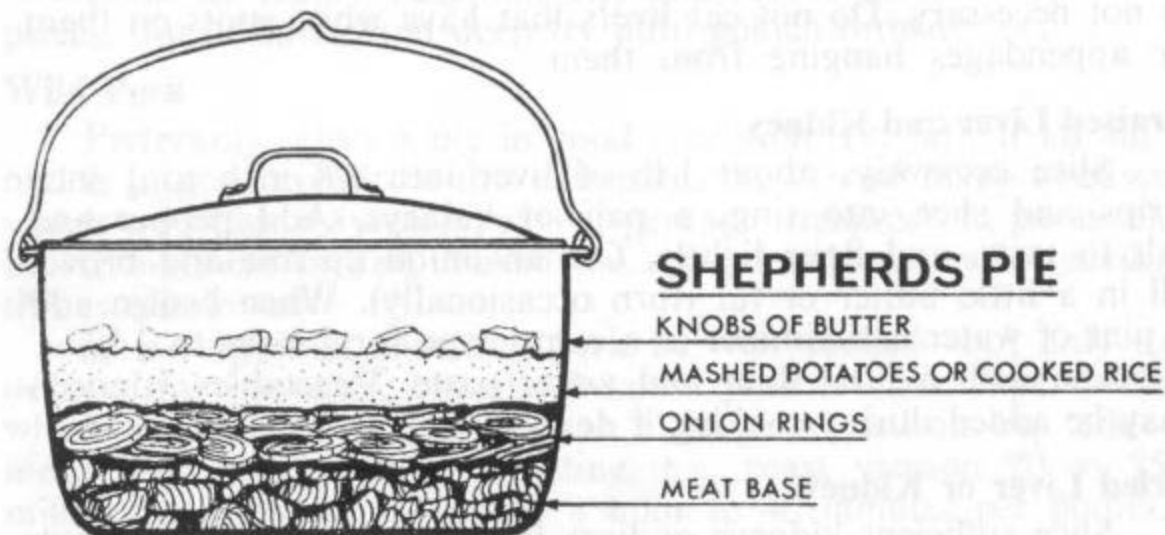
Pepper and salt to taste

2 lb cold mashed potatoes or prepared potato powder or 1lb cold cooked rice

Preparation:

1. Mince or cut up venison very fine, or mash up canned meat well.
2. Grease the bottom of a camp oven well and spread the over it.
3. Sprinkle herbs and pepper and salt over the meat .
4. Cut up onions into rings and cover the meat with these.
5. Carefully cover the onions with cold well mashed potatoes or cold cooked rice-spread with knife-and press down firm.
6. Put a few small knobs of butter here and there over the potatoes or rice.
7. Place the camp oven 18 inches above hot embers and cover lid well with hot embers (as you would cook bread). Leave like this to cook for $\frac{3}{4}$ hour and then serve.

Vegetables can be added if desired. A fish base may also be used instead of meat; in fact, practically anything (except sweets) can go into shepherd's pie under the potatoes or rice.



KIDNEYS AND LIVER

Kidneys

Select a pair of kidneys from a young beast. Older ones are inclined to have a strong taste. Always skin kidneys before cooking. This can be done by making a slit with a knife anywhere on the kidney and peeling the skin off with the fingers. Cut the skin free where it joins the kidney.

Liver

Again, select a liver off a young beast, making sure that the bile gland (a bag, about half the size of an egg and filled with a green fluid, which hangs on top of the liver) is carefully

removed without being burst. A liver may be skinned but it is not necessary. Do not eat livers that have white spots on them or appendages hanging from them.

Braised Liver and Kidney

Slice crossways about 1 lb of liver into 10mm – 12mm strips and slice into rings a pair of kidneys. Add pepper and salt to taste, and flour lightly. Cut an onion up fine and brown all in a little butter or fat (turn occasionally). When brown add 1 pint of water and simmer in a camp oven for ½ hour to ¾ hour.

Thicken with a little flour and water paste. Vegetables (tinned) may be added during cooking if desired.

Fried Liver or Kidney

Slice sufficient kidneys or liver for the meal (about 10 mm thick), flour lightly, and simmer gently in a little fat (dessert-spoonful) each side until all sign of blood has disappeared. Do not cook liver too much because it will go very dry.

HEARTS

General

Age of an animal does not make much difference with hearts, but preferably select one with an amount of fat on it.

Fried Heart

Slice a heart crossways to 12 mm thick, flour, and fry gently in a little fat each side until all traces of blood have disappeared.

Baked Heart

Open a heart up a little more than it is with a knife, prepare a stuffing (see page 31), and fill the pocket with it. Place the heart in the camp oven, sprinkle with a little flour, add 2 tablespoons of dripping, and roast with the lid on over a medium fire for an hour to an hour and a half. Turn occasionally.

Braised Heart

Slice a heart up crossways into ½ inch pieces and brown in a little fat in a camp oven. Add 1 pint of water and simmer for ¾ to 1 hour. Thicken with a little flour and water paste. Vegetables (tinned) may be added during cooking if desired.

Brains

After removing brains wash them thoroughly in cold water. Place in cold salted water, bring to boil and simmer for 20 minutes. Remove and fry lightly in butter for about 10 minutes each side or until brown. Serve on hot buttered toast.

Sweetbreads

Cook as brains. Alternatively, boil for 40 minutes, cut into pieces, dip in batter and deep fry until golden brown.

Wild Pork

Preferably select a pig in good condition (i.e. fat). If an animal is in good condition this eliminates the fear of many diseases which wild pigs may carry, except perhaps

trichinosis (a parasite), but if the meat is well cooked (no sign of red whatsoever) this is eliminated.

It is important that any pork be well cooked-not only to destroy any parasites, but also because pork is most unpalatable when semi-raw. Cooking is done exactly as venison but allow more time per pound in roasting, e.g. roast venison 20 to 25 minutes per pound, wild pork ½ hour to 40 minutes per pound, depending on the size of the roast or leg.

Roast Rabbit, Hare or Opossum

Skin and thoroughly wash animal. Sprinkle a little flour on bottom of camp oven, add about 4 oz fat and 4 oz water. Lay animal in after rubbing more fat all over and inside animal. Roast over medium fire for 1½ hours, turning and basting regularly. Flavour is greatly improved by adding a stuffing before cooking.

Opossum may be cooked the above way but make sure that the fatty glands under the tail of both male and female animals are removed and that all pieces of fat and meat around the vent and sexual organs are removed and the area scrubbed. These glands can cause an unpleasant flavour in the meat. If the opossum is carefully prepared as above the taste is not unlike veal.

Stewed Rabbit, Hare or Opossum

Slice up animal into pieces (bones too). place in camp oven with two tablespoons of fat. Allow to brown. Then add 3 pints of cold water and simmer for 2 hours. Pepper and salt is added before simmering and tinned vegetables 15 minutes before the stew is ready. Thicken with flour and water paste. Soup powder may be used for added flavour as can fresh onions.

CANADA GOOSE

These birds are best roasted. After “hanging” for 2 days, pluck, and remove entrails and wash bird well with cold water. Stuff and lay in a large camp oven. Place in 8 oz fat and 2 pints water. Allow to roast slowly for at least 4 hours, turning and basting regularly. This is important otherwise the flesh will be dry. Do not attempt to cook freshly killed geese, as they are very tough.

A fresh goose can be cooked in milk and basted regularly. This method helps to tenderise the flesh. Cook for at least 4-5 hours. This method however is not as good as roasting.

TINNED MEAT

Tinned meat is not very appetising if served as per instructions on the tin. It can, however, be made quite tasty by the addition of onions and a pinch of mixed herbs, plus binding, and cooked as rissoles, deep-fried patties in batter, pie fillings, or stew. The following is the best recipe I know of for a tinned meat stew:

2 tins of meat (any type)

3 medium onions cut into rings (or dried onions) 1 generous pinch of mixed herbs

1 tin of mixed vegetables-plus juice and -11 pint of water 1 handful of **uncooked** rice
pepper-no salt as tinned meat is well salted

2 packets of dried soup or one 12 oz tin of concentrated soup-any type

2 dessertspoons of Worcestershire sauce 1 level teaspoon of curry powder

A little barley or soup mix may also be added

Preparation

Brown the rice with a tablespoon of butter, add onions, and allow to brown, stir occasionally. Add the rest of the ingredients. stir well, and allow to **simmer** for about ½ hour. Add a little water if necessary. Thickening is not required with this stew. Stir occasionally while simmering to prevent burning on the bottom which will spoil the stew.

Pan (Fried)

1 tin meat (any type)
1 or 2 onions or prepared dried onion flakes pinch mixed herbs
binding (2 tablespoons)

Slice onions fine and mix all ingredients together well, roll into small balls, flour, dip into a batter (page 30) and deep fry in hot fat for 3 to 4 minutes or until a golden brown. This recipe is sufficient for 8 to 10 patties.

Patties (Grilled)

1 tin meat (any type)
1 or 2 onions cut up fine or dried onion flakes pinch mixed herbs
binding, 2 or 3 tablespoons

Mix all ingredients together well. Roll into balls, press flat, flour, and grill on a hot, well greased camp oven for 4 to 5 minutes each side.

By using a 50/50 mixture of cold mashed potatoes and tinned meat grilled as above, equally tasty patties can be made.

VEGETABLES

Almost all vegetables are supplied in cans, and are best turned out into a billy for heating. A knob of butter added before serving improves the flavour. Potatoes and onions are usually supplied fresh.

Fresh Vegetables

A simple rule to remember in cooking fresh vegetables is: Root vegetables (potatoes, carrots, swede, etc.) place in **cold** water, bring to the boil and cook until tender; leaved vegetables (cabbage, cauliflower, spinach etc.) place directly into **boiling** water and cook until tender.

Savoury Onions

Cut 4 or 5 onions into rings, place in a camp oven with a knob of butter or fat and just enough water to cover the bottom of the oven. Cook until the water boils off, leaving onions in until golden. (Turn occasionally.) Add more water, (preferably vegetable water) and when boiling stir briskly and thicken with a little flour and water paste. Excellent with any meat and non greasy.

Fried Onions

Cut onions into rings and fry in a little butter until golden. They can be done in fat but are not so tasty. Turn occasionally.

Savoury Potatoes

Mix with left-over boiled potatoes or a heavy mix of powdered potato, a tin of sardines or other fish, mash, add seasoning, break off into balls. Roll in flour, press flat, and cook in

hot shallow fat for 2 minutes each side. Delicious for breakfast. It is not necessary to add fish - a finely chopped onion will do to flavour the potato. Straight potato with seasoning done the above way is also tasty.

Peel sufficient mushrooms for the meal (remember, a full pot of mushrooms when cooked will reduce by $\frac{3}{4}$. Put 2 oz butter in a pan or billy, add washed mushrooms and a little pepper and salt. Allow to simmer until tender (about 30 minutes). No water is required. They may be cooked in 1 pint of prepared milk if so desired-just simmer until tender (about 30 minutes).

SOUPS

As a rule, plenty of tinned or packet soup is available in camps. A fresh soup' however, is a welcome change and takes little preparation - only time. Select a shin of venison and crack the bone in 2 or 3 places with the back of an axe. Place in about 6 pints of salted water and **simmer** for 5 to 6 hours. (The best way to do this is by placing on the fire when retiring for the night and give it another hour during breakfast the following morning.) After this time all and the marrow will have come away from the bone-remove the bone from the stock. Add 2 or 3 onions and potatoes cut into cubes, plus salt and pepper - simmer again for about an hour. (This can be done anytime. There is no hurry with soup stock and it will not go bad for several days.) By this time only half the quantity will remain. Place in 1 tin of mixed vegetables and a handful of soup mix or a mixture of barley and rice will do, and further simmer for an hour. The soup is now ready. Serve any time by heating up. More water may be added if required, and more salt and pepper if necessary. Use the soup stock instead of water in stews etc. - it gives an excellent flavour.

Note: When leaving hot soups or stews to cool overnight. place two small sticks under the bill or camp oven. This allows air to circulate beneath the oven, cooling it evenly. By doing this a stew or soup will last several days. Fresh Canada Goose pieces make a good mock chicken soup.

PUDDINGS

Fruit Roly Poly

1 lb flour (1¼ 1 pint mugs)

2 teaspoons baking powder (slightly rounded)

½ lb good clean dripping (fresh and uncooked)

pinch salt

1 oz sugar

4 oz raisins. sultanas or dates. (4 tablespoons full - heaped)

Mix baking powder, salt and flour, rub in fat and mix with cold water to make a soft but not sticky dough. Roll out and sprinkle fruit and sugar over it. Roll up again, carefully tie a clean floured cloth over mixture, a clean tea towel is ideal. Place in boiling water in camp oven and boil for 3 hours, be sure water does not boil dry. Keep lid on. Cut off servings and pour custard over them. It is also good cold and eaten as cake. Very filling and nourishing.

Steam Pudding (Plain)

2 dessertspoons sugar

1 pint mug flour

2 teaspoons baking powder

2 dessertspoons butter
2 dessertspoons milk powder

Rub butter well into dry ingredients. Prepare a double boiler by quarter filling a large billy with water and bring to boil. Grease a small billy which will fit in the large billy with the lids on both. Add water to the ingredients and mix to a heavy paste. Half fill the small greased billy with the pudding mixture and cover the top with clean paper and press lid on tight. Place in large billy and press lid on tight. Steam for 1 to 1½ hours. Add more boiling water to large billy if necessary during cooking to prevent boiling dry.

By deleting sugar and adding two tablespoons of golden syrup a sweet brown pudding will result. By adding jams, sultanas or dates, etc., a variety of puddings can be made. A lighter pudding can be obtained by using a commercially prepared shredded suet instead of butter.

Custard

Steam puddings are best served with custard made as follows:

Prepare 1 pint of powdered milk and water (see instructions on milk tin). Mix 1 heaped dessertspoon custard powder with a little cold water to a smooth paste. (Instructions on custard powder packet.) When milk reaches the boil add custard powder slowly, stirring it briskly into the milk (remove from the fire while doing this) to a desired thickness. Sugar can be added if required to the custard powder paste before mixing in the milk.

By rolling sultanas or dates well into flour before putting, into the wet pudding mix and stirring them through gently, they will not sink to the bottom of the pudding while it cooks.

To tell if a steamed pudding is cooked, push a very thin, clean stick down the centre of a pudding to the bottom of the billy. On removing the stick it will be clean if the pudding is cooked. If the stick has wet batter sticking to it the pudding is not sufficiently cooked.

Preparing Milk Powder or Condensed Milk

It is important when making custard or instant pudding that dried or condensed milk be brought to the exact equivalent of fresh milk otherwise a weak, watery custard or pudding will result. Many “failures” with instant puddings are caused by an incorrect milk-water mixture. Instructions for breaking down milk are on the tins and these must be strictly adhered to e.g. for “New” Powdered milk 1 pint of water plus 13 level tablespoons of powder is required to make the equivalent of fresh cow’s milk.

Rice Pudding

Prepare rice in the following manner. Add 1 pint of cold water to ¼ lb of rice, stir well and strain water off. Add a further pint of water and place over the fire. When the rice reaches the boil, strain water off again and add another pint of cold water. Repeat the process once more. When strained, add the following:

1 lb sultanas
2 dessertspoons sugar
2 heaped tablespoons of milk powder 1 pint of cold water

Mix well and simmer over fire for 20 minutes. Strain and serve with stewed fruit.

The above method results in large separate rice grains. Rice can simply be placed in cold water, brought to the boil, and simmered for 20 minutes if desired, but it is inclined to be sticky.

If rice is required as a substitute for potatoes. Cook it either of the above ways but do not add any other ingredients, only a pinch of salt.

Stewed Fruit (Dried)

The best method of cooking dried fruit such as apples, prunes or apricots, is to place sufficient for the meal into cold water, apply heat and simmer until tender. Boiling tends to make the fruit too mushy. Do not add sugar while cooking as the juice turns syrupy and reaches a high temperature. Sprinkle sugar over the fruit, if required, after it is cooked.

Macaroni Pudding

Boil ½ to 1 pint mug of macaroni in 1 pint of water until tender-strain and add 2 heaped tablespoons of sultanas or raisins. Mix 2 heaped tablespoons of powdered milk in 1 pint of water and add to the macaroni. Mix well and **simmer** for 20 minutes.

Chocolate Sauce (for puddings and stewed fruit)

2 tablespoons cocoa (level)

1 tablespoon butter (melted)

4 tablespoons sugar

½ pint boiling water

Melt butter in boiling water and add to the mixed sugar and cocoa. Cook slowly for 5 minutes. This is very sweet and very little is needed, but it will keep if not all required at once.

Milk Toffee

2 tablespoons butter

1 lb sugar

1½ tablespoons golden syrup

½ tin unsweetened condensed milk or 8 oz sugar and 1 tin sweetened condensed milk

Rinse a billy with cold water and leave about 1 or 2 teaspoons water on the bottom, add syrup, butter and sugar, place over a very low heat. When melted, stir in milk and boil for 20 minutes. Take care it does not burn. Pour in shallow buttered plate and cut into squares when cool. Good to chew on the march.

MISCELLANEOUS BINDING INGREDIENTS, SAUCES AND STUFFING

Binding Ingredients

Binding simply means an ingredient added to rissoles, patties, etc. to prevent them splitting or falling apart during cooking. Normally eggs are the favourite for this purpose, but eggs are out of the question in the hills.

The following materials are excellent substitutes:

Cold cooked rice

Cold mashed potato

Dried potato powder

Dried egg powder

Breadcrumbs

Mix any of these well with rissoles etc. to prevent splitting or crumbling during cooking.

One part binding to four parts meat etc.

Batter

½ pint mug flour

2 dessertspoons milk powder

1 level dessertspoon baking powder

Dash salt and pepper

Mix with water to a medium paste and let stand for ¼ hour and stir.

Barbecue Sauce (for Rissoles)

Chop an onion up finely, and brown in 2 teaspoons of butter. Add 1 teaspoon of curry powder and a pinch of mixed herbs. Allow to brown but do not burn. Add ¼ pint of tomato sauce and ¼ pint water, simmer for 20 minutes and serve over rissoles or steak.

Cheese Sauce

2 oz cheese (2 tablespoons)

1 small onion or 1 oz prepared dry onions

pinch salt and pepper

Mix sufficient powdered milk to make ½ pint, place over a low heat and add cheese (cut up or shredded, and the onion cut up fine). Season, allow to simmer for 25 minutes but do not allow to boil. When cheese has completely melted, mix in a little flour and water paste until the required thickness is obtained. Serve hot.

White Sauce

For fish, vegetables or boiled meat.

Mix sufficient powdered milk with cold water to make 1 pint. Add 1 oz of butter, 1 teaspoon of salt, and a pinch of pepper. Cut up an onion finely or prepare about 2 oz dehydrated onion. Mix all ingredients up thoroughly and simmer for 20 minutes until the milk just reaches the boil - remove from the heat immediately. Mix in a flour and water paste until the required thickness is obtained - use as required while hot.

Gravy

Gravy made from the residue of a roast is the best. Remove the meat and pour off surplus fat. Pour in sufficient water and stir well, getting all residue off the bottom. Add seasoning and thicken when boiling with a flour and water paste. Potato powder makes a good thickening also.

Other methods of making gravy, if no roast has been done, are as follows:

1. Dissolve two teaspoons of vegetable extract (e.g. Marmite) in a little warm water. Bring to the boil and thicken with a flour and water paste.
2. Place a tablespoon of flour into a dessertspoon of butter or fat in pan. Simmer gently until brown, stirring regularly (about 5 minutes). When brown add a little cold water and pepper and salt to taste, stir regularly until the mixture boils; it is then ready to serve.
3. Brown an onion cut up very fine in a little fat. Add water, pepper and salt; when boiling thicken with a little flour and water paste.

Dumplings

12 oz flour (one 1 pt mug)

4 oz butter (or 4 oz prepared shredded suet)

1 tablespoon milk powder pinch salt

1 teaspoon baking powder

Rub butter well into dry ingredients or mix well with shredded suet. Add sufficient water to make a firm dough. Break off pieces, roll into balls and place into boiling water or simmering stew. Allow at least 30 minutes for cooking.

Stuffing

1 pint mug breadcrumbs
pinch mixed herbs
pepper and salt
1 onion
1 tablespoon butter or fat

Cut onion up finely and mix well into crumbs with herbs, salt and pepper. Rub butter well in until fairly moist-use extra butter if necessary. The stuffing can be used in roasts of meat also. Simply slice a pocket in the add stuffing, sew up, and roast.

Porridge

There are several different methods of cooking rolled oats or other cereal preparations. One is as good as the other, but some methods require constant watching to prevent burning. The following are two recipes which are generally accepted and the most simple.

Method A - Mix sufficient rolled oats with cold water to make a smooth paste (1 heaped tablespoon per person). Mix this paste thoroughly-add a level teaspoon of salt and a generous knob of butter. Then add $\frac{1}{2}$ pint cold water for each tablespoon of rolled oats. Mix again and place billy over a low heat. Stir regularly from the bottom while cooking until the porridge is of a thick texture (about 20 minutes). Always stir from the bottom of the billy to prevent catching (burning) because porridge thickens, while cooking, from the bottom up.

Method B - Prepare the porridge mixture as above but instead of placing the billy directly over the fire, place the billy into a larger billy which is $\frac{1}{4}$ full of boiling water. Keep the heat on the larger billy. This method cannot burn the porridge but an occasional stir is necessary to prevent possible lumps. The porridge takes from 20 minutes to $\frac{1}{2}$ hour to cook this way, and need not be watched all the time.

Macaroni Cheese

Boil half a 1 pint mug of macaroni in a pint of water until tender. When ready-strain and add the following:

6 oz cheese - cut up finely or grated
2 tablespoons tomato sauce and 2 tablespoons of water
Pinch of salt
Pinch of pepper
Pinch of mixed herbs
1 small onion (cut up fine)

Mix all ingredients together and lay evenly on the greased bottom of a small camp-oven. Place a few small knobs of butter here and there over the top of the mixture and cover only the lid of the camp-oven with red hot coals. NOTF-: Do not place the camp-oven over the fire-just leave it in the hearth. Leave like this for $\frac{1}{2}$ hour and serve.

The above mixture can be used as a pie filling if so desired.

GENERAL

The importance of nutritious meals when living under rugged conditions cannot be over-emphasised. Energy burn-up while living in the mountains can be up to three times greater than if you were living your normal existence in the town or city. For this reason, a good diet of sufficient variety is necessary if you are to remain in good physical and mental condition.

Hastily slapped-up meals given little thought or imagination can often lead to boredom, sickness and frayed tempers. Do not hesitate to experiment with different preparations, even if your rations are a little restricted. With a little thought some interesting variations can be concocted which will make the world of difference to what could otherwise be “just another feed”.

Living close to companions in the confinement of a camp or hut can place considerable strain on the party. Such an atmosphere can be reduced or sometimes eliminated by producing well prepared meals and making provision for your companions’ gastronomic likes and dislikes. His pet hates may only be a passing fad but on the other hand, there may be genuine reasons for his disliking certain foods.

The old adage that “an army marches on its stomach” is also very applicable to hunters, trampers and others who find their recreation in the bush and mountains. With a belly full of nourishing, well-prepared food, the torments and physical hardships of the day are soon shrouded in mists of complete contentment.

USE AND CARE OF STORES IN THE FIELD

When two or three men are working in an area for up to three months, emphasis on the full use of all supplies and care in their preparation cannot be overstressed. At the same time, each man must be prepared to make a good job of cooking a meal and also make allowances for the likes and dislikes of his companions.

Stores, especially those supplied by air drop, are calculated on a rationing basis and common sense must be exercised to make sure that the food lasts for the required period.

BACON: As for fresh meat. Should be kept well covered and free from vermin and insects.

BAKING POWDER: Keep with lid on tight and store upside down for best results. This prevents moisture entering round the lid. Moisture destroys baking powder rising effect.

BARLEY: Keep vermin proof and in an airtight container. Main uses are in soups and stews-use sparingly as like rice, a little goes a long way.

BISCUITS (service): Should be kept in a tin with the lid tightly closed.

BREADS AND CAKES: Store in an airtight tin if possible. Always allow to cool off to room temperature after cooking before placing in tins.

BUTTER: When provided in bulk to last over several months, a good method of storing is to pack in tins with a 2-inch layer of flour to act as an insulator. This keeps the butter at constant temperature and prevents deterioration.

CANNED FOODS: See under “Tinned foods”

CHEESE: If supplied in tins, once opened it must be used; otherwise stored in vermin and fly-proof containers in cool spot.

COCOA: Keep in dry vermin-proof container.

COFFEE GROUNDS: Keep in dry vermin-proof container. Use sparingly as this is very expensive. Unlike tea, coffee can be re-heated and used several times. For best results place 1 teaspoon of grounds per mug in cold water and bring to boil-allow to boil for 2 minutes before serving. Top up with more water as required.

CURRY POWDER: Keep in dry place. Used as a flavouring in meat or rice dishes. Use sparingly according to taste. Curry is very hot.

CUSTARD POWDER: Keep vermin proof. For best results refer to instructions on packet. Served with stewed fruit and sweets.

DEHYDRATED FOODS: Store in airtight tins.

DRIED FRUITS: Keep vermin proof.

DRIPPING: After preparation of foods, good clean dripping should be preserved in a clean airtight tin. Dripping can be bought in tins-unopened will keep 6 months in a cool place. Do not use dripping more than three times. With an opened tin, let your nose be the judge. If doubtful-discard.

FLOUR: Main use in the field is bread making. Must be stored in vermin proof container-an airtight tin is best. Watch for weevil strike.

HERBS (dried): Keep in dry place.

MIXED HERBS are used for flavouring stews and meat dishes.

MIXED SPICE is used only in baking scones, buns, etc. to enhance the flavour.

HONEY: Store in a vermin-proof container and away from wasps.

JAM: Tins of jam when in use should have the lids opened right up-to prevent insects crawling in undetected. When not in use keep covered and away from flies and vermin.

LEFT-OVERS: Be cautious about reheating cooked foods especially. If it is more than 24 hours old discard it as there is a danger of Ptomaine poisoning.

MACARONI: Keep vermin-proof. Good served with stews. Excellent recipe on the packet.

MEAT (fresh): See text.

MEAT (tinned): Store in cool place.

MILK (condensed): Should have lid opened right up for use. If just two punctures are made on opposite sides of the lid, as is commonly done, flies, wasps etc. can crawl in and drown undetected. Store in a cool place.

MILK (powder): Store with the lid tightly on the container. This prevents the entry of moisture, which causes rapid deterioration. For a good mix, always follow the printed instructions carefully.

OATMEAL: Keep vermin proof. Check periodically for weevil strike.

ONIONS: Same as for potatoes

PEPPER: Keep in dry place.

POTATO POWDER: This keeps extremely well, but watch for weevil strike. Keep lid closed when not in use. For best results refer to instructions on the tin. Can be used as a thickener for stews and gravies.

POTATOES: If supplied by air drop, should be unpacked immediately and sorted. Those with cracks and bruises should be set aside for immediate use and the rest packed in straw and kept in a dry spot.. Any sprouts forming should be periodically removed.

RICE: Must be kept vermin proof. Careful preparation is necessary because rice plays a big part in back country diet.

SALT: Keep in a cool dry spot and vermin proof. Vermin will not eat it, but can foul it.

SOAP: Plenty of soap is supplied for personal washing and the dishes and it should be used freely. Keep it away from rats and mice as they will not hesitate in eating it.

SOUP MIX: Keep vermin proof. Use sparingly in soups and stews. Too much will spoil the flavour of the soup or stew. Allow approximately 1 tablespoon per quart of soup or stew.

SOUP (powder): Should be kept vermin proof. Excellent for flavouring stews and gravies.

SUGAR: Keep vermin proof and away from wasps in a dry place.

TEA: Keep in a dry place. Keep a billy especially for tea making. Allow 2 teaspoons per mug and two extra for the billy. Pour boiling water over the tea. Do not put the tea over the water. Allow to settle in its own time.

TINNED FOODS: Never use foodstuffs from cans that have been leaking or if any foodstuffs in cans do not look or smell quite right - discard them. Do not take the risk-a doctor is a long way off! Empty tins should be burned clean or buried to avoid attracting flies and vermin to the camp.

VEGETABLES (fresh): Keep in a box in a dry spot. Better still, pack loosely in straw. Check periodically and discard any which show signs of deterioration, if this is not done, rot will spread through them all.

VEGETABLES (tinned): Store tins in cool place.

WATER SUPPLY: This is safe to drink from any running mountain stream - be cautious of still tarns as they can be fouled by animals. If doubtful boil for at least 20 minutes before use.

There is little fear of typhoid or typhus in the mountains, but severe attacks of diarrhoea can result from using fouled water.

YEAST: Keep in a cool, dry spot. Check the date stamp on the bottle before use.

COOKING TERMS

BAKE – To cook by dry heat; now usually done in an oven, but occasionally in ashes, under coals, or on heated metal or stones. When applied to meat it is usually called roasting.

BARBECUE – The meat is roasted slowly on a gridiron or spit, over coals. While cooking, it is usually basted with a highly seasoned sauce.

BASTE -To moisten meat while cooking so as to add flavour and prevent drying of the surface. The liquid is usually melted fat, drippings, water, or water and fat.

BOIL -To cook in water or other liquid in which bubbles rise continually and break on the surface. See 'simmer'. Note: should be simmered, not boiled.

BOUILLON - A liquid prepared by simmering beef or other meat, seasoned, freed from fat, and clarified.

BRAISE - To brown meat in a small amount of fat and then cook slowly in a covered utensil in a small amount of liquid. The liquid may be juices from meat, added water, milk, or stock.

BREAD - To coat in crumbs before cooking.

BROIL - To cook by direct heat. To grill.

BROTH -A liquid in which, fish, vegetables, cereals or other foods have been cooked. See 'stock'.

BROWN - To produce a brown colour on the surface of food by subjecting it to heat in the camp oven, in a pan on top of fire, on a griddle, or in hot fat.

CONSOMME - A clarified soup of meat and vegetables, seasoned and free of fat.

FLOUR - To coat with flour before cooking.

FRY - To cook in fat, applied especially to (1) cooking in a small amount of fat-also called pan fry or griddle, (2) cooking in a deep layer of fat, also called deep-fat frying.

MARINADE - An acid liquid, vinegar or lemon, usually with seasoning, and with or without oil, in which meat is allowed to stand before cooking to enrich flavour.

PANBROIL - To cook uncovered on a hot surface, usually a frying pan.

PARBOIL - To boil for a short time preliminary to cooking by another method.

POTTAGE - A soup of meat or vegetables which has been thickened.

POT ROAST - A chunky piece of meat cooked by braising.

ROAST - To bake. Applied to baking meat in a camp oven.

SAUTE - Lightly fry in butter or fat.

SEAR - To brown surface of meat by a short application of intense heat.

SIMMER - To cook in a liquid at a temperature of approximately 185°F. Bubbles form slowly and break below the surface.

STEW - Small pieces of meat simmered in water, with or without vegetables. The meat is usually browned before simmering.

STOCK - A liquid in which meat or vegetables have been cooked, for making soups, gravies and sauces.

STUFF - To fill a pocket of meat or a rabbit or bird with a seasoned filling made from breadcrumbs. This enriches the flavour.

WEIGHTS AND MEASURES

8 tablespoons of milk or water measure $\frac{1}{4}$ pint (5 oz)

1 tablespoon of butter (heaped) weighs 1 oz

1 dessertspoon of sugar (heaped) weighs $\frac{1}{2}$ oz

1 tablespoon (heaped) of sugar weighs 1 oz

1 piece of butter or fat about the size of an egg weighs 1 oz.

1 1 pint mug of sugar weighs 16 oz (1 lb)

1 1-pint mug of flour weighs 12 oz ($\frac{3}{4}$ lb)

1 1-pint mug of rice weighs 16 oz (1 lb)

1 dessertspoon of jam, syrup weighs 1 oz

1 1-pint mug of fat weighs 18 oz (1 lb 2 oz)

2 teaspoons = 1 dessertspoon

2 dessertspoons = 1 tablespoon

1 china breakfast cup holds 8 oz liquid

A half pint mug holds 10 oz liquid

A 1 pint mug holds 20 oz liquid

EDIBLE PLANTS

1. BERRIES which can be eaten are that of the Tawa tree, which has dark purple fruit about 1 inch long and Konini berries.
2. RHIZOMES (underground stems) of BRACKEN FERN: These when beaten to remove harder outer skin, and baked, are suitable for eating.
3. CABBAGE TREE: The underground stems of this can be eaten when baked. Also the white or pale green pod forming the centre of the leaf head is edible either when baked or raw.
4. TREE FERN (Hinau): The pith of this can be eaten after it has been baked.
5. BULLRUSH (Raupo): The roots of the plant can be eaten when cooked.
6. SUPPLEJACKS: The soft tips of young supplejacks when peeled and boiled can be eaten. They taste similar to asparagus, but are somewhat bitter.

7. WATERCRESS: Found alongside slow-running streams and backwaters. Can be eaten raw provided water not contaminated with mud etc. Leaves and stems can be consumed. Can be steamed or boiled like spinach.
8. PUWHA: Near streams, waste ground and heavy bush. May also be eaten raw. Preferably steamed. Goes well with eel.
9. NIKAU PALM: Grows up to 25 ft. high. Young shoots tasty and good to eat. Pith, from head of trunk, very nutritious raw. Buds and young flowers which arise from trunk are eaten raw.
10. POISONOUS PLANTS: The raw kernel of the Karaka berry is extremely poisonous as are the fruit and vegetation of pigeonwood, tutu and Ngaio trees. Weeds such as hemlock, waoriki, celery-leaved buttercup, sour sock, milkweed and foxglove are also poisonous. Wild potatoes which have sprouted and become green by exposure to the sun should not be eaten.

COOKING TEMPERATURES - OPEN FIRE

A 1 inch cube of bread will turn brown in 1 minute in fat that is approximately 375°F.

If the hand can be held about 18 inches over hot embers (such as used in bread cooking) for a fast count of **five**, the temperature is about 350°F (ideal for bread)

Fat will burn at temperatures over 450°F. Fat starts to smoke slightly at 375°F.

Butter will burn at a little over 300°F. Milk boils at a lower temperature than water (approximately 190°F for milk) and the boiling point decreases as the altitude increases. Water, at sea level, boils at 212°F. With increased altitude the boiling point decreases, e.g. at 6000 ft above sea level water will boil at 200°F (deduct 2° for each 1000 ft above sea level) and will not get any hotter. Hence the “floaters” when tea is made at very high altitudes. Coffee or cocoa is a better beverage at extreme heights.

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