

COOK OUT

FELL FOODIE'S GUIDE TO OVER 80 GOURMET
RECIPES TO COOK IN THE GREAT OUTDOORS

SAMPLE PAGES

NOT FOR DISTRIBUTION OR RESALE

ENQUIRIES:

LORNA@V-PUBLISHING.CO.UK



**HARRISON
WARD**

**COOK OUT
HARRISON WARD**

First published in 2023 by Vertebrate Publishing.



VERTEBRATE PUBLISHING
Omega Court, 352 Cemetery Road, Sheffield S11 8FT, United Kingdom.
www.adventurebooks.com

Copyright © Harrison Ward 2023.

Photography by Kenny Block unless otherwise credited. www.kennyblock.co.uk

Harrison Ward has asserted his rights under the Copyright, Designs and Patents Act 1988 to be identified as author of this work.

A CIP catalogue record for this book is available from the British Library.

ISBN: 978-1-83981-198-2 (Paperback)
ISBN: 978-1-83981-199-9 (Ebook)

10 9 8 7 6 5 4 3 2 1

All rights reserved. No part of this work covered by the copyright herein may be reproduced or used in any form or by any means – graphic, electronic, or mechanised, including photocopying, recording, taping or information storage and retrieval systems – without the written permission of the publisher.

Every effort has been made to obtain the necessary permissions with reference to copyright material, both illustrative and quoted. We apologise for any omissions in this respect and will be pleased to make the appropriate acknowledgements in any future edition.

Vertebrate Publishing is committed to printing on paper from sustainable sources.

CONTENTS

INTRODUCTION	00
ACKNOWLEDGEMENTS	00
HOW TO USE THIS BOOK	00
DOS & DON'TS	00
EQUIPMENT	00
TIPS & TRICKS FOR OUTDOOR COOKING	00
MEASUREMENTS & CONVERSIONS	00
COOK'S NOTES	00
SUNRISE BREAKFASTS	00
ELEVATED SANDWICHES	00
ONE-POT MEALS	000
SUMMIT SPECIALS	000
COUNTRY SIDES	000
CAMPING DESSERTS	000
ADVENTURE SNACKS	000



INTRODUCTION

If you have picked up this book in a bookshop or cafe, thank you. This is my first cookbook – words that feel bizarre to commit to paper. It has been an unexpected journey to this point, and one that has had as many ups and downs as the mountains I now cherish. To realise a childhood dream of collating a recipe book is something I'm extremely proud of, and I'm incredibly grateful that you are now arching open these pages.

If you are a fan of any outdoor activity *and* good food, then this book is for you. You might be into hillwalking, climbing, cycling, surfing, fishing, paddleboarding, swimming, kayaking, running, skiing, camping or any other activity I've missed out. Food and the outdoors have long had a connection but, barbecues aside, cooking outside is often overlooked: not here.

Preparing a meal al fresco is nothing new, with its roots established hundreds of thousands of years ago as we (humans) began cooking over open fires. Yet, in modern times a meal deal from the supermarket is often the sustenance of choice for many when heading out for a day of adventure. However, with a few additions – some might call them superfluities – to the backpack, we can feast on something far more appetising.

My name is Harrison Ward, though I'm perhaps better known as Fell Foodie, and I'm an outdoor cook based in the Lake District National Park in northern England. I create restaurant-style meals on minimal camping equipment in open-air locations such as the mountains on my doorstep. Food is my earliest

known passion. I fell in love with the way it connects people and brings them together, be it around a kitchen table or responsible campfire. It feels so human, a chance for people to gather and catch up with one another while sharing a meal.

FELL [FEL] *noun* northern England and Scotland

1 Originally referred to an area of high ground, like a moor or thicket, but now more often used in reference to the mountains and hills of the Lake District.

Origin – from Old Norse; *Fell and Fjall*

FOODIE [FOO-DEE] *noun* slang

1 Somebody who loves food in many formats and variations. An enthusiast with a passion for all things culinary. Slightly less pretentious term for a gourmet or gastronome.

Being a proud Cumbrian and a food fanatic, it seemed fitting to merge the two!

My first interactions with a kitchen were as a child. I spent a lot of time with my maternal grandmother while I was growing up as my mum worked shifts at the local infirmary. Being the eldest of seven cousins, I was first in line when it came to being given a job aiding the family matriarch with the preparation of a meal (even if it was humble beginnings,

stirring gravy and peeling potatoes). I can recall my amazement at members of my family and their ability to whip up all sorts of culinary delights seemingly from memory. It sparked a hunger for information and a quest to discover the techniques: the purposes of various pieces of equipment, knowledge about flavour profiles and the origins of ingredients. My self-taught education in the culinary world was sustained through gastronomic literature and television programmes. I will never refer to myself as a chef, instead as a cook, patching together knowledge of cuisines and knife skills either second-hand or through experimentation. My gran gave me my first internship, largely through cake making to bolster the offerings at parish bake sales. Her passing coincided with the start of the next chapter in my eatery eavesdropping, but her magazine cuttings and parchment scribbles, carefully collated in a washed-out ice cream tub, are still as much of a catalyst as they are a souvenir.

At thirteen, I began the first of many positions within the hospitality trade, at the humblest level of the kitchen hierarchy: potwashing. Preparation, cleaning, housekeeping, waiting, cellar boy all followed, each providing an opportunity to interact with chefs of different persuasions and to learn via witnessing what adorned customers' plates. Upon coming of age, I began working behind a bar and started my next round of schooling, this time with the liquid element of the hospitality trade. So engrained into British culture, drinking felt like a compulsory subject in my culinary

education, but it also provided me with an escape as I attempted to settle into adulthood.

At some point during my adolescence, I found myself overcome with a sense of self-loathing, a lack of motivation and crippling insecurities. I had been a confident individual before and I still wore that mask despite the debilitating self-criticism going on behind the scenes. This was the start of my journey with what I now know to be clinical depression. It was something I kept very much to myself, not wishing to be a burden and not wanting to show any weakness, certainly in masculine circles. I suffered in silence and confusion, regularly contemplating the ultimate escape, but the discovery of alcohol appeared to ease my mental turmoil.

At first, my story was the same as many young adults: not handling the introduction of booze very well, overdoing it and inevitably throwing up at some point. But the freeing feeling of sedation that preceded that evening conclusion was one I began to crave. With practice and repeated dosing, my alcohol tolerance grew, and by the time I moved to York for university I could certainly handle a few sherbets. It felt like medicine; a substance I could use to forget and shut off my dark thoughts each night so I could attempt to continue existing despite having little desire to do so. It probably comes as no surprise to learn that I quickly found myself back in the service industry and back in pub work. I was very much a kid in a sweet shop at this stage, increasingly found on both sides of the bar as my studies fell by the

wayside. I was functioning by day but inebriated each night, drinking to excess as my mental and physical health began to seriously decline. My job title continued to change despite this and I worked my way up through the ranks of management in the trade, alongside some brief spells manning the kitchen. Yet it wasn't until I discovered hillwalking that my love of cooking really developed.

Although born and bred in Cumbria, I had never been an outdoors enthusiast. This all changed when I returned to Lakeland after my seven-year spell in York came to a sudden end. Following the breakdown of a relationship, due to intoxicated unfaithfulness, I was coming to terms with the fact I was an alcoholic. Booze was my ultimate priority and had me compromising values I held highly. I had never wanted to become a burden to others, yet my secret solution was now hurting those close to me. The need for a fresh environment and new hobbies beckoned. I didn't feel I could get sober if I remained in York and kept the same career. Coming clean to my friends and family and their huge show of support helped me rebuild. Battling withdrawal from alcohol and cigarettes, switching from a life of lethargy and obesity, pining for my ex and still fighting my internal dismissive monologue, I threw myself into fitness. Loved ones supported me, most notably my friend Ryan who took me hiking for the first time and helped me get a job at a cafe where he worked. A relocation to Ambleside soon followed, and a new job in the office for a renowned bakery in Grasmere. The fells

were now on my doorstep and, while undergoing this large change in my personal life, I heard their call. It wasn't too long before it felt fitting to unite my love of gastronomy with my new passion for hillwalking.

To begin with, I prepared extravagant packed lunches to accompany my hikes and shared images of the food and summit views on a newly created Instagram page using my pseudonym, Fell Foodie. Peers and passers-by would often pass comment as they pulled squashed, clingfilmed sandwiches from their bags. One jokingly said I should get a stove and cook from scratch next time. Not one to shirk a challenge, this is exactly what I did, packing heavy crockery and saucepans straight from my kitchen at home as I didn't own any purpose-built lightweight gear. As I began taking a stove into the fells with me and preparing well-earned meals on the summits, my appreciation for these two interests heightened.

Cooking outdoors felt very primal. A homage to our hunter-gatherer ancestors. I found it a relaxing, mindful process, and adding nature to the mix only amplified the sensation. Humans might have begun cooking over a flame hundreds of thousands of years ago, but the process became more refined as the years passed. From underground pit fires to clay ovens, stone fire hearths to electric hobs, and these days with portable gas burners and thermoelectric camping stoves, it feels now apt to transport a kitchen back to its origins and amalgamate a dish with some fresh air seasoning.

I'm not going to lie, the challenge of outdoor cooking can vary. There is more to pack (lightweight gurus can wince at this bit), and if the weather turns it can be the last thing you want to be doing when exposed to the elements. Prepacked, dehydrated and freeze-dried meals have cornered this market for a reason: convenience. I don't want to dismiss these adventure foods: they might be the ready meals of the mountains, but they can also be essential for survival in certain situations. In emergency circumstances, multiple night camps or in remote locations, they can be instrumental to the safety and completion of many expeditions. But when you are a food lover like me, the experience of being outdoors and bedding down in your tent after a meal whipped up with proper ingredients, spices and flavours does so much to heighten morale and the moment. It's an adventure of its own.

Try these dishes at home first, and then I hope this book will encourage you to pack something fresh the next time you head out, whether it's down by the coast, in woodland or atop a mountain summit. With just a little planning and effort, you can cook up many delights like you would in your kitchen at home and create great memories. If you are

heading out in a group, consider splitting the ingredients and equipment to share pack weight and make it an easier sell. You can then rustle something up for the gang when you reach that trig point or set up camp for the evening. There is no shortage of creations that are possible to cook on the go outside. Just enjoying a hot flask of food on a scenic bench can turn a lunch break into a mini excursion. I can't guarantee you won't get some funny looks for cooking out on the hill, or that your friends won't start to think it's a foregone conclusion that they will be getting a hot pot of great food every time they head into the wilderness with you. But I can guarantee you will have a sense of pride and satisfaction when you take a spoonful – or sporkful – of a well-crafted outdoor meal, and it will take you a step closer to connecting with nature and what it means to be human. Enjoy!

Harrison Ward – Fell Foodie

Ambleside, June 2023

(And, yes, I am named after Harrison Ford.)

FEEDBACK & UPDATES

If you have any feedback, I'd love to hear from you: howdo@fellfoodie.co.uk or [@fellfoodie](https://www.instagram.com/fellfoodie)



DOS & DON'TS

Cooking responsibly is all about leaving the environment as you found it – **Leave No Trace**, not even food waste or peelings. An onion wouldn't grow in the fells of the Lake District, so its skin has no business being left there. I pack everything back out again after I have cooked. I also don't wash my pots and pans in the outdoors to avoid contamination in natural waterways; oils and starches can have a negative impact on small, delicate ecosystems and wildlife, so it's best to pack out and clean everything at home or on a campsite.

Another thing to consider is the heat from your stove. I don't light open fires when cooking outside and instead use a controlled camping stove. However, these can sometimes leave scorch marks so be careful about the placement of your stove – sit it on a large rock if you can. When removing pans from the heat, be sure to put them down on a heatproof mat or a rock to avoid burning any grass and leaving unsightly marks.

It's worth reiterating: the most important thing when cooking outdoors is to leave everything looking exactly as you found it – or better.

So, with all this being said, let's run through some dos and don'ts to consider which will help make the most of your cooking experience while also ensuring that your environment is just as pristine the next time you come to cook in it.

DO

LEAVE NO TRACE – if your parsley garnish blows off the mountainside, I'm sure *most* people will forgive you, but attempt to make a place look better than how you found it by removing all evidence of your activity – and perhaps someone else's forgotten crisp packet too.

USE PUBLIC TRANSPORT – it's not always possible, but you can sometimes make use of trains and buses to reach the vicinity of your chosen adventure. Let's face it, parking is usually a stress we can all do without, and fewer cars in the countryside is no bad thing.

PARK RESPONSIBLY – if you are heading to a beauty spot, it's unlikely that you will be the only person there, and this can make parking an issue. If you do have to drive, then ensure you don't block any roads, junctions, gates or pathways, no matter how eager you are to enjoy the outdoors.

CHECK THE WEATHER – it may seem lovely and sunny one moment, but things can quickly change, especially in upland environments. You don't want to be halfway through your risotto when a storm breaks out. Though Brits know they will probably have to endure a little bit of rain at some point!

STICK TO THE PATH – if there is one, that is. Some areas are for roaming, but where there are paths, staying on them helps minimise erosion.

CLOSE GATES – gates serve a purpose, so ensure you close them behind you unless they are noticeably and intentionally lodged open (as per the Countryside Code). Many of the ingredients in this book will be sourced via farmers, so make sure you help them out along the way.

BE MINDFUL OF ANIMALS – now this could be a dog off a lead living his best life (hopefully when no livestock are sharing a field) or a beast that calls an area its home. Try to ensure they don't interact with sharp or hot objects if they do come close, and avoid feeding wild animals wherever possible.

SHOP LOCAL – when sourcing your equipment, try to support local traders. They will often be passionate about their products and be able to provide great advice.

BUY FRESH – butchers, greengrocers and delis should be your first point of call when purchasing your ingredients. You will notice the higher quality.

SANITISE – yes, we are in the outdoors, but we should still take steps to ensure the health of ourselves and others. Carry a little bottle of liquid sanitiser so you can clean your hands before preparing food.

BE CAREFUL WITH RAW MEAT – transporting meat in a cool bag can keep it cool and safe for a short while, but if you are doing a multi-day hike, or even a shorter hike in warm weather, it can rise to unsafe temperatures. Plan your meals accordingly.

RAISE YOUR STOVE – gas stoves are usually fine, but stoves that heat via a chamber should

always be raised from the ground. A scorch mark on the landscape is never a good look.

KILL YOUR FIRE – if using wood or pellets especially, ensure all embers have burned out and are fully extinguished; you absolutely don't want any remnants spilling out on to vegetation and potentially causing devastation.

CARRY YOUR RUBBISH OUT – cooking outdoors may mean you create a bit more rubbish than from just packing snacks, and often there won't be many bins, if any, close by. Pack your rubbish away with you and recycle or dispose of it when you are back in civilisation.

SAY HELLO – there are many jokes about walking etiquette, but a friendly gesture to another walker is a nice thing that should be encouraged. The outdoors is for everyone.

DON'T

USE WOOD FIRES IN DRY SEASONS – in fact, leave the wood burners in storage during particularly dry weather. Gas is a much safer bet for both you and the local ecosystem. National parks experience far too many avoidable wildfires throughout the summer months.

LEAVE YOUR STOVE UNATTENDED – especially when it's not a gas stove. A sudden gust of wind could be catastrophic if your wood fire toppled into dry bracken or if ignited alcohol fuel spilled near your tent. Your canvas home and potentially the homes of wildlife could quickly be devastated.

BUY DISPOSABLE BARBECUES – for a start, we need to move away from being a throwaway society. Cheap, all-in-one barbecues are responsible for the majority of scorched grass

marks seen out in nature, not to mention the wildfires that can devastate our national parks. They can also cause serious burns to unaware beach walkers who inadvertently step on freshly heated sand where a barbecue once sat. There is an argument for banning them full stop, despite some responsible individuals using them; the risks outweigh the convenience. They are also covered in chemicals which prevent them from igniting while they are shipped globally from factory to retailer. There's a reason you should wait for the lumpwood to 'go white'.

CUT DOWN TREES – if you have a wood-fuelled camp stove, you may be able to scavenge dry, dead wood from the floor if you are in an area where it is permitted. But don't cut down trees, especially healthy, living trees. You are only damaging an environment and the wood won't even burn as it contains a lot of moisture. If you are reliant on wood as fuel for your stove, you should really carry it in with you.

CARRY SEAFOOD IN HOT WEATHER – I mentioned transporting meat under *Dos*, but seafood safety is even more critical. If you are walking in hot weather for over an hour, perhaps consider a different recipe or go heavy on the ice packs. You will very easily get ill from off seafood, and the chance of this happening increases if the storage temperature isn't kept low (below 90 °C) and safe. No one wants that when far away from traditional lavatories.

PRECARIOUSLY BALANCE PANS – some stoves just aren't big enough for saucepans and frying pans. You might think you can get away with it, but the chances of an accident occurring are greatly increased. A pot of boiling water falling on you when you're far from safety could be devastating. Take care or use a pot stand.

RELY ON YOUR MEAL – now this may be a bit off-brand, but when in the outdoors, all sorts of situations can occur. Going hungry is often one we can avoid on a planned excursion, however you may not anticipate forgetting a vital element (fuel, for example) or some kind of emergency. Pack a quick nutrition backup, such as some energy bars or a dehydrated meal, just in case.

BANK ON YOUR SMARTPHONE – this relates mainly to navigation; a short walk or trip is more than likely going to be fine (especially if you know where you are going), but phone signal and the battery can be non-existent in some locations or in some weather conditions. Pack a map and know how to use it, even if it's just as a backup.

FORGET A FIRST AID KIT – accidents can happen even on a walk in the park. Add open flames, sharp knives and potentially hot water to the mix and the risk level goes right up. Be sure to carry a first aid kit so you can dress any cuts or burns at least until you are back in civilisation.

WASH EQUIPMENT IN WATERWAYS – *'But our ancestors washed in there!'* Right, but their impact was likely far less concentrated than if we all used an accessible stream in a national park and exposed it to cooking oils, non-native vegetables and seeds, and detergents. Whatever gets into our waterways can get into an ecosystem: avoid the impact on wildlife and vegetation by carrying your dirty pots and pans out with you to wash in a more suitable place.

If in doubt, don't do it. Read the Countryside Code – or the equivalent in your country – for a guide to the best code of conduct and, as always, **Leave No Trace**.

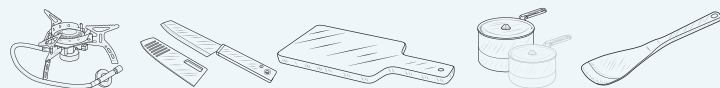


STRAPATSADA

SERVES 4

ALLERGENS **MILK, GLUTEN, EGG**

Discovering previously unknown dishes is one of the beautiful things about studying world cuisine. I've always adored Greek flavours – I like to think it is because I grew up nearby in Cyprus as my dad was stationed at the Royal Air Force base there. In reality, we left when I was five, but the fabricated nostalgia of Mediterranean flavours remains. Tomatoes and eggs are often seen together internationally, yet in the UK it's usually in the form of baked beans and fried eggs. The creamy, salty feta really makes this dish, but go easy on the seasoning.



INGREDIENTS

FLATBREADS
(OPTIONAL)

See page 162.

STRAPATSADA

1 onion
3 garlic cloves
oil
4 tomatoes (or punnet
of cherry tomatoes)
1 teaspoon balsamic vinegar
1 teaspoon sugar
fresh oregano
1 teaspoon paprika
salt
black pepper
3 eggs
½ block of feta
½ lemon
baby cucumber (or regular
if out of season)

METHOD

If making flatbreads, create them first – see page 162.

Finely slice the onion and dice the garlic cloves. Place the pan on a medium heat and add oil and then the onion and garlic. Fry until softened.

Halve the tomatoes and remove the seeds. Finely dice the tomatoes and add them to the softened onion and garlic. Add the vinegar, sugar, roughly chopped oregano leaves, paprika, salt and pepper to the mix and stir.

Crack 3 eggs into the pan and stir briskly until combined. Bring to a simmer and continue stirring vigorously until the eggs have cooked within the sauce.

Crumble the feta into the pan and stir. Check the seasoning and squeeze the juice of ½ the lemon into the pan.

Plate the strapatsada and serve with flatbreads, pitta breads or toast, sliced baby cucumber and a scattering of fresh oregano and any remaining feta. Or alternatively eat straight from the pan.



PHILLY CHEESESTEAK

SERVES 2

ALLERGENS **GLUTEN, MILK, MUSTARD**

This is a sandwich I fell in love with while binging episodes of *Man v. Food* and *Diners, Drive-Ins and Dives* in my late teens, mentally planning an American road trip to take in the best of the establishments I had seen on the shows. As of 2023 I'm yet to cross the Atlantic, but these days I would rather take in the beauty of the national parks than the diners of the metropolises. Nevertheless, this doesn't mean I can't take a taste of America with me when I'm out on the hill, although those fluorescent fake cheese slices can stay across the pond!



INGREDIENTS

- 2 soft white baguettes
- ½ white onion
- 1 green pepper
- 1 red pepper
- oil
- salt
- pepper
- 400g minute steak
- 4 slices provolone or Edam cheese
- American mustard

METHOD

Slice the baguettes lengthways so that they can be opened but are still in one piece.

Finely slice the white onion, and deseed and finely slice the peppers. Add the onion and peppers to the frying pan on a medium heat with oil, salt and pepper. Cook until everything has softened but keeps a slight firmness, then remove from the pan.

Turn the heat up on the pan. Slice the minute steak into strips; if you source your meat from a butcher, get them to cut the steak as thinly as possible. Add some more oil to the pan and then the steak – it should sizzle. Season in the pan and cook on both sides until nicely coloured. Turn the heat down and top the steak with the slices of cheese. Add a splash of water to the pan and cover with a lid/camping plate to help melt the cheese.

Once the cheese has melted, portion out the cheesesteak into the open baguettes, top with onions and peppers and squirt on some American mustard.

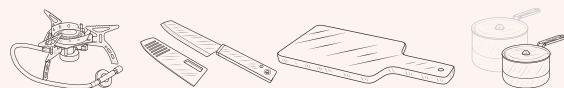


TUSCAN BEAN STEW

SERVES 4

ALLERGENS - FLATBREADS: **GLUTEN, MILK OR SOY***;
 BEAN STEW: **SULPHITES**

One of my regular go-to meals. Comes together easily and satisfies any hunger. You may have seen me cooking up this dish on Channel 5's *Winter on the Farm* with Dr Amir Khan. The roasted peppers are essential, adding smoky sweetness, but you can replace the cannellini beans with any rogue white beans taking up space in your cupboard.



INGREDIENTS

FLATBREADS

See page 162. *Recipe vegan if soy yoghurt used

BEAN STEW

- ½ white onion
- oil
- 2-3 garlic cloves
- 1 tablespoon tomato puree
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- 2-3 bay leaves
- 300g (drained) cannellini beans
- 400g chopped tomatoes
- 3 peppers
- balsamic vinegar
- 1 teaspoon sugar
- salt
- pepper

METHOD

If making flatbreads, create them first - see page 162.

Finely dice the onion and add to the pan with some oil on a medium heat. Peel and finely dice the garlic and add to the softened onion.

Squeeze some tomato puree into the mix with the paprika, oregano and bay leaves and cook out for a few minutes. Stir through the beans and add the chopped tomatoes and 3 roasted, skinned and chopped peppers. Add a splash of balsamic vinegar, 1 teaspoon of sugar and season with salt and pepper. Bring to a simmer, cook for a few minutes and serve.

TIP: ROAST, SKIN AND CHOP THE PEPPERS AT HOME. COOK WITH A SPLASH OF OIL AND SALT IN THE OVEN AT 180 °C UNTIL BLACKENED. COVER TO STEAM FOR 10 MINUTES AND THEN PEEL OFF THE SKINS. ALSO AVAILABLE PRE-PREPARED IN JARS FROM THE SUPERMARKET



CABBAGE & BUTTERNUT SQUASH SABZI

SERVES 4

ALLERGENS - FLATBREADS: **GLUTEN, MILK OR SOY***

This dish showcases two winter veggies, earthy spices, and the warmth of ginger and chilli. If there is a chill in the air, it will provide a gastronomic gilet to help keep your spirits high. You could pre-prepare your squash cubes, dashed with the spice mix, by roasting them in the oven at home to add further layers of flavour and sweetness to this outdoor delicacy.



INGREDIENTS

FLATBREADS (OPTIONAL)

See page 162 for ingredients.

*Recipe vegan if soy yoghurt used

SABZI

100ml vegetable stock
1 red onion
vegetable oil
3 garlic cloves
thumb of ginger
spice mix (1 teaspoon salt, 1 teaspoon sugar, 1 teaspoon turmeric, 1 teaspoon ground coriander, 1 teaspoon ground cumin, ½ teaspoon ground nutmeg, ½ teaspoon ground caraway seeds, 1 teaspoon crushed chilli)
½ butternut squash
½ white cabbage
½ lime
mango chutney
salt
pepper
fresh coriander

METHOD

If making flatbreads, create them first - see page 162.

Heat the stock and store it in a flask to keep it warm.

Thinly slice the onion. Heat the vegetable oil over a medium flame in a large saucepan and add the onion; cook until soft. Finely dice the garlic and ginger and add them to the onion. Cook for 2 minutes. Add the spice mix and stir through.

Cube the squash and thinly chop the cabbage and them to the pan along with the stock. Place a lid on the pan and simmer for 8-10 minutes.

Check the squash is cooked through. Add the juice of ½ a lime, a generous spoonful of mango chutney and season to taste then stir. Scatter with fresh coriander and serve with a spoonful of chutney and flatbread (optional).

TIP: BE SURE TO USE A PREMIUM MANGO CHUTNEY FOR THIS ONE

TIP: PREPARE THE STOCK IN ADVANCE AND CARRY IT IN A FLASK TO KEEP IT HOT AND SPEED UP COOKING TIME



CHILLI CON CARNE

SERVES 4

ALLERGENS **MILK**

When I think of semi-modern outdoor-cooked camping meals, a bubbling pot of chilli immediately springs to mind – the cast iron suspended over a roaring fire surrounded by Stetson-wearing onlookers. I'm sure we can all picture it. But the more likely scenario for you and me will be sheltering under canvas, clad head to toe in waterproofs, alternating between stirring the pan and warming our hands near the flame of the stove. Close your eyes as you take a mouthful – that ranch lifestyle never felt closer.



INGREDIENTS

RICE

See page 160 for recipe

CHILLI

oil
400g beef mince
1 white onion
3 garlic cloves
1 teaspoon oregano
1 teaspoon paprika
1 teaspoon chilli powder
1 tablespoon tomato puree
175g roasted peppers
400g chopped tomatoes
400g kidney beans or equivalent
1 teaspoon sugar
½ lemon
50g barbecue sauce
salt
pepper

GARNISHES (OPTIONAL)

tortilla chips
red chilli
fresh coriander
pickled chillies
natural yoghurt

METHOD

Cook the rice in the small saucepan as per the instructions on page 160 and set aside.

Add a small amount of oil to the large saucepan and place it on a high heat. Add the mince and cook until browned and remove from the pan.

Dice the onion and add to the pan, turning the heat down to medium. Finely dice the garlic cloves and add to the pan. Add the oregano, paprika and chilli powder to the pan along with the tomato puree and cook for 2 minutes.

Roughly chop the roasted peppers and add to the pan with the chopped tomatoes, drained kidney beans and the mince. Bring to a low simmer for 8–10 minutes. Finally, add the sugar, the juice of ½ a lemon, barbecue sauce and seasoning to taste.

Serve with rice and garnishes of your choosing.

TIP: YOU COULD USE A PACKET OF MICROWAVEABLE RICE INSTEAD OF COOKING IT FROM SCRATCH. DECANT AND HEAT IT UP IN AN EMPTY PAN



AUBERGINE KATSU

SERVES 2

ALLERGENS **EGG, NUTS, GLUTEN**

TIP: BE SURE TO USE A METAL SPOON (OR EVEN TONGS) WHEN WORKING WITH HOT OIL. A LOT OF CAMPING UTENSILS CAN BE PLASTIC, AND PLASTIC AND HOT OIL DON'T MIX WELL!

I'm often asked, 'What is the hardest dish you've ever cooked outdoors?' In terms of variety of ingredients and equipment required, a katsu is usually my answer. The equipment alone is daunting enough – and that's on top of my usual adventure kit list. Preparing the sauce at home will make this dish much more manageable, but where's the fun in that?



INGREDIENTS

BREADED AUBERGINE

100g cornflour
150g panko breadcrumbs
2 eggs
1 aubergine

RICE

200g sushi rice
300ml water or vegetable stock
1 teaspoon rice wine vinegar

KATSU

1 white onion
1 garlic clove
thumb of ginger
oil
2 carrots
1 teaspoon curry powder
1 teaspoon turmeric
200ml coconut milk
salt
white pepper
1 tablespoon honey
1 lime
½ cucumber
15g fresh coriander
red chilli

METHOD

Place the cornflour, 2 beaten eggs and breadcrumbs in three separate bowls. Slice the aubergine into 1cm discs. One by one, take an aubergine disc and dredge in cornflour, shake off the excess, dip in egg, ensuring full coverage, and then dip in breadcrumbs so it is coated. Repeat the process until all are breaded and then set aside.

Add the sushi rice to 300ml water or stock with the rice wine vinegar. Bring to the boil in the small saucepan and then lower to a simmer and cook until all water/stock is absorbed then leave to one side covered over.

Finely dice the onion, garlic and ginger. Add to a lightly oiled large saucepan over a medium heat. Peel both carrots and grate one into the pan. Once softened, add curry powder and turmeric. Stir through and then add coconut milk. Season with salt and white pepper to taste and then add the honey and fresh lime juice.

Add oil to the frying pan to a depth of just over 1cm and heat it to around 180 °C – check it with a food probe or by seeing if a small piece of carrot sizzles and gets crisp when it hits the oil. Add the aubergine discs to the oil in batches, being careful not to overcrowd the pan. Fry until golden and remove from the oil.

Slice the cucumber and other carrot into long thin strips and roll into cylinders. Heat the sauce through again if necessary and then serve alongside rice, top with breaded aubergine and garnish with fresh coriander, red chilli and ribboned carrot and cucumber.

WARNING! Hot oil takes time to cool down and can cause serious injury. Be sure to transfer the oil to a metal container once it has fully cooled and dispose of it properly.

TIP: IF MAKING THE SAUCE AT HOME, BLITZ IT IN A FOOD PROCESSOR TO MAKE IT NICE AND SMOOTH



ARANCINI

MAKES 10-12

ALLERGENS **CELERY, MILK, EGG, GLUTEN**

For you really efficient outdoor gastronomes, this is the perfect way to reuse any leftovers from the mushroom risotto (page 88) – be sure to make the risotto in advance so it has chance to cool and, if you fancy a change, perhaps replace the mushrooms with some shelled spring peas, mangetout, sundried tomatoes or whatever is in season or takes your fancy. A sharp tomato sauce or a spicy chilli jam makes a superlative complement.



INGREDIENTS

RISOTTO

See page 88 for the recipe (replace mushrooms with vegetables of your choosing)

EXTRAS

100g cornflour
150g panko breadcrumbs
2 eggs
500-750ml vegetable oil
100g mozzarella
50g parmesan or vegetarian hard cheese*
chilli jam

TIP:
(THIS ONE AGAIN!)
BE SURE TO USE
A METAL SPOON
(OR EVEN TONGS)
WHEN WORKING WITH
HOT OIL. A LOT OF
CAMPING UTENSILS
CAN BE PLASTIC,
AND PLASTIC AND
HOT OIL DON'T
MIX WELL!

METHOD

Make the risotto in advance as per the recipe on page 88, switching out the mushrooms if you like, and leaving it to cool entirely.

Place the cornflour in one of the bowls, the breadcrumbs in another, and crack and beat the eggs into the third bowl.

Heat the vegetable oil in the saucepan to around 180 °C – check it with a food probe or by seeing if a small amount of risotto becomes crisp when it hits the oil. You will need enough to submerge an arancini ball. With a spoon or your hand, take a small amount of the risotto. Place some mozzarella and grated hard cheese in the centre and close the mixture around it. You are looking to create a golf-ball-sized sphere. Roll the ball in the cornflour, dip in beaten egg then completely cover in breadcrumbs. Gently lower the coated arancini balls into the hot oil in batches, taking care not to overcrowd the oil. Cook until golden brown all over, flipping if necessary. Remove from the oil, draining any excess, then repeat the process until all the mixture has been shaped, coated and fried. Serve with a sauce or dip of your choosing (I often go for chilli jam) or enjoy neat.

WARNING! (Broken record I know, but the outdoors can be dangerous enough without first-degree burns!) Hot oil takes time to cool down and can cause serious injury. Be sure to transfer the oil to a metal container once it has fully cooled and dispose of it properly.

WORKS WELL WITH

Moules Marinière – page 90
Sausage & Fennel Tagliatelle – page 124
Gnocchi with Red Pepper Sauce – page 134
Caprese Salad – page 156



RHUBARB CRUMBLE

SERVES 2

ALLERGENS **MILK, GLUTEN**

Chefs (and cooks!) get giddy when it comes to rhubarb season. Although often found in supermarkets all year round, this is a fruit that is noticeably at its prime in season. The famous ‘forced’ tender stalks cultivated in sheds within Yorkshire’s ‘Rhubarb Triangle’ are the pinnacle and available from late December until March. Outdoor-grown crops – the ones your gran’s neighbour delivers in a carrier bag when they have surplus – are available from the last frost until as late as June. We’ll have moved on to strawberries and cream by then, mind.



INGREDIENTS

50g butter
80g plain flour
70g sugar
250g rhubarb
100ml orange juice

METHOD

Combine the butter, flour and 35g of sugar in a bowl and bring together with your fingers, lightly massaging it until it clumps and creates a crumble.

Place the saucepan on a medium heat and add the crumble in batches to the dry pan. Toss the mix every now and again until it has gone golden brown and smells toasty. Repeat until the crumble has all been ‘baked’ and set aside.

Chop the rhubarb into chunks, making sure to discard the inedible leaves. You may need to peel the stalks if using the tougher outdoor-grown variety. Add to the saucepan with orange juice and the remaining sugar. You can add more sugar if it is too tart for you. Cook until the rhubarb begins to soften and break down but is not completely mashed.

Serve in a bowl and top with the toasted crumble.

WORKS WELL WITH

Custard – page 174

TIP: REPLACE THE RHUBARB WITH COOKING APPLES AND BLACKBERRIES/BRAMBLES IF COOKING THIS ONE LATER IN THE YEAR



CHOCOLATE TRUFFLES

MAKES **20-22**

ALLERGENS **MILK, NUTS**

A deliciously rich cocoa hit when out on the trail. This one here is a simply flavoured truffle, but for variety you could add citrus oils, ginger or booze. Similarly, feel free to mix up your toppings – honeycomb, biscuit, matcha or sprinkles would all work really well, or you could mix some dried fruit into the truffle as you roll it. As well as a luxury snack for your wanderings, this also makes for a simple and speedy dessert to follow your camping meal.

INGREDIENTS

300ml double cream
25g butter
300g dark chocolate
cocoa powder
50g pistachios

METHOD

Add the double cream and butter to a pan and heat on the hob over a low flame until it begins to simmer. Remove from the heat. Chop up the chocolate – the smaller the pieces, the quicker the melt. Add to the pan and stir constantly until all the chocolate is melted and incorporated. (It is possible for the fats to split if you overheat the chocolate in the cream. If this happens, heat a small amount of milk and whisk it into the ganache to emulsify the fats.) Allow the mixture to cool and refrigerate for at least 6 hours.

Take the mixture out of the fridge. Lightly oil your hands with an odourless oil such as vegetable oil and scoop out a small amount of ganache. Roll it in the palms of your hands until it comes together into a ball; you are aiming for a golf-ball-sized truffle, or smaller. Roll it in cocoa powder or some finely chopped pistachios and set aside. Repeat the process until you have used all your mixture.

Pack out and enjoy.



