



#KØGEBØGEN SL2022

SPJDERNES
LEJR

ARLA  FONDEN

#kogebogensl2022

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Photo: The cookbook team

Who is behind the cookbook

#kogebogensl2022 is developed through a collaboration between Jamboree Denmark and Arla Fonden.

The recipes are developed on and by the campfire and have been tested by scouting and guiding troops in the participating scouting and guiding associations.



Arla Fonden works to improve children's sustainable food habits, and since 2014, they have developed active learning communities for children and young people.

In all their food activities, children and young people participate actively and are involved in preparing meals.

Through this, they get insights into and an understanding of cooking, seasoning and sustainability.

Arla Fonden wants to

- create joy around food
- increase children's interest in taste, produce and cooking
- enable children and young people to consider the food they are eating.

Arla Fonden drives, among others, FOODcamp, which is a five-day school camp for 6th and 7th grade.



Jamboree Denmark is the biggest jamboree in Denmark and the biggest jamboree for children and young people in Scandinavia.

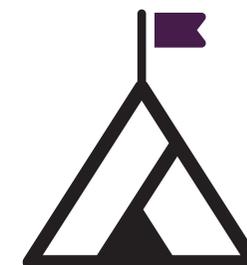
Jamboree Denmark is organised through the association Scouting & Guiding Denmark, which consists of Danish Guide and Scout Association, KFUM Scouts, the Green Girl Guides of Denmark, Danish Baptist Guide and Scout Association and the Danish Scouts of Southern Schleswig.

Scouting & Guiding Denmark's mission is to prepare children and young people for life through community, outdoor life and challenges as well as show our surroundings what it means to be a scout or guide today.



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CONTENTS

Arla Fonden and Scouting & Guiding Denmark have collaborated on the recipes in **#kogebogensl2022** and the **TASTEBOX**. It has been developed through our shared approach to cooking with children and young people. Therefore, **creating joy around food, community, shared decision making, involvement, learning by doing** and **sustainability** all play a central role in the development of the recipes for Jamboree Denmark 2022.

With this approach, we hope that cooking and the dish itself will be a shared experience for all. We hope that it will be easy and fun to prepare, to season and – of course – to enjoy the delicious dish that will make everyone full.

POINTERS FOR THE RECIPES

- Easy involvement of scouts and guides
- New but recognisable
- Easy preparations – even when cooking for many people
- Filling
- Dietary considerations

HOW THE THEME 'OUR COMMON FUTURE' IS INCORPORATED

- Reduce food waste.
- Use seasonal vegetables.
- Use less or no meat.
- Cook from scratch.

THE COOKBOOK

#kogebogensl2022 is comprised of 3 parts

- Getting off to a good start
- 8 recipes
- Inspiration for the other meals during the jamboree

GETTING OFF TO A GOOD START

- presents and elaborates on the structure of the recipes
- suggests how to involve the scouts and guides in the meal preparations.

THE 8 RECIPES

The recipe is comprised of 7 parts:

1. **Utensils** for 10 people.
2. **Ingredients** for 10 people.
3. **Our future**– suggestions for climate friendly choices.
4. **Try something new**– inspiration on how to develop the recipe after Jamboree Denmark 2022.
5. **Ready-Set-Go** – tips for meal preparation.
6. **Dietary considerations** – gluten intolerance, lactose intolerance and vegan.
7. **Step by Step** – description with text and pictures on how the meal shall be prepared.

All the recipes have been developed beside a campfire, prepared over a campfire, and tested by scouting and guiding troops of 10 to 100 people.

INSPIRATION FOR THE OTHER MEALS DURING THE JAMBOREE

On the last pages of the cookbook, you will find inspiration for lunches and evening snacks during the jamboree. Among others, you will find inspiration on how to reduce food waste by using leftovers.

THE TASTEBOX

Each scouting or guiding group will be given a **TASTEBOX** with spices and other flavours. The scouts and guides can use these to give their meals the exact flavour they want.

This way, the scouts and guides have more influence on the taste of the meals.

THE TASTEBOX will include the 5 main tastes: sweet, sour, salt, bitter and umami. These are the pillars for balanced and tasty meals.

WHEN YOU RETURN HOME

Each recipe can be varied in countless ways, and by every recipe under TRY SOMETHING NEW, you will find new ways to prepare the dishes. We hope that these will inspire you to experiment with your cooking.

In addition to scouts and guides preparing delicious meals during Jamboree Denmark 2022, we hope that **#kogebogensl2022** will live on in your scouting or guiding groups and be used at meeting and on other camps.

#KOGEBOGENSL2022

Show the rest of the jamboree how great it feels to cook together with **#kogebogensl2022** and **#sl2022** on social media.

GETTING OFF TO A GOOD START

ABOUT THE RECIPES

All recipes

- are made so that scouts and guides can actively participate in preparing the dish
- are made for 10 people
- are to be prepared on the campfire over a fire with hot embers
- consists of 7 parts.

TIPS FOR THE CAMPFIRE

CAMPFIRE WITH HOT EMBERS

- Begin 1-2 hours before you start cooking.
- Begin with a teepee campfire.
- Add plenty of wood when the fire gets bigger.
- Even out the fire when you don't see any tall flames – then you have hot embers.
- Add wood continuously so you always have embers while cooking.

CAMPFIRE STOVE

Using a campfire stove can be beneficial.

- It saves wood.
- It gives you a better working height.
- Your cooking is not affected by rain or wind.

Campfire stoves come in many shapes and sizes – both homemade and purchased models.

1 UTENSILS

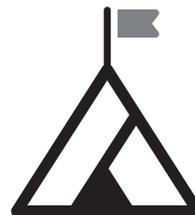
Each recipe lists the utensils needed for 10 people to prepare the dish.

For all the recipes you'll need the following:

- ✓ 2 pots of 8 l
- ✓ 1 large pan
- ✓ 3 freezer bags of 15 l
- ✓ 1 freezer layout issue of 4 l
- ✓ 5 bowls – both big and small ones (alternatively, food grade washing-up bowls or plastic boxes with a lid)
- ✓ 1 cooking grate
- ✓ Heat-resistant gloves

The remaining utensils depend on how many scouts and guides who are preparing the meal

- ✓ Cutting boards
 - remember to separate meat and vegetables
- ✓ Large and small knives
- ✓ Spatula
- ✓ Stirring spoon
- ✓ Vegetable peeler
- ✓ Basting brush
- ✓ Can opener
- ✓ Grater
- ✓ Metric measuring cup of 1 dl
- ✓ Metric measuring cup of 1 l
- ✓ Tongs
- ✓ Tablespoons
- ✓ Teaspoons
- ✓ Colander
- ✓ Possibly, sealing clips



1-2-3-4

– AND YOU HAVE THE HYGIENE COVERED

1. Wash your hands often – before and while you are cooking.
2. Cover the food while you are preparing it – and place it in the shade.
3. Separate meat and vegetables by using different cutting boards.
4. Rinse and do the dishes in hot soapy water.

Consider bringing a thermobox or similar to keep food that needs to be refrigerated cool for shorter periods of time. To extend the time outside of the fridge, it can be placed in a hole or put in the shade.

2 INGREDIENTS

To ensure an easy overview of the ingredients, the list is sorted into the different parts of the recipe, e.g., meat, dressing, potatoes, topping and sides. The ingredients can be picked up in the food supplies tent in your subcamp - except for the spices in the **TASTEBOX**.

3 OUR FUTURE

OUR FUTURE supports the jamboree slogan **OUR COMMON FUTURE**. In the recipes, the section **OUR FUTURE** provides climate friendly tips:

- Reduce food waste by using all of the vegetable and any leftovers.
- Use seasonal vegetables.
- Use less meat by replacing it with vegetables or legumes.
- Cook from scratch.

Some of the suggestions in **OUR FUTURE** can be followed during the jamboree while others can be followed when you go home.

4 TRY SOMETHING NEW

Hopefully, the dishes during Jamboree Denmark 2022 taste so good that you want to cook them when you return home from the jamboree.

TRY SOMETHING NEW provides ideas to how the recipes in the cookbook can be altered and thereby become new recipes by e.g. using other ingredients or spices.

5 DIETARY CONSIDERATIONS

The recipes can easily be altered to include those with special dietary needs, including,

- gluten intolerance
- lactose intolerance
- vegan.

For every dietary consideration, the recipes describe which ingredients to replace or omit. It is up to the individual group to calculate how much to replace depending on the number of scouts or guides with special dietary requirements.

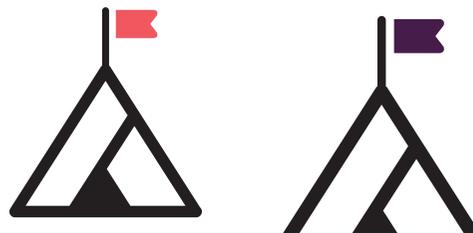
PLEASE NOTE: according to the Danish Veterinary and Food Administration, the Danish 'Danbo' cheese and other yellow semi-soft sliceable cheeses, incl. grated cheese, are considered lactose free.

6 TIPS OG TRICKS

TIPS AND TRICKS suggests how you will get off to a good start when cooking.

This can be:

- alternative ways of preparing the dish
- how to keep the food warm
- how to easily prepare food for many people.



7 **STEP BYSTEP**

The recipes are divided into 7 steps containing pictures and a short text. The combination makes the recipes easy to follow and thereby gives more scouts and guides the opportunity to actively participate in preparing the dish.

All recipes:

- begin by finding all the ingredients, washing all the vegetables and opening any cans
- suggest that you prepare all the ingredients before you start cooking on the campfire.

COOKING TOGETHER

Scouts and guides cook a lot together and that magic and community around cooking is unique. When that is said, it can be challenging to engage children and young people in preparing and eating different food when using a different cooking method, different produce or new tastes, or if they consider the food 'boring healthy food'.

It is therefore important to:

- make cooking fun and interesting through involvement and community
- awaken the scouts' and guides' interest in different tastes, produce and cooking in general
- help the scouts and guides decide and take ownership for the food they eat.

#kogebogens12022 and the **TASTEBOX** make it easier for the scouts and guides to follow the recipes and actively participate in cooking from when the utensils are to be found to when the dish is being seasoned. That way, we ensure involvement and a shared interest in food.

LET THE SCOUTS AND GUIDES

- ✓ **choose the recipe**
 - and participate in writing the grocery list (*this is something you can do after the jamboree*).
- ✓ **experiment**
 - with choosing different produce, cuts, consistencies and taste.
- ✓ **take ownership**
 - and be involved in everything from the carrots being peeled to seasoning the dish.
- ✓ **present the course**
 - to emphasize that it is their food you are about to eat.

GRILLED RYE BREAD SANDWICH WITH HUMMUS AND VEGETABLE STICKS



10 PEOPLE

UTENSILS

- 1 freezer bag of 15 l
- Cooking grate or pan
- Bowls
- Cutting boards
- Knives
- Basting brush
- Cane opener
- Metric measuring cup of 1 dl
- Teaspoons
- Tongs

INGREDIENTS

VEGETABLE STICKS

- 6 carrots
- 2 cucumbers
- 1 cauliflower
- 4 bell peppers

HUMMUS

- 3 cans of chickpeas (720 g drained weight in total)
- 3 cloves of garlic
- 2 dl crème fraiche 18 %
- 1 dl olive oil
- 5 tsp. cumin
- 1 tsp. salt

GRILLED SANDWICH

- 40 pieces of rye bread
- 1 dl neutral cooking oil (e.g., canola or sunflower oil)
- 1 glass of green pesto (200 g)
- 20 slices of semi-soft cheese (Danbo)
- 20 slices of chicken cold cuts



DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

Gluten-free rye bread

LACTOSE INTOLERANCE

Omit crème fraiche.

VEGAN

Omit crème fraiche.
Replace cheese and chicken cold cuts with hummus and pickled bell pepper.



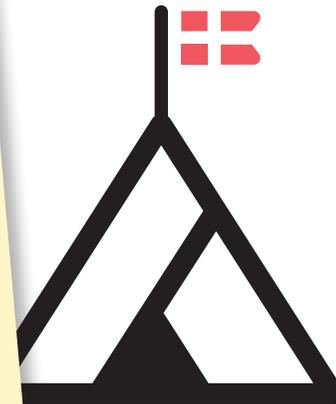
OUR FUTURE

- The leftover hummus can be used in other dishes, e.g., thai curry with cauliflower.
- Omit the cold cuts and add, e.g., hummus and/or raw/pickled vegetables.
- Bake the ryebread yourself.
- Use vegetables in season.



TRY SOMETHING NEW

- You can replace pesto with, e.g., aioli.
- You can put pickled or sauteed vegetables in the sandwich for extra flavour.
- You can replace the chicken cold cuts with ham or any other delicious type of cold cuts.





TIPS & TRICKS

- Consider distributing the chickpeas in several bags. Then, more scouts and guides can help mash them. Gather it thereafter in a bag together with the rest of the hummus ingredients
- Avoid getting air in the bag with chickpeas, as it will then break when you mash the chickpeas.
- Cut a hole in the corner of the bag, when the hummus is to be served to the scouts and guides.
- Build the sandwich and grill it on both sides.



- Find all the ingredients and utensils.
- Wash the vegetables and drain the chickpeas.



- Peel and finely chop the garlic.
- Possibly, peel the carrots.
- Cut the carrots, cucumbers and red bell peppers into sticks.
- Cut the cauliflower into small florets and the stem into thin sticks.
- Put the carrots, cucumber, bell pepper and cauliflower in separate bowls.



- Put hummus ingredients in a bag – seal it.
- Use your hands to mash the chickpeas.
- Season with salt and pepper.



- Brush the rye bread slices with oil on one side.



- Toast the rye bread on the cooking grate or pan until crisp.



- Let the scout or guide build their own grilled rye bread sandwich with pesto, cheese and chicken cold cuts.
- Consider grilling the sandwich again to melt the cheese and to keep the sandwich warm.



- Eat the sandwich with vegetables and hummus on the side.

BARLOTTO WITH SUMMER GREENS



10 PEOPLE

UTENSILS

- 1 pot of 8 l
- 1 pan
- 1 freezer bag of 15 l
- Bowls
- Cutting boards
- Spatula
- Stirring spoon
- Grater
- Knives
- Vegetable peeler
- Metric measuring cup of 1 l
- Metric measuring cup of 1 dl
- Tablespoons
- Colander

INGREDIENTS

BARLOTTO

- 1000 g of chicken filet
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)
- 2 tsp. salt
- ½ tsp. pepper
- 250 g bacon chops
- 3 onions
- 3 cloves of garlic
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)
- 1 cauliflower
- 2 handful green asparagus
- 2 courgettes
- 400 g mushrooms
- 1 l pearl barley
- 2 cubes of vegetable bouillon
- 4 bay leaves
- 1.7 l water
- 200 g natural cream cheese
- 3 tbsp. dried thyme

SIDES

- 10 slices of whole wheat bread/baguette (approx. 50 g. per person)



DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

Gluten-free whole wheat bread
Replace pearl barley with risotto rice.

LACTOSE INTOLERANCE

Lactose-free cream cheese

VEGAN

Use a plant-based alternative to chicken filet and cream cheese



OUR FUTURE

- Omit the meat and add, e.g., more vegetables.
- Use the entire cauliflower – also the leaves and stalk.
- Bake the bread yourself.
- Use vegetables in season.



TRY SOMETHING NEW

- You can replace the cream cheese with parmesan cheese.
- You can use other freshly chopped herbs like thyme, tarragon chives or parsley
- You can replace the chicken with grilled or smoked salmon and parsley (do not mix this in the barlotto).

TIPS & TRICKS

- Use the same pot for the entire preparation of the dish.
- Remember to stir the pot frequently to avoid the food from burning to the bottom.
- The dish can be divided into pearl barley, meat and vegetables, if you do not want a mixed dish.
- If you think the barlotto is too thick, add more water.



- 1**
- Find all the ingredients and utensils.
 - Cut the bottom of the mushroom stem.
 - Wash all the vegetables.
 - Wash the pearl barley in a colander.



- 2**
- Peel and chop the onion and garlic – put it in a bowl.
 - Cut the entire cauliflower, the mushroom and the courgettes into approx. 1x1 cm.
 - Break the bottom of the asparagus, and cut them into pieces of approx. 2 cm
 - Put the cauliflower, mushroom, asparagus and courgette into a bowl.



- 3**
- Cut the chicken into strips and put the strips into a bag with oil, salt and pepper.



- 4**
- Put the pot on the campfire and cover the bottom with oil.
 - Sauté the onions and garlic until the onions are translucent.
 - Add the vegetable and sauté for 5 min. – put it all in a bowl.



- 5**
- Sauté the bacon and the pearl barley for approx. 5 min. – mix it well.
 - Add the 2 cubes of vegetable bouillon, thyme, bay leaf, and half of the water - bring the dish to a boil.
 - Add the rest of the water a little at a time – stir frequently.
 - It takes approx. 30 min. before the pearl barley is tender.



- 6**
- Cut a strip in half to see if it is done.
 - Heat a pan and fry the chicken strips.



- 7**
- Mix the cream cheese, chicken and sautéed vegetables in the barlotto.
 - Toast the bread.
 - Season with salt and pepper and a bit of white wine vinegar.

THAI CURRY WITH CAULIFLOWER

10
PEOPLE

UTENSILS

- 1 pot of 8 l
- Bowls
- Cutting boards
- Knives
- Stirring spoon
- Grater
- Cane opener
- Metric measuring cup of 1 l
- Metric measuring cup of 1 dl
- Tablespoons
- Teaspoons

INGREDIENTS

- 4 onions
- 6 cloves garlic
- 4 tbsp. ginger (approx. 6 cm)
- 6 dl jasmine rice
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)
- 2 cauliflowers
- 1 l water
- 2 cans of chickpeas (480g drained weight)
- 4 cans of coconut milk (1600 ml in total)
- 2 glasses of red curry paste (220 g in total)



DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

Gluten-free whole wheat bread

LACTOSE INTOLERANCE

No considerations

VEGAN

Vegan whole wheat bread

TOPPINGS

- 200 g peanuts
- 400 g peas

SIDES

- 10 slices of whole wheat bread/baguette (approx. 50 g. per person)



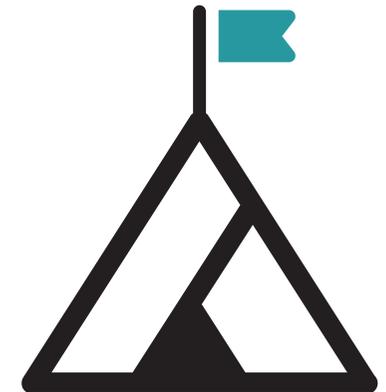
OUR FUTURE

- Use the entire cauliflower – also the leaves and stalk – the leaves can be finely chopped and used as garnish on the dish.
- Bake the bread yourself.
- Use vegetables in season.



TRY SOMETHING NEW

You can use other vegetables in the dish. e.g., pumpkin, potatoes, celeriac or carrots.



TIPS & TRICKS

- You can also boil the rice in a separate pot.
- If you want parboiled vegetables, cut them in bigger pieces.
- Avoid cans around the fire by mixing the coconut milk with the red curry paste and the chickpeas in a bowl.
- Remember the peas need to be thawed before use.



- 1**
- Find all the ingredients and utensils.
 - Wash the vegetables and drain the chickpeas.



- 2**
- Peel and finely chop the onion and garlic.
 - Cut the entire cauliflower in smaller pieces – approx. 2x2 cm.
 - Remove the skin of the ginger with a teaspoon or little knife and grate it.



- 3**
- Put a pot on the campfire and cover the bottom with oil.
 - Sauté the onions, garlic, ginger and rice for 3 min.



- 4**
- Add cauliflower and 1 l of water in a pot and let the rice absorb the water.
 - Boil for 10 min. – stir frequently.



- 5**
- Add the coconut milk, 1.5 glass of red curry paste and chickpeas to the pot – mix it well.



- 6**
- Put a lid on the pot and let it simmer on low heat for approx. 15 min until the rice is tender.
 - Set aside the pot (e.g., on the edge of the cooking grate), and let the dish rest for additionally 10 min.



- 7**
- Mix it all in a pot and taste to see if more curry paste is needed in the dish.
 - Season with salt, pepper and a bit of white wine vinegar.
 - Toast the bread.
 - Add the peas and the peanut on top of the dish.

FLATBREAD WITH CHICKEN AND GREENS



10
PEOPLE

UTENSILS

- 1 pot of 8 l
- 1 pan
- Bowls
- Cutting boards
- Spatula
- Stirring spoon
- Knives
- Vegetable peeler
- Cane opener
- Metric measuring cup of 1 dl
- Tablespoon
- Teaspoon

INGREDIENTS

THE CHICKEN

- 1250 g chicken fillet
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)
- 2 tsp. salt
- 1 tbsp. garam masala

FILLING

- 3 onions
- 2 cloves garlic
- 4 red bell peppers
- 1 cucumber
- 1 hispi cabbage
- 1 dl neutral cooking oil (e.g., canola or sunflower oil)
- 2 cans of chickpeas (480 g drained weight in total)
- 2 tbsp. garam masala

DRESSING

- 6 dl crème fraîche 18 %
- 1 handful of chives
- 1 tsp. paprika
- 1 tsp. cumin
- 1 tsp. salt

BREAD

- 20 pcs. of flatbread



OUR FUTURE

- Use sauteed mushrooms, aubergine or courgette instead of chicken.
- Leftovers can be used in a stew or as filling in pita bread.
- Bake the bread yourself.
- Use vegetables in season.



DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

Gluten-free flat bread or corn tortillas

LACTOSE INTOLERANCE

Lactose-free crème fraîche

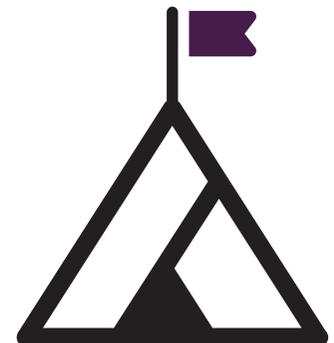
VEGAN

Replace the chicken fillet and crème fraîche with plant-based alternatives



TRY SOMETHING NEW

- You can also make a dressing out of e.g.,
 - dill and garlic
 - paprika, mustard and honey
 - tahini, lemon and garlic.
- You can replace the filling with anything you like.



TIPS & TRICKS

FOOD FOR MANY

→ Keep the bread warm in a pot or wrapped in a dishtowel



- 1 Find all the ingredients and utensils.
Wash all the vegetables and drain the chickpeas.



- 2 Peel and finely chop the onion and garlic.
Finely chop the chives and the hispi cabbage.
Cut the bell peppers and the cucumber into small pieces.
Set aside in separate bowls.



- 3 Mix the ingredients for the dressing.
Season with salt, pepper, syrup and white wine vinegar.



- 4 Cut the chicken into strips, and put it in a bag together with oil, salt and 1 tbsp. garam masala.



- 5 Put the pot on the campfire and cover the bottom with oil.
Sauté onions, garlic and 2 tbsp. garam masala for approx. 2 min.
Add half of the hispi cabbage and the bell peppers.
Add the chickpeas.
Sauté it all for 2 min.
Remove the vegetables from heat.

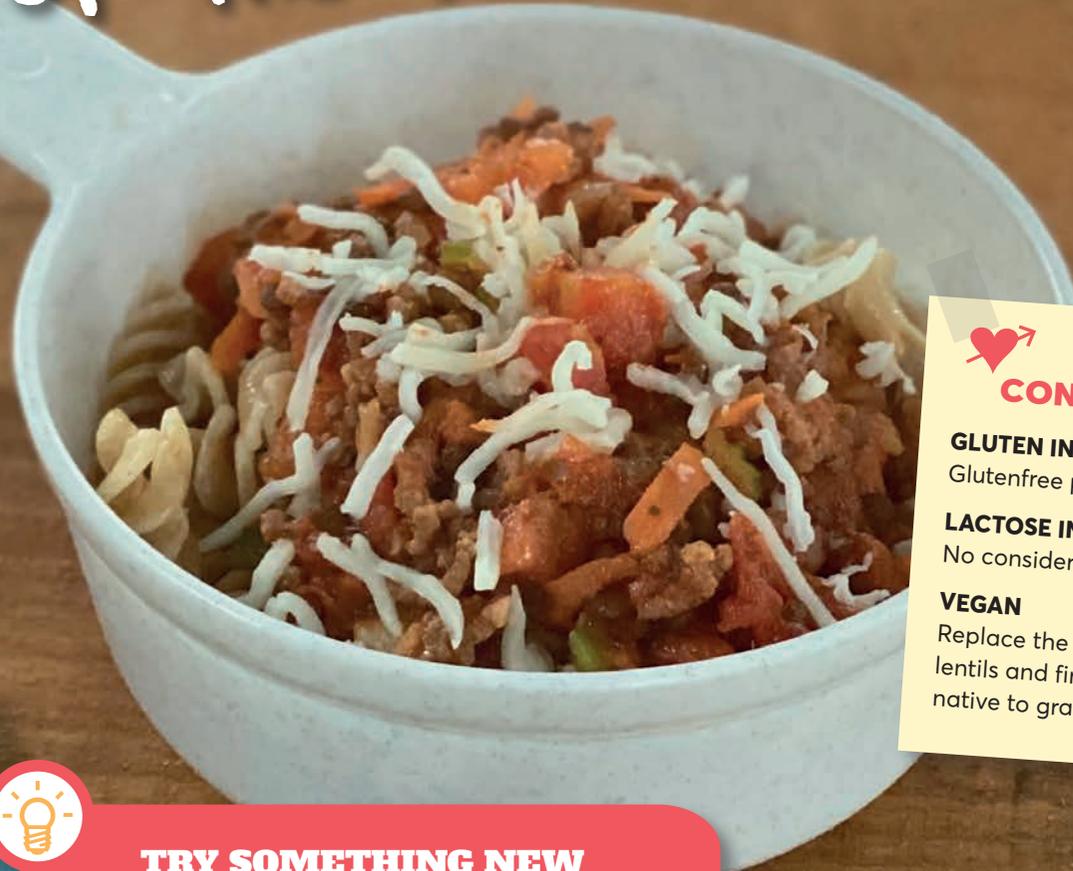


- 6 Heat a pan and fry the chicken strips.
Cut a strip in half to see if it is done.



- 7 Heat the flatbreads on the campfire.
Put the filling into separate bowls.
Build your own flatbread.

BOLOGNESE OF THE FUTURE



10 PEOPLE

UTENSILS

- 2 pots of 8 l
- Bowls
- Cutting boards
- Stirring spoon
- Grater
- Knives
- Vegetable peeler
- Cane opener
- Metric measuring cup of 1 l
- Metric measuring cup of 1 dl
- Tablespoons
- Teaspoons

INGREDIENTS

PASTA

- 1 kg whole grain pasta
- 2 tbsp. salt

BOLOGNESE

- 750 g minced beef
- 4 onions
- 4 cloves of garlic
- 2 cubes of vegetable bouillon
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)
- 6 carrots
- 3 ribs of celery
- 2 tbsp. dried thyme
- 1 tsp. ground nutmeg
- 4 bay leaves
- 2 cubes of vegetable bouillon
- 2 tbsp. tamari soya sauce
- 7 tbsp. tomato purée
- 1 glass of red pesto (200g)
- 2 cans of green lentils (480 g in drained weight)
- 4 cans of chopped tomatoes
- 4 l water

TOPPING

- 200 g shredded cheese



DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

Glutenfree pasta

LACTOSE INTOLERANCE

No considerations

VEGAN

Replace the minced beef with 50 g lentils and find a plant-based alternative to grated cheese.



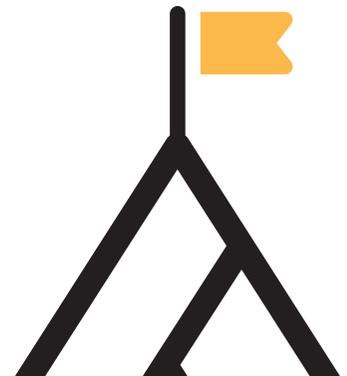
OUR FUTURE

- Use all of the celery – the leaves can be finely chopped and used as garnish.
- Even though the dish contains less meat, it is still rich in umami flavour because the dish has red pesto, tomato purée and soy sauce.
- Replace the minced beef with 500 g red lentils.
- Use vegetable in season.



TRY SOMETHING NEW

- You can replace the dried thyme with approx. 1 handful freshly chopped thyme.
- You can also use other vegetables like parsnip, celeriac and root parsley.
- You can replace the pasta with bean or lentil pasta



TIPS & TRICKS

→ If you cut small pieces of celery, they will get a less significant taste in the dish.

FOOD FOR MANY

→ An 8 l pot can contain approx. 1.5 kg pasta.

→ An 8 l pot can contain bolognese for 15 people.

→ Sauté a small portion of the meat at a time to ensure it gets a crust.



- 1 Find all the ingredients and utensils.
Wash all the vegetables.



- 2 Bring the water and salt to a boil (with the lid on).
Put the pasta in the pot and cook it as instructed on the package (without the lid on).
Pour the water from the pot and set it aside.
Move to the next step while the pasta is boiling.



- 3 Peel and finely chop the onion and garlic.
Consider peeling and grate the carrots.
Cut the celery lengthwise and then finely chop the celery, incl. the leaves.



- 4 Put the pot on the campfire and cover the bottom with oil.
Sauté the onions and the garlic until the onions are translucent.
• **VEGAN:** Add red lentils and move to step 6.



- 5 Add the meat and sauté until brown.



- 6 Add the remaining ingredients for the bolognese.
Let it all simmer for 15-20 min. – stir it frequently.



- 7 Extract the bay leaves and season with salt, pepper, syrup and white wine vinegar.
Serve the pasta and the bolognese with grated cheese.

BBQ-PIG WITH COLESLAW

10
PEOPLE

UTENSILS

- 1 pot of 8 l
- 1 large pan
- 1 freezer bag of 15 l
- Bowls
- Cutting boards
- Spatulas
- Stirring spoon
- Grater
- Knives
- Vegetable peeler
- Metric measuring cup of 1 dl
- Tablespoons
- Teaspoons
- Kitchen sponge

INGREDIENTS

POTATOES

- 1.5 kg small potatoes
- 3 tbsp. salt
- 1 glass of green pesto (approx. 150 g)

MARINATED MEAT

- 1250 g pork cutlet
- 2 cloves garlic
- 4 tbsp. tomato purée
- 1 tsp. light syrup
- 2 tbsp. tamari soya sauce
- 1 tbsp. mustard
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)
- 2 tsp. paprika
- 1 tbsp. dried thyme
- 1 tbsp. dried oregano
- 1 tsp. freshly ground pepper

COLESLAW

- 1 hispi cabbage
- 5 carrots
- 2.5 dl crème fraiche 18 %
- 2 tbsp. mustard
- 2 tbsp. white wine vinegar
- 1 tsp. light syrup
- 1 tsp. salt

SIDES

- 5 corn



DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

Gluten-free mustard

LACTOSE INTOLERANCE

Lactose-free crème fraiche
Mustard

VEGAN

Replace the pork cutlets and crème fraiche with plant based alternatives



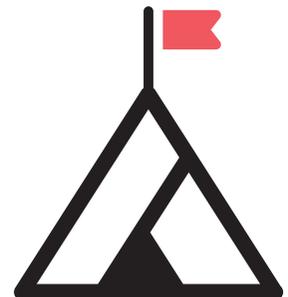
OUR FUTURE

- The pork can be replaced with, e.g., mushrooms, aubergine or lima beans.
- Use vegetables in season.



TRY SOMETHING NEW

- You can marinate the meat with other flavours like ginger, lime, garlic, garam masala and yoghurt.
- You can also add parsley or other freshly chopped herbs to your coleslaw.
- You can replace potatoes with pasta or bulgur.



TIPS & TRICKS

→ Keep the sauteed meat warm by setting it on the edge of the cooking grate or in a pot with a lid.

FOOD FOR MANY

- Start step 3-6 simultaneously.
- Mix the potatoes with pesto in a bowl.
- You can have 4.5 kg potatoes in a pot of 8 l.
- The corn can be boiled (instead of grilling it) for approx. 5-10 min.
- Saute small portions of the meat at a time to ensure it gets a crust.



1

- Find all the ingredients and utensils.
- Wash all the vegetables.
- Wash and scrub the potatoes.



2

- Put the potatoes in a pot, cover them with water and add salt.
- Boil the potatoes until tender – drain the pot and let the potatoes cool.
- While the potatoes boil, go to the next step.



3

- Peel and finely chop the garlic.
- Put the garlic in a bag together with the rest of the ingredients for the marinade.



4

- Cut the pork into strips.
- Put the pork into a bag with the marinade.
- Mix it and leave it for at least 10 min.



5

- Keep the husk on the corn.
- Put them on the grate where there is low to medium heat – turn them to grill on all sides.
- They are finished after approx. 20 min.
- Remove the husk of the corn.
- Half the corn – either by breaking them or cutting them.



6

- Possibly peel the carrots, and grate the carrots, and finely chop the hispi cabbage – mix it all in a bowl.
- Mix the ingredients for the dressing.
- Mix the dressing and vegetable for the coleslaw.



7

- Heat a pan and sauté the meat until it is fully cooked.
- Mix the potatoes with pesto, and eat them with the coleslaw and the BBQ-pig.

POTATO HASH WITH BÉARNAISE CREAM



10
PEOPLE

UTENSILS

- 2 pots of 8 l
- Bowls
- Cutting boards
- Stirring spoon
- Knives
- Metric measuring cup of 1 dl
- Tablespoons
- Teaspoons
- Kitchen sponge

INGREDIENTS

POTATOES

- 3 kg potatoes
- 4 tbsp. salt
- 2 dl olive oil

FILLING

- 1250 g minced beef
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)
- 6 onions
- 3 cloves garlic
- 400 g peas
- 2 red bell peppers
- 2 cubes of vegetable bouillon
- 2 bay leaves
- ½ dl neutral cooking oil (e.g., canola or sunflower oil)

BÉARNAISE CREAM

- 5 dl crème fraîche 38%
- 1 handful of tarragon
- 2 tbsp. white wine vinegar
- 2 tsp. turmeric
- 1 tsp. light syrup
- 1 tsp. salt

VEGETABLE STICKS

- Possibly 10 carrots

DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

No considerations

LACTOSE INTOLERANCE

Lactose-free crème fraîche

VEGAN

Replace minced beef and crème fraîche with plant-based alternatives

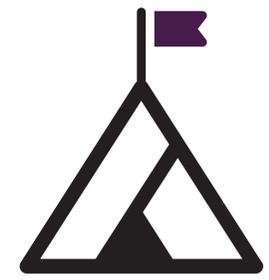
OUR FUTURE

- Replace or partially replace the minced beef with minced chicken or green lentils.
- The leftover béarnaise cream can be used as dip or extra flavour in, e.g., a stew or pasta salad.
- Use vegetables in season.



TRY SOMETHING NEW

- You can season the dressing with other types of freshly chopped herbs, e.g., dill, chives or basil.
- You can make another type of potatoes like crushed potatoes or mashed potatoes.





TIPS & TRICKS

- Avoid using too much turmeric – too much can give the dish a bitter taste.
- The minced pork can also be made into patties if you do not want a mixed dish.

FOOD FOR MANY

- Sauté a small portion of the meat at a time to ensure it gets a crust.



- 1
- Find all the ingredients and utensils.
 - Wash all the vegetables.
 - Wash and scrub the potatoes.



- 2
- Cut the potatoes in quarters, put them in a pot cover them with water and add salt.
 - Boil the potatoes until tender – drain the pot.
 - Keep the lid on the pot to keep the potatoes warm.
 - Move to the next step while the potatoes are boiling.



- 3
- Peel and finely chop the onion and garlic.
 - Cut the bell pepper into small squares.
 - Finely chop the tarragon.
 - Set aside in separate bowls.



- 4
- Mix the ingredients for the cream.
 - Season with salt, pepper, syrup and white wine vinegar.



- 5
- Put the pot on the campfire and cover the bottom with ½ dl oil.
 - Sauté the onions and garlic, until the onions are translucent – put it in a bowl.



- 6
- Put the pot on the campfire and cover the bottom with ½ dl oil.
 - Sauté the meat until brown.
 - Put the onion and garlic in the pot.
 - Add bay leaves and the 2 cubes of vegetable bouillon.
 - Let it simmer for approx. 15 min.



- 7
- Add the peas and the bell pepper and season with salt and pepper.
 - Poor some olive oil on the potatoes and mix it.

HOTDOGS WITH HOMEMADE PICKLED VEGGIES



TRY SOMETHING NEW

You can pickle other vegetables, e.g., radishes, asparagus, courgettes - remember to select seasonal vegetables. If you use a vegetable peeler, you can get very thin strips.

UTENSILS

- 1 freezer bag of 4 l
- Cooking grate
- Bowls
- Cutting boards
- Knives
- Tongs

INGREDIENTS

10
PEOPLE

PICKED CUCUMBER AND RED ONION

- 1 cucumber
- 1 red onion
- 2 dl vinegar
- 2 dl sugar

HOTDOGS

- 25 hotdog buns
- 25 sausages

SIDES

- Ketchup
- Remoulade (Danish mayonnaisebased cold sauce)
- Mustard
- 2 red onions
- Fried onions

VEGETABLE STICKS

- For example, 10 carrots



DIETARY CONSIDERATIONS

GLUTEN INTOLERANCE

Gluten-free hotdog buns
Gluten-free remoulade, mustard,
ketchup and fried onions

LACTOSE INTOLERANCE

Lactose-free remoulade,

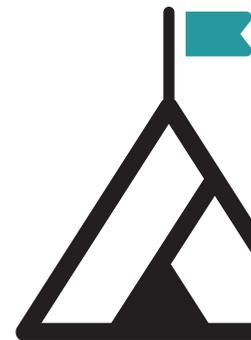
VEGAN

Vegan hotdog buns
Replace sausages with a plant-based
alternative. Use vegan remoulade.



OUR FUTURE

- Use chicken sausages instead of pork sausages and/or grilled carrot sticks turned in sesame seeds.
- You can make more ingredients yourself, e.g., fried onions, ketchup or remoulade.
- Bake the bread yourself, e.g., a campfire bread on a stick.
- Use vegetables in season.





TIPS & TRICKS

- You can also pickle cucumbers and red onions separately.
- You can make pickled cucumbers and red onions in advance– it keeps fresh for several days.
- Make stations with different toppings, so each scout or guide can build their own hotdog.

FOOD FOR MANY

- Keep the bread and sausages warm in separate pots or wrapped in a dishtowel.



1

- Find all the ingredients and utensils.
- Wash the cucumber.



2

- Peel the onion.
- Cut the cucumber and 1 red onion in very thin slices.



3

- Mix sugar and vinegar in a bag.
- Put the cucumber and the onion in the bag and shake carefully.
- Tie a knot on the bag and let it rest for 30 min.



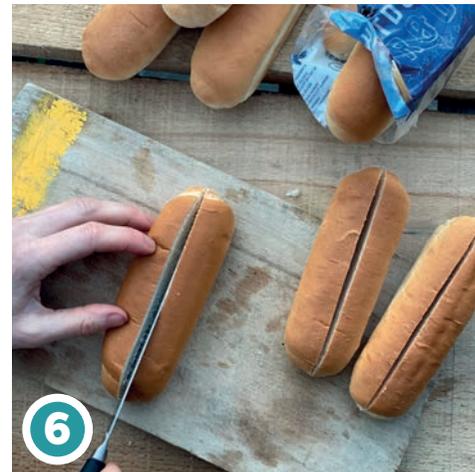
4

- Peel and finely chop 2 red onions and put it in a bowl.



5

- Grill the sausages on the cooking grate.



6

- Cut the buns open across the top and warm the buns.



7

- Make stations with ketchup, remoulade, mustard, pickled cucumber and red onion, raw red onion and fried onion.
- Build your own hotdog.

INSPIRATION FOR THE OTHER MEALS DURING THE JAMBOREE

LUNCH

10 PEOPLE

TUNA SALAD

- 4 cans of tuna in water
- 8 tbsp. mayonnaise
- 1 diced onion
- ½ diced cucumber
- 1 diced bell pepper
- ½ can of corn
- 2 dl peas
- Salt, pepper and perhaps mustard

Drain the tuna. Mix all the ingredients and season with salt, pepper and perhaps mustard.

EGG SALAD

- 7 eggs
- 3 tbsp. mayonnaise
- 3 tbsp. crème fraîche
- ½ handful of chopped chives
- 1 tsp. mustard
- 2 tsp. curry
- ½ tsp. turmeric
- Salt and pepper

Boil the eggs for 8 min. Peel and chop the eggs. Mix all the ingredients and season with salt, pepper and curry.

COLD POTATO SALAD

- 2.5 kg potatoes in halves
- 5 dl crème fraîche
- 5 tbsp. mayonnaise
- 5 tsp. mustard
- 5 tsp. sugar
- 1 handful of chives
- Salt and freshly ground pepper.

Mix the dressing and season it with salt and freshly ground pepper. Mix in the potatoes, and garnish with chives.



All the recipes use leftovers from the jamboree dinners – both vegetables, pasta, bread and dairy products.

ALL THE RECIPES ARE FOR 10 PEOPLE.

EVENING SNACK

10
PEOPLE

PASTA SALAD

Can be made in various ways with, e.g. leftovers from the jamboree dinners.

Vegetables

Chickpeas, cucumber, bell pepper, cauliflower, carrot, courgette, mushroom, asparagus, hispi cabbage, celery and peas. Feel free to decide the size and form when cutting the vegetables.

Dressings

Bearnaise cream, hummus, coleslaw and crème fraiche dressing.

RYE BREAD SNACKS

- 5 slices of rye bread cut into strips
- 2 dl oil
- 2 tsp. salt

Toast the rye bread in oil and season with salt.

FRENCH TOAST

- 2 eggs
- 1.5 dl milk
- 4 tbsp. sugar
- 2 tsp. ground cinnamon
- 2 pinches of salt
- 10 slices of bread
- 50 g butter

Whisk egg, milk, sugar, cinnamon and salt in a bowl. Dip the bread in the egg, melt the butter and toast the bread until golden.

BREAD ON A STICK

- 3 dl lukewarm water
- 2 tsp. dry yeast (½ bag)
- 1 tsp. salt
- 8 dl flour
- 1 tbs. neutral cooking oil

Dissolve the yeast in the water. Add salt, oil, and then gradually add flour. Let the dough rest for 20 min.

PANCAKES

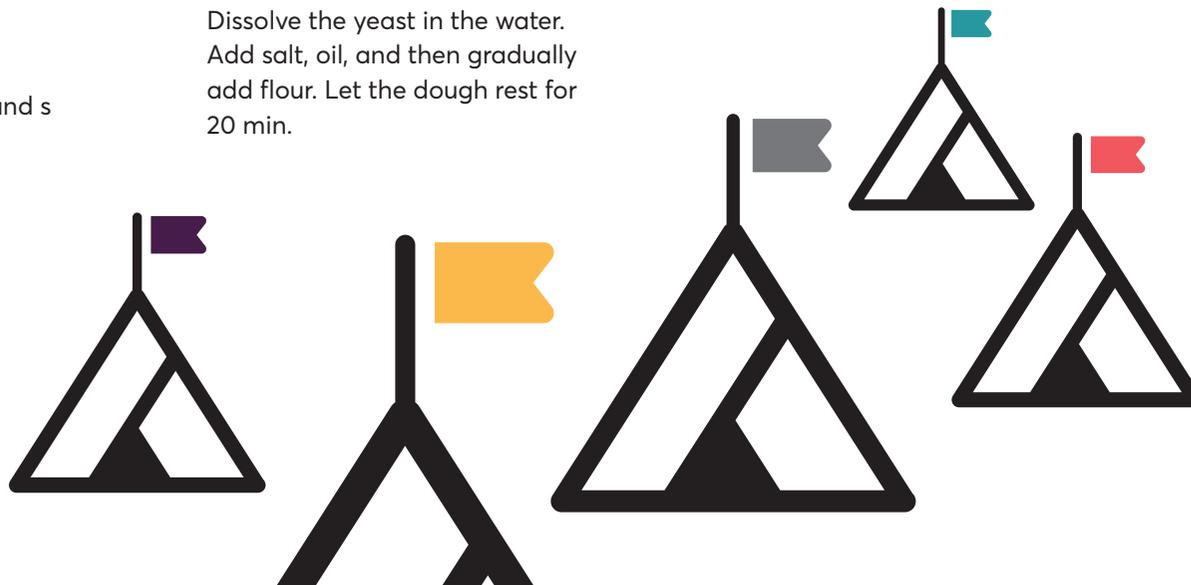
- 2.5 dl flour
- 4 dl milk
- 2 tbsp. oil
- 3 eggs
- ½ tsp. salt
- 1 tbs. sugar

Put the flour in a bowl and gradually add milk while whisking it together until smooth.

Add the rest of the ingredients and whisk. Let the dough rest for 30 min.



- MIX IT IN A WATER BOTTLE



IDEAS FOR OTHER CLIMATE FRIENDLY CAMPFIRE DISHES (IN DANISH) IN THESE PUBLICATIONS:

• BÆREDYGTIG - BÅLMAD - BASTA

Published by KFUM Scouts in Denmark.



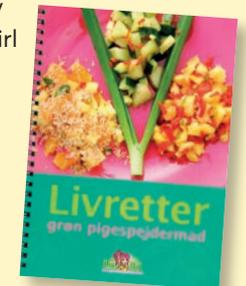
• ØKOLOGI PÅ BÅLET

Published by a collaboration between Organic Denmark, Danish Guide and Scout Association and the Ege district.



• LIVRETTER - GRØN PIGESPEJDERMAD

Published by the Green Girl Guides of Denmark





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