

Chorizo sausage and tortilla,

- 1) cut chorizo into chunks, fry off in a little olive oil on the frying pan,
- 2) cut some mushrooms and peppers and whack in optional
- 3) slice some haloumi cheese and add this
- 4) cook for a few mins
- 5) Good splash of balsamic vinegar

spoon / pour into a tortilla.

tasty, quick and easy.

Baked beans and chicken hotdog sausages

1. Baked beans and chicken hotdog sausages
2. Chicken curry when simmering the curry put your flat bread on top to steam
3. Find chicken and smash (fry chicken chunks salt pepper then fill up with water little bit of islay malt for taste, and cheese and onion smash)
4. Soup of course
5. Burgers if you boil them otherwise the pan gets crust stuck all over

Best success I have had with the Trangia is liquid foods anything that's solid will require lots of lubrication (oil, water). I also found the burn time a limit on certain foods so much so that I use a wood-fired burner sometimes and use the Trangia pots on the fire to allow me to cook longer.

Veggie chilli and tortillas

- oil, chopped onions. Fry.
- add tin of kidney beans, chopped peppers, water. Boil.
- have bag of salad (or wild greens), grated cheese, tortillas and pickled chillis on standby.
- add chilli powder to taste.
- spoon into tortillas, top with cheese, salad, pickled chillis, sour cream. Serve.

Oat Porridge

- 1) add porridge oats to pan with some water
- 2) add milk powder and additional extras, eg raisins
- 3) serve with topping of choice, honey/ sugar

Egg in a Bag

- 1) Put 1-2 eggs in bag and add desired amount of milk.
- 2) Add the additional ingredients such as mushrooms. Seal bag tightly.
- 3) Place bag in boiling water and cook for 3-5 minutes until desired doneness.
- 4) To eat as a breakfast sandwich, put egg combination in pita bread.
- 5) No egg encrusted saucepan to wash!!!

Chorizo sausage tortilla

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 - 2) cut some mushrooms and peppers and optional extras
 - 3) slice some haloumi cheese and add this into the mixture
 - 4) cook for a few mins
 - 5) splash of balsamic vinegar
 - 6) spoon / pour into a tortilla.
- tasty, quick and easy.

Chicken Curry

- 1) Bring some rice to the boil, then set it to one side.
- 2) Fry some diced chicken in a little water/oil.
- 3) Throw in some onions/peppers again if you want.
- 4) Once it's cooked, chuck on some pataks curry paste to taste
- 5) Add some campbells condensed soup and mix it all up
- 6) heat some more and serve with the rice.

Veggie Chilli

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Chorizo Risotto

- 1) Briefly fry the sausage and some chopped onions in a pan.
- 2) add the rice (to soak up the juices) then water.
- 3) Add peas, carrots, peppers etc.
- 4) Chuck in some stock cubes and let it simmer away.

Corned Beef Hash

- 1) dice and gently soften the onion, season at this point.
- 2) dice and Soften the carrot.
- 3) add beef stock and potatoes.
- 4) Simmer for around 20ish minutes until spuds are cooked.
- 5) Add the cubed corned beef for the last 5 minutes.

Vegetable Stir Fry

- 1) Warm two tables spoons of oil in wok,
- 2) Add mushrooms, onions, corn, garlic and pepper,
- 3) On a moderate heat keep moving contents for 5 minutes,
- 4) Add sauce of choice or a few shakes of soy sauce with rice or noodles,
- 5) Continue cooking and stirring for a couple more minutes.

One Pan Pasta

- 1) Boil 250g of any pasta shapes for 10 minutes until soft,
- 2) Drain and then return to the pan,
- 3) Stir in a couple of packets of stir-in-sauce or similar,
- 4) Chuck in a dozen or so olives,
- 5) Crumble some feta cheese on top.

Popcorn

- 1) add popcorn kernels to oil on the frying pan,
 - 2) listen until the kernels stop popping
 - 3) add sugar
 - 4) eat
- tasty, quick and easy.

Cheesy Beans

- 1) Add a tin of baked beans, and stir.
- 2) When hot add some grated cheddar and stir to melt.
- 3) Put in a pitta bread

Chocolate Camp Cookies

Ingredients:

- 2 cups sugar
- ½ cup milk
- ½ cup margarine
- 1/2 cup peanut butter
- 1/2 cup coconut (optional)
- ¼ cup cocoa (optional)
- 3 cups quick oats

Method:

Mix sugar, milk, and margarine in a bowl. Bring to a boil for 5 minutes, making sure it is well cooked or the cookies will be too soft. Remove from heat and pour over other ingredients and mix all in a bowl. Drop cookies by spoonful onto waxed paper or al foil. You can take the margarine, milk powder and sugar already measured and mixed in a container ready to cook and the other ingredients in another container. This will make about 35 cookies and can be done in a large trangia bowl. They are worth the extra weight to have a fresh treat!

Bush Pizza

Ingredients:

Red Capsicum

Onion

Meat wurst

Mozzarella Cheese (resealable pack)

Mushroom

Pineapple Pieces

Pita Bread no larger than the diameter of the largest pot in your Trangia

Butter

Tomato Paste

Method:

1. Cook all ingredients just to meld all of the flavours
2. Paste up all pita bread with tomato paste & add ingredients & cheese on top
3. Place simmer cap on and melt butter in frying pan
4. Place pitta bread in frying pan and place largest trangia bowl over it.
5. When cooked through remove and enjoy.