

CAMPSITE RECIPES

A COLLECTION OF EASY RECIPES

TO PREPARE ON YOUR TRANGIA CAMPING STOVE

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Nature Travels
THE OUTDOOR SPECIALISTS

**Self-guided and guided canoeing and kayaking
tours in Sweden and Finland with wild camping**

2 Leanne Business Centre, Sandford Lane, Wareham, Dorset BH20 4DY, UK

Tel: +44 (0)1929 503080 | Email: admin@naturetravels.co.uk

Web: www.naturetravels.co.uk

ONCE UPON A TIME...

...the Nature Travels Team asked customers, friends and other Trangia experts to send us their favourite camping recipes. We received quite a few ideas and we would like to thank you for all the wonderful contributions that helped us create this campsite recipe book.

We hope you will enjoy trying out the recipes on your next outdoor trips and get some inspiration for creating your own delicious dishes.

If you have any further suggestions, feel free to contact us.

THE NATURE TRAVELS TEAM

Nature Travels offers a wide range of outdoor and adventure holidays in Sweden, Norway and Finland.

*Our **canoeing** and **sea kayaking** tours are all based on **wild camping** – ideal for trying out our Trangia recipes!*

*In winter, we offer **dog sledding, ski touring, snowshoeing** and **skating on natural ice.***

For details, visit us at www.naturetravels.co.uk

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HOW TO USE A TRANGIA CAMPING STOVE

- 1. Unpack the stove.** The stove is neatly packaged to take up very little space. As you take it apart, remember how each piece fits together so you can put it back together correctly!



- 2. Prepare the wind shield.** The Trangia comes with a two-piece windshield to keep the flame from going out in windy conditions. Place the bottom part of the windshield on the ground somewhere firm and flat.
- 3. Assemble the burner.** Remove the lid from the brass burner unit and pour in some methylated spirits (denatured alcohol) - never more than 3/4 full!
Add a little water to stop the flame from sooting the bottom of the cooking pot. Replace the lid immediately. Put the burner carefully in the centre of the windshield and put the second windshield in place.
- 4. Light a match and put it to the fuel.** The flame is hard to see, so be careful not to burn yourself, but you'll feel heat when the spirit begins burning.
- 5. Add the pan.** Use the handle to place the pan on the metal supports inside the windshield.
- 6. Create a frying pan.** If you want to use the frying pan, use the detachable handle to lift the metal supports, then sit the frying pan over the heat. Use this detachable handle to lift the pan off the wind shield.
- 7. Cook.** You can now use the stove to boil water, or heat food in the pan or frying pan.
- 8. Adjust the flame while cooking.** Use the adjustable burner top to control the flame. Always use the handle attachment when putting this in place.
- 9. Finish cooking.** Put the closed burner top in place to turn off the stove. The lack of oxygen will cause the methylated spirits to stop burning after just a few seconds. Do not use the burner lid to extinguish the stove - the rubber seal inside the lid is not fireproof and will burn and melt all over your burner. Remove the burner top to make sure the fire has extinguished. Leave the Trangia to cool before packing it away.

Source: www.wikihow.com/Use-a-Trangia-Camping-Stove

FRIED HALLOUMI & EXOTIC BOTHY COUSCOUS

INGREDIENTS (SERVES 2)

1 pack dried mushrooms (ca. 75g)
1 pack sun dried peppers (ca. 75g)
1 pack sun dried tomatoes (ca. 75g)
1 mug of plain couscous or a sachet of flavoured couscous (ca. 110g)
1 ½ mugs of water
Small bag of olives, preferably in oil (ca. 100g)
1 pack of wholemeal chapati
1 block of halloumi cheese
(Sigg bottle of port or whisky)

PREPARATION METHOD

Boil the water, throw in the dried vegetables and leave to soak for 15 minutes. (meanwhile, enjoy a swig of the port or whisky!) Then slice the halloumi into big chunks and put aside.

Sieve the reconstituted vegetables and keep all the water. Chop some of the vegetables, depending on how big you like your chunks.

Bring the water to the boil again and throw in the couscous, stir and return to the boil. Remove from heat and then throw in all the vegetables, olives, oil and other ingredients.

Leave to absorb water for as long as you like, but 5 minutes does the trick if you're hungry.

(Take another swig of port or whisky). Put some heat under the frying pan and dry fry the chunks of halloumi. The salt in the cheese reacts with the aluminium in the Trangia pan and makes the cheese go slightly grey on the outside but it doesn't taste.

(Once the halloumi is done, enjoy your starter with some more port or whisky).

For the main course, spoon some of the couscous and vegetables into a chapati, and enjoy. Repeat until full, or the couscous runs out.

USEFUL HINT

UK supermarkets do a nice little pack with green olives, feta and garlic – but remember to seal them well - oily olives and rucksacks do not mix, as learnt from experience!

LENTIL BOLOGNESE

INGREDIENTS

Pasta
Dried lentils
1 pack sundried tomatoes (ca. 75g)
(other dried vegetables)
Mixed herbs
Olive oil

PREPARATION METHOD

Soak the lentils in water for a few hours before cooking.

Put the soaked lentils in the pot and heat them up. Add the olive oil, the dried vegetables and the herbs and stir it well.

Cook the pasta and when it's done mix it with the lentils.

USEFUL HINTS

Capellini d'angelo (angel hair) is a very thin type of pasta and cooks pretty quickly.



LAZY FISH

INGREDIENTS

1 tin of smoked salmon
1 carrot
1 small tin of corn
1 cup of rice
1 clove of garlic
Dehydrated green beans
½ a cup of water
Salt
Pepper

PREPARATION METHOD

Chop the garlic finely. Cook the rice in a large pot and add the garlic and a small amount of pepper.

Prepare the beans according the instructions on the bean packet.

Slice the carrot in very thin strips and add them to the beans with a little bit of salt. Heat them in a pot.

Open the salmon tin and the corn tin and drain a small amount of liquid to avoid overflowing.

Add the salmon and the corn to the beans and mix it up and serve it with the rice.



SPICY DAL AND RICE

INGREDIENTS

Rice
Dried lentils
Fresh ginger
1 clove of garlic
Bay leaves
(Curry leaves)
Cinnamon
Turmeric
Cumin
Garam masala
Chilli flakes
Salt

PREPARATION METHOD

Soak the lentils in water for a few hours before cooking.

Put the soaked lentils in the pot and heat them up. Add the ginger, garlic, salt and the herbs and stir it well.

Cook the rice and when it's done mix it with the lentils.

USEFUL HINT

Instead of fresh garlic you can also use dried.



ROSIE'S RISOTTO

INGREDIENTS

Risotto rice
1 red onion
1 courgette
1 green pepper
A handful of prawns
1 pack of mushrooms
1 package of vegetable stock
Water

PREPARATION METHOD

Chop the onions, the courgette, the green pepper, the mushrooms and the prawns and fry them in the pan.

Cook the risotto rice in the vegetable stock and let it cook until the rice is done.

Add the vegetables and prawns to the risotto and spice it with the green pepper.

BREAKFAST SCRAMBLE

INGREDIENTS

1 egg per person
1 onion
1 green pepper
Mushrooms
Bacon or sausage
Grated cheese

PREPARATION METHOD

Start by dicing the onion, green pepper, mushrooms and the bacon or sausage.

Cook the bacon and add the vegetables.

Beat the eggs and add to the pan with the grated cheese. Allow the eggs to cook through so they set and then serve.

GERMAN CHEESE SPATZLE

INGREDIENTS

Pre-cooked Spätzle
Lardons (small fried pieces of pork or other meat)
1 red onion
1 block of cheese
1 pack of mushrooms

PREPARATION METHODS

Chop the lardons into small pieces (to get the authentic German feeling).

Fry the onion, the mushrooms and the lardon pieces in a pot. Add the Spätzle and wait till everything's hot.

Add the cheese and stir until the cheese has melted.

USEFUL HINT

If Spätzle (typical German type of pasta) is not available, you can also make it with any other type of pasta.



CAMP KEBABS

INGREDIENTS

3 tbsp (tablespoons) cooking oil
2 tbsp soy sauce
1 tbsp Italian salad dressing
1 tsp (teaspoon) garlic powder
1 lb (500g) sirloin steak
1 onion
1 red or green pepper
1 tomato
Skewers

PREPARATION METHOD

Combine the spice and liquid ingredients in a plastic bag. Chop the steak into small pieces and add it to the marinade. Cool it for about 3 hours.

Chop the vegetables and place them on skewers with the meat.

Grill for 15 minutes.

PASTA AL BRYAN

INGREDIENTS

Salami
Pasta
Tomatoes
Mascarpone cheese

PREPARATION METHOD

Chop the salami and the tomatoes in small pieces. Fry the salami in the pan and add the tomatoes and the mascarpone after a while.

Cook the pasta and when it's done mix it with the mascarpone sauce.

CHICKEN & VEGETABLES (DONE IN FOIL)

INGREDIENTS

Chicken breast
2 carrots
1 potato
1 Onion
3 tbsp (tablespoons) of butter
Seasoning
Rice
Aluminium Foil

PREPARATION METHOD

Chop the carrots, the potato and the onion into large slices.

Put the chicken breast in the centre of some aluminium foil and place the vegetables around the chicken.

Put the butter and the seasoning onto the vegetables.

Bring sides of the foil together and make 3 to 4 folds until the foil can no longer be folded. Fold the ends the same way.

Place onto hot coals for 15 minutes then flip over for another 15 minutes until the chicken is done.

Cook the rice and serve it with the chicken and the vegetables.

USEFUL HINTS

Boneless, skinless chicken works best.



BARBECUE BEEF

INGREDIENTS

1 lb (500g) ground minced beef
Hamburger buns
1 bottle of ketchup
1 onion
1 clove of garlic
1 green pepper
Salt
Pepper

PREPARATION METHOD

Fry the ground beef in the pan and pour off the grease.

Add the onion, the garlic and the brown pepper and cook until the onion is transparent.

Add ketchup until you get a good consistency and spice with salt and pepper.

Simmer for 10 minutes and serve on hamburger buns.



CAMPSITE HASH

INGREDIENTS

Potatoes
Bacon
2 eggs
Milk or water
Salt
Pepper

PREPARATION METHOD

Fry the bacon in a pan until it's crunchy. Take it out of the pan and crumble it.

Slice the potatoes and spice them with salt and pepper. Cook them until they're done.

Add the crumbled bacon back into the potatoes.

Whisk up the eggs with a little milk or water, add it to the potatoes and cook it until it's done.

USEFUL HINTS

Instead of fresh potatoes you can also use frozen hash browns.



CHILLI

INGREDIENTS

1 lb (500g) minced beef
1 large onion
1-2 tsp (teaspoons) of hot chilli
1 tsp paprika
1 tsp oregano
1 tsp cumin
1 clove of garlic
1 tin of chopped tomatoes
1 tin of red kidney beans or baked beans
1 red and 1 green pepper
Crusty bread

PREPARATION METHOD

Brown the minced beef then remove it from the pan, just leaving the oil in the pan that has come out of the beef.

Chop the onion and soften in the oil. Drain off any excess oil and add the beef, the various spices and tinned tomatoes.

Remove the seeds from the peppers, dice the flesh and add to the pan. Leave to simmer for half an hour.

Drain the red kidney beans and add them to the pan. Leave to simmer for a further 20 minutes and serve with bread.



FAST FISH IN FOIL

INGREDIENTS

Fillets of white fish
Dressing to taste
Onions
Peppers
Broccoli
Rice
Aluminium foil

PREPARATION METHOD

Place the fish on tin foil and lightly brush the fish with your choice of dressing.

Chop the onions, the peppers and the broccoli and place them around the fish. Wrap the foil around the fish and the vegetables tightly.

Cook the rice and place the fish on hot coals for 20 to 30 minutes. Serve it with the boiled rice.



STEW

INGREDIENTS

1 ½ lb (750g) beef steak
1 bag baby carrots
4 medium potatoes
1 white onion
Water
4 celery stalks
3 beef bouillon cubes
2 packs brown gravy mix
Salt
Pepper

PREPARATION METHOD

Cut the meat into small pieces and brown it in a pot until it's about medium rare.

Chop up the potatoes, carrots, onion and celery and throw it all in the pot.

Fill it with water until it's about a half inch over the ingredients.

Add both packs of brown gravy mix and your bouillon cubes.

Mix it all up well, bring it to a boil and let simmer for about 30 minutes

Spice it with salt and pepper.



MARINE'S PASTA

INGREDIENTS

2 shallots
5 cloves of garlic
1 tsp of oil
1 tin of chopped tomatoes
1 tin of tuna
Pasta
Mixed herbs

PREPARATION METHOD

Chop up the shallots and cloves of garlic and fry them in the pan. Add some herbs and mix it.

Add the chopped tomatoes and the tuna.

In the meantime boil some water and cook the pasta. Once the pasta is done pour the sauce over the pasta.

NAAN BREAD

INGREDIENTS

½ kg plain flour
½ tsp of baking powder
120 ml milk
2 tbsp oil, plus some extra for greasing
Salt

PREPARATION METHOD

Mix the flour with the baking powder and some salt. Add the milk and oil and knead to a dough.

Ball the dough and roll it out to desired shape.

Place loafs under a hot grill for about 5 minutes and turn it until it is golden brown.

FUNKYDUC'S CURRY

INGREDIENTS

(serves 3-4)

2 shallots or onions
5-6 cloves of garlic
2 tsps of oil or butter
Thai red curry paste
a can of tinned spinach (or fresh spinach if possible)
a few potatoes
a tin of chick peas
vegetable stock cube
cardamom pods

PREPARATION METHOD

Chop up the shallots/onion and cloves of garlic and fry them in the oil. Add the curry paste and mix.

Chop the potatoes into bite-sized chunks, boil some water and part-cook the potato pieces. If using fresh spinach, wilt the spinach in a dry pan.

Add the potatoes and spinach to the mix.

Make up one litre of vegetable stock (you can use the water from boiling the potatoes), drain the chick peas and add both + some cardamom pods to the mix.

Heat through and enjoy!

HASSE'S ENERGY-KICK "JAGERSNUS"

(not actually a Trangia recipe, but an outdoor essential nevertheless!)

INGREDIENTS

Chunks of dark chocolate
Raisins
Optional extra: mixed nuts and/or other dried fruit

PREPARATION METHOD

Break the chocolate into pieces. Mix together in a bag with raisins, etc. Keep handy for a mood-boosting snack when energy levels are getting low and everyone's getting grumpy.

GENERAL HINTS

- Use re-sealable zip-lock bags that you can use again for transporting your food.
- If you use water in your recipes, pour some of it into the plastic bags the other ingredients were stored in to get any residual oils or spices that might be left behind. It will make your meal that much tastier.
- Don't open canned food until you need them, because the goods will keep longer. After cooking, wash all containers and take them back with you to recycle.
- Use a permanent marker to label the plastic bags, because nothing's worse than not knowing what's in your bags!
- If camping in cold weather, you can wrap the hot pan up in a non synthetic top or sleeping bag to retain the heat.



THANK YOU ALL FOR YOUR SUPPORT
IN CREATING THIS RECIPE BOOK
AND ENJOY YOUR NEXT TRIP TO THE OUTDOORS!

RESOURCES

- www.campingexpert.co.uk/CampingRecipesCategory.html
- www.go-camping.org/cooking/cooking-recipes.html
- Photos: Euan Turner/DMh Photos

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