

Hi

Here's a draft of some of the recipes you'll be cooking during Jamboree Denmark 2026. We hope you and your group will use and test the recipes until we meet next year.

During the jamboree, you'll have two recipes to choose from every day except for the last day. Besides these eight recipes, you'll find an additional one in info package 1. Do try that one before the jamboree as well.

All the recipes are still drafts and you may see newer versions when the jamboree begins.

Happy cooking.

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Quesadillas – 10 servings

Quesadilla is a Mexican dish comprising of a tortilla filled with cheese and vegetables. The tortilla is folded in half and fried on a pan or grate until the cheese has melted, and the tortilla is crisp. The tortilla is usually cut into triangles and served with dip.

In short: it's a Mexican 'grilled cheese sandwich' using a tortilla instead of toast.

Utensils

- 3 cutting boards
- 4 big bowls
- 2 medium bowls
- 1 small bowl
- 1 pan or cooking grate
- 1 tablespoon
- 1 teaspoon
- 1 grater

Ingredients

- 25 big corn tortillas
- 500 g mild salsa
- 750 g spinach
- 3 cans of corn containing 285g each
- 500 g grated cheddar cheese
- 1 tsp. salt
- 1 tsp. pepper

Vegetable sticks

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

Tomato dip

- 250g crème fraiche, 18%
- 3 Tbsp. ketchup
- 1 tsp. paprika
- 0.5 tsp. salt
- 0.5 tsp. pepper
- 1 clove of grated garlic

1. Ready vegetable sticks:

- Wash the vegetables and cut them into sticks.

2. Mix tomato dip:

- Mix crème fraiche, ketchup, paprika, salt, pepper, and some of the grated garlic in a small bowl.

3. Prepare quesadillas:

- Put a thin layer of salsa on a tortilla.
- Add fresh spinach, corn, and grated cheddar cheese on top.
- Season with salt and pepper to taste.
- Fold the tortilla in half.

4. Cook quesadillas:

- Fry the tortillas on a warm, dry pan for 3-4 min. on each side until they're crisp and the cheese has melted.

You can also grill the tortillas on a cooking grate above embers.

5. Serve

- Cut the quesadillas in triangles and serve them hot with vegetable sticks and tomato dip.

Creamy ‘spicy’ pasta – 10 servings

This dish is the team leader of the cookbooks personal favourite. It's creamy and filling. You can easily adjust the spiciness according to your wishes. If you don't want it spicy add all, you can replace the chili with paprika.

Utensils

- 3 cutting boards
- 3 knives
- 1 metric measuring cup of 1 dl
- 1 big pot with lid
- 1 medium pot with a lid
- 2 big bowls
- 1 medium bowl
- 1 stirring spoon
- 1 teaspoon
- 1 tablespoon

Ingredients

- 1 kg spaghetti (save some of the pasta water, approx. 0,5-1 dl)
- 2 tbsp. salt for the pasta water
- 0.5 l cooking cream, 5%
- 4 dl water
- 2 tups of cream cheese
- 15 spring onions
- 700 g mushrooms
- 700 g edamame beans
- 700 g asparagus
- 1 tsp. salt
- 1 tsp. pepper
- 2 tsp. chili flakes. You can also adjust the spiciness by replacing the flakes with paprika and then servicing the chili flakes on the side for the ones who like spicy

Salad

- 2 cauliflowers
- 15 apples
- 400 g crème fraiche 18%
- Lemon juice
- 2 tbsp. sugar
- 1 tbsp. salt
- 1 tbsp. pepper

1. Make the salad:

- Cut the cauliflower into florets.
- Remove the apple core and dice them.
- Mix a dressing of crème fraiche, lemon juice, sugar, salt, and pepper in a big bowl.
- Add cauliflower and apples to the bowl and mix it all.

2. Boil pasta:

- Boil the pasta in plenty of salted water as instructed on the pasta package.
- Save some of the pasta water when the pasta is done in a different bowl before discarding the rest.

3. Prepare vegetables:

- Slice mushrooms.
- Cut spring onions into thin rings and asparagus into 2-3 cm pieces.

4. Make the sauce:

- Sauté mushrooms in a medium pot until they change colour.
- Add spring onions and sauté for 2 min.
- Add asparagus and edamame beans and sauté for 2 min.
- Add cream, cream cheese, and spices, and stir until the cream cheese has merged with the cream.
- Adjust the sauce using the saved pasta water if the sauce is too thick, and let it boil a couple of minutes. Be mindful of the heat so it won't burn.

5. Serve:

- You can either mix the pasta and sauce in the pot or serve it separately.
- Serve with the cauliflower and apple salad.

Fried pearl barley and soft-boiled eggs – 10 servings

Fried pearl barley is a variation of fried rice, which is a classic dish found in Asian cuisine.

Utensils

- 2 big pots, or 1 wok and 1 big pot with lid
- 1 small pot with lid
- 3 cutting boards
- 3 knives
- 1 sieve
- 1 potato peeler
- 1 metric measuring cup of 1 l.
- 2 stirring spoons
- 1 grater
- 1 teaspoon
- 1 tablespoon

Ingredients

- 3 tbsp. oil for frying
- 400 g mushrooms
- 3 onions
- 1 kg barley pearls
- 2 tbsp. salt
- 3 l of water
- 8 carrots
- 1 hispi cabbage
- 5 spring onions
- 300 g peas
- 3 tsp. pepper
- 2 tbsp. basil
- 10 tbsp. soya
- 10 big eggs

1. Boil pearl barley:

- Cover the pearl barley with salted water in a pot and boil for 20 min. until tender.

Keep an eye on the pot as you may need to add additional water if it runs out.

- When tender, use the sieve to remove any additional water and set the pearl barley aside.

2. Boil eggs

- Boil the eggs for approx. 6 min. so they're soft-boiled.
- Pour the water from the eggs and add cold water.
- Peel the eggs and set them aside.

Tip: You can also replace boiled eggs for fried eggs.

3. Prepare the vegetables

- Wash all vegetables.
- Slice mushrooms.
- Peel carrots and cut them into matchsticks.
- Peel and dice the onions.
- Cut spring onions into small rings, use both the green and white part.
- Cut the hispi cabbage into matchsticks.

4. Sauté vegetables

- Heat oil in a big pot or wok.
- Sauté mushrooms so they're nicely brown.
- Add onion and sauté until tender and transparent.
- Add carrots and hispi cabbage and sauté until tender.
- Add the boiled pearl barley and the peas.
- Sauté everything for 4-5 min. while you keep stirring.

5. Season

- Add spring onions, soya, salt, pepper, and basil.
- Taste and season additionally if needed.

Tip: add a bit of chili for extra flavour

6. Serve

- Serve the dish with the soft-boiled eggs on top. The soft yoke makes the dish creamy and delicious.

Anicia Bolognese - 10 servings

Anicia bolognese is a variation of the classical Italian bolognese.

Utensils

- 2 big pots with lids
- 1 sieve
- 1 grater
- 3 cutting board
- 2 knives
- 1 potato peeler
- 3 big bowls
- 1 small bowl
- 1 metric measuring cup of 1 l
- 2 stirring spoons

Ingredients

- 3 onions
- 8 carrots
- 2 squashes
- 400 g mushrooms
- 4 cloves of garlic
- 3 tbsp. dried thyme
- 1,5 tbsp. dried rosemary
- 4 cans of chopped tomatoes
- 0.5 - 1 l vegetable stock
- 600 g Anicia lentils
- 2.5 dl cream 15%
- 70 g tomato pure
- 3 tbsp. oil
- 2 tsp. salt
- Pepper to taste
- 1 kg pasta
- 2 tbsp. salt for the pasta water
- 150 g parmesan

1. Ready vegetables:

- Wash all vegetables and peel the carrots.
- Grate carrots and squashes.
- Slice mushrooms.
- Finely chop onion and garlic.

2. Rinse lentils:

- Rinse the lentils thoroughly with cold water and set the lentils aside.

3. Cook lentil bolognese:

- Put oil in a pot and heat it up.
- Add onions and sauté until tender and transparent.

- Add tomato paste, carrots, squash, mushrooms, garlic, thyme, and rosemary.
- Sauté for 1 min.
- Add chopped tomatoes, 0.5 l vegetable stock, lentils, and cream.
- Stir thoroughly, put a lid on, and let the bolognese simmer for 30 min.

4. Boil pasta:

- While the bolognese simmers, boil the pasta according to the instructions on the packaging.

5. Finish the dish:

- Season bolognese with salt and pepper.
- Let it simmer for additionally 15-20 min. or until the lentils are tender.
- Add extra vegetable stock if the bolognese is too thick.

7. Serve:

- Serve the bolognese with boiled pasta and drizzle parmesan on top.

Quinoa balls with cold potato salad - 10 servings

Crispy and tasty quinoa balls with beetroot and herbs served with creamy and fresh cold potato salad with peas and beans. It's a colorful, filling vegetarian dish that both children and adults enjoy.

Utensils

- 2 big pots
- 2 potato peelers
- 2 graters
- 3 cutting boards
- 2 big bowls
- 1 teaspoon
- 1 tablespoon
- 3 knives

Ingredients

Quinoa balls

- 7 dl quinoa
- 4 beetroots
- 4 onions
- 4 cloves of garlic
- 4 tbsp. ground ginger
- 4 dl wheat flour
- 2 dl oat
- 5 tsp. curry
- 2 cubes of vegetable stock
- 1 tsp. salt
- 8 eggs
- 2 dl fresh herbs (e.g. estragon, parsley or basil)
- 1-2 dl oil

Cold potato salad

- 2.5 kg potatoes
- 250 g peas
- 250 g edamame beans
- 5 dl crème fraîche 18%
- 5 tbsp. mayonnaise
- 2 tsp. sugar
- 1 tbsp. mustard
- 2 handful of fresh parsley
- 1-2 tsp. salt
- 1 tsp. pepper

1. Boil quinoa and potatoes:

- Boil the quinoa in salted water until tender.
- Wash, peel, and boil the potatoes for the cold potato salad in lightly salted water and set aside to cool.

2. Ready quinoa balls:

- Wash and ready all vegetables.

- Peel and grate beetroot. Squeeze as much liquid out of the grated beetroot as possible. Use your hands and a sieve or a clean dish cloth that may be stained by the beetroot.
- Chop the onions.
- Finely grate ginger and garlic.
- Chop the herbs.
- Mix beetroot, onion, garlic, ginger, herbs, and boiled quinoa in a big bowl.
- Add flour, oat, curry, salt, and egg. Mix thoroughly.
- Let the mixture rest for 15 min.

3. Make the potato salad:

- Mix a dressing using crème fraiche, mayonnaise, mustard, sugar, salt, and pepper. Season to taste using the spices.
- Cut the cold potatoes into cubes and mix with the dressing, peas, and edamame beans.
- Sprinkle with chives before serving the salad.

4. Cook the quinoa balls:

- Make small balls of the quinoa ball mixture and place them on a hot pan. Let them cook nicely crisp on both sides.

Chili sin carne - 10 servings

A warm and spicy vegetarian chili dish with lots of greens and great taste. It's served with bulgur and great toppings and is perfect for communal dining.

Utensils

- 2 big pots of 8 l with lids
- 2 stirring spoons
- 3 cutting boards
- 3 knives
- 2 teaspoons
- 3 tablespoons
- 2 graters
- 1 metric measuring cup of 1 l.
- 1 colander or sieve

Ingredients

- 4 tsp. ground cumin
- 2 tsp. ground cinnamon
- 4 tsp. ground cilantro
- 2 tsp. ground paprika
- 1 tsp. chili flakes
- 5 onions
- 5 cloves of garlic
- 2 squashes
- 2 eggplants
- 2 cans of 70 g tomato paste
- 3 cans of chopped tomatoes
- 5 dl. vegetable stock
- 4 cans of kidney beans
- 80 g dark chocolate
- 3 tbsp. oil
- 1 tsp. salt
- 1 tsp. pepper
- 1 kg. bulgur
- 2 tbsp. salt

- 300 g tortilla chips
- 250 g crème fraîche, 18 %
- Chili flakes

1. Prepare vegetables and bulgur:

- Wash all vegetables.
- Grate squash and eggplant.
- Chop garlic and onion.
- Boil approx. 3 l of water in a pot. When boiling, remove the pot from the heat.
- Add bulgur and 2 tbsp. salt to the water. Stir thoroughly and put a lid on. Let it rest for 20 min.
- Taste the bulgur and remove excess water when tender.

2. Make chili sin carne:

- Add cumin, cinnamon, smoked paprika, and chili flakes in a dry pan and roast them for a couple of minutes until you can smell the spices.
- Move the pot to the side of the fireplace to lower the heat.
- Add oil, garlic, and onion, and sauté until tender.
- Add squash, eggplant, chopped tomatoes, tomato paste, and vegetable stock to the pot. Put a lid on and let it simmer for 30 min.
- If the chili sin carne is too watery, let it simmer additional 10 min. without a lid on.
- Add the beans and keep it on the heat for additionally 5 min.
- Remove the pot from the fire and stir in half the chocolate.
- Season to taste using the remaining chocolate, salt, pepper, and potentially chilli.

3. Serve:

- Serve with bulgur, crème fraiche, tortilla chips and, if desired, chili flakes.

Halloumi steaks with potatoes and herp dip – 10 servings

Halloumi is a semi-hard cheese that keeps its shape when you grill it. Halloumi has become popular across the world, especially in vegetarian and middle eastern dishes, as it's very filling and has a unique, chewy, and crisp texture when cooked.

Utensils

- 3 big bowl or 2 big bowls and a big food grade washing-up bowl
- 3 graters
- 2 sieves or colanders
- 1 clean dish cloth
- 3 cutting board
- 3 kitchen knives
- 2 paring knives
- 2 medium bowls
- 2 big pans
- 2 spatulas
- 2 pans
- 1 big pot with a lid

Ingredients

Steaks

- 10 carrots
- 2 squashes
- 1 kg halloumi cheese
- 2 cans of navy beans
- 5 spring onions
- 2 tbsp. basil
- 2 tbsp. thyme
- 5 eggs
- 5-10 tbsp. breadcrumbs
- Oil for frying
- 1 tsp. pepper

Potatoes

- 3 kg potatoes
- 2 tbsp. salt

Dip

- 500 g crème fraiche 18%
- 125 g mayonnaise
- 5 tbsp. mustard
- 2 handful of fresh parsley
- 2 handful of fresh chives
- 1 clove of garlic
- 0.5 tsp. salt
- 0.5 tsp. pepper

1. Boil potatoes:

- Wash potatoes and boil until tender in salted water.
- Drain and set aside to cool down.

2. Ready vegetables:

- Wash, peel, and grate carrots.
- Wash and grate squash.
- Put the grated vegetables in a sieve or colander and distribute the 0.5 - 1 tsp. salt on top.
- Let it rest for 5-10 min. to remove excess liquid.
- Squeeze as much liquid from the vegetables as possible using a clean dish cloth or your hands.

3. Make halloumi steaks:

- Mash navy beans with a fork.
- Grate halloumi and mix it with the beans, the grated vegetables, chopped spring onions, and herps.
- Add whipped eggs and stir thoroughly.
- Add 5-10 tbsp. breadcrumbs and mix it all. If the mixture is still too wet, add more breadcrumbs.
- Shape 10-15 steaks, each 1 cm thick.
- Grill steaks with oil in a hot pan for 5 min. on each side. They're done when golden and firm.

4. Make dip:

- Chop fresh herps and mix with mayonnaise, mustard, crème fraiche, garlic, salt, and pepper.

5. Prepare potatoes:

- Fry the boiled potatoes so they become crisp in a pan with oil.

Tip: If you're in a hurry, serve the potatoes without frying them and with dip. You can also mix the boiled potatoes with pesto.

6. Serve:

- Serve the halloumi steaks with fried potatoes and fresh herp dip.

Bean Burritos – 10 servings

Tasty and filling burritos with spicy bean stuffing and fresh vegetables – perfect for every day and when camping.

Utensils

- 3 cutting boards
- 3 knives
- 1 big pot
- 1 can opener
- 1 stirring spoon
- 1 grater
- 4 medium bowls
- 1 grill grate

Ingredients

- 20 big tortillas (corn)
- 5 big onions
- 5 cans of chopped tomatoes
- 2.5 cans of kidney beans
- 7.5 tsp. ground cumin
- 7.5 tsp. ground cilantro
- 2.5 tsp. ground cinnamon
- 125 g chocolate
- Chili to taste
- Salt to taste
- Sugar to taste

Sides

- 2 hispi cabbages
- 5 dl crème fraiche
- 8 carrots
- 2 cucumbers

1. Make bean stuffing:

- Finely chop onion and fry them in a pan with oil on medium heat.
- Add spices and roast for 1-2 min.
- Add chopped tomatoes and dark chocolate.
- Drain and rinse kidney beans and add them to the stuffing.
- Season to taste using salt, sugar, and chili.
- Put a lid on the pot and let it simmer for 20-30 min. Stir continuously and if too watery remove the lid and simmer for longer.

2. Ready the vegetables:

- Wash all vegetables
- Finely chop the cabbage, peel and grate the carrots, and dice the cucumber.
- Put it in separate bowls and set it aside.

3. Heat and assemble burritos:

- Heat the tortillas on a dry pan or grate.
- Assemble them using the bean stuffing, the hispi cabbage, carrots, and cucumber.
- Fold the sides into the middle and roll it tightly.