

# THE COOKBOOK

SPEJDERNES LEJR

2026

HEDERLAND NATURPARK



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# WELCOME AND BON APPÉTIT

A great many hours of voluntary work have gone into developing a cookbook for Jamboree Denmark 2026, and more than 100 scout and guide groups participated in testing the recipes during the summer of 2025.

The recipes were created in line with the jamboree executive committee's decision that at Jamboree Denmark 2026, we'll make conscious choices regarding the climate and the environment.

This is a decision we believe aligns with the Scout Law's promise to protect nature — addressing one of the concerns that children and young people take seriously. In 2024, the analysis bureau Epinion conducted a study for Denmark's Radio about whether children and young people in Denmark are worried about the climate. 27 % of the surveyed children aged 9-14 indicated that they worry about the climate at least once a week.

At Jamboree Denmark 2022, it was feeding the 30,000 participants and volunteers that contributed the most to the jamboree's carbon emissions. Therefore, for evening meals, we've chosen to replace meat with other protein-rich ingredients like beans and halloumi. All recipes are designed to be cooked over an open fire and align with the Danish Food Safety Authority's official dietary guidelines, which emphasise a varied and plant-rich diet.

We hope the cookbook's recipes inspire both children, young people and adults to eat more sustainably at the jamboree and at home, providing everyone with 15 dinner recipes where taste, fullness and greater consideration for the climate and environment are central.

Enjoy — and bon appétit

On behalf of the Jamboree Executive Committee,  
Marie and Cecilie, Jamboree Chiefs

# HYGIENE WHEN COOKING AT THE JAMBOREE

Good hygiene at the jamboree is crucial for a safe and healthy eating experience, helping us all avoid stomach issues and illness. Cooking often occurs under more basic conditions than at home, making it vital to be mindful of basic hygiene practices.

## **THE WASHBASIN IS ESSENTIAL**

Always wash hands thoroughly with soap and water before cooking, after using the toilet, and if you've touched anything dirty. Use a small nail brush to clean underneath the nails. If running water isn't available, use a bucket with clean water and soap, then rinse with fresh water.

## **PERSONAL HYGIENE AND COOKING ARE INTERCONNECTED**

Tie up long hair and roll up long sleeves. Cover any wounds on your hands. If you're unwell, avoid taking part in cooking.

## **VEGETABLES MUST BE WASHED THOROUGHLY**

Wash all vegetables carefully in clean water, whether they are to be eaten raw or cooked. Soil and bacteria from peels and leaves can transfer to food. Use a brush for root vegetables and rinse salad multiple times.

## **KEEP TOOLS AND SURFACES CLEAN**

Wash cutting boards, knives, and other utensils with hot water and soap between uses, especially after contact with soil-covered vegetables.

By upholding high hygiene standards, we look after each other and ensure that meals enhance the jamboree experience.

# WHY IS IT IMPORTANT TO TASTE FOOD?

When cooking, ensuring the food tastes great is key. This involves not just following a recipe but also using our taste buds to adjust the flavour as we go. It helps us achieve the perfect balance in the dish.

## WE HUMANS CAN TASTE FIVE BASIC FLAVOURS



When tasting food, you can adjust with a pinch of salt, a splash of lemon, or a touch of sugar, depending on what the dish needs. This makes the difference between food that is just 'okay' and food that tastes very good.

Remember: It's normal not to perfect the taste the first time, which is why we should always taste, adjust, and taste again!



Tips and flavour wheel are provided by  
Dagrofa Foodservice - your professional food partner

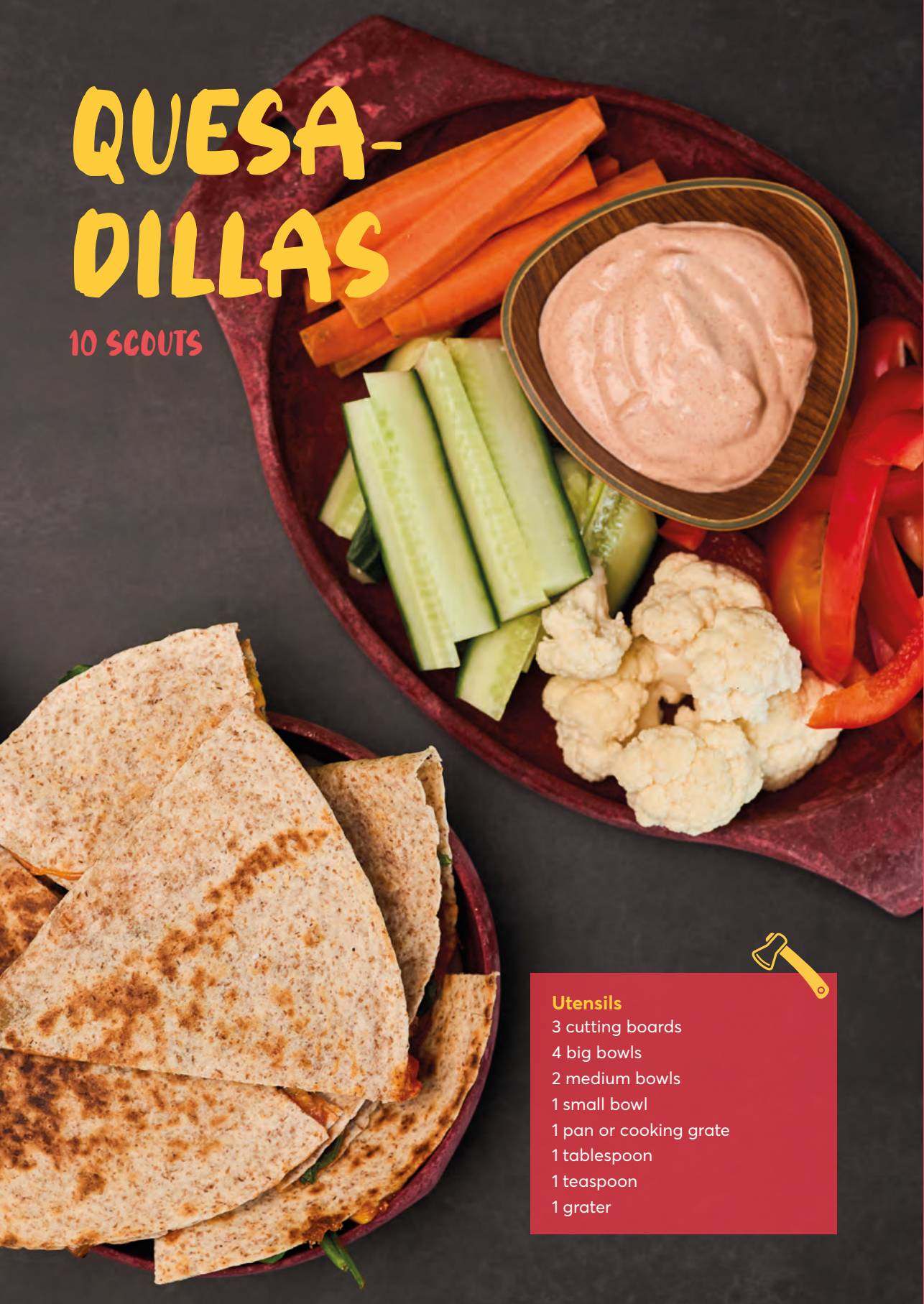


# MAIN DISHES

15 main dishes where taste, fullness,  
climate and environment are in focus.

# QUESA-DILLAS

10 SCOUTS



## Utensils

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

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.



## INGREDIENTS

25 big corn tortillas  
500 g mild salsa  
750 g spinach  
3 cans of corn containing 285 g 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

250 g crème fraîche, 18%  
3 tbsp. ketchup  
1 tsp. paprika  
0.5 tsp. salt  
0.5 tsp. pepper  
1 clove of grated garlic

## 01 READY VEGETABLE STICKS:

• Wash the vegetables and cut them into sticks.

## 02 MIX TOMATO DIP:

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

## 03 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

## 04 COOK QUESADILLAS:

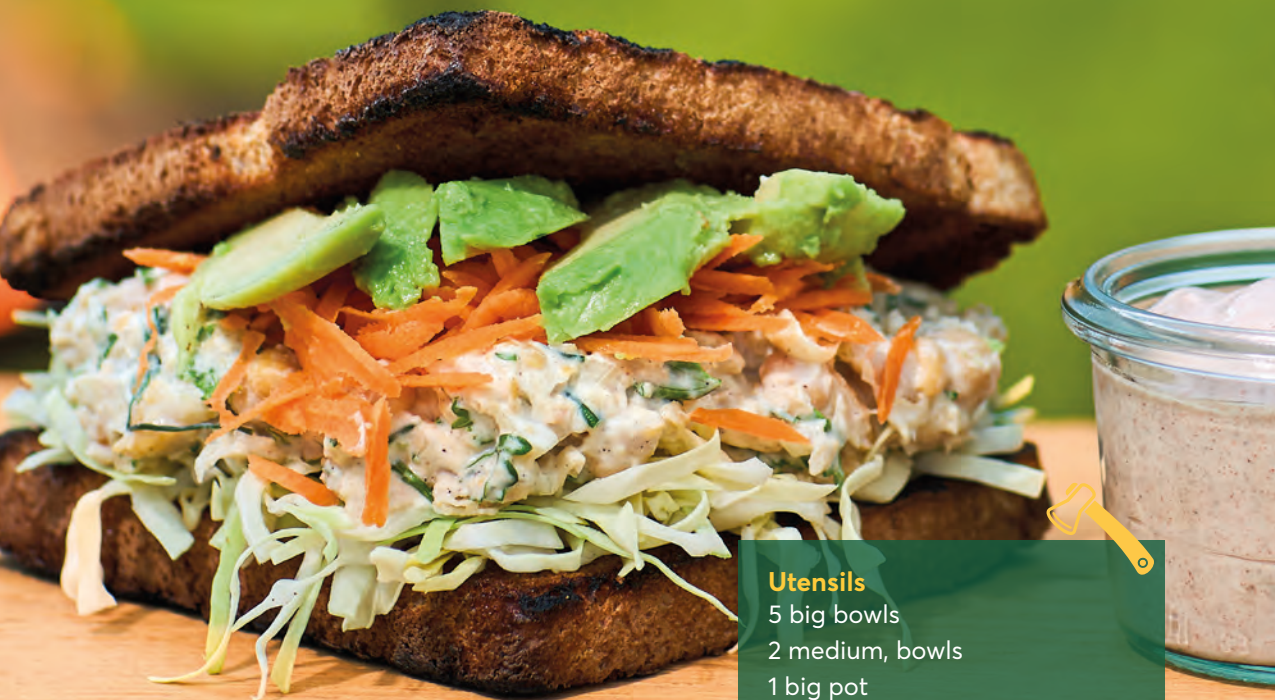
• Fry the tortillas on a warm, dry pan for 3-4 min. on each side until they're crisp and the cheese has melted. You can also grill the tortillas on a cooking grate above embers.

## 05 SERVE:

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

# CHICKPEA SANDWICH W/ VEGETABLE STICKS

10 SCOUTS



## Utensils

5 big bowls  
2 medium, bowls  
1 big pot  
3 cutting boards  
1 freezer bag  
3 knives  
1 teaspoon  
1 tablespoon

Delicious sandwich that can be made without a fireplace



## INGREDIENTS

40 slices of toast  
3 avocados  
8 carrots  
1 hispi cabbage

## CHICKPEA SALAD

6 cans of chickpeas  
3 medium-sized onion  
2 dl parsley  
2 dl chives  
3 dl mayonnaise  
2 dl crème fraîche 18%  
2 tbsp. lemon juice  
1 tbsp. mustard  
2 tsp. salt  
1 tsp. pepper

## TOMATO DIP

250 g crème fraîche 18%  
3 tbsp. ketchup  
1 tsp. paprika  
0.5 tsp. salt  
0.5 tsp. pepper  
1 clove of garlic

## VEGETABLE STICKS

2 cucumbers  
6 carrots  
1 cauliflower  
4 bell pepper

## 01 READY VEGETABLE STICKS AND DIP:

- Wash and cut vegetables into sticks. Consider peeling the carrots.
- Mix the dip using crème fraîche, ketchup, paprika, salt, pepper and a bit of garlic.

## 02 PREPARE FILLING:

- Remove liquid from chickpeas and rinse thoroughly.
- Remove shells from the chickpeas as much as possible.
- Finely chop hispi cabbage and avocado in thin slices. Peel and cut carrots.
- Finely chop onions, chives and parsley.

## 03 MAKE CHICKPEA SALAD:

- Put chickpeas into a bowl or pot and roughly mash them with a fork. Alternatively, you can use a freezer bag and mash them using your hands. It's okay that some chickpeas stay whole. It improves texture.
- Add the remaining ingredients and mix thorough.
- Season to taste with salt and pepper.

## 04 ASSEMBLE SANDWICH:

- Stack hispi cabbage, chickpea salad, carrots, and avocado between 2 slices of toast.

## 05 SERVE:

- Serve with vegetable sticks and homemade dip.

# MAC AND CHEESE W/ SUMMER GREENS

10 SCOUTS



## Utensils

- 3 big bowls
- 1 big pot
- 2 cutting boards
- 2 knives
- 1 stirring spoon
- 1 tablespoon
- 1 teaspoon

Mac and Cheese is a classical American pasta dish with a creamy cheddar cheese sauce. The dish is loved for its soft, rich and soothing taste. It's real

comfort food. The variant is with summer greens, but you can also enjoy

the dish using other ingredients if you make the dish several times.



## INGREDIENTS

- 400 g pees
- 2 cauliflowers
- 3 tbsp. oil for sautéing
- 1 kg pasta penne (use less water for boiling and no salt as it will boil in bouillon)
- 2.5 l. of water
- 3 cubes of vegetable bouillon
- 7.5 dl cooking cream 15%
- 450 g grated cheddar cheese
- 2 tsp. mustard
- 3 coves of garlic
- 1.5 tsp. nutmeg
- 1 tsp. salt and pepper

## SALAD

- 1 kg carrots
- 1 can of pineapple
- 1 kg. raisins

## 01 MAKE SALAD:

- Wash and peel the carrots. Coarsely grate them.
- Cut the pineapple into bite sizes and save the juice from the can for later.
- Mix the grated carrots with pineapple, a little bit of juice and raisins.

## 02 SAUTÉ CAULIFLOWER AND GARLIC:

- Rinse the cauliflower and cut into bite-sized florets.
- Heat some oil in a big pot.
- Sauté the cauliflower with grated garlic for a couple of minutes so the cauliflower is still chewy. Set it aside.

## 03 BOIL PASTA:

- Add pasta, water and the bouillon cubes to a pot.
- Let it simmer on medium heat, just barely boiling.
- When the water is almost absorbed and the pasta is al dente (add extra water if it's absorbed too fast).

## 04 FINISH THE DISH:

- Add mustard, nutmeg, cooking cream, grated cheddar cheese, cauliflower and pees to the pasta.
- Mix well and let it simmer for 2-3 min. until the cheese has melted.
- Keep an eye on the heat to ensure the dish won't burn.
- Season with salt, pepper and potentially more mustard.

## 05 SERVE:

- Serve Mac and Cheese with the salad.

# CREAMY "SPICY" PASTA

10 SCOUTS



## Utensils

3 cutting boards  
3 knives  
1 metric measuring cup of 100 ml  
1 big pot with lid  
1 medium pot with a lid  
2 big bowls  
1 medium bowl  
1 stirring spoon  
1 teaspoon  
1 tablespoon

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.



## INGREDIENTS

1 kg spaghetti (save some of the pasta water, approx. 50-100 ml)

2 tbsp. salt for the pasta water

0.5 l cooking cream, 5%

4 dl water

2 tubs 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 tsp. salt

1 tsp. pepper

## 01 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.

## 02 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.

## 03 PREPARE VEGETABLES:

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

## 04 MAKE THE SAUCE:

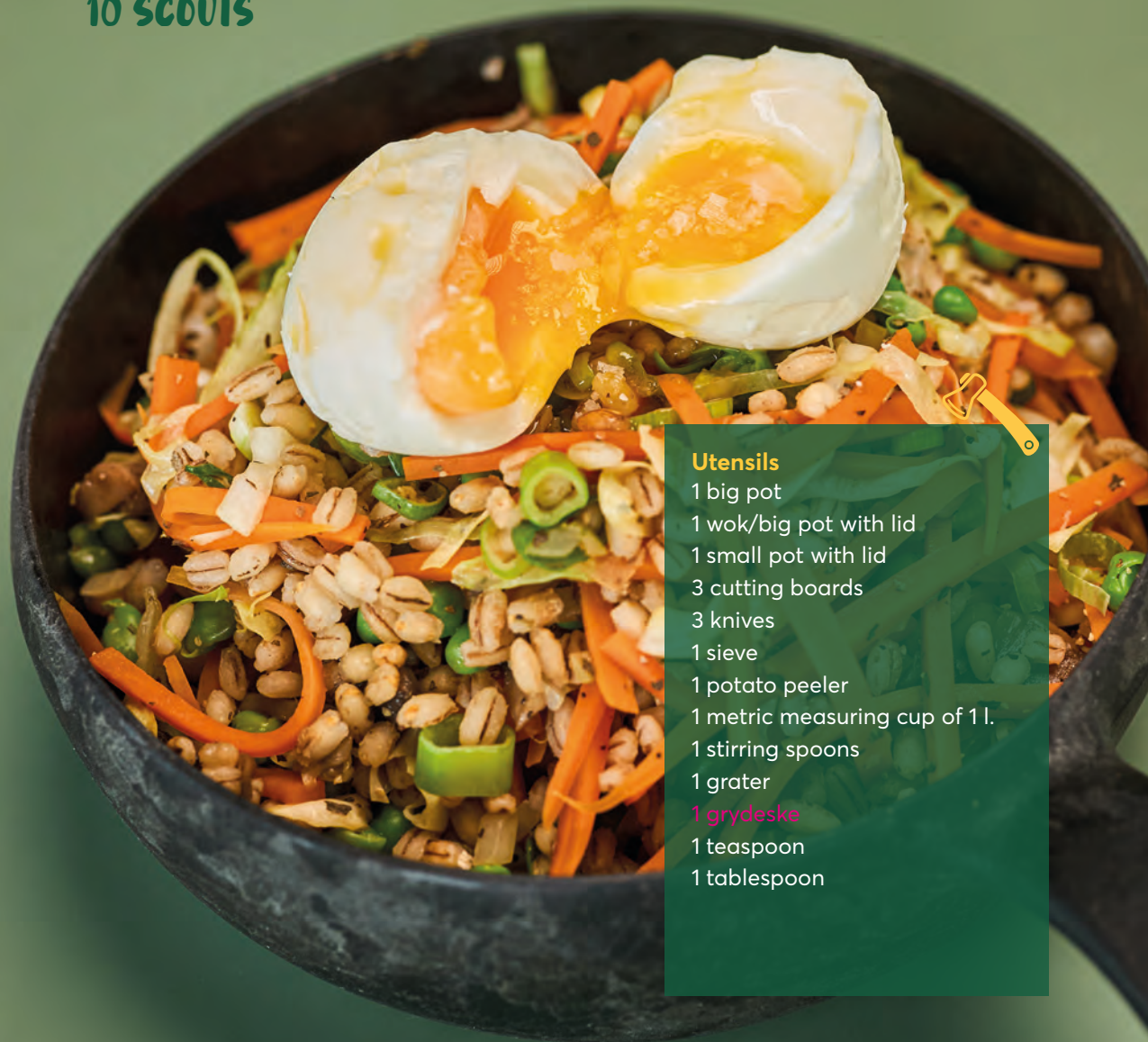
- Sauté mushrooms in a medium pot until they change colour.
- Add spring onions and sauté for 2 min.
- Add asparagus and edamame beans and sauté for 2 min.
- Add cream, cream cheese, and spices, and stir until the cream cheese has merged with the cream.
- Adjust the sauce using the saved pasta water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

## 05 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 W/ SOFT-BOILED EGGS

10 SCOUTS



## Utensils

1 big pot  
1 wok/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.  
1 stirring spoons  
1 grater  
1 grydeske  
1 teaspoon  
1 tablespoon

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



## 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

## 01 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.

## 02 BOIL EGGS

- Boil the eggs for approx. 6 min. so they're soft-boiled.
  - Poor 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.

## 03 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.

## 04 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.

## 05 SEASON

- Add spring onions, soya, salt, pepper, and basil.
  - Taste and season additionally if needed.
- Tip: add a bit of chili for extra flavour

## 06 SERVE:

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

# BARLOTTO

10 SCOUTS



## Utensils

- 1 big pot
- 1 medium pot
- 1 pan
- 1 sieve
- 1 metric measuring cup of 1 l
- 3 cutting boards
- 1 grater
- 1 potato peeler
- 3 knives
- 6 bowls
- 2 stirring spoon

Barlotto is a variation of the Italian dish, risotto. Barlotto is a creamy, filling dish with vegetables. Here, served with a crispy salad.



## INGREDIENTS

- 6 cubes vegetable bouillon
- 800 g mixed mushrooms, e.g. mushroom, Karl Johan, chanterelles and porcini mushrooms
- 3 onions
- 6 cloves of garlic
- 6 carrots
- 3 tbsp. oil for frying
- 1 kg pearl barley
- 6 tbsp. white wine vinegar
- 200 g Grana Padano cheese
- 3 tbsp. butter
- 100 ml fresh thyme
- Salt and pepper

## SALAD

- 1 hispi cabbage
- 2 cucumbers
- 1 can of corn (285g)
- 2 bell peppers
- 5 carrots
- 1 bottle of dressing

## TIP

Use the least amount of water as possible as the mushrooms will absorb water.

## 01 MAKE THE SALAD:

- Finely chop the hispi cabbage.
- Peel and grate the carrots both for the salad and the barlotto.
- Dice or grate the cucumbers and bell peppers.
- Save 6 carrots for the barlotto, and use the rest in the salad.
- Mix the hispi cabbage, cucumbers, carrots and bell peppers with corn in a big bowl and set aside.

## 02 READY THE BOUILLON:

- Boil 3 l water and dissolve 6 vegetable bouillon cubes in a medium-sized pot.

## 03 PREPARE MUSHROOMS AND GREENS:

- Rinse the mushrooms
- Dice half of the mushroom and slice the rest.
- Peel and finely chop the onion and garlic.

## 04 START THE BARLOTTO:

- Heat oil in a big pot.
- Sauté onion, garlic and the chopped mushrooms in the oil.
- Season with salt and pepper.
- Rinse the pearl barley and add them to the pot with onions and diced mushrooms.
- Add white wine vinegar and stir.
- Add bouillon so it covers the pearl barley
- Let the pearl barley absorb the bouillon while stirring frequently.
- Gradually add more bouillon while stirring until the barley is al dente.

## 05 SAUTÉ SLICED MUSHROOMS:

- While the barlotto is boiling, sauté the sliced mushrooms in a hot pan with oil.
- Season with salt and pepper.

## 06 FINISH THE DISH:

- When the barlotto is almost finished, add carrots and let it heat for 2 min.
- Add grated Grana Padano cheese, some butter and most of the sautéed mushrooms to the dish.
- Save some of the mushrooms as garnish.

## 07 SERVE:

- Serve the barotto with the remaining mushrooms on top, fresh thyme and additional grated cheese.

# ANICIA BOLOGNESE

10 SCOUTS

## 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

Anicia bolognese is a variation of the classical Italian bolognese.



## 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
- 250 ml cooking cream 15%
- 70 g tomato puree
- 3 tbsp. oil
- 2 tsp. salt
- Black pepper
- 1 kg pasta
- 2 tbsp. salt for the pasta water
- 150 g parmesan

## 01 READY VEGETABLES:

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

## 02 RINSE LENTILS:

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

## 03 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.

## 04 BOIL PASTA:

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

## 05 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.

## 06 SERVE:

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

# CURRY POT

10 SCOUTS



## Utensils

2 big pots  
1 sieve  
3 bowls  
2 stirring spoon  
2 cutting board  
2 knives  
1 tablespoon  
1 teaspoon  
1 measuring cup of 1 l

A warm stew filled with colourful vegetables, creamy coconut milk and spices to wake your senses. It's served with soft bulgur and fresh tomatoes. It's a filling, tasty dish that brings warmth to the table.



## INGREDIENTS

300 g Anicia lentils  
1 can of chickpeas  
3 onions  
4 cloves of garlic  
2 tbsp. fresh ginger  
300 g peas  
12 carrots  
2 sweet potatoes  
2 cans of coconut milk  
1-2 tbsp. red curry paste (adjust according to how spicy you want it)  
2 tsp. cumin  
1.25 l water for bouillon  
3 cubes of vegetable bouillon  
2 tsp. turmeric  
1 tbsp. lemon juice  
1 tsp. salt  
1 tsp. pepper  
Chili flakes if you want it extra spicy  
1 kg bulgur  
2 tbsp. salt  
4 tomatoes

## 01 PREPARE VEGETABLES:

- Wash all vegetables.
- Peel carrots and cut them into slices.
- Peel the sweet potatoes and cut them into 2-3 cm cubes.
- Peel and finely chop onion and garlic.
- Grate garlic and dice tomatoes.

## 02 BOIL BULGUR:

- Boil approx 3 l water in a pot.
- When boiling, remove from the heat.
- Add bulgur and 2 tbsp. salt. Stir well and put a lid on the pot.
- Let it rest for approx. 20 min. and taste if the bulgur is tender. If there's any water left, discard it.

## 04 MAKE LENTIL STEW:

- Rinse the lentils thoroughly with cold water and set them aside.
- Heat some oil in a bit pot.
- Sauté onion, garlic, and ginger for 2-3 min. until the onion is transparent.
- Add curry paste, turmeric, and cumin and sauté for 1 min.
- Add carrots and lentils and stir well so it's covered by the spices.
- Add coconut milk and vegetable bouillon.
- Bring the dish to boil and let it simmer for 10-15 min. Do consider moving the pot to the edge of the fireplace so the heat is less intense.
- Add the sweet potatoes and the chickpeas to the pot.
- Keep it boiling for another 10-15 min. Until everything is tender. Remember to stir frequently to avoid that the dish scorches.

## 06 FINISHING TOUCH:

- Add peas and a bit of lemon juice, and let it simmer for 2 min.
- Season to taste using salt and pepper, and chili flakes if you want it spicier

## 07 SERVE:

- Serve the lentil stew with bulgur.
- Garnish with freshly diced tomatoes.
- You can also make naan bread as a side dish.

# QUINOA BALLS W/ COLD POTATO SALAD

10 SCOUTS



## Utensils

2 big pots  
1 pan  
2 potato peelers  
2 graters  
1 sieve  
Optional: a tea towel for squeezing liquid out of the beetroots  
3 cutting boards  
2 big bowls  
1 teaspoon  
1 tablespoon  
3 knives  
1 spatula

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.



## INGREDIENTS

500 ml quinoa  
3 beetroots  
3 onions  
3 cloves of garlic  
3 tbsp. ground ginger  
200 ml wheat flour  
200 ml oat  
3 tsp. curry  
2 cubes of vegetable bouillon  
1 tsp. salt  
2-3 eggs  
150 ml fresh herbs (e.g. estragon, parsley or basil)  
100-200 ml oil

## COLD POTATO SALAD

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

## 01 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.

## 02 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 tea towel 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.

## 03 MAKE THE POTATO SALAD:

- Mix a dressing using crème fraîche, 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.

## 04 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.

# VEGGIE BALLS W/ COLD POTATO SALAD

10 SCOUTS



## Utensils

3 three pots  
3 cutting boards  
3 knives  
1-2 pans  
2 potato peelers  
2 graters  
1 spatula



Crisp veggie balls served with creamy, cold potato salad with peas, beans and fresh chives - a colourful and tasty dish.

## INGREDIENTS

4 squashes  
8 carrots  
8 big potatoes (920 g)  
2 onions  
150 ml corn starch (72g)  
5 cloves of minced garlic  
2 eggs  
150 ml bread crumps  
1 dl sesame seeds  
1-2 tsp. salt  
1 tsp. pepper  
100-200 ml oil (don't use all of it at once)

## POTATO SALAD

2.5 kg potatoes  
400 g peas  
400 g edamame beans  
500 ml creme fraiche 18%  
5 tbsp. mayonnaise  
2.5 tsp. sugar  
1 tbsp. mustard  
1 handful of fresh chives  
1-2 tsp. salt  
1 tsp. pepper

## 01 BOIL POTATOES AND ROAST SESAME SEEDS:

- Begin by boiling the potatoes for the potato salad
- Let them cool completely
- Roast sesame seeds on a dry pan until golden.

## 02 READY VEGETABLES:

- Wash, peel and grate carrots.
- Add the vegetables to a bowl and season with salt.
- Let it rest for 5-10 min.
- Squeezes to remove excess liquid using your hands. This will make the balls crisp.

## 03 MAKE THE BALLS

- Put the grated carrots into a bowl.
- Add 1-2 eggs, bread crumps, corn starch, minced garlic, salt and pepper, roasted sesame seeds
- Mix until combined and test you're able to shape a ball.

## 04 SHAPE AND FRY THE BALLS

- Grease your hands in oil and shape the balls into small, slightly flat balls.
- Heat oil in a pan and keep it at medium heat.
- Test using a small amount of the mixture – if it sizzles then the oil is ready.
- Fry the balls until crisp and golden brown. It takes approx for 5-7 min.
- Wait with flipping it until crispy on one side.

## 05 MAKE POTATO SALAD

- Mix crème fraiche, mayonnaise, mustard, sugar, salt and pepper into a big bowl.
- Season to taste using these ingredients.
- Cube the cold potatoes.
- Add them to the big bowl together with peas and beans and mix it with the dressing.
- Sprinkle with freshly chopped parsley right before serving it.

# CHILI SIN CARNE

10 SCOUTS



## 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

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.



## 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 aubergines
- 2 cans of 70 g tomato paste
- 3 cans of chopped tomatoes
- 500 ml. 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

## SIDES

- 300 g tortilla chips
- 250 g crème fraiche, 18 %  
Chiliflager

## 01 PREPARE VEGETABLES AND BULGUR:

- Wash all vegetables.
- Grate squash and aubergines.
- 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.

## 02 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, aubergine, 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.

## 03 SERVE:

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

# MASH POTATOES

## WI "LOVE"

10 SCOUTS



### Utensils

- 2 potato peelers
- 1 large pot with a lid
- 1 small pot
- 2 stirring spoons
- 3 cutting boards
- 3 kitchen knives
- 3 big bowls
- 3 medium bowls
- 1 big pan
- 1 spatula
- 1 large whisk or potato masher

Creamy and filling mash potatoes topped with seasoned root vegetables and crispy chickpeas. It's served with pickled beets and fresh herbs for a tasteful and colourful dish.



### INGREDIENTS

- 4 kg potatoes
- 350 g butter
- 200 ml milk
- 1 tsp. nutmeg
- 1 cube of vegetable stock
- Salt og pepper

### TOPPING

- 8 onions
- 8 carrots
- 4 parsnips
- 2 cans of chickpeas
- 125 g butter
- 250 ml cooking cream, 15%
- 5 tbsp. soy sauce
- 3 tsp. smoked paprika
- 2 tsp. chili flakes
- 2 tbsp. oil

### SIDES

- 250 g pickled beets
- 2.5 handfuls of chives
- 2.5 handfuls of parsley

### 01 BOIL POTATOES:

- Peel potatoes and cut them into small pieces.
- Boil them in slightly salted water until tender.
- Warm milk and dissolve the cube of vegetable stock in the milk.

### 02 CRISPY CHICKPEAS:

- Rinse chickpeas and roast them in oil on a pan until crisp.
- Season with salt, pepper and smoked paprika.
- Put in a bowl and set aside.

### 03 ROOT VEGETABLE TOPPING:

- Peel and cut onions.
- Wash and peel parsnip and carrots and dice them.
- Sauté both in oil and some butter on the same pan.
- Add soy sauce, cream, paprika and chili flakes.
- Let it simmer for a couple of minutes until the vegetables are tender and the sauce is creamy.

### 04 MASHED POTATOES:

- Mash the boiled potatoes.
- Add butter, the warm milk mixture, salt, pepper and some nutmeg.
- Stir well and season.

### 05 SERVE:

- Serve the potatoes with the creamy vegetables, crispy chickpeas, pickled beets and fresh herbs on top.

# HALLOUMI STEAKS W/ POTATOES AND HERP DIP

10 SCOUTS



## Utensils

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

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.



## INGREDIENTS

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

## POTATOES

- 3 kg potatoes
- 2 tbsp. salt

## DIP

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

## 01 BOIL POTATOES:

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

## 02 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 tea towel or your hands.

## 03 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.

## 04 MAKE DIP:

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

## 05 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.

## 06 SERVE:

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

# HALLOUMI BURGER W/ VEGGIE STICKS

10 SCOUTS



## Utensils

- 2 potato peelers
- 4 cutting boards
- 4 kitchen knives
- 10 medium bowls
- 2 big bowls
- 2 graters
- 2 big pans
- 2 spatulas
- Fireplace grill
- 1 can opener

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.



## INGREDIENTS

- 1 kg carrots
- 1 kg halloumi
- 2 cans of white beans
- 400 ml bread crumbs
- 7 clove of garlic
- 2-3 big eggs
- 2 tsp. pepper
- 1 tsp. salt
- 25 small burger buns
- 2 iceberg lettuce
- 2 cans of corn
- 2 cucumbers
- 6 tomatoes
- Dressing
- Ketchup

## VEGGIE STICKS

- 1 kg carrots
- 4 bags of snap peas
- 5 bell peppers

## GARLIC DIP

- 500 g crème fraiche 18%
- 0.5 tsp. salt
- 0.5 tsp. pepper
- 2-3 cloves of garlic
- 1-3 tsp. dried basil
- 0.5 tsp salt
- 0.5 tsp pepper

## 01 READY VEGGIE STICKS AND DIP:

- Wash vegetables, peel the carrots and cut them and bell peppers into sticks.
- Place it all in a bowl or on a plate, ready to serve.
- Grate or finely chop garlic.
- Stir dip of crème fraiche, salt, pepper, basil and garlic.

## 02 PREPARE VEGETABLES FOR THE BURGER:

- Wash and cut the lettuce, tomatoes og cucumbers. Place in small bowls so everyone can build their own burger.
- Remove excess water from the corn.

## 03 MAKE HALLOUMI-PATTIES:

- Peel and grate carrots.
- Grate halloumi.
- Drain, rinse and mash beans with a fork.
- Mix carrots, halloumi and beans with breadcrumbs, garlic, egg and some pepper.
- Mix well and let the patty mixture rest for 10-20 min.

## 04 SHAPE AND FRY PATTIES:

- Cover your hands in water or oil and shape approximately 25 patties.
- Fry them in oil on a hot pan for 3-5 min. on each side. Wait with flipping them until crispy on one side.

## 05 BUILD BURGERS:

- Toast the burger buns over the fireplace using a grill.
- Build your burger using the patty, vegetables, ketchup and dressing.

# BEAN BURRITOS

10 SCOUTS



## Utensils

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



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

## 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  
2 tsp. salt  
1 tsp. sugar  
Chili (optional)

## SIDES

2 hispi cabbages  
5 dl crème fraîche  
8 carrots  
2 cucumbers

## 01 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.

## 02 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.

## 03 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.



# EXTRA DISHES

Extra dishes that can be used for inspiration and guidance for breakfast, lunch and dessert.

# OATMEAL AND RYE BREAD CRUNCH

## INGREDIENTS

1 part oats

2 parts water

Salt

## RYE BREAD CRUNCH

2 slices of rye bread (preferably stale bread)

1 tbsp. butter or oil

1 tbsp. sugar

1 tsp. cinnamon (optional)

## 01 OATMEAL

- Use 1-part oats and 2-parts water when cooking oatmeal using a fire.
- For example, for 1 litre of oats, use 2 litres of water. Remember to put salt in the oatmeal when it is boiling.

## 02 RYE BREAD CRUNCH FOR YOUR OATMEAL

- Divide the rye bread into small pieces with your hands or grate it using a grater.
- Heat the pan, place on medium heat and add butter or oil.
- Add the pieces of rye bread into the pan and roast for 3-4 min. until it begins to become crisp.
- Add sugar and cinnamon (and potentially nuts and seeds) and stir thoroughly.
- Roast some more until golden and completely crisp.
- Let it cool – so it becomes extra crisp.

# FRENCH TOAST

## INGREDIENTS

2 eggs

150 ml milk

4 tbsp. sugar

2 tsp. cinnamon

2 pinches of salt

10 slices of bread

50 g butter

## 01 HOW TO GO ABOUT IT:

- Whisk together egg, milk, sugar, cinnamon and salt.
- Soak the bread in the egg mixture, and using a pan and butter, fry the French toast until browned on one side, then flip and brown the other side.



## TIPS FOR BREAKFAST

Roast your bread on the fireplace before adding cheese or similar topping. Add raisins to your cornflakes or oatmeal instead of sugar.

# TUNA SALAD

10 SCOUTS

## INGREDIENTS

4 cans of tuna  
8 tbsp. mayonnaise  
1 onion  
0.5 cucumber  
1 bell pepper  
0.5 cane of corn  
Salt, pepper, and potentially some mustard

## 01 HOW TO GO ABOUT IT:

- Rinse water from the tuna and corn.
- Dice onion, cucumber and bell pepper.
- Mix all ingredients well.
- Season with salt, pepper and mustard.

# EGG SALAD

10 SCOUTS

## INGREDIENTS

7 eggs  
3 tbsp. mayonnaise  
3 tbsp. crème fraîche  
1 tsp. mustard  
2 tsp. curry  
Salt and pepper

## 01 HOW TO GO ABOUT IT:

- Boil eggs for approx. 8 min.
- Cool the eggs with cold water. Peel the eggs and chop them as soon as they're cold enough to hold.
- Mix all ingredients.
- Season with salt, pepper, curry and mustard.

## SUGGESTIONS FOR USING RYE BREAD FOR LUNCH

Slice a cold, boiled potato, place it on a slice of rye bread, and garnish with mayonnaise and roasted onions.

Spread hummus on rye bread and garnish with grated carrots and finely chopped hispi cabbage.

Spread pesto on rye bread and top it with a sliced tomato.

Make scrambled eggs with pesto and put it on rye bread.

**Grill two slices of rye bread on the fireplace with one of the following as filling:** tomato and cheese/chicken and pesto/ham and cheese



# PASTA SALAD

10 SCOUTS

## INGREDIENTS

750 g dried pasta  
2 **tbsp.** salt til kogning  
Pesto or dressing  
Your choice of vegetables

## 01 HOW TO GO ABOUT IT:

- You can make a variety of pasta salad, e.g., by using leftovers from the day before.
- Cut vegetables however you want in the salad, e.g., dices or grated. Mix the vegetables with boiled pasta. Add pesto and serve with dressing.

# BULGUR SALAD W/ HISPI CABBAGE AND GREENS

10 SCOUTS

## INGREDIENTS

500 ml bulgur  
1 l water  
2 vegetable bouillon cube (optional, but gives extra flavour)  
0.5 hispi cabbage (or regular salad)  
2 **stk** bell peppers  
4 **stk** tomatoes  
4 **tbsp** oil (rapeseed oil or olive oil)  
1 **tbsp** white wine vinegar (or lemon juice)  
1 **tsp** cumin or cilantro (or a little of both)  
Salt and pepper to taste

## 01 HOW TO GO ABOUT IT:

- Boil water with bullion and pour it over your bulgur.
- Let it rest for 20 min.
- Let it cool.
- Chop the cabbage using a mandoline slicer or sharp knife.
- Dice bell pepper and tomatoes.
- Mix oil, vinegar, cumin/cilantro, salt and pepper. You can also add some sugar to balance acidity.
- Mix bulgur, cabbage, greens and dressing in a big bowl.





# RYE BREAD CROUTONS

10 SCOUTS

## INGREDIENTS

5 slices of rye bread  
200 ml oil  
2 tsp. salt

## 01 HOW TO GO ABOUT IT:

- Dice the rye bread.
- Heat the oil on a pan.
- Roast the bread in hot oil for approx. 5 min.

## TIP

Try adding sugar and cinnamon for an evening snack.



# VEGGIE PANCAKE

10 SCOUTS

## INGREDIENTS

0.5 hispi cabbage  
4 carrots  
1 onion  
0.5 can of corn  
100 ml flour  
5 eggs  
Oil for frying

## DIP

3 tbsp. ketchup  
6 tbsp. mayonnaise  
1-3 tsp. soya  
Paprika to taste

## 01 HOW TO GO ABOUT IT:

- Finely chop hispi cabbage, use a vegetable peeler to make carrot spaghetti and slice onions very thin.
- Mix vegetables in a big bowl and sprinkle flour over it.
- In a small bowl, whisk eggs and add them to the big bowl.
- Use your fingers to message it well.
- Heat a pan and add a generous amount of oil.
- Place a spoonful of the batter on the pan and fry your pancakes in the oil until crispy.
- Place them on a plate with kitchen roll.
- Mix a dip or eat the pancakes on rye bread.



# BREAD ON A STICK

## APP. 10 BREADS

### INGREDIENTS

300 ml lukewarm water  
2 tsp. dry yeast  
1 tsp. salt  
800 ml wheat flour  
1 tbsp. oil

### 01 HOW TO GO ABOUT IT:

- Stir the yeast into the water.
- Add the salt, oil and flour gradually until the dough is not sticky.
- Let the dough rise for approx. 20 min. before rolling it into a sausage and twisting it around a stick.

### TIP

Take a piece of dough and flatten it. Add some pesto and cheese and roll it into a sausage and twist it around a stick. Add diced cheese and paprika to the dough. You can also add some garlic to make garlic bread.

# CAMPFIRE BANANAS

## 1 SCOUT

### INGREDIENTS

1 banana  
2 pieces of chocolate  
Aluminum foil

### 01 HOW TO GO ABOUT IT

- Leave the peel on the banana and make a slit down the middle of it (but not all the way through).
- Chop the chocolate and stick it into the banana.
- Wrap the banana in aluminum foil and bake it in embers until it is soft, warm and the chocolate is melted.

# CAMPFIRE BAKED APPLES

## 1 SCOUT

### INGREDIENTS

1 apple  
0.5 tbsp. sugar  
0.5 tsp. cinnamon  
Aluminium foil

### 01 HOW TO GO ABOUT IT:

- Remove the apple core by hollowing it from the top. Do not cut all the way through.
- Put sugar and cinnamon into the hole of the apple.
- Wrap the apple in aluminium foil and bake it in embers until the apple is tender

# PANCAKES

## APP. 8-12 PANCAKES

### INGREDIENTS

250 ml wheat flour  
400 ml milk  
2 tbsp. oil  
3 eggs  
0.5 tsp. salt  
1 tbsp. sugar

### 01 HOW TO GO ABOUT IT:

- Whisk eggs and sugar together until slightly fluffy.
- Add salt, milk and oil.
- Add flour gradually until the dough has the desired consistency.
- Let the dough rest for 30 min. before frying the pancakes in a little oil or butter.

### TIP

Shake the dough together in a drinking bottle.

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