

Hi

Here's a draft 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. The setup is made, so the first two recipes are for the first day and the next two for the second day and so on.

All the recipes are still drafts and you may see newer versions when the jamboree begins and get a book when you arrive at the camp.

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.

Chickpea sandwich with vegetable sticks – 10 servings

Delicious sandwich that can be made without a fireplace

Utensils

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

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 fraiche 18%
- 2 tbsp. lemon juice
- 1 tsp. mustard
- 2 tsp. salt
- 1 tsp. pepper

Tomato dip

- 250 g crème fraiche 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

1. Ready vegetable sticks and dip:

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

2. 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.

3. 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.

4. Assemble sandwich:

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

5. Serve:

- Serve with vegetable sticks and homemade dip.

Mac and Cheese with summer greens - 10 servings

Mac and Cheese is a classical American dish comprising boiled pasta mixed with a creamy cheese sauce, typically cheddar cheese. 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.

Utensils

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

Ingredients

- 400 g peas
- 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 cloves of garlic
- 1.5 tsp. nutmeg
- 1 tsp. salt and pepper

Salad

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

1. 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.

2. 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.

3. 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).

4. Finish the dish:

- Add mustard, nutmeg, cooking cream, grated cheddar cheese, cauliflower and peas to the pasta.
- Mix well and let it simmer for 2-3 minutes 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.

5. Serve:

- Serve Mac and Cheese with the salad.

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.

Barlotto - 10 servings

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

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

Ingredients

- 6 vegetable bouillon cubes
- 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
- 1 dl 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

1. Make the salad:

- Finally 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 six 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.
- Set aside.

2. Ready the bouillon:

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

3. Prepare mushrooms and greens:

- Rinse the mushrooms (use the least amount of water as possible as they will absorb water).
- Dice half of the mushroom and slice the rest.
- Peel and finely chop the onion and garlic.

4. Start the barlotto:

- Heat oil in a big pot.
- Sauté onion, garlic and the chopped mushrooms in the oil.
- Season with salt and pepper.

5. Add pearl barley:

- 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.

Tip: if you run out of bouillon, add some water to the pot.

6. Sauté sliced mushrooms:

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

7. Finish the dish:

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

8. Serve:

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

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.

Carry pot- 10 servings

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.

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

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

1. 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
- Dice tomatoes.

2. 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.

3. Rinse lentils:

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

4. Make lentil stew:

- 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 boullion.
- Bring the dish to boil and let is simmer for 10-15 min. Do consider moving the pot to the edge of the fireplace so the heat is less intense.

5. Add potatoes and chickpeas:

- 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.

6. 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

7. Serve:

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

Quinoa/beetroot 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 fraiche 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 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.

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.

Veggie balls with cold potato salad - 10 servings

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

Utensils

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

Veggie balls

- 4 squashes (1140g)
- 8 carrots (520g)
- 8 big potatoes (920 g)
- 2 onions
- 1.5 dl corn starch (72g)
- 5 cloves of minced garlic
- 1-2 eggs
- 1.5 dl bread crumbs
- 1 dl sesame seeds
- 1-2 tsp. salt
- 1 tsp. pepper
- 1-2 dl oil (don't use all of it at once)

Potato salad:

- 2.5 kg potatoes
- 400 g peas
- 400 g edamame beans
- 5 dl 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

1. 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.

2. 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 crips.

3. Make the balls

- Put the grated carrots into a bowl.
- Add:
 - 1-2 eggs
 - Bread crumps
 - Corn starch
 - Minsed garlic
 - Salt og pepper
 - Roasted sesame seeds
- Mix until combined and test you're able to shape a ball.

4. 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 crips and golden brown. It takes approximately for 5-7 min.
- Wait with flipping it until crispy on one side.

5. 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 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.

Mash potatoes with 'love' - 10 servings

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.

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
- 1 big pan
- 1 spatula
- 1 large whisk or potato masher
- 3 medium bowls

Ingredients

Mash potatoes

- 4 kg potatoes
- 350 g butter
- 2 dl milk
- 1 tsp. nutmeg
- 1 cube of vegetable stock
- Salt and pepper

Topping:

- 8 onions
- 8 carrots
- 4 parsnips
- 2 cans of chickpeas
- 125 g butter
- 2.5 dl 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

1. 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.

2. 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.

3. 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 creamy.

4. Mashed potatoes:

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

5. Serve:

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

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.

Halloumi burger with veggie sticks - 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

- 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

Patties – make 25 patties in total

- 1 kg carrots
 - 1 kg Halloumi
 - 2 cans of white beans
 - 4 dl bread crumbs
 - 7 cloves of garlic
 - 2-3 big eggs
 - 2 tsk. pepper
 - 1 stk. 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

1. Ready veggie sticks and dip:

- Wash vegetables, peel the carrots and cut them and bell peppers into sticks.
- Place 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.

2. Prepare vegetables for the burger:

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

3. 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.

4. 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.

5. 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 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.