

Recipes for School Camps

Part of the Tangihua Lions Lodge Resources for schools

Lodge Lasange

Serves 4 adults or 5 children. This can be pre-made and reheated so it's a good choice for nights when dinner time is uncertain.

Ingredients

1 large onion, diced	1 cup frozen veges or peas
2 Tbsp butter	100g lasagne or noodles
500g minced beef	1 cup milk
1 can tomato pasta sauce	1 Tbspn flour
1 cup water	$\frac{3}{4}$ cup grated cheese
1 cube beef stock	

Directions

Cook mince mixture;

- Saute the onion in 1 Tbsp butter then add the mince and cook through.
- Add pasta sauce, water, beef stock and veges and simmer while making pasta and cheese sauce.

Cook pasta (boil 15 minutes) or noodles (follow instructions on packet).

Make cheese sauce;

- Melt remaining Tbsp of butter in a sauce pan.
- Add flour and stir until well mixed.
- Gradually add milk and simmer until thickened, stirring constantly.
- Take off heat and add cheese. Stir until melted through.

Put it all together;

- In a baking dish, layer the mince, then pasta or noodles, then the cheese sauce. Ideally at least two layers each if the amount of mixture and dish size allows.
- Cook at 180°C for 15 minutes.

Lions Camp Casserole

A simple meal that is good for younger students. It can be a bit bland for adults or older students so add a bit of chill or herbs if needed.

This recipe serves 4 to 5 people

Ingredients

8 to 10 chicken drumsticks

1 onion, diced

Salt and pepper

2 cups chicken stock

1 cup mixed veges

2 carrots, diced

Directions

Place everything in a casserole dish with a lid and cook at 180°C for 1½ hrs. Check occasionally to ensure it doesn't dry out and add more water if needed.

Serve over rice.

Tangihua Chocolate Pudding

Ingredients

Pudding

100g butter
1 cup milk
1 ½ tsp vanilla essence
2 cups flour
2 tsp baking powder
2 Tbsp cocoa
¾ cup sugar

Topping

1 cup sugar
2 Tbsp cocoa
3 cups hot water

Directions

Melt the butter and milk together in a sauce pan and add the vanilla essence.

Sift flour, baking powder and cocoa into a mixing bowl and stir in the sugar.

Add the milk mixture to the dry ingredients and mix well.

Place into a deep casserole or roasting dish with about 2 litres of capacity, greased lightly with oil or butter.

For the topping, mix the sugar and cocoa together and sprinkle over the pudding. Pour the hot water carefully over the top. Do not stir

Bake at 180°C for 45 minutes or until pudding has risen and sauce has thickened.