

*Simply Scouting  
Simplement du Scoutisme*

22<sup>nd</sup> World Scout Jamboree Sweden 2011  
22<sup>e</sup> Jamboree Scout Mondial Suède 2011



# *22<sup>nd</sup> World Scout Jamboree 2011*

# *Cook Book*



# Measurement

In Sweden, the metric system is used to measure length and weight. In your equipment kit, you will find a set of measuring spoons and cups to help you follow the recipes in this cook book.

Measurement	Abbreviation	Quantity	Reference
1 millilitre	1 ml	1 ml	Approx. a pinch of salt.
1 centilitre	1 cl	10 ml	
1 decilitre	1 dl	100 ml	Approx. half a cup.
1 litre	1 l	1 000 ml	A little more than a quart (US) or approx. two pints (UK).
1 teaspoon	1 tsp	5 ml	
1 tablespoon	1 tbsp	15 ml	
1 gram	1 g	1 g	Approx. the weight of a paper clip.
1 kilogram	1 kg	1 000 g	Approx. the weight of a litre of water.



## *General Advice on Collecting Groceries*

- You shop for food supplies the same way you would in an ordinary grocery store. This cook book is filled with inspiration and suggestions, but you buy what you feel comfortable with and enjoy.
- You should eat breakfast, lunch and dinner and a snack between meals every day. One of the snacks or desserts could be a piece of fruit.
- Start by looking in the cook book and discuss within your patrol what you would like to eat at each mealtime. You can always choose extra tasty additions if you like. Tips and recipes for basic meals and extras can be found in this book.
- Do an inventory to check what you need before you shop for food. Do not buy more than you need. The food keeps better in the store than at your camp site. You can always come back for things you forgot later.
- Bring something to carry the food in when you head for the shop.
- Plan for getting most of your breakfast supplies the evening before.
- Cook potatoes, pasta, rice, couscous or other grains with every meal. Choose the alternative that suits you best.
- Remember to eat one piece of fruit every day. For example; apples, pears, bananas, nectarines or watermelon.
- You choose the vegetable alternatives freely according to the recipes or your own cooking ideas. See the list of vegetables on the next page.



Carrots



Cucumber



Zucchini



Cabbage



Cauliflower



Peas



Lettuce



Bell peppers



Broccoli



Tomatoes



Sweet corn

Handle the groceries for special diets with care. Some of the items should not be mixed with regular food. When you have picked up the ingredients, bring it to the village cooking group who are responsible for handling and cooking for scouts with allergies or special diets.

### *Tips*

When you have extra time and want something fun to do, you can cook something special for the patrol. There are recipes for desserts and other snacks at the back of this book. You can pick up the ingredients whenever you want, but they should be used for something your patrol will eat and enjoy!

*Good luck with the cooking and please make sure that everyone is well-fed and happy!*

### Colour Codes

Next to the recipes in this book, you will find tips in different colours:

**Green** – Meals that can be adapted for Camp in Camp.

**Blue** – General tips and suggestions.

**Yellow** – Dairy-free recipes or suggestions for alternative ingredients for a dairy-free dish.

**Orange** – Gluten-free recipe or suggestions for alternative ingredients for a gluten-free dish.

**Turquoise** – Contribution from other Contingents.

**Pink** – Climate Smart alternative.

**Red** – Kocher.

**Brown** – Halal.

# *How to Shop for Participant Food*

Each town has its own food shop where you fetch all your ingredients. When your patrol arrives at the shop the first time you need to fetch a “food card” which is loaded with points instead of money. Each grocery in the shop is valid for a different amount of points and the card is the payment you should use. The card should be retrieved by the unit leader in the shop. The card is personal for your patrol and is a valuable document. You need to bring it to the shop to be able to collect your food.

## *No card – No food*

The card is only valid in your town food shop. It cannot be used in other town’s food shops or cafés. If you misplace your card or find another card please contact a shop immediately. The Shop Manager will assist in cancelling a lost card and if needed create a new card for your patrol.

Plan your meals and write a grocery list with the help of the menu book before you go to the shop. Outside each shop you will find an Inspiration Area. Here you will be able to test today’s meal suggestion and get help with planning your shopping. The staff in the Inspiration Area can also help you if you have any questions about special diets. You cannot return any goods to the shop so please take only what you need for your patrol and do not overspend.

Shop opening hours will be between 07.00-13.00 and 16.00-20.00. You can come back several times during these hours if you have forgotten anything. Carts and trolleys are not allowed in the shops and we would appreciate it if only two scouts per patrol come into the shop each time.

**Do not hesitate to ask the shop staff if you have any questions, we are there to serve you!**

# *Five Keys to Safe Camp Food*

## *Keep everything clean!*

- Always wash your hands with liquid soap and warm water before you prepare the ingredients, start cooking or when you start handling other types of ingredients while cooking.
- Always wash your hands and use hand disinfectant every time you have used the bathroom.
- Use different cutting boards for meats and vegetables. Rinse with cold water after cutting meat/fish before you wash the cutting board with hot water and dish soap.
- Always use clean utensils. Wash knives and cutting boards often. Keep the cooking equipment in boxes so that they do not get dirty from airborne dust or dirt.
- Boil water for washing up. Rinse everything to get the leftovers off, then wash up with warm water and dish soap. Rinse in cold water, dry everything and put it all away. Never leave dirty dishes, pots or pans between meals.
- Dirty dish water should be emptied out in the designated area.
- Garbage is handled according to separate instructions.

## *Proper and separate storage of food supplies!*

- Always keep food supplies in separate containers or bags.
- Mark the containers to eliminate the risk for mistakes
- Do not keep any leftovers that need cool storage if you do not have cool storage facilities.
- Dry goods, for example bread, pasta, rice, cereal, should be kept in sealed bags or containers inside a large box and never be stored directly on the ground.

- Jam, jelly, marmalade, oil, cheese, margarine/butter, vegetables, root vegetables and fruit should be stored in containers or boxes, never directly on the ground.

### *Heat the ingredients properly!*

- Cook the food thoroughly and make sure that it gets properly heated. Mix and stir the food so that everything gets cooked at the temperature of at least 72 °C / 160 °F to kill bacteria.
- When preparing food to bring on a hike, let it cool off in a thin layer and stir it once in a while until completely cooled.

### *Safe cooking!*

- Rinse all fruit and vegetables before use.
- Store all water in sealed containers.
- Use the ingredients bought in the camp shop. All the goods there are selected with regard to food safety.
- Wash your hands after every bathroom visit and sanitize using hand disinfectant.
- Avoid handling food if you feel sick.

### *Food logistics*

- Only collect the food you need for each meal. The food is stored better at the shop than in the village.
- Leftovers, cans and other garbage are handled according to separate instructions. Make sure that you never leave anything on the ground that can attract rats or other vermin.

# *Sustainability*

## *Water*

Pure drinking water is essential. We are very proud in Sweden to have some of the best water in the world. In other countries, buying drinking water can be crucial, but in Sweden it is seen as an environment harming luxury.

The town of Kristianstad gets its water from one of the largest ground water dams in Northern Europe so there is no risk of running out of water.

The water in the taps around the camp is fit for drinking. Make sure to carry a water bottle to refill during the day.

Having clean water available directly from the tap is one of the reasons why the Jamboree has decided to not sell bottled water in the stores. Bottled water is not environmentally friendly as it is transported long distances and many plastic bottles are needed.

## *Food*

In this cook book there are many recipes to choose from. There are recipes that are more “Climate Smart” than others (marked with pink colour). Sometimes these are the same as the vegetarian dishes.

## *Vegetarian food*

Livestock represents 18% of the pollution that influences the climate. The production of one kilo of meat yields several times the emission of greenhouse gases than the production of one kilo



of vegetables. Therefore; we encourage you to try the vegetarian recipes. Not only is it environmentally friendly, it is really tasty too!

### *Organic food*

Is organic food good from a climate point of view? It is not entirely proven, however, organic food has other very important environmental benefits like protecting the environment from chemical pesticides, something that also protects the people who harvest fruits and vegetables.

### *Seasonal food*

If you want to be extra eco-friendly, it is important to eat within the season. This helps avoid food grown in heated greenhouses, That are very costly to the environment.

### *Locally produced food*

Transporting food great distances is never a good thing, neither for the food nor for the environment. It may be useful to consider the origin of the food you eat. Was it produced at a farm nearby? Or was it shipped half way around the globe before it ended up on your plate?



# *Garbage handling*

At the World Scout Jamboree we recycle the garbage in order to minimize the effects on the environment. By sorting the garbage, we can utilize the trash and give it new life. It is important to clean the containers before they are recycled in the right receptacle. In every unit area there are receptacles for the containers we use for recycling. When these are full, they are taken to the recycling centre which is staffed most of the day.

## *Unit area recycling instructions:*

### • **Food Waste**

Food waste include food scraps, potato peels, meat and fish waste, eggshells, kitchen towels and napkins. Food waste should be placed in the specific bag for compost and then inserted into the appropriate container. The container is then taken to a recycling station where it is appropriately.

Food waste is putrefied into biogas that can be used as fuel for cars and busses.

### • **Paper**

Newspapers and stationery are sorted separately. Newspapers should not be recycled in the same container as paper packaging. No envelopes should be recycled with newspapers, they are sorted with residual waste. The recycled newspapers are used to make new magazines and newspapers.

### • **Paper Packaging**

Pasta boxes, milk cartons, juice packages, flour bags, paper bags, toilet rolls and packages of corrugated cardboard are all examples of paper packaging. Recycled cardboard boxes can become new paper packages but also be used for the finish of plasterboards.

- **Plastic Packaging**

Bottles, cans, small buckets, corks or caps, as well as plastic bags and carrier bags are all examples of plastic packaging. Recycled plastic packaging can be used for production of pallet blocks and planks of recycled plastic.

- **Metal**

Metal containers are for example cans, tea-lights, tubes and other containers made of steel or aluminium. Melted steel gets turned into new steel products and melted aluminium is used to make new aluminium products.

- **Glass Packaging**

At the Jamboree, only clear glass containers will be used. Clear glass bottles and jars for jams and juices should be recycled in the right containers.

Coloured glass bottles should be handed over to the officials at the recycling station for proper handling.

The glass is sorted, cleaned and crushed before being melted down for use as new raw material. The new glass is used for new glass packages and for the manufacture of glass-wool.

# *Camp in Camp*

## Suggestions for a 24 hour outing

You will be out for about 24 hours and need to bring food for one breakfast, two lunches and one dinner. We suggest that you bring food that does not require cold storage. You can choose freely from the shop what you wish bring to the patrol you visit. They will have cooking equipment for you to use there. **Exception: Kosher.**

Your first lunch will be prepared as soon as you reach the Camp in Camp and later that evening, you cook dinner. At breakfast time the morning after, it is a good idea to prepare hearty sandwiches to eat before the bus picks you up to go back to your own camp site.

### **Breakfast suggestion:**

Sandwiches, boiled eggs, juice and coffee/tea.

### **Lunch suggestions (two meals):**

- Vegetable soup
- Tomato soup with lentils
- Bean mix for sandwiches
- Tuna salad for sandwiches
- Rice salad
- Pasta salad

### **Dinner suggestions:**

- Soya Bolognaise, 26 July
- Noodle soup with chick-peas, 27 July
- Root vegetable stew, 28 July
- All-in-one bean stew, 29 July
- Chili sin carne, 3 August
- Tomato and bulgur mix, 4 August

# Notes

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# *Breakfast*

- 15 Sandwiches
- 15 Sandwich spread/meats
- 16 Drinks
- 16 Cereals
- 17 Vegetables
- 17 Jam, jelly and marmalade
- 18 Scrambled eggs
- 19 Omelette
- 20 Oat meal / Porridge
- 21 Hot Chocolate / Cocoa



*Dairy-free*

*Gluten-free*

Use gluten-free bread



*Dairy-free*

Dairy-free:  
Margarine,  
sandwich  
butter, Tofu-  
line Creamy  
Spread  
cheese, sliced  
tofu, mozzarel-  
la style tofu.  
Avoid Nutella.

*Gluten-free*

## *Sandwiches*

White bread  
Whole grain bread  
Crisp bread

### **English Breakfast**

- *Hard boiled eggs (put in cold water and boil for 8 minutes)*
- *Soft boiled eggs (put in cold water and boil for 5 minutes)*
- *Baked beans in tomato sauce*
- *Bacon*

## *Sandwich spread / meats*

Margarine/sandwich butter  
Cheese  
Smoked ham  
Smoked turkey breast  
Salami  
Bologna  
Canned mackerel in tomato sauce  
Canned tuna fish  
Caviar paste  
Peanut butter  
Nutella

*Dairy-free*

Oat drink,  
soya drink  
and rice drink.  
Cocoa based  
on oats or soy  
drink.

*Gluten-free*



*Dairy-free*

*Gluten-free*

Gluten-free  
muesli and  
corn-flakes

## *Drinks*

Milk  
Yoghurt  
Chocolate drink (cocoa)  
Orange juice  
Coffee  
Tea  
Lemonade

## *Cereals*

Corn flakes  
Oat puffs  
Serve with milk or yoghurt.





## *Vegetables*

Cucumber  
Tomatoes  
Bell peppers  
Lettuce

## *Jam, jelly and marmalade*

Orange marmalade  
Apple sauce  
Lingonberry sauce  
Strawberry jam

### *Dairy-free*

Use oat drink instead of milk, use dairy-free margarine.

### *Gluten-free*



## *Scrambled Eggs*

### *Ingredients*

1-2 eggs / person  
1-2 tbsp margarine  
or oil  
1 tbsp milk  
A pinch salt

### *Instructions*

- Wash your hands
- Break eggs into bowl
- Pour in milk and salt.
- Whisk the eggs gently, so they are just mixed together.
- Heat margarine or oil in frying pan over medium heat.
- Pour in egg mixture and stir constantly but gently for about 3 minutes until the eggs have set.
- Serve hot on bread, or with bacon or baked beans.



*Dairy-free*

Use water instead of milk in the omelette. Do not use cheese.

*Gluten-free*

## *Omelette*

### *Instructions*

- Wash your hands
- Break eggs into bowl and add a pinch of salt and pepper.
- Whisk the eggs gently, so they are just mixed together.
- Heat margarine or oil in frying pan over medium heat.
- Pour in egg mixture and tip frying pan gently from side to side so all the mixture spreads out on bottom of pan.
- When omelette is nearly set, add cheese slices on top and let melt a few seconds, and then slide half of omelette onto plate, and fold /flip over the other half, so the melted cheese is in the middle.

### *Ingredients*

1-2 eggs / person  
1-2 tbsp margarine  
or oil  
1-2 tbsp water  
Salt, pepper  
4 slices cheese

### *Dairy-free*

Serve with oat drink or soya drink instead of milk.

### *Gluten-free*

Use Semper Ren Havre instead of regular oats.



## *Oat meal / Porridge*

### *Ingredients*

1 litre oat meal/  
porridge oats  
2 litres water  
½ tsp salt  
Milk  
Jam

### *Instructions*

- Wash your hands.
- Mix the oatmeal /oats, water and salt in cold water
- Stir continuously and let boil for 2-3 minutes.
- Serve with milk and jam.



*Dairy-free*

Use oat drink or soya drink instead of milk.

*Gluten-free*

## *Hot Chocolate / Cocoa*

### *Instructions*

- Wash your hands
- Whisk cocoa, sugar and a small splash of milk until smooth in pot.
- Pour in the rest of the milk, whisk to mix.
- Gently heat the pot and stir continuously.
- Do not leave the pot, the milk boils over easily.

### *Ingredients*

- 1 dl cocoa powder
- 2 dl sugar
- 2 litre milk

# *Lunch*

- 23 Rice salad
- 24 Feta cheese salad
- 25 Pasta salad
- 26 Tuna salad
- 27 Mackerel salad for sandwiches
- 28 Chicken salad for sandwiches
- 29 Bean salad for sandwiches
- 30 Hot dog in a bun
- 31 Hamburgers
- 32 Potato soup with lentils
- 33 Vegetable soup
- 34 Tuna sauce
- 35 Tomato soup with lentils





Suitable for Camp in camp. Easy additions:  
Eggs, canned tuna fish or canned ham

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with a cold sauce and chicken, bread, ham or sausage.

If the salad will be served later, take extra precaution to keep the salad cold. Add the meat right before serving.

## *Rice salad*

10 servings

### *Instructions*

- Wash your hands.
- Boil the rice with 10 dl water and a pinch of salt.
- Rinse and cut the cucumber into small cubes.
- Rinse and shred the lettuce.
- Drain the liquid from the canned corn and pineapple.
- Cut the pineapple into small pieces.
- Mix all the ingredients in a bowl.

### *Ingredients*

5 dl rice  
10 dl water  
1 cucumber  
2 cans of corn  
1 can of pineapple  
1 head of iceberg lettuce  
Salt

### *Dairy-free*

Use tufu instead of feta cheese.

### *Gluten-free*

Use rice/quinoa instead of cous-cous. Serve with gluten free bread.

### *Tips!*

Serve with chicken, ham or sausage and a cold sauce and bread. If the salad will be served later, keep the salad cold. Add the meat right before serving.



## *Feta cheese salad*

10 servings

### *Ingredients*

500 g couscous or quinoa  
3 red onions  
5 tomatoes  
1 feta cheese  
3 bell peppers  
2 dl raisins  
½ head of iceberg lettuce  
raisins or olives

### *Instructions*

- Wash your hands.
- Cook couscous or quinoa according to the instructions on page 39/42.
- Peel and chop the onion into small pieces.
- Rinse and cut the tomatoes into pieces.
- Rinse the peppers and remove the seeds. Cut into pieces.
- Rinse and shred the iceberg lettuce.
- Mix the ingredients in a bowl.





Suitable for Camp in camp. Easy additions:  
Eggs, canned tuna fish or canned ham

*Dairy free*

*Gluten free*

Use gluten free pasta and bread.

*Tips!*

Serve with a cold sauce, bread, chicken, ham or sausage. If the salad will be served later, take extra precaution to keep the salad cold. Add the meat right before serving.

## *Pasta salad*

10 servings

### *Instructions*

- Wash your hands.
- Boil the pasta according to the instructions on the package or look at side 38.
- Chill the pasta in a strainer by rinsing with cold water.
- Rinse and cut the cucumber into small cubes.
- Thaw green peas and broccoli in boiling water if the salad will be served at once. If it will be served later, mix in the vegetables frozen.
- Add the rest of the ingredients.

### *Ingredients*

- 1000 g pasta
- 1 bag of frozen green peas
- 1 bag of frozen broccoli
- 2 cucumbers
- 1 can sweet corn

### *Dairy-free*

Use Tofutti Sour Supreme instead of crème fraîche.

### *Gluten-free*

Use gluten-free pasta and gluten-free bread.

### *Tips!*

The leftovers can be used for outings as it is tasty cold too. Skip the pasta to make a tasty sandwich!



## *Tuna salad*

10 servings

### *Ingredients*

300 g pasta  
2 cans of tuna  
1 can of crème fraîche  
(sour cream)  
1 red onion  
3 eggs, hard boiled  
½ dl capers  
1 lemon  
1 box of chopped dill  
1 tsp salt  
½ tsp black pepper  
Tomatoes  
Cucumber

### *Instructions*

- Wash your hands.
- Cook the pasta according to the instructions on the box.  
(See instructions on page 38.)
- Peel and chop the onion.
- Rinse and grate the lemon, peel on the fine zest of your grater, being careful not to grate the white pith - it tastes bitter, and cut it in halves. The yellow part of the peel is called zest.
- Drain the water from the tuna and mix with crème fraîche, dill, red onion, capers, lemon zest, lemon juice and salt.
- Drain the pasta and mix it with the tuna mix.
- Serve with hard boiled eggs, tomatoes and cucumber.
- Season with black pepper and dill.



*Dairy-free*  
Use Tofutti Sour Supreme instead of crème fraiche.

*Gluten-free*  
Use gluten-free bread.

## *Mackerel salad for sandwiches*

10 servings

### *Instructions*

- Wash your hands.
- Peel and chop the onion and apples into small pieces.
- Mix all the ingredients in a bowl and season with salt and pepper.
- Add the salad on a piece of bread along with the vegetables.

### *Ingredients*

3 cans of mackerel in tomato sauce  
1 can of crème fraiche (sour cream)  
1 red onion  
3 apples  
Salt and pepper  
Vegetables: Lettuce, tomatoes, cucumber, bell peppers.

### *Dairy-free*

Use Tofutti Sour Supreme instead of crème fraîche.

### *Gluten-free*

Use gluten free bread.



## *Chicken salad for sandwiches*

10 servings

### *Ingredients*

1 kg chicken breast  
(pre cooked)  
1 red onion  
1 can of pineapple  
2 dl crème fraîche (sour  
cream)  
1 dl mayonnaise  
Salt and pepper  
Bread  
Vegetables: Lettuce, to-  
matoes, cucumbers, bell  
peppers

### *Instructions*

- Wash your hands.
- Peel and finely chop the onion.
- Cut the chicken into pieces
- Drain the pineapple and cut into pieces.
- Mix the ingredients and season with salt and pepper to taste.
- Add on sandwich bread with lettuce, tomato slices and cucumber slices.



*Dairy-free*

*Gluten-free*

Use gluten free bread.

Suitable for Camp in camp.

## *Bean salad for sandwiches*

10 servings

### *Instructions*

- Wash your hands.
- Peel the onion and chop it into small pieces.
- Split the chili pepper and remove the seeds. Chop into small pieces. Wash your hands to not irritate your eyes.
- Cut the avocado in halves and remove the nut. Chop in medium pieces.
- Wash and cut the tomatoes into pieces.
- Rinse the kidney beans.
- Mix all the vegetables and season with lemon juice, oil, salt and pepper.
- Add the mix on a piece of bread and add lettuce, ham or salami.

### *Ingredients*

1 red onion  
2 red chili peppers  
4 avocados  
8 tomatoes  
1 can of kidney beans  
1 lemon  
3 tbsp oil  
Salt  
Black pepper  
Vegetables: Lettuce, tomatoes, cucumber, bell peppers.

*Dairy-free*

*Gluten-free*

Use gluten free buns.

*Tips!*

Suitable as a light lunch or hearty snack. The hot dogs can be varied with chorizo, chicken sausages or Mexica sausage.



## *Hot dog in a bun*

10 servings

### *Ingredients*

20 hot dogs  
20 hot dog buns  
Ketchup  
Mustard

### *Instructions*

- Wash your hands.
- Fry the hot dogs in oil in a warm frying pan.
- Put the hot dogs in buns and serve with ketchup and mustard.



*Dairy-free*

*Gluten-free*

Use gluten-free hamburger buns.

## *Hamburgers*

10 servings

### *Instructions*

- Wash your hands.
- Fry the hamburgers in oil in a hot frying pan.
- Rinse and shred the iceberg lettuce.
- Rinse and slice the tomatoes.
- Peel and slice the onion. Serve raw or fry in oiled pan.
- On the bottom half of the bun, add the meat, dressing, lettuce, onion rings and tomato slices, ketchup and mustard then cover with the other half of the bun.

### *Ingredients*

20 hamburgers  
20 hamburger buns  
½ head of iceberg lettuce  
3 tomatoes  
1 onion  
Hamburger dressing  
Ketchup  
Mustard

### *Dairy-free*

Use Tofutti Sour Supreme instead of crème fraîche.

### *Gluten-free*

### *Tips!*

Serve with bread.



## *Potato soup with lentils*

10 servings

### *Ingredients*

10 potatoes  
1 leek  
4 tbsp (6 cl) cooking oil  
2,5 litre of water  
4 stock cubes  
4 dl red lentils  
Salt and pepper  
3 cans of crème fraîche

### *Instructions*

- Wash your hands.
- Rinse the leek and cut into slices.
- Peel the potatoes and cut into cubes 2x2 cm.
- Rinse the lentils in a strainer.
- Pour oil into a pan and fry the leek until soft.
- Add water, stock cubes, potatoes and heat to boil.
- Add the lentils and boil for 10 minutes until the ingredients are soft.
- Add crème fraîche and season to taste.
- Whisk for a smoother soup.





*Dairy-free*

*Gluten-free*

Serve with gluten-free bread.

*Tips!*

Serve with bread.

Suitable for  
Camp in camp.

## *Vegetable soup*

10 servings

### *Instructions*

- Wash your hands.
- Rinse the leek and cut into slices.
- Peel the potatoes, carrots and parsnips and cut into cubes. 2x2 cm.
- Rinse and slice the celery.
- Pour oil in a pan and fry the leek until soft.
- Add water, stock cubes, potatoes, leeks, parsnips, celery, carrots and let boil.
- Boil for 15 minutes until the ingredients are soft.
- Season with salt and pepper to taste.

### *Ingredients*

- 1 Leek
- 8 Carrots
- 4 Parsnips
- 1 Celery
- 10 Potatoes
- 2 stock cubes
- 2 litre water
- Salt and pepper

*Dairy-free*

*Gluten-free*

Serve with gluten free pasta or rice and gluten-free bread.

Suitable for Camp in camp.



## *Tuna sauce*

10 servings

### *Ingredients*

4 cans of tuna  
1 litre water  
2 tbsp soy sauce  
2 stock cubes  
1 dl sugar  
1 ¼ dl corn starch  
(Maizena)  
3 bell peppers  
1 can pineapple  
2 cans mushrooms  
Sweet chili sauce  
Salt and pepper  
Rice or pasta

### *Instructions*

- Wash your hands.
- Rinse the peppers and remove the seeds. Cut into pieces.
- Mix soya, water, stock cubes, sugar, corn starch and chopped peppers and let boil at least 1 minute.
- Add mushrooms, pineapple and tuna.
- Add Sweet chili sauce.
- Season with salt and pepper.
- Serve with rice or pasta and a salad.



*Dairy-free*

*Gluten-free*

Serve with  
gluten-free  
bread.

*Tips!*

Serve with  
bread.

Suitable for  
Camp in camp

## *Tomato soup with lentils*

10 servings

### *Instructions*

- Wash your hands.
- Peel and chop the onions.
- Peel and finely chop the garlic.
- Pour oil in a pan and fry the onions, garlic add tomato paste.
- Add water, stock cubes, bay leaves, paprika powder and the tomatoes and let boil.
- Add the lentils and cook for 10 minutes until the ingredients are soft.
- Add vinegar, sugar, salt, pepper and thyme to taste.
- Rinse lentils and check for small stones/gravel.

### *Ingredients*

2 cans crushed tomatoes  
2 onions  
2 cloves of garlic  
2 bay leaves  
2 stock cubes  
4 tbsp tomato paste  
4 dl red lentils  
2 tbsp paprika powder  
1 tsp sugar  
1 tsp vinegar  
1 l water  
Salt and pepper  
Thyme



# *Cooking instructions*

- 38 Egg noodles
- 38 Pasta
- 39 Rice
- 39 Couscous
- 40 Potatoes
- 40 Oats
- 41 Quinoa
- 41 Bulgur





## *Egg noodles*

10 servings

### *Ingredients*

- 1 kg noodles
- A saucepan filled with water
- 1 tsp salt
- (Oil/margarin)

### *Instructions*

- Wash your hands.
- Boil water with salt.
- Add the noodles and boil for the time recommended on the package.
- Drain the noodles in a strainer.
- Return noodles to the saucepan and add a little oil or margarin.



## *Pasta*

10 servings

### *Ingredients*

- 1 kg pasta
- A pot filled with water
- Salt

### *Instructions*

- Wash your hands.
- Boil water with salt.
- Add the pasta and boil for the time recommended on the package.
- Drain the pasta in a strainer.
- Return pasta to the pot and add a little oil or butter.



## *Rice*

10 servings

### *Ingredients*

8 dl rice  
15 dl water  
1½ tsp salt

### *Instructions*

- Wash your hands.
- Measure the rice and rinse with cold water through a strainer.
- Add new cold water to the pot and add salt.
- Heat to a boil and stir.
- Put the lid on and cook on low heat for 20 minutes without stirring the rice while it is cooking.
- Move the pot from the burner and set the pot aside with the lid on for 5 minutes.
- Gently stir before serving



## *Couscous*

10 servings

### *Ingredients*

9 dl couscous  
7½ dl water  
1½ tsp salt  
1 tbsp oil

### *Instructions*

- Wash your hands.
- Boil water with salt and oil.
- Move the pot from the burner and add the couscous.
- Put the lid on and leave for 5 minutes
- Gently stir before serving.



## *Potatoes*

10 servings

### *Ingredients*

2 kg potatoes  
Water  
1½ tsp salt

### *Instructions*

- Wash your hands.
- Brush the potatoes thoroughly or peel them and rinse.
- If potatoes are different sizes, cut them in pieces, so they are more or less the same size.
- Put the potatoes in a pot and fill up with water until they are barely covered, add salt.
- Heat to a boil with the lid on.
- Reduce the heat to medium and let the potatoes cook under lid until soft, approx 20 minutes.
- Drain the water and serve.



## *Oats*

10 servings

### *Ingredients*

1 packet oats  
12 dl water  
1 tsp salt

### *Instructions*

- Wash your hands.
- Rinse the oats in a strainer.
- Add oats, water and salt to a pot.
- Heat to a boil and cook on low heat with the lid off for 12 minutes or until soft.
- Gently stir before serving.





## *Quinoa*

10 servings

### *Ingredients*

- 1 packet quinoa
- 1 litre water
- 1 tsp salt

### *Instructions*

- Wash your hands.
- Rinse the quinoa in a strainer.
- Boil water with salt.
- Add the quinoa.
- Cook on low heat under lid for 15 minutes or until soft.
- Gently stir before serving



## *Bulgur*

10 servings

### *Ingredients*

- 14 dl water
- 7 dl bulgur
- 2 tsp salt

### *Instructions*

- Wash your hands.
- Boil water with salt.
- Add bulgur
- Cook under lid on low heat for approx 10 minutes until the water is absorbed.
- Gently stir before serving

# Dinner

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*Dairy free*

*Gluten free*

*Tips!*

Serve with salad.

## *Rice and Curry Stir-fry*

10 servings

### *Instructions*

- Wash your hands
- Boil the rice with 1.2 liters water and the salt.
- Peel and chop onion
- Shred and rinse cabbage and fry in large saucepan with a little oil.
- Add onion and continue frying
- Add minced beef and fry over low heat with curry, paprika, soya and chopped garlic.
- Cut pineapple into small pieces.
- Add water, cover with a lid and cook over medium heat for about 15 minutes.
- Taste and season with salt and pepper.
- Mix in cooked rice and decorate with the pineapple just before serving.

### *Ingredients*

- 6 dl rice
- 1.2 liters water for the rice
- 1 tsp salt
- 1 kg minced beef
- 4 onions
- Oil
- ½ cabbage
- 4 tsp curry powder
- 4 tsp paprika powder
- 2 tsp salt
- Approx 2 tbsp soya
- 3 cloves garlic
- 3 dl water
- 1 can pineapple rings

### *Dairy-free*

Use dairy-free cheese.

### *Gluten-free*

Use gluten-free bread.

### *Tips!*

For a vegetarian dish use minced or diced soya or beans instead of meat.



## *All-in-one-pot Mince Beef Soup*

10 servings

### *Ingredients*

1 kg minced beef  
4 onions  
5 carrots  
5 parsnips  
10 potatoes  
2.5 liters water  
5 beef stock cubes  
Salt, pepper  
75 ml tomato paste  
1 packet frozen chopped parsley

### *Instructions*

- Wash your hands.
- Boil water in large saucepan and add stock cubes.
- Rinse and peel onion, carrots, parsnips and potatoes.
- Slice the onions and add to saucepan.
- Grate carrots, parsnips and potatoes on largest grater.
- Add vegetables to soup and cook on low heat for approx 10 minutes.
- Add minced beef and cook for a couple of minutes.
- Taste and season with salt, pepper and tomato paste.
- Just before serving sprinkle parsley over soup.



*Dairy-free*

*Gluten-free*

*Tips!*

Serve with pasta or rice and a salad.

Can be made for Camp-in-camp.

## *Soya Bolognaise*

10 servings

### *Instructions*

- Wash your hands.
- Cook soya mince in water for 10 minutes.
- Pour soya mince into sieve and rinse with cold water.
- Peel and finely chop onions.
- Fry soya mince and onions in oil in large saucepan or frying pan over medium heat.
- Whisk together 2 tsp corn/maize starch (Maizena) in 100 ml cold water and pour into boiling stew while stirring constantly.
- Peel and grate the carrots on largest grater.
- Add tomatoes, tomato paste, and grated carrots.
- Taste and season with salt and seasoning and continue cooking over low heat for at least 10 minutes.

### *Ingredients*

600 g minced soya  
3 onions  
Oil  
1 tbsp maize/corn starch  
(Maizena)  
6 dl water  
2 cans crushed tomatoes  
3 tbsp tomato paste  
4 carrots  
Salt

*Tue 26 July*

*Dairy-free*

*Gluten-free*

Use gluten-free noodles or gluten-free pasta.

*Tips!*

Make vegetarian by exchanging chicken for a can of chickpeas and using vegetable stock instead of chicken stock.



## *Chicken and Noodle Soup*

10 servings

### *Ingredients*

1 kg chicken fillets  
4 cloves garlic  
1 leek  
2 red chillies  
1 liter water  
2 cans coconut milk  
2 cans beans  
2 red bell peppers  
2 packets egg noodles  
2 chicken stock cubes  
1 tbsp oil  
1 lemon  
Salt, pepper

### *Instructions*

- Wash your hands.
- Rinse leek and slice.
- Peel garlic and chop finely.
- Divide chili, remove seeds and chop finely.
- Wash your hands after handling the chili and do not rub your eyes!
- Pour oil into large saucepan and gently fry leeks, chili and garlic until soft.
- Slice chicken and bell peppers and add to saucepan.
- Add water, coconut milk, stock cubes and let cook for approx 10 minutes.
- Crush noodles slightly and add to soup.
- Cook for another 3 minutes.
- Taste and season with lemon juice, salt and pepper.

*Wed 27 July*



*Dairy-free*

*Gluten-free*

*Tips!*

Serve with vegetables and potatoes or rice.

Climate smart alternative

## *Chicken Stew*

10 servings

### *Instructions*

- Wash your hands.
- Cook pasta or rice.
- Peel onion and carrots and chop finely.
- Rinse and shred cabbage and dice zucchini.
- Slice chicken.
- Fry vegetables, curry, chili powder and chicken in oil in large saucepan.
- Add water, stock and crushed tomatoes and cook over low heat.
- Add courgette/zucchini and warm.
- Taste and season with salt, pepper and sweet chili sauce.

### *Ingredients*

- 1 kg chicken fillets
- 4 carrots
- 3 onions
- ½ cabbage
- 2 cans crushed tomatoes
- Curry powder
- Chili powder
- 1 zucchini
- 2 stock cubes
- 1 litre water
- Salt, pepper
- Sweet chili sauce

*Dairy-free*

*Gluten-free*

Use gluten-free noodles or gluten-free pasta.

*Tips!*

Can also be made as a lunch alternative.



## *Noodle Soup with Chick-peas*

10 servings

### *Ingredients*

1 can chick peas  
2 cans beans  
4 cloves garlic  
1 leek  
2 red chilies  
1 liter water  
2 cans coconut milk  
2 red bell peppers  
2 packets egg noodles  
2 vegetable stock cubes  
2 tbsp oil  
1 lemon  
Salt, pepper

### *Instructions*

- Wash your hands.
- Rinse leek and slice.
- Peel garlic and chop finely.
- Divide chili, remove seeds and chop finely.  
Wash your hands and cooking utensils after handling the chili and do not rub your eyes!
- Pour oil into large saucepan and fry leek, chili and garlic over low heat until soft.
- Rinse, divide, remove seeds and slice bell peppers, add to saucepan.
- Pour liquid off chick-peas and beans, rinse and add to saucepan.
- Add water, coconut milk, stock cubes, and cook for approx 10 minutes.
- Crush noodles slightly and add them to the soup. Cook for another 3 minutes.
- Taste and season with lemon juice, salt and pepper.

*Wed 27 July*





**Dairy-free**  
Pour iMat in frying pan, add salt and seasoning. Cook for 5-7 minutes.

**Gluten-free**  
Replace flour with corn/maize starch (Maizena) mixed with a little water and pour into boiling gravy.

**Tips!**  
Serve with potatoes or rice.

## *Fried chicken with gravy*

10 servings

### *Instructions*

- Wash your hands.
- Cook potatoes or rice.
- Fry chicken fillets in frying pan together with mushrooms.
- Warm oil in large saucepan, remove from heat and stir in flour and stock cube. Place saucepan on cooker again.
- Pour milk and cream into saucepan and whisk over low heat until it boils.
- Taste and season with soya, salt and pepper.
- Add chicken and mushrooms to gravy and simmer until hot.

### *Ingredients*

2 kg chicken fillets  
2 cans of mushrooms

#### **Gravy:**

1/2 dl oil  
1/2 dl flour  
5 dl milk  
1 stock cube  
5 dl cooking cream  
Soya  
Salt, pepper

### *Dairy-free*

Pour Oatly iMat in frying pan, add salt and seasoning. Cook for 5-7 minutes.

### *Gluten-free*

Serve with gluten-free pasta or potatoes.

### *Tips!*

Serve with pasta, or potatoes and vegetables.



## *Sausage Stroganoff Stew*

10 servings

### *Ingredients*

1.6 kg sausage (falukorv)  
4 onions  
2 tbsp oil  
3/4 dl tomato purée  
4 dl water  
4 dl crème fraiche  
Salt, pepper  
Corn/maize starch  
(Maizena)  
2 tsp paprika powder

### *Instructions*

- Wash your hands.
- Cook pasta or potatoes.
- Take skin off sausage and strips.
- Peel and dice onion.
- Fry sausage and onion over low heat in oil in large saucepan.
- Add water, paprika powder, tomato purée and crème fraiche.
- Cook for a few minutes.
- If you want a thicker sauce; whisk together 2 tsp Corn/maize starch (Maizena) in 100 ml cold water and pour into boiling stew while stirring constantly.
- Taste and season with salt, pepper and seasoning.



### *Dairy-free*

Use soya milk instead of milk.

### *Gluten-free*

Use gluten-free noodles or gluten-free pasta. Use corn/maize starch (Maizena) mixed with a little water instead of flour.

### *Tips!*

Serve with macaroni or potatoes and salad.

## *Fried Sausage*

10 servings

### *Instructions*

- Wash your hands.
- Cook macaroni or potatoes.
- Take skin off sausage (falukorv), slice and fry in oil in frying pan until slightly browned.
- Keep warm in a covered saucepan or dish while cooking rest of meal.

### **White sauce**

- Mix margarine and flour to a paste.
- Pour milk in large saucepan and heat to boiling point.
- Add paste and whisk sauce. Continue boiling on low heat, being careful so milk does not boil over or sauce burns.
- Boil gently over low heat for approx 5 minutes.
- Taste and season with salt and pepper.

### *Ingredients*

1.6 kg sausage (falukorv)  
Oil

### **White sauce**

1 liter milk  
3/4 dl flour  
3/4 dl margarine  
1 tsp salt  
Pepper

*Thu 28 July*

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with vegetables, potatoes or rice

Suitable for Camp-in-camp

Climate smart alternative



## *Root Vegetable Stew*

10 servings

### *Ingredients*

4 onions  
1 leek  
4 cloves garlic  
8 carrots, approx. 1 kg  
4 parsnips, approx. 500g  
1 bunch celery  
2 liters water  
400 ml red lentils  
2 stock cubes, chicken or vegetable.  
Salt, Pepper  
Thyme  
(Vinegar)

### *Instructions*

- Wash your hands
- Rinse leek and slice
- Rinse and peel carrots, parsnip and celery and dice 2x2 cm.
- Peel and chop onion
- Rinse lentils and check for small stones/gravel.
- Pour oil into large saucepan and fry leek and onion over low heat until soft.
- Chop garlic and add to leek and onions, frying over low heat.
- Add water, stock cubes and root vegetables and simmer gently
- Add lentils and simmer approx 15 minutes until ingredients are soft.
- Taste and season with salt, pepper and thyme. Add a dash of vinegar if you want more tart flavor.

*Thu 28 July*



*Dairy-free*

*Gluten-free*

Use gluten-free bread.

*Tips!*

Serve with bread and salad.

## *Sausage Stew*

10 servings

### *Instructions*

- Wash your hands
- Boil water in large saucepan with stock cubes and mustard.
- Rinse, peel and slice potatoes, onion and carrots
- Add to saucepan and boil until soft.
- Pour out liquid of canned corn and add corn to saucepan.
- Take skin off sausage, slice and add.
- Cook for a few minutes.
- Taste and season with salt and pepper.

### *Ingredients*

- 1,6 kg sausage (falukorv)
- 1 liter water
- 2 beef stock cubes
- 1/2 dl mustard
- 1 kg potatoes
- 3 onions
- 3 carrots
- 2 cans sweet corn
- Salt, pepper

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with salad.



## *All-in-one-pot Beef Stew*

10 servings

### *Ingredients*

- 1 kg sliced beef
- 8 dl water
- 2 meat stock cubes
- 4 bay leaves
- 1/2 dl balsamic vinegar
- 2 kg potatoes
- 2 parsnips
- 1 leek
- 1 packet frozen broccoli
- 2 tsp corn/maize starch  
(Maizena)
- 1 tsp salt
- Pinch of pepper

### *Instructions*

- Wash your hands.
- Boil water in large saucepan add stock, bay leaves and balsamic vinegar
- Add beef, cover with lid and cook over low heat for 10 minutes
- Scrape off froth floating on top of stock and throw away.
- Rinse, peel and dice potatoes and parsnip. Add and cook 10 minutes
- Rinse and slice leek.
- Add leeks and broccoli to saucepan.
- Cook another 3-4 minutes.
- Mix corn/maize starch (Maizena) in 1 dl water and pour into saucepan while stirring.
- Bring to boil.
- Taste and season with salt, pepper and seasoning.

*Fri 29 July*



*Dairy-free*

*Gluten-free*

Do not use couscous or egg-noodles; serve with gluten-free pasta or potatoes.

*Tips!*

Serve stew with rice, noodles or couscous and vegetables.

## *Beef Stew*

10 servings

### *Instructions*

- Wash your hands.
- Peel and slice onion, peel and finely chop garlic.
- Rinse cauliflower and divide into small florets, pour liquid off mushrooms.
- Rinse bell pepper, divide and take out seeds.
- Dice bell pepper and zucchini.
- Rinse and peel carrots and slice in match stick size slivers.
- Brown beef in hot oil in frying pan.
- Add onion, garlic and tomato purée, ginger, curry and salt.
- Fry over low heat 1 min.
- Pour on coconut milk
- Add bell pepper, cauliflower, zucchini, carrots and mushrooms and cook for 2-3 minutes.
- Taste and season with lemon juice, soya and seasoning.

### *Ingredients*

- 1 kg sliced beef
- 2 onions
- 2 cloves garlic
- 2 tbsp oil
- 3 cans mushrooms
- 1 tsp salt
- 2 cans coconut milk
- 1 bell pepper
- 1 zucchini
- 1 cauliflower
- Soya
- 2 carrots
- 1 lemon
- 4 tbsp tomato purée
- 1 tsp ground ginger
- Curry powder

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with salad.

Suitable for  
Camp in camp.

Climate smart  
alternative



## *All-in-one Bean Stew*

10 servings

### *Ingredients*

2 cans of kidney beans  
3 dl lentils  
8 dl water  
2 vegetable stock cubes  
4 bay leaves  
4 tbsp balsamic vinegar  
2 kg potatoes  
2 parsnips  
1 leek  
1 packet frozen broccoli  
2 tsp corn/maize starch  
(Maizena)  
1 tsp salt  
Pinch of pepper

### *Instructions*

- Wash your hands.
- Boil water in large saucepan and add stock cube, bay leaves and balsamic vinegar
- Rinse beans and add to saucepan.
- Rinse lentils and check for small stones/gravel and add to saucepan.
- Cover and cook over low heat for 10 minutes.
- Rinse, peel and dice potatoes and parsnip. Add to saucepan and cook 10 more minutes.
- Rinse and slice leek.
- Add leek and broccoli to saucepan.
- Cook 3-4 minutes.
- Mix corn/maize starch (Maizena) in 1 dl water and add to saucepan
- Cook over medium heat.
- Taste and season with salt and pepper

*Fri 29 July*





### *Dairy-free*

Use Tofutti Sour Supreme as a base for Tzatziki.

### *Gluten-free*

### *Tips!*

Serve with boiled potatoes or rice and tzatziki, lemon, or tomato salad.

## *Salmon fillets*

10 servings

### *Instructions*

- Wash your hands.
- Cook potatoes, rice or quinoa.
- Put a saucepan of water on, add salt and boil for broccoli
- Fry salmon fillets in oil on medium heat. If the heat is too high, the fish will burn before getting cooked through!
- When salmon is light pink in the middle and falls apart easily, it is ready.
- Cover the salmon, put aside and keep warm.
- Add broccoli to boiling water and boil for 3-5 minutes.

### *Ingredients*

10 salmon fillets  
Oil  
1 packet frozen broccoli  
1 tsp salt  
Pepper

### *Dairy-free*

Replace crème fraiche with Tofutti Sour Supreme.

### *Gluten-free*

### *Tips!*

Serve with rice or potatoes and vegetables, for example carrots or green peas or tomato salad!



## *Salmon Stew*

10 servings

### *Ingredients*

10 salmon fillets  
1 red onion  
4 dl crème fraiche (sour cream)  
1 fennel  
60 ml tomato purée  
Capers  
Salt, pepper

### *Instructions*

- Wash your hands.
- Cook pasta or rice.
- Peel and chop onion.
- Rinse fennel and dice.
- Fry onion and fennel in oil in large saucepan over medium heat
- Pour in crème fraiche and tomato purée and cook.
- Slice fish in medium pieces, add to saucepan together with capers.
- Cook over medium heat approx 10 minutes. When fish is light pink it is ready.
- Taste and season with salt and pepper.



*Dairy-free*

Use Tofutti Sour Supreme as a base for Tzatziki.

*Gluten-free*

*Tips!*

Serve with potatoes or rice and a cold sauce. Tzatziki, lemon, Tomato salad goes well with this dish!

## *Aubergine / Eggplant Slices*

10 servings

### *Instructions*

- Wash your hands.
- Cook potatoes, rice, quinoa or couscous.
- Put a pan of water on, add salt and boil for broccoli
- Rinse and slice aubergines/eggplants.
- Put slices on a plate or tray, cover with some salt and place heavy lid or plate on top and leave for 10 minutes.
- Wipe off excess salt and liquid and fry in frying pan over low heat.  
If heat is too high they will burn before they are cooked through.
- Fry a few slices at a time and put aside under a cover to keep warm.
- Add broccoli to boiling water and boil for 3-5 minutes until medium soft or soft.

### *Ingredients*

- 5 aubergines/eggplants
- Oil
- 1 packet frozen broccoli
- 1 tsp salt

### *Dairy-free*

Use Oatly iMat for gravy, boil for 3-5 minutes.

### *Gluten-free*

Serve gluten-free pasta or potatoes. Use corn/maize starch (Maizena) mixed with a little water instead of flour.

### *Tips!*

Serve with vegetables and pasta or potatoes and Lingonberry preserve.



## *Swedish Meatballs*

10 servings

### *Ingredients*

1.5 kg meatballs  
Oil  
3 onions  
2 cans mushrooms

### *Gravy*

1/2 dl oil  
1/2 dl flour  
5 dl milk  
1 beef or vegetable  
stock cube  
5 dl cooking cream  
Soya sauce  
Salt and pepper

### *Instructions*

- Wash your hands.
- Cook potatoes or pasta.
- Fry meatballs evenly in oil a few at a time in frying pan, cover and keep warm until all meatballs are done.
- Peel and slice onion.
- Pour liquid out of the can of mushrooms.
- Pour milk, cooking cream and stock cube into sauce pan.
- Fry onion and mushrooms over low heat.
- Heat oil over low heat in large sauce pan, remove from heat and add flour and move saucepan back onto cooker.
- Stir.
- Pour milk and cooking cream into saucepan and stir until boiling point.
- Season with soya, salt and pepper.



***Dairy-free***  
Use Tofutti Sour Supreme as a base for Tzatziki.

***Gluten-free***  
Exchange couscous for rice or quinoa.

***Tips!***  
Serve with vegetables and couscous or rice. Tzatziki, lettuce, tomato are also nice with falafel.

## *Falafel*

10 servings

### *Instructions*

- Wash your hands.
- Cook couscous or rice.
- Fry falafel in oil a few at a time in fryingpan, cover and keep warm until all falafel are done.

### *Ingredients*

80 falafel  
Oil

### *Dairy-free*

Exchange cooking cream for soya cream. Cook gently for 4-5 minutes. If Oatly iMat is used, boil rapidly for 3-5 minutes.

### *Gluten-free*

### *Tips!*

Serve with rice or potatoes and vegetables for example broccoli or green peas.



## *Fish in Egg Sauce*

10 servings

### *Ingredients*

1 kg fish  
5 eggs

### *Sauce*

1,5 dl corn/maize starch  
(Maizena)  
5 dl water  
2 fish stock cubes  
5 dl cooking cream  
3-4 tbsp margarine  
Salt and pepper

### *Instructions*

- Wash your hands.
- Cook the eggs for 8 minutes and chill them in cold water.
- Cool eggs off in cold water and put aside.
- Cook rice or potatoes.
- Cut fish fillets in large cubes approx 5x5cm.
- Whisk corn/maize starch (Maizena) with water in bowl.
- Add stock, cooking cream and margarine to saucepan. Add corn/maize starch (Maizena) mixture. Boil over low heat while stirring and let sauce cook a few minutes. The sauce should be quite thick, as the fish gives off extra liquid when added.
- Taste and season with salt and pepper
- Add fish to sauce. Cook gently for 10-15 minutes or until fish is cooked through. Do not stir too much otherwise the fish will fall apart!
- Peel and finely chop eggs, and carefully add to fish and sauce.



*Dairy-free*

*Gluten-free*

*Tips!*

Serve with rice or potatoes.

## *Fish Curry*

10 servings

### *Instructions*

- Wash your hands.
- Cook pasta or rice.
- Rinse bell pepper, divide, remove seeds and dice.
- Peel and chop onions and garlic.
- Fry onion, garlic, bell pepper and spices in oil over low heat approx 2 minutes. Stir often.
- Add tomatoes and cook for approx 5 minutes.
- Add coconut milk and let it heat up.
- Add fish cut in cubes and cook gently for approx 10 minutes or until fish is no longer opaque. Do not stir too much, otherwise the fish will fall apart.
- Taste and season with salt, pepper and other seasoning, if necessary.

### *Ingredients*

1 kg fish  
2 onions  
4 cloves garlic  
2 red bell peppers  
2 tsp ground coriander  
2 tsp ground cumin  
1 tsp curry  
2 cans crushed tomatoes  
1 can coconut milk  
Fennel  
Salt, pepper

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with a salad.

Climate smart alternative.



## *Fish Stew*

10 servings

### *Ingredients*

1 kg fish  
A pinch of thyme  
1 lemon  
Approx 15 potatoes  
3 carrots  
2 leeks  
3 fish stock cubes  
1.5 liters water  
4 tomatoes  
Frozen chopped dill or parsley  
Salt, pepper

### *Instructions*

- Wash your hands.
- Cut fish in slices and cover with thyme, salt and pepper. Spritz lemon juice on the fish and put aside 10 minutes.
- Rinse, peel and slice potatoes and carrots.
- Rinse leek and slice.
- Fry leek over low heat in oil just so it sweats and does not brown.
- Add potatoes, carrots, stock cube and water in large saucepan and let cook until potatoes are half done.
- Add fish and cook on low heat for approx 5 minutes.
- Chop tomatoes and add to stew.
- Taste and season with salt and pepper
- Sprinkle dill or parsley over stew before serving.

*Mon 1 Aug*





*Dairy-free*

*Gluten-free*

*Tips!*

Serve with Bean salad (see recipe on page 29) and a salad.

## *Veggie Burgers*

10 servings

### *Instructions*

- Wash your hands.
- Rinse and peel potatoes, carrots and parsnips. Grate on fine grater and squeeze out excess liquid.
- Mix with eggs, corn/maize starch (Maizena), salt and pepper.
- Peel garlic and grate/chop finely.
- Rinse and chop leek in thin slices.
- Add leek and garlic to mixture.
- Heat frying pan, medium heat
- Add approx 1 tbsp oil
- Add large spoonfuls of mixture to frying pan, approx 1 dl/burger. Approx 4-5 burgers can be fried at the same time.
- Fry approx 3 minutes on each side over medium heat.
- Cover and keep warm until all burgers are ready.

### *Ingredients*

1 kg potatoes  
8 carrots  
2 parsnips  
1 leek  
2 cloves garlic  
8 eggs  
2 dl corn/maize starch  
(Maizena)  
Salt and pepper  
Oil

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with a salad and turkey slices.

Suitable for Camp in camp.



## *Cold Turkey with Warm Potato Salad*

10 servings

### *Ingredients*

1 kg turkey  
2 kg potatoes  
5 red onions  
1 vegetable stock cube  
½ liter Water  
Approx 2 dl vinegar  
Salt, pepper and sugar  
2 1/4 dl oil  
3/4 dl finely chopped  
herbs (chives or parsley)  
Approx 1/2 dl mustard

### *Instructions*

- Wash your hands.
- Rinse and peel potatoes and boil in lightly salted water until soft. Pour water out and let cool slightly.
- Cut potatoes in thick slices.
- Peel onion and chop finely.
- Boil water and add stock cube
- Mix vinegar, oil, mustard, sugar, salt, pepper and onion with stock.
- Put potato slices in large bowl, pour stock/herb mixture over potatoes and mix gently.
- Slice the turkey.
- Sprinkle herbs over potato salad just before serving.



*Dairy-free*

*Gluten-free*

Do not use couscous, use rice or quinoa instead.

*Tips!*

Serve stew with rice or couscous and a salad

## *Asian Turkey Stew*

10 servings

### *Instructions*

- Wash your hands.
- Cut turkey in slices or cubes
- Pour oil in large saucepan add turkey and fry over medium heat.
- Peel and chop onion and garlic, add to saucepan with soya, garlic, curry, ground ginger, vinegar and pepper.
- Stir and let simmer a few minutes. Pour pineapple juice in saucepan.
- Mix corn/maize starch (Maizena) in some water and pour into stew. Stir until sauce thickens slightly.
- Rinse fennel, cut in slices or cubes and add to saucepan. Rinse, peel and cut carrots in thin slices, add to stew.
- Rinse leek and slice, add to stew
- Rinse bell peppers, divide and remove seeds.
- Chop bell peppers and pineapple rings in 1 cm small pieces and add to stew.
- Simmer stew and taste. Season with chili powder, salt and pepper.

### *Ingredients*

- 1 kg turkey
- 3 onions
- 1/2 dl soya
- 4 cloves garlic
- 2 tsp curry
- 1 tsp ground ginger
- 3 tbsp apple cider vinegar
- A pinch of pepper
- 2 tbsp oil
- 1 can pineapple rings
- 4 carrots
- 1 leek
- 2 bell peppers
- Chili powder, salt

*Tue 2 Aug*

### *Dairy-free*

Exchange crème fraiche for Tofutti Sour supreme or mix mayonnaise and oat cream. Exchange cheese for tofu.

### *Gluten-free*

Use gluten-free noodles.

### *Tips!*

Serve with pasta and a nice vegetable salad.

Climate smart alternative.



## *Pasta with Turkey Sauce*

10 servings

### *Ingredients*

200 g turkey, sliced  
1 red onion  
1 parsnip  
1 apple  
2 dl lentils  
2 tbsp oil  
8 dl water  
2 vegetable stock cubes  
2 dl crème fraiche (sour cream)  
1 dl corn/maize starch (Maizena)  
200 g cheese  
1 tsp chili  
1 lemon  
Salt and pepper

### *Instructions*

- Wash your hands.
- Cook pasta.
- Peel and finely chop red onion. Rinse, peel and dice parsnip. Rinse, core and finely chop apple. Rinse lentils and check for small stones/gravel.
- Cut turkey in pieces.
- Fry turkey, onions, parsnips, apples and lentils in oil in a large saucepan.
- Add water, stock cube and crème fraiche.
- Let sauce simmer on low heat and add corn/maize starch (Maizena) mixed with a small amount of water.
- Let simmer for approx 10 minutes.
- Add cheese and let it melt.
- Do not stir or cook any longer or the stew will turn into a big lump!
- Taste and season with chili, lemon juice, salt and pepper.



### *Dairy-free*

Exchange Crème fraiche for Tofutti Sour supreme or Oatly iMat mixed with mayonnaise.

### *Gluten-free*

Use gluten-free pasta.

### *Tips!*

Serve with pasta and vegetables.

## *Vegetarian Curry with Pasta*

10 servings

### *Instructions*

- Wash your hands.
- Cook pasta.
- Pour liquid out of the mushrooms and fry them in oil in large saucepan together with curry.
- Rinse and peel carrots and grate on the large grater. Rinse lentils and check for small stones/gravel.
- Add lentils, carrots, water, crème fraiche and stock cubes.
- Let sauce cook for a few minutes.
- Add corn/maize starch (Maizena) mixed with a small amount of water. Stir.
- Simmer over low heat approx 10 minutes.
- Taste and season with sweet chili sauce, salt and pepper.
- Add broccoli and 2 dl green peas and let simmer 2-5 min. until broccoli is soft or semi-soft. Serve the rest of peas in a salad together with the meal.

### *Ingredients*

- 2 cans of mushrooms
- 2 tbsp oil
- 2 dl lentils
- 1.5 tbsp curry
- 2 carrots
- 8 dl water
- 2 vegetable stock cubes
- 2 dl crème fraiche (sour cream)
- 1 dl corn/maize starch (Maizena)
- 1 dl sweet chili sauce
- 1 packet frozen broccoli
- 1 packet frozen green peas
- Salt and pepper

*Tue 2 Aug*

*Dairy-free*

*Gluten-free*

Use gluten-free noodles.

*Tips!*

Serve with pasta and vegetables, for example carrots or coleslaw/cabbage salad (see recipe).



## *Tomato Sauce with Minced Beef*

10 servings

### *Ingredients*

1 kg minced beef  
2 cans crushed tomatoes  
3 onions  
4 carrots  
2 beef stock cubes  
Water  
Approx 1/2 dl tomato purée  
Salt, pepper  
Paprika powder.

### *Instructions*

- Wash your hands.
- Cook pasta.
- Peel and chop onion.
- Fry onion and minced beef in oil in large saucepan over medium or low heat. Stir beef so it does not burn.
- Rinse, peel and grate carrots on fine grater and add to saucepan.
- Add crushed tomatoes, tomato purée and stock.
- Cook for approx 5 minutes.
- Taste and season.
- If sauce needs thickening, use corn/maize starch (Maizena) mixed in a little water. Add and stir until sauce thickens.

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with rice and sliced carrots.



## *Chili con carne*

10 servings

### *Instructions*

- Wash your hands.
- Divide chili, remove seeds and chop finely. Wash your hands after handling the chili and do not rub your eyes!
- Peel and chop onion and garlic.
- Rinse, divide, remove seeds and slice bell pepper.
- Rinse all beans.
- Pour oil in large saucepan and fry onion over low heat until softened.
- Add bell peppers and fry a few more minutes.
- Add tomatoes, garlic, chilies and paprika powder.
- Cook over medium heat approx 10 minutes. Add beans and minced beef, cook for minimum 5 minutes.
- Taste and season with salt, pepper and spices/herbs.

### *Ingredients*

- 1 kg minced beef
- 3 onions
- 2 green bell peppers
- 1 can beans
- 1 can black beans
- 1 can kidney beans
- 2 tbsp oil
- 2 cans crushed tomatoes
- 2 cloves garlic
- 2 red chili peppers
- 1 tsp chili powder
- 3 tsp paprika powder
- Salt and pepper

*Dairy-free*

*Gluten-free*

Use gluten-free pasta.

*Tips!*

Serve with oats and coleslaw/cabbage salad (see recipe).

Climate smart alternative.



## *Minced Beef Wok*

10 servings

### *Ingredients*

1 kg minced beef  
4 carrots  
4 parsnips  
1 cauliflower  
½ cabbage  
2 tbsp soya  
1 red chili pepper  
2 tbsp oil  
1 leek  
Salt, pepper

### *Instructions*

- Wash your hands.
- Divide chili, remove seeds and chop finely. Wash your hands after handling the chili and do not rub your eyes!
- Rinse, peel and cut carrots and parsnips in match stick size slivers.
- Divide cauliflower into small florets and rinse.
- Shred cabbage and rinse. Divide and rinse leek. Cut in thin slices.
- Heat oil in large saucepan
- First add cauliflower and carrots and fry 2-3 minutes.
- Add parsnip and fry 2-3 minutes
- Add cabbage, leek, chili and garlic and fry a few more minutes.
- Add minced beef and fry until beef is done. Taste and season with salt, pepper, soya and spices

*Wed 3 Aug*





*Dairy-free*

*Gluten-free*

*Tips!*

Serve with rice and sliced carrots.

Suitable for Camp in camp.

## *Chili sin carne*

10 servings

### *Instructions*

- Wash your hands.
- Divide chili, remove seeds and chop finely. Wash your hands after handling the chili and do not rub your eyes!
- Peel and chop onion and garlic.
- Rinse, divide, remove seeds and slice bell pepper. rinse all beans and chick peas.
- Rinse all beans.
- Pour oil in large saucepan and fry onion over low heat until softened.
- Add bell peppers and fry a few more minutes. Add beans and chick peas and cook for 5 minutes.
- Add tomatoes, garlic, chilies and paprika powder.
- Cook over medium heat approx 10 minutes.
- Add beans cook for 5 minutes.
- Taste and season with salt, pepper and spices/herbs.

### *Ingredients*

- 1 can chick-peas
- 3 onions
- 3 green bell peppers
- 1 can beans
- 1 can black beans
- 1 can kidney beans
- 2 tbsp oil
- 2 cans crushed tomatoes
- 2 cloves garlic
- 2 red chili peppers
- 1 tsp chili powder
- 3 tsp paprika powder
- Salt and pepper

### *Dairy-free*

Use Tofutti Sour supreme instead of crème fraiche.

### *Gluten-free*

Use rice instead of couscous.

### *Tips!*

Serve with couscous and carrots.



## *Chicken with Orange and Chili*

10 servings

### *Ingredients*

- 2 kg chicken fillets
- 1 tsp salt
- 2 tbsp oil
- 2 oranges
- 1 lemon
- 2 chicken stock cubes
- 2 tsp soya
- 1 red chili
- 1 leek
- Corn/maize starch (Maizena)
- 4 dl crème fraiche

### *Instructions*

- Wash your hands.
- Cook couscous.
- Rinse and grate the oranges and lemon on the fine grater. Do not grate the white pith under the outer peel – it tastes bitter!
- Cut fruit in half and press out juice in small bowl.
- Divide chili, remove seeds and chop finely. Wash your hands after handling the chili and do not rub your eyes!
- Divide and rinse leek and cut in slices.
- Fry chili and leek in oil in large saucepan over low heat
- Add orange/lemon peel and juice, crème fraiche, stock cube, soya and cook over medium heat.
- Mix corn/maize starch (Maizena) in a little water. Add and stir until sauce thickens.
- Fry chicken in oil or margerine over medium heat. Add to sauce and cook over low heat for 10 minutes.



### *Dairy-free*

Use tofu instead of feta cheese.

### *Gluten-free*

Use rice instead of bulgur.

### *Tips!*

Serve with bulgur.

## *Chicken with Tomato and Bulgur*

10 servings

### *Instructions*

- Wash your hands.
- Boil water, add bulgur and cook over low heat approx 10 minutes until water has been absorbed.
- Divide chicken fillets in half.
- Peel and slice onions.
- Rinse and slice tomatoes.
- Pour liquid out of the feta cheese.
- Fry chicken fillets in oil in large frying pan over medium heat approx 3 minutes each side.
- Season with salt and pepper
- Add tomatoes and onions. Fry another min.
- Pour water and balsamic vinegar into frying pan and simmer over low heat.
- Chop feta cheese finely and sprinkle over chicken just before serving.

### *Ingredients*

- 2 kg chicken fillets
- 1.4 liters water
- 7 dl bulgur
- 2 red onions
- 6 tomatoes
- 2 tbsp oil
- 1 tsp salt
- A pinch of pepper
- 1 dl water
- Approx 1/2 dl balsamic vinegar
- 2 feta cheeses

*Dairy-free*

*Gluten-free*

Use potatoes or rice instead of couscous.

*Tips!*

Serve with potatoes, rice or couscous.

Climate smart alternative.



## *Chicken with vegetables*

10 servings

### *Ingredients*

1 kg chicken fillets  
4 onions  
3 bell peppers  
1 zucchini  
8 carrots  
1 packet frozen  
broccoli  
Salt, pepper  
Thyme  
Oregano

### *Instructions*

- Wash your hands.
- Cook potatoes, rice or couscous.
- Peel and chop onion, fry in oil in large saucepan over low heat.
- Rinse, peel and grate carrots on large grater. Add to saucepan.
- Rinse, divide, remove seeds and slice bell peppers.
- Cut the zucchini in cubes. Add bell peppers, zucchini and broccoli to sauce pan.
- Fry over low heat until soft.
- Season with salt, pepper, thyme and oregano.
- Heat chicken fillets and serve.



### *Dairy-free*

Use tofu instead of feta cheese.

### *Gluten-free*

Use rice instead of bulgur.

### *Tips!*

Serve with bulgur.

Suitable for Camp in camp.

## *Tomato and Bulgur*

10 servings

### *Instructions*

- Wash your hands.
- Boil water, add bulgur and cook over low heat approx 10 minutes until water has been absorbed.
- Peel and chop onion.
- Rinse and slice tomatoes.
- Pour liquid out of the feta cheese.
- Rinse and slice fennel.
- Fry fennel in large frying pan in oil over medium heat approx 3 minutes.
- Add tomatoes and onion, fry another min.
- Add water, olives and balsamic vinegar and cook 3-4 minutes.
- Chop feta cheese finely and sprinkle over meal just before serving.

### *Ingredients*

- 3 fennels
- 1.4 liters water
- 7 dl bulgur
- 2 red onions
- 6 tomatoes
- 2 tbsp oil
- 1 tsp salt
- A pinch of pepper
- 1 dl water
- Approx 1/2 dl balsamic vinegar
- 2 feta cheeses
- 2 cans black olives

*Dairy-free*

*Gluten-free*

Do not use couscous, use rice or quinoa instead.

*Tips!*

Serve with potatoes, rice or couscous.

Recipe from the UK.



## *Spicy Sausage Stew*

10 servings

### *Ingredients*

1.5 kg spicy sausage  
(divided into 3 pieces)  
Approx 75 ml oil  
1.5 kg potatoes  
5 onions  
2-3 green bell peppers  
5 carrots  
5 cans of crushed  
tomatoes

### *Instructions*

- Wash your hands.
- Rinse and peel potatoes. Cut in halves.
- Heat oil in large saucepan and fry potatoes and sausage 5 minutes over medium heat.
- Peel and chop onion.
- Rinse, divide, remove seeds and slice bell peppers. Peel and chop carrots.
- Add onion, bell peppers and carrots and cook until soft.
- Fry until the sausages are slightly brown on both sides.
- Add cans of crushed tomatoes.
- Rinse out cans with a little water and pour this liquid into stew.
- Cover with lid and simmer for approx 5 minutes until hot.
- Taste and season before serving.

*Fri 5 Aug*



### *Dairy-free*

Use tofu instead of feta cheese, use Tofutti Sour Supreme instead of yoghurt.

### *Gluten-free*

Use rice or quinoa instead of couscous

## *Sausage and Couscous salad*

10 servings

### *Instructions*

- Wash your hands.
- Cook couscous (recipe at page 39)
- Cut sausage in small slices.
- Rinse, core and peel apples, cut in small cubes
- Peel onions, cut in small cubes
- Rinse and cut courgette/zucchini and tomatoes in small cubes.
- Fry sausage in oil in large saucepan.
- Add apples, onions, courgette/zucchini and tomatoes.
- Stir cooked vegetables, sausage and couscous and simmer over low heat.
- Cut the lemon in halves and squeeze out the juice, add together with yoghurt salt and pepper.
- Add peas and finely chopped feta cheese just before serving.

### *Ingredients*

- 1.5 kg spicy sausage
- 2 lemons
- 500 ml cooking yoghurt
- 2 apples
- 2 red onions
- 2 courgette/zucchini
- 4 tomatoes
- Oil
- Salt
- 900 ml couscous
- 1 packet frozen green peas
- 2 feta cheeses

### *Dairy-free*

Use soya cream or Oatly iMat instead of cooking cream. Boil vividly 4-5 minutes.

### *Gluten-free*

Do not use oats, use potatoes or quinoa

### *Tips!*

Serve with potatoes or oates and with coleslaw/ cabbage salad.

Climate smart alternative.



## *Sausage and Root Vegetable Stew with Apple*

10 servings

### *Ingredients*

1 kg chicken sausage  
1 liter water  
500 ml cooking cream  
2 chicken stock cubes  
100 ml corn/maize starch (Maizena)  
1 lemon  
50 ml pear juice, concentrate  
2 parsnips  
1 leek  
2 tbsp oil  
1 apple  
Parsley  
Salt and pepper

### *Instructions*

- Wash your hands.
- Rinse, peel and dice parsnip in 1x1 cm.
- Rinse, core and peel apple and slice in wedges.
- Cut sausage in slices.
- Rinse and chop leek. Heat oil in large saucepan and fry leek over low heat.
- Add water, cream, pear juice and stock.
- Cook over medium heat and add sausage and parsnip.
- Boil sauce 3-4 minutes.
- Add corn/maize starch (Maizena) mixed with a small amount of water.
- Stir and cook approx 10 minutes.
- Add apple wedges and parsley and cook a few minutes.
- Taste and season with salt, pepper and lemon



*Dairy-free*

*Gluten-free*

*Tips!*

Serve with quinoa and a salad.



## *Chick-pea and Cauliflower Stew*

10 servings

### *Instructions*

- Wash your hands.
- Cook quinoa (recipe at page 41).
- Peel and chop onion in thin slices.
- Peel and finely chop garlic cloves.
- Rinse, peel and cut carrots in approx 2 cm slices.
- Pour liquid off chick-peas.
- Rinse and separate cauliflower into small florets.
- Heat oil in large saucepan over medium heat. Add onion, carrots, garlic and curry.
- Fry over medium heat approx 2 minutes.
- Add cauliflower, crushed tomatoes, coconut milk and chick-peas.
- Cover with lid and simmer over low heat approx 15 minutes.
- Add coriander and salt just before serving.

### *Ingredients*

- 2-3 onions
- 5 carrots (approx 500g)
- 2 cauliflowers
- 4 cloves garlic
- 1-2 tbsp curry Oil
- 3 cans crushed tomatoes
- 2 cans coconut milk
- 2 cans chick-peas
- Coriander
- 3 tsp salt
- 1 packet quinoa

*Dairy-free*

*Gluten-free*

Use gluten-free pasta.

*Tips!*

A choice of meat can be added if available in shop. Vegetables can also be exchanged for other kinds, if available in shop.



## *Noodle Wok*

10 servings

### *Ingredients*

1 kg noodles  
3 red onions  
3 cloves garlic  
5 carrots  
½ cabbage head  
1 packet frozen broccoli  
2 tsp chili powder  
Salt and pepper  
Soya

### *Instructions*

- Wash your hands.
- Cook noodles (see recipe at page 38).
- Peel and chop garlic finely.
- Peel onion and slice.
- Rinse and peel carrots and slice in match stick size slivers.
- Shred cabbage and rinse.
- Heat oil in large frying pan or saucepan.
- Begin by frying carrots first, and then add cabbage.
- After a few minutes add onion and garlic and fry a few more minutes.
- Add broccoli and simmer over low heat.
- **Optional:** Add slices meat.
- Taste and season with chili powder, salt and pepper.
- Add a drizzle of oil and the cooked noodles.
- Fry quickly over high heat.

*Sat 6 Aug*



*Dairy-free*

*Gluten free*

Gluten-free Use rice or quinoa.

*Tips!*

Serve with rice, couscous or quinoa and salad. A choice of meat can be added if available in shop. Vegetables can also be exchanged for other kinds, if available in shop.

## *Wok with Coconut Milk*

10 servings

### *Instructions*

- Wash your hands.
- Peel and chop garlic finely.
- Rinse leek and slice thinly.
- Rinse and peel parsnips and slice in match stick size slivers.
- Shred cabbage and rinse.
- Pour liquid out of canned chick-peas and sweet corn. Rinse chick-peas.
- Heat oil in large frying pan or saucepan over medium heat.
- Begin by frying parsnip first, then bell pepper after a few minutes.
- Add leek and garlic and fry a few more minutes. Add chick-peas and sweet corn.
- **Optional:** Add meat
- Taste and season with sweet chili sauce, curry, salt and pepper.
- Add green peas and coconut milk and simmer until stew is hot.

### *Ingredients*

- 2 cans chick-peas
- 1 leek
- 3 cloves garlic
- 4 parsnips
- 4 bell peppers
- 1 packet frozen green peas
- 2 tbsp curry
- 2 cans coconut milk
- 3 tbsp sweet chili sauce
- 2 cans sweet corn
- Salt and pepper

*Sat 6 Aug*

# *Snacks, Sauces and Desserts*

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*Dairy-free*  
Use Tofutti  
Sour supreme  
instead of  
yoghurt.

*Gluten-free*

*Tips!*  
Suitable with  
fish and meat  
dishes.

## *Tzatziki*

10 servings

### *Instructions*

- Wash your hands.
- Grate the cucumber on the large grater; add salt and let sit for a few minutes.
- Finely chop the garlic or grate on the fine grater.
- Squeeze excess water off the cucumber.
- Mix the garlic and yoghurt with the cucumber and add pepper.

### *Ingredients*

- 4 dl cooking yoghurt
- 1 cucumber
- 1 clove garlic
- 1 tsp salt
- 1 pinch black pepper

### *Dairy-free*

Use Tofutti Sour Supreme instead of yoghurt and crème fraiche.

### *Gluten-free*

### *Tips!*

Can be used as a side dish or used with ham as salad for sandwiches.



## *Coleslaw / Cabbage Salad*

10 servings

### *Ingredients*

1/2 head cabbage  
2 carrots  
1 apple  
1 red onion  
2 dl crème fraiche (sour cream)  
1 dl mayonnaise  
2 dl cooking yoghurt  
2 tsp mustard  
1 tsp sugar  
pepper

### *Instructions*

- Wash your hands.
- Cut the cabbage in thin slices with a knife or shred using the large shredder on the grater (the long hole on the side).
- Rinse thoroughly in a strainer.
- Peel and grate carrots and apple.
- Peel the red onion and chop finely.
- Mix crème fraiche, mayonnaise, yoghurt, mustard and sugar.
- Add the vegetables and season with pepper.



*Dairy-free*

*Gluten-free*

*Tips!*

Add mayonnaise and crème fraîche for a creamier texture.

## *Pineapple salad*

10 servings

### *Instructions*

- Wash your hands.
- Cut the cabbage in thin slices with a knife or shred using the large shredder on the grater (the long hole on the side).
- Rinse thoroughly in a strainer.
- Drain and chop the pineapple (keep the juice – excellent to drink!).
- Mix all the ingredients in a bowl.

### *Ingredients*

½ head cabbage  
1 can pineapple  
1 dl raisins

*Dairy-free*

*Gluten-free*



## *Pizza salad*

10 servings

### *Ingredients*

½ head cabbage  
2 bell peppers  
1 dl apple cider vinegar  
1 tsp salt  
½ tsp black pepper  
2 dl oil  
1 dl water  
Herbs, for example  
oregano or thyme

### *Instructions*

- Wash your hands.
- Cut the cabbage in thin slices with a knife or shred using the large shredder on the grater (the long hole on the side).
- Rinse thoroughly in a strainer.
- Rinse the peppers and remove the seeds. Slice thinly.
- Mix vinegar, salt, pepper, oil, water and herbs in a bowl.
- Add cabbage and peppers.
- Leave to marinate a few minutes before serving.



*Dairy-free*

*Gluten-free*



## *Tomato salad*

10 servings

### *Instructions*

- Wash your hands.
- Slice tomatoes.
- Chop onion finely.
- In a bowl, mix a dressing of oil, water, vinegar, salt, pepper and herbs.
- Add the tomatoes and onions.
- Leave to marinate a few minutes before serving.

### *Ingredients*

8 tomatoes  
1 onion  
2 tbsp apple cider vinegar  
1 tsp salt  
½ tsp black pepper  
2 dl oil  
1 dl water  
Herbs, for example oregano or thyme

*Dairy-free*

*Gluten-free*



## *Cauliflower and broccoli vinaigrette*

10 servings

### *Ingredients*

½ head cauliflower  
1 packet frozen broccoli  
1 ½ dl water  
½ dl apple cider vinegar  
½ tsp salt  
1 pinch pepper  
1 dl oil  
2 tsp herbs, for example  
chives or dill

### *Instructions*

- Wash your hands.
- Boil 1 litre water in a pot and add 1 tsp salt and the broccoli.
- Boil for 2-5 minutes until soft.
- Drain the hot water and rinse with cold water.
- Wash and cut off the thick stalk of the cauliflower and cut into small pieces. Divide the rest into small florets.
- Mix water, vinegar, oil, spices and herbs.
- Pour the dressing over the cauliflower and broccoli. Stir.



**Dairy-free**  
Use Tofutti  
Sour Supreme  
instead of sour  
cream

**Gluten-free**

**Tips!**  
Suitable for  
fish and meat  
dishes or as a  
dip sauce for  
bite size pieces  
of carrots,  
cucumber and  
cauliflower, for  
example.

## *Sour cream and onion*

10 servings

### *Instructions*

- Wash your hands.
- Peel and finely slice the onion.
- Mix all the ingredients together and season.
- Serve immediatly.

### *Ingredients*

1 onion  
1 bag frozen chopped  
parsley  
5 dl sour cream  
5 tbsp mayonnaise  
2 tbsp mustard  
½ tsp white pepper  
1 tsp salt

### *Dairy-free*

Use dairy-free margarine, use dairy-free alternatives in the pancake batter recipe.

### *Gluten-free*

Use gluten-free bread, use gluten-free alternatives in the pancake batter recipe.



## *French toast*

10 servings

### *Ingredients*

Pancake batter  
(se next page)  
10 slices white bread  
3 tbsp margarine  
Cinnamon  
Sugar

### *Instructions*

- Wash your hands.
- Prepare pancake batter (recipe next page)
- In the frying pan, over medium heat, add 1 tbsp margarine and melt until it starts to fizzle.
- Dip slices of bread in the pancake mix and place gently in pan.
- Fry the bread a few minutes on each side over medium heat until golden brown.
- Move the bread to a plate and sprinkle generously with sugar and cinnamon.



### *Dairy-free*

Use oat drink instead of milk. Use dairy-free margarine.

### *Gluten-free*

Use gluten-free mix instead of wheat flour.

### *Tips!*

Serve with jam/jelly of your choice. Optional: whipped cream.

## *Swedish Pancakes*

10 servings

### *Instructions*

- Wash your hands.
- Mix flour and salt in a bowl.
- Add half of the milk and whisk into a smooth batter. Add the eggs and the rest of the milk and whisk until smooth.
- Leave for approx. 30 minutes.
- In a frying pan, add half of the margarine heat on medium heat until melted. Add to the pancake batter.
- In the frying pan, over medium heat, add 1 tbsp margarine and melt until it starts to fizzle.
- Pour approx. 1 dl pancake batter in the frying pan and tip to the sides to cover the bottom. Fry gently over low-medium heat until edges begin to curl.
- Turn the pancake over when the batter has set. Serve when both sides are golden brown.

### *Ingredients*

7 ½ dl wheat flour  
1 tsp salt  
14 dl milk  
8 eggs  
75g margarine

### *Dairy-free*

Use oat drink instead of milk.

### *Gluten-free*

### *Tips!*

Serve with jam/jelly of your choice. Optional: whipped cream.



## *Gluten-free Swedish Pancakes*

4-5 servings

### *Ingredients*

Approx 1 dl gluten-free mix

A pinch salt

2 tsp sugar

2 dl milk

2 eggs

50 g margarine

### **Please observe!**

If using the same frying pan used for wheat pancakes, please wash carefully beforehand!

### *Instructions*

- Wash your hands.
- Stir gluten-free mix, salt and sugar in bowl.
- Add 1 dl milk and eggs. Whisk until smooth, then add rest of milk and stir in.
- In the frying pan, over medium heat, add 1 tbsp margarine and melt until it starts to fizzle. Stir into batter.
- Put 1 tbsp margarine into frying pan and pour approx 1 dl batter. Tip to the sides until the whole frying pan is covered in a thin layer.
- Fry gently over low-medium heat until edges begin to curl and then flip over onto other side.
- Serve when both sides are golden brown.



*Dairy-free*

*Gluten-free*

Use Semper  
Rent Havre oat  
flakes.

## *Chocolate balls*

Approx 25 balls

### *Instructions*

- Wash your hands.
- Mix all the ingredients until smooth.
- Shape small balls (approx 3 cm) with your hands.
- Roll in oats or coconut flakes.
- Serve as snack or dessert

### *Ingredients*

100 g margarine  
1 dl sugar  
3 dl oat flakes/porridge  
oats  
2 tbsp cocoa powder  
1 tsp vanilla sugar  
2 tbsp cold coffee  
Oat flakes/Porridge oats  
or coconut flakes for  
coating

### *Dairy-free*

Use oat drink instead of milk, use dairy-free margarine.

### *Gluten-free*

See next recipe.



## *Krabbelurer (Swedish donuts)*

10 servings

### *Ingredients*

2 eggs  
1 ½ dl milk  
1 dl sugar  
4 ½ dl wheat flour  
2 tsp baking powder  
1-2 tbsp margarine or oil  
1-2 dl sugar for coating

### *Instructions*

- Wash your hands.
- Mix all the ingredients into a smooth batter.
- Add oil or margarine in a frying pan, medium heat.
- With two tablespoons, click out the batter onto the frying pan (approx 5 cm).
- Fry until light brown, flip over and fry on the other side.
- Pour sugar into a bowl and coat the krabbelurer.
- Eat as snack or dessert.





*Dairy-free*

Use oat drink instead of milk.

*Gluten-free*

## *Gluten-free Krabbelurer*

4 servings

### *Instructions*

- Wash your hands.
- Mix all the ingredients into a smooth batter.
- Add oil or margarine in a frying pan, medium heat.
- With two tablespoons, click out the batter onto the frying pan (approx 5 cm)
- Fry until light brown, flip over and fry on the other side.
- Pour sugar into a bowl and coat the krabbelurer.
- Eat as snack or dessert.

### *Ingredients*

1 egg  
1 dl milk  
½ dl sugar  
3 dl gluten-free mix  
1 tsp baking powder  
Margarine for frying  
Sugar

### *Dairy-free*

Use Oatly  
dairy-free  
vanilla sauce

### *Gluten-free*

### *Tips!*

Serve with  
vanilla sauce



## *Fruit salad*

10 servings

### *Ingredients*

10 fruits, for example:

2 bananas

2 apples

2 oranges

2 pears

1 kiwi

1 bunch of grapes or a

handful of raisins

### *Instructions*

- Wash your hands.
- Rinse, peel and core the fruits.
- Cut in cubes and mix the fruit in a bowl
- Serve as snack or dessert.



*Dairy-free*

Use Oatly  
Vanilla sauce  
or Soya vanilla  
dessert.

*Gluten-free*

## *Warm fruit with vanilla sauce*

10 servings

### *Instructions*

- Wash your hands.
- Peel and core the apples and pears.
- Cut the fruit in small cubes.
- Heat the fruit gently in a pot with sugar and cinnamon, approx 5 minutes and serve with vanilla sauce.

### *Ingredients*

- 4 apples
- 3 pears
- 1 dl sugar
- Cinnamon
- 2 cartons vanilla sauce

*Dairy-free*

*Gluten-free*

*Tips!*

Serve with milk or dairy free alternative.



## *Swedish Sweet Raspberry Soup*

10 servings

### *Ingredients*

5 dl concentrated  
juice mix (raspberry)  
1 litre water  
2 carton frozen  
raspberries  
1 dl potato starch  
½ litre water

### *Instructions*

- Wash your hands.
- Mix the juice and water in a pot and heat to boil.
- Mix the potato starch with ½ litre water in a bowl.
- Take the pot from the heat and add the potato starch mix, a little at a time and stir continuously.
- Heat the pot gently again until boiling – stirring continuously.
- Remove the pot as soon as it begins boiling.
- Put the raspberries in a bowl and pour the thickened potato starch mixture over the fruit. Stir the mix and pour some sugar on top to avoid a skin forming.
- Let the soup cool off.



*Dairy-free*

*Gluten-free*

*Tips!*

Serve with milk or dairy free alternative.

## *Swedish Sweet Currant Soup*

10 servings

### *Instructions*

- Wash your hands.
- Mix the juice and water in a pot and heat to boil.
- Mix the potato starch with ½ litre water in a bowl.
- Take the pot from the heat and add the potato starch mix, a little at a time and stir continuously.
- Heat the pot gently again until boiling – stirring continuously.
- Remove the pot as soon as it begins boiling.
- Put the bananas in a bowl and pour the thickened potato starch mixture over the fruit. Stir the mix and pour some sugar on top to avoid a skin forming.
- Let the soup cool off.

### *Ingredients*

- 5 dl concentrated juice mix 1+7 (Black Currant)
- 1 litre water
- 3 bananas
- 1 dl potato starch
- ½ litre water

*Dairy-free*

*Gluten-free*

Use Semper  
Ren Havre  
instead of oat  
flakes/  
porridge oats.

*Tips!*

Serve with  
fruit, yoghurt  
or eat plain as  
snack or  
dessert



## *Granola*

10 servings

### *Ingredients*

4 dl oat flakes/porridge  
oats  
1 dl sugar  
50 g margarine  
Raisins

### *Instructions*

- Wash your hands
- In a frying pan, fry the oats, sugar and margarine until brown.
- Let the oat mix cool off and add raisins.

# Assortments list

Swedish Mejeri & kylvaror	English Dairy & Eggs	Storage	Size
Mjök	Milk 3% fat	Refrigerated	1 l
Solhavre, mjölkfri dryck	Oat drink, Dairy-free	Refrigerated	1 l
Sojadryck, mjölkfri dryck	Soya drink, Dairy-free	Keep sealed	1 l
RiceDream + Calcium, mjölkfri dryck	Rice drink, Dairy-free	Keep sealed	1 l
Vispgrädde 36%	Whipping cream 36% fat	Refrigerated	5 dl
Matlagningsgrädde	Cream 15% (single cream / half and half)	Refrigerated	5 dl
Crème fraiche	Crème fraiche, 34%	Refrigerated	2 dl
Matyoghurt 8%	Yoghurt, cooking	Refrigerated	2 dl
iMat Oatly, havre-grädde, mjölkfri	Oat single cream iMat, Dairy-free	Refrigerated	2,5dl
Sojagrädde, mjölkfri	Soya cream, Dairy-free	Keep sealed	2,5 dl
Tofutti – Sour Supreme, mjölkfri	Tofutti Sour Supreme, Dairy-free	Refrigerated	227g
Kokosmjök	Coconut milk	Canned	400 ml
Kokosmjök	Coconut milk, Kosher	Canned	500 ml
Filmjök	Sour milk 3%	Refrigerated	1 L
Yoggi Yalla banan/mango/apelsin	Drinkingyoghurt, banana/mango/orange	Refrigerated	350 ml
Yoggi Yalla jordgubb/lime	Drinkingyoghurt, strawberry/lime	Refrigerated	350 ml
Drickyoghurt, vanilj	Drinkingyoghurt, vanilla	Refrigerated	234 ml
Havredryck Chokladsmak, mjölkfri	Oat drink, chocolate, Dairy-free	Refrigerated	1 l
Alpro Soja choko, mjölkfri	Soya drink, chocolate, Dairy-free	Keep sealed	1 l
Oatly Jordgubb&Skogsbär, mjölkfri	Oat drink, strawberry, wild berry, Dairy-free	Refrigerated	300 ml

Marsan vaniljsås	Vanilla sauce, thin custard	Keep sealed	500 ml
Vaniljsås, Oatly, mjölkfri	Vanilla sauce, oats, Dairy-free	Keep sealed	250 ml
Sojadessert, vanilj, mjölkfri	Soya dessert, vanilla, Dairy-free	Keep sealed	4x125g
Carlshamn Mjölkfritt	Margarine, dairy-free	Refrigerated	500 g
Carlshamn Mjölkfritt	Butter spread, Dairy-free	Refrigerated	400 g
Smör - specialmat	Butter – special food	Refrigerated	250 g
Hushållsost	Cheese, sliced	Refrigerated	300 g
Fetaost	Feta cheese	Refrigerated	150 g
Tofu mozzarella, mjölkfri	Tofu mozzarella, Dairy-free	Refrigerated	150 g
Tofu, skivad, mjölkfri	Tofu, sliced, Dairy-free	Refrigerated	150 g
Färskost	Cheese, fresh, Kosher	Refrigerated	200 g
Fetaost	Cheese, feta, Kosher	Refrigerated	150 g
Ägg	Eggs	Refrigerated	6/box

## Drycker

## Drinks

## Storage

## Size

Apelsinjuice	Orange juice	Keep sealed	1 l
Kaffe	Coffee, instant	Keep sealed	175 g
Tea, English Breakfast	Teabags, Earl Grey	Keep sealed	20/box
Tea, Blackcurrant	Teabags, Black currant	Keep sealed	20/box
Blandsaft Hallonsmak 1+4	Lemonade mix, mixed fruit, raspberry taste 1+4	Keep sealed	5 litres
Blandsaft Svartvinbär 1+7	Lemonade mix, mixed fruit, black currant taste 1+7	Keep sealed	1,2 litres
Citron & Limesaft 1+7	Lemonade mix, lemon/lime 1+7	Keep sealed	1,2 litres
Apelsinsaft 1+4	Lemonade mix, orange 1+4	Keep sealed	5 litres
Päronsaft 1+7	Lemonade mix, pear 1+7	Keep sealed	1,2 litres
Blandsaft Hallon 1+7	Lemonade mix, raspberry taste 1+7	Keep sealed	1,2 litres



<b>Frukt</b>	<b>Fruit</b>	<b>Storage</b>	<b>Size</b>
Äpple	Apple	Fresh	Bulk
Banan	Banana	Fresh	Bulk
Vindruvor	Grapes	Fresh	500 g box
Kiwi	Kiwi	Fresh	Bulk
Citron	Lemon	Fresh	Bulk
Nektarin	Nectarine	Fresh	Bulk
Apelsiner	Orange	Fresh	Bulk
Päron	Pear	Fresh	Bulk
Ananas	Pineapple, sliced	Canned	567 g
Russin	Raisins	Fresh	250 g
Hallon	Raspberries	Frozen	250 g
Vattenmelon	Water melon	Fresh	Bulk

<b>Grönsaker</b>	<b>Vegetables</b>	<b>Storage</b>	<b>Size</b>
Aubergine	Aubergine / Eggplant	Fresh	Bulk
Avokado	Avocado	Fresh	Bulk
Paprika, grön	Bell pepper, green	Fresh	Bulk
Paprika, röd	Bell pepper, red	Fresh	Bulk
Paprika, gul	Bell pepper, yellow	Fresh	Bulk
Broccoli	Broccoli	Frozen	425 g
Vitkål	Cabbage	Fresh	Bulk
Morötter	Carrots	Fresh	Bulk
Blomkål	Cauliflower	Fresh	Bulk
Chili	Chili, red	Fresh	40 g
Gurka	Cucumber	Fresh	Bulk
Fänkål	Fennel	Fresh	Bulk
Vitlök	Garlic	Fresh	Bulk
Isbergssallad	Iceberg lettuce	Fresh	Bulk
Purjolök	Leek	Fresh	Bulk

Champinjoner - Skivade	Mushrooms, sliced	Canned	450 g
Svarta oliver	Olives, black	Plastic bag	125 g
Kalamata Kärnfria oliver	Olives, black, Kosher	Keep sealed	290g
Lök	Onion	Fresh	Bulk
Lök, röd	Onion, red	Fresh	Bulk
Palsternacka	Parsnip	Fresh	Bulk
Ärtor	Peas	Frozen	500 g
Potatis	Potatoes	Fresh	2 kg
Stjälkselleri	Celery	Fresh	Bulk
Squash	Squash / Zucchini	Fresh	Bulk
Majskorn	Sweet corn	Canned	340 g
Tomat	Tomato	Fresh	Bulk
Krossade tomater	Tomatoes, crushed	Canned	500 g

## Bönor och Linser   Beans and Lentils   Storage   Size

Falafel - glutenfri	Falafel gluten-free	Refrigerated	230 g
Vita bönor	Beans	Canned	380 g
Vita bönor i tomatsås	Baked beans in tomato sauce	Canned	380 g
Svarta bönor	Black beans	Canned	380 g
Kikärtor	Chick peas	Canned	380 g
Kidneybönor	Kidney beans	Canned	380 g
Röda linser	Red lentils	Canned	500 g
Falafel - Koscher	Falafel - Koscher	Frozen	300 g

**Mjöl, gryn och pasta****Flour, cereals and pasta****Storage****Size**

CornFlakes	Corn flakes	Keep sealed	375 g
Havrekuddar	Oat puffs	Keep sealed	375 g
Krispiga Flingor	Corn flakes, Gluten-free	Keep sealed	325g
Fruktmusli	Fruit muesli, Gluten-free	Keep sealed	550 g
Fruktmusli	Fruit muesli, Kosher	Keep sealed	550 g
Havregryn	Oat flakes / Porridge oats	Keep sealed	1,5 kg
Havregryn, ren havre	Oat flakes / Porridge oats, gluten-free	Keep sealed	500 g
Majsstärkelse	Corn / Maize starch (Maizena)	Keep sealed	400 g
Potatismjöl	Potato starch	Keep sealed	500 g
Vetemjöl	Wheat flour	Keep sealed	1 kg
Bageriets Mörka, glutenfri mjölmix	Flour mix, Gluten-free	Keep sealed	1000 g
Matris	Rice, parboiled	Keep sealed	1 kg
Basmatris	Basmati rice	Keep sealed	1 kg
Jasminris	Jasmine rice	Keep sealed	1 kg
Mathavre	Oats for cooking, whole kernel	Keep sealed	500 g
Quinoa	Quinoa	Keep sealed	500 g
Bulgur	Bulgur	Keep sealed	500 g
Couscous	Couscous	Keep sealed	500 g
Pasta, Fusilli	Pasta, Fusilli	Keep sealed	1 kg
Pasta, Makaroner	Pasta, Macaroni	Keep sealed	1 kg
Pasta, Penne Rigate	Pasta, Penne Rigate	Keep sealed	1 kg
Pasta, Spaghetti	Pasta, Spaghetti	Keep sealed	1 kg
Äggnudlar	Egg noodles	Keep sealed	250 g
Risnudlar	Rice noodles Gluten free	Keep sealed	250 g
Fusilli, glutenfri	Pasta Fusilli, Gluten-free	Keep sealed	500 g
Pasta Penne fiber, glutenfri	Pasta Penne fibre, Gluten-free	Keep sealed	500 g
Spaghetti, glutenfri	Pasta spaghetti, Gluten-free	Keep sealed	500 g

Bröd	Bread	Storage	Size
Fullkornsbröd	Whole grain bread	Keep sealed	600 g
Lantgoda	Farmer's bread	Keep sealed	650 g
Lingongrova	Wholegrain bread with lingonberries	Keep sealed	500 g
Harmoni Fullkornsråg	Whole grain rye bread	Keep sealed	630 g
Skogaholmslimpa	Sour dough bread	Keep sealed	775 g
Kärnor & Protein	Fibre bread	Keep sealed	1 kg
Sviktat fullkorn	Soft bread	Keep sealed	1 kg
Rustico grov, glutenfri	Whole grain bread, Gluten-free	Keep sealed	400 g
Toasty fiber, glutenfri	Bread, fibre, Gluten-free	Frozen	400 g
Rågkugar	Rye buns	Keep sealed	225 g
Ciabatta, glutenfri	Ciabatta Gluten-free	Keep sealed	200 g
Småbröd Havre och bovete, glutenfri	Buns, oats and buckwheat, Gluten-free	Keep sealed	400 g
Småbröd Havre och morot, glutenfri	Buns, oats and carrot, Gluten-free	Keep sealed	400 g
Hamburgerbröd	Hamburger buns	Keep sealed	20-pack
Hamburgerbröd, glutenfria	Hamburger buns, Gluten-free	Keep sealed	6-pack
Korvbröd	Hot dog buns	Keep sealed	10-pack
Korvbröd, glutenfria	Hot dog buns, Gluten-free	Keep sealed	4-pack
Husman	Crisp bread	Keep sealed	260 g
Grovknäcke, glutenfri	Crisp bread, Gluten-free	Keep sealed	215g
Vetebulle	Sweet wheat bun	Keep sealed	10-pack
Havredigestive, glutenfria	Oat digestives, Gluten-free	Keep sealed	150 g
Havrekakor, glutenfria	Oatmeal cookies, Gluten-free	Keep sealed	150 g
Hamburgerbröd utan sesamfrön -specialmat	Hamburger buns without sesame seeds - special food	Keep sealed	6-pack

## Kött, fisk och fågel Meat, fish, poultry Storage Size

		Storage	Size
Kaviar	Caviar spread	Refrigerated	250 g
Alaskafilé	Alaska Pollock	Frozen	1 kg
Lax	Salmon	Frozen	4x125 g
Makrill i tomatsås	Mackerel in tomato sauce	Canned	125 g
Tonfisk i vatten	Tuna fish in water	Canned	185 g
Kyckling, förstekt	Chicken, precooked	Frozen	1 kg
Kycklingfilé, förstekt, Halal	Chicken fillet, precooked, Halal	Frozen	1 kg
Kycklingfilé, förstekt, Koche	Chicken fillets, precooked, Kosher	Frozen	1 kg
Biff, strimlad, förstekt	Beef, precooked, sliced	Frozen	1 kg
Biff, strimlad, förstekt, Halal	Beef, precooked, sliced, Halal	Frozen	1 kg
Biff, strimlad, förstekt, Koche	Beef, sliced, precooked, Kosher	Frozen	1 kg
Nötfärs, förstekta	Beef, ground / minced, precooked	Frozen	1 kg
Nötfärs förstekt, Halal	Beef, ground / minced, precooked, Halal	Frozen	1kg
Nötfärs förstekt, Koche	Beef, ground /minced, precooked, Kosher	Frozen	1kg
Sojafärs	Soya, minced, vegetarian	Keep sealed	125g
Hamburgare, förstekta	Hamburgers	Frozen	2 kg
Köttbullar, förstekta	Swedish meatballs, precooked	Frozen	1,5 kg
Köttbullar, förstekta, Halal	Swedish meatballs precooked, Halal	Frozen	1 kg
Köttbullar, förstekta, Koche	Swedish meatballs precooked, Kosher	Frozen	1 kg
Bacon	Bacon	Refrigerated	140 g

Kalkon	Turkey	Refrigerated	1 kg
Skinka	Ham	Canned	340 g
Kalkon - Tunna skivor	Turkey, sliced	Refrigerated	200 g
Skinka - Tunna skivor	Ham, sliced, cooked	Refrigerated	200 g
Skinka - Tunna skivor	Ham, sliced, smoked	Refrigerated	200 g
Bratwurst korv	Bratwurst sausage	Refrigerated	300 g
Chorizo korv	Chorizo sausage	Refrigerated	300 g
Falukorv	Falukorv sausage	Refrigerated	800 g
Grillkorv	Hot dogs	Refrigerated	2 kg
Mexica korv	Mexican style sausage	Refrigerated	300 g
Salami	Salami sausage	Keep sealed	300 g
Korv, Halal	Sausage, Halal	Frozen	1 kg
Kalkonkabanoss, Koshcher	Turkey sausage, kabanoss style, Kosher	Refrigerated	250 g

Kycklinggrillkorv	Chicken sausages	Refrigerated	400 g
Kycklingstekkorv -specialmat	Chicken sausages - special food	Refrigerated	600 g
Kycklingköttbullar-specialmat	Chicken meat balls - special food	Refrigerated	300 g
Kycklinghamburgare-specialmat	Chicken hamburger - special food	Refrigerated	1 kg

Smaksättare	Spices & condiments	Storage	Size
Olja	Oil, rapeseed	Keep sealed	1 l
Balsamvinäger	Balsamic vinegar	Keep sealed	100 ml
Äppelcidervinäger	Apple cider vinegar	Keep sealed	300 ml
Fiskbuljong	Fish stock	Keep sealed	6x0,5 litres
Hönsbuljong-tärning	Chicken stock	Keep sealed	66 g
Köttbuljongtärning	Beef stock	Keep sealed	66 g
Grönsaksbuljong	Vegetable stock	Keep sealed	66 g
Grönsaksbuljong	Vegetable stock cubes, Kosher	Keep sealed	400 g
Soja	Soya sauce	Keep sealed	150 ml
Soja	Soya, Gluten-free	Keep sealed	250 ml
Hamburger-dressing	Hamburger dressing	Keep sealed	270 g
Sweet Chili Sås	Sweet Chili Sauce	Keep sealed	300 ml
Ketchup	Ketchup	Keep sealed	1kg
Ketchup	Ketchup, Kosher	Refrigerated	342g
Majonnäs	Mayonnaise	Keep sealed	200 g
Majonnäs	Mayonnaise, Kosher	Refrigerated	225ml
Tomatpuré	Tomato paste /tomato purée	Keep sealed	200 g
Salt	Salt	Keep sealed	600 g
Strösocker	Sugar, granulated	Keep sealed	1 kg
Bakpulver	Baking powder	Keep sealed	225 g
Vaniljsocker	Vanilla sugar	Keep sealed	170 g
Lagerblad	Bay leaves, whole	Keep sealed	4 g
Kapris	Capers	Keep sealed	46 g
Chilipulver	Chili powder	Keep sealed	45 g
Gräslök	Chives	Frozen	35 g

Kanel	Cinnamon, ground	Keep sealed	48 g
Kakao	Cocoa	Keep sealed	125 g
Kokos	Coconut flakes /desiccated coconut	Keep sealed	200 g
Koriander	Coriander, ground	Keep sealed	31 g
Spiskummin	Cumin	Keep sealed	41 g
Curry	Curry	Keep sealed	37 g
Dill	Dill	Frozen	35 g
Ingefära	Ginger, ground	Keep sealed	39 g
Senap	Mustard	Keep sealed	500 g
Oregano	Oregano, dried	Keep sealed	7 g
Paprikapulver	Paprika powder	Keep sealed	43 g
Persilja	Parsley	Frozen	30 g
Svartpeppar	Pepper, black, ground	Keep sealed	41 g
Vitpeppar	Pepper, white, ground	Keep sealed	45 g
Timjan	Thyme, dried	Keep sealed	14 g

## Sylt och marmelad

## Jam, Jelly & Marmalade

## Storage

## Size

Jordnötssmör	Peanut butter	Keep sealed	350 g
Nutella - hasselnötskräm	Nutella – Hasselnut crème	Keep sealed	350 g
Lingonsylt	Lingonberry jam	Keep sealed	700 g
Marmelad	Marmalade, orange	Keep sealed	450 g
Äpplemos	Applesauce	Keep sealed	720 g
Hallonsylt	Jam, raspberry	Keep sealed	700 g
Jordgubbssylt	Jam, strawberry	Keep sealed	700 g















## Color Codes

Next to the recipes in this book, you will find tips in different colours:

**Green** – Meals that can be adapted for Camp in Camp.

**Blue** – General tips and suggestions

**Yellow** – Dairy-free recipes or suggestions for alternative ingredients for a dairy-free dish.

**Orange** – Gluten-free recipe or suggestions for alternative ingredients for a gluten-free dish.

**Turquoise** – Contribution from other Contingents.

**Pink** – Climate Smart alternative.

**Red** - Kocher

**Brown** - Halal

*Good luck!*



Kristianstads  
kommun



Sparbanken 1826

