



Australian Damper

This bread made by bush settlers may be baked on the open fire or in a regular oven.

As is typical of hand-me-down recipes, there are as many versions as there are bush babies.

One recipe we read says to use beer instead of milk, then wrap the dough around a stick and cook over an open fire.

2 cups self-rising flour
1/2 teaspoon salt
2 teaspoons sugar
3 tablespoons butter
1 cup milk

Mix the flour, salt and sugar together in a bowl. Cut in the butter until fine crumbs form.

Add milk to make soft dough

Knead lightly on floured board until smooth

Shape into round loaf, brush with milk, and bake at 375 degrees or as close as you can in your camp oven for 30 to 40 minutes, or until the loaf makes a hollow sound when tapped





Mountain Pepper Pie

Serves: 4-6

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

1 tbsp butter
1 onion, sliced
1-1/4 Tbsp McCormick Bush Spices with Mountain Pepper
1 potato, grated
1 sweet potato, grated
1 turnip, grated
1 Swede, grated
2 x sheets puff pastry
50g Feta cheese

Method

1. Pre-heat the camp oven to 200 degrees C and heat a frying pan until hot and add butter.
2. Fry onion, bush spices, potato, sweet potato, turnip and swede for five minutes or until soft.
3. Allow to cool slightly while baking pastry.
4. On the bottom a greased pie dish place one sheet of pastry and bake for ten minutes or until pastry has risen and is slightly browned.
5. Crumble feta into vegetable mixture and mix through. Place mixture into pie dish and top with the remaining sheet of pastry. Bake in oven for 20 minutes.
6. Allow to cool slightly before serving.

Tip

To save time, use pre made uncooked pastry cases and blind bake for 10 minutes while you're frying the other ingredients



Braised Lamb Chops in Vegetables with CousCous

Ingredients:

1 lamb forequarter chop per person
1 cup per person Chopped Root Vegetables - potatoes, pumpkin, parsnip, swede, sweet potato etc ½ onion per person cut into ¼'s
2 teaspoons French Onion Soup (No more)
1 tablespoon liquid (water, stock, wine etc but no more)
2 teaspoons vegetable of olive oil
1 Tablespoon (80gm) Couscous per person
Water, salt pepper butter

Method:

Chop the vegetables into large pieces 2cms or bigger You can cut the chops onto smaller serving pieces but this is not necessary. Do not cut off the bone.

Prepare a fire, when it produces coals, heat the Camp Oven, and add the oil. When the oil is hot, add vegetables and stir till coated and beginning to brown. Remove Keep warm on the lid.

Cook meat on high heat till it changes colour. Add vegetable, stir in French Onion Soup mix, and add salt and pepper. Replace lid, and put onto a few hot coals, then add a few hot coals to just cover the top.

This will cook in about 20 minutes or less depending on the heat.

Meanwhile boil a billy with an amount of water (approx. 1/3 litre to 4 tablespoons couscous) Couscous is of Asian origin, and swells like rice when cooked. When the water boils, take from heat, add a knob of butter or margarine and add the Couscous Stir with a fork until it is thickened and fluffy.

To serve, arrange the meat and vegetables onto a plate with the Couscous. Pour the gravy over the Couscous. This makes a delicious and fast meal; this is what I would call a "core" recipe. You can easily make variations like dry curry, or use chicken, beef or game. Duck, goose, or rabbit are particularly suitable.

We actually do a lot of our cooking at home in a camp Oven inside our BBQ. It's very fast and very effective!

Camp Cobbler

Serves 6

- 1 pkg yellow or white cake mix
- 1 can fruit cocktail
- 1 can apple pie filling (or other fruit filling)
- 1 tsp Cinnamon
- 1/2 stick Butter

Preheat Dutch oven to 400 degrees. Pour cans of fruit into bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and drop cut pads of butter on surface. DO NOT STIR. Cover and bake until bubbly and top is lightly browned, about 30-45 min.