

## Wednesday

### Ham ribollita

Serves 6

<b>1 onion</b>	<b>2 cloves of garlic</b>
<b>2 sticks of celery</b>	<b>1 carrot</b>
<b>olive oil</b>	<b>2 teaspoons fennel seeds</b>
<b>1 x 400 g tin of plum tomatoes</b>	<b>1 x 400 g tin of cannellini beans</b>
<b>750 ml vegetable stock</b>	<b>300 g cavolo nero</b>
<b>100 g spinach</b>	<b>150 g cooked ham</b>
<b>crusty bread</b>	

Peel the onion and garlic, then finely chop along with the celery and carrot.

Heat a drizzle of oil in a large pan over a medium heat, add the chopped veg and fennel seeds, and season. Cook, covered, over a low heat for 10 minutes, until golden brown, stirring regularly.

Reserving half the cannellini beans to one side, mash the rest and add them to the pan along with the liquid from the tin, the tomatoes and the stock. Carry on simmering for another 10 minutes.

Chop and stir in the cavolo nero and spinach. Tear the ham into rough chunks and add along with the remaining beans.

Simmer until the greens have cooked down and you have a lovely thick stew.

Serve with crusty bread.

### Redcurrant sorbet & custard

## Thursday

### Beef Olives

Serves 6

6 thin slices of beef	120 g. fresh breadcrumbs
Beef stockpot	1 lemon
1 onion	60 g shredded suet
butter	1 egg
50 g bacon very finely chopped	50 g cooked beef/chicken chopped

Potatoes, carrots, green beans

*You need cotton twine for this recipe*

First make the stuffing. Put the breadcrumbs in a mixing bowl with the suet, bacon and cooked meat and mix together thoroughly. Grate a little zest off the outside of the lemon and stir in with the mixture. Add 1 small teaspoon lemon juice. Beat the egg and stir in. Form the mixture into a ball.

Lay out the slices of beef, sprinkle with lemon juice and place a portion of stuffing in the centre of each. Roll the beef round the stuffing and tie up with cotton twine. Finely chop the onion and fry in the butter in a large billy. Add the rolled beef and brown all over. Add just enough water to cover and add the stockpot. Bring to the boil and simmer for about an hour.

Serve with carrots, potatoes and green beans.

## Summer Camp menus 2019

### Gooseberry fool and shortbread

serves 6

600g gooseberries

2 vanilla pods

300ml plain yoghurt

160g golden caster sugar

300ml double cream

Shortbread biscuits

Put the gooseberries and sugar in a pan over a medium heat. Split the vanilla pods, scrape out the seeds and add them and the pod to the berries. Stew for 10 minutes, until softened, then let cool.

Whip the cream to very soft peaks and fold through the yoghurt. Fold three-quarters of the cool gooseberries through the cream. Spoon the fool into bowls, and spoon over the remaining berries. Serve with shortbread biscuits for dunking, or crumble over the top.

## Friday

### Chicken Korma

Serves 6

5 skinless and boneless chicken breasts, sliced into thin strips	450 ml chicken stock
3 tbsp sunflower oil	125g ground almonds
2 brown onions, thinly sliced	2 tbsp mango chutney
2 garlic cloves, crushed	½ lemon, juice only
½ fresh red chilli, seeds removed, finely chopped	200g full-fat natural yoghurt
2 tbsp medium curry powder	salt and freshly ground black pepper
1 tsp ground cumin	450 g rice
10 green cardamom pods, crushed to remove the seeds	cucumber

Season the chicken pieces with salt and pepper.

Heat a large, deep frying pan and add 2 tablespoons of the oil. Quickly fry the chicken for 4–6 minutes until sealed and slightly golden. (You may need to cook the chicken pieces in batches if they don't fit in your pan in a single layer.) Remove with a slotted spoon and set aside.

Add the remaining oil to the pan with the onions, garlic and chilli and fry over a medium–high heat for 10 minutes, or until the onions are golden brown. Add the spices and fry for another minute, stirring well to coat the onions. Stir in the stock, ground almonds and mango chutney, then bring to the boil and allow to bubble for 2–3 minutes.

Return the chicken to the pan and stir in. Reduce the heat, cover with a lid and simmer for about 5–7 minutes, or until the chicken is cooked through. Stir in the lemon juice and yoghurt, check the seasoning, adding salt and pepper to taste. Serve with boiled or steamed rice and sliced cucumber.

### Morello Cherries and custard

## Saturday

### Braised duck legs

Serves 6

6 duck legs	400ml red wine
30g sliced onion	100ml orange juice
75g sliced carrot	2 bay leaves
diced garlic	1 chicken stockpot.
30g unsalted butter	12 shallots, peeled
2 tbsp extra-virgin olive oil	2 tbsp caster sugar
2 celery stalks, roughly chopped	

Peas and creamy mashed potato, to serve

Place onion, carrot, celery and garlic in a large billy with red wine, orange juice, and bay leaves. Bring to the boil, then remove from heat and set aside to cool. Pour over duck legs in a bowl, cover and leave overnight. Make up the chicken stock with stockpots.

Drain the duck legs, reserving the marinade and vegetables separately. Pat duck dry with paper towel. Heat oil in a large pan over medium heat. Fry the duck legs for 2-3 minutes each side until golden all over. Remove duck from pan and set aside, then drain all but 1 tablespoon of fat. Place the reserved vegetables in the pan and cook for 3-4 minutes until golden. Add reserved marinade, chicken stock and bring to the boil. Add the duck legs and cover. Cook for 1 hour or until the duck is tender. Ten minutes before the dish is ready, add the shallots whole.

Serve the duck with the peas and mashed potato

### Rice pudding

## Sunday

### Moroccan lamb stew

Serves 6

1 bunch of fresh rosemary	3 red onions chopped
12 cm piece of ginger peeled and chopped	6 cloves of garlic, sliced
1 teaspoon cumin seeds	2 tins plum tomatoes
1 tablespoon coriander seeds	1 cinnamon stick
1 teaspoon fennel seeds	2 bay leaves
4 small dried chillies	2 handfuls of dried apricots
extra virgin olive oil	500 g couscous
6 small lamb neck fillets	red or white wine vinegar
6 sweet potatoes	1 big bunch of fresh coriander
	6 tablespoons natural yoghurt

Put the ginger and a few rosemary leaves into pestle and mortar with the cumin, coriander, fennel seeds and dried chillies. Add a pinch of sea salt and black pepper, then pound to a paste, stirring in a couple of tablespoons of oil.

Pour half the marinade over the lamb, and massage well, then put aside until needed.

Peel and chop the sweet potatoes into 2½ cm chunks; mix with the onions, and garlic with the remaining marinade.

Heat a little oil in a large pan, add the lamb and quickly brown on both sides, then remove to a plate.

Add the sweet potato mixture to the pan and fry for around 4 minutes, or until the onions are slightly soft.

Add the tomatoes, breaking them up with a spoon, then give the pan a shake and place the meat on top. Add 600 ml of water, the cinnamon stick, bay leaves and dried apricots, and simmer for 1 hour 15 minutes.

Cover the couscous with 300 ml boiling water and leave to fluff up. Season with salt, pepper, a slug of oil and a swig of vinegar, cover with tin foil and leave for 5 minutes to steam.

Pick and roughly chop the coriander and scatter over the lamb before serving. Divide between plates with the couscous and spoon over a good dollop of natural yoghurt.

## Summer Camp menus 2019

### Eton mess

500g strawberries, hulls removed

250 g raspberries

500ml double cream

3 x 7.5cm ready-

made meringue nests, crushed

1 tbsp ginger cordial (optional)

Chop the strawberries and raspberries.

Whip the double cream until stiff peaks form, then fold in the fruit and crushed meringue and ginger cordial, if using.

## Summer Camp menus 2019

### Monday

#### Chicken and lime stir fry

Serves 6

5 chicken breasts

2 limes

10 spring onions

Nam pla (fish sauce)

Olive oil

Fresh coriander

1 tin celery soup

2 green chillies

milk

Cut the chicken into bite-size pieces and marinade in the juice & zest of the limes. Cut up the spring onions, including the green part, into 1 cm lengths. De-seed and finely chop the chillies. Roughly chop the coriander.

If using condensed soup, add milk & water to double the quantity.

Heat the oil in a dixie and fry the chicken for about 3 minutes until browned all over. Add the spring onions and the chillies and cook for a further 2 – 3 minutes. Pour in the nam pla and celery soup and add the coriander. Cook for a few more minutes until the chicken is cooked through and piping hot.

Serve with plain rice.

#### Plums & custard



## Tuesday

### Chicken Marengo

Serves 6

6 chicken joints	125 ml dry white wine
bay leaf, parsley & seasoning	1 x 400g can tomatoes, chopped
2 tablespoons olive oil	pinch basil & marjoram
50g butter	salt and pepper
flour for coating	lemon juice.
2 medium onions sliced	1 chicken stockpot
1 clove garlic finely chopped	
250g chestnut mushrooms	

First make the stock.

Heat the oil and butter in the large billy. Flour the chicken joints lightly and fry briskly in the large billy until golden brown all over. Add the onion and garlic and fry until the onions begin to change colour. Add the wine, stock and mushrooms and boil for 2 - 3 minutes. Add the tomatoes coarsely chopped and the herbs. Season with salt, pepper and lemon juice. Cover and cook gently for about 40 minutes until the chicken is tender.

Serve with rice or pasta.

## Summer Camp menus 2019

### Peach melba

Serves 6

12 amaretti biscuits, broken in half  
150ml orange juice (a good carton one  
is fine)  
4 ripe peaches\_or nectarines

225g jar raspberry coulis or sauce  
500g carton vanilla custard  
284 ml carton double cream

Put the amarettis into a glass bowl and pour over the orange juice. Slice the peaches or nectarines and save a few good slices. Add the rest to the bowl and mix lightly. Drizzle over a little raspberry coulis, followed by the custard. Whip the cream until it just holds its shape then spoon over the trifle. Top with the reserved peach slices and drizzle with a little more raspberry coulis. Chill for up to 2 hours, until ready to serve.

## Wednesday

### Cider sausages

Serves 6

Vegetable oil for frying	3 tablespoons flour
12 beef/lamb sausages	450 ml medium-dry cider
1 onion, sliced into rings	150 ml water
3 celery stalks, chopped	1 bouquet garni
3 carrots chopped	salt and pepper
Parsley	

1 kg potatoes, green beans

Melt the oil in the dixie. Put the vegetables into the dixie and fry, stirring constantly until lightly coloured. Add the sausages and fry until browned on all sides. Stir in the flour and cook for 1 to 2 minutes. Pour in the cider and water and bring to boil. Add the bouquet garni, and salt and pepper. Cover and cook for 45 minutes. Sprinkle with parsley.  
Serve with beans and mashed potatoes.

### Fruit salad

## Thursday 1<sup>st</sup> August

### Spaghetti Bolognese

Serves 6

750g minced beef 1  
onion chopped 1 car-  
rot chopped 1 stick  
celery chopped

1 beef stockpot  
Vegetable oil  
1 x 500g carton passata  
450 g spaghetti

Fry the onion, carrot and celery in a large pan until the vegetables are soft. Add beef and brown it.

Put the stockpot in and the passata with enough water the cover but not drown the beef and cook for about 45 minutes.

Meanwhile cook the spaghetti in boiling salted water; it takes about 11 minutes. To serve, drain the spaghetti and share it out round the plates, then spoon the Bolognese sauce over.

## Sussex Pond Pudding

Serves 6

For the suet pastry:

140 g self-raising flour, plus a little  
extra for dusting

100g breadcrumbs  
grated zest 1 lemon

55 ml milk

75 g shredded suet

a little butter for greasing

For the filling

1 lemon

175 g butter

175 g demerara sugar

pouring cream, to serve

You will also need 6 mini pudding basins with a capacity of 175 ml, very well buttered; some kitchen foil; and a steamer.

Sift the flour into a bowl, then sprinkle in the breadcrumbs, lemon zest and suet and mix together. Next, mix 55 ml water and the milk together and sprinkle about 75 ml of this liquid into the flour. Mix to a smooth, elastic dough that leaves the bowl clean. If the mixture seems a little dry, add more of the liquid.

Next, give the dough a light kneading and then divide it into 6 equal portions, slicing off a small piece from each for a lid. After that, roll out the large pieces into rounds big enough to line each basin.

Cut the lemon into very thin slices and divide the slices equally between the basins. Put 25 g butter and 25 g sugar into each basin. Finally, roll out the extra pieces of pastry into rounds and use these as lids, dampening the edges with a little water and pressing to seal them firmly all round.

Cover each basin with a double sheet of kitchen foil, pleated in the centre and twisted at the edges, and place in a steamer fitted over a saucepan filled with boiling water. Pop the lid on and steam for 2 hours, keeping the water at a steady simmer, and making sure it is topped up.

When the puddings are ready, turn them out into warmed bowls, sliding a small palette knife around the edges to loosen them, and serve with some pouring cream.

## Friday 2<sup>nd</sup> August

### Pork Chow Mein

Serves 6

4 tablespoons olive oil	3 tablespoons oyster sauce
3 onions, chopped	110g sliced carrot
4 garlic cloves, minced	$\frac{3}{4}$ head cabbage, chopped
1 large green pepper, seeded and chopped	800g fresh egg noodles
560 g pork belly, cut into strips	300g mange tout
8 tablespoons soy sauce	salt and pepper, to taste

In a wok over a medium heat, warm the oil and add the onion, garlic and green pepper. Add the pork and cook and stir to brown.

Add the soy sauce, oyster sauce, carrot and cabbage and stir fry for 5 minutes. Add the egg noodles, mange tout and seasoning. Increase the heat and toss and stir constantly for 5 to 6 minutes until the noodles are heated through. Serve immediately.

### Yoghurt corners