

Crackers Menu de Skin

Here is a sumptuous menu for a team of Venturers at Dragon Skin (even ones that can't cook), The first tip is have a group dinner and BYO Breakfast and Lunch.

Friday

Lunch; Sandwich from home (nothing soggy), and a piece of fruit and a drink. It is likely you will not have started yet so weight is not much of an issue. You will not be able to buy anything.

Dinner; This is your first night, have something easy, you can make something at home like your favourite curry or stew and freeze it the re-heat in the VOC, make it a nice hearty meal that will fill you up.

Beef in Black bean sauce – prepared at home – served on rice.

Ingredients, Beef cut into strips. Black bean and garlic paste – from Coles made by lee kum kee or perhaps a simmer sauce. Sugar, Half a red capsicum, A small onion, Tin of bamboo shoots, 1 packet instant rice. Back Country cuisine (freeze dried) From Paddy Pallins or camping stores (says serves five, just enough for 3) or 90 second Rice rice, put it in the pot and cook it through.

AT HOME (WED) – Cut beef into thin strips and stir fry in BB Sauce and sugar, cool, put in snap lock bag and freeze – have about 150-200g per person. Cut capsicum into small squares, onion into wedges, drain bamboo – put all into another snaplock bag pour a little oil in too.

AT SKIN – boil water and add to rice, let stand according to instructions on Pack, fry up vegies in a pot, add in meat heat it all up serve over rice.

Saturday

Breakfast Cereal, whatever you like, place enough for you in a snap lock bag. You can either have Long life milk or powdered; use the bag as a bowl! Put powdered milk in a separate bag and work out before you go how much water you will need to add (using your own cup). OR some instant porridge, you can get it in satchets (use 2) and add some brown sugar. Fruit and nut bar.

Lunch; Vita wheat biscuits, take some vegemite and cheese to put on them. Have a fruit and nut bar as well. Some celery and carrot sticks will add a juicy crunch to your lunches. OR try making sandwiches using English muffins, they will last a while.

Dinner; Spag Bol

Minced Beef either freeze dried mince (Back Country cuisine, freeze dried) From Paddy Palins (\$9. Quick cooking noodles or spiral pasta, onion flakes (spice section), dried mushrooms (spice section, can be hard to find), semi dried tomatoes (Store in a sealed bag or container, you can get vacuum sealed packs), Spaghetti Bolognese mix (magi or continental or just bring some spices) Tomato Paste.

AT HOME – Put onions and mushrooms in a snap lock bag together.

AT SKIN – boil water and add some to mushrooms, onions and beef to hydrate. Boil water and cook noodles, set aside, put beef and mushrooms Spag bol mix or spices into pot and heat, add tomato's and paste serve over noodles. – don't forget parmesan cheese!

Sunday

Breakfast and lunch as Saturday

Dinner; Tuna and Deb.

Ingredients - Flavoured Tuna sachet (1 each), in sandwich tuna section, safcol tuna 100g, Deb (dehydrated Mashed Potato) dried peas and carrots (usually in tinned veggie section with deb), onion flakes.

AT HOME – NIL

AT SKIN -Boil veggies, use cooking water to make deb, re-hydrate onions. Put MOST of the deb in a bowl, add water to deb stirring, if you add too much water use the rest of the deb to fix. Stir in veg and tuna.

If you don't like Tuna, then use salami, chop it up into chunks stir fry a bit to release oil, mmm. Use a salami that is hanging over the deli not in the fridge.

Monday

Breakfast and lunch as Saturday

It will all be over now. You will also be able to buy sausage sandwiches at the final parade, they will also give away some sausage sandwiches for free near the end, to get them you have to hand in rubbish, have some ready, get there first and tuck in.

Other

Drinks, hot chocolate or tea for at night.

Lollies, share them around, don't take lollies that have lots of wrapping, like some starbursts get jelly babies and jubes, nuts sultanas etc, chocolate will melt but is still delicious

AT HOME – open all the lolly bags up and put in a mixing bowl...mix, separate into a lolly bag for each day and then make sure you all eat them! Don't bring kilos of lollies.

2 x 1 litre bottles of water, keep hydrated

You of course don't have to use any of this, if you have an idea use it, if you want porridge instead of cereal do it, if you like salami for lunch then go for it, there isn't much put much in the way of desert in, don't let that stop you.

Don't panic if it all seems a bit much, it all works out in the end.