

# SUMMER MADNESS



## CATERING 101

Your guide to cooking at Summer Madness

Thanks to Rev Mark Taylor for his expertise here

## **BE PREPARED:**

Glenarm is a wonderful, picturesque spot. There is no convenient Pizza delivery, fast food joints or big city shops. Yes, you will have the **all new GRUBHUB** and some very fancy onsite vendors - but with a little bit of forethought (and clever delegation!) you could probably tackle some group catering more easily than you think! and it doesn't have to be pot noodles and beans.

You can go to places that sell expensive expedition food. Open the packet, add water and heat. Or you can cook for yourself. It is not difficult, it just needs a bit of planning and preparation!

**Follow these simple tips and you can eat well, and spend less time at camp preparing and cooking.**

To save time washing and tidying why not bring disposable plates and cutlery. You know that the plates/bowls/cups/cutlery are clean before you use them AND you don't have to get them washed – or have the problem of lost or broken crockery or cutlery!

Large, cheap food containers are easy to get in most large super markets. They help to keep the food clean and tidy.

You can prepare much of what you will eat at home (or get some one else to do it) and then pack it and bring it ready to cook.

No need for peeling, slicing etc, nor for dumping waste from onions, peppers, salads, fruit etc!

There are no fridges or freezers at Summer Madness – so thoroughly cook your meat in advance (even a week or two in advance), let it cool, put it into a sealed container and freeze it and bring it frozen. When defrosted it can quickly be heated and is ready to serve much faster – and you know that it has been properly and thoroughly cooked!.

*IF you take it out of the freezer just before you leave on Friday and carry it in an insulated container it will not defrost until Saturday, at the earliest, and will still be good until Monday/Tuesday – even in hot weather!*

If you have Visitors/day trippers coming on Sunday (parents of the people in your care, church members, people who have had to work on Friday, Saturday, Monday etc.) get them to bring the food for Sunday and Monday with them!

*(You need to be very careful of food that is cooked at home and brought hot to Summer Madness – it is often only warm by the time it gets to you!)*

If you are BBQing sausages (this is good for any time) put them in hot/boiled water for at least 10 minutes. It partly cooks them and removes much of the fat. When you put them on the BBQ no spitting, no big flames, no split sausages, no sausages burnt on the outside and raw in the middle; when they are nicely browned they are ready to eat!

Always check to make sure that meat (especially chicken, sausages and burgers) is cooked the whole way through. Often cooking on gas cookers with light-weight pans means the pan is hotter than usual; in this case the meat can look cooked on the outside but may still be not fully cooked in the inside!

## Easy foods to cook

**Pasta** - Butoni quick cook macaroni (can be got in Sainsburys) – cooks in only three minutes and can be easily eaten with a spoon. Eaten with a simple sauce of cooked mince, onion and pasta sauce (either home dame or from a jar!). Can be eaten with a simple cheese sauce (comes from a jar or packet, or can be home made.)

**Rice** – boil the rice for five minutes and then remove from the heat BUT leave it to stand in the hot water and it will continue to cook but without any gas!

Boil-in-the-bag Rice is really handy – much easier to serve as you don't have to drain the water without loosing the rice. There are a whole load of things you can have with rice – many are really easy to cook.

Most big shops will have a selection of sauces near the rice or pasta that are designed to be easy to cook.

[If cooking pasta or rice make sure to bring a large colander – preferably with small holes – as you will need to drain away the water with out loosing the pasta or rice. Preferably drain over a plastic basin – one that you are not using for any thing else, in case the pasta or rice tries to escape. Better to be looking at it in a basin rather than on the ground!]

**Tortillas** – can be warmed up in a dry, clean frying pan. Eaten with strips of cooked chicken or beef, peppers, onion, lettuce, sliced tomatoes. You can also plaster them with jam and make a quick snack.

Tortillas – can be used cold with a variety of fillings (salads, etc) to make a simple “wrap” for a mid day meal. People get to choose their own fillings and make their own – less effort for the leaders.

### **REMEMBER - the onsite Bread and Milk run each morning!**

We have a local grocer who is going to deliver bread, milk, sandwich fillers and anything else you would like to have each morning to the centre of sub-camps...

So you don't even have to leave site to get your essential fresh supplies - but it would be best to give us an indication of your order IN ADVANCE...

You can contact 'Gerry McAuley on

Shop T:02828841629

Mob T: 07591864241

or email : [karenmcauley951@btinternet.com](mailto:karenmcauley951@btinternet.com)

to put in your 'order', then just collect and pay on the day.



# SUMMER MADNESS SAMPLE MENU

## FRIDAY

DINNER      Chicken in a Black Bean sauce & Rice  
- or get them to eat before they come and all they will need is a snack!!

SUPPER      Tea, Coffee, Hot Chocolate (made with water - check the packet before purchase) & Biscuits

## SATURDAY

BREAKFAST      Cereal etc.

LUNCH      Sandwiches/Wraps etc.

DINNER      Paella (chicken and ham non sea food)

SUPPER      Tea, Coffee, Hot Chocolate & Biscuits

## SUNDAY

BREAKFAST      Cereal etc.

LUNCH      Sandwiches/Wraps etc.

DINNER      BBQ - Sausages, Burgers, Ribs etc

SUPPER      Tea, Coffee, Hot Chocolate & Biscuits

## MONDAY

BREAKFAST      Cereal etc.

LUNCH      Sandwiches etc.

DINNER      Fajitas

SUPPER      Tea, Coffee, Hot Chocolate & Biscuits

## TUESDAY

BREAKFAST      Cereal etc.

Bread, Butter, fresh fruit, soft drinks and snacks will be available with each meal and at other times through the day.

## SUMMER MADNESS SHOPPING LIST

ITEM	QUANTITY	PRICE EACH	TOTAL PRICE
PAELLA RICE			
RICE (American Quick Cook Rice/Boil-in-bag)			
TORTILLAS (Tesco Plain Wraps) (8 per pkt)			
SATURDAY BREAD (white)			
SUNDAY BREAD (white)			
MONDAY BREAD (white)			
MINCE STEAK			
CHICKEN BREASTS (for Friday night)			
CHICKEN THIGHS (Paella)			
BEEF/STEAK PIECES			
GAMMON STEAKS			
CHORIZZO			
SLICED HAM			
SLICED CHICKEN			
CHEESE			
CHEESE SLICES			
Friday MILK			
Saturday MILK			
Sunday MILK			
Monday MILK			
Tuesday MILK			
BUTTER (spreadable in 500g tub)			
BUTTER (spreadable in 500g tub)			
SOUR CREAM (tubs)			
SALSA (mild tubs)			
CHOCOLATE SPREAD (Duo Choc)			
CHOCOLATE SPREAD (with hazelnut)			
JAM (strawberry)			
MIXED HERBS			
LETTUCE			
TOMATOES			
SCALLIONS			
ONIONS			
PEPPERS (mixed packs of red, orange & yellow)			
APPLES			
ORANGES			
BANANAS			
GRAPES			
MELON			

FIJITAS MIX (Old El Paso)			
BLACK BEAN SAUCE MIX (Swatrz)			
STOCK CUBES (chicken, ham, beef - gluten free)			
TORTILLA CHIPS			
SALT & PEPPER			
SUGAR (Fair Trade)			
TEA (Fair Trade)			
COFFEE (Fair Trade)			
DRINKING CHOCOLATE			
CEREALS (Cornflakes, Coco Pops, Rice Krispies, Ricicles, Frosties, Special Flakes (Lidle)			
TOMATO SAUCE			
RELISH			
BISCUITS (Jammy Dodgers, Choc Digestives, Custard Creams, Fig Rolls, Jaffa Cakes, Mr. Choc.)			
KITCHEN ROLL			
TIN FOIL			
J CLOTHS			
KITCHEN SPRAY CLEANER			
BRILLO PADS			
SCOURERS			
BIN BAGS			
FOOD BAGS			
PAPER PLATES (large)			
PLASTIC PLATES (small)			
PLASTIC BOWLS			
PLASTIC CUPS			
PLASTIC SPOONS			
PLASTIC FORKS			
PLASTIC KNIVES			
TOILET ROLL			
MINERALS (Pepsi, Sprite, Ginger Ale, Cream Soda			
CRISPS (variety 12 packs)			
APPLE/ORANGE JUICE			
BOTTLED WATER			
Dilutable Juice			