

Inspiring you to Travel

Camping Cuisine Cookery Book



From The Motoroamers

**GOOD FOOD
SERVED WITH
TASTE & SIMPLICITY**

Simple Food on the Road

There's nothing like being on the road for a healthier way of life. Although being creative when you're travelling and dishing up easy and tasty meals in a small space, can be a challenge.

Inspired by home-cooked, family recipes and food we have enjoyed around Europe, we have compiled our favourite recipes, which have filled our bellies and satiated our appetites. This is an ever evolving ebook that will expand as fast as our waist-bands, as we come up with simple recipes that pack a punch on the taste front. Dive on in for our own personal recipe favourites. From Karen and Myles.



Good Food Served with Taste & Simplicity

Since March 2016 we have travelled full-time across Europe from its western coasts to the eastern boards of the Black Sea. And whilst not confessed foodies with any sort of fine-dining desires, we do like to create wholesome food that nourishes us. Also we don't profess to be healthy on the extreme - been there and done that in our old lives.

Raw food, juice fasts and a Naturopathic approach to eating have all featured in my life over the last 10 years. And whilst I still advocate healthy living and nutritious eating, I'm less obsessed by it these days. I've found a better balance, that hasn't done a huge amount for my dress size, although I have come to appreciate that too much of one thing is no good for you. So good-bye obsessive regimes and hello enjoying our food.

Let's face it, who in their right minds can resist the call of morning baguettes baked by a local French artisan or the temptation of calamari drizzled with lemon fresh from the Greek oceans? Life is about enjoying its vast array of offerings and I have learnt that that must include food.

So in this Camping Cuisine eBook, we share the food that we love to eat that is simple to cook in a small space that doesn't require chef skills. Just a few pots and pans, a bit of creativity and a handful of local ingredients.

From both inside our 7.5m Pilote motorhome to outside on our barbecue, we have pulled together our favourite recipes. Some are our all time best dishes from our childhood that we have regurgitated and others are adapted from recipes that others have shared with us.

And so thanks must go out to everyone else's inspirations over the years. We've done our best to acknowledge your brilliance that has led to a new dish in our Camping Cuisine ebook.

Our philosophy is healthy (ish), local (as far as we can) and simple so that there is not too much washing up or posh gear required. After all our kitchens rarely have the space for a plethora of Michelin-style gadgets. My only two non-negotiable items are my compact Phillips Juicer and Nutribullet, which I have recently swapped for a hand-held blender. I have indicated where a recipe is either **Q**uick, **V**egetarian or **H**ealthy using these symbols:



We hope you enjoy our collection of personal favourites.

Karen and Myles

Breakfasts

Ok, I admit that sometimes breakfast can often mutate into brunch these days. And I say that not out of guilt, just a joyful realisation that we have a different set of rules than in our corporate past. So whilst we often reach for an easy piece of toast or muesli and almond milk, sometimes we indulge in a breakfast fit for a king. Check these fellas out.



Banana Pancakes



Thanks to Jo from Tiverton Primary School, Somerset where I used to work as a meditation teacher, we have perfected these simple and healthy pancakes. Dress them with fruit of your choice.



Serves 2

1 Banana, mashed

1 Egg, beaten

2-3 sprays of 1 Cal Olive Oil or Coconut Oil
in a frying pan

Cinnamon or mixed spices if you wish

Mix the banana with the egg until you get a liquid looking substance. Spray the oil in the pan and put it on a medium heat. Ladle in a portion of the mix and once it has taken on the pan, add in your next ladle until all the mixture has gone. Gently shimmy the pan so the pancakes move slightly as you will need to flip them. Use a fish slice to flip them and cook on the other side until they go lightly brown.

Turn them out onto a plate, drizzle with honey and dress with fruit of your choice.

Oaty Blueberry Pancakes



A twist on the pancake recipe is this lovely one adapted from a Health Magazine, which has become a firm favourite.

Serves 2

90g of Oats

240ml Water

1/2 Banana

1 tbsp Flaxseeds (or mixed seeds)
optional

1/2 Lemon, squeezed

A spray of 1 Cal Olive or Coconut Oil.

Handful of blueberries

Blend all the ingredients except for the blueberries with a Nutribullet or hand blender. Leave the mixture to sit for 10 mins. Preheat the frying pan with a couple of sprays of oil and add the blueberries to the mixture. Now ladle in a spoonful of batter at a time. Cook and flip as in the previous recipe. Serve with yoghurt and honey. Delicious.



Oaty Blueberry Pancakes

With honey and fresh,
seasonal fruit

Juicing

Of all the gadgets that were most important to me, my juicer and Nutribullet were up there on my non-negotiable list. Whilst it undoubtedly adds to the payload, I figure that having a balanced diet and multi-use tools, leaves the weight sitting ok for me.

We use the juicer at least four times a week, sometimes to Myles' protestation, although it's such a great way of getting our daily intake of fruit and veg. When we're wild camping, we use the inverter otherwise when we are on a campsite, we simply plug in to EHU.

The juice possibilities are endless although the ingredients we combine in a variety of mixes are:

- Oranges, apples, ginger and carrots
- Pineapple, courgette, apple, beetroot and lemon
- Celery - just on its own is great for the liver
- Pear, carrot, spinach, apple and ginger
- Chilli, pomegranate, apple and beetroot
- Lime, spinach, courgette, apple and pineapple



The Motoroamers' Signature Breakfast Wrap

Ok, so not one for the healthy list, although my goodness it is a great brunch. To make it a little healthier I use wholemeal wraps rather than white.



Serves 2

- 2 Wholemeal wraps
- 4 slices of bacon or lardons
- 2 Eggs fried or poached
- 1 can of baked beans
- 2 Sausages sliced lengthways (optional)

Grill up the bacon and sausages. Meanwhile heat up the baked beans and either poach or fry up the eggs, once the sausages are cooked. Assemble along the middle of the wrap, add sauce to your liking and get the napkins at the ready - it will be messy.

Fold up the bottom edge and then fold in both sides to make a cornet shape and devour. We usually have a prize for the one who doesn't dribble anything. No one wins!

Eggavvy Toast



This is a great recipe for something different at breakfast and great if you have half an avocado in the fridge. For a super quick version of this, the egg has already been boiled from a previous day - saving time and effort. Thank you Sarah from Veedubadventures for this one.

For 1 serving you will need:

1/2 Avocado

1 slice of brown or white bread 1 hard boiled egg

Seasoning

Using bread of your choice, toast it and set aside. Mash the avocado as a replacement for butter and add salt to season. Slice the pre-boiled egg, pop it on top of the avocado and crack over some black pepper. So scrummy.



French Toast

With thanks to a number of people from our Facebook community for this delicious and slightly indulgent breakfast, which is balanced with a fresh juice, if you have a juicer.



Serves 2

1 Egg

2 slices of bread with the crusts removed

3-4 Sprays of 1 Cal olive oil

Nutmeg (optional although very tasty), honey and

1 Banana or other seasonal fruit

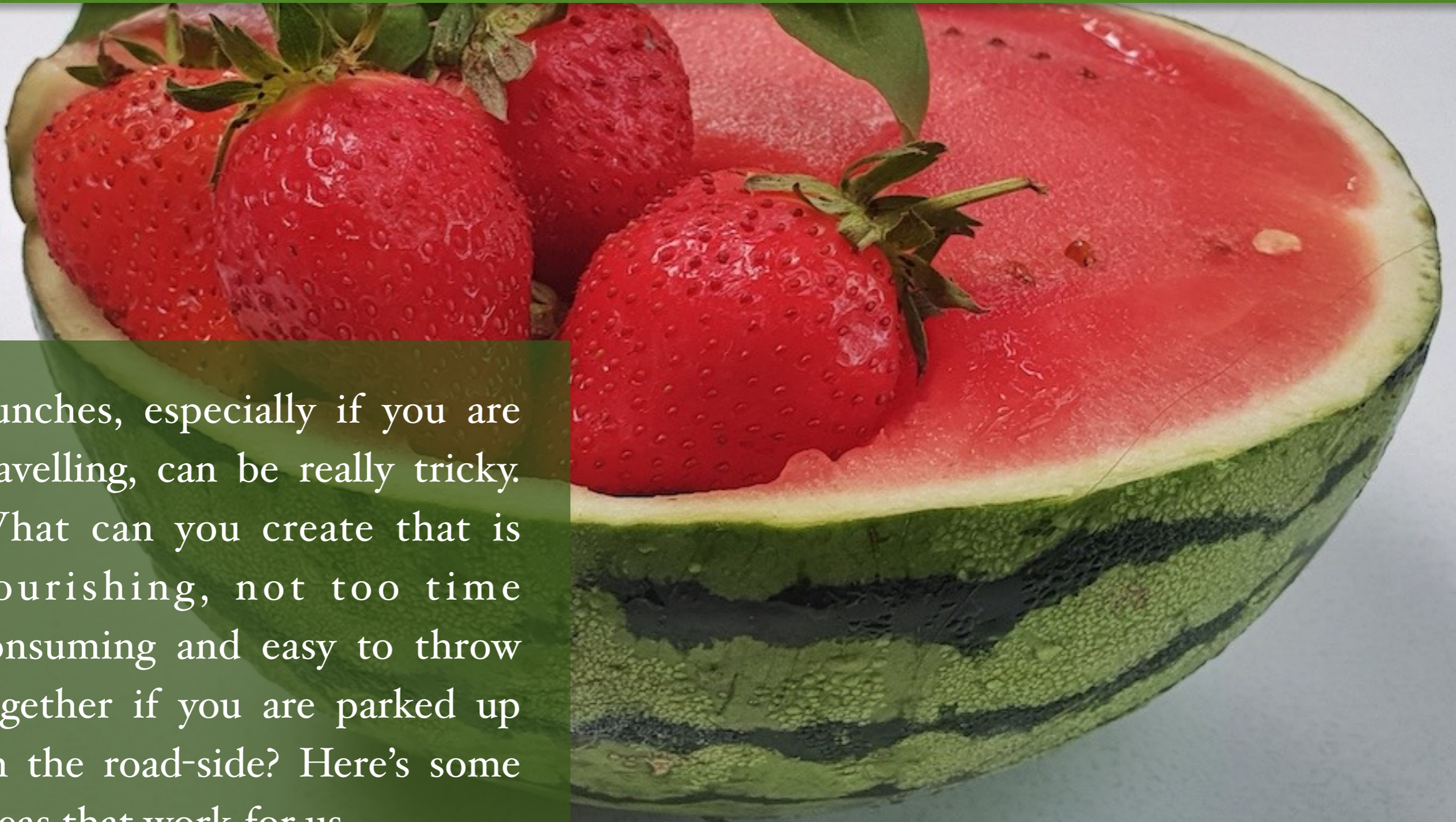
Juice of your choice

In a bowl large enough to take the bread, break in the egg and whisk with a fork, adding the nutmeg. In a frying pan, add 3-4 sprays of oil and put on a medium heat. Dip each bread slice in the mixture and place in the frying pan. Cook for a couple of minutes and then turn the toasts.

Once browned on both sides, plate up and drizzle with honey and add the sliced banana or other desired fruit.

Simple Lunches and Soups

Lunches, especially if you are travelling, can be really tricky. What can you create that is nourishing, not too time consuming and easy to throw together if you are parked up on the road-side? Here's some ideas that work for us.



Eggy Avocados



This came thanks to a couple of people in the Motoroaming community, when I had a glut of eggs from a housesit we were doing. Thanks guys; here is our adaptation.

EGGY AVOCADO WITH BACON AND MUSHROOMS

PERFECT LUNCH IN 15 MINUTES



Serves 2

1 Avocado, cut in half and de-stoned

2 Eggs poached

Lardons and sliced mushrooms

Baguette

Place the avocado on plates - hole-side up and set on one side. Meanwhile poach the egg and in a separate pan, dry-fry the lardons and add the sliced mushrooms, cooking for 5 mins.

When all have cooked through, which will be no more than five minutes, place the poached egg inside the hole of the avocado and sprinkle over the mushrooms and lardons. Serve with crusty baguette for a quick and delicious lunch.

Butternut Squash and Mace Soup



I could write a whole book on soups alone - I love making them from fresh ingredients and normally make up a batch so we can simply heat up for a quick lunch.

Serves 4

1/2 large squash peeled, seeds removed and cubed

1 Potato peeled and cubed

1 Onion finely sliced

1-2 Carrots peeled and sliced

Dash of olive oil

1 Vegetable stock cube and 2 pints of water

Shake of mace and salt/pepper

Add the olive oil to a large saucepan, heat gently, adding the onions. Cook until slightly browned and add the cubed vegetables and stir. Add enough water to cover the vegetables and sprinkle in the stock cube and mace to taste. Put the lid on and allow to simmer for 20-30 minutes or until the veg are soft, adding more water if necessary. Whiz up with a blender or Nutribullet and add more water again to thin the liquid. Add seasoning and serve immediately with crusty baguette.



Spicy Vegetable Soup



This is a great soup to use up bits of vegetables - so you can add whatever you have in the fridge.



SPICY VEGETABLE
SOUP

SERVED WITH
TASTE AND SIMPLICITY

Serves 4

1 Onion, chopped

Squash, potatoes, courgette, carrots, celery, all thinly sliced

Seasoning

1/2 tsp Ras el hanout spice or Chinese Five Spice

1 Vegetable stock cube

2-3 pints of water

In a large saucepan add some olive oil and fry off the onion until soft. Add all the other vegetables, chopped to the same size and cover them with water. Add your seasoning and spice and simmer until all the vegetables are cooked adding more water if necessary. Blend in a Nutribullet or hand blender and serve with crusty bread.

Healthy Creamy Mushroom Soup



Serves 3-4

2 Onions, diced

1 Leek, washed and sliced

1 Potato, peeled and chopped

500g of mushrooms, sliced

1 Vegetable stock cube dissolved in 2 pints of water

A spray of 1 cal olive oil or a glug of the real thing

Salt and pepper to season

In a large saucepan, heat the olive oil & add the onions and leeks cooking on a medium heat until browned. Stir so it doesn't burn on the bottom.

Add the mushrooms and potato and mix ingredients well. Crumble the stock cube into the pan and pour in the water stirring well. Make sure there is enough water to cover the vegetables & bring to the boil.

Turn down the heat & leave to simmer gently for 25 mins or until the potatoes are soft and season to taste. Then blend with a hand-blender or Nutribullet. You may want to add some more water if it is too thick. Serve piping hot with fresh bread.



Portuguese Bake



Not one of the quickest meals, unless you have the home-made sauce already done, then it is super quick. Although it is worth the effort. Thanks to Katherine Steele for the recipe.



HOME-MADE TOMATO SAUCE

Portuguese Bake

Serves 2

For the sauce, use either a tin of tomatoes or make up your own from 6 fresh ones, skinned after being in a bowl of hot water, chopped finely and cooked gently in a saucepan.

1 Onion, chopped finely

1 Batch of tomato sauce or 1 tin

1 Green pepper, chopped into small chunks

Basil, fresh or dried and seasoning

2 Eggs and either Parmesan or a vegetarian alternative

For a meat version, add lardons or chorizo

Fry lardons, if using and when browned add onions cooking until soft. Add the tomatoes and peppers and cook through for 5 minutes. Place in an oven-proof dish and cook for 10 minutes on 180°. Remove from the oven and make two small wells and crack in the eggs and cover with cheese. Return to the oven for a further 10 minutes or until the eggs are cooked. Serve with fresh bread for dunking!

Chicken Liver Paté



This is an age-old family recipe passed down by my mum and is simple personified. Although it will need to be made at least 4 hours ahead of eating so that it can cool and set, which will test your resolve!

Serves 4-6

1 pack of chicken livers (which we have always been able to buy across Europe)

1 large onion chopped finely and 1-2 garlic cloves

A glug of brandy (optional)

Seasoning

Large knob of butter

In a frying pan gently heat the butter until melted and add the onion and pressed garlic. Allow to cook on a low heat for 5 mins making sure the garlic doesn't burn.

Wash the livers and remove any sinew. Add to the pan and fry for 5-7 mins until the blood no longer runs. Add the brandy and allow to reduce. Add salt and pepper to taste and then blitz in a blender. Place in a serving dish and keep in the fridge for up to 4 hours or as long as your taste buds will allow. Serve with crusty bread. Will last a couple of days in the fridge. It is soooo good!



Baked Eggy Peppers



What a great lunch this is, although you need a bit of time and some pre-prepared tomato sauce from other recipes in our book.



Baked Eggy Peppers

with crusty French bread

Serves 2

- 1 Green or red pepper halved and deseeded
- 2 Ladles of homemade tomato sauce (or you could simply use a tin of tomatoes for speed)

2 Eggs

Small amount of olive oil for greasing

Cheese of your choice (mozzarella or parmesan are good)

Turn on oven to 180°. On a baking tray place the halved peppers skin side up and lightly grease the insides with olive oil.

Place a ladle of tomato sauce into each pepper and place in oven for 20-30 minutes until the pepper is soft. Remove from the oven and make a dent in the sauce and crack in the egg and cover with cheese. Place back in the oven for another 10 minutes and serve.

Fresh Clams Cooked in Garlic & White Wine

H

After a visit to a Portuguese fish market, Myles created this dish based on how he cooks mussels. When by the coast fish is a must. Great for a quick lunch or light supper.



Serves 2

1 net of fresh clams - about 50 - washed well
1 handful of parsley chopped

1 large knob of butter

2 Cloves of garlic

3 Glasses of dry white wine

3 Shallots finely diced

Seasoning

In a saucepan melt the butter gently and add the shallots and garlic for 5 minutes. Now add in the clams and white wine bringing the liquid to the boil. Place lid on the saucepan and shake a few times. Cook for 5-7 minutes and season. Remove any clams that have not opened. Add the parsley and serve up immediately with fresh dunking bread.

Bacon and Mushroom Muffin



This is a nice twist on an omelette and a whole heap easier as it is baked in a muffin dish in the oven.



Bacon & Mushroom Muffin

Serves 2

2 Eggs

1 small pack of lardons

4 mushrooms, diced

1 small onion, diced

In a pan dry fry the lardons and add the onion and mushrooms. Turn off the heat and allow to cool for a couple of minutes.

Meanwhile put the oven on at 180°. In a bowl crack the two eggs and whisk. Then add the bacon mixture and give a good stir. Work quickly so the eggs don't start to scramble. Pour the mixture into two lightly oiled muffin dishes and put in the oven for 15 mins. Gently ease out of the tins and serve with salad or beans and coleslaw.

Baked Mushrooms with Goat's Cheese & Herbs



A super quick lunch when you're travelling that can be served alone or with salad.

Serves 1-2

1 pack of large field mushrooms

Crumbly goats' cheese

Herbs of your choice

Knob of butter and seasoning
Salad garnish (optional)

Turn on the oven to 180°. Whilst it is heating up, prepare the mushrooms on a baking tray. Remove the outer skins and place top down so the gills are facing upwards. Add the knob of butter and crumble in the goats' cheese. Top with a few herbs of your choice. Thyme works well. Now put the tray into the oven and allow to cook for 10 mins, or until the cheese has melted. Serve with a side salad or on their own.



**Baked
Mushrooms
with Goats' cheese
& herbs**

Beetroot & Goats' Cheese Stacks with honey & walnuts



This is a partnership made in heaven. Honey glazed cheese, sandwiched between beetroot. Yummy!



Serves 2

1 packet of cooked beetroot, sliced

1 packet of goats' cheese with rind

1 packet of rocket

Handful of walnuts roughly chopped

Honey for glazing and a balsamic and olive oil dressing

Cut the cheese into 10 slices and place in a pre-heated oven at 150° for 10 mins until they melt. Turn off the oven and drizzle honey over the cheese - return to the oven until ready to serve.

Meanwhile place rocket on a plate and scatter the walnuts. Make a dressing with 3 tsp of balsamic vinegar and 4 tsp of oil and stir vigorously until thick. Slice the beetroot. Now add cheese on top of beetroot in two layers and drizzle with honey and dressing.

Welsh Rarebit



This is an old favourite that is often forgotten. Although when inspiration fails me, this is a winner.

WELSH RAREBIT



Serves 2

4 oz of hard cheese grated into a bowl

A generous shake of Worcestershire sauce

1-2 dsp of whole grain mustard

2 Slices of bread

In a bowl with the grated cheese, add the Worcestershire sauce and mustard and mix well. Using a grill, toast just one side of the bread until golden brown. Remove from the grill and pile on the cheese mixture to the side not toasted.

Now place the slices topped with cheese under the grill until it starts to bubble and form a crust.

Serve immediately with Worcestershire sauce if more is required.

Coronation Chicken Wrap



Left over chicken has a multitude of recipe options for a main meal or a lunchtime snack. For the first time, I tried a Coronation mixture for a quick bite. Try this concoction with either a jacket potato, a wrap or sandwich. I used a wheat flatbread for this version.

Left over chicken

Mayonnaise to coat chicken well

Tsp each of garam masala, turmeric, curry powder, cumin

Seasoning

Wrap, jacket potato with a side salad to accompany.

Cut the chicken up into pieces and put in a bowl and mix mayonnaise, sufficient enough to coat. Add the spices to your taste and then assemble with the salad.



Posh BLT on Ciabatta



If you are a meat lover, then there's nothing nicer than a good old Bacon, Lettuce and Tomato sandwich. This is a posh version to indulge in.



Serves 2

4 Bacon rashers grilled or lardons fried off

1/2 Avocado sliced

1/2 Cucumber chopped

4 Cherry tomatoes halved

Rocket or other lettuce leaf

Mayonnaise

Ciabatta roll halved lengthways

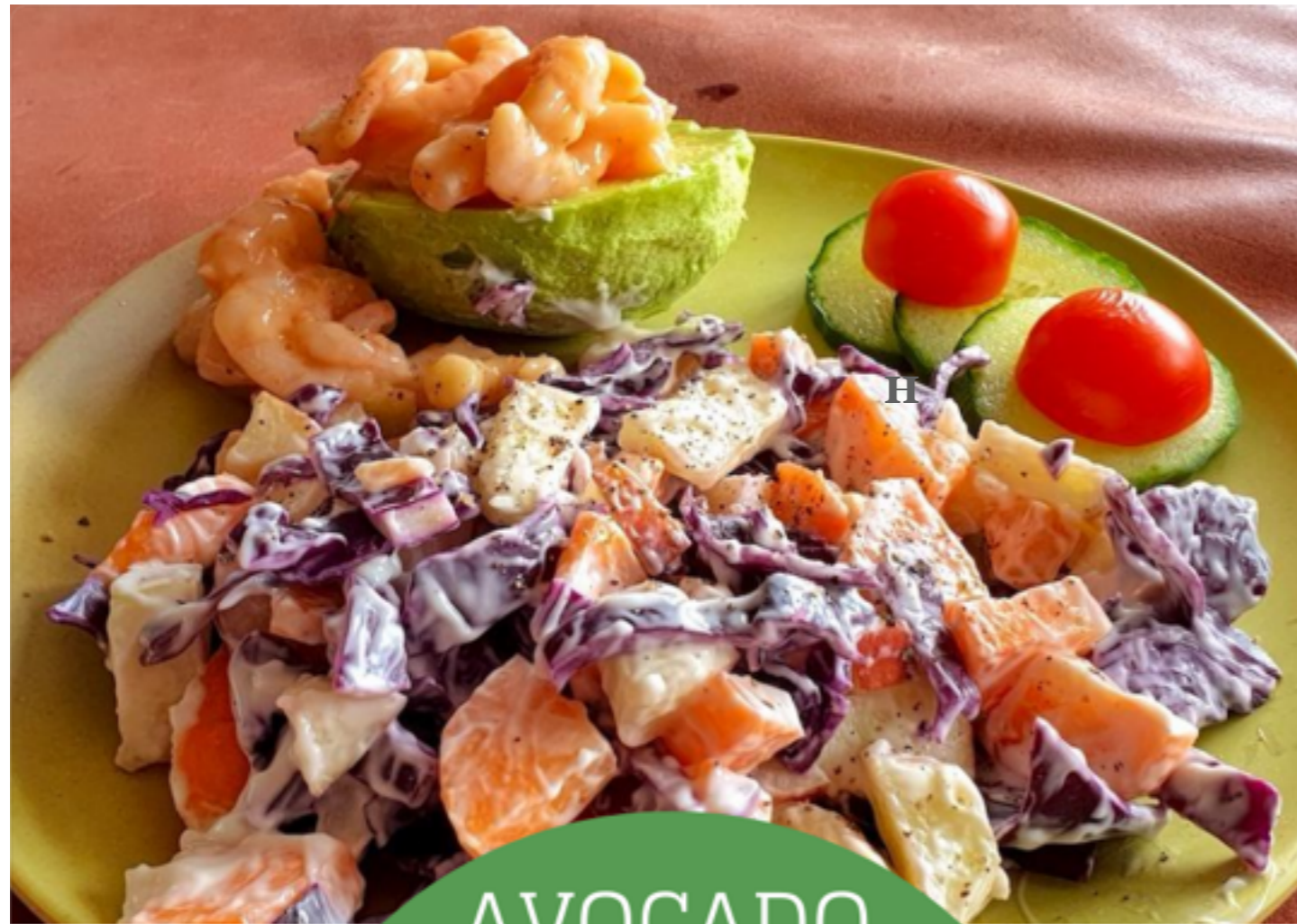
Chilli dressing and Balsamic cream

Butter the ciabatta with mayonnaise and put the rocket, avocado, vegetables and bacon on top. The dressing is made up with olive oil, sweet chilli sauce, honey and cider vinegar mixed together.

Avocado Prawn Salad with homemade Coleslaw



I adore this dish. The prawns and avocado are just a marriage made in heaven.



AVOCADO
PRAWN SALAD
WITH COLESLAW

Serves 2

1 Ripe avocado, halved with the stone removed

1/2 pack of frozen prawns, thawed

1 Carrot finely chopped or grated

1/4 Red cabbage finely sliced

1/2 Apple

1/2 Onion or 2 spring onions

1 tbsp Mayonnaise

1 tsp salad cream and 1 of red sauce

Seasoning

Squeeze of lemon



Prepare the coleslaw by adding the chopped cabbage, carrot, apple and onion in a bowl, mixing with mayonnaise and seasoning generously. Plate this up.

Using the same bowl to save washing up, add the prawns and mix with the salad cream and red sauce to create a Marie-Rose dressing. Add some lemon juice to add a little bit of sharpness.

Cut the avocado in half and take out the stone and peel both. Put the prawns into the middle of the prawn and add more so

that it generously cascades over the avocado. I can never get enough of this dish, so make plenty. Now it's time to plate up. Lunch served in 10 minutes and really healthy.

Nature's Nettle Soup



I love the idea of using what Mother Nature provides and this nettle soup is a great one to experiment with in April early May.



Serves 4

2 oz of fresh Nettle tops, soaked

2 Potatoes and 1 onion, chopped

2 Cloves of garlic, crushed

A glug of olive oil and a knob of butter

1 pint of vegetable stock using a cube

Be careful when picking the nettle tops. You only want the young, fresh tips and they must be picked away from a dog's reach and before they flower. And of course wear strong gloves!

In a saucepan, melt the butter and add the oil sweating off the onions and garlic. Add the potatoes and stock, allowing to cook through. Right at the end, add the nettles and simmer for just 5 mins. The cooking removes the sting. Whiz in a Nutribullet or hand blender and serve immediately.

Watermelon & Strawberry Gazpacho Soup



I first had this in a hotel in Oxford whilst I was away on business many moons ago. I never could get the chef's recipe, so I've concocted my own version with a hint of spice, perfect for a summer's day.



Watermelon & Strawberry Gazpacho

Serves 2-3

1/2 Watermelon with seeds removed

250 g of Strawberries with stalks removed

1/2 Red chilli seeds removed and sliced

1/2 Lime

Basil

2 dsp of Honey

In a saucepan add the melon, chilli and strawberries and blitz with a hand-blender. Add the lime juice and honey and turn the heat on just for a minute for the honey to dissolve and serve with a crack of pepper and basil.

Suppers

Whether you like your dinner at lunch and then call it tea or call it supper - the meal of the evening often needs to be simple especially if you have been travelling. We often cook up a batch of food that we can heat up. Otherwise we try to be creative - here are our top hit recipes.



Oriental Salmon and Mango salad

H

Thanks for the inspiration Mindful Chef. With a few tweaks I have made this dish my own. Fresh, light and delicious.



Serves 2

2 Salmon fillets skinned

1 Mango peeled and cubed

Fresh coriander chopped & a handful of seeds

1/2 Red chilli chopped & 1/2 inch ginger

grated Brown/White rice or Quinoa

Shake of soy sauce and honey

Courgette cut into ribbons or mange tout

Make the dressing by mixing the chilli, soy sauce, ginger and honey together. Set aside.

Boil the rice for 15 mins or until cooked, then drain. Meanwhile in a frying pan with a little oil, fry the salmon gently for 10 mins and add the courgette to steam lightly. Add the sauce and then serve on the rice, with alfalfa, coriander, mango and seeds.

Oriental Salmon Salad

with special guest; mango

motoroaming.com

Coq au Vin à la Cadac

We love cooking and eating outside and whilst the jury is still out on our over-sized Cadac, this meal is a corker. With thanks to our dear friends Phil & Julie Hewitt, Myles continues to try meeting Phil's Coq au Vin prowess.

Serves 4

Pack of 8 chicken thighs with skin on

1 - 2 packs of lardons

1 large onion sliced into small wedges

4 large potatoes peeled and cut into 1 cm thick slices

10 Mushrooms, quartered

1 Chicken stock cube dissolved in 1pt water

A glass of red wine

Seasoning





Turn on heat of the Cadac or frying pan if cooking on the stove. Dry fry the lardons and cook until crispy. Remove from the pan.

With the oil from the lardons, place the chicken thighs, skin down on the pan and allow to brown for 10 minutes, turning once. As the stock from the chicken begins to flow, add the potatoes around the edge of the pan, soaking up the liquid. Allow to cook for another 10 mins. Now add the mushrooms and onions and continue cooking for a few minutes.

Add in the pint of pre-made stock and check the potatoes don't go too soggy. Turn the heat down and allow to simmer for 15

minutes. Add a glug of wine and turn up the heat so that the sauce begins to reduce.

Meanwhile cook your accompanying vegetables whilst the stock is reducing. Make sure the chicken is cooked through thoroughly and that the potatoes are soft when you put a knife into them. Serve immediately with crusty bread and vegetables.

Vegetable and Egg Curry



Thanks to Ann McClean for the inspiration on this healthy vegetarian curry. Super yum.



Vegetable & Egg Curry

with special guest;
lentils

Serves 4

- 1 Onion, diced
- 1 Clove of garlic, pressed
- 1 Aubergine, 2 courgettes, 1 pepper, 1 small sweet potato or squash, chopped
- 1 tin of lentils
- 1 tin of chopped tomatoes
- 1 tsp of garam masala, cumin, turmeric, coriander and crushed cardamon (optional)
- 4 Eggs hard boiled
- Olive oil
- Rice
- Seasoning



In a large saucepan, heat up the oil gently and add the onions, cooking until browned. Add the spices, adding more depending on the flavour and heat you enjoy and allow them to release their oils. Now add the garlic and stir.

Throw in all the chopped vegetables and tinned tomatoes and allow to simmer for up to 1 hour until the vegetables are soft and the spices infused.

15 minutes before serving, add in the lentils and allow these to heat through gently.

In a separate pan, boil some water and cook the rice, one handful per person for around 15 minutes, then drain.

Meanwhile, peel the eggs and cut them in half, placing on one side.

You are now ready to serve. Place the eggs on top of the curry and serve with Mango Chutney and Poppadoms, if you are able to get them.

Sweet and Sour Pork (or Chicken)

Mum used her deep-fat fryer for this dish I loved as a child. We have found a way to make this as tasty and easier to dish up in a confined space, without fryers!



Serves 2

1 pack of pork chunks or 2 chicken breasts

Salt and pepper

Olive oil

A squeeze of tomato purée

1 dsp soy sauce, 1 dsp honey

1/2 pint of water

Cornflour

7 oz of vinegar or balsamic

Rice

Silverskin onions,

Tin of pineapple or 1/2 a fresh one

Vegetables (optional)



In a large saucepan, heat up a splash of oil on a low heat. Add the meat to the pan and flash fry. After 10 minutes, remove from the pan onto a plate and cover.

Meanwhile, in the same saucepan, make up the sauce. Mix the tomato purée, soy sauce, vinegar and honey and stir well. Add the water and mix together. In a small ramekin mix some cornflour with a little water to make a paste and add this, in small amounts to until it begins to thicken. Taste the sauce, there should be a balance of sweet from the honey and the sour from the vinegar. Add more of either if that balance doesn't taste right.

Return the meat to the sauce with some peppers, pineapple, baby onions and beansprouts. Allow to simmer for 20 minutes.

In a pan, boil up some water for the rice and cook for 15-20 mins together with any other accompanying veg you want to add.

Once the rice is cooked, drain it and plate up. Add the meat to the rice and pour over the sauce. Hey presto, you're good to go!

Indonesian Pork (or Lamb) Meatballs, with Cashews

This is a recipe adapted from James Martin's Saturday Kitchen and we adore this.

Serves 3/4

- 1 pack of minced pork or lamb
- 2 oz of fresh breadcrumbs
- 1 Onion, grated and 2 garlic cloves, crushed
- 1 inch of fresh ginger peeled and grated
- 1 medium red chilli, deseeded & chopped
- 2 tsp of garam masala
- 1 tin of coconut milk
- 1 tin of chopped tomatoes
- 7 oz of chicken stock
- 1 tbsp of honey
- Basmati rice
- Fresh coriander
- 1 tbsp of curry paste





Turn on the oven to 180°. In a bowl empty in the mince and add the grated onion, chopped chilli, ginger, half the coriander roughly chopped and 1 of the garlic cloves. Gently mix the ingredients with your hands.

With a blender or crumbled with your hands, make the bread crumbs and add this to the mince mixture. Now add a tsp of garam masala and mix well. With wet hands, now create the balls, about the size of an apricot.

In an oven-proof dish, add a bit of olive oil to the bottom and pop the meatballs in. Put in the oven for 20-30 mins.

Meanwhile, in a frying pan, add the curry paste and allow this to heat up and cook slowly. Add in the second garlic clove and tinned tomatoes stirring constantly. Now add in the coconut milk and chicken stock, allowing the liquid to simmer, reducing to about half.

By now the meatballs should be cooked. Remove from the oven and add to the frying pan with the meat juices. Add the honey to bring the flavour of the tomatoes out. Simmer this whilst you boil water in another pan for the rice. Cook 3 handfuls of rice for 15 minutes and then serve. Top with cashews and dress with coriander. Serve and devour!

Caraway Pork with Apple & Leek

Pork and caraway seeds are a match made in heaven and adding the leeks and apple makes such a flavoursome dish, served up with rice or potatoes of your choice.



Caraway Pork with Apple & Leek

Serves 2-4

- 1 Leek sliced thinly & 8 mushrooms, sliced
- 2 tsp caraway seeds & 1 dsp Dijon mustard
- 4 Pork steaks or chops
- 1 Apple sliced
- 1/4 pint vegetable/chicken stock
- Knob of butter

Heat the oven to 180°. Meanwhile prepare the vegetables and in a frying pan gently melt the butter and fry off leeks, mushrooms and caraway seeds for a few minutes. Layer these in the base of an oven-proof dish and place the sliced apple on top and then the pork chops. Pour over the stock and put in the oven for 30-40 minutes. Serve with vegetables and potatoes of your choice.

Indonesian Chicken - with lime and coriander

H

Sometimes I just get ingredients in my head and pull them together. And this seriously worked. The combination was heavenly, even if the parmentier potatoes didn't quite go!



Serves 2

- 1 pack of chicken filets
- 2 Limes, halved
- 1 pack of fresh coriander roughly chopped
- 1 Clove of garlic, pressed and olive oil
- Spinach and salad garnish of your liking
- 4 potatoes peeled and diced

In a bowl mix the lime juice with the garlic, olive oil and 1/2 of the coriander. Put chicken into the marinade and leave for at least 1 hour.

Heat the oven to 180° & cook the chicken in an oven-proof dish for 40 mins. Meanwhile fry the potatoes in a little oil, tossing regularly until browned.

Serve on a bed of spinach and the remaining coriander, drizzled with the lime juices.

Vegetable Lasagne



From the Italian food gods comes this family favourite, usually made with mince, although I quite like the vegetarian version.

Serves 2/3

Roasted vegetable mix (see page 50)

Additional tin of tomatoes (optional)

4-6 Sheets of dried lasagne or fresh

4 oz Butter

4 tbsp four

Seasoning

1 pint of milk

Handful of grated cheese

Heat the oven to 180°. Place your pre-cooked vegetable mix in a saucepan and heat gently. to bring it to room temperature.



Vegetable Lasagne with
salad



Meanwhile make your white sauce. In a pan add the butter and gently melt. Now add in the flour and stir well whilst still on the heat until the mixture looks like breadcrumbs. Remove from the heat and slowly add the milk stirring vigorously with a wooden spoon or a whisk until all the milk has been added.

Now return the pan to the heat and slowly cook through stirring in a figure of eight so you don't get any lumps. You may need to add more milk if it gets too thick. When it begins to bubble, then add the cheese and stir until it has melted.

Taking a roasting dish begin to assemble by placing half the vegetable or meat mixture in the bottom. Place enough lasagne sheets on the top to cover it. Add more sauce and another layer of lasagne sheets.

Chinese Chicken and Courgette Noodles



Stir-fries are always a great camping meal. Quick, easy and nutritious; a winner for us every time. They can be easily turned from meat to vegetarian to fish in the flash of a flashy thing.

Chinese Chicken

WITH
COURGETTE
NOODLES



Serves 2-3

200g Chicken filets

1 Courgette, spiralised into ribbons

1/2 Red pepper sliced

1 Carrot sliced thinly or spiralised

1 Clove of garlic sliced thinly

1 Inch of fresh ginger sliced thinly

Handful of cashew nuts

2 dsp flour mixed with a shake of Chinese Five Spice

Shake of olive oil, soy sauce and sweet chilli sauce

Handful of sliced mushrooms

1/2 lemon squeezed

1 Onion peeled and sliced



Pre-heat the oven at 160°. On a plate mix the flour and Chinese Five Spice together and add the sliced or cubed chicken pieces, coating each piece well. In a frying pan add the olive oil and heat gently and then add the chicken and fry until the outsides are crispy. Transfer the chicken to an oven-proof dish to keep warm in the oven whilst you cook the vegetables.

Spiralise the courgettes and place in a bowl adding in the lemon juice and stir so that it is well covered. The lemon acts as a natural cooking agent.

Add a little more oil to the frying pan and add the onions and cook for a couple of minutes until translucent. Then add the remaining veg and stir well. Add the soy sauce and sweet chilli to taste.

Now time to plate up. Add the courgettes to the plate first, like noodles and then place the veg on top, then the chicken. Add a few cashew nuts for texture and serve immediately.

Smoked Haddock and Salmon Chowder



I guess this could be a main meal or a light supper depending on your appetite. This is a super quick meal adapted from the lovely Nigel Slater although can be a bit utensil hungry.

Serves 2

2 Filets of smoked haddock and 1 of salmon

1 pint of milk or milk equivalent if lactose intolerant

1 Large leek, washed and sliced

1 x 14 oz tin of sweetcorn

2 medium sized potatoes peeled and diced or 8 new potatoes - quartered

Fresh or dried thyme and 1 bay leaf

Salt and Pepper for seasoning

Grease-proof paper to act as a steamer, covering the vegetables

2 Knobs of butter or olive oil if you wish



**Smoked Haddock
& Salmon Chowder**



In a frying pan, place the fish fillets, milk and bay leaf. Gently simmer over a low heat until the fish is cooked. In a separate saucepan boil the potatoes until they are *just* cooked.

Meanwhile, in a large saucepan, add one of the butter knobs and gently heat, adding in the leeks and thyme. Place your grease-proof paper over the leeks tucking in at the sides to create a vacuum. Then put the lid on and cook for a couple of minutes. This will steam the leeks and keep all their flavour. Then add the sweetcorn, replace the grease-proof paper and the lid and continue to simmer for a couple of

minutes. Remove the paper and discard. Drain the pre-cooked potatoes and add them

to the mixture adding the remaining knob of butter and give the pan a good shake to mix everything up. Pour the milk from the fish into the saucepan and gently break up the fish into chunks and add to the dish. Put back on the heat and add more milk if needed so that there is enough liquid to create a soup substance. Cook through for another five minutes and pour into two bowls and serve immediately with some dunking bread. Delicious.

Chilli con Chicken

This is one of our favourites and can be easily turned into a vegetarian dish, by removing the meat and just adding more vegetables and beans.



Serves 4

1 pack of chicken or turkey mince

2 Carrots, 2 sticks of celery and 1 onion diced

1 x 14 oz tin of sweetcorn

1 x 14 oz tin of kidney beans and any other beans

1 Courgette diced

Chilli powder, cumin and seasoning

2 x 14 oz tins of chopped tomatoes & 8 mushrooms

Glug of red wine

1 packet of Doritos

1 Avocado, 2 dsp of mayonnaise & 2 cloves of garlic, crushed

Grated cheese to taste Rice, optional



In a large frying pan, dry fry the mince stirring frequently. When browned all over, add the onions and mushrooms and allow them to cook through. Pour in the two tins of tomatoes and stir, adding the spices to taste. Add the red wine for a bit of colour and leave to simmer for at least an hour.

Add the remaining chopped vegetables to the final 15 minutes of cooking so that there is a little crunch to them. Drain and rinse the beans and add to the pot. Allow to simmer for 15 minutes or for longer if you can. This dish seems to become richer the longer it cooks.

Meanwhile grate the cheese and make the guacamole. This is done by halving the avocado and spooning out the flesh into a bowl. Add the minced garlic and mayonnaise and blend with a fork or blender until it makes a dip. Add salt and pepper to taste.

To dish up you can either add a portion of rice or simply add the Doritos to a serving bowl, add the chilli mixture, crumble over the cheese and dollop the guacamole and dip in with your crisps.

A bowl of deliciousness.

Pork Tenderloin Medallions served with Leeks

This cut of meat is so cheap and freely available in Europe that this is our firm favourite. It can be cooked plain or with Italian, Indian or Chinese spices depending on how you feel.



**Pork
Tenderloin &
creamy leeks**

Serves 4

1 Pork tenderloin cut of meat

Dash of olive oil

Spices according to your taste

6 Mushrooms, 1 onion and 1 leek chopped

1 tub of crème fraîche

Serve with seasonal vegetables and potatoes to your taste. We usually do parmentier potatoes (cubed and fried in a frying pan) and peas or broad beans.

Rub the loin steak in a little oil and then massage in the concoction of spices you choose to use. Leave for an hour. Then slice into medallions.

Fry off the onions, leeks and mushrooms for 5 mins and then add in the pork medallions and fry gently until it leaves just a little pink in the middle. Add the crème fraîche and serve with your vegetables and potatoes.

Roasted Vegetable Mélange



As a quick and easy meal, having this pre-made and home-made sauce on hand is great after a travelling day. Served with spaghetti or to add to the lasagne (page 41), this is a quick meal and can be kept in the fridge.

Serves 4

1 Onion & 2 celery sticks chopped
1 large packet of baby tomatoes
1 Red pepper, 1 green pepper, chopped
1 courgette
8 Mushrooms chopped & 2 cloves of garlic
1 Aubergine chopped into small cubes
Honey and herbs
Additional tin of tomatoes

Turn on the oven to 200° and place the onions, baby tomatoes, peppers, courgette, garlic and aubergine on a baking tray. Sprinkle with olive oil salt, pepper and some Italian herbs. Leave on a high heat for 20 minutes then turn down to 160° for another hour or until the vegetables are soft





You can either wait to cool and place the mixture in the fridge until you need it, or add it all to a saucepan and add tomato purée and the other tin of tomatoes if required and then cook up some pasta. Add the sauce to the cooked pasta and serve immediately with parmesan cheese or vegetarian alternative.

Or you could cook off some lardons or chorizo and turn this into a meat dish as an option.

The difference in taste of the roasted vegetables as opposed to simply frying them on the stove is remarkable and makes such a difference.

This can be prepared in advance of a travelling day and either frozen or kept in the fridge for a couple of days, giving you a quick and nourishing meal after a long day.

Chicken Ratatouille

This is another family favourite, which comes up trumps every time. Thanks mum.



Serves 4

1 large aubergine, 2 courgettes and 1 onion chopped. You can add mushrooms if you want

1 Clove of garlic

2 x 14 oz tins of tomatoes

Dash of red wine

A pinch of oregano, thyme and basil

For the rest of the dish;

4 Chicken breasts or thighs if you prefer

A large pile of parmesan cheese or grated mozzarella.

Making up the Ratatouille - add some olive oil to a large frying pan and cook the onions, aubergine and courgettes and stir gently. Then add the garlic either sliced or pressed and stir in the tins of toms and wine. Allow to simmer for 45 mins.



Turn on the oven at 180°. In an oven-proof dish add the Ratatouille to the bottom and place the chicken breasts on the top of the mixture.

Now cover with your choice of cheese and put in the oven for about 1 hour or until the chicken is cooked through thoroughly.

Serve with crusty bread and salad or vegetables of your choice. We often serve with a jacket potato, as whilst the oven is on, it kills two birds with one stone.

Of course this sauce could also be used as a pasta dish if there is any left over.

Sometimes we also add in chorizo to the Ratatouille for an additional kick

Leek and Mushroom Risotto



There are so many risotto options to share, although this one we love. It is fresh, light and nutritious.

Serves 2/3

2-3 handfuls of risotto rice 1 onion, sliced

1 Leek sliced thinly

8 Mushrooms, sliced

1 Garlic clove

1 Vegetable stock cube

1-2 pints of boiling water

1 Lemon grated and juiced

A pinch of tarragon and seasoning

Grated parmesan cheese and rocket to dress, a glug of olive oil and a large knob of butter

If you want a meat version, then just add lardons or some chorizo.





In a frying pan add the olive oil (or just dry fry the lardons if you are using) and heat gently. Then add the butter and fry off the onions and garlic until lightly browned. Then add the mushrooms and leeks and stir. Add the lemon juice and grated skin, tarragon and simmer gently for 5 minutes.

Now add the risotto rice and coat the grains in the juice, cooking for 5 mins. Now crumble in the stock cube and slowly start adding in the water a little at a time. Allow the rice to gradually soak up the stock. As the mixture dries out, add a little more water, stirring constantly so it doesn't stick to the bottom of the pan.

Continue doing this and tasting the rice - you want a bite although not a crunch. Continue adding the water until you have the consistency you wish.

Add an extra knob of butter to finish off the dish and serve on a bed of rocket if you want to be posh and get your daily fix of greens.

Add some grated parmesan cheese to the top and savour!

Mediterranean Chicken



This is one of my childhood favourites and whilst it is less easy to cook in a small oven, we have found a way. We use a lasagne dish and the rack from our grill pan allowing the veg to cook in the chicken juices.



Mediterranean Chicken

Serves 2

2 Chicken legs or 4 chicken thighs

10 Mushrooms, sliced

1 Medium onion, diced

1 packet of bacon lardons

1 Small courgette, diced, 1 pepper (optional)

Rice

Turn oven to 180°. Meanwhile, line a lasagne or similar sized dish with foil and place chopped vegetables and lardons on top. From the grill-pan, take the wire rack and place it over the mixture, putting your chicken on the rack. Now place in the oven for 40 mins or until the chicken runs clear. In a separate pan cook up 2 handfuls of rice. Once cooked, drain and add to the vegetables, allowing it to soak up the meat juices. Serve and demolish.

Pork and Bean Stew

It's amazing what you can do with a tin of baked beans... another family favourite.

PORK AND BEAN STEW



Serves 3-4

A pack of pork belly ribs or chunks of pork

1 tin of baked beans

1 tsp mustard powder

1 dsp Worcestershire sauce

1 Onion, diced

1 dsp honey

1 dsp tomato purée

1 Clove garlic, crushed

Spinach

Rice to serve

Add green beans or other vegetable on the side



In a large saucepan add some olive oil and fry off the onions until lightly browned. Then add the pressed garlic. Meanwhile, chop the pork into chunks (if not already done so) and add to the pan stirring well. Add in the mustard powder, tomato purée and Worcestershire sauce and mix. Then add the tin of baked beans and mix thoroughly.

You may need to add a little water to loosen up the mixture or if you wish an additional tin of tomatoes.

Cover the saucepan and leave to simmer on a low heat for an hour. Towards the end of the cooking, stir through some spinach and if you wish add some peas.

Serve with rice or a jacket potato. A good old hearty stew with a bit of a kick.

Tuna and Tarragon Fishcakes

There's nothing nicer than a good old, hearty fishcake to stink out your van!!

Serves 2-3

2 tins of tuna drained

4 medium potatoes peeled and quartered

Dried tarragon to taste and seasoning

1 Egg whisked and olive oil

Ready-made, dried breadcrumbs

Boil the potatoes, then drain & mash. Mix in the tuna, tarragon & seasoning. The mixture needs to be on the dry side.

Wet your hands and take a handful of the mixture and roll into flat balls placing on a plate. When all the mixture is used up, add the whisked egg to the plate and cover the cakes in the liquid. Transfer the fishcakes to a clean plate and sprinkle over the breadcrumbs ensuring they are well coated. In a frying pan heat up a generous amount of olive oil and fry on both sides slowly. When cooked, drain the fishcakes and serve immediately with salad.



Homemade
Tuna
Fishcakes

Spicy Pork Stuffed Peppers

I'm not sure where I picked this one up from although it is a firm favourite with all its subtle flavours.



Spicy Pork Stuffed Peppers

Serves 2

- 1 pack of minced pork
- 1 Medium onion and 1/2 courgette diced
- 3 Mushrooms and 1/2 aubergine diced
- 1 tsp of Chinese Five Spice
- 1 dsp soy sauce
- 1 dsp sweet chilli sauce
- 1 dsp tomato purée
- 2 Cloves of garlic and 1 inch of ginger squeezed
- 1 Large and long red pepper sliced length ways
- 1/2 pint water
- 1 dsp honey
- Splash of olive oil
- 2 Handfuls of rice



In a large saucepan, pour a little olive oil and gently fry off the diced onion adding the squeezed garlic and ginger. I add the ginger to the garlic press to get it fine enough, which seems to work. When the onions are translucent add the pork mince and stir thoroughly.

Now add in the tomato purée to give it some depth of colour, honey, spices and soy sauce - mix well. You will now need to pour in the water so that it doesn't dry out. At this point add in your remaining chopped vegetables and continue stirring. Add a little more water. Now turn the heat down so that the mince simmers for about 45 minutes and the flavours infuse.

You can do the mince ahead of time to make the dish easier and then simply reheat when you are ready.

Turn on the oven to 180° and in a baking dish add the two halves of pepper. Drizzle over some olive oil and season. Now pop into the oven for 20 mins so that it begins to soften. Meanwhile reheat the mince so that it comes to the boil, stirring often so that it doesn't stick to the bottom. Then add the mince to the the centre of each pepper and pop back into the oven for a further 20 mins. Meanwhile cook up two handfuls of rice and serve immediately.

Healthy Fish Pie



This has been adapted from a Jamie Oliver recipe that uses cheese, which we opt out of.



Healthy Fish Pie

Serves 2 generously

1 Salmon fillet, 1 haddock fillet and 1 cod or coley fillet

1 Lemon and 3 large carrots, peeled and grated 3 celery sticks, sliced thinly

2 Potatoes/sweet potatoes, peeled & diced

Seasoning, milk and a knob of butter

1/2 Small chilli, chopped finely

In a pan, boil some water and cook the potatoes until soft and then mash. Turn the oven onto 180°.

Meanwhile pop the fish into an oven-proof dish with the carrots, celery and chilli. Squeeze over the lemon juice and season. Cover with the mash and bake in the oven for 45 mins. Serve with peas or salad and a dash of tabasco if you like a hot hit.

Greek Moussaka

I've always loved this recipe although lamb mince is tricky to get in Europe. When we can this is a must do dish with a simple twist!



GREEK MOUSSAKA

Serves 6

1 pack of lamb mince

1 Aubergine diced

1 Large onion and 8 mushrooms

2 Cloves of garlic

2 tsp of cinnamon, mint and 1 bay leaf

Tomato purée

2 tins of tomatoes

Cornflour

1/2 pint of water or a lamb stock cube

1 oz Butter and 1 oz flour

1 pint milk, 2 eggs and 2oz parmesan cheese

Seasoning



For the meat sauce; in a large saucepan, dry fry the mince and stir until browned. Now add in the onions, garlic and mushrooms and stir. Add the diced aubergine so that it soaks up the fat from the mince. Now add the purée, herbs, tinned tomatoes and a little stock or water. Allow to simmer for at least 60 minutes.

Meanwhile, for the white sauce; in a separate pan melt the butter and add the flour to the liquid mixing until the flour is coated. Keep the pan on the heat and keep stirring - the mixture once cooked through will look like breadcrumbs. Now remove from the heat and slowly start to add the milk, whisking constantly to prevent lumps forming.

When the consistency is thick, return the pan to the stove and on a low heat begin to cook the sauce, stirring at all times in a figure of eight. Add more milk if it gets too thick. Stir until the sauce has started to boil, then season and add the cheese. Take the pan off the heat and allow to cool for 15 minutes, then whisk in the eggs rapidly so that it doesn't scramble.

Add the cornflour to the meat sauce to thicken and put into an oven-proof dish, removing the bay leaf. Cover with the white sauce and add cheese on top. Place in a pre-heated oven (180°) for 45 mins or until the sauce has browned. Serve with veg or salad of your choice. Great warmed up as a second dish another day.

Panfried Sea Bream with Parsley and Lemon Butter



Fish is not always easy to get in Europe's supermarkets, although plentiful in UK. When you can get this fillet, it's well worth cooking up.

SEA BREAM WITH LEMON & PARSLEY BUTTER



Serves 2

2 Sea bream fillets washed

Small handful of parsley chopped finely

Large knob of butter

1 Lemon grated and squeezed

Seasoning

New potatoes

Rosemary

1 Sweet potato

Seasonal vegetables of your choice



Halve the potatoes and boil for 15 mins until cooked. Drain them and set aside. Also chop and boil the sweet potato in a separate saucepan. Drain and mash with plenty of butter, seasoning and adding a little milk to give it a loose consistency.

Meanwhile prepare the lemon and parsley for the fish and chop your vegetables ready for cooking. Heat the oven to 150°C. In a frying pan add some olive oil and fry the potatoes, tossing regularly to brown. After 10 mins, use a potato masher to crush the potatoes slightly and add the rosemary. Once crispy, pop in a serving dish and place into the oven to keep warm, together with the sweet potato mash.

Put your chosen veg on to boil and using the same frying pan as the potatoes, add an ample knob of butter. Be careful as you heat it up that it doesn't burn. Add a little olive oil to prevent this. Add the parsley, lemon zest and juice. Once sizzling, add the fish, placing skin side down and allow it to fry for 5 mins. Then gently turn over the fish to cook on the other side.

Drain your veg and plate up. I use the potato mash as a base and placed the fish on top adding parsley and a lemon slice as garnish.

Asian Salmon with Crushed Potatoes on a bed of Spinach

H

We love the simplicity of this tasty dish. Just a few Asian ingredients give this a real punch.



ASIAN SALMON WITH
CRUSHED POTATOES

SERVED WITH
TASTE AND SIMPLICITY

Serves 2

2 Salmon fillets de-boned and skin on

New potatoes or normal potatoes chopped into chunks

Seasonal vegetables of your choice

2 dsp soy sauce

1 inch of ginger peeled and grated

2 Garlic cloves peeled and crushed

2 dsp of Sweet Chilli sauce

2 dsp of Thai fish sauce

Foil for cooking

3 Large handfuls of spinach



Boil the potatoes for 15 mins or until cooked. Drain and put on one side. Meanwhile wash the fish. Cut two A4 sized pieces of foil and place the fish, skin side down. In a bowl, grate the ginger, add the soy sauce, fish sauce and chilli sauce. If you don't have chilli sauce then just add a small red chilli finely chopped.

Mix together and pour equally over the salmon. Make into parcels so that the liquid is sealed safely inside and place into an oven dish. Now turn on the oven to 180°. Whilst the oven is heating up, in a frying pan, begin frying in olive oil, the pre-cooked potatoes. Add plenty of seasoning and toss

regularly to get the potatoes crispy. After 10 mins, crush them lightly with a fork or potato masher.

At the same time, pop the fish into the oven to cook for 12 mins or until they are firm to touch and no longer pink. Cook your chosen veg.

In a separate saucepan add a small amount of water and heat up. Add the spinach and turn off the heat, allowing it to wilt. Drain of the moisture and add some butter and garlic. Now plate up with the spinach as your base and devour.

Prawn and Asparagus Linguini



This is a fabulous dish, so quick, light and zingy. I dare you not to enjoy it.



Prawn & Asparagus Linguini

Serves 3-4

- 1 pack of king prawns
- 1 pack of lardons (optional)
- 1 tin of sweetcorn and 2 handful of peas
- Parmesan shavings
- 1 Onion chopped
- 6 Mushrooms sliced
- 6 oz Spaghetti or linguini
- 1 pack of asparagus

For the pesto

- 1 Lemon, zested and juiced
- Basil, chives or coriander
- 2 oz Parmesan cheese grated
- A glug of olive oil



Firstly prepare the pesto. Combine the green herbs, grated parmesan, olive oil and lemon juice and zest into a bowl. Now whiz it in a Nutribullet or hand blender until it is a vibrant green. Set aside.

In a frying pan, if you are using lardons, cook these off without oil, adding the onions and mushroom when the fat is rendered. If you choose not to use lardons, then heat up some olive oil and fry off the onion and mushrooms. Add the tin of sweetcorn, peas and prawns and turn the heat down as low as you can, to simmer gently.

In a saucepan, put some water on to boil for the linguini. When it comes to the boil, salt it if required and pop the pasta and asparagus in for about 12 minutes. When it is cooked to your liking, drain and return the pasta and asparagus to the pan.

Add the pesto to the pasta and stir, allowing the residue heat of the pasta to warm through the liquid through. Now add the prawns and vegetables and mix gently and serve immediately with seasoning and parmesan shavings on top.

Fresh, zingy and super scrumptious, all in 20 mins.

Poached Chilli Chicken with Sweet Potato Wedges



For those hot summer days, this simple recipe cooks the chicken in an unlikely fashion.



Poached Chilli Chicken with Sweet Potato Fries

www.motoroaming.com

Serves 2

1 pack of chicken fillets or goujons

1 Large sweet potato peeled and sliced into wedges

A mixed salad of your choice

Olive oil

1/2 carton of apple juice

For the dressing

A glug of olive oil.

Sweet Chilli sauce or 1/2 red chilli chopped finely

1 tbsp of honey

1 tbsp of cider or white wine vinegar



Turn on the oven to 200°. Whilst it is heating up, prepare the sweet potato into wedges. On a baking tray sprinkle some olive oil (or use a baking sheet if you have one, for an ultra healthy option) and add the wedges. Make sure they are coated well with the oil. Pop in the pre-heated oven for 30 mins. Meanwhile prepare your salad with chosen vegetables.

In a saucepan pour in the apple juice and gently heat. Pop the chicken pieces into the liquid and allow to poach for 15 mins or until they are cooked through. The poaching allows them to hold their moisture so they are super tender after

cooking. It's such a great way to cook chicken in simple and healthy way.

Whilst all this is happening, you can make up the dressing. In a sealed jar or tub, add all the dressing ingredients and give it a good shake until it is mixed together. It will look a vibrant orange mix thanks to the chilli sauce, if you use this.

Once the potatoes are cooked and crispy you are ready to dish up. Drain the chicken, discarding the liquid (or you could reserve this to make up a sauce for a pork dish) and drizzle the dressing over and off you go. Simple, quick, tasty and super healthy.

Duck and Pear Salad

Duck may feel like a luxury, although we found in Europe that it was often a cut we could afford, especially when it was on special offer.

Serves 2

1 Duck breast with skin on

Lettuce leaves of your choice

Handful of walnuts roasted with 2 tbsp honey

2 Eggs hard boiled and quartered

Balsamic vinegar for dressing

Cucumber and tomatoes sliced

1 Large pear, cored and sliced

With a frying pan, turn on the heat until the pan becomes hot. Cook the duck skin down. After 5-7 minutes, turn the duck over and fry for another 5-10 mins depending on how you like it. Allow it to cool and then slice. Meanwhile in the same frying pan with the duck fat, quickly roast the walnuts with the honey for 5 minutes. Now put together your salad with all the ingredients and enjoy the rich and sweet flavours.



WALNUTS & BALSAMIC DRESSING
Duck and Pear salad

Leek and Cauliflower with Béchamel Sauce



This is such a versatile dish eaten either on its own with potatoes if you are vegetarian or as a partnership with a roast dinner.

LEEK & CAULIFLOWER WITH BÉCHAMEL SAUCE

PERFECT WITH ROAST DINNERS

Serves 3-4

2 Leeks washed and sliced

1/2 Cauliflower

400g Cheddar cheese

1 pint of milk

Seasoning

Large knob of butter

3 tbsp of plain flour

1 Onion

2 Bay leaves

1 tsp English mustard



motoroaming.com



In a saucepan add the leeks, cauliflower, 1/2 pint of the milk and bay leaves. Gently simmer for 10-15 minutes until cooked. Drain off the milk and reserve for the sauce later. Discard the bay leaves.

Meanwhile chop your onion and in a saucepan fry in the butter until translucent. Now add the flour and stir into the buttery onions until you get a breadcrumb-like consistency. You may need to add more flour. Take the pan off the heat and pour the milk saved from cooking the leeks. Do this gradually and stir constantly so you don't get lumps. Add the

other 1/2 pint of milk until you have a runny liquid and return the pan to the heat.

Continue to stir in a figure of eight until the mixture begins to thicken. Once the mixture starts to bubble, add the cheese and mustard and stir again. Now add the leeks and cauliflower and season well.

If this is a main meal, then you can add cooked, sliced potatoes to make it more filling and serve it with some lovely crusty bread.

Chicken Stroganoff



This is a twist on the classic pork stroganoff, which makes it a little more healthy.



Serves 2

1 pack of chicken fillets

6 Mushrooms sliced

Glug of olive oil

1 Onion sliced

2 Cloves of garlic

Seasoning

1 pot of crème fraîche

Paprika

2 cups of Basmati rice



Chop your onion and in a frying pan with butter and olive oil, fry this off with your crushed garlic. Be careful to not burn your garlic, so keep the heat low. Add your mushrooms and let them cook through.

Add your chicken strips and add the paprika, adding more or less depending on your heat desires.

Meanwhile soak your rice and put a pan of water on to boil. Add the rice and cook for 15 minutes.

When the rice and chicken are both cooked through, add the crème fraîche, turning off the heat so that you don't split it. Warm this through gently and then serve.

Add some green beans or peas if you want to add some vegetables on the side.

Moroccan Chicken One-Pot

Courtesy of the Good Food magazine, this one is a winner winner, chicken dinner.



Serves 4

6 Chicken thighs

3 tbsp olive oil

2 Red onions chopped & 4 oz ginger chopped

1 tin of tomatoes

2 Garlic cloves, crushed

1 tbsp of Ground cumin, coriander and
cinnamon and 1 tsp of Turmeric

1 Medium butternut squash peeled and cut
into large chunks

1 pint of chicken stock

2 tbsp of honey

2 tbsp of red wine vinegar

4 oz Dried or frozen cherries

Handful of mint leaves and 4oz Feta cheese



Season the chicken and pop in a pre-heated oven or Remoska for 40 minutes with a little water in the bottom of the oven tray.

Meanwhile peel and de-seed the squash and cut up into chunks. In a saucepan add some olive oil and sweat off the onions and garlic. Add the spices, ginger and tinned tomatoes and stir well.

When the chicken is cooked, strip the meat from the bones and add this and the stock from the tin and additional stock to the pan.

Add the vinegar and squash and allow to simmer for about 30-40 mins or until the squash is cooked.

Serve with vegetables, couscous or rice. Decorate with the feta cheese, mint leaves and cherries and devour. It is such a flavoursome meal.

Chicken & Veg Kebabs served with Horseraddish Mayo

On a summer's evening getting the Cadac out is a must and this simple dish will not disappoint.

Serves 4

2 Chicken breasts chopped into chunks

1 Courgette cut into 1 inch slices

1 Onion cut into large slices

16 Cherry tomatoes

1 Red pepper cut into large slices

Olive oil

3 Spring onions sliced

4 Handfuls of Basmati rice

2 Sweet potatoes peeled and cut into wedges

4 tbsp of mayonnaise

3 tsp of horseraddish sauce

Olive oil mixed with the juice of 1 lime



Chicken Kebabs with Horseraddish Mayo



Prepare your skewers by dipping in warm water to make them easier to thread the vegetables onto. Make up your kebabs; there should be enough for at least 2 per person.

Drizzle over the olive oil and lime and set aside.

In a frying pan or in a pre-heated oven at 200°, pop in the sweet potato wedges, drizzle with oil and cook for 20 minutes.

Meanwhile begin to cook the kebabs, turning regularly and coating with the lime oil to keep from drying out.

Make up the mayonnaise by mixing the horseraddish and mayo together and setting aside.

In a saucepan, boil some water and cook the rice for around 15 minutes. When it is cooked, rinse and drain and add the chopped spring onions.

Plate up the kebabs with the rice and sweet potatoes with the mayonnaise on the side.

Pork Belly with Watermelon Salad

This is a recipe adaptation from a meal in Napa Valley when we hired a Harley touring around California. Our riding companions recreated the dish which inspired me to try our own version.



Serves 2-4

This could be a starter for 4 or a main for 2.

1 pack of Pork belly strips cubed

3 tbsp of soy sauce

2 tbsp of honey

1 inch of fresh ginger chopped finely

1/2 Red chilli finely chopped

3 Star anise

1/2 Watermelon, deseeded, peeled & chopped

Handful of pastachio nuts

Coriander leaves, mint, rocket, spinach or any combination of salad leaves and greenery



Marinade

Cut up the pork into chunks and pop in an oven proof dish. Add to the pork the soy sauce, honey, garlic, chilli, ginger and star anise. Allow this to marinade for at least 2 hours or if you can prepare this in the morning ready for supper.

Cooking

Preheat the oven to 180° and allow the pork to cook for up to 2 hours. Remove the pork from the dish and drain off the liquid into a saucepan. Reduce the liquid by half and put the pork back into the oven until it caramalises.

Serving

Then plate up the salad with the pork and melon. Add some pastachio nuts to give it a crunch and drizzle over the reduction.

This is not a quick dish although the different textures, sweet and sour and aromas are just amazing. We would definitely do this meal again.

Snacks and Sweet Things



We're not great dessert people, so you'll not experience the whole bread and butter pudding thing here. Although we do like snacks and the odd sweet thing, which is what we have shared here. Some are savoury and others are for that sweet loving tooth of yours.

Homemade Tzatziki Dip



I know you can buy this from the shops, although there's nothing like home-made.



Serves 2

1/2 Cucumber washed and grated

2 Cloves of garlic crushed

1/2 tub of natural yoghurt or crème fraîche

Seasoning

In a bowl, grate the cucumber and squeeze as much of the liquid from it as possible. Add the crushed garlic and stir well. Now add the yoghurt and stir well. Season and serve with falafel or with other dips and crudites. Perfect for a light lunch or a quick snack between meals.

Homemade No-Bake Flapjacks



These are a fabulous and cost-efficient way of getting your sweet fix and super healthy too.



HEALTHY NO-BAKE FLAPJACKS

QUICK AND EASY ON THE MOVE

**GOOD FOOD
SERVED WITH
TASTE & SIMPLICITY**

motoroaming.com

20 servings

6 oz of oats

Handful of sultanas and mixed seeds

4 dsp of coconut oil

A pinch of salt

2 dsp of honey, peanut butter and cacao or cocoa powder

Greased-proof paper

In a saucepan, on a very low heat melt the coconut oil. In a bowl add the dry ingredients and mix well. Now add in the melted coconut oil and stir until everything is well coated. Now squeeze in the honey (to taste depending on your sweet tooth) and peanut butter. Mix thoroughly. Line a tin with the greased-proof paper and add the mix and place in the freezer for 30 mins. Remove and cut into chunks and store in the fridge or freezer. Eat at will!

Raw Chocolate Mousse



I've always thought that proper mousse was so difficult and time consuming to make. So when I came across a recipe from one of my raw cooking friends in the Isle of Man, I was hooked. And for life on the road this is just a breeze. If I need a quick, sweet fix, this is what I reach for. Made in minutes with just four ingredients and devoured even more quickly.

Serves 2

2 Medium sized avocados, halved and stoned

1 dsp of Cacao (or coco) powder

2 tbsp of honey, maple or agave syrup A dash of milk, water or almond milk

A couple of drops of peppermint oil (optional)

In a bowl scoop out the avocado flesh and mix in the cacao and honey. Either whisk together or if you have a Nutribullet, give it a blend for 30 seconds. Add the milk to loosen the consistency. And why not add a drop of peppermint oil.

Put in serving bowls and place in the fridge for an hour to chill.



Frozen Grapes



A friend recommended this years ago when I was doing my raw diet and they are a great way to keep cool and they take up so little space in our small freezer compartment. And they are super delicious.



Take 1 bunch of grapes, give them a wash, remove them from the stalks and place in a ziplock bag or box into the freezer.

Allow to freeze then devour. Simple!

Gooseberry Fool and Frozen Fruit Delight

H

I had some Bourbon biscuits left over so got a bit creative with this healthy pud. Great for a hot summer's day.



Gooseberry Fool & Frozen Fruit Delight

Serves 4

1 Pack of fresh or frozen gooseberries

2 tbsp honey

1/2 Tub of Greek yoghurt

6 Bourbon Biscuits

6 Plain digestives

Frozen Grapes (see over the page

Frozen Bananas

Top and tail the gooseberries and place in a saucepan with a little bit of water. Allow to simmer gently for 15 mins or until they can be easily mashed. Add in the honey to taste and put into a pot that can fit in the freezer. Whilst it is freezing, bash the biscuits separately in a plastic bag, making fine crumbs. Then put your plates together using the frozen fruit and gooseberry fool.

No-Bake Kiwi Surprise



I went through a number of years eating a lot of raw food which is surprisingly tasty and highly nutritious. Whilst I have moved on from my obsession, I do still enjoy some of the recipes I used. And this is one of them.

Serves 2

1 Avocado peeled and the stone removed

2 Limes squeezed

2 Kiwi peeled

1/2 cup of water

Honey to taste

Pinch of salt.

Pop everything in a bowl and using a hand-blender or Nutribullet mix together until smooth. Put into dishes and place in the fridge, then serve.



No-bake Kiwi Surprise

Dandelion Honey

Covid lockdown was an opportunity to experiment with some new recipes. This was a great recipe thanks to Mother Nature's bounty.



Makes 6 Small jam jars

30 Dandelion heads, petals stripped

2 pints of water

2 Lemons, sliced

20 oz of sugar

First you need to make a tea from the dandelion petals. In a saucepan add the water, lemon and petals. Bring to the boil and simmer for 30 minutes. Take the pan off the heat and allow to steep for at least 12 hours. After this period, drain the fluid and discard the petals and lemon slices.

In a clean pan add the tea and bring it to the boil, adding the sugar stirring until it has dissolved. Turn the heat down and simmer on a low heat for up to 4 hours until a syrup is achieved. Bottle in jars and serve with yoghurt.

Ginger Syrup

I love fresh, root ginger in my juices, although when it's turned into syrup with honey rather than refined sugar, it takes on a whole new personality.

Makes 4 jam jars

1 Large ginger root peeled and sliced

1 pint of water

6 tbsp of honey

Similar to the Dandelion honey, you need to make a syrup using a saucepan, water and honey and bring it to a boil. Then add the ginger and reduce to a simmer for at least an hour. The syrup will reduce and thicken.

Take the pan off the heat and allow the mixture to steep until you have the consistency and taste you desire. The longer it matures the deeper the flavour. I like to keep the ginger in the liquid and then add it to yoghurt and for Asian dishes. It's gorgeous.



Wild Garlic Pesto



When the wild garlic comes out in May, it is a real gift from Mother Nature's larder. You can add it to soups or salads raw although is best used to make a wild garlic pesto for pasta.



4 Servings

Wild garlic is found in damp conditions often by rivers or in woodland. Make sure you pick away from the path avoiding dog wee and pick the young inner leaves and flowers.

4 large handfuls of garlic leaves and flowers

150 ml of olive or rapeseed oil

50-100 g of Parmesan cheese, grated

150 g of walnuts (cheaper option than pine nuts)

Seasoning

1/2 Lemon juiced

Add all the ingredients except the oil in a bowl and either use a Nutribullet or a hand blender to combine into a paste. Then add the oil slowly until reaches a substantial consistency. Tasting is important now, and if it is too dry, add more oil, more seasoning or more cheese if it needs a thicker consistency. Add to a clean container and keep in the fridge for up to 3 weeks.

No-Bake Peanut Treats



I do love my chocolate although it sticks to my waist line like glue. So I tend to make up this super-quick and far healthier recipe if I need a quick sweet hit.

Serves 12

100 g Salted peanuts

2 tbsp of Coconut oil

2 tbsp of Cacao (or cocoa powder)

Handful of sultanas

2 dsp Peanut butter

2 tbsp of Honey

In a saucepan add the coconut oil and gently heat until it melts. Add all the other ingredients and stir well. Taste and add more honey or peanut butter to your liking. And that's it. Spoon in silicone or paper moulds and pop straight in the freezer or fridge. Devour as needed. There's no need to let it thaw as it doesn't freeze completely although it does harden the coconut oil.



NO-BAKE CHOCOLATE
PEANUT TREATS

SERVED WITH
TASTE AND SIMPLICITY

Good Food Served with Taste & Simplicity - Larder List

Whilst we are by no means Master Chef cooks, we like to serve up good, honest, home-cooked food. And for us living full time on the road should not be a compromise to the way we eat.

It's been great fun bringing all our dishes together whilst trying to take photos that do the taste and simplicity justice.

In our final few pages, we thought we would compile our Larder List of items that we store for these recipes. 99% of these we buy in Europe's supermarkets; there's just a couple of things that we can only buy in the UK. Some items we may need to pay a bit more for, although we rarely go without.

Meat/Fish

Pork Tenderloin
Pork Loin Chops
Pork Loin Chunks
Pork Belly strips
Pork Mince

Chicken Fillets or Goujon
Chicken Thighs or Legs
Chicken/Turkey Mince
Lamb Mince (purchased in UK as it is hard to buy in Europe)
Bacon and Lardons
Salmon, Sea Bream, Prawns and Fish Pie Mix

Spices and Herbs

Caraway Seeds
Nasi Goreng (addition for curries)
Turmeric
Basil, Thyme, Rosemary, Oregano, Marjoram and Tarragon
Bay Leaves
Mace
Herbs de Provence
Chilli, Cumin and Coriander
Paella Spice
Garam Masala
Ras el Hanout

Paprika

Cinnamon

Mixed Spice and Chinese Five Spice

Black Peppercorns

Himalayan Sea Salt

Sauces/Condiments

Worcestershire sauce

Soy sauce

Tomato purée

Mayonnaise

Hoi Sin sauce, Sweet Chilli sauce, Fish sauce

Tomato Purée

Peanut Butter - Chunky

English Mustard and Mustard Powder

Wholegrain Mustard

Honey

Balsamic Vinegar and Balsamic Cream, Sarson's

Vinegar Tomato sauce, Brown sauce and Salad Cream

Red Onion Chutney

Olive or Rapeseed oil

Coconut oil (can be used in so many ways for cooking, skin moisturising and make up removal)

Chicken and Vegetable Stock Cubes Curry Paste such

as Masala

Green Pesto (or make my from garlic, chives or rocket)

Tins

Tinned Tomatoes

Coconut Milk

Baked Beans, Chickpeas and Lentils

Red Kidney Beans

Sweetcorn

Fresh Produce

Lettuce, Cucumber, Tomatoes, Cherry Tomatoes,

Celery Beetroot (fresh and vacuum packed)

Fresh Basil, Coriander and Mint

Squash and Sweet Potato

Cauliflower and Leeks

Potatoes; baking and new

Apples, Oranges, Carrots, Grapes, Bananas,

Pineapple, Kiwi fruit

Blueberries and Strawberries

Fresh Ginger Root, Limes and Lemons

Garlic

Courgettes, Aubergines and Spinach

Onions and Mushrooms

Avocados (at least 4 a week)

Diary

Fresh Milk (and emergency UHT) and Almond Milk

Grated Mozzarella and Parmesan (grated or block)

Brie and Goat's Cheese

Eggs

Butter

Crème Fraîche or Cream Cheese Greek

Yoghurt

Dry Goods

Breadcrumbs

Wholewheat Spaghetti, Lasagne and Pasta Shapes

Cashews, Almonds, Walnuts, Pistachios and Seeds

Sultanas

Basmati and Risotto Rice

Oats and Muesli

Flour and Cornflour

Bread and Tortilla Wraps

Cacao Powder or Cocoa

We hope you enjoy looking at our way of cooking and eating. I'm sure many of the recipes are familiar to you. Cooking in a camper doesn't need to be difficult with just a little bit of equipment.

This ebook, will of course continue to grow as we find new recipes from our travels and reproduce more family favourites.

Thank you to all those who have inspired us to bring these ingredients together to fill our bellies. We are grateful to you all - including my mum who has been a major source for our nutritional scrumptiousness.

Enjoy your travels and your food. K & M x