

# Suggested Menu

## 5 Day Sea Kayaking Journey

### Student responsibility

#### Day 1

##### Breakfast:

Group breakfast is the same for 5 days: cereal with fruit and milk, with a cup of Tang. All cereals purchased need to be poured into a watertight bag. It tastes amazingly good eating lots of different varieties together. It is only five-day away max!

##### Lunch:

- The first day, all participants to bring a cut lunch.
- Wraps / mountain bread: Same each day with a range of fillings
- Fruit Cake/sponge/Arnott's Shapes X2; do not forget Fresh Fruit for a health snack!



##### Dinner:

###### Day 1

- Dinner: Stir-fry Supreme
- Dessert: Dried apple slices and custard

###### Day 2

- Dinner: Gnocchi with bolognaise sauce
- Dessert: Dessert wrap – Snickers (Nutella and peanut butter), jam & cream

###### Day 3

- Dinner: Tuna Surprise
- Dessert: Chocolate ripple cake

###### Day 4

- Dinner: Spaghetti Carbonara
- Dessert: Pancakes and jam

### East Coast Kayaking

PO Box 400 Balwyn North 3104 VIC  
 m (Rohan Klopfer) 0402 154 766 ph (03) 9597 0549 fax (03) 9859 2126  
 roh@eastcoastkayaking.com www.eastcoastkayaking.com

### Day 5

- Home cooking!!!! However camp after all is not bad...

### Snacks:

250 gm per person per day - to be carried in a snap lock bag in your *PFD* (personal floatation device) so each person needs 5 packs for a 5 day journey. Remember to include fruit. Hot drinks – Jarrah – sachets (Just add Hot water) for those not so pleasant days

### Principles for this menu

Sea kayaking restricts what food and how much food we can carry on the trip. All food and camping equipment has to fit into our kayaks. This is why we are very specific about what to bring and cook.

The key principle behind our East Coast Kayaking menu is the 5 Ps –

### PRIOR PLANNING PREVENTS POOR PERFORMANCE.

You need at least 3 weeks to decide on your menu, prepare a shopping list and then organize the food to make it manageable to fit on the kayaks.



- Allergies. Consider if there's anyone in the group with an allergy. For example, if someone is allergic to nuts do not buy any cereals that have nuts in them. All cereals will be placed in one container together.
- Pre-organization – remove all unnecessary packaging from food purchased. We need to minimize what we pack. You will be surprised with the waste created and make sure you put it in the recycle bin at school. "What you take IN you must take OUT"!
- Decanter ingredients into various sized snap lock bags, which then become resealable rubbish bags for the journey, minimising the rubbish carried out.
- All group members must share the problem of collecting rubbish. You will need to use your imagination on how to carry out the rubbish – use the snap lock bags, extra plastic bags etc.

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- No glass containers during the program decanter in to plastic!

## **Group responsibilities**

The responsibilities need to be spread around between group members. Each group member should be responsible for a particular meal, which means they will carry the food for that meal and will lead the others in the preparation and cooking. Work as a team – together everyone achieves more – there is no ‘i’ in the word team.

Remember to share the rubbish collection – what you take in you must take out. When packing the kayak, make sure lunch and breakfast are easily accessible.

## **Recipes for 4 people**

**Breakfast:** each morning you need to make up

- 500 ml water and powdered milk using the Trangia bowl. Check your packet to see the quantity of powdered milk that will be needed for all separate meals.
- Make up 1 litre of Kraft Tang- Orange Flavour - 45g sachet, using a sachet (orange is the original and the best flavour)
- Divide a tub Goulburn Valley – Premium Australian Fruit in Juice 1kg of fruit for your cereal between the group! – How many tubs may will be needed to the entire group?
- A cup of cereal from the cereal Dry Bag!

**Lunch:**

**SHOULD NOT REQUIRE A STOVE  
– We are on the move!**

Discuss with your group what fillings they would like in either mountain bread or wraps. Remember that the packaging for mountain bread is then used as a resealable rubbish bag.



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### Suggestions:

To accompany lunch; a Fruit Cake/sponge Roll or Arnott's Shapes 200g and piece of fresh fruit!

- Satchels/tins of tuna and salmon
- Salami type meat, which has not been refrigerated
- Canned ham or spam
- Carrots, cucumber, celery, peppers, Alfa Alfa sprouts
- Cheddar cheese (Kraft long life)
- Spreads (long Life)

### Dinner

#### Stir-fry Supreme

#### Ingredients:

- 440g Wokka noodle
- 150 gm snow peas, snap and peel
- 1 medium carrot, cut into thin rounds
- 1 Chinese sliced
- Can of champignons pieces & stems 190g – take off lid and pour out liquid. Use it as part of the cooking.
- Capsicum – prepare before you leave. Cut into strips removing seeds and put in a snap lock bag.
- Satchel of stir-fry sauce 160g – Kantong Inspirations my favourite!



#### Method

Pour 1 cm of water in the Trangia bowl and add champignons, snow peas, sliced capsicum, thinly sliced Chinese sausage to steam.

Talk out half of the above ingredients and place in another Trangia bowl.

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Add an even amount of Wokka noodles into the 2 bowls. Heat on stove. Then add sachet of sauce.

**Dessert:**

Soak 120g dried apple slices for as long as possible. Hopefully there will be water available.

Make the Fosters Clarks – smooth & creamy Quick Custard mix according to the instructions on the sachet.



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## Day Two

### Gnocchi with Bolognese Sauce

#### Ingredients

- 500 gms of non-refrigerated gnocchi
- 400g Tin of crushed tomatoes
- 410g Tin of Campbell's spaghetti sauce "with Beef"
- 5 large mushrooms (stored in double layered brown paper bags **NOT PLASTIC!**)
- 2 gloves garlic

#### Method:

Chop mushrooms into slices and peel and slice garlic.

Bring 1 litre of water to the boil then add gnocchi. When it starts to boil again, set aside for a few minutes and then drain. Put half of the gnocchi into another Trangia bowl.

Divide the following ingredients between the 2 bowls – tomatoes; bolognese sauce, mushroom, garlic. Return to the heat through and enjoy – be patient it will heat up!

**Dessert:** Mountain bread with your choice of sweet spread (Peanut Butter and Nutella – *the Snickers WRAP*), jam and cream. Yum!

## Day Three

### Tuna Surprise

#### Ingredients:

- 1 cup per person of pasta - small the pasta the faster to cook
- 425g Tin of Sirena Tuna – Oil – Italian style.
- 100g Continental Surprises Peas & Corn
- 200 gm Kraft Cheddar cheese (non refrigerated) – chopped into small pieces
- Continental Chicken Noodle simmer soup 45g
- 310g tin of Super sweet corn kernels
- 1 litre of water



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## Method

Bring the water and chicken noodle soup to the boil. Add pasta, dried peas and corn. Cook until al dente. Drain pasta. Divide into the two Trangia bowls. Add tuna with oil, corn kernels and cheese. Heat and eat.

## Chocolate Ripple Delight

### Ingredients:

- 1 pkt Arnott's Choc ripple – the original 250g
- Paul's Thickened Cream 250ml x 1 (*long life*)

Break biscuits into bowl and add cream. Smash them together and leave for at least 30 minutes before eating.



## Day Four

### Spaghetti Carbonara

#### Ingredients

- 340g Tin of Plumrose Premium Leg ham
- 500 gm angel hair spaghetti – San Remo cooks in 2 mins
- 4 eggs – NOT SMASHED its half the fun
- 100g Kraft grated parmesan
- Paul's Thickened Cream 250ml )- *long life*
- Broccoli 250g

#### Method

- Cut ham and broccoli into pieces
- Fill bowl with water and bring to the boil. Add pasta.
- In another bowl beat eggs, Parmesan cheese and cream.

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- Put both pasta and egg mixture in a plastic bag. Mix together.
- Put half into each bowl and return to stove to heat through

**Dessert:** Golden Pikelets 8 pack and jam and Cream (2 per person approx)



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