



westfalia
AUTOMOTIVE

THE ULTIMATE CAMPING COOK BOOK



CONTENTS

1. Introduction

2. Cheese and Tomato Pitta Pizza

3. BBQ Noodle Tortilla

4. Ham and Cheese Potato Patties

5. Hot Turkey Pasta

6. Chorizo Couscous

7. Caramel Banana Heaven

8. Spaghetti Puttanesca

9. Simple Thai Green Curry Noodles

10. Corned Beef Bean Pie

11. Merlot Garlic Mushrooms on Toasted Bread

12. Zesty Lemon Pasta

13. Mango Pasta Salad

14. Beer Battered Green Beans

15. Farmers Market Quesadillas

16. Cheaters Classic Swedish Meatballs

17. Honey & Pepper Braised Radishes

18. Campfire Donuts Recipe

19. Simple Hobo Hot Wraps

20. Red Lentil Curry Soup

21. Chilli Cheese Fries

22. Jammy Camping Doughnuts





INTRODUCTION

Is there anything better than a rustic family meal cooked and enjoyed around the campfire, amidst the wilderness? It's not often that you get to strike a match, cook over wood and have so many fun elements contributing into making a meal a success. First you need to collect the firewood, then you need to start the fire, then you need to prepare the food. Many, many opportunities for a family to bond as one.

Disclaimer:

Cooking food in the outdoors should be conducted with the utmost care, adhering to fire and safety best practices at all times. Please distinguish fires in a proper and thorough manner. Also, please remember to take litter with you when you leave the camping area. As the old saying goes, "Leave it how you found it, if not better".

To help you plan your tasty camping adventures, it is our pleasure to introduce the Ultimate Camping Cook Book. Crafted with the help of the Witter team and three of the finest camping bloggers, each of the recipes found within this ebook comes straight from a tested campfire and is a long standing favourite of one of the people involved.

So... Roof Box? Check. Camping Gear? Check. Camping Recipes? Check. Kids Ready? ... err... check?

CHEESE AND TOMATO PITTA PIZZA

INGREDIENTS

2 pitta breads

Tomato purée

200g mature cheese

Water

Pan with a lid

ABOUT

Is it possible to finally create a delicious pizza when camping? Well, unless you have a stone pizza oven to hand or Dominoes have a premium delivery option then you'll probably need to get creative. If you do get a pizza craving in the outdoors then you will love this Pitta Pizza. Simple to make with only a few ingredients, this meal will soon be a camping favourite.

Added notes

This meal works well with a range of different ingredients of your own choice. Add onions, pepperoni or many other ready-to-eat pizza ingredients for a delicious meal every time.

METHOD

1. Slice open each pitta bread and spread approximately ½ tbsp. of tomato purée on each side.
2. Slice (or grate) your cheese evenly across the two pitta breads.
3. Place the pitta bread into the heated pan toasting for one minute on each side.
4. After two minutes pour a small amount water into the pan (just enough to cover the base of the pan).
5. Place the lid over the pan and leave for a further two minutes or until the water has completely evaporated.

Enjoy.



BBQ NOODLE TORTILLA

INGREDIENTS

1 packet of dried noodles

1 can of tinned tuna

BBQ sauce

2 tortilla wraps

Pan with a lid

ABOUT

Simple to transport, super cheap and easy to cook; nothing quite says camping food like a crumpled packet of noodles.

But after years of eating noodles in the outdoors, it can get a tad boring. Spice up your life with this delicious BBQ treat.

Added notes

For added taste place some sliced cheese inside the wraps at your own leisure. Or swap the bbq sauce out in favour of some thai sweet chilli or hot sauce.

METHOD

1. Boil the dried noodles until cooked and tender. Drain away the water (water can be saved for drinking water or a soup if the noodles are flavoured).

2. Place the pan back over the stove with the noodles. Add the tuna and stir in the desired amount of BBQ sauce (your individual preference). Heat until warm.

3. Sprinkle a small amount of water over the tortilla wraps and place the lid over the pan.

4. Wait until the tortilla wraps are warm then serve your noodles wrapped inside the tortilla wraps.

Enjoy.



HAM AND CHEESE POTATO PATTIES

INGREDIENTS

1 packet of instant mash

Vegetable Oil

Flour

1 packet of pre-cooked ham

200g mature cheese

Water

Pan with a lid

ABOUT

If the French got one thing right in their thousand year existence then it would have to be the ingenious idea of putting ham and cheese together. Add an element of French flair to your camping trip with this melt in your mouth Ham and Cheese patty.

Added notes

This dish can be as creative as you wish. Add spices, different meats, cheeses or vegetables to the mash and create your own unique patty. Simple, different and delicious every time!

METHOD

1. Prepare the instant mash following the guidelines from the packet
2. Using a pair of scissors, slice the ham into small strips and add to the mash potato mix.
3. Slice the cheese into small chunks.
4. Add the cheese and flour to the ham and mashed potato mixture. Mix together and create six small patties.
5. Add oil to pan and heat for two minutes.
6. When the pan is hot, fry the patties until they are golden brown.

Enjoy.



HOT TURKEY PASTA

INGREDIENTS

1 packet of cooked cut cold turkey

1 can of sweetcorn

300g of pasta

Vegetable oil

Water

Hot sauce

Pan with a lid

ABOUT

When the weather is crisp and cold (let's face it, that could be summer or winter depending on your location) you will need a spicy meal to warm you up. Using your favourite hot sauce, this dish is as simple as it is tasty. Vary this dish with your own choice of cooked meat also!

Added notes

This meal works well with a selection of sauces. You can use oyster sauce as a sweet alternative to the hot sauce.

METHOD

1. Boil the pasta until cooked and tender. Drain away the water and place the pasta to one side.
2. Add oil to the pan and heat for two minutes.
3. When the pan is hot, add the turkey and sweetcorn. Stir fry for 2 minutes.
4. Stir in your desired amount of hot sauce. Continue to stir fry 2 minutes.
5. Add the pasta and stir the ingredients together until they are well mixed.
6. Add a little more hot sauce to coat all the pasta and heat for a further 2 minutes.

Enjoy



CHORIZO COUSCOUS

INGREDIENTS

1 chicken stock cube

1 packet of couscous

1 packet of sliced chorizo

Water

Pan with a lid

ABOUT

Everyone knows how good couscous is, right? Packed full of energy and a really tasty treat, couscous is the ultimate camping food. Bring to boil with chicken stock and throw in sliced chorizo to have a proper camping meal.

Added notes

This dish can also be enjoyed with a range of additional ingredients, such as peas or carrots, to bulk it up or to increase your intake of vegetables. In the recipe above we have gone for simplicity at its best.

METHOD

1. Add the couscous and water to the pan with a two part couscous to one part water ratio. Bring the pan to the boil and then simmer.
2. Add the chicken stock cube to the pan and stir thoroughly. Leave to simmer for 2 minutes.
3. Add the sliced chorizo to the pan. Once all the ingredients are in the pan it should take 10 minutes for the water to be fully absorbed by the cous cous.
4. When the water is fully absorbed you should be ready to serve.

Enjoy.



CARAMEL BANANA HEAVEN

INGREDIENTS

1 banana

1 tsp. cinnamon

1 tbsp. vanilla flavouring

3 wonton skins

Caramel sauce

Vegetable oil

Pan with lid

ABOUT

A dessert in the woods that is not just a leftover Snickers bar? Is it really possible? Well, with this caramel and banana dish you may just find yourself in dessert heaven. Plus, you don't need to worry about bashing up the banana.

Added notes

Wonton wraps are frequently used as an easy way to make ravioli. Finding them in any large supermarket should not be a problem or you can use filo pastry as an alternative.

METHOD

1. Go crazy and mash the banana in a small bowl until it resembles complete mush.
2. When the banana is complete mush add the cinnamon and vanilla flavouring to the bowl. Mix together thoroughly.
3. Take your wonton skins and carefully roll up a generous serving of your banana mix into each one.
4. Ensuring the wonton skins are tightly sealed, fry the wraps in a tbsp of oil until golden brown.
5. Serve the wonton wraps with your desired amount of caramel sauce.



SPAGHETTI PUTTANESCA

INGREDIENTS

300g spaghetti pasta

2 chopped garlic cloves

1 tin of chopped tomatoes

1 tbsp. capers, chopped if large

75g pitted green olives, sliced

1 tsp. dried chili flakes

1 Pan

METHOD

1. Boil the pasta until cooked and tender. Drain away the water and place the pasta to one side.
2. Add the oil to the pan and heat for two minutes.
3. When the pan is hot add the garlic, chopped tomatoes, capers and olives. Simmer for 10 minutes.
4. Add spaghetti into the pan, mix well and leave to simmer for a further two minutes.

Enjoy

ABOUT

For something a bit out of the ordinary try this camping twist on an Italian classic. A simple and flexible dish that can be adapted to your taste.

Added notes

Go crazy with extra ingredients. Add cooked meats like chorizo or chicken for an extra portion of protein.



SIMPLE THAI GREEN CURRY NOODLES

INGREDIENTS

1 packet of (quick) microwave rice

Thai green curry paste

1 packet of cooked meat
of your choice

200ml coconut milk

1 pan

Vegetable oil

ABOUT

If you can't resist a Thai takeaway at the weekend then you will love this simple twist on the Thai classic. Taking approximately 10 minutes to go from prep to mouth, this dish is as quick as it is tasty.

Added notes

Add vegetables that are less perishable on the trail or different spices. Make it a hot or even sweet dish. It's entirely up to you.

METHOD

1. Boil the dried noodles until cooked and tender. Drain away the water (water can be saved for drinking water or a soup if the noodles are flavored). Place the noodles to one side.
2. Add the Thai green curry paste, cooked meat and coconut milk to the pan. Bring to the boil and simmer for 5 minutes.
3. Add the noodles to the pan. Mix the ingredients together thoroughly. Simmer for a further 2 minutes.

Enjoy.



CORNERD BEEF BEAN PIE

INGREDIENTS

1 packet of instant mash

1 tin of beans

1 tin of cornerd beef

200g mature Cheese (optional)

1 pan

METHOD

1. Prepare the instant mash according to the packet instructions.
2. Add the beans and cornerd beef to the pan. Heat for 5 minutes.
3. Set the bean and cornerd beef mixture in a shallow dish or bowl. Cover the mixture with the instant mash.
4. Add grated cheese to the top if desired.

ABOUT

Sick of eating beans out of a tin but still need the energy? Then show off your new found culinary skills with this super simple shepherd's pie. Diverting a tad from the traditional recipe, this dish will be the cause of major food envy around the campsite.

Added notes

This meal can be enjoyed in a variety of different ways. You could use vegetarian burger mix, couscous or mince as a replacement for the cornerd beef.



MERLOT GARLIC MUSHROOMS ON TOASTED BREAD

INGREDIENTS

2 tbsp. of Merlot red wine

150g mushrooms, chopped

1 garlic clove, chopped

2 slices of bread

25g butter

Onion relish

Vegetable oil

Pan with a lid

METHOD

1. Heat the butter in a pan.
2. When the butter has melted add the mushrooms to the pan and heat until soft.
3. Add the chopped garlic and red wine. Stir for 2 minutes.
3. Add the onion relish and heat for a further minute.
4. Toast the bread over an open flame until golden brown.
4. Serve the mushroom mixture over toast.

ABOUT

Merlot? Garlic mushrooms? Are we building a rustic French restaurant this evening? Well, yes we are! Cause major food envy from fellow campers with this delicious and simple French inspired delight.

Added notes

Using a mature cheese to top this dish off is a good way to get some added energy and an extra flavour to spice it up.



ZESTY LEMON PASTA

INGREDIENTS

150g of spaghetti Pasta

2 lemons

50g Parmesan cheese

Olive oil

Pan with a lid

ABOUT

Forget plain old noodles, add a little zest to your life with this lemony delight. Using only four ingredients, this dish is as tangy as it is simple. Add your own choice of meat for something a tad more filling.

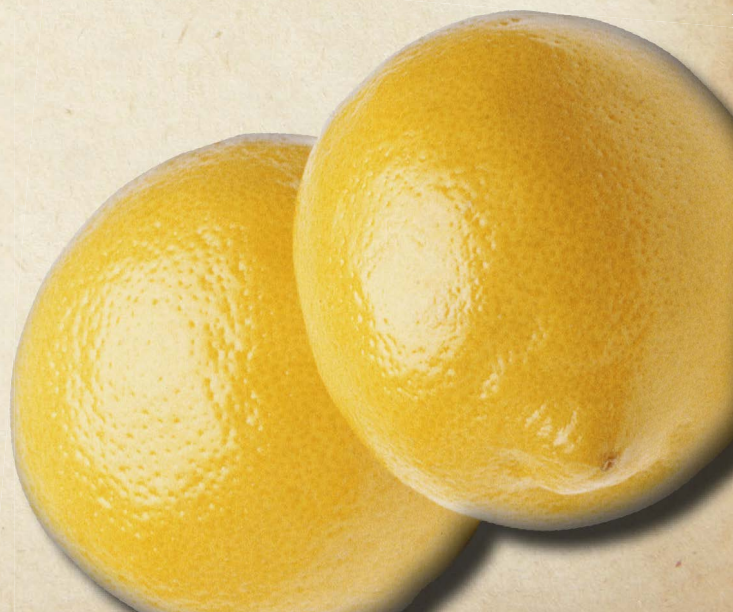
Added notes

Try coating chicken or sausages in the lemon dish and sprinkle with sugar for added protein.

METHOD

1. Boil the noodles until cooked and tender. When the noodles are cooked retain around a cupful of the leftover juice. Place the noodles to one side.
2. Place the leftover juice, olive oil, and lemon juice in a bowl. Mix together thoroughly.
3. Placing the noodles in a pan, slowly heat the noodles. Occasionally add a small amount of the juice mixture to the pan. Slowly mixing the juice should create a sticky consistency over time.
4. Serve the noodles with parmesan cheese on the top.

Enjoy.



MANGO PASTA SALAD

INGREDIENTS

Enough pasta to satisfy yourself

1 tomato

1 red onion

1 mango

1 lime

Pan with a lid

METHOD

1. Boil the pasta until cooked and tender. Drain away the water and place the pasta to one side.
2. Dice the tomato, red onion and mango.
3. Throw the pasta, tomato, red onion and mango together. Mix together thoroughly.
4. Drizzle the lime over your salad.

Enjoy

ABOUT

If you're a health conscious camper then you will love this simple yet tasty salad. Heavy on the nutrients, with four fruit or vegetable based ingredients, this dish can be combined with an array of tasty meats for a little extra protein.

Added notes

Salads are not particularly great for the trail, they contain little energy and the food is often hard to keep fresh but they give you something easy and different.



BEER BATTERED GREEN BEANS

INGREDIENTS

1 packet of green beans

Vegetable oil

1 cup of flour

1 bottle of beer
(6 pack optional but encouraged)

Pan with a lid

ABOUT

While we agree that it should be mandatory for all campsites to include a chip shop, we understand that it isn't always practical. When the urge for chips does hit, reach for this delicately fried recipe.

Added notes

This recipe is not limited to just green beans, it could be used for pretty much any vegetable or meat. Spice up a chicken dish by beer battering or choose to have a go at the famous beer battered onion rings.

METHOD

1. Combine the beer, the flour and any spices you would like to add in a bowl. Mix together thoroughly. Leave the mixture to set for 30 minutes.
2. Prepare the green beans during this time by chopping off the top and tail of each green bean.
3. When the beer batter has sat for 30 minutes, dip the green beans into the batter ensuring each is covered thoroughly.
4. Place the green beans in sets of two into a heated pan of oil. Try not to overcrowd the pan as this will drop the heat of the pan and stop the batter from frying.
5. Fry the beans for 2 minutes flipping frequently.
6. Leave the beans to cool for a few minutes before eating.

Enjoy



FARMER'S MARKET QUESADILLAS

INGREDIENTS

1/2 cup of chopped mushrooms

1/2 cup of chopped red onion

1/2 cup of diced red pepper

6 tortillas

150g mature cheese

Olive oil

Vegetable oil

Pan with a lid

ABOUT

You may have had quesadillas before, but have you had farmer's market quesadillas? My guess is that the answer is no. Perfect for the vegetarian family, this dish is meat free but can easily adapted with the addition of meat, your choice of beef, turkey or chicken.

Added notes

If you don't fancy what is known as a vegetarian dish you can add any cooked meat and this meal will be delicious. Have fun.

METHOD

1. Add olive oil to the pan and heat for two minutes. When the pan is hot add the mushrooms, onion and peppers. Stir fry for approximately 7 minutes.
2. Take the ingredients out of the pan and bring the pan back to the heat. Add a thin coating of vegetable oil to the pan. Heat the oil for 2 minutes.
3. Place a tortilla down in the pan. Cover the tortilla in cheese. Heat for 2 minutes before placing a layer of vegetables over the top. Add a further layer of cheese on top of the vegetable mixture.
4. Place another tortilla over the mixture and cook for two minutes on each side.



CHEATERS CLASSIC SWEDISH MEATBALLS

INGREDIENTS

1 packet of cooked
Swedish meatballs

1 tbsp. of finely chopped dill

1 beef stock cube

Water

2 tbsp. of flour

Olive oil

Pan with a lid

ABOUT

Swedish meatballs? Are we heading to Ikea on the way Mum? Unfortunately no, but you can still cause major food envy with this super simple twist on a Swedish classic.

Added notes

Swedish meatballs are great. You can simply take any pasta sauce from your local supermarket, heat it all together in a pan and sprinkle with cheese. The results are always delicious. Try them with soft tortillas and pitta breads for a more hearty meal.

METHOD

1. Boil the water in a pan and add the stock cube. Bring to a boil and place to one side.
2. Add the olive oil to a clean pan and heat for two minutes.
3. When the pan is hot add the flour into the pan. Then slowly add the stock cube into the pan, whisking to a thick consistency. Add more flour to increase the thickness if needed.
4. Once the stock has thickened, add the meatballs and heat thoroughly.
5. Sprinkle with dill.

Enjoy.



HONEY AND PEPPER BRAISED RADISHES

BY AGATA,
BARK TIME

INGREDIENTS

250g radishes

60ml boiling water

25g butter

1 tbsp. organic honey

1 tsp. fresh cracked black pepper

½ tsp. salt

Worcestershire sauce

Tabasco sauce

25g spring onions, to serve

Pan with a lid

ABOUT

Soft, sweet and buttery with a spicy finish, this simple recipe for honey & pepper braised radishes will make a wonderful dish for the vegetable lovers out there.

Added notes

Sprinkle with mature cheddar or Parmesan for an extra tangy and creamy finish.

Source

<http://barktime.co.uk/2016/12/08/honey-pepper-braised-radishes/>

METHOD

1. Wash and, if needed, chop radishes into smaller chunks.
2. In a heavy bottom pan melt the butter, then once melted add radishes and salt and cook for a minute or two.
3. Add the boiling water and honey. Cover with lid and cook on a medium heat for 15 minutes, stirring every 5 minutes or so.
4. Add both the Worcestershire and Tabasco sauce, cracked black pepper and cook further until most of the water has evaporated and you are left with a lovely thick honey glaze.
5. Serve on a plate and spoon the glaze over the top. Finally finish with finely chopped spring onions.

Enjoy.



CAMPFIRE DONUTS

BY SARAH, MUST
HAVE MOM BLOG

INGREDIENTS

1 Cast Iron Pan

500ml Vegetable oil

1 Pack of biscuit dough

100g cinnamon sugar

ABOUT

Soft, sugary and super sweet, this simple recipe for campfire donuts will be a hit with all the sweet-toothed campers out there.

Added notes

Don't forget to bring a selection of super tasty sauces. Think salted caramel or milk chocolate. Another idea is bring a bar of your favourite chocolate. Melt it in a small pan for delicious dipping sauce. Mmmm mm mmm.

Source

<https://musthavemom.com/favorite-kids-camping-recipes-campfire-donuts-recipe/>

METHOD

1. Build a campfire and place a cast iron pan on the grate over the fire.
2. Fill the cast iron pan 1/3 full with vegetable oil. Heat until the oil's surface is shimmery. Test oil temperature with a small piece of dough. If it starts to float and brown then the oil is hot enough. If it sinks and doesn't cook then the oil isn't hot enough yet. If it burns then your oil is too hot and you need to move the cast iron pan away from the direct flame a bit.
3. Shape each biscuit into a donut shape by poking a hole in the center and forming a ring. Once oil has reached the proper temperature add biscuit dough to the oil. Cook until bottom is browned then flip and cook until the opposite side has browned. Once both sides have browned remove from the oil and place on a paper towel lined plate to help soak up excess grease.
4. Sprinkle with cinnamon sugar (either in a brown paper bag or just sprinkle over the top of the donut). Serve immediately. Be careful they will be hot!

Enjoy



SIMPLE HOBO HOT WRAPS

INGREDIENTS

2 wholemeal wraps

1 packet of beef jerky (200g)

75g broccoli

150g red potatoes

50g jalapeños

150g mature cheese

Tinfoil

Water

METHOD

1. Slice up the red potatoes and broccoli into small chunks and leave both to boil until soft. Approximately 15 minutes.
2. Open up the wholemeal wraps and fill burrito style with the potatoes, broccoli, beef jerky, jalapeños and cheese.
3. Lay out the tinfoil on a flat surface and sprinkle the foil surface with water. Wrap the now filled wraps in the two pieces of tinfoil.
4. Place the tinfoil wraps in an open fire and leave for approximately 5-10 minutes. Remove with a pair of tongs. Be careful they will be hot!

ABOUT

Good enough for Royal scouts, good enough for your little campers! Go crazy with these super simple hobo wraps. Guaranteed tasty fun for all the family.

Added notes

Don't overlook the importance of sprinkling the tinfoil in water. The water acts as a membrane keeping the wrap soft and delicious.



RED LENTIL CURRY SOUP

INGREDIENTS

1 onion

1 carrot

1 celery

75g curry powder

250g red lentils

1 pan with a lid

Vinegar

2 vegetable broth cubes

METHOD

1. Bring a pan of water to the boil and add the curry powder and red lentils to the water. Boil for approximately 10 minutes.
2. While waiting for the lentils to soften prepare the onion, carrot and celery by slicing each into small chunks.
3. Add the veggies to the lentils with the vegetable broth cubes, salt and pepper. Boil until the veggies soften.
4. Serve with a swig of vinegar.

Enjoy.

ABOUT

Craving a curry on the campsite? Get the next best thing with this energy busting red lentil curry soup. Simple to prepare and delicious to eat; what more do you need?

Added notes

This dish works well with a variety of cooked meats. Try chorizo, beef jerky or cooked chicken for an added source of protein.



CHILLI CHEESE FRIES

INGREDIENTS

300g frozen fries, French style

1 can of chilli con carne

150g mature cheese, grated

Tinfoil

ABOUT

Make the most of your camping trip with this fast food inspired dish. Using fries, cheese and chilli this is the perfect comfort food for a cold night in the outdoors.

Added notes

If you are feeling adventurous then bring a pack of smoked bacon and a pair of scissors. Slice it up, throw it on top and have bacon chilli cheese fries instead. Delicious.

METHOD

1. Place the frozen fries on a piece of tinfoil and fold into tinfoil pouches. Ensure the tinfoil is sealed and place over a fire for 20 minutes. Flip occasionally.
2. When the fries are baked, open the canned chilli and spread a generous serving over the fries. Add grated cheese to the top and fold the tinfoil back up. Add extra tinfoil if necessary.
3. Place the fries back over the fire and heat for a further 2 minutes. Serve immediately in the tinfoil pouch. Be careful they will be hot!

Enjoy



JAMMY CAMPING DOUGHNUTS

BY EMMA, BUBBA
BLUE AND ME

INGREDIENTS

Strawberry Jam

White Bread

Butter

ABOUT

Is there anything better than a jam sandwich? How about a jammy camping doughnut? You be the tester.

Added notes

Use some tongs to dunk them in a bit of sugar to make them more doughnutty, then eat.

Source

<https://bubbablueandme.com>

METHOD

1. Simply sandwich together two slices of white bread with jam inside.
2. Spread the outsides of the sandwich with a healthy serving of butter. Chop into four squares.
3. Repeat for as many doughnuts as you need.
4. Then it's a case of toasting them on each side in a hot frying pan on the camping stove, turning once until they're golden brown and a bit crispy.



THE ULTIMATE
CAMPING
COOK BOOK



westfalia
AUTOMOTIVE

01244 284500

www.witter-towbars.co.uk

Since it was founded over half a century ago, Witter Towbars has consistently set the standard for quality, reliability, and value for money. With the Witter name being synonymous with the highest standards of design, quality, safety and security for motorists and road users it is our mission as a business to provide the practical, safe and easy-fit solution to getting you and your family from A to B and back again. With our complete range of towing products designed for today's modern lifestyles – each of our towbars or award-winning cycle carriers have been designed by a plethora of dedicated Mothers, Fathers, Daughters or Sons, and we believe it is this dedicated family approach that leads our innovative approach, which is shaping the direction of towbar design and development throughout Europe.

