

menu

starter

ryebread, spam and broccoli grill

main course

**chicken kebabs served on a bed of couscous
with a vegetable tagine**

dessert

**pineapple, fig, and apple medley
served with fresh cream**



the chefs

Aaron

Declan

Jack

Jonah



Ryebread spam and broccoli grill

INGREDIENTS:

200g can of spam
medium cauliflower or equivalent broccoli
150g medium Cheddar cheese
small uncut loaf of your choice

EXTRA:

lemon

From the pantry:

Seasoning

METHOD:

1. Cut the broccoli into small spears and blanch for 3 min in lightly salted boiling water.
2. Grate the cheese and set aside.
3. Cut 4 lemon slices and set aside.
4. Cut the loaf into slices.
5. Cut the spam into small cubes and arrange on the bread.
6. Scatter broccoli over the spam.
7. Season with salt and pepper.
8. Top with grated cheese.
9. Cover until ready to grill.
10. Grill until cheese is melted and bubbling. (as it is a small grill pan, you will need to grill in 2 batches).
11. Cut the slices into triangles and arrange on 4 serving plates with a twist of lemon each.



Chicken kebabs served on a bed of couscous with a vegetable tagine

INGREDIENTS:

600g diced chicken
Sprig of fresh mint
1 Butternut squash
200g dry couscous
2 large field mushrooms
Bunch of shallots
1 aubergine
2 medium eggs

EXTRA:

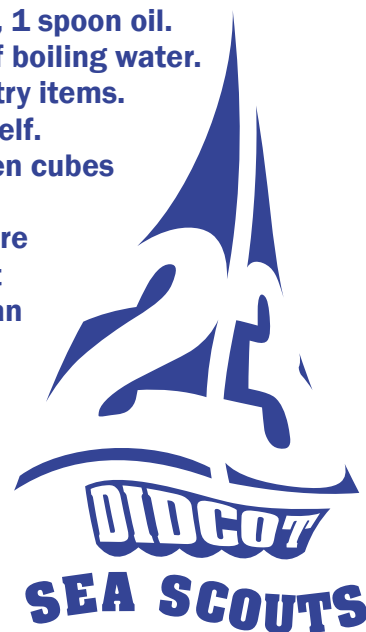
herby tinned tomatoes
1 lemon

From the pantry:

Oil, salt, pepper, herbs, stock cube

METHOD:

1. Put lightly salted water on to boil in 2 pans (for the eggs and butternut squash).
2. Meanwhile prepare the veg for the tagine – dice the butternut squash, aubergine, mushroom and shallots.
3. Boil the eggs for 10 min, then set aside to cool.
4. And at the same time, parboil the butternut squash for 5 min and drain.
5. Then, heat oil in the pan and sauté the veg. Add in turn the squash, half the shallots, the aubergine and the mushrooms.
6. When veg are soft and wilted, add tin of tom, herbs, salt and pepper, and simmer, stirring from time to time (if it dries up add a little water). (~20-30 min on low heat)
7. Then, sauté the rest of the shallots in another pan and set aside.
8. Use the spare ring to boil water ready for the couscous.
9. Cut the chicken into cubes (~1 inch).
10. Mix up 1 spoon oil, salt, pepper, herbs, grated rind and juice of ½ a lemon. Toss chicken in this and leave to marinade.
11. Put 4 sprigs of mint aside and chop the rest finely. Add it to the sautéed shallots together with grated rind and juice of other ½ of lemon. Plus salt, pepper, 1 spoon oil. Add 200g of couscous and 250ml of boiling water. Add a stock cube if available in pantry items. Stir and cover for 10 min to cook itself.
12. At the same time, pan fry the chicken cubes (~8-10 min).
13. When cooked (test with knife they are white throughout) remove from heat and place on 4 skewers. Add any pan juices to the couscous and stir in.
14. Slice hard boiled eggs.
15. Serve. Place chicken on bed of couscous, with tagine to the side, topped with sliced egg and a sprig of mint.



main

Pineapple, fig, and apple medley with fresh cream

INGREDIENTS:

**2 apples (dessert)
1 medium pineapple
2 figs
2 medium eggs
200ml double cream**

EXTRA:

**1 lemon
flaked almonds**

From the pantry:

**butter
sugar**

METHOD:

- 1. Toast the almonds and set aside to cool.**
- 2. Scoop pineapple flesh out of shell, leaving two “boats” to serve dessert in. Cut the flesh into chunks.**
- 3. Core the dessert apple and dice.**
- 4. Cut and peel the figs. Slice into segments.**
- 5. Put 25g butter in a pan, plus juice of a lemon.**
- 6. Toss the apple and pineapple in the butter and stew gently till soft.**
- 7. Add figs and 100g sugar, let simmer until caramelised.**
- 8. Remove from heat and arrange fruit in pineapple boats.**
- 9. Scatter with toasted almonds.**
- 10. Serve with fresh cream.**



rules

Didcot District Scout Cooking Competition
Saturday 24th April 2010
09.00 start - 12.30/13.00 finish
Methodist Church Hall, Didcot

INGREDIENTS:

600g diced chicken
200g can of spam
Medium cauliflower or equivalent broccoli
Sprig of fresh mint
1 Butternut squash
200g dry couscous
2 large field mushrooms
Bunch of shallots
1 aubergine
2 apples
1 medium pineapple
2 figs
Small uncut loaf of your choice
150g medium Cheddar cheese
2 medium eggs
200ml double cream

In addition teams may bring 3 other ingredients to a max value of £1

Tin of herby chopped tomatoes
Flaked almonds
3 lemons

plus drink to serve with the meal

PANTRY ITEMS:

plain and self raising flour
sugar
seasonings
spices
butter (50g)
vegetable oil
milk (100ml)
vinegar

