

Ye Good Old Trangia

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1. How We Cook - Group Cooking

Cooking groups consist of 1 trangia, 1 wok and no more than 4 people.

Three Methods of setting up your group:

1. Individual trangia circles
2. One big circle with all the trangias in the middle of the circle just in front of each cooking group
3. Spaceship "whole group" cooking

Some Cooking Rules:

- Clear leaves and dead branches from under the stove. Make sure stove is secure (wind break locked into the base). Do not cook on the trangia bag
- Trangia strap is completely removed before use and is placed somewhere it won't be lost. (place around someone's head)
- The stove is positioned at least 4m away from flammable objects, particularly sleeping mats, backpacks, tents and sleeping bags.
- The cooking area must be organised so groups sit in a clearly defined circle (for any of the methods) with a NO GO zone inside this circle.
- Each cooking group nominates one person to be the trangia queen / king. This person is responsible for staying at the trangia while it is on THE WHOLE TIME.
- DO NO walk across the circle at anytime, or throw anything across the circle. The risk of tripping, knocking a trangia with burning fuel over someone, putting dirt in peoples food is too great. Always walk around or ask someone to pass items around the circle.
- Keep all trangia parts in close vicinity of the stove especially the spondoolies to attend to cooking emergencies promptly.
- Metho MUST be kept at a *metho station* (approx 1m away from the cooking area)
- Never pass hot food or liquid over the stove or other people. Always pass around the circle.

One idea of a Trangia Brief

1. Parts of trangia.
2. Construction of the trangia stove. Make sure the base and the windbreak (main two pieces) are secure using the tabs.
3. Fill fuel burner to top at the *metho station* replacing the lid. Walk carefully back to the stove.
4. Place the burner in the stove casing

5. Locate the spondoolies and make sure they are easily accessed at all times.
6. Light fuel burner with lighter or matches by lightly touching the top of the metho with the flame. Metho is a low volatility fuel and sometimes does not light straight away. Wave hand over fuel burner to ensure it is alight.
7. Explain the use of the fuel control device (*simmer ring*) for reducing heat and putting out the flame altogether. Point out the difference between this item and the *screw top lid* which should never be used to put out the flame as this will destroy the rubber o-ring inside it.

NB: We do not give the students the screw top lid. All metho is burned out at the end and the burner placed in a Tupperware container.

8. If the burner runs out of metho use the *touch test* before refilling at the *metho station*. If the burner is cool enough to be handled, then it is safe to walk over and refill. If it is too hot to handle DO NOT BRING THE METHO TO THE BURNER
9. If using the wok / lid on top of the Trangia ensure the *wingdings* are up allowing oxygen to get to the flame.

Cooking kits

- Menu & recipes (either cards or inserted in the camp booklets)
- Chopping board
- Pocket Knife (check your schools protocols on what students can and can't bring)

Students bring: Bowl / plate, spoon, mug

Cooking waste and water:

- All food scraps must be thoroughly scrapped out of the wok and all bowls before cleaning commences.
- One method for cleaning is to clean in the wok. Use a small amount of water to give the wok a once over clean. Then heat up some water with detergent in the wok and clean all dishes. Water must be warm.
- Strain water into a slops pit through a strainer (piece of mesh).
- Leave No Trace.

Protocols – eg, nuts, knives

2. What We Cook – Recipes

Spaghetti Bolognese (Ingredients for 4 people)

500grms minced beef

500grms pasta

onion & garlic flakes

1 carrot

1 capsicum

1 tub tomato paste

1 spaghetti bolognaise sauce mix

1 pkt Surprise peas and corn

group parmesan cheese

Empty the pasta and peas and corn into the large pot. Fill with water and bring to boil. Boil for 5 minutes, remove and cover, the noodles will continue to cook in the pot.

DO NOT let all the water evaporate

While the noodles are cooking: Chop carrot and capsicum into small pieces.

Pour a spoon full of oil into the wok; add the onion / garlic & mince and brown (remember to keep stirring or it will burn). Add the capsicum & carrot and cook for a few minutes. Add the tomato paste, sachet mix and pasta (including the water). Cook over a low heat for approximately 5 minutes, stirring regularly.

When cooked add cheese and eat!

Vanilla Slice

1 pkt Lattice Biscuits

1 thickened cream

1 vanilla instant pudding

Mix instant pudding and thickened cream until thick. Apply thickly between 2 lattice biscuits. Enjoy!!!

Dehydrated Meals

Creamy Thai Chicken and Egg Noodles

Ingredients - 400g diced Chicken Breast (or tofu)

1 x Onion

1 x Coconut Milk Powder sachet

1 x Creamy Thai Sauce packet

1 x Vegies pack

1 x Red Capsicum

1 x packet egg noodles (2 sachets)

1. Place chicken and onion in wok with 2 Tbsp of cooking oil. Stir-fry on full flame until browned.
2. Add small amount of water to prevent sticking
3. Slice capsicum thinly and add to wok along with veggie packet, sauce, coconut powder, water. Simmer on half flame until vegies soft (5-10 mins).
4. Add noodles and continue to simmer until noodles are hot
5. Serve and eat hot.

Apple Crumble

Ingredients - 1 x Packet of Dried Apples

1 x Custard Pkt

1 x Butternut Snaps Pkt

1. Crush the Butternut Snaps into small crumbs leaving a few bigger pieces. Use the bottom of a mug in a Trangia bowl, not your fingers!
2. Put a small amount of water into the wok and heat. Add the dehydrated apples and stir until the water is absorbed. Continue adding small amounts of water till the apples are plump and juicy again. You DO NOT want the apples swimming in water
3. On top of the plump apples, add custard powder and water slowly according to directions. Once custard is a good consistency add $\frac{3}{4}$ of the crumbled biscuits and stir till hot.
4. Sprinkle the remaining crumbs over the top and heat for one minute. Turn off Trangia and enjoy

Gnocchi with Chorizo and Tomato Sauce

Ingredients –

1x 500g Packet of Gnocchi

1x 150g Chorizo

$\frac{1}{2}$ Capsicum

1 pkt snow peas

$\frac{1}{2}$ Onion

2 cloves Garlic

$\frac{1}{2}$ x sachet Parmesan cheese

2 x tbspn Oil

4 x Pizza base sachets

Water

1. Chop up Chorizo, Onion and Garlic and cook in wok with a little oil
2. Add capsicum and snow peas, heat for 2-3 minutes. Reduce heat slightly using the simmer ring
3. Stir in Pizza flavor sachets. Add a little water.
4. Boil the larger bowl full of water. Once boiled add gnocchi, stirring intermittently. When a few of the gnocchi rise (usually after 1-2 minutes) they are cooked.
5. Drain gnocchi; add to the sauce, combine and serve!
6. This meal is complete with a sprinkle of pepper, salt and chili if you like it HOT!

Cookies and Cream

Ingredients - ½ Packet Farmbake Cookies

1 x Cream Container

1. Crush cookies into tiny pieces using the bottom of a mug (not your fingers!)
2. Add the cream and stir
3. Leave to sit for 10 minutes covered or until the cookies are soft

3. Tips and Tricks

- Cleaning

There are numerous ways to clean the very dirty food and black build up that accumulates on a Trangia. Products such as Scourer soap pads, Gumption and detergent work well, though leaving harmful waste water in the bush.

- Biodegradable & Natural cleaning products

A less harmful alternative is using the natural products available in your surrounding environment. Sand, dirt and coarse pebbles work well, as does using ground / leaves / grass to remove the build up of black on the bottom of pots and pans before the cleaning process begins. A simple grind / wipe on the bottom of the pot in the grass works a treat! There are also numerous biodegradable detergents and cleaners available on the market.

- Metho & water

One method of limiting the black build up on the bottom of pots and pans is to add a drop of water into metho burner before cooking. Though this works quite well, problems lie in regulating how much water students add. Too much and the burner will not light and burn at a lower temperature. Some report damage to the burner using this practice.

- Care and maintenance

Trangias can have a very long lifetime, if cared and maintained well. Obviously ensuring they are cleaned & dried well by students is crucial. As is returning all parts of the Trangia, including the illusive Trangia strap, which is the first to go missing. Other maintenance often needed is the re-bending / shaping the bases "teeth" to fit the windshield.

- Burning out mentholated spirits

Though Trangias come with lids for the burners, these are by no means a reliable way of ensuring that left over metho does not leak into the pots during transit. As a result, it is good practice to encourage students to pour left over metho back into the bottle and burn the tiny remnants until the burner is dry. Other practitioners choose to take this a step further and provide small containers / bags to place the burner in within the Trangia.

- No Trangia Lid

If you adopt the practice outlined above then the trangia lid become obsolete. Often these are removed from the trangais before being signed out to students. One less thing to loose!

- Bags

Depending on how you choose to equip the students, they may end up with quite an extensive cooking kit; trangia, wok, spoon, chopping board etc. A handy way to keep things cleaner and contained within a rucksack is making trangia bags that fit all this gear snugly.

If you would like anymore information, please contact either Kate on Anna on the details below.

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