

Harborough Explorers

Expedition Recipes for Trangia Stoves



Rich Sausage & Onion Casserole aka Bangers and Mash

Vegetarian
3 person meal
3 person Trangia



You will need:

- 1 sachet Granose meat-free Sausage mix (Holland & Barrett)
- 1 sachet Colmans Rich Sausage & Onion Casserole mix (Sainsburys)

In a sealed plastic bag

- 1 tbsp Dried Onions (Sainsburys)
- 2 tbsp Dried Mushrooms (Julian Greaves)

- 1 pkt 3 servings (Smash) Instant Mash Potato (Sainsburys)

Preparation

Empty sausage mix sachet into small saucepan, add 125ml cold water and mix well, leave to stand.

Empty casserole mix into large saucepan, add 425ml of cold water, add dried onions and mushrooms, heat and bring to boil, stirring occasionally.

Form 3 sausages from mix and add to casserole gravy. Cook for about 5 mins. Fill kettle with 425ml water. Once casserole has cooked for 5 mins, remove from stove and immediately replace with kettle. Cover casserole with lid and keep warm (wrap your hat or jumper).

Empty mash potato into small saucepan, when kettle is boiling, remove from stove and immediately replace with casserole. Pour kettle water onto mash and mix thoroughly.

Ensure casserole mix is hot and serve.

Shepherds Pie

3 person meal
3 person Trangia



[click to enlarge](#)

You will need:

- 1 sachet Granose soya mince (Sainsburys)
- 1 sachet Colmans Shepherds Pie mix (Sainsburys)

In a sealed plastic bag

- 1 tbsp Dried Onions (Sainsburys)
- 2 tbsp Dried Mushrooms (Julian Greaves)

- 1 pkt 3 servings (Smash) Instant Mash Potato (Sainsburys)

Preparation

Fill kettle with 600ml water and boil

Empty soya mince mix sachet into small saucepan, cover with boiling water (about 150ml), leave to soak.

Keep kettle warm – wrap your hat or jumper around it.

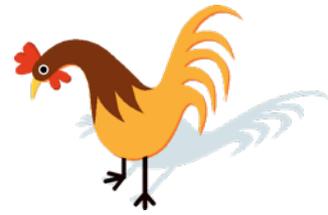
Empty Shepherd's pie mix into large saucepan, add 425ml of cold water, add dried onions and mushrooms, heat and bring to boil. Add re-hydrated soya mince. Simmer for 5 mins, stirring occasionally.

Once Sheperd's pie has cooked for 5 mins, remove from stove and immediately replace with kettle. Cover casserole with lid and keep warm (wrap in your hat or jumper).

Empty mash potato into small saucepan, when kettle is re-boiling, remove from stove and immediately replace with casserole. Pour kettle water onto mash and mix thoroughly.

Ensure Shepherd's pie is hot and serve.

Chicken a la King



3 person meal

3 person Trangia

could be vegetarian by using a different soup mix eg cream of mushroom

You will need:

1 sachet Granose meat-free Chicken Style Roast mix
(Holland & Barrett)

1 packet Sainsburys Chicken and Leek soup, makes 1 pint
(Sainsburys)

In a sealed plastic bag

125grams Basmati rice (Sainsburys)

1 tbsp Dried Onions (Sainsburys)

2 tbsp Dried Mushrooms (Julian Greaves)

Preparation

Fill large saucepan with 1 litre water (that's one kettle full), cover and heat.

Empty Chicken mix sachet into small saucepan, add 170ml cold water (use kettle to measure), mix well and leave to stand.

When saucepan is boiling add contents of plastic bag: rice, onions, mushrooms. Recover, simmer for 5 mins and stir occasionally

Form chicken mix into balls, teaspoon size, place balls carefully into saucepan, bring back to boil then continue to simmer.

Empty soup mix into small saucepan and mix with a little water (100ml at most). Pour into large saucepan, stirring very gently to mix but without dismantling chicken balls. Bring back to the boil and simmer for a further 5 mins. Serve.

Spagetti Bolognese



2 person meal
2 person Trangia

You will need:

1 sachet Granose soya mince (Sainsburys)

1 sachet Colmans Spaghetti Bolognese mix (Sainsburys)

In a sealed plastic bag

1 tbsp Dried Onions (Sainsburys)

2 tbsp Dried Mushrooms (Julian Greaves)

6 sun-dried tomatoes

8 whirls vermicelli pasta (Sainsburys)

Preparation

Fill kettle with 500ml water and boil

Empty soya mince mix sachet into small saucepan, add the tomatoes, cover with boiling water (about 150ml), leave to soak.

Keep kettle warm – wrap your hat or jumper around it.

Empty Spaghetti Bolognese mix into small saucepan, add 425ml of cold water, add dried onions and mushrooms, heat and bring to boil. Add re-hydrated soya mince. Simmer for 5 mins, stirring occasionally.

Put vermicelli in large saucepan. Once Bolognese has cooked for 5 mins, pour hot water from the kettle onto the vermicelli, remove Bolognese from stove and immediately replace with vermicelli. Bring back to the boil and simmer for 4 minutes. Cover Bolognese with lid and keep warm (wrap in your hat or jumper).

When the pasta is cooked ensure Bolognese is still by a few minutes heat while you drain the pasta, then serve.

Mexican Chilli Beanfeast

2 person meal
2 person Trangia



You will need:

- 1 sachet Batchelors Mexican Chilli Beanfeast (Sainsburys)
- 1 sachet Sainsbury's Harissa style savoury couscous (Sainsburys)

Preparation

Empty Beanfeast sachet into large saucepan, add 575ml (one kettle brim full) cold water.

Refill kettle with 200ml water and boil, then keep this warm –wrap in your hat or jumper – its to use in the couscous later.

Place Beanfeast mix on Trangia, cover with lid and heat. Bring to the boil, then simmer for 10 mins stirring occasionally.

Remove Beanfeast from stove, keep covered and replace with warm kettle. Now wrap the Beanfeast pan in your jumper.

Empty coucous into small saucepan. When kettle is boiling pour 200ml hot water onto couscous and put the Beanfeast back on the stove.

Leave couscous to stand for 5 mins, then serve with Beanfeast.

Beef Noodles and Gravy

2 person meal
2 person Trangia



You will need:

In first sealed plastic bag mix:

2 nests of Sharwoods fine egg noodles (Sainsburys)
1 tbsp dried onion (Sainsburys)

In second sealed plastic bag:

2 tablespoons (40g) Instant beef* gravy granules (Sainsburys)
(*or vegetable for vegetarian version)

Carry Separately

1 sachet Granose soya mince (Sainsburys)

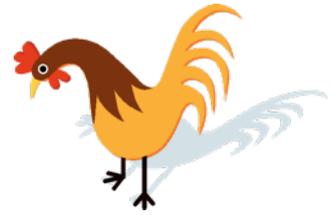
Preparation

Fill kettle to brim with cold water (550ml) and empty into large saucepan, bring to the boil.

Add the contents of the sealed bag and the Granose soya mince. Bring back to the boil and simmer for 3 mins.

Add the gravy granules and stir.

Serve



Harvest Chicken and Rice

2 person meal

2 person Trangia

could be vegetarian by using a different soup mix eg cream of mushroom

You will need:

1 sachet Granose meat-free Chicken Style Roast mix
(Holland & Barrett)

1 sachet Sainsburys Chicken and Vegetable soup in a cup
(Sainsburys)

1 vegetable Stock Cube

In first sealed plastic bag

125grams Basmati rice (Sainsburys)

In second sealed plastic bag

3 tbsp chopped Dried Apple Rings (Julian Greaves)

2 tbsp Dried Cranberries (Julian Greaves)

Preparation

Fill large saucepan with 550ml water (that's one kettle full), cover and heat.

Empty Chicken mix sachet into small saucepan, add 170ml cold water (use kettle to measure), mix well and leave to stand.

When saucepan is boiling add contents of first plastic bag: rice and the stock cube. Recover, simmer for 5 mins and stir occasionally

Add contents of second bag to rice saucepan and stir carefully, recover.

Form chicken mix into balls, teaspoon size, place balls carefully into rice saucepan, cover and bring back to boil then continue to simmer for a further 5 mins.

Empty soup sachet into saucepan and stir very gently to mix but without dismantling chicken balls.

Serve.

Chick Pea Couscous

2 person meal
2 person Trangia
vegetarian



You will need:

1 sachet Sainsburys Lemon and Coriander Savoury Couscous

1 carton Sainsburys SO organic chick peas

In first sealed plastic bag

2 tbsp chopped dried apricots

In second sealed plastic bag:

50g shelled pistachio nuts (Sainsburys)

Preparation

Fill Kettle with 500ml water and boil.

Empty Couscous, nuts and apricots into large saucepan add 200ml of boiling water, mix gently and leave to stand for 5 mins

Drain chickpeas and then refill carton with boiling water, leave for 5 mins. Drain and add to couscous – maybe only half. Mix well and serve.

Tuna pasta in creamy asparagus sauce

2 person meal
2 person Trangia
vegetarian



You will need:

1 sachet Sainsburys BGTY Asparagus soup in a cup
1 tin Sainsburys Tuna Steak in spring water

In first sealed plastic bag
150g Sainsburys conchigliette
¼ tsp salt

Preparation

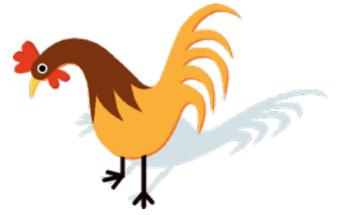
Fill large saucepan with 550ml (one kettle brim full) water and boil.

Add pasta to boiling water and simmer for 7 mins.

Drain Tuna and add to pasta saucepan and mix.

Add soup sachet to pasta saucepan and mix well.

Serve



Harvest Chicken and Rice 2

2 person meal

2 person Trangia

could be vegetarian by using a different soup mix eg cream of mushroom

You will need:

1 sachet Granose soya mince
(Holland & Barrett)

1 sachet Sainsburys Chicken and Vegetable soup in a cup
(Sainsburys)

1 vegetable Stock Cube

In first sealed plastic bag

125grams Basmati rice (Sainsburys)

In second sealed plastic bag

3 tbsp chopped Dried Apple Rings (Julian Greaves)

2 tbsp Dried Cranberries (Julian Greaves)

Preparation

Fill large saucepan with 550ml water (that's one kettle full), cover and bring to boil.

Empty Chicken mix sachet into small saucepan, add about 150ml boiling water and leave to stand.

When saucepan is boiling add contents of first plastic bag: rice and the stock cube. Recover, simmer for 5 mins and stir occasionally

Add contents of small saucepan to rice pan and bring back to a simmer.

Add contents of second bag to rice saucepan and stir carefully, recover.

Simmer for a further 5 mins.

Empty soup sachet into saucepan and stir to mix and thicken.
Serve.