

# **CAMPING FOODSTUFFS**

**These are my favourite foods I take on my camps and hunting trips, I am a serious fitness trainer and work out due to health issues, I am not allowed to eat junk food, cheese, eggs, red meat and other foods bad for you, so everything I pack in on hunts IS cholesterol free. I cannot eat rubbish and must watch my diet, but it is actually nicer, you sleep better and feel far nicer.**

**Here is a list of what I take on my camps and hunts, I am basically gone one or two nights, and due to flies, I prepare my foods and pack them in freezer before we leave home.**

**Everything mentioned here is basically Cholesterol free.**

- **Ostrich Kebabs – (Woolworth’s store)**
  - **Brown Bread**
  - **Chicken free range without skin**
    - **Ostrich sausage**
    - **Smokey BBQ Marinade**
    - **Flavoured water**
    - **Cholesterol free chips**
      - **Skim Milk**
      - **Milo**

**I prepare the sausage in the marinade and the chicken pieces, put with green and red peppers, onions, pineapple and put on sticks, in marinade and also the sausage, all in a container and freeze up, the two days we have chicken kebabs and Ostrich, all vacuum packed and sealed.**

I also make a bread that we put in the fire and after supper I take a few kebabs with for a snack during the night to eat, Milo and cool drinks are extra as well as some chips etc.

On a night hunt it's always nice to be relaxed and enjoy yourself, nie net jag en ry nie. If you shoot 4 or 10 jackals what's the difference anyways, you will never kill them all anyways, so hoekom haastig wees!

I also put in a few other things to enjoy in the day but generally this is what I pack on a few nights a year, I also buy frozen piazzas at Pick N Pa\$ and warm them up on the engine when we drive, have a special carry cart that fits above the engine.





**A total misconception amongst many people is that Ostrich tastes terrible, well it is not so, with the correct preparation or marinades it tastes lovely, it costs more money but worth it, these goodies taste very lekker over some coals.**

## **POTBROOD**

**Here is a recipe of the pot brood we make up, give this whirl, dis lekker! Fresh bread in die veld!**

- Salt**
- Extras like onion, cheese or whatever you want to ad**
- Packet onion soup or gravy powder**
  - Self raising flour 500g**
  - 1 Beer (I used alcohol free)**
  - Baking powder**

## **HOW TO MAKE IT**

**Ok, throw all the dry stuff in a bowl, and take a pinch of salt and a teaspoon of baking powder, mix all together with a tin of beer and before you start with clean hands throw cooking oil over your hands before you mix all the stuff together with your fists. This stops it sticking to your hands. When it's all mixed well, put in an oven – pre warmed heat of 250 degrees, pop the roll of dough in a pot and make it about 3 inches thick with a flat top to it.**

**Pop into an oven in the pot and put the stove on 220, leave for an hour. Watch it in case it begins to burn.**

**Use spray and cook in the bottom of the bowl to stop Any possible sticking, when using coals, put in a sealed pot.**

**Camping and hunting is fun, these are simple things we take along and enjoy the stay, keep everything sealed and frozen till needed etc, as much hygiene as possible in the outdoors as possible, flies are terrible. **These items on a fire are yummy!****



KL 180 X 75

BRILLIANT  
BRAAI

marinate in...

smoky bbq  
marinade

IDEAL WITH...

STEAK

CHOPS

CHICKEN

RIBS

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