

Bronze D_{of}E

Menu ideas for expeditions

Bronze expedition = 2 days and 1 night with at least 6 hours of planned walking a day.
Distance of around 12km a day (24 - 34km) in total over expedition



Main Menu

Your main meal is very important, because it fills you up after your long walk. Your dinner has to be cooked in the Trangia, be able to be stored outside of a fridge and preferably be cooked quite quickly.

Here are some easy and tasty DofE safe dinner recipes:

Pesto pasta	Weight	Suitability	Cost	Nutrition	Sustainability
-Barilla ready pasta	241g	✓	£2.00	Energy = 701 kJ Carbs = 29.5g Fibre = 4.0g Protein = 7.0g	Plastic without BPA
-Sacla' classic pesto pots	45g	✓	£1.50 each	Carbs = 4.2g Protein = 2g	Cardboard Plastic - recycle
-pepperami	.5 x 22.5g	✓	£2.75	Energy = 466 kJ	Plastic
-flapjacks		✓			Compostable
-banana	101-136g	✓	10-15p	Energy = 105 kJ Carbs = 27g Fibre = 3.1g Protein = 1.3g	Compostable

Method - pasta

- empty the ready pasta in to the boiling water in the Trangia and leave for roughly 10 minutes
- Drain the water from the Trangia by holding the lid (by the handle) on the Trangia bowl filled with cooked pasta and tip the water out.
- Add the pesto sauce and mix
- Cut up small pieces of pepperami and add to the pasta

Flapjack recipe

Flapjacks



To make 12 flapjacks, you will need:
 175g (6oz) margarine
 175g (6oz) demerara sugar
 2 tablespoons of golden syrup
 225g (8oz) porridge oats
 an 18 x 27cm (7 x 11in) shallow tin

Heat your oven to 160°C, 325°F, gas mark 3, before you start.

★ Keep in an airtight container and eat within a week.

1. Lay the tin on a piece of greaseproof paper or baking parchment. Draw around the tin, then cut out the rectangle.
2. Put the paper into the tin. Dip a paper towel in some margarine, then rub around the tin, then cut around the inside of the tin.
3. Put the margarine and sugar into a large saucepan. Dip a tablespoon into hot water, then use it to add the golden syrup. The syrup will slide off the hot spoon.
4. Heat the pan on a low heat, until the margarine has melted. Use a wooden spoon to stir the mixture, and don't let it boil.
5. Take the pan off the heat. Then, add the oats. Stir them in really well, until they are covered with the syrup mixture.
6. Spoon the flapjack mixture into the tin. Spread it all over the bottom and push it right into the corners.
7. Smooth the mixture with the back of a spoon.
8. Bake the mixture for about 25 minutes. When the top is golden brown, carefully lift the tin out of the oven.
9. Leave the mixture in the tin for 10 minutes. Cut it into pieces while it is warm, then leave the pieces in the tin to cool.

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Tuna burritos	Weight	Suitability	Cost	Nutrition	Sustainability
John West No Drain Tuna Fridge Pot Springwater	110g	✓	£2.00	Energy = 534 kJ Carbs = 0.0g Protein = 29.0g	recyclable cup recyclable foil not recyclable lid
Old El Paso Regular Super Soft Flour Tortillas	each tortilla = 41g	✓	£1.65	Energy = 515 kJ Carbs = 21.7g Fibre = 0.7g Protein = 3.7g	Plastic Packaging
Uncle Bens special spicy microwaveable rice	250g	✓	£1.00	Energy = 838 kJ	recyclable
Cheestrings Cheddar 4 Pack	80g	✓	£1.00	Energy = 253 kJ Carbs = 0.5g Protein = 4.6g	Plastic Packaging
Deliciously Ella Cacao & Almond Energy Ball	40g	✓	£1.99	Energy = 723 kJ Carbs = 14.1g Fibre = 2.9g Protein = 5g	Paper Packaging recyclable

Method

- Put the unopened packet of uncle bens rice in the trangia filled with boiling water and leave for roughly ten minutes (you may want to add some water to the rice if it is dry)
- put the tuna, strings of cheese string and rice into the tortilla wraps

Chilli, rice and nachos	Weight	Suitability	Cost	Nutrition	Sustainability
Look what we found-chilli con carne	250g	✓	£1.89	Energy = 810 kJ Carbs = 7.8g Protein = 20.5g	Plastic Packaging
Uncle Bens Classic Wholegrain Rice	250g	✓	£1.00	Energy = 864 kJ Carbs = 38g Fibre = 2.4g Protein = 4.6g	Plastic Packaging
Doritos Cool Original Grab Bag 55G	55g	✓	£0.85	Energy = 838 kJ	Plastic Packaging

Method

- heat the rice and chilli in the trangia and empty both warm packages into a bowl and mix
- Enjoy with nachos (Doritos)

Tuna couscous tacos	Weight	Suitability	Cost	Nutrition	sustainability
Old El Paso Regular Super Soft Flour Tortillas	each tortilla = 41g	✓	£ 1.65	Energy = 515kJ Carbs = 21.7g Fibre = 0.7g Protein = 3.7g	Plastic Packaging
John West Steam Pot Jalapeno Mex Rice	140g	✓	£2.50	Energy = 1504kJ Carbs = 50g Protein = 24g	Paper and Plastic Packaging
Banana	101-136g	✓	10-15p	Energy = 105kJ Carbs = 27g Fibre = 3.1g Protein = 1.3g	Compostable

Method

- add boiling water from the tranga to the steam pot
- add the contents of the steam pot into the tortillas



Breakfast

Ready made pancakes

These pancakes can be made and cooked at home the day before your expedition and can be stored in a Tupperware box until your breakfast.

Here are some healthy and nutritious pancake recipes to make a filling prepared breakfast:

<https://www.bbcgoodfood.com/user/8964261/recipe/banana-scotch-pancakes>

<https://www.bbcgoodfood.com/recipes/american-blueberry-pancakes>

Protein pancakes:

<https://www.asweetpeachef.com/protein-pancakes/>

<https://www.foodforfitness.co.uk/recipes/protein-pancakes-recipe/>

These pancakes are suitable because they are packed with extra protein to give you lots of energy on your DofE expedition. They are also quick and easy as you do not need to prepare anything in the early morning.

They are sustainable as they can be transported in a reusable Tupperware box

It is also recommended to have a hot drink with your pancakes to warm you up in the morning

Porridge pots

These porridge pots are quick and easy to make. They will warm you up in the morning and give you energy to help you on your expedition.

Here are some examples of porridge pots which are good for DofE:

https://www.bulkpowders.co.uk/protein-porridge-pots.html?view=ppc&pid=4491&gclid=CjwKCAjw7-P1BRA2EiwAXoPWA85u5-7OqHdPFEt6c79fp4R8Ft5rHsUQ7kDupsWkGceNtCnkT-CIMBoCyH4QAvD_BwE

https://www.musclefood.com/fuel-10k-porridge-chocolate-70g.html?channable=a17007.MTc2MjE&gclsrc=aw.ds&&gclid=CjwKCAjw7-P1BRA2EiwAXoPWA85u5-7OqHdPFEt6c79fp4R8Ft5rHsUQ7kDupsWkGceNtCnkT-CIMBoCyH4QAvD_BwE

<https://www.amazon.co.uk/FUEL10K-Porridge-Pots-Foest-Fruits/dp/B01N5VU2MM>

https://www.hollandandbarrett.com/shop/product/applied-nutrition-porridge-pot-golden-syrup-60042030?skuid=042030&utm_campaign=shopping&utm_medium=cpc&utm_source=google&&gclid=CjwKCAjw7-P1BRA2EiwAXoPWA85u5-7OqHdPFEt6c79fp4R8Ft5rHsUQ7kDupsWkGceNtCnkT-CIMBoCyH4QAvD_BwE&gclsrc=aw.ds

Some healthy and energising snacks for your expedition:

Healthy snacks	Weight	Suitability	Cost	Nutrition	Sustainability
Go ahead: crispy slices - forest fruit	14.5 Per Slice	✓	£1.00 Pack of 5	Energy = 232 kJ Carbs = 10.9 g Fibre = 0.5 g	Plastic
Graze: honeycomb caramel wow bakes	20g	✓	£2.69 6x	Energy = 392 kJ Carbs = 10g Fibre = 3.1g Protein = 1.3g	Cardboard box Plastic
Go ahead: yogurt breaks - forest fruit	17.8g	✓	£1.00 Pack of 5	Energy = 299 kJ Carbs = 12.9g Fibre = 0.6g Protein = 0.9g	Cardboard box Plastic
Get fruity bar: radiant raspberry	35g	✓	£2.50 Pack of 4	Energy = 539 kJ Carbs = 22.0g Fibre = 2.0g Protein = 2.1g	Cardboard box Plastic
Nature valley: crunchy oats and honey	42g	✓	£2.39 Pack of 5	Energy = 805 kJ Carbs = 27.1 kg Fibre = 2.4 g Protein = 3.4 g	Cardboard box Plastic
Eat natural: fruit and nut bars - protein packed with salted caramel and peanuts	45g	✓ * contains nuts *	£2.00 Pack of 3	Energy = 931 kJ Carbs = 14.1g Fibre = 2.4g Protein = 11.7g	Cardboard box Plastic



Lunch

Lunch is one of the most important part of your expedition as it provides you with energy halfway through your walk. Your lunch should be small so it can be stored at the top of your back, so you do not need to empty your rucksack on your walk.

On the first day of your bronze DofE expedition, it is acceptable to bring a 'packed lunch', however on the second day, you must have a lunch that does not need to be stored in the fridge.

Packed lunch suggestions:

- chicken/ tuna sandwiches
- bananas
- dark chocolate
- cereal bars containing oatmeal
- popcorn
- apples
- raisins

Lunch



2nd day lunch suggestions

The John west lunch on the go:

- The lunches are ready to eat
- They are high in protein which will supply you with lots of energy
- They do not need to be kept refrigerated
- They are sustainable because they are packaged in foil and cardboard
- They contain a fork
- They are small and take up a little amount of space

