

22nd World Scout Jamboree 2011

Cook book

General advice on collecting groceries

- You shop for food supplies the same way you would in an ordinary grocery store. This cook book is filled with inspiration and suggestions, but you buy what you feel comfortable with and enjoy.
- You should eat breakfast, lunch and dinner and a snack between meals every day. One of the snacks or desserts could be a piece of fruit.
- Start by looking in the cook book and discuss within your patrol what you would like to eat at each mealtime. You can always choose extra tasty additions if you like. Tips and recipes for basic meals and extras can be found in this book.
- Do an inventory to check what you need before you shop for food and do not buy more than you need. The food keeps better in the store than at your camp site. You can always come back for things you forgot later.
- Bring something to carry the food in when you head for the shop.
- Plan on getting most of the breakfast supplies the evening before.
- Cook potatoes, pasta, rice, couscous or other grains with every meal. Choose the alternative that suits you best.
- Remember to eat one piece of fruit every day, for example; apples, pears, bananas, nectarines or watermelon.
- You choose the vegetable alternatives freely according to the recipes or your own cooking ideas. See the list of vegetables on the next page.

Carrots	Cucumber	
Cabbage	Cauliflower	Zucchini
Lettuce	Bell peppers	Peas
Tomatoes	Sweet corn	Broccoli

Handle the groceries for special diets with care as some of the items should not be mixed with regular food. When you have picked up the ingredients, bring it to the village cooking group who are responsible for handling and cooking for scouts with allergies or special diets.

Tips

When you have extra time and want something fun to do, you can cook something special for the patrol. There are recipes for desserts and other snacks at the back of this book. You can pick up the ingredients whenever you want, but should be used for something your patrol will eat and enjoy!

Good luck with the cooking and please make sure that everyone is well-fed and happy!

Next to the recipes in this book, you will find tips in different colours.

Green – Meals that can be adapted for Camp in Camp.

Blue – General tips and suggestions

Yellow – Dairy-free recipes or suggestions for alternative ingredients for a dairy-free dish.

Orange – Gluten-free recipe or suggestions for alternative ingredients for a gluten-free dish.

Purple – Contribution from other Contingents.

Pink – Climate Smart alternative.

How to shop at Participant Food

Each town has its own food shop where you fetch all your ingredients. When your patrol arrives at the shop the first time you need to fetch a “food card” which is loaded with points instead of money. Each grocery in the shop is valid for a different amount of points and the card is the payment you should use. The card should be retrieved by the patrol leader in the shop. The card is personal for your patrol and is a valuable document. You need to bring it to the shop to be able to collect your food.

No card = No food.

The card is only valid in your town food shop. It cannot be used in other town’s food shops or cafés. If you misplace your card or find another card please contact a shop immediately. The Shop Manager will assist in cancelling a lost card and if needed create a new card for your patrol.

Plan your meals and write a grocery list with the help of the menu book before you go to the shop. Outside each shop you will find an Inspiration Area. Here you will be able to test today’s meal suggestion and get help with planning your shopping. The staff in the Inspiration Area can also help you if you have any questions about special diets. You cannot return any goods to the shop so please take only what you need for your patrol and do not overspend.

Shop opening hours will be between 07.00-13.00 and 16.00-20.00.

You can come back several times during these hours if you have forgotten anything. Carts and trolleys are not allowed in the shops and we would appreciate it if only two scouts per patrol come into the shop each time.

Do not hesitate to ask the shop staff if you have any questions, we are there to assist you!

Five keys to safe camp food

Keep everything clean!

- Always wash your hands with liquid soap and warm water before you prepare the ingredients, start cooking or when you start handling other types of ingredients while cooking.
- Always wash your hands and use hand disinfectant every time you have used the bathroom.
- Use different cutting boards for meats and vegetables. Rinse with cold water after cutting meat/fish before you wash the cutting board with hot water and dish soap.
- Always use clean utensils. Wash knives and cutting boards often. Keep the cooking equipment in boxes so that they do not get dirty from air borne dust or dirt.
- Boil water for washing up. Rinse everything to get the leftovers off and then wash up with warm water and dish soap. Rinse in cold water, dry everything and put it all away. Never leave dirty dishes, pots or pans between meals.
- Dirty dish water should be emptied out in the designated area for this purpose.
- Garbage is handled according to separate instructions.

Proper and separate storage of food supplies!

- Always keep food supplies in separate containers or bags.
- Mark the containers to eliminate the risk for mistakes
- Do not keep any leftovers that need cool storage if you do not have cool storage facilities.
- Dry goods, for example bread, pasta, rice, cereal, should be kept in sealed bags or containers inside a large box and never be stored directly on the ground.
- Jam, jelly, marmalade, oil, cheese, margarine/butter, vegetables, root vegetables and fruit should be stored in containers or boxes, never directly on the ground.

Heat the ingredients properly!

- Cook the food properly and make sure that it gets properly heated. Mix and stir the food so that everything gets cooked at temperatures of at least 72 °C / 160 °F so that bacteria die.
- When preparing food to bring on a hike, let it cool off in a thin layer and stir it once in a while until completely cool.

Safe cooking!

- Rinse all fruit, vegetables and root vegetables before use.
- Store all water in sealed containers.
- Use the ingredients bought in the camp shop. All the goods there are selected with regard to food safety.
- Wash your hands after every bathroom visit and sanitize using hand disinfectant.
- Avoid handling food if you feel sick.

Food logistics

- Only collect the food you need for each meal. The food is stored better at the shop than in the village.
- Leftovers, cans and other garbage are handled according to separate instructions. Make sure that you never leave anything on the ground that can attract rats or other vermin.

Sustainability

Water

Pure drinking water is essential. Therefore we are very proud in Sweden to have some of the best water in the world. In other countries, buying drinking water can be crucial, but in Sweden it is seen as an environment harming luxury.

The town of Kristianstad gets its water from one of the largest ground water dams in Northern Europe so there is no risk of running out of water.

The water in the taps around the camp is fit for drinking. Make sure to carry a water bottle to refill during the day.

Having clean water available directly from the tap is one of the reasons why the Jamboree has decided to not sell bottled water in the stores. Bottled water is not environmentally friendly as it is transported long distances and many plastic bottles are needed.

Food

In this cook book there are many recipes to choose from. There are recipes that are more “Climate Smart” than others (marked with pink colour); sometimes these are the same as the vegetarian dishes.

Vegetarian food

Livestock represents 18% of the pollution that influences the climate.

The production of one kilo of meat yields several times the emission of greenhouse gases than the production of one kilo of vegetables Therefore; we encourage you to try the vegetarian recipes. Not only is it environmentally friendly, it is really tasty too!

Ecologic food

Is organic food good from a climate point of view? It is not entirely proven. However, the organic food has other very important environmental benefits, like protecting the environment from chemical pesticides, something that also protects the people who harvest fruits and vegetables.

Seasonal food

If you want to be extra eco-friendly, it is important to eat within the season. This helps avoid food grown in heated greenhouses, which is very costly to the environment.

Locally produced food

Transporting food great distances is never a good thing, neither for the food nor for the environment. Therefore, it may be useful to consider the origin of the food you eat. Was it produced at a farm nearby? Or was it shipped half way around the globe before it ended up on your plate?

Garbage handling

At the World Scout Jamboree we recycle the garbage in order to minimize the effects on the environment. By sorting the garbage, we can utilize the trash and give it new life. It is important to clean the containers before they are recycled in the right receptacle. In every village, there are receptacles for the containers we use for recycling. When these are full, they are taken to the recycling centre that is staffed most of the day.

Village recycling instructions

Food waste

Food waste include food scraps, potato peels, meat and fish waste, eggshells, kitchen towels and napkins. Food waste should be placed in the specific bag for compost, which is inserted into the appropriate container. The container is then taken to a recycling station where the bag is thrown into the appropriate container.

Food waste is putrefied into biogas that can be used as fuel for cars and busses.

Paper

Newspapers and stationery are sorted separately. Newspapers should not be recycled in the same container as paper packaging. No envelopes should be recycled with newspapers, they are sorted which residual waste. The recycled newspapers are used to make new magazines and newspapers.

Paper packaging

Pasta boxes, milk cartons, juice packages, flour bags, paper bags, toilet rolls and packages of corrugated cardboard are all examples of paper packaging. Recycled cardboard boxes can become new paper packages but also be used for the finish of plasterboards.

Plastic packaging

Bottles, cans, small buckets, bottles, corks or caps as well as plastic bags and carrier bags are all examples of plastic packaging. Recycled plastic packaging can be used for production of pallet blocks and planks of recycled plastic.

Metal

Metal containers are for example cans, tea-lights, tubes and other containers made of steel or aluminium. Melted steel gets turned into new steel products and melted aluminium is used to make new aluminium products.

Glass packaging

At the Jamboree, only clear glass containers will be used. Clear glass bottles and jars for jams and juices should be recycled in the right containers.

Coloured glass bottles should be handed over to the officials at the recycling station for proper handling.

The glass is sorted, cleaned and crushed before being melted down for use as new raw material. The new glass is used for new glass packages and for the manufacture of glass-wool.

Camp in Camp

Suggestions for a 24 hour outing

You will be out for about 24 hours and need to bring food for one breakfast, two lunches and one dinner. We suggest that you bring food that does not require cold storage. You can choose freely from the shop what you wish bring to the patrol you visit. They will have cooking equipment for you to use there. Exception: Kosher.

Your first lunch will be prepared as soon as you reach the Camp in Camp and later that evening, you cook dinner. At breakfast time the morning after, it is a good idea to prepare hearty sandwiches to eat before the bus picks you up to go back to your own camp site.

Breakfast suggestion

Sandwiches, boiled eggs, juice and coffee/tea.

Lunch suggestions (two meals)

- Vegetable soup
- Tomato soup with lentils
- Bean mix for sandwiches
- Tuna salad for sandwiches
- Rice salad with canned meat (ham, turkey or tuna)
- Pasta salad with canned meat (ham, turkey or tuna)

Dinner suggestions

- Soya Bolognaise, 26 July
- Noodle soup with chick-peas, 27 July
- Root vegetable stew, 28 July
- All-in-one bean stew, 29 July
- Cold Turkey with Warm Potato Salad, 2 August
- Chili sin carne, 3 August
- Tomato and bulgur mix, 5 August

Breakfast

Sandwiches

Sandwich spread/meats

Vegetables

Jam, jelly and marmalade

Drinks

Cereals

Hot dishes

Oat meal / Porridge

Hot Chocolate / Cocoa

Sandwiches

White bread
Whole grain bread
Crisp bread

Dairy-free

Gluten-free: Gluten-free bread, buns or crisp bread.

Sandwich spread/meats

Margarine/sandwich butter
Cheese
Smoked ham
Smoked turkey breast
Salami
Bologna
Canned mackerel in tomato sauce
Canned tuna fish
Caviar paste
Peanut butter
Nutella

Dairy-free: Use dairy-free margarine and/or Tofuline Creamy Spread cheese alternative. Avoid Nutella.

Gluten-free

Vegetables

Cucumber
Tomatoes
Bell peppers
Lettuce

Jam, jelly and marmalade

Orange marmalade
Apple sauce
Lingonberry sauce
Strawberry jam

Drinks

Milk
Yoghurt
Chocolate drink (cocoa)
Orange juice
Coffee
Tea
Lemonade

Cereals

Corn flakes
Oat puffs
Serve with milk or yoghurt.

Dairy-free: Use oat drink or soya drink with the cereal

Gluten-free: Use gluten-free cereal alternatives.

English Breakfast

Hard boiled eggs (put in cold water and boil for 8 minutes)

Soft boiled eggs (put in cold water and boil for 5 minutes)

Baked beans in tomato sauce

Bacon

Scrambled Eggs

Ingredients

1-2 eggs / person

1-2 tbsp butter or oil

1 tbsp milk

A pinch salt

Instructions

- Wash your hands
- Break eggs into bowl
- Pour in milk and salt.
- Whisk the eggs gently, just so they are just mixed together.
- Heat butter or oil in frying pan over medium heat.
- Pour in egg mixture and stir constantly but gently about 3 minutes until the eggs have set.
- Serve hot on bread, or with bacon or baked beans

Omelette

Ingredients

1-2 eggs / person

1-2 tbsp butter or oil

Salt, pepper

4 slices cheese

Dairy-free

Water

Oil

Instructions

- Wash your hands
- Break eggs into bowl and add a pinch of salt and pepper.
- Whisk the eggs gently, just so they are just mixed together.
- Heat butter or oil in frying pan over medium heat.
- Pour in egg mixture and tip frying pan gently from side to side so all the mixture spreads out on bottom of pan.
- When omelette is nearly set, add cheese slices on top and let melt a few seconds, and then slide half of omelette onto plate, and fold /flip over the other half, so the melted cheese is in the middle.

Dairy-free: Use water instead of milk in the omelette. Use oil instead of butter. Do not use cheese.

Gluten-free

Oat meal/ Porridge

10 servings

Ingredients

1 litre oat meal / porridge oats

2 litres water

½ tsp salt

Milk

Jam

Dairy-free

Oat drink or soya drink

Gluten-free

Semper Ren Havre

Instructions:

- Wash your hands.
- Mix the oatmeal /oats, water and salt in cold water
- Stir continuously and let boil for 2-3 minutes.
- Serve with milk and jam.

Dairy-free: Use oat drink or soya drink instead of milk.

Gluten-free: Use Semper Ren Havre instead of regular oats.

Hot Chocolate / Cocoa

10 servings

1 dl cocoa powder

2 dl sugar

2 litre milk

Dairy-free

Oat drink or soya drink

Instructions:

- Wash your hands
- Whisk cocoa, sugar and a small splash of milk until smooth in pot.
- Pour in the rest of the milk, whisk to mix.
- Gently heat the pot and stir continuously.
- Do not leave the pot, the milk boils over easily.

Dairy-free: Use oat drink or soya drink instead of milk.

Gluten-free

Lunch

Rice salad

Feta cheese salad

Pasta salad

Tuna salad

Mackerel salad for sandwiches

Chicken salad for sandwiches

Bean salad for sandwiches

Hot dog in a bun

Hamburgers

Potato soup with lentils

Vegetable soup

Tomato soup with lentils

Tuna sauce

Rice salad

10 servings

Ingredients

5 dl rice
1 litre water
1 cucumber
2 cans sweet corn
1 can pineapple
1 head iceberg lettuce
Salt

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Boil the rice with 1liter water and a pinch of salt.
- Rinse and cut the cucumber into small cubes.
- Rinse and shred the lettuce.
- Drain the liquid from the canned sweet corn and pineapple.
- Cut the pineapple into pieces.
- Mix all the ingredients in a bowl.

Dairy-free

Gluten-free: Serve with gluten-free bread

Tips!

Serve with a cold sauce and bread.
Serve with chicken, ham or sausage.

If the salad is going to be served later on, take extra precautions to keep the salad cold. Add the meat just before serving.

Suitable for Camp in camp.
Easy additions: Eggs, canned tuna fish or picnic ham.

Feta cheese salad

10 servings

Ingredients

500 g couscous or quinoa
3 red onions
5 tomatoes
1 carton feta cheese
3 bell peppers
2 dl raisins or olives
½ head of iceberg lettuce

Dairy-free

Tofu

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Cook couscous or quinoa according to instructions at end of cook book.
- Peel and chop the onion into small pieces.
- Rinse and cut the tomatoes into pieces.
- Rinse the peppers and remove the seeds. Cut into pieces.
- Rinse and shred the iceberg lettuce.
- Mix the ingredients in a bowl.

Dairy-free: Use tofu instead of feta cheese

Gluten-free: Use rice/quinoa instead of couscous. Serve with gluten-free bread.

Tips!

Suitable with chicken, ham or sausage

Serve with a cold sauce and bread.

If the salad is going to be served later on, take extra precautions to keep the salad cold. Add the meat just before serving.

Pasta salad

10 servings

Ingredients

1 kilo pasta
1 bag frozen green peas
1 bag frozen broccoli
2 cucumbers
1 can sweet corn

Gluten-free

Gluten-free pasta/bread

Instructions:

- Wash your hands.
- Boil the pasta according to instructions at end of cook book.
- Chill the pasta in a strainer by rinsing with cold water.
- Rinse and cut the cucumber into small cubes.
- Thaw green peas and broccoli in boiling water if the salad is going to be served at once. If it is going to be served later on, mix in the vegetables frozen.
- Add the rest of the ingredients.

Dairy-free

Gluten-free: Use gluten-free pasta. Serve with gluten-free bread.

Tips!

Serve with a cold sauce and bread.

Serve with chicken, ham or sausage.

If the salad is going to be served later on, take extra precautions to keep the salad cold. Add the meat just before serving.

Suitable for Camp in camp.

Tuna salad

10 servings

Ingredients:

300 g pasta
2 cans of tuna
1 can of crème fraiche (sour cream)
1 red onion
3 eggs, hard boiled
½ dl capers
1 lemon
1 box of chopped dill
1 tsp salt
½ tsp black pepper
Tomatoes
Cucumber

Dairy-free

Tofutti Sour Supreme

Gluten-free

Gluten-free pasta/bread

Instructions:

- Wash your hands.
- Cook the pasta according to instructions at end of cook book.
- Peel and finely chop the onion.
- Rinse and grate the lemon peel on the fine zest side of your grater, being careful not to grate the white pith – it tastes bitter, and cut it in halves. The yellow part of the peel is called zest.
- Drain the water from the tuna and mix with crème fraiche, dill, red onion, capers, lemon zest, lemon juice and salt.
- Drain the pasta and mix it with the tuna mix.
- Serve with hard boiled eggs, tomatoes and cucumber.
- Season with black pepper and dill.

Dairy-free: Use Tofutti Sour Supreme instead of crème fraiche.

Gluten-free: Use gluten-free pasta and Gluten -free bread.

Tips!

The leftovers can be used for outings as it is tasty cold too.
Skip the pasta to make a tasty sandwich spread!

Mackerel salad for sandwiches

10 servings

Ingredients

3 cans of mackerel in tomato sauce
1 can of crème fraîche (sour cream)
1 red onion
3 apples
Salt and pepper
Vegetables: Lettuce, tomatoes, cucumber, bell peppers.

Dairy-free

Tofutti Sour Supreme

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Peel and chop the onion and apples into small pieces.
- Mix all the ingredients in a bowl and season with salt and pepper.
- Spoon the salad onto some bread and add the vegetables on the side.

Dairy-free: Use Tofutti Sour Supreme instead of crème fraîche.

Gluten-free: Use gluten-free bread.

Chicken salad for sandwiches

10 servings

Ingredients

5 chicken breast (pre cooked)

1 red onion

1 can of pineapple

2 dl crème fraîche (sour cream)

1 dl mayonnaise

Salt and pepper

Bread

Vegetables: Lettuce, tomatoes, cucumbers, bell peppers

Dairy-free

Tofutti Sour Supreme

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Peel and finely chop the onion.
- Cut the chicken into pieces
- Drain the pineapple and cut into pieces
- Mix the ingredients and season with salt and pepper to taste.
- Spoon onto bread with lettuce, tomato slices and cucumber slices.

Dairy-free: Use Tofutti Sour Supreme instead of crème fraîche

Gluten-free: Use gluten-free bread

Bean salad for sandwiches

10 servings

Ingredients

1 red onion
2 red chili peppers
4 avocados
8 tomatoes
1 can of kidney beans
1 lemon
3 tbs oil
Salt
Black pepper
Vegetables: Lettuce, tomatoes, cucumber, bell peppers.

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Peel the onion and chop it into small pieces.
- Split the chili pepper and remove the seeds. Chop into small pieces. Wash your hands after handling the chili and do not rub your eyes!
- Cut the avocado in halves and remove the stone. Chop in medium pieces.
- Wash and cut the tomatoes into pieces.
- Rinse the kidney beans.
- Cut the lemon in halves and squeeze the juice into the bowl.
- Mix all the vegetables, add oil and season with salt and pepper.
- Spoon the salad onto a slice of bread and add lettuce, ham or salami

Dairy-free

Gluten-free: Use gluten-free bread.

Tips!

Suitable for Camp in camp.

Hot dog in a bun

10 servings

Ingredients

20 hot dogs
20 hot dog buns
Ketchup
Mustard

Gluten-free

Gluten-free buns

Instructions:

- Wash your hands.
- Fry the hot dogs in oil in a medium hot frying pan.
- Put the hot dogs in buns and serve with ketchup and mustard.

Dairy-free

Gluten-free: Use gluten-free buns

Tips!

Suitable as a light lunch or hearty snack.

The hot dogs can be varied with chorizo, chicken sausages or lamb sausages.

Hamburgers

10 servings

Ingredients

20 hamburgers
20 hamburger buns
½ head of iceberg lettuce
3 tomatoes
1 onion
Hamburger dressing
Ketchup
Mustard

Gluten-free

Gluten-free buns

Instructions:

- Wash your hands.
- Fry the hamburgers in oil in a medium hot frying pan.
- Rinse and shred the iceberg lettuce.
- Rinse and slice the tomatoes.
- Peel and slice the onion. Serve raw or fry in medium hot frying pan.
- On the bottom half of the bun, add the meat, dressing, lettuce, onion rings and tomato slices, dressing, ketchup and mustard and cover with the other half of the bun.

Dairy-free

Gluten-free: Use gluten-free hamburger buns.

Potato soup with lentils

10 servings

Ingredients

10 potatoes
1 leek
4 tbsp (6 cl.) cooking oil
2 ½ litre of water
4 vegetable broth cubes
4 dl red lentils
Salt and pepper
3 pots of crème fraiche (sour cream)

Dairy-free

Tofutti Sour Supreme

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Rinse the leek and cut into slices.
- Peel the potatoes and cut into cubes 2x2 cm.
- Rinse lentils and check for small stones/gravel.
- Pour oil into a frying pan and fry the leek gently on low heat until soft.
- Add water, stock cubes, and potatoes and bring to boil.
- Add the lentils and boil for 10 minutes until the ingredients are soft.
- Add crème fraiche and season to taste.
- Whisk for a smoother soup.

Tips!

Serve with bread

Dairy-free: Use Tofutti Sour Supreme instead of crème fraiche.

Gluten-free: Use gluten-free bread.

Vegetable soup

10 servings

Ingredients

1 leek
8 carrots
4 parsnips
1 head celery
10 potatoes
2 vegetable stock cubes
2 litre water
Salt and pepper

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Rinse the leek and cut into slices.
- Peel the potatoes, carrots and parsnips and cut into cubes. 2x2 cm.
- Rinse and slice the celery.
- Pour oil in frying pan and fry the leek gently until soft.
- Add water, stock cubes and potatoes and bring to boil.
- Boil for 15 minutes until the ingredients are soft.
- Season with salt and pepper to taste.

Dairy-free

Gluten-free: Use gluten-free bread

Tips!

Serve with bread

Suitable for Camp in camp.

Tomato soup with lentils

10 servings

Ingredients

2 cans crushed tomatoes
2 onions
2 cloves of garlic
2 bay leaves
2 stock cubes
4 tbsp tomato paste
4 dl red lentils
2 tbsp paprika powder
1 tsp sugar
1 tsp vinegar
Salt and pepper
Thyme

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Peel and chop the onions.
- Peel and finely chop the garlic.
- Rinse lentils and check for small stones/gravel.
- Pour oil in frying pan and fry the onions, garlic and tomato paste over medium heat.
- Add water, stock cubes, bay leaves, paprika powder and the tomatoes and bring to boil.
- Add the lentils and cook for 10 minutes until the ingredients are soft.
- Add vinegar, sugar, salt, pepper and thyme to taste.

Dairy-free

Gluten-free: Use gluten-free bread

Tips!

Serve with bread

Suitable for Camp in camp.

Tuna sauce

10 servings

Ingredients

4 cans of tuna
1 litre water
2 tbsp soy sauce
2 stock cubes
1 dl sugar
1 ¼ dl corn starch (Maizena)
3 bell peppers
1 can pineapple rings
2 cans mushrooms
Sweet chili sauce
Salt and pepper

Gluten-free

Rice or gluten-free pasta

Instructions:

- Wash your hands.
- Rinse the peppers and remove the seeds. Cut into pieces.
- Mix soya, water, stock cubes, sugar, corn starch and chopped peppers and boil at least 1 minute.
- Add mushrooms, pineapple and tuna.
- Add Sweet chili sauce.
- Season with salt and pepper.

Serve with rice or pasta and a salad.

Dairy-free

Gluten-free: Serve with gluten-free pasta or rice.

Tips!

Serve with rice or pasta

Suitable for Camp in camp.

Cooking instructions

Egg noodles

Pasta

Rice

Couscous

Potatoes

Oats

Quinoa

Bulgur

Egg noodles

10 servings

Ingredients

1 kg noodles
A pot filled with water
1 tsp salt
(Oil/butter)

Instructions:

- Wash your hands.
- Boil water with salt.
- Add the noodles and boil for the time recommended on the package.
- Drain the noodles in a strainer.
- Return noodles to the pan and add a little oil or butter.

Pasta

10 servings

Ingredients

1 kg pasta
A pot filled with water
Salt
(oil / butter)

Instructions:

- Wash your hands.
- Boil water with salt.
- Add the pasta and boil for the time recommended on the package.
- Drain the pasta in a strainer.
- Return pasta to the pot and add a little oil or butter.

Rice

10 servings

Ingredients

8 dl rice

15 dl water

1½ tsp salt

Instructions:

- Wash your hands.
- Measure the rice and rinse with cold water through a strainer.
- Add new cold water to the pot and add salt.
- Heat to a boil and stir.
- Put the lid on and cook on low heat for 20 minutes without stirring the rice while it is cooking.
- Move the pot from the burner and set the pot aside with the lid on for 5 minutes.
- Gently stir before serving

Couscous

10 servings

Ingredients

9 dl couscous

7½ dl water

1½ Tsp salt

1 tbsp oil

Instructions:

- Wash your hands.
- Boil water with salt and oil.
- Move the pot from the burner and add the couscous.
- Put the lid on and leave for 5 minutes
- Gently stir before serving.

Potatoes

10 servings

Ingredients

2 kg potatoes

Water

1½ tsp salt

Instructions:

- Wash your hands.
- Brush the potatoes thoroughly or peel them and rinse.
- If potatoes are different sizes, cut them in pieces, so they are more or less the same size.
- Put the potatoes in a pot and fill up with water until they are barely covered, add salt.
- Heat to a boil with the lid on.
- Reduce the heat to medium and let the potatoes cook under lid until soft, approx 20 minutes.
- Drain the water and serve.

Oats

10 servings

Ingredients

1 packet oats

12 dl water

1 tsp salt

Instructions:

- Wash your hands.
- Rinse the oats in a strainer.
- Add oats, water and salt to a pot.
- Heat to a boil and cook on low heat with the lid off for 12 minutes or until soft.
- Gently stir before serving.

Quinoa

10 servings

Ingredients

1 packet quinoa
1 litre water
1 tsp salt

Instructions

Wash your hands.

- Rinse the quinoa in a strainer.
- Boil water with salt.
- Add the quinoa.
- Cook on low heat under lid for 15 minutes or until soft.
- Gently stir before serving

Bulgur

10 servings

Ingredients

14 dl water

7 dl bulgur

2 tsp salt

Instructions:

- Wash your hands.
- Boil water with salt.
- Add bulgur
- Cook under lid on low heat for approx 10 minutes until the water is absorbed.
- Gently stir before serving

Dinner

Rice and Curry Stir-fry
All-in-one-pot Minced Beef Soup
Soya Bolognaise
Chicken and Noodle Soup
Chicken Stew
Noodle Soup with Chick-peas
Fried chicken with gravy
Sausage Stroganoff Stew
Fried Sausage
Root Vegetable Stew
Sausage Stew
All-in-one-pot Beef Stew
Beef Stew
All-in-one Bean Stew
Salmon fillets
Salmon Stew
Aubergine/Eggplant Slices
Swedish Meatballs
Falafel
Fish in Egg Sauce
Fish Curry
Fish Stew

Veggie Burgers
Cold Turkey with Warm Potato Salad
Asian Turkey Stew
Pasta with Turkey Sauce
Vegetarian Curry with Pasta
Tomato Sauce with Minced Beef
Chili con carne
Minced Beef Wok
Chili sin carne
Chicken with Orange and Chili
Chicken with Tomato and Bulgur
Chicken with vegetables
Tomato and Bulgur
Spicy Sausage Stew
Sausage and Couscous salad
Sausage and Root Vegetable Stew with Apple
Chick-pea and Cauliflower Stew
Noodle Wok
Wok with Coconut Milk

Rice and Curry Stir-fry

10 servings

Ingredients

6 dl rice
1.2 litres water for the rice
1 tsp salt
1 kg minced beef
4 onions
Oil
½ cabbage
4 tsp curry powder
4 tsp paprika powder
2 tsp salt
Approx 2 tbsp soya
3 cloves garlic
3 dl water
1 can pineapple rings

Instructions

- Wash your hands
- Boil the rice with 1.2 litres water and the salt.
- Peel and chop onion
- Shred and rinse cabbage and fry in large pot with a little oil.
- Add onion and continue frying
- Add minced beef and fry over low heat with curry, paprika, soya and chopped garlic.
- Cut pineapple into small pieces.
- Add water, cover with a lid and cook over medium heat for about 15 minutes.
- Taste and season with salt and pepper.
- Mix in cooked rice and decorate with the pineapple just before serving.

Tips!

Serve with salad

Dairy-free

Gluten-free: Avoid soya sauce if you are very sensitive to grains

All-in-one-pot Minced Beef Soup

10 servings

Ingredients

1 kg minced beef
4 onions
5 carrots
5 parsnips
10 potatoes
2 ½ litres water
5 beef stock cubes
Salt, pepper
75 ml tomato paste
1 packet frozen chopped parsley

Gluten-free

Gluten-free bread

Instructions

- Wash your hands.
- Boil water in large pot and add stock cubes.
- Rinse and peel onion, carrots, parsnips and potatoes.
- Slice the onion and add to pot.
- Grate carrots, parsnips and potatoes on largest grater.
- Add vegetables to soup and cook on low heat for approx 10 minutes.
- Add minced beef and cook for a couple of minutes.
- Taste and season with salt, pepper and tomato paste.
- Just before serving sprinkle parsley over soup.

Tips!

Serve with bread.

For a vegetarian dish use minced or diced soya or beans instead of meat.

Dairy-free

Gluten-free: Use gluten-free bread.

Soya Bolognaise

10 servings

Ingredients

600 g minced soya
3 onions
Oil
1 tbsp maize/corn starch (Maizena)
6 dl water
2 cans crushed tomatoes
3 tbsp tomato paste
4 carrots

Instructions

- Wash your hands.
- Cook soya mince in water for 10 minutes.
- Pour soya mince into strainer and rinse with cold water.
- Peel and finely chop onions.
- Fry soya mince and onions in oil in large pot or frying pan over medium heat.
- Whisk together 2 tsp corn/maize starch (Maizena) in 1dl cold water and pour into boiling stew while stirring constantly
- Peel and grate the carrots on largest grater.
- Add tomatoes, tomato paste, and grated carrots.
- Taste and season with salt and seasoning and continue cooking over low heat for at least 10 minutes.

Tips!

Serve with pasta or rice and a salad.

Dairy-free

Gluten-free

Can be made for Camp-in-camp.

Climate smart alternative.

Chicken and Noodle Soup

10 servings

Ingredients

5 chicken fillets
4 cloves garlic
1 leek
2 red chilies
1 litre water
2 cans coconut milk
2 cans beans
2 red bell peppers
2 packets egg noodles
2 chicken stock cubes
1 tbsp oil
1 lemon
Salt, pepper

Gluten-free

Gluten-free pasta
Gluten-free bread

Instructions

- Wash your hands.
- Rinse leek and slice.
- Peel garlic and chop finely.
- Divide chili, remove seeds and chop finely.
- Wash your hands after handling the chili and do not rub your eyes!
- Pour oil into large pot and gently fry leeks, chili and garlic until soft.
- Slice chicken and bell peppers and add to pot.
- Add water, coconut milk, stock cubes and let cook for approx 10 minutes.
- Crush noodles slightly and add to soup. Cook for another 3 minutes.
- Cut the lemon in halves, squeeze the juice for flavour.
- Taste and season with salt and pepper.

Tips!

Serve with bread. Make vegetarian by exchanging chicken for a can of chick-peas and using vegetable stock instead of chicken stock.

Can also be made as a lunch alternative.

Dairy-free

Gluten-free: Use gluten-free noodles or gluten-free pasta. Serve with gluten-free bread.

Chicken Stew

10 servings

Ingredients

5 chicken fillets
4 carrots
3 onions
½ cabbage
2 cans crushed tomatoes
Curry powder
Chili powder
1 courgette/zucchini
2 stock cubes
Salt, pepper
Sweet chili sauce
Water

Instructions

- Wash your hands
- Peel onion and carrots and chop finely.
- Rinse and shred cabbage and dice courgette/zucchini.
- Slice chicken.
- Fry vegetables, curry and chicken in oil in large pot.
- Add water, stock and crushed tomatoes and cook over low heat.
- Add courgette/zucchini and warm.
- Taste and season with salt, pepper and sweet chili sauce.

Tips!

Dairy-free

Gluten-free

Serve with vegetables and potatoes or rice.

Climate smart alternative.

Noodle Soup with Chick-peas

10 servings

Ingredients

1 can chick-peas
4 cloves garlic
1 leek
2 red chilies
1 litre water
2 cans coconut milk
2 cans beans
2 red bell peppers
2 packets egg noodles
2 vegetable stock cubes
2 tbsp oil
1 lemon
Salt, pepper

Gluten-free

Gluten-free pasta
Gluten-free bread

Instructions

- Wash your hands.
- Rinse leek and slice.
- Peel garlic and chop finely.
- Divide chili, remove seeds and chop finely.
- Wash your hands after handling the chili and do not rub your eyes!
- Pour oil into large pot and fry leek, chili and garlic over low heat until soft.
- Rinse, divide, remove seeds and slice bell peppers, add to pot.
- Pour liquid off chick-peas and beans, rinse and add to pot.
- Add water, coconut milk, stock cubes, and cook for approx 10 minutes.
- Crush noodles slightly and add them to the soup. Cook for another 3 minutes.
- Cut the lemon in halves; squeeze the juice into a cup.
- Taste and season with lemon juice and seasoning.

Tips!

Serve with bread.
Can also be made as a lunch alternative.

Dairy-free

Gluten-free: Use gluten-free noodles or gluten-free pasta and serve with gluten-free bread.

Fried chicken with gravy

10 servings

Ingredients

10 chicken fillets

2 cans of mushrooms

Gravy:

½ dl oil

½ dl flour

5 dl milk

1 stock cube

5 dl double cream

Soya

Salt, pepper

Dairy-free

Oatly iMat

Gluten-free

Corn/maize starch (Maizena)

Instructions:

- Wash your hands.
- Fry chicken fillets in frying pan together with mushrooms.
- Warm oil in large pot, remove from heat and stir in flour and stock cube. Place pot on cooker again.
- Pour milk and cream into pot and whisk over low heat until it boils.
- Taste and season with soya, salt and pepper.
- Add chicken and mushrooms to gravy and simmer until hot.

Tips!

Serve with potatoes or rice.

Dairy-free: Replace milk and cooking cream with Oatly iMat. Pour iMat in frying pan, add salt and seasoning. Cook for 5-7 minutes.

Gluten-free: Replace flour with corn/maize starch (Maizena) mixed with a little water and pour into boiling gravy. Stir until gravy has thickened.

Sausage Stroganoff Stew

10 servings

Ingredients

1.6 kg sausage (falukorv)
4 onions
2 tbsp oil
75 ml tomato paste
4 dl water
4 dl crème fraîche (sour cream)
Salt, pepper
Corn/maize starch (Maizena)
2 tsp paprika powder

Dairy-free

Oatly iMat

Gluten-free

Potatoes or gluten-free pasta

Instructions:

- Wash your hands.
- Take skin off sausage and slice.
- Peel and dice onion.
- Fry sausage and onion over low heat in oil in large pot.
- Add water, paprika powder, tomato paste and crème fraîche.
- Cook for a few minutes.
- If you want a thicker sauce; whisk together 2 tsp corn/maize starch (Maizena) in 1 dl cold water and pour into boiling stew while stirring constantly.
- Taste and season with salt, pepper and seasoning.

Tips!

Serve with pasta, or oats and vegetables.

Dairy-free: Pour Oatly iMat in frying pan, add salt and seasoning.

Cook for 5-7 minutes.

Gluten-free: serve with gluten-free pasta or potatoes.

Fried Sausage

10 servings

Ingredients

1.6 kg sausage (falukorv)

Oil

White sauce

1 litre milk

75 ml flour

75 ml margarine

1 tsp salt

Pepper

Dairy-free

Soya milk

Gluten-free

Potatoes or gluten-free pasta

Corn/maize starch (Maizena)

Instructions:

- Wash your hands.
- Take skin off sausage (falukorv), slice and fry in oil in frying pan until slightly browned.
- Keep warm in a covered pot or dish while cooking rest of meal.

White sauce

Mix margarine and flour to a paste.

- Pour milk in large pot and heat to boiling point.

Add paste and whisk sauce. Continue boiling on low heat, being careful so milk does not boil over or sauce burns.

- Boil gently over low heat for approx 5 minutes.
- Taste and season with salt and pepper.

Tips!

Serve with macaroni or potatoes and salad.

Dairy-free: Use soya milk instead of milk

Gluten-free: Use gluten-free noodles or gluten-free pasta.

Gluten-free sauce: Use corn/maize starch (Maizena) mixed with a little water instead of flour.

Root Vegetable Stew

10 servings

Ingredients

4 onions
1 leek
4 cloves garlic
8 carrots, approx. 1 kg
4 parsnips, approx. 500g
1 bunch celery
2 litres water
4 dl red lentils
2 stock cubes, chicken or vegetable.

Instructions:

- Wash your hands
- Rinse leek and slice
- Rinse and peel carrots, parsnip and celery and dice 2x2 cm.
 - Peel and chop onion
 - Rinse lentils and check for small stones/gravel.
 - Pour oil into large pot and fry leek and onion over low heat until soft
 - Chop garlic and add to leek and onions, frying over low heat.
 - Add water, stock cubes and root vegetables and simmer gently
 - Add lentils and simmer approx 15 minutes until Ingredients are soft.
 - Taste and season with salt, pepper and thyme. Add a dash of vinegar if you want a tarter flavour

Tips!

Dairy-free

Gluten-free

Can be made for Camp-in-camp.

Serve with vegetables, potatoes or rice

Climate smart alternative.

Sausage Stew

10 servings

Ingredients

1.6 kg sausage (falukorv)
1 litre water
2 stock cubes
Approx ½ dl mustard
1 kg potatoes
3 onions
3 carrots
2 cans sweet corn

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands
 - Boil water in large pot with stock and mustard.
 - Rinse, peel and slice potatoes, onion and carrots
 - Add to pot and boil soft
- Pour liquid off sweet corn and add to pot.
- Take skin off sausage, slice and add.
- Cook for a few minutes.
- Taste and season with salt and pepper

Tips!

Dairy-free

Gluten-free: Use gluten-free bread

Serve with bread and salad

All-in-one-pot Beef Stew

10 servings

Ingredients

1 kg diced beef
8 dl water
2 meat stock cubes
4 bay leaves
Approx ½ dl balsamic vinegar
2 kg potatoes
2 parsnips
1 leek
1 packet frozen broccoli
2 tsp corn/maize starch (Maizena)
1 tsp salt
Pinch of pepper

Instructions:

- Wash your hands.
- Boil water in large pot add stock, bay leaves and balsamic vinegar
- Add beef, cover with lid and cook over low heat for 10 minutes
Scrape off froth floating on top of stock and throw away.
- Rinse, peel and dice potatoes and parsnip. Add and cook 10 minutes
- Rinse and slice leek.
Add leeks and broccoli to pot. Cook another 3-4 minutes.
- Mix corn/maize starch (Maizena) in 100 ml water and pour into pot while stirring.
- Bring to boil.
- Taste and season with salt, pepper and seasoning.

Tips!

Serve with salad.

Dairy-free

Gluten-free

Beef Stew

10 servings

Ingredients

1 kg diced beef
2 onions
2 cloves garlic
2 tbsp oil
3 cans mushrooms
1 tsp salt
2 cans coconut milk
1 bell pepper
1 courgette/zucchini
1 cauliflower
Soya
2 carrots
1 lemon
60 ml tomato paste
1 tsp ground ginger
Curry powder

Gluten-free

Potatoes or gluten-free pasta

Instructions:

- Wash your hands.
 - Peel and slice onion
- Peel and finely chop garlic.
- Rinse bell pepper, divide and take out seeds.
- Rinse cauliflower and divide into small florets.
- Pour liquid off mushrooms.
- Dice bell pepper and courgette/zucchini
- Rinse and peel carrots and slice in match stick size slivers.
- Brown beef in hot oil in frying pan.
 - Add onion, garlic and tomato paste, ginger, curry and salt.
 - Fry over low heat 1 min.
 - Pour on coconut milk
 - Add bell pepper, cauliflower, courgette/zucchini, carrots and mushrooms and cook for 2-3 minutes
 - Cut the lemon in halves; squeeze the juice into a cup.
 - Taste and season with lemon juice, soya and seasoning.

Tips!

Serve stew with rice, noodles or couscous and vegetables.

Dairy-free

Gluten-free: Do not use couscous or egg-noodles; serve with gluten-free pasta or potatoes.

All-in-one Bean Stew

10 servings

Ingredients

2 cans of kidney beans
3 dl lentils
8 dl water
2 vegetable stock cubes
4 bay leaves
60 ml balsamic vinegar
2 kg potatoes
2 parsnips
1 leek
1 packet frozen broccoli
2 tsp corn/maize starch (Maizena)
1 tsp salt
Pinch of pepper

Instructions:

- Wash your hands.
 - Boil water in large pot and add stock cube, bay leaves and balsamic vinegar
 - Rinse beans and add to pot.
- Rinse lentils and check for small stones/gravel.
Cover and cook over low heat for 10 minutes
- Rinse, peel and dice potatoes and parsnip.
Add to pot and cook 10 more minutes.
 - Rinse and slice leek.
 - Add leek and broccoli to pot.
 - Cook 3-4 minutes.
 - Mix corn/maize starch (Maizena) in 100 ml water and
Add to pot
 - Cook over medium heat.
- Taste and season with salt and pepper

Tips!

Serve with salad

Dairy-free

Gluten-free

Suitable for Camp in camp.

Climate smart alternative

Salmon fillets

10 servings

Ingredients

10 salmon fillets

Oil

1 packet frozen broccoli

1 tsp salt

Pepper

Dairy-free

Tofutti Sour Supreme

Instructions:

- Wash your hands.
- Cook potatoes, rice or quinoa

Put a pot of water on, add salt and boil for broccoli

- Fry salmon fillets in oil on medium

If the heat is too high, the fish will burn before getting cooked through!

When salmon is light pink in the middle and falls apart easily, it is ready.

- Cover the salmon, put aside and keep warm.
- Add broccoli to boiling water and boil for 3-5 minutes.

Tips!

Serve with boiled potatoes or rice and a cold sauce or Tzatziki and lemon. Tomato salad goes well with salmon! Use recipes on “idea pages”

Dairy-free: Use Tofutti Sour Supreme as a base for Tzatziki.

Gluten-free

Salmon Stew

10 servings

Ingredients

10 salmon fillets

1 red onion

4 dl crème fraîche (sour cream)

1 fennel

60 ml tomato paste

Capers

Dairy-free

Tofutti Sour Supreme

Instructions:

- Wash your hands.
- Peel and chop onion.
- Rinse fennel and dice.
- Fry onion and fennel in oil in large pot over medium heat
- Pour in crème fraîche and tomato purée and cook.
- Cut fish in medium size pieces; add to pot together with capers. Cook over medium heat approx 10 minutes. When fish is light pink it is ready
- Taste and season with salt and pepper.

Tips!

Serve with rice or potatoes and vegetables, for example carrots or green peas. Tzatziki, lemon and tomato salad goes well with salmon!

Dairy-free: Replace crème fraîche with Tofutti Sour Supreme

Gluten-free

Aubergine/Eggplant Slices

10 servings

Ingredients

5 aubergines/eggplants
Oil
1 packet frozen broccoli
1 tsp salt

Dairy-free

Tofutti Sour Supreme

Instructions

- Wash your hands.
 - Cook potatoes, rice or quinoa or couscous
- Put a pan of water on, add salt and boil for broccoli
- Rinse and slice aubergines/eggplants. Put slices on a plate or tray, cover with some salt and place heavy lid or plate on top and leave for 10 minutes.
 - Wipe off excess salt and liquid and fry in frying pan with oil over low heat.
- If heat is too high they will burn before they are cooked through.
- Fry a few slices at a time and put aside under a cover to keep warm.
 - Add broccoli to boiling water and boil for 3-5 minutes until medium soft or soft.

Tips!

Serve with potatoes or rice and a cold sauce or Tzatziki and lemon. Tomato salad goes well with salmon!
Use recipes on “idea pages”

Dairy-free: Use Tofutti Sour Supreme as a base for Tzatziki.

Gluten-free

Climate smart alternative.

Swedish Meatballs

10 servings

Ingredients

1 ½ kg meatballs
Oil
3 onions
2 cans mushrooms
Gravy
1/2 dl oil
½ dl flour
5 dl milk
1 meat or vegetable stock cube
5 dl double cream

Dairy-free

Oatly iMat

Gluten-free

Potatoes or gluten-free pasta
Use corn/maize starch (Maizena)

Instructions:

- Wash your hands.
- Fry meatballs in oil a few at a time in frying pan, cover and keep warm until all meatballs are done.
- Peel and slice onion.
- Pour liquid off mushrooms.
- Heat oil in frying pan and fry onion and mushrooms over low heat.
- Heat oil over low heat in large pot, remove from heat and add flour and move pot back onto cooker. Stir.
- Pour milk and cream into pot and stir until boiling point.
Stir until thickened.
- Season with soya, salt and pepper.

Tips!

Serve with vegetables and pasta or potatoes.
Swedish meatballs are normally served with Lingonberry preserve.
Carrots, salad, cucumber and tomatoes are also nice with meatballs.

Dairy-free: Instead of milk and cream, use Oatly iMat for gravy, boil for 3-5 minutes.

Gluten-free: serve gluten-free pasta or potatoes.

Gluten-free gravy: Use corn/maize starch (Maizena) mixed with a little water instead of flour.

Falafel

10 servings

Ingredients

80 falafels

Oil

Dairy-free

Tofutti Sour Supreme

Gluten-free

Rice or quinoa

Instructions:

- Wash your hands.
- Fry falafel in oil in a frying pan over medium heat, a few at a time, cover and keep warm.

Tips!

Serve with vegetables and couscous or rice

Tzatziki, lettuce, cucumber, tomato are also nice with falafel

Dairy-free: Use Tofutti Sour Supreme as a base for Tzatziki.

Gluten-free: exchange couscous for rice or quinoa.

Climate smart alternative

Fish in Egg Sauce

10 servings

Ingredients

1 kg fish

5 eggs

Sauce

1 ½ dl corn/maize starch (Maizena)

7 dl water

2 fish stock cubes

3 dl double cream

750 g margarine

Salt and pepper

Dairy-free

Soya cream or Oatly iMat

Instructions:

- Wash your hands.
- Put eggs in cold water in pot over high heat. When water begins boiling, continue boiling for 8 minutes. Cool eggs off in cold water and put aside.
- Cut fish fillets in large cubes approx 5x5cm.
- Cook rice or potatoes.
- Whisk corn/maize starch (Maizena) with water in bowl.
Add stock, cream and melted margarine to pot
Add corn/maize starch (Maizena) mixture.
- Boil over low heat while stirring and let sauce cook a few minutes. The sauce should be quite thick, as the fish gives off extra liquid when added.
- Taste and season with salt and pepper
- Add fish to sauce. Cook gently for 10-15 minutes or until fish is cooked through.
Do not stir too much as the fish will otherwise fall apart!
- Peel and finely chop eggs and carefully add to fish and sauce.

Tips!

Serve with rice or potatoes and vegetables for example broccoli or green peas

Dairy-free: Exchange double cream for soya cream. Cook gently for 4-5 minutes. If Oatly iMat is used, boil rapidly for 3-5 minutes.

Gluten-free

Fish Curry

10 servings

Ingredients

1 kg fish
2 onions
4 cloves garlic
2 red bell peppers
2 tsp ground coriander
2 tsp ground cumin
1 tsp curry
2 cans crushed tomatoes
1 can coconut milk

Instructions:

- Wash your hands.
- Peel onion and garlic and chop finely.
- Rinse, divide bell peppers and remove seeds
 - Fry onion, garlic, bell pepper and spices in oil over low heat approx 2 minutes. Stir often.
- Add tomatoes and cook for approx 5 minutes
- Add coconut milk and cook again.
- Add fish cut in cubes and cook gently for approx 10 minutes or until fish is no longer opaque. Do not stir too much as the fish will otherwise fall apart!
- Taste and season with salt, pepper and other seasoning, if necessary.

Tips!

Serve with rice or potatoes.

Dairy-free

Gluten-free

Fish Stew

10 servings

Ingredients

1 kg fish

A pinch of thyme

1 lemon

Approx 15 potatoes

3 carrots

2 leeks

3 fish stock cubes

1 ½ litres water

4 tomatoes

Frozen chopped dill or parsley

Instructions:

- Wash your hands.
 - Cut fish in slices and cover with thyme, salt and pepper.
 - Pour lemon juice over fish and leave to one side for 10 minutes.
 - Rinse, peel and slice potatoes and carrots.
 - Rinse leek and slice.
 - Fry leek over low heat in oil just so it sweats and does not brown.
 - Add potatoes, carrots, stock cube and water in large pot and let cook until potatoes are half done.
 - Add fish cut in cubes and cook gently for approx 10 minutes or until fish is no longer opaque. Do not stir too much as the fish will otherwise fall apart!
 - Chop tomatoes and add to stew.
 - Taste and season with salt and pepper
- Sprinkle dill or parsley over stew before serving.

Tips!

Serve with a salad.

Dairy-free

Gluten-free

Climate smart alternative

Veggie Burgers

10 servings

Ingredients

1 kg potatoes
8 carrots
2 parsnips
1 leek
2 cloves garlic
8 eggs
2 dl corn/maize starch (Maizena)
Salt and pepper
Oil

Instructions:

- Wash your hands.
- Rinse and peel potatoes, carrots and parsnips.
- Grate on fine grater and squeeze out excess liquid.
- Mix with eggs, corn/maize starch (Maizena), salt and pepper.
- Peel garlic and grate/chop finely.
- Rinse and chop leek in thin slices.
- Add leek and garlic to mixture.
- Heat frying pan, medium heat

Add approx 1 tbsp oil

- Add large spoonfuls of mixture to frying pan, approx 1 dl / burger. Approx 4-5 burgers can be fried at the same time. Fry approx 3 minutes on each side over medium heat.
- Cover and keep warm until all burgers are ready.

Tips!

Serve with Bean mix (see recipe) and a salad

Dairy-free

Gluten-free

Cold Turkey with Warm Potato Salad

10 servings

Ingredients

3 cans of turkey

2 kg potatoes

5 red onions

1 vegetable stock cube

½ litre water

Approx 2 dl vinegar

Salt, pepper and sugar

2 ¼ dl oil

75 ml finely chopped herbs (chives or parsley)

Approx 50 ml mustard

Instructions:

- Wash your hands.
- Rinse and peel potatoes and boil in lightly salted water until soft. Pour off water and let cool slightly. Cut potatoes in thick slices
- Peel onion and finely chop.
- Boil water and add stock cube
- Mix vinegar, oil, mustard, sugar, salt, pepper and onion with stock.
- Put potato slices in large bowl, pour stock/herb mixture over potatoes and mix gently.
- Sprinkle herbs over potato salad just before serving.

Tips!

Serve with a salad and turkey slices.

Dairy-free

Gluten-free

Suitable for Camp in camp.

Asian Turkey Stew

10 servings

Ingredients

3 cans of turkey
3 onions
50 ml soya
4 cloves garlic
2 tsp curry
1 tsp ground ginger
3 tbsp apple cider vinegar
A pinch of pepper
2 tbsp oil
1 can pineapple rings
1 dl corn/maize starch (Maizena)
2 dl water
1 bulb fennel
4 carrots
1 leek
2 bell peppers
Chili powder, salt

Gluten-free

Rice or quinoa

Instructions:

- Wash your hands.
 - Cut turkey in slices or cubes
- Pour oil in large pot add turkey and fry over medium heat
- Peel and chop onion and garlic, add to pot with soya, garlic, curry, ground ginger, vinegar and pepper.
 - Stir and let simmer a few minutes.
- Pour pineapple juice in pot.
- Mix corn/maize starch (Maizena) with the water and pour into stew. Stir until sauce thickens slightly.
- Rinse fennel, cut in slices or cubes and add to pot.
- Rinse, peel and cut carrots in thin slices, add to stew.
- Rinse leek and slice, add to stew
- Rinse bell peppers, divide and remove seeds.
- Chop bell peppers and pineapple rings in 1 cm small pieces and add to stew.
- Simmer stew and taste. Season with chili powder, salt and pepper.

Tips!

Serve stew with rice or couscous and a salad

Dairy-free

Gluten-free: Do not use couscous, use rice or quinoa instead.

Pasta with Turkey Sauce

10 servings

Ingredients

1 can turkey
1 red onion
1 parsnip
1 apple
2 dl lentils
2 tbsp oil
8 dl water
2 vegetable stock cubes
2 dl crème fraîche (sour cream)
1 dl corn/maize starch (Maizena)
2 dl water
1 tsp chili
1 lemon
Salt and pepper
200 g cheese

Dairy-free

Tofutti Sour supreme or mayonnaise and oat cream

Tofu

Gluten-free

Gluten-free pasta

Instructions:

- Wash your hands.
- Cook pasta according to instructions at end of cook book.
- Peel and finely chop red onion.
- Rinse, peel and dice parsnip.
- Rinse, core and finely chop apple.
- Rinse lentils and check for small stones/gravel.
- Cut turkey in pieces.
- Fry turkey, onion, parsnip, apple and lentils in oil in large pot.
- Add water, stock cube and crème fraîche.
- Let sauce simmer on low heat and add corn/maize starch (Maizena) mixed with the water. Let simmer for approx 10 minutes.
- Cut the lemon in halves; squeeze the juice into a cup. Use approx. 1 tbsp for the dish.
- Save the lemon juice and add to water as drink with the dinner.
- Taste and season with chili, lemon juice, salt and pepper.
- Slice the cheese finely and add just before serving. Do not stir or stew will turn into a big lump!

Tips!

Serve with pasta and a nice vegetable salad, for example: cauliflower and broccoli in a vinaigrette sauce (see recipe).

Dairy-free: exchange crème fraîche for Tofutti Sour supreme or mix mayonnaise and oat cream. Exchange cheese for tofu.

Gluten-free: Use gluten-free pasta.

Climate smart alternative

Vegetarian Curry with Pasta

10 servings

Ingredients

2 cans of mushrooms
2 tbsp oil
2 dl lentils
1 ½ tbsp curry
2 carrots
8 dl water
2 vegetable stock cubes
2 dl crème fraîche (sour cream)
1 dl corn/maize starch (Maizena)
50 ml sweet chili sauce
1 packet frozen broccoli
1 packet frozen green peas
Salt and pepper

Dairy-free

Tofutti Sour supreme or Oatly iMat and mayonnaise

Gluten-free

Gluten-free pasta

Instructions:

- Wash your hands.
 - Cook pasta according to instructions at end of cook book.
 - Pour liquid off mushrooms
 - Fry mushrooms in oil in large pot together with curry.
 - Rinse and peel carrots and grate on the large grater.
- Rinse lentils and check for small stones/gravel.
- Add lentils, carrots, water, crème fraîche and stock cubes.
 - Let sauce cook for a few minutes.

Add corn/maize starch (Maizena) mixed with a small amount of water. Stir.

Simmer over low heat approx 10 minutes.

- Taste and season with sweet chili sauce, salt and pepper.

Add broccoli and 2 dl green peas and let simmer 2-5 min. until broccoli is soft or half-soft.

Serve the rest of peas in a salad together with the meal.

Tips!

Serve with pasta and vegetables.

Dairy-free: exchange Crème fraîche for Tofutti Sour supreme or Oatly iMat mixed with mayonnaise.

Gluten-free: use gluten-free pasta.

Tomato Sauce with Minced Beef

10 servings

Ingredients

1 kg minced beef
2 cans crushed tomatoes
3 onions
4 carrots
2 meat stock cubes
Water
Approx. 50 ml tomato paste
Salt, pepper
Paprika powder

Gluten-free

Gluten-free pasta

Instructions:

- Wash your hands.
 - Peel and chop onion.
- Fry onion and minced beef in oil in large pot over medium or low heat. Stir beef so it does not burn.
- Rinse, peel and grate carrots on fine grater and add to pot.
- Add crushed tomatoes, tomato purée and stock
- Cook for approx 5 minutes.
 - Taste and season.
 - If sauce needs thickening, use corn/maize starch (Maizena) mixed in a little water. Add and stir until sauce thickens.

Tips!

Serve with pasta and vegetables, for example carrots or coleslaw/cabbage salad (see recipe).

Dairy-free

Gluten-free: use gluten-free pasta.

Chili con carne

10 servings

Ingredients

1 kg minced beef
3 onions
2 green bell peppers
1 can beans in tomato sauce
1 can black beans
1 can kidney beans
2 tbsp oil
2 cans crushed tomatoes
2 cloves garlic
2 red chili peppers
1 tsp chili powder
3 tsp paprika powder
Salt and pepper

Instructions:

- Wash your hands.
- Divide chili, remove seeds and chop finely.
Wash your hands after handling the chili and do not rub your eyes!
- Peel and chop onion and garlic.
- Rinse, divide and remove seeds from bell peppers.
Slice bell peppers.
- Rinse all beans.
- Pour oil in large pot and fry onion over low heat until softened.
Add bell peppers and fry a few more minutes.
- Add tomatoes, garlic, chilies and paprika powder.
- Cook over medium heat approx 10 minutes.
- Add beans and minced beef, cook for minimum 5 minutes
- Taste and season with salt, pepper and spices/herbs.

Tips!

Serve with rice and sliced carrots.

Dairy-free

Gluten-free

Minced Beef Wok

10 servings

Ingredients

1 kg minced beef
4 carrots
4 parsnips
1 cauliflower
½ cabbage
2 tbsp soya
1 red chili pepper
2 tbsp oil
1 leek

Gluten-free

Gluten-free pasta

Instructions:

- Wash your hands.
- Divide chili, remove seeds and chop finely.
Wash your hands after handling the chili and do not rub your eyes!
- Rinse, peel and cut carrots and parsnips in match stick size slivers.
- Divide cauliflower into small florets and rinse.
Shred cabbage and rinse.
- Divide and rinse leek. Cut in thin slices.
- Heat oil in large pot
First add cauliflower and carrots and fry 2-3 minutes.
Add parsnip and fry 2-3 minutes
Add cabbage, leek, chili and garlic and fry a few more minutes.
Add minced beef and fry until beef is done.
- Taste and season with salt, pepper, soya and spices

Tips!

Serve with oats and coleslaw/cabbage salad (see recipe).

Dairy-free

Gluten-free: use gluten-free pasta.

Climate smart alternative

Chili sin carne

10 servings

Ingredients

1 can chick-peas
3 onions
3 green bell peppers
1 can beans in tomato sauce
1 can black beans
1 can kidney beans
2 tbsp oil
2 cans crushed tomatoes
2 cloves garlic
2 red chili peppers
1 tsp chili powder
3 tsp paprika powder
Salt and pepper

Instructions:

- Wash your hands.
- Divide chili, remove seeds and chop finely.
Wash your hands after handling the chili and do not rub your eyes!
- Peel and chop onion and garlic.
- Rinse, divide and remove seeds from bell peppers.
Slice bell peppers.
- Rinse all beans.
- Pour oil in large pot and fry onion over low heat until softened.
Add bell peppers and fry a few more minutes.
- Add tomatoes, garlic, chilies and paprika powder.
- Cook over medium heat approx 10 minutes.
- Add beans cook for 5 minutes.
- Taste and season with salt, pepper and spices/herbs.

Tips!

Serve with rice and sliced carrots.

Dairy-free

Gluten-free

Suitable for Camp in camp

Chicken with Orange and Chili

10 servings

Ingredients

10 chicken fillets
1 tsp salt
2 tbsp oil
2 oranges
1 lemon
2 chicken stock cubes
2 tsp soya
1 red chili
1 leek
Corn/maize starch (Maizena)
4 dl crème fraîche (sour cream)

Dairy-free

Tofutti Sour supreme

Gluten-free

Rice

Instructions:

- Wash your hands.
- Rinse and grate the oranges and lemon peel on the fine zest side of your grater, being careful not to grate the white pith – it tastes bitter, and cut it in halves. The yellow part of the peel is called zest.
- Cut fruit in half and press out juice in small bowl.
- Divide chili, remove seeds and chop finely.

Wash your hands after handling the chili and do not rub your eyes!

- Divide and rinse leek and slice.
 - Fry chili and leek in oil in large pot over low heat
 - Add orange/lemon peel and juice, crème fraîche, stock cube, soya and cook over medium heat.
- Mix corn/maize starch (Maizena) in a little water. Add and stir until sauce thickens.

Fry chicken in oil or butter over medium heat.

Add to sauce and cook over low heat for 10 minutes

Tips!

Serve with couscous and carrots.

Dairy-free: Use Tofutti Sour supreme instead of crème fraîche

Gluten-free: Use rice instead of couscous.

Chicken with Tomato and Bulgur

10 servings

Ingredients

10 chicken fillets
1.4 litres water
7 dl bulgur
2 red onions
6 tomatoes
2 tbsp oil
1 tsp salt
A pinch of pepper
1 dl water
Approx 50 ml balsamic vinegar
2 cartons feta cheese

Dairy-free

Tofu

Gluten-free

Rice

Instructions:

- Wash your hands.
- Boil water, add bulgur and cook over low heat approx 10 minutes until water has been absorbed.
- Divide chicken fillets in half.
- Peel and slice onions.
- Rinse and slice tomatoes.
- Pour liquid off feta cheese
- Fry chicken fillets in oil in large frying pan over medium heat approx 3 minutes each side.
- Season with salt and pepper
- Add tomatoes and onions. Fry another min.
- Pour water and balsamic vinegar into frying pan and simmer over low heat.
- Sprinkle feta cheese over chicken just before serving.

Tips!

Serve with bulgur.

Dairy-free: Use tofu instead of feta cheese.

Gluten-free: Use rice instead of bulgur.

Chicken with vegetables

10 servings

Ingredients

5 chicken fillets
4 onions
3 bell peppers
1 courgette/zucchini
8 carrots
1 packet frozen broccoli
Salt, pepper, thyme, oregano

Gluten-free

Potatoes or rice

Instructions:

- Wash your hands.
- Peel and chop onion and fry in oil in large pot over low heat.
- Rinse, peel and grate carrots on large grater.

Add to pot.

- Rinse, divide and remove seeds from bell peppers.

Cut in slices.

- Rinse and dice courgette/zucchini.
- Add bell peppers and courgette/zucchini to pot.
- Fry over low heat until soft.
- Season with salt, pepper, thyme and oregano.
- Heat chicken fillets and serve.

Tips!

Serve with potatoes, rice or couscous.

Dairy-free

Gluten-free: Use potatoes or rice instead of couscous
Climate smart alternative.

Tomato and Bulgur

10 servings

Ingredients

3 bulbs fennel
1.4 litres water
7 dl bulgur
2 red onions
6 tomatoes
2 tbsp oil
1 tsp salt
A pinch of pepper
1 dl water
Approx 50 ml balsamic vinegar
2 cartons feta cheese
2 cans black olives

Dairy-free

Tofu

Gluten-free

Rice

Instructions

- Wash your hands.
- Boil water, add bulgur and cook over low heat approx 10 minutes until water has been absorbed.
- Peel and chop onion.
- Rinse and slice tomatoes
- Pour liquid off feta cheese
- Rinse and slice fennel.
- Fry fennel in large frying pan in oil over medium heat approx 3 minutes
- Add tomatoes and onion, fry another min.
- Add water, olives and balsamic vinegar and cook 3-4 minutes.
- Sprinkle feta cheese over meal just before serving.

Tips!

Serve with bulgur.

Dairy-free: Use tofu instead of feta cheese.

Gluten-free: Use rice instead of bulgur

Suitable for Camp in camp.

Spicy Sausage Stew

10 servings

Ingredients

1 ½ kg spicy sausage
(divided into 3 pieces)
Approx 75 ml oil
1 ½ kg potatoes
5 onions
2-3 green bell peppers
5 carrots
5 cans crushed tomatoes

Gluten-free

Rice or quinoa

Instructions:

- Wash your hands
 - Rinse and peel potatoes. Cut in halves.
 - Heat oil in large pot and fry potatoes and sausage 5 minutes over medium heat.
 - Peel and chop onion
 - Rinse, divide and remove seeds from bell peppers and slice.
- Peel and chop carrot
Add onion, bell peppers and carrots and cook until soft
Add sausage and fry until lightly browned.
- Add cans of crushed tomatoes
- Rinse out cans with a little water and pour liquid into stew.
- Cover with lid and simmer for approx 5 minutes until hot
- Taste and season before serving.

Tips!

Serve with potatoes, rice or couscous.

Dairy-free

Gluten-free: Do not use couscous, use rice or quinoa instead

Recipe from the UK

Sausage and Couscous salad

10 servings

Ingredients

1 ½ kg spicy sausage
2 lemons
500 ml cooking yoghurt
2 apples
2 red onions
2 courgette/zucchini
4 tomatoes
Oil
Salt
9 dl couscous
1 packet frozen green peas
2 cartons feta cheese

Dairy-free

Tofu
Tofutti Sour Supreme

Gluten-free

Rice or quinoa

Instructions:

- Wash your hands.
- Cook couscous (recipe at the back)
- Cut sausage in small slices.
- Rinse, core and peel apples, cut in small cubes
- Peel onions, cut in small cubes
- Rinse and cut courgette/zucchini and tomatoes in small cubes.
- Fry sausage in oil in large pot.
- Add apples, onions, courgette/zucchini and tomatoes.
- Stir cooked vegetables, sausage and couscous and simmer over low heat.
- Cut the lemon in halves and squeeze out the juice, add yoghurt, salt and pepper.
- Add peas and feta cheese just before serving.

Tips!

Dairy-free: Use tofu instead of feta cheese; use Tofutti Sour Supreme instead of yoghurt.

Gluten-free: Use rice or quinoa instead of couscous

Sausage and Root Vegetable Stew with Apple

10 servings

Ingredients

1 kg chicken sausage
1 litre water
5 dl double cream
2 chicken stock cubes
1 dl corn/maize starch (Maizena)
1 lemon
50 ml pear juice, concentrate
2 parsnips
1 leek
2 tbsp oil
1 apple
Parsley
Salt and pepper

Dairy-free

Soya cream or Oatly iMat

Gluten-free

Potatoes or quinoa

Instructions:

- Wash your hands.
- Rinse, peel and dice parsnip in 1x1 cm
- Rinse, core and peel apple and slice in wedges.
- Cut sausage in slices.
- Rinse and chop leek. Heat oil in large pot and fry leek over low heat.
- Add water, cream, pear juice and stock.

Cook over medium heat and add sausage and parsnip.

- Boil sauce 3-4 minutes.
- Add corn/maize starch (Maizena) mixed with a small amount of water. Stir and cook approx 10 minutes.
- Add apple wedges and parsley and cook a few minutes.
- Taste and season with salt, pepper

Tips!

Serve with potatoes or oats as a climate smart alternative and with coleslaw/cabbage salad.

Dairy-free: Use soya cream or Oatly iMat instead of cooking cream. Boil vividly 4-5 minutes.

Gluten-free: Do not use oats, use potatoes or quinoa.

Chick-pea and Cauliflower Stew

10 servings

Ingredients

2-3 onions

5 carrots (approx 500g)

2 cauliflowers

4 cloves garlic

1-2 tbsp curry

Oil

3 cans crushed tomatoes

2 cans coconut milk

2 cans chick-peas

Coriander

3 tsp salt

1 packet quinoa

Instructions:

- Wash your hands
 - Cook quinoa (recipe at the back)
 - Peel and chop onion in thin slices
- Peel and finely chop garlic cloves
- Rinse, peel and cut carrots in approx 2 cm slices
 - Pour liquid off chick-peas.
 - Rinse and separate cauliflower into small florets
 - Heat oil in large pot over medium heat.

Add onion, garlic and curry.

- Fry over medium heat approx 2 minutes

Add cauliflower, crushed tomatoes, coconut milk and chick-peas.

- Cover with lid and simmer over low heat approx 15 minutes.
- Finely chop coriander and salt and add just before serving,

Tips!

Serve with quinoa and a salad.

Dairy-free

Gluten-free

Noodle Wok

10 servings

Ingredients

1 kg noodles
3 red onions
3 cloves garlic
5 carrots
½ cabbage
1 packet frozen broccoli
2 tsp chili powder
Salt and pepper
Soya

Gluten-free

Gluten-free pasta

Instructions:

- Wash your hands.
- Cook noodles (see recipe at end of cook book).
- Peel and chop garlic finely.
Peel onion and slice.
Rinse and peel carrots and slice in match stick size slivers.
Shred cabbage and rinse.
- Heat oil in large frying pan or pot.
- Begin by frying carrots first, and then add cabbage
After a few minutes add onion and garlic and fry a few more minutes.
Add broccoli and simmer over low heat.
- OPTIONAL: Add meat
Taste and season with chili powder, salt and pepper.
- Add a drizzle of oil and the cooked noodles.
Fry quickly over high heat.

Tips!

Serve with soya, bread and salad.

Optional: a choice of meat can be added if available in shop.
Vegetables can also be exchanged for other kinds, if available in shop.

Dairy-free

Gluten-free: Use gluten-free pasta.

Wok with Coconut Milk

10 servings

Ingredients

2 cans chick-peas
1 leek
3 cloves garlic
4 parsnips
4 bell peppers
1 packet frozen green peas
2 tbsp curry
2 cans coconut milk
3 tbsp sweet chili sauce
2 cans sweet corn
Salt and pepper

Gluten-free

Rice or quinoa

Instructions:

- Wash your hands.
 - Peel and chop garlic finely.
 - Rinse leek and slice thinly
 - Rinse and peel carrots and slice in match stick size slivers.
 - Shred cabbage and rinse.
 - Pour liquid off chick-peas and sweet corn. Rinse chick-peas
 - Heat oil in large frying pan or pot over medium heat.
 - Begin by frying parsnip first, then bell pepper after a few minutes.
- Add leek and garlic and fry a few more minutes.
- Add chick-peas and sweet corn and heat.

OPTIONAL: Add meat

Taste and season with sweet chili sauce, curry, salt and pepper.

- Add green peas and coconut milk and simmer until stew is hot

Tips!

Serve with rice, couscous or quinoa and salad.

Dairy-free

Gluten-free: use rice or quinoa

Optional: a choice of meat can be added if available in shop.

Vegetables can also be exchanged for other kinds, if available in shop.

Snacks, Sauces and Desserts

Tzatziki
Coleslaw/Cabbage Salad
Pineapple salad
Pizza salad
Tomato salad
Cauliflower and broccoli vinaigrette
Sour cream and onion
French toast
Swedish Pancakes
Gluten-free Swedish Pancakes
"Krabbelurer" – Swedish donuts
Gluten-free "Krabbelurer"
Chocolate balls
Fruit salad
Warm fruit with vanilla sauce
Swedish Sweet Raspberry Soup
Granola

Tzatziki

10 servings

Ingredients

4 dl cooking yoghurt
1 cucumber
1 clove garlic
1 tsp salt
1 pinch black pepper

Dairy-free

Tofutti Sour supreme

Instructions:

- Wash your hands
- Grate the cucumber on the large grater; add salt and let sit for a few minutes.
- Finely chop the garlic or grate on the fine grater.
- Squeeze excess water off the cucumber.
- Mix the garlic and yoghurt with the cucumber and add pepper.

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Tips!

Suitable with fish and meat dishes.

Dairy-free: Use Tofutti Sour supreme instead of yoghurt.

Gluten-free

Coleslaw/Cabbage Salad

10 servings

Ingredients

½ head cabbage
2 carrots
1 apple
1 red onion
2 dl crème fraîche (sour cream)
1 dl mayonnaise
2 dl cooking yoghurt
2 tsp mustard
1 tsp sugar
pepper

Dairy-free: Use
Tofutti Sour Supreme

Instructions:

- Wash your hands.
- Cut the cabbage in thin slices with a knife or cheese cutter or shred using the large shredder on the grater (the long hole on the side).
- Rinse thoroughly in a strainer.
- Peel and grate carrots and apple.
- Peel the red onion and chop finely.
- Mix crème fraîche, mayonnaise, yoghurt, mustard and sugar.
- Add the vegetables and season with pepper

Tips!

Can be used as a side dish or used with ham as salad for sandwiches.

Dairy-free: Use Tofutti Sour Supreme instead of yoghurt

Gluten-free

Pineapple salad

10 servings

Ingredients

½ head cabbage
1 can pineapple
1 dl raisins

Instructions

- Wash your hands.
- Cut the cabbage in thin slices with a knife or cheese cutter or shred using the large shredder on the grater (the long hole on the side).
- Rinse thoroughly in a strainer.
- Chop the pineapple (keep the juice – excellent to drink!).
- Mix all the ingredients in a bowl.

Tips!

Add mayonnaise and crème fraiche for a creamier texture.

Dairy-free

Gluten-free

Pizza salad

10 servings

Ingredients

½ head cabbage
2 bell peppers
1 dl apple cider vinegar
1 tsp salt
½ tsp black pepper
2 dl oil
1 dl water
Herbs, for example oregano or thyme

Instructions:

- Wash your hands
- Cut the cabbage in thin slices with a knife or cheese cutter or shred using the large shredder on the grater (the long hole on the side).
- Rinse thoroughly in a strainer.
- Rinse the peppers and remove the seeds. Slice thinly.
- Mix vinegar, salt, pepper, oil, water and herbs in a bowl.
- Add cabbage and peppers
- Leave to marinate a few minutes before serving.

Dairy free

Gluten free

Tomato salad

10 servings

Ingredients

8 tomatoes
1 onion
2 tbsp apple cider vinegar
1 tsp salt
½ tsp black pepper
2 dl oil
1 dl water
Herbs, for example oregano or thyme

Instructions:

- Wash your hands.
- Slice tomatoes.
- Chop onion finely.
- In a bowl, mix a dressing of oil, water, vinegar, salt, pepper and herbs.
- Add the tomatoes and onions.
- Leave to marinate a few minutes before serving.

Tips!

Dairy free
Gluten free

Cauliflower and broccoli vinaigrette

10 servings

Ingredients

½ head cauliflower
1 packet frozen broccoli
1 ½ dl water
½ dl apple cider vinegar
½ tsp salt
1 pinch pepper
1 dl oil
2 tsp herbs, for example chives or dill

Instructions:

- Wash your hands.
- Boil 1 litre water in a pot and add 1 tsp salt and the broccoli.
- Boil for 2-5 minutes until soft.
- Drain the hot water and rinse with cold water.
- Wash and cut off the thick stalk and cut into small pieces. Divide the rest into small florets.
- Mix water, vinegar, oil, spices and herbs.
- Pour the dressing over the cauliflower and broccoli. Stir.

Tips!

Dairy free

Gluten free

Sour cream and onion

10 servings

Ingredients

1 onion
1 bag frozen chopped parsley
5 dl sour cream
5 tbsp mayonnaise
2 tbsp mustard
½ tsp white pepper
1 tsp salt

Dairy-free

Tofutti Sour Supreme

Instructions:

- Wash your hands.
- Peel and finely slice the onion.
- Mix all the ingredients and season.

Tips!

Suitable for fish and meat dishes or as a dip sauce for bite size pieces of carrots, cucumber and cauliflower, for example.

Dairy-free: Use Tofutti Sour Supreme instead of sour cream

Gluten-free

French toast

10 servings

Ingredients

Pancake batter (se next page)

10 slices white bread

3 tbsp margarine

Cinnamon

Sugar

Dairy-free

Dairy-free margarine

Gluten-free

Gluten-free bread

Instructions:

- Wash your hands.
- Prepare pancake batter (recipe next page)
- In the frying pan, over medium heat, add 1 tbsp margarine and melt until it starts to fizzle.
- Dip slices of bread in the pancake mix and place gently in pan.
- Fry the bread a few minutes on each side over medium heat until golden brown.
- Move the bread to a plate and sprinkle generously with sugar and cinnamon.

Tips!

Dairy-free: Use dairy-free margarine, use dairy-free alternatives in the pancake batter recipe.

Gluten-free: Use gluten-free bread, use gluten-free alternatives in the pancake batter recipe.

Swedish Pancakes

10 servings

Ingredients

7 ½ dl wheat flour
1 tsp salt
14 dl milk
8 eggs
75g margarine

Dairy-free

Oat drink
Dairy-free margarine

Gluten-free

Gluten-free mix

Instructions:

- Wash your hands.
- Mix flour and salt in a bowl.
- Add half of the milk and whisk into a smooth batter
- Add the eggs and the rest of the milk and whisk until smooth.
- Leave for approx. 30 minutes.
- In a frying pan, add half of the margarine heat on medium heat until melted. Do not brown margarine. Add to the pancake batter.
- In the frying pan, over medium heat, add 1 tbsp margarine and melt until it starts to fizzle.
- Pour approx. 1 dl pancake batter in the frying pan and tip to the sides to cover the bottom.
- Fry gently over low-medium heat until edges begin to curl.
- Turn the pancake over when the batter has set.
- Serve when both sides are golden brown.

Tips!

Serve with jam/jelly of your choice. Optional: whipped cream.

Dairy-free: Use oat drink instead of milk. Use dairy-free margarine.

Gluten-free: Use gluten-free mix instead of wheat flour

Gluten-free Swedish Pancakes

4-5 servings

Ingredients

Approx 1 dl gluten-free mix

A pinch salt

2 tsp sugar

2 dl milk

2 eggs

50 g margarine

Instructions:

- Wash your hands.
- Stir gluten-free mix, salt and sugar in bowl.
- Add 1 dl milk and eggs. Whisk until smooth, then add rest of milk and stir in.
- In the frying pan, over medium heat, add 1 tbsp margarine and melt until it starts to fizzle. Stir into batter.
- Put 1 tbsp margarine into frying pan and pour approx 1 dl batter. Tip to the sides until the whole frying pan is covered in a thin layer.
- Fry gently over low-medium heat until edges begin to curl and then flip over onto other side.
- Serve when both sides are golden brown

Please observe! If using the same frying pan used for wheat pancakes, please wash carefully beforehand!

”Krabbelurer” – Swedish donuts

10 servings

Ingredients

2 eggs
1 ½ dl milk
1 dl sugar
4 ½ dl wheat flour
2 tsp baking powder
1-2 tbsp margarine or oil
1-2 dl sugar for coating

Dairy-free

Oat drink
Dairy-free margarine.

Gluten-free

Gluten-free mix

Instructions:

- Wash your hands.
- Mix all the ingredients into a smooth batter.
- Add oil or margarine in a frying pan, medium heat.
- With two tablespoons, click out the batter onto the frying pan (approx 5 cm)
- Fry until light brown, flip over and fry on the other side.
- Pour sugar into a bowl and coat the krabbelurer
- Eat as snack or dessert.

Tips!

Dairy-free: Use oat drink instead of milk, use dairy-free margarine.

Gluten-free: Use gluten-free mix instead of wheat flour.

Gluten-free “Krabbelurer”

1 egg
1 dl milk
½ dl sugar
3 dl gluten-free mix
1 tsp baking powder
Butter for frying
Sugar

Follow above instructions for Krabbelurer.

Chocolate balls

Approx 25 balls

Ingredients

100 g margarine
1 dl sugar
3 dl oat flakes/porridge oats
2 tbsp cocoa powder
1 tsp vanilla sugar
2 tbsp cold coffee
Oat flakes/Porridge oats or coconut flakes for coating

Dairy-free

Dairy-free margarine

Gluten-free

Semper Rent Havre oat flakes

Instructions:

- Wash your hands.
- Mix all the ingredients until smooth.
- Shape small balls (approx 3 cm).
- Roll in oats or coconut flakes.
- Serve as snack or dessert

Tips!

Dairy-free: Use dairy-free margarine.

Gluten-free: Use Semper Rent Havre oat flakes.

Fruit salad

10 servings

Ingredients

10 fruits, for example:

2 bananas

2 apples

2 oranges

2 pears

1 kiwi

1 bunch of grapes or a handful of raisins

Dairy free

Oatly dairy-free vanilla sauce

Instructions:

- Wash your hands.
- Rinse, peel and core the fruits.
- Cut in cubes and mix the fruit in a bowl
- Serve as snack or dessert.

Tips!

Serve with vanilla sauce

Dairy free: Use Oatly dairy-free vanilla sauce

Gluten free

Warm fruit with vanilla sauce

10 servings

Ingredients

4 apples
3 pears
1 dl sugar
Cinnamon
2 cartons vanilla sauce

Dairy-free

Oatly Vanilla sauce or Soya vanilla dessert.

Instructions:

- Wash your hands.
- Peel and core the apples and pears.
- Cut the fruit in small cubes.
- Heat the fruit gently in a pot with sugar and cinnamon, approx 5 minutes and serve with vanilla sauce.

Tips!

Dairy-free: Use Oatly Vanilla sauce or Soya vanilla dessert.

Gluten free

Swedish Sweet Raspberry Soup

10 servings

Ingredients

5 dl concentrated juice mix (saft)
1 litres water
2 carton frozen raspberries

1 dl potato starch
½ litre water

Instructions:

- Wash your hands.
- Mix the juice and water in a pot and heat to boil.
- Mix the potato starch with ½ litre water in a bowl
- Take the pot from the heat and add the potato starch mix, a little at a time and stir continuously.
- Heat the pot gently again until boiling – stirring continuously.
- Remove the pot as soon as it begins boiling.
- Put the raspberries in a bowl and pour the thickened potato starch mixture over the fruit. Stir the mix and pour some sugar on top to avoid a skin forming.
- Let the soup cool off.

Tips!

Serve with milk or dairy free alternative.

Dairy-free

Gluten free

Granola

10 servings

Ingredients

4 dl oat flakes/porridge oats
1 dl sugar
50 g margarine
Raisins

Gluten-free

Semper Ren Havre

Instructions:

- Wash your hands
- In a frying pan, fry the oats, sugar and margarine until brown.
- Let the oat mix cool off and add raisins.

Tips!

Serve with fruit, yoghurt or eat plain as snack or dessert

Dairy free

Gluten-free: Use Semper Ren Havre instead of oat flakes/porridge oats.

Measurements

In Sweden, the metric system is used to measure length and weight. In your equipment kit, you will find a set of measuring spoons and cups to help you follow the recipes in this cook book.

Measurement	Abbreviation	Quantity	Reference
1 millilitre	1 ml	1 ml	Approx. a pinch of salt
1 centilitre	1 cl	10 ml	
1 decilitre	1 dl	100 ml	Approx. half a cup
			A little more than a quart (US) or
1 litre	1 l	1 000 ml	approx. two pints (UK)
1 teaspoon	1 tsp	5 ml	
1 tablespoon	1 tbsp	15 ml	
1 gram	1 g	1 g	Approx. the weight of a paper clip.
1 kilogram	1 kg	1 000 g	Approx. the weight of a litre of water

Sortimentslista Swedish

Mejeri & kylvaror

Assortment list English

Dairy & Eggs

Storage

Size

Mjök	Milk 3%	Refrigerated	1 L
Havredryck	Oat drink, Dairy-free	Refrigerated	1 l
Sojadryck	Soya drink, Dairy-free	Keep sealed	1 l
Risdryck	Rice drink, Dairy-free	Keep sealed	1 l
Grädde	Whipping cream 36%	Refrigerated	5 dl
Matlagningsgrädde	Cream 15% (single cream /half and half	Refrigerated	5 dl
Crème fraiche	Crème fraiche, 34%	Refrigerated	2 dl
Matlagningsyoghurt	Yoghurt, cooking	Refrigerated	2 dl
iMat	Oat single cream iMat, Dairy-free	Refrigerated	2,5dl
Sojagrädde	Soya cream, Dairy-free	Keep sealed	2,5 dl
Crème fraiche – Tofutti	Tofutti Sour Supreme, Dairy-free	Refrigerated	227g
Kokosmjök	Coconut milk	Canned	400 ml
Kokosmjök	Coconut milk, Kosher	Keep sealed	500 ml
Filmjök	Sour milk 3%	Refrigerated	1 L
Drickyoghurt, banan/mango/apelsin	Yoghurt, banana/mango/orange	Refrigerated	350 ml
Drickyoghurt, jordgubb / lime	Yoghurt, strawberry/lime	Refrigerated	350 ml
Drickyoghurt, vanilj	Yoghurt, vanilla	Refrigerated	234 ml
Havredryck Choklad	Oat drink, chocolate, Dairy-free	Refrigerated	1 litres
Sojadryck choklad	Soya drink, chocolate, Dairy-free	Keep sealed	1 litres
Havredryck Jordgubb Skogsbär	Oat drink, strawberry, wild berry, Dairy-free	Refrigerated	300 ml
Marsansås	Vanilla sauce, thin custard	Keep sealed	500 ml
Vaniljsås, Oatly	Vanilla sauce, oats, Dairy-free	Keep sealed	250 ml
Sojadessert vanilj	Soya dessert, vanilla, Dairy-free	Keep sealed	4x125g
Margarin	Margarine, dairy-free	Refrigerated	500 g
Smörgåsmargarin	Butter spread, dairy-free 70%	Refrigerated	400 g
Margarin	Margarine, Dairy-free	Refrigerated	500 g
Smörgåsmargarin	Butter spread, Dairy-free	Refrigerated	400 g
Ost	Cheese, sliced	Refrigerated	300 g
Fetaost	Feta cheese	Refrigerated	200 g
Tofu mozzarella	Tofu mozzarella, Dairy-free	Refrigerated	150 g
Tofu, skivad	Tofu, sliced, Dairy-free	Refrigerated	150 g
Färskost	Cheese, fresh, Kosher	Refrigerated	200 g
Fetaost	Cheese, feta, Kosher	Refrigerated	150 g
Ägg	Eggs	Refrigerated	6/box
Ägg	Eggs, Kosher	Refrigerated	

Drycker

Drinks

Apelsinjuice	Orange juice	Keep sealed	1 litres
Kaffe	Coffee, instant	Keep sealed	175 g
Te, Earl Grey	Teabags, Earl Grey	Keep sealed	20/box

Te, Svartvinbär	Teabags, Black currant	Keep sealed	20/box
Saft att blanda med vatten	Lemonade mix, fruits	Keep sealed	5 litres
Saft att blanda med vatten	Lemonade mix, black currant	Keep sealed	1,2 litres
Saft att blanda med vatten	Lemonade mix, lemon / lime	Keep sealed	1,2 litres
Saft att blanda med vatten	Lemonade mix, orange	Keep sealed	5 litres
Saft att blanda med vatten	Lemonade mix, pear	Keep sealed	1,2 litres
Saft att blanda med vatten	Lemonade mix, raspberry	Keep sealed	1,2 litres

Frukt

Fruit

Äpple	Apple	Fresh	Bulk
Banan	Banana	Fresh	Bulk
Vindruvor	Grapes	Fresh	500 g box
Kiwi	Kiwi	Fresh	Bulk
Citron	Lemon	Fresh	Bulk
Nektarin	Nectarine	Fresh	Bulk
Apelsiner	Orange	Fresh	Bulk
Päron	Pear	Fresh	Bulk
Ananas	Pineapple, sliced	Canned	567 g
Russin	Raisins	Fresh	250 g
Hallon	Raspberries	Frozen	250 g
Vattenmelon	Water melon	Fresh	Bulk

Grönsaker

Vegetables

Aubergine	Aubergine / Eggplant	Fresh	Bulk
Avokado	Avocado	Fresh	Bulk
Paprika	Bell pepper, green	Fresh	Bulk
Paprika	Bell pepper, red	Fresh	Bulk
Paprika	Bell pepper, yellow	Fresh	Bulk
Broccoli	Broccoli	Frozen	425 g
Vitkål	Cabbage	Fresh	Bulk
Morötter	Carrots	Fresh	Bulk
Blomkål	Cauliflower	Fresh	Bulk
Chili	Chili, red	Fresh	40 g
Gurka	Cucumber	Fresh	Bulk
Fänkål	Fennel	Fresh	Bulk
Vitlök	Garlic	Fresh	Bulk
Isbergssallad	Iceberg lettuce	Fresh	Bulk
Purjolök	Leek	Fresh	Bulk
Champinjoner - Skivade	Mushrooms, sliced	Canned	450 g
Svarta oliver	Olives, black	Plastic bag	125 g
Svarta oliver	Olives, black, Kosher	Keep sealed	125g
Lök	Onion	Fresh	Bulk
Lök, röd	Onion, red	Fresh	Bulk
Palsternacka	Parsnip	Fresh	Bulk
Ärtor	Peas	Frozen	500 g
Potatis	Potatoes	Fresh	2 kg

Stjälkselleri	Celery	Fresh	Bulk
Squash	Squash / Zucchini	Fresh	Bulk
Majskorn	Sweet corn	Canned	340 g
Tomat	Tomato	Fresh	Bulk
Krossade tomater	Tomatoes, crushed	Canned	500 g

Bönor och Linser

Beans and lentils

Falafel	Falafel	Fresh	230 g
Vita bönor	Beans	Canned	380 g
Vita bönor i tomatsås	Baked beans in tomato sauce	Canned	380 g
Svarta bönor	Black beans	Canned	380 g
Kikärtor	Chick peas	Canned	380 g
Kidneybönor	Kidney beans	Canned	380 g
Röda linser	Red lentils	Canned	500 g

Mjöl, gryn och pasta

Flour, cereals and pasta

Flingor	Corn flakes	Keep sealed	375 g
Flingor	Oat puffs	Keep sealed	375 g
Flingor	Corn flakes, Gluten-free	Keep sealed	325g
Fruktmusli	Fruit muesli, Gluten-free	Keep sealed	550 g
Fruktmusli	Fruit muesli, Kosher	Keep sealed	550 g
Havregryn	Oat flakes / Porridge oats	Keep sealed	1,5 kg
Havregryn	Oat flakes / Porridge oats	Keep sealed	500 g
Majsstärkelse	Corn / Maize starch (Maizena)	Keep sealed	400 g
Potatismjöl	Potato starch	Keep sealed	500 g
Vetemjöl	Wheat flour	Keep sealed	1 kg
Mjölmix	Flour mix, Gluten-free	Keep sealed	1000 g
Matris	Rice, parboiled	Keep sealed	1 kg
Basmati	Basmati rice	Keep sealed	1 kg
Jasminris	Jasmine rice	Keep sealed	1 kg
Mathavre	Oats for cooking, whole kernel	Keep sealed	500 g
Quinoa	Quinoa	Keep sealed	500 g
Bulgur	Bulgur	Keep sealed	500 g
Couscous	Couscous	Keep sealed	500 g
Pasta, Fusilli	Pasta, Fusilli	Keep sealed	1 kg
Pasta, Makaroner	Pasta, Macaroni	Keep sealed	1 kg
Pasta, Penne Rigate	Pasta, Penne Rigate	Keep sealed	1 kg
Pasta, Spaghetti	Pasta, Spaghetti	Keep sealed	1 kg
Äggnudlar	Egg noodles	Keep sealed	250 g
Risnudlar	Rice noodles Gluten free	Keep sealed	250 g
Pasta Fusilli	Pasta Fusilli, Gluten-free	Keep sealed	500 g
Pasta Penne fiber	Pasta Penne fibre, Gluten-free	Keep sealed	500 g
Pasta spagetti	Pasta spaghetti, Gluten-free	Keep sealed	500 g

Bröd

Bread

Storage

Size

Gott Liv Fullkornsbröd	Whole grain bread	Keep sealed	600 g
Pågen Lantgoda	Farmer's bread	Keep sealed	650 g

Pågen Lingongrova	Wholegrain bread with lingonberries	Keep sealed	500 g
Fazer Harmoni Fullkornsråg	Whole grain rye bread	Keep sealed	630 g
Skogaholmslimpa	Sour dough bread	Keep sealed	775 g
Skogaholm Fiberrost	Fibre bread	Keep sealed	1000 g
Skogaholm Originalrost	Wheat bread	Keep sealed	1000 g
Rustico grov	Whole grain bread, Gluten-free	Keep sealed	400 g
Toasty fiber	Bread, fibre, Gluten-free	Frozen	400 g
Fazer Rågkugar	Rye buns	Keep sealed	225 g
Ciabatta	Ciabatta Gluten-free	Keep sealed	200 g
Småbröd Havre och bovete	Buns, oats and buckwheat, Gluten-free	Keep sealed	400 g
Småbröd Havre och morot	Buns, oats and carrot, Gluten-free	Keep sealed	400 g
Hamburgerbröd	Hamburger buns	Keep sealed	20
Hamburgerbröd	Hamburger buns, Gluten-free	Keep sealed	20-pack
Korvbröd	Hot dog buns	Keep sealed	10
Korvbröd	Hot dog buns, Gluten-free	Keep sealed	4-pack
Knäckebröd	Crisp bread	Keep sealed	260 g
Grovt knäcke	Crisp bread, Gluten-free	Keep sealed	215g
Vetebulle	Sweet wheat bun	Keep sealed	10
Havredigstive	Oat digestives, Gluten-free	Keep sealed	150 g
Havrekakor	Oatmeal cookies, Gluten-free	Keep sealed	150 g

Kött, fisk och fågel

Meat, fish, poultry

Kaviar	Caviar spread	Refrigerated	250 g
Alaskafilé	Alaska Pollock	Frozen	1 kg
Lax	Salmon	Frozen	4x125 g
Makrill i tomatsås	Mackerel in tomato sauce	Canned	125 g
Tonfisk i vatten	Tuna fish in water	Canned	185 g
Kalkon - Tunna skivor	Turkey, sliced	Refrigerated	200 g
Kyckling	Chicken, precooked	Frozen	5 fillets
Kycklingfilé förstekt	Chicken fillet, precooked, Halal	Frozen	1 kg
Kycklingfilé förstekt fryst	Chicken fillets, precooked, Kosher	Frozen	1 kg
Biff, strimlad	Beef, precooked, sliced	Frozen	1 kg
Biff, strimlad	Beef, precooked, sliced, Halal	Frozen	1 kg
Strimlad biff	Beef, sliced, precooked, Kosher	Frozen	1 kg
Nötfärs	Beef, ground / minced, precooked	Frozen	1 kg
Nötfärs förstekt	Beef, ground / minced, precooked, Halal	Frozen	1kg
Nötfärs förstekt	Beef, ground /minced, precooked, Kosher	Frozen	1kg
Sojafärs	Soya, minced, vegetarian	Keep sealed	125g
Hamburgare	Hamburgers	Frozen	2 kg
Köttbullar	Swedish meatballs, precooked	Frozen	1500 g
Köttbullar förstekta	Swedish meatballs precooked, Halal	Frozen	1 kg
Köttbullar förstekta	Swedish meatballs precooked, Kosher	Frozen	1 kg
Bacon	Bacon	Refrigerated	140 g
Skinka	Ham	Canned	340 g
Skinka - Tunna skivor	Ham, sliced, cooked	Refrigerated	200 g
Skinka - Tunna skivor	Ham, sliced, smoked	Refrigerated	200 g

Kalkon	Turkey	Canned	340 g
Bratwurst korv	Bratwurst sausage	Refrigerated	300 g
Chorizo korv	Chorizo sausage	Refrigerated	300 g
Falukorv	Falukorv sausage	Refrigerated	800 g
Grillkorv	Hot dogs	Refrigerated	2 kg
Mexica korv	Mexican style sausage	Refrigerated	300 g
Salami	Salami sausage	Keep sealed	300 g
Korv	Sausage, Halal	Frozen	1 kg
Kalkonkabanoss	Turkey sausage, kabanoss style, Kosher	Refrigerated	250 g
Sojakorv	Soya sausage, vegetarian	Frozen	300 g

Smaksättare

Spices & condiments

Olja	Oil, rapeseed	Keep sealed	1 litres
Olivolja	Olive oil	Keep sealed	
Balsamvinäger	Balsamic vinegar	Keep sealed	100 ml
Äppelcidervinäger	Apple cider vinegar	Keep sealed	300 ml
Fiskbuljong	Fish stock	Keep sealed	6x0,5 litres
Hönsbuljongtärning	Chicken stock	Keep sealed	66 g
Köttbuljongtärning	Beef stock	Keep sealed	66 g
Grönsaksbuljong	Vegetable stock	Keep sealed	66 g
Grönsaksbuljong	Vegetable stock cubes, Kosher	Keep sealed	
Soja	Soya sauce	Keep sealed	150 ml
Soja	Soya, Gluten-free	Keep sealed	250 ml
Hamburgerdressing	Hamburger dressing	Keep sealed	270 g
Sweet Chili Sås	Sweet Chili Sauce	Keep sealed	300 ml
Ketchup	Ketchup	Keep sealed	1000 g
Ketchup	Ketchup, Kosher	Refrigerated	342g
Majonnäs	Mayonnaise	Keep sealed	200 g
Majonnäs	Mayonnaise, Kosher	Refrigerated	225ml
Tomatpuré	Tomato paste /tomato purée	Keep sealed	200 g
Salt	Salt	Keep sealed	600 g
Strösocker	Sugar, granulated	Keep sealed	1 kg
Bakpulver	Baking powder	Keep sealed	180 g
Vaniljsocker	Vanilla sugar	Keep sealed	170 g
Lagerblad	Bay leaves, whole	Keep sealed	4 g
Kapris	Capers	Keep sealed	46 g
Chilipulver	Chili powder	Keep sealed	45 g
Gräslök	Chives	Frozen	35 g
Kanel	Cinnamon, ground	Keep sealed	48 g
Kakao	Cocoa	Keep sealed	125 g
Kokos	Coconut flakes /desiccated coconut	Keep sealed	200 g
Koriander	Coriander, ground	Keep sealed	31 g
Spiskummin	Cumin	Keep sealed	41 g
Curry	Curry	Keep sealed	37 g
Dill	Dill	Frozen	35 g

Ingefära	Ginger, ground	Keep sealed	39 g
Senap	Mustard	Keep sealed	500 g
Oregano	Oregano, dried	Keep sealed	7 g
Paprikapulver	Paprika powder	Keep sealed	43 g
Persilja	Parsley	Frozen	30 g
Svartpeppar	Pepper, black, ground	Keep sealed	41 g
Vitpeppar	Pepper, white, ground	Keep sealed	45 g
Timjan	Thyme, dried	Keep sealed	14 g

Sylt och marmelad

Jam, Jelly & Marmalade

Jordnötssmör	Peanut butter	Keep sealed	350 g
Nutella	Nutella	Keep sealed	350 g
Lingonsylt	Lingonberry jam	Keep sealed	700 g
Marmelad	Marmalade, orange	Keep sealed	450 g
Äpplemos	Applesauce	Keep sealed	720 g
Hallonsylt	Jam, raspberry	Keep sealed	700 g
Jordgubbssylt	Jam, strawberry	Keep sealed	700 g

Övrigt

Non food

Diskborste	Dish brush		1
Diskmedel	Dish soap / detergent		500 ml
Tvål	Soap		300 ml
Handsprit	Hand disinfectant		500 ml
Tändsticksask	Matches		8-pack
Plastpåsar	Plastic bags, 3 Litres		50-pack
Svinto	Pot scrub		10-pack
Disksvamp/Scotchbrite	Scotchbrite		10-pack

