

Curried Mince (adapted from "Recipes for the Outdoors", TTC, 1994)

Serves 4 people

Ingredients

- 200 g dehydrated mince
- 200g dried potato (40 g milk powder)
- 100 g dried peas and green beans
- 100 g flavourings e.g. dried apples/ dried pineapple/ ginger/ sultanas/coconut
- 25g-35g curry mixture (curry powder, mustard powder) (3- 4 tablespoons)
- 4 cups water

Method

On the tramp

1. Soak the mince for 10 minutes in 4 cups of water.
2. Bring to boil and add rest of ingredients (except the dehydrated potato).
3. Simmer gently until peas are cooked. Add more water if necessary while cooking.
4. Add dried potato, milk powder, and mix then add salt to taste.
5. Serve

Variations

- Substitute the dried potato with rice (400g)

Number of people	Two	Four	Six	Eight	Ten
Dehydrated mince	100g	200g	300g	400g	500g
Dried potato (milk powder)	100g (20g)	200g (40g)	300g (60g)	400g (80g)	500g (100g)
Dried peas & green beans	50g	100g	150g	200g	250g
Flavourings	50g	100g	150g	200g	250g
Curry mixture	15g	30g	45g	60g	75g
Water	2 cups	4 cups	6 cups	8 cups	10 cups