



Defence Food Services

Ten Man ORP Recipe Ideas

DFS IPT



The background image shows the interior of a tent. The roof is made of a thatched material, possibly straw or dried leaves, and is supported by a metal frame. A fire extinguisher is visible on the ground near the entrance. The lighting is bright, suggesting an outdoor setting.

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Captain Paul Cunningham Royal Navy

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Gordon Ramsay

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Introduction

by Capt Paul Cunningham RN,
Defence Food Services IPT
Team Leader



This recipe book has been developed to help you get the most from the 10 Man Operational Ration Pack (ORP). All the recipes have been sent in by Chefs from the three Services, and each menu has been trialled by 3 Mobile Catering Support Squadron Royal Air Force to whom I send my warm thanks. I am very grateful to all who submitted their menu ideas; where possible, we have mentioned you in the book and without you, this book could not have been written.

The 10 Man ORP has evolved enormously over the last two years and I hope it reflects the requirements of chefs cooking in the field. Over 204 tonnes of weight, waste and bulk has been removed over that period and the introduction of yeast, flour and herb packs is hopefully making your job easier in the field and enabling you to produce a wider range of menu options.

This book is not meant to tell you what menus you should use, but to capture the knowledge and ideas out there, and to share it with your fellow professionals to benefit your customers. Perhaps you can use it to find inspiration when you are faced by a bunch of hungry soldiers who are looking for something new! It is primarily aimed at the junior chefs who find themselves in the field preparing meals over extended periods for the first time.

It is by no means the finished article and my challenge to each of you is to send my team your thoughts and further ideas. Do not be constrained solely by the ingredients in the box, as supplements are being delivered to outstations whenever possible to help you prepare a wider range of menu choices.

Please use the feedback sheet at the back to pass on your thoughts about the utility or otherwise of this book. I look forward to receiving your comments!

A handwritten signature in black ink that reads "Paul Cunningham". The signature is fluid and cursive.

Foreword

by
Gordon Ramsay



When I was asked to write the foreword to this book, I could not resist. Having been to Afghanistan and cooked in one of the main kitchens, I have nothing but respect for the huge effort you all expend to ensure that your customers get good food.

Many of you have no doubt contributed to the contents of this book. To the old hands amongst you, I'm sure the dishes are in your head and you will laugh at the production of another glossy publication. However, I would ask you to consider the young chef on their first tour in the middle of Afghanistan with little experience of the ration and even less of producing three meals a day in a combat situation. Producing variety in such a f***ing dangerous environment is undoubtedly daunting. Your help, through the submission of recipes, will go a long way to helping them produce variety in a difficult and austere environment.

I am immensely proud to be British, wholeheartedly support the work you do on behalf of the general public and salute the work you do on a daily basis to ensure the British servicemen and women eat a balanced and nutritional diet wherever they are in the world. You are without doubt the unsung heroes. I commend this book to you. Well done and keep up the good work!

Gordon Ramsay



Choc Fruit Mousse and Cheese & Ham Melt Thins



Rank:
CPL

Name:
Remington

Number:
25036413

**Recipe Title/
List of Ingredients**

MENU BOX B

Choc Fruit Mousse

Custard
Choc Powder
Choc Bar
Fruit
Milk Powder

MENU BOX C

Cheese & Ham Melt Thins

Luncheon Meat Onions
Mash Powder
Cheese

Methodology

Make custard; add choc powder & fruit & mix. Put into insert & leave to cool. Melt choc & milk powder & add a little water then pour over the set mousse.

Soak onions & drain (keep the drained water.) Dice the luncheon meat into small pieces. Mix the onions & luncheon meat together with mash powder. Add the drained water from the onions to the mix until moulding consistency. Mould into portion sized patties then griddle/shallow fry. Put grated cheese on top & cook in the oven.

Curried Pasta and Spicy Chilli Minced Beef



Rank:
PTE

Name:
Thapa

Number:
2512601

**Recipe Title/
List of Ingredients**

Methodology

Boil the pasta, add sauce mix & dried onions.
Mix the pasta in the sauce & add seasoning.

Heat up the chilli sauce mix, stir fry the minced beef, add onions, herbs & tomatoes then add sauce mix & seasoning.

MENU BOX B

Curried Pasta

Balti Sauce Mix
Pasta Spirals
Dried Onions

MENU BOX C

Spicy Chilli Minced Beef

Mixed Beef
Chilli Sauce Mix
Chopped Tomatoes
Dried Onions
Mixed Herbs

Fish Cakes, Tuna Pasta Bake, Chilli Con Carne and Chocolate Gateaux



Methodology

Mix the tuna & onions together, mix up the potato and mix together. Roll in the oats, fry then serve.

Mix the onions, peas & sweetcorn, boil up the milk powder & cook pasta. Mix pasta & tuna & slowly add milk to correct consistency. When ready put in a tray top with cheese & place in the oven till golden brown.

Cook the rice. Cook the mince beef & add onions, herbs, kidney beans & chopped tomatoes then add chilli sauce to flavour.

Cut lemon off the top of the sponge. Cut sponge into 3 tall ways & spread the jam over. Mix up the custard with drinking chocolate to make a thick consistency. Spread around sponge till all sides are covered. Grate chocolate & sprinkle over gateaux.

Rank:
PTE

Name:
Langley

Number:
2508267

Recipe Title/ List of Ingredients

MENU BOX B

Fish Cakes

Tuna, Mash Potato, Dried Onions and Porridge Oats

MENU BOX B

Tuna Pasta Bake

Tuna in Brine, Dried Onions, Pasta Spirals, Garden Peas, Sweetcorn and Milk Powder

MENU BOX C

Chilli Con Carne

Mince Beef in Gravy, Chilli Sauce, Dried Onions, Mixed Herbs, Chopped Tomatoes, Red Kidney Beans and Rice

MENU BOX D

Chocolate Gateaux

Lemon Sponge, Custard Sultanas & Raisins Mix, Chocolate Bar, Drinking Chocolate and Marmalade Jam

Tuna Paella, Spicy Cottage Pie and Compo Flap Snap



Rank:
SAC

Name:
Dancey

Number:
S8435313

**Recipe Title/
List of Ingredients**

MENU BOX A

Tuna Paella

Tuna
Egg Powder
Peas
Carrots
Rice
Onions
Mixed Herbs

MENU BOX C

Spicy Cottage Pie

Mince Beef
Chilli Sauce Mix
Chopped Tomatoes
Beans
Mashed Potato
Cheese
Onions

MENU BOX C

Compo Flap Snap

Oats
Choc Bar
Sugar
Water
Sultanas & Raisins

Methodology

Cook the rice, dice the carrots & soak the onions. Mix the egg powder (a small amount.) Fry the rice, carrots & onions then make a well in the rice. Add the herbs & egg then scramble egg & mix into the rice. Add peas & tuna, heat through & serve.

Mix the mince, onions, beans, tomatoes & chilli mix. Fill tin & pipe on mashed potato (mixed with cheese.) Heat through & serve.

Boil the water & sugar to make a thick syrup, add the oats, raisins & sultanas. Put into a tin, melt the choc (may need a little marg) top oat mix, leave to cool then serve.

Pineapple Crumble & Custard



Rank:
SAC

Name:
Kneller

Number:
B8437643

Recipe Title/ List of Ingredients

Pineapple Crumble & Custard

Porridge Oats
Sliced Pineapple
Dried Fruit Mix
Margarine
Sugar

Methodology

Drain the pineapple, mix in the dried fruit then place the pineapple in a dish & add a little juice. Rub the margarine into the porridge oats & mix in some sugar. Cover the with a thick layer of the oats mixture then bake in the oven until golden brown on top and hot throughout.

Beef Biryani and Beef Hot Pot



Rank:
SAC

Name:
Hammond

Number:
Q8500682

**Recipe Title/
List of Ingredients**

Methodology

Cook & cool the rice & soak the onions. Heat the stewed steak & balti sauce mix then add the peas sweetcorn & onions. In a tin layer the cooked rice then stewed steak mix then another layer of rice & stew then top with rice & cook till hot.

Soak the onions. Heat the lamb & add the herbs, sweetcorn & onions. Place in a tray & cover with sliced potatoes & sprinkle on porridge oats. Cook in a hot oven.

MENU BOX B **Beef Biryani**

Rice
Stewed Steak
Balti Sauce Mix
Onions
Garden Peas
Sweetcorn

MENU BOX **Beef Hot Pot**

Porridge Oats
Diced Lamb in Gravy
Onions
Mixed Herbs
Sweetcorn
Sliced
Potatoes

Luncheon Meat Fritters and Meat Pie



Rank:
SAC

Name:
Williams

Number:
G8501456

Recipe Title/ List of Ingredients

MENU BOX C

Luncheon Meat Fritters

Luncheon Meat
Flour
Seasoning
Water

MENU BOX C

Meat Pie

Corned Beef
Diced Beef in Gravy
Dried Onions
Mixed Herbs
Mashed Potato Mix
Chopped Tomatoes
Carrots
Onions
Swede
Processed Cheese.

Methodology

Slice the luncheon meat, mix the flour, water & seasoning together to make a light batter. Coat the meat in flour then dip in the batter & deep fry until golden brown.

Dice the onions, carrots & swede then add the tomatoes, corned beef & diced beef. Season well & put the mix into a deep dish, top with the mashed potato, dried onions & grated cheese then bake in the oven.

Savoury Fish Balls, Chilli Beef Fajitas and Sweet & Sour Beef with Crispy Noodles



Rank:
CPL

Name:
Parker

Number:
E8428029

Recipe Title/ List of Ingredients

MENU BOX

Savoury Fish Balls

Tuna, Dried Onions, Mixed Herbs, Mash Potato Powder, Porridge Oats, Eggs, Flour and Seasoning

MENU BOX C

Chilli Beef Fajitas

Minced Beef in Gravy, Chilli Sauce Mix, Dried Onions, Mixed Herbs, Chopped Tomatoes, Red Kidney Beans, Garlic, Tabasco, Fajitas and Processed Cheese

MENU BOX D

Sweet & Sour Beef with Crispy Noodles

Corned Beef, Egg Mix, Instant Beef Noodles, Porridge Oats, Dried Onions, Mixed Herbs, Sweetcorn, Garlic, Chilli Powder, Onions, Peppers

Methodology

Mix the Tuna, onions (soaked), herbs & potato mix until blended then roll into balls. Dip balls in egg, flour & oats & deep fry until crispy. Serve with balti rice.

Mix the beef, chilli sauce, garlic, onions, herbs, tomatoes & kidney beans altogether & add tabasco to taste. Roll in fajitas, top with grated cheese, bake in the oven then serve with fried rice, spicy tomato salsa & salad.

Mix the corned beef, herbs, soaked onions, garlic & chilli powder & form into balls. Dip into a light batter & deep fry. Pan fry the soaked noodles with sweetcorn, onions & peppers then serve with the battered balls on top.

Italian Tuna Pie, Indian Tuna Bake and Corned Beef Hash



Rank:
SAC

Name:
King

Number:
A8507819

**Recipe Title/
List of Ingredients**

MENU BOX A

Italian Tuna Pie

Tuna
Tomato Soup
Dried Onions
Mixed Herbs
Mash Potato Mix
Carrots
Garden Peas

MENU BOX A

Indian Tuna Bake

Tuna Fish
Balti Sauce Mix
Dried Onions
Pasta Spirals
Garden Peas
Sweetcorn

MENU BOX A

Corn Beef Hash

Corned Beef
Baked Beans
Bolognaise Mix
Dried Onions
Mixed Herbs
Mash
Potato Mix
Chopped Tomato
Sweetcorn

Methodology

Soak the onions then heat the tomato soup & add mixed herbs, carrots, garden peas & onions. Cool & gently stir in the drained tuna. Tray up then mix the potato with hot water & pipe on top then cook in the oven until hot.

Cook off & refresh the pasta. Add a little water & onions to the balti mix letting the onions soak up most of the water. Stir in the tuna, peas, sweetcorn, onion & balti mix with the pasta then place in a tin, cover in tin foil & cook in the oven until hot.

Soak the onions & dice the corn beef. Heat the beans, chopped tomatoes, bolognaise, mixed herbs, sweetcorn & onions. Gently stir in the beef then add mash potato mix to thicken heat & serve.

Chilli Rice & Croquette Potatoes



Rank:
SAC

Name:
Blair

Number:
C8441384

**Recipe Title/
List of Ingredients**

MENU BOX C

Chilli Rice & Croquette Potatoes

Luncheon Meat
Minced Beef in Gravy
Chilli Sauce Mix
Dried Onions
Mixed Herbs
Mashed Potato Mix
Rice
Egg Powder
Chopped Tomatoes
Garlic
Diced Peppers

Methodology

Pan fry the peppers, diced luncheon meat, garlic, minced beef & herbs with the chilli sauce mix, cook off then add the tomatoes last. Cook rice as for boiled rice, mix together the potato, dried onions & garlic & form into barrels, dip into the egg mix, breadcrumbs & porridge oats then deep fry. Serve chilli on a bed of rice.

Chicken & Potato Cake on Pea Puree



Rank:
CPL

Name:
Nash

Number:
24870341

**Recipe Title/
List of Ingredients**

MENU BOX A

Chicken & Potato Cake on Pea Puree

Chicken in White Wine Sauce
Dried Onions (re-hydrated)
Mashed Potato
Oats
Peas
Margarine

Methodology

Drain the chicken then add mash & onions, roll into desired shape and cover in oats. Shallow fry in margarine & finish in the oven. Boil the peas & pass through a sieve reserving the liquid. Add the liquid to the peas until slightly loose then spoon puree onto a plate & put the chicken & potato cake on top.

Spicy Bean Burger



Rank:
SGT

Name:
Wright

Number:
24885315

**Recipe Title/
List of Ingredients**

MENU BOX C

Spicy Bean Burger

Chilli Sauce Mix
Dried Onions
Mixed Herbs
Potato Powder
Kidney Beans
Chopped Tomatoes

Methodology

Mash the beans & mix in the drained tinned tomatoes then add the re-hydrated onions, mixed herbs & chilli sauce mix. Combine all ingredients together then add the potato powder until thick & shape into a burger. Pan fry until golden brown.

Mixed Fruit Rice Pudding & Chocolate

and American Corned Beef Hash



Rank:
CPL

Name:
Melderis

Number:
W1038520

Recipe Title/ List of Ingredients

MENU BOX C

Mixed Fruit Rice Pudding & Chocolate

Sliced Peaches
Dried Fruit Mix
Rice
Milk Powder
Sugar

MENU BOX D

American Corned Beef Hash

Corned Beef
Beans
Sausages
Onions
Mixed Herbs
Mash Powder
Processed Cheese

Methodology

Cook off the rice with the milk to get a stodgy texture. Add the mixed fruit & peaches, add sugar to taste then serve with jam or melted chocolate.

Cut the corned beef into cubes, soak the onions until soft & mix up the mash powder. Add the onions to the corned beef & add beans & mixed herbs. Cut the sausages into small cubes then add to the mixture along with the mash. Mix well then grate cheese on top & serve.

Corned Beef Bolognaise Served With Beef Noodles



Rank:
W02

Name:
Webber

Number:
W0478837

Recipe Title/ List of Ingredients

MENU BOX D

Corned Beef Bolognaise Served With Beef Noodles

- Corned Beef
- Bolognaise Sauce Mix
- Dried Onions
- Mixed Herbs
- Chopped Tomatoes
- Beef Noodles

Methodology

Mash the corned beef up with the chopped tomatoes & add some water. Start heating the corned beef mix then add the bolognaise sauce mix, re-hydrated onions & mixed herbs. Serve with beef noodles.

Beef Balti



Methodology

Mix together the steak in gravy, re-hydrated onions, balti sauce mix, sweetcorn, raisins & sultanas then serve with rice.

Rank:
CPL

Name:
Eardley

Number:
G8418444

Recipe Title/ List of Ingredients

MENU BOX A

Beef Balti

Stewed Steak In Gravy
Balti Sauce Mix
Dried Onions
Mixed Herbs
Sweetcorn
Sultana & Raisin Mix
Rice

Spicy Beef Patties



Methodology

Mix all the pattie ingredients & form into small round patties (burger size). Pan fry until golden brown both sides & bake in the oven for 10-15 mins. Serve with sauce made from the remaining balti paste, dried onions & tinned tomatoes.

Rank:
CPL

Name:
McCarthy

Number:
25070090

Recipe Title/ List of Ingredients

MENU BOX D

Spicy Beef Patties

5 Tins Stewed Steak
1 Pkt Balti Paste
½ pkt Mash Powder
200g Breadcrumbs

Warm & Hearty (Breakfast)



Rank:
CPL

Name:
Deco

Number:
25020952

**Recipe Title/
List of Ingredients**

MENU BOX: All

**Warm & Hearty
(Breakfast)**

Egg Powder
Bacon Grill
Baked Beans
Poached Tomato

Methodology

(Breakfast) Scrambled egg, sliced bacon grill,
Baked Beans & poached tomato.

Lasagne



Rank:
SGT

Name:
Henderson

Number:
24539002

Recipe Title/ List of Ingredients

MENU BOX C

Lasagne

Tinned Mince
Dried Onions
Bolognaise Sauce Mix
Chopped Tomatoes
Processed Cheese
Mixed Herbs
Pancakes For Lasagne

Methodology

Soak the onions in water, place the mince in a container then mix in the bolognaise sauce & add the mince. Make pancakes & layer on top of the mince then melt the cheese in a pan with some water then cover the pancakes. Sprinkle with herbs & place in the oven & serve with sliced bread.

Chicken Lasagne and Chilli Pancakes



Rank:
CPL

Name:
Chester

Number:
25104379

Recipe Title/ List of Ingredients

MENU BOX A

Chicken Lasagne

Flour & Water (Tortillas)
Chicken In White Sauce
Milk Powder
Cheese

MENU BOX C

Chilli Pancakes

Flour
Egg Powder
Milk Powder
Mince
Beef
Bread
Chilli Sauce Mix

Methodology

Knock down the milk powder, grate the cheese & add to the milk. Bring to boil then allow to simmer until the cheese has melted & the sauce has thickened. To make the tortillas, make a dough from the flour & water then roll out & cook in a dry pan. Then layer up the chicken, homemade tortillas & cheese sauce as you would a normal lasagne.

Make the pancakes using the flour, egg powder & milk. Mix the chilli sauce with the beef then put a dessert spoonful in the middle of the pancake, fold in half using some egg powder to stick it together. Then egg & breadcrumb the pancake shallow fry then put in the oven for about 10-15 mins.

Jollof Rice



Rank:
PTE

Name:
Asare

Number:
25190043

Recipe Title/ List of Ingredients

MENU BOX C

Jollof Rice

Rice
Red Kidney Beans
Minced Beef In Gravy
Chilli Sauce

Methodology

Cook off the mince beef gravy with rice then add the onions, kidney beans & chopped tomatoes & leave to boil for a while. Add the chilli sauce mix & herbs then leave on a low heat until all the water is absorbed then serve garnished with mash potatoes on top.

Pleasant Porridge Delight



Rank:

Name:
Humphreys

Number:
30000075

**Recipe Title/
List of Ingredients**

MENU BOX E

Pleasant Porridge Delight

Porridge Oats
Dried Fruit Mix
4 x Chocolate Bars
Sliced pineapple
Granulated Sugar

Methodology

Make the porridge up as per instructions then add chocolate, sugar & dried fruit & mix to soften. Add the pineapple then serve.

Veg Tomato Pasta



Methodology

Mix up the onions, herbs, sweetcorn & tomato in a pan & reduce down over a high heat. Boil up the spaghetti then mix with the sauce & serve with cheese.

Rank:

Name:
Huggett

Number:
30000013

Recipe Title/ List of Ingredients

MENU BOX D

Veg Tomato Pasta

Dried Onions
Mixed Herbs
Spaghetti
Sweetcorn
Chopped Tomatoes
Cheese

Chicken, Ham & Mushroom Pastry



Methodology

Mix all ingredients to form a short crust pastry and chill. Once chilled, roll out and cut in to 6"-8" discs

Mix all ingredients together and spoon mixture into the middle of pastry discs, brush with egg mix and fold, crimp and then brush outside with egg mix and bake in a moderately hot bake.

3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX D

For the Pastry

Flour
Margarine
Salt
Mixed herbs
Water

For the Filling

Chicken in sauce
Ham (diced)
Onions (soaked and drained)
Mushrooms (drained)
Garlic powder
Mixed herbs
Salt & pepper

Fruit & Nut Slab Cake



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX D

Fruit & Nut Slab Cake

Strawberry sponge
Fruit & nut mix (crushed)
Chocolate (melted)
Oats (soaked in hot milk
made with milk powder)
Wild berry jam

Methodology

Drain off excess liquid from oats, then in a mixer put the sponge, fruit & nut mix, melted chocolate, oats and jam and thoroughly mix, once mixed spoon in to a flat tray or roll in balls and chill until set.

Italian Sponge and Custard



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX D

Italian Sponge

Strawberry sponge (cut into
4 & excess jam removed)

Flour

Egg powder

Bicarb of soda

Sugar

Fruit & nut mix

Methodology

Mix the flour, egg powder, bicarb of soda and sugar with water to form a thick batter.

Roll the sponge in flour then dip into the batter and fry in hot oil until golden brown, drain on paper and dust with crushed fruit & nut mix and sugar, serve with custard or wild berry jam sauce.

Italian Meatballs Served with Pasta and Garlic



Methodology

For the meatballs; mix all ingredients to form a stiff mix, form into balls and shallow fry in margarine, and finish off in the oven.

For the sauce; mix all ingredients in a pan and bring to the boil, serve over the meatballs and cooked pasta.

For the breads; make soft dough out of the ingredients, roll into small balls or a large flat square, prove and then bake in a hot oven.

3 MCS RAF

Recipe Title/ List of Ingredients

MENU BOX B

For the Meatballs

Minced beef
Mashed potato powder
(made up to a stiff mix)
Margarine
Mixed herbs
Garlic powder
Salt/powder

For the Sauce

Onions (soaked & drained)
Peas (drained)
Sweet corn (juice to be
used to make sauce)
Bolognese sauce mix
Tomato powder
Garlic powder
Salt/pepper

For the Breads

Flour
Margarine
Yeast
Garlic powder
Salt/pepper
Warm water

Spicy Soya Nachos



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX A

For the Nachos

Flour
Yeast
Garlic powder
Salt/pepper
Warm water

Methodology

For the nachos; make a soft dough and leave to prove, once proved divide into small balls and roll out into 8" – 10" round tortillas, cook on a hot flat surface until golden brown, leave to cool, once cool divide into triangles and shallow fry until golden brown and crispy, drain and season.

For the Soya topping; brown off all ingredients in the margarine, add the cheese and stir in, top the nachos with the mix and then bake in a hot oven.

For the Soya Topping

Soya granules (soaked & drained)
Onions (soaked & drained)
Balti sauce powder
Cheese (grated)
Margarine
Salt/pepper

Indian Fish Balls



Methodology

For the batter; firstly make a 'dropping consistency' batter off the ingredients then add the following and mix thoroughly.

For the fish balls; spoon the mixture into hot oil and fry until golden brown and puffed up, serve over rice.

3 MCS RAF

Recipe Title/ List of Ingredients

MENU BOX A

For the Batter

Flour
Curry flavour noodle mix
Egg powder
Bicarbonate of soda
Garlic powder
Salt/pepper

For the Fish Balls

Tuna (drained)
Onions (soaked & drained)
Peas (drained)

Chicken & Vegetable Pie



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX A

For the Pastry

Flour
Margarine
Salt/pepper
Cold water

For the Filling

Onions (soaked & drained)
Chicken in sauce
Peas (drained)
Carrots (drained & chopped)
Bacon grill (diced)
Mashed potato (knocked down)
Salt/pepper

Methodology

For the pastry; make a short crust pastry using the ingredients, chill then line a greased flan ring or shallow tin.

For the filling; mix all ingredients together and season well, spoon mixture into the lined tin or ring. Top the filling with mashed potato and drizzle with melted margarine. Bake in a hot oven until golden brown.

Crunchy Peach Flan and Custard



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX C

For the Pastry

Flour
Margarine
Oats
Salt
Water

Methodology

For the pastry; make a short crust pastry using the ingredients with the addition of the oats, chill and then line a greased flan ring or shallow tin.

For the filling; line the pastry with the apricot jam and peaches then top with the sweetened egg mixture, pour over the peaches, sprinkle with sugar and bake in the oven until set. Serve with custard.

For the Filling

Sliced peaches
Mixed fruit (chopped)
Egg powder (knocked down with milk powder and sugar)
Sugar
Apricot jam

Soya Burgers in a Floured Roll Served with Salsa Sauce



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX C

For the Floured Roll

Flour
Yeast
Margarine
Salt/pepper
Warm water

For the Soya Burger

Soya granules (soaked & drained)
Onions (soaked & drained)
Mashed potato powder (knocked down to a stiff mix)
Tomato powder
Garlic powder
Salt/pepper

Salsa Sauce

Tinned tomatoes
Kidney beans (drained & washed)
Sugar
Mixed herbs
Salt & pepper

Methodology

For the floured roll; make a soft dough and leave to prove, once proved divide into small rolls and prove again, once proved dust with flour and bake in a hot oven.

For the Soya burger; mix all ingredients together, form into burger shaped patties, shallow fry and the finish off in the oven.

Salsa sauce; mix all ingredients together in a pan and bring to the boil, simmer and reduce until thick and then season.

Vegetarian Calzone



Methodology

For the filling; mix all ingredients together, season to taste.

For the dough; make soft dough with the ingredients, leave to prove, once proved divide into balls and roll out into 6" – 8" discs.

Spoon a small amount of the filling mix into the centre of disk, fold in half and seal edges, brush with melted margarine and bake in a hot oven.

3 MCS RAF

Recipe Title/ List of Ingredients

MENU BOX C

For the filling

Soya granules (soaked & drained)
Kidney beans (washed & drained)
Onions (soaked & drained)
Chopped tomatoes
Cheese (grated)
Tomato powder
Chilli sauce powder
Salt/pepper

For the Dough

Flour
Yeast
Garlic powder
Margarine

Nasi Goreng with Garlic Naans



Methodology

For the Nasi Goreng; fry the bacon grill, sausages and onions in margarine until brown, and then add the kidney beans, rice, and chilli sauce & tomato powders, Season well.

For the garlic naans; make soft dough with the ingredients, leave to prove, once proved divide into balls and roll into tear shaped breads, sprinkle with the chopped fruit and press into the bread. Cook both sides until golden brown on a hot oiled surface and then brush with melted margarine.

3 MCS RAF

Recipe Title/ List of Ingredients

MENU BOX C

For the Nasi Goreng

Rice (cooked & drained)
Bacon grill (diced)
Sausages (chopped)
Onions (soaked & drained)
Kidney beans (washed & drained)
Tomato powder
Chilli sauce powder
Salt/pepper
Egg powder (made into thin omelettes and cut into strips to top the Nasi Goreng)

For the Garlic Naans

Flour
Yeast
Garlic powder
Dried fruit (chopped)
Salt/pepper
Warm water

Chilli Beef Burritos



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX C

For the Burritos

Flour
Yeast
Salt/pepper
Warm water

Methodology

For the burritos; mix the ingredients to form a dough, leave to rest. Divide into balls and then roll into 6”– 8” round tortillas. Cook on a hot flat oiled surface on both sides until a light golden brown colour.

For the filling; mix all of the ingredients to form a stiff mix, then spoon mixture into the tortilla and roll. Place in a greased tin and bake in a hot oven.

** For a vegetarian option use Soya granules instead of minced beef **

For the Filling

Minced beef
Onions (soaked & drained)
Kidney beans (washed)
Chopped tomatoes
Cheese grated
Garlic powder
Salt/pepper

Chicken, Ham and Mushroom Flan



3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX C

For the Pastry

Flour
Margarine
Mixed herbs
Salt/pepper

Methodology

For the pastry; make a short crust pastry using the ingredients above with the addition of the mixed herbs, chill and then line a greased flan ring or shallow tin.

For the filling; mix all the ingredients together and then add the egg mixture, mix thoroughly and spoon into lined ring or tray. Bake in the oven until set.

For the Filling

Chicken in sauce
Mushrooms (drained)
Ham (diced)
Onions (soaked & drained)
Cheese (grated)
Garlic powder
Salt/pepper
Egg powder (knocked down with milk powder)

Exercise TIGERCAT 2007

The menus included in this section were used during the 2007 4 Div Field Cooking Competition held in Aldershot during July 2007. Each team were allowed a £5.00 supplement with which they could buy fresh items to add to the ORP.

The recipes have been included to highlight what can be done with the ORP and as mentioned by Capt Cunningham in his introduction, please feel free to forward any recipes you may have created during cooking competitions you have entered.

Ex Tiger Cat Menus 2007

Menu:

A & D With £5 Supplement

Regiment:

RLC



Menu 1

Lamb Spring Rolls With Garlic & Spring Onion
Balti Vegetable & Rice Timbales
Roasted Vegetables
Onion Bhaji
Chilli Chutney
Chocolate Tart
Whipped Cream

Menu 2

Honey & Mustard Chicken In Spinach Crepes Served
On A Vegetable Fritter
Potato Cakes With Ham & Cheese
Carrots With Herb Butter
Pea & Mint Quenelles
Tomato & Herb Sauce
Strawberry Bread & Butter Pudding
Custard Sauce

Core Range Order

500g Filo Pastry
Bread
250g Spinach
10g Mint
85g Spring Onion
200g Swede
200g Parsnips
200g Turnips
40g Garlic
200g Courgettes
1Ltr Milac Gold
50g Salt
1kg Flour
250g Butter
50ml Chilli Sauce
200g Red Onions
1Ltr Oil

Ex Tiger Cat Menus 2007

Menu:

For 10 Man Compos

Regiment:

2nd Royal Gurkha Rifles



**Mexican Tortilla With Chilli Sauce Himalayan
Gothalo Pie**

Potato Cake Spicy Pasta

Mexican Sweetcorn

Apple & Lemon Sponge With Custard Flapjack

Core Range Order

3kg Tomatoes
1kg Capsicum Green
1kg Capsicum Red
2.5kg Onions
5kg Carrots
1 Egg
1.5kg Plain Flour
275g Chilli Powder
235g Ground Cumin
680g Lyles Golden Syrup
Sgl Parsley
20 x 250g Salted Butter

Ex Tiger Cat Menus 2007

Menu:

CPL Pawan Sherchan

Regiment:

RMAS Military Team



Beef Momo With Tomato Chutney (minced beef in Nepalese spices wrapped in momo paste served on a tier of rice)

Mixed Beans Salsa

Compo King Tower (three layers of egg pancakes filled with creamy chicken served with a white sauce)

Cheesy Duchess Potatoes Saute Carrots

Fruit Charlotte (layers of peach, apricot & apple wrapped in fresh bread served with a creamy custard sauce)

Oat So Trifle (toasted oats with fruit cocktail topped with whipped cream served with a tropical fruit coulis)

Core Range Order

0.100g Garlic
0.090g Onions
1Ltr Cream
3 Eggs
Bunch Of Coriander
0.500g Flour
0.030g Green Chillies
0.020g Black Pepper Whole
0.050g Salt
0.100g Tomatoes
0.125 Loaves Of Bread
0.040g Ground Almond
0.400g Strawberry
½ Bunch of Parsley
0.020 Of A Tub Of Ground Cumin
1 Lemon
0.80g Corn flour

Ex Tiger Cat Menus 2007

Team:

CPL Ineichen/ PTE Hance/ PTE Hamilton

Regiment:

4 LSR



Beef Herb Cobbler

Salmon & Red Onion Flan

Carrots

Peas Wellington

Champ Potatoes

Potato Wedges

Hot Swiss Roll & Custard

Chocolate Tort & Strawberry Sauce

Core Range Order

1kg Leeks

5kg Carrots

2.5kg Red Onions

2.5kg Baking Potatoes

1Ltr UHT Whipping Cream

1 Dozen Eggs

1.5kg Plain Flour

Ex Tiger Cat Menus 2007

Menu:

SGT Willemese

Regiment:

3 LSR Abingdon



Core Range Order

1kg Leeks
0.5kg Carrots
0.5kg Red Onions
2.5kg Baking Potatoes
1Ltr Whipping Cream
1 Dozen Eggs
1.5kg Plain Flour

Chicken Curry & Rice

Bacon & Red Onion Quiche

Croquette Potato Dauphinoise

Peas & Sweetcorn

Baton Carrots

Hot Apple Meringue

Chocolate Tarte

Ex Tiger Cat Menus 2007

Menu:

A & D

Regiment: RLC Catering
Support Regt Team A

**A Savoy Chicken Parcel Served With A Fondant
Potato, Crispy Bacon Grill & A Herb Tomato Sauce**

**Minted Lamb Pancakes Served With A Red
Leicester Sauce**

Glazed Lemon Carrots

Courgette Towers

Chocolate Gateaux

Orange Bread & Butter Pudding With Cinnamon Custard

ORP Used

Chicken In White Sauce, Honey & Mustard Sauce, Dried Onions, Tinned Tomatoes, Mixed Herbs, Bacon Grill, Margarine and Mashed Potato Powder

Diced Lamb In Gravy, Processed Cheese, Egg Powder, Spaghetti, Milk Powder and Margarine

Tinned Carrots, Sugar and Lemon Drink Powder

Baked Beans, Sweetcorn, Peas, Tinned Tomatoes, Mashed Potato Powder and Sugar

Strawberry Jam, Hot Chocolate Drink, Chocolate Bar, Lemon Sponge Pudding and Fruit Cocktail

Sultanas, Milk Powder, Egg Powder, Sugar and Custard Powder

Core Range Order

1kg Savoy Cabbage
1kg Courgettes
¼pkt Basil
50g Garlic
2kg Potatoes Ware
2 Oranges
500g Strawberries
500ml Cream Alternative
125g Butter
100g Red Leicester
5 Croissants
500g Flour
Trace Gravy Browning
50ml Mint Sauce
¼ Jar Black Olives
3Grm Cinnamon

Ex Tiger Cat Menus 2007

Menu:

A & B

Regiment: RLC Catering
Support Regt Team B

Comfit Of Braised Beef Served On A Bacon Grill & Potato Rosti, Oxtail Reduction & Pea Puree

Thai Spiced Chicken & Sweetcorn Croquettes Warm Noodle Salad & A Thai Spiced Broth

Orange Glazed Carrots

Pea Pancakes

Chocolate & Butterscotch Tart With An Espresso Sauce

Duo Of Rice Pudding

Core Range Order

85g Bean Sprouts
200g Courgettes
80g Baby Corn
25g Garlic
25g Red Chillies
1 Orange
1/4pkt Coriander
250ml Cream Alternative
100g Butter
25g Ginger
250g Red Onions
500g Flour
Trace Gravy Browning
50ml Mint Sauce
2kg Potatoes Ware
150g Mange Tout
2 Red Dessert Apples
1 Lemon
1Ltr Cooking Oil
100ml Horseradish
250g Egg Noodles
30g Sesame Seeds
200g Breadcrumbs
40g Raspberries
1 Lime

ORP Used

Stewed Beef In Gravy, Mixed Herbs, Dried Onions, Bacon Grill, Margarine, Processed Peas, Mashed Potato Powder and Oxtail Soup

Chicken In White Sauce, Honey & Mustard Sauce, Mashed Potato Powder, Oats, Egg Powder, Milk, Powder and Sweetcorn

Carrots, Orange Drink Powder and Sugar

Milk Powder, Egg Powder, Processed Peas, Mashed Potato Powder and Margarine

Custard Powder, Chocolate Bar, Sugar, Rice, Margarine, Orange Powder and Coffee

Rice, Sultanas, Tea Bags, Custard Powder, Fruit Cocktail, Wild Berry Jam and Mixed Fruit Pudding

Ex Tiger Cat Menus 2007

Team:

CPL Pollard/ LCPL Augustine/ PTE Mwaura

Regiment:

33 FLD Hosp



Core Range Order

- 1.5kg Flour
- 12 Eggs
- 1Ltr Cream
- 1kg Shallots
- 1pkt Garlic
- 1pkt Coriander
- 1kg Swede
- 1pkt Courgettes

Speckled Hen Pie & Onion Honey Sauce

Lamb Tikka & Noodles

Pan-Fried Hash

Rainbow Apple Asian Jambalaya

Bologna Beans

Lemon Baked Custard & Jam Coulis

Chocorange Cup & Cream

Ex Tiger Cat Menus 2007

Menu:

CPL Heard 2nd Chef/ LCPL Parks/ PTE Durdey

Regiment:

17 Port & Maritime RLC



Core Range Order

712ml Cream
6 Eggs
110g Couscous
270g Filo Pastry
35g Parsley
200g Red Pepper
400g Tomatoes
1.5kg Flour
25g Dill
175g French Beans
1 Lemon

Menu 1

Pan Fried Salmon Fish Cake Topped With An Oat & Herb Crust Served With A Honey & Mustard Couscous & Pea Puree. Accompanied With A Tomato & Dill Comfit, Lemon Twist & a Tomato Sauce

Coffee Infused Crème Brulee Served In An Espresso Cup Accompanied With a Strawberry Oatmeal Shortbread Finger

Menu 2

Chicken & Sweetcorn Filled Filo Parcel Nestled On a Spiced Potato Cake. Served With A Lemon Scented Baby Carrot Bundle, Apple, Apricot & Peach Rice & a Mild Curry Sauce. Garnished With Crispy Noodles

Traditional Mixed Fruit Crumble Served With Strawberry Sauce & Garnished With Sugar Balls

Ex Tiger Cat Menus 2007

Menu:

Regiment:

32nd Regt Royal Artillery



Core Range Order

8 Eggs
250ml Olive Oil
2 Chillies
500g Flour
38ml Rum
1 Butter
500g Bread Roll Mix
35g Mint
50g Parsley

Ops The General Is Coming To Dinner (salmon, rice & chicken stack, served with glazed baby carrots, tomato sauce & pea drizzle)

Back To Basics (lamb burger served in a roll with a tomato salsa with dauphine potatoes & mushy peas)

Last Minute Dot Com Vegetarian Spaghetti (spaghetti pan fried with chopped tomatoes & mixed herbs)

St Clements Pudding (orange & lemon sponge pudding served with custard sauce)

Nehonde Chocolate Mud Pie (chocolate mud pie served on a bed of fruit cocktail with strawberry & vanilla coulis)

Ex Tiger Cat Menus 2007

Menu:

D - CPL Pearce

Regiment: 3rd Battalion
The Yorkshire Regt



Dish 1

Crispy Shredded Pork & Beef Served With Noodles,
Bean Sprouts, Spring Onions With Sweet Orange
Sauce

Dish 2

Lamb & Cheese Patties Served With Tomato Salsa

Parisenne Potatoes Glazed Carrots & Shallots

Hot Dessert

Fruity Drop Scones Served With Caramelised Peaches

Cold Dessert

Lemon & Chocolate Sponge Filled With Banana
& Custard

Core Range Order

1.5kg Plain Flour
340g Bean Sprouts
0.2 Bunches Spring Onions
0.08 of 25kg Potato Ware
0.02g of 500g Garlic
2kg Shallots
250g Butter
0.5 of 1kg Bananas
1 Rosemary
0.14 of 15Ltr Oil
0.04 of 25kg Salt
0.09 White Ground Pepper
1 Bag of Lemons
0.04 of 12.7kg Carrots

Ex Tiger Cat Menus 2007

Menu:

A

Regiment:

A & SH 5 Scots



Salmon Fish Cakes

Salmon cakes served on a bed of balti rice, accompanied by stir fried vegetables drizzled with a citrus chilli jam

Chicken Pie

Light pastry chicken pies served with herby chunky chips & mixed vegetables in a tomato sauce

Chocolate Bread & Butter Pudding

A rich chocolate bread & butter pudding accompanied by a smooth chocolate sauce

Custard Pudding

Sugar glazed vanilla custard pudding served with flaky Eccles cake

Core Range Order

- 0.3 of Loaf Bread
- 3kg Potatoes
- ½pkt Butter
- 2g Salt
- 0.01 of 275g White Ground Pepper
- ½ of 1.5kg Flour
- 0.03 of Case of Eggs
- 0.2 Lemon
- 0.3 of kg of Cabbage Savoy
- ½ltr Milac Cream
- 0.1 of kg Carrots
- 0.3 of kg Onions
- ½ Tin Bean Sprouts
- 0.2 of kg Courgettes
- 0.2 of kg Cauliflower
- 0.1 of 3.5kg Puff Pastry
- 1 Red Chilli
- 1 Capsicum Yellow
- 1 Capsicum Green
- 25g Coco Powder

Ex Tiger Cat Menus 2007

Menu:

B & D

Regiment:

RMA Sandhurst ESS Team



**Thai Tuna Fish Cakes Served On Sweet & Sour Rice
With A Bean Compot, Spicy Noodles & A Balti Sauce**

**Lamb & Beef Calizoui Served With Mashed Potatoes
& Cheesy Veg**

**Arf A Pound Of Pud (lemon & chocolate sponge with
creamy custard)**

**Basket Of Orange Oat Cake (orange mousse
cheesecake served in a crispy pancake basket)**

Core Range Order

568ml Double Cream

1.5kg Culinary Flour

50g Instant Yeast

1Ltr Frying Oil

500g Caster Sugar

Ex Tiger Cat Menus 2007

Menu:

29 Commando Regt Royal Artillery

Regiment:

Indian Themed Menu



Core Range Order

2kg Plain Flour
500g Filo Pastry
440g Curry Powder
4kg Potatoes
500g Garlic

Fruity Chicken Dopiaza

Keema Curry

Anda Ko Pulao (egg fried rice)

Savoury Pilaff Of Rice

Chilli Potato Cakes With Kidney Beans

Aladam Potatoes

Vegetable Samosa's

Paneer With Vegetables In Tomato Sauce

Sukkha Roti Maida (plain flour chapatti)

Sweet Peach Chutney

Sweet Spiced Rice Pudding

Fruity Filo Slice

Ex Tiger Cat Menus 2007

Menu:

A & C

Regiment:

Wattisham Station Team



Core Range Order

Vegetable Oil
Broccoli
Carrots
Spring Onions
Plain Flour
Puff Pastry

Mains

Chicken Ravioli
Chilli Enchiladas
Egg Fried Rice
Irish Champ Potatoes
Glazed Carrots
Florets Of Broccoli

Dessert

Black Cap Pudding & Custard
Fruit Windmill

Ex Tiger Cat Menus 2007

Menu:
A & D

Regiment: 42 Engineer
Regt (Geographic)



Chicken Lasagne Served With A Tomato & Herb Sauce & Garlic Bread

Lamb Hot Pot Served With A Pea & Mint Sauce

Sweet Potato & Onion Mash

Herb Glazed Carrots

Chocolate Bread Pudding Served With Chocolate Sauce

Citrus Sponge – Lemon Sponge With Caramelized Oranges & Cream

Core Range Order

1.5kg Baking Potatoes
2kg Sweet Potatoes
10 Oranges
1ltr Non Dairy Cream
Millac Gold
1 Baguette
¼ Bag of 1.5kg Flour
1/8pkt of 500g Instant Yeast
10 Sachets Mint Sauce
10 Sachets Pepper
10 Sachets Salt

Ex Tiger Cat Menus 2007

Menu:

CPL Herdman

Regiment:

Team 21



Steak & Vegetable Pie

Lamb Kofta & Turmeric Rice (served with fresh salsa & coriander)

Marquise Potatoes Stir Fry Pasta

Assorted Vegetables

Baked Apple Charlotte (served with a custard sauce)

Chocolate Mousse

Core Range Order

35g Coriander
1kg Tomatoes
1kg Red Onion
1.5kg Flour
250g Butter
1ltr Cream
40ml Vanilla Essence
1kg Apples
20g Cinnamon
20g Turmeric
20g Cumin

Ex Tiger Cat Menus 2007

Menu:

C & D

Regiment:

47 Regt

Yorkshiremans Lamb Casserole (tender pieces of lamb cooked with onions & carrots & stewed in a giant Yorkshire pudding with a herb mashed potato)

Italianne Savoury Pancakes (minced beef with garlic, onions & mushrooms pan fried in a tomato concasse, wrapped in a savoury pancake & finished with a cheese sauce)

Savoury Mash

Pan Fried Spaghetti & Sweetcorn

Buttered Cabbage & Carrots

Baked Citrus Spring Pudding (slices of lemon sponge layered & set in a citrus custard & accompanied with a contrasting sauce)

Peach Passion (sliced peaches, poached meringue & shortbread biscuits stacked & finished with fruit coulis)

Core Range Order

1kg Cabbage Savoy
0.1 of 5kgs Carrots
7pkts Rosemary
100g Garlic
0.34kg Mushrooms Cup
0.2 of 2.5kg Onions
2 ½ Lemons
½ Lime
198.5g Millac Gold
250g Butter Salted
2 Dozen Eggs
16kg Flour
0.1 of 275g Ground Black Pepper
0.1 of 750g Table Salt
0.1 of 200x5ml Vinegar

Revised Customer Survey 2008

10 Man Ambient ORP – Chef User Feedback

MENU: A B C D E (please circle as appropriate)

The 10 man ambient Operational Ration Pack has been provided by Defence Food Services IPT in conjunction with Purple Foodservice Solutions. The contents are regularly reviewed and updated and we appreciate your comments as part of this process.

Your Details:

Service: RN / Army / RAF / RM - please circle as appropriate.

Number:.....Rank:.....Name.....

Ship/Unit/Station:.....

Contact Tel. No:.....

Address.....

Are you currently using the Ration on: Ops / Ex Location: UK / Europe / Overseas
(Please specify)

Product Feedback:

Does the range of products in each of the groups listed below provide you with sufficient flexibility & variety?

(Please circle Yes/No – if No, please comment)

Breakfast Items Yes / No.....
.....

Lunch Items Yes / No.....
.....

Dinner Items Yes / No.....
.....

Dessert Yes / No.....
.....

Sweets / Snacks Yes / No.....
.....

Beverages Yes / No.....
.....

What other items would you like to see included into this menu? (eg different veg, alternative desserts etc. Please specify)

.....

What items in the ration pack are not always consumed or are regularly thrown away? (please list)

.....

Which 5 items do you most regularly use to supplement this menu? Should these items be added to the integral Chefs Pack?

.....

Are there too many/too little of a specific item within the menu? Please list denoting the more appropriate amount required.

.....
.....

Overall, does the 10 Man Pack provide you with an effective feeding solution on Ops?

.....
.....

In order to continually improve the 10 Man ORP and further develop the Recipe Book, it is extremely important that we capture the most innovative recipes. To that end, DFS would be grateful if you could take a few minutes to complete the boxes below with a dish or dishes you have prepared:

Recipe Title:
List of Ingredients:
Methodology:

Thank you for taking the time to complete this form. Please return to: DFS IPT ORP R&D, DFS IPT, Spur 6, Beckford Block, DLO Ensleigh, Bath BA1 5AB. Email: neil.horwood751@mod.uk / info@feedingtheforces.com Tel: 93 55 68458 Civ: 01225 468458 Mil Fax: 93 55 67252 Civ Fax: 01225 467252.



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