

MCP1 CUB SCOUT CAMP CUB GRUB MENU AND RECIPES

Monday: Grilled Sliders/Belly Bombers
Tuesday: Mango Smoothies, Fresh Coconut
Wednesday: Pineapple Salsa with Semi-Homemade Corn Chips
Thursday: Australian Fairy Bread
Friday: Asian Sesame Noodles

Mango Smoothies

½ cup pitted, peeled, cubed fresh mango, frozen overnight
½ cup orange juice
½ cup ice
honey to taste

Put ingredients in a blender and blend until smooth
(approx. 1 minute)

Pineapple Salsa

1 pineapple, peeled, cored, and cut into dice
1 green bell pepper, diced
1 red bell pepper, diced
1/3-1/2 cup red onion, diced
1 jalapeno pepper, diced
(you can remove membranes if you don't want the heat)
juice of 2 fresh limes
sugar to taste (depending on sweetness of pineapple)

Mix all ingredients together and refrigerate for flavors to mix. Serve with corn chips, pita chips, or with fish or chicken.

Semi-Homemade Corn Chips

Corn tortillas, cut into fourths
Corn oil

Brush tortillas lightly with corn oil. Grill until crispy on a panini maker, grill pan, or sauté pan.

Australian Fairy Bread

White bread, cut into half diagonally
Butter, margarine, or Country Crock or other spread
Nonpareils (traditional) or sprinkles

Spread bread with butter/margarine and dip into sprinkles.
Nonpareils are the traditional choice but may not be readily available.

Cold Noodles with Sesame or Peanut Sauce

(Adapted slightly from Mark Bittman's HOW TO COOK EVERYTHING)

1 medium or 2 small cucumbers (optional)
12 ounces fresh Chinese egg noodles or long pasta, like linguini or fettuccini
2 tablespoons dark sesame oil
½ cup tahini, peanut butter, or a combination
2 tablespoons sugar
3 tablespoons soy sauce, or to taste
1 teaspoon fresh minced ginger (optional, but highly recommended)
1 tablespoon rice or white wine vinegar or other vinegar
Hot sesame oil or Tabasco to taste
½ teaspoon freshly ground black pepper, or more to taste
At least ½ cup chopped scallions for garnish

Boil pasta until al dente according to package directions.
Drain, then run pasta under cold water and drain again.

If you are using the cukes, peel them, cut them in half, seed them, and cut into shreds.

Mix together the remaining ingredients except for the scallions. Thin the sauce with hot water until it is about the consistency of heavy cream; you will need ¼ to ½ cup. Stir in the cucumber. Taste the sauce and adjust the seasoning.

Toss the noodles with the sauce and garnish with the scallions to serve.