

**STOMPING
GROUND
MENU**



My philosophy

The kitchen should be a part camp that is inclusive, kind, and fun. It should be an extension of the camp's goals that reinforces its values.

I believe that kids should be provided with as much healthy choices during every meal as possible. The camp should be aware of the labor and love that goes into every meal.

Food is always hot and ready on time; it should never be late. Meals that are not ready to eat on time will negatively affect the rest of the day, and people's attitude toward the kitchen.

Campers should be welcome in the kitchen, and invited to be involved with creating meals for everyone.

Camp is a way to empower kids, and food is a way to help the camp accomplish this.

At the core of my philosophy is taste. It has to taste good. You can pour blood, sweat, and tears into a dessert, but if it doesn't taste good, get rid of it. Be honest about flavor, and do not shy away from it.

It is difficult to make things taste good if packages are being opened and reheated. Cook from scratch as much as possible.

- Zach Furman Head Cook 2017-2018

Inventory and Stocks

Make a list and be organized.

DO NOT MAKE A LIST IN ALPHABETICAL ORDER!

Put stuff that goes together, together.

Baking example: flour, sugar, brown sugar, powdered sugar, baking soda, baking powder, cocoa powder. Put all of these things together in your pantry and put all of these things together on your inventory list.

Keep your salad bar items together - frozen desserts, breakfast stuff, pastas, dairy, vegetables, fruits etc. If you keep stuff together that goes together it will make checking your inventory list easier.

Practice FIFO (First In First Out).

Do not throw away produce. Anything can be preserved, as long as it is not rotten. Save your mushy bananas for baking, and pickle a lot.

Pickling is a great activity for campers. Pickled produce can be used on the salad bar, but if campers don't eat it, you can make a lot of creative dishes. Your adult groups will be very impressed with a dessert that shocks their palate with some pickled strawberries.

Dehydrate as well. If you don't have a dehydrator, an oven set to the lowest temperature will work.

Pickling and dehydrating will help you create more choices, save you money by not throwing out food, and make another way for campers to be involved in the kitchen.

Spaghetti

5 kids to one # dry pasta

rice

7 kids

SAMPLE WEEK

SUNDAY

DINNER - Pizza

MONDAY

BREAKFAST - Frittata

LUNCH - Sandwiches

DINNER - Enchiladas

TUESDAY

BREAKFAST - French Toast

LUNCH - Tacos

DINNER - Grilled Cheese and Tomato Soup

WEDNESDAY

BREAKFAST - Breakfast Burritos

LUNCH - Chilli

DINNER - Cook Out

THURSDAY

BREAKFAST - Breakfast Sandwich

LUNCH - Quesadillas

DINNER - Spaghetti and Meatballs

FRIDAY

BREAKFAST - Sweet Breads

LUNCH - Mac and Cheese Bar

BREAKFASTS

Pancakes

RECIPE

- 12 lbs. pancake mix
- Water (as directed)

PROCESS

- Grill on a hot buttered surface

SEASONAL ADJUSTMENT

- Seasonal fruit compote

LEFTOVER IDEA

- None

Breakfast Burritos

RECIPE

Pico (see attached)

Beans (see attached)

100 tortillas

5 lbs grated cheese

eggs, one per person

additional option: sausage

PROCESS

Scramble eggs and serve everything separate

SEASONAL ADJUSTMENT

LEFTOVER IDEA

- re use pico and beans for tostadas, tacos, chili, quesadillas or fajitas

Breakfast sandwiches

RECIPE

Eggs hard boiled – 75

Toast – 52

Bagels – 26

English muffins – 26

Biscuits – 26

Cheese – 104 slices

Ham – 50 slices

PROCESS

Peel eggs and mash eggs (this is a chance to have fun with seasoning, herbs, or aole)

Cut biscuits in half

Assemble with egg, cheese and ham on half

Keep warm and serve

SEASONAL ADJUSTMENT

Side seasonal vegetable, adding roasted veg puree as a layer, or diced pickle.

LEFTOVER IDEA

-none

French Toast

RECIPE

100 slices of bread (use the ends)

60 eggs

1 cup of milk or cream

2 tbsp cinnamon

½ fresh ground nutmeg

2 tbsp vanilla

PROCESS

- Mix eggs, milk, cinnamon, nutmeg, and vanilla
- dip bread in mix and grill both sides
- cut diagonally to have 200 portions

SEASONAL ADJUSTMENT

- serve with seasonal fruit compote

LEFTOVER IDEA

- banana foster sandwiches for dessert

Frittata

RECIPE

Olive oil – 1 c

Potatoes (roasted and diced) – 4.5 lbs

Onions diced – 2.5 lbs

Spinach 2 lbs

Tomatoes seeded and diced – 2 lbs

Eggs 100

Cheese – 2 lbs

PROCESS

- Sauté onions until translucent and add potatoes
- Add greens and tomatoes and continue to cook
- Beat the eggs
- Transfer veggie mix to hotel pans and add eggs
- Top with cheese
- Bake at 325 until eggs are set

SEASONAL ADJUSTMENT

Switch veg around noting there will be different cook times depending on the vegetable added.

LEFTOVER IDEA

- none

Egg, Potato & Veggie Stir Fry

RECIPE

Crack one egg per person

20 peppers sliced

5 onions sliced

20 baked potatoes cubed

Seasonal Vegetable

Salt to taste

PROCESS

- Mix onions and peppers and roast in the oven with oil and salt until vegetables are soft and have developed a little color and just begin to caramelize
- Add potatoes
- Scramble eggs separate

SEASONAL ADJUSTMENT

- Add seasonal vegetable to peppers and onions

LEFTOVER IDEA

- Use veggies for tacos, grilled cheese, or stir-fry. They are extremely versatile.

Veggie & Cheese Scramble

RECIPE

Crack one egg per person

20 peppers sliced

5 onions sliced

Salt to taste

5 lbs. grated cheese

PROCESS

- Mix onions and peppers and roast in the oven with oil and salt until vegetables are soft and have developed a little color and just begin to caramelize
- Scramble eggs separate

SEASONAL ADJUSTMENT

- Add seasonal vegetable to peppers and onions

LEFTOVER IDEA

- Use veggies for tacos, grilled cheese, or stir-fry. They are extremely versatile.

LUNCHEES

Quesadillas

RECIPE

150 tortillas

5-10 # of cheese

pico

PROCESS

On a flat top make quesadillas and hold in a hot box or low temp oven to keep warm

SEASONAL ADJUSTMENT

LEFTOVER IDEA

Use left over stir fry veggies, pork, chicken or beef to add to some quesadillas

Pork Stir Fry

RECIPE

25# pork shoulder cubed

seasonal veggies

onions

15# rice

soy sauce 1 cups

lime juice ½ cup

PROCESS

Fry veggies with soy sauce and lime juice

SEASONAL ADJUSTMENT

Rotate veg

LEFTOVER IDEA

Veggies and pork for dumplings or eggroles

Rotating Ethnic Lunch

This is a great opportunity to have some fun with a mid week meal. Plantains, steam dumplings, bohn mi, or paella may seem a big jump for kids, but they really are good. Have kids smash plantains, fold steam dumplings, pickle the veg for bohn mi, or help with paella steps will make a difference in campers willingness to try something new.

RECIPE

PROCESS

SEASONAL ADJUSTMENT

LEFTOVER IDEA

Ploughmans Lunch

This is a plate of random things and a great way to reuse leftovers

RECIPE

Apples 20 quartered

Eggs 25 hard-boiled halved

Bread 200 slices

Cheese 10# cubed

Ham 7.5 # thick slices

Turkey 7.5. # thick slices

Beef 10# thick slices

Jam, compote, chutney, and or marmalade

Seasonal vegetables big cuts

PROCESS

Separate plates for everything

SEASONAL ADJUSTMENT

Veggies, Jam, compote, chutney, and or marmalade

LEFTOVER IDEA

Big cuts of lots of things, there are too many ways to list.

Sandwiches

RECIPE

10 # turkey

10# ham

200 slices of bread

2 heads of lettuce

8 tomatoes sliced

mayo and mustard for each table

1 onion sliced

10 bags of chips

PROCESS

Plate everything separately

SEASONAL ADJUSTMENT

Seasonal veg

LEFTOVER IDEA

Add ham or turkey to stir fry or quesadillas

Chili

RECIPE

20 lbs. ground beef
15 lbs. tomato sauce
15 lbs. diced tomatoes
9 lbs. kidney beans
3 lbs. onions
4 lbs. green peppers
1.5 lbs. chopped celery
1.5 lbs. diced carrot
¼ cup chili powder
¼ cup cumin
1 T paprika
1 T cayenne
10 bay leaves

PROCESS

Brown beef and drain off fat and set aside
Sweat mirepoix
Add the rest of the ingredients and cook for at least one hour

SEASONAL ADJUSTMENT

Corn and corn bread

LEFTOVER IDEA

Grilled Cheese

RECIPE

220 slices of bread
110 slices of cheese
2 tomatoes sliced
soft butter

PROCESS

Lay out on sheet trays two sandwiches thick

Tomato should be on about 25% of the sandwiches (adjust for demand)

Butter hot surface and grill both sides

Keep warm in the oven or hot box

SEASONAL ADJUSTMENT

Pesto, other sauces, be creative on this one.

LEFTOVER IDEA

none

Mac and Cheese

RECIPE

12 # pasta

10 # cheese shredded

1.5 # butter

3 cups flour

milk 1.5 gallons warm but not boiling

heavy cream 1 gallon add to the warm milk

satl tt

pepper tt

PROCESS

Cook pasta until slightly firm

Melt butter and slowly whisk in flour

Cook until smooth and slightly brown

Slowly add milk whisking the entire time

Cook until thick

Fold into pasta

Top with cheese

Bake at 375 until brown on top

SEASONAL ADJUSTMENT

Veggies

LEFTOVER IDEA

Staff meals

Subs and veggies

RECIPE

Hoagie rolls 100

Sliced deli meat 25 #

Sliced cheese 20#

Lettuce 2 heads

Onion 1 sliced

Tomato 10 sliced

Mayo

Mustard

Seasonal veggies thick cut

PROCESS

Set out on separate place

SEASONAL ADJUSTMENT

veggie

LEFTOVER IDEA

Veggies can be used many ways

Tacos

RECIPE

150 tortillas (100 soft, 50 hard)

25 lbs. chicken, beef, or pork or any combination

10 lbs. cheese

Two heads of lettuce (chopped)

Pico (see recipe)

Beans (see recipe)

Chipotle aole (see recipe)

1-gallon rice (as directed, adjust less or more depending on how much rice your camp consumes)

PROCESS

Everything is served separately

Fry tortillas flat until they get crispy, keep warm in the oven at 200-250.

SEASONAL ADJUSTMENT

This is a great way to add something small and see how the campers respond.

LEFTOVER IDEA

Beans for veggie burgers, pico for enchiladas,

DINNERS

Chicken, Mashed, Greens

RECIPE

150 Chicken breast 8 oz portion

10 eggs

8 cups bread crumbs

40 potatoes boiled

2 cups heavy cream

2 cups of melted butter

10 # greens (collards, arugula, spinach, or other) pick one, because they will cook very differently.

PROCESS

Dredge chicken in egg, then flour, then fry in oil, keep warm in the oven.

Smash potatoes, add heavy cream and butter, salt t.t.

Have fun with the greens and see what the campers like

SEASONAL ADJUSTMENT

greens

LEFTOVER IDEA

Mashed potato cakes

Chop up chicken for pizza or to put in anything

BBQ

Have fun, you can do classics like hot dogs and hamburgers, but add fried onions, maybe bake your own buns, there are lots of resources for fun bar food.

RECIPE

PROCESS

SEASONAL ADJUSTMENT

LEFTOVER IDEA

Beef Burgundy (ish)

RECIPE

25# beef cubed
6 qts beef stock
10 onions diced
20 carrots diced
8 celery bulbs diced
20 # egg noodles

PROCESS

Brown the beef
Sautee onions, celery and carrots
Toss everything in a pot or hotels with stock
Season and add any herbs you desire
Cook until thick or use roux, xanthum gum, or corn startch

SEASONAL ADJUSTMENT

LEFTOVER IDEA

Thin out for soup

Cookout

RECIPE

150 combo of chicken breast and leg quarters

Marinate (up to you) save 2 qts for later

100 pieces of corn

Cornbread or dinner rolls

PROCESS

Marinate chicken 1 day ahead of time

Cook in the oven until temp 165 mopping with extra marinate
two or three times

Finish the chicken on a wood grill outside

Boil the corn until tender

SEASONAL ADJUSTMENT

Veggie options

LEFTOVER IDEA

Shred chicken for tacos

Enchiladas

RECIPE

1 gallon of pico
1 gallon of spaghetti sauce
200 tortillas
5 lbs. of cheese
1 gallon of rice
Seasonal veggies

PROCESS

Blend pico and spaghetti sauce (batches if needed)
Stuff each tortilla with cheese, sauce, and half with veggies.
Cover with cheese and sauce
Bake at 325 until cheese is melted
Cook rice as directed

SEASONAL ADJUSTMENT

Rotating veggies

LEFTOVER IDEA

Save for staff

Fajitas

RECIPE

150 tortillas all soft

25 lbs. chicken, beef, or pork or any combination

10 lbs. cheese

12 red peppers sliced

12 green peppers sliced

8 onions sliced

Pico (see recipe)

Beans (see recipe)

1-gallon rice (as directed, adjust less or more depending on how much rice your camp consumes)

PROCESS

Sauté peppers and onions

Cook desired meat. Braise it, cube it,

Everything served separately

SEASONAL ADJUSTMENT

This is a great way to add something small and see how the campers respond.

LEFTOVER IDEA

Beans for veggie burgers, pico for enchiladas,

Tostadas

RECIPE

150 tortillas

25 lbs. chicken, beef, or pork or any combination

10 lbs. cheese

Two heads of lettuce (chopped)

Pico (see recipe)

Beans (see recipe)

Chipotle aole (see recipe)

1-gallon rice (as directed, adjust less or more depending on how much rice your camp consumes)

PROCESS

Everything is served separately

Fry tortillas flat until they get crispy, keep warm in the oven at 200-250.

SEASONAL ADJUSTMENT

This is a great way to add something small and see how the campers respond.

LEFTOVER IDEA

Beans for veggie burgers, pico for enchiladas,

OTHER

Pico

Yield: 5 quarts

Tomatoes – 35 romas chopped

Onions – 2 diced

Fresh jalapenos – 2 minces

Cilantro – 1 cup minced

Lime juice – 1 cup

Salt T.T.

Beans

Dried beans 6 qts (soaked over night)

Olive oil – 1/2c

Onions – 2 chopped

Garlic - 6 cloves minced

Orange juice - 1 qt

Chipotle – 2 peppers minced

Cook soaked beans until tender in water

While beans are cooking fry onions and garlic in oil until onions are translucent

Mix cooked beans, fried garlic and onions, orange juice, and chipotle peppers, keep warm until service.

Cornbread

RECIPE

Four 7.5 cups

Cornmeal 8 cups

Sugar 1.5 cups

Salt $\frac{1}{4}$ cup

Baking powder 10 tablespoons

17 eggs

7 cups corn (use seasonal if possible and grill first)

1 gallon of milk

1 $\frac{3}{4}$ melted butter

PROCESS

Mix dry

Add wet

Fold until incorporated

Bake at 400 20-30 minutes depending on your oven

SEASONAL ADJUSTMENT

Jalapeno

LEFTOVER IDEA

Bread puddinga

Meatballs

RECIPE

10 lbs. Ground beef
5 cups bread crumbs
2.5 cups milk
 $\frac{3}{4}$ grated onion
10 eggs
3 T Worcestershire
salt t.t.

PROCESS

Mix all ingredients well
Cook one in a pan and taste for salt, adjust accordingly
Scoop with a uniform spoon or ice cream scoop
Bake at 400

SEASONAL ADJUSTMENT

Herbs, sub ramps for onions,

LEFTOVER IDEA

Sandwiches, shepherds pie layer

Spaghetti Sauce

RECIPE

2 cups olive oil
2 qts chopped onions
3 lbs. ground beef
3 lbs. ground sausage
25 cloves of garlic
12 lbs. crushed tomatoes or two #10 cans
¼ cup of sugar
salt t.t.
pepper t.t.
basil t.t.
oregano t.t.

PROCESS

Brown onions
Stir in meat and garlic
Stir until meat is cooked
Add tomatoes, sugar and spices

SEASONAL ADJUSTMENT

Herbs, make your own crushed tomatoes, add 5 cups red wine for adult groups,

LEFTOVER IDEA

Blend half of this sauce with salsa or pico to make enchilada sauce, save for lasagna.