Gay's Lentil Curry as You Like It

Fry onions and garlic in oil, add red lentils and vegetables of your choice, stock or water and curry paste (add plenty as drying seems to cut the intensity) ,cook, put through a blender.

Cook rice separately, dry separately but rehydrate together.

Pea & Ham soup is also good. Cook with lots of vegetables and as little water as possible, cook then chop the ham finely and put it all through a blender.

Kaye's Ziplock omelette

- more for car camping but sounds really interesting!

There is a warning though . . . . . it really needs to be cooked (i.e. boiled) over a fire due the 13 minutes cooking time - too much gas? Also, don't plan on keeping the zip-lock bag at the end, but it was delicious.

Crack 2 eggs into the ziplock bag, shake to combine them, then add a variety of ingredients such as cheese, ham, peppers, tomato etc.

Place into rolling, boiling water for exactly 13 mins.

Open the bags & the omelette will roll out easily.