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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!
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

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.

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

Rank:
CPL

Name:
Remington

Number:
25036413
Curried Pasta and Spicy Chilli Minced Beef

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.

Rank: PTE
Name: Thapa
Number: 2512601

Recipe Title/
List of Ingredients

**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

**Fish Cakes**
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

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

**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

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.

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
Pineapple Crumble & Custard

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.

Recipe Title/
List of Ingredients

Pineapple Crumble & Custard
Porridge Oats
Sliced Pineapple
Dried Fruit Mix
Margarine
Sugar
Beef Biryani and Beef Hot Pot

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.
Luncheon Meat Fritters and Meat Pie

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.

Recipe Title/
List of Ingredients

MENU BOX C

Luncheon Meat Fritters
Luncheon Meat
Flour
Seasoning
Water

Meat Pie
Corned Beef
Diced Beef in Gravy
Dried Onions
Mixed Herbs
Mashed Potato Mix
Chopped Tomatoes
Carrots
Onions
Swede
Processed Cheese.
Savoury Fish Balls, Chilli Beef Fajitas and Sweet & Sour Beef with Crispy Noodles

Methodology

**Savoury Fish Balls**
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.

**Chilli Beef Fajitas**
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.

**Sweet & Sour Beef with Crispy Noodles**
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

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

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.

Recipe Title/ List of Ingredients

**MENU BOX C**

<table>
<thead>
<tr>
<th>Chilli Rice &amp; Croquette Potatoes</th>
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</thead>
<tbody>
<tr>
<td>Luncheon Meat</td>
</tr>
<tr>
<td>Minced Beef in Gravy</td>
</tr>
<tr>
<td>Chilli Sauce Mix</td>
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<tr>
<td>Dried Onions</td>
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<tr>
<td>Mixed Herbs</td>
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<tr>
<td>Mashed Potato Mix</td>
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<tr>
<td>Rice</td>
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<tr>
<td>Egg Powder</td>
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<tr>
<td>Chopped Tomatoes</td>
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<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Diced Peppers</td>
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</tbody>
</table>
Chicken & Potato Cake on Pea Puree

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 reservings 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

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

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.

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
Corned Beef Bolognaise Served With 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.
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.
Warm & Hearty (Breakfast)

Methodology

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

Recipe Title/
List of Ingredients

MENU BOX: All

Warm & Hearty (Breakfast)

Egg Powder
Bacon Grill
Baked Beans
Poached Tomato

Rank:
CPL

Name:
Deco

Number:
25020952
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.

Recipe Title/
List of Ingredients

Montserrat

Lasagne

Tinned Mince
Dried Onions
Bolognase Sauce Mix
Chopped Tomatoes
Processed Cheese
Mixed Herbs
Pancakes For Lasagne
Chicken Lasagne and Chilli Pancakes

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

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

Methodology

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

Recipe Title/
List of Ingredients

<table>
<thead>
<tr>
<th>Menu Box E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porridge Oats</td>
</tr>
<tr>
<td>Dried Fruit Mix</td>
</tr>
<tr>
<td>4 x Chocolate Bars</td>
</tr>
<tr>
<td>Sliced pineapple</td>
</tr>
<tr>
<td>Granulated Sugar</td>
</tr>
</tbody>
</table>
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.
Chicken, Ham & Mushroom Pasty

Methodology

Mix all ingredients to form a short crust pastry and chill. Once chilled, roll out and cut into 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.
Fruit & Nut Slab Cake

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**

**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.
Spicy Soya Nachos

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.

Recipe Title/
List of Ingredients

**For the Nachos**
- Flour
- Yeast
- Garlic powder
- Salt/pepper
- Warm water

**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

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.

Recipe Title/
List of Ingredients

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
Crunchy Peach Flan and Custard

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.

3 MCS RAF

Recipe Title/
List of Ingredients

MENU BOX C

For the Pastry
- Flour
- Margarine
- Oats
- Salt
- Water

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

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.

Recipe Title/
List of Ingredients

3 MCS RAF

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
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

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.
Chilli Beef Burritos

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 **
Chicken, Ham and Mushroom Flan

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.

Recipe Title/
List of Ingredients

For the Pastry
- Flour
- Margarine
- Mixed herbs
- Salt/pepper

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

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

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
Ex Tiger Cat Menus 2007

Menu:
For 10 Man Compos

Regiment:
2nd Royal Gurkha Rifles

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

Mexican Tortilla With Chilli Sauce Himalayan
Gothalo Pie

Potato Cake Spicy Pasta

Mexican Sweetcorn

Apple & Lemon Sponge With Custard Flapjack
Ex Tiger Cat Menus 2007

**Menu:**
CPL Pawan Sherchan

**Regiment:**
RMAS Military Team

**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
- 0.100g 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

**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)
Ex Tiger Cat Menus 2007

Team:
CPL Ineichen/ PTE Hance/ PTE Hamilton

Regiment:
4 LSR

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

Beef Herb Cobbler
Salmon & Red Onion Flan

Carrots
Peas Wellington

Champ Potatoes
Potato Wedges

Hot Swiss Roll & Custard

Chocolate Tort & Strawberry Sauce
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

Core Range Order

1kg Savoy Cabbage
1kg Courgettes
¼ pkt 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

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
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

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

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

Ten Man ORP Recipe Ideas
47
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
1 pkt Garlic
1 pkt Coriander
1kg Swede
1 pkt 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
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 Enfused 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
Menu:

Regiment:
32\textsuperscript{nd} 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

Oops 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

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**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
0.04 of 12.7kg Carrots

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**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
Ex Tiger Cat Menus 2007

**Menu:**
A

**Regiment:**
A & SH 5 Scots

**Core Range Order**
- 0.3 of Loaf Bread
- 3kg Potatoes
- ½ pkt 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

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**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
Ex Tiger Cat Menus 2007

Menu:
B & D

Regiment:
RMA Sandhurst ESS Team

Core Range Order
568ml Double Cream
1.5kg Culinary Flour
50g Instant Yeast
1Ltr Frying Oil
500g Caster Sugar

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

Lamb & Beef Calizouï 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)
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)

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

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
Ex Tiger Cat Menus 2007

**Menu:**
CPL Herdman

**Regiment:**
Team 21

**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

**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**
Ex Tiger Cat Menus 2007

Menu:
C & D

Regiment:
47 Regt

Core Range Order

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)
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:

<table>
<thead>
<tr>
<th>Recipe Title:</th>
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<table>
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<tr>
<th>List of Ingredients:</th>
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<th>Methodology:</th>
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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.