



# Hut Recipe Book

Refurbished by M80

Just chow okes



## **POTBREAD CAKE (V)**

625g Self Raising Flour

5 tbsp. Milo

10 tsp Hot Chocolate

4 tbsp. Sugar

6 Prunes (de-pipped!) and cut up

2 tbsp. oil

1 Cup warm water

1 bar chocolate (if you can spare it) - cut the blocks in half

Maybe some extra Oil and Milo

Mix the dry ingredients in a large pot. Add lukewarm water and oil, mix together into a sticky dough. Add the prunes

Smear the inside of the potbread pot with margarine or oil. Transfer the mixture to the potbread pot and sprinkle some Milo on top.

Add the water to the big pot (double boiler). The water must only reach a quarter way up the potbread pot.

Steam on low for 45min, checking the water regularly.

Stick some chocolate pieces in the cake and pack the rest on top of the cake

Steam for another 15min

**If you get angry—  
walk it off**

EDITH MERTZ - M65



## **VEGGIE PATTY (V+G)**

1 Can (drained) Green Beans

1 Can (drained) Green Peas

Garlic and Herbs

1tbsp Mayo

Cake Flour or Maize Meal+Maizena

- Smash some Peas and Green Beans
- Add Salt, Garlic and Herbs to taste
- Add flour till firm, don't over mix!
- Form patties and fry in oil

DANI CONRY - M78

**Keep your feet in your boots and reach for  
the stars - Anche**

## **CURRIED FISH (G)**

Rice

1 Can of Pilchards in Tomato Sauce

1 Can Whole Tomato

Onion & Garlic

- Fry Onion and Garlic
- Add Pilchards and Whole Tomato
- Serve with Rice

DANI CONRY - M78



## **OAT COOKIES (V)**

Leftover Oats  
Cake Flour  
Choc Chips/Raisins  
Sugar

**You're phone is dying?  
Its because its cold!  
– Leandri de Kock (M77)**

- Fry on low heat with the lid on
- Eat with jam :)

JOE HOPE; edited by LEANDRI DE KOCK - M77

**You may not be where you want to be, but its  
still beautiful – Stephan Keys (M75)**

## **PEANUT SATAY (V+G)**

1 pack Soy Mince  
1 Can Whole Tomato  
2 tbsp. Unsweetened Peanut Butter  
Onion & Garlic  
Herbs and Spices

- Fry Onion and Garlic with spices
- Add Soy Mince and water as required
- Add Tomatoes after Soy Mince is fully cooked
- Simmer on low for ~10min
- Add Peanut Butter and serve with Rice

DANIELLE KEYS - M75+M77



## **SOY MINCE PATTIES (V+G)**

1 pkt Soy Mince

1 Can Tomato and Onion

1 Can Whole tomato

1tsp Curry Powder

Dehydrated Onion & Black Pepper

- Fry Onion with Curry Powder
- Add Green Beans and continue to fry
- Add both cans of Tomato
- Add Pepper to taste

Serve with Spaghetti

DANI CONRY - M78

**Always go high and take the path of least resistance - Dani Keys**

## **VEGETARIAN BOLOGNAISE (V +G)**

1 Can (drained) Green Beans

1 Can Tomato and Onion

1 Can Whole tomato

1tsp Curry Powder

Dehydrated Onion & Black Pepper

- Fry Onion with Curry Powder
- Add Green Beans and continue to fry
- Add both cans of Tomato
- Add Pepper to taste
- Serve with Spaghetti

IRMA DU PLESSIS - M70



## **SWEETCORN PANCAKES (V)**

1 Can Whole Kernel Corn

4 tbsp. Mayo

1tbsp. oil

Self Raising Flour

Salt

**Everything is going to  
be okay**

- Mix corn, Mayo, Oil, Salt until smooth paste
- Add flour until runny dough
- Fry tablespoon full scoops in shallow oil

IRMA DU PLESSIS - M70

**When it feels like it cant get any worse, it  
probably will. But if it does, it will only get  
better**

## **FISH CAKES (G)**

1 Tin of Tuna

2 Cans Pilchards

Cake Flour or Maize Meal+Maizena

Herbs and Spices

- Mix Ingredients, add flour till firm
- Form patties and fry in oil

DANI CONRY - M78

**Stay higher, avoid the mire!**



## EASY HUT BREAD (V)

Take self raising flour, oil, milk powder and some salt and pepper. Mix all the ingredients together. You do not need a lot of milk powder and you can judge quantities by eye. Add water until it's mixed into a dough.

Now there are options.

- A. throw dough into a small pot. Put a little water into a big pot and place the smaller pot into the bigger pot (double boiler). Cover the big pot with a lid, put on low heat and leave for about an hour.
- B. Mix dough as above recipe. Cut dough into smaller pieces about the size of your hand. Put in a pan with a little oil, (enough to make sure the dough doesn't stick). Fry until cooked through. Now you have little roasty sarmies. Enjoy with cheese, Bovril or jam.
- C. Mix dough as above recipe. Take a piece of the dough, and use a flask to roll it out into a pizza shape. Cook in a pan with a little oil until its done. Make a few bases and put aside. Now for the topping—you may have brought stuff with you from base. A good combination is bacon and cheese. For a tomato base, use tomato sauce, add oregano and garlic flakes. Add your toppings and cheese. Put the pizza back into the pan and cover with a lid on LOW heat until the cheese melts.

**THE SECRET TO HUT COOKING is to be creative and experiment**

MIA WEGE - M66 + M69



## **BEAN SALAD (V+G)**

1 Can Butter Beans  
1 Can Peas  
1 Can Green Beans  
Pickled Onions and Gherkins  
Garlic and Mixed Herbs  
Mayo  
Salt & Pepper

Remember veggies are important! Mix together and enjoy

**Advice from a Birder: use a GPS, especially if you're a Sealer**

ANON

**If it's a good day—GET OUT!  
It's always better outside than inside**

## **SWEET AND SOUR SIRLOIN (G)**

Dissolve 1tbsp Brown Sugar in 50ml water

Add 2tbsp Chutney and mix well

Marinate Meat (from base) for 30min

Add barbeque spice

Heat some oil (just a drop in a pan

- Tip: the hotter the pan the rarer the meat will be. Just before turning the gas off add the marinade to the pan, close the lid and simmer for 1min. Rest for a few minutes before serving

ANON



## **HUT-CROSS BUNS (V)**

Dissolve 1 tbsp. Maizena in a little water

Add 1 tsp salt and 2 tbsp. oil

2 tbsp. white vinegar

Add self raising flour until a soft dough

add loads of sugar, raisins and cinnamon

Make the mixture into balls

Put in a double boiler on slow heat for 40-60min till cooked through but still soft. Consume!

MIA WEGE - M66 + M69

**Enjoy the adventure of being lost—although  
you may be lost, you will always be on  
Marion Island!**

## **HUT VETKOEK (V)**

1 Cup Flour

2 tsp baking powder (from base)

1 tsp Salt and tsp Sugar

1 scoop Milk Powder

1 tsp Vinegar

Enough water to make a stiff dough

Mix everything together and fry dollops full in partially covered oil. Drain before serving. Eat with savoury sauce (use your imagination)

NICO AND CHERYL - M63



## **HUT PANCAKES OPTION 1 (V)**

1 white mug of Self Raising Flour

1 white mug of Milk (made from Milk Powder)

2 heaped tsp of Mayo

Salt

Mix together (don't over mix), fry up in a pan and you have yourself a pancake. Eat them savoury or sweet (condensed milk, jam, cinnamon and sugar with lemon juice)

JEAN PURDON - M67

**Be kind to your feet and knees!**

**You have to protect the money-maker so put on sunscreen**

## **HUT PANCAKES OPTION 2 (V)**

1 Cup Flour

200ml Water

1 tbsp. oil and 1tbsp. Vinegar

- Mix until you have a pancake batter consistency. If you want a sweet batter add condensed milk. For a savoury alternative, add herbs.
- Put into a saucepan on low heat and cook

NICO LUBCKER - M69



## **SWEETCORN FRITTERS (V+G)**

1 Can Sweetcorn  
2 cups flour/1 pkt Smash  
2 tsp baking powder  
1 tsp vinegar

Combine ingredients and mix with a little milk. The dough must be firm but gooey. Spoon into a frying pan with warm oil. Brown both sides over low heat. Fritters are cooked when you tap them and a hollow sound is produced

ANON

**Don't pee into the wind...  
or with your back to the wind**

## **SWEET HAM A LA SEALER (G)**

1 tin Picnic Ham cut into small pieces  
add 1 tbsp. garlic

Mixed Herbs and Black Pepper

Fry for 10min

Add 0.5tsp Bovril and 3 tbsp. Chutney

Cook for 20min on low heat

Serve with Pro Vita, Rice, Mash or Bread

NICO DE BRUYN - M60 + M63

**Grass tufts are your friend  
when walking over mire**



## **LENTIL HUMMUS (V+G)**

In a saucepan place 1 cup Red Lentils and 1.5 cups water and boil for 2min. You can also substitute peas or any other soft vegetable available in tins or pre-soaked beans in the pantry!

Cover and allow the Lentils to soak for 10min (judge substitutes soaking requirements yourself). Place the lentils in a food processor with 0.3 cup of oil, 0.25 cup Lemon Juice, 1 Crushed Garlic Clove, 1tsp ground Cumin and Salt.

Process until smooth, you can add a little water to help the process. Use a fork in a bowl if you're in a hut.

JASON NEL - M69

**If you feel down, search for the rainbow**

## **SEALER HOMESTEAD HUMMUS (V+G)**

1 Can Chickpeas (Butter Beans and Lentils work too)

60-70ml Lemon Juice

1 Garlic Clove (Marion equivalent)

2 tbsp. Tahini (made from crushed roasted Sesame Seeds)

2 tbsp. Olive Oil and Salt

• Perfect for a field lunch

TAMMY EGGELING - M80



## **DOUBLE ROAST NUTS (V+G)**

1/4 bag Safari Mixed Nuts  
1 bag Roasted Peanuts  
some Raisins or Currants

Add nuts to a hot pan and roast over medium heat, add A LITTLE oil to help the process. It helps to give them a good shake in a strainer to get rid of little bits that will burn. Once they have a good colour remove from the heat and let them rest. Liberally add in some Currants or Raisins and you have yourself a winners trail mix. Get creative and add some sesame or pumpkin seeds.

AUSTIN GUMBA -M79 edited by ZAFAR MONIER -M80

## **There's no nut like the Pronut**

### **SKUA PRONUTRO**

An inordinate amount of Pronutro

Milk Powder

Peanut Butter

Peanuts and Raisins

A formula for soothing the soul, tastes better in an enamel mug. Enjoy while soaked

KYLE MAURER edited by DYLAN SEATON - M80

**SMASH IT LIKE A SKUA**



**“He who does not see the angels and  
demons in the beauty and malice of life,  
Will be far removed from knowledge and  
his spirit empty of affection”**

**When all is said and done and you're back home  
you'll only remember the good times, so make the  
most of every moment**

**—M80**