



## Dinner – cowboyday.

All clusters make dinner together at a common bonfire.

It will of course be alright to make a more "child-friendly" version of the chili con carne, that will be up to the individual group.

### Menu:

- Chili con carne
- Rice
- Flat Bread
- Nachos
- Creme fraise
- Guachemole / advocadocreame

### Recipes:

#### Chilli con carne:

Ingredients for 10 persons

1250 g minced beef about 10% fat  
2-3 onions  
2 cloves garlic  
2.5 ds. Chopped tomatoes, canned  
2.5 ds. White beans in tomato sauce, canned baked beans  
2.5 ds. Kidney beans, canned  
175 g. Tomato puree, concentrated  
1 tablespoon of cumin  
2.5 tsp. Chili, ground  
Salt and pepper

Roast the meat. Peel the onions and garlic, chop them fine and turn them in the flesh. Add tomatoes and cook it through. Simmer slowly for 5 minutes.

Add the two kinds of beans, tomato puree and chilli powder. Boil the court through and season with salt and pepper



**Guachemole/advocadocreme:**

Ingredients for 10 persons

- 5 pcs Mature avocados
- 3 pieces Finely chopped spring onions
- 6 dl Cream Fraise 18%
- 2 tsp. coarse salt
- 2-3 cloves garlic
- 1 whole small hot pepper (or ground chili)
- ½ teaspoon coriander
- 1 teaspoon cumin

Slice the avocados lengthwise and remove the stones. Scratch "flesh" out with a spoon and mash with a fork. Add the remaining ingredients. Set the guacamole covered in the refrigerator at least 1 hour. Let the avocado stone be in the guacamole until serving to keep the green color.

**Fladbrød:**

Ingredienser til 12-15 brød

- 500 g Wheat Flour
- 50 g Yeast
- 3 cups water
- 1 pc salt

Dissolve the yeast in warm water. Flour and salt are blended and kneaded thoroughly, after which the dough is to rest for at least one hour. Roll the dough into 12-15 balls, press / roll into very thin pancakes about 10 millimeters. The breads are baked on a dry pan or at a hot flat stone.