



Victorian Rogaining Association Inc.

Rogaine Recipes

As well as this document:

- A **Catering Manual** covers things for a Catering Manager to know
- A document for **Catering Helpers** covers safe food handling instructions

Document history

1986 Version 1 VRA Catering Guide written by Anne Burgess, Jo and Margarite Dessens, Lou, Maree and Mal Duffield, Margot Jones, Bob and Wendy Dare.

1997 Version 2 People who contributed their ideas to the 1997 update, particularly to Ainslie Cummins, Martina Honey, Andrew Strahan, Mina Guli, Cath Weir, Peter Chen, and Judy Herkes. Recipes by Deb Farrell, Grant Jeffrey, Aletta Wolswinkel, Marjo Hill, Kristine Andrew, Lesley Northey.

2000 Version 3 Update included food safety regulations - Ainslie Cummins

2010 Version 4 Modifications to reflect current practice- Ainslie Cummins

2017 Version 5 Major revision to emphasise Food Safety guidance. Move recipes into a separate document. – Don Baker, Ainslie Cummins & Peter Chen

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Overview

There is a separate manual that outlines safe food handling and planning and preparation for catering at a rogaine. This document lists some recipes that might be used

Recipe	Servings	High Risk Ingredients?	Gluten Free?	Comments
CHEESE TOASTIES	100	Yes	No	
VEGETABLE SOUP 1	100	No	Yes	
VEGETABLE SOUP 2	150	No	Yes	
POTATO AND LEEK SOUP	100	Yes	Yes	
SWEET POTATO & LENTIL SAUCE	50	Yes	Yes	
VEGIE CURRY	100	No	Yes	
VEGIE GOULASH	100	No	Yes	
MEAT GOULASH	100	Yes	Yes	
BEN'S PUMPKIN PASTA SAUCE	50	Yes	No	
VEGETABLES WITH TOMATO AND COCONUT CREAM	100	No	Yes	
VEGETABLE COCONUT CURRY	100	No	Yes	
CORN CHOWDER	100	Yes	Yes	
PHILSTRONE	100	No	Yes	
CHEERY JOHN'S LAMB SHANK BROTH	100	Yes	No	Extra care needed
CHUBBY CHEEK'S CHICKEN & COCONUT MILK CURRY	75	Yes	Yes	
PEA SOUP WITH HAM -	50	Yes	Yes	Extra care needed.
BACON AND LENTIL SOUP	100	Yes	Yes	
MEAT SAUCE	65	Yes	Yes	
HONEY BEEF STEW	150	Yes	Yes	
SOY PORK AND VEGIES	80	Yes	Yes	
SPICY SAUSAGE STEW & COUSCOUS	80	Yes	Yes	
COCONUT MINCE CURRY	100	Yes	Yes	
APPLE CRUMBLE	140	Yes	No	
FRUIT CRUMBLE	140	Yes	No	
PANCAKES	50	Yes	No	Labour intensive
SCRAMBLED EGGS	12	No	Yes	
PORRIDGE	14	No	No	

Explanation of “Serves”

This Recipe Manual states the number of serves. If a recipe states it is for 70 serves this is the amount of food required to provide 1 serve of about 250ml per person for 70 people.

Note that 100 rogainers will definitely not eat 100 serves of soup. 100 people may only eat 55 serves of soup. The Catering Manual has a section on quantities which gives an estimate of the number of serve per 100 rogainers

You will need to calculate the actual number of serves you need to make to feed the numbers of entrants for your event. Refer to the “Menus and Quantities” section of the Catering Manual, which gives the number of serves required to feed 100 rogainers

For 24 hour and 12 hour events in particular you will need to make several batches to be cooked at regular intervals. Calculate from numbers of serves needed for each batch, to produce recipe sheets.

CHEESE TOASTIES - 100 Toasties

10 Loaves sliced sandwich bread - 50 / 50 white & wholemeal

1 kg Margarine –

Pre-sliced cheese but not individually wrapped. Campbells offer 72 slices per pack (these are a bigger than the 81 slices per pack)

Prepare one loaf at a time

Put cheese slice between 2 bread slices.

Spread margarine thinly on the outside of the slices.

Stack slices.

Repack in bread bags and keep cool until cooked

VEGETABLE SOUP 1 Serves 100

Ainslie Cummins

Gluten Free

You need approx 13 kg of solid food to make 100 serves of soup. You can substitute any vegetables to the ones listed below as long as the vegetable weight is kept the same

Cook and serve pasta with this. Do not add the pasta to the soup because that would make the soup not gluten free

3 kg tomato chopped tinned

1.5 kg canned corn

3 kg canned bean mix

800 gm tomato paste

3 kg Sweet potato

2 kg Carrots

3 kg Onion

125 gm Garlic crushed in Jar or 4 bulbs fresh

120 gm Ginger crushed in jar or fresh root

3 litre Coconut milk

Gluten free vegetable stock powder & salt to taste

Basil/ Cumin/ Coriander - add to taste approx 20gm of each

Clean and chop sweet potato carrot and onion

Put evenly with other ingredients in 2 boilers

Liberally cover with water Simmer till cooked

While cooking add stock and herbs gradually to taste (do not make very spicy)

Stir regularly and turn heat down if sticking to bottom of pot

Add extra water if it gets too thick. Keep to soup consistency

VEGETABLE SOUP 2 – Serves 150

Approx. 40 litres (Martina Honey)

Gluten Free

2 kg Onions (12 large)

15 cloves garlic

2 kg carrots (16 medium)

2 kg cabbage

2 kg potatoes (18)

2 kg zucchini

2 kg beans or leeks

15 sticks celery

3 litre can peeled diced tomatoes
3 litre can tomato soup
3 litre can red kidney beans
Basil/ oregano/ marjoram one handful of each
Salt and gluten free stock powder to taste
8 to 10 litres water

Chop onions and garlic and fry on BBQ
Clean and Chop other vegetables
Place in large pot and simmer vegetables and herbs for at least 2 hours
Taste and add extra herbs and water as needed

Serve with parmesan cheese or ham or bacon pieces and/or pasta

POTATO AND LEEK SOUP – Serves 100

Approx. 30 litres

Gluten Free

20 large leeks (or 10 leeks and 5 large onions)
8 kg potatoes (90 potatoes)
20 litres water
200gm of plastic cheddar cheese (Not tasty cheddar cheese)
600 gm gluten free **vegetable** stock powder (30 stock cubes)
1 level dessert spoon coarse black pepper
2 bunches parsley (if you could be bothered)

Clean and chop leeks. Care: leeks have dirt between leaves and main stalk. Cut leeks lengthwise and wash out dirt between leaves carefully.

Clean and chop potatoes

Boil all of the above together for about 2 hours until all is mushy.

Add 2 bunches of chopped parsley before serving.

SWEET POTATO & LENTIL STEW – Serves 55

Robyn Lombardi

Gluten Free

2 kg Onions (already chopped)
5 kg sweet potato (2cm cubes)
2 kg red lentils
250 gm fresh ginger chopped
8 bay leaves
1 x 280 gm jar Sharwood's Rogan Josh Curry Paste - May require less-check by taste
4 litre vegetable liquid stock mixed with 4 litre water
Or
8 litre water with 8 tbsp. gluten free vegetable stock powder
Salt & pepper

Heat pot and add the curry paste cooking for 1 minute or until fragrant.

Fry onions

Wash lentils before using

Add lentil, bay leaves onion, sweet potato, ginger and stock, bring to the boil and reduce heat to low.

Cover and simmer, stirring occasionally for 20 minutes (or until sweet potato is cooked)

Season with salt and pepper. Check taste.

Remove bay leaves

Serve with couscous

VEGIE CURRY - Serves 100

Martina Honey

Gluten Free

2 kg onions (13 onions)
20 cloves garlic
6 heaped tsp. curry powder
2 kg carrots (16 carrots)
2 kg pumpkin
5 kg potatoes (33 potatoes)
5 kg zucchini
2 kg broccoli
Sambal (to taste)
200 gm stock gluten free vegetable powder
Water

Fry onions curry

Wash and chop vegies

Add vegies, stock powder, sambal and water to stop sticking.

Simmer together till soft.

Add extra water if when necessary.

VEGIE GOULASH Serves 100

Judy Herkes

MEAT GOULASH Serves 100

Marion Skovdam

Following is the Vegie Goulash recipe

To make beef goulash, replace 5 kg of beans and with 5 kg of diced stewing steak

5 kg tomatoes canned diced

5 kg canned beans

3 bulbs garlic

2 kg onions

2 kg potatoes

1.5 kg carrots

1 kg zucchinis

0.5 kg turnips

1 bunch parsley

10 tsp paprika

Thyme

Clean and chop vegetables

Put evenly with other ingredients in 2 boilers

Cover with water. Simmer till soft

While cooking add herbs gradually to taste (Care - do not make too herby)

Stir regularly and turn heat down if sticking to bottom of pot

Add parsley near end of cooking

Add extra water if it gets too thick. Keep to stew consistency

For Meat Goulash

Fry onions, mince and herbs in a pot

Add to vegetable mix during cooking process

BENS' PUMPKIN PASTA Serves 50

Martin Jackson

1.5 butternut pumpkins or equivalent
5 leeks
5 sticks of celery
2 litres stock (water with stock powder)
2 cups (300 gm) grated parmesan (tasty cheese will also do, adjust to taste)
500 ml cream
2 kg pasta

Sauté the chopped leek and celery in some oil until soft.
Add pumpkin and just cover with stock.
Simmer until pumpkin is soft, the mash/ puree mixture.
Add cheese and cream and reheat if necessary.

Comments

- We cooked the pasta then dumped it into pots of sauce and served it together, basically because we were short of pots.
- The cheese and cream can be left out if you want a vegan meal.
- Not many people object to dairy but you could separate out a small pot.
- If the pasta was served separately this recipe would be gluten free

VEGETABLES WITH TOMATO & COCONUT CREAM Serves 100

2 kg Onions = 20 small onions
1.5 kg Carrot = 15 medium carrots
1 kg Capsicum = 8 large capsicums
4 bulbs Garlic
3 kg Potato = 20 medium spuds
3 kg Tomato Tinned Chopped
3 kg Tinned Beans
1.5kg Dried Turkish apricots - Cut in half
2 kg Sweet Potato
800 gm Tomato Paste
4 litres Coconut Cream

7 heaped teaspoons Curry Powder - Spicy - do not add too much
3 heaped teaspoons Cinnamon
70 gm Sugar = 7 heaped teaspoons

Chop up vegetables into 20mm chunks
Put all ingredients, except beans in 2 pots
Almost cover vegetables with water
Simmer for 30 minutes till vegetables are softish.
Add drained beans and reheat.

VEGETABLE COCONUT CURRY Serves 100

2 kg Onions
2 kg Carrots
240 gm Garlic crushed in a jar
4 kg Sweet potato
4 kg Tomato canned
3 kg of 5 Bean Mix can
1.5 kg Dried Turkish apricots
800 gm Tomato paste
4 litres Coconut Cream
6 heaped tsp. Curry powder (do not add too much)
3 heaped tsp. Cinnamon
60 gm Sugar

Chop vegetables into 20mm chunks
Put all ingredients except beans in a pot, almost cover with water.
Boil for 30 mins till soft
Add beans and reheat
Taste and adjust spices for taste (Do not make too hot)

CORN CHOWDER -Serves 100

4 kg onions
6 kg potatoes
120 gm gluten free stock powder

14 litres water
700 gm milk powder
6 kg canned corn
300 gm spring onions 300gm chopped small
120 gm crushed garlic from a jar
600 gm sour cream
20 gm thyme

Chop onions and washed potatoes
Boil till soft in stock with garlic and thyme
Near serving add milk powder, sour cream, canned corn & chopped spring onions

PHILISTRONE - Serves 100

3 kg tins of 5 bean mix
1 kg tin of chick peas
3 kg tin of crushed tomatoes
3 kg onions
1.5 kg red capsicum
1.5 kg green capsicum
2 kg zucchini
2 kg pumpkin
1 x 250 gm jar of pitted Kalamata olives
125 gm jar of crushed garlic
10 gm packet of crushed basil
20 gm packet of smoked paprika

Serve with Pasta or Couscous and Packet grated Parmesan Cheese

Clean and chop sweet vegetables
Put evenly with other ingredients in 2 boilers
Cover with water. Simmer till cooked
While cooking add stock and herbs gradually to taste (do not make very spicy)
Stir regularly and turn heat down if sticking to bottom of pot
Add extra water if it gets too thick. Keep to stew consistency

CHEERY JOHN'S LAMB SHANK BROTH – Serves 100

25 LITRES

Gluten Free

10 lamb shanks
10 large onions, diced (2kg)
10 bay leaves
10 sprigs thyme
20 litres water
400gm pearl barley, rinsed
400gm lentils
20 carrots, peeled & diced (2.8kg)
10 leeks, sliced (3kg)
10 turnips, peeled & diced ((2kg)
10 sticks celery (not bunches), strings removed & finely sliced (500gm)
Salt
Freshly ground black pepper
Freshly chopped parsley

Place shanks, onions, bay leaves & thyme in big pot & add 15 litres water.

Bring to simmering point.

Skim & simmer for 1 hour

Add barley & lentils & simmer for 1 hour

Add remaining vegies & simmer for 30 minutes until tender

Remove shanks and cut meat into small pieces. Take care- this is hot.

Return the meat to the pot & simmer for 30 minutes

Taste for seasoning

Serve generously garnished with parsley

If the pearl barley was removed it would be gluten free

CHUBBY CHEEK'S CHICKEN & COCONUT MILK CURRY – Serves 75

26 LITRES

Gluten Free

5 kg diced chicken meat.

12 large onions very roughly chopped (2kg)

4 garlic bulbs (not 4 tiny cloves), very roughly smashed and skinned.
8 x 400 ml coconut milk
Gluten Free stock cubes equivalent to make up 2 litres. (But don't add water unless it gets too dry)
4 bunches silver beet - Wilt them first separately to reduce volume.
5 tablespoons soy – 50 ml - Use gluten free
5 heaped teaspoons of Ayam brand curry powder = (40 gm)
1 kg diced potatoes
50 ml lemon juice

Put all ingredients in a pot except spuds and cook. Simmer till vegies are soft
Add water if it looks too thick. Should be a yoghurt consistency.
Fry the chicken to brown in a pot (if you could be bothered)

Add chicken and spuds and simmer till chicken is cooked
Spice options: Can be spiced up with cloves, mustard seeds, cardamon pods all fried prior to cooking other bits. Can also add 2 tablespoons of fish sauce and cinnamon to taste.

PEA SOUP WITH HAM - Serves 50

Marjo Hill
Gluten Free

2 kg Bacon bones (these are not fatty like hocks)
2 kg split green peas
2 leeks (use all of leek, wash well)
4 large onions (600 gm)
Half bunch celery
6 potatoes (1 kg)
Bay leaves and other herbs to your taste
6 litres water

Boil water, bacon bones, split peas and bay leaves for 60 mins in large pot
Take meat off the bones being careful not to get burnt. Add meat back to pot.
Fry onions and herbs
Clean and rough chop vegetables
Add onions and other ingredients to beans and simmer till cooked
Taste and add extra herbs if necessary

BACON AND LENTIL SOUP – Serves 100

Kristine Andrew

Gluten Free

20 medium (2.5 kg) carrots
15 large (2.7 kg) parsnips
15 small (2.3 kg) swede turnips
1 stick (750 gm) celery
10 medium (1.5 kg) onions
500 gm bacon pieces
5 kg bacon bones
20 litres water (80 cups)
2 kg red lentils

Boil water, bacon bones, split peas simmer for 60 mins in large pot.

Fry onions on BBQ

Clean and rough chop vegetables

Add onions and other ingredients to lentils and simmer till cooked approx 2 hours

Stir occasionally

Taste and add extra herbs and water if necessary

Take out bacon bones, remove bacon and put bacon back in soup before serving.

MEAT SAUCE – Serves 65

Ainslie Cummins

Gluten Free

MAKES 20 LITRES = 65 SERVES at 300 gm PER SERVE

5 kg Mince Steak

5¹/₂ kg Onions (40 Onions)

4 kg Tomatoes Chopped Tinned

500 gm Tomato Paste Tinned

300 gm Sunflower Seeds

4 bulbs Garlic

5 tsp. Basil

5 tsp. Oregano

3 tsp Nutmeg
2½ tsp. Chilli Powder
20 Bay leaves
250 ml Soy Sauce – Use gluten free
250 ml Sherry
Water
Oil to fry onions

Fry onions, mince and herbs on BBQ
Put all ingredients into large pot and simmer till cooked 20 mins
Taste and add extra herbs
Provide 500 gm Grated Cheese separately, to be put on top of spaghetti (20 gm each serve)

Serve with pasta

HONEY BEEF STEW – Serves 150

Judy Herkes
Gluten Free

18 kg diced steak
30 onions (4.5 kg)
18 carrots (2.5 kg)
3 bunches celery
18 Gluten free stock cubes
Ginger
2 litre vinegar
1 litre honey
1 litre soy sauce – use gluten free
4.5 litre tomato sauce
18 cups water

Fry onions and beef on BBQ
Clean and chop vegetables
Put all ingredients in pot and simmer till cooked
Taste and add herbs as needed

SOY PORK AND VEGIES - Serves 80

Peter Chen

Gluten Free

5 kg chopped pork pieces
5 heaped tsp. sugar (55 gm)
30 heaped tsp. garam masala (150 gm)
1 litre white wine
400 ml soy sauce – Use gluten free
6 big carrots (750 gm)
10 big onions (1.7 kg)
5 kg tinned tomatoes
300 gm sunflower seeds
10 potatoes (2 kg)
4 kg green beans or any other vegetable that does not mush when cooked
10 cups water (2.5 litres)

Put pork pieces, sugar, garam masala, white wine, and soy sauce in a pot, add just enough water to cover.

Bring to the boil and simmer 40 mins.

Put in washed, chopped carrots, onions and potatoes

Boil fast till there is almost no liquid left.

Put in remaining ingredients and finish cooking.

SPICY SAUSAGE STEW & COUSCOUS – Serves 80

80 serves at 50 gm each

Cooking Couscous

Place couscous in a bowl and pour over boiling water, so it covers it by about 20mm (normally 100g couscous , add 200mls water).

Set aside for 5 minutes or until water is absorbed . Stir and add extra boiling water if required. Tastes better if you add a glug of oil and a little salt with the initial hot water.

Cook as required in small batches

Cooking Stew

4 kg Spicy sausages

3 kg tomato chopped tinned

1.5 kg canned corn

3 kg canned bean mix
2 kg Sweet potato
2kg carrots
2 kg Onion
125 gm Garlic crushed in a jar or 4 bulbs fresh
120 gm Ginger Crushed in a jar or thumb sized fresh root
3 litre Coconut milk
Gluten free Vegetable stock powder and/or salt to taste
Chilli flakes - add to taste (be careful not to add too much)

Clean and chop sweet potato, carrot and onion
Put evenly with other ingredients in 2 boilers
Cover with water. Simmer till cooked
While cooking add stock and herbs gradually to taste (do not make very spicy)
Stir regularly and turn heat down if sticking to bottom of pot
Add extra water if it gets too thick. Keep to stew consistency

Make in small lots as required

COCONUT MINCE CURRY - Serves 100

6 kg Mince Steak
2.5 kg Onions (already chopped)
2 x 3 kg cans chopped Tomatoes
2 kg Tomato Paste
2.4 kg Coconut milk (6x400 ml cans)
300 gm Sunflower Seeds
210 gm Garlic minced (1jar)
300 ml Soy Sauce use gluten free
120 gm green curry paste (add gradually to taste)
½ cup Sugar
Water
Oil to fry onions

Fry onions, mince and herbs in 2 pots
Put all ingredients and simmer till cooked 20 mins
Taste and add extra herbs

Serve with pasta or couscous

Boil pasta with a splash of oil so they stay separate

How to cook Couscous (Quantities of Couscous are covered in the Quantities section of the Catering Manual. Quantities depend on what else is served).

Place couscous in a bowl and pour over boiling water, so couscous is covered by about 20mm. (Normally 100g couscous needs 200mls water).

Set aside for 5 minutes or until water is absorbed. Stir and add extra boiling water if required. Tastes better if you add a glug of oil and a little salt with the initial hot water.

APPLE CRUMBLE - Serves 140

Chris Storie

Note this contains dairy - need to keep butter cool until the crumble is made. Delay the preparation until the crumble is to be served. Must be consumed within 2 hours of making

8 x 2.75 kg can of apples (22kg)

1 kg flour

1 kg raw sugar

1 kg coconut

750 gm quick cook oats

500 gm sunflower seeds

1kg butter

Heat and mix all ingredients other than apples in a saucepan

Heat apples separately in a saucepan and tip into a shallow pan (apples can be cold)

Spread crumble on top of apples.

FRUIT CRUMBLE - Serves 140

Robyn Lombardi

Note this contains dairy - need to keep butter cool until the crumble is made. Delay the preparation until the crumble is to be served. Must be consumed within 2 hours of making

8 x 2.75 kg can fruit (157 gm fruit per serve)
30 gm cinnamon
5 x 750 gm untoasted muesli (total of 40 gm muesli & sugar per serve)
600 gm light brown sugar
1 kg butter

Heat fruit in one saucepan
Prepare crumble: heat and mix all other ingredients in a second saucepan
Put hot fruit in a pan and top with hot crumble

PANCAKES - 50 CAKES

7 Eggs
7 cups SR Flour (875 gm)
10.5 cups UHT Milk (2.5 litres)
Oil to fry pancakes

Mix into a batter
Fry on BBQ
Serve with lemon and sugar, maple syrup, jam, honey, margarine etc.

SCRAMBLED EGGS - Serves 12

12 Eggs
Half litre UHT Milk
Chopped Parsley (optional)
Mix eggs and milk. Pour in a frypan.
Note - Scrape the pan bottom continuously during cooking to prevent burning. You will need a cleaned pot each time you make a batch because the egg sticks to the pot bottom. A non stick frypan will not need cleaning between batches.

PORRIDGE - 14 Serves

1 Kg of oats (easiest with quick cook oats)

5 litres of water

Optional - 2 cups of milk powder.

Easiest to boil water first, then add oats so you don't have to stir for as long.

Other

Several recipes in earlier versions of the manual have been removed.

- Fresh Fruit Salad – Not permitted under our food providers permit
- Coleslaw – Not permitted under our food providers permit

- Fried rice –
- Rice Patties
- Homemade veggie burgers

APPENDIX:- CATERING EQUIPMENT AVAILABLE

1x 40 litre cooking pot	Gas Equipment
2x 30 litre cooking pot	1 single burner gas ring – medium (for hot water urn)
2x 20 litre cooking pot	
	2 dual burner gas ring (1 for hot water urn)
4x 10 litre cooking pot	6 three burner gas ring
2x 9 litre cooking pot	
	3 BBQ 4 burner on legs
2 hot water urns	11x 9kg gas bottles
1 steamer -	
8 large stirring paddles	
3 large stainless steel mixing bowls	7 windshields
	1 refrigerator
10 rectangular SS steam pans with plastic lids	regulators and hoses
6 lidded plastic food serving containers	
Metal trays 2cm deep	
	Large white buckets with lids
Water drums 34 /25 litre (many already in use for water drops)	
Lots knives, ladles and other small utensils	Chopping boards various sizes
Single sink on stand	
Double sink on stand	Waste Water Drum & Hoses