



ICV TRAIL TEAM COOK BOOK





”ICV Trail team book

Some recipes you can do with the ingredients from the boxes! “

The motto of this book is inspired by loads of “all the good stuff is gone”-cooking sessions. Sometimes it's almost a competition who can make the best out of the least. Not that UST food choice for their volunteers would be bad – in fact it's great! – but cooking with limited equipment and long lasting food can be a challenge in itself. So, if it's your cooking turn on a rainy Thursday night for a bunch of weary, hungry fellas, no fresh veg left, stranded with lentils, chickpeas, mjólkurkex and a huge amount of spices, here are some ideas on how to deal with it. Since we all know:

**Good food is the most important thing
to keep volunteers happy!**

And happy volunteers do better work ;)

This book is not supposed to give precise instructions but ideas on what to do with your provisions. You won't find any quantities within the recipes but only easy to do measurement. To keep it simple and applicable to any state of supply ingredients are split up into “have to” (the necessary base) and “optional” (if available) – which makes endless different meals out of one recipe. Most recipes are vegetarian since it's easier to add meat than to get around it. Feel free to experiment and add more recipes and ideas as they come along! This book is a growing collection

	Vegetarian dish
	Vegan dish
	Traditional Icelandic dish
	Gluten free dish
	Lactose free dish
	Nut free dish
	Soya free dish

So then, enough talk... Start cooking! Get out there and enjoy your time! It will be a special one :)

Cheers, Anna & Julie

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!

TT-Cookbook: How to cook without ingredients ...

Ingredients:

mandatory

optional



How to prepare:

Notes:

... and how to bake without an oven!