



Extreme Response International

VOLUNTEER TEAM

QUITO MEAL PLANNING GUIDE

The purpose of this guide is to provide the Kitchen Coordinator with information that will be helpful as she/he works out the many kitchen-related logistics. Our desire is to make the task of feeding several people each day in a foreign country a manageable one. The following information is designed to help with the pre-project planning and food gathering as well as the actual coordinating of the kitchen while in Ecuador.

RESPONSIBILITIES OF THE KITCHEN COORDINATOR

The Kitchen Coordinator is asked to plan the daily menus and coordinate the cooking and serving of the food (this will usually include three meals and two breaks per day at the project site). The ingredients needed for each meal must be determined in advance (some will need to be brought with you - we will discuss this later). The supervision and organization of all kitchen helpers, kitchen maintenance, as well as receipts and reporting all kitchen spending to the Team Coordinator are also the responsibility of the Kitchen Coordinator. This requires working closely with the Team Leader from your origination as well as your Team Coordinator in Ecuador.

TO SERVE IN THE KITCHEN

The kitchen is a vital part of the overall project, thus the Kitchen Coordinator must be someone with a servant's heart. Team moral and effectiveness is directly related to the satisfying meals it receives and the atmosphere created by the kitchen staff.

Through the kitchen you will have an opportunity to be a good testimony to the many people you will come in contact with daily, such as the ER staff, national workers, people in the markets, at the grocery stores . . . Your greatest service, however, will be to your fellow team members. The majority of your team will be living and working in situations that may be very unfamiliar. Meals that are as close to "home cooked" as possible will help them to relax and ultimately help them to accomplish more. Your ministry to the team will be multiplied in them as each one works each day at the job assigned to him.

The kitchen crew may have the longest hours and the most demanding job of all. Without the kitchen crew the other acts of compassion could not take place. Please view your position as an act of service.

HOW TO USE THIS INFORMATION

This information is designed to help you with your planning and meal preparation. It has been based on the past experience of many groups and missionaries living in Ecuador. We trust this information will help eliminate any problems or frustrations you may encounter.

PLANNING THE MENU

Planning the menu is a very important part of kitchen coordination. This must be done before your scheduled departure. Each day, breakfast, lunch, dinner and two break times must be planned.

On the following pages are sample menus. Each contains a list of ingredients you will need to prepare these specific meals. These menus are given as a guide - you may make any of your favorites (just make sure to check the "hard or impossible to find" section for your needed ingredients!). We have found all these meals are fairly simple to prepare and work well for groups. This will be very useful while on the project and in your planning. It will help to show you and the rest of the kitchen workers what needs to be purchased and prepared for each meal.

Many of the ingredients noted in the following sample menus may be brought with you. The perishable items such as fruit, vegetables, bread and dairy products will be available in Ecuador. Items preceded by an asterisk () are UNAVAILABLE in Ecuador, therefore, we recommend you plan to bring these items with you. Items preceded by a number symbol (#) are items that will normally be used daily and are not repeated in each menu.*

MENU 1 (this menu was formulated with quantities for feeding 20-25 people)

Breakfast	
instant oatmeal (assorted flavors)	20-30 pkgs. instant oatmeal
cold cereal and milk	2 lg. boxes cereal
toast	1-2 loaves bread
juice, coffee, #butter, jelly, #instant coffee, sweetener, #1 gallon milk, sugar	
Morning Break	
fresh fruit	#cantaloupe, oranges, pineapple, bananas, etc
kool-aid	#2-3 gallons TANG
Lunch	
ham and cheese sandwiches	30 slices ham, 30 slices cheese, 2 loaves bread
peanut butter & jelly sandwiches	*1 jar peanut butter, #squeezable jelly
chips	1-2 lb. chips (or individual bags)
brownies	*1-2 boxes brownie mix
kool-aid/lemon-aid or Coke	#2-3 gallons drink
Afternoon Break	
granola bars/ fruit roll-ups	*25-30 bars
kool-aid	#2 gallons drink
Dinner	
spaghetti	2-1/2 lb. spaghetti noodles
or cheesie spaghetti	4-5 lb. ground beef
(see recipe to follow)	6-8 cans of spaghetti sauce
tomato/cucumber salad w/ Italian dressing	8-10 tomatoes, 8 cucumbers, oil and vinegar
	*2 pkg. Italian dressing mix
bread or rolls	1 loaf bread or 3 dozen rolls
cake	*2 boxes cake mix & 2 cans frosting
milk/coffee/coke	#instant coffee, #milk, #Coke, # kool-aid

MENU 2 (This menu was formulated with quantities to feed 20-25 people)

Breakfast	
scrambled eggs and ham	2 1/2 to 3 doz. eggs, 1 lb. ham
toast	15-25 slices bread/butter/jelly
cold cereal	2 lg. boxes cereal
Morning Break	
fresh fruit and drink	
Lunch	
macaroni salad	macaroni noodles, 1 lg. jar mayonnaise, 3-4 cans tuna, other ingredients depending on your recipe
bread or croissants	1-2 loaves or 2-3 doz. rolls
peanut butter & jelly	peanut butter and jelly
watermelon or cantelope	1 lg. watermelon/ 3 cantelopes
cookies	3 doz. cookies
Afternoon Break	
fresh fruit and drink	
Dinner	
baked chicken (see recipe)	30-40 pieces of chicken
boxed potatoes (or fresh if group is smaller)	*4-5 boxes instant potatoes
Jell-O	2-3 large boxes Jell-O
bread	2 doz. rolls
fresh vegetables (broccoli, beans, etc)	3-4 lbs. vegetables

MENU 3 (This menu was formulated to feed 20-25 people)

Breakfast	
French toast - syrup	3 loaves bread 2 large bottles syrup 1-2 doz. eggs 2 boxes cereal
cereal and milk	
Morning Break	
cookies and drink	3 -4 doz. cookies
Lunch	
assorted sandwiches (tuna, egg salad, peanut butter & jelly, etc.)	bread and other ingredients
chips	chips
fresh fruit	fruit
brownies	*2 boxes brownie mix
Afternoon Break	
fresh fruit and drink	
Dinner	
hamburgers (for oven baked, see following)	5-6 lb. ground beef recipe) 25-30 buns, mayo, mustard, ketchup, tomatoes, onions
potato salad	5-6 lb. potatoes
raw veggies and dip	carrots, cucumbers, etc., *dip mix (2 pkg.) sour cream or mayo
cookies	3-4 doz. cookies

MENU 4 (This menu was formulated to feed 20-25 people)

Breakfast	
egg casserole	1 1/2 # ham, 12 eggs, milk, 2 cups cheese, 1 loaf bread (see recipe)
cereal	1-2 boxes cereal
toast	1 loaf bread
Morning break	
fresh fruit and drink	
Lunch	
grilled cheese sandwiches	2-3 loaves bread, 30 slices cheese (OR BRING VELVEETA!)
instant soup	*15-20 pkg. soup
chips	chips
carrot sticks	carrots
Afternoon break	
fresh fruit and drink	
Dinner	
sloppy joe's	5 lb. ground beef, *5-6 pkg. sloppy joe mix 5-6 cans tomato paste, 30-35 buns
macaroni salad	macaroni noodles 2-3 cans tuna, mayonnaise
raw vegetables and dip	carrots, cucumbers, celery *2-3 pkg. dip or ranch mix mayonnaise
fruit cups	fresh fruit

MENU 5 (This menu was formulated to feed 20-25 people)

Breakfast	
muffins	*30 muffins from mix
fresh fruit	fresh fruit
toast	1 loaf bread
cereal	1-2 boxes cereal
Morning break	
granola bars and drink	*30 granola bars
Lunch	
hot dogs	25-35 hot dogs, (mustard, ketchup, etc)
Jell-O	2-3 lg. boxes Jell-O
chips	chips
cookies	3 doz. cookies
Afternoon break	
fresh fruit and drink	
Dinner	
lasagna	2 boxes lasagna noodles, 4-5 lb. ground beef 5-6 cans spaghetti sauce, cheese
salad	lettuce, tomato, cucumber and *salad dressing (make with mix)
garlic bread	1-2 loaves bread garlic salt and butter
fresh fruit	fresh fruit
pudding	3-4 lg. Boxes instant pudding

MENU 6 (This menu was formulated to feed 20-25 people)

Breakfast	
oatmeal	1g. bag oatmeal, milk, sugar, raisins, etc
cereal	1-2 boxes cereal
toast	1 loaf bread
Morning break	
granola bars and drink	*30 granola bars
Lunch	
assorted sandwiches	ham, tuna, peanut butter and jelly, egg salad, etc. (mayo, mustard...)
carrot and celery sticks	carrots and celery
chips	chips
cookies	3 doz. cookies
Afternoon break	
fresh fruit and drink	
Dinner	
tacos	5 lbs. ground beef *5-6 pkg. taco seasoning mix tortillas, lettuce, cheese, tomatoes
rice	1 bag rice
tortilla chips	tortilla chips
raw veggies	tomatoes, cucumbers, etc.
ice cream	1-2 gallons ice cream

HARD OR IMPOSSIBLE TO FIND ITEMS

grape jelly
peanut butter (can find but costs a lot)
chocolate chips (or other baking chips)
many familiar types of cheese
Crisco
zip lock bags
salad dressing mixes (ranch and good seasons)
Hershey's cocoa
canned frosting
instant pudding
boxes cake mix/cookies and brownies
many other pre-packaged foods
– ask if you're not sure!

FOOD USUALLY AVAILABLE IN ECUADOR

Milk, tang, coke/Pepsi/diet coke/sprite/etc...
eggs
bread and buns
breakfast cereals (corn and/or frosted flakes, etc)
cheese (mozzarella & yellow)
chips - large variety
pasta
tomato paste and sauce
cooking oil, margarine and butter
sugar (white and brown)
vinegar
ice-cream, Jell-O, etc
popcorn
paper towels, napkins, plastic plates and cups
large variety of fresh fruits and vegetables
ground beef, steak, chicken, hot dogs
sliced ham and lunch meat, tuna

HELPFUL HINTS

ALWAYS have beverages on hand! Send 5-10 gallons of water to the job site everyday. This can be accompanied by kool-aid or another beverage if you wish.

Take advantage of the fresh fruits and vegetables, but remember - they need to be cleaned properly. Follow these directions:

- **Wash all fruits and vegetables that are to be peeled before eating in soapy water (watermelon, bananas, tangerines, potatoes, carrots, etc.). The dust and dirt that is on the peelings can be transferred into your mouth by your hands when eating.**
- **All vegetables and fruit that will not be peeled before eating (broccoli, beans, lettuce, apples, etc) need to be soaked in either:**
 - a solution of water and bleach (about 1 T bleach to 1/2 gallon water) for at least 20 minutes, then rinse (iodine may be used in place of bleach).
 - a solution of water and BACSTOP (available here in Ecuador) for 5 minutes

PLEASE TAKE THESE PRECAUTIONS SERIOUSLY - WE DON'T WANT ANYONE TO GET SICK!!

Make sure your drinking water is sterilized. You can sterilize water by letting it boil for more than 20 minutes. "Safe" water will be provided for you in your place of lodging/cooking in most cases.

Bring along some of your favorite "tools" - peelers, knives, etc.

Be sure to ask your host in Ecuador what will be available - pots and pans, stove, refrigerator, baking pans, utensils, etc.

BE FLEXIBLE!!

HIGH ALTITUDE COOKING - Don't let it scare you!!!

Most of the cooking you will do while in Ecuador will require very little adaptation for the altitude. If you bring along boxed cake mixes they will have the high altitude directions on the box. Here are a few helpful insights:

- ◆ water takes more time to boil
- ◆ liquids evaporate faster - use more liquids
- ◆ foods take longer to cook (approx. 10-20% longer)
- ◆ temperatures will sometimes need to be raised (about 25 degrees)
- ◆ if baking, leavenings must be decreased and additional liquid must be used.

PLEASE SEND A LIST AHEAD OF THE THINGS YOU WILL NEED FOR THE FIRST DAY OR TWO!

RECIPES TO FEED GROUPS

BAKED FRENCH TOAST (make the night before!)

1/3 cup melted margarine

1/2 cup chopped pecans (optional)

4 eggs, beaten

1/3 cup syrup

8-10 1-inch-thick slices of French bread

1 3/4 cup milk

Stir together butter and syrup and pour into 9x13 pan. Sprinkle 1/4 cup pecans over mixture. Arrange bread in a single layer on top of nuts. Set aside.

In medium bowl combine eggs and milk. Pour over bread. Sprinkle remaining pecans on top. Cover and refrigerate for 2-24 hours.

Remove cover and bake at 350 for 30-40 minutes. Let stand 10 minutes before serving.

PANCAKES FOR 32

12 cups flour

1 cup oil

8 Tbsp. baking powder

3 eggs

8-tsp. salt

10 cup milk (2 1/2 qt)

1 cup sugar

Juggle milk and flour according to desired thickness.

BAKED OATMEAL (makes one 9x13 pan)

6 cups oatmeal

2 tsp. salt

1 tsp. cinnamon

2 cup milk

4 tsp. baking powder

1 1/2 cup sugar

1 cup oil

4 eggs

Mix dry ingredients and then pour in liquids. Grease 9x13 pan. Bake at 350 for 30-40 minutes. Serve with milk and fruit. Can add coconut, raisins, apples, or bananas before baking.

SWEET FRENCH DRESSING

22 oz. Ketchup

1 cup vegetable oil

1 tsp. dry mustard

1-cup cider vinegar

1 tsp. salt

1 can tomato soup

1 tsp. paprika

1 1/2 cup sugar

1 clove garlic, crushed

1 tsp. Worcestershire sauce

Combine all ingredients in electric blender; process till smooth.

Tossed Salad (approx. 25)

3 heads lettuce

2 cucumbers

4 – 5 tomatoes

green peppers, etc.

Sunshine Salad (approx. 25)

3 – 4 lbs. shredded carrots

2 c. shredded coconut

Dressing: 3-c. mayo diluted with pineapple juice

2 cans crushed pineapple (can use fresh)

AMISH BROCCOLI SALAD (for 25 people)

3-4 bunches of broccoli

3/4 cup sunflower seeds

onion diced, to taste

sweetened mayo dressing

6-8 carrots, shredded

1 pound bacon cooked crisp and crumbled

grated cheese

DRESSING FOR COLE SLAW

3 cup mayo

1/3 cup sugar

Use milk to thin to desirable consistency

COLE SLAW (for 25 people)

1/3 cup vinegar

salt and pepper to taste

2 ½ pounds of cabbage shredded
3 cups carrots, shredded

green pepper and onion to taste

ITALIAN COLE SLAW (25 people)

2 ½ pounds cabbage, finely shredded
1 or 2 onions, chopped
1-cup cider vinegar
2 tsp. sugar

1 ½ cup sugar poured over cabbage
topping:
1 tsp. salt, celery seed, and dry mustard
¾ cup oil

Bring to boil and pour over cabbage. Cover and let stand in refrigerator 4-6 hours. Mix well each time you serve.

OVEN FRIED POTATOES

Wash potatoes well (approx. one potato per person); cut into strips, place on well-oiled shallow pan. Salt and pepper to taste. Bake at 400 for 45-60 minutes. Turn once or twice, sprinkle with Parmesan cheese, if desired.

BAKED POTATO SQUARES (25 people)

12 cups prepared instant potatoes
2-cup sour cream
10-12 slices crisp bacon crumbled
¾ tsp. pepper

4-tsp. salt
3-5 slightly beaten eggs
4 Tbsp. flour
3 Tbsp. chopped onion/chives

2 cups Swiss cheese, shredded
Mix potatoes (quite stiff) salt and pepper. Spoon into greased pans. Mix sour cream, chives/onions, egg, and spread over potatoes. Sprinkle with cheese and bacon. Bake at 350 for 30-45 minutes.

SHEPHERDS PIE (25 people)

7-8 pounds ground meat browned and drained
dried or fresh diced onion, to taste

Divide into two large foil pans, cover with 7-8 cans cream of mushroom or cream of chicken soup. You could use dried soup instead and prepare as directed.

Place a layer of mixed carrots and peas (you can use just carrots, if necessary—use fresh and partially pre-cook them first). Top with 2 or 3 large boxed of prepared instant potatoes (add sour cream to potatoes if available—improves taste). Spread on top of vegetables and sprinkle with cheddar cheese.

Bake at 350 for 1-1 ½ hours.

RIGATONI AND HAM BAKE (4 servings—so double as needed)

2 quarts water
1 Tbsp. oil
2 cups diced cooked ham
2 Tbsp. butter
½ tsp. salt
2 ½ cups milk
½ cup crushed potato chips

2-tsp. salt
3 cups rigatoni or elbow macaroni
1 cup shredded cheddar cheese
¼ cup flour
¼ tsp. dry mustard
½ cup shredded cheddar cheese
paprika, if desired

Heat oven to 375 degrees. Boil water with salt and oil. Add rigatoni; stir to separate. Cook uncovered after water returns to a full boil for 15-20 minutes. Stir occasionally. Drain and rinse under hot water.

In large bowl, combine cooked rigatoni, ham and 1 cup cheese.

In medium saucepan, melt margarine. Blend in flour, ½ tsp. salt and mustard. Add milk all at once. Cool until thickened, stirring constantly.

Combine sauce with rigatoni mixture. Turn into 2-quart casserole dish. Toss ½ cup cheese with potato chips. Sprinkle over top. Sprinkle with paprika, if desired. Bake for 30-45 minutes.

MOSTACCOLI (25 people)

4 or 5 pounds ground meat—brown and add onion to taste
Add prepared spaghetti sauce. Add 1 ½ pounds thin sliced pepperoni continue cooking 20-30 minutes. Cook up approx. 3 pounds mostaccoli until tender. Drain and toss with meat; sprinkle with Parmesan cheese.

CHICKEN POT PIE (8 people)

5 cups chicken, cut up
3 celery tops

Bring to boil and boil for 5 minutes. Take off heat and add ½ tsp. baking soda and nuts, if desired. Pour over popcorn and stir well. Put on cookie sheets and bake at 250 for 1 hour stirring every 15 minutes. Spread on counter to cool. Break into chunks before serving.

MISCELLANEOUS SUGGESTIONS:

Salads: Tossed salad, cole slaw, fruit salad, Jell-O salad, broccoli salad, marinated vegetable salad, pasta salad

Dressings: commercial dressings, coleslaw dressing, marinated vegetables—use packaged Good Seasons dressings for marinade

Entrees: meatloaf, mostaccoli, shepherds pie, canned ham, stew/biscuits, chicken, cheesie spaghetti or lasagna, hamburgers (oven baked)

Potatoes: boxed scalloped, instant mashed, baked, oven fried, baked potato squares, potato salad

Lunches: macaroni/tuna salad, egg salad, grilled cheese, hot dogs, Spam, chili, sloppy joes, submarine sandwiches, peanut butter/jelly

Desserts: cakes (make sure you have supplies for birthdays)—bring canned frostings, pies, cookies, rice krispie treats, fresh sliced fruit, brownies and other bar types, pudding, ice cream and toppings

Breakfasts: coffee cakes, pancakes, french toast, scrambled eggs/bacon or ham, oatmeal, cold cereal, toast, fruit, egg casserole, muffins—bring mixes