



SINCE 1907

CARAVAN AND
MOTORHOME CLUB

Camping

BIG THE *little*
TEATIME
festival
#BLTF20

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MARTIN'S EASY-PEASY LOCKDOWN BURGERS

SERVES 2

INGREDIENTS:

- 1 small red onion
- 1 clove of garlic
- 250g beef mince
- 1 tbspc finely chopped thyme
- 1 large egg

CHECK!

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INGREDIENTS:

- 2 thick slices extra mature cheddar
- Spicy tomato chutney to serve
- 2 handfuls rocket or any green leaves
- 2 large white rolls

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1 WASH YOUR HANDS



2 Peel and finely chop the onion and garlic and mix in a bowl with the beef, thyme and some seasoning

3

Crack the egg into the mixture and mix it through - don't be tempted to over work the mix or the burgers will be tough, leave it a little rough



4

Now, with your clean hands, form into two flat patties. Transfer the patties to a board or plate and leave them in the fridge, or somewhere cool, for half an hour

5

Cook the burgers over a hot griddle or barbecue until done to your liking, 3-4 minutes on each side is a good guide

6

Serve in the rolls with a handful of salad, a thick slice of cheddar and a big dollop of chutney



MARTIN'S EASY-PEASY
LOCKDOWN BURGERS



BUTTERNUT SQUASH, APRICOT, CHICKPEA AND CHARD CURRY

EVEN IF YOU CAN'T FIND A ROADSIDE STALL SELLING SQUASHES IT'S WORTH TRYING THIS RECIPE IF YOU LIKE CREAMY, HEARTY ONE POT WONDERS. AND THE GREAT THING ABOUT MUCH OF THE INGREDIENT IS THAT YOU CAN OFTEN FIND IT WITHOUT PACKAGING IN THE SUPERMARKET! BRILLIANT. IF YOU CAN'T GET CHARD, USE SPINACH OR GREEN BEANS.

INGREDIENTS:

- 1 butternut squash, cut into 1 inch chunks
- 1 handful of fresh chard leaves, chopped
- 1 x red onion
- 1 tbsp rape seed oil (or sunflower)
- 4 or 5 Curry leaves
- Garlic 1 clove, peeled
- Ground Ginger 1 tsp
- Pinch of red chilli flakes
- Turmeric 1 tsp

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INGREDIENTS:

- Ground coriander 1 tsp
- Ground cumin 1 tsp
- 1 x 400 ml tin of chickpeas
- 1 x 400 ml tin of coconut milk
- 8 dried apricots, chopped
- Seasoning
- Small handful of chopped coriander, to garnish
- 1 tbsp flaked almonds to sprinkle on the top
- Serve with jasmine rice.

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1 Heat a pan over a medium heat. Add the oil (I used rape seed oil) and the onions

2

Cook the onions until they are soft, then add the garlic and chill and cook for a minute or so. Add the spices, curry leaves and stir to cover the onions

3

Add the coconut milk and chopped apricots and bring to the boil before simmering for about 20 minutes, stirring occasionally to avoid sticking

4

Season. After 20 minutes or when the squash is tender, remove from the heat and add the sliced chard leaves



5

Allow them to wilt before serving. Serve with the chopped coriander leaves and a sprinkling of almond flakes

THERE ARE MORE RECIPES AT:

CAMC.COM/BLTF

BUTTERNUT SQUASH,
APRICOT, LENTIL AND
CHARD CURRY



PAN FRIED HAKE WITH LEMON THYME BUTTER AND SEASONAL VEGETABLES

SERVES 2

INGREDIENTS:

- 2 fillets of local hake
- 8 - 10 pieces of tender stem broccoli
- 10 - 20 baby new potatoes

CHECK!

INGREDIENTS:

- 50g of butter
- Small bunch of fresh thyme, finely chopped
- The juice and zest of 1 lemon

CHECK!

1 In a pan, get the potatoes boiling

2 When they are about 5 minutes from being ready, heat up a heavy frying pan on a medium / hot heat and add a generous dash of oil (about 1 tbsp)

3 Place the fillets skin side down and move them about a little to stop them sticking. Season with black pepper and a little salt. Cook them for about 4 minutes or so, or until the skin starts to brown a little

4 Turn them over. By this time the spuds should be almost ready. Put the broccoli in with the spuds for the last couple of minutes

5 When the fish is cooked, remove it from the pan and set it aside. Lower the heat and melt the butter in it

6 Squeeze the lemon into the pan, add the thyme and stir it in with the melted butter

4 Drain the veg and serve it in bowls. Place the fish fillets on top and pour over the lemon butter and sprinkle with the lemon zest. ENJOY!

THERE ARE MORE RECIPES AT:

CAMO.COM/BLTF

PAN FRIED HAKE WITH
LEMON THYME BUTTER
AND SEASONAL VEG





HOW TO STAY IN TOUCH WITH FRIENDS AND FAMILY DURING ISOLATION

HERE ARE A FEW HELPFUL APPS YOU CAN USE TO VIDEO CALL AND SOME TOP TIPS FOR GETTING THE MOST OUT OF ONLINE CONVERSATIONS.

The Government's current isolation rule may feel more isolating for some than others.

For those living alone or those who have been told to isolate for at least 12 weeks, this can feel like a particularly lonely time. That said, there are plenty of ways to keep in touch with friends and family during isolation, so here are a few helpful apps you can use to video call and some top tips for getting the most out of online conversations.

You can have a video chat on any device which is connected to the internet (either via Wi-Fi or using data) - a phone or tablet are often the easiest options.



RECOMMENDED APPS FOR VIDEO CALLS



Facebook's 'Messenger' app is good for connecting with Facebook friends - you won't need their phone number, just to be a friend on Facebook.

Simply create a group of people you wish to chat with, then tap the video icon in the top right corner to start a chat.



WhatsApp is another popular option for group video chats. Again, create a group of people you wish to chat with, tap the phone icon in the top right corner, and then select the contacts you want to call.

Tap the video icon and you're all set!



One of the original video conferencing tools, Skype can be a great way to keep in touch. You can either download the app onto your phone or use the app on a laptop or PC.

As with the other apps on this list, you'll need to add the people that you wish to speak to your contacts, then create a video call with them.

Remember to make sure Skype has access to your microphone and camera if you're using the desktop version!



If you're looking for an app that does a bit more than just a standard video call, Houseparty could be it. The app essentially allows you to set up a 'room' where you can add friends and family and play games. With quizzes, Pictionary and charades, there's plenty to keep you busy and give you something to talk about.



Similar to Skype, Zoom is more of a video conferencing tool for larger groups of people, but could be a good option for bigger families or groups looking to stay in touch.

You can schedule a meeting for a time in the future or just start a meeting immediately. You'll have the option to invite people from your contacts, or simply share a link with others who can then join you.

The free version of Zoom has a 40-minute time limit in place, which could be good for a quick chat over a lunch hour.



TIPS FOR GETTING THE MOST OUT OF YOUR VIDEO CALL

1. Make sure the volume is up high enough on your device to be able to hear everyone clearly - if you're struggling to hear people properly, you might find it easier to grab some headphones
2. Speak slightly slower and a little louder than usual so everyone will be able to hear you
3. Hold your device at an angle that means your face is in the centre of the screen - if your device is too heavy to hold at such an angle, consider propping it up somewhere
4. Try and limit background noise - turn the TV off or down and try and sit somewhere that the sound won't echo - avoid kitchens if possible
5. Get comfy - you'd be surprised at how quickly time goes when you're chatting away! Set up camp somewhere where you'll be comfortable for an extended period of time, and perhaps make a cuppa before you call someone
6. Try and limit the number of people using the internet at one time - if you and your partner are together, consider sharing a device rather than using two



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of your very own Big Little Tea Time Festival or Big Little Tent Festival for your chance to

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There are six vouchers up for grabs and we'll be choosing a winner every week until
13TH MAY

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