

Cooking outdoors

In the present drought conditions please be mindful of fire safety and advice. We originally planned on making campfire bread on sticks over fire but changed the activity to make it safer in the present conditions. Both the flatbreads and jam can be cooked inside on a regular hob. Enjoy!

Campfire bread or camping flatbreads

This is a recipe I learnt during Forest School training. Lots of recipes recommend just flour and water (a bit tasteless), others use yeast (more complicated).

Ingredients

- For 2 people or 2 flatbreads (multiply depending on how many people you wish to serve)
- 2 heaped tablespoons of self-raising flour (the old-fashioned tablespoons not the little ones you get in a set for USA recipes)
- 1 dessert spoon of powdered milk – not heaped
- A sprinkle of salt
- Teaspoon of sugar
- Water to mix into a dough that you can handle

A little extra flour on a board for shaping

1. Mix dry ingredients together
2. Add water a little at a time so you can mix and form a dough. If too wet add more flour
3. Shape flat bread on a board with hand Make it as flat as you can or it will be doughy in the middle.
4. Shake off/brush off extra flour or the flour will burn in the pan.
5. Cook in a dry hot pan
6. It will rise a little
7. Turn
8. Keep on cooking and turning until brown/golden
9. Serve with Camping Jam

Leftovers Scones

If there is flour mixture left. Take it home. Weigh the flour. Rub in butter, spread $\frac{1}{4}$ of that weight. Stir in milk or milk and egg to make a dough. Flatten gently on a board and cut into rounds. Cook as scones.

Campfire bread

If cooking campfire bread on a stick use the above recipe. Make a sausage shape around a cooking stick. Cook over a hot fire or BBQ. Flames will burn it and the middle will be raw. Slow gentle cooking is best. When brown/golden remove from stick and eat with Camping Jam.

Cooking sticks

Choose your cooking stick wisely. Remove the bark so the stick is clean. Green (fresh) sticks are best as they won't burn. If the wood is dry soak overnight.

Best: willow, sycamore or hazel

Safe: ash, apple, maple, beech, lime

Toxic: do not use elder, laurel, yew, holly, laburnum, rhododendron, cherry, fir or pine

Camping Jam

Ingredients

- Soft fruit e.g. blackberries
 - Sugar
 - Water as required
1. Put washed soft fruit (foraged, from the garden or allotment, freezer or supermarket).
 2. Cook the fruit in a pan on a camping stove or fire.
 3. Only add a little water if it is beginning to catch. Cook for longer to thicken if it looks very wet.
 4. When juicy and cooked add sugar to taste. Cook until the sugar is dissolved.
 5. If cooking to thicken keep stirring so it doesn't burn.
 6. It will be wetter than regular jam but very tasty.