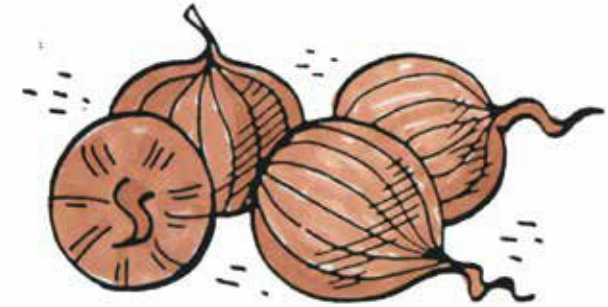


BACKYARD COOKING



Food containers

Onions, potatoes and oranges can be used as containers for cooking eggs. The egg is placed in an orange skin and the skin acts as a container in which the egg can cook. A potato can be hollowed out and an egg dropped into the hollow to create a small meal of egg and potatoes. Similarly, an onion can be sliced in half and layers scooped out to make a container and a lid.



Twists: Mix flour, water and a pinch of salt together to form a thick dough, adding raisins and sultanas if the budget will stretch that far. Take a piece of this dough and roll it into a snake-like length, wrapping it around a green-stick (with the bark removed). Support over glowing embers, turning occasionally until the outside turns golden brown. Serve with butter and/or jam.

Twist

Simple camp bread can be made by making a bread dough then wrapping the dough around a thick stick. The bread is cooked slowly over the embers of a fire.



Bear in mind the following when preparing any backwoods feast:

- Always use two thicknesses of foil.
- Keep everything in the cooking area clean.
- Keep the embers hot at all times by adding small amounts of fuel at regular intervals.
- Have tongs and oven gloves handy to lift hot parcels of food.
- Fold foil so that the contents can be checked so that no juices are able to escape.
- Make sure that you have a somewhere to place the food on when its ready for handling.



Back yard cooking adventure

The cardboard box oven works exactly like a standard oven in your home. You will need to regulate the heat and this is done by the placement of coals into the base. Usually a bar-b-que coal will provide 20 degrees of heat - so for a recipe requiring 180 degrees it will be 8-9 coals approx., depending on the stage of their glowing.

If you want to refine the heat you could use a food thermometer but generally with a bit of experimentation you will understand how many coals are required.

So, the possibilities are endless - you can certainly make a sponge cake, Apple tart, scones, cook a pizza (not hot enough to cook a handmade dough pizza base) and other more elaborate recipes.

Apart from the basic construction materials - box, cooking frame, drinks cans you will also need a few baking trays, mixing bowls and preparation table.

A good starting point for a sponge is a cake mix as it is easy to do and gets great results. If you want to go 'classic' then try the recipe below.

Outlined also are some recipes you can try such as scones, hot cross buns, and edible bowls. The bowls are great for containers for other items.

The tradition camp food items are always good - burgers, sausage on a stick and twists.

You can also experiment with a solar cooker. The cooking process takes a bit longer and are more suited to slow cooking. Start by trying to heat up some beans and discover how it works.

Practice makes perfect so why not do so in your own back garden.



Victoria Sponge Cake

What you need:

- 75g/3oz Self Raising Flour
- 3 Eggs, separated (room temperature)
- 75g/3oz Golden Caster Sugar
- Pinch of Salt
- Few drops of Vanilla Essence (optional)
- Filling
- Strawberry or Raspberry Jam
- 150ml/¼pt Whipped Cream

How to:

Preheat oven to 200°C/400°F/Gas 6. Grease and base line a 23cm/9" tin or two 18cm/7½" sandwich tins with grease-proof paper.

Place the three egg whites and pinch of salt in a large, clean, dry mixing bowl. Stiffly beat until mixture is dry looking in appearance.

Next, add the sugar and beat for a few seconds. Then add the egg yolks and beat until mixture thickens and the trail of the beaters is visible.

Finally, sieve in the flour and fold it into the thick mixture using a metal spoon. To fold, cut through the mixture over and over with the metal spoon until all the flour is blended. (Never beat as it will beat out all the air!)

Fold in the vanilla essence, if used. Then transfer to the prepared tins and bake for about 15 minutes.

As soon as sponge is baked, transfer to a wire tray to cool. When cold, sandwich with jam and whipped cream.

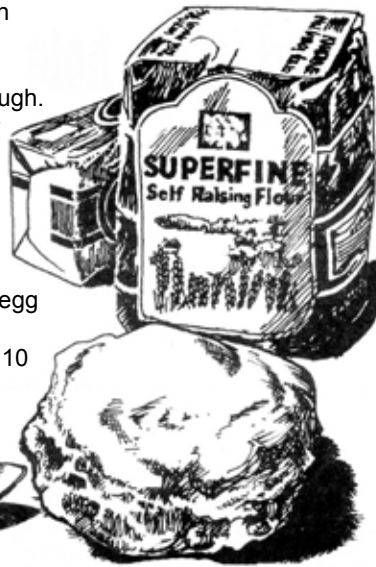
Scones

What you need:

225g/8oz Self Raising Flour
150ml/¼pt Milk (approx)
Pinch of Salt
25g/1 oz Golden Caster Sugar (optional)
25g/1 oz Butter or Margarine
Above quantities may be doubled if you wish!

How to:

Sieve flour and salt into a bowl, stir in sugar, if used.
Rub in butter/margarine.
Add sufficient milk to make a soft dough.
Turn onto a floured board and gently knead to remove any cracks.
Roll out lightly to 1" in thickness.
Cut into scones with a cutter dipped in flour.
Place on a floured preheated baking sheet/tray, glaze if liked with beaten egg or milk.
Bake in a preheated oven 220°C for 10 mins approx.
Cool on a wire tray.

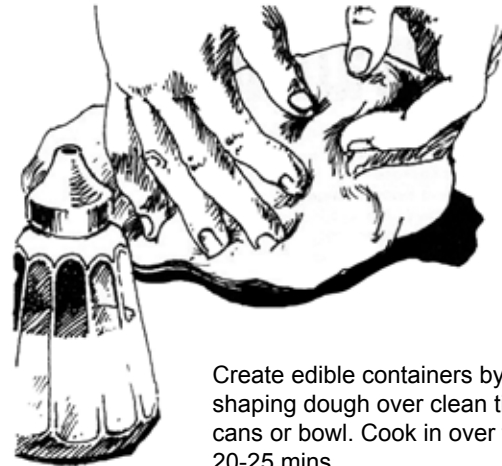


Pastry

You will need:

.05kg plain flour
.12kg cooking fat or margarine
Pinch of salt
Water
28g sugar if pastry is for sweet items.

Rub the fat into the flour (having washing your hands of course), adding the sugar at this stage if required.
When the mixture resembles bread crumb, add water, mixing well all the time, until you have a smooth dough.
Use this pastry to make sausage rolls or to create edible containers for other recipes.



Create edible containers by shaping dough over clean tin cans or bowl. Cook in oven for 20-25 mins.

Rolo cup cakes

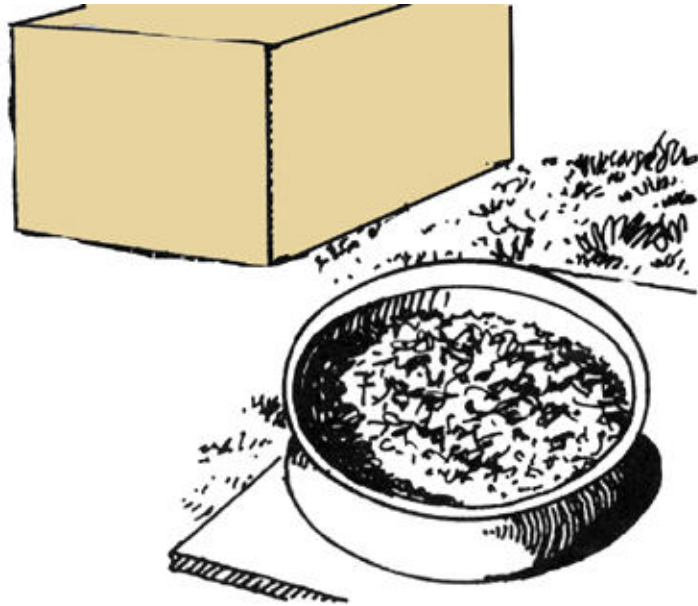
What you need:

300g/10oz Self Raising Flour
175g/6oz Butter or Margarine (room temperature)
125g/6oz Golden Caster Sugar
3 Eggs (room temperature)
A few drops of Vanilla Essence/Extract
12 Rolos

How to:

Preheat oven to 180° Line a 12 cup cake tin with baking cases.
Beat the butter/margarine and sugar together until light and fluffy. Gradually beat in the eggs and vanilla essence/extract. If mixture starts to curdle, add a little of the flour.
Gently stir in remaining flour with a spoon. Place spoonfuls of mixture into baking cases. Press a Rolo into each. Bake for 15-20 minutes until firm to the touch.
Remove from oven and leave to cool on a wire tray.
Pipe icing on top of each cupcake and top with a Rolo.





Apple crumble

Ingredients

1.5 kg mixed apples
150 g golden caster sugar
1 lemon
50 g unsalted butter, (cold)
100 g plain flour

What to do

Preheat the oven to 200°C

Peel and core the apples, then quarter and chop into 3cm chunks.

Place in a saucepan on a medium heat with 100g of sugar and a few fine gratings of lemon zest.

Pop the lid on and cook for 5 minutes, or until the apples have softened. Remove the heat and leave to cool a little. Meanwhile, cube the butter and place in a mixing bowl with the flour. Rub together with your fingertips until it resembles breadcrumbs, then scrunch in the remaining sugar to add a little texture.

Transfer the apples to a 25cm x 30cm baking dish and sprinkle over the crumble topping.

Bake in the oven for 25 to 30 minutes, or until golden and bubbling. Delicious served with vanilla custard

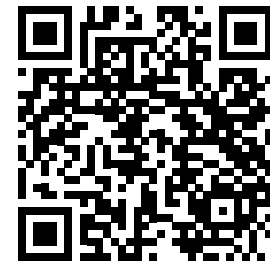


Make a popcorn maker from two drinks cans

Two drinks cans, a candle, some vegetable oil and some corn and you have the makings of a popcorn maker.

You will also require a few tools - a craft knife, a scissors and some work gloves.

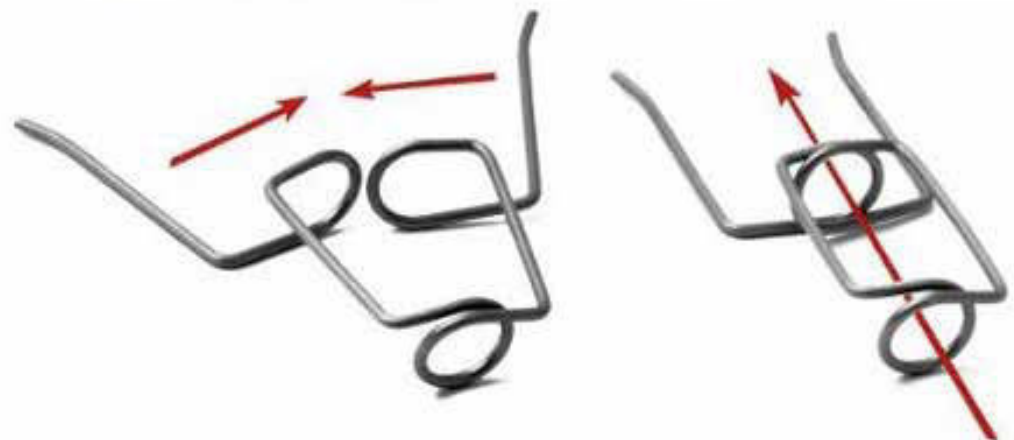
The QR code will lead you to a video explaining how to make your popcorn maker in simple to follow steps.



Toaster and sausage cooker

Create a toaster and sausage cooker with a coat hanger. You will need a broom handle and some pliers.

The broom handle will be used to form the wire circles and enable the wire to be bent easily with a pliers to the suggested shape.



Fires

Ask the permission of your parents before undertaking the construction of 'small' cooking fires or the use of disposable bar-b-ques in your family garden. This can be a good activity to display your scouting skills to your family.

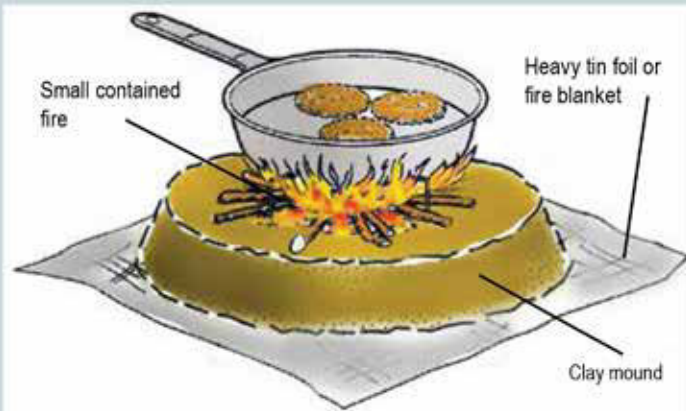


Mound Fires

Mound fires can be constructed on many durable surfaces without destroying the earth beneath it. A covering made of a fire blanket or heavy duty tin foil is placed on the surface. Then a mound of clay is placed on top, on which the fire is built. Ideally, when travelling on the trail or in a backwoods situation you will bring with you, in your kit, a trowel, some heavy duty tinfoil or flame proof cloth and a few small plastic bags. The fire is easy to construct - first choose a location, what you are looking for is a durable or scrub surface free of vegetation. The sandy or pebble banks beside a river are ideal.

Collect the clay, sand for the mound in the plastic bags and build a mound at least 150 mm high, this thick layer of clay will insulate the ground from the heat of the fire. The tin foil or cloth gives extra protection both from direct heat and from sparks and stray embers that might fall to the ground.

The size of the mound circle should be wide enough to allow for cooking utensils and the spread of coals from the fire. When you no longer need the fire the clay and embers can be returned to the source and spread around so that no trace exists of your presence.



Find a rough area of your garden to setup your fire - making sure it is away from vegetation. A disposable bar - b- que is good - again make sure the ground is protected by using the mound fire method or placing it on blocks.

Dispose of the bar-b-que and other ashes carefully after you are finished.



