



## Information Note: Campfire Cooking

### A good fire for cooking

It is important to build your fire well before you need to start cooking. This will allow lots of hot coals to build up and the flames to die down. If you are cooking for lots of people or over a long period of time, try to make your fire elongated. This way you will have an area for feeding the fire which will then supply the cooking area with hot coals.

If you are cooking a soup or stew, and therefore requiring just one pot and cooking area, then you may prefer to build a star fire. For this you will need four or five logs arranged in a star formation. You then place your tinder and kindling in the centre. Once it is alight and burning strongly you will be able to feed it just by pushing the ends of the logs into the centre as they burn through.

To build a bigger fire you may find it best to build a waffle type fire. This means having your tinder and kindling in the centre and then building up the bigger logs, keeping them flat and lying them side by side with slight gaps in between. The next layer is also laid flat in a row but running in the other direction. Continue to build it up in this way until it is four or five layers tall. This is then ready to light. When feeding your fire, try to keep the shape of the waffle as this helps the heat to build. When you have plenty of hot coals and the flames have started to die down you are ready to cook.



### Cooking equipment

#### Dutch ovens

Dutch ovens come in many different sizes and are an extremely useful piece of kit, although not particularly cheap or light to carry.

The most popular use is for cooking soups or stews but really the only limit to what you can cook in them is your imagination.

With hot coals below the pot and on the lid, the enclosed space becomes an oven in which you can cook anything from bread and potatoes to cake and pizza. The lid itself can be upturned and used as a small skillet for cooking fried eggs, bacon or pancakes.

Although not essential, there are many useful accessories for a Dutch oven including a tripod, lid lifter and trivet for the lid.

#### Skillets

Skillets often have legs to hold them slightly above the fire, which is very useful. There is a wide range of items that can be cooked on a skillet, including sausages, Welsh cakes or risotto. They do get very hot so try not to build the fire up too much beneath the skillet or everything will burn before it can cook properly.

#### A stick

It may be low tech but a stick is a very useful cookery tool. You can cook bread twists, sausages poked on length ways or the essential marshmallow, although a forked stick is best for toast or crumpets. Of course, when you have finished cooking throwing your stick in the fire cuts down on washing up!



## Information Note: Campfire Cooking *recipes*

### Pizza

#### INGREDIENTS

ready made pizza base	grated cheese (mozzarella, cheddar, etc.)
tomato sauce (a jar or homemade)	any toppings you like!

#### INSTRUCTIONS

Spread the tomato sauce over the top of the base and sprinkle with cheese and toppings.

Place the pizza in the bottom of the dutch oven and put the lid on.

Place the oven over hot coals and shovel more coals onto the top.

You will need to change the coals on the top as they lose heat. Cook for approximately 20 minutes until the cheese is bubbling.

### Potato & mushroom scones

#### INGREDIENTS (MAKES 20)

500g potatoes	100g mushrooms
25g butter	extra flour and oil for cooking
100g plain flour	

#### INSTRUCTIONS

Peel, chop, and boil potatoes until soft.

Mash the potatoes and add the butter.

Chop the mushrooms and mix into the potatoes.

Add the flour and mix together.

Tear off small chunks and flatten into disks 1cm thick.

Cook on a hot skillet in a small amount of oil for 3-4 minutes on each side.

### Potato crisps

#### INGREDIENTS

potatoes	salt/seasoning of choice
olive oil	

#### INSTRUCTIONS

Slice potatoes as thinly as possible.

Lay them on a plate, brush one side with olive oil.

Season to taste.

Place them on a hot grill or skillet, oiled side down.

Brush the other side with oil, and season.

Turn them after about 3 minutes and grill another 3-4 minutes or until crisp.

### Salmon in newspaper

#### INGREDIENTS

two salmon fillets with skin still on	seasoning
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#### INSTRUCTIONS

Season the fillets and then place them together with the skin outwards.

Wrap them in newspaper and tie with string.

Wrap in several more layers of newspaper.

Pour enough water over to soak the newspaper.

Place the package in the hot coals.

Resoak the paper every few minutes.

Cook for approximately 20 minutes and then unwrap and check.



## Information Note: Campfire Cooking *recipes*

### Chocolate orange cakes

#### INGREDIENTS

50g self raising flour	2 tsp cocoa
50g caster sugar	3 squares chocolate
50g butter	3 oranges
1 egg	

#### INSTRUCTIONS

Cream the butter and sugar together. Beat in the egg. Sift in flour and cocoa and mix well.

Cut the top off each orange and scrape out the flesh. Spoon enough mixture into the orange until about 2 thirds full. Push in a square of chocolate and put the top back on. Wrap in foil and stand upright in the hot coals of the fire.

Cooking time is variable depending on heat and position on fire. Check the cakes after 10 minutes.

### Baked apples

#### INGREDIENTS

1 apple	1 marshmallow
1 toffee	1 square of chocolate

#### INSTRUCTIONS

Take out the core of the apple, stuff with the toffee, marshmallow and chocolate. Double wrap in foil and place on the fire.

Cook for approximately 20-30 minutes depending on the size of the apple.

You may need a spoon to eat it!!

### Other ideas to try

- Pancakes (original or American)
- Damper bread (in a Dutch oven or the coals of a fire)
- Cheese scones on a stick
- Vegetable soup
- Risotto
- Welsh cakes



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