

## Backwoods cooking

What is Backwoods cooking: It means cooking without utensils. We would usually cook on the open fire and wrap food in foil or use the camp 'dutch' oven. If you have a place at home where you can light a cooking fire then you can do this; if not you can use your oven or a single pot on the stove and cook in your kitchen. In the spirit of backwoods cooking use as few utensils as you can. If cooking on a fire make sure you have coals, as flames will burn your food.

### Entrée

#### Baked Potato

Ingredients:

1 potato (small to med)

1 tablespoon of oil or butter

Alfoil to cover your potato

Your choice of topping cheese or sour cream or anything else you want to add

Method:

Poke your potato several times all over with a fork. Smear your potato with tablespoon of oil or butter, then double or single wrap in aluminium foil. Bury the potato in the hot coals. Allow to cook for 30 to 60 minutes until soft. Unwrap and add your chosen toppings and enjoy.

Variation 1:

Pre-heat oven to 150°C. Wrap potato in tin foil and bake for around 30 minutes or until soft.

Cut in half and serve with butter / grated cheese / sour cream.

Variation 2:

Toss potato with olive oil, garlic, oregano and season with salt / pepper. Cook as above. When done, open foil and sprinkle with grated mozzarella and parmesan – rewrap and cook until cheese is melted. Top with parsley and red pepper flakes

#### Corn on the cob

Ingredients:

Corn cobs fresh with husk removed

Butter

Salt

Water

Alfoil to cover your corn cob

Method:

Remove husk from corn cob by cutting the top and bottom. Smear the cob with butter and salt and sprinkle with water. Wrap in foil and bake in the hot embers for 15 minutes, turning occasionally.

#### Minestrone soup

Ingredients:

¼ onion +

¼ carrot +

½ a leaf of cabbage+

1 bacon rasher +

1 fresh tomato +

1 clove garlic

oil for frying

veg stock ½ cube

salt and pepper

water 300ml

Method:

1. Dice all ingredients with the mark '+' on them and mince the garlic
2. Put the oil and the minced garlic into a pot and put it over medium heat and then add all the ingredients with a+ sign in the pot then cook for 3 minutes
3. Then add the water and then veg cube
4. When boiled then change the heat to low and cook for a little longer
5. Then add as much salt and pepper as you like after this you are done

#### Damper

Ingredients:

SR flour

Water

A stick

Jam

Alfoil

Method:

- Mix flour and water to make a firm dough
- Put on stick
- Wrap in foil
- Hold over gas flame, turning frequently
- When cooked, make a hole and fill with jam

<p><u>Corn</u>  What you will need:  A Corn (still on the cob)  1 teaspoon Salted Butter  And you need foil</p>  <p>Method:</p> <ul style="list-style-type: none"> <li>• Cut the corn <b>into the foil</b></li> <li>• Next add one teaspoon of the butter into the foil (<b>with the corn</b>)</li> <li>• Next wrap the foil and cook the corn in the fire checking every 5 minutes (but you could do every 2 minutes)</li> </ul>	
<b>Main Course</b>	
<p><u>Fish with lemon and butter</u>  Ingredients:  1 piece of fish fillet (un crumbed) or whole fish cleaned if game.  1 tablespoon of butter or oil  3 Thickly cut slices of lemon  Thinly cut vegetables e.g., celery, carrot, green beans  Alfoil to cover your fish</p> <p>Method:  Place fish fillet in alfoil and add butter or oil and slices of lemon. Place thinly sliced veggies on top and wrap tightly in foil and add to the fire embers covering the top of the fish also.</p>	<p><u>Main Meal Chicken breast with garlic butter wrapped in bacon</u>  Ingredients:  Chicken breast  Butter 40grams  Garlic ½ Clove  2 rashers bacon  Alfoil to wrap</p> <p>Method:  Mix the butter and garlic together, cut a small incision into the top of the chicken breast and put garlic and butter mix in. Wrap bacon around breast making sure the incision is on the top, wrap in foil and place in the embers to cook 30-45 minutes or until cooked.</p>
<p><u>Sausages and potato</u>  Ingredients:  2 sausages (any meat)  1 potato  1 teaspoon of salted butter  Pinch of salt  Pinch of grinded pepper</p> <p>Method:</p> <ul style="list-style-type: none"> <li>• Cut slits into the sausages</li> <li>• Next get a pointy stick and shove it into the sausage and get an apprentice to hold it or you could shove it into the ground. And of course, cook.</li> <li>• Check the sausages and turn every 2 minutes</li> <li>• Cut slits into the potato</li> <li>• Next put the butter and the potato into foil, put into the fire and check every 5 minutes (but you can check every 2 minutes)</li> <li>• When done cooking the sausages and potato put them on the plate and pinch on some salt and pepper</li> </ul>	<p><u>Kebab</u>  Ingredients:  Whatever you like from this list:  Slices of bacon  Mushrooms  Sausage  Cherry tomatoes  Capsicum  Haloumi cheese  Alfoil  A stick</p> <p>Method:</p> <ul style="list-style-type: none"> <li>• Cut up ingredients</li> <li>• Thread onto stick</li> <li>• Wrap in foil</li> <li>• Hold the skewer over a gas flame, turning occasionally</li> <li>• Eat when the meat is crisp and golden brown</li> </ul>

<p><u>Toastie</u></p> <p>Ingredients:</p> <p>2 pieces of bread cheese ham baby spinach butter</p> <p>Method:</p> <ol style="list-style-type: none"> <li>1. Sandwich the ingredients in the bread</li> <li>2. Put the butter on the frying pan then let the butter melt</li> <li>3. Press down on the toastie which is on the frying pan turn the toastie over when it looks cooked</li> <li>4. Repeat step 3 on the other side after this done</li> </ol>	<p><u>Sausages</u></p> <p>Ingredients:</p> <p>Sausages Bread Tomato sauce Cooking oil</p> <p>Method:</p> <p>Place a frying pan of medium heat. Add a splash of oil spreading it evenly. Add sausages and cook for 15-20 minutes turning them regularly until cooked through. Serve in a slice of bread with tomato sauce.</p>
<p><u>Campfire Burger</u></p> <p>Ingredients:</p> <p>125g mince meat 30g grated cheese ¼ tomato ¼ crispy fried onion Tomato sauce Hamburger bun</p> <p>Method:</p> <ol style="list-style-type: none"> <li>1. Form mince into 4 balls and then flatten into patties.</li> <li>2. Top ½ the patties with cheese</li> <li>3. Cover with another patty and seal the edges</li> <li>4. Grill your burgers for 5 to 7 minutes per side</li> <li>5. Top bun with burger, tomato, onion, sauce</li> </ol>	<p><u>Campfire Pizza</u></p> <p>Ingredients:</p> <p>1 large pita bread 1/2 cup pizza sauce 3 slices salami (sliced into strips) 1 rasher bacon (sliced into strips) 1 cup mixed vegetables (sliced) 1 cup cheese (shredded)</p> <p>Method:</p> <ol style="list-style-type: none"> <li>1. Spread pita bread with the pizza sauce and sprinkle cheese over each one.</li> <li>2. Top with bacon, salami and vegetables.</li> <li>3. Slide each pizza onto a foil base that has been folded three times.</li> <li>4. Cook on the campfire grill until the cheese is melted.</li> </ol>
<b>Dessert</b>	
<p><u>Tinned fruit and custard</u></p> <p>Ingredients:</p> <p>Tinned fruit Custard</p> <p>Method:</p> <p>Pour fruit into a bowl or mug, add custard and serve.</p>	<p><u>Pancakes</u></p> <p>Ingredients:</p> <p>1 cup self-raising flour (sifted) 1 tbs sugar 1 egg (lightly beaten) 3/4 cup milk 50 g butter (melted)</p> <p>Method:</p> <ul style="list-style-type: none"> <li>• In a bowl, whisk flour and sugar. Beat in the egg and then milk a little at a time until batter is smooth and lump-free.</li> <li>• In a hot pan over medium heat, brush butter over cooking surface and pour 1/4 cup measures for each pancake.</li> <li>• When large bubbles form on the surface, flip the pancake over and cook until lightly golden on the other side.</li> </ul>

<p><u>Chocolate / marshmallow / condensed milk banana</u></p> <p>Ingredients:</p> <p>1 banana</p> <p>Some pieces of chocolate</p> <p>A couple of marshmallows (optional)</p> <p>Condensed milk (optional)</p> <p>Alfoil to wrap your banana in</p> <p>Instructions:</p> <p>Keeping the peel on the banana, cut a slit lengthways in the banana and put in any of your sweet stuff. Wrap the whole lot in foil and place in the embers and wait 7-12 minutes.</p> <p>Once the chocolate and marshmallows melts eat with cutlery as they are messy.</p> <p>Variations:</p> <p>Top with strawberries, Nutella and chopped hazelnuts</p> <p>Top with chocolate chips, caramel sauce and toasted coconut</p> <p>Top with Peanut Butter and choc chips</p>	<p><u>Dessert Baked Apple</u></p> <p>Ingredients:</p> <p>Large cooking apple.</p> <p>1 tablespoon of Raisins.</p> <p>2 teaspoons Brown sugar.</p> <p>Cinnamon or cloves optional</p> <p>Foil, knife (or apple corer)</p> <p>Method:</p> <p>Wash and core the apple. Place apple on foil and add brown sugar and raisins into the Centre of the apple. Cinnamon or cloves can be added if you like. Seal the foil around the apple and place in hot embers for approximately 15 minutes.</p> <p>Variation - Chocolate or jam may be used instead of the sugar and raisins for an equally tasty dessert.</p>
<p><u>Toffee strawberry</u></p> <p>Ingredients:</p> <p>sugar 45g</p> <p>water 15ml</p> <p>7 strawberry</p> <p>7 skewers</p> <p>Method:</p> <ol style="list-style-type: none"> <li>1. Wash the strawberry cut the calyx off</li> <li>2. Stick the strawberry on the skewer – leave at 1 end</li> <li>3. Put sugar and water in a small pan; put the pan over medium heat</li> <li>4. Cook for a few min to let the sugar melt; do not mix the sugar and water</li> <li>5. When it starts boiling dunk the strawberry in the sugar and water let it cool before eating because it will be hot.</li> </ol>	