

# Backwoods Cooking Recipes

## General Advice:

- Building a fire:
  - Choose a clear area
  - Ensure there are no overhanging branches
  - Try and choose somewhere with a natural windbreak
  - Insulate the fire from the ground using a mound fire ([goo.gl/31ctVI](http://goo.gl/31ctVI)) by putting mineral/soil and a base, such as a nylon or a fire blanket
  - Use fire ring or make one with stones
  - Keep gathered firewood away from fire
- Embers: The secret to successful backwoods cooking is cooking on embers – not flames. Have a pile of embers next to main fire, which you will need to keep going to provide more embers. Wood such as beech or oak logs give longer lasting embers, as does charcoal.
- Foil: Aluminium foil is a versatile tool for cooking with, as it can be used to make pans or envelops to cook in.
- Hygiene: Although it is backwoods cooking, food hygiene is still very important. Wash your hands (before and during cooking, and before eating) and clean all utensils; also, wash all food before use and keep covered until you intend to use it. Make sure all the food is properly cooked before eating it.





- **Safety:** Be careful around the fire. Don't leave your fire unattended, and avoid building fires in extremely windy conditions. Also, have a suitable utensil or tool to put items on and remove them from the fire.
- **Leave No Trace:** Clean up the fire area when you are finished and return it to as you found it. Ensure the fire is fully out. Dispose of all food scraps correctly.

## Recipes:

### Vegetable Kebabs:

Ingredients: 12 new potatoes, 12 small onions, 12 button mushrooms, 1 red pepper, 1 green pepper, 12 small tomatoes, and butter, salt, garlic, and pepper.

Method:

- Prepare six thin green sticks from ash, hazel, or willow and skewer the cleaned and prepared ingredients as desired onto them, leaving the tomatoes to one side.
- Melt some butter with some salt, pepper or garlic as required and brush it over the kebabs.
- Using rocks or a forked piece of wood, support the kebabs over embers and cook for about 5 min turning occasionally. Then, add the tomatoes and cook for a further 5 min.

### Backwoods Baked Potato

Ingredients: One potato per person, cheese, and butter, and salt.

Method:

- Take a potato and place it in the embers of the fire, in foil or leaves if you wish.
- After about 25 - 30 mins, take it out, slice open the skin, and place a piece of cheese or butter on top.





## Hash Browns

Ingredients (for four people): 1kg potatoes, 60g flour, 2 eggs, 30ml (1/2pt) milk, and butter, salt, and pepper.

Method:

- Make a tray out of two layers of foil and grease it with butter.
- Grate/slice thinly the potatoes and spread them over the tray.
- Mix the beaten eggs, milk, flour, and seasoning together and pour this mixture over the potatoes patting it down with a fork.
- Seal the food in foil and place it in the embers for about 15 minutes. Alternatively, bake in a camp oven.
- Serve with grated cheese.

## Cabbage hot dogs

Ingredients: Onions, sausages (at least 2 per person), a cabbage, and seasoning.

Method:

- Lay sliced onion on a cabbage leaf, add two sausages and place more onions on top.
- Wrap up the cabbage leaf tightly and secure with a number of small green sticks.
- Place in embers for about 10 minutes, turning occasionally.

## Angels On Horseback

Ingredients: Two rashers per person and cheese.

Method:

- Grate the cheese, sprinkle it onto the rashers, and roll them up.
- Wrap them up in separate pieces of foil and put in the embers for about 15 minutes, turning regularly.





## Twists

Ingredients: Flour, water, salt, and raisins and sultanas.

Method:

- Mix flour, (very little) water, and a pinch of salt together to form a thick dough, adding raisins and sultanas if you like. Gradually add the water, otherwise the mixture will be too wet.
- Roll out a portion of dough into a long snake, and twist this snake around a thick green stick (with bark removed).
- Support it over the embers turning occasionally until the outside turns golden brown.

## Potato Puffs

ingredients: 450g cold mashed potato, 2 eggs, 1 mug (1/2 pint) of milk, 15g butter, and salt and pepper.

Method:

- Beat the eggs and mix them with the mashed potato, milk, and melted butter until you have a thick batter.
- Make into patties and bake on two layers of foil on a grill over the embers or bake in a camp oven; turn once, until brown.

## Corn on the Cob

Ingredients: On piece per person (preferably with the sheaves still on), butter, and salt.

Method:

- If it is still sealed in its sheaves, then simple dip in a water and put on the embers, turning occasionally.
- Otherwise, spread a thin layer of butter on foil and wrap the corn cob well, place in the embers, turning occasionally.
- Eat with butter and salt.





## Bananas in Foil

Ingredients: Bananas (1 per scout), chocolate buttons, and marshmallows.

Method:

- Keep the skin on the banana, split it down the middle and pack with chocolate buttons and marshmallows.
- Wrap it in foil and put into the embers for a few minutes.
- Enjoy the chocolatey and gooeyness!

## Baked Apples

Ingredients: Apples (1 per scout), sugar, raisins, cherries, and anything else you can think of.

Method:

- Core the apple, and add a selection of the fillings.
- to name a few.
- Seal in foil and place in the embers for about 10 minutes.

## Melon Delight

Ingredients: 1 small melon, 2 mandarin oranges, 1 red apple, 12 seedless grapes, orange juice, and cherries.

Method:

- Cut the melon in half and scrape out the seeds.
- Using a sharp knife, cut the melon flesh into cubes and place on a section of foil.
- Peel/clean the oranges, and separate into individual segments. Core a red apple and cut into thin slices, leaving the skin on and add this and grapes to the rest of the fruit.
- Mix the fruit together and add a 2/3 spoonfuls of orange juice and divide the mixture up between the two halves of melon skin. To serve, place a red cherry on top of each portion.

