

BACKWOODS COOKING



Scouting
MAGAZINE

It is the dream of every Beaver Scout and Cub Scout to go camping and, at that age, there is nothing to beat the magic of cooking a sausage on a stick over a fire.

From such small beginnings, the excitement builds to cooking Backwoods-style, without the conventional utensils. Natural products are the ideal — cabbage leaves, mud and similar — but cooking foil is a practical substitute to introduce young and old alike to the joys of backwoods cooking.

This long-awaited reprint of practical recipes and methods that appeared in the pages of SCOUTING Magazine from 1986 to 1988, combines the best of the experience of a number of people, particularly Eddie Greenhalgh, the author of this series, who originated many of the recipes, and Doug Mountford, the artist, who drew as he cooked thus living up to the SCOUTING Magazine promise that everything is tried, tested and found to work *before* publication.

Backwoods cooking is practical Scouting and is attractive and full of variety to all in the Movement. This book tells you all you need to know. Happy cooking!

David Easton
General Editor



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COOKING

Starting this month is a regular series of recipes and hints for backwoods cooking enthusiasts. Over the next few months a whole range of culinary delights will be presented to enhance your range of backwoods-style meals.

Written below are a few general guidelines for cooking the recipes that are to follow. The all-important point to remember, however, is to ensure that a high standard of cleanliness is maintained throughout the preparation and cooking of the food — just because you are cooking in a slightly primitive fashion, doesn't mean that hygiene precautions also need to be primitive!

Planning

Before you actually start the cooking and preparation of the food, ensure that you have everything you will need to hand:

- Food.
- Knives, spoons and so on for cooking and preparation use.
- Foil, greaseproof paper, newspaper, string, scissors and so on, as required by the recipe.
- Bowl of water for washing hands — and a towel.

You will find that you will probably have another use for the bowl of water — no matter how skilled you are, there will undoubtedly come a time when you will need to soothe burnt fingers!

The fire

The best fire for cooking is one which consists of glowing embers. This means that you will need to light the fire and keep it well stoked quite a while prior to actually organising the meal. Charcoal, lit using suitable kindling and left for 20 minutes or so to get burning well, is the best fuel.

Backwoods cooking hints

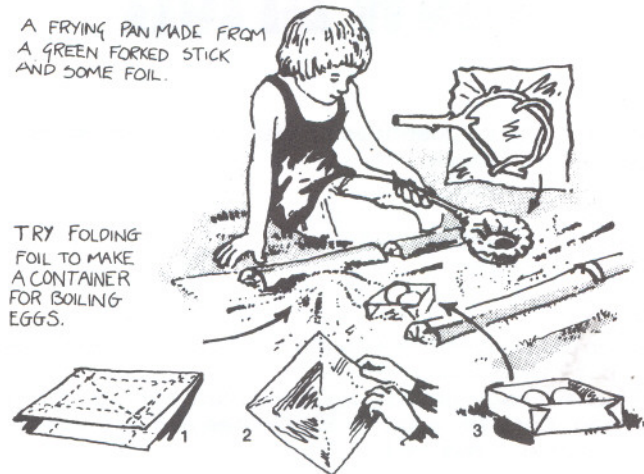
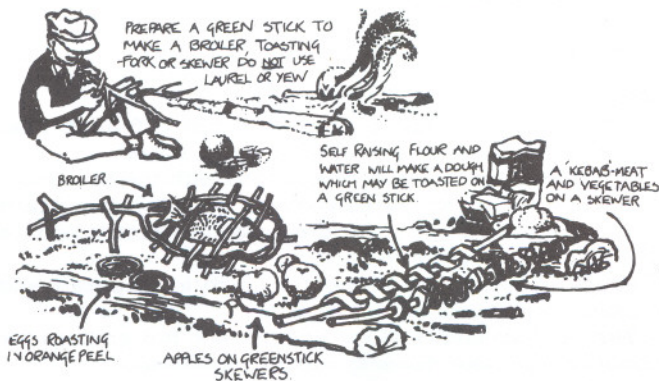
Bear in mind the following when preparing any backwoods feast:

- 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 to hand ready for handling hot parcels of food.
- Fold foil so that the contents can be easily checked but so that no juices are able to escape.
- If you think that the outside of the food is overcooking but the inside is not ready, add another sheet of foil.
- Make sure that you have somewhere clean available to place the food on when it is ready.
- Try out new ideas and recipes in the oven at home (not the microwave!) before asking others to attempt cooking them.

Using foil

Household aluminium foil has many uses in a 'backwoods' environment:

- Disposable wash bowl — dig a small hole in the ground, line it with two thicknesses of foil and fill with water.
- Drinking cup — mould two layers of foil around an old can or large stone and crimp the edges after removing the can or stone.
- Strainer — as above, but pierce holes in the bottom of the cup.



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Egg in potato

You will need:

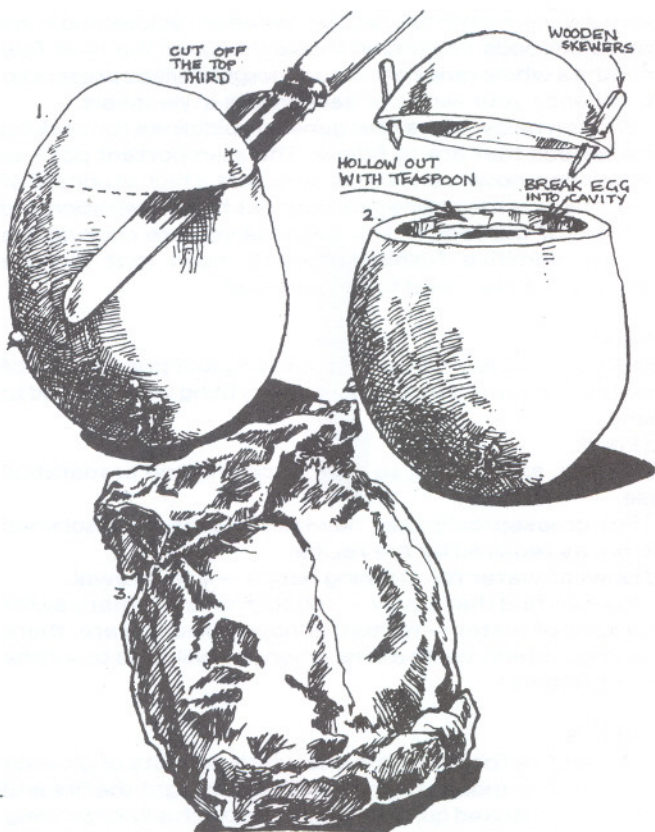
- One large potato per person.
- One egg per person.
- Foil.
- Teaspoon.

Method:

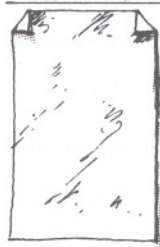
- Wash the potatoes and cut the top off each one, approximately one third from the thinnest end.
- Scoop out the centre of the potato with the teaspoon, being careful not to pierce the side of it. It is important that you remove just sufficient potato to accommodate the yolk and white of an egg.
- Break an egg and pour it into the cavity in the potato and replace the 'lid' you initially cut off.
- Wrap in two layers of foil and place in hot embers for about half an hour, turning it after 15 minutes.

Variations:

The egg can be replaced with grated cheese, minced beef and onions, corned beef, chopped ham, mushrooms and so on. Be sure not to waste the excess potato — wrap it all up in two layers of foil with a large knob of butter and consign to the embers for 15 minutes or so.



HOW TO MAKE A FOIL COOKING - BAG



STAGE ONE

TAKE TWO PIECES OF HEAVY-DUTY FOIL. PUT TOGETHER WITH SHINY SIDE IN. FOLD OVER TWO CORNERS.



STAGE TWO

FOLD OVER (AND FLATTEN CREASES FOUR TIMES) DOWN BOTH SIDES AND ACROSS ONE END.

STAGE THREE

FILL THE BAG WITH THE FOOD WHICH IS TO BE COOKED, TAKING CARE NOT TO PUNCTURE THE BAG.



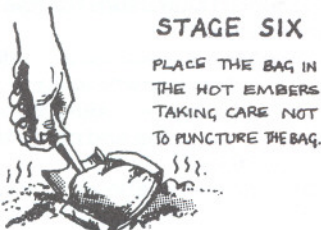
STAGE FOUR

FOLD IN THE REMAINING CORNERS



STAGE FIVE

CLOSE THE OPEN END OF THE BAG BY CREASING AND FOLDING FOUR TIMES AT LEAST.



STAGE SIX

PLACE THE BAG IN THE HOT EMBERS TAKING CARE NOT TO PUNCTURE THE BAG.

Stew in foil

You will need: (Quantities are per individual portion)

- 1/4 lb stewing steak.
- One small onion.
- One carrot.
- One medium-sized potato.
- Salt and pepper.

Method:

- Chop the meat into half-inch squares, dice the vegetables and put into a foil bag.
- Place the bag in hot embers, taking care not to puncture the bag. Cook for eight to 12 minutes and eat straight from the bag if required.

Note:

The steam produced in the bag will cause it to inflate slightly. If, however, this does not happen, one must assume that the bag is punctured and therefore, the cooking time may need to be reduced to prevent the food burning.

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Chicken portions

You will need:

- Chicken pieces.
- Cooking fat.
- Bacon slices.
- Knife and foil.

Method:

- Wash and season the chicken pieces, making sure that the chicken is fully defrosted before you start to prepare and cook it.
- Brush each piece with fat and wrap slices of bacon around each piece of chicken. About two slices of bacon per chicken portion should be sufficient.
- Wrap the chicken pieces individually in two thicknesses of foil and consign to the embers, turning the packages every five minutes.
- Test the meat after about 20 minutes — the meat will come off the bone easily if it is cooked. If this is not the case, reseal the package and return to the fire for a further five to ten minutes.

Variations:

Mixed vegetables may be added, if diced, to the foil package prior to cooking to make a chicken casserole. Such a dish would be enhanced by the addition of a chicken stock cube mixed in with a tablespoon of water.



Baked apples

You will need:

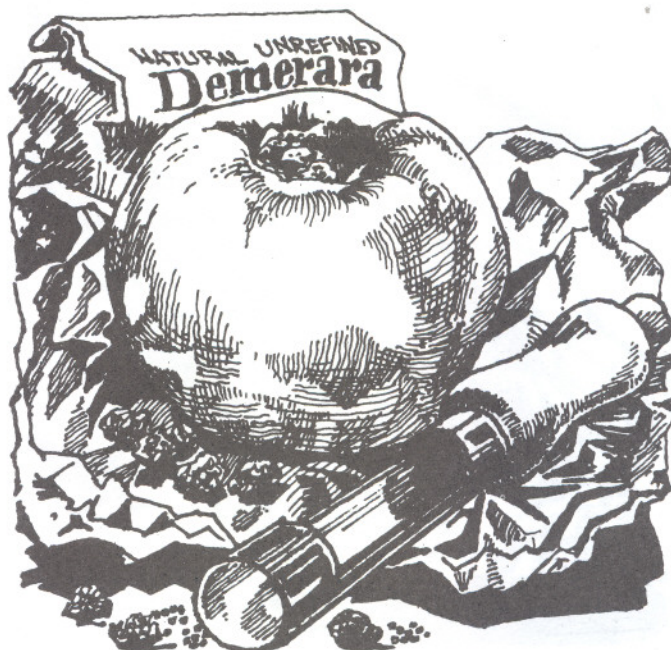
- Large cooking apples.
- Raisins.
- Brown sugar.
- Foil, knife (or apple corer).

Method:

- Wash and core each apple.
- Place the apple on a double-thickness sheet of foil and press a mixture of brown sugar and raisins into the centre of the apple. Cinnamon or cloves may be added if desired.
- Seal the foil around the apple and place in hot embers for approximately 15 minutes.

Variations:

Chocolate or jam may be used instead of the sugar and raisins for an equally tasty dessert.



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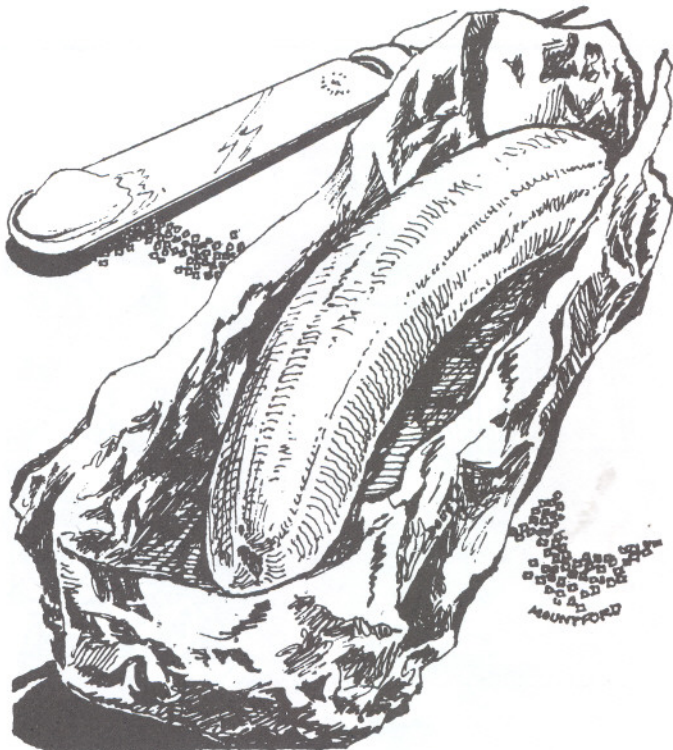
Mexicali peppers

You will need: (quantities are per portion)

- One green pepper.
- 50g minced meat, seasoned with chilli sauce or minced garlic.
- 50g breadcrumbs or cream cracker crumbs.
- Tomato ketchup or tabasco sauce if desired.
- Foil, knife.

Method:

- Slice off the top of the pepper and remove the seeds.
- Parboil the pepper for five minutes in a foil pot and allow it to cool on removing it from the water (about two minutes should be sufficient).
- Mix the minced meat with the breadcrumbs and fill the pepper with the mixture.
- Place the pepper on a double thickness sheet of foil and fold it up around the pepper, twisting the foil at the top to seal it.
- Place the package into hot embers for about 30 minutes.
- Remove from the embers and eat, adding tomato ketchup or tabasco sauce as required.



Baked bananas

You will need:

- Bananas.
- Margarine.
- Brown sugar.
- Foil.

Method:

- Peel the banana and place it in a foil 'boat' (that is, a foil dish with an open top).
- Spread the margarine over the banana and sprinkle brown sugar over it.
- Place the foil boat onto hot embers, leaving the top open.
- Remove from the fire when the margarine has melted and the sugar has candied.

Alternative version:

- Leave the banana in its skin and slice it lengthways.
- Place either a chocolate fudge bar, crumbled chocolate, jam or honey in the slit.
- Wrap the banana in foil and place in embers for ten minutes or so.

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Stuffed tomatoes

You will need:

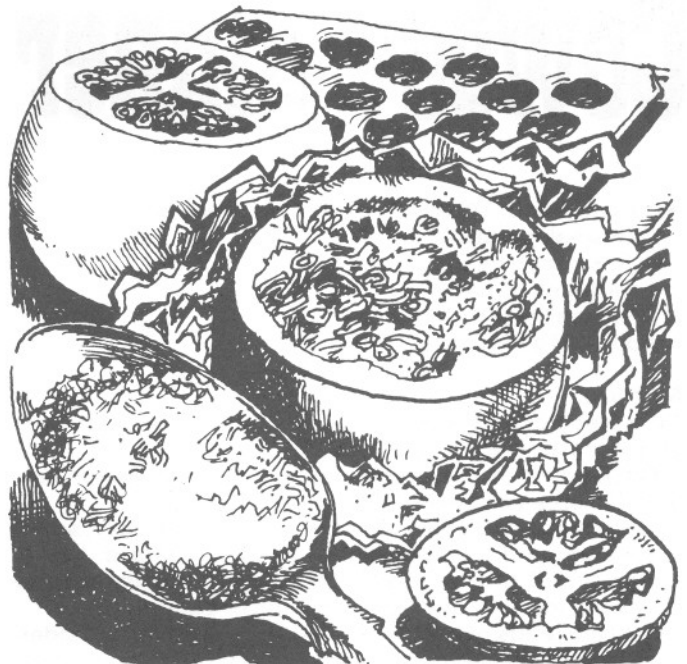
- One large tomato per person.
- Approximately three tablespoons-full of grated cheese per person.

Method:

- Cut the top centimetre of the tomato off and place to one side.
- Scrape out the centre of the tomato and mix this flesh with the grated cheese, adding salt and pepper as required.
- Place the mixture into the tomato, replace the top, wrap it in two thicknesses of foil and put into hot embers for five minutes.

Variations:

Tasty alternative fillings could include cooked minced beef, baked beans, flaked fish, prawns in tomato sauce, tuna fish and so on.



Fish in newspaper

You will need:

- One fish (cod, haddock and so on) per person.
- Greaseproof paper.
- Newspaper.
- String.

Method:

- Prepare the fish, removing the innards, and place on a sheet of greaseproof paper, which is folded to completely surround the fish.
- Take six sheets of (tabloid) newspaper and make up a parcel with the fish in the centre, tying it all up securely with string.
- Place the parcel in a bowl of water (see *Backwoods Cooking 2*) until the paper is soaked through.
- Remove the package from the water and squeeze excess water out gently.
- Place the damp parcel on hot embers, turning every five minutes. The fish should be cooked by the time the paper begins to char.

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Cowboy dinner

You will need: (quantities are per portion)

- One small potato.
- A few green beans.
- Four slices of bacon.
- One small onion.
- About 50 g of minced beef.

Method:

On a piece of foil, approximately 20 cm square, lay two strips of bacon about 2 cm apart.

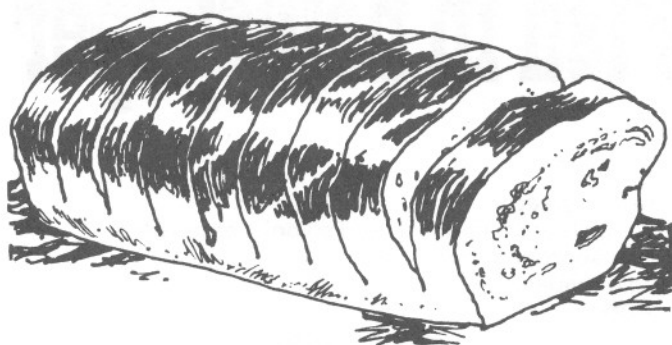
Place some of the green beans across the bacon and add thin slices of onion.

Next, place two slices of potato, the minced beef, some more onion and then the remainder of the potato.

Finally, put the remainder of the green beans on and cover the lot with the last two slices of bacon,

Fold any ends of bacon over in order to cover the sides of the food 'pile' and carefully slide the whole dinner into a foil bag (see *Backwards Cooking 4*).

Place in hot embers, cooking for around 15 minutes on each side.



Garlic bread

You will need: (quantities are per portion)

- A 15 cm length of French bread.
- 50 g of butter or margarine.
- Half a crushed clove of garlic or a pinch of powdered garlic or garlic salt.

Method:

Cut the bread into thick slices, making sure that you do not cut through the bottom crust (see illustration).

Mix the butter with the garlic and spread generously onto both sides of each slice.

Press the slices back together and wrap loosely in two thicknesses of foil.

Place on hot embers for about 15 minutes, turning regularly.

Variation:

25 g of grated cheese could be added to the above mixture before it is spread onto the bread.



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Cod cutlets

You will need:

- One cod cutlet per person.
- Lemon juice.
- Chopped parsley.
- Butter, salt and pepper.

Method:

- Wipe the prepared fish with a damp paper towel and lay it onto a double-thickness sheet of foil which has been placed on a flat surface.
- Sprinkle the lemon juice, parsley, salt and pepper over the fish and place small pieces of butter on the fish.
- Make the foil into a loose packet, being sure to seal it well.
- Cook off the embers (on a grill), to the side of the fire as a low heat is best to ensure that the fish is not cooked too quickly.
- Cook for about 20 minutes, turning the package occasionally.

Lamb chops

You will need:

- One chop per person.
- Mint.
- Salt and pepper.

Method:

- Place a sheet of foil over a fire grate or grill wire and puncture it repeatedly with a fork or sharp knife.
- Season the chop with salt and pepper and place it onto the foil, which is then put onto the hot embers.
- Cook for 15 minutes on each side, moving the chop occasionally to prevent it sticking to the foil.
- About five minutes before serving, add a sprinkling of mint to the chop.

Variation:

If you use pork chops, replace the mint with thin slices of apple.



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Toasted sandwich

You will need:

- Bread.
- Butter.
- Fillings: jam, chopped apple, cheese, ham, chocolate spread and so on.

Method:

- Butter a slice of bread and lay it *butter-side down* onto a double-thickness sheet of foil.
- Place the desired filling onto the uppermost side of bread, that is, not the buttered side.
- Put a second slice of bread, buttered side *up* on top and fold the foil over to make a neat package.
- Place onto hot embers, cooking for at least five minutes per side.



Stuffed onions

You will need:

- Onions.
- Butter.
- Chopped, cooked meat.

Method:

- Cut each onion in half, from top to bottom, and remove three or four layers of onion from the centre.
- Fill the two halves with the chopped, cooked meat and put them back together again.
- Put a dab of butter with each onion and wrap in a double thickness of foil, consigning the package to the hot embers for 20 to 30 minutes, turning occasionally. The food will be cooked when the package feels soft to the touch.

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Egg in Orange

You will need:

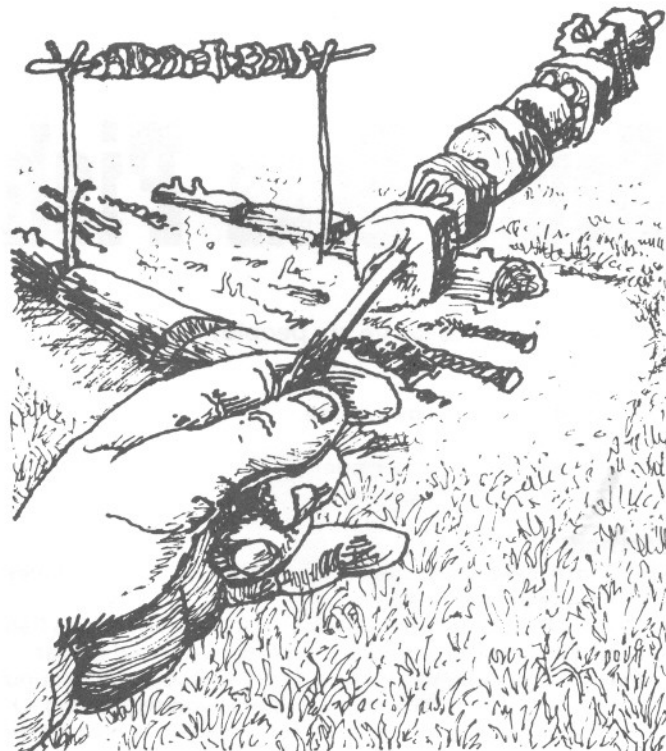
- One large orange per person.
- One egg per person.

Method:

- Cut the top third off the orange and carefully scoop out (and eat!) the flesh of the orange from the bottom section.
- Break the egg into the orange and place in amongst hot embers until you can see that the egg is cooked.

Variation:

Preparing the food in the same way, use a green stick, with the bark removed, as a spit by inserting it through either side of the orange, near the top. You will find that it will be easier to retrieve the cooked egg using this method.



Shish Kebabs

You will need:

- Lamb (the shoulder cut may be the most suitable).
- Peppers, onions, apples, tomatoes, cucumber, celery.

Method:

- Cut the meat and vegetables into 2cm cubes.
- Prepare a green stick to act as a skewer by removing the bark from the end on which the food is to go (the thinnest end) and sealing it by placing over the hot embers briefly.
- Thread the ingredients, as desired, onto the stick and place it over glowing embers, turning occasionally. It is advisable to manufacture some form of support at either end of the skewer in order to keep it in position — and to prevent your hands getting burnt!

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Burgers in leaves

You will need:

- Cabbages.
- Beefburgers or mince.

Method:

- Place three layers of cabbage leaves directly onto the hot embers and put the beefburgers or mince patties on top of them.
- After approximately ten minutes, turn the meat over, putting onto three new cabbage leaves. Repeat this process until the meat is cooked.

Note:

Cabbage leaves can replace silver foil in many instances when using backwoods cooking recipes. It is important that on no occasion should rhubarb leaves be used, as these contain a highly poisonous resin.



South Seas Fish

You will need: (to serve six people)

- Six trout.
- 125g butter.
- Two tablespoons soya sauce.
- Lemon juice.
- Half teaspoon ground ginger.
- Cabbage leaves or spinach.

Method:

- Prepare, clean and wash the fish and lay them on a layer of cabbage leaves or spinach.
- Spread the butter on the insides and outsides of the fish and sprinkle on the soya sauce, lemon juice and ginger.
- Place more cabbage leaves or spinach on and around each fish and place in a foil bag (*Backwoods Cooking 4*). Put the package in hot embers for approximately half an hour, turning once.

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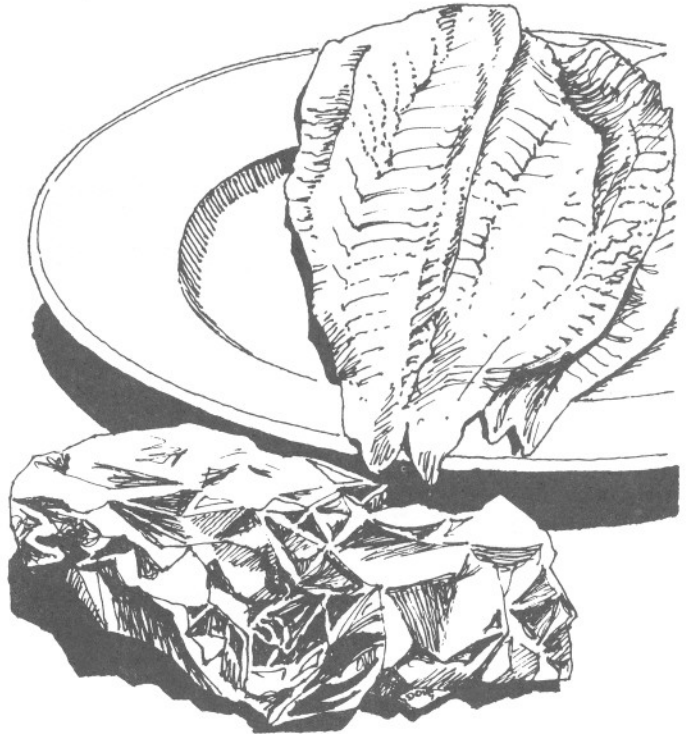
Stuffed Plaice

You will need: (Quantities are for two servings.)

- Two medium plaice.
- 25g butter.
- 75g grated cheese.
- 25g bread/biscuit crumbs.
- Two tomatoes.
- Salt, pepper, parsley, lemon slice.

Method:

- Wash and skin the fish fillets, drying them on paper afterwards.
- Soften the butter and mix in the cheese, parsley, salt and pepper.
- Spread this mixture thickly over the fish and then roll each fillet up, working from the tail upwards.
- Any spare mix can then be spread over the rolled-up fillets.
- Sprinkle the bread/biscuit crumbs over the fish and wrap in two thicknesses of foil. Place on glowing embers for around 40 minutes, turning occasionally.



Submarines

You will need: (Quantities are for four servings.)

- Two 20cm Vienna loaves.
- 100g butter.
- Mustard.
- One onion.
- Tomato sauce.
- One tin of luncheon meat.
- Small tin of tomatoes.
- Four slices of cheese.

Method:

- Cut the loaves in half lengthways and spread with butter.
- Mix the butter with one spoonful of mustard, one spoonful of tomato sauce and a finely-chopped onion until you have a smooth paste.
- Spread this mixture over the buttered bread.
- On the bottom slices, arrange the cheese and thin slices of the luncheon meat. Place slices of tomato upon the meat and replace the top halves of the bread.
- Wrap each loaf in two thicknesses of foil and cook in glowing embers for 15 minutes, turning once.
- When cooked, cut each loaf in half and serve with a side salad.

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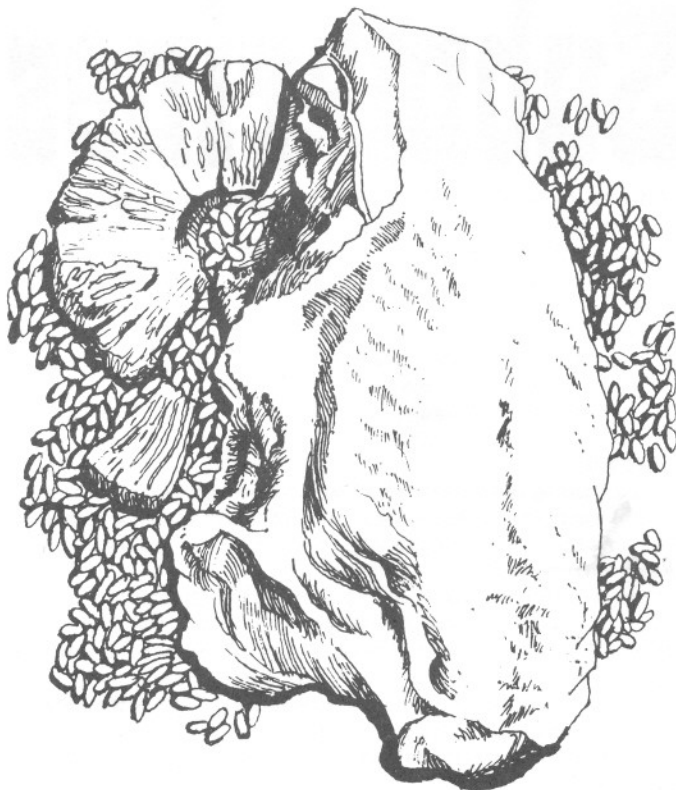
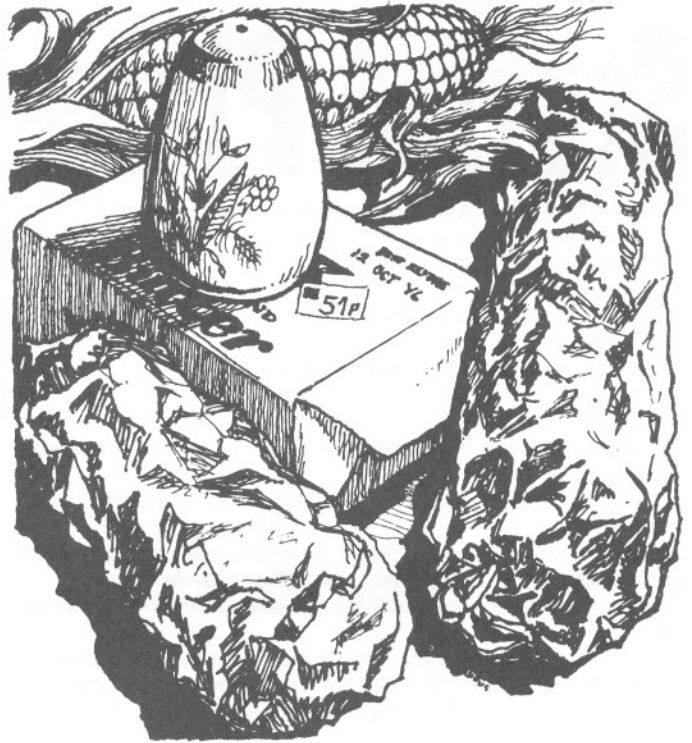
Corn on the cob

You will need:

- Corn cobs (fresh or tinned).
- Butter.
- Salt.
- Water.

Method:

- If using fresh corn cobs, prepare them by cutting the tops and the bottoms off and removing the leaves.
- Smear the cobs with butter, sprinkle a pinch of salt on them to taste, and then sprinkle with water.
- Wrap in foil and bake in the hot embers for approximately 15 minutes, turning occasionally.



Hawaiian Chicken

You will need:

- Chicken breasts.
- Rice.
- Pineapple.
- Seasoning.

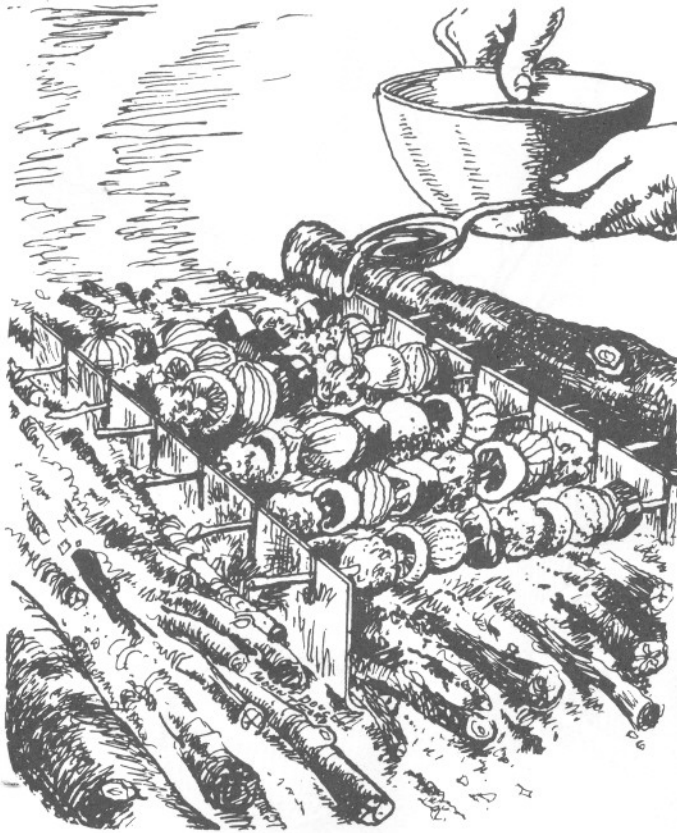
Method:

- Clean and prepare the chicken and place on two thicknesses of foil or in a foil bag (*Backwoods Cooking 4*).
- Add some rice, which you have cooked previously in a separate foil bag, a few pieces of pineapple and, if available, a small quantity of pineapple juice.
- Place on glowing embers and cook for at least 45 minutes, turning frequently.

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Mince Kebabs

You will need: (Quantities are for six servings.)

- 0.5kg minced lamb.
- Two onions.
- 0.25kg button mushrooms.
- Three tomatoes.
- One green pepper.
- 0.5kg oatmeal.
- Two eggs.

Method:

- Beat the eggs, add the oatmeal and mix well.
- Add the mince, mixing until a thick dough.
- Using your (clean) hands, form the mix into balls of approximately 2.5cm diameter.
- Chop the tomatoes, onions and peppers into pieces measuring approximately 2.5cm across.
- Prepare six skewers, using greensticks from which you have removed the bark (ash, hazel or willow are suitable woods to use, *not* holly or yew.) Onto these, thread alternately the meat balls, mushrooms, onions and peppers.
- Place the skewers of food above glowing embers, on a grill or a specially made rack, for approximately 15 minutes, turning occasionally. After this time, add the tomatoes to the skewers and replace on the embers for a further five minutes.

Tangy Kebabs

You will need: (Quantities are for six servings.)

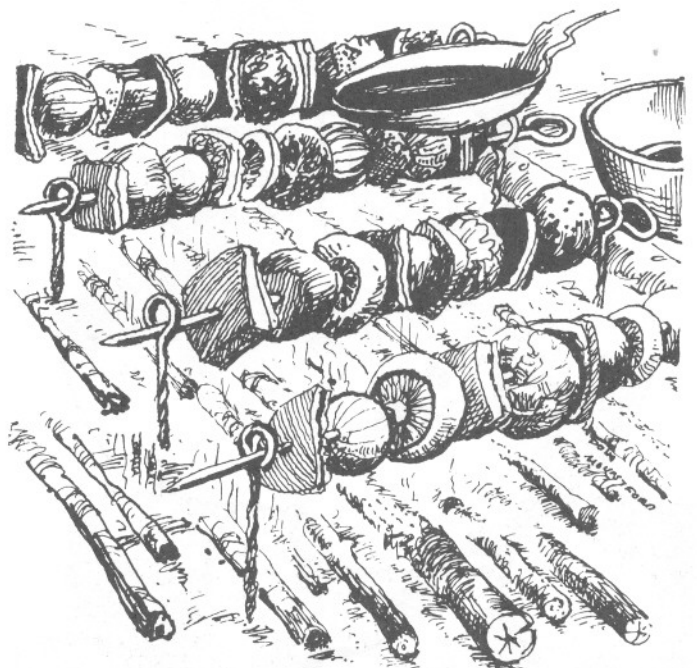
- 0.75kg lamb, beef or pork.
- 24 shallots.
- One green pepper.
- One red pepper.
- 0.25kg button mushrooms.
- 0.5kg Brussels sprouts.
- Ingredients for marinade: 4tbs soy sauce, 4tbs cooking oil, 2tbs tomato sauce, 1tbs vinegar, pinch black pepper, one finely chopped onion.

Method:

- First, mix up the marinade and soak the meat in it for two hours.
- After this time, make up the skewers, using greensticks with the bark removed, placing the meat and vegetables alternately upon the skewer.
- Spoon some of the marinade mix over the kebabs and place them over hot embers for approximately 20 minutes, basting regularly with the marinade.

Serving suggestion:

Serve with jacket potatoes, lettuce and tomatoes.



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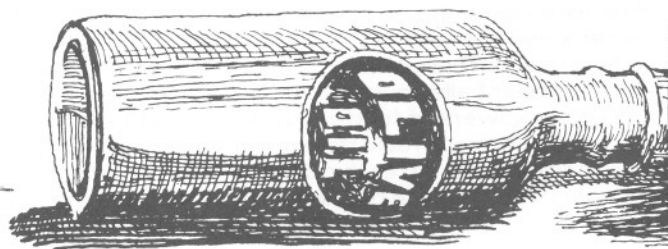
Mayonnaise

You will need: (Quantities are for six servings.)

- The yolk of one egg.
- One pinch powdered mustard.
- 0.5l corn oil or olive oil.
- 1tbs lemon juice or wine vinegar.
- Salt to taste.

Method:

- Put the egg yolk, mustard and a pinch of salt into a bowl and beat until well mixed.
- Add the oil gradually, beat well as the oil is added until the mixture thickens.
- Mix in the lemon juice or vinegar, cover the bowl and put in a cool place until required.
- If the mayonnaise curdles as you make it, add another egg yolk and mix it well in.



Side Salads

You will need:

- Mayonnaise (as above).
- Various ingredients depending on the salad:

Methods:

- Tokyo Salad* — mix together two chopped boiled eggs, two chopped tomatoes, 50g cooked rice, 1tbs tomato puree, 1tbs soy sauce and enough mayonnaise to make the mixture cling together.
- Spanish Salad* — mix together four stuffed olives, 100g diced mixed vegetables, two chopped tomatoes, 1tbs mixed peppers, 3cm length cucumber (diced), 4 radishes (chopped), one onion (sliced) and enough mayonnaise to make the ingredients cling together.
- Mexican Salad* — Mix together 1tbs chopped and mixed peppers, 0.5kg cooked rice, one tin of red kidney beans (not fresh) and enough mayonnaise to make the mixture cling together.



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Spit Roast

You will need: (Quantities are for eight servings.)

- One 2.25kg (5lb) turkey.
- 250g (½lb) stuffing.
- Eight small potatoes.
- Chopped herbs.
- Oil or butter.
- One cup apple juice.

Method:

- Wash the turkey well, inside and out, removing the giblets.
- Cut off the legs and wings of the bird and place on two layers of foil. Baste with oil or butter and sprinkle a small amount of chopped herbs and some apple juice on the legs and wings and wrap in foil.
- Place the stuffing and the scrubbed potatoes inside the turkey and baste with oil or butter. Sprinkle herbs on the top and mount the joint on a spit made from a 2cm diameter length of greenstick, over glowing embers. A metal spit will speed up the cooking process.
- Turn the spit regularly, ensuring that the embers are kept stoked up and, when the outside is a golden brown colour, baste again with oil and apple juice and wrap the bird in foil, keeping it on the spit.
- Cook for about one hour from this point, adding the parcel containing the legs and wings to the fire after 35 minutes. Test the meat from time to time to check that it has cooked.



Giblet Sauce

You will need:

- Turkey or chicken giblets.
- Salt and pepper.
- Water.
- Cornflour.

Method:

- Boil the giblets in seasoned water for 20 minutes, using four layers of foil made into a bowl and supported over the embers by a frame of sticks.
- Drain off the liquid and dispose of the giblets, adding more seasoning to the sauce as required.
- Mix one cupful of cornflour with a small amount of cold water to make a paste, which you then add to the liquid and place over the fire. Stir constantly and simmer until the sauce has thickened.

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Christmas Pudding

You will need:

- Bread.
- Butter or margarine.
- Currants, sultanas.
- Oranges and apples.
- Sugar.

Method:

- Take one slice of bread per person and butter one side, laying that side down onto two layers of foil.
- Prepare a mixture of dried fruits, grated orange peel, sliced apples and oranges, sugar and butter or margarine.
- Spread this thickly onto the bread, place another slice on the top, and butter the top of the sandwich.
- Wrap in the foil and place on embers for about eight minutes per side.

Although not a traditional Christmas pudding recipe, served with cream it makes a very tasty dessert!



Acorn Coffee

You will need: (Quantities are for six servings.)

- About 40 acorns.
- Salt.
- Milk and sugar as required.
- Water.

Method:

- Wash the acorns well and chop them roughly, using a sharp knife.
- Place on three sheets of foil, in which you have pierced holes and place over hot embers for about five minutes, shaking regularly.
- Remove from the fire and allow to cool before chopping the acorns up into smaller pieces and adding to eight cupfuls of boiling water in a foil pan, adding a *small* pinch of salt to the water.
- Simmer for three or four minutes and, immediately prior to serving, add a small quantity of cold water to the pan to make the acorn grounds settle.
- Serve with milk and sugar.



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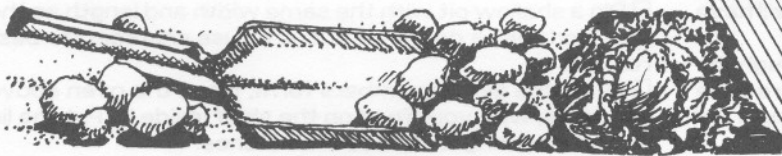
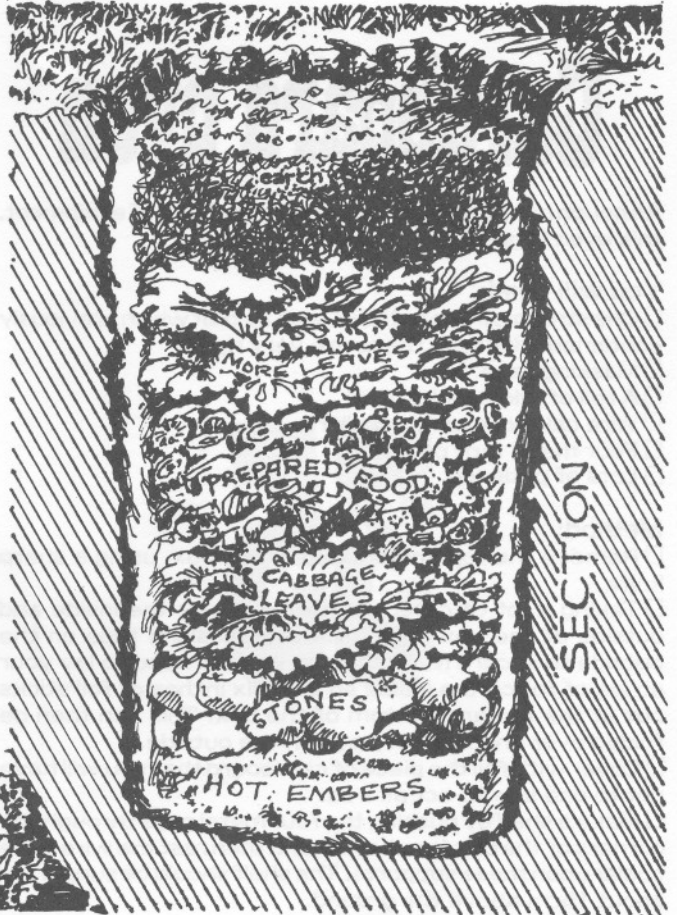
Hawaiian ovens

You will need:

- A number of washed stones.
- A hole in the ground, 60cm (2ft) deep by about 30cm (1ft) square.
- One large cabbage.

Method:

- Light a good fire in the hole and, when the flames have died down and you are left with a large quantity of hot embers, lay the stones on top of the hot coals.
- Carefully place two or three layers of cabbage leaves on top of the stones and place the prepared food on top of the leaves.
- Cover the food with another three layers of leaves and cover that with earth, ensuring that no steam or smoke escapes from the hole.
- The food will take about five or six hours to cook so it is a good idea to prepare the oven and the food in the morning of a busy day, so that when you return to camp in the evening, your supper will be piping hot and ready for you.



Hawaiian platter

You will need: (Quantities are for six servings)

- 0.75kg lamb, beef or pork.
- 0.5kg carrots.
- Three chopped onions.
- Six large potatoes.
- One green pepper.
- 0.25kg mushrooms.

Method:

- Chop the meat into small cubes.
- Clean and chop the vegetables and place them, with the meat, upon the first layers of cabbage leaves in your Hawaiian oven.
- Place the top layer of leaves on top of the food and cover with earth.
- Leave to cook, as indicated in *Backwoods Cooking 33*, for five or six hours.

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Cardboard oven

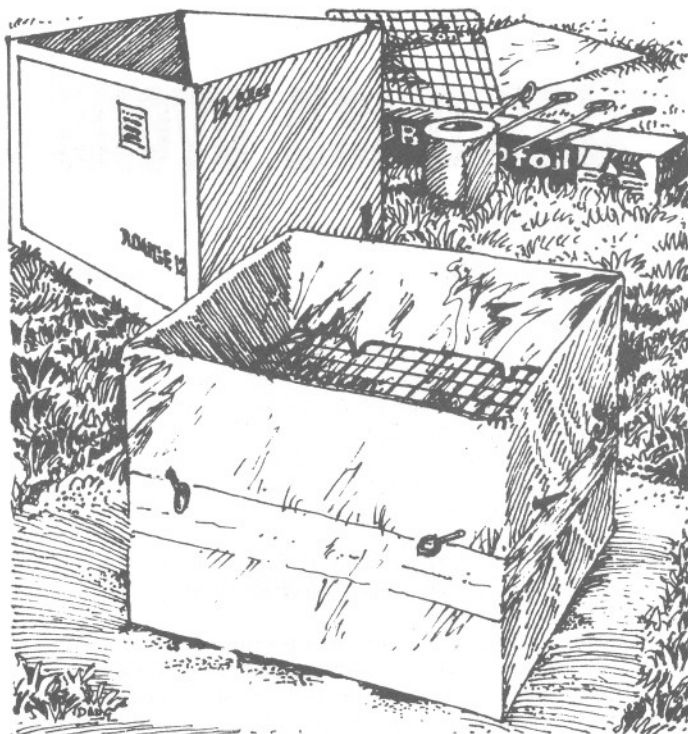
Although not strictly a backwoodsmans item of equipment, this oven is great fun to make and use.

You will need:

- One strong cardboard box (such as that which previously contained wines, as these are very rigid).
- Masking tape.
- A roll of wide cooking foil.
- Wire cake-cooler (or similar).
- Four metal tent pegs.
- Lots of patience.

Method:

- Remove the top and bottom of the box, using a sharp knife.
- Taking a lot of care, *completely* cover the inside and outside of the box with foil, using masking tape on the outside to secure it. To do this, you will need to lay your strips of foil on the inside so that six inches of foil sticks out at the top and bottom of the box. This can then be folded over and fixed in place on the outside.
- Cover with foil the piece of cardboard that you will have put to one side to act as a lid.
- Make a shelf by pushing the four metal tent pegs through the corners of the box (as shown) and then rest the wire cake cooler upon these supports. The shelf should be supported about 15cm above the ground.



- Dig a shallow pit with the same width and length as the box, and light a good fire in it — or use charcoal for best results.
- When the glowing embers form, place the oven above the coals, with your food on the shelf inside it. Put the lid on top, securing it in place with stones.



Pastry

You will need:

- 0.05kg plain flour.
- 0.12kg cooking fat or margarine.
- Pinch of salt.
- Water.
- 28g sugar if pastry is for sweet items.

Method:

- Rub the fat into the flour (having washed your hands, of course), adding the sugar at this stage if required.
- When the mixture resembles bread crumbs, add water, mixing well all the time, until you have a smooth paste.
- Use this pastry to make sausage rolls or various sweets, as outlined in other *Backwoods Cooking* recipes.



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Scones

You will need: (For 24 scones.)

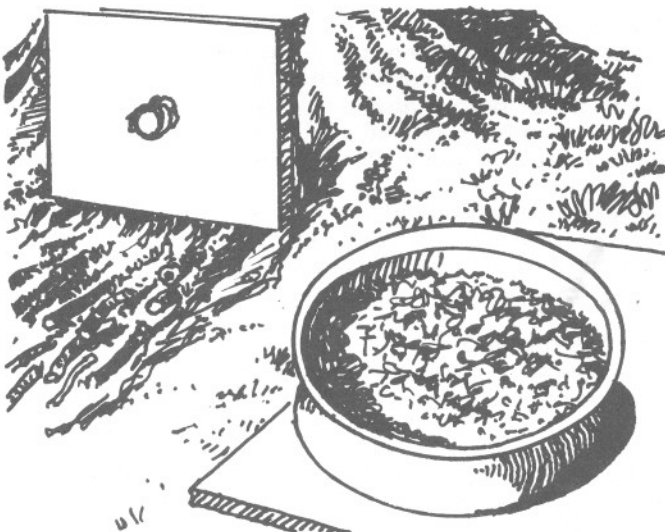
- 450g (1lb) self-raising flour.
- 120g (4oz) margarine.
- 120g (4oz) sugar.
- Pinch of salt.
- Milk.

Method:

- Mix the flour and salt together and then rub in the margarine and the sugar until the mixture resembles breadcrumbs.
- Add sufficient milk to form a smooth paste.
- Place on a double-thickness layer of foil in small portions of about 2cm deep and place in a cardboard or standard camp oven (made from mud) for about 20 minutes.
- To test if they are cooked, remove a scone and tap the bottom of it — if it sounds hollow, then it is cooked.

Variations:

Add sultanas, chocolate chips, banana chunks or mandarine orange segments to the mixture to liven up your scones.



Fruit crumble

You will need: (Quantities are for four servings.)

- Assorted items of fresh fruit.
- 120g (4oz) porridge oats.
- 30g (1oz) margarine.
- 30g (1oz) sugar.

Method:

- Chop the fruit into small pieces and place in a deep plate or home-made clay bowl.
- Mix the porridge oats, margarine and the sugar and sprinkle over the top of the filling.
- Consign to your camp oven and cook for up to half an hour.

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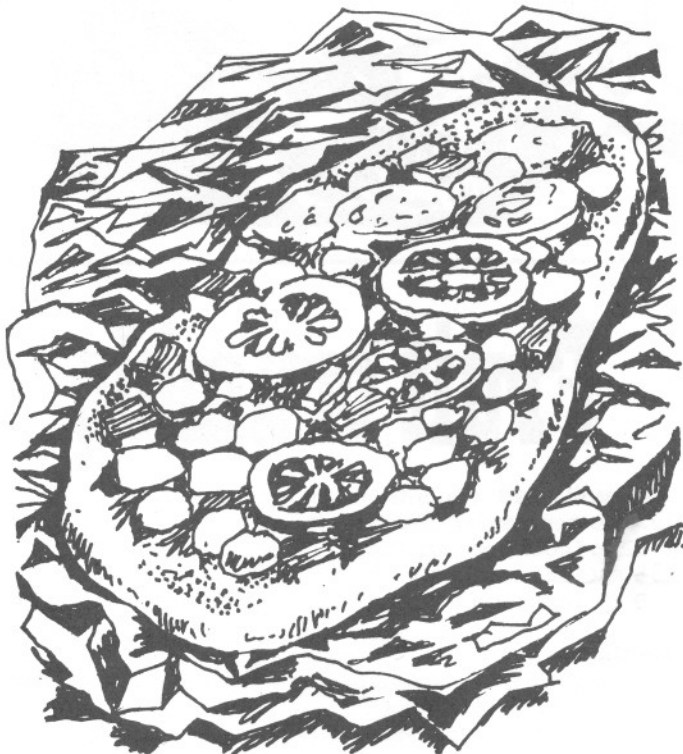
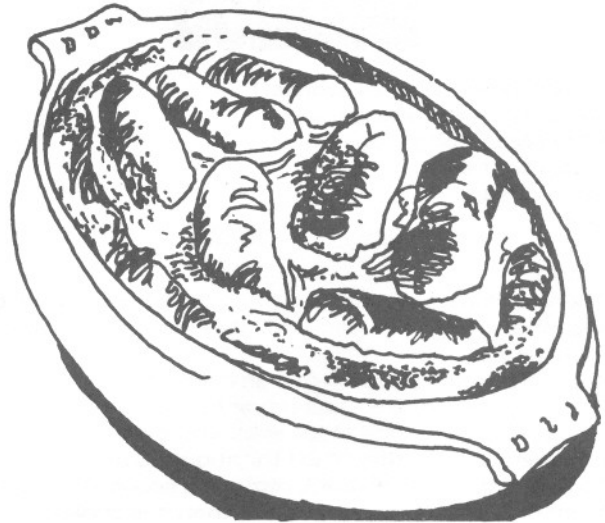
Toad in the hole

You will need: (Quantities are for four servings.)

- 150g (5oz) flour.
- One egg.
- Half a pint of milk (approx.).
- 60g (2oz) margarine.
- Eight sausages.
- Pinch of salt.

Method:

- Mix the flour, salt and the egg together, adding the milk slowly until you have a smooth batter (it may not be necessary to add the full half-pint of milk).
- Place the sausages and the margarine in a baking tray or home-made bowl and place in your camp oven for 15 minutes.
- Pour your batter over the sausages and return to the oven for about half an hour or until the batter is a golden brown.



Pizzas

You will need: (Quantities are for two servings.)

- 150g (5oz) self-raising flour.
- 75g (2½oz) margarine.
- Quarter of a pint of milk (approx.).
- Pinch of salt.
- Items for the topping.

Method:

- Mix the flour, salt, margarine and milk together to form a smooth, thick, dough and knead it well.
- Lay it flat onto a double-thickness layer of foil onto which you have sprinkled a little flour. (For a rolling pin, either use a milk bottle or a smooth, thick, branch covered with foil.)
- Place into your camp oven for about 15 minutes and then remove it in order to add the topping.
- Return to the oven for approximately 15 minutes, checking occasionally.

Sample topping:

- Lay slices of cheese on the dough, sprinkle with finely chopped onion, then lay sliced fresh tomatoes on the top.
- Garnish with finely chopped herbs or seasoning as required.
- Alternatively, you could add bacon, anchovies, sardines, sweetcorn, sausage slices . . . the list is as endless as your imagination!

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Baked eggs

You will need:

- One egg per person.

Method:

- Find a thin stick, approximately 75cm long, and, using a sharp knife, strip about 5cm of the bark off the thinnest end.
- Using the point of the knife, tap the egg very carefully at both ends until you have a hole large enough for the thin end of the stick to go through.
- Push the 'skewer' through the egg and place over hot embers, supporting the skewer upon two forked sticks if possible.
- Cook for ten minutes, turning occasionally.
- (Note: It is important that the egg does not fit too tightly onto the skewer, as air will not be able to escape during the cooking and the egg might explode!)



Hot cross buns

You will need: (Quantities are for eight buns.)

- 0.25kg (8oz) self-raising flour.
- 60g (2oz) brown sugar.
- Two eggs.
- 60g (2oz) butter or margarine.
- 60g (2oz) dried fruit or chopped apple.
- One pinch of mixed spice.
- One cup of milk.

Method:

- Mix the dry ingredients together.
- Add the beaten eggs, milk and melted butter, mixing to result in a smooth batter.
- Using a smooth pebble as a mould, make eight foil dishes, greasing them well with butter or margarine.
- Divide the mixture into the dishes (they should not be more than a third full).
- Cut thin slivers of apple, with the skin on, and make a cross on the top of the buns.
- Bake in your camp oven for about 20 minutes.



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Baked rabbit

You will need:

- One fresh rabbit.
- Vegetables as required to accompany it.

Method:

- Lay the rabbit on its back and, using a sharp knife, cut from the tail to just under the breastbone, to show the innards. Turn the animal over and these will fall out.
- Remove any remaining innards carefully, ensuring that you do not puncture the gall sac (a small, dark sac near the liver), as this will destroy the flavour of the meat.
- To skin the rabbit, simply cut off the feet, head and tail and push the legs away from the skin, hind legs first.
- Then, pull the skin off the rest of the rabbit, working from the tail upwards. You will find that the skin comes away very easily if done with care.
- Wash the rabbit well in cold water, then season with salt and pepper to taste, wrap it in a 2cm (1in) layer of clay and place in the embers of a large fire, covering the parcel completely in glowing coals, for about one hour.



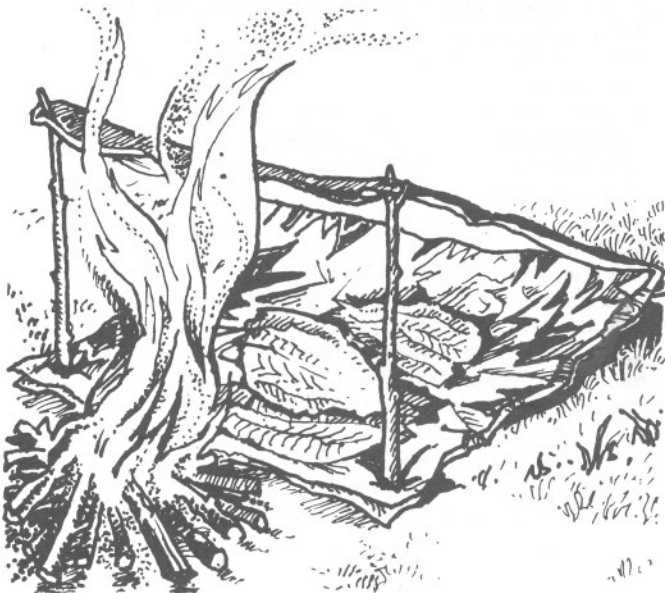
Instant oven

You will need:

- A piece of foil about 1½m (5ft) long.
- Two sticks 30cm (12in) long.

Method:

- Fold the sheet of foil in half and peg one end to the ground with the bottom of a stick in each corner at this end.
- Fold the foil in half and bring the free end up, attaching it to the top of the two sticks, at a 45° angle, as shown.
- Place the food on the bottom half of the foil and light your fire by the open end of the reflector oven.

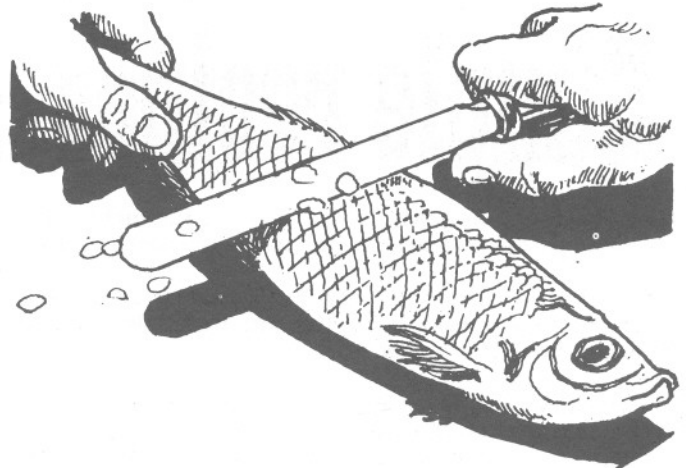


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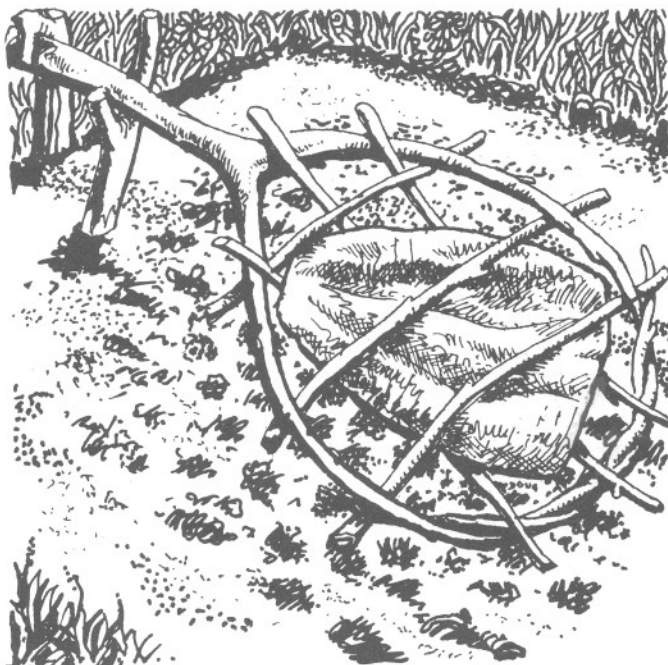
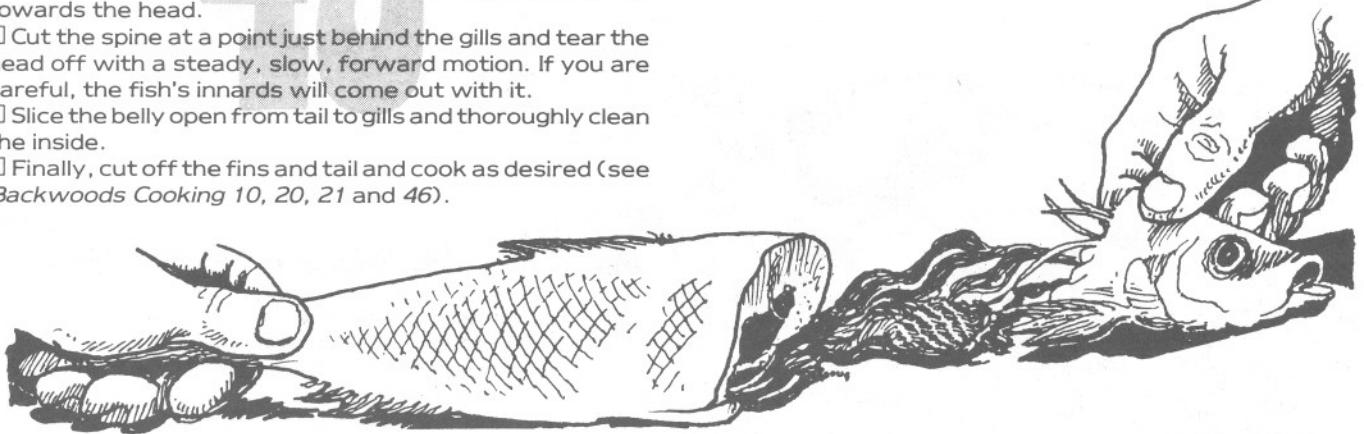
Preparing fish



Before you cook freshly-caught fish, it is important that you clean and prepare them properly. The following procedure is straightforward and requires only the use of a sharp knife and a clean, firm cutting surface — plus a bit of courage!

Method:

- Wash the fish thoroughly in clean water.
- Remove the scales by scraping with the back of the knife (that is, not the sharp edge), working from the tail towards the head.
- Cut the spine at a point just behind the gills and tear the head off with a steady, slow, forward motion. If you are careful, the fish's innards will come out with it.
- Slice the belly open from tail to gills and thoroughly clean the inside.
- Finally, cut off the fins and tail and cook as desired (see *Backwoods Cooking 10, 20, 21 and 46*).



Broiled fish

You will need:

- A supply of greensticks.
- One fish per person.

Method:

- Prepare the fish as shown in *Backwoods Cooking 45*.
- Strip the bark off the greensticks you are to use and seal them by placing them briefly over hot coals.
- Find a large Y-shaped greenstick (ash, hazel or willow are suitable, not holly or yew) and weave it into a tennis racket shape as illustrated.
- Open out the gutted fish and place it upon three sticks laid lengthways on the 'racket'.
- Lay a further three or four sticks across the top of the fish, at right angles to the other sticks, tucking the ends underneath the sides of the 'racket' as shown, to keep the fish in place.
- Prop the broiler a short distance above glowing coals and cook for about 20 minutes, turning occasionally.

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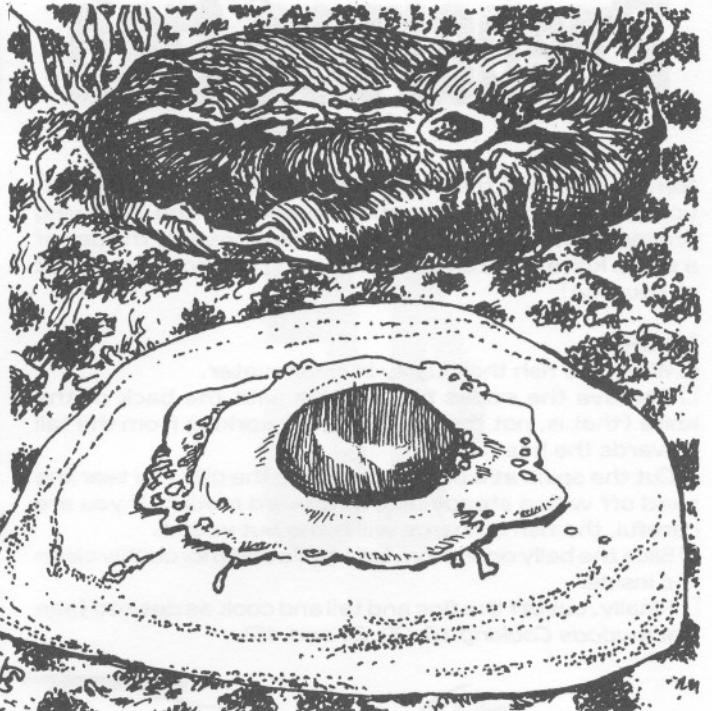
COOKING

Simple recipes

The following ideas are simple to cook and the techniques can be easily remembered by even the youngest Scout!

□ **Tarzan steak:** Blow the white ash from your glowing coals and place the steak directly onto the coals, cooking for about five minutes per side.

□ **Fried eggs:** Bury a flat stone in the hot coals and, when hot enough (a drop of water on the stone will sizzle if the stone is hot enough to cook on), sweep the ashes off. Crack an egg directly onto the stone, using a surround of greensticks to contain the egg if necessary. Burgers, sausages and bacon can also be cooked in this way.



□ **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 greenstick (with the bark removed). Support over glowing embers, turning occasionally until the outside turns golden brown. Serve with butter and/or jam.

□ **Instant hot dogs:** Lay sliced onions on a small, double-thickness, layer of foil, add a sausage and wrap up the foil, sealing the ends tightly (and making sure that there is still a fair amount of air left inside the package). Place in hot embers for about seven minutes, onion side down (so that the sausage does not stick to the foil) and, when cooked, pop the meat and onions into a bread roll for a quick and easy hot dog!

□ **Baked potatoes:** Encase a medium-sized potato in an inch-thick (2cm) layer of mud or clay and place in hot embers for about 25 minutes.

□ **Simple kebab:** Remove the bark from a thin greenstick and onto it spear slices of bacon, mushrooms, sausage, carrot and peppers. Support the skewer over glowing embers, turning occasionally, and remove when the meat is crisp and golden brown.

□ **Pineapple pud:** Slice the top off a fresh pineapple and, using a sharp knife and a spoon, carefully remove the centre of the fruit. Fill this with a mixture of sultanas, pineapple, sliced apple and grated chocolate, replace the top of the pineapple, securing it in place with two small sticks, and bury in hot embers for about 30 minutes.

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Camp ovens

You will need:

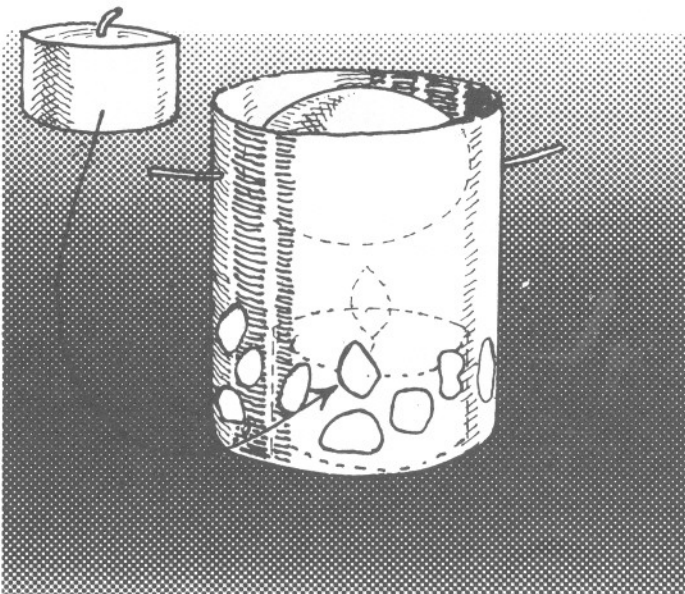
- A metal roasting tin, metal washing bowl or similar.
- A metal plate or tray.

Method:

- Turf and dig a hole, slightly smaller in dimensions than the tin you are to use.
- Build a large fire in this trench and keep it well stoked to produce a good quantity of hot embers.
- When you have prepared the food and the fire is ready, use sticks, stones or an entrenching tool to remove the embers from the hole, exercising extreme caution as you do so, keeping them in a pile by the side of the trench.
- Place the food on the metal plate or tray and put this in the trench. Then, place the roasting tin or bowl, upside down, over the food and sweep the glowing embers around, and on top of, the tin.

Note:

You will need to check on the food every 15 minutes or so and you may need to stoke the fire if it is in danger of going out. After a bit of practice, you will soon be an expert in assessing how long it takes to cook certain meals using this type of oven.



Egg-in-a-tin

You will need:

- An empty standard-size food tin.
- One egg.
- A night-light or small candle.
- Some wire (not plastic-coated).

Method:

- Pierce a series of large holes in the side of the tin close to one end. These will act as air holes for the candle.
- Cut the bottom off the tin to leave a cylinder.
- Tap a small hole in both ends of the egg with a sharp knife and thread the egg onto the piece of wire.
- Light the candle, place the tin over it and suspend the egg above it by threading the wire through two holes in the upper part of the tin.
- Cook for at least five minutes, turning occasionally.

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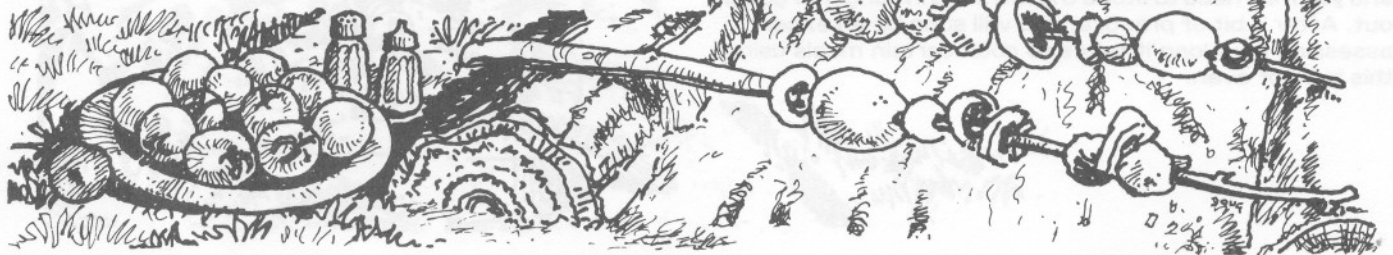
Vegetable kebabs

You will need: (Quantities are for six servings.)

- 12 new potatoes.
- 12 small onions.
- 12 button mushrooms.
- One red pepper.
- One green pepper.
- 12 small tomatoes.
- Butter or margarine.
- Salt, garlic and pepper to taste.

Method:

- Prepare six thin greensticks from ash, hazel or willow (not holly or yew) and skewer the cleaned and prepared ingredients as desired onto them, leaving the tomatoes to one side.
- Melt some margarine or butter with some salt, pepper or garlic as required, and brush it over the kebabs.
- Support the kebabs over glowing embers and cook for about five minutes, turning occasionally. After this time, add the tomatoes and cook for a further five minutes.



Bacon-in-a-bag

You will need:

- A paper bag.
- A piece of string.
- Two rashers of bacon.
- Patience!

Method:

- Place the bacon in the bag and tie the top securely with string.
- Suspend the bag, from a stick, over hot embers and shake the bag continuously for about ten minutes.



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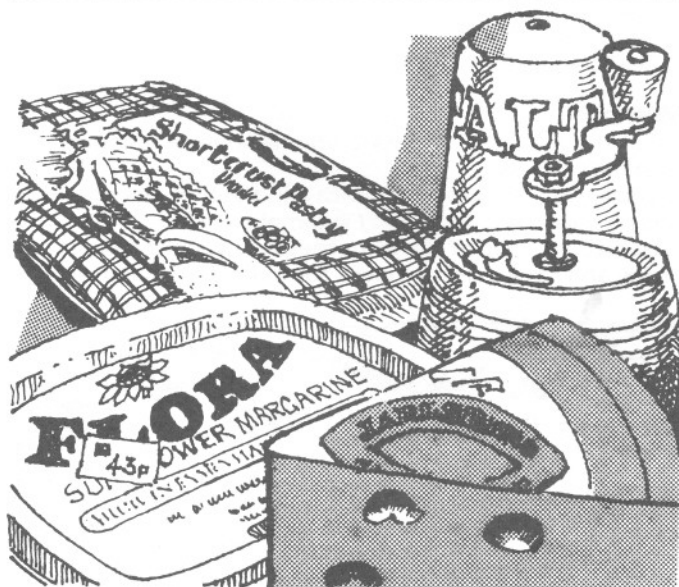
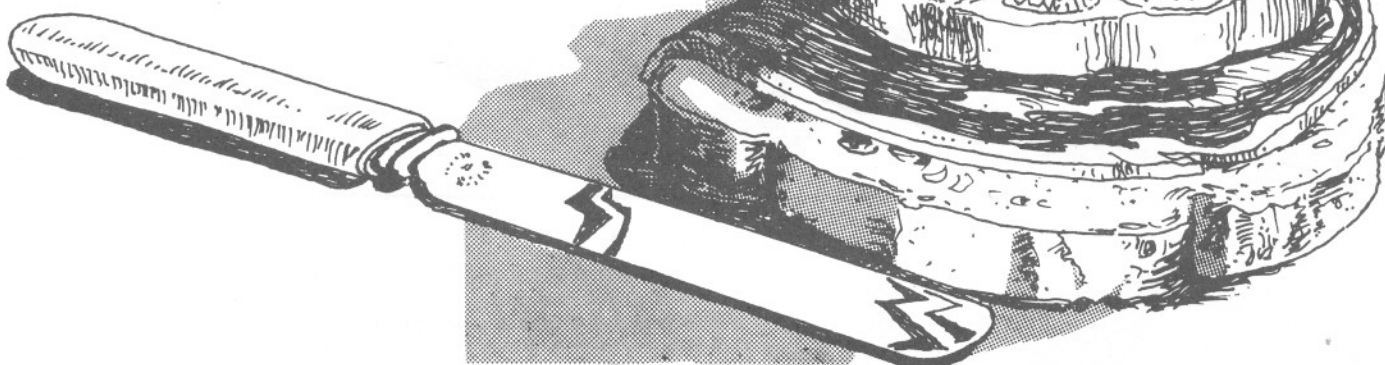
South Sea Island butties

You will need:

- Home-made muffins or thick-sliced bread.
- Butter or margarine.
- Ham.
- Pineapple slices.
- Cheese.

Method:

- Toast the bread or muffins.
- Butter them well, add a slice of ham, then a ring of pineapple and place a slice of cheese on the top.
- Bake the butties in an oven or in a reflector fire until the cheese begins to melt.
- Garnish with paprika if desired.



Cheese straws

You will need:

- 120g (4oz) short crust pastry
- 60g (2oz) grated cheese.
- 30g (1oz) butter or margarine.
- Salt and pepper to taste.

Method:

- Roll out the pastry into a rectangle about 0.5cm ($\frac{1}{4}$ in) thick and spread it lightly with butter.
- Sprinkle grated cheese onto the pastry and fold the pastry in half, rolling it out again to about 1cm ($\frac{1}{2}$ in) thick.
- Cut into strips and lay the pieces on a greased sheet of foil and place in your oven or reflector fire until golden brown (about ten minutes).

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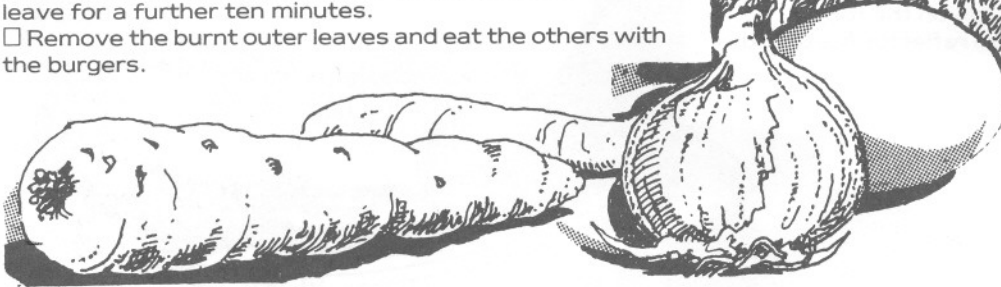
Burger delight

You will need: (Quantities are for two servings.)

- 225g (½lb) minced beef.
- 60g (2oz) grated carrot.
- 60g (2oz) chopped onion.
- One egg.
- Salt and pepper to taste.
- Lettuce or cabbage leaves.

Method:

- Mix the ingredients together to make two large patties, each about 1cm (½in) thick.
- Wrap each patty in two or three large cabbage leaves and place the two packages onto hot coals.
- After ten minutes or so, turn the packages over and leave for a further ten minutes.
- Remove the burnt outer leaves and eat the others with the burgers.



Rice tomatoes

You will need:

- One large tomato per person.
- One cupful of rice per person.
- Seasoning as required.

Method:

- Cut the top off the tomato and remove as much of the flesh as possible.
- Cook the rice and mix it with the flesh of the tomato, adding seasoning to taste. Fill tomato shells.
- Replace the top of the tomatoes, wrap in a double-layer of foil and cook in hot embers for five to ten minutes.



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Pork 'n' patties

You will need:

- One pork chop.
- A smear of butter or margarine.
- A slice of apple.
- A spoonful of apple juice.
- Salt and pepper to taste.
- 120g (4oz) stale breadcrumbs.
- 180g (6oz) grated cheese.
- One onion.
- One egg.
- A sprinkling of mixed herbs.

Method:

- Place the chop on two thicknesses of foil and add the butter, apple slice and the apple juice and seal the foil into a flat parcel.
- Cook in hot embers for about 20 minutes per side.
- To make the patties, mix the breadcrumbs, cheese, finely-chopped onion and the mixed herbs and add a beaten egg.
- Separate the dough into small patties about 1cm (1/2in) thick and lay them out onto a double thickness of foil.
- Bake the patties on the foil over hot embers for about ten minutes each side.
- Serve the chops with the patties and a choice of vegetables and potatoes.



Angels on horseback

You will need:

- Two strips of streaky bacon (per person).
- Grated cheese.

Method:

- Sprinkle the cheese onto the strips of bacon and roll them up.
- Wrap them up in separate pieces of foil and consign to the embers for about ten to 15 minutes, turning regularly.



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Potato puffs

You will need:

- 450g (1lb) cold mashed potato.
- Two eggs.
- One mug ($\frac{1}{2}$ pt) of milk.
- 15g ($\frac{1}{2}$ oz) butter or margarine.
- Seasoning to taste.

Method:

- Beat the eggs and mix them with the mashed potato, milk and melted butter until you have a thick batter.
- Make into small patties and bake in your oven like biscuits or on two layers of foil on a grill over your fire, turning once, until brown.

Variations:

If desired, chopped chicken, ham, bacon, grated cheese, onions and so on can be mixed in to the potato.



Grilled grapefruit

You will need: (Quantities are for four servings.)

- Two large grapefruits.
- Four glacé cherries.
- Brown sugar.

Method:

- Cut the grapefruits in half and remove the core.
- Using a sharp knife, carefully separate the flesh from the skin — but do not remove it.
- Spread a spoonful of brown sugar over the surface and grill in a reflector oven until the sugar melts.
- Add a cherry to the centre and serve as a starter to a meal.



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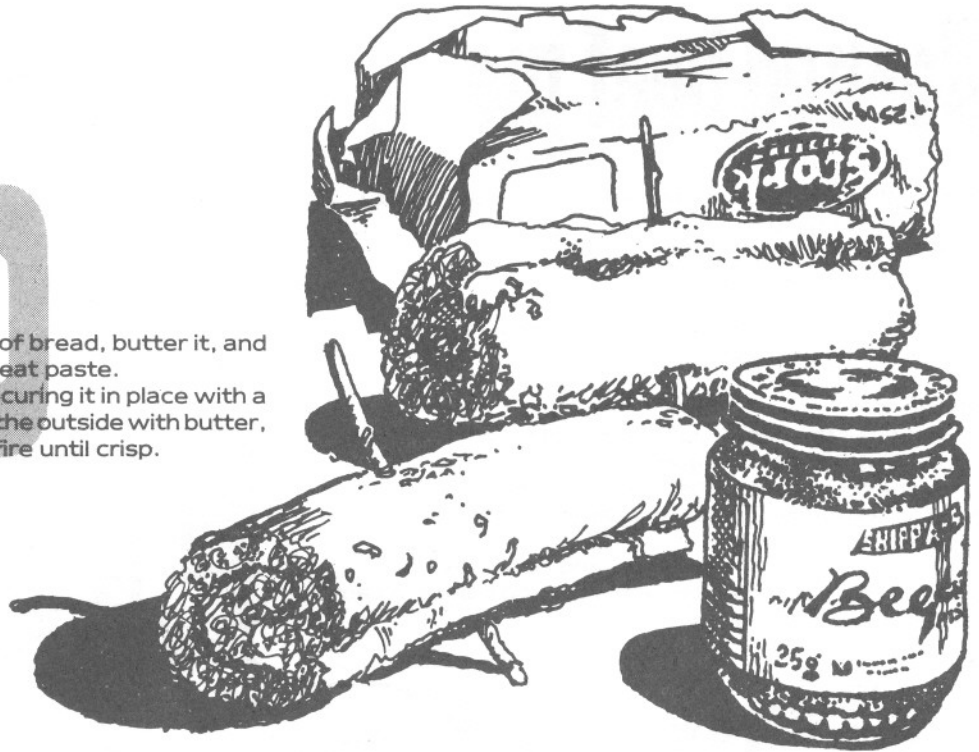
Meaty rolls

You will need:

- A jar of meat (or fish) paste.
- Butter or margarine.
- Thin sliced bread.

Method:

- Remove the crusts from a slice of bread, butter it, and spread onto it fairly thickly, the meat paste.
- Roll the slice firmly into a roll, securing it in place with a greenstick or skewer, and spread the outside with butter.
- Bake in a hot oven or reflector fire until crisp.



Smoked mackerel

You will need:

- One small mackerel per person.
- Butter or margarine.
- Pepper to taste.

Method:

- Slit, gut and clean the mackerel if this has not already been done.
- Put a knob of butter on the fish and roll it in foil.
- Cook gently over hot embers for approximately ten minutes, turning occasionally.
- Serve with a side salad as a starter to a meal.



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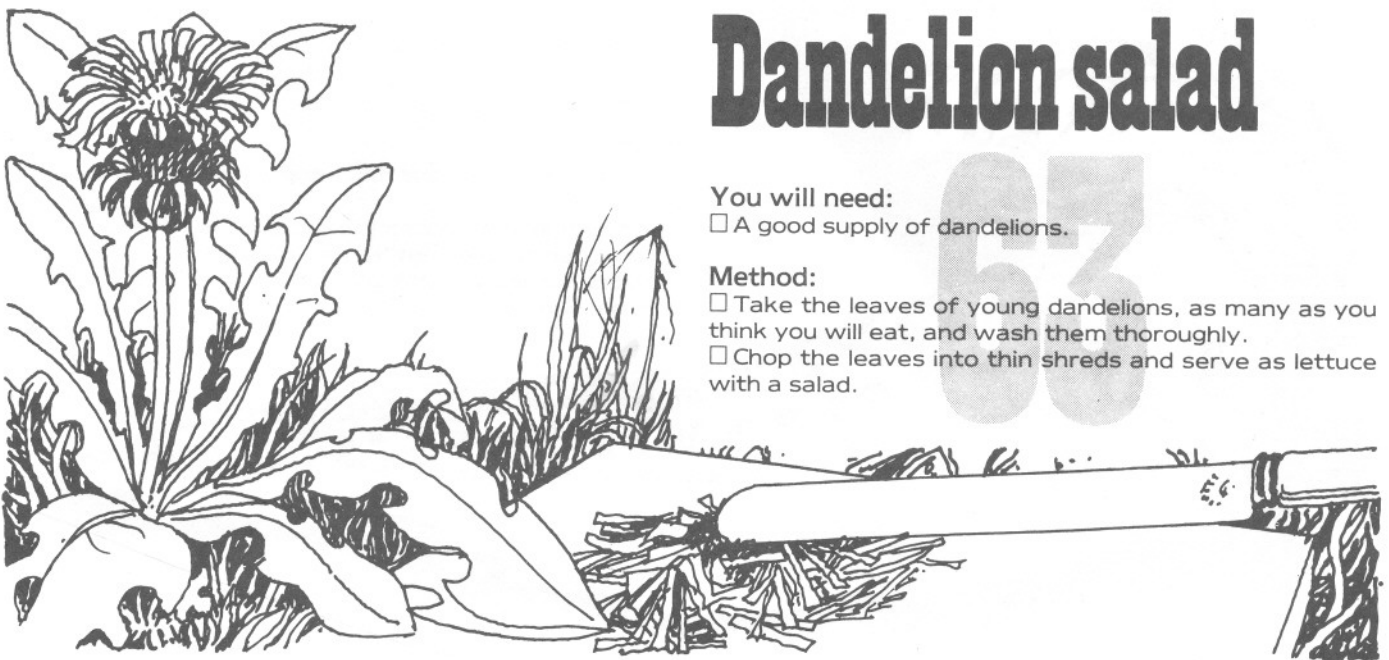
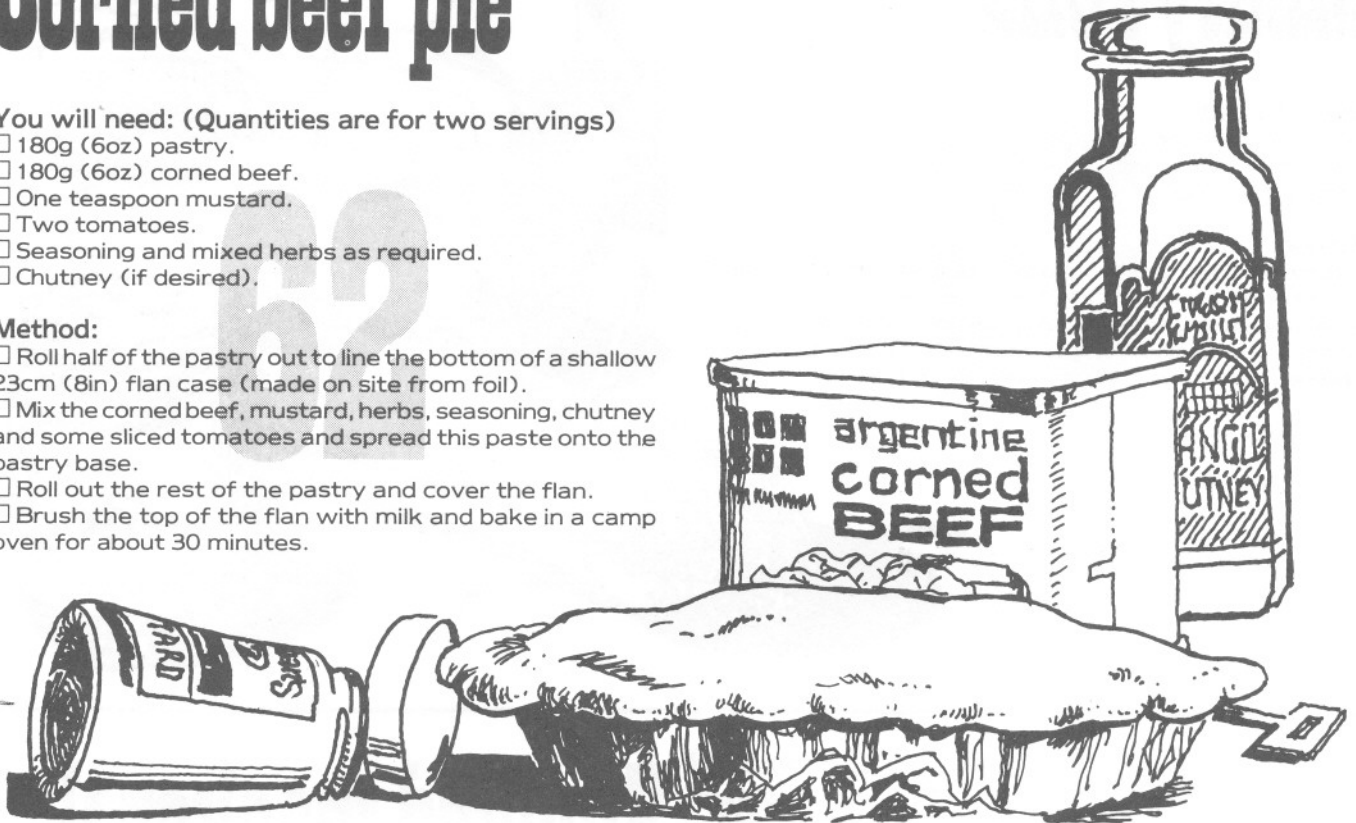
Corned beef pie

You will need: (Quantities are for two servings)

- 180g (6oz) pastry.
- 180g (6oz) corned beef.
- One teaspoon mustard.
- Two tomatoes.
- Seasoning and mixed herbs as required.
- Chutney (if desired).

Method:

- Roll half of the pastry out to line the bottom of a shallow 23cm (8in) flan case (made on site from foil).
- Mix the corned beef, mustard, herbs, seasoning, chutney and some sliced tomatoes and spread this paste onto the pastry base.
- Roll out the rest of the pastry and cover the flan.
- Brush the top of the flan with milk and bake in a camp oven for about 30 minutes.



Dandelion salad

You will need:

- A good supply of dandelions.

Method:

- Take the leaves of young dandelions, as many as you think you will eat, and wash them thoroughly.
- Chop the leaves into thin shreds and serve as lettuce with a salad.



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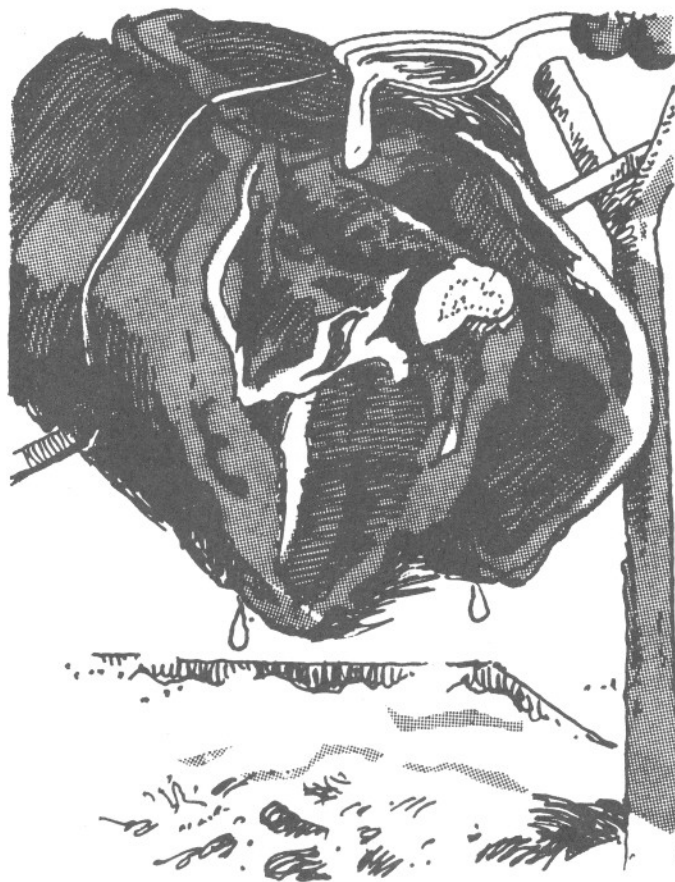
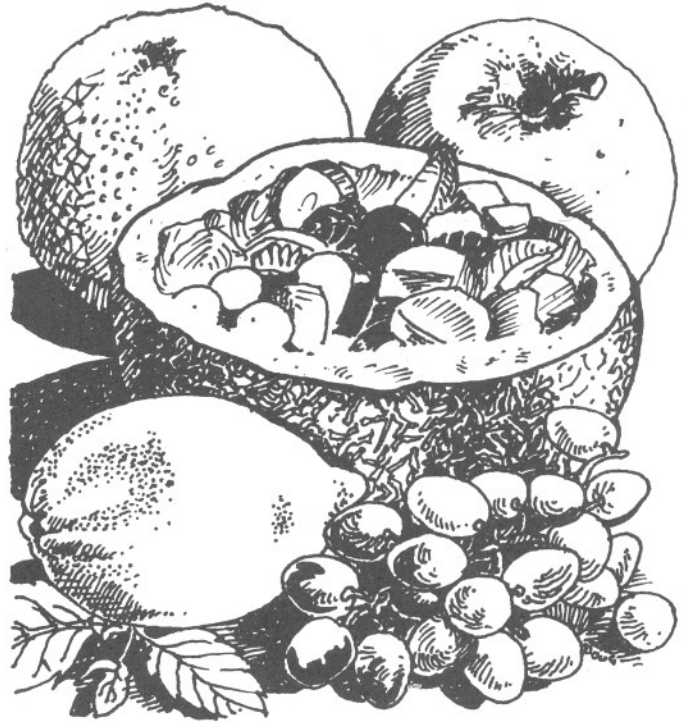
Melon delight

You will need:

- One small melon.
- Two mandarin oranges.
- One red apple.
- About 12 seedless grapes.
- Lemon juice and orange juice.
- Mint leaves and two cherries for decoration.

Method:

- Cut the melon in half and scrape out the seeds.
- Using a sharp knife, cut the melon flesh into cubes and put the pieces into a bowl.
- Peel and clean the oranges and put the individual segments into the bowl.
- Core a red apple and cut into thin slices, leaving the skin on, and add this and the grapes to the rest of the fruit.
- Mix the fruit together and add a dash of lemon juice or a spoonful or two of fresh orange juice and divide the mixture up between the two halves of melon skin. To serve, place a red cherry and a couple of mint leaves on the top of each portion.



Roast saddle of lamb

You will need: (Quantities are for six servings)

- 1.5kg (3lb) lamb, made into a saddle (ask your butcher how to prepare this if you don't already know).
- Vegetables of your choice.

Method:

- Skewer the saddle through the centre, using wire (not plastic-covered) to secure it to the skewer in order that the meat will turn easily during cooking.
- Place the skewer on two forked sticks and cook over a large amount of glowing embers for approximately 90 minutes, turning frequently. Baste the meat regularly with butter or margarine and serve with vegetables of your choice.

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COOKING

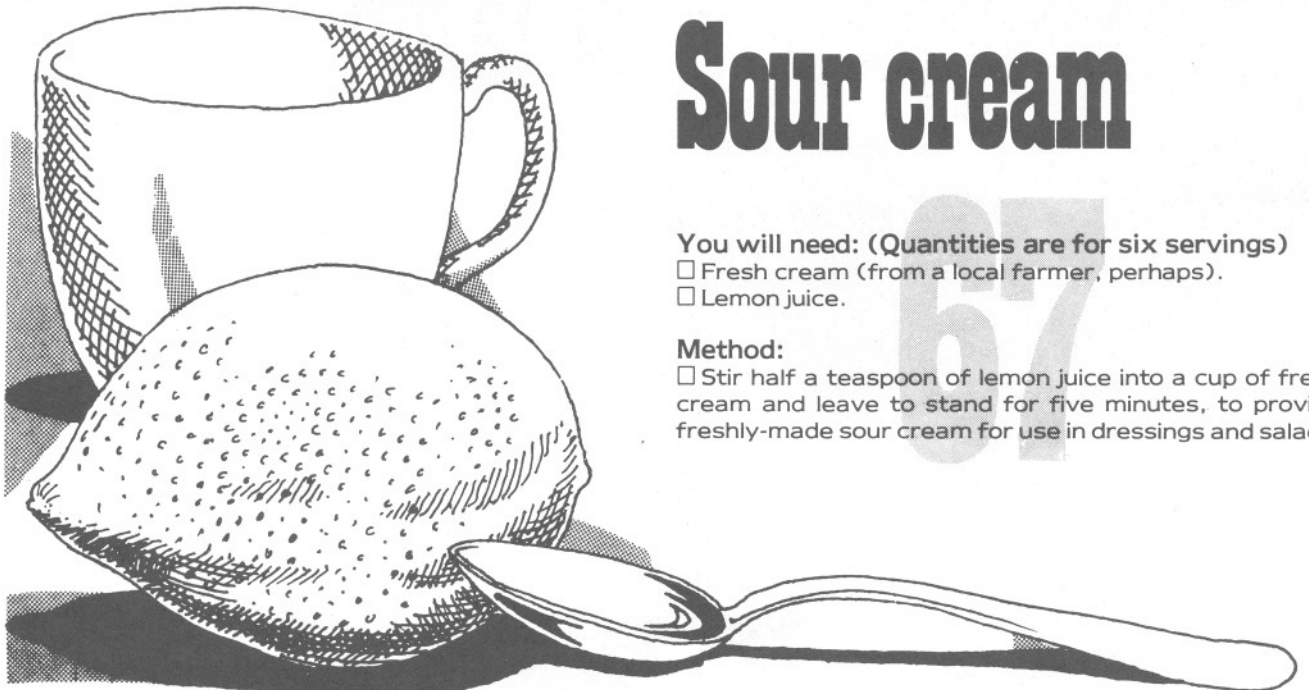
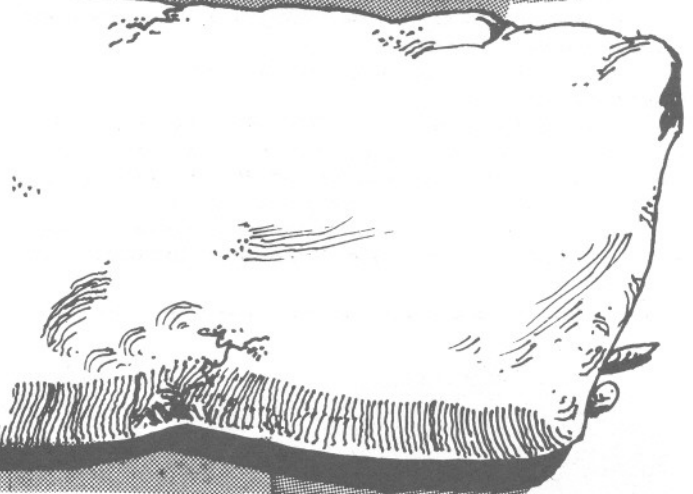
Cooking in clay

You will need: (Quantities are for six servings)

- A good supply of clay — often found beneath hedges around the edges of fields.
- Water.
- A flat work surface, such as a sheet of wood or large rock.
- A fire and whatever food you are to cook — bird, beast or fish.

Method:

- Work the water well into the clay to make it soft and pliable and make it into a flat sheet about 2cm (1in) thick, large enough to wrap around the food.
- Gut and clean the food but do not remove the scales, skin or feathers.
- Wrap the food in the clay, taking care to seal the parcel completely. Wiping over the parcel with water will help to seal it.
- Bury the parcel in glowing embers, keeping the fire going for as long as is required to cook the food. A fish will take about 30 minutes and an average-sized chicken, pigeon or pheasant will need around two hours. Do not take any short cuts — once opened, the clay cannot be resealed.
- When you break the clay package open, the skin, feathers or scales will come away from the meat.



Sour cream

You will need: (Quantities are for six servings)

- Fresh cream (from a local farmer, perhaps).
- Lemon juice.

Method:

- Stir half a teaspoon of lemon juice into a cup of fresh cream and leave to stand for five minutes, to provide freshly-made sour cream for use in dressings and salads.

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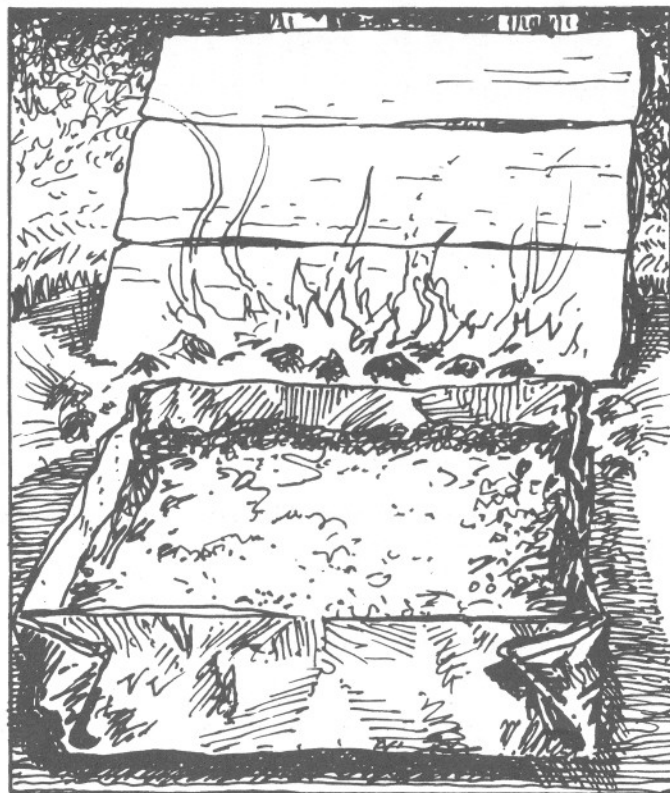
Gammon cheese steaks

You will need: (Quantities are for four servings.)

- Four large gammon steaks.
- Mustard.
- A small can of pineapple rings.
- 120g (4oz) grated cheese.
- Salt and pepper.
- Four tomatoes.

Method:

- Spread mustard very thinly on both sides of each gammon steak, wrap them individually in a double-thickness layer of foil and place in hot embers for ten minutes, turning once.
- After this time, retrieve the parcels, open them and place on one or two pineapple rings, some grated cheese, slices of tomatoes and seasoning.
- Reseal the parcels and put back into the embers for a further ten minutes on each side. Serve with baked potatoes filled with either cottage cheese or soured cream.



Hash browns

You will need: (Quantities are for four servings.)

- 1kg (2lb) potatoes.
- 60g (2oz) flour.
- Two eggs.
- 30ml (1/2pt) milk.
- Seasoning.

Method:

- Make a tray out of two thicknesses of foil and grease it well with butter or margarine.
- Grate the potatoes and spread them out 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.
- Bake the hash browns in a reflector fire or in a camp oven. Alternatively, seal the food in foil and place it in the embers for 15 minutes or so. Serve with grated cheese.



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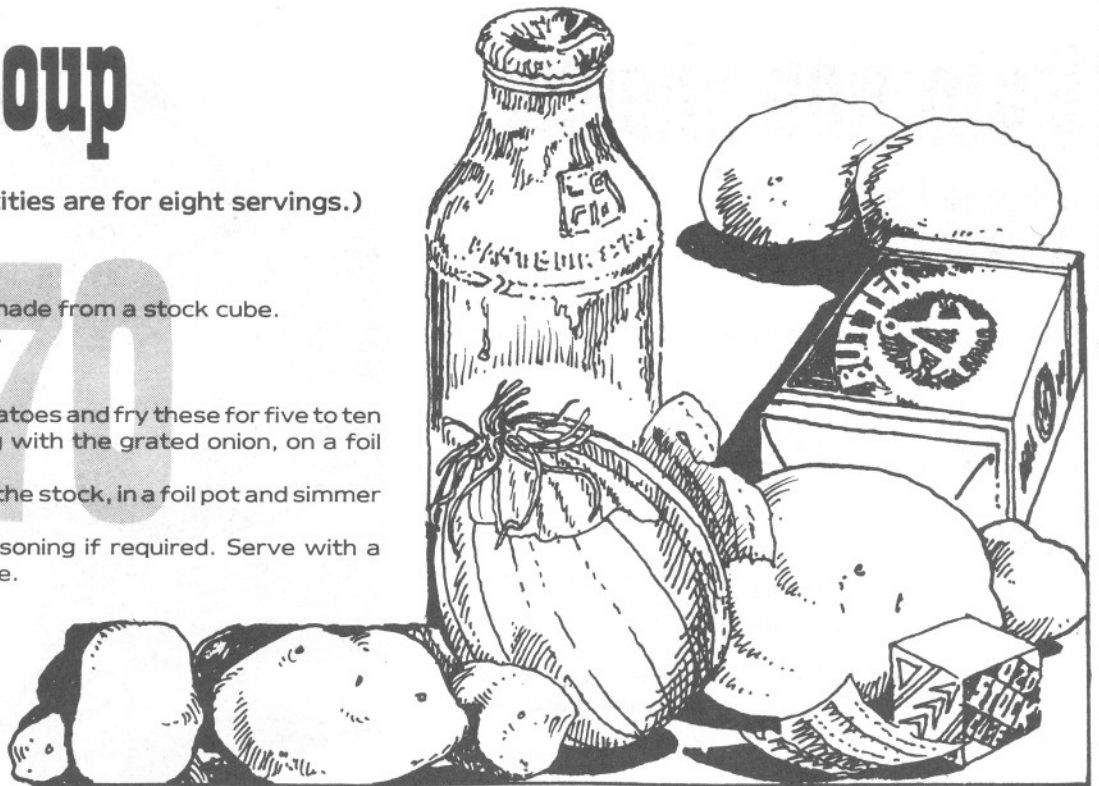
Potato soup

You will need: (Quantities are for eight servings.)

- 0.5kg (1lb) potatoes.
- One large onion.
- 60g (2oz) butter.
- 85ml (1½pts) stock, made from a stock cube.
- 15ml (¼pt) fresh milk.

Method:

- Peel and grate the potatoes and fry these for five to ten minutes in butter, along with the grated onion, on a foil pan or hotplate.
- Boil the vegetables in the stock, in a foil pot and simmer for 15 minutes.
- Add the milk and seasoning if required. Serve with a topping of grated cheese.



Spinach roulade

You will need: (Quantities are for four servings.)

- 20ml (⅓pt) fresh milk.
- 60g (2oz) butter.
- 65g (2½oz) plain flour.
- Four eggs.
- 240g (8oz) spinach.

Method:

- Melt the butter in a foil pan, add the flour and stir for one minute.
- Add the milk, gradually, and stir until the mixture begins to boil and thicken.
- Quickly stir in the yolks of the four eggs and add the egg whites, which you have beaten to a thick, creamy texture.
- Spread the mixture onto a double-thickness sheet of foil, shaped like a Swiss roll tin, so that it lies about 1cm (½in) thick.
- Bake in a reflector fire or camp oven for about 15 minutes.
- Lay the cooked 'sheet' upside-down on another piece of foil and spread the cooked, finely-chopped spinach onto it. Roll the sheet up Swiss roll-style and serve with kebabs or a hot-pot.



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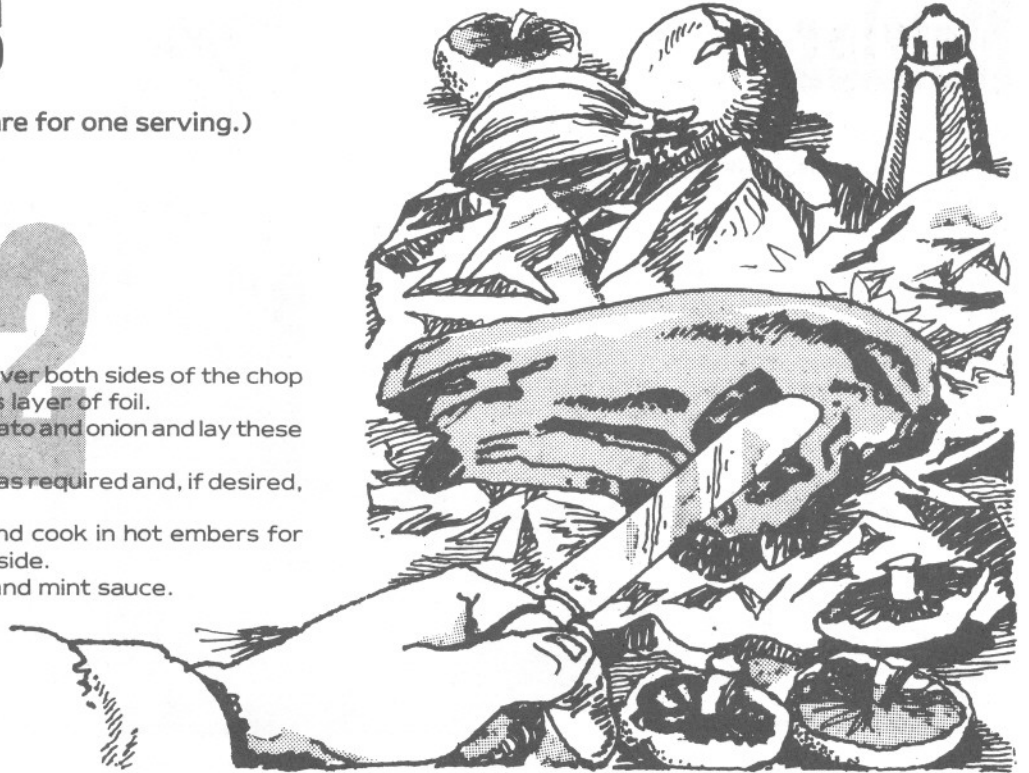
Lamb chops

You will need: (Quantities are for one serving.)

- One large lamb chop.
- One onion.
- One tomato.
- Butter or margarine.
- Three mushrooms.
- Salt and pepper to taste.

Method:

- Smear butter or margarine over both sides of the chop and lay it on a double-thickness layer of foil.
- Chop up the mushrooms, tomato and onion and lay these on and under the meat.
- Season with salt and pepper as required and, if desired, a sprinkle of rosemary.
- Make the foil into a parcel and cook in hot embers for approximately 15 minutes per side.
- Serve with baked potatoes and mint sauce.



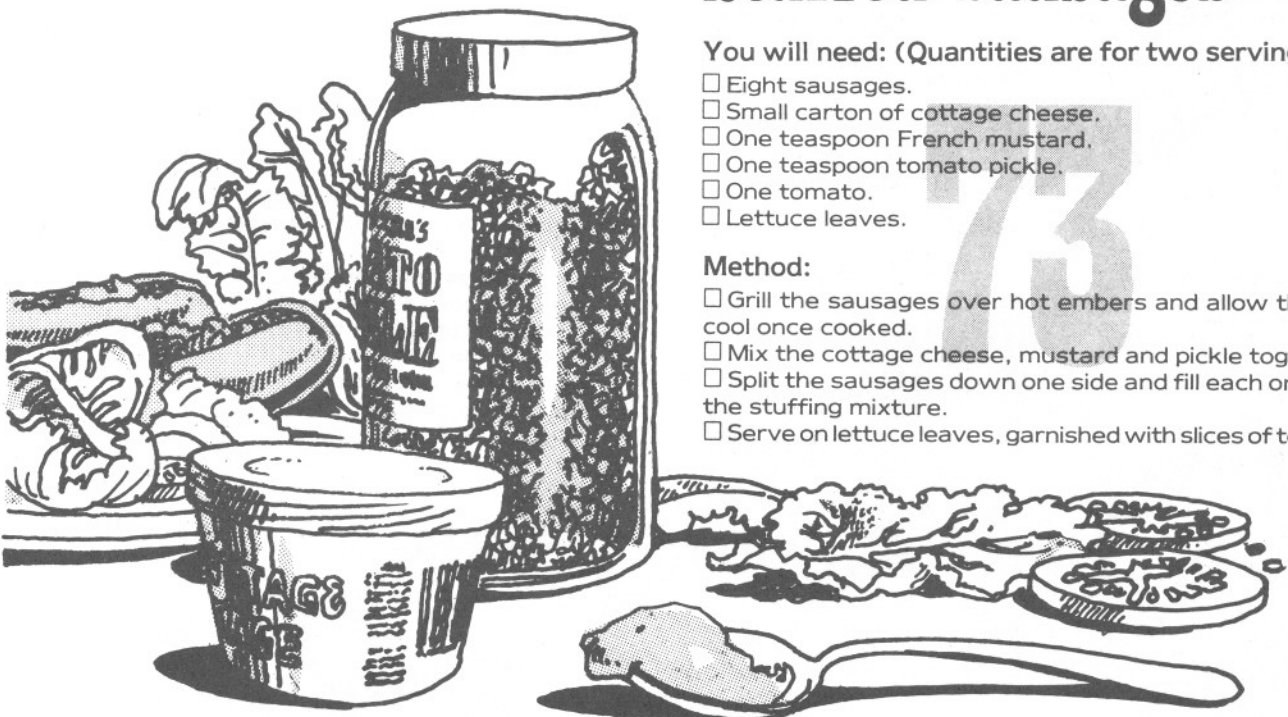
Stuffed sausages

You will need: (Quantities are for two servings.)

- Eight sausages.
- Small carton of cottage cheese.
- One teaspoon French mustard.
- One teaspoon tomato pickle.
- One tomato.
- Lettuce leaves.

Method:

- Grill the sausages over hot embers and allow them to cool once cooked.
- Mix the cottage cheese, mustard and pickle together.
- Split the sausages down one side and fill each one with the stuffing mixture.
- Serve on lettuce leaves, garnished with slices of tomato.



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Nettles

You will need:

- Copious supplies of young nettle leaves.
- Salt to taste.

Method:

- Wash the leaves carefully in three changes of water, avoiding too much skin contact if possible (although the nettles should not sting you).
- Chop the leaves well, using a sharp knife, and boil for about ten minutes, adding a pinch of salt to taste.
- Serve as a second vegetable, say with carrots or potatoes.



Nettle fritters

You will need: (Quantities are for two servings.)

- A bowl of young nettle leaves.
- Two eggs.
- Salt, pepper and nutmeg to taste.
- A small amount of butter and flour for frying.

Method:

- Blanch the leaves in boiling water for one minute.
- Rinse the leaves immediately in cold water to preserve the colour.
- Chop the leaves finely and mix with the beaten eggs.
- Add salt, pepper and nutmeg to taste.
- Form portions of the mixture into balls about the size of a golf ball and then flatten into small patties.
- Dip each of the patties in flour and fry in a foil pan with butter, turning regularly.
- Serve with rashers of bacon, burgers or other such meats.



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Meatball kebabs

You will need: (Quantities are for one serving.)

- 0.5kg (1lb) minced beef.
- One egg.
- 120g (4oz) grated cheese.
- One grated onion.
- One tablespoon lemon juice.
- Salt and pepper to taste.
- Cooking oil.

Method:

- Beat up the egg and mix it with the grated onion.
- Stir in the other ingredients to form a smooth doughy mixture and roll portions of the mixture into golf ball-size balls.
- Thread these onto skewers or thin green sticks and cook over hot embers for approximately ten minutes, basting them with oil at regular intervals.
- Serve with a side salad.



Stuffed plaice

You will need: (Quantities are for one serving.)

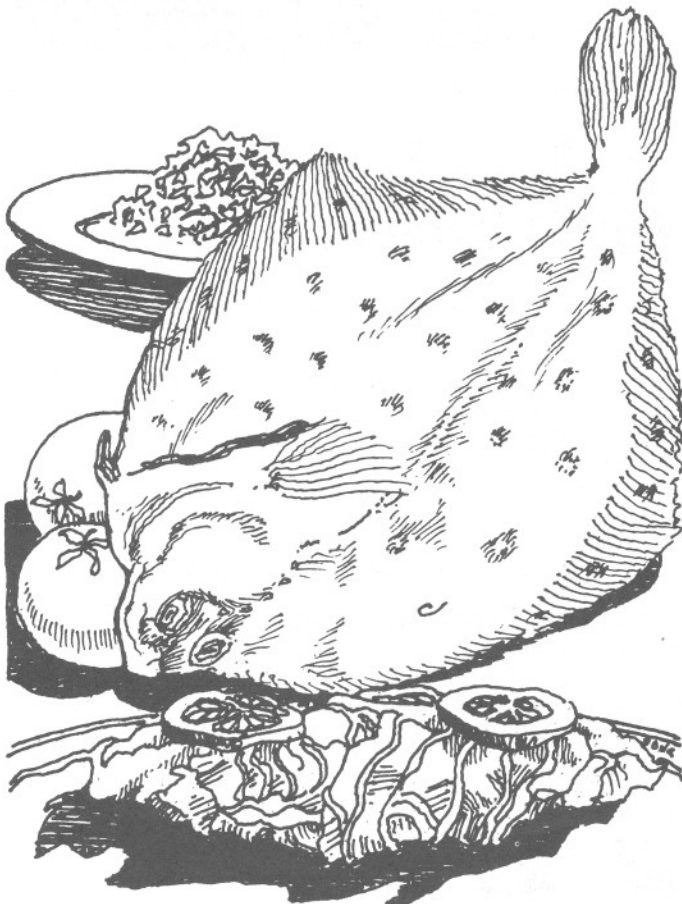
- One plaice.
- Large cabbage leaves.
- 60g (2oz) butter or margarine.
- 180g (6oz) grated cheese.
- 60g (2oz) breadcrumbs.
- Chopped parsley, salt and pepper to taste.
- One tomato.

Method:

- Wash and skin the fish and dry it well.
- Mix the cheese in with the butter or margarine and add the breadcrumbs, parsley and seasoning.
- Spread the mixture thickly on the fillets and roll the fish up from the tail.
- Wrap the fish roll in two thicknesses or more of cabbage leaves and bake in hot embers or on a grill for about 25 minutes, turning regularly.
- Add slices of tomato to the top of the fish when it is served and, for a nice accompaniment, serve with a cheese sauce.

Variation:

A layer of vine leaves, available from most delicatessen shops, between the fish and a layer of cabbage leaf will add a nice flavour to the dish.



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Burger twists

You will need: (Quantities are for one serving.)

For the dough mix:

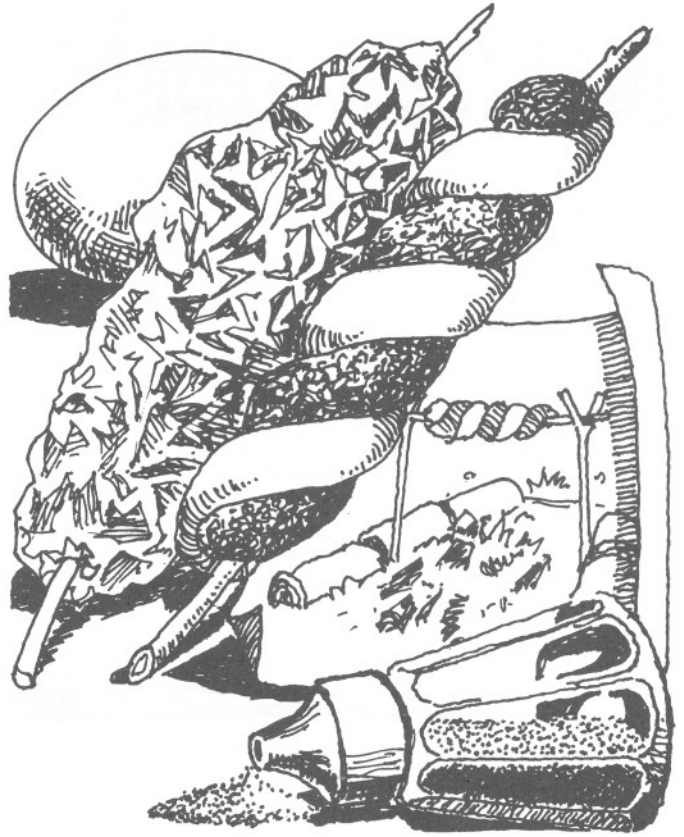
- 0.5kg (1lb) flour.
- 60g (2oz) butter or margarine.
- A pinch of salt.
- Water.

For the burger mix:

- 0.5kg (1lb) minced beef, ham or chicken.
- One egg.
- Salt and pepper.
- Half an onion.
- 30g (1oz) breadcrumbs.

Method:

- Mix the flour, butter and salt together with sufficient water to make a thick dough and wrap it around a sturdy green stick in traditional 'twist' style, leaving gaps of 1cm ($\frac{1}{2}$ in) as you go up the stick.
- Beat the egg, grate the onion and mix in with the meat, breadcrumbs and seasoning.
- Roll the mix into a sausage shape and coil this around the stick in between the rolls of dough.
- Either wrap in foil and cook in hot embers or support over embers on two forked sticks, turning regularly until cooked (approximately 15-20 minutes).



Ash cakes

You will need: (Quantities are for 12 cakes.)

- 0.5kg (1lb) flour.
- 3 teaspoons baking powder.
- $\frac{1}{2}$ teaspoon cream of tartar.
- 2 teaspoons sugar.
- pinch of salt.
- 250g (8oz) lard or margarine.
- 15ml ($\frac{1}{4}$ pt) milk.

Method:

- Mix the ingredients together, adding the milk until you have a thick dough.
- Roll out the dough until it is about 1cm ($\frac{1}{2}$ in) thick and cut into squares.
- Bake either on foil or directly on hot embers until golden brown. When cooking directly on embers, remember to brush the ash off before eating. Serve with fruit or jam.



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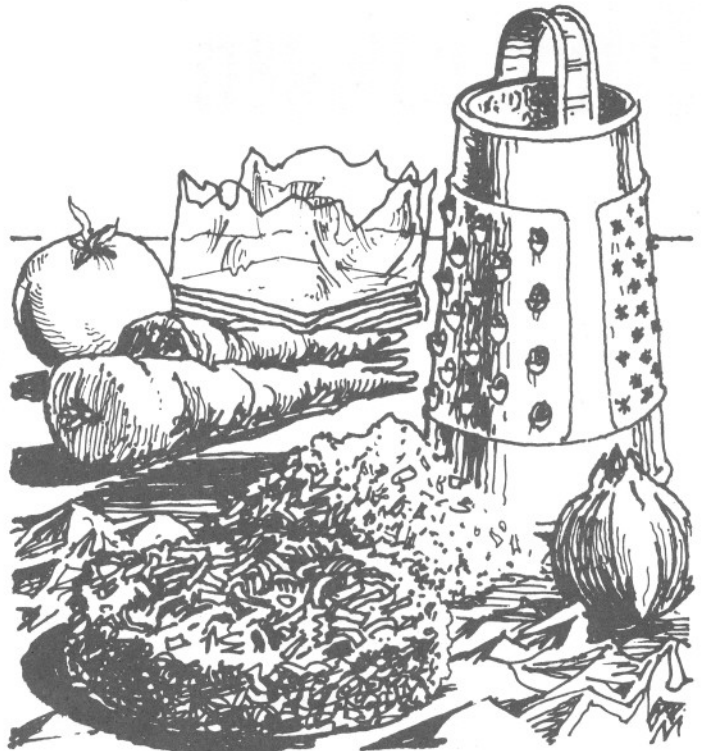
Wigan burgers

You will need: (Quantities are for three servings.)

- 0.5kg (1lb) minced beef.
- 60g (2oz) breadcrumbs.
- One large onion.
- Three carrots.
- One tomato.
- Seasoning to taste.

Method:

- Mix the minced beef and breadcrumbs, add seasoning as required and divide the mixture into 12 patties.
- Peel and grate the onion and carrots and mix them together.
- Put six of the patties onto a double-thickness sheet of foil and spread the vegetable mixture on each one, adding thin slices of tomato on the top.
- Cover each portion with a second pattie and wrap in the foil, cooking for ten minutes per side in hot embers.
- Serve in bread or dampers.



Chocolate oranges

You will need:

- One orange per person.
- Three after-dinner, wafer-thin peppermint chocolates.

Method:

- Slice the orange around its middle and extract as many pips as possible.
- Lay the three wafer-thin mints on one half and replace the top of the orange.
- Wrap the orange tightly in two layers of foil and place in glowing embers for approximately ten-15 minutes, turning frequently.





COOKING

Pitted chicken

You will need: (Quantities are for six servings.)

- Half a loaf of bread.
- One stalk of celery.
- 1½ teaspoons of sage.
- Salt and pepper.
- One egg.
- One carrot.
- Half a cup of milk.
- One chicken.
- Butter or margarine.

Method:

- Break the bread up into tiny pieces (use a grater to help you) and chop up the celery and carrot.
- Mix these with the milk, a beaten egg and the sage, adding seasoning as required.
- Prepare a chicken and stuff the above mixture into it, rubbing butter or margarine onto the outside, plus a sprinkling of pepper.
- Wrap the chicken in three thicknesses of foil and place in a pit fire. (To make this, dig a hole in the ground approximately 30cm (1ft) square, light a fire in it and let it



burn for 45 minutes to give a good quantity of embers.) The chicken simply lays on the coals and earth is piled on top of it.

- Leave to cook for about three hours.
- Serve with vegetables, which can be wrapped separately and cooked alongside the chicken.



Noisettes of lamb

You will need:

- Best neck end of lamb.
- Four large beef tomatoes.
- 0.5kg (1lb) peas.
- 0.75kg (1½lb) potatoes.
- Butter or margarine.

Method:

- Remove the bones from the lamb and cut into strips. Roll these up and secure with a toothpick or skewer.
- Grill or bake (in a double-thickness parcel of foil) on hot embers for about eight minutes per side.
- Peel, boil and mash the potatoes.
- Whilst the lamb is cooking, cut the tomatoes in half, scoop out the flesh which you can boil to use as gravy, thickening with flour as required.
- Make a foil dish, about 20cm (8in) square, and spread the mashed potato in it.
- Place the empty tomato halves in the potato and fill each half with peas and a dab of butter or margarine.
- Bake in a camp oven for about ten minutes and serve with the lamb noisettes.

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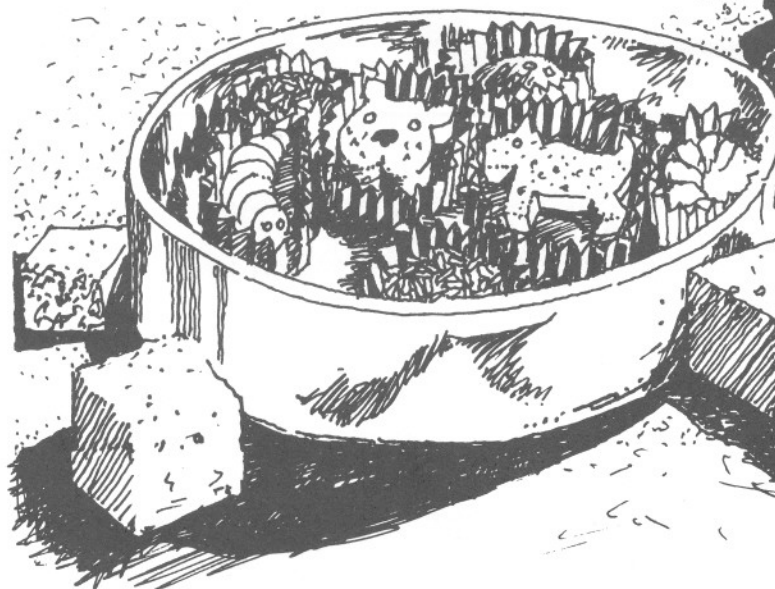
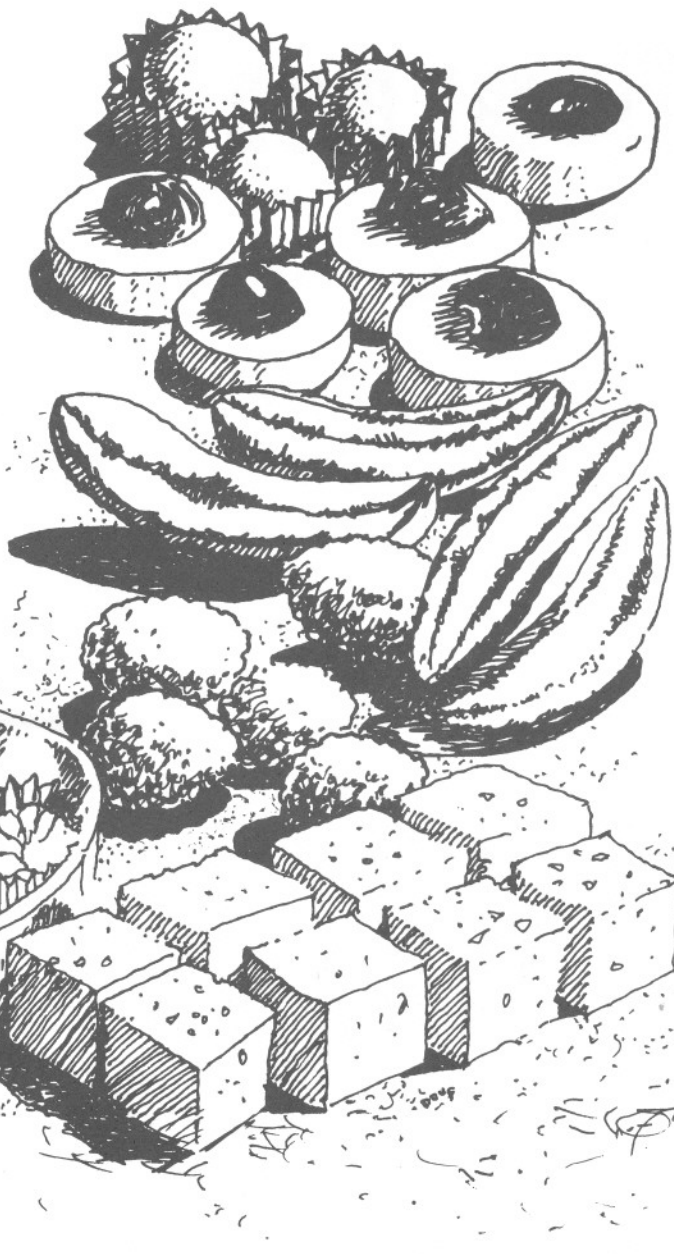
Potato sweets

You will need:

- 120g (4oz) mashed potato.
- 450g (1lb) icing sugar.
- Flavourings.
- Colourings.

Method:

- Mix the sugar into the mashed potato until you have a mixture with a consistency resembling modelling clay (depending on how dry the mashed potato is, you may need to add a dash or two of water or milk).
- Take a small portion of the mixture and mix in the desired colouring and flavouring, adding icing sugar to keep the consistency of the mixture.
- Leave to dry for half an hour or so before eating — they taste far nicer than they sound, we assure you!



Variations:

Here is a selection of ideas for creating an array of attractive, tasty sweets to bring style and colour to your after-dinner conversation at camp...

- Colour pink, add strawberry flavouring and mould into strawberry shapes, marking the sides of the sweets using a pointed stick or sharp knife.
- Yellow and banana flavouring could be added to the mix, which is rolled into a suitable shape and has the black marking added by painting black colouring on with a pointed stick.

Add coconut flavouring — and possibly desiccated coconut — to the white mix, roll portions of it into small balls, flatten these into discs with your thumb and add half of a glacé cherry to the centre.

Mix in coffee or chocolate powder and roll portions in chocolate vermicelli. Alternatively, fashion the coffee mixture into little cups and saucers.

Form the mixture into animal shapes if entertaining visiting Beaver Scouts or Cub Scouts. Use coloured icing for eyes and other features.

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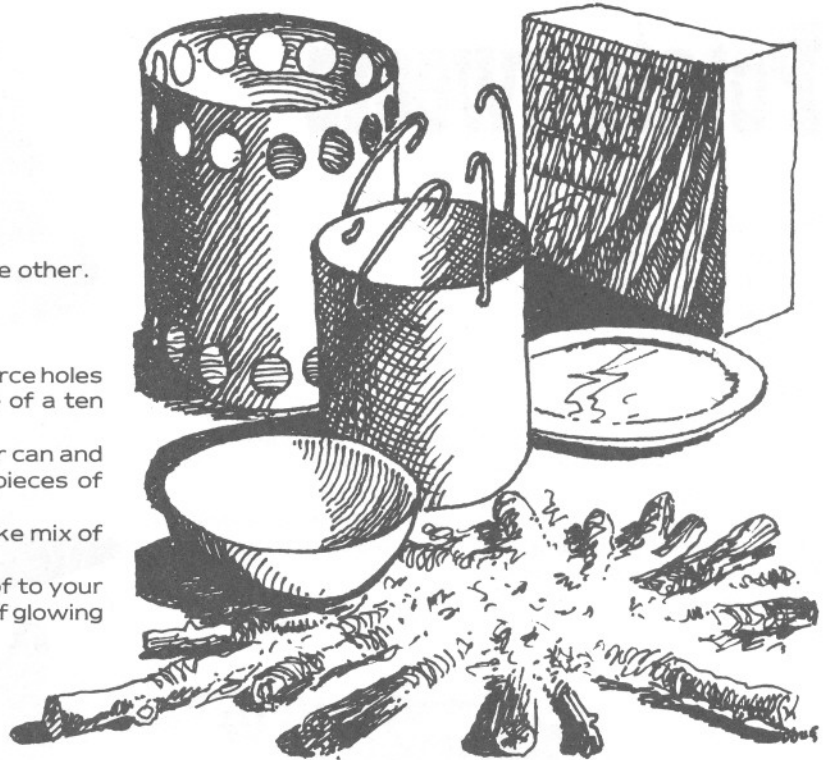
Tin can oven

You will need:

- One empty A10-sized can.
- One empty tin not less than half the size of the other.
- Cake mix as required.

Method:

- Remove the bottom from the larger tin and pierce holes around the top and bottom of it, about the size of a ten pence piece.
- Pierce four small holes in the top of the smaller can and suspend this inside the larger one using four pieces of strong wire.
- Grease the inside of the inner tin and add a cake mix of your choice.
- Replace the top of the large tin to act as a roof to your oven and place the contraption over a large pile of glowing embers.



Food coolers

You will need:

- Old sacking.
- Water.
- Bowl or similar receptacle.

Method:

- Dig a hole in the shade of a tree, approximately 60cm (2ft) square and 60cm (2ft) deep.
- Place a layer of wet sacking on the floor of the hole and stand the food to be kept cool upon it.
- Place a large piece of wet sacking over the hole, using stones to keep it in position.
- Put one end of the sacking into a bowl of water, which will ensure that the material is kept damp. Top up the water in the bowl as required.

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Magic pie

You will need:

- 4 eggs.
- ½ cup plain flour.
- 2 cups milk.
- 2 tsp vanilla essence.
- ½ cup margarine.
- ½ cup sugar.
- 1 cup dessicated coconut.

Method:

- Beat the eggs and gradually stir in the flour.
- Mix in the rest of the ingredients and pour the mixture into a dish made from a double-thickness layer of foil.
- Bake in a camp oven for approximately one hour or until the centre of the pie is firm.
- The magic pie is so called because, as it is cooked, the flour settles to form a crusty base, the coconut rises to make the topping leaving an egg custard mix in the centre.

Note:

The recipes printed here use 'cups' as the standard means of measurement. This is perhaps an easier system to use at camp, as long as the same cup or mug is used throughout the recipe to ensure the correct ratio of ingredients.



Camp crunchies

You will need: (Quantities for 16 bars.)

- ¾ cup dried apricots.
- ¼ cup sultanas.
- 4 cups crisped rice cereal.
- ½ cup icing sugar.
- 1 cup powdered milk.
- ¼ cup toasted sesame seeds.
- ½ cup butter or margarine.
- 1 tablespoon syrup or honey.

Method:

- Cut each apricot into eight pieces and mix all the ingredients together.
- Melt the butter or margarine and stir into the dry ingredients, adding the syrup.
- Spread the mixture out onto a tray made from a double-thickness of foil, which has been well greased.
- Allow to cool overnight or until firm and cut into bars.

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COOKING

Campers quiche

You will need: (Quantities are per person.)

- 3 eggs.
- $\frac{3}{4}$ cup milk.
- 1 tblsp chopped parsley.
- $\frac{3}{4}$ cup pastry (see *Backwoods Cooking 36*).
- $\frac{3}{4}$ cup cream.
- $\frac{1}{2}$ cup grated cheese.
- 1 onion.
- 2 rashers bacon.

Method:

- Press the pastry in a small, greased, foil tray.
- Chop the onion and the bacon and mix with the other ingredients.
- Pour the mixture over the pastry and place in your camp oven, cooking for at least 30 minutes or until the top of the quiche begins to brown.



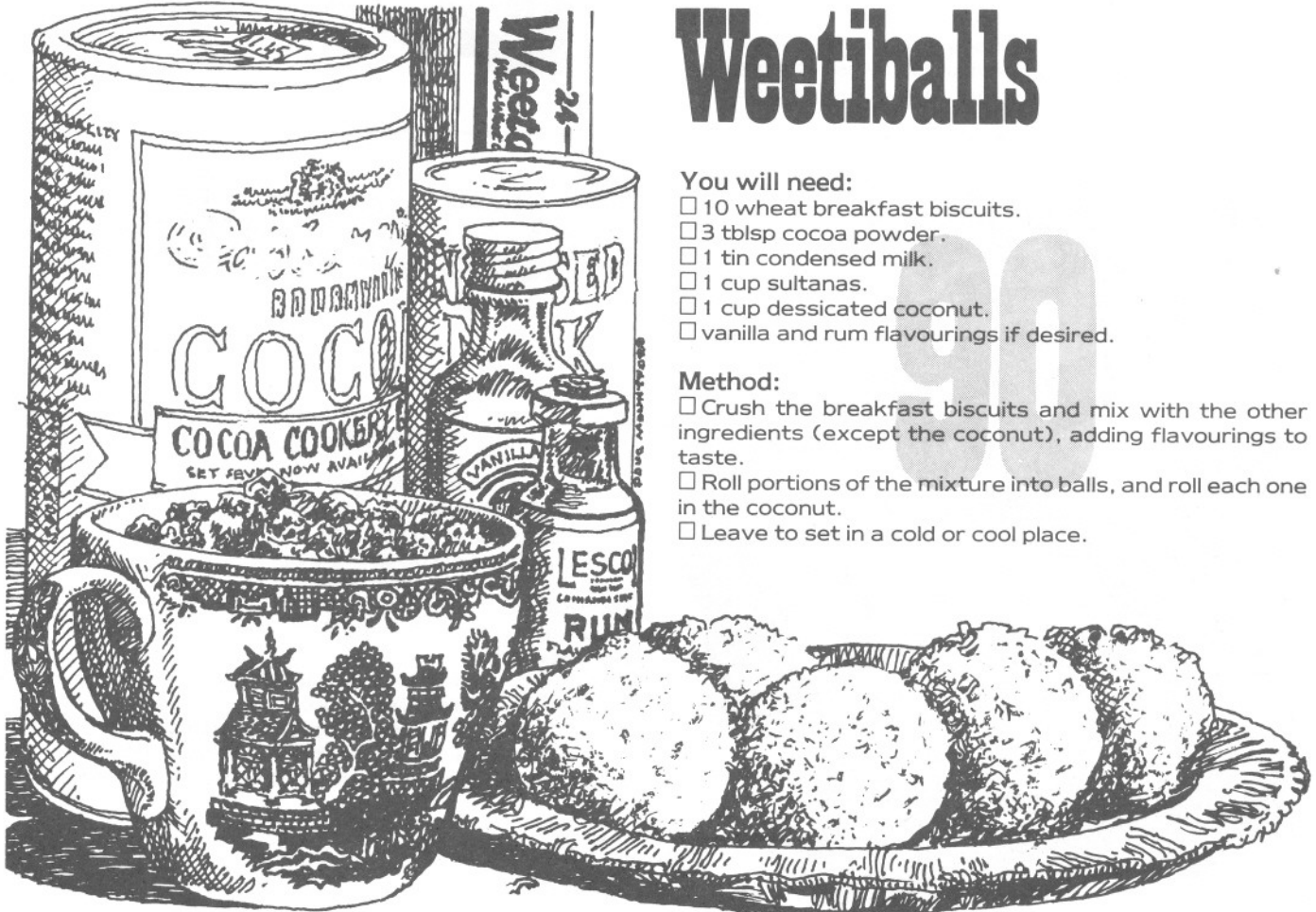
Weetiballs

You will need:

- 10 wheat breakfast biscuits.
- 3 tblsp cocoa powder.
- 1 tin condensed milk.
- 1 cup sultanas.
- 1 cup dessicated coconut.
- vanilla and rum flavourings if desired.

Method:

- Crush the breakfast biscuits and mix with the other ingredients (except the coconut), adding flavourings to taste.
- Roll portions of the mixture into balls, and roll each one in the coconut.
- Leave to set in a cold or cool place.



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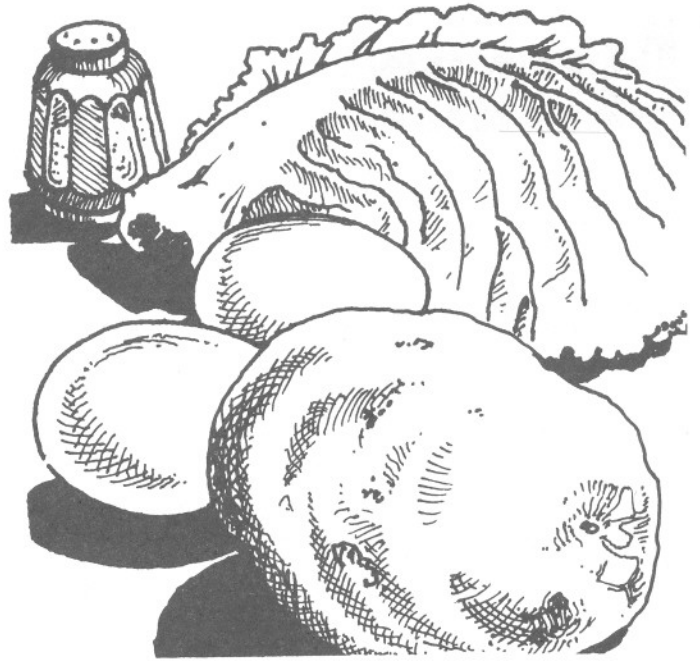
Potato omelette

You will need: (Quantities are for one serving.)

- Two eggs.
- One medium-sized potato.
- Large cabbage leaves.
- Salt and pepper to taste.

Method:

- Cut or grate the potato into very small pieces and mix these in with the two eggs, which have been beaten thoroughly.
- Form a double-thickness sheet of foil into a bowl shape and on this place a layer of cabbage leaves (these are needed to prevent the egg sticking to the foil). Scoop the omelette mixture onto the leaves, and close up the top of the foil bowl to give a sealed foil package.
- Cover with hot embers and cook for approximately ten minutes.



Sweet kebabs

You will need:

- Cherries.
- Apples.
- Marshmallows.
- Oranges or grapefruits.

Method:

- Cut the apples and oranges or grapefruits into several pieces, large enough to put onto a skewer without splitting.
- Make a skewer from a greenstick (by removing the bark and sealing it by holding briefly above hot embers) and pierce the desired selection of fruit along it, leaving the marshmallows aside.
- Cook over hot embers for about five to ten minutes, then add the marshmallows, rearranging the fruit if desired, and cook for a further two minutes or so, turning frequently until the marshmallows begin to brown.
- Allow to cool slightly before eating.



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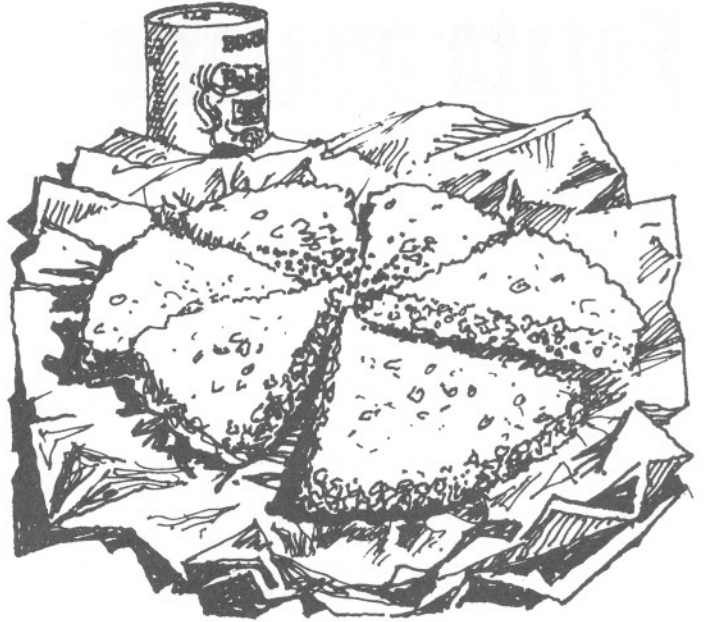
Oatcakes

You will need: (Quantities are for six servings.)

- 2 cups oatmeal.
- 2 pinches salt.
- 1 pinch baking soda.
- 1 tbsp butter or margarine.
- Hot water.

Method:

- Mix most of the oatmeal, salt and baking soda together.
- Melt the butter and mix this in, adding a very small amount of hot water to bind the mixture together.
- Knead the dough into a round shape, roll it out thinly and rub the remaining oatmeal into the surface of the dough and cut into six pieces.
- Place the oatcakes onto a double-thickness layer of foil and place over hot embers until the oatcakes' edges begin to curl. Brown the other side in front of the fire.



Note:

Slightly better results may be obtained by constructing a foil pan using a stick frame and frying portions of the mixture in oil.

Meaty fritters

You will need: (Quantities are for three servings.)

- One onion.
- 0.5kg (1lb) meat (mixed leftovers are ideal!).
- 1½ cups self-raising flour.
- 1½ cups plain flour.
- A pinch of salt.
- Two tblspns cooking oil.
- Water to mix.
- One egg.
- Large cabbage leaves.

Method:

- Put the flour and salt in a suitable bowl, make a well in the centre and add the oil and water, stirring it gently to produce a fine batter.
- Beat the white of the egg until stiff and fold into the batter.
- Chop the onions and the meat into small pieces and fold into the batter.
- Form a double-thickness sheet of foil into a bowl shape and on this place a layer of cabbage leaves (these are needed to prevent the mixture sticking to the foil). Scoop the mixture onto the leaves, and close up the top of the foil bowl to give a sealed foil package.
- Cover with hot embers and cook for approximately 20-30 minutes, turning frequently.

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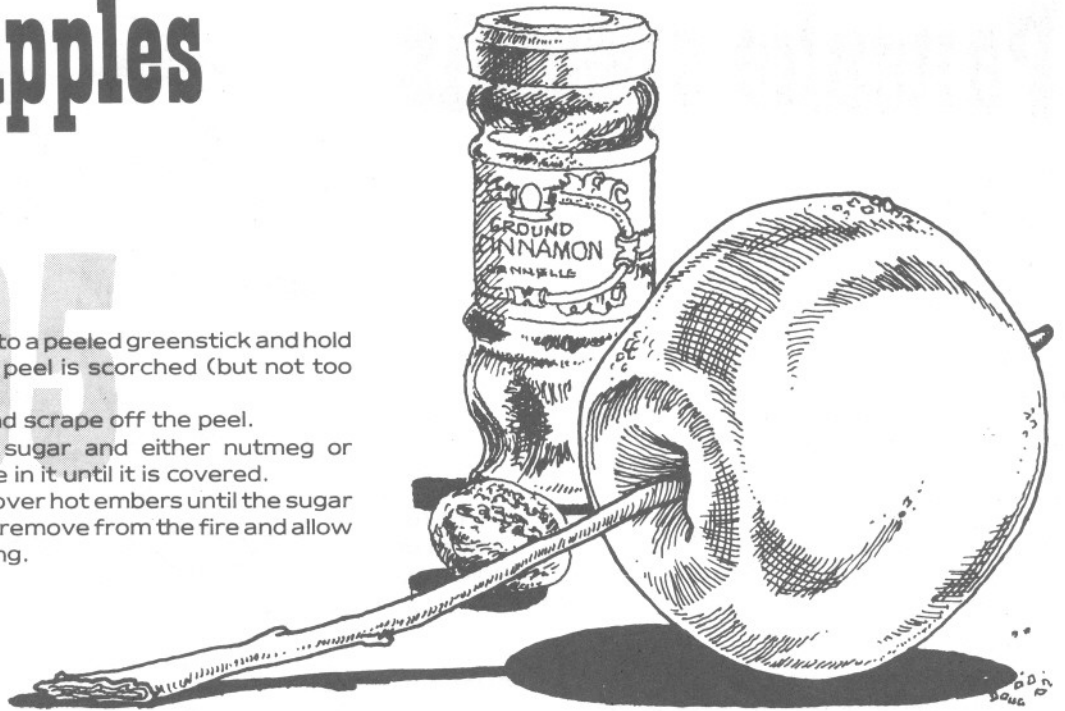
Toffee apples

You will need:

- Eating apple.
- Sugar.
- Cinnamon or nutmeg.

Method:

- Wash the apple, place onto a peeled greenstick and hold over hot embers until the peel is scorched (but not too burnt).
- Remove from the fire and scrape off the peel.
- Make up a mixture of sugar and either nutmeg or cinnamon and roll the apple in it until it is covered.
- Rotate the apple slowly over hot embers until the sugar melts to form a glaze, then remove from the fire and allow to cool slightly before eating.



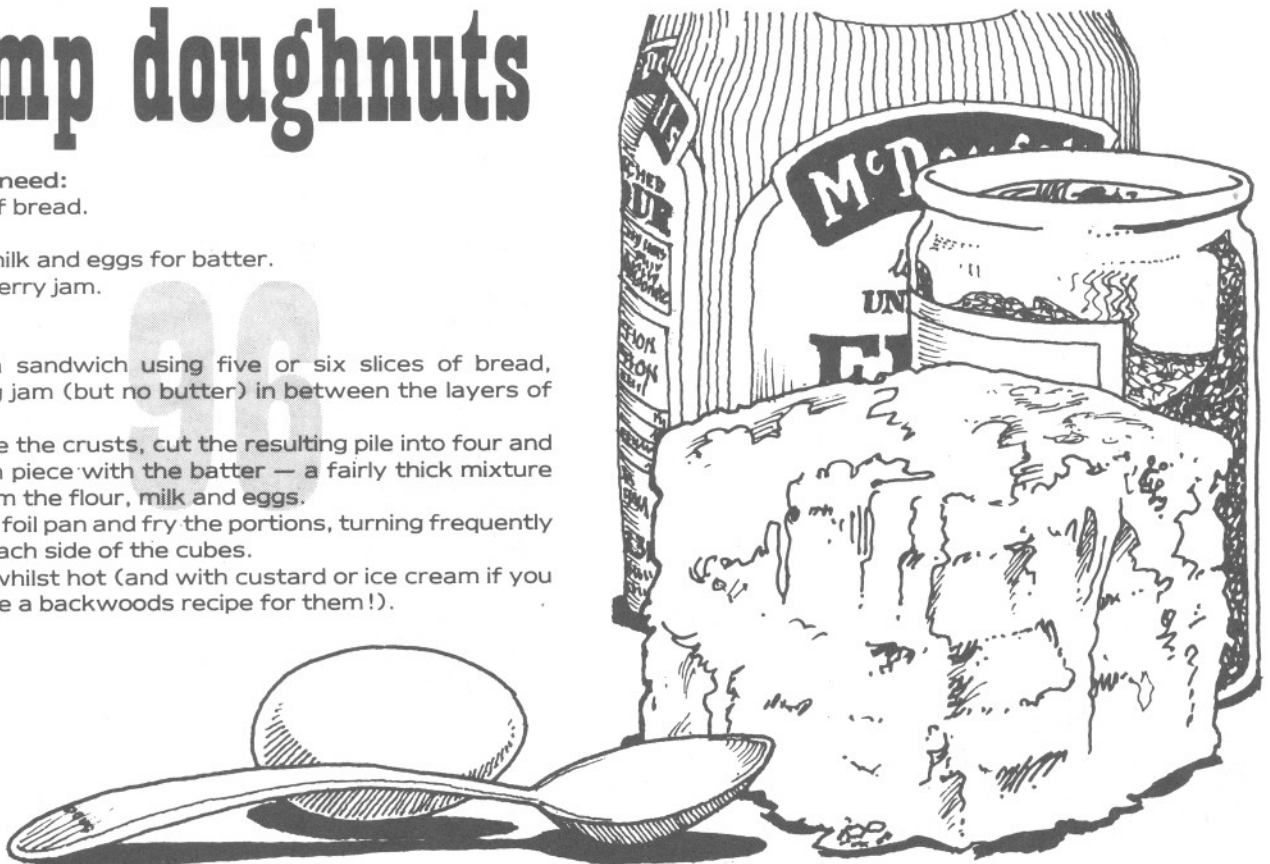
Camp doughnuts

You will need:

- Slices of bread.
- Fat.
- Flour, milk and eggs for batter.
- Strawberry jam.

Method:

- Make a sandwich using five or six slices of bread, spreading jam (but no butter) in between the layers of bread.
- Remove the crusts, cut the resulting pile into four and coat each piece with the batter — a fairly thick mixture made from the flour, milk and eggs.
- Make a foil pan and fry the portions, turning frequently to cook each side of the cubes.
- Serve whilst hot (and with custard or ice cream if you can devise a backwoods recipe for them!).



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Pancake specials

You will need:

- 2 cups flour.
- 1 egg.
- 2 tbsp milk.
- 2 pinches salt.
- water to mix.

Method:

- Beat the egg into the milk and mix well into the flour and salt until creamy (adding the flour to the liquid may reduce the chances of getting lumps).
- Keep beating as you add sufficient water to make a pourable, creamy mixture.
- Using a frying pan, created from a triple-layer of foil stretched over a greenstick framework, fry portions of the mixture in hot fat, turning once, making the following variations to the finished product as desired:

Beefcakes:

- Mash corned beef with some leftover mashed potato, adding barbecue or brown sauce to taste.
- Roll portions of this mixture in the pancakes and place in a camp oven for approximately ten minutes to warm the filling.

Bavarian yodelburgers:

- Make a supply of small pancakes and, on half of them, lay large single (circular) slices of German cold meat, such as bierwurst.
- Onto the meat, spread a layer of sauerkraut (red pickled cabbage), then another slice of meat, topping the burger with another pancake.
- Serve cold or, if desired, after a gentle heating in a camp oven.

Tuna feasties:

- Mash up a quantity of tuna fish with some finely chopped onions and fresh tomatoes.
- Spread portions of this mixture onto the pancakes as soon as you have turned them.
- When the pancake is cooked, fold the pancakes up into parcels and secure with a small greenstick, possibly bearing a home-made miniature flag declaring the contents.

Jam delights:

- Make a supply of thick pancakes and, when cool, cut into squares.
- Spread a mixture of jam and peanut butter onto the squares and serve as a mid-morning snack or evening treat.



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COOKING

Camp muesli

You will need: (Quantities are for six servings.)

- 2 cups dried mixed fruit.
- 4 cups rolled oats.
- 1 cup mixed nuts.
- 1 cup wheatgerm.
- 1/2 cup sunflower seeds.
- 1/2 cup pumpkin seeds.
- 1/2 cup sesame seeds.
- 1 cup bran cereal.
- 1 cup dessicated coconut.
- Cinnamon to taste.
- 4 tblspns skimmed milk powder.

Method:

- Place all ingredients into a suitable bowl, and mix well.
- Serve with milk.
- If desired, the mixture may be soaked in a little water overnight, in order to soften it.



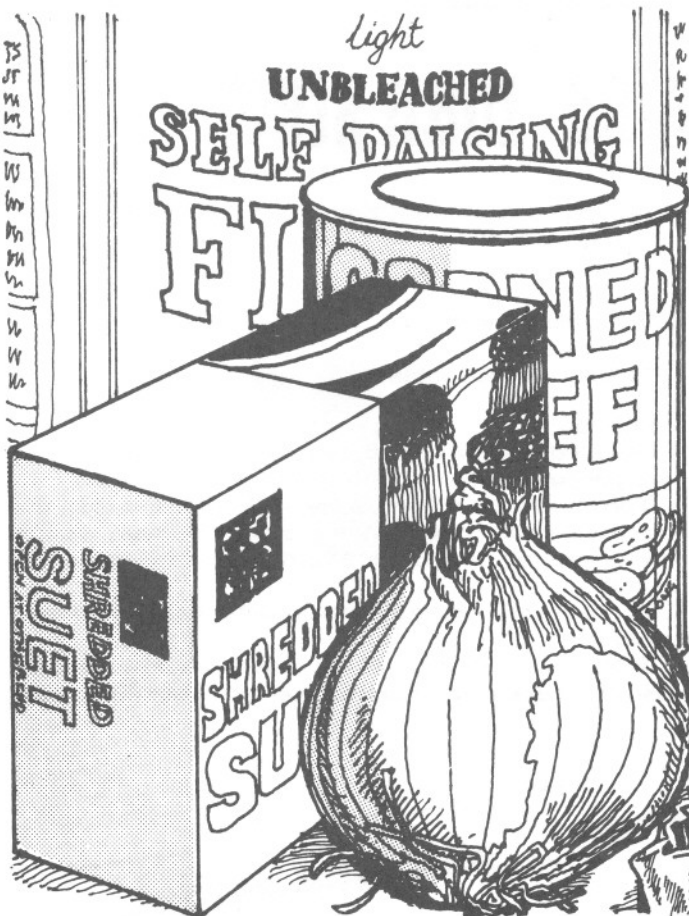
Corned beef pudding

You will need: (Quantities are for four servings.)

- 1 large tin corned beef.
- 1 large onion.
- 2 cups suet.
- 4 cups self-raising flour.
- 1 1/2 cups milk.
- 1 pinch salt.

Method:

- Put the flour, salt and suet into a bowl and mix well.
- Add the milk and bind the mixture together. Knead until the suet is evenly distributed.
- Take the dough and, on a fairly clean surface, press out a rectangle.
- Chop the onion into small pieces and slice the corned beef into thin slices.
- Leaving a margin around the edges, lay the corned beef on the dough and cover with the onion pieces.
- Roll the dough into a large sausage shape.
- Form a double-thickness sheet of foil into a flat tray, onto which the corned beef pudding is placed.
- Put the tray into a camp or reflector oven for about 45 minutes, or until crisp and golden.



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Summer pudding

You will need: (Quantities are for four servings.)

- 4 cups fruit (plums, rhubarb, fruits of the forest.)
- 1 cup sugar.
- 6 slices stale (but not mouldy) bread.

Method:

- Make a bowl, using a double-thickness layer of foil, into which the fruit and sugar are placed. Fill with water, sufficient to cover the fruit, and place bowl on hot embers until cooked.
- Make another foil bowl to use as a pudding basin. Remove the crusts from the bread and lay a slice in the bottom of the basin.
- In alternate layers, fill the centre of each slice with fruit and cover with bread. Press down firmly after each layer, ending with a slice of bread.
- Cover the bread with a layer of foil and put a large stone on top to compress the pudding and leave overnight in a cool place.
- Serve with fresh cream or evaporated milk.



One-man stew

You will need: (Quantities are for one serving.)

- 1 potato.
- 1 carrot.
- 1 onion.
- 1 cup mincemeat.
- 1 stock cube.
- Salt and pepper to taste

Method:

- Peel and slice the potato, carrot and onion. Sprinkle salt and pepper, if required, onto the vegetables.
- Form a double-thickness layer of foil into a dish and place a layer of potato in the bottom. The meat, carrots and onions can be added in alternate layers on top of the potato.
- Sprinkle a stock cube over the vegetables and add water to cover.
- Place a sheet of foil over the vegetables, and place the dish onto hot embers. Cook for approximately 40 minutes.

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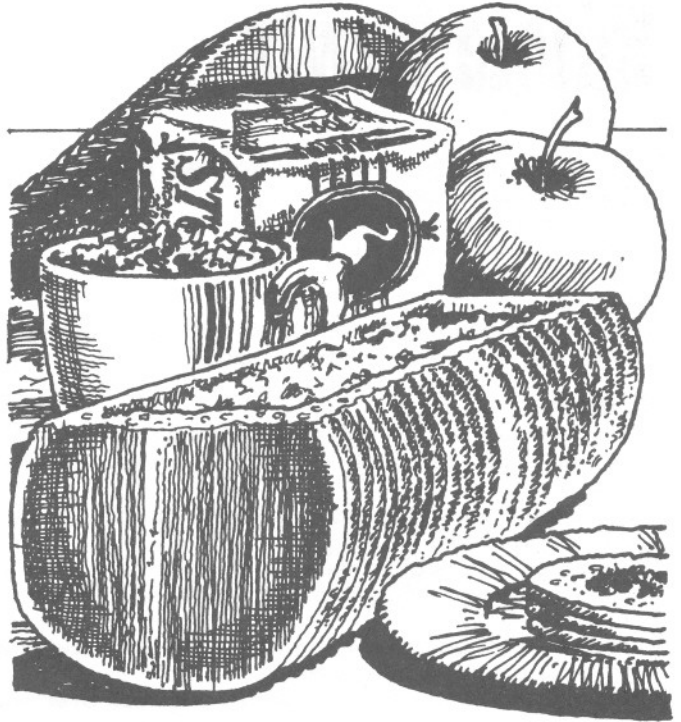
Fruit loaf

You will need: (Quantities are for six servings.)

- One Blackpool Roll loaf of bread (these are about 20cm (8in) long, with a pattern of rings around the cylindrical loaf).
- Two apples.
- One cup of sultanas.
- Half a cup of sugar.
- Margarine.

Method:

- Lay the loaf on its side and slice the top third off, as shown.
- Scoop out most of the bread in the centre, taking care not to cut the crust.
- Crumble the bread from the centre and mix it with finely-chopped apple, the sultanas and sugar.
- Press the mix into the loaf and replace the top piece.
- Spread margarine around the outside of the loaf and wrap it in a double-thickness layer of foil.
- Place in hot embers for about 15 minutes, turning regularly.
- When cooked, slice into portions and serve with cream or custard.



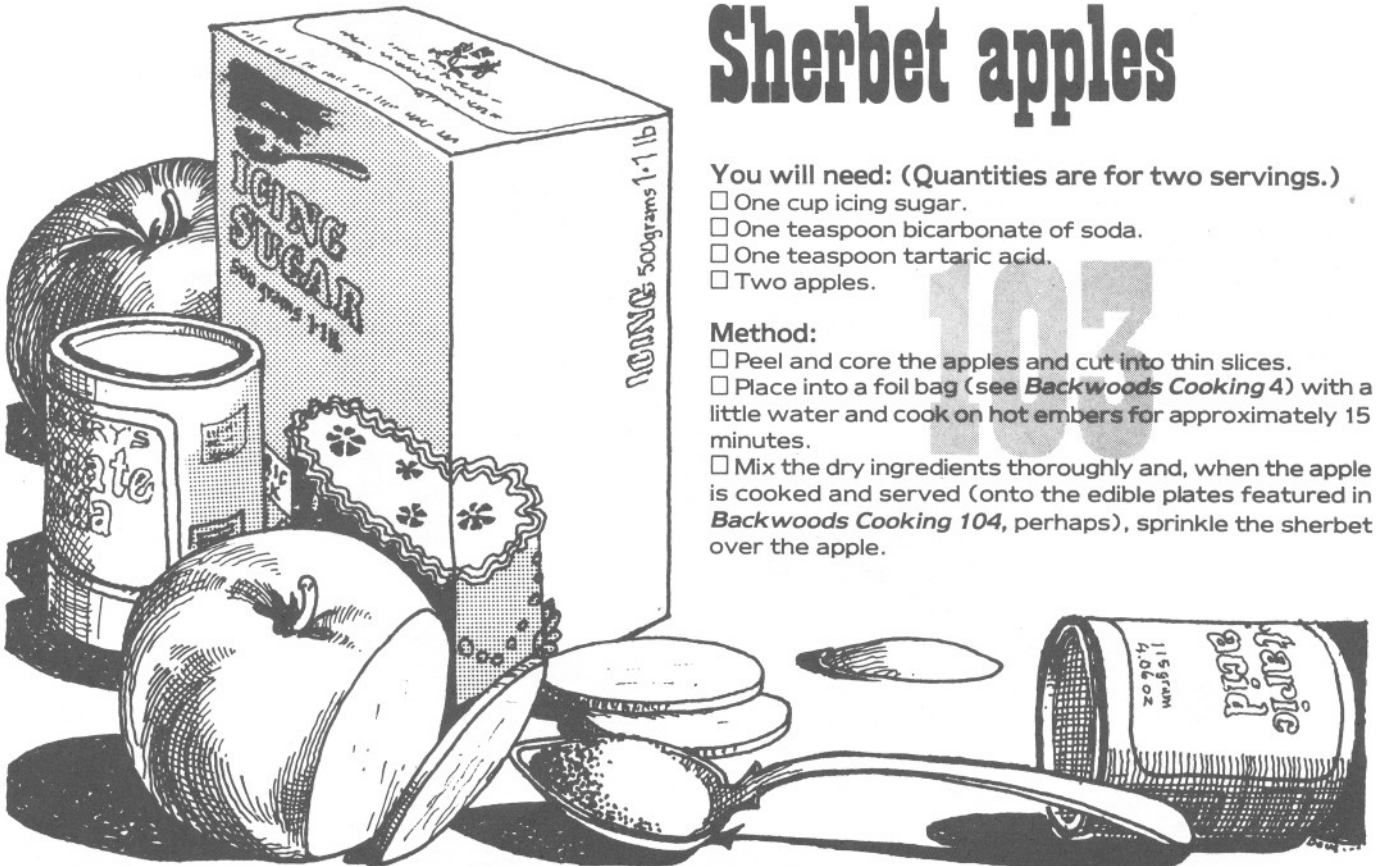
Sherbet apples

You will need: (Quantities are for two servings.)

- One cup icing sugar.
- One teaspoon bicarbonate of soda.
- One teaspoon tartaric acid.
- Two apples.

Method:

- Peel and core the apples and cut into thin slices.
- Place into a foil bag (see *Backwoods Cooking 4*) with a little water and cook on hot embers for approximately 15 minutes.
- Mix the dry ingredients thoroughly and, when the apple is cooked and served (onto the edible plates featured in *Backwoods Cooking 104*, perhaps), sprinkle the sherbet over the apple.



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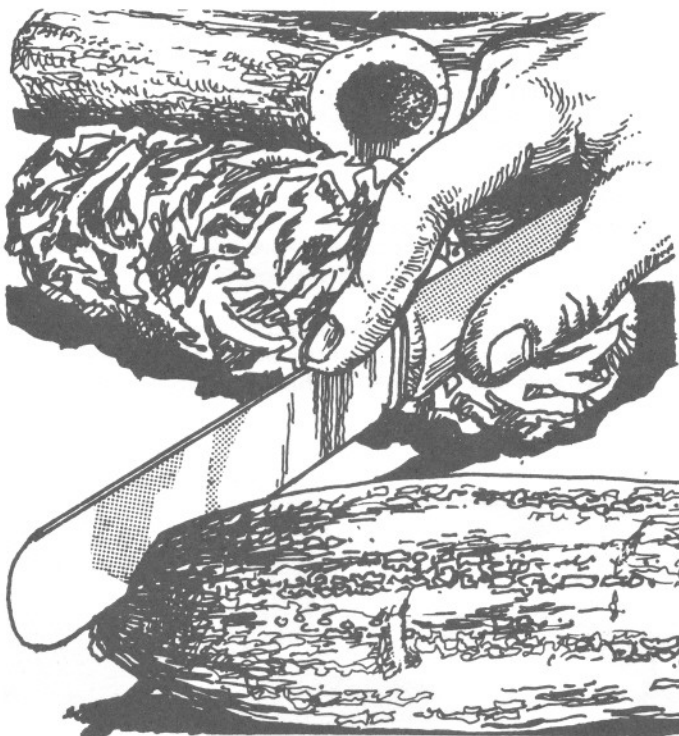
Edible bowls

You will need: (Quantities are for two bowls.)

- Two cups plain flour.
- One cup of fat.
- One level dessertspoon baking powder.
- Pinch of salt.
- Water.
- Sections of logs, measuring about 10cm (4in) in diameter (depending on the size of bowl required.)

Method:

- Well before the meal, mix together the flour, fat, salt and baking powder until you have a breadcrumb-like mixture.
- Add enough water to produce a stiff dough, divide it and roll it into two balls.
- Remove the bark from the ends of the chosen logs and seal them as you would a greenstick by holding them over flames briefly.
- Take a ball of pastry and mould it around the end of a log, pressing it into a bowl shape.
- Support the pastry, still on the log, and cook over hot embers, turning regularly until golden brown.
- When cooked, remove from the logs and allow to cool. The dishes will certainly only last for one meal, holding sweet or savoury meals — and they can be eaten afterwards.



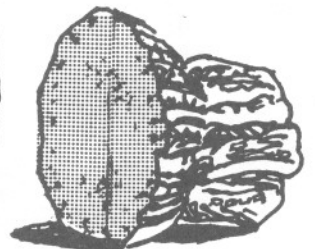
Courgette surprise

You will need: (Quantities are for two servings.)

- Four courgettes.
- Four large sausages.

Method:

- Cook the sausages either on a grill, on sticks or in foil.
- Remove both ends of the courgettes and scoop out the centres. Insert a sausage into each courgette which you then wrap individually in a double-thickness layer of foil.
- Cook on hot embers for approximately 15 minutes.



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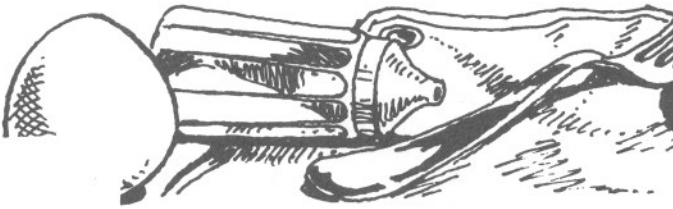
Corn fritters

You will need: (Quantities are for two servings.)

- One egg.
- 1½tblspns flour.
- Bacon rashers.
- One small can of sweetcorn kernels.
- Oil for frying.
- Salt and pepper to taste.

Method:

- Prepare two greensticks by stripping them completely of bark and thread onto them the rashers of bacon. Cook over hot embers for about five minutes, turning regularly.
- Drain the sweetcorn and empty it into a bowl, adding salt and pepper as desired.
- Stir in the beaten egg and the flour.
- Heat up a flat piece of tin, grill plate or similar over a fire and grease well with the oil.
- Add the mixture in tablespoon-size portions and fry, turning once.
- Serve with the bacon and some baked potatoes.



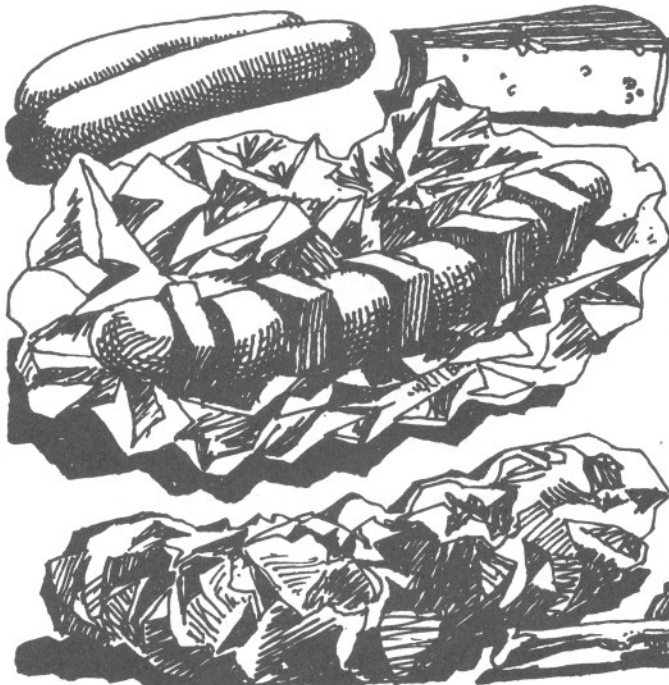
Cheesefurters

You will need:

- Large-size frankfurters.
- Cheese.

Method

- Lay a frankfurter onto a double-thickness layer of foil and cut it into several slices, being careful not to cut through the foil.
- Cut the cheese into pieces and lay these in between the slices of sausage.
- Roll the foil up and place the parcel on hot embers for five to ten minutes, turning frequently.
- Serve with twists or baked potatoes.



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Useful measures

2 teaspoon (tsp) = 1 dessertspoon (dsp)

2 dessertspoons = 1 tablespoon (tbsp)

6 tablespoons = 142ml (1/4 pt)

1 heaped tablespoon = 25g (1oz) of butter, margarine or flour.

1 rounded dessertspoon = 25g (1oz) sugar.

25g = 1oz

50g = 2oz

100g = 4oz

450g = 16oz (1lb)

25ml = 1floc

125ml = 5floc (1/4 pt)

550ml = 20floc (1pt)



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