

Cup-A-Soup on the Coals

Equipment:

- Kindling
- Punk
- Wood
- Matches
- Bucket water
- Foil
- Wire coat hangers
- Cup-a-soup (one for each girl)
- Mug
- Water
- Spoon

Method:

1. Using double thickness foil, make a waterproof package for your cup-a-soup pack.
2. Using wire make a package holder and a handle for your alfoil package.
3. Make and light your fire.
4. Carefully open your cup-a-soup packet (at the very top), without tearing the packet.
5. Place your packet inside your alfoil "pot" and add cold water to fill just passed $\frac{1}{2}$ way. Stir the cold soup in the package.
6. Hold your "pot" by its handle over hot coals till the water is about to boil. Stir your soup once more, then wait a minute before eating your soup.

You can transfer your soup to a mug if you wish.

Pizza in Foil

Equipment:

- Kindling
- Punk
- Wood
- Matches
- Bucket water
- Alfoil
- Plate
- Ingredients: Small pizza bases, Tomato paste, Cheese,

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. While the fire is burning, prepare your ingredients ready to make your pizza.
3. Spread a little paste over the pizza base, then sprinkle cheese and any other toppings.
4. Place your pizza onto 2 sheets of alfoil and fold over the top to seal, leaving a little room so that your pizza doesn't stick to the foil on top. (Double thickness of foil).
5. Put the pizza into the coals (not the flames- they will burn) and leave for about 10 mins or until cooked to your liking.
6. Carefully remove from the fire and allow to cool a few minutes before eating.

Shish kebab

Equipment:

- Kindling
- Punk
- Wood
- Matches
- Bucket water
- Metal skewers (or wooden one that have been soaking in water overnight)
- Ingredients: beef or pork cut into 1" cubes, small whole onions, red or green capsicum, whole mushrooms, whole cherry tomatoes, plate, knife, fork

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Brown the cubed meat in a skillet over high heat for 1/2 minute on each side. Cut the peppers in large chunks, leave the other vegetables whole.
3. Slip the pieces onto a skewer, alternating the ingredients. (Skewer the onions and mushrooms through the core, or they might fall off while cooking.)
4. Cook over the open fire for 15-20 minutes till done.
5. Sprinkle with grated cheese and breadcrumbs before serving.

Campfire Potatoes Type 1

Equipment:

- Kindling
- Punk
- Wood
- Matches
- Bucket water
- Ingredients: potatoes (enough for one/girl), butter, cheese, foil, knife, plate, fork

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Wrap the potato in two layers of foil.
3. Put the potato in the hot coals until cooked (a skewer can easily poke through the potato, about 30-45 min.
4. Open the foil and cut potato into halves. Add butter and cheese.
5. Re-wrap and leave for 5 minutes.
6. Remove from foil and carefully eat

Campfire Potatoes Type 2

Equipment:

- Kindling, punk, wood, matches, bucket water
- Ingredients: large baking potatoes, whole onions, red or white, sundried tomatoes, parsley, bacon bits
- Foil, chopping board, sharp knife, fork, plate

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Slice potato almost all the way through, but leave enough to hold it together.
3. Slice the onion, and put one slice in between each potato slice with a piece of sun dried tomato. Sprinkle with bacon bits.
4. Wrap well with 2 sheets of heavy aluminium foil and bury in the coals of the fire.
5. Leave untouched for about 45 minutes, and test for doneness by piercing with a fork - the fork should lift out without lifting the potato. Cooking time depends on size of potatoes and strength of fire.
6. Serve with pat of butter and a few sprigs of parsley.

Pocket One-ders

Equipment:

- Kindling, punk, wood, matches, bucket water
- Foil, knife, fork, plate
- Ingredients: lemon, potato, carrots, peppers, onions, green beans, etc. to stuff the pockets. Add garlic, salt and pepper, olive oil, and a dash of cayenne. Add 1/4 cup of water, tomatoes, mushrooms .

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Tear off 2 x 12" sheet of foil and fold them back over your fist, making a "pocket". Roll the sides in a few turns so the pocket is only open at the top, and roll a turn or two up from the bottom for extra strength. The pocket needs to be leak-proof, and formed well enough to withstand cooking directly in the coals.
3. Start by lining the bottom of the pocket with thin slices of lemon. This helps keep the food contents from burning, and imparts flavour to the meal. Chop potatoes and carrots (cut small enough to cook all the way without overcooking everything else), tomatoes, mushrooms, peppers, onions, green beans, etc. and stuff the pockets. Add garlic, salt and pepper, olive oil, and a dash of cayenne. Add 1/4 cup of beer or water, fold the top edges of the pocket closed and set directly into the hot coals....it takes anywhere from 20 to 40 minutes, depending on how everything's cut. All the veggies slow roast in their own juices!
4. Remove from heat carefully unwrap and eat.

Simple Meal-in-one

Equipment:

- Kindling, punk, wood, matches, bucket water
- Foil, plate, knife, fork
- Ingredients: hamburger patty, onion, potato, salt, pepper, garlic, baked beans (smallest tin, enough one/girl)

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. In the centre of a large piece of heavy duty aluminium foil place a hamburger patty (pork or chicken breasts would also work).
3. On top of the burger, place a thin slice of onion.
4. Wash potatoes with skins on, slice thinly and add a layer of potatoes on top of the onions.
5. Add salt, pepper, garlic and a large spoon of canned baked beans.
6. Bring edges of foil together and fold down to seal then roll ends to finish sealing.
7. Place in hot coals for 30 to 45 min til done. NO muss! NO fuss! GREAT eating!

Choco-nana

Equipment:

- Kindling, punk, wood, matches, bucket water
- Foil, bowl, spoon
- Banana, chocolate frogs

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Cut a banana in 2 (so you have 2 half moons), place the chocolate between the two pieces of banana.
3. Wrap the banana in foil, put the banana in the fire/coals.
4. Leave it there for about 10 minutes or so
5. Remove carefully and eat nice soft banana with delicious chocolate sauce!!!

Patrol Time Outdoor Cooking

Apple-sweet

Equipment:

- Kindling, punk, wood, matches, bucket water
- Foil, bowl, spoon
- Ingredients: apple, sugar, cinnamon, sultanas, butter

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Make a hole in an apple, from the top to the bottom and remove the seeds and cord.
3. Put apple on top of a piece of 2 pieces of foil.
4. Then mix some sugar, cinnamon, butter and sultanas.
5. Spoon the mixture into the hole in the apple.
6. The foil prevents it from running away.
7. Then wrap the foil around the apple.
8. Put it for 10-15 minutes in the fire.
9. Remove carefully from fire allow to cool slightly then eat a nice soft apple-sauce in an appleskin!!

Fried Pies

Equipment:

- Kindling, punk, wood, matches, bucket water
- Biscuit mix, 1 can of pie filling (apple, peach, apricot), sugar, butter
- Fork, plate, foil

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Roll the biscuits out to about six inches or so. Put a tablespoon or two of pie filling into biscuit and fold over pressing edges close with a fork.
3. Place on 2 layers of foil with some butter and when golden brown sprinkle with sugar.
4. Remove carefully and allow to cool. Homemade pie right at the campsite. Can make this in a cast-iron sandwich press.

Orange Brownies

Equipment:

- Kindling, punk, wood, matches, bucket water
- Foil, knife, spoon, bowl
- Orange, brownie mix

Method:

1. Lay and light a cooking fire using punk and kindling, keep adding the wood to the fire to build up the coals.
2. Prepare the brownie mix as directions.
3. Take an orange, and cut about 2cm off the top, keep the top. Take a spoon and scrape out the insides, then fill the orange with brownie mix.
4. Put the top back on the brownie and completely cover the orange in foil.
5. Then let the orange cook in the coals for about 20 minutes or until the brownie is done.
6. Remove carefully from heat and enjoy eating the brownie.

Aussie Damper

Equipment:

- Kindling, punk, wood, matches, bucket water
- Foil, bowl, spoon, knife, jam, plate
- 2 cups SR flour, ½ teaspoons salt, 2 level tablespoons margarine, 1 cup of milk, extra margarine, extra flour

Method:

1. Mix the dry ingredients in a bowl.
2. Rub the margarine in with fingertips.
3. Add most of the milk and fold in lightly with a knife to make a soft dough.
4. Knead lightly into a round shape, using extra flour if necessary.
5. Flatten slightly and wrap in 2 layers of alfoil.
6. Cook in the coals
7. Test to see if cooked by inserting a skewer, if it comes out clean then it is cooked.
8. Remove carefully from fire, allow to cool slightly.
9. Remove foil slice and spread with jam.