

BUSHCRAFT – BACKWOODS COOKING

ASH CAKES

These cakes are similar to a scone. They can be shaped or twisted in any way you like!



INGREDIENTS (quantities for 12 cakes)

- 0.5kg (1lb) flour
- 3 teaspoons baking powder
- ½ teaspoon cream of tartar
- 2 teaspoons sugar
- Pinch of salt
- 280g (8oz) margarine
- 15ml (¼ pint) milk
- Any fillings (chocolate drops, raisins etc.) that you want (optional)

You will also need:

- Dark, even embers on your fire
- A pair of long tongs (supplied)
- A mixing bowl (supplied)
- A measuring jug (supplied)
- Foil (not supplied)

METHOD

Step 1 – Mix the ingredients together, adding the milk until you have a thick dough.

Step 2 – Roll out the dough until it is about 1cm (1/2 inch) thick and cut into squares.

Step 3 – Bake either on foil, or directly on hot embers until brown. When cooking on embers, remember to brush the ash off before eating.

Step 4 – Serve with fruit or jam.



**WADDECAR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Ash Cakes Recipe Card



BUSHCRAFT – BACKWOODS COOKING

BACON WRAPPED ONION BOMBS

These mincemeat stuffed onions wrapped in bacon are fantastic with a splash of BBQ sauce.



INGREDIENTS

- One onion per person
- Mince
- Breadcrumbs
- 1 beaten egg
- Streaky bacon (4 rashers per person)
- Seasoning (salt & pepper)
- Herbs and spices for flavouring

You will also need:

- Dark, even embers on your fire
- A pair of long tongs (supplied)
- A mixing bowl (supplied)
- Foil (not supplied)

METHOD

Step 1 – Mix the mince with the breadcrumbs, herbs and seasoning by hand.

Step 2 – Add the beaten egg and mix further until it forms a ball. Put to one side and cover.

Step 3 – Cut the top and bottom off the onions and peel.

Step 4 – Slice the onions vertically in half to keep their shape.

Step 5 – Take 4 rashers of bacon and lay down to make a cross.

Step 6 – Place the matching halves of the onion on the centre of the bacon cross to form the bomb

Step 7 – Stuff the onion with the mincemeat mixture.

Step 8 – Wrap the remaining bacon around the onion.

Step 9 – wrap in two layers of foil and cook in the embers.



**WADDECAR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Bacon Wrapped Onion Bombs Recipe Card



BUSHCRAFT – BACKWOODS COOKING

BACON WRAPPED ONION RINGS

These onion rings are a great side dish to a main meal or just as a snack.



METHOD

Step 1 – Top and tail and peel the onion.

Step 2 – Slice the onion into four rings.

Step 3 – Remove the centres, leaving the four outer rings to form circles.

Step 4 – Wrap each of the rings in raw bacon. It will take about a rasher and a half of bacon for each one, depending on size.

Step 5 – Use a wooden tooth pick to secure the bacon.

Step 6 – Place on a rack above the fire, cook until the onion is thoroughly cooked. About 10-15 minutes.

Step 7 – Turn every few minutes to ensure even cooking.

INGREDIENTS

- Onions
- Streaky Bacon

You will also need:

- Sharp kitchen knife (supplied)
- Wooden tooth picks soaked in water (not supplied)



**WADDECARR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Bacon Wrapped Onion Rings Recipe Card



BUSHCRAFT – BACKWOODS COOKING

BEEF JERKY

Beef Jerky is a great trail food, brilliant for snacking on a long hike!



INGREDIENTS

- 4 tablespoons of soy sauce
- 3 tablespoons of honey
- 2 tablespoons of white wine vinegar
- 1 clove garlic, minced
- 1 tablespoon minced ginger
- 175ml olive oil
- 1 teaspoon of coarsely ground pepper
- 1kg Beef Silverside

You will also need:

- A sharp kitchen knife (supplied)
- A chopping board (supplied)
- A mixing bowl)
- A sealed plastic container

METHOD

Step 1 – Make a frame that will allow you to hang your beef about 1m above the fire and in the smoke.

Step 2 – Cut your beef into 3-4mm thick strips, going with the grain.

Step 3 – Mix the other ingredients in a mixing bowl and place the strips into the mix.

Step 4 – Place the beef in the marinade in a sealed container and leave overnight.

Step 5 – Hang the beef on the frame and allow to cook slowly for at least 4 hours.

Step 6 – Store in a sealed container.



**WADDECARR SCOUT
ACTIVITY CENTRE**

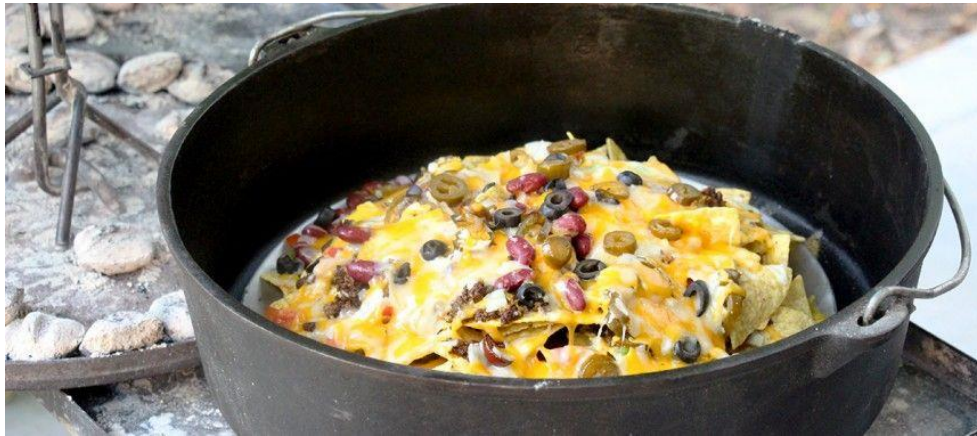
(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Beef Jerky Recipe Card



BUSHCRAFT – BACKWOODS COOKING

CAMPFIRE PIZZA NACHOS

This recipe uses a cast iron Dutch Oven buried in embers to melt the cheese on top of some crunchy tortilla chips.



METHOD

Step 1 – Place a layer of tortilla chips in the Dutch Oven

Step 2 – Cover with a layer of cheese, pepperoni, passata and other toppings.

Step 3 – Repeat to make another layer.

Step 4 – Finally top with the remaining cheese.

Step 5 – Put the Dutch Oven, with the lid on, into the embers.

Step 6 – Cover the lid with hot embers.

Step 7 – Cook until the cheese is thoroughly melted.

INGREDIENTS

- 1 pack of plain tortilla chips
- 1 pack of passata
- 500g grated cheese
- Sliced pepperoni
- Other optional toppings such as chillies, olives etc.

You will also need:

- A cast iron Dutch Oven (supplied)
- A spade (supplied)



**WADDECARR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Campfire Nachos Recipe Card



BUSHCRAFT – BACKWOODS COOKING

PAUL HOLLYWOOD'S CAMPFIRE PITTA BREADS

This recipe gives 6 puffed pittas cooked over hot coals. As featured in the final of The Great British Bake Off 2018!



INGREDIENTS

- 125g strong white bread flour, plus extra for dusting
- 125g wholemeal flour
- 1 tsp salt
- 1 ½ tsp fast action dried yeast
- 2 tsp olive oil
- 160ml cold water

You will also need:

- Dark, even embers on your fire
- A small dry baking slate (supplied)
- A pair of long tongs (supplied)
- 2 large mixing bowls (supplied)
- A measuring jug (supplied)
- A chopping board (supplied)
- Cling film (not supplied)

METHOD

Step 1 – Tip both flours into a large mixing bowl and add the salt to one side of the bowl and the yeast to the other. Add the olive oil and 120ml of the water.

Step 2 – Using the fingers of one hand, mix together the ingredients to combine, then add the remaining water, a little at a time, until you have incorporated all of the flour and you have a soft sticky dough. You may not need all the water

Step 3 – Oil the chopping board and tip out the dough. Knead for 5 – 10 minutes, until the dough has lost its stickiness and is smooth and silky. Put the dough into the other mixing bowl, lightly oiled, cover with cling film and leave to prove for 1-3 hours, or until doubled in size.

Step 4 – Make sure your fire has burned down to dark, even embers. Break apart any remaining logs, if necessary. Place the dry slate over the coals and leave until the slate is hot. Test by flicking water on the surface – if it instantly evaporates, the stone is ready.

Step 5 – Tip out the risen dough onto your clean, floured chopping board and knock it back until smooth. Divide the dough into 6 equal pieces and shape each piece into a ball. Flatten each ball with your fingertips and shape into an oval or teardrop shape (approx. 5 – 10mm thick).

Step 6 – Place the ovals onto the slate and leave for 10 – 15 seconds, then use the tongs to turn them carefully. Leave the breads to puff up all the way. Once puffed, turn again until evenly cooked.



**WADDECAR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Campfire Pitta Breads Recipe Card



BUSHCRAFT – BACKWOODS COOKING

COWBOY STEW

This warming stew is perfect for a chilly evening around the campfire.



INGREDIENTS

- Onions
- Minced beef
- Gravy Browning or Beef Stock
- Tinned Baked Beans
- Smoked Paprika to taste
- Water
- Cheese (optional)
- Soured Cream (optional)

You will also need:

- Chopping Board
- A pair of long tongs (supplied)
- A mixing bowl (supplied)
- Kitchen Knife (supplied)
- Foil (not supplied)

METHOD

Step 1 – Fold a piece of tin foil in half.

Step 2 – Fold in on two sides to form a pouch.

Step 3 – Dice the onions and put all the ingredients in the pouch.

Step 4 – Add a drop of water, to help make a sauce.

Step 5 – Fold over the open side to seal the pouch.

Step 6 – Place on the embers for 15 minutes or until cooked.

Step 7 – Serve with cheese and soured cream (optional) and flat breads (see additional recipe card)



**WADDECAR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Cowboy Stew Recipe Card



BUSHCRAFT – BACKWOODS COOKING

FRESHLY BAKED BREAD

This recipe uses a cast iron Dutch Oven buried in embers to bake some lovely fresh bread.



INGREDIENTS

- A pack of instant bread mix
- Water
- Flour for kneading

You will also need:

- A cast iron Dutch Oven (supplied)
- A spade (supplied)
- A mixing bowl (supplied)
- A measuring jug (supplied)
- Baking parchment (not supplied)
- Cling film (not supplied)

METHOD

Step 1 – Make the bread mix as per the packet instructions.
Don't throw the packet away!

Step 2 – Cover the mixing bowl with cling film and allow to prove close to the fire until doubled in size.

Step 3 – Flour a work surface.

Step 4 – Knock back the dough in the mixing bowl.

Step 5 – Knead the dough on the floured work surface for at least 10 minutes.

Step 6 – Shape into a round loaf.

Step 7 – Line the bottom of the Dutch Oven with baking parchment.

Step 8 – Place the shaped dough into the Dutch Oven.

Step 9 – Put the Dutch Oven, with the lid on, into the embers.

Step 10 – Cover the lid with hot embers.

Step 11 – Cook for the time stated on the pack.



**WADDECARR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Fresh Bread Recipe Card



BUSHCRAFT – BACKWOODS COOKING

GRILLED PINEAPPLE

This quick and easy dish is wonderful served with some ice- cream!



INGREDIENTS

- 1 pineapple
- 500g Brown Sugar

You will also need:

- A cast iron frying pan (supplied)
- Sharp kitchen knife (supplied)
- A small mixing bowl (supplied)

METHOD

Step 1 – Place the pan on the fire to heat up.

Step 2 – Remove the top and bottom of the pineapple and peel it.

Step 3 – Cut into quarters and remove the core.

Step 4 – Cut each quarter into wedges.

Step 5 – Put the brown sugar into the mixing bowl.

Step 6 – Roll the pineapple in the sugar.

Step 7 – Place each wedge into the pan and allow the sugar to caramelise.

Step 8 – Serve whilst still warm.



**WADDECARR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Grilled Pineapple Recipe Card



BUSHCRAFT – BACKWOODS COOKING

SCOTCH PANCAKES WITH DRIED FRUIT

These Scotch Pancakes are a fantastic dessert or snack, especially when served with fruit.



INGREDIENTS

- 225g self-raising flour (or)
- 225g gluten free self-raising flour
- Pinch of salt
- 50g caster sugar
- 2 medium eggs
- Milk (to make up to 300ml with the eggs)
- 200g dried fruit or berries

You will also need:

- A cast iron frying pan (supplied)
- Sieve (not supplied)
- A mixing bowl (supplied)
- A whisk (supplied) or fork
- A fish slice (supplied)

METHOD

Step 1 – Prepare your equipment by lightly oiling the cast iron pan and placing it on the fire to heat up.

Step 2 – Sift the flour, salt and sugar together in a bowl.

Step 3 – Beat the eggs and milk together until you have made up the amount to 300ml.

Step 4 – Slowly pour the egg and milk mixture into the flour mixture and beat until you have a smooth, creamy batter.

Step 5 – Test the heat of the pan by dripping a small amount into the pan. If it sizzles and is cooked in less than a minute, it's ready to cook on.



**WADDECAR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Scotch Pancakes With Fruit Recipe Card



BUSHCRAFT – BACKWOODS COOKING

STUFFED BUTTERNUT SQUASH

This vegan recipe is a nice filling alternative to meat after a busy day at camp.



INGREDIENTS

- 1 Butternut Squash
- 100g grated parmesan cheese
- 100g shredded mozzarella
- 200g grated mature cheddar
- 400g ready-made breadcrumbs
- Dried Parsley
- Salt & Pepper

You will also need:

- Sharp kitchen knife (supplied)
- Spoon
- Tin Foil (not supplied)
- Mixing Bowl (supplied)

METHOD

Step 1 – Clean the skin of the squash.

Step 2 – Cut the squash in half, lengthways.

Step 3 – Remove the seeds.

Step 4 – Scrape a well down the centre of the squash.

Step 5 – Mix the breadcrumbs with the cheeses, herbs and seasoning.

Step 6 – Fill each half with the mixture.

Step 7 – Place a double layer of tin foil on the work surface.

Step 8 – Place the two halves together and wrap in the tin foil.

Step 9 – Bake in the embers for 30 – 40 minutes.

Make sure to turn every 5 minutes to avoid over cooking on one side.

The squash is cooked when a knife can pass through the flesh without any resistance.



**WADDECARR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Stuffed Butternut Squash Recipe Card



BUSHCRAFT – BACKWOODS COOKING

VEGETABLE CURRY

This curry can have whatever ingredients you like to make a perfect meal for the end of the day.



METHOD

Step 1 – Place the pan on the fire to heat up.

Step 2 – Peel and dice the onion.

Step 3 – Add oil to the pan and cook the onion until translucent.

Step 4 – Cut the rest of the vegetables into approx.. 10mm cubes.

Step 5 – Add to the onion and cook for a further 2 minutes.

Step 6 – Add the sauce and bring to the boil.

Step 7 – Move to a cooler part of the fire to simmer for 15 minutes.

Step 8 – Serve with rice or Campfire Flat Breads (see additional recipe card)

INGREDIENTS

- Onion
- Bell Peppers. 1 x red, 1 x green
- Vegetables of your choice (carrot, potato, broccoli, courgette, mushrooms)
- 500g jar ready made curry sauce of your choice. Tikka or Korma are fairly mild.
- Oil for frying.

You will also need:

- Cast iron frying pan (supplied)
- Sharp kitchen knife (supplied)



**WADDECARR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Backwoods Cooking / Backwoods Cooking Vegetable Curry Recipe Card

