

Making Campfire Twists

Twists are incredibly easy to make. They are unleavened bread as they contain no yeast or *sourdough* culture.

It costs about 30p to make about 12 twists

Ingredients:

500g Self raising flour
3 Tablespoons of sugar
300-500ml of water

Optional:

Jam!

Equipment:

Measuring Jug (though can be done less scientifically by guessing)

Mixing bowl - pretty much impossible to get away without.

Additional notes:

Twists can be made under a hot grill, but they're best over a proper 'cooking' fire which consists of embers, as in the picture below (glowing bits of wood). They could work over a nice hot BBQ, but don't rest them on the grill grid, they'll stick. Do it directly over the heat, on a stick.



Sourdough bread is made by the fermentation of dough using naturally-occurring lactobacilli and yeast. Compared to breads made with baker's yeast

step 1:

Mixing the ingredients

Start by mixing both dry ingredients in a large bowl. Once the sugar and flour are combined, add about 200-300ml of water and mix as well as you can. It'll start to bind together. Keep adding small amounts of water - about 50ml increments to get it to bind into one big lump. It's almost a kneading motion as you would use with normal bread (be rough with it)

When the dough becomes smooth as pictured in the last pic, you're done.



Very dry needs water



It gets sticky, this is normal but just keep mixing it and the lump of dough will eat the stuff off your hands.



Perfect

step 2:

Sticks

You'll also need something to cook your twists on. Cut down a live branch, strip it of bark and leaves.

If you then lick it and it tastes bitter, discard it.

If it tastes sweet, it's probably OK.

Sticks work best the thicker they are. This stick is very long and at the thickest end is about 1/4-1/2"



Before



After

step 3:

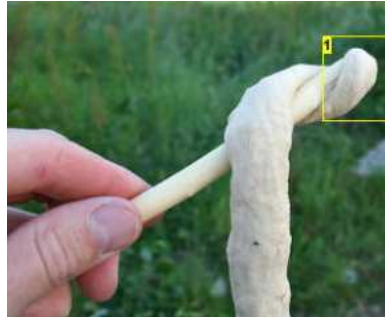
Dough

You need surprisingly little dough as it will still swell when cooked. Take a lump which will comfortably fit in your hand. Roll it into a snake shape. Do not be tempted to make it really thick - you want it about 1/4"-1/2" thick and 'twist' it on to the stick.

Thicker dough or dough that isn't twisted does two things:

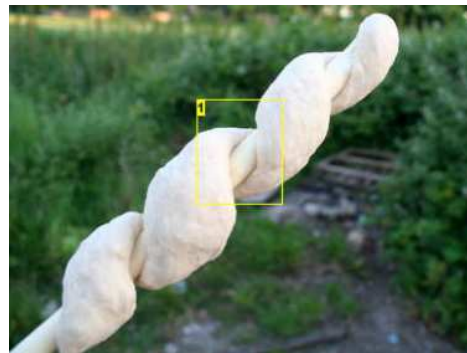
- 1.) it doesn't cook all the way through and doesn't swell at all well.
- 2.) it falls off onto the floor.

Will you ignore it. Don't say I didn't warn you.



Helps to stab the first bit to fix it to the stick

You don't need to leave such a big gap but it does help it cook more evenly



step 4:

Cooking on embers

Cooking on embers is really important. Embers are the glowing bits at the bottom of a fire.

Embers remain when the rest of the wood has turned to carbon and is a bit like a BBQ. Embers are really hot.

Flames on the other hand will put soot on your twist and it'll taste pretty horrible.

Will this stop you from doing this or even eating them.

Think blackened raw dough like this picture.



Looks black and cooked, but is raw.
This is after a few seconds

This picture shows it being done properly.



Brown, like you'd expect bread. It's also swollen up quite a bit. This is the baking powder, not yeast.

step 5:

Jam!

Mmmm, add jam (or a cooked sausage or something)

Eat

