



*Proud to be working
with the Scouts*



You can't beat it

Safety guidance

Safety points for cooking on a campfire/gas stove

- Have a bucket of water (fire bucket) in case of burns and putting out the fire
- Tie hair back
- Do not wear loose fitting clothing
- Do not wear flammable clothing

- Never pour or squirt lighter fluid (accelerants) or any type of fire starting fuel directly onto the fire

Equipment and preparation

- Check all equipment prior to use – when using gas stoves, we recommend you read the 'Camping Gas – Guidance on Safe Use' document available at scouts.org.uk

- Check out our GO Outdoors Hikes Away and Nights Away activity book for food tips and fuel types

Flexibility

Find out about any allergies and dietary requirements or preferences of your group. You can always adapt the recipes in this cookbook to meet their requirement.

For more guidance on food hygiene and staying safe at camp head to scouts.org.uk/safety



#SkillsForLife

WELCOME

Welcome to GO Outdoor's Campfire Cookbook, made entirely from ideas by current adults in Scouting. We had loads of suggestions, and it was hard (and hungry) work whittling them down to the ones in this book. The idea of this cookbook is to inspire some variety in your campfire meals, so we've stayed away from the traditional recipes like S'mores, chocolate bananas, twists (dampers), camp stew, and baked potatoes. Cooking is one of the most useful skills for life and what better place to learn and use those skills than on camp.

If you're missing some campfire cooking equipment, don't forget to pop down to your local GO Outdoors Store with your proof of participation in Scouting and pick them up on your Leader Discount, or log onto GOoutdoors.co.uk, enter **15SCTLDR** at the checkout and they'll be with you before you can say Robert Baden-Powell.

We hope you'll learn a new recipe or two from the ones in this book and keep sharing your recipes with your Scouting family. Nothing beats the day you first tell a young person that the biscuit, chocolate AND marshmallows are all to be eaten together.

Yours in Scouting



**PREPARATION TIMES
ARE BASED ON ONE
PERSON AND CAN BE
CUT DOWN BY USING
TEAM WORK**



You can't beat it



**COOKING TIMES ARE
APPROXIMATE AND
WILL DEPEND ON THE
SIZE OF YOUR FIRE**

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DRAW YOURSELF OUT YOUR TENT, STAKE UP THE FIRE AND GET SOME GRUB IN YOU READY FOR THE DAY AHEAD. (WAKING EVERYONE ELSE UP WITH A BILLY AND A WOODEN SPOON IS OPTIONAL).

CAMPFIRE BREAKFAST BURRITO

CATERING-STYLE COOKING OR AN ON THE GO BREAKFAST

PREP TIME: 15 mins
COOK TIME: 10 mins
FEEDS: 6

METHOD...

1. Heat the oil in frying pan and crumble in the hash browns cook for 1 minute stirring regularly so that it does not stick to the pan.
2. Add the chopped sausage and continue cooking, stirring occasionally for about 8-10 minutes while the hash browns brown.
3. While this is cooking crack the eggs into a mixing bowl add the burrito seasoning and whisk together.
4. Once the sausages and hash browns have cooked add the eggs to the frying pan stirring frequently until the eggs are cooked. When ready take off the heat and mix in the cheese.
5. Tear off a 50 x 50 cm square of tin foil. Place a wrap on the tin foil and spoon 1/6 of the mixture into the middle of the wrap. Repeat for each wrap.
6. Fold the ends in first and then fold the sides in. Then wrap in tin foil tightly so that it holds together.
7. Put them in the embers of the fire for about 10 minutes.

"I have been Scouting for 10 years all over the country doing all different roles and I think that nothing can be better than sharing your own twists on campfire foods."

by Sonia

BREAKFAST

INGREDIENTS

Wraps
2 tbsp of oil
6 sausages (pre cooked/left over) cut into small cubes
6 hash browns defrosted (so they break up)
8 eggs
1 tbsp of store-bought burrito seasoning
200g cheddar grated

EQUIPMENT

Tin Foil
Frying Pan
Wooden Spoon
Whisk

ONE POT BREAKFAST

FOR 2 (OR 1 VERY HUNGRY LEADER) ON DAYS WHERE YOU NEED A HEARTY BREAKFAST

METHOD...

1. Heat a frying pan or skillet, either over a camp fire or burner. When warm, add a dash of oil.
2. Add your sausages and fry them for about 5 minutes until slightly browned.
3. Add your bacon and fry together with the sausages for a further 5 minutes
4. Then add your mushrooms and again fry altogether for another 5 minutes.
5. Next, space out the items in your pan and lift the bacon up with tongs. Add your can of baked beans around the items in the pan and place the bacon back on the top of the beans.
6. Wait for a few minutes for the beans to heat and thicken a little, then crack in your eggs on top of the baked beans.
7. Cook all together for about 5 minutes or until the eggs are cooked.
8. Take off the heat and serve with crusty bread and butter if desired.

PREP TIME: 1 min

COOK TIME: 30 mins

FEEDS: 2 or 1 hungry leader

INGREDIENTS

2 sausages
2 rashers of bacon
Mushrooms (sliced)
1 x 400g can of baked beans
2 eggs
Crusty bread and butter to serve

"I am a mum of 2 who has also just become an Assistant Beaver Leader. My most memorable camping moment to date was on a recent family camp trip, when we saw a shooting star... a magical first for me."

By Andrea

EQUIPMENT

Frying Pan,
something to stir with

CORN CAKES

CATERING-STYLE
COOKING

PREP TIME: 10 mins

COOK TIME: 5 mins

FEEDS: 3 hungry
Explorers, 1 Scout Patrol,
2 Cub Scout Sixes or a
dozen Beaver Scouts

EQUIPMENT

Large Bowl / Billy, Frying Pan, Large
Spoon, Tongs to flip the corn cakes

BREAKFAST

INGREDIENTS

340g tin of sweetcorn (full
strength, not reduced
sugar/salt)
150g of self-raising flour
1 tsp salt
½ teaspoon pepper
100ml cold water
Sunflower or vegetable oil

METHOD...

1. Put the corn and its juices into a 2-litre glass bowl (or a 6 pint billy can).
2. Add the flour, salt and pepper and give a good stir with a desert sized spoon.
3. When thoroughly mixed add the water and stir again. You should have a gloopy mix, it needs to be quite soft so the cooking dough will rise.
4. Heat about 5mm oil in a frying pan.
5. Take a good scoop of the mix in your spoon, (it should sort of stick to the spoon) and carefully add to the hot fat, leaving a good gap between the cakes.
6. Fry for about one minute then carefully flip the corn cakes over and fry for another minute or so, you should have a pale golden colour on both sides. Keep flipping every minute or so until both sides take on a golden-brown colour. This ensures even cooking throughout.
7. Lift them out of the frying pan and serve with bacon or beans, fried eggs, smoked sausage, tinned tomatoes or whatever takes your fancy.

By Mike

"I started Scouting as a young person and 58 years later, in 2012, I was selected to carry the Olympic Torch through my work in Scouting."

BUTTERNUT SQUASH SOUP

LEADER LED COOKING

PREP TIME: 20 mins

COOK TIME: 50 mins

FEEDS: 20 hungry
SCOUTS (approx.)

EQUIPMENT

Chopping Board, Knife,
Tin Opener, Large Stock Pot with
Lid, Hand Blender, Wooden Spoon,
Potato Masher

INGREDIENTS

2 large butternut squash
(or 4 packets of pre-prepared
butternut squash chunks)

6 carrots, 3 large onions

6 tins of chopped tomato

2 cubes of vegetable stock

500ml of double cream

Basil, salt & pepper

Bread & butter to serve

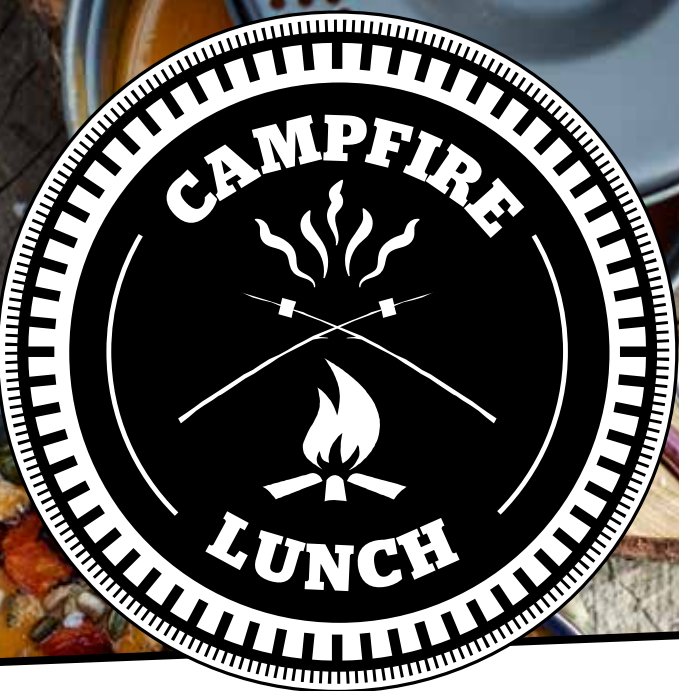
METHOD...

1. Peel and remove seeds from the Butternut Squash and cut into small chunks (if you've never used a butternut squash before, fair warning, they're quite difficult, but it's worth it!).
2. Peel and chop carrots.
3. Chop the onions (with or without crying).
4. Open the tins of tomato and pour into the stock pot.
5. Add onions, carrots and butternut squash to the stock pot.
6. Bring to the boil on a high heat.
7. Crumble in the vegetable stock and stir.
8. Simmer for 40 minutes on a low heat, stirring regularly to avoid anything sticking to the bottom of the stock pot.
9. Turn off the heat and let cool for 5-10 minutes.
10. Blend or mash until smooth (or not, for a chunkier soup!).
11. Add the cream, stirring until the soup turns the warm orange colour of a gently burning bonfire.
12. Add salt, pepper and basil to taste.

"I've only been in Scouting six years, but with three separate adult roles, I am firmly of the opinion that food tastes better on camp than anywhere else!"

CAN BE MADE AT
HOME & RE-HEATED,
OR PREPARED ON
EVENT IF YOUR HAND
BLENDER DOESN'T
NEED PLUGGING IN.

by Lily



**SO EVERYONE'S FINALLY ACTUALLY
WOKEN UP, BETTER GET A GOOD MEAL DOWN
YOU SO YOU CAN GET THROUGH
THE REST OF THE DAY!**

BACKWOODS TORPEDOS

YOUTH LED COOKING

PREP TIME: 10 mins
COOK TIME: 10 mins
FEEDS: 1

METHOD...

1. Prepare the fillings so that they are ready in bowls.
2. Slice the part baked baguettes lengthways so that they are ready to be filled. On a camp, a line of ingredients works really well. Each person takes a baguette and fills with their choice of ingredients.
3. Once the baguette is assembled, wrap it in tin foil (making the torpedo). You want to make sure the entire baguette is contained - a second layer of tin foil is sometimes a good idea to prevent any tears or gaps. Make sure you know which one is yours!
4. The tin foil wrapped torpedo can now be placed onto a grill, close to the embers. The heat of the fire will finish cooking the part bake baguette and slowly melt the cheese.
5. You will need to turn the torpedo every few minutes to make sure that it doesn't burn on one side and evenly cooks. If you have lots of torpedoes you can stack them up and rotate them.
6. After 12-20 minutes depending on the heat of your fire the torpedoes should be ready. Carefully remove one and check that it is ready. If it looks good and is cooked all the way through, they can come off the fire.
7. Remember the insides will be pretty hot so you may need to leave them a few minutes to cool down.

INGREDIENTS

Part bake baguettes (1 or ½ per person depending on size and how hungry you are!)

Fillings (like grated cheese, chopped onion, sliced tomatoes, ham, pepperoni, chorizo, sliced peppers, cooked chicken, tuna and condiments)

By Simon

"My current role in Scouting is within Kent Scouts. I've been lucky enough to be unit leader for 2 World Scout Jamborees - and met my wife through preparations for the 22nd WSJ. I first discovered this dish while helping on a Group Cub camp many years ago (credit to Cub Leader Bertie)."

EQUIPMENT

Tin Foil, Sharp Knives,
Chopping Boards
(depending on fillings), Bowls

SANDWICH BAG OMELETTE

YOUTH LED COOKING

PREP TIME: 10 mins
COOK TIME: 5 mins
FEEDS: 1

EQUIPMENT

Pan of boiling water on open fire,
One good quality sandwich per person, 4
Bowls for each filling, A bowl and spoon / fork
per person to mix the ingredients together.
Tongs to remove bags from water.

LUNCH

INGREDIENTS

2-3 eggs
Mushrooms
Tomatoes
Onions
Cheese
Any other filling you like.
(eg. pre-cooked meat)
Salt and pepper

METHOD...

1. Start a pan of water boiling.
2. Crack the eggs in to a bowl and beat (for a washing up free recipe, use the sandwich bags as bowls!)
3. Add ingredients of choice (too much tomato makes a very wet omelette!)
4. Place all mixture into a sandwich bag, zip shut and write young persons name on it.
5. Shake well and add to boiling water for 3 to 4 minutes or until cooked.
6. Once cooked remove from water and unzip to reveal a sausage like omelette with the filling of your choice.

TOP TIP:

TO MAKE SURE EACH YOUNG PERSON GETS THE RIGHT ONE MAKE SURE THEY WRITE THEIR NAMES ON THE BAG IN PERMANENT MARKER.

By Sandy

"My best campfire memory is the moment when my son cooked his first S'more and ate it. The delight that came across his face said it all."



...OR WHATEVER YOU WANT TO CALL THE EVENING MEAL. GATHER EVERYONE TOGETHER, GET THEM ALL TO CHIP IN (WATCH OUT FOR THE ONE SPILLING THE FOOD DOWN THEMSELVES!) AND THINK ABOUT HOW AWESOME TODAY WAS.

DINNER

SAUSAGE SMASH

YOUTH LED COOKING

PREP TIME: 20 mins

COOK TIME: 1 hour

FEEDS: 4

EQUIPMENT

Tin Foil, Sharp Knife,
Chopping Board

INGREDIENTS

8 sausages
700g waxy potatoes
(eg. Charlotte or Jersey Royals)
500g carrots
2 beef stock cubes
120ml water
Salt & pepper

METHOD...

1. Divide tin foil into 4 large pieces, big enough to fold in half to be able to make a pouch.
2. Cut the sausages up and divide between the tin foil sheets.
3. Chop up the carrots into 1cm chunks.
4. Halve or quarter the potatoes so they are no bigger than 3cm chunks.
5. Place the vegetables with the sausages on the tin foil.
6. Sprinkle with the stock cube and season with salt & pepper.
7. Fold up the tin foil so it forms a 'pouch' and the ingredients are contained. Leave a gap at the top.
8. Pour in the water.
9. Close the pouch securely with no gaps and gently swirl it about so the stock cubes mix with the water.
10. Cook on the embers of the fire for 1 hour. Eat straight from the pouch.
11. Check to make sure the sausages are thoroughly cooked before eating.

"I am a Retired Army Officer and have only been involved with Scouting since September last year when we started a new Scout Troop in our Village. This is a tried, tested and much loved Scouting recipe."

NOT A FAN OF SAUSAGES? TRY CHICKEN OR A MEAT SUBSTITUTE INSTEAD!

by Tina

DUTCH OVEN LASAGNE

SMALL GROUP BASED COOKING

PREP TIME: 20 mins

COOK TIME: 1 hour

FEEDS: 4 hungry explorers
or 1 Scout Patrol

METHOD...

1. Light a fire and make sure you have some good embers before cooking, you will need enough to cook on with the skillet (for approximately 15-20 mins), and enough to surround the dutch oven for the baking stage.
2. Dice the onion, slice the mushrooms, chop the carrot and prepare any other vegetables you want.
3. Heat the skillet on the fire, add oil and onion. Stir the onion whilst frying until it becomes translucent in colour.
4. Add in the minced beef, stirring constantly till all the mince has turned brown.
5. Add the carrot, followed by the chopped tomatoes, tomato purée and stock cube, then stir to combine. If using red lentils instead of mince add these now, with some water to allow them to expand.
6. Reduce the mixture down slightly before adding the mushrooms and any other veg, stir and leave to simmer for a few minutes.
7. Finally add in the mixed herbs, as well as the salt and pepper to your liking, and stir to combine.
8. Now we construct: spoon half of the mixture from the skillet into the bottom of the dutch oven, then follow with a layer of lasagne sheets (these may need to be broken to fit), then half of the bechamel sauce. Repeat this process for a second layer.
9. Once you have poured over the last of the bechamel sauce, sprinkle over the grated cheese and put the lid on the dutch oven.
10. Place the dutch oven onto your embers, and cook until the sauce is bubbling, the pasta sheets are no longer stiff, and the grated cheese has turned golden brown (if you put a few embers on top of the lid the cheese browns nicely).
11. Cut into portions and serve.

"This recipe produces a great lasagne to have at the end of a hard-working day at camp, being both tasty and filling."

by KJ

EQUIPMENT

Large Cast Iron Skillet, 4L Dutch Oven, Chopping Board, Knife, Heatproof Gloves, Spatula, Serving Spoon

INGREDIENTS

1 large onion, 200g mushrooms, 1 carrot (optional), 2 tbsp cooking oil (olive oil works best), 400g minced beef (or quorn mince or red lentils), 400g chopped tomatoes or passata, 1 tbsp tomato purée, 1 beef or vegetable stock cube, 2 tbsp mixed herbs, salt and pepper (to taste), 200g dried lasagne sheets, 500g jar of bechamel sauce (or it may be called lasagne or white sauce), 50g grated cheese (cheddar or mozzarella both work well)

DINNER

PREP TIME: 15 mins

COOK TIME: 30 mins

FEEDS: 4 hungry
explorers or 1 Scout Patrol

CHEAT'S DUTCH OVEN LASAGNE

SMALL GROUP BASED COOKING

INGREDIENTS

500g jar of tomato-based pasta sauce

400g fresh ravioli (any flavour you want)

500g jar of bechamel sauce (could be called lasagne or white sauce)

50g grated cheese

EQUIPMENT

4L Dutch Oven, Heatproof Gloves, Serving Spoon or Fish Slice

METHOD...

1. Light a fire and make sure you have some good embers before cooking, enough to surround the dutch oven.
2. Starting with the tomato sauce, then the ravioli and finally the bechamel sauce, layer up your lasagne in the dutch oven. You should get at least two layers out of the ingredients stated above depending on the size of your oven.
3. Once you have a final layer of bechamel sauce, sprinkle the top of the lasagne with grated cheese, and put the lid on the dutch oven.
4. Place the dutch oven onto your embers, and cook until the sauce is bubbling round the edge and the grated cheese has turned golden brown (you may need to put a few embers on top of the lid to get the cheese to brown nicely).
5. Serve!

WHOLE ROAST CHICKEN & POTATOES

WHOLE GROUP COOKING (BIT OF A CHALLENGE)

PREP TIME: 45 mins

COOK TIME: 90 mins

FEEDS: 4-6 People

METHOD...

1. Whilst the fire is being tended, the other young people and adults prepare the food.
2. Make up the stuffing mix.
3. Stuff the chicken with stuffing.
4. Rub some oil or butter onto the chicken.
5. Then cut enough potatoes into slices about the thickness of a pound coin and cover the chicken with them.
6. Once the chicken is covered, wrap it up in two layers of tin foil. Make sure the whole chicken is well covered.
7. Bury the chicken in the embers (carefully).
8. The chicken will roughly take 90mins, but you will need to turn after 45mins. You will need a temperature probe to ensure it's fully cooked.
9. After you've turned the chicken, wrap some whole potatoes in tin foil and place on the embers, turning frequently.
10. Heat a pan of water and boil any accompanying vegetables for 10 minutes.

EQUIPMENT

Temperature probe
(for chicken), saucepan/billy
(for boiling veg), tongs (for
turning potatoes/chicken),
Tin foil, Sharp knives,
Chopping board.

INGREDIENTS

A whole chicken
A bag of potatoes.
Some to chop and one per
person to bake.
Butter/oil
Stuffing mix
Peas, carrots or other
veg you choose.

TOP TIP

WE NORMALLY USE HALF OIL DRUMS WHICH ARE FOUND ON MOST SCOUT CAMPSITES. WE LIGHT THE FIRES ABOUT 2 HOURS BEFORE WE START COOKING. YOU NEED ENOUGH WOOD TO BURN DOWN TO CREATE ENOUGH EMBERS TO BURY A WHOLE CHICKEN AND 5 BAKED POTATOES, PLUS STILL KEEP ENOUGH HEAT FOR 2 HOURS.

DINNER

"I've been involved in Scouting since I was eight years old, and I'm still very much involved as a Beaver and Scout Leader with the 12th St Luke's (Crosby) aged 35. This meal has always been a favourite within our troop. It's a team effort as the preparation for the fires is just as important as the cooking itself."

By Lee



INGREDIENTS

Pizza base packet mix
(one per calzone)

Cooked meats, meat alternative or vegetables to stuff your calzone with. My personal favourites include peppers, mushrooms, pepperoni, ham and pineapple chunks.

Tomato puree, chopped tomatoes or ketchup

Cheese

Flour for dusting

CAMPFIRE CALZONES

LARGE CAMPS WHERE
EVERYONE CAN PITCH IN

EQUIPMENT

Tin Foil, Knives, Bowls
for storing toppings, Tongs

PREP TIME: 30 mins

COOK TIME: 20 mins

FEEDS: 1

METHOD...

1. Mix the pizza dough on a plate as per instruction. Usually add a small amount of water and knead. This is the fun messy bit so enjoy mixing until the plate is clean and no sticky dough is left on your fingers (good luck).
2. Press the dough out to make a rough circle about the size of a dinner plate. Keep a bit of flour out of the mix to stop it from sticking. Don't roll it too thinly else the filling will escape.
3. Next smear a layer of tomato puree, ketchup or chopped tomatoes all over the base.
4. Now mentally divide the pizza in half and fill one half with all your fillings and add herbs if you wish
5. Fold in half and seal up the edges so that it resembles a Cornish pasty.
6. Now sprinkle flour on double thickness tin foil and wrap up you Calzone. Toss it on the embers and keep turning it.
7. 15-20 mins later open it up and enjoy. Be careful though they are very hot!

Leaving about 2cm around the edge without sauce.

By Dawn

"We have become a Scouting family and all enjoy being outdoors in pursuit of adventure and adrenaline. We all help out at our local Beaver colony where our favourite activity is marshmallow toasting."

GAMMON COLA IN A DUTCH OVEN

RECOMMENDED FOR ON-SITE CAMP DAYS

DINNER

PREP TIME: 20 mins

COOK TIME: 2 hours

FEEDS: 6 Hungry Scouts

METHOD...

1. Get a good fire going that you can top up whilst the meal is cooking.
2. Boil water in the dutch oven and immerse the gammon in this for 10 minutes to flush out some of the salt. Discard the water, and then cooking can start. (We don't often do this step, so it's optional).
3. Place the gammon back in the dutch oven and add the cola, chopped vegetables and the various herbs.
4. Put the lid on and place on the fire.
5. Cooking takes at least 2 hours, making sure the fire is topped up from time to time. Timing isn't critical. It needs a good couple of hours. Cutting off a small slice to check it's cooked is part of the fun!

6. While it's cooking sit down and relax, make a cup of tea for your leaders, and prepare the vegetables to go on the side. If you have potatoes, carrots, and green vegetables, these will need to be cooked about 15-25 minutes before the gammon is ready. But don't worry, you can't overcook this dish - it just gets better the more you cook it.
7. Serve, eat and enjoy.

INGREDIENTS

1½ - 2 pounds (700-900g)
joint of gammon

2 litre bottle of full-fat cola of your choice. Camping is a high activity environment so you don't need to use low sugar cola.

1 onion & 1 carrot

Various herbs and flavourings - mustard, salt and pepper, and a bay leaf, and honey and cinnamon too if you wish.

EQUIPMENT

Dutch Oven & Sharp
Knife to carve the joint

"After my son joined Cubs, I became a parent helper, and just after he moved up into Scouts, the Scout Leader resigned. He cheerfully piped up that his dad would be happy to run Scouts! That was 10 years ago, and the rest is history."

By Tony

GAMMON, BEING
PORK, SHOULD BE
COOKED ON THE
DAY OF PURCHASE
UNLESS YOU HAVE
REFRIGERATION
AT CAMP

MACARONI SLOSH

WHEN YOU WANT SOMETHING EASY, OR WANT TO SHARE THE COOKING

PREP TIME: 5 mins
COOK TIME: 20 mins
FEEDS: 8

METHOD...

1. Boil the macaroni according to the packet instructions until al dente, then drain and set aside to cool down.
2. Fry the sausages until browned and the bacon until crispy then drain off as much fat as possible. Slice the sausages and place on a plate alongside the bacon.
3. Fry the mushrooms in the pan until well done (if you cook them all together then the moisture in the mushrooms keeps the temperature too low to brown the sausages and crisp up the bacon).
4. Now, slosh all the ingredients into the pan and simmer for 5-10 minutes then serve. Simmer too long and it goes mushy!

TOP TIP:
SLOSH WORKS WELL WITH MEAT SUBSTITUTES AND IS FAIRLY TOLERANT OF EXPERIMENTAL HERB ADDITION.

EQUIPMENT

Single thick bottomed
Deep Pan, Wooden Spatula to stir
and flip with, Large Plates to hold
the cooked bits before sloshing

INGREDIENTS

8 thick sausages
6 slices of streaky smoked bacon
350g mushrooms
400g tin tomatoes
200g dried macaroni
Cooking oil

"I've been a Scout since I joined Cubs in 1969. With three younger sisters I spent as much of my childhood as possible out living in the woods and took every opportunity that Scouting offered me!"

By Simon

CABBAGE BURGERS

YOUTH LED COOKING

PREP TIME: 35 mins
COOK TIME: 20 mins
FEEDS: 4

DINNER

INGREDIENTS

400g good quality minced meat or meat alternative. (beef, pork, lamb or turkey - 8% to 10% fat is best, if it's too lean the burgers can be dry)
2-3 spring onions
Pinch of salt and pepper
1 large savoy cabbage
60g grated mature cheddar cheese
4 large round rolls & ketchup

EQUIPMENT

1 Mixing Bowl, Chopping Board, Grater,
Sharp Knife, Long Tongs, Tin Foil

By Helen

METHOD...

1. Pull 12 outer leaves from the cabbage keeping them whole. If they have a very thick stalk, cut it out. They should be flexible to wrap around the burgers. Put to one side.
2. Put the minced beef in the mixing bowl. Finely slice the spring onions and add them to the minced beef. Season with salt and pepper. Mix the mince and spring onions well so it sticks together. Divide the mixture into 8 equal sized balls.
3. Take one ball of mince and flatten it out to a circle about 10cm diameter. Pile 1/4 of the cheese in the middle of the mince, leaving a gap all round the edge. You might need to squish it down a bit.
4. Take another ball of mince and flatten it out to a circle 10cm diameter. Lay it over the first one to cover the cheese. Pinch the edges together well, to seal the cheese in the middle.
5. Wrap the burger in a cabbage leaf, tucking the edges in. Repeat with 2 more leaves so the burger is completely wrapped in a couple of layers of cabbage. Make 3 more the same way.
6. Sit the burgers in the embers of the fire. Check occasionally to make sure the cabbage leaves are not burning through. If they start to burn at all, either add another layer of cabbage leaf, or wrap the whole thing in tin foil. After about 10 minutes turn the parcels over, using long tongs so you don't burn yourself.
7. Depending on how hot your fire is, the burgers will be cooked in about 20 minutes. They are done when the meat is cooked brown right through and the cheesy middle is melted.
8. Cut the bread rolls in half. Take each burger out of the cabbage and put them in the rolls with ketchup or your favourite sauce.



IF YOU DON'T HAVE A VAST AMOUNT OF TIME, WHY NOT TRY THESE QUICK AND TASTY SNACKS TO POP ON THE FIRE.

SNACKS

CHEESY MEATBALLS

YOUTH LED COOKING

PREP TIME: 10 mins

COOK TIME: 10 mins

FEEDS: 25 (approx.)

EQUIPMENT

Tin Foil, Sharp Knife,
Chopping Board, Tongs

INGREDIENTS

800g Minced Beef
300g Cheddar Cheese

"Being in this movement has sparked a love of the outdoors for me where I enjoy spending a night round a fire in the local woods with my leadership team as much as battling up a remote mountain in a 60mph blizzard!"

By Alex

METHOD...

1. Cut cheese into approximately 2cm cubes.
2. Squeeze a handful of mince around each block of cheese.
3. Wrap each meatball in tin foil, place in embers for about 10 minutes turning regularly (until meat is fully cooked through and cheese inside is melted).
4. Eat and enjoy!

TOP TIP

FOR EXTRA FLAVOUR, MIX CHILLI POWDER OR MIXED HERBS INTO THE MINCE BEFORE STARTING. THESE MEATBALLS CAN ALSO BE PUT INTO A SEPARATELY PREPARED BOLOGNESE SAUCE FOR AN EXTRA IMPRESSIVE CAMP MEAL!

CAMPFIRE NACHOS WITH CHIPS

SMALL GROUP BASED COOKING

ONLY TO BE DONE BY LEADERS

Be careful that the oil does not catch fire and be prepared if it does with correct extinguishing methods.

NACHOS

PREP TIME: 10 mins

COOK TIME: 15 mins

FEEDS: 4

METHOD...

1. Place a large piece of double thickness tin foil matt side up and line a non stick frying pan.
2. Place the frying pan over the fire.
3. Sprinkle the tortilla chips in a single layer over the tin foil lined pan.
4. Scatter the cooked shredded chicken and grated mature cheddar over the tortilla chips.
5. Cover the frying pan with some more tin foil.
6. Cook the nachos for about 10-15 minutes until the cheese is melted, check by lifting up the cover occasionally. Make sure the frying pan is not on the direct flames.
7. Spoon over salsa and serve!

INGREDIENTS

100g tortilla chips

150g cooked chicken breast - shredded

85g grated mature cheddar

Small tub of ready made salsa

Small tub of soured cream or crème fraiche

Salt & pepper to taste

EQUIPMENT

2 x Non Stick Frying Pans, Measuring Jug, Measuring Spoons, Chopping Board, Sharp Knife, Spatula or Slice, Dessert Spoons, Vegetable Peeler, Medium Sized Bowl, Grater, Kitchen Foil, Serving Spoons

SWEET POTATO CAMPFIRE CHIPS

DINNER

PREP TIME: 10 mins

COOK TIME: 15 mins

FEEDS: 4

METHOD...

1. Put the chips in a bowl with some of the oil and add the spice, stir with a spoon and ensure they are well coated.
2. Heat the rest of the oil in a frying pan over the camp fire.
3. Put the chips in the frying pan and cook for approx. 10-12 minutes, turning regularly until the chips are cooked (soft). Be careful, as if you turn them too much, they may break up.
4. Serve with a sprinkle of salt and the garlic mayonnaise as a dip.

INGREDIENTS

150ml olive or rapeseed oil

2 medium sized sweet potatoes - peeled and cut into chip shapes

2 tsp of steak spice or cajun spice

Salt to taste

Tub / jar of garlic mayonnaise

"I have attended every NORJAM since 1994 and we will be attending again this year. My highlight in Scouting is being awarded the Award for Merit, which my dad was poignantly awarded in 1972."

by Martyn

CURRIED PIGS IN BLANKETS

SMALL GROUP BASED COOKING

PREP TIME: 10 mins

COOK TIME: 10 mins

FEEDS: 1 Explorer or 2 Scouts

METHOD...

1. Mix up or empty your curry sauce into a mixing bowl.
2. Tear up strips of tin foil big enough to roll up a pig in blanket (sausage wrapped in bacon) inside.
3. Have your sausages and bacon to one side of a plate/chopping board and strips of tin foil the other side of the bowl.
4. Lay your bacon onto the plate/ chopping board.
5. Dip the sausage into the curry sauce.
6. Lay your sausage on one end of the bacon rasher and roll ensuring the bacon covers the sausage to create your pig in blanket.
7. Place the pig in blanket on a piece of tin foil and roll ensuring the pig in blanket is completely covered by the tin foil. If you twist the ends this will be easier to unwrap when it is cooked.
8. Repeat with the further sausages.
9. Place them onto the hot embers using the heat resistant glove and long tongs.
10. Allow to cook for 8 - 10 minutes, turning the sausages.
11. Retrieve the sausages carefully using the glove and tongs.
12. Peel back the tin foil and check the sausage is cooked and return to the embers if further cooking is required.
13. Enjoy your sausages.

EQUIPMENT

Plate or Chopping Board, Mixing Bowl, Spoon or similar utensil for stirring sauce, Pair of long tongs for placing and retrieving food from the fire, tin foil - enough to cover each sausage, Heat Resistant Gloves (optional)

get some snacks ready before your adventure

by Rick



CHOCOLATE ORANGE BROWNIE

THE FIRST THING YOU SHOULD COOK ON A CAMPFIRE!

PREP TIME: 25 mins

COOK TIME: 20 mins

FEEDS: 5

METHOD...

1. Cut the top third off your orange, carefully.
2. Use a dessert spoon to scoop and scrape out the inside of the orange being careful not to pierce the skin or your brownie mix will escape! Do it over a bowl and you will have a fresh orange juice drink or the base for a fruit salad!
3. If using the brownie mix, follow pack instructions.
4. If following the recipe, mix all dry ingredients in the bowl and all the wet ingredients in the jug. Add wet ingredients to dry and mix with wooden spoon till gloopy.
5. Add as many chocolate chips as desired.
6. Carefully spoon brownie mix into oranges. Don't fill more than half full or you will have a chocolate volcano!
7. Wrap in a sheet of tin foil and carefully push into the embers of your fire. Turn round (even more carefully) after 10 minutes and allow other side to cook. Test with a bamboo skewer, a bit of sticky brownie mix on the skewer is fine, if its sloppy keep cooking.
8. Allow to cool before spooning your brownie out of the orange cup, enjoy!

INGREDIENTS

5 oranges
1 pack of brownie mix (approximately)

OR USE THIS RECIPE IN PLACE OF THE BROWNIE MIX

Chocolate chips to taste
2 cups plain flour
1½ cup sugar
½ cup cocoa powder
½ tsp baking powder
½ tsp salt
¾ cup water
¾ cup vegetable oil
½ tsp vanilla extract

EQUIPMENT

Sharp Knife, Dessert Spoons,
2 Bowls, Jug, Wooden Spoon, Tin Foil,
Chopping Board

"My best campfire memory was at a camp just before Christmas when we woke up and discovered the temperature had gone down to minus seven overnight and everything was frozen solid. The next night we built a huge campfire and sat round it in the moonlight making toast and baking potatoes for hours."

By Christine M



FOR TIMES WHEN THE ADVENTURE HAS WORN YOU OUT JUST THAT LITTLE BIT TOO MUCH. CHILL OUT BY THE FIRE, GET THAT TREAT COOKING, DEVOUR AND GET READY FOR THE NEXT ADVENTURE.

ROASTED STARBURST

PEOPLE THAT HAVEN'T BEEN AROUND A FIRE MUCH BEFORE

PREP TIME: 1 min

COOK TIME: 5 mins

FEEDS: 1

METHOD...

1. Remove all wrappers.
2. Place 1 Starburst on a wooden skewer.
3. Roast the Starburst over the fire turning it slowly until it just starts to melt and begins to caramelize on the outside.
4. Remove from heat.
5. Caution, these will be very hot, younger children may need supervision before eating.

INGREDIENTS

5 per person. 1 at a time.

Other sweets such as Fruittella and Chewits also work well and offer different flavours

EQUIPMENT

Wooden skewers - pre-soaked in water to help reduce risk of them setting on fire.

BONFIRE BANOFFEE

YOUTH LED COOKING OR A SECTION NIGHT AROUND A FIRE

PREP TIME: 10 mins

COOK TIME: 10 mins

FEEDS: 1

METHOD...

1. Make a pouch of foil, place broken biscuits, a sliced banana and top with Rolo's. Seal the package and carefully place in the embers of your bonfire.
2. After 10 minutes or so, once the chocolates melted, remove and carefully open, squirt with cream and enjoy!

INGREDIENTS

A banana (1 of your 5 a day!)

A few digestives (or any biscuits you fancy) lightly crushed.

Rolo's, half a pack will do but the more the better (if they last that long)

Squirty cream (UHT doesn't need to be refrigerated prior to use)

EQUIPMENT

A double square of Tin Foil about 8 inches.

Tongs

PINEAPPLE BOMB

A BIG DESSERT EVERYONE CAN TAKE A SPOONFUL OF

PREP TIME: 25 mins

COOK TIME: 45 mins

FEEDS: 4-6

INGREDIENTS

1 Pineapple

A few handfuls of dried fruit (raisins work well)

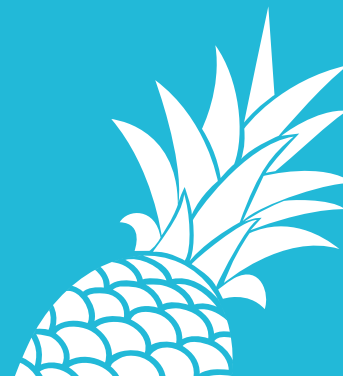
Handful of chopped chocolate or chocolate buttons

METHOD...

1. Slice top off the pineapple.
2. Scoop out the inside into a bowl.
3. Mix together the dried fruit, chocolate and scooped pineapple.
4. Refill the pineapple shell with the mixture and put the top back on.
5. Wrap in foil and place in fire embers for about 30-45 mins. The insides warm through and the chocolate should melt.

"I've been in Scouting nearly 30 years and the last time I made this was probably about 20 years ago when I was an Assistant Cub Scout Leader but it was truly scrumptious and rich!"

By Christine C



DESSERT

EQUIPMENT

Foil, Mixing Bowl, Sharp Knife, Spoon to cut and scoop the pineapple, Small Bowls & Spoons to eat with.

Chopping Board, Tongs.

Ready, steady, cook...

Tripod

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