



# CAMP-AT-HOME COOKING IDEAS

## CAMP BREAKFASTS

### FRENCH TOAST

Beat an egg with equal volume of milk.  
Soak a piece of bread in it, then fry to golden  
Traditionally has maple-flavour syrup on it, but  
anything goes.

Add a bit of vanilla to egg mix for finer flavour.

### PANCAKES (CREPES)

Approximate amounts for batter for 8 pancakes

200 g Flour  
400 ml Milk  
2 Eggs

Be inventive with what you put on it, after cooking.

### TOASTIES

Made individually – amount for one

2 - 4 Slices bread  
Marge  
Jam or grated cheese  
Oil

1. Make a cheese and/or jam sandwich: marge  
inside like an ordinary sandwich
2. Heat frying pan with VERY small amount of oil
3. Cook sandwich so golden brown each side

### CAMP DOUGHNUTS

Half mug flour  
1 mug milk  
1 egg  
4 slices of thick bread

Jam  
Oil

2 dsp Icing sugar (or any sugar will do)

1. Make the batter: Put flour and sugar into a bowl.  
Break egg into flour and mix in with a fork.
2. Add a quarter of the milk and beat until smooth.
3. Gradually add more of the milk and beat in, to get  
a smooth batter.
4. Meanwhile make a jam sandwich i.e. two bread  
slices, with generous jam between.
5. Cut off the crusts, then cut into 4 squares. Use  
flat of knife to press down edges to seal.
6. Dip in batter, so both sides are coated
7. Fry in oil over low heat until golden on both sides.
8. Take out of pan and coat in icing sugar.
9. Cool a bit before eating: hot jam can burn!

### TRADITIONAL ENGLISH

If you really want to pig out: Some combination of  
Egg

Sausage  
Bacon  
Mushroom  
Beans  
Tomato  
Fried bread  
Black pudding

...but remember the shopping bill ....and it all must  
be cooked!

## CAMP COOKING AT HOME

*Marshmallow on candle.* Simple, but use only white, unscented candle or tea-light.

*Sausage on a stick.* Suggest partly frying sausage first, to ensure it gets cooked through.

*Baked potato:* in embers wrap in foil or in oven Toppings to taste!

*Choccy twists* (needs flour: oh, dear) Flour and water to stiff dough. Mix in some choc chips (or broken choc). Make into a thin sausage and wrap around end of skewer.

### **PIZZA ON A STICK**

- 1 Pack of wraps
- 1 Jar pasta sauce (smooth best)
- 2 grated mild cheese

Larger wraps make 4 mini pizzas, smaller wraps make 3.

1. Cut sides off wrap
2. Spread tomato, then cheese
3. Roll up tightly, then cut into 4 pieces
4. Put skewer through each roll, making sure that the roll stays tight
5. Cook over embers so cheese is melted

### **BAKED APPLE**

Eating apple  
40 x 20-cm squares of foil  
Sultanas or raisins  
Golden syrup  
Marge  
Granola  
Squirty cream

Probably best done in the oven, unless a good barbecue or fire embers.

Most additions optional – be inventive

1. Cut apple into about 8 pieces (Can be peeled first, if fussy!). Remove core
2. Double over foil.
3. Place lump of marge in middle, then apple pieces, skin down).
4. Add sultanas (optional), then pour some syrup over. (or could just use a bit of sugar)
5. Fold over foil to seal.
6. Cook in hot embers until apple is soft (about 15 minutes).
7. Optional toppings: Sprinkle granola and Cream is good!

### **BAKED BANANA**

Per person:

- 1 Banana
- 3 Marshmallows
- 3 - 4 squares chocolate
- 1 20-cm square of aluminium foil

Mini Mars or similar can be used for filling.

1. Cut sharp stalk end off banana
2. Slice banana lengthwise, going through inside skin and flesh, but NOT other skin
3. Prise sides apart enough to put in alternate marshmallow and chocolate.
4. Centre on foil and fold foil up over banana.
5. Roll foil down, then fold in sides to make a SEALED foil pack: it is important that foil is not damaged.
6. Bake on embers, approximately 10 minutes and turn over if possible. When cooked, the banana feels soft.