



1. Nettle Pakoras

Ingredients – makes 8-10 pakoras

Nettle leaves (about half a small carrier bag full)
1 small onion – finely chopped
2 cloves of garlic – finely chopped
2 tsp curry powder
0.5 tsp salt
100g Gram flour
1tsp baking powder
Vegetable oil for frying

Method

First wash the nettles.
Chop onion & garlic then add salt & spices and mix thoroughly.
Drain the nettles, roughly chop them (Use scissors in a bowl) and mix into the other ingredients, then mix in the flour.
Form the mixture into balls a little larger than golf balls, then flatten.
If the mixture won't hold together, add more flour.
Fry in hot oil until golden brown and then drain.
Serve with homemade chutney or a salad made from wild leaves.

2. Damper bread

Ingredients

1 cup self-raising flour
1 tsp sugar
1 Pinch of salt
1tbsp olive oil
Water as required

Add herbs or cinnamon - if you wish
Pre prepared toasting sticks –About 2cm diameter – green wood with bark peeled off.

Method

Mix dry ingredients in bowl (or zip lock bag).
Add oil and mix – (push the corners into the middle and manipulate) until you have 1 ball of dough. Flour your hands, knead the dough a bit then roll into long sausages and wrap evenly around your sticks. This mix can make 3 or 4 dampers – if you keep them thin they cook more quickly.

Hold over hot embers turning slowly until brown.

Serve with butter or jam.

3. Bacon & egg in a bag

Streaky bacon – not longer than the bag, 1 or 2 Eggs

Use the bacon to 'grease' the inside of the bag

Lay the bacon in the bottom and break an egg(s) over the top.

Fold the top of the bag over several times.

Make a couple of holes through the folds and thread in a green stick handle.

Stand the bag on a trivet or directly on the embers.

You will soon hear the bacon sizzling

After 7/8 minutes (depending on the heat) check in the bag – if the egg is cooked the bacon will be too.

Tear off the top off the bag and enjoy.

4. Welsh cakes

Ingredients

225g plain flour

85g caster sugar

½ tsp mixed spice

½ tsp baking powder

50g butter, cut into small pieces

50g lard, cut into small pieces, Plus extra for frying

50g currants

1 egg, beaten

Little milk if required

Method

Mix dry ingredients in a bowl (not currants).

Then, with your fingers, rub in the butter and lard until crumbly. Then mix in the currants.

Work the egg into the mixture until you have soft dough, adding a little milk if it seems dry.

Flour your hands and roll the dough into small balls

Flatten the balls on a lightly floured board/plate to the thickness of your little finger.

Grease a flat griddle or heavy frying pan with lard, and place over the heat.

Once the pan is hot cook the Welsh cakes for about 3mins each side, until golden brown, crisp and cooked through.

Serve warm with butter and jam, or caster sugar.

5. Toffee Apples

Ingredients: Apples, sugar, cinnamon – bowl with water

Prepare a green wood stick.

Spike your apple and toast until black all over

Dip in water then scrape/peel off the skin

Dip the apple in the sugar and cinnamon mix

Then hold over the heat so that the sugar caramelises.

Let your apple cool a bit before tasting - hot sugar burns....

6. Choc cake in Dutch oven.

Ingredients

175g Marg or butter
125g Caster sugar
2 large eggs
150g Self Raising flour
50g Cocoa
1tsp baking powder
1tsp vanilla extract
Pinch of salt

Method

Light fire first, you'll need good constant heat.

Put all ingredients into a large mixing bowl and beat with a wooden spoon.

Don't beat too much – just enough to make a smooth mix.

Grease the Dutch oven with marg/butter or use a cake tin/foil tray.

Spoon the mixture into the oven/tray smooth the top.

Put the oven lid on.

Place the oven on the trivet. Add coals/embers from the fire on top of the oven.

Check after 25mins

7. Choc cake in oranges.

This mix is enough for at least 6 oranges

Ingredients

90g marg or butter
60g caster sugar
1 large eggs
75g self raising flour
25g cocoa
1/2tsp baking powder

Method

Put all ingredients into a large mixing bowl and beat with a wooden spoon.

Don't beat too much – just enough to make a smooth mix.

Cut the top off the oranges (keep them for your lids) and scoop out the fruit with a spoon (enjoy).

Spoon the cake mixture into the oranges – **max** half full

Put the lids on.

Place the oranges onto hot embers.

Check after 15mins if not set leave for a bit longer.

8. Mini Pizza in a pan

Pizza dough

350g plain flour
1 packet active yeast
1 tsp salt

2 tbsp olive oil
7floz warm water.
extra flour for hands/rolling out.

Toppings

Tomato Passata.
choice of toppings - if required
Grated cheese.

Large fry pan & a lid (lid doesn't need to fit tightly but should be the same size or a bit bigger)

Mix dry ingredients add oil & warm water mix until one ball then kneed on a flat surface.
place in lightly oiled bowl - with room to rise - cover and leave for at least 4 hours.

To make mini pizzas

Ball of dough per person about the size of an egg.
Flour your hands and flatten your dough to make a round (ish) pizza. It needs to be as flat as possible.
Heat the pan (you don't need oil)
Put the rings of dough in the pan for 3 or 4 minutes - to seal the base.
Turn the dough over and add the tomato, toppings and grated cheese.

Return the pan to the heat and add lid to melt cheese.

9. Vegetable Soup (GF)

Onions
Garlic
Leeks
Carrots
Sweet potato
Salt
Large pot with a lid

Method

All Ingredients – chopped small

Fry onions & garlic until soft then add veg and just enough water to cover the veg.

Boil for 20mins+ until veg is soft.

Mash carefully – to avoid burning yourself!

10. Drop Scones (scotch pancakes)

Basic – thick batter mix

150g SR flour
40g caster sugar
1 tsp baking powder
200ml milk
1 egg

Oil to cook

Butter, honey or jam to serve.

Stir dry ingredients in a bowl (children may find a jug easier)
Add egg and half the milk
Mix carefully
Stir in remaining milk
Beat for 2/3 minutes

Heat oil in large pan

Pour small amounts of batter into hot pan spacing well apart (in a large pan you can cook 3 or 4 at once)

When bubbles appear on the surface flip over and cook other side.

Serve when golden brown on both sides.

11. Chocolate bananas

Bananas

Choc buttons

Tin Foil

Slice through the skin into the banana - to make a slot.

Push choc buttons into the slot.

Wrap the banana in tin foil and cook in the embers or on a grid, depending on the heat of your fire.

Unwrap and enjoy – remember the foil will be extremely hot.

12. Ember bread

SR flour

Flavouring – Herbs, garlic, cinnamon

Warm water

Mix a little water with the flour (and flavouring's if needed) to make a soft dough.

Shape into small balls then flatten with your fingers to make very thin patties.

Rest on hot embers to cook/ turn over when beginning to brown.

13. Roasting chestnuts

Wash chestnuts then score a cross with a knife so that they don't explode.

Roast in a small pan/tray until the sides of the cross start to peel back a little.

Care: allow to cool a little before peeling and eating.