



## Cooking on a Fire Skills Card

- Remember that metal pots and pans will get hot when cooking on an open fire. Take care when handling them.
- When using pots and pans it is helpful to put washing up liquid on the outside. Soot will come off easier when you wash them.
- Remember, you have not finished until the fire is out, the turf cut put back and all the washing up done.



### A few simple meals:

**Twists** - made using a stiff dough of flour and water. First you need to find a thick green stick. Peel off the bark and heat the stick over the fire before winding the dough around it. When its cooked the twist should slide cleanly off the stick.

**Potatoes** - These can be baked in foil in the glowing embers which are left after the flames die down. Bananas and apples as a dessert can also be cooked this way.

**Sausages** - These can be put on a peeled stick and held over the glowing embers or cooked with a little cooking oil in a frying pan together with eggs, mushrooms, tomatoes and onions. If using a stick make sure it is not holly, elm or yew, which are poisonous.

