



Earth Oven

The Crean Award:

Discovery:

Patrol Activity
Skills

Terra Nova:

Task/Role in Patrol
Patrol Activity
Skills

Endurance:

Develop Teamwork
Skills

Polar:

Skills

SPICES

Intellectual

Adventure Skills

Camping: Stage 3, 4, 5
Backwoods: Stage 4, 5

The Activity:

Objective:

To make your own earth oven and cook a meal in it for your patrol. This is an excellent patrol activity for a camp.

Activity Type:

Part of Day Activity or a Camp

Roles:

Activity Leader
Quartermaster
Readers





Plan...an Earth Oven

An earth oven is a traditional cooking method that has been practiced by many indigenous cultures, including Native American for centuries. It involves the slow cooking of the food in a sealed space. The release of heat means that the food is cooked slowly and evenly in its natural juices.

You will need:

- A large campfire
- 3-6 Stones, depending on Size. Best are Stones in the Size of a Fist, not too thick and not too flat.
- Shovel or Knife
- 4 Branches or Tent-Pegs
- Some Grass
- A piece of Cotton, like a Scout-Necker (alternatively also Cabbage Leaves can be used)
- Some Water (around 1 Litre)

Location

Place the oven a few metres away from trees and other plants, to not risk damaging the roots of nearby plants through the digging of the hole or the heat of the oven.





Do...an Earth Oven

While digging the hole you can heat up the stones in a Campfire. They will be at least a full hour and a half to heat up properly. Place them as close to the middle of the fire as possible.



The Hole and Earth Lids

Preparation

The Stones should be collected in a dry area or left to dry in a warm place for at least 48h, depending on, how wet the Stones are. Wet Stones or such with some water caught inside, can burst when being heated in the fire. For the same reason, avoid stones with natural air pockets, such as shale.

The food should be prepared by putting some herbs, salt, pepper and a bit of oil onto it and wrap it into the Cotton Piece. The cotton should just cover it and protect it from getting dirty, if you wrap the food in too much cotton it might take much longer to cook or won't even get finished.

Digging the Hole and heating the Stones

The hole should be around 2 Fists long, 3 Fists wide and 1.5-2 Fists deep. Try to cut an outline into the ground and the carefully lift the middle out of it, as this will be used as Lid for the Oven, as well as after use, you can close the hole with it again without leaving a trace of the Oven behind in the Ground.





Do...an Earth Oven

Filling the Hole and Cooking

For the Cooking you place the hot stones in the Hole, using some sticks or the shovel, and put a layer of grass over it. It needs to be fresh grass, as dried grass might catch fire, and the layer should be covering the stones, but it shouldn't be too thick.

On this layer you put the prepared and wrapped food in the Cotton-Piece and on top of that you again put a thin layer of grass. Finally you place the "Earth-Lid" on top and mark the corners of the oven with the branches, so that no one accidentally steps on it. You can also add some cord to the branches to make the outlining of the oven even clearer to see.

The Cooking-Time depends on the size of the Oven, the thickness of the food to be cooked and the type of food. In general you can estimate on the following times:

45-60 Min. for Vegetables

60-90 Min. for Fish and Chicken

90-120Min. for Meat



Filling Hole, with, from bottom to top, hot Stones, Grass Layer, Wrapped food and another Grass Layer





Do...an Earth Oven

Cleaning up and leave no trace

After your food is cooked, you take off the “Earth-Lids” and take out your wrapped food.

Let the stones cool down, while you are eating by leaving the Oven opened and pour a bit of water over the stones when you are done.

After that you just put the “Earth-Lids” on top again and press them into the hole. If you take a few steps back you won't even see the Oven anymore.



Finished Oven marked with Branches



Oven after use (Leaving no Trace)





Review "SPICES"

Social

- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise & Law

Physical

- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How Body works
- Physical Limitations
- Health Choices
- Access Help

Intellectual

- Achieving Goals
- New Ideas
- Learn from Decisions
- Team Member

Character

- Promise & Law
- Friends & Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences & Views
- Following Dreams
- Live the Scouting Spirit

Emotional

- Aware of feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs & Values
- Developing Talents

Spiritual

- Promise & Law
- Impact on Environment
- Reflection
- Changing Beliefs





Review Adventure Skills & Special Interest Badges

Camping

Stage 3

Stage 4

Stage 5

Backwoods

Stage 4

Stage 5

Special Interest Badge

What was your project?

How did your plan go?
What did you learn from it?

Patrol Review

What will we do next?

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