

Jarman Centre Virtual Challenge



Campfire Cookbook

A selection of recipes that you can try cooking on a BBQ or firepit in your garden, in your oven, or with your unit when you are away on a residential.

Have fun trying out some new recipes!

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Pitta Bread Pizza



Ingredients (1 portion)

- Pitta bread
- Grated cheese
- Tomato puree
- Toppings – e.g. Ham, Mushrooms, Peppers, Pineapple, Pepperoni

Steps

1. Cut the pitta breads in half.
2. Carefully open up the pocket in each one and fill with tomato puree, grated cheese and your favourite pizza toppings.
3. Wrap the pitta bread in tin foil and place in the fire, or in your oven.
4. Cook for a few minutes until all the cheese is melted, you may need to turn them over halfway through.
5. Remove from the fire/oven, carefully unwrap and enjoy.

Potato Cakes



Ingredients (makes 4)

- Potatoes
- Plain Flour
- 1 x Egg
- Oil
- Water
- Salt and Pepper

Steps

1. Chop and boil the potatoes
2. Drain the potatoes and let the cool
3. Mash the potatoes
4. Make a well and add an egg any seasoning
5. Sprinkle over some flour and mix everything together
6. Shape the potato mash mixture into burger shapes
7. Fry the potato cakes

Try adding additional items to the mix— e.g. cheese, bacon, spring onion

Corn Fritters



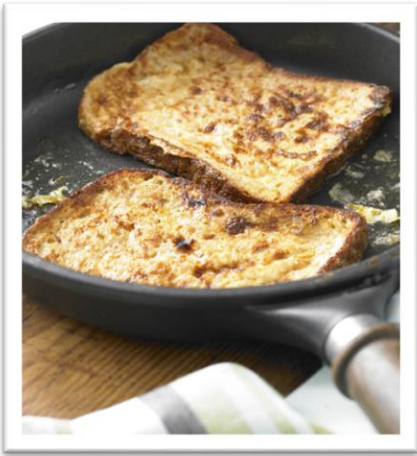
Ingredients (makes 12)

- Corn Bread Mix
- Water
- Can of Corn
- Cooking Oil

Steps

1. Put the Corn bread mix in a bowl, using a fork to blend, gradually add the water. The dough should be quite stiff.
2. Drain and add the corn
3. Put oil in the a pan and heat
4. Ladle the batter into the hot oil and fry for about two minutes, turning once.
5. Serve with syrup, honey or butter

Eggy Bread



Ingredients (1 portion)

- 1 Egg
- 1 tbsp Milk
- 2 slices of White or Brown Bread
- Oil for frying

Steps

1. Lightly beat the egg in a shallow bowl along with the milk.
2. Cut the bread into quarters.
3. Dip each quarter of bread into the egg mixture, making sure it is soaked in liquid.
4. Heat a frying pan over a medium heat and add the oil. Add the bread and fry on each side for 1 min or until golden brown.
5. Transfer to a plate and enjoy.

Breakfast Hash



Ingredients (serves 3-4)

- 3-4 Medium Potatoes
- 1 Smoked Sausage
- 1 Onion (optional)
- Sliced Mushroom (optional)
- Mixed Pepper (optional)
- 8 Eggs
- Grated Cheese

Steps

1. Cook potatoes for about 10-15 minutes
2. Add the smoked sausage and any of the optional ingredients you choose, and cook until the potatoes are cooked through
3. Pour in the beaten eggs and cook until eggs are done
4. Top with grated cheese and let melt (or mix in)

Campfire Carrot Fries



Ingredients (1 portion)

- Carrots
- Foil
- Oil

Steps

1. Wash and slice the carrots into the shape of fries
2. Roll out the foil. Pour a little bit of oil onto the shiny side of the foil, then add some sliced carrots
3. You may want a little drizzle of oil over the top to make sure the carrots are coated
4. Fold the foil up into a parcel, then wrap in another layer of foil
5. Place over hot coals and cook for 20—40mins (turn the package often to avoid burning)

Omelettes in a bag



Ingredients (1 portion)

- 2 Eggs
- Diced Ham
- Diced Onion
- Diced Pepper
- Strong Sandwich Bag

Steps

1. Place all the ingredients in a sandwich bag
2. Each person will need to 'scramble' their omelette by squishing the bag with their hands until it is all mixed.
3. In a large pot of boiling water, place the bags (one or two at a time) and move them around with a large spoon for 4 -5 minutes until the eggs are done.
4. Pour the omelette onto a plate and you have breakfast!

Campfire Potatoes



Ingredients (serves 3-4)

- Bag of Baby Potatoes
- Olive Oil
- Garlic Powder
- Dried Oregano
- Salt & Pepper
- Mozzarella & Parmesan

Steps

1. Preheat grill to medium-high, or preheat the oven to 425°.
2. Cut 4 large pieces of foil about 10" long. In a large bowl, toss potatoes with olive oil, garlic powder, and oregano and season with salt and pepper.
3. Divide potatoes between foil pieces, then fold the foil packets crosswise to completely cover the potatoes. Roll the top and bottom edges to seal them closed.
4. Place foil packets on the grill and cook until just cooked through, 10 to 15 minutes. (or transfer to the oven and bake about 15 minutes.)
5. Unwrap the foil packets and sprinkle mozzarella and Parmesan on top of the potatoes. Fold foil back over the potatoes and cook until cheese is melty, about 3 to 5 minutes.
6. Top with parsley and red pepper flakes and serve warm.

S'mores



Ingredients (1 portion)

- 1 x Marshmallow
- 2 x Chocolate Digestive Biscuits

Steps

1. Place the marshmallow on a bbq skewer and roast in the campfire. If indoors use a cocktail and tea light/candle instead.
2. Put the melted marshmallow on the chocolate side of the biscuit and remove the skewer
3. Place another biscuit, chocolate side down, on top of the melted marshmallow
4. Enjoy!

Camp Doughnuts



Ingredients (1 portion)

- 1 slice of White Bread
- Jam/Chocolate spread, or any other filling
- Oil for frying
- Sugar to serve

Steps

1. Cut the slices of bread in half.
2. Spread one side with the filling of your choice and fold up to make a sandwich.
3. Cook in hot oil on both sides until golden brown and crispy.
4. Cover in sugar and eat. Be careful, as the filling may be hot.

Dampers



Ingredients (makes up to 6)

- 500g Self-raising Flour
- 200ml Water
- 75g Sugar
- A foil covered stick
- Chocolate spread
- Jam

Steps

1. Put your flour and sugar in a bowl and mix well. Gradually add the water a little at a time and knead gently until it forms a soft dough.
2. Divide the dough into eight equal-sized pieces.
3. Roll each piece of dough in your hands until it is a long and thin sausage shape.
4. Wrap it around a foil-covered stick and press to ensure it is well fixed in place.
5. Turning regularly, carefully hold the stick over an even heat (campfire or barbecue) for 10 minutes until hard to the touch.
6. Carefully slide the dampers off the stick and fill the cavity down the centre with chocolate spread or jam.

Variations

Remove the sugar from the recipe and add a small amount of salt, maybe some grated Parmesan cheese or dried thyme for a savoury version.

Camp Cones



Ingredients (1 portion)

- Ice Cream Waffle cones
- Tinfoil
- Toppings—Selection of chocolate chips, mini marshmallows, banana chunks, strawberry slices, M&M, raisins, honeycomb etc.

Steps

1. Fill the cone with topping
2. Wrap each cone lightly with tin foil
3. Bake it, grill it or cook in a campfire until chocolate and marshmallows have melted

Pancakes



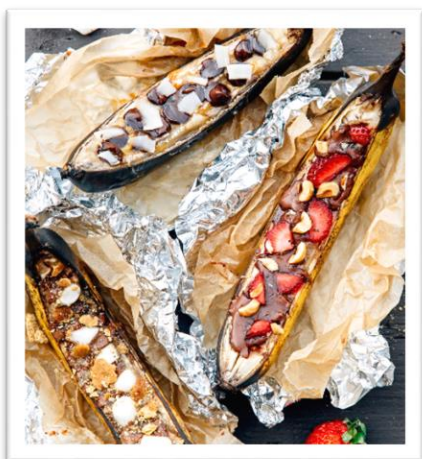
Ingredients (makes 3-4)

- 100g Plain Flour
- 1 Egg
- 250ml Milk
- Oil for frying

Steps

1. Put the flour in a bowl, make a well in the centre and drop in the egg.
2. Add half the milk and beat to a smooth batter, gradually adding the remaining milk.
3. Put 1 teaspoon of oil in the frying pan and heat the pan.
4. Add in a small amount of batter and cook until the underside of the pancake is golden brown.
5. Turn over and cook the other side.
6. Stack the pancakes and keep them warm.
7. Add a filling and roll them up.

Campfire Banana Boats



Ingredients (1 portion)

- Banana
- Selection of toppings - Marshmallows, Chocolate Chips, Strawberries, Chopped Nuts, Crackers, Chocolate spread
- Foil
- Greaseproof Paper

Steps

1. Cut a 1ft x 1ft square out of foil
2. Cut a 1ft x 1ft square out of greaseproof paper
3. Place the greaseproof paper on top of the foil
4. Cut your banana in half and put it on top of the greaseproof paper.
Now have fun experimenting with different toppings ...
5. Once you have made your banana wrap cook it!
6. It will only take a few minutes to completely warm up.

Topping ideas

- Classic—Milk Chocolate, Marshmallows, Crackers
- Strawberry & Chocolate—Strawberries, Chocolate Spread, Nuts
- Samoas—Chocolate Chips, Caramel Sauce, Coconut
- Honey Ginger—Honey, Ginger, Chocolate
- Split—Milk Chocolate, Marshmallows, Cherries

Swedish Apple Charlotte



Ingredients (serves many)

- 2kg Apples
- 300g Wheat Flakes
- 150g Butter or Margarine
- 10-15 tbsp Golden Syrup

Steps

1. Stew the apples with a little water and sugar
2. Melt butter and golden syrup together, and add wheat flakes. Leave to cook
3. Starting with the stewed apples, make alternating layers with the wheat flake topping in a serving dish or tray.

Jaffa Orange Cake



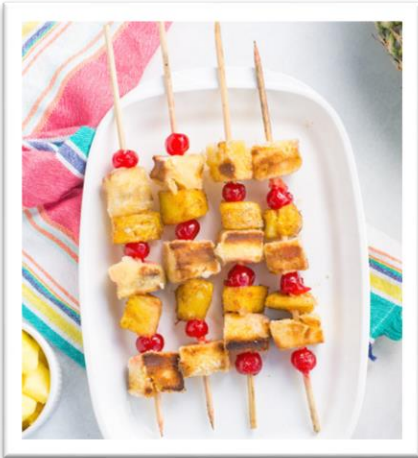
Ingredients (serves 8)

- 8 Oranges
- Pre made Brownie Mix
- Kitchen Foil
- Crunchy Cereal (optional)
- Caramel Sauce (optional)

Steps

1. Starting 1-2 inches down on the orange, slice off the top and set aside.
2. Using a knife, cut around the edge of the flesh of the orange and hollow out the orange with a spoon.
3. Use the orange flesh for some other use. Repeat with the other remaining oranges.
4. Prepare the brownie batter according to package directions.
5. Fill each orange with the brownie batter about an inch below the top of the orange and cover with the orange top. Wrap in heavy duty foil with at least 2 layers of foil.
6. Cook cakes in some campfire coals, rotating every once in a while for 30-50 minutes depending on how hot your fire is.
7. Unwrap cake and top with crushed cereal, drizzle with caramel sauce if desired.

Pineapple Cake Skewers



Ingredients (makes 10)

- 1 Pineapple cut in chunks
- Vanilla Sponge pre made
- Cherries
- 200g Brown Sugar
- 1 tsp Cinnamon
- 100g melted butter
- 100g granulated sugar
- 10 x Skewer

Steps

1. Combine the brown sugar and cinnamon. Mix well and then add pineapples and stir to coat all sides of the pineapple pieces.
2. Chop your cake into 1 inch cubes (about the size of your pineapple chunks).
3. Dip each cube into melted butter then roll in the sugar until coated on all sides.
4. Add items to the skewer sticks in order—cheery, cake, pineapple etc
5. Place In fire or grill, until they turn golden (about 3-4mins). Be careful to turn often so they don't burn.

Campfire Cobbler



Ingredients (serves 6)

- 6 Peaches
- 250g Raspberries
- 100g Blueberries
- 200g Strawberries
- 2 tbsp Sugar
- 2 tsp Ground Cinnamon
- 300g Pancake Mix
- 120ml Milk

Steps

1. In a large resealable plastic bag, combine fruit, 50g sugar, cornflour, cinnamon, and a pinch of salt. Seal tightly and shake bag until fruit is evenly coated.
2. In another large resealable plastic bag, combine pancake mix and milk. Seal and mix, kneading with your hands, until completely combined.
3. Butter a large cast-iron skillet. Add fruit mixture and top with pancake mix topping. Sprinkle with remaining 2 tablespoons sugar.
4. Cover with foil and cook over a campfire until biscuits are no longer doughy and fruit is warm and bubbly, 50 minutes.
5. Let cool 20 minutes, then serve.

Baked Apples



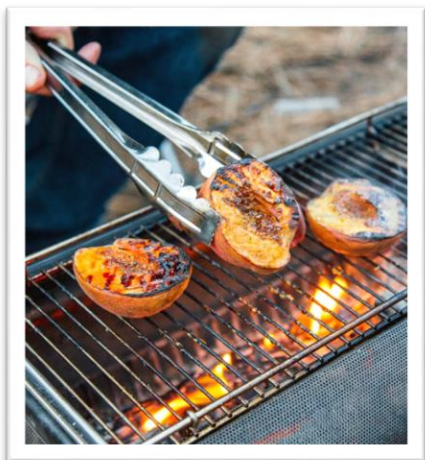
Ingredients (serves 4)

- 4 Apples
- 2 tbsp Rolled Oats
- 2 tbsp Chopped Pecans
- 1 tbsp Raisins
- 1 tbsp Brown Sugar
- ½ tsp Cinnamon
- ½ tsp Nutmeg
- 1 tbsp Butter

Steps

1. Remove the core from each apple whilst leaving the bottom intact. Set apples aside.
2. Mix the remaining ingredients except the butter in small bowl.
3. Spoon some of the mixture into each apple, add as much as will fit.
4. Spoon a dollop of butter on top of each full apple.
5. Cover individually with foil. Place the wrapped apples onto hot coals or in the oven and cook for 30 minutes.
6. Once apples are tender, your dessert is ready!

Grilled Peaches



Ingredients (serves 2)

- 2 x Large Peaches
- 1 x tbsp Brown Sugar
- 1 x container thick Vanilla Yoghurt
- Honey
- 3-4 Mint leaves

Steps

1. Slice the peaches in half and remove the pits.
2. Sprinkle the brown sugar over the cut sides.
3. Place the peaches cut side down onto the grill over low to medium–low heat and cook until the peaches are warm and beginning to soften, about 8 minutes, flipping halfway.
4. Remove from grill and top each peach half with vanilla yoghurt, a drizzle of honey, and a sprinkle of mint.
5. Enjoy!

Campfire Fruit Pizza



Ingredients (makes 1)

- Tortilla
- Peanut Butter/ Strawberry Jam
- Chocolate Chips
- Sliced Strawberries
- Other toppings
- Oil
- Tin Foil

Steps

1. Place the tortilla onto a piece of foil
2. Spread the tortilla with your choice of base
3. Add your topping
4. Place on fire or in the oven
5. Remove from heat and slice

Apple Pie Packets



Ingredients (serves 1-2)

- 2 Medium Apples
- 2 tsp Lemon juice
- 2 tsp Cornflour
- 2 tbsp Granulated Sugar
- 34g Brown sugar
- 1 tbsp cold Butter
- 2 tsp of Ground Cinnamon
- Toppings

Steps

1. Prepare four pieces of non-stick foil, approximately 12x18in in size.
2. In a bowl, combine diced apples and lemon juice. Add in corn-flour, sugar, cinnamon and butter. Mix to combine well.
3. In another bowl combine oats, flour, brown sugar and Cinnamon and mix.
4. Add butter to the mixture
5. Place half of the apple mixture onto the centre of one of the non-stick foil pieces, make sure the mixture is touching the non –stick side. Sprinkle half of the crumb mixture over the apples. –Repeat step x 4
6. Seal foil packet, making sure all sides are securely closed. Repeat with a second piece of foil.
7. Place in a fire or oven for 12minutes

Topping ideas - Oats, All Purpose Flour, Brown Sugar, Cinnamon and Butter