

# Healthy Campfire Recipes

What better way to enjoy the produce of your grounds than cooked on a campfire?

All

Food and Health



There are many benefits to growing and cooking your own produce. Often freshly harvested foods taste better and most probably are healthier for you – and the planet too! They offer a valuable message in sustainable development and local provenance. Aside from the ethics, growing your own produce is good for reconnecting with the land and appreciating the benefits of cultivation to mental health.

This resource details some simple recipes for campfires using typical school grounds produce. All recipes detailed are to serve 4 people.

Please ensure you are confident, experienced and competent before having a campfire with a class and have a risk benefit assessment in place to support your safe practice.

<https://www.ltl.org.uk/understanding-risk/>

## 1. Baked Apple

Harvest some of the smaller apples from your apple trees and they are ready to bake into a fibre-filled sweet treat.

- 4x small apples
- 2 tsp brown sugar
- 1 tsp cinnamon
- 1 handful of raisins

Core each apple. Add  $\frac{1}{2}$  tsp of brown sugar to each apple along with  $\frac{1}{4}$  tsp of cinnamon and a few raisins. Wrap the apple in foil and place in the hot embers of campfire for 10 min.

## 2. Mixed berry sauce

Use a mix of berries from your grounds to make a sweet warm sauce to accompany campfire pancakes, porridge or even just toast!

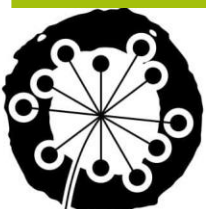
- Use 1 tsp of brown sugar per 100g of mixed berries.

Mix the berries and sugar in a pan and simmer over the fire for around 20min until the berries have mixed into a compote.

## 3. Tabbouleh

Prepare the couscous using water boiled over the fire and mix it with the herbs and salad vegetables available in the grounds.

- 1 cup of couscous: 1 cup of water
- $\frac{1}{2}$  tsp cumin
- 1 tbs olive oil
- $\frac{1}{2}$  tbs lemon juice
- Salt and pepper
- Assorted salad vegetables like tomato, cucumber and red onion
- 1 small handful of parsley or mint



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## Tabbouleh cont.

Pour a cup of boiling water over 1 cup of couscous in a lidded pan. Mix, season and cover the couscous with the lid. Leave for 5-10 min and then use a fork to fluff it up. Add the lemon juice, olive oil and cumin and mix again. Chop your selected herbs and vegetables and add them to couscous and it is ready to enjoy.

## 4. Courgette, carrot and halloumi kebabs

Whittle a skewer (see: <https://www.ltl.org.uk/resources/a-little-whittling/>) and grill your homegrown produce over an open fire.

- 2 courgettes
- 1 carrot
- 2tbsp olive oil
- 200g halloumi
- 1 lemon -juice and zest

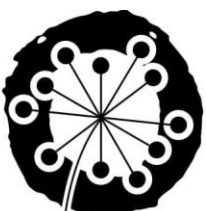
Prepare the skewers and soak them in water for 30 min. In a bowl, mix the olive oil with the lemon, chilli flakes and the chopped mint. Chop the courgette, carrot and the halloumi into equal sized cubes and marinate them in the oil mix for 30 min. Thread the cubes equally between 4 skewers. Grill the kebabs over the fire for ~8min turning occasionally.

## 5. Potato scones

Potatoes can be baked, boiled, grilled or braised in a foil packet however, these cooking techniques will take a while on a campfire. Using pre-cooked potato will by-pass some of this open fire time.

- 4 average potatoes peeled, boiled and mashed
- ~50g of self-raising flour
- Salt and pepper
- 1 egg
- 60g of butter or oil

Peel, boil and mash the potatoes. Let them cool ready to use for once your fire is prepared. Sift over the flour and season the potato before mixing well. Make a well in the centre and add the egg. Combine the egg and then roll the potato dough into a log. Cut off 1cm diameter discs. Melt the butter/oil in a pan or griddle and fry the potato cakes for about 5-10 min each side.



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