

Alternative Methods of Cookery



Booklet produced by Girl Guide Victoria's Camping and Adventure Officer 2017

Types of cooking methods

Butane Stoves

These stoves are very portable and inexpensive to purchase. Stoves can be used outdoors. Butane fuel canisters can be purchased cheaply however not all council will take empty cans in their recycle bins.



Safely using a portable butane gas stove

Make sure the portable butane gas stove is Australian safety certified. If it is not safety certified, consider disposing of it.

- Always use the stove according to the manufacturer's instructions.
- The stoves are designed to be used for very short periods. Do not operate the stove for longer than the manufacturer recommends.
- Portable gas stoves should never be used indoors or in confined spaces.
- Always allow for adequate air flow around the stove.
- Many stoves are packaged with the trivet upside down. Only use the stove when the trivet is up the right way, with the pot supports facing upwards.
- Make sure all connections are tight and that there are no gas leaks. Using a soapy water solution, spray the connection point. If bubbles appear, there is a leak. Tighten if necessary and then retest. If bubbles still appear, do not use the stove. Replace the faulty components before using it or speak to a gas appliance professional if you are unsure about how to make it safe for use.
- Do not use pans or pots larger than 200mm (unless specified as safe by the manufacturer) – when the pot is too big, it concentrates the heat down toward the gas canister, which may cause it to overheat and explode.

If the portable butane gas stove doesn't seem to be operating or lighting correctly, do not use it. Do not tamper with the appliance or its controls.

Types of cooking methods

Trangias

Trangias come with a few bowls and a frying pan making them compact and lightweight for hikers. Stoves can be used outdoors in most conditions although food does take longer to cook in colder temperatures. Trangias use mentholated spirits as their fuel which can be purchased cheaply and at most supermarkets and hardware stores.



Safely using a Trangia stove

- Always use the stove according to the manufacturer's instructions.
- Always place the Trangia on a flat and firm surface.
- Only fill the burner 3/4 full with fuel.
- Always carry mentholated spirits in a metal puncher-proof fuel bottle when hiking.
- Ensure the burner is completely extinguished before refueling
- Pots and pans can get extremely hot. Always use the detachable handle to lift pots off the heat.
- Trangia stoves should never be used confined spaces especially inside tents.
- Allow the burner to be cooled completely before screwing on the lid. Otherwise the rubber ring inside the lid will melt and adhere to the burner.



Types of cooking methods

Heat Beads

Heat Beads can be used for Box Ovens, Dutch Ovens and solid fuel BBQs. They are a single use product which can be left to burn out or doused with water. Heat beads can burn for up to 4 hours.

Heat Beads in a box oven

A standard A4 paper ream box will require 8-10 beads spread over the base of the box in a tray to reach a temperature of 180 degrees.



Dutch Oven heat rule for even heat:

- 2 briquettes less than the diameter of the lid underneath the oven
- 2 briquettes more than the diameter of the lid on top of the oven. This equals 325° with the top and bottom together
- For each additional 25° you want to add 1 briquette on top and 1 briquette on the bottom

Example:
12" Dutch Oven

14 briquettes on top

+

10 briquettes on bottom
24 coals total for 325°



top + bottom = Additional 25° of heat

Homemade Solar Cooker

Materials

Cardboard 90cm x 120cm
Aluminum foil cut in to strips as needed
Glue, Thinned with water
Paintbrush
Utility knife
Pen/ pencil
Masking Tape

Method

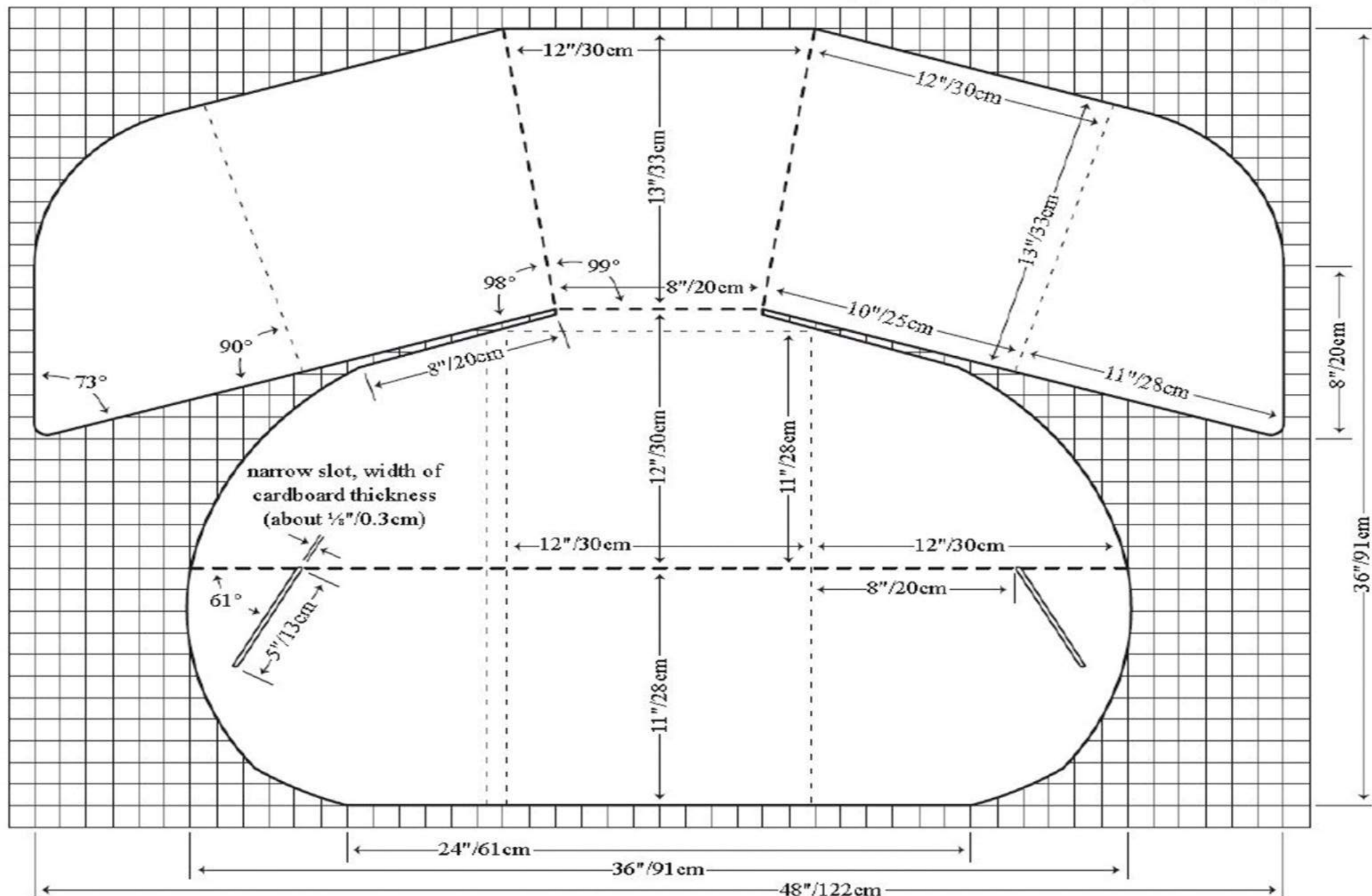
1. Draw the pattern on the following page on to the cardboard.
2. Cut out the shaped carefully. Keep the slots narrow so the panels fit securely together.
3. Score the fold lines using a blunt edge and fold along the lines, being sure to keep the fold lines straight. Only score the optional fold lines if you need to fold the cooker for compact storage.
4. Using a paintbrush, spread the glue on the dull side of the aluminum foil and smooth the foil on to the cardboard, pressing tightly until it is stuck.
5. Leave flat to dry then trim any excess foil. Bind edges with masking tape.
6. Once dry, fold up the cooker walls and push the corners through the slots to keep the cooker in shape.

How to use

- Set up the cooker facing the sun.
- Try cooking something simple that doesn't take too long the first time you use your cooker.
- Using dark coloured cooking pots will increase temperatures of your food.
- Once you have filled your cooking pot, place the pot in an oven bags to crate a greenhouse warming effect.
- Allow plenty of time for the food to be cooked. The food doesn't tend to overcook in a solar cooker.
- Food doesn't tend to need to be stir while cooking.



———— CUT LINES - - - - - FOLD LINES - - - - - (optional fold lines for compact storage)



Quick Tin Can Stove

Materials

1. Tin can (try to avoid one with the epoxy resin lining)
2. Mesh for the grill
3. A burner to put inside the can or head beads

Tools

1. A drill of some sort
2. 6mm diameter drill bit
3. mesh cutters

Method

1. Drill 9 holes at the top and bottom of the cans side.
2. To make the grill cut a circular piece of mesh that will fit on the lip of the can.

To use the stove place your burner inside the can.

Light your burner and then carefully place the grill on top.

Happy cooking :)

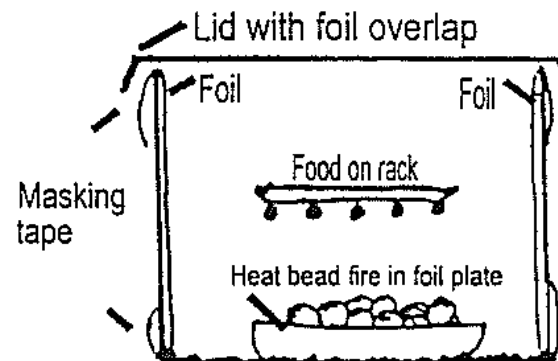
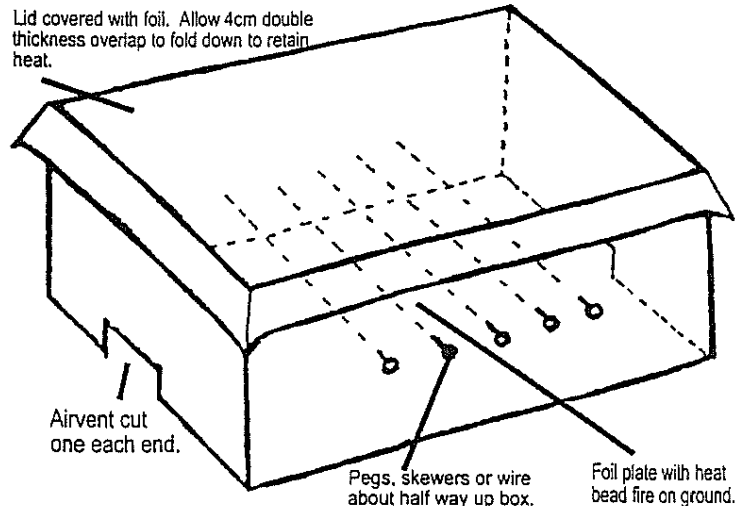
Important: Make sure you do not touch or move the stove while it is in use. The tin can will get very hot!



Cardboard Box Oven

Preparing the cardboard box

- Cut the top and bottom from a strong cardboard box. Reserve one end for a lid.
- Cut an air vent at each end of the box.
- Allowing approximately 35mm overlap, completely line the inside of the box with foil, (shiny side showing). Extend the overlap to the outside and stick the edges down with masking tape.
- Cover the inside of the lid with foil (shiny side showing), allowing a double thickness of foil to extend beyond the edges for 35mm, forming flaps. The foil should fold down over the edge of the box completely sealing it and preventing heat from escaping.
- Using metal pegs, or strong fencing wire at a position of approximately half way up the box, carefully push the point of the peg into and through the box and foil, (be careful not to tear the foil) across the box and out the other side.
- The metal pegs need to be inserted at intervals of approximately 8 cm to create a rack capable of holding either a foil plate or suitable baking dish.
- When the heat beads are covered in powder and 'ready', place the box over the plate of heat beads; place the lid in position. Food can be placed on the rack almost immediately.
- The oven is functional for hours and it's possible to reach a temperature of 180C (425F)!



Breakfast in a Bag

Ingredients

- 2 Rashers of fatty bacon
- 1 Egg
- 1 Paper lunch bag



Method

1. Cut both bacon strips in half, giving you 4 pieces. Line the bottom of the paper lunch bag with the bacon to make a nice, fatty bacon nest for the egg.
2. Crack an egg in to the bacon nest in the bag.
3. Fold the top of the paper bag down carefully twice.
4. Carefully place the bag on the grill over hot coals.
5. Allow 10 minutes for the bacon and eggs to cook. You will know the food is cooked when grease from the bacon soaks up the sides of the bag about halfway.



Pineapple Upside down cakes

Ingredients—Per Person

1 doughnut
1 Pineapple slice
2 Tablespoons Pineapple Juice
1 Teaspoon Margarine
1/2 Teaspoon Cinnamon
1 Tablespoon brown sugar

Equipment

2 pieces of foil large enough to wrap a doughnut

Method

1. Place the doughnut on one piece of foil .
2. Butter the top of the doughnut with margarine with sprinkle sugar and cinnamon
3. Place a pineapple slice on top of the doughnut an pour 2 tablespoons of pineapple juice over the slice.
4. Tightly wrap the foil around the doughnut. Use the second piece of foil to double wrap the doughnut.
5. Place the foil package on hot coals for 6-12 minutes flipping frequently. The cake will be done when the doughnut is warm and the sugar has liquefied.



Damper in a camp oven

Ingredients

3 Cups Self Raising Flour
3 Teaspoons of Butter
1/2 Cup Milk
1/2 Cup Water
Spray Oil

Method

1. Place the flour and butter in a bowl. Rub the butter and flour together with your finger tips until combined. It will look like fine bread crumbs.
2. Add the milk to the mixture and use a butter knife to combine.
3. Add small amounts of water until a dough forms.
4. Use your hands and kneed the dough in to a ball.
5. Place a large piece of foil in the bottom of a Dutch oven and lightly spray oil over the foil.
6. Place the ball of dough on to the large sheet of aluminum foil
7. Using a sharp knife, cut 4 lines across the top to make it easier to pull apart. Dust with a little flour.
8. Bring foil sides up to the top, and scrunch together. make sure you leave enough room for the damper to rise.
9. Put the lid on the Dutch oven and place it on the edge of the fire with a scoop of hot coals on the lid. Cook for about 30 minutes. Rotate the camp oven after 15 minutes to ensure the damper cooks evenly. Check damper after 30 minutes and if it is brown on top and sounds hollow when you tap it, then it is cooked. If not return to fire for another 15 to 20 minutes.



Omelette in a bag

Ingredients

2 Eggs

Dash of milk

Chopped ingredients you fancy. E.g. Ham, tomato, capsicum, grated cheese, mushrooms, etc

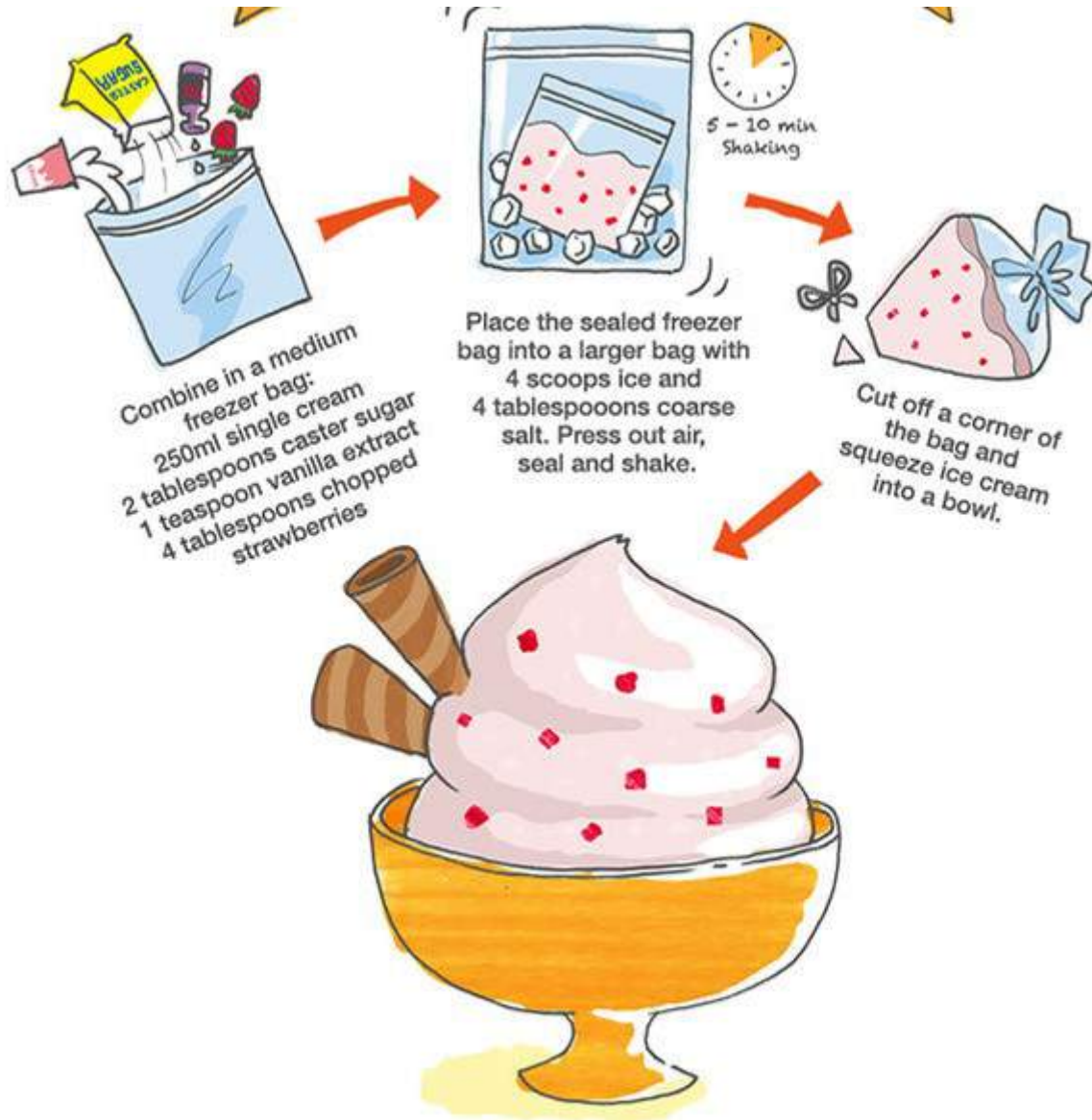
1 good quality ziplock bag (Glad brand are great)

Method

1. Crack two eggs in to the ziplock bag.
2. Add to the bag a dash of milk and added chopped ingredients.
3. Zip up the ziplock bag removing as much air out of the bag as possible.
4. Using your hands gently squish all the ingredients in the bag until it is well combined.
5. Slowly lower the bag in to a pot of boiling water. Cook for 10 minutes. You will know when the omelette is cooked when no liquid is visible.
6. Eat straight out of the bag for a no mess breakfast.



Ice cream in a bag



Bell Chicken

Materials

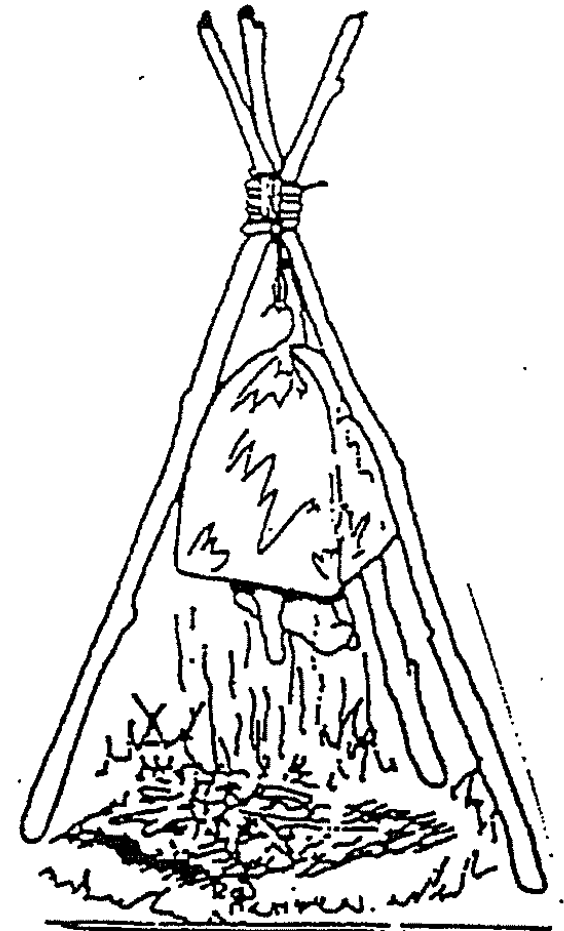
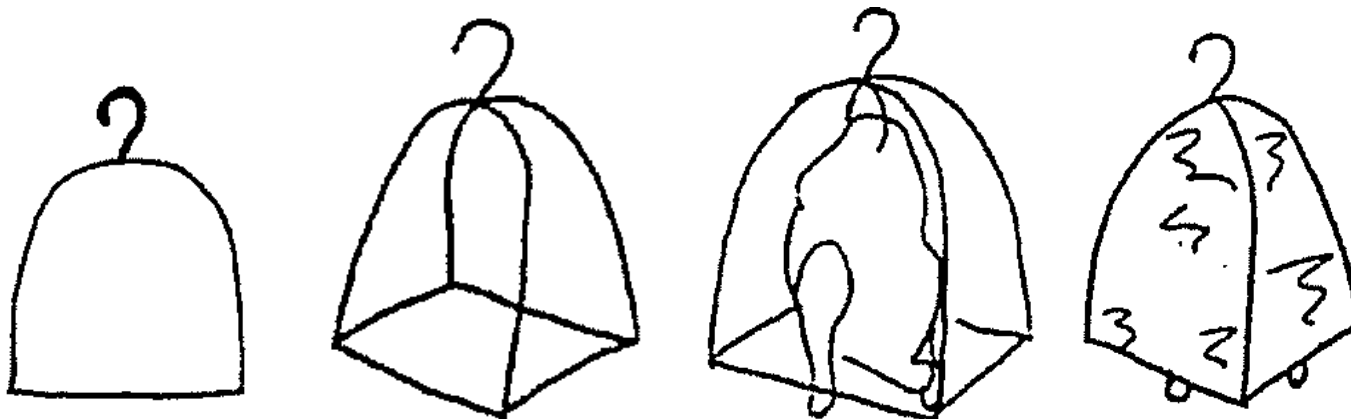
4 x Wire Coat hangers
3 Tripod Sticks
30-40cm 10 gauge soft wire
Rope for tripod
Wire Cutters
Foil

Ingredients

1 Whole Chicken

Method

1. Light a small fire letting it die down to hot coals.
2. Make a tripod with the wood and ropes.
3. Bend the four coat hangers in to the shape off a bell. Cut of three of the four hooks as you will only require one hook.
4. Push the soft wire through the chicken under the breast bone.
5. Attach the chicken to the bell frame using the soft wire.
6. Cover the bell with foil. The shiny side of the foil has to face the inside.
7. Hang the bell on the tripod and cook gently for 1 1/2 hours. Ensure the chicken is cooked through before serving.



Armpit Fudge

Materials

1 x Small Ziplock bag

Ingredients

1/2 Cup Icing Sugar

1 Tablespoon Butter

2 Teaspoons Cream Cheese

1 Teaspoon Cocoa

Dash of Vanilla Essence

Method

1. Place all ingredients in a sandwich-size plastic snap lock bag

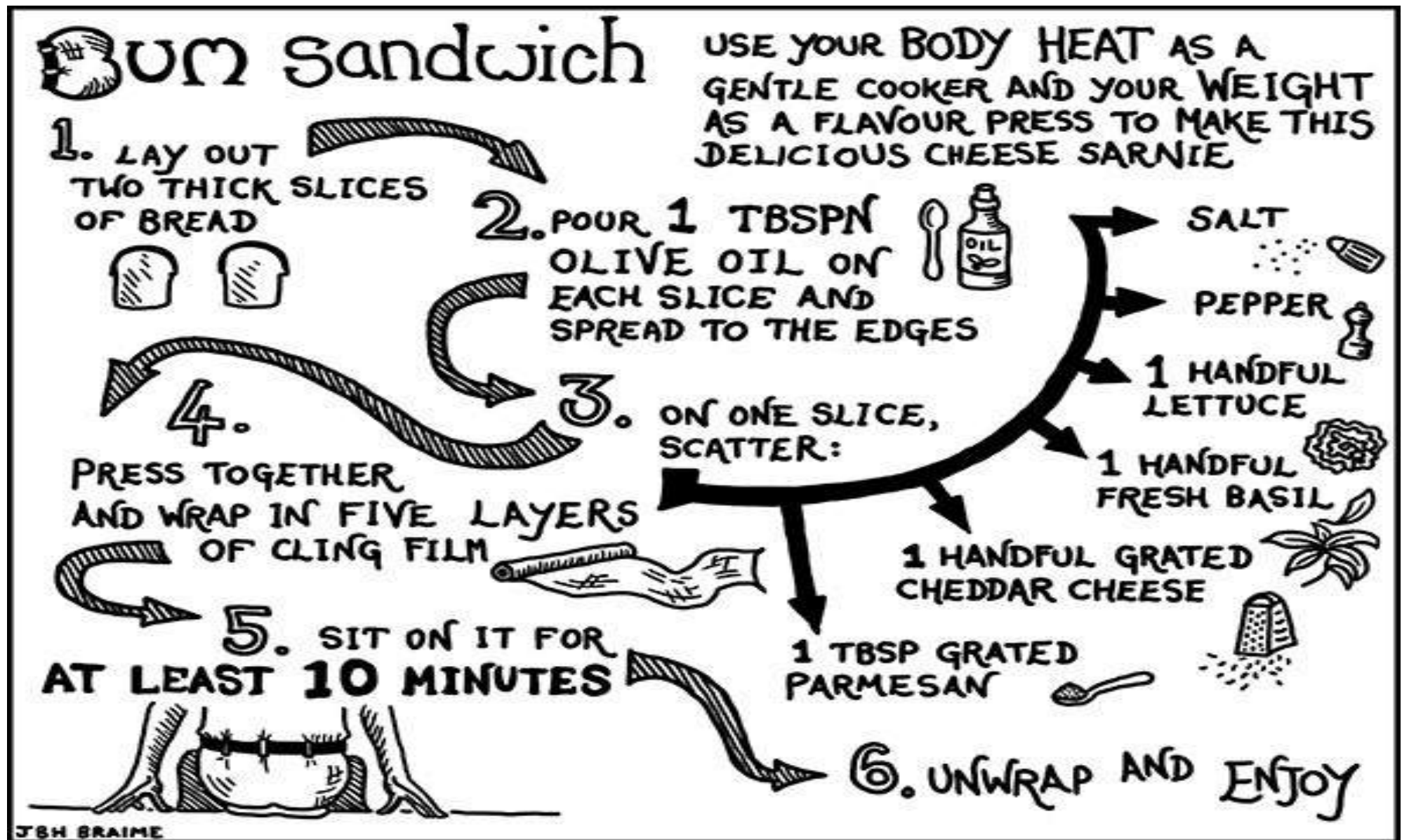
2. Squeeze out all the air.

3. Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a creamy consistency.

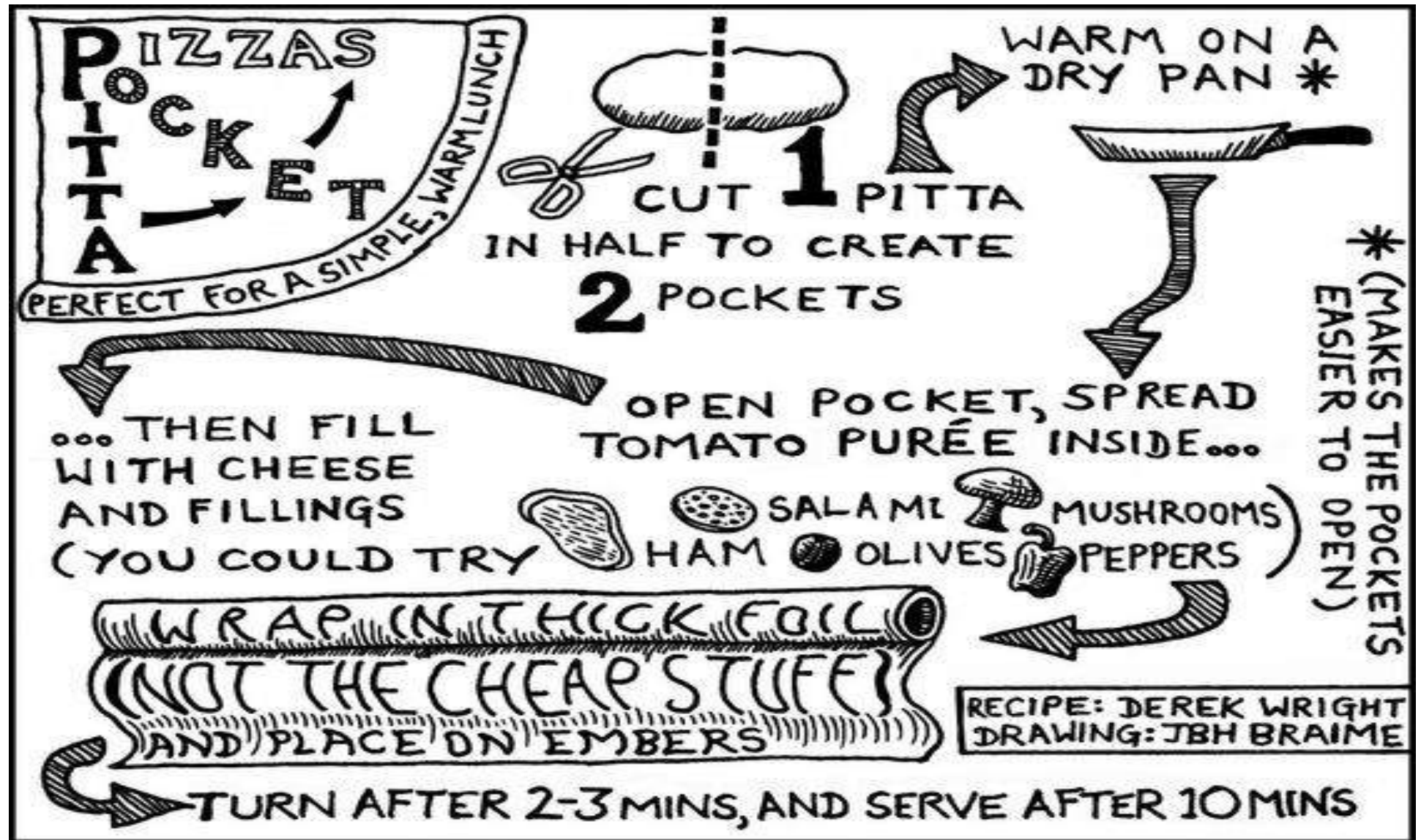
4. Take out a spoon and enjoy.



Bum Sandwich



Pizza Pockets



Cakes cooked in Oranges

Scoop out the inside of an orange



Add cake batter



Place top back on to prevent yicky spillage



Wrap in tin foil and place on coals for about 20 mins



Remove and let cake cool



Baked Potatoes

BAKED SWEET POTATOES

RECIPE: LISA CLIFFORD

YOU WILL NEED:

1 SWEET POTATO PER SCOUT

OLIVE OIL

A LITTLE SALT

GREEK YOGHURT

SPRING ONION (SLICED)



1 →

RUB EACH POTATO WITH A LITTLE OIL + SALT, THEN WRAP IN A DOUBLE LAYER OF FOIL



← 2 WHEN THE COALS ARE GLOWING RED, PUT THE POTATOES DIRECTLY ON THEM

COOK FOR 15^{MINS} THEN TURN AND COOK FOR 15^{MINS} MORE

3 →

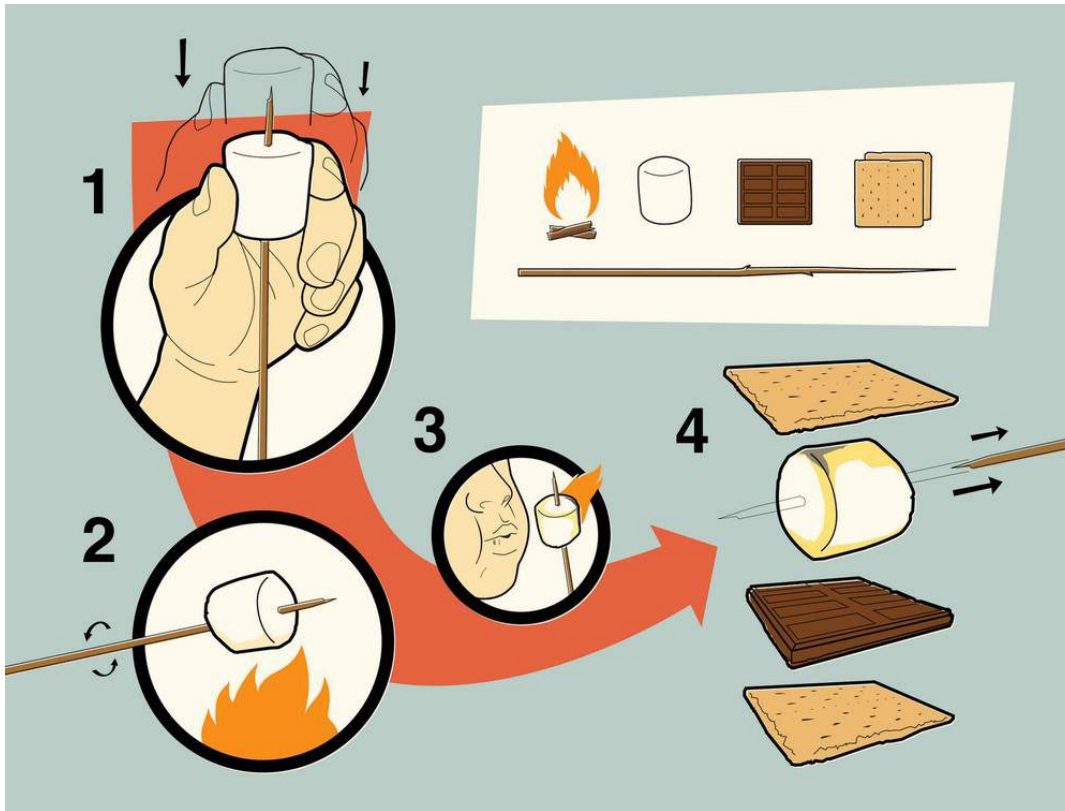
REMOVE, UNWRAP AND CHECK THAT THE POTATO IS COOKED RIGHT THROUGH



SPLIT OPEN AND TOP WITH A SPOONFUL OF YOGHURT AND A FEW SLICES OF SPRING ONION

← 4

S'mores



Try making S'mores with different types of biscuits.

- Chocolate Guide biscuits
- Tim Tams
- Chocolate Teddy bear biscuits
- Arnott's Tic Toc Biscuits

