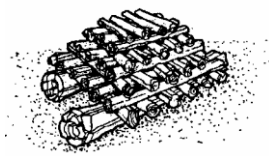


# 7. Masterchef Bush Style

## Opening

Start by standing in two lines. The front girls meet and shake hands then move to the next girl in the other line. They shake hands, as do the girls behind them. Continue until everyone is shaking hands. Finish by shouting 'Welcome!' all together.







## Make Friends with Fire

Try these challenges in your Patrol. Choose ideas that will be suitable for your experience.

- ▶ Light a fire with only two matches
- ▶ Light a fire without using paper
- ▶ Light a fire on the water
- ▶ Light a fire from a metre away
- ▶ Light a smokeless fire
- ▶ Light a fire with wet wood
- ▶ Light a fire that is a special type (pyramid, cobhouse, trench, hunter's)

### Small cooking fire

1. Make a small platform by placing some medium sized wood on the ground to build your fire on. This keeps the fire up off the ground avoiding dampness and allowing air to circulate under the fire which will assist it to burn. 
2. Place a good handful of loosely packed punk in the centre of your platform. 
3. Arrange a layer of very fine twigs around the punk in a pyramid, leaving a small opening on the side from which the wind is blowing. Add gradually thicker twigs to your pyramid and light your fire.   
Feed your fire with increasingly larger sticks and wood until it is burning well.
4. Larger wood is needed to produce coals for cooking. - Cooking is better controlled over coals - flame is useful for quick boiling. 

Can you boil a billy of water over a wood fire? Using only sticks and stones, invent a prop to hold the billy over the coals of a fire. Or...

How long does it take to light a fire and burn a string 30cm above the ground?

Clear the ground around the fire site of all dead leaves, twigs and dry grass for at least 1 metre (check state regulations). Choose a site protected from strong wind and rain, and not under low hanging branches. Remove turf from well grassed spots and store it so it can be replaced when you finish.

### Fire Safety

- Dress safely - no loose-flowing clothing. Always wear firm, protective footwear.
- Tie back long hair.
- Never play with fire - no poking!
- Avoid flaring fires caused by placing branches of dried leaves on the fire.
- Always have a metal bucket full of water nearby and a spade.
- Never pour water straight on to a fire to put it out - the steam could burn you!
- Put out the fire by gradually adding water from the edges.
- Never put water on burning fat /oil - smother with a lid, the spade or soil.
- Use leather gloves or thick pot holders for picking up hot cooking pots. Your spade is useful for carefully moving pots off the main heat of the fire.

### MASTERCHEF

Now for the fun of designing a great meal! Provide contestants with basic ingredients then a range of options that will turn plain into perfect.

### Damper Designs

Try some variations to make a tasty treat. 'Pups in blankets' are cooked sausages or frankfurts wrapped with a thin piece of damper, the whole thing wrapped in foil and baked on hot coals. 'Cheese critters' are long strips of damper with a run of tomato sauce, covered with grated cheese and doubled over to make a worm shape, the whole thing wrapped in foil and baked.

Or how about nutty banana bread—a triangle of damper spread with Nutella then covered with banana rounds, folded over and sealed shut, wrapped in foil and baked. Remember when cooking damper that the dough will expand as it cooks, so wrap it loosely.

### Basic Damper

- ▶ 2 cups SR flour
- ▶ ½ teaspoon salt
- ▶ 2 level tablespoons butter
- ▶ 1 cup milk

Mix flour and salt, rub in butter then add milk a little at a time until the mix just holds together.

### Noodly Nice

The noodles can be mixed with lots of variations. Use your favourite cooked protein – it could be chopped chicken, beef mince, a can of drained tuna, chopped hard boiled eggs, or chunks of sausage. Add your favourite vegetable – peas, corn, sliced carrot, small pumpkin chunks, sliced mushroom, beans, shredded cabbage, etc.

Now for a flavour boost! Add curry powder/paste, soy sauce, spices or herbs. There are some oldies and goodies that work well. Sweet and sour is made with soy sauce, a tablespoon of vinegar and pineapple pieces. Bolognaise is made with a bottle of passata sauce. Cook the mix in a large frypan or billy.

### Noodle Mix

- ▶ 2 packets two minute noodles
- ▶ Meat of choice (400g)
- ▶ 2 x cooked vegetables
- ▶ 2 tablespoons cream cheese spread

Boil up the noodles. Add meat and vegetables, stir in spread then heat.

### Carton Capers

The items to put in your carton can be savoury or sweet. Try recipes that make a savoury loaf, or cake. A savoury pie can be made by mixing breadcrumbs, chopped onion and bacon, tomato and grated cheese. A frittata is made by mixing cooked meat and vegetables with beaten egg and grated cheese. Or make up your favourite cake batter – but only half fill the carton.

### Cooking in a carton

You will need 2 cartons – 1 L and 2L

Wet the cartons. Put the food mix in the small carton. Put some water in the large carton. Place the small carton in the large one. Seal and place in coals to cook.

### Cook on a Stick

There are lots of things you can thread on a skewer or thin green stick! Make your own kebabs with your choice of ingredients.

Vegetables that work well are chunks of zucchini, whole small mushrooms, pre-cooked pumpkin or potato chunks, baby tomatoes, onion quarters, or snow pea pieces.

Add a protein – prawns, mini meatballs, haloumi cheese, stir fry beef chunks, salami or bacon.

While the skewers are cooking, prepare a salad to go with your creations.

### Cooking on a stick

You will need long wooden skewers, or straight green sticks, or metal skewers. You will need to place the skewers in a pan to cook, or work out a way to place them over coals to cook without burning your fingers, such as on foil on a grate.

You could also cook damper on a skewer. When cooked, fill the hole where the skewer went through with grated cheese, or your favourite sauce.

## A SWEET TREAT TO FINISH

### S'Mores

You will need plain biscuits (plain Girl Guide biscuits work fine), thin chocolate wafers or buttons, marshmallows. Toast the marshmallow over coals on a stick. Sandwich the chocolate and the hot marshmallow between two biscuits.

### Apple Surprises

Core an apple, sit it on foil, and fill the centre with sweet items (sultanas, Nutella, chocolate, marshmallows, brown sugar and chopped nuts, or... you choose). Wrap the foil all around. Bake one hour.

### Chocolate Bananas

Split the skin of a firm banana and insert some chocolate melts. Carefully sit on coals and bake 10 minutes.

### Bush Doughnuts

Make jam sandwiches with bread and jam. Cut into four triangles or squares. Mix one cup SR flour, one egg and enough milk to make a stiff batter. Coat the sandwich pieces in batter then fry in a pan, turning to brown both sides. Sprinkle with cinnamon sugar while still hot.

Of course, finish with a mega feast. And shower the cooks with compliments!

### Closing

Form a circle. Finish with Taps and fall out.

