

Cooking :

A little meat and a little imagination

With the best part of the camping season with us we thought it would be a worthwhile idea to have you try out a few fun things whilst in camp. The cheapest and easiest form of meat for camp (or even trying something on a meeting night) is MINCE MEAT.

First of all prepare the mince by mixing together 500 grams of mince, 1/2 teaspoon of salt, a dash of pepper, 1 egg, 1 tablespoon of flour and a small onion, finely chopped. Form this into rissoles and cook them as follows.

IN wet newspaper - first wrap the rissoles in greaseproof paper, then wrap in several layers of wet newspaper and cook in the coals.

IN mud - wrap rissoles in greaseproof paper, then cover them with a 1 cm thick layer of soft mud and cook them in coals.

IN grass - wrap the rissoles in greaseproof paper, then wrap them in at least 5 cm thickness of long green grass. A piece of wire is useful for tying the grass to keep it around the rissoles. Cook them in the coals.

IN a hollowed out bread roll. Cook them in the embers. Spoon the mince out of the charred roll when it is cooked.

IN a hollowed out potato. Once again cook them in the embers and then spoon out the meat when cooked. Grated cheese can be added.

IN aluminium foil - cook them in the coals.

IN a half eggshell - place them in the coals.

IN a small-waxed carton e.g. milk or honey or even a waxed cup - line the carton with slices of bread. Add some chopped bacon to the mince. Sprinkle grated cheese on top. Cook on edge of coals, turning carton around every five minutes.

IN an orange skin - line with a little foil to prevent orange from tainting the meat. Cook in embers. Cut off a small piece of orange from the top. Hollow out the orange (and eat it).

The small piece that you cut off can be used as a lid held in place by a small stick.

IN a small hollowed out marrow. (Like the orange).

IN a miniature oven - obtain a tin with an airtight lid eg. International Roast coffee or Quik. Make a hole in the lid and the bottom and put a piece of wire through them. Wrap the meat around the wire and put the lid on and place the tin in the fire.

(It is not possible to say how long any of these methods will take to cook. Cooking time will vary according to the heat of the fire, the thickness of the rissole and the thickness of the wrapping or container.)

Now try cooking them ...

ON a hot brick or stone set in the middle of the coals. A fairly slow method. Take care as some stones (especially river stones) can explode when hot.

ON a stick - roll the mince in cornflakes after wrapping it round the stick and so turn it into a pioneer drumstick.

ON a stick - wrap the mince around a stick then cover it with a thin layer of damper i.e. 1/2 cup of flour, 1 teaspoon baking powder, pinch of salt - mix with enough water to make a stiff dough.

ON a piece of bark - line the bark with tinfoil. When the rissole has cooked one side, turn it over.

ON a tin - a shallow one, only 5 - 7 cm deep is best. Make holes around the bottom, in the sides. Invert the tin in the centre of the fire so it is filled with embers. Fry rissole on top of it. A very efficient method of cooking.

ON a tinfoil plate - used as a frying pan. Make a wire handle for it.

Now that you have started, why not try cooking other food in various ways? It is amazing some of the great fun ways you can come up with. Let's know about some of your efforts and we will pass on the good ideas to other Scouts and leaders.