



Cooking with Fire

We provide a fire cooking bowl. The area you are camping in has peat soil so do not have a fire directly onto the ground as there is a high risk of ground fires. Some groups bring some dry kindling and matches or flint and steel with them to help start the fire. We once heard of a group bringing fire-lighters! The key thing to remember when cooking on a fire is that while a big fire with lots of flames looks good, it's actually a large bed of hot embers that are best for cooking on.

Whilst it is always nice to cook on a wood fire, some groups may prefer to have a Plan B and bring a gas stove which is left in the car until it is needed.

We will provide some pans which can be used on top of the fire bowl. We also provide some large spoons. On departure please return cooking items washed, clean and dry. Before using pans on a fire it is best to coat the outside with cheap washing up liquid. This will make cleaning them much easier.

We do not provide bowls and plates, knives and forks. We recommend groups bring mess tins, Sporks, and a mug to make the most of the experience, but unbreakable camp crockery will do.

Menu Ideas

Cooking on a fire can be a challenge. Food poisoning should be part of your risk assessment. Unless you are very experienced, we would always recommend you cook food which can be safely warmed up without the need for it to be piping hot. Depending on what you want to achieve from your camp, using tinned food can be an easy option. A good stew cooked above a fire always smells amazing & only you would know it came out of a tin! A few further ideas are suggested on the reverse of this page.

Hammock Camping Risk Assessment

Camping in a hammock is fun. If you have not experienced sleeping in a hammock you should. The benefits do outweigh the risks. To help you, a Beaudesert instructor will be available to help you set up your hammock camp.

When looking at planning your Hammock Camp, a good starting point is how you would manage a group of people camping in tents in a field. There will be a few different hazards you need to consider, for example, there are more trip hazards in the woods. There are also more guy lines which people can walk into. The hammocks should be safely connected to the trees, and we recommend once someone is lying in them, they should be no higher than 30cm off the ground. (Your Beaudesert instructor can help here). People do sometimes fall out of hammocks so consider the ground underneath. The manufacturer of our hammocks says they are comfortable for people up to 6ft 5in and 125kg. You should also consider wind and trees. Please remember burns in your risk assessment if you are using a fire.

A Few Simple Recipe Ideas to get you going - Have a look online as there are lots of other great ideas available on various websites. You might want to try some at home before going on camp.

One pan breakfast

You will need:

- A little oil, sausage, bacon, eggs, pre-cooked sliced potato (in a tin)

Fry the sausages and bacon in the oil in a frying pan. Pour off any excess fat and add the potatoes, stirring constantly to stop them sticking to the pan.

Scramble the eggs and add them to the pan. Cook everything together, and serve.

Baked Potatoes

You will need:

- One potato per person (plus a few extras just in case)
- Fillings/toppings
- Foil

Wrap potatoes in foil and put them onto hot embers. Check them after 15 minutes or so with a skewer to see if they are soft and continue to do so until they are ready. Remove with sticks and allow to cool a little before opening.

Serve with cheese, baked beans or homemade chilli for example.

If you are feeling adventurous you could cut into the potato before wrapping in foil and add onions, cheese, etc. prior to cooking.

Camp Stew

You will need:

- Tinned vegetables such as new potatoes, beans, carrots, etc.
- Mince lamb or beef
- Oil for frying meat
- Gravy stock made with hot water
- Herbs and seasoning

Fry the mince in a large pot until brown. Add all other ingredients to the pot and simmer gently for about an hour until cooked.

Serve with a slice of bread to mop up the juices.

Dough Twists (or Dampers)

Makes 12

You will need:

- 500g self-raising flour
- 400ml water
- Green sticks with bark removed (hazel is good)

Mix the flour and water together to make dough.

Take a handful of dough and roll into a sausage. Twist the dough around the stick and toast over hot embers until cooked. Spread with jam or chocolate spread and eat.

Chocolate Bananas

You will need:

- One banana per person
- Chocolate and marshmallows
- Foil

Make a slit down the length of the banana with a knife and stuff with chocolate squares and a few marshmallows. Wrap in two layers of foil and place on hot embers for about 10 minutes. Unwrap and eat.

Fruit Kebabs

You will need:

- Various fruit e.g. strawberries, pineapple, apple, pear, bananas, etc.
- Wooden skewers soaked in water.

Cut the fruit into chunks/slices. Thread onto skewers and cook over hot embers until hot and slightly browned.

Serve on their own or with ice cream (if you have any to hand).