

Twists

This activity contributes to the following badges:



Beavers Cook: Towards 4, Choose three dishes to prepare and cook.



Beavers My Outdoors: 1c, Cook something on a fire



Cubs Backwoods Cooking: 5, Cook something on a stick.



Cubs Our Outdoors: Towards 3b, Cook a backwoods meal.

/ Beavers / Cubs /

Introduction

Hungry? On camp? Why not make and cook some bread? "Make and cook bread?" Yes! All you need is listed below.

Time 30-60 minutes

Equipment (p.p.)

4 tbsp self raising flour ..
 1 tsp sugar
 Water 2 tbsp
 Stick 1 cm×75–100 cm ..

Optional

Zip-lock food bag
 Jam

Per event

An open fire



1

If using zip-bags, mix the flour and sugar into said bag, seal and place on one side for later.

2

Find a good stick: About 1 cm in diameter and between 75 cm and 100 cm. Clean the end or shave the bark off. A freshly cut stick is best as it won't quickly catch fire.

3

Light the fire, or get your GSL to start the fire. You want hot embers to cook over.

4

Open the zip bag. Add 2 tbsp Water. Close the bag.

5

Squish the contents of the bag to kneed the flour and

sugar into a dough. This will take about 10 minutes.

6

Squish the dough to one side of the bag, open it and see if you can take the dough out. If it's too sticky add a little more flour and squish a bit longer.

7

When most/all of the dough has been extracted (there will likely be some left in the bag), take it out and roll it into a ball in your hands. This could be a bit messy!

8

Roll the dough into a sausage about 1–1.5 cm thick.

9

Mash the dough onto the end of the stick in a spiral. It doesn't have to be a spiral, but it should adhere to the

stick well.

10

Hold the dough over the fire close enough to cook, far enough not to burn. Use the length of the stick to Keep a safe distance. Remember that your hands and face are more important than the dough; don't get burned!

11

Your twist should start to brown and may char a little. The more it chars the more like burnt toast it will taste.

12

When cooked to your satisfaction take it away from the fire. It will be hot so wait a few minutes to let it cool down.

13

Spread with jam; eat; enjoy!