

Bread on a Stick

Quick and easy bread recipe without the need for yeast (unleavened). Calculate and measure to make the dough with extra learning risk assessing the fire.

Native Americans and the Inuit were amongst the first to use the stick technique over the fire in the absence of any utensils or ingredients.

Method for 10-15 small sticks:

1. Mix flour and sugar in a bowl along with ½ tsp of salt. As an option 2 tbsp of butter can be added to make a crumble texture.
2. Flavourings can be added such as garlic powder, cheese, herbs, cinamon.
3. Continuously stirring the mixture, add the water or milk until it forms a soft slightly sticky dough. Add extra flour if too sticky. Knead for a short time.
4. Pull off a golf ball sized piece of dough and roll into a sausage shape. Take a green or wetted stick of about arms length and twist the sausage shaped dough around the end.
5. Over a fire, that just has hot embers, position the twisted dough over the heat turning regularly. It will take about 10-20 minutes until it turns golden brown and ready to heat.

Enjoy your bread by itself, dipped in soup or with other BBQ type food (that could also be cooked on the fire).

Notes:

Please see our separate sheet on creating safe fires in the garden. Alternatively a BBQ can also be used to cook the bread.

Consider creating a stand for the sticks while over the fire. Stones and logs can be used to prop them up.

Set a timer for every 4 minutes to rotate the bread sticks.

Referenced from www.muddyfaces.co.uk

Health and Wellbeing

Identify and adopt a healthy lifestyle.

Time:

30 min plus fire making.

Space:

Any outdoor space, that belongs to you.

Equipment:

300g self raising flour, 2 tbsp sugar, a pinch of salt, 240ml water or milk, stick & fire

