

# Cook on a Fire

**Increase your enjoyment of the open fire by cooking on it too! Simple recipes that can be combined with 'Fire Lighting, Anywhere'.**

For all the recipes, cooking on hot embers works best. Let the flames die down so leaving hot glowing embers.

### Fire Spuds:

Super simple to do. Depending on time either take a raw potato or part cooked in oven or microwave. Prepare your potatoes by covering in butter or oil and wrapping completely in tin foil. Add herbs, salt or pepper if you wish.

Cover in hot embers and leave for 30-60 minutes. Use tongs or oven gloves to remove the delicious potato!

### Chocolate Bananas:

Split one side of the banana skin. Now stuff the inside of the skin with fillings of your desire. Chocolate is the traditional filling but alternatives can include added marshmallows (or simply just toast these as an extra), biscuit and toffee sauce, fudge, mars bars.

Wrap your banana with the filling completely in tin foil and place in the hot embers. If you have been careful splitting the skin it is possible to carefully place on the heat without foil. Enjoy once hot and melted.

### Pancakes:

Same traditional recipe. Use an old frying pan straight on to the hot embers. Once hot, cook away!

### Notes:

*Please see separate sheet 'Fire Lighting, Anywhere' on creating safe fires in the garden.*

*Alternatively a BBQ can also be used to cook the potatoes, banana or pancake on.*

*Note young children to be supervised around fire to prevent burns and make sure it is kept in control. Mark a safe sitting distance from the fire. Fires should not be left unattended and safely put extinguished after use.*

## Physical Skill

*Develop and acquire technical knowledge & skills*

### Time:

30 min plus fire lighting

### Space:

Any outdoor space, that belongs to you.

### Equipment:

Tin Foil, Potatoes (filling/rub), Bananas - (chosen filling), Simple pancake mix, Old pan

