

CHILLY GOAT CHALLENGE RECIPE BOOK

A collection of backwoods recipes
from the 6th Northwood Recipe Book
by Keith Fanshawe & Edward Greer



A note about this booklet

The following recipes included in this booklet have been taken from the 6th Northwood Recipe Book (2012 Edition) by Keith Fanshawe and Edward Greer.

Some recipes have been adapted from those written by other authors. These people have been credited on the appropriate pages.

Edition 1 - 2012

Written by Edward Greer & Keith Fanshawe
Some recipes are adapted from previously published books. The original creators are listed on the relevant pages where known

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BACKWOODS COOKING



Backwoods cooking; cooking on an open fire without the use of pots or pans – just tin foil.

A key survival skill.

We run a backwoods meal at every summer camp.

Try a few of these popular beef, pork, fish, chicken and lamb recipes used by the 6th Northwood over the years – then try one of our backwoods dessert recipes.

All dishes are easy to prepare and should be ready within an hour.

Ensure you have good embers and plenty of aluminum foil at the ready.

Have fun!

Be sure to read the tips for Campfire Cooking on page 46 before beginning your first backwoods attempt.

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COWBOY DINNER

(for a patrol of five or six scouts)

A meaty, filling dish that steams the vegetables in it's own juices.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients

6 Potatoes
12 slices Cheese
24 Bacon Rashers
3 Onions
300g Minced Beef

Method

- In the middle of a piece of tin foil, place two rashers of bacon side by side.
- Over this place a few thin slices of onion.
- Next, two slices of potato
- Then, two slices of cheese and more Potato
- Add 50g minced beef
- Lay another two slices if bacon, side-by-side, over the top in the opposite direction to the first two,
- Fold the ends of the bacon rashers over to cover the sides of the parcel.
- Fold over the tin foil, then fold in the ends tightly so that the food does not fall out.
- Place in hot embers for fifteen minutes on both sides.

Original Author Unknown

KEBABS (Lamb, Chicken or Vegetable)

(for a patrol of five or six scouts)

Meat and vegetables on a stick and roasted. A delicious classic.

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Ingredients

200g Lamb Shoulder, Chicken Breast or Neither*
3 Peppers
3 Onions
3 Apples
6 Tomatoes
2 Cucumbers
9 sticks Celery

Method

- Prepare a green stick to act as your skewer by removing the bark from the thinner end and sealing it by placing it over the hot embers briefly.
- Cut the meat and vegetable into approximate three-centimeter cubes.
- Thread the ingredients onto the skewer.
- Place over the embers, turning occasionally, until the meat is cooked through and the vegetables are soft.

* If it is to be made without meat, extra vegetables may be required.

TIP: In theory, almost any vegetable can be used, so what actually goes onto your kebab is dependent on what you favour and what you have available.

Recipe provided by Eddie Greenhaigh

BREAD TWISTS

(for a patrol of five or six scouts)

A basic bread made on a stick. A bread kebab then...

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients

500g Flour
Water
pinch Salt

Method

- Prepare a green stick to act as your skewer by removing the bark from the thinner end and sealing it by placing it over the hot embers briefly.
- Mix the flour, water and a pinch of salt together to form a thick dough
- Adding raisins and sultanas if you like.
- Make a snake-like roll of the dough.
- Twist this snake onto a thick green stick.
- Support it over glowing embers, turning occasionally, until the outside turns golden brown.

APPLE & RAISIN PARCELS

(for a single serving)

An easy to cook, fruity dessert.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

½ Apple
20g Raisins
pinch Demerara Sugar

Method

- Make up a foil parcel as demonstrated on page 47 of this book.
- Thinly slice the apple and place in the foil.
- Add the raisins and sugar into the foil.
- Shake.
- Place in the embers for 5-10 minutes.

CHOCOLATE BANANAS

(for a patrol of five or six scouts)

Quick, easy, yet very tasty...

Preparation Time: 5 minutes

Cooking Time: 5-10 minutes

Ingredients

6 Bananas
24 Dark Chocolate Chunks

METHOD

- Slice the banana along its length on the side that curves inward, ensuring that you do not pierce the skin on the other side.
- Pull the two sides apart and insert four chunks of dark chocolate.
- Wrap the banana tightly in a double thickness layer of tin foil.
- Place in glowing embers for five - ten minutes, turning frequently.

Original recipe by Eddie Greenhaigh and adapted by Keith Fanshawe

FOIL PARCELS

The diagram on this page has been taken from an original document from the Scout Association's *Programmes Online*

A useful addition to a backwoods kitchen are these one-time-use bags made from aluminum foil.

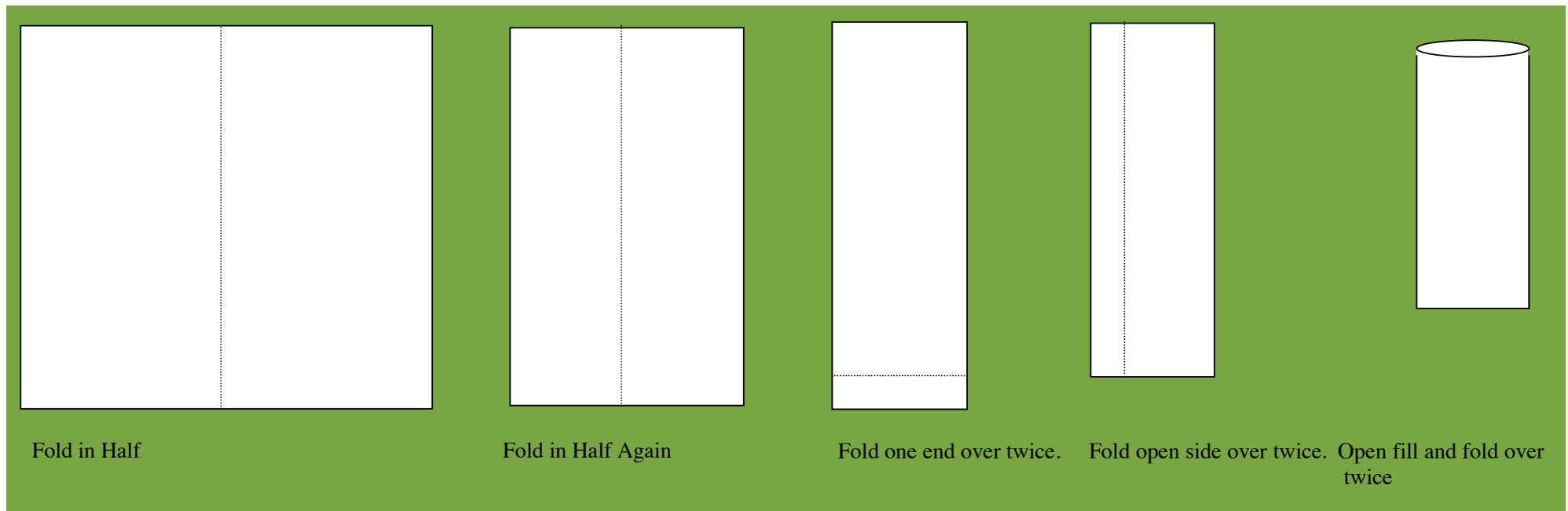
Preparation Time: 5 minutes

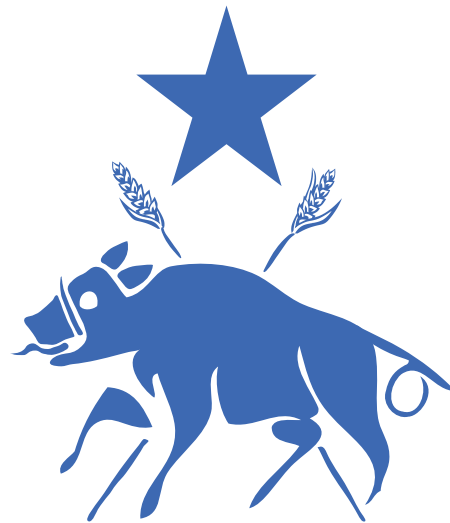
Equipment

30cm² Aluminum Foil

Method

- Fold the foil in half.
- Fold in half again.
- Fold the bottom end over twice.
- Fold the open side over twice.
- Once filled, fold the top end over twice.





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