

# Campfire Bread Twists

## You will need -

Bowl  
Spoon  
Cup  
Chopping Board  
Toasting Sticks

## Ingredients –

*(These are suggestions, you can use other similar ingredients, remember to stick to your portion sizes)*

|                           |   |
|---------------------------|---|
| 2 Cups Self-Raising Flour | 1 Cup of Water                          |
| Pinch of Salt             | Herbs/Spices for Flavouring if required |

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## Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands

Please be mindful of the risks present when children are near heat or an open flames whilst cooking and supervise children at all times. Please see the HAF Recipe Book for details of campfire safety.



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## Method -

1. Add 2 cups of self-raising flour into a bowl
2. Add a pinch of salt and use your spoon to mix in
  - 2a. If required add your flavouring at this stage - you could add something like rosemary or chilli
3. Add a little of your water at a time, stirring as you go
4. When the mix becomes difficult to stir, use your hands to bring together
5. Knead on a hard surface using your chopping board, until smooth and stretchy
6. Break into 4 smaller balls
7. Roll each ball into a long sausage shape
8. Wrap around your prepared stick, pressing down slightly to ensure it is secure
9. Hold over the embers of a fire for 15mins turning every 5minutes to ensure an even cooking heat
10. Remove from heat, allow to cool before removing from the stick

## Making your Cooking Stick -

1. Find a finger width piece of greenwood (Elder is good for this - you can identify this from its bark which has small red flecks in it)
2. Peel off the outer layer of bark from one end using your nail or an old potato peeler

## Notes -

The cup size will depend on how much bread you wish to make  
Use the same cup for all your measures  
Using greenwood for your cooking stick will ensure that it does not burn when placed over the hot embers  
Eat within 72hrs

Find more recipe cards and cook-a-long videos at -  
[www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme](http://www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme)