

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 of Self Raising Flour
Pinch of Salt

1 Cup of Water
Herbs/Spices for Flavouring
(as required)

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 flame 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-raining flour into a bowl
2. Add a pinch of salt and use your spoon to mix
 - 2a. If required add your flavouring at this stage - you could add something like rosemary or chili
3. Add a little water at a time, stirring as you go
4. When the mix becomes difficult to stir, use your hands to bring together
5. Knead your dough 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 around 15mins, turning every 5mins to ensure an even cooking heat
10. Remove from the heat and allow to cool before removing from the stick

Making Your Cooking Stick -

1. Find a piece of greenwood with is around a finger width thick (Elder is good for this and can be easily identified from its bark which has small red flecks on 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