



# Outdoor Cooking Buddy Burner



## Who is it for:



**It will take:**  
30 minutes.

## You will need:

Corrugated cardboard,  
String, an empty tin  
at least 6cm high  
and 6 - 9cm across  
and no bigger than  
a baked bean tin with  
the label removed.  
Candle wax – why  
not use all the candle  
ends left over from  
Christmas

*Guides have been making and cooking with Buddy Burners for years. They are great fun to make and cook on! Use them to have a sausage sizzle or what ever you want to cook outside.*

## What to do:

Melt the candle wax in an old bowl over hot water, or in an old pan.

While the wax is melting, cut a strip of corrugated cardboard 2cm less than the height of the tin. Cut a piece of string the height of the tin. Put the string at one end of the corrugated cardboard and roll up tightly.



Put corrugated cardboard roll into the tin. Make sure it fits snugly.



Pour the wax over the cardboard in the tin to fill it.

When the wax is hard, you can light the wick. When cooking, place metal skewers or metal tent pegs on the tin to raise the pan. Or alternatively place them inside a larger tin, but ensure it has holes near the top to let the air in. Always cook on them outside.





# Outdoor Cooking Cardboard Box Oven



## Who is it for:



## It will take:

45-60 minutes.

## You will need:

Disposable BBQ  
Cardboard box big enough to cover the BBQ  
Kitchen foil (turkey foil is the best)  
Metal cooling rack  
4 empty tins  
Oven gloves  
Small stone  
What you want to cook (we suggest pitta bread, pizzas or fairy cakes!)

## What to do:

Cut the flaps off your cardboard box.  
(Do this beforehand for Rainbows and Brownies).

Completely cover your cardboard box in foil, leaving no area of card exposed (any exposed card will be a fire hazard)

Put the BBQ on a suitable surface and light it.

Rest the metal cooling rack on the tins above the BBQ.

Carefully place the box over the top. Put the stone under the box at one corner to let air in for the BBQ to stay alight.



Once hot, cook your chosen meal in your oven by placing your food onto the rack .

Extinguish your fire & leave to cool before moving/dismantling.



**Beware -  
It will be very HOT!**



# Outdoor Cooking On Stoves



## Who is it for:



## It will take:

30-45 minutes.

## You will need:

Different types of stoves e.g. Trangia, Camping gas, Solid fuel, Primus, Petrol Fuel (Mentholated Spirit, Paraffin, Gas etc.)  
Billies/pans  
Water  
Measuring jug

## What to do:

Find an appropriate area outside. Show the girls each type of stove and demonstrate how to light them. Divide the girls into groups and give each group a different stove, a pan/billies with a pint of water. Then have a race to see who can boil their water first. Think which stove was the most efficient? Which was easy to light? Which was the best to cook on?







# Outdoor Cooking On a Fire



## Who is it for:



## It will take:

45-90 minutes.

## You will need:

Pieces of wood in various sizes, including kindling (twigs and small branches) and fuel wood (logs), cut to size  
Matches & firelighters  
Tinder (moss, paper etc.)  
Pictures/instructions for different types of campfires  
Marshmallows and chocolate-coated biscuits  
Wooden skewers

*Cooking outside does not have to be confined to the summer months. As long as you have a head torch or a good lantern you can cook in the dark.*

## What to do:

Decide on an appropriate area outside in which to complete the activity, then divide the girls into groups or Patrols. Give each group a picture of (see next page) or instructions for a style of fire they may not have built before (i.e. tepee fire, star fire, lean-to fire, log cabin fire). Ask the girls to construct and light the fire they have been given.

Once the fires have been lit, girls can toast a marshmallow on the end of a skewer. Make sure the skewers have been soaked in water first so that they don't catch fire. Then sandwich the marshmallow in between two chocolate-covered biscuits to make a s'more.

Think about which fire was the easiest to cook over and which one was the easiest to keep alight. Choose the style that you'd prefer to use for a unit campfire, for cooking a meal over and for keeping alight overnight.

## Take it further:

1. Try lighting your fire using a flint and steel instead of matches.
2. Cook without using any pans:
  - a. Cook an egg with a safety pin and a piece of string. Tie the safety pin to the string and tie to the end of a stick. Undo the safety pin and gently stick it into the egg. Hold the egg over the fire to cook.
  - b. Wrap potatoes in tin foil and place in the embers.
  - c. Corn on the cob. Get cobs with the green husks, dunk in water and place in the embers.
  - d. Cook sausages, fish, chunks of meat on whittled sticks/skewers over the fire.
3. You could also make other delicious campfire treats to cook over your fire, or even come up with your own.



# Outdoor Cooking



## Types of Fires



Log Cabin Fire



Pyramid Fire



Star Fire

Tepee Fire



Lean-To Fire







# Outdoor Cooking Tin Can Cooking



## Who is it for:



## It will take:

45-60 minutes.

## You will need:

A clean and empty tin can  
Tea lights  
Matches  
Tin snips  
A skewer, corkscrew or marlin spike  
Lemon and sugar or your choice of toppings  
Pancake batter  
Some eating utensils  
Fish slice

## What to do:

Very carefully pierce some holes around the sides of the sealed end of the tin can using a skewer or corkscrew. Then using tin snips carefully cut away some sections at the open end to ensure air can get in to feed the candle. (For Brownies and Guides, prepare the tins before hand).



Place a tea light on a heatproof surface (i.e. concrete or paving slab), light and place the can over the top and allow it to heat up.

Melt some butter on the top of the can and when bubbling nicely, carefully spoon some of the pancake batter into the centre. Wait for it to cook - wait until it has unstuck itself from the surface of the can before turning.

When it is nicely cooked on both sides, add your choice of toppings and enjoy!





# Outdoor Cooking Tea Light Cooking



## Who is it for:



## It will take:

20-30 minutes.

## S'mores

### You will need:

Tea lights  
short jam jar/saucer  
wooden skewers  
marshmallows  
chocolate digestives

## Popcorn

### You will need:

Tea lights  
short jam jar/saucer  
2 wooden clothes  
pegs  
mini foil pie cases –  
you could save your  
Christmas mince pie  
cases!  
Popcorn kernels

## 1. S'mores

### What to do:

Put the tea light in the jar if you are cooking out doors or if you really can't get outside put it on a saucer. It's advisable to put a drop of water in the jar or on the saucer for safety. Light the tea light, put your marshmallow on the skewer and toast. Put the toasted marshmallow between two biscuits and enjoy!

## 2. Popcorn

### What to do:

Put the tea light in the jar if you are cooking out doors or if you really can't get outside put it on a saucer. It's advisable to put a drop of water in the jar or on the saucer for safety. Light the tea light. Put a popcorn kernel in a foil case, and put the other foil case upside down on top of the first to form a dome. Hold the two cases together with the clothes pegs. Hold your foil cases over the flame until you hear the popcorn pop! Remove the pegs and enjoy.



# Outdoor Cooking Roasting Chestnuts



## Who is it for:



## It will take:

30-45 minutes.

## You will need:

Portable BBQ  
Sweet Chestnuts  
Fork/skewer/large  
needle – for piercing  
nuts  
Large metal spoon  
or equivalent for  
removing nuts from  
BBQ  
Plates  
Gloves

**Do not try this if you have a child with a nut allergy.**

This is a great outdoor activity before Christmas. It can also be tagged onto the end of a sausage sizzle or roast your chestnuts in an open fire.

## What to do:

Find a suitable place outside for the BBQ. Light the BBQ and let the flames die down. Meanwhile pierce the outer shells of the sweet chestnuts – if you don't they will explode! Place the nuts on the BBQ until they are roasted. Remove from the fire, and let them cool a little before removing the shells.

**Make sure younger girls are wearing gloves as the nuts will be hot! Enjoy!**





# Outdoor Cooking Kebabs



## Who is it for:



## It will take:

30-45 minutes.

## You will need:

Portable BBQ  
Wooden skewers  
Plates  
Gloves  
Chunks of meat/veg  
of your choice

## What to do:

Find a suitable place outside for the BBQ. Light the BBQ and let the flames die down. Meanwhile prepare your kebabs. Place the kebabs on the BBQ, Remember to turn them as they cook. When cooked remove from the BBQ and enjoy!

**Make sure younger girls are wearing gloves as they will be hot!**





# Outdoor Cooking Nettle Soup



## Who is it for:



## It will take:

50-60 minutes.

## You will need:

1 tbsp olive oil, plus extra for drizzling  
1 onion, chopped  
1 carrot, diced  
1 leek, washed and finely sliced  
1 large floury potato (Maris Piper or similar), thinly sliced  
1l vegetable stock  
400g stinging or dead nettles, washed  
50g butter, diced  
50ml double cream

## What to do:

Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.

Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them

## Dead nettles

This is a different plant from the stinger, but gets its name... because, although the leaves look the same, they don't sting. They have either white or purple edible flowers, and can be cooked in the same way as stingers.