

SESSION 4—UTENSILLESS COOKING

Learning Objectives: At the end of this session, each participant should be able to:

- Use different forms of cooking.

(Reprinted from *Boy Scout Roundtable Planning Guide*.)

Backwoods Cooking

Cooking without utensils, called backwoods cooking, is not only great fun—it also cuts down on the washup!

Hot Embers

Begin by building the fire with fairly large pieces of wood. Let them burn through to leave you with a bed of hot, glowing embers. This is nearly always the best type of fire for backwoods cooking. Remember, however, open fires are not allowed in many areas, and BSA policy encourages low-impact camping.

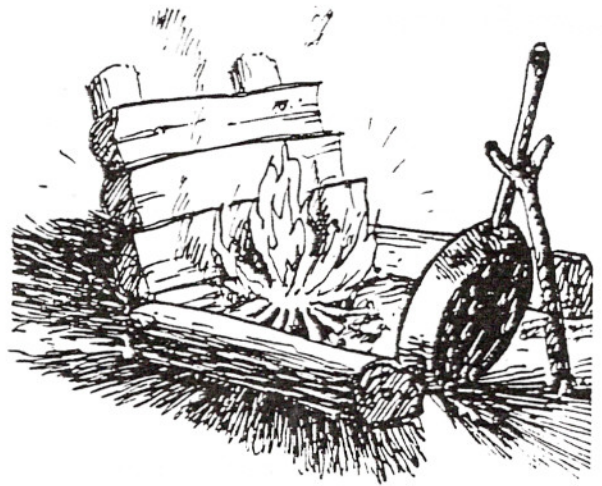
Skewers. Many types of food can be cooked on wooden skewers. Find a thin, green stick—one that bends but does not snap. Any wood will do except yew, holly, elm, and laurel, which are poisonous.

Peel the bark off and make a point at one end. The skewer can then be pushed through the food and hung over the fire or laid with one end on the ground and the other on the back of a reflector fire. Or you could simply sit and hold it, turning the food as it cooks.

Use this method to cook

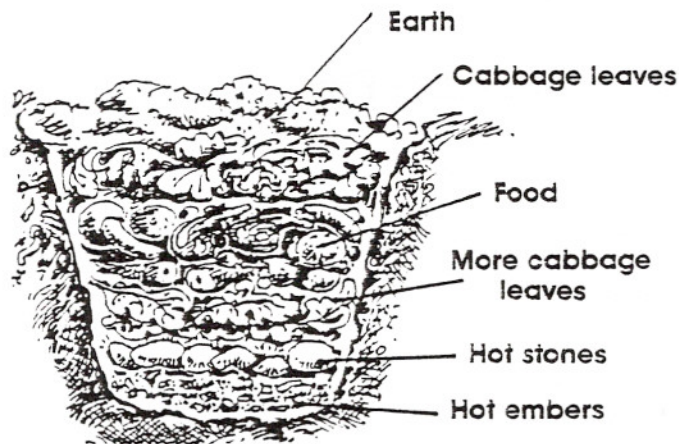
- Sausages
- Apples
- Tomatoes
- Twists
- Toast
- Onion
- Chops
- Bacon

Potatoes. Cut off the top of a potato. Scoop out the inside—but don't take too much or you might break the skin. Crack an egg into it or put small pieces of cheese inside. Replace the top and fix it in place with thin pieces of wood. Cook it in the embers for about an hour.



Reflector Fire. This type of fire is especially good for backwoods cooking because you can direct the heat straight at the food. Use logs or large stones (but not flints) behind the fire, held up with wooden stakes driven into the ground.

Take care not to sit opposite the reflector or you will be baked as well.



Fiji Oven. Dig a hole in the ground and build a fire at the bottom. Get it going well and put several large stones (not flints) on top. When the stones are really hot, lay some large leaves (such as cabbage leaves) on them. Next, pile in the food—sausages, chops, potatoes, and other vegetables—then cover with another layer of leaves. Finally cover well with earth and leave to cook for about 6 hours.