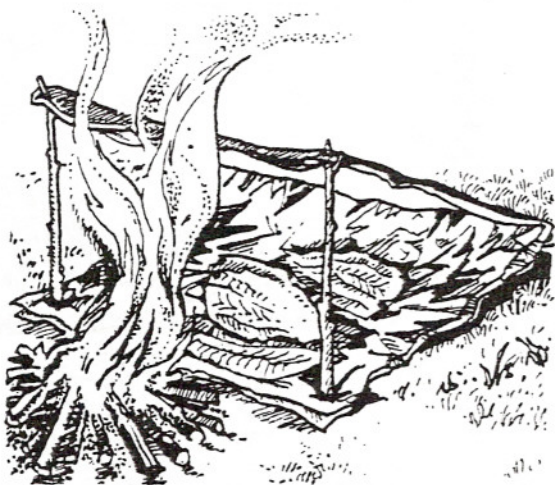


Instant Oven

You will need:

- A piece of foil about 5 feet long
- Two sticks 12 inches long



Method:

- Fold the sheet of foil in half and peg one end to the ground with the bottom of a stick in each corner at this end.
- Fold the foil in half and bring the free end up, attaching it to the top of the two sticks, at a 45 degree angle, as shown.
- Place the food on the bottom half of the foil and light your fire by the open end of the reflector oven.

Hot Cross Buns

You will need (quantities are for eight buns):

- 8 oz self-raising flour
- 2 oz brown sugar
- 2 eggs
- 2 oz butter or margarine (melted)
- 2 oz dried fruit or chopped apple
- 1 pinch of mixed spice
- 1 cup of milk

Method:

- Mix the dry ingredients together.
- Add the beaten eggs, milk, and melted butter, mixing to result in a smooth batter.
- Using a smooth rock as a mold, make eight foil dishes. Grease them well with butter or margarine.
- Divide the mixture into the dishes (they should not be more than a third full).
- Cut thin slivers of apple, with the skin on, and make a cross on the top of the buns.
- Bake in your camp oven for about 20 minutes.

Bacon-in-a-Bag

You will need:

- A paper bag
- Two slices of bacon
- A piece of string
- Patience!

Method:

- Place the bacon in the bag and tie the top securely with string.
- Suspend the bag from a stick. Cook over hot embers and shake the bag continuously for about ten minutes.

