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The Muddy Puddle Teacher



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EYFS and KS1 Cooking Ideas

Fast and Quick

Marshmallows on a Stick • Fruit Kebabs – Cut different types of fruit up such as apple, banana, and strawberries and thread them onto the kebab stick and toast on the fire. **VEG | DAIRY | VEGAN | GLUTEN** • Veg Kebabs – Cut different types of Vegetables up such as red pepper, tomatoes, mushrooms, and thread onto a Kebab Stick and toast on the fire **VEG | DAIRY | VEGAN | GLUTEN**

Popcorn

You need popcorn kernels, sugar, oil, foil or sieves. There are two ways of doing this. The first is by putting two pieces of foil out about 50cm in length each. Place one on top of the other. Then put a handful of kernel seeds onto this (you can purchase these in most big supermarkets). Drizzle some oil then fold over the foil to make a parcel. Twist the ends and curl up and attach this to a long stick. Then place in the fire. Listen carefully and when you start to hear popping, take the parcel out. Allow to cool, unwrap, sprinkle with sugar and tuck in. **VEG | DAIRY | VEGAN | GLUTEN (Do check packaging can differ from brand to brand)**

Potatoes

Baked Potatoes. Poke with a fork, cover with foil then put on the fire, keep opening and checking on it and turning it around until it is all cooked. Top with butter or cheese. **VEG | DAIRY | VEGAN | GLUTEN**
Sweet potatoes. An everyday campfire treat in India, do the same technique as the above recipe. **VEG | DAIRY | VEGAN | GLUTEN**

Sautee Potatoes Chop potatoes into small cubes. Put onto foil, drizzle with oil and add salt and pepper. Parcel the potatoes up and cook on the fire. **VEG | DAIRY | VEGAN | GLUTEN**

Smores

You need marshmallows, kebab sticks, graham biscuits or digestive biscuits, a favorite campfire treat in the United States and Canada. Cook marshmallows on a stick when nice and brown take off the fire. Then take the marshmallows off the stick by sandwiching the marshmallow with two graham biscuits/digestive biscuits and add a layer of chocolate. **VEG**

Hotdogs

You need hotdogs, kebab sticks, bread (hot dog bun) sauces. Hotdogs can come in tins, and these are perfect for storage reasons if you're in a remote place. Cook by placing vertically on a stick. Then put in a hot dog bun and add sauces mustard, ketchup and mayonnaise are favourites. Or you could make a dough and wrap this around the sausage cooking together. The dough recipe is below.

Campfire Cones

You need: ice cream cone/waffle cone/peanut butter Line the cone with peanut butter, then stuff with marshmallows and chocolate chips, wrap it in foil and put it on the fire. You can make savory versions of these by adding cheese and pepperoni and other delicious ingredients. **VEG**

Roasted Fruit

Wrap an apple in foil with cinnamon and butter and put on the fire, turning every few minutes. You could also do this with pears and banana. Once ready to serve with ice cream or cream. In India, an everyday campfire treat is roasted pineapple. For Vegan and dairy free options serve with soya cream. **VEG | DAIRY | VEGAN | GLUTEN**

Veggie BBQ sticks

You need halloumi, tofu and any of your favourite vegetables. Cut into cubes put on sticks then grill. **VEG | DAIRY | VEGAN | GLUTEN**

Pitta pocket pizzas

You will need pitta bread wholemeal or white, tomato puree, cheese, tomatoes(any veg will do) How to Make It: Cover the inside of pitta bread with tomato puree, then stuff with cheese and all of your favourite veggies. Cover in foil and put on the fire. A sweet version can also be made using marshmallows and chocolate chips. **VEG**

Bannock Bread

You will need one cup of flour, one tsp baking powder, 1/4tsp salt, two tbsp of salt, two tbsp oil or butter, a favourite campfire treat in Scotland. Mix the oil or butter with the flour then slowly add the water to make a dough, if you do use the baking powder put it to one side to let it rise before you cook. Then wrap it around a stick and cook. **VEG**

KS2 Cooking Ideas

Damper Bread

What do you need one cup self-raising flour, one tsp sugar, one tbs butter, 3/4 cup milk and a pinch of salt. A favourite campfire treat in Australia and New Zealand. Rub the butter through the flour with your fingers until it is all crumbly. Mix the salt, sugar and a little bit of milk at a time until it forms a dough. Divide into two pieces and roll into a long worm shape. Wind around a kebab stick in a spiral. Hold over the campfire to cook and eat once cooled. **VEG**

Banana Boats

You need a banana, chocolate chips, marshmallows, and foil. Popular in Canada, New Zealand and the US first peel a banana and put the skin to one side. Slice the banana lengthwise; add chocolate chips and marshmallows in the slit. Wrap the skin back around the banana, then wrap the whole things in foil and cook until soft and gooey. **VEG**

Chocolate Orange Cakes

You need chocolate cake mix (can buy in packets) an orange and foil. First cut an orange in half and scoop out its insides and put to one side. Mix the chocolate cake mixture with the insides of the orange. Then scoop the mixture back into the skins of the orange, wrap in foil and cook on the fire. Use a spoon to eat.

VEG

Pancakes

You need pancake mixture, fillings such as lemon, jam, chocolate spread, a pan, oil. Make the pancake batter up in a bowl. Put a bit of oil in a pan and have this cooking in a pan on fire. Pour a small bit of the batter in a pan and cook until brown then flip over to the other side. Once cooled add your favourite fillings. You could also make savory options using cheese, onions and other veggies. **VEG**

Bush Donuts

You need jam, bread, batter, cinnamon, sugar. This dish is popular in Australia. Make up a Jam Sandwich and the batter separately. Have a pan on the fire cooking with some oil in and dip the sandwich in the batter and fry on a frying pan. Once golden and delicious take out and sprinkle with sugar and cinnamon. **VEG**

Hobo Packs

You need mincemeat, torn off bits of bread, carrots onions cubed potatoes, ketchup, salt and pepper, and foil. Make a parcel out of foil ready to put the ingredients in and have it to one side. Separate the mincemeat and add this, add the bits of bread, chopped up carrots, onions, cubed potatoes, cover with ketchup and a pinch of salt and pepper. Cook on the fire until ready. **DAIRY | GLUTEN**

Orange poached eggs

You need the skin of an orange and eggs. Take the insides out of the orange and wash the skin. Crack an egg into the orange rind, wrap in foil and cook on the fire. **VEG | DAIRY | GLUTEN**

The Great Outdoor Wrap

You will need Tortilla Wraps, cheese, tomato puree and pepperoni. Spread tomato puree on a tortilla, sprinkle on cheese and add the pepperoni. Wrap in foil and cook on the fire. Can make this a veg option if needed. **VEG**

Big Bushtucker BBQ

You will need various meats such as sausages, burgers, ribs, chicken thighs, sauces, breadcakes and cheese. BBQ on the fire until thoroughly cooked. Toast the bread then add sauces and cheese.