

NATURE ACTIVITIES

CAMPFIRE COOKING

Learn how to make a campfire and cook on it like old times! Strawberry Cobbler is the featured recipe! This is a great activity to learn and spend time together!

PART ONE - BUILD THE FIRE!

Gather wood and learn how to make a fire to gather 'round and cook over!

Resources/materials needed: Sticks, Logs, big stones, fire ring, cardboard, tinder, twigs, paper, matches

Skills: Cognitive, Motor Skills, Hand-Eye Coordination, Technical Skills

DIRECTIONS:

Step 1: Go out and gather wood. Little twigs and larger sticks is great for building fires! Medium size sticks are called kindling in fire terminology and Make sure it is dry. Watch out for ticks.

Step 2: Gather tinder which is material like wood shavings, bark, dried grass, and small twigs. Keep a small pile where you can access while building the fire. Make sure it is far enough from the fire that a spark will not burn it outside of the ring.

Step 3: If you are at a campsite, a fire ring and cooking grill should already exist. If you are on your own property, make a ring about 2-3' in diameter with bricks or large rocks. You can also use a raised fire pit. Use a shovel to dig up the grass so where the fire will go is only dirt. Make sure it is in a space away from high grass and dry brush. Have a bucket of water close by. Make sure it is in a moderate or low risk fire zone for safety. Do not have a fire on a super windy day.



Photo Credit: Old Farmers Almanac

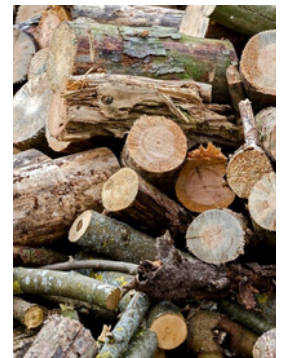


Photo Credit: Atlas and Boots



Photo Credit: Atlas and Boots



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Step 4: Now it's time to pick what type of stacking you will do. You can use the Tepee method which is simple with placing kindling and logs in a circle and meeting vertically at a slight angle meeting at the center.

A Lean To starts with a log laying horizontally with kindling placed crossing on top of the log from the ground.

The Log Cabin style starts off making a square with medium-large diameter sticks at least 2' long. You build upon it like playing with Lincoln Logs. This has even air flow and is slow burning.

The Star style has logs on the ground in a star formation and a tepee made with smaller kindling and tinder in the center.

When you build either of these, thinking about air flow is important. The beauty of building fires is that you can and should continually build upon it as it burns. Don't load too much on at first because you can always add more kindling and logs.

Step 5: Take the tinder and and lightly place it in the middle of the formation you built. Light it with a long lighter or a long match if you have one. If not you can crumple up paper and light it in the same spot. Lighting the fire is important to keep everything fed. If it is damp out it may be a little harder to light. Have a small pile of tinder near you so you can keep feeding the fire until the kindling (larger sticks light) Once the kindling lights and burns keep placing sticks on top to replace what is burning. This is feeding the fire. Once the kindling is burning hot enough it should catch the logs on fire. If you are using the Tepee format this is when you can place larger logs in the same fashion as the kindling, but gently on top so it catches bigger logs on fire.

Step 6: Once the logs are lit, it is time to enjoy the fire and get ready to cook! Remember to keep feeding the fire with kindling even when it's just logs to keep the fire burning optimenly. Place logs to replace burnt logs as the fire burns. Remember to place so air flow gets through the kindling and the logs to keep the fire rolling.

Reflection: Talk about your experience. Was building the fire challenging? What did you like most about the process?



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PART TWO - STRAWBERRY COBBLER

Learn how to make a Strawberry Cobbler on an open fire using a dutch oven or a cast iron skillet.

Resources/materials needed: Cast iron skillet/dutch oven with lid, fire, grill on top of a fire pit

Skills: Cognitive, Motor, Hand-Eye Coordination

INGREDIENTS:

For the topping:

1-1/4 cups all-purpose flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1/2 teaspoon ground cinnamon
5 tablespoons butter, cut into

small cubes
3/4 cup whole milk
1 teaspoon vanilla extract

Filling:

5 cups halved fresh strawberries
1/4 cup sugar
1 tablespoon corn starch

DIRECTIONS:

Step 1: Grease the cast iron skillet or dutch oven. Put the strawberries, sugar and corn starch into the pan/dutch oven.

Step 2: If you are using a tripod with the dutch oven, place on top of the fire and lower so that the dutch oven is hanging low close to the fire. touching the logs is okay because it gets closer to the coals. If you are at a campsite with a fire ring and a grill, swing the grill over the fire and place the dutch oven or skillet on top of the fire. If you have neither of these, you can place the dutch oven directly on the coals once the fire has been going for awhile and the coals are red hot. Make sure the coals are even so that the oven does not tilt.

Step 3: Cook down the strawberries. As this is cooking mix up the topping batter in a bowl with a spoon. When everything is mixed evenly and is fluffy you can add it by spoonful on top of the strawberries.

If you want to create an even cooking environment you can use tongs to put coals on top of the dutch oven lid. Let cook for 30 minutes until the topping is golden brown. Remove coals on lid and remove from fire to let cool. Serve as you wish.

Step 4: You can continue to cook on the fire using a dutch oven and cast iron skillet for many of your favorite dishes! Experiment! Check out this great resource of recipes for dutch oven cooking by [clicking here](#) When done with your fire, put out safely with a bucket of water.

Reflection: Do you enjoy cooking on a fire? What would you do differently?

Resources:

atlasandboots.com/how-to-build-a-campfire-a-step-by-step-guide/
legendsofamerica.com/we-campingrecipes/
artofmanliness.com/articles/how-to-build-a-secret-backyard-fire-pit/

mensjournal.com/food-drink/this-easy-cast-iron-cobbler-is-all-you-need-for-a-perfect-campfire/
delish.com/cooking/recipe-ideas/recipes/a53626/campfire-cobbler-recipe/
theblondcook.com/skillet-strawberry-cobbler/
<https://www.beyondthetent.com/31-dutch-oven-camping-recipes/>



Photo Credit: The Blonde Cook



Photo Credit: The Spruce Eats



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