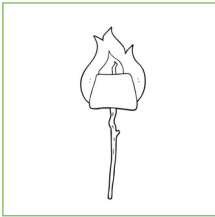
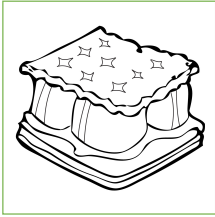


Learning in the Leaves

Stick Cooking



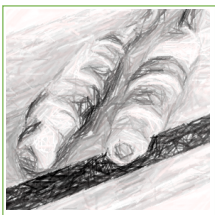
Marshmallows: This is one of the simplest things to cook on a stick. Place one or two marshmallows on a stick and then hold above the camp fire. You should hold you marshmallow near glowing embers rather than flame. Rotate the marshmallow slowly until golden brown. If your marshmallow ignites, take out of the fire and blow out.



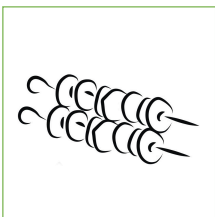
Smore: Once cooked, sandwich your marshmallows between two of your favourite biscuits. Chocolate digestives are usually the best choice.



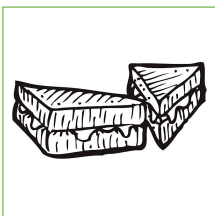
Sausage: Cooked on a stick, ensure you cook a distance from the embers to ensure it cooks slowly without burning. It is often necessary to take the sausage off and turn for even cooking. You can also use hot dogs; hot dogs can have their ends cut in halves or quarters to make it easier to cook, ensure you leave a section complete in the middle where the fork can be placed.



Dough Twists/ Damper: Mix self-raising flour with water until you have a good dough consistency, maybe slightly sticky. Take a large pinch of dough and roll into a long sausage shape. Starting from the point of the stick twist the dough sausage around the shaft of the stick, with each twist close together. Then cook the twist over the fire embers, turning slowly. When cooked the twist should be a light golden colour.



Kebabs: A variety of meats and vegetables can be cooked on a stick. Try making a kebab with sliced mushrooms, tomatoes, onion or courgettes. Chicken is often easy to cook on a kebab stick as well. Kebabs can be flavoured with your favourite herbs and spices. A grill can be used to rest your kebabs on.



Toasted Sandwich: This isn't one that I would normally associate with cooking on a stick. On bread, spread mayonnaise, ham, cheese (of choice, but swiss would work well) and pickles. Top with another slice of bread, and cut the sandwich into quarters. Toast each quarter on a stick/skewer until the cheese melts.