



1. Nettle Pakoras

Ingredients - makes 8-10 pakoras

75g Nettle leaves (about half a carrier bag full)
1 small onion - finely chopped
2 cloves of garlic - finely chopped
2 tsp curry powder
0.5 tsp salt
100g Gram flour
1tsp baking powder
Vegetable oil for frying

Method

First wash the nettles.
Chop onion & garlic then add salt & spices and mix thoroughly.
Drain the nettles, roughly chop them and mix into the other ingredients, then mix in the flour.
Form the mixture into balls a little larger than golf balls.
If the mixture won't hold together, add more flour.
Fry the balls in hot oil until golden brown and then drain on kitchen roll.
Serve with homemade chutney or a salad made from wild leaves.

2. Damper bread

Ingredients

1 cup self-raising flour
1 tsp sugar
1 Pinch of salt
1tbsp olive oil
Water as required

Add herbs or cinnamon - if you wish
Pre prepared toasting stick -About 2cm diameter - green wood with bark peeled off.

Method

Mix dry ingredients in your ziplock bag
Add oil and mix - push the corners into the middle and manipulate until you have 1 ball of dough. Flour your hands, knead the dough a bit then roll into a long sausage and wrap evenly around your stick. Hold over hot embers turning slowly until brown.
Serve with butter or jam.

3. Bacon & egg in a bag

Streaky bacon - not longer than the bag, 1 or 2 Eggs

Use the bacon to 'grease' the inside of the bag

Lay the bacon in the bottom and break an egg(s) over the top.

Fold the top of the bag over several times.

Make a couple of holes through the folds and thread in a green stick handle.

Stand the bag on a trivet or directly on the embers.

You will soon hear the bacon sizzling

After 7/8 minutes (depending on the heat) check in the bag - if the egg is cooked the bacon will be too.

Tear off the top off the bag and enjoy.

4. Welsh cakes

Ingredients

225g plain flour

85g caster sugar

½ tsp mixed spice

½ tsp baking powder

50g butter, cut into small pieces

50g lard, cut into small pieces, Plus extra for frying

50g currants

1 egg, beaten

Little milk if required

Method

Mix dry ingredients in a bowl (not currants).

Then, with your fingers, rub in the butter and lard until crumbly. Then mix in the currants.

Work the egg into the mixture until you have soft dough, adding a little milk if it seems dry.

Flour your hands and roll the dough into small balls

Flatten the balls on a lightly floured board/plate to the thickness of your little finger.

Grease a flat griddle or heavy frying pan with lard, and place over the heat.

Once the pan is hot cook the Welsh cakes for about 3mins each side, until golden brown, crisp and cooked through.

Serve warm with butter and jam, or caster sugar.

5. Toffee Apples

Ingredients: Apples, sugar, cinnamon - bowl with water

Prepare a green wood stick with a point

Spike your apple and toast until black all over

Dip in water then scrape/peel off the skin

Dip the apple in the sugar and cinnamon mix

Then hold over the heat so that the sugar caramelises.

Let your apple cool a bit before tasting - hot sugar burns....

6. Apple dump pudding

Ingredients

Tin of Apple pie filling

Cake mix (get one that doesn't need egg added)

½ Can of sprite

50gms butter

Method

Grease the inside of the Dutch oven - or if you prefer a tin foil tray that fits into the Dutch oven.
Dump apple pie mix in

Sprinkle cake mix evenly over the apples
Spot the top with thin slices of butter
Gently pour in half a can of Sprite.

Cover

Sit the oven on the trivet in the fire Add coals/embers from the fire on top of the oven.
Check after 40mins.

7. Choc cake in Dutch oven.

Ingredients

175g Marg or butter
175g Caster sugar
3 large eggs
150g Self Raising flour
50g Cocoa
1tsp baking powder
1tsp vanilla extract
Pinch of salt

Method

Put all ingredients into a large mixing bowl and beat with a wooden spoon.
Don't beat too much - just enough to make a smooth mix.
Grease the Dutch oven or foil tray with marg/butter.
Spoon the mixture into the oven/tray smooth the top.
Put the oven lid on.
Place the oven on the trivet. Add coals/embers from the fire on top of the oven.
Check after 25mins

8. Choc cake in oranges.

Ingredients

175g marg or butter
175g caster sugar
3 large eggs
150g self raising flour
50g cocoa
1tsp baking powder
1tsp vanilla extract
Pinch of salt

Method

Put all ingredients into a large mixing bowl and beat with a wooden spoon.
Don't beat too much - just enough to make a smooth mix.
Cut the top off the oranges and scoop out the fruit with a spoon.
Spoon the cake mixture into the oranges.
Put the lids on.
Place the oranges onto hot embers.
Check after 15mins