

Ingredients

Makes approximately 10-15 small (thin sticks)
or 5-10 large (thicker sticks)

300g (2 cups) self raising flour
240ml (1 cup) milk (or enough to bind into dough)
½ tsp salt
75g (2 tbs) butter (optional)
1-2 tsp sugar (optional)
Flavourings of your choice – herbs, spices, cheese etc (optional)

Special dietary needs:

Gluten free – try a mix of 3/4 rice and 1/4 gram flour or other gluten free flour (you might need to experiment a bit and use a binder such as egg).

Dairy free – substitute butter for plant based oil and use water instead of milk.



Preparation

Build a fire and let it die down to embers.
(see [building a cooking fire](#) in the Outdoor Hub)

You will need

- a greenwood stick to wrap the dough around tubes such as bamboo or a metal tube on the end of a wooden stick allow the bread to bake from the inside out
- hand washing facilities
- tubs for transporting the ingredients – screw top beakers are great for this
- bowls for mixing

Step 1 – make the mix

Mix the flour, salt and sugar in a large bowl. If using butter – rub into the flour mix until it resembles a fine crumble.

Step 2 – add flavourings

Add any additional ingredients – here are a few ideas: oregano, rosemary, thyme, toasted garlic, cajun spice, garlic powder, cinnamon, nutmeg, a handful of cheese.

Step 3 – add wet ingredients

Add the liquid a little at a time and stir the mixture. Eventually it will form a soft, slightly sticky dough. Knead the dough for a short time in the bowl (if it is too sticky add a bit more flour).

The final consistency should be slightly softer than playdough.

Step 4 – wrap your stick

Tear off golf ball-sized pieces and roll into a sausage.

Squidge these onto a stick, wrapping the top back around onto itself to make it hold firm. Then twist the dough down the stick and wrap at the bottom to secure again.



Step 5 – cook

It is important that the fire has died down before starting to cook (flames will quickly blacken the outside). A medium-sized fire that has died down with plenty of hot embers is ideal.

Hold the dough over the embers (not too close) and regularly turn the stick. If you want the bread to be nicely baked then patience is required. If the dough is put too close to the heat the outside browns but the inside remains doughy.

Time taken to bake will be dependent on a number of factors such as the thickness of the dough, but allow around 15- 20 mins to bake.

Tip

Cooking can seem like a long time to wait for some children/groups and often they get tempted to move their bread closer to the heat to speed the process up.

If you prepare a stand that can be used to hold the bread at the correct distance above the embers, then the sticks can be left and other jobs/activities can be done while they are cooking slowly.



It is important that at least one person stays to keep an eye on them in case the embers flare up or die down and are not emitting enough heat. Encourage the children/group to return roughly every five minutes to turn the sticks to ensure even cooking.



Eat warm with butter or make your own wild garlic butter and dip in your campfire vegetable soup. Yum Yum!