

COOKING

SCOUTS SURVIVAL SKILLS BADGE



CONTENTS >>>>>

Page 3

Introduction

Page 3-8

Cooking Methods

Campfire

Cooking with equipment

Cooking without equipment

Make your own cooking utensils

Page 9-11

Foods from the wild

Page 12

Recipe ideas

Page 13

Activity sheet



THANKS TO >>>>>

Austin Lill

Terry Longhurst

22nd Hampstead Sea Scout Group

15th Chingford Scout Group

for their contributions to this resource.

SCOUTS AND VICTORINOX DISCLAIMER

The Scout Association recognises that bladed and sharply pointed hand-tools are important for working on survival skills. We promote the safe use of knives used as a tool reiterating UK Law. Knives with a fixed non-folding blade, a folding knife with a blade over three inches in length or a folding knife which, locks in place require the person carrying such a knife in public (whatever age) to have good reason for carrying the tool. It is illegal to sell such a tool to a person under 18.

The Scout Association holds no responsibility from injuries that have occurred as a result of using this resource. Whenever a knife is to be used, or any other activity a risk assessment must be made and suitable controls put in place.



INTRODUCTION >>>>

It is important to know how to live off the land around you if you find yourself in a survival situation. Being able to identify some common wild foods, and prepare them in a meal or drink, will help you in the short term.

CAMPFIRE

Campfires are at the heart of your outdoor kitchen and building a campfire is a key Scouting skill. Apart from cooking, it is important to be able to boil water, making it clean and safe to drink.

Cooking over a wood fire can be great fun and will give your food a deliciously smoky flavour. However, it can be difficult to control the temperature and rate of cooking to ensure your food is cooked through and evenly. Practice building different types of fire before you go on an expedition, and try cooking with and without equipment in case you find yourself in a survival situation.



TIP

Find out how to build different types of campfire in the *Survival Skills: Building a Fire* resource pack. Visit scouts.org.uk/victorinox

COOKING METHODS >>>>

COOKING WITH EQUIPMENT

Before you leave for camp, decide which cooking utensils you will need for each meal (whether you take food with you, forage or catch it). Work out how long it will take to cook and what order you will need to cook things in. If you do not have many utensils or pans you will need to be inventive in using them. Make sure you have everything you need to hand before you start cooking, including plenty of fresh water and fuel. Prepare your ingredients before you begin cooking by cleaning and chopping fresh vegetables or meat and measuring out any dry ingredients.



Frying

Frying cooks food in a small amount of hot oil in the bottom of a pan. You need to ensure food is evenly cooked, especially if there's a lot of food in the pan. Stir-frying is another option and a wok has more space to enable large quantities to be cooked at the same time. Think carefully about the order in which you cook your ingredients, as meat will take longer than vegetables.

Baking

Baking is reasonably straightforward as food can be placed directly into a camp oven. You will need to rely on your own judgement, and keep checking how the baking is progressing.



Grilling

This involves applying an intense heat either above or below the food and works well on all sorts of food from bread to fish or thinly sliced meat. You will need to turn it regularly so that it doesn't get overcooked on one side. You must ensure that food is cooked through and not raw in the middle.

Poaching

Poaching uses water at a low heat to gently cook delicate foods like fish or eggs. Fill a pan with water, bring it to the boil and then simmer just below 37C. If you are cooking fish, submerge it in lightly salted water and simmer for ten minutes or until it flakes. To poach eggs, bring water to the boil then simmer; the less agitation from the bubbles, the less the eggs will disperse when you drop them into the pan. Crack the egg into a cup then pour gently but swiftly into the pan. Cover the pan and cook for ten minutes.

Boiling

Bring a pan of water to the boil, add your ingredients and keep the water at or just below boiling until the food is cooked. Times will vary depending on what you are cooking, which will usually be vegetables.



Stewing

A simple and popular way of preparing a hot meal, stewing brings the water to the boil then simmers so that the ingredients cook gently.

Steaming

Use steam from boiling water to cook your food by continuously boiling water in a saucepan, keeping the lid tightly shut. Make sure the pot doesn't boil dry.

One-pot cooking

This is a popular method of cooking on camp, as it is fairly easy to do and saves having to wash up lots of pots. One pot cooking is good for making casseroles or stews.

Roasting and grilling

Meat or large pieces of vegetables can be roasted or grilled over a campfire. Use a metal grill supported over the fire by metal legs, large stones or logs. If you have oil with you, brush the bars of the grill with it before you start cooking, so the food is less likely to stick to it.

Pot roasting

This is a slow way of cooking large pieces of meat without using an oven. A traditional 'Dutch oven' cooking pot is best, but any fairly large pot will work as long as it has a tight-fitting lid.

i FIRST AID

Make sure you familiarise yourself with the First Aid treatment for burns and scalds before you build a fire or start cooking. Ensure a First Aid Kit and water is nearby for treating small or minor burns. More serious burns will require professional medical treatment at a hospital. To find out more about first aid check the Survival Skills First Aid pack available at scouts.org.uk/victorinox



COOKING WITHOUT EQUIPMENT

If you do not have any utensils or pans you will need to be inventive in what you can utilise to cook with or make some of your own utensils.

Roasting and grilling

Meat and large pieces of vegetables can be roasted over a campfire on long skewers or spits. These can be made out of green wood.



Baking in leaves

Use large leafy green vegetables such as cabbage, kale, romaine lettuce leaves or burdock leaves, which also have edible roots. Wrap the food to be cooked in the leaf and peg it closed with peeled and sharpened slivers of green wood. Always wash the leaves first. Potatoes and onions can be baked in their own skins without any wrapping.



Baking in foil

Some foods can be wrapped in layers of aluminium foil and placed directly on the hot embers of a campfire to cook. This works best with burgers, sausages, fish, corn on the cob, onions, tomatoes, mushrooms, potatoes, squash, aubergines, apples, oranges and bananas. Larger pieces of meat won't cook evenly using this method. Cooking times vary depending on the food and the temperature of the embers, but sausages typically take about 30 minutes and potatoes about 40 minutes.

Cooking on hot stones

Find and clean a flat stone and place it directly on top of the fire, supported on each side by smaller stones or logs to make a small altar. Once the stone heats through it can be used as a frying stone or griddle.

⚠ WARNING!

Never use rhubarb leaves, which are poisonous.

⚠ WARNING!

Do not use concrete, flint, slate, broken or flaky stones or stones that have been in water.



MAKE YOUR OWN COOKING UTENSILS

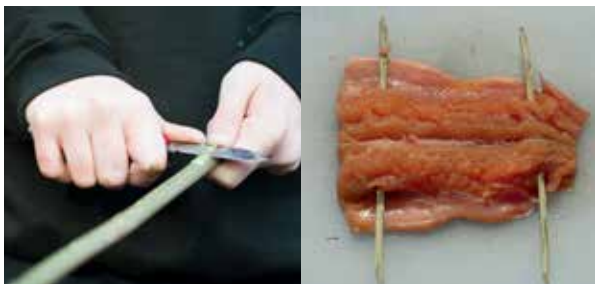
Kebab sticks

Kebab sticks can be used for roasting or grilling food. Use your knife to carefully strip the outer layer of bark from a hazel wood branch and sharpen one end of the branch to pierce through the food.

Making a frame for ponnaced trout

Hazel wood is a good option for making a frame. It is usually straight, is non toxic, won't burn and generally splits well.

- ① Find a length of hazel wood approx 60cm in length and a about 2-3cm in diameter. Also, two thin lengths of hazel (these need to be longer than the width of the filleted fish).
- ② Using a fixed blade knife, whittle one end of the long stick into a point and make sure the other end is flat. Push the sharp end into the ground to secure it. Position the knife across the middle of the flat end of the stick and tap with another block of wood to split it. Continue to tap it until the split is the length of the fish fillet plus about 2-3cm extra. Use the stick to make a hole in the ground at about a 20 degree angle so that the trout will be positioned over the fire. If placed too high it won't cook, or if it is too low, it will burn.



TIP

To find out more about which tool is suitable for a job and about knife safety visit scouts.org.uk/victorinox

- ③ Taking the two thin lengths of hazel, carefully strip off the outer layer using your fixed blade knife or a Swiss Army Knife. Sharpen one end and skewer them through the top and bottom of the fish fillet.



- ④ To secure the fish, gently pull the batoned split apart just enough to lower the skewered trout into it. Once it's in and lying flat, tie the split together at the top with wet string or fresh nettle cordage. (see additional pdf on how to make nettle cordage).
- ⑤ Position your frame in the hole in the ground with a slight lean towards the fire. If the stick will not stay find a Y shaped stick to use as a prop.

The flesh can be cooked without seasoning or you can add a little salt and pepper, or a shop bought spice mix. The cooking time depends on the size of the fish and the size of the fire you have, but may only be a few minutes. Adding a few fresh apple twigs to the embers will add an appealing smoky flavour.

Bacon, chicken, mackerel and salmon can all be cooked in a similar way.

SAFETY TIP

Don't use toxic species such as yew, laurel and holly. Smoke from cedar and pine can give food an unpleasant taste, while fir and spruce have a sticky resin so should also be avoided. Oak and beech are good choices for making utensils.

Making chopsticks

You will need a knife, saw and scissors to make these chopsticks, a Victorinox Huntsman should be ideal.

When using a Swiss Army Knife always take out and fold in sharp tools with care.

- 1 Select some straight lengths of hazel (or other non-toxic wood) about the width of a pencil and using the small knife blade, trim off any small bits of twig.



- 2 Using the saw to remove any rough ends and make them the right length. This will vary depending on the users hand size. Trim with scissors afterwards if necessary



- 3 Take one of hazel lengths and carefully shave off about 2mm all the way around the end, angling the blade slightly and using your thumb to do a controlled cut. Repeat on the other length.



- 4 At the other end, score through the bark all the way around about 3cms from the end. Do this by carefully turning the length of the hazel and scoring the bark as you go.



- 5 Carefully shave off the bark from the score to the end. Use a shallow cut to minimise wood removal.



You can also place the blade at 90 degrees to the bark and carefully scrape backwards and forwards to remove the bark. Try and get it as level as possible both in depth and length.



- ⑥ Halfway down the shaved area take some slices of wood off, again at a slight angle, to thin the end slightly.



TIP
Bark needs removing because it can taint food and is a haven for dirt and bacteria.

- ⑦ Shave off 2mm from the end like before. Repeat with the other length.



- ⑧ Secure the stick together using nettle cordage or paracord leaving a gap of around 3cm between the sticks. Fasten together using a clove hitch or round turn and two half hitches. Adjust as necessary. They can be used during cooking or for eating.

TIP
Find out how to tie different knots at bit.ly/knotskills



SAFETY TIP
Never use the same pair of chopsticks for touching raw meat and eating due to cross contamination.



FOODS FROM THE WILD >>>>>

NATURE'S LARDER

With the right knowledge of where to look and the right equipment, it is possible to collect lots of delicious wild food for free. This is a basic introduction to foraging - never eat anything you're unsure of.

Foraging

Wild food has great flavour and potentially more nutritional content than shop-bought or farmed food.

Make sure you know what wild foods you can and can't eat by finding out about them before setting off on an adventure. Here is a berry identification sheet to start you off, these are safe to eat, but some may be an acquired taste.

BERRIES



ROSEHIP:
The internal hairs need to be removed before eating



BLACKBERRY



SLOE (quite bitter)



STRAWBERRIES



ROWAN



RASPBERRIES



REDCURRANTS



HAWTHORN



ELDER



CHERRIES



BLACKCURRANTS

WARNING!

If you're planning to gather wild berries, you should exercise extreme caution and make sure you identify them correctly as some berries can be extremely toxic. Always check with an expert first and if you are in any doubt about what they are, do not eat them.

TIP

Avoid foraging in areas that may be polluted or sprayed with farm chemicals (pesticides, herbicides, fertilizers) also watch out for dog walking routes as plants may have been urinated on by pets. If you are foraging near a campsite always seek permission from the owner first.



OTHER FOODS THAT CAN BE FOUND IN THE WILD:

NUTS

(these taste much better when they're roasted)
Sweet Chestnuts
Hazelnuts
Walnuts
Beech Nuts
Acorns (WARNING: Green unripe acorns should not be eaten as they can be bitter and toxic. Only use brown ripened acorns.)

TIP
Prepare acorns before eating by shelling and boiling them in water, refreshing the water and repeatedly boiling again until it runs clear. They can be ground to use as flour, added to stews and ground and roasted to use as a coffee substitute.

HERBS

Thyme
Mint
Basil
Fennel
Pine needles (not yew): Can be used for Woodsman's tea.

FLOWERS OR PLANTS

Dandelions
Daisies
Violets
Gorse flowers
Nettles
Cleavers (Gallium aparine): also known as goose grass
Clover
Young beech, hawthorn and lime leaves

FRUIT & VEGETABLES

Wild Garlic
Plums
Apples
Carrots
Watercress
Spinach
Lamb's lettuce/Chickweed
Celery (Alexanders)
Cabbage
Mushrooms (WARNING: Mushrooms should not be picked or eaten unless you are with a bushcraft expert who can identify whether a mushroom is edible or poisonous.)
Kale
Young lime

ANIMALS OR FISH

Rabbit
Trout
Pigeon
Squirrel
Pheasant
Mackerel
Duck
Venison
Boar
Crab
Shellfish (including crayfish)

OTHER

Flour
Mixed/poppy seeds
Rice
Potato (burdock)
Wild cabbage
Samphire



RECIPES >>>>>

MAKING NETTLE TEA



You can make a drink from almost any edible plant but one that is abundant in the wild is the stinging nettle (*urtica dioica*). Harvesting nettles is relatively easy if you know how to do it. Nettles have little spines or hairs on their leaves and stems; these are the things that sting when you touch them. The bottom of the nettle has fewer spines so if you quickly squeeze the stem tightly and bend them over you are less likely to be stung. You may prefer to use gloves to avoid getting stung.

- ① Fill a pan or kettle with water and bring it to the boil.
- ② Strip the nettle leaves from the stem, place them in a bowl or a pan and rinse them with cold water.
- ③ Sieve the nettles from the pan or bowl and put them in your drinking mug.
- ④ Pour the boiling water on the nettle leaves. This neutralises the stinging chemicals in the plant allowing them to be consumed.
- ⑤ Leave the tea to brew for 5-10 minutes, this allows the flavour to come out and let the water cool for drinking.
- ⑥ You can add lemon to your tea, it enhances the flavour of the nettles and sweetens it.

KEBABS

Using a stripped kebab stick, push a mixture of bought or foraged foods such as chopped sausage, onions, mushrooms, peppers and tomatoes on to it. Cook over hot embers until the sausage is fully cooked through.

VEGETABLE STEW



Stew made from foraged vegetables is a perfect one pot meal. When foraging you might find carrots, potatoes, celery, wild garlic or thyme. Wash, peel and chop your ingredients into chunky cubes. Bring a pan of water to the boil then add your ingredients and any extra seasoning or stock that you may have brought in your kit. Leave it to simmer for about 30 minutes till the vegetables have softened. You may need to reduce or increase the water depending on how many vegetables you add and how many people it needs to feed.

DAMPERS

Mix self raising flour, water, milk and an egg to make a thick dough. You could also add a handful of dried fruit to the mix. Take a small amount and roll it out into a length then wrap this around a stripped kebab stick. Toast it over the embers until lightly browned and serve it with butter or jam if you have some. You can also cook these flat in a pan on embers or on a heated flat stone.

You can also make sausage rolls by cooking a sausage then wrapping the dough around the sausage and toasting it. Make sure the sausage is fully cooked before applying the dough.

BAKED APPLES

Apples can be wrapped in foil and baked in hot embers for 20 minutes. To make them more exciting remove the core and fill it with raisins, sultanas sugar and chocolate. Make sure they have cooled a little before eating as the sugar can get very hot.

ACTIVITY SHEET >>>>>

MENU PLAN

Make a menu plan for your expedition. You should plan one meal based on foods you can find or catch, so have a look at the foraging list for ideas. You might decide to catch a fish and season it with foraged herbs or plants or make a stew from foraged vegetables. Think about the food you will need to cook your meal, it should include ingredients that could have been found or caught. Also think about the equipment you will need, whether you can cook it without equipment or whether you will need to make your own from natural materials.

Meal	Menu options	Shop food / foraged food	Equipment needed/ without utensils or make your own
Breakfast	Option 1		
	Option 2		
Lunch	Option 1		
	Option 2		
Dinner	Option 1		
	Option 2		

FOODS FROM THE WILD

Using the 'Foods from the Wild' sheet, do your own research to identify some of the foods on the list, and where you might find them. Get started by looking online at

bit.ly/ScoutMagForageTea

bit.ly/ScoutBlogAutumnForaging

<http://bit.ly/ScoutsGetActive17> pages 18-19

IMAGE CREDITS

ROSEHIP
Andy Mabbett
<https://flic.kr/p/6XvkP2>

BLACKBERRY
Born 1945
<https://flic.kr/p/5c5Yh8>

SLOE BERRY
Alh1
<https://flic.kr/p/77Hcfb>

STRAWBERRY
Valdemar Fishmen
<https://flic.kr/p/mCfkN7>

ROWAN
Tim Green
<https://flic.kr/p/5p1Zvq>

RASPBERRY
Swallowtail Garden Seeds
<https://flic.kr/p/q7K3He>

REDCURRANTS
Muffinn
<https://flic.kr/p/ocKba4>

BLACKCURRANTS
Karen Jackson
<https://flic.kr/p/g8xbJX>

HAWTHORN
Roberto Verzo
<https://flic.kr/p/gm1gmN>

ELDER
Free Photos
<https://flic.kr/p/gddaLm>

CHERRIES
Alpha
<https://flic.kr/p/4aMDf8>

creativecommons.org/licenses/by-sa/2.0/

