

Campfire Bread on a Stick

Liven up a campfire with this tasty twisted bread recipe!

All

Food and Health



Background

Quick simple bread recipes have always been used to sustain those living on camps. This simple unleavened (yeast free) bread is termed “bannock” and originates in Scotland. Historically it was cooked on a griddle called a “bannock stone.”

Native Americans and the Inuit were amongst the first to use the stick technique over the fire in the absence of many utensils or ingredients.

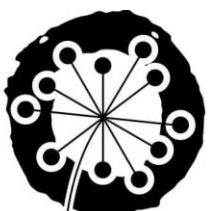
Cooking these bread twists is a fun focus around a campfire. It could also be a hook for an immersive **history** lesson or even an opportunity to apply **number processes** as pupils calculate quantities of ingredients required.

Ingredients for 12 twists

- 500g self-raising flour
- 3 tbsp sugar
- 300 -500ml water or milk
- Spoon
- Pot
- Wooden spoons or clean branches
- Campfire!

Instructions

1. Mix all the ingredients thoroughly in a bowl with a spoon to create smooth dough.
2. Knead the dough to work and stretch it.
3. Take a small handful of dough and roll it into a long sausage.
4. Twist the dough around the end of a wooden spoon or a stripped branch.
5. Position the stick over the embers of a campfire (not in a direct flame) and turn it occasionally.
6. When it is golden brown after ~10min it is ready to enjoy.



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