

# COOK OR BAKE OUTDOORS

## Recipe for outdoor cooking

Even a simple meal can become a gourmet dinner in nature – and most of it can be prepared at home. Hot dogs, soup, or warm sandwiches over open fire are three examples of simple meals to make in nature.

Another option is to buy a basic pizza kit. On site, by the fire, you brush the finished dough with butter, and sprinkle sugar and cinnamon over it. Roll up and cut into 1-centimetre slices. Place the buns in a frying pan with a bit of oil in it and put the lid on to create an oven effect. Five minutes on each side should suffice. Enjoy your cinnamon buns!

Remember that fires may only be lit under safe conditions. It is important that you have an adult with you.

## Kaiserschmarrn (sweetened pancakes)

Ingredients approx. 15 pieces

Prepare on a portable stove or in a frying pan over open fire.

1 dl castor sugar	A pinch of salt
4,5 dl wheat flour	2 eggs
2 tsp baking powder	1,5 dl milk
2 tsp vanilla-flavoured sugar	+ butter for frying

### Preparation

1. Mix sugar, flour, baking powder, vanilla sugar, and salt in a bowl
2. Add eggs and milk, stir to a batter
3. Pour into a bottle and let stand, or make the batter the same day
4. Fry for 2-3 minutes on each side

## Stick bread

Ingredients approx. 10 pieces

Cook over open fire

2 1/2 dl wheat flour
1 tsp baking powder
1/2 tsp salt
1 dl water

### Preparation

1. Mix flour, salt, and baking powder
2. Add water
3. Divide the dough into 10 equal parts
4. Roll the lumps of dough into a thin, long shape and spin it around a stick
5. Rotate the bread over the embers



FRILUFTS FRÄMJANDET

