

Messy take-out menu

Each of the Messy Adventures has some theme-specific suggestions and you'll have loads more ideas. But just to whet the appetite, here are a few ideas for snacks, meals and drinks. If you're 'on the move', carrying food with you that doesn't need cooking is also a good option, especially if you're on a moor or other site where open fires are hazardous to the environment.

Given the overall concerns of the Adventures, you will want to think about your use of disposable cutlery and plates, about whether to prioritise locally grown produce over other sorts and whether or not to provide only vegetarian food. (No absolute rights or wrongs here, but if you find ingenious solutions, they could help others be more environmentally friendly.)

Snacks

Things on sticks (then burn the sticks):

- Twists – wrap bread dough around a stick and cook it over the fire. Nicest with salt and butter or jam. Or dipped in melted chocolate.
- Marshmallows. Obviously.
- Smores (obviously).
- Brussel sprouts (oh yes).
- Tiny potatoes (parboiled if you want).
- Tiny sausages (you could cheat and get ready-cooked ones) or lumps of chorizo.
- Small cinnamon buns or big buns chopped into quarters.
- Malt loaf pieces.
- Fruit pieces like pineapple, peach, blackberry, strawberry, watermelon (who knew?!), skewered and toasted.

Or try these

- Bananas split in half lengthways with chocolate chunks/a Flake/chocolate buttons wrapped in foil and cooked.
- Hollow out the 'large half' of an orange, lemon or grapefruit and use as a cooking pot for an egg, to bake chocolate cake batter (only fill halfway up) or fill with melted chocolate for a fondue.
- Popping corn in foil/a pan
- Camp doughnuts, cut a jam sandwich (or chocolate spread) into four quarters, dip into a batter mix until coated, then fry until the batter is crispy and roll (carefully!) in sugar .

Meals

Use foil to cook in, or, more sustainably, take a frying pan that you don't treasure, a trivet to go over the flames, or/and a sizeable old saucepan. Start saving clean foil containers that you might otherwise throw away – pie cases, mince pie / jam tart cases/ takeaway or ready meal containers. You could also experiment with using cabbage leaves instead of foil!

- Soup – especially if made from foraged things you've found along the way.
- Foil-wrapped vegetables – cooked in the hot ashes or in a skillet: corn on the cob, garlic, tomato, mushroom, red pepper, red onion, courgette... People could make their own selection to avoid waste. Drizzle with olive oil, wrap (or drop into skillet) and cook for about 25 minutes. You could add a piece of ethically sourced salmon or a prawn or two.
- Baked potatoes – (sweet potatoes cook more quickly) prod with a fork, coat with oil or butter and salt. Double wrap in foil and cook for about an hour in the embers. Keep turning... keep an eye... you could parboil them at home so they cook more quickly on the fire. Eat with butter, salt, grated cheese or other favourite toppings.
- Nachos with grated cheese to melt together (and other options to add on, like salsa, refried beans, guacamole, olives...)
- Omelette packs – foil packs of eggs mixed with milk and bits of pepper, ham or bacon or mushrooms, poured over a hashbrown and VERY well sealed. Cook over a fire for ten minutes or until set.

- Baked eggs – butter your foil mince pie case and pour in scrambled egg mix.
- Hotdog sausages wrapped in bread dough and/or bacon.
- Miniburgers/veggie burgers.
- Flatbread.
- Sausages wrapped in newspaper, dunked in water and then placed on the fire.
- Noodles cooked in a tin can.
- Pitta bread pizza – slice open one side of the pitta and gently open the pocket, spread a spoonful of pizza sauce inside the pocket, add in your choice of pizza toppings and cheese. Wrap in foil and cook until the cheese is melted.

Drinks

- Soup
- Hot chocolate
- Tea
- Coffee
- Coffee made from roasting and grinding cleavers (the burrs on sticky weed)
- Non-alcoholic glühwein/alcoholic gluhwein
- Port and/or blackcurrant juice

Out of the rucksack

Share the load at the start of your trek. Explain what needs to be taken up, take turns to carry it. When you need a break, ask someone else. Invite people to notice when someone else has been carrying something for a while and offer to take over. If items are in a crate, let two people share carrying it. Maybe even split the group into subgroups each with a responsibility for a certain set of equipment.

- Fruit cake
- Any peelable fruit e.g. bananas, oranges
- Walking tacos – individual packs of tortilla chips, open top to let air out, crush tortilla chips, add in normal taco toppings – salsa, tomatoes, lettuce, olives, cheese. Hold neck tightly (of bag not your own or others) and shake gently. Open, eat with a fork or fingers.

Fun ideas

- Don't have a campfire? – tea lights, foil mince pie case and peg as a handle, melt a piece of chocolate add mini marshmallows and raisins to get instant Rocky Road.
- Melt wax crayon shavings or candle shavings and pour on to a strip of corrugated card. (It also works if you just roll the cardboard up with the wax shavings.) When cool enough to handle, roll it up tightly into a spiral and wedge it into a tuna/cat food tin (the sort without a sharp edge when you open it.) Use later or straight away. Light the card with a match and use as a miniature campfire.

Useful websites

[Scouting cookbook](#)

[Pinterest page of cooking ideas](#)

[Forest School recipes](#)

[Pinterest Forest School recipes](#)

getoutwiththekids.co.uk/camping/camping-tips/recipes