



## Ideas and suggestions for Camp Cooking with a camp oven

Most of the ideas that are listed I have collected over the years and have put them together to give campers ideas as to what to do to make your holidays and trips more enjoyable. As I have stated on the web site a number of times there are three things that must be done when camping to make the experience a memorable one.

They are:

1. A good night sleep
2. Dress according to the conditions
3. Eat well and have enjoyable meals

This is where this article comes in to give some guidance.

### Camp Cooking

When using camp ovens there are a number of tools that are useful to carry out the cooking

To be able to check the oven a camp oven lifter will be required. Some use the good old multigrips or a pair of pliers or more use a multi tool commonly known as a peg lifter.

This is a long strong hook with a handle. The more innovative make their own using 6mm steel rod or heavy fencing wire, but they are available from camping stores like ours.

This tool is useful for lifting the camp oven from the coals and also for lifting the lid from the camp oven.

If you are using a Bedourie Camp oven then you will need a Camp Oven Chucker. This is a pair of hooks with a piece of light chain between the top of the hooks. The rods are about 600mm long.

This is because the Bedourie Camp oven does not have a handle in the middle of the lid but a ring on either side of the lid.

There is a the video on our web site that Derek Bullock has done where he explains and shows a lot of the equipment required to do camp cooking and some of the equipment required.

### Tools Required

Here is a list of items that I feel are required to make your cooking experience successful

A trivet for the bottom of the oven	Roll of Paper Towels
Long Handle tongs	A pair of multigrips
Gloves or mitts- to handle hot items	Olive Oil
Pie tray (Alfoil pie trays are great for damper)	Heat Beads
A pot scraper (Pot Spatula, paint scraper,)	Matches
Small brush to brush off the lid- not nylon	Long Handle Shovel
Camp oven lifter –depending on camp oven used	Alfoil & Oven Bake Paper
Soft brush for washing up	

## Damper



### **Ingredients**

3 cups S.R. flour  
3 teas. Salt  
90 gm (3 oz) Butter

Double qty. for 12 or 16 inch oven  
½ cup milk  
½ cup water or beer  
Extra flour

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Make a well in centre of dry ingredients, add liquid all at once. Mix lightly with a Sharp knife in cutting motion. Turn out onto a lightly floured surface and knead lightly.

Knead dough into round and place a flowered pie dish on top of the rack to keep it off the bottom so

it does not get burnt and place in camp oven.

This is how I prefer to do mine.

If you don't have a pie dish then use a foil-covered rack will do the same job.

Bake over a slow fire, placing some coals on the lid of the camp oven.

When cooked, after approx. ½ hour damper should be golden brown and sound hollow when tapped.

Variations: Mixed dry fruit, raisins or dates and some sugar can be added to the mix, even do rum & raisin damper and if you want to get fancy, some icing or grated cheese and bacon pieces may be added to the top. If you add cheese to the mixture it has been found to cause the damper to go soggy and heavy.

If you want to make a savoury damper use herbs in the mix etc and say use cheese and bacon as a topping for the crust

Other variations can be tried to your own taste.

## Barbecue Spare Ribs

### Ingredients

1½ kg spare ribs	1 teas. Salt
2 tab soy sauce	3 tab. Tomato sauce
1 tab sugar	2 tabs honey
1 cup chicken stock	

Mix soy sauce, sugar, salt, chicken stock, tomato sauce and honey together and marinade spare ribs in for 1 hour. Put a little water in bottom of camp oven and place spare ribs on rack sitting in camp oven over water. Roast for about hours, turning spare ribs from time to time. Heat diluted marinade, and serve with spare ribs over rice.

## Camp oven chicken

### Ingredients

2 small or 1 large chicken	1 onion
2 apples	1 cup of white wine or cider
4 rashers bacon	

Stuff chicken with quartered apples. Brown chopped bacon then chicken. Place all other Ingredients in oven and cover tightly with foil. Simmer slowly till tender.

## Creamy Garlic Prawns

### Ingredients

750g raw peeled and tailed prawns (thawed not frozen)  
 1 clove garlic (or crushed garlic paste)  
 1 cup chicken stock  
 2 tablespoons white wine  
 115 g butter or marg  
 1 tablespoon flour  
 1/2 cup cream  
 1/2 teaspoon dry mustard  
 1 tablespoon chopped parsley

Heat butter and garlic in frypan  
 Add flour and stir until combined. Remove from heat  
 Gradually add chicken stock, cream and wine and stir until combined  
 Return to heat and stir until sauce thickens and boils  
 Add mustard and season with salt and pepper to taste  
 Bring sauce to the boil and add prawns  
 Cook for 5 min or until prawns are cooked  
 Add chopped parsley (fresh is best) and stir until combined  
 Serve on a bed of hot steamed rice.

### Lamb Shanks in Mint



#### **Ingredients**

4 Lamb Shanks	2 tab. Mint jelly
1 Diced Onion	½ cup tomato sauce
1 Cup water	1 tab. Butter or oil

Heat oil and brown shanks in camp oven, then brown onions.  
Add all other ingredients, and simmer slowly until cooked.

### Mini Meat Loaf

#### **Ingredients**

500g mince  
1 egg  
1 small onion  
2 tablespoons bread crumbs  
1 tablespoon chilli sauce  
10 stuffed olives, sliced  
¼ cup red wine  
Salt and pepper

#### **Method**

Combine all ingredients in a bowl  
Mix thoroughly with clean hands  
Spoon mixture into two greased enamel mugs  
Bake in camp oven for about 25 to 30 minutes  
When done, separate around edges with knife and remove onto plate  
Serve with salad or vegetables

## Shortbread

### **Ingredients**

8 oz butter

8 oz plain flour

4 oz castor sugar

4 oz corn flour

pinch of salt

Cream butter and sugar, sift flours into mixture.

Mix with hands and then place in slice tin.

Prick with fork

sprinkle castor sugar over it after they are cooked.

Bake at 350 degrees Fahrenheit for 30 minutes

If you want to make shortbread mixture into biscuits - cook for 15 minutes.



Put mixture into freezer for half an hour before cutting into shapes

## "Camp Oven Pizza"

### **Dough**

1 Cup Plain Flour

1 Cup S/R Flour<br>

Sachet of yeast with small amount of water

Pad out into bottom of oven after coating bottom with butter or margarine.

Add toppings

Tomato paste, onion, capsicum, meats, cheese etc.

Lid on. Some coals on top, few underneath and cook for 20-30 mins

## Magic Quiche

### **Ingredients**

Sliced or diced bacon,

3 eggs,

cup milk,

cup cheese,

1 sliced or diced onion,

cup pastry mix

add anything else you have capsicum, frozen veg, peas, beans etc.)

### **Method:**

Mix all together in a bowl

Coat the bottom of the oven or quiche dish with butter or margarine.

Place mix into oven or dish

Cover with lid

Place coals on top and underneath

Cook for 30-40 mins

### Amazing Omelette in a Bag

In a zip lock sandwich bag, put enough of your favourite omelette fillings for 1 serving

Onion, bacon bits, chopped ham, cheese, salsa, etc.

Add 2 raw eggs.

Zip the bag and shake to mix thoroughly.

Drop bag in boiling water and cook for about 13 minutes.

Open the bag and out slides your omelette.

Can be eaten directly from the bag so there is no washing up!

### Potato and Pumpkin Soup

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Serves: 6

#### Ingredients

2 tablespoons plus 2 teaspoons oil

1 small onion\cooked (diced)

1 tbsp red curry paste

2 large potatoes (cut into cubes)

500g pumpkin (peeled and cut into cubes)

4 cups vegetable stock

1 cup coconut cream

salt and black pepper, to taste

fresh mint leaves to garnish (optional)

#### Instructions

Heat oil in a large saucepan over a moderate heat.

Add onion and curry paste; cook, stirring occasionally, for 3-5 minutes, or until onions have softened.

Add potato, pumpkin and stock. Bring to a boil; reduce heat and simmer 20 minutes, or until vegetables are tender.

Using a food processor or blender, purée soup.

Return soup to saucepan,

add coconut cream, and reheat.

Remove from heat and season to taste.

Garnish with chopped mint or a drizzle of cream if desired

## Cheese ball

500g tasty cheese  
 1 block philly cheese  
 1 bottle gherkin relish  
 1 small red capsicum (diced)  
 4 shallots (diced)

Combine all ingredients together and form a ball  
 Place ball in the freezer for 30 minutes to firm up  
 Coat a plate with paprika and curry powder and also coat the cheese ball with it  
 Enjoy with rice crackers or biscuits.

## Anzac Biscuits



### Ingredients

1 1/4 cups plain flour, sifted  
 1 cup rolled oats  
 1/2 cup caster sugar or brown sugar  
 3/4 cup desiccated coconut  
 2 tablespoons golden syrup or treacle  
 150g unsalted butter, chopped (or normal butter)  
 1/2 teaspoon bicarb soda

### Method

Preheat oven to 170°C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine. In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat. Pour into the dry ingredients and mix together until fully combined. Roll tablespoonfuls of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly. Bake for 12 minutes or until golden brown.

Remove from oven and allow to cool  
 Variation: Add 1/2 cup of raisins to the mix

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## Salsa

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### **Ingredients**

3 Tablespoons finely chopped onion  
2 small cloves garlic, minced  
3 large ripe tomatoes, peeled and seeds removed, chopped  
2 hot chilli peppers, Serrano or Jalapeno, finely chopped  
2 to 3 tablespoons minced cilantro  
1 1/2 to 2 tablespoons lime juice  
salt and pepper to taste  
Avocado could be added

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool.

Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors.  
Makes about 2 cups of salsa.

This is great summer dish