

## Campfire Twists

Twists are incredibly easy to make. In this demonstration we will be making enough for 12 Twists.



### Ingredients

:500g Self raising flour 3 Tablespoons of sugar 300-500ml of water Optional:Jam!

### Equipment:

Measuring Jug (though can be done less scientifically by guessing)

Mixing bowl - pretty much impossible to get away without. Twists cook best over a proper 'cooking' fire which consists of embers, like in the picture above (glowing wood).



### Mixing the Ingredients

Start by mixing both dry ingredients in a large bowl. Once the sugar and flour are combined, add about 200-300ml of water and mix as well as you can. It'll start to bind together. Keep adding small amounts of water - about 50ml increments to get it to bind into one big lump. It's almost a kneading motion as you would use with normal bread (be rough with it)

### STICKS



You'll also need something to cook your twists on. We teach our scouts to cut down a live branch, strip it of bark and leaves. If you then lick it and it tastes bitter, discard it. If it tastes sweet, it's probably OK. We also teach them which trees aren't good for them, but in Ireland it's a fair rule to follow. Make sure you know which trees you're licking if you're demonstrating this elsewhere. Sticks work best the thicker they are. My stick is very long and at the thickest end is about 1/4-1/2"

## Dough



You need surprisingly little dough as it will still swell when cooked. My view is take a lump which will comfortably fit in your hand. Roll it into a snake shape. Do not be tempted to make it really thick - you want it about 1/4" - 1/2" thick and 'twist' it on to the stick. Thicker dough or dough that isn't twisted does two things: 1.) it doesn't cook all the way through and doesn't swell at all well. 2.) it falls off onto the floor.



## COOKING ON EMBERS

Cooking on embers is really important.

Embers are the glowing bits at the bottom of a fire. You get embers when the rest of the wood has turned to carbon and is a bit like a BBQ. Embers are really hot. Flames on the other hand will put soot on your twist and it'll taste pretty horrible. Not that it stops scouts from doing this or even eating them.

