

The Flaming Marshmallow's Guide to campfire cooking

Over 50 Recipes Made Fresh

Nikki Fotheringham



Copyright © 2015 The Flaming Marshmallow

All rights reserved
www.theflamingmarshmallow.com

Written by Nikki Fotheringham

Photography by Ian Fotheringham

Designed and Published by Jib Strategic

ISBN: 978-0-9939954-2-2
First Edition

A hiker with a green backpack and a blue cap stands on a rocky ridge, looking out over a vast mountain range under a blue sky. The hiker is wearing a light-colored long-sleeved shirt and blue pants. The landscape is rugged with rolling hills and valleys.

For Jill, who hates to cook.

My mum, bless her, hates cooking. When I was old enough to reach the counter top, she taught me how to make spaghetti in the hopes that I would save the family from the inevitability that was scurvy. So I learned to cook from a Julia Childs cookbook I found propping up the broken end of the bookcase. While Julia may not have been a great reference for cooking on an open fire, she certainly fanned the flames of my culinary passions.

Whether you are camping, hiking, climbing, paddling, biking or lazing in your backyard, you should be eating wonderful meals with friends around that fundamental symbol of warmth and comfort; the campfire.

And if I am able to share a recipe with you that makes that moment more enjoyable, that makes a meal memorable, then I will consider this a life well lived.

Time for Adventure!

Introduction

Instant noodles are for chumps! When you're out on an adventure, being your bad-ass self, you deserve only the best campfire cuisine.

Eat like a king when you're playing in the dirt with these easy recipes that are optimized for those living out of a backpack. Of course, they also work for car camping, backyard barbecues and even in your own kitchen, so let's dig in!

Table of Contents

Get Packing!	8
Wakey Wakey, Eggs & Bakey	12
I've Got a Hunch, it's Time for Lunch!	30
Winner, Winner Campfire Dinner	72
Just Desserts	118
On the Side	130
Scary Stuff	142

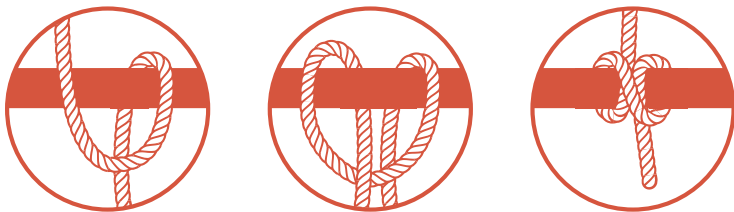
Packing, Cooling & Storing Food

Freeze your food before you leave, especially meat (marinate this before freezing) and cheese products. You can keep things frozen longer by packing them in foil cold bags or wrapping them in newspaper. Use the newspaper to start your fires when you get to your campsite. You can further insulate your frozen foods by wrapping them in clothing.

Planning on staying on one campsite? Take small coolers if you can. Pack one for each two-day food cycle so that you aren't opening the cooler all the time. If you are packing in your food, pack a flattened cardboard box. At your campsite, reconstruct the box, then place your newspaper-wrapped frozen items in it. You can further insulate with clothing. Place in a shady spot.

Always (always!) hang your food. Losing a couple of meals (and possibly other bits) to wild animals will ruin your trip in two shakes of a raccoon's tail. Never keep food in your tent. Hang food by throwing a rope over a branch that is at least 200 feet (60 meters) from your campsite. Tie the rope to your pack and hoist it at least 12-15 feet (3.5 to 4.5 meters) into the air. Tie off the rope with one of these handy knots:

How to Tie a Clove Hitch:



Packing well will mean you don't spend hours rummaging through bags and coolers every time you need something. If possible, pack cooking utensils and ingredients you will use every day in one pack. In another, pack the ingredients for each meal together in a sealable plastic bag in the order that you will use them. I pack meals and then the clothing I will need for that day to insulate my cold foods. For example: I pack the dinner for the last day on the bottom, followed by lunch and then breakfast on the top. Then I pack my clothing on top of that. Next, food for day two... and so on. It's genius really. Get rid of unnecessary packaging and repack foods into sealable plastic bags so that they take up less space.

Don't wash dishes in bodies of water, especially if you are using soap. Bury the suds at least 200 feet (60 meters) from the water. Ensure that you always use camping detergent that won't damage the environment.

Use sand to remove stubborn food from the bottom of pots and bury the sand (with your suds) far away from your campsite.

How to Tie a Reef Knot:



Wakey Wakey

eggs &
bakey

Get Up! Breakfast's On!

Hey there sleepy head. We know you need to prepare for your day of hiking, climbing, rowing, playing, swimming and snoozing, so here are some hearty morning meals to fuel your fun.

Tips to Start Your Day



Check yourself for ticks regularly. If you find one, don't pull it off as the head may get stuck beneath the surface of your skin. Instead, soak a cotton ball in soap and hold against the tick for a minute. It will easily come away when you remove the cotton ball. If the tick has been there for a while, keep it and have it tested for Lyme disease.



Itchy bites or rashes from poison ivy? Make a paste out of baking soda and water and rub it on the affected area for instant relief. In a pinch, toothpaste with baking soda will work too.

What's on the Menu?

Breakfast Burrito with Chorizo	14
Fancy-Ass French Toast	16
Good Old Fry Up	18
Homemade Pancake Mix	20
Lumberjack Special	22
Toad in a Hole	24
No-Bake Morning Glory Bars	26
Fried Green Tomatoes	28

Homemade Pancakes



What You Need

- 4 1/2 Cups flour
- 2 tbsp. Baking powder
- 1 tsp. Salt
- 1 1/2 Cups shortening
- 1 1/2 Cups non-fat powdered milk
- 1/2 Egg
- 1/2 Cup water
- Oil

Instructions

Mix the flour, baking powder, salt, and milk powder together. Rub in shortening so it resembles bread crumbs. Store in a sealable plastic bag or a Mason jar. Store this little puppy in your backpack until you are ready for pancake heaven. Then add the egg and enough water to make a pancake batter. Fry in a pan with a little oil over warm coals. Serve with fruit, maple syrup, peanut butter or butter.

Serves 4-6



Tips

Substitute powdered egg if you are planning a really long trip.

Shortening does not need to be refrigerated, so this mix can last up to 6 months.

If you store the dry ingredients in a sealable plastic bag, add the liquids straight into the bag, mush it around until your pancake mixture is ready, then cut a corner off the bottom of the bag and pipe the mixture into your pan. This is the perfect opportunity to get creative with those pancake shapes and unleash your inner artist!

*I've got
a Hunch* **It's Time
for Lunch!**

Fuel Your Fun!

Whether you are taking a brief reprieve from an active day or simply rolling out of the hammock for a bite to eat, don't let it be a handful of trail mix or a can of salty soup. You're better than that! These easy recipes are delightfully delicious and will have you munching on your luncheon in no time at all.

Tips to Start Your Day



Freeze water in water bottles to keep food cool over the first couple of days and for drinking towards the end of your trip.



Use a large sealable plastic bag or (if you're like me) blow some air into the bag of wine you brought and use as a comfy pillow. Wine bags double as a handy flotation device.

What's on the Menu?

Beet and Feta Salad	32
Toasted Chicken Sandwich	34
Juan in a Million Tacos	36
Couscous Salad	38
Zucchini Couscous	40
Toastie Wraps	42
Mozzarella Tomato Towers	44
Pita Pan Toasties	46
Popcorn Pockets	48
Onion and Cheese Bread	50
Tomato Peach Salad	52
Roasted Potato Salad	54
Potato Skins	56
Pull-Apart Pizza Bread	58
Nature's Nachos	60
Grilled Steak Sandwich	62
Toasted Ham and Cheese Sandwich	64
Easy Peasy Pizza	66
Baked Avocado	68
Carrot Salad	70

Baked Avocado

Instructions

Cut the avocado in half and remove the pit. Use a spoon to scrape a little of the avocado out to make a bigger space to hold the filling. Mix the avocado you just removed in a separate bowl with the salt, pepper, chili, tomato and onion. Spoon into the avocado and top with feta cheese. Wrap in foil (shiny side in) and place over hot coals for 15-20 minutes until the avocado begins to brown.

Serves 4



What You Need

- 2 Avocados
- Salt
- Pepper
- Chili flakes
- 1 Medium tomato (finely chopped)
- 1 Medium onion (finely chopped)
- Feta cheese (optional)
- Foil

Tips

If you are making this meal after the first two days of your trip, omit the cheese.

Tent the foil over the top of the avocado if you are using cheese to prevent it from sticking.

Winner,
Winner

Campfire Dinner

What you've been waiting for...

You've worked hard, you've played hard and now it's time to enjoy the fruits of your labor! Dinner's on us with these easy, fun and delicious recipes that will make you the most popular camper in this neck of the woods.

Best Camping Tips Ever!



Make your own natural insect repellent for a bug-free summer. Mix 12 drops lemon eucalyptus oil, 12 drops citronella oil, 12 drops orange oil and 1/2 cup witch hazel in a spray bottle and apply liberally.

What's on the Menu?

Campfire Bannock	74
Balsamic Vinegar Asparagus	76
BBQ Pie	78
Bobotie in a Squash	80
Bacon Potatoes	82
Bunny Chow	84
Navajo Fry Bread	86
Corn on the Cob	88
Beer Bread	90
Wheat Heart Campfire Bread	92
Caramelized Onions on the Grill	94
Catch of the Day	96
Chicken Foil Folders	98
Chicken on a Beer Can	100
Potato Pockets	102
Fried Bass with Salt & Vinegar Chips, Mate	104
Good Ol' Stew	106
Atomic Boogaloo Chili	108
Shepherd's Pie in a Pot	110
Veggie Kebabs	112
Sticky Pork Chops	114
Marinated Flank Steak	116

Campfire Bannock



What You Need

- 2 1/2 Cups flour
- 2 tsp. Baking powder
- 1/2 tsp. Sugar
- 1/2 tsp. Salt
- 3 tbsp. Oil
- 1 Cup water

Instructions

Bannock has been a staple among the Aboriginal people of North America for centuries where it was made from moss, lichen, ground plant bulbs, nut meal, corn meal and cattail pollen to name a few traditional ingredients. Consequently, there are as many bannock recipes as the day is long.

Today we are exploring a simple bannock recipe that is really versatile. You can make balls which you flatten with your palm and fry in a pan - use for tacos, burgers, sandwiches etc. Roll balls and pop them on top of a stew to make dumplings. You can also fry in lard, bacon fat or oil and sprinkle with sugar and cinnamon as a treat or follow the traditional method of cooking over the coals on a stick.

Mix dry ingredients. Add oil and enough water to form a firm dough that doesn't stick to the hands. Knead for 2 minutes then leave to rest for 30 minutes.

Divide into six portions and flatten with the palm of your hand to form discs. Select a long thin stick and clean off the end with a knife. Form the dough around the stick.

Scrape some of the coals out from the fire on to the edge of your firepit. Hold the stick over the coals, turning frequently until your bannock is brown and cooked through.

Serves 6

Navajo Fry Bread



What You Need

- 4 Cups flour
- 2 tsp. Baking powder
- 1 tsp. Salt
- 3 tbsp. Oil
- 1 Cup warm water
- Oil for frying

Instructions

Fry bread is a brilliant way to cook bannock that gives you, our intrepid outdoor gourmet, the perfect vehicle for just about anything. Fill them with leftovers or use them to make tacos, breakfast burritos, burgers or hot dogs. Enjoy them as a dessert with a little cinnamon and sugar. Make your life easier by mixing the dry ingredients and keeping them in a sealable bag. Just add the oil and water when you are ready to get your feast on.

Mix dry ingredients. Add oil and enough water to form a firm dough that doesn't stick to the hands. Leave to rest for 30 minutes. Divide into six portions and flatten with the palm of your hand to form discs. Poke a hole in the center to allow the oil to bubble through. Heat the oil in a frying pan over a medium fire. Drop the fry bread in and cook for 2 minutes or until the edges turn brown. Turn over and fry for another two minutes. Are you ready for delicious fry bread goodness?

Serves 6



Fried Bass

with Salt and Vinegar Chips, Mate!



What You Need

- 1/4 Cup oil
- 3 Eggs
- 1 tbsp. Water
- 4 Bass fillets (skinned)
- 1/2 Cup flour
- 1 Small pack salt and vinegar crisps
- 1 Lemon (cut into wedges)

Instructions

Mix eggs and water together in a bowl with a fork. Crush the salt and vinegar chips and place them in a plate. Place the flour in another plate. Put the oil in a pan over the fire and heat gently. Lay each fillet in the flour (do both sides) and then in the egg mixture and finally in the chips. Fry for about 4 minutes on each side or until lightly browned. Serve with lemon wedges. Better than a Bass-o-matic!

Serves 4-6



Tips

See page 134 for notes on how to catch and fillet a bass.

You can leave out the chips for a simple recipe and add salt and pepper to taste.

Just Desserts

Dessert Stomach, We Salute You!

Ah, thank your lucky stars for the dessert stomach; that noble organ that allows you to find space for dessert no matter how much you ate for dinner.

Tips for Happy Camping



Burn sage in your campfire to keep the mosquitoes at bay. You can buy wild sage in dried bunches which you put a flame to and then set aside so it can smolder.



Learn to recognize poison ivy, poison oak and wild parsnip to avoid getting painful burns or rashes. Always carry baking soda with you. If you get an itchy rash, make a paste with baking soda and water and apply to the affected area. Works great for bug bites too!



Drinking a teaspoon of baking soda in a little water will still even the most raging heartburn.

What's on the Menu?

Banana Boat	120
Campfire Fondue	122
S'mores in a Cone	124
Peach Cobbler	126
Roast Apple on a Stick	128

S'mores in a Cone



What You Need

- 6 Ice cream cones
- 1/2 Cup mini marshmallows
- 1/2 Cup chocolate chips
- Foil

Instructions

Take the ice cream cones and sprinkle a layer of chocolate chips in the bottom. Cover with a layer of mini marshmallows. Continue to layer chocolate chips and marshmallows until the cone is full. Now wrap in foil and cook over the coals for 3-5 minutes or until the marshmallows are melted.

Serves 4-6



Tips

Be careful when packing the wafer cones to ensure that they aren't crushed by the time you are ready for this tasty treat. Use a plastic container or pop them in your shoes and then in your backpack. But do yourself (and everyone else) a favor and put them in a plastic bag first because, you know... feet.

Suggested Menus

Because We Care...

Not good at putting menus together? We've got you covered! These ready-made menus will help you to plan your trip and do the shopping too. These menus are designed for four people, so adjust as necessary to suit the number in your own posse.

Menus one and two use perishables so use these on the first two to three days of your trip. Number three and four are for use in the latter half of longer camping trips.

You should be snacking on fruits and having sides of veggies and salads.

Menu One

Breakfast: Badass Breakfast Burrito

(add some of the salsa you will use on your nachos)

Lunch: Toastie Wraps

Snack: Nature's Nachos

(add the other half of the avocado you used for breakfast)

Dinner: Fried Bass with Vinegar Chips with Tomato Peach Salad

Shopping List

- 7 eggs
- 1/4 cup and 4 tbsp. oil
- 1 avocado
- 2 onions
- 1 chorizo sausage
- salt and pepper
- 4 burritos
- 12 tortillas
- 1 can of salsa
- 1 tbsp. water
- 4 bass fillets
- 1/2 cup flour
- 1 small packed salt and vinegar crisps
- 1 lemon
- 3 cups grated cheese
- 6 tomatoes
- 4 peaches
(or can of peach slices)
- 1 red onion
- 2 tbsp. apple cider vinegar

Menu Two

Breakfast: Good Old Fry Up

Lunch: Toasted Ham and Cheese Sandwich

Snack: Potato Skins

Dinner: Shepherd's Pie in a Pot with Beet and Feta Salad

Shopping List

- 1/2 cup oil
- 1 loaf bread
- 3 eggs
- 2 tbsp. water
- 8 slices of ham
- 6 tbsp. mayonnaise
- 2 cups grated cheese
- salt to taste
- 1 medium onion
- 1/2 lb. ground beef
- 1 beef bouillon cube
- 2 large potatoes
- 2 tbsp. butter
- avocado
- 1 tsp. lime juice or apple cider vinegar
- hot sauce
- 4 beets
- 2 tbsp. white vinegar
- 1/4 red onion
- feta cheese

Menu Three

Breakfast: Toad in the Hole

(add fruit on the side for a healthy vitamin boost)

Lunch: Tacos

Snack: Nature's Nachos

Dinner: Sticky Pork Chops and Asparagus and Balsamic Vinegar

Shopping List

- 6 tortillas
- 1 can of salsa
- 2 cups grated Cheese
- 6 tbsp. oil
- 1 lb. ground beef
- 2 tomatoes
- 1 onion
- 1 avocado
- Foil
- 6 pork chops
- 1/2 cup & 2 tbsp. balsamic
- 1/2 cup olive oil
- 2 tsp. chopped rosemary
- 3 tsp. honey
- 3 tsp. soya sauce
- 2 tsp. chutney
- 4 rashers of bacon
- 4 slices of bread
- 4 eggs
- 1 bunch asparagus spears
- 4 tbsp. water
- Salt and pepper to taste

You can get a pack of taco spice or make your own using:

- 1 tbsp. chili powder
- 1 tsp. smoked paprika
- 1/2 tsp. ground coriander
- 1/2 tablespoon ground cumin
- 1 tsp. cornstarch
- 1 tsp. kosher salt
- 1/4 tsp. cayenne pepper

Menu Four

Breakfast: Pancakes

(add fruit on the side for a healthy vitamin boost)

Lunch: Baked Avocado

Snack: Popcorn Pockets

Dinner: Grateful Red Chili

Dessert: Roast Apples

Shopping List

- 2 tbsp. popcorn kernels
- 6 tbsp. oil
- foil
- string
- 4 1/2 cups flour
- 40 ml (1.3 oz) baking powder
- 7 tsp. salt
- 1 1/2 cups shortening
- 1 1/2 cups non-fat powdered milk
- 1/2 egg
- 1/2 cup water
- 2 avocados
- pepper
- chili flakes
- 4 medium tomato
- 3 medium onion
- feta cheese (optional)
- foil
- 2 lbs ground beef (or use dehydrated soya mince)
- 2 garlic cloves
- 1 can tomato paste
- 1 diced green chili
- 1 tsp. cayenne (or to taste)
- 1 tsp. ground cumin
- 1 tsp. oregano
- 2 bouillon beef cubes
- 1 (15 ounce) can red kidney beans (use dry if too heavy)
- 4 small apples
- brown sugar and cinnamon





Thank You's

I am profoundly grateful to David whose drive and continued support make all that is wonderful and beautiful possible.

Thanks also to the creative genius of Eddie Ruminski and Cornelius Quiring who have made something really special.

Thanks to Ian for the photos and Chris 'Eagle eye' Heffler for keeping us on the straight and narrow.

theflamingmarshmallow.com

Simple, delicious campfire recipes designed for times when epic badassery is afoot. Come adventurer, sit a while by the fire with us and let's share a meal, a story and a laugh.

Twitter @greenmoxie
Instagram @greenmoxie



I'm not a chef. I am a traveler, adventurer and world-renowned horseradish whisperer. I grew up in Durban, South Africa, where there are no seasons, just one glorious summer so naturally, we cook outside.

I spent a decade of my life traveling, enjoying the wonder that is international cuisine, perpetually drawn to food cooked on fires. From the tandoori ovens of India to the street woks of Thailand and the kebab barbecues of the Middle East, I collected these recipes & tips that I've been so honored to share here with you.

