

# Cubs - Backwoods Cooking

## Requirements

### 1. Demonstrate how to light a fire.

Before you start it is important to know where you can or cannot start a fire. Waylands does not allow ground fires anywhere on the Camping field. We have 2 fire circles on the site and should you want a fire on you campsite we ask that you use the half barrels and stands provided.



Now you've worked out where to put your fire you can start.

Lighting a fire can be done with a simple match, Bring along some simple Tinder (cardboard, frayed sisal, cotton or other thin combustible) and get the cubs to collect:

- Kindling - small thin twigs thinner than your little finger.
- Finger sticks - sticks around the thickness of your index finger
- Large sticks - roughly around the size of your wrist
- Logs - larger than your arm.

Set these out in piles of the above categories near where your cubs will start their fire so they can get to them quickly.

Create a ring of large stones to help stop the fire spreading too wide.

Set the tinder down and create a pyramid shape over the top with the kindling and some finger sticks.

Light the tinder with a match being careful not to burn fingers.

Once the kindling starts to catch light add more finger sticks.

When you have a good small fire going start to add the larger sticks (remember if you add them too soon you'll flatten the fire and risk it going out)

Keep adding until the fire is the required size.

Remember to continue to manage the fire. Adding more wood when the flames start to lower and it starts to die down.

### 2. Help prepare a fire for cooking on.

Once your fire is lit and you are happy with it you need to build it to sustain your cooking if you are using embers you will need to add some of your large sticks and logs to make sure your fire keeps its heat as you cook. Look at what you are cooking, quite often than not you will be cooking on embers (the glowing wood at the base of the fire) to prepare these use an unburnt stick, spade or your cooking pot/pan to flatten the fire. You will notice the flames will probably go out however the embers are still very hot. Now you are ready to cook. There are numerous ways to prepare a fire for cooking. why not look up key hole fires

**3. Cook something using a billy can.**

Billy cans are normally used to cook ingredients in water or to cook a liquid based meal like a soup or stew these are best placed on a grill over a fire.

Remember to coat the bottom of the can in washing up liquid to stop the soot from sticking.

**4. Cook something in the embers of a fire.**

As said previously the embers of the fire are the hottest part but also give the most consistent heat output. This can be great for backwoods baking, potatoes, sweet potatoes or bananas with chocolate can be wrapped in foil and put in the embers to cook. You could even cook an egg in a scooped out orange.

**5. Cook something on a stick.**

Cooking on a stick is the true backwoods experience find stable stick. Take the bark off one end with a knife (and sharpen the end if needed). Great things to cook can be marshmallows for smores, sausages or camp twists. If you're feeling really adventurous why not try poached fish.

The advantage to cooking on a stick is that you can manage how much heat the thing you are cooking is exposed to.

**6. Show how to make the fire safe when you have finished with it, including extinguishing the fire and making the area where it was safe.**

When you are finished with your fire it is incredibly important that you make sure the area is safe. Other people or animals may walk over the area and burn themselves. Or the fire may reignite and spread.

To make the site safe pour water from arms distance over all the embers. Make sure all embers are covered. The fire will steam for a while. Leave the fire for 5 minutes then pour some more water over. If you don't see anymore steam then the fire has cooled down, using a stick spread the ashes and look for any glowing embers (if you see any, pour water on to put them out. Once you are happy the fire is completely out spread the ashes into the dirt around so to leave no trace.