

This activity contributes to the following badges:



Cub Our Outdoors Challenge Award



Scout Outdoor Challenge Award



Scout Expedition Challenge Award

The activity could also help towards:



Beaver Cook Activity Badge



Cub Chef Activity Badge



Scout Chef Activity Badge

Thought about peer leadership?

Divide your section into Lodges, Sixes or Patrols and let the Patrol Leaders take charge.

Beavers | Cubs | Scouts

Try expedition cooking

Even after the hearty free-from evening meal on page 76, tummies will be rumbling by sunrise, so get your section cooking up a storm with this coconut porridge

Time 60 minutes

Equipment

- campfire, camping stove, eg Trangia
- large pan or billy pot
- bowls and spoons

Ingredients (serves 4, so multiply quantities as necessary)

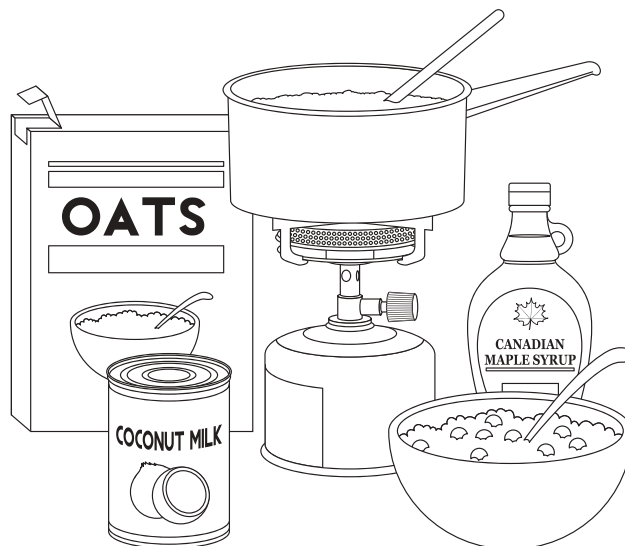
- 160g gluten-free rolled oats
- 440ml water
- 400ml coconut milk
- 1tsp vanilla essence
- 2tbsp maple syrup
- pinch of salt
- berries, desiccated coconut or chopped nuts to serve

Instructions

1 Set up your cooking station with one clean area for prep and easy access to your camping stove. For guidance on how to use a gas camping stove safely, head to the 'Camping and Practical Skills' section of scouts.org.uk/safety.

2 Help your section ensure their cooking space is kept clean at all times and that hands are washed before handling food. For guidance on camp food safety, head to the 'Camping and Practical Skills' section of scouts.org.uk/safety.

3 Prior to the camp, help your section divide up duties



among themselves, with a team in charge of prepping, another in charge of cooking and another in charge of clear-up. The prep team should calculate the quantities needed before weighing out all the ingredients and packing them up. When on camp, they then supply the cooking team with the ingredients they need at the right time. The cooking team should put the oats, water, coconut milk and vanilla essence into the pan. The porridge should then cook on a medium heat until all the liquid has been absorbed. For smaller quantities, this should take around 5-7 minutes but may take longer for larger amounts.

4 Meanwhile, the prep team can work on the toppings,

washing fruit or chopping nuts. Once all the liquid has been absorbed and the oats are cooked, the cooking team can serve the porridge and allow people to choose their toppings. A squeeze of maple syrup with blueberries and sprinkle of desiccated coconut will set them up for the day!

5 After everyone has finished, the clear-up team can collect, wash and dry all the cooking equipment and store them away safely.

Take it further

Why not try cooking this on a campfire at your camp or sleepover? Before arranging such an event – head to scouts.org.uk/nightsaway for more information.