

# Camp Cooking

## TEACHERS RESOURCE



### PURPOSE OF ACTIVITY:

Camp Cooking is an activity in which participants partner up, prepare, and cook damper to eat and enjoy. At Mill Valley Ranch, camp cooking is designed to encourage patience within participants, and to teach them basic cooking skills in a relaxed environment. Additionally, camp cooking is an opportunity to work with a partner to collectively reach a common goal. No participant is ever be forced into involvement but should be encouraged to expand their comfort zone by challenging themselves.

### ACTIVITY INSTRUCTIONS:

1. Explain the fireplace, and the inherent danger that it presents to participants, but remind them that respect of the fire, and the space around it, is critical in keeping one another uninjured and safe.
2. Select a partner and choose a stick on which to cook your damper.

**Important: Those with dietary requirements (mainly gluten free) should go and select themselves a new stick, to avoid contamination.**

**The Damper contains water, flour & salt, unless other ingredients are added by the participant.**

3. Take a piece of damper, and a pinch of flour from the supplied bowl of flour, to prevent sticking.  
**Please note once the participant has picked up the damper, they must keep it moving, or it will get stuck to them!**
4. Roll the piece of damper into a long tube, or snake, and wrap it around one end of the stick.
5. Use your hands to ensure the damper is smoothed down, without cracks or creases, and covering the top of the stick, to avoid it cracking and falling into the fire.
6. Once ready, move to the fireplace, and locate an area to cook your damper **over the coals**. This will take time and patience, so ensure that participants aren't placing their damper too close to the fire, or it will burn. If needed, teachers or leaders can use the provided fire tools to spread out the fire for easy access to coals.
7. Slowly rotate your damper to achieve a golden-brown colour across the entire piece. This may involve moving around the fireplace and changing the angle of your stick.
8. Once satisfied your damper is cooked, remove it from the fire, and form little circles with the stick up in the air, to cool down the damper.
9. When the damper is cool, twist and pull to remove it from the stick, grab a plate, knife, and whatever condiments you desire. After that, eat and enjoy!
10. Ensure that, once the participants have eaten their damper, that any scraps or condiment wrappers are placed in the bin, and that all dirty plates and knives are placed together to be washed in the kitchen.
11. Wash down the prep surface used with the wash bucket and cloth to avoid ants and wasps coming.

### SAFETY INSTRUCTIONS/OTHER NOTES:

- Ensure that participants (particularly children) don't stand on the bluestone bricks surrounding the fire, but remain sitting, standing, or squatting on the concrete barn floor.
- When cooling down the damper, be sure participants are giving one another space to move, to avoid injury, and are fully cooling down their food before they touch or eat it.
- Make sure there is **always** an adult supervising the fire, ensuring safe practices when cooking or interacting with the fire.