



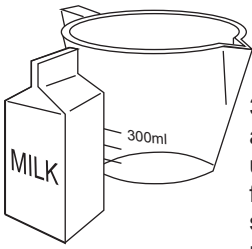
Pancakes

You will need...

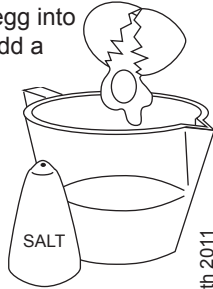
- 300ml (1 mug) of milk
- 1 egg
- A pinch of salt
- Oil for frying
- 125g (approx. 5 heaped desert spoons) plain flour

You can eat pancakes with SWEET fillings eg. sugar or syrup, or SAVORY fillings eg. grated cheese, tuna, ham, beans etc.

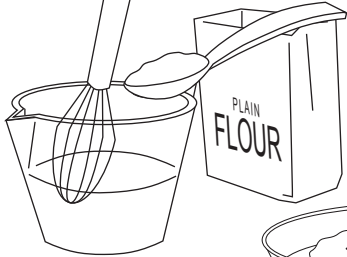
1. Measure 300ml (or a mug full) of milk into a jug or bowl.



2. Crack your egg into the milk, and add a pinch of salt.



3. Add the flour a bit at a time, use a whisk (or fork) to mix it in so that there are no lumps.

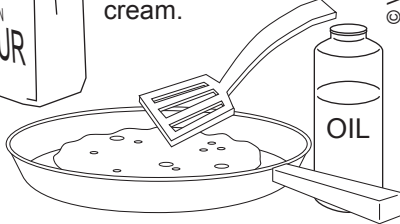


The finished mixture should be like thick cream.

4. Heat a few spoons of oil in a frying pan.

5. When the oil is hot pour in enough pancake mix to thinly cover the bottom of the pan. When the mixture has set carefully turn or flip the pancake and cook the other side.

6. Add filling, roll up and Enjoy!



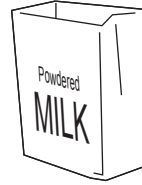
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Dampers and Bannock Bread

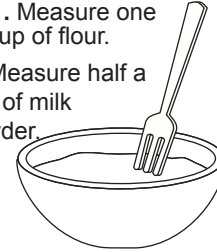
You will need...

- 1 cup Self Raising Flour
- Half cup Powdered Milk
- Water to mix (very little needed!!)
- Oil for frying - only if you are making bannock.
- Add raisins or chocolate chips for sweet bread, cheese and finely chopped onion for savory bread... experiment!



1. Measure one cup of flour.

2. Measure half a cup of milk powder.



3. Add water a LITTLE at a time and mix into a dough (like playdoh!)

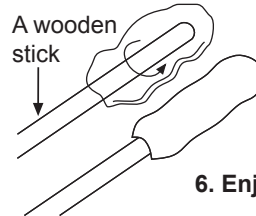
4. Add in any extras like chocolate chips raisins or cheese.

5. For Dampers

Form the dough around the end of a stick and hold over a camp fire to cook until golden brown.

5. For Bannock Bread

Form the dough into a round flat cake. Heat some oil in a pan and cook on both sides until golden brown.



6. Enjoy!



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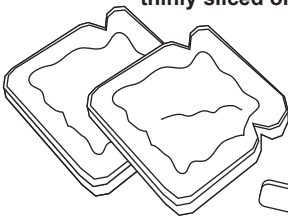


Cheese Dreams

You will need...

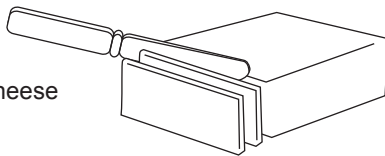
- 2 slices of bread per person
- cheese or cheese slices
- Margarine or butter

You can add in other fillings eg. ham, thinly sliced onions or tomatoes etc

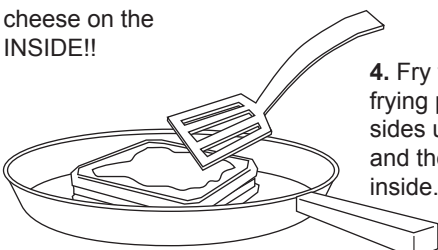
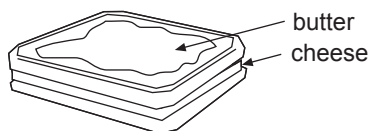


1. Spread margarine or butter onto 2 slices of bread.

2. Cut some slices of cheese



3. Make your bread and cheese into a sandwich BUT with the butter on the OUTSIDE and the cheese on the INSIDE!!



4. Fry the sandwich in a frying pan. Cook on both sides until golden brown and the cheese is melted inside.

5. Enjoy!

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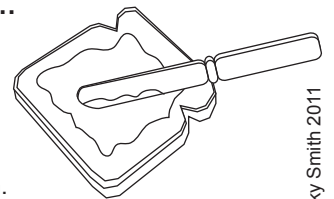


Camp Doughnuts

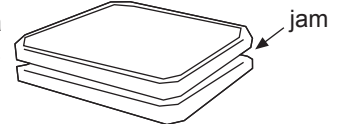
You will need...

- Sliced bread
- Pancake batter (see pancake recipe)
- Jam
- Sugar
- Oil for frying

1. Spread bread with jam.

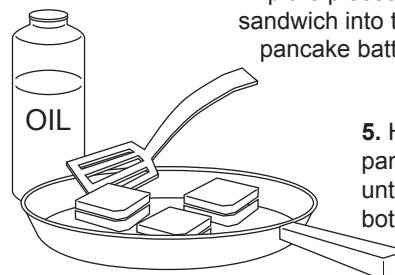
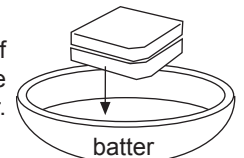


2. Make slices of bread into a sandwich.



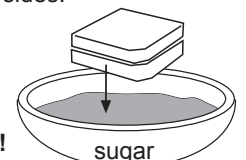
3. Cut the sandwich into four quarters

4. Dip the pieces of sandwich into the pancake batter.



5. Heat some oil in a frying pan. Fry the sandwiches until light golden brown on both sides.

6. Dip the cooked sandwich in to sugar like a doughnut.



7. Enjoy!

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