



# WFSI Information Sheet Number 5 June 2006

## Recipes

As part of Forest School we try to encourage healthy eating and getting the children to think about the food they eat.....

### Barbeque Sauce

- 1 tablespoon wine vinegar
- ½ lemon
- 1 onion
- ½ cup of tomato ketchup
- ½ cup olive oil
- Cup of water
- 1 teaspoon of Tabasco
- ¼ teaspoon Worcester sauce
- 1/3 cup Demerara
- teaspoon salt

Damper Bread so called because the bread ovens had to be damped down before the bread was cooked. This also created steam to cook the bread. Damper bread is just a flour and water mixture made to a similar consistency to play dough. Take a small ball of dough and roll into a long, thin worm and then twist around a toasting stick. (Thin is good) To check if they are cooked inside, tap the bread and it should sound hollow. Tastes good dipped in BBQ sauce, jam or honey.

### Teas:

Spring and early summer is an ideal time for making tea out of many woodland plants. You can use young nettles, dandelion leaves, elderflower, chicory, wood sorrel and pine needles.



## Mediterranean Carrot Mezza

This is a gorgeous mix of carrots, fruit, nuts and spices. Can be made in advance and cooked over the campfire.

Makes 24

- \* 10 medium carrots
- \* 2 slices wholegrain bread, rubbed into crumbs
- \* 12 dried apricots finely diced
- \* 1 tablespoon sultanas chopped
- \* 4 spring onions, finely diced
- \* 3 tablespoons pine nuts
- \* 1 teaspoon chilli flakes
- \* 2 teaspoons finely grated orange zest
- \* 1 egg
- \* 6 tablespoons mixed chopped mint and dill
- \* Salt and ground black pepper
- \* Sunflower oil for frying

### To serve

- \* Low-fat natural yoghurt
- \* Chopped red onion
- \* Coriander leaves, shredded

1. Steam and roughly mash half the carrots, and grate the rest. Combine them together then add the remaining ingredients up to the seasoning and knead well. If the mixture is too wet add more breadcrumbs – it should be soft and slightly damp.
2. Mould the mixture into 24 small 'cakes' then 'dry' fry in a non-stick pan sprayed with oil until brown on both sides.
3. Serve with low-fat natural yoghurt, generously flavoured with red onion and coriander.

## Bannock Bread

Another simple flat bread suitable for cooking over an open fire. The basic recipe is 2 measures of flour to one measure of dried milk powder and water to mix. A variety of ingredients can be added to the dry mix before the water is added such as sultanas chopped apples mashed banana chopped sun dried tomatoes cheese and any other flavourings that suit your fancy.