

OUTDOOR BOX

FISH SUPPER TO SHARE

Outdoor activities are at the heart of Scouting.

This activity is for Explorers but any section or leaders could take part too !



What you need:

- Small Pocket Knife
- Greenwood Sticks
(1 x 70cm – thumb thickness
2 x 30cm – pencil thickness)
- String
- Materials to build a Small Fire
- Fillets of Fish

How to make it:

There is nothing better than sharing food with a friend that is cooked on a campfire.

1. Build a small fire (with permission from your parents).
2. Using the pocket knife, strip the bark from the top 20cm of the larger stick, also put a point on the other end.
3. Use the string to wrap around the stick at the point that you have removed the bark to and then use the knife again to split the stick from the tip to the position of the string – which will stop the stick from splitting further.
4. Strip the bark from the two smaller sticks and then thread them through the top and bottom of the fish fillets.
5. Slide the fish sticks onto the split wood, securing the end of the split wood with string to the fish sticks in place.
6. Push the pointed end of the stick into the ground and angle the fish over the fire to cook.
The fish is cooked when the flesh becomes crispy on both sides, if the fish is cooking too quickly, move the stick away from the heat of the fire.
7. Share the cooked fish with a friend or one of your family.

Greater things for the great outdoors:

Why not think of other foods you could cook over a small fire and share with family or friends.

Safety Notes:

Scissors / Sharp Objects: Supervise young people appropriately when they're using scissors. Store all sharp objects securely, out of the reach of young people.

Food / Allergies: Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food and avoid cross contamination of different foods. All activities must be safely managed.

Flame: Make sure anyone handling naked flames is doing so safely. Check that the equipment and area are suitable and have plenty of ventilation. Have a safe way to extinguish the fire in an emergency.

