

EXPLORERS



Picnic Box - Foil Pan Stew

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

What you need:

- 150g stewing steak/beef (cut into 1 inch cubes)
- 1 potato (cubed)
- 2 carrots (sliced)
- 1 onion (chopped)
- 1 clove crushed garlic
- 1 pinch salt
- 1 pinch ground black pepper
- 1 tbsp butter
- 1 tbsp water
- Foil
- Basic kitchen equipment



How to make it:

This can be cooked on a BBQ, campfire or in an oven.

1. On a large square, double thickness, sheet of foil, layer the prepared beef, potato cubes, carrots, onion and garlic.
2. Sprinkle with salt and pepper, top with butter and a tablespoon of water.
3. Roll edges of tin foil together and seal tightly, to make a large foil parcel or "pan".
4. Bury it in campfire coals or put in a preheated oven at gas mark 6, 190C or fan 170C.
5. For either cooking method, cooking time is about 1 hour.
6. You can eat it out of the foil, or empty it into a dish, but be careful as the stew will be hot.

Get more Foody:

Be adventurous and make your own stewing flavours...

Peppers, chicken, turnip, lamb, sprouts, the possibilities are endless - what can you cook in a foil pan ?



Safety Notes:

Scissors / Sharp Objects: Supervise young people appropriately when using scissors and knives. 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.

Hot Oven / Hotplates: Supervise young people appropriately when using an oven or hotplates for cooking.

Flame: Make sure anyone handling naked flames is doing so safely. Have a safe way to extinguish the fire.