



Picnic Box - Chocolate Orange Cake

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

What you need:

- 4 tbsp self-raising flour
- 3 tbsp dark muscovado sugar
- 2 tbsp cocoa powder
- 1 tbsp skimmed milk powder
- 1 pinch sea salt
- 1 tbsp orange juice
- 1 tbsp sunflower oil
- 1 medium egg
- 25 grams dark chocolate (chopped)
- 2 large oranges with thick skins
- Foil
- Basic kitchen equipment



How to make it:

Cook in the oven or on an open fire.

1. Mix together the flour, sugar, cocoa powder, salt and skimmed milk powder in a bowl.
2. Cut the tops off the oranges, about an inch from the top to make a flat lid.
3. Over another bowl, carefully scoop out the flesh of the oranges (this will be a juicy mess, but try and save as much of the juice as possible). Wash and dry the oranges.
4. Mix the orange juice, sunflower oil and egg with the dry ingredients.
5. Stir in the coarsely chopped chocolate and spoon the mixture into the oranges, fill until 2/3 full of the cake mixture.
6. Wrap each orange loosely in aluminium foil, taking care to keep the oranges upright.
7. Place your wrapped oranges on the edge of your camp-fire, out of direct flame but close enough to the embers for the cakes to bake (or choose to cook in an oven at gas mark 6, 200C or fan 180C).
8. After 25 - 30 minutes remove the cakes from the heat and unwrap. You should see cooked cake peeking out between the orange bowl and lid. Leave to cool for 15 minutes before eating.

Get more Foody:

What other flavour combinations could you try ?

Maybe a vanilla cake mix instead of chocolate...



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.