

\$9.95 U.S.
Ages 6 and Up

Cooking in a CAN

More campfire Recipes for Kids

Have you ever made breakfast in a paper bag? Baked a cake underground? Cooked chicken on a hot rock?

In **Cooking in a Can**, you'll get great recipes and learn how to cook in a can, on a rock, in a pit, in a solar oven, and on the coals. Plus you'll enjoy making such great outdoor and cooking projects as:

- ◆ Sweatshirt wood carrier
- ◆ Garbage pail cooker
- ◆ Cooking gear corral
- ◆ Pinecone fire starters
- ◆ Buddy burner
- ◆ Cooking apron
- ◆ Solar sill for drinking water
- ◆ Your own family banner
- ◆ Tin-can grill
- ◆ and much, much more!

Get ready for some
great food and
outdoor fun!

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| Children's Activity | |  |
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More Campfire Recipes for Kids

WHITE

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Cooking in a CAN

More Campfire
Recipes for Kids

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APPLE STAMPEDE

SERVES 4



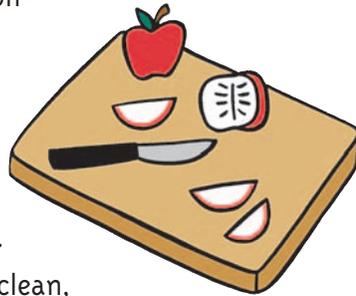
What you need:

- 4 to 6 medium apples
- 1/2 cup water
- 1/3 cup sugar
- 2 teaspoons cinnamon

What you do:

- ◆ Peel, core, and cut apples into quarters.
- ◆ Combine apples, water, and sugar in a clean, empty coffee can.
- ◆ Cover with aluminum foil and set the can on the coals in the fire. Cook about 20 minutes or until the apples are soft.
- ◆ With an oven mitt, remove the can from heat. Mash apples with a potato masher, fork, or clean rock.
- ◆ Add cinnamon to taste. Serve warm or cold.

You can also make this recipe on a grill or stove.



EGG CARTON FIRE STARTER

What you need:

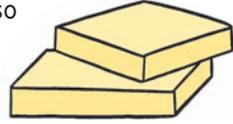
- ◆ Sawdust or newspaper
- ◆ A cardboard egg carton (never burn Styrofoam or plastic!)
- ◆ Melted wax

What you do:

1. If you are using sawdust, stir it into the melted wax. If you are using newspaper, shred it and fill each egg cup with it.
2. With your adult helper, carefully pour the hot wax or wax-and-sawdust mixture into each cup of the egg carton.
3. Let the fire starter harden and cool.
4. When you are ready to start a fire, place the egg carton fire starter under the tinder.

Melting Wax

You can buy wax at a craft store. It comes in blocks. Use $\frac{1}{2}$ pound of wax (also called paraffin) for each set of fire starters. Candle stubs also work and are best when they don't have perfumes, wicks, or foreign objects like leaves or petals. **Be careful! Wax catches fire if it gets too hot. Its ability to burn will allow you to start a fire with it later. Have an adult helper with you and use one of these ways to safely melt wax: a double boiler or boil bags.**



DOUBLE BOILER METHOD

A double boiler is a special kind of pot. You can buy one at a retail store or at a thrift shop where it will be inexpensive. If you don't have a real double boiler, you can use a saucepan and an empty soup or coffee can that is dry, clean, and free of paper.

What you do:

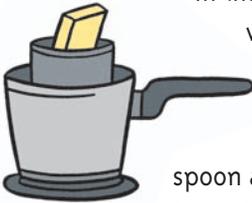


1. Fill a 2 or 3-quart saucepan about halfway with water.

2. Put it on the stove on high heat until the water comes to a boil. Then turn the heat down to medium-low.



3. Put your solid wax in the top part of the double boiler or in the can. Carefully place this part into the water, making sure water doesn't get in with your wax.



4. Stir the wax gently with a spoon as it melts. When the wax is completely liquid, turn off the stove.



5. Remove the can or pot from the water and place it on a potholder. Use the melted wax to make your fire starters.