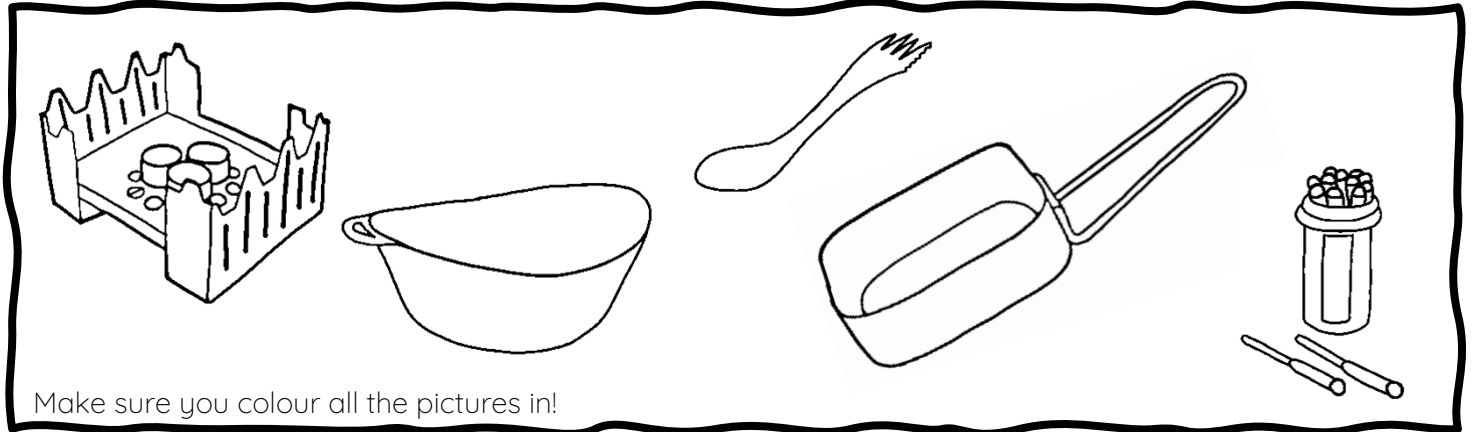


STAY AT HOME ADVENTURES

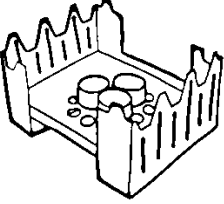
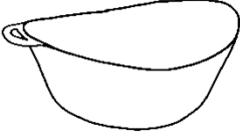

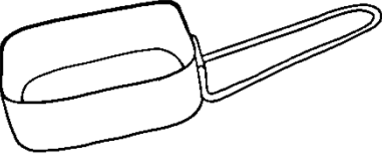
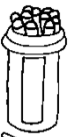

EXPEDITION COOKING KIT

Adult supervision is required when using the equipment included in this kit

THIS KIT INCLUDES:



ACTIVITY 1 – LEARNING THE NAMES OF YOUR EQUIPMENT – MATCH THE PICTURE AND NAME

	SURVIVAL MATCHES
	BOWL
	MESS TIN
	SOLID FUEL STOVE
	SPORK
	

ACTIVITY 2 – STOVE SAFETY – FILL IN THE BLANKS

Solid fuel camping stoves are a versatile piece of equipment for camping and expeditions. They have been used by armies worldwide for decades. This stove is simple, lightweight, reliable and uses compressed fuel tablets as a fuel source. Here are some safety tips for expedition cooking.

1. Make sure the area you choose to your stove is _____ and does not have any leaves or debris. You should be well away from _____, trees, grass and plants.
2. You should always have an adult supervising and a small bucket of _____ on standby.
3. Fold out the legs of the stove to 90 or 45 degrees – you want your _____ to be level.
4. Place 2 or 3 _____ tablets in the centre of the stove and carefully light them using a match.
5. Place your mess tin on the stove – make sure it is _____ before you start cooking.
6. Use a tea towel or oven gloves to hold the _____ of the mess tin whilst you are cooking and when you are ready to take the tin off the stove – the handle will get very _____.
7. Never _____ your stove burning unattended.
8. To safely put the stove out, use some dirt to smother the tablets or let them burn out.
9. Make sure the stove has _____ down completely before _____ it and putting it away.

tents fuel stable handle hot stove
level leave water cooled touching



ACTIVITY 3 – HAVE A GO AT COOKING ON YOUR STOVE!

Here is a selection of different recipes you could try out on your stove – you could do some research for different recipes or try making your favourite meal.

CUP OF TEA

Equipment needed:

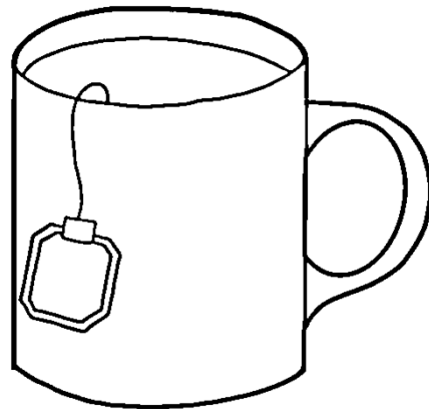
- Expedition Cooking Kit:
 - Solid Fuel Stove
 - Mess tin
 - Survival Matches
 - Spork
- Home:
 - Mug
 - Tea towel or oven gloves

Ingredients:

- Tea bag
- Water
- Milk
- Sugar (optional extra!)

Method:

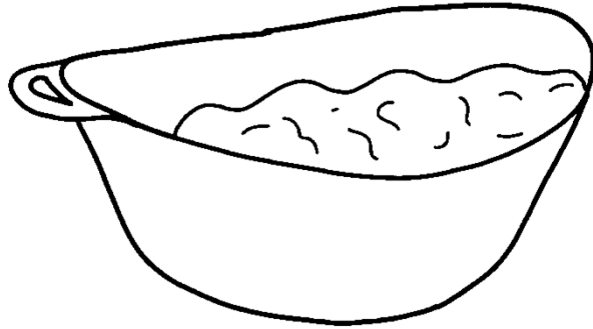
1. Set up your stove safely.
2. Fill your mess tin up with enough water for your mug.
3. Light your stove and place your mess tin on top.
4. Whilst you wait for the water to boil, place your tea bag in the mug.
5. When the water has boiled, carefully pour into your mug (you might need some adult help!) using a tea towel or oven glove whilst you hold the handle.
6. Give your tea a stir, remove the tea bag. Finish with milk and sugar.



SCRAMBLED EGGS

Equipment needed:

- Expedition Cooking Kit:
 - Solid Fuel Stove
 - Mess tin
 - Survival Matches
 - Spork
 - Bowl
- Home:
 - Tea towel or oven gloves



Ingredients:

- 2 Eggs
- Splash of Milk
- Oil or Butter

Method:

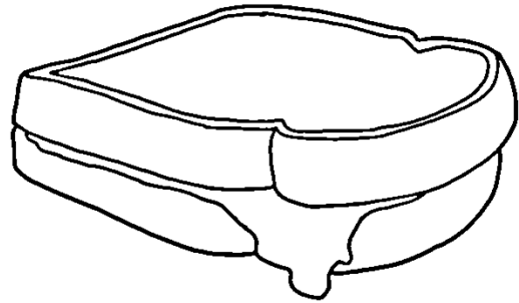
1. Set up your stove safely.
2. Crack your eggs into your bowl, add the milk and whisk using your spork.
3. Light your stove and place the mess tin on top.
4. Add a little oil or butter. Then add your eggs.
5. Using a tea towel or oven glove – hold the handle and keep stirring until the eggs have scrambled.
6. Remove from the heat and enjoy!



GRILLED CHEESE SANDWICH

Equipment needed:

- Expedition Cooking Kit:
 - Solid Fuel Stove
 - Mess tin
 - Survival Matches
 - Spork
- Home:
 - Tea towel or oven gloves
 - Plate
 - Fish slice/Spatula



Ingredients:

- 2 Slices of Bread
- Butter
- Cheese
- Ham, Salami, Tomatoes or any other sandwich fillings!

Method:

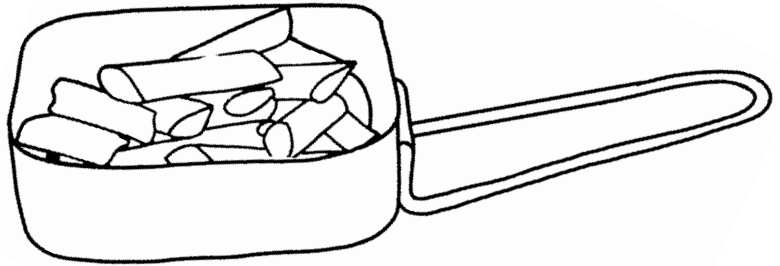
1. Set up your stove safely.
2. Start by making the sandwich. First, you will need to slice some cheese and get your other fillings ready.
3. Put your cheese and other fillings between the two slices of bread.
4. Butter the two outer sides of bread – making a sort of inside out sandwich!
5. Cut into 2 or 4 rectangles or triangles – a full sandwich might not fit in a mess tin!
6. Light your stove and place your mess tin on top.
7. Place your sandwich in your mess tin and leave for a few minutes.
8. Once the first side is golden brown, flip and leave again.
9. Once both sides are nicely golden and the cheese has melted, remove from the heat and enjoy!



PESTO PASTA

Equipment needed:

- Expedition Cooking Kit:
 - Solid Fuel Stove
 - Mess tin
 - Survival Matches
 - Spork
 - Bowl
- Home:
 - Tea towel or oven gloves



Ingredients:

- 75g Pasta
- Water
- 2tsp Pesto
- Cheese (optional extra!)

Method:

1. Set up your stove safely.
2. Fill your mess tin up halfway with water.
3. Light your stove and place your mess tin on top.
4. Once your water is boiling, carefully pour in your pasta.
5. Using a tea towel or oven glove – hold the handle and keep stirring every few minutes until the pasta is cooked.
6. Once your pasta is cooked, remove from the heat using a tea towel or oven glove (you might need an adult to help!)
7. Use your spork to spoon your pasta carefully into a bowl, leaving the water behind.
8. Stir in the pesto and cheese and enjoy!

