

COOK OVER AN OPEN FIRE

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FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Plan the menu, prepare food, the fire, and cook an outstanding meal for your family.

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As with any task, planning is key and the first thing to be done. And for the record, s'mores aren't a meal; we are cooking a real meal.

1. Come up with a menu. Soups and chili are easy to have in a saucepan over an open fire. Some meats can be skewered and cooked. (Please avoid chicken or any other risky meats.) A frying pan can be used over an open fire too. Baked potatoes can be wrapped in foil and thrown into the fire embers. They do still take a long time to cook though.

2. Find appropriate cookware. You probably don't want to use the best kitchen saucepans. If you have camping cookware, then great. If not, see what old stuff you can use or hit a thrift shop.

3. Build your fire. This can be a trick in itself. While any fire can be used to cook on, there is no reason you should not make it easy on yourself. Consider having a few large rocks around the fire, that way you can place a grate on top and use it as a stove top. (Maybe you can pull a grate from a barbecue grill or similar item.) Make sure you use good, seasoned, and clean burning wood. Be sure you build the fire in a safe place and don't do it on a windy day.

Do additional research for yourself. Then discuss the menu and fire construction with your parents.

