

# Scouting at Home



Suitable for: Scouts | Venturers

Time needed: 60 minutes



Outdoors  
Challenge Area

## Practice camp cooking

Now is the perfect time to brush up on your camp cooking skills, give this delicious coconut porridge a go!

### Equipment

- Camping stove, eg Trangia
- Large pan or billy pot
- Bowls and spoons

### Ingredients (serves 4, so multiply quantities as necessary)

- 160g gluten-free rolled oats
- 440ml water
- 400ml coconut milk
- 1 tsp vanilla essence
- 2 tbsp maple syrup
- pinch of salt
- berries, desiccated coconut or chopped nuts to serve

### Instructions

**1** Set up your cooking station with one clean area for prep and easy access to your camping stove. Make sure you have correctly set up your camp stove and are safely using it.

**2** Make sure to keep your cooking space clean at all times and that you wash your hands before handling food.

**3** Measure out all of your ingredient quantities, then put the oats, water, coconut milk and vanilla into the pan. The porridge should then cook on a medium heat until all the liquid has been absorbed. For smaller quantities, this should take around 5-7 minutes but may take longer for larger amounts.

**4** Meanwhile, work on the toppings, washing fruit or chopping nuts. Once all the liquid has been absorbed and the oats are cooked, serve the porridge and choose your toppings. A squeeze of maple syrup with blueberries and sprinkle of desiccated coconut will set you up for the day!

### Take it further

Think about how you would organise this at a camp. You could divide the group up into sections with a team in charge of prepping, another in charge of cooking and another in charge of clear-up. The prep team should calculate the quantities needed before weighing out all the ingredients and packing them up. When on camp, they then supply the cooking team with the ingredients they need at the right time. Then once everyone is done, the clean up team can wash and dry all the cooking equipment and store them away safely.

**5** After you're finished, clear up, wash and dry your dishes and cooking equipment, including your prep and cooking space.

