

## Campfire Bread Twists on a Stick

**Objective:** Children will learn how to prepare a bread recipe, wrap it on a stick to bake over a campfire, grill or in the oven, then decorate it with icing and sprinkles.

**Recommended Ages:** 9 years old and up

**Time required for project:** 60 minutes

### Overview

This project is designed to introduce children to campfire cooking and easy decorating. Leaders should determine ahead of time how many adult helpers are needed. If you are cooking the bread twists over a campfire or BBQ grill, you will want to increase your adult helpers based on the children's ages. They will learn the following:

- An overview of campfire bread
- How to prepare a bread recipe
- How to wrap the bread on a stick and cook it
- How to decorate the bread with icing drizzles and sprinkles

### Supplies

#### Wilton Items Needed:

- ✓ 1 White Decorator Icing Pouch
- ✓ Bamboo Dowels Rods (optional if baking in an oven)
- ✓ Sprinkles and Sugars
- ✓ 9 in. Angled Spatula (optional)
- ✓ Cooling Rack
- ✓ Parchment Paper

#### Additional Kitchen Supplies (either leader can provide, or children can bring their own):

- ✓ Ingredients for 12 bread twists
  - 3 ½ cups self-rising flour
  - 3 tablespoons of sugar
  - 1 ½ cups of water
- ✓ 1 tube refrigerator crescent rolls – makes 8 twists (only if not making bread from the recipe)
- ✓ 1 fresh tree branch per child - ½ in. at its thickest point by about 2 ½ to 3 ft. (use if cooking over a campfire, avoid cherry and pine trees, research toxic trees in your area).
- ✓ Cookie sheet (if baking in an oven)
- ✓ Baking dish large enough to submerge wooden dowel rods (if baking in the oven)
- ✓ Measuring spoons (if making recipe)
- ✓ Liquid measuring cups (if making recipe)
- ✓ 1 Large mixing bowl (if making recipe)
- ✓ Ruler – 2-3 to share
- ✓ Paper towels
- ✓ 1 Silicone spatula
- ✓ Potheadler – 1 per child to use as needed

- ✓ 1 Butter knife if not using the Angled Spatula
- ✓ Container to carry home bread twists if children make more than one
- ✓ Paring knife (optional)

## Project Outline

1. Introduction
2. Prepare the Baking Sticks
  - a. Baked in the oven
  - b. Cooked over a campfire, fire pit or BBQ grill
3. Prepare the Bread Dough
4. Wrap the Bread on a Stick
5. Cooking the Bread Twists
  - a. Over a campfire or fire pit
  - b. On a grill
  - c. In the oven
7. Drizzle and Sprinkle Bread Twists
8. Clean-up/Wrap-up

## INTRODUCTION

**\*Leader - Provide quick overview of project.**

Campfire bread has been made for hundreds of years by people living and traveling in the wilderness. Today it continues to be enjoyed by campers in the USA and other countries.

- Bannock – Is a bread from Scotland and translates into “morsel,”. The Scottish cooked this portable bread on a griddle called a Bannock Stone, which they placed on the ground in front of a fire. They passed along this type of bread to Native Americans when they settled the American colonies.
- Damper – Is a simple bread from Australia that travelers would bake and take with them while out in the wilderness. It is traditionally baked in the coals of a campfire or in a camp oven.
- Snobrød – Is a Danish bread. The word translates into twisted bread which is baked over the embers from a bonfire.

## PREPARE THE BAKING STICKS

**\*Leader – Select the method and assist children in preparing their sticks, based on how they will bake their bread.**

- **Baked in the oven** – Submerge dowel rods in water while mixing the recipe. This will keep them from burning in the oven.
- **Cooked over a campfire, fire pit or BBQ grill** – Select live (green) branches that are at least ½ in thick, and long enough (2 ½ to 3 ft.) for children to be at a safe distance from the fire when cooking. Make sure the selected branches are non-toxic and washed. While not required, you can remove about 6 in. of bark from the end of the branch using a paring knife.



## PREPARE THE BREAD DOUGH

**\*Leader – This recipe makes 12 bread twists. Have the children work together to measure the ingredients, stir, and knead the dough. Optional – Use a tube of crescent roll dough divided into 8 sections.**

### Recipe Ingredients

- 3 ½ cups self-rising flour (explain that this flour has baking soda and salt added to it. Baking soda is a leavening agent that will make the bread rise and become soft when baked.)
- 3 tablespoons of sugar
- 1 ¼ - 1 ½ cups of water

### Supplies:

- Large mixing bowl
- Measuring cup
- Measuring spoons
- Silicone spatula
- Angled Spatula

### Mixing the Ingredients

**Step 1:** Mix the flour and sugar together in a large bowl.

**Step 2:** Add 1 ¼ cup of the water and begin mixing. It will start to bind together. Add the additional water a little at a time until the dough binds into a ball. It might not require all the water.

**Step 3:** Once it binds together, turn it out onto a floured surface and knead the dough until it becomes smooth.

- To knead the dough, push the dough away from you with the heel of your palm, then fold it over itself with your fingers, then pull it back repeating until it is smooth and elastic and forms into a ball.
- If necessary, add additional flour to keep the dough from sticking to the surface.



**Step 4:** Shape the dough into a log, then use a spatula to divide the dough into 12 equal sized pieces.

**Note:** In a camping environment, the ingredients in the recipe can be combined in a gallon sized bag then turned out on a surface to knead.



### WRAPPING THE BREAD ON A STICK

**\*Leader – Provide each child with a piece of dough and a sheet of parchment paper to use as a working surface. Demonstrate twisting the bread on a stick, having the children follow along.**

- Start with a lump dough that fits comfortably in your hand. Don't use too much as it will swell as it cooks.
- Use your hands to roll the dough into a snake shape about 8 in. long and about ½ to ¾ in. thick. If it's too thick, the bread may not cook all the way through, it won't swell up as much and may fall off the stick.
- Twist the dough around the tree branch or a dowel rod. Wrap a little of the dough over itself at the beginning and the end of the twist to secure it.



### COOKING THE BREAD TWISTS

**\*Leader – Make sure to have enough adults present to supervise and help children when cooking bread over a hot campfire or BBQ grill. To avoid burns, make sure children know before starting the bread must cool before touching and eating.**

#### Over a Campfire or Fire Pit

Cook the bread on a branch over the coals of a hot fire, rather than in the direct flames to keep it from burning (it will taste bad if it burns in the flames). Rotate the branch to cook the bread evenly. Be careful not to touch the bread to the coals. Cook for about 10 minutes until golden brown.

**Note:** The stones in a fire pit are not hot like coals in a campfire, so cook the bread above the flames.



### On a BBQ Grill

Cook the bread on a branch over a hot BBQ grill, rotating to cook it evenly. Cook for 10-15 minutes until golden brown. Don't lay the bread twists on the grate of the grill as they will stick.



### In the Oven

Preheat the oven to 425°F. Line a cookie sheet with parchment paper. Lay the bread twisted on dowel rods about 2 in. apart on the baking sheet. Bake for 10-15 minutes or until golden brown.

**Note:** Allow bread to cool about 5 minutes on the stick or laid on a cooling rack. Once cool enough to handle, the bread twist can be gently pulled off the end of the stick intact to decorate or store in a container to eat later.

### DRIZZLE AND SPRINKLE

**\*Leader – Demonstrate drizzling and sprinkling twists allowing children to do their own.**

- While the bread twist is still warm, lay on a cooling rack, wax, or parchment paper.
- Massage the White Icing Pouch to blend and warm up the icing. Using the round tip, hold the tip above the surface of the bread and squeeze, drizzling icing in a zigzag motion from one end of the twist to the other.
- Immediately apply sprinkles or sugars over the icing so they stick.



Now that your Girl Scouts have been introduced to cooking bread twists on a stick and using icing drizzle and sprinkles, encourage them to learn more through the *Icing Fundamentals*, *Buttercream Flowers*, *Decorating Cookies* and *Fondant Fundamentals* class activities. Find the easy-to-follow leader guides and completion certificates at <http://classpromo.wilton.com/girlscouts>.



## CLEAN-UP AND WRAP-UP

### INSPIRATION



<https://veganonboard.com/campfire-bread>



<https://www.kitchenstories.com/en/recipe>



[www.instructables.com/id/Making-Campfire-Twists/](http://www.instructables.com/id/Making-Campfire-Twists/)



<https://www.ediblecommunities.com/recipe>



[www.tastemade.com/videos/campfire-bread-on-a-stick](http://www.tastemade.com/videos/campfire-bread-on-a-stick)