

Suggestions from Barossa & Light and Stanley Leaders

Cooking in an Orange peel

Eggs in Orange Peel

Slice the top off an orange; carefully remove the orange pulp (eat). Break an egg into the empty orange skin and place on hot coals to cook.

Jaffa Cake

Slice the top off an orange (retaining the 'lid'); carefully remove the orange pulp (eat). Fill the empty skin about ½ to ¾ full with packet chocolate cake mix. Replace lid and cook on hot coals.

Banana & Chocolate cooked in foil

Milo Pancakes – Ordinary pancake mix with ½ cup milo added

Witchetty Grub Soup

French onion or other plain soup with twisties added.

Kossie's Coke Stew

Adapted from a Rabbit in Beer stew. Cut up rabbit or chicken, add a packet of French onion soup and a bottle of coke. Add carrots peas or other vegetables as appropriate. Cook slowly till tender. Thicken with Gravox if necessary.

Try a stir-fry – most stir-fry recipes can be cooked on a bar-b-q.

Ask your butcher to vacuum pack your meat to make it last longer.