

Bishul Bachutz Cookbook

Summer 2019

Chocolate Pita

Ingredients

4 cups all-purpose flour
1 cup water
1 tsp salt
4 Tbsp oil
Chocolate spread (we use nut-free pareve spread)

Directions:

Mix ingredients in a large bowl until all ingredients are fully combined and dough is formed. Add small amounts of water if dough isn't forming.

Let dough rest for 10 minutes.

Divide dough into small balls (smaller than fist-size) and place on a lightly floured surface.

Use a rolling pin to create paper-thin dough.

Apply 1-2 spoonful of chocolate spread to one half of the rolled-out dough.

Fold the dough over so that all of the chocolate is covered.

Bishul Bachutz cooks the pita over the campfire using a saj (a middle eastern ,metal, dome-shaped cooking tool) with a heat source underneath it. In place of a saj, we suggest using a cast iron skillet stove top or a very hot grill. Heat the pan for several minutes before putting your pita on it. On a hot saj or skillet, the pita takes 1-3 minutes to cook depending on the thickness of the pan and thinness of dough.

S'mores Popcorn

Ingredients

3 Tbsp canola oil
½ cup popcorn kernels
5 graham crackers
4 Tbsp margarine
15 marshmallows
¾ cup chocolate chips

Directions:

In a bowl, break 5 graham crackers into nickel size pieces.

Heat large pan/skillet or 5-quart pot over medium-high.

Heat the oil with cup of popcorn kernels, keep uncovered.

When kernels begin to pop, place lid on pan/pot and let popcorn pop, shaking pan on the burner a few times until popcorn has finished popping (approximately 2 - 3 mins).

Put popped popcorn into large mixing bowl.

In a small or medium saucepan, melt margarine.

When margarine is melted, add marshmallows and stir continuously until melted.

When marshmallows are melted pour into popcorn bowl, stir in crushed graham crackers, chocolate chips, and stir until all ingredients are incorporated.

Banana Boats

Ingredients

Bananas

Optional toppings:

Brown sugar

Chocolate chips

Raisins

Cinnamon

Sunbutter

Directions:

Slice banana open lengthwise, but not all the way through.

Gently open the banana and fill with toppings of your choice.

Wrap filled banana in tinfoil packet.

We cook banana boats over hot coals for only a few minutes (see this article for tips on campfire cooking: <https://www.thecampingfamily.com/camp-fire-cooking.html>). If you are cooking on a gas BBQ, place foil packet on grill and cook for 5 - 10 minutes. If you are using charcoal, place packets on grey/ashy coals for 5 - 10 minutes.

Let cool for a few minutes before unwrapping as banana boats are HOT when they come off the fire.

Potato Eggs

Ingredients

Potatoes

Eggs

Salt

Pepper

Directions:

Cut a section of approximately 1 inch off of the top of the potato. This is the “potato hat.”

Using a knife or apple corer, hollow out the main part of the potato, being careful not to go all the way through. The hole should be as large as possible without going through the walls or bottom of the potato.

Create the “potato flower” by placing the potato, open side up, into the center of a large piece of foil and wrapping the foil around the bottom, leaving the opening accessible.

In a bowl, season and scramble an egg to your liking.

Pour the egg into the opening of the potato (this often takes two people) and sprinkle salt and pepper on top of you did not season it earlier.

Place the “potato hat” on top, hiding the egg completely, and tightly wrap the remainder of the foil around the whole thing, enclosing it entirely.

Place on hot coals for 20 - 25 minutes. It is done when the egg inside is cooked.

NOTE: We have also made these without scrambling the egg. To do so, simply break the egg directly into the open potato and sprinkle salt and pepper on top.

Spice Week

During spice week we (re)introduced spices by using our five senses to see, smell, touch, taste, and hear the various properties and characteristics of spices. We talked about where spices are found in nature and their regions of origin.

Spices used are:

- Cumin seeds
- Coriander seeds
- Nutmeg
- Turmeric
- Vanilla bean
- Allspice
- Star Anise
- Fenugreek
- Cinnamon stick
- Peppercorns
- Turmeric
- Juniper
- Cardamom pods
- Cloves
- Mustard seed

After we discussed the spices, campers gathered safely around the fire and roasted the seeds before manually grinding them in a mortar and pestle. Once they were finely ground, we mixed the spices in oil to create dipping oils.

In addition to the dipping oils, we used roasted spices during popcorn week.

Campfire Onion Rings

Ingredients

Large Vidalia or yellow onions

Oil

Spices of your choice

Directions:

Cut off the top of the onion and then loosely quarter the onion with a knife, but do not cut all the way through.

Using your fingers, create space between the layers of the onion.

Pour oil (2 - 3 Tbsp) and massage into the onion layers, then season.

Completely wrap onion in foil and place in bed of coals. Within a few minutes you will hear the oil start to sizzle.

Cook for approximately 20 minutes. Onion will appear caramelized and translucent when cooked.

At camp we used this recipe during spice week. Campers used the spices and spice blends they roasted and then ground to sprinkle on the onion before wrapping and cooking.