

Fire Bread Recipes for Children

Cheese Bread

Ingredients

- Plain or self-raising flour (seems to make little difference which)
- Milk Powder
- Shed loads of grated cheese
- Water

Method

Add twice as much flour as milk powder (1 cup of flour to half a cup of milk powder). Add a trickle of water – just enough to make a very firm dough. Squidge with fingers until smooth (ish). Try not to make too wet and sticky – think slightly firmer than playdough. Add shed loads of grated cheese.

Oven baking – mould into small shapes (plats, balls rolls etc) and bake for about 10 minutes (depending on size of shape – should be golden brown and cheese bubbling)

Fire baking – mould into a very thin worm and wrap in a spiral round a skewer. Cook over fire until brownish all over and cheese bubbling out.

(Add pepperoni and some tomato puree with a dash of oregano to make pizza bread. Add parmesan and crushed garlic to make posh cheese bread. Add finely diced red peppers, onions and courgette to make healthy vegetable bread.)

Chocolate Bread

Ingredients

- Plain or self-raising flour (seems to make little difference which)
- Instant Drinking Chocolate (the stuff you don't have to add milk to)
- Chocolate bars smashed, crumbled or cut into chunks.

Method

Stuff some of the chocolate into your mouth whilst you read the rest of the method. Add equal parts flour to drinking chocolate (1 cup of flour to 1 cup of drinking chocolate). Add a trickle of water – just enough to make a very firm dough. Squidge with fingers until smooth (ish). Try not to make too wet and sticky – think slightly firmer than playdough. Add an unhealthy amount of chocolate chunks.

Oven baking – mould into small shapes (plats, balls rolls etc) and bake for about 10 minutes (depending on size of shape – should be matt brown and chocolate oozing out)

Fire baking – mould into a very thin worm and wrap in a spiral round a skewer. Cook over fire until matt brown all over and chocolate oozing out.

(Alternatively add raisins or sultanas for a fruity chocolate bread. Try mixing blueberries or strawberries to the dough. Try it with white chocolate chunks or smarties or chopped Mars Bars – mmmmm!)