

Create a classic campfire treat!

Your Beavers and Cubs will love this Scouting favourite with a savoury twist

Suitable for **Beavers and Cubs**

Did you know that Tesco make 312,000 loaves of bread in store each day? Impressive, right? Each of the ingredients is measured out and mixed in a machine until they turn into stretchy dough. The dough is divided up into loaf-shaped moulds, which are placed in a warm, damp place to rise. Once risen, the loaves are put in large ovens to bake and after they've cooked and cooled they are cut up by a machine, placed in bags and put on display.

To see more about how bread and other foods are made, watch the Farm to Fork Online Field Trips here: eathappyproject.com/resource-hub/online-field-trips. In the meantime, encourage your Beavers and Cubs to try their own bread-style recipe with these delicious dampers. You can even add extras such as olives, pumpkin seeds (a source of magnesium) or sunflower seeds (which contain vitamin B3) to the mix – great if you're feeling tired.

What to do

1 Put your flour and salt, cheese and/or dried thyme in a bowl and mix well. Gradually add the water a little at a time and knead gently until it forms a soft dough. Divide the dough into eight equally sized pieces.

2 Roll each piece of dough in your hands until it is a long, thin sausage shape. Wrap it around

a foil-covered stick and press to ensure it is well fixed in place.

3 Turning regularly, carefully hold the stick over an even heat (campfire or barbecue) for 10 minutes or until firm to the touch.

4 Carefully slide the dampers off the stick and fill the central cavity with your favourite healthy dip.

Savoury dampers (serves 4)

You will need

- Self-raising flour 500g (1lb/4 cups)
- Salt a pinch
- Parmesan cheese grated
- Dried thyme a sprinkle (optional)
- Water 200ml (7fl oz / 2/3 cup)
- Foil-covered sticks
- Your favourite healthy dip eg hummus, tzatziki, guacamole, cream cheese



Farm to Fork

Part of the
TESCO
Eat Happy Project

More info

The Tesco Eat Happy Project is a long-term commitment to help children have a healthier and happier relationship with food. To get your Beavers or Cubs booked on a trail at your local Tesco store, visit the Eat Happy website tesco.com/eathappyproject.

