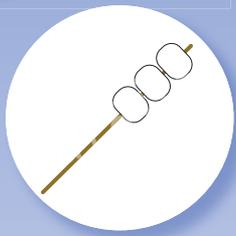


# THE ENRICHMENT PROJECT

Badge Program

larajla.com



## Stick Cooking

*From the right stick to the right combination of flavors, stick cooking brings together a variety of choices for each palate.*

## STICK COOKING

### Steps

#### KEEP IT COOL

##### 1. Fruits and vegetables.

Your “cooking” can be as simple as chopping fruit or vegetables and put the pieces on a stick. Cookie cutters can allow you to make special shapes out of fruit like watermelon or pineapple. Here’s a quick list of possible fruit and vegetables to start out:

- Watermelon
- Honeydew
- Pineapple
- Cantaloupe
- Kiwi
- Apple
- Grape
- Strawberry
- Blueberry
- Blackberry
- Cherry / grape tomato
- Carrot
- Onion
- Zucchini / squash
- Peppers — bell, banana, jalapeños, etc.
- Olive

Make fresh fruit or vegetable kabobs on a stick. Keep a list of the combinations you like.

##### 2. Other “non-cooked” items.

In addition to fruit and vegetables, you can put pre-made items on a stick as well. Some ideas might be:

- Marshmallow
- Brownie chunk
- Mini cupcake
- Cheese cube
- Bread

Create a list of pre-made items you can add to your skewers.

##### 3. Cool dips.

Part of the fun of cool stick treats is the dip. Examples might include ranch dressing for vegetables or chocolate syrup for fruits. Take the ideas from the two steps above and try different dips to change flavors.



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## START COOKING

### 4. **Safety at the fire.**

Be sure everyone is familiar with safety rules around the fire. You can make a list to review beforehand or create one on-site before starting the fire. If you prefer to do your stick cooking indoors, you will need a different list of safety rules.

### 5. **Stick preferences.**

What kinds of “sticks” can you use to cook on? A stick you find on the ground? Wooden skewers? A metal fork? Test a variety of possible sticks yourself and create a “pro” and “con” list for each type. Decide which you prefer.

### 6. **Start simple.**

Teach stick cooking the easy way with hot dogs on a stick and put them in a prepared bun or make s’mores. There is minimal work at the fireside and a greater chance of success.

### 7. **Biscuits.**

Refrigerated dough is an easy way to make biscuits on a stick, just separate and wrap it around. You can make them a sweet treat by adding sugar and cinnamon. In addition, add a filling by wrapping the biscuit around a cheese cube, pie filling or other item. Explore ways to take a simple biscuit on a stick and make at least two different biscuit eats.

### 8. **From cool to warm.**

The items from the cool section can also be warmed. Experiment with cold items can also be served warm. Perhaps find a dip or two that you can warm as well. Keep track of what you like as you experiment.

### 9. **Protein.**

Meat, sausage and beans can all be added to sticks. Make sure meat is properly cooked. The stick also needs to be cleaned thoroughly to prevent cross-contamination. Make with meat as one of the items on the stick.

### 10. **Sandwiches.**

You can assemble a sandwich on a stick. It might be better to make “slices” of a sandwich (about 2”) to make sure it is completely heated. You can use pre-cooked luncheon meat and cheese with your bread. Feel free to add any other items to make your own sandwich.

### 11. **Stuff it.**

Items such as peppers and oranges can be hollowed out and filled for cooking items on a stick. Experiment with using these both as a “cup” to cook something in as well as part of the final food.

### 12. **Create your own.**

As you work through the steps above, create your own collection of stick cooking recipes for future reference and / or to share with others.



## Sites to Explore

[eartheasy.com/play\\_campfire\\_cooking.htm](http://eartheasy.com/play_campfire_cooking.htm)  
[greatist.com/health/38-healthy-foods-stick](http://greatist.com/health/38-healthy-foods-stick)  
[www.girlscoutcsa.org/content/uploads/Troop-Camp-Basics-Manual3.pdf](http://www.girlscoutcsa.org/content/uploads/Troop-Camp-Basics-Manual3.pdf)  
[forums.plentyoffish.com/datingPosts12461237.aspx](http://forums.plentyoffish.com/datingPosts12461237.aspx)  
[www.parents.com/fun/activities/outdoor/fun-by-firelight/#page=2](http://www.parents.com/fun/activities/outdoor/fun-by-firelight/#page=2)  
[www.boyouttrail.com/content/recipe/pig\\_on\\_a\\_stick-1071.asp](http://www.boyouttrail.com/content/recipe/pig_on_a_stick-1071.asp)  
[www.foodnetwork.com/recipes/photos/happy-campers-snacks-on-a-stick.html](http://www.foodnetwork.com/recipes/photos/happy-campers-snacks-on-a-stick.html)  
[www.camptrip.com/camp-cooking/cooking-bread-on-stick](http://www.camptrip.com/camp-cooking/cooking-bread-on-stick)  
[www.pinterest.com/campfireinacan/cooking-on-a-stick](http://www.pinterest.com/campfireinacan/cooking-on-a-stick)  
[www.gocampingaustraliablog.com/2013/05/easy-campfire-recipes-that-use-stick.html](http://www.gocampingaustraliablog.com/2013/05/easy-campfire-recipes-that-use-stick.html)

***Check out larajla's Enrichment Project  
to start your own adventure.***