

Each Group is to make these three Recipes:

Damper (serves 1)

½ cup of plain flour

½ teaspoon of salt

Water

Honey, golden syrup or jam

Place the flour and salt in a small bowl. Slowly add the water and mix the ingredients to form a stiff dough.

Push the dough over the end of a stick. Don't push the stick right through. Turn the dough over hot, glowing embers so the damper browns evenly all round. Allow it to cool for a few minutes. Then twist the damper off the stick and dribble honey, golden syrup or jam into the hole.

Camp Fire Eggs (serves 1)

Cut off the top of an orange, so that the lid has a small amount of orange pulp on it. Scoop out the rest of the pulp (and eat it!), and crack an egg into the cavity, adding salt and pepper, then replacing the lid. Set it in the hot ashes to cook. The pulp inside the lid drips gently on the egg as it cooks, giving it a delicious flavour.

Modern brownie mix can also be cooked inside an orange like this :)

Eel Soup (serves 4)

The Wadawurrung people, Ballarat's Traditional Owners, often sold eels to hungry miners – You can find smoked eels 'for sale' in the window of Sovereign Hill's Clarke Bros. Grocers on Main Street.

1.5kg eels

500ml water

1 onion

Bunch of parsley

50g butter

2tbs plain flour

200ml cream

Salt and pepper to taste

Wash the eels, cut them into thin slices, and simmer them in a pan with the butter for a few minutes. Pour in water and add the onion, cut into thin slices. Continue to simmer until the eels are tender, but do not break the fish. Take the fish out carefully, mix the flour smoothly to a batter with the cream, add to the eel water, bring to the boil, pour over the eels in a bowl and add salt, pepper and parsley to taste.