



COOK UP A STORM ON THE HILL

FIVE TOP TIPS FOR OUTDOOR COOKING

1. Prepare your ingredients in advance of your trip.
2. If you're cooking for a group, share out equipment and ingredients when packing to transfer weight.
3. Things can take longer to cook in the outdoors - even a light wind can decrease the efficiency of your burner. Cut ingredients up smaller to speed up the cooking time.
4. Don't be afraid to cut corners. You may be able to whip up every sauce and condiment at home but a jar or pre-made spice blend simplifies things outdoors.
5. Avoid packing full bottles of oil or seasoning. You won't need it all, so it's a waste of bag space. Try reusing and partially filling a mini glass jar or a small plastic toiletry bottle.



STEAK & ALE STEW

INGREDIENTS

- 400g diced chuck steak
- 1 large white onion
- 1 carrot
- 2 sticks of celery
- Handful of green beans
- Bottle of ale
- Fresh rosemary and thyme
- Plain flour
- Beef stock cube

METHOD

Dice the onion, carrot and celery. Using a medium saucepan, sweat-chopped onions, carrots and celery down until softened. Increase the heat and sear your chuck steak, add 1 heaped tbsp of plain flour and stir. Finely

chop fresh rosemary and thyme and add to the pot with coarse black pepper. Add a bottle of ale, a beef stock cube and simmer for an hour (ideally 3 hours but this is unrealistic outdoors!) Set aside*. Bring some water to the boil and throw in your green beans and cook for 2-3 minutes depending on preference. Serve.

**If the stew is a bit watery then mix flour and water (even quantities), to create a slurry, and add to the stew. Simmer for another 5 minutes to remove the raw flour flavour.*

MEET THE EXPERT



HARRISON WARD is a Lake District-based outdoor cook, keen wild camper and all-round lover of the hills. For more recipe ideas and adventure inspiration, check out his Instagram account @fellfoodie

Upgrading your camping cuisine is a simple way to add a delicious bit of luxury to your time in the outdoors and can also heighten the experience overall. And the best thing? If you can cook at home, you can cook al fresco - it requires minimal effort and beats a dehydrated, freeze-dried meal any day of the week. Trail chef Harrison Ward, aka Fell Foodie, shares his top tips for cooking wild, and describes two of his favourite dishes to whip up on the hill.

HAGGIS, NEEPS & WHISKY SAUCE

INGREDIENTS

- Haggis (pre-cut into discs)
- 1 swede
- 300ml double cream
- Butter
- 2 tbsp whisky (blended will do, don't waste a single malt here)
- 1 tbsp Dijon mustard
- Fresh cracked black pepper
- Sea salt
- Parsley

METHOD

Slice the haggis into 1/2in thick slices (if not already done). Peel and cube the swede. Bring salted water to the boil, add the swede, and cook for 15 minutes

until soft. Drain and mash, then add butter for richness. Heat a pan (a griddle pan works well) and add the haggis. While this is cooking, in a separate pan combine the double cream, whisky and Dijon mustard. Bring this to a simmer and cook for a minute or two. Add the cracked black pepper. Plate the neeps (swede) first, drizzling over the whisky sauce, then place the haggis on top. Garnish with parsley.



ESSENTIAL OUTDOOR COOKING KIT



STANLEY FRYING & STOCK PAN

KNIFE WITH SHEATH

CHOPPING BOARD & SPATULA

BOWL OR PLATE

BIOLITE CAMPSTOVE 2

VEGETABLE OIL

SALT & PEPPER



Harrison Ward cooking wild in Greenburn Valley in the Lake District.

STEVE TULLY/ALAMY/STOCK PHOTO