

# Fieldcraft Skills

## Field Cooking



### Campfire Panini

This is a quick easy meal that can be made with a minimum of cooking gear. This recipe is measured for a single meal, but can be scaled to meet your needs while at camp or on the trail.



#### Pre-camp preparation:

Assemble the following ingredients:

- sliced sandwich roll or 6-8 inch section of Italian or French bread
- sliced meat of your choice; 4-6 slices
- sliced cheese of your choice - 3-4 slices
- 1 small tomatoes
- 1 small onion
- 6-8 pieces of leaf spinach
- 1 sprig of fresh basil
- olive oil
- two 12 inch square sheets of heavy duty aluminum foil & one paper towel

#### In camp meal preparation:

- lay out a piece of foil on your prep space
- lightly coat both sides of your bread with oil
- place side by side long way on the foil
- slice the tomato and onion; separate the basil and spinach leaves
- pile on your ingredients in any order you like
- top with the other lightly oiled slice of roll or bread
- roll your sandwich tightly in the foil
- lay out a second piece of foil, place one dampened paper towel on the foil
- place your sandwich pack on the dampened paper towel and wrap securely with the second piece of foil

#### Cooking the Sandwich:

- place your sandwich pack on the coals of the fire
- cook for about 5 minutes on each side, turning once
- sandwich is done when the bread is lightly toasted and the cheese is melted