



## 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](#)

## EQUIPMENT

BioLite CampStove 2  
Stanley frying pan and stock pan  
Knife, with sheath

Chopping board  
Spatula  
Bowl or plate

## MANDATORY INGREDIENTS

Vegetable oil  
Salt and pepper/  
chilli flakes

Gastro delights in the Lake District's Greenburn valley.  
DANIEL TOAL

## TRAIL MASTERCLASS

# Cook wild like a king

There's more to wild camp cuisine than boil-in-the-bag meals, as fell chef Harrison Ward reveals. **WARNING:** This will make you hungry...

I have always loved to cook. Growing up I helped my grandmother in the kitchen, and experimented with ingredients and techniques to recreate recipes I'd seen on TV. I've never trained or followed a career in the culinary world, but cooking is something I'm passionate about. When a love for the outdoors was ignited after relocating to the Lake District, it seemed only natural to merge the two passions.

If you're a keen wild camper, the foods you're most likely accustomed to are meals of the pre-packed, dehydrated variety. Yet, for one-night camps, a more elaborate outdoor cook can bring real joy and heighten the experience of being at one with nature.

To kick you off, here are four mouth-watering al fresco recipes which can be knocked up with relative ease either at base camp or on the summit. Enjoy!

### Poached eggs, bacon & caramelised onion jam on toast

**Ingredients** 1 red onion, 2 eggs, bacon, thick slice of bread, balsamic vinegar, sugar, handful of rocket

Sauté the onion lightly with a little sugar and balsamic vinegar for a delicious savoury jam to spread on your toast. Fry your bacon and poach your eggs. Toast the bread directly over the open flame. Garnish with rocket and season to taste.



### Fire-roasted beef burgers

**Ingredients** Burgers (shop-bought or home-made), cheese, lettuce, tomato, red onion, gherkins, bread buns

If making your own burger mix at home, combine beef mince, finely diced onion, egg, breadcrumbs, wholegrain mustard and parsley. Shape into patties. Make a sauce of your choice – mustard mayo, burger sauce, sticky BBQ sauce. Fry the burgers until cooked and serve in buns with onion, lettuce, tomato, gherkins, cheese and sauce.



### Ratatouille provençale

**Ingredients** 1 aubergine, 1 courgette, 2 peppers, 1 onion, garlic (2 cloves), passata, balsamic vinegar, sugar, 1 lemon, fresh thyme, fresh basil and bread of your choice

Finely slice garlic and an onion, set aside. Fry cubed aubergine until brown and remove. Repeat with courgettes and peppers. Sauté the onions and garlic until softened and then add the passata. Season well and add balsamic vinegar (1 tbsp), sugar (1 tsp), juice of ½ lemon and fresh thyme. Bring to a simmer for five minutes, return the veg to the sauce for another five minutes. Tear fresh basil and stir through, then serve with a rustic chunk of bread.



### American-style pancakes

**Ingredients** 250g plain flour, 250ml milk, 2 eggs, 1tsp baking powder, salt, butter

At home, mix your dry ingredients together (flour, baking powder, salt). In a separate bowl, beat eggs and add milk. Combine slowly with dry ingredients and whisk until mixture is smooth with no lumps. Decant

into a container that's easy to transport and pour – an old plastic bottle works well. Heat your pan over the stove and melt a few cubes of butter. Pour the mixture into the pan a little at a time. Flip the pancakes when bubbles come to the surface. Serve with toppings of your choosing – blueberries and maple syrup are delicious!



HARRISON WARD