

# CONTENTS

6	Introduction
8	Cooking with fire
9	Equipment
14	About our recipes
15	About the campfire
19	Eight types of campfires
22	Light your fire
24	Types of heat and cooking methods
25	Practicalities and safety
28	Recipes
28	Vegetables
106	Seafood
154	Meat
200	Sweet
228	Bread & all the rest
262	Our personal story
267	About the authors
270	Index