



## *Camp Oven Roast & Vegies – Camp Oven*

### *Ingredients*

- Leg of lamb or butt of beef large enough to feed the family
- Mixture of onions, potatoes, carrots and pumpkin, chopped
- Vegetable oil
- Herbs (optional)

No need to wait until you get home to a full kitchen to enjoy a hearty roast meal. The roast is an easy and nutritious meal to whip up in your camp oven. You will need roughly 1 hour of cooking time for each kilo of meat and another 30 minutes for cooking the vegetables.

### *Procedure*

#### **Step 1**

Preheat the camp oven by placing on hot coals in the fire.

#### **Step 2**

Take the meat out of its packaging and rub with a coat of oil, season and add any herbs.

Pour a small amount of oil in the oven's bottom and place the meat on a trivet (alfoil covered saucer or similar).

#### **Step 3**

Put on the lid and place a shovel of hot coals on top of the lid.

After 30-45 minutes open to check the meat is cooking and add the vegetables.

#### **Step 4**

Place another shovel full of hot coals on the lid.

After another 30-45 minutes open and check if vegetables and meat are ready by slicing with a knife.

If not, return the lid and another load of coals and continue to check every 15 minutes until ready.