

WILD CHILD

ADVENTURE COOKING WITH KIDS
BY SARAH GLOVER

PHOTOGRAPHY BY
KAT PARKER



Prestel

Munich • London • New York



1.

INTRO

6.

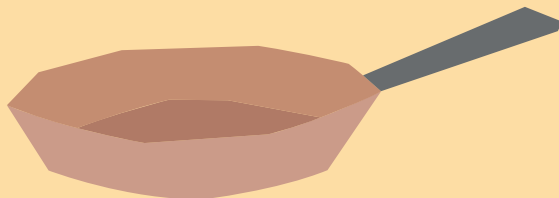
HOW TO USE
THIS BOOK

8.

HOW TO
BUILD A FIRE

12.

YOUR
KIT



16.

PLAY- HOUSE



46.

LITTLE WOMEN

70.

SIBELLA + THE PIRATES



84.

KIDS' CAMP

102.

DOWN TO THE SEA







INTRO





I'LL NEVER FORGET THE FIRST TIME I CAUGHT A FISH.

Sure, twelve-year-old me wasn't crazy about gutting it, but the fact that we could source our own food in the wild—away from running water, a pantry, or fridge—awakened my creativity. It still does. We cooked the fresh fillets over coals and served them with spuds boiled in ocean water. Afterwards, we licked our fingers, the salt still tingling our taste buds. By nightfall, we had warm bellies and a hankering for adventure. It was the first time I'd cooked over a campfire and I was hooked.

Growing up in Australia, the woods were our backyard. I spent a lot of time exploring the wilderness with my brothers by my side. We were taught to love the outdoors; it was a place to be explored and embraced—somewhere we could be completely ourselves. It was the 80s, after all, and the world was our (hand-caught) oyster. Some of my fondest memories are from days spent

camping in the bush or by the sea, with nothing but each other, a few fishing rods, and our imaginations to keep us occupied. Sticks made great swords. Treetops became make-believe castles. Mud was our paint, the earth was our canvas. With a child's eye, anything and everything (except homework) is an adventure.

These memories became the blueprint for my adult life—one that I've spent exploring the wilderness in all its forms. I've cooked on clifftops in Patagonia, foraged for wild mushrooms on Flinders Island off Tasmania, and searched for cockle on my favorite sandy beaches. Curiosity, the kind we have as kids, is at the core of everything I cook and create. My first book, *Wild: Adventure Cookbook*, is a love letter to the great outdoors. It's a lesson in learning to love the simplicity of food and a celebration of the beautiful produce at our fingertips. This book is a continuation of that spirit; daring, creative and inspiring.

Wild Child is about keeping your inner-child alive, embarking on new journeys with the next generation, and teaching little ones the importance of nature and imagination. It's meant to inspire parents and kids to make new memories, to be confident at any age, and to have fun outdoors, whether on a beach, by the bush, or in your own backyard.

I've always loved being around kids. When I was younger, I even wanted to be a teacher. I guess being the second eldest of eight kids made me a bit of a second mum. When I wasn't running around trying to keep up with my siblings, I was in the kitchen, working out how to amuse my family with fun, playful food. A lot of the ideas in this book—necklaces made of dried pasta, fish cooked on a string, and snags cooked in a bag—came from those precious hours spent in the kitchen with my brothers and sisters.

I designed each chapter in this book to bring outdoor experiences to life. Playhouse brings Peter Pan to life with recipes inspired by Neverland, including self-saucing chocolate pudding cooked in a coconut. Little Women invites mothers and daughters to claim the campsite as their own, while Sibella & the Pirates calls for a floating raft, ready for lobster rolls and sticky buns with billy jam with a buccaneering crew. Join Jax in the Kids' Camp where corn is popped in a can and black bean mud cakes are made in the mud. And finally, hang out with Arlo and his mates as they float up the river in Down to the Sea.





This book suits kids of all ages, from toddlers to teens and every age in between. It's also a heap of fun for adults, offering an excuse to take life less seriously and embrace a little dirt. The recipes in these pages are nourishing—and chock full of veggies in all kinds of unexpected places (Zucchini in popcorn form! Bright green spinach wraps!)—but I've left room for comfort food, too. Just try my oozing campfire caramel crêpes.

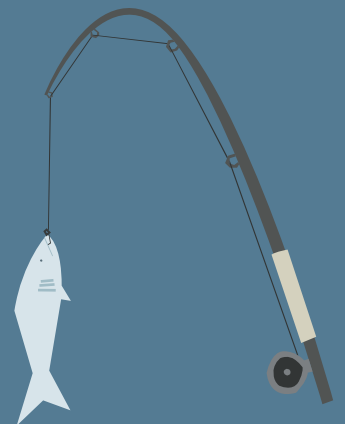




There's never been a better time to step out of your comfort zone. To say "See ya!" to the television screen and "Hello!" to the great outdoors. I'm a big believer that time in nature is medicine for modern-day life. Away from the creature comforts of home, there's a whole world to discover. Sometimes it's awesome not to have a whole spice drawer at your disposal—it forces you to think outside the box. Forgot the frying pan? Try cooking in coals. Ran out of salt? Use some ocean water in your pan. Try. Fail. Learn. Life's meant to be messy!

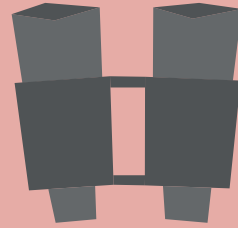
Kids these days don't have the same opportunities to get wild like we did. This is our chance to show them what it's like to live—and thrive—in nature. Use this book as your guide. Consider it your invitation to adventure with little tuckers in tow. Explore. Create. Inspire. And above all, don't be afraid to get a little sand in your food.

Sarah x





HOW TO USE THIS BOOK



THINK OF THIS BOOK AS YOUR GREAT OUTDOORS GAME PLAN.

It guides you through recipes primed for cooking in the woods—the bush, as we say in Australia, where I live—the beach, or your own backyard, and suits kids (and adults!) of all ages. With a little bit of practice and patience, you'll be roasting fresh-caught fish over the campfire in no time.

I encourage you to plan ahead when you're cooking with kids. The night before you set out, or over breakfast the day of, sit down with your gang and choose what kind of adventure you want to go on. Will it be cheesy breakfast toasties in the backyard or smashed spuds on a sandy beach? Engage your kids—choose something they really want to do—and make an experience out of it. When you have a plan, head to the local shops or markets, load

up your basket with the necessary ingredients and equipment (see page 12), and then set off for the day.

When you're camping with kids, safety is a top priority. Start an open conversation about the nature of cooking with fire. It's not something to be afraid of—in fact, it's one of the most natural and primal ways to cook. That being said, campfire cooking calls for respect, care, and common sense. Encourage kids to ask questions, to tune into their senses, and to always check with a supervising adult before going anywhere near the flames.

If you're lighting a fire for the first time, start small. Here are some of my campfire non-negotiables:

HOW TO BUILD A FIRE



THIS IS A STEP-BY-STEP GUIDE THAT BUILDS YOUR FIRE GRADUALLY. PLEASE REFER TO IMAGES FOR REFERENCE.

1. Create your fire bed

Make sure the space surrounding your campfire is clear—nothing should hang over or around your fire bed. You should also create a barrier between your fire and camping area—try surrounding it with large rocks (think the size of a soccer ball or football), or digging a sand pit if you're by the beach.



2. Start with tinder

Create a small pile of tinder—I use pine cones, gum (eucalyptus) leaves, or dry bark and leaves. Don't use green or wet wood, which will smoke a lot and not catch fire. If you don't have any dry tinder, you can use newspaper. Carefully light a match and add it to the tinder until it starts to burn.

