

Outdoor Cooking For Webelos

POW WOW 2006



WHY CUBS COOK

When your son advances to a Boy Scout Troop, he will use many of the skills he learned as a Tiger, Cub Scout or Webelos Scout.

The Boy Scout Patrol Method requires that each patrol (a group of 6-8 Scouts) be responsible —amongst other things— for their own meals on camp outs. As a patrol, Scouts must shop for their own food, store it, carry it, prepare their own meals, and clean up. In order for his patrol to succeed, each boy must be prepared to contribute. Typically, a boy will do most of the following things as he completes his Cub Scout activities:

Set a table for a meal or snack and clean up.

Prepare simple snacks (no cooking).

Plan a full day's meal for his family.

Help cook a meal for his family.

Fix his breakfast.

Help plan and prepare a meal on an outdoor grill.

Use a variety of cooking methods - baking, boiling, etc.

Prepare a variety of foods and courses.

Work with menus, recipes and shopping lists.

Cook a simple meal outdoors over a fire or coals.

Clean up after meals and wash dishes and cooking utensils.

This is all Big Time FUN!

So, you are ready to teach your CUBS camp cooking. Great--it is a skill they will use all their lives. And, since we're car camping, weight is no problem: we can easily take along Dutch ovens, cardboard boxes and aluminum foil. Imagine biscuits for breakfast, pizza for lunch, and pot roast for dinner and, how about a cake or pie for dessert? Remember, the boys may be doing the cooking and cleaning, but you have to eat it. Also, they'll have lots of time for freeze-dried stew when they are Boy Scouts, packing their food on their backs.

I. PLANNING--ADULT LEADERS

A) WEATHER: What type of weather will you be camping in? This will affect the type of menu you plan. In warm weather, sandwiches and other non-cooked items are okay; but in cold weather, meals should be hot. Also, calories should be increased in the cold to provide the extra energy a body needs to keep warm. A good example of this is the campfire snack: warm weather = S'MORES--lots of sugar and instant energy that the body burns off fast; cold weather = hot cocoa with a pat of butter in it and nuts to snack on--this provides a lot of calories that are released slowly to the body, giving it the energy necessary to stay warm all night.

B) TIME LIMITS: How much time do you have to cook, eat and cleanup? If you have a full schedule, don't plan a stew that needs to simmer for an hour; a better option might be a foil meal where most of the cleanup can be done while the meal cooks, and afterwards, all you have is forks to wash and foil to throw away. You should also consider that most CUBS are not experienced chefs and it will take them a little bit longer to prepare and cook a meal.

C) NUMBER OF PEOPLE, MEALS AND QUANTITY: The number of people going on the outing and how many meals you plan to have is fairly easy to figure out--the hard part is how much. The CUB that will be satisfied with a glass of milk and a sandwich at home might turn into a bottomless pit after a day in the woods. The only help I can give you on this is to plan on more than you think you will need. This may seem wasteful, but I always thought it better to have leftovers than not enough. Also, accidents do happen--those extra hamburgers could quickly turn into mud burgers—and then the thought of wasting food will quickly be replaced with relief that there is enough to go around. I like to take peanut butter and jelly along just in case someone needs a little extra to top them off (you won't remember a full stomach, but you will remember being hungry).

D) THE MENU: Are there any diet restrictions or allergies that you have to plan around?

Are there any foods that people really dislike or will not eat due to religious or personal beliefs? With these questions answered, plan what each meal will consist of. Meals should be well balanced and include the four food groups. It is doubtful that anyone would suffer from a poorly balanced diet on a weekend campout, but the idea is to get the CUBS used to planning healthy meals. Plan a backup--if something goes really wrong with a meal, will peanut butter and jelly sandwiches get you through?

1) Timing of meal preparation. Plan the order of the meal preparation; items that take longer to prepare get started first, items that need to be served hot are cooked last.

Plan the meal so that everything is done at the same time and in the proper order.

COLD EGGS ARE WORSE THAN COLD BACON!!!!

2) **WATER:** Hot or cold weather--everyone needs to drink fluids. Is there water where you are going? Is it drinkable? Most campgrounds have drinking water, but it may taste so bad you don't want to drink it. Adding Kool-Aid or other flavorings helps not only with taste, but also ensures that the boys drink enough. If in doubt, bring your own water.

3) Don't wait until the outing to test a recipe or cooking technique--try it at home first.

Things that sound good or look easy on paper might not be that way in real life. If it's a flop, find out before hand--your dog and a lot of scouts will thank you.

E) COOKING UTENSILS: What type and how many pots, pans, stoves (or fires) will be needed to cook each meal? Do you have, or can you get, all the equipment you need? Eating utensils: forks, knives, spoons, plates—plastic, metal or paper? Is the den bringing these for everyone or is each person going to bring his/her own (do you have spares for the people that forgot?)? If you have a time limit, plastic silverware and paper plates are quick to cleanup; if not, let the boys get used to washing dishes. Keep in mind that a plastic knife doesn't work too well with steak and soup with a fork is real slow eating.

F) CLEANUP SUPPLIES: What will you need to cleanup? You should have 3 pots: one with hot soapy water and one for rinsing and the last for a final rinsing. A little soap left on the dishes can make you just as sick as not cleaning the dishes enough. Also, a little disinfectant--a couple capfuls of Clorox in the first rinse water--will give you that extra edge against dishes that did not get enough soap and elbow grease. Other things you will need are soap, scouring pad, and tongs or a dunking bag to get dishes in and out of the rinse water (the hotter the rinse water, the more sterile, and the faster the drying time).

NOW YOU HAVE AN OUTLINE TO TAKE TO PART II OF THE PLANNING PROCESS

II. PLANNING WITH THE CUBS: This uses the same planning steps that you followed in the first part, except that this time you let the CUBS DO THE PLANNING. Use your outline to point out things that the CUBS might have missed or not considered, and **suggest** a menu. Have everyone pick a *different* vegetable, and then vote on the ones to keep or reject.

III. DUTY ROSTER: Make a chart of who is going to be responsible for each duty and how many assistants he will need. This should be rotated each meal so that everyone gets a chance to be in charge, be an assistant, do a different job, or not be involved at all. Some jobs that could be on the roster are:

COOKS: One in charge to direct assistants and be responsible for adding the seasoning (That way *all* the cooks don't add peppers to the chili)

CLEANUP: One in charge of the detail and everyone else as assistants to get the job done.

FIRE SAFETY: Lights fires, checks for water buckets by fire, proper storage of fuels, safe location of stoves or fire, and conduct around fires.

SANITATION: Ensures that everyone washes their hands before handling food and again after petting the lizard someone found. These are just some suggestions for a duty roster; the important part is to have the boys delegate responsibilities and do the jobs.

THE ADULTS SHOULD BE THERE AS TRAINERS AND ADVISORS not servants. LET THE BOYS DO THE WORK.

IV. SHOPPING LIST: List each meal and the ingredients and amounts needed (don't forget the spices). Go over the list again, checking for things you may have overlooked: Do you have oil for the pan--or are you planning on having pancake bits? If possible, take CUBS with you when you go shopping; this will give them an insight into the amount of work and money that goes into a trip.

V. PACKAGING

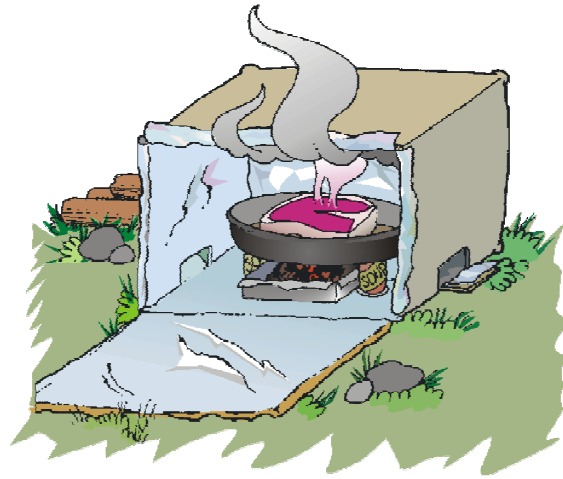
A) CONDENSE: Many items are packaged for pleasing appearance, not compact storage. Where possible, repackage into a smaller container. This will help save space, and the less trash you take with you, the less you have to deal with. Three boxes of Rice-a-Roni can be put in a plastic bag that isn't much bigger than one of the original boxes; instead of taking along the three-pound box of Bisquick, put what you will need in a zip lock freezer bag which can also be used as the mixing bowl, thus saving space and cleanup (also, a sealed bag is harder to spill). Make sure that when you remove something from its original container, you write any important instructions on a piece of paper placed in the new container--or write on the container itself.

B) MODULARIZE: Where possible, pack all of the items for a meal together. This will save time unpacking and packing for each meal, and will help ensure that the ingredients for another meal don't get used at the wrong time.

C) FREEZE items that can be beforehand; this will help keep the ice chest cooler and ensure food quality. Those five pounds of hamburger for Sunday's lunch might as well help keep Saturday's dinner fresh.

VI. REVIEW: After the outing, get together with everyone that was there and discuss the outing. What went well? What didn't? And, what can be done to make the next outing better? After reviewing, you will have a better idea of what quantities need adjusting. Keep your plans and shopping lists as a basis for the next initial planning meeting.

VII. HAVE FUN. Let the boys learn how to camp properly...learning is best done by doing. We all learn that bacon grease splatters and pot handles get hot--it's better to uncover these mysteries under a watchful eye where disaster can be prevented than the hard way, where it hurts.



Cardboard Box Oven

Submitted on January 3, 1992 by: Chip Reinhardt, Scoutmaster,
Troop 451, Durham, North Carolina

In response to a couple of requests, this is a description of how to construct a cardboard box oven. We have been using these in our Scout troop for about 5-6 years now, and they are always a big hit with the boys. With a cardboard box oven, you can pretty much bake in the outdoors anything you could bake at home in a conventional oven. The first known reference I have to this oven is a copy of an article I saw from a 1953 issue of Boys Life. I first saw it used by another troop here in Durham, but no Scouter is EVER above borrowing a great idea!

Materials needed:

A cardboard box about the size of the boxes that 10 reams of copy paper comes in
A pint of contact cement OR a stapler (with staples)
Half-a-dozen coat hangers (and bolt cutters) OR half-a-dozen batt insulation supports
A roll of heavy-duty Reynolds aluminum foil (wider is better than narrow)
Shallow aluminum or steel dish or bowl
Sharp knife to cut cardboard
Scissors to cut aluminum foil
Duct tape (optional)

How to build:

The finished product will have a door wide enough to accommodate a 9" pie pan on a rack made of metal rods, and long enough to insert a dish full of hot coals into the bottom a sufficient distance below the rack of metal rods. Determine on which side of the box you will cut the door. If your box is the type that has a removable top, you can configure the oven without a door and simply remove the top when you need access. However, I have found this design to be inefficient. It is best to start with a box with all sides fastened down to create a fully enclosed space, and then cut a door into one of the sides. Cut the door into one of the box sides. You can cut the door almost the entire width of the box so it will "hinge" near a corner of the box and will "latch" on about 1-3 inches of the remaining box side. There should be about 4 inches between the top and bottom of the

box and the door. Fasten aluminum foil to the entire **INSIDE** of the box, applying through the door opening you have cut. Do not leave **ANY** cardboard exposed on the inside of the box. I use contact cement to fasten the foil to the inside of the box, although you can also use staples. **IF YOU USE CONTACT CEMENT, BE SURE THAT YOU ALLOW 3-4 DAYS FOR CURING BEFORE USING THE OVEN!!!**

If any of the aluminum foil tears while applying, just cut patches and glue or staple over. You may get better results if you use 2 layers of foil, though 1 is sufficient. Do not forget to put foil on the inside of the door! Also, when you get to the door side of the box, make sure the foil "wraps" around the door edges and the "jamb" edges. You can get a nice finished look by duct taping the aluminum foil that wraps around the door edges to the outside, and also applying duct tape to the outside of the box to reinforce corners, etc. Be careful, though, not to get the duct tape too close to the door, since it can melt from the heat. Now you will make the rack using metal rods. Here you can use your imagination.

A quick and easy way is to take old coat hangers, use bolt cutters to cut the flat side out, and create 6-8 rods. My favorites are those steel insulation supports used to support batt insulation on the underside of a floor. I even have one oven design that used an old rack from a small discarded conventional oven. Anyway you do it, position the rack about halfway between the bottoms and top of the box. If you cut the door right, this will be about the middle of the door, too. Once you have cut the rods, punch them through from one side of the box to the other. You can then use pliers to bend the protruding edges down. This will keep the rods from moving around. **BE SURE THAT ALL RODS ARE PARALLEL TO THE BOTTOM OF THE BOX.** I usually cut a small measuring stick to the desired height from the bottom of the box to the rack level, and then I measure the entry **AND** exit point of **EACH** rod to see that it is the same distance from the bottom. It is not particularly important how many rods you use, or how evenly spaced they are, as long as you have enough rods to hold the weight of the item being baked. Your oven is almost finished! You now need to create the heat source. This is done by using a shallow steel or aluminum pan, dish or bowl, sitting on pan supports. The pan supports can be a small rack, rolled up balls of foil, rocks, or some other such device which will keep the pan a small distance **OFF** the bottom of the box. I usually line the pan with aluminum foil also, just for easy cleaning. Once you have fully lined the box with foil, built the rack and gotten the pan and pan supports ready, you are ready to **BAKE!**

USING THE OVEN

When you get ready to use the oven, start a sufficient number of charcoal briquettes (see info below on how many to use) **OUTSIDE** the oven in the pan you have prepared. A good high quality briquette like Kingsford works best, but if you use off-brands, be sure to add 3-4 more briquettes than would normally be called for. **DO NOT** use coals from campfire wood. They smoke too much and will not go the distance for you. Once the briquettes have all turned **WHITE** (and **NOT BEFORE!**), take a pair of channel locks, or other pickup tool or fireproof glove, and insert the dish of white coals into the bottom of the oven, making sure that it sits squarely on the pan supports. The number of briquettes roughly follows this formula: One briquette equals 45 degrees of oven heat. Therefore, if your recipe calls for an oven temperature of 450 degrees, you will get 10 full briquettes ready. If you are winter camping and the outside temperature falls below about 40 degrees, I find I usually have to compensate by adding about 2 more briquettes. Since the

box is a miniature oven, it is important that you keep it LEVEL while cooking. Position the box on the ground or on a table in such a way that it will remain level, and out of the way of normal Scout horseplay!

From here on out you just follow the directions on the goody you are baking. Mix up the batter, put into a greased pan, and insert into your oven on the rack. Then close the door, check your watch and bake for the time required by your recipe. NOTE: I have found that some recipes require cracks in the oven to permit moisture to escape. You may want to leave the door slightly ajar, or you may want to get fancy and cut a small "vent" door in the top of the oven that you can open and close when necessary. Also, if you put more coals in than the formula calls for, you may need to check the oven a little sooner to avoid burning. MMMMmmmmm. Nothing better than hot biscuits, muffins or cornbread for breakfast, and brownies, fudge, or cake for dessert at dinnertime.

Bon appetit!

Dutch Oven Cooking

Dutch Oven Cooking (c) 1990 by Mike Audleman -- For FREE Duplication

INTRODUCTION

The reason for this book is to provide reference material for an individual who is planning on cooking a meal for six to ten people. For larger groups, most of the recipes can be easily doubled or tripled and two or more Dutch ovens may be needed. Most of the information has been targeted toward the first-time Dutch oven user, although, the more experienced cook may find a useful tidbit or two here and there. I hope this book will entice all of you potential Dutch oven cooks to "give 'er a try" and you will see why I call them "man's best friend." This book is intended to be reproduced by and for Boy Scout Troops; any other use (whether or not used for profit) is a violation of copyright laws and is punishable by fines or imprisonment or both. If you wish to contribute to the growing of this book, please send your favorite recipes to me at the following address and I will give you and your troop credit in the next issue:

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WHAT YOUR DUTCH OVEN CAN DO

Cooking techniques such as roasting, baking, simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil--the dutch oven. Think of the possibilities: delicious fresh-baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas, stews, quiches that melt in your mouth, Cornish game hens roasted to perfection, and even a chocolate cake--a foot in diameter. These dishes and many, many more are very possible, and sometimes even easier than they are at home. With very few exceptions, I have been able to duplicate my home recipes on the campfire using the dutch oven. All recipes use one of two dutch oven techniques: cooking with your dutch oven or cooking in it. The first is when the food is placed directly in the bottom of the dutch oven. With the second method, food is placed in a second dish and this dish is then placed onto a trivet in the bottom of the dutch oven. The reason for the trivet is to elevate the dish above the bottom of the oven to prevent burning.

A LITTLE ABOUT THE DUTCH OVEN

Before we get started, we should review some of the things you will need to know before purchasing your first dutch oven. There are literally hundreds of option and size combinations available, so it would be impractical for me to tell you which oven is the one for you. Each type of oven is designed for a different type of cooking situation. I will go over the various options and you will have to decide which ones you will look for.

In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lie down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45-degree angle on one side. This allows you easier access when positioning or removing the oven from the fire.

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coal. The loop style offers much better control. While examining the lid, check that it has a lip or ridge around the outer edge to keep the coals from sliding off. Don't get me wrong--the ridgeless ones can be used--but it is difficult to keep coals on the lid; and, if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash and/or sand in your food. The lip virtually eliminates this problem, as the lid can be lifted (even fully loaded with ash and coals) with little difficulty. Another feature to look at is the legs. The most common variety is one with three legs, although flat-bottomed ones and four-legged ones can also be had. For outdoor cooking, legs are a necessity; they maintain the height of the oven above ground, allowing air for the coals underneath. The flat-bottomed ones can be set up on rocks (which are scarce as hen's teeth here in Florida) or up on steel tent pegs. If you figure in Murphy's Law here, the flat-bottom ovens are best left in the store or on the kitchen stove where they were intended. I highly recommend three legs over four simply for the stability factor--it is much more stable with three legs sitting on rough ground than with four. The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than of assistance. The handle does assist in using the lid upside down as a skillet or griddle, but when using it as a lid, it gets in the way of the bail handle and also creates an imbalance when lifting by the center hoop. It also tends to be in the way during storage and packing situations. Fixed handles on the oven base-- with one exception--should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the handle, take a couple of bricks with you to the store and place them in the oven. Then, give her a lift by the handle and you will see its uselessness: a loaded 12" oven can weigh 20 to 25 pounds--a real wrist breaker. The one exception is a small tab sometimes offered which is about 1 to 1-1/2" deep and 2-3" wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy, and its small size has never caused storage or packing problems for me. When someone mentions "Dutch Oven," most people immediately think "Cast Iron," but dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast-iron oven. There are advantages and disadvantages to each. Bare cast iron will literally rust overnight if not protected. This protection naturally must be done each time it is used, but is part of the cleanup procedure and fairly simple. *(I edited out, except for the rust line, the comparison of cast iron vs. aluminum. Since we are car camping, and weight's no problem (might even be more stable) cast iron is the way to go---EAC.* The last thing you must consider is the size of the oven. They range from the tiny 4" to the giant 24" monsters. For small group or patrol situations, 10"-12" will serve rather adequately for almost all circumstances.

OTHER THINGS YOU WILL NEED

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of Work Style gloves will do, but I recommend you look at a Fire and Safety Supply house or a store that supplies fireplace accessories and locate a pair of fire handling gloves. Although these typically cost more, they offer thicker leather and an inner insulating lining. You will have to weigh the quality against the higher price for yourself. Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the fire pit to the oven. The style and length of the handle is up to you, the user. The longer ones are great but not practical on hikes and canoe trips. While the short "ARMY" folders are great for hiking and canoes, they suffer from short handles, getting you and your hands closer to the fire. (*Or use tongs*) Another item which will prove to be worth its weight in gold is a lid lifter. They are inexpensive, well built and light weight. The lifter has a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down into the coals.

PREPARATION OF YOUR OVEN

The treatment and care instructions are applicable to any cast-iron skillet, griddle, etc. The secret of cast iron's long life is really no secret at all. Constant and proper care, beginning the day it is purchased, will keep the oven in service for many years. All quality ovens are shipped with a protective coating that must be removed. This will require a good scrubbing with steel wool and some elbow grease. Once removed, the oven needs to be rinsed well, towel dried and left to air dry. While it is drying, this would be a good time to pre-heat your kitchen oven to 350 degrees. After it appears dry, place the dutch oven on the center rack with its lid ajar. Allow the dutch oven to warm slowly so it is just barely too hot to handle with bare hands. This pre-heating does two things; it drives any remaining moisture out of the metal and opens the pores of the metal. Now, using a clean rag or preferably a paper towel, apply a thin layer of salt-free cooking oil. Oils such as peanut, olive or plain vegetable oil will be fine. Tallow or lard will do also, but these animal fats tend to break down during the storage periods that typical Boy Scout dutch ovens experience between campouts and are not recommended. Make sure the oil covers every inch of the oven--inside and out--and replace the oven on the center shelf, again with the lid ajar. Bake it for about an hour or so at 350. This baking hardens the oil into a protective coating over the metal. After baking, allow the oven to cool slowly. When it is cool enough to be handled, apply another thin coating of oil. Repeat the baking and cooling process. Again reapply a thin coating of oil when it can be handled. Allow the oven to cool completely now. It should have three layers of oil, two baked on and one applied when it was warm. The oven is now ready to use or store. This pre-treatment procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked-on coating will darken and eventually turn black with age. This darkening is the sign of a well-kept, well-used oven. The pre-treatment coating's purpose is two-fold. First and most important, it forms a barrier between moisture in the air and the surface of the metal, effectively preventing the metal from rusting. Second, it provides a non-stick coating on the inside of the oven; when properly maintained, this coating is as non-stick as most of the commercially-applied coatings.

CLEANING YOUR OVEN

More often than not, cleaning cast-iron ovens is much easier than scrubbing pots and pans. The cleaning process has two steps. First, remove the food; and second, maintain the coating. To remove stuck-on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and **NO SOAP**, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal. After cleaning and rinsing, allow it to air dry. Heat over the fire just until it is hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely. The outside will need little attention other than a good wipe down, unless you see signs of rust forming. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

A FEW NO NOS

Never, and I repeat, **NEVER** allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating. Never use soap on cast iron. The soap will get into the pores of the metal, won't come out very easily, and will return to taint your next meal. If soap is used accidentally, the oven should be put through the pretreatment procedure, including removal of the present coating. Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better, but cast iron will crack or warp, ruining it. Do not get in a hurry to heat cast iron, as you will end up with burnt food or a damaged oven or pan. Never put cold liquid into a very hot cast-iron pan or oven. It will crack on the spot!

TIPS ON COOKING TECHNIQUES

Enough about the oven and on to what you can do with it!

ROASTING: The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

BAKING: Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

FRYING, BOILING, ETC.: All of the heat should come from the bottom. Coals will be placed under the oven only.

STEWING, SIMMERING: Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

THE LID: The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error-free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level!

FOIL MEALS

A cook who wants to foil food in the outdoor kitchen could use the same product that's popular in home kitchens--aluminum foil--but you'd better get the heavy-weight stuff that's usually designated for freezer use. Use foil three times the width of the food. The thinner type works fine for wrapping sandwiches or leftovers, but doesn't provide enough protection against punctures or extreme heat. When foil is wrapped as an airtight package around food, finishing off with a drugstore or sandwich fold, it becomes a small scale pressure cooker. A shallow bed of glowing coals that will last the length of cooking time is necessary. When placed in a bed of hot coals with some heat on top, diced vegetables and meat cook in 10-15 minutes in this package and whole potatoes in 40-50 minutes. Be sure to allow some space for expansion in the package by not wrapping the raw food too tightly. If you want food to brown or to broil as in a skillet, leave the package open at the top (or fashion like a folded drinking cup with a flat bottom). This allows the steam to escape and makes it possible for you to watch the progress, too. Place foil on a flat surface. Place food in center. Fold sides up to make a "tent." Hold top edges together and fold tightly. Bring together each open end and fold. Double fold each seam so it is less inclined to leak. I like to double wrap the packet to keep the inside foil clean so you can eat right from the foil and not worry about getting dirt from the fire all over everything.

Cooking Times:

Hamburger: 8-12 minutes,

Carrots: 15-20 minutes

Chicken pieces: 20-30 minutes,

Whole Apples: 20-30 minutes

Hot dogs: 5-10 minutes,

Sliced potatoes 10-15 minutes

Baked Apple - Core an apple, and place it on a square of heavy-duty aluminum foil. Fill hole with raisins, brown sugar, and a dash of cinnamon. Wrap foil around apple and bake over hot coals for 10 minutes.

CINNAMON SIPPIN' CIDER

[Serve after an outdoor activity]

In a saucepan combine 3 cups apple juice, 1 cup cranberry juice cocktail, and 8 inches of stick cinnamon. Bring to a boil and simmer uncovered for 5 minutes. Remove cinnamon.

Serve warm or chilled. Makes four 8 oz. servings.

HAMBURGER DINNER

Serves 12.

12 potatoes 3 lbs hamburger

12 carrots (or other veggies) Salt

1 large onion Pepper

Cut potatoes into small pieces. Slice carrots. Dice onion. Make a pat of 1/4 lb hamburger, 3/4 of an inch thick. Place the ingredients side by side on a piece of aluminum foil. Season, Wrap in foil and put packet in the embers. Cook 10 to 20 minutes

Other combinations can be used, such as: Ham, pineapple, and sweet-potatoes; Chicken, onions, and potatoes; Hot Dogs and onions; Hot Dogs with cheese and bacon; Hot Dogs with apples and cheese.

FRIED CHICKEN

Serves 8.

8 Chicken legs, 1/4 lb butter, salt & pepper

Wash each piece of chicken in cold water and dry with paper towel. Cut 8 pieces of aluminum foil in 12" x 32" pieces. Fold each piece in half to 12" x 16". In the center of each piece, put a pat of butter about 1/4" thick and place one chicken leg on top of butter. Sprinkle with salt and pepper. Tightly seal chicken in aluminum foil. Place sealed packages directly on coals, and cook 20-30 minutes (depending on how hot the coals are), turning them at least every 5 minutes. Test each piece as you take it off the coals. Add sliced potatoes and carrots for a complete meal.

Biscuit S'mores

A camping recipe from Carrie. This recipe is also really tasty with just chocolate, if you've forgotten the marshmallows. If made with just chocolate, it's easier to pull apart the two biscuits and share with a friend.

INGREDIENTS:

1 can refrigerated biscuits

1 bag marshmallows

chocolate bars

PREPARATION:

Stretch out one of the biscuits and place a marshmallow and a few pieces of a chocolate bar on top. Then take a second biscuit and place it over the first, sealing the edges.

Finally, wrap in tin foil and place either in the embers of the campfire or on a grate over a fire ring. We found it works best over a fire ring, which makes it easier to turn them over half way through cooking so one side doesn't burn. When biscuit is cooked (about 5 minutes, depending on heat of fire) remove and enjoy.

CINNAMON ROLLS

Serves 8.

Shortening/non-stick spray 3 T brown sugar

2 cups biscuit mix 1 T cinnamon

2/3 cup milk 2 T butter

Flour ½ cup each nuts and/or raisins (optional)

Set dutch oven over hot coals with some hot coals on lid. Grease cake or pie pan with shortening or spray. Combine biscuit mix and milk (in a zip-lock freezer bag or in a bowl with a fork).

Place on floured surface and roll dough into a rectangle about 8" x 14". Sprinkle with brown sugar and cinnamon, nuts & raisins, if desired. Put small bits of butter on top. Roll up the dough, cut it into slices and place slices in greased pan.

Quickly (so as not to lose too much heat) put pan dutch oven. (You're striving for a 425-degree temperature.) Check in 5 minutes. If a *slight* crust has not started to form, add some coals to the lid of the oven and possibly some below. If the rolls have started to brown, reduce the heat by removing some of the coals. Recheck in another 3 minutes. With proper heat, they should be finished in about 15-20 minutes.

NOTE: These could also be cooked in a box oven.

ROY'S 5-MINUTE* DELICACY

1 snack-size bag corn chips per person

Canned chili (1 can per 4 boys, or so) Heat chili.

Open bag of corn chips and pour in chili. Voila—dinner in a bag!

NOTE: This can also be prepared as a casserole by spreading chips in a pan, pouring chili over, and serving with a spoon.

* Only 1-minute (in a microwave!)

MUD SPUDS

1 potato per person

Aluminum foil

Mud

Wrap foil around clean potato. Cover with a thick layer of mud. Place in coals. Cook 'til done, approximately ½ to 1 hour depending upon size of potato, thickness of mud and amount of heat.

DUMP CAKE

1 can sweeten applesauce

1 can crushed pineapple

1 package white or yellow cake mix

½-1 cup butter or margarine

1 cup chopped nuts

Dump applesauce into dutch oven. Dump pineapple on top. Spread cake mix over that. Place several pats of butter atop the cake mix. Sprinkle with nuts.

8 briquettes under oven; 18 briquettes on top. Cook 'til done (about 30-45 minutes).

EASY PEACH COBBLER

2 (30 oz cans sliced peaches; drained

1 yellow cake mix; dry

1 can Sprite or 7Up

Into a 12" Dutch oven add peaches and spread out. Pour cake mix over peaches then pour the soda over the cake mix. Stir to mix completely. Place lid on oven. Bake for 45

minutes to an hour using 12 briquettes top and 12 briquettes bottom. Rotate oven and lid every 15 minutes.

Variation: Use the whole can of peaches; juice included, and stir in 1/3 cup of instant tapioca. As the cobbler cooks the tapioca will absorb the juices and make a nice bubbly cobbler.

Serve warm with ice cream.

Serves: 8-10

Be creative. With Dutch and box ovens, you can make most anything you can make at home. There's nothing like the feeling of going to Camporee and having Scoutmasters sniffing around, trying to see what the Cubs are having for dinner!

Cooking is nothing more than a few skills, fired by courage and imagination!

Written by

Emmette Craver and Leslie Gibbons 1998

Updated and edited by Bob Carey 2006

References/BSA Publications:

Byron's Dutch Oven Cooking Page <http://papadutch.home.comcast.net/>

CUB SCOUT HOW TO BOOK, BOY SCOUT HANDBOOK

BOY SCOUT FIELDBOOK, WEBELOS HANDBOOK

WEBELOS LEADER OUTDOOR EXPERIENCE GUIDE

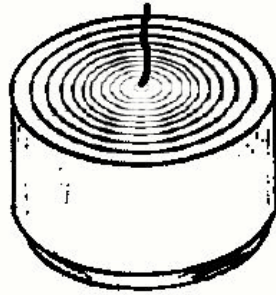
OUTDOOR SKILLS INSTRUCTION - COOKING

CAMP COOKERY FOR SMALL GROUPS

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CAMPER'S GUIDE TO OUTDOOR COOKING By John G. Ragsdale

The **Buddy Burner** is a simple, safe, fuel source for many of the tin-can stoves shown here (ex: charcoal and hobo stoves). They can be quickly and easily made, stored for long periods of time, and used safely even by the youngest of Scouts.



Supplies

Roll-type can opener

- Tuna or catfood cans
- Cardboard or wood chips (not sawdust)
- Candle wicks
- Paraffin
- Double boiler

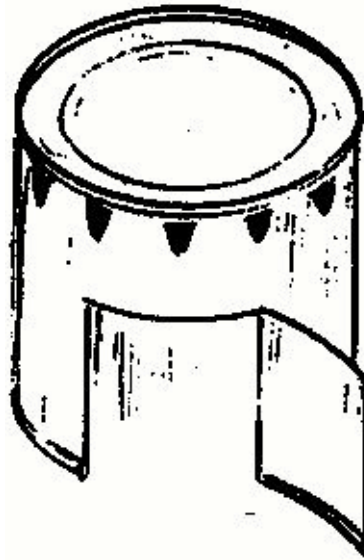
Procedure (refer to picture for examples):

- Using the regular can opener remove the top from the can.
- Fuel type:
 - o Cardboard - cut into strips only tall enough to reach the top of the can. Fit the strips in the can in smaller circles until the can is full.
 - o Wood chips - Fill can with wood chips, compressing as tightly as you can. Don't use sawdust as it doesn't burn as long.
- Fit a wick in the center of the fuel.
- Melt paraffin in a double boiler, never directly over heat.
- Pour paraffin into can until it fills and covers the fuel, let cool several hours.

Usage:

- Light wick. Practice before you use it to get a feel for how long it burns
- If you need to extinguish the flame before it's completely used do so by smothering, do not pour water on the flame.

The **Hobo Stove** is simplicity itself. Made of nothing more than a tin can, and powered by anything that burns - charcoal, sterno, or a buddy .



Supplies:

- Tin can (4-10" diameter)
- Tin snips
- Punch-type can opener
- Roll-type can opener

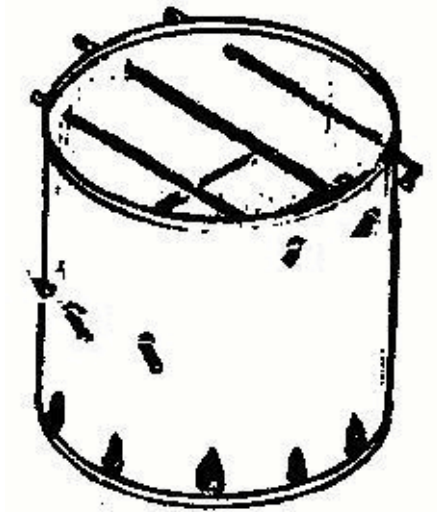
Procedure (refer to picture for examples):

- Using the roll-type can opener remove one end of the can.
- Using the punch-type can opener, make a series (6-8) of holes around the top of the can.
- Using the snips cut an opening in the other side of the can large enough to slide a tuna or catfood can through.

Usage:

- Light the fuel:
- 3-4 charcoal briquette in tuna can
- sterno fuel
- buddy burner
- Slide the fuel through the opening in the bottom of the can.
- Cook directly on the top of the can as soon as it's hot enough.

The **Charcoal Stove** has been a basic of Scouting for years because of it's simplicity, portability, and ease of use. Made of nothing more than a tin can (at least 4" round) and a few wires.



Supplies:

- Tin can (4-10" diameter)
- Clothes hanger gauge wire
- Can opener (type that makes triangular holes)
- Regular can opener
- Drill (1/8" bit)

Procedure (refer to picture for examples):

- Using the regular can opener remove both ends from the can.
- Using the other can opener, make a series (8) of holes around the bottom of the can.
- Using the drill, make 3 holes on one side of the top of the can, then make 3 more holes directly opposite the first set
- Do the same near the middle of the can.
- Run the wire through the holes, from one side to the other, first in the middle holes, then in the top holes.
- Crimp both ends of the middle wires down so that they don't slide.
- Crimp one side of the top wires (not both sides), they need to slide in and out for access to the middle wires.

Usage:

- Put paper in the bottom section of the can as tinder for the charcoal.
- Put a couple briquettes (3-4) in the middle section, on the wires.
- Slide the top wires through the holes.
- Ignite the paper so that they start the coals burning.
- After the coals are heated (white) place your pan on the top wires and cook!