

Troop 94

Outdoor Cooking Guide

How to cook tasty food outdoors

Why Learn to Cook?

- You like to eat good food
- Your body needs the energy
- You have to pass on your knowledge to younger scouts
- Sandwiches get boring after awhile
- You don't want to other Boy Scout troops saying "You cook like Cub Scouts!"

Your Weapons



Camp Stove



A Good Knife & Cutting Board



Dutch Oven



Wooden Utensils



Cooking Oil



Heavy Duty Aluminum Foil



Tripod Camp Grill

Dish Towels
a tub and dish soap
grill brush
Scratch pad
Pot Holders

Keep it Tasty



Salt & Pepper



Garlic Powder



Onion Powder



Tobasco Sauce



Cajun Seasoning



Worcestershire Sauce

How To: Packet Cooking

Quick & Easy Packet Cooking

1. CENTER ingredients on a sheet (12x18-inches) of Heavy Duty Aluminum Foil.



2. BRING up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. That means leave some air space in that pocket!



Leave
Room in
Packet



Don't Smash it Down!

How To: Packet Cooking (Cont.)

Quick & Easy Packet Cooking

3. GRILL on medium-high in covered grill. Flip over on an open grill.



4. AFTER COOKING, open end of foil packet first to allow steam to escape. Then open top of foil packet.



For Veggie Packets, Start with one sheet (18"x24") of Heavy Duty Aluminum Foil and make one large packet.

Packet Cooking Ingredients

Quick & Easy Packet Cooking

Meat	Vegetable	Starch	Seasoning
<p>Cut meat in strips:</p> <ul style="list-style-type: none">- Chicken- Beef- Pork	<p>Cut large vegetables into ½" cubes</p> <ul style="list-style-type: none">- Peas- Cabbage- Bokchoy- Tomato- Onions- Corn- Green Pepper	<p>- Potatoes cut in ½" Cubes</p> <p>- Instant Rice</p>	<p>- Sage, Thyme</p> <p>- Mrs. Dash</p> <p>- Season All, Seasoning Salt</p> <p>- Goya Adobo</p> <p>- Soy Sauce</p> <p>- Garlic Salt</p> <p>- Gravy Mixes</p> <p>- Taco or Fajita seasoning</p>
		<p>- Long Grain & Wild Rice & Seasoning packages</p> <p>- Rice & Vermicelli (Rice-A-Roni) & Seasoning</p> <p>- Seasoned Rice Mixes</p>	

Packet Cooking Recipe Directions

Quick & Easy Packet Cooking

Meat	Vegetable	Starch	Seasoning
Cut meat into ½' strips	Cut vegetables into ½' cubes		
	Mix Vegetables, Starch, and Seasoning; Add water until all ingredients are moist (follow directions on packages for rice mixes for amount of water)		
Put 1 serving of meat in center of foil	Add ¾ to 1 cup of mixed ingredients on top of meat Double Fold top; double fold edges; place on the grill		
Grill for 15 to 20 minutes			

Experiment and come up with new favorites

Packet Cooking Recipe Ideas



For Packet Season Cooking, Here are some shopping tips:

- Don't buy microwave versions if there is an "Add Water" mix (lighter; easier to carry)
- Don't buy stuff in glass jars (gravy) if it comes in a powdered version
- Do your math then double it for feeding boys (Example: "Serves 6" will be doing good if it serves 3 hungry boys)

Basic Hamburger Recipe – Foil Packet

- **What To Do:**
- Tear off a 15-inch piece of foil. Spray or rub the center with oil to prevent sticking.
- Wash, peel and slice the potatoes, onions and carrots into thin pieces. Place some onion pieces on the foil.
- Shape the ground beef into patties. Place a beef patty (or chicken breast) on top of the onion.
- Arrange potato and carrot slices on top in a single layer. Add seasonings to taste.
- Fold over and seal the top and side edges of foil tightly. Set foil pack in hot coals for 15-20 minutes or until vegetables are tender and meat is cooked through. (Packs placed on top of a grill may take longer to cook.)

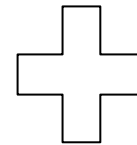
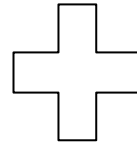
Camping Recipe Ideas

Fajitas - Grill or Foil Pack



Boneless
Chicken Breast

Cut into small strips



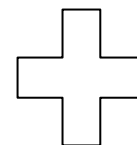
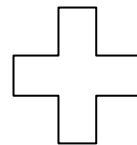
Spaghetti – One pot for noodles, other pot to brown meat & then make sauce



Hamburger

Brown the meat, drain fat

Advanced: Add chopped
onions & Green pepper to meat



Add the sauce ingredients



In a large pot; boil Spaghetti
(Al Dante; not into a mushy pulp)

Basic Pita Bread Foil Packet Recipe – Foil Packet

What You Need:

pita bread
pizza sauce*
pepperoni or ham slices
mozzarella or co-jack cheese
heavy-duty aluminum foil

What To Do:

Cut each pita bread circle in half.
Open pocket and spread 1-2 teaspoons of sauce inside.
Fill pocket with pepperoni slices and mozzarella cheese.
Wrap in foil and seal edges well. Set on top of grill for 5-10 minutes or until cheese melts.

*NOTE: For ham-and-cheese pockets, omit the pizza sauce.

Porcupine Stew – Dutch Oven



This can be cooked on the Coleman stove or over coals. You can also substitute instant rice and broth for water and Rice-A-Roni.

INGREDIENTS:

~~1 porcupine~~

3 pounds ground beef, chicken, or turkey

2 boxes Rice-A-Roni, any flavor

1 onion, chopped

1/2 cup instant mash potatoes

3 eggs, beaten

1 pound carrots, diced

5 potatoes, diced

1 can green beans

1 can corn

1 can diced tomatoes

PREPARATION:

Mix meat, onion, Rice-A-Roni and flavor packet, mash potatoes, and eggs together. Make into meatballs. Brown in a Dutch oven. Add five cups of water and simmer for 30 minutes. Add other ingredients and simmer for another 30 minutes.

Servings: 10

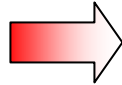
Preparation time: 1 hour

Avoid these shopping mistakes

Some foods are just better than others when camping



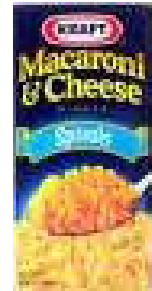
Frozen



Dry Mix



Microwave
Version



Stovetop
Version



Jars of
Sauce



Seasoning Packet &
Tomato Paste



Canned
Version



On-the-Go
Version

LINKS

<http://www.mccormick.com/>

<http://www.alcoa.com/reynoldskitchens/en/home.asp>

<http://allrecipes.com/HowTo/Camping/detail.aspx>