

Basic Scout Cooking

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Dave Hill
Phil Durand
Troop 11, Litchfield

Part 1 - Before You Go

- Know the Advancement Requirements
- Patrol Method
- Planning a Menu
- Shopping
- Gather Needed Equipment
- Pre-trip preparations
- Duty Roster

Know the Advancements

- Cooking related requirements (*noted in this handout as shown below*)
 - Tenderfoot (T3)
 - Second Class (S2f) (S2g)
 - First Class (F4a) (F4b) (F4c) (F4d) (F4e)

Tenderfoot

- 3) On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together.

Second Class

2f) Demonstrate how to light a fire and a lightweight stove.

2g) On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.

First Class

- 4a) Help plan a patrol menu for one campout -- including one breakfast, lunch, and dinner -- that requires cooking. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.
- 4b) Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

First Class (cont)

4c) Tell which pans, utensils, and other gear will be needed to cook and serve these meals.

4d) Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.

First Class (cont)

4e) On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.

Part 1 – Before You Go

- Goals
- Patrol Method
- Planning a Menu
- Freeze Dried Foods
- Shopping
- Gathering Needed Equipment
- Pre-trip preparations
- Duty Roster

Basic Scout Cooking Goals

- Goal – teach boys how to plan and prepare good, healthy food on trips.
- Goal – teach some independence.

Adults Leading The Way

- Lead by example and push the cooking envelope – the kids will follow when they see you eating like a king and they are eating half cooked hot dogs
- Boys are often reluctant to try new things... at least until they see and smell what you are eating.

Patrol Method (T3)

- Shared load is lighter.
- Requires compromise on menus.
- Assistants learn from more experienced Scouts as they assist.
- Think of this as family style eating with the patrol as the family.

Planning a Menu (S2g,F4a)

- Good Food
 - Food pyramid
 - Low in sugar!
 - High in energy, appropriate for outdoor activities
- Season Appropriate
 - Hot, wet food in fall, winter, spring
- Cost – keeping it reasonable.

Planning a Menu (cont)

- High activity means more hi-calorie food
- Activity appropriate
 - Car Camping – coolers, Dutch ovens...
 - Packing – light, nonperishable
 - How much time is allocated ?
- Can some pre-trip preparation be done?
 - Pre-mixing dry ingredients
 - Pre-cooking/freezing meal for easy reheat
 - Repackaging - Reduce quantities to what is needed.

Freeze Dried Food

- Expensive: \$3-6 per person per meal
- Worth it for certain types of trips, where weight and time are the critical factors.
- Certain grocery store foods can be used to create a meal that is almost as fast and light as freeze dried.

Shopping (F4b)

- Budget
 - \$2 breakfast
 - \$3 lunch
 - \$5 dinner
- Buying the right amounts
 - $\frac{1}{4}$ lb meat per person for example.
- Collecting money

Gather Needed Equipment (F4c)

- What is needed?
 - Stoves - Propane, White gas
 - Cook pots & utensils
 - Cleanup gear
 - Pots, scrubbies, soap
 - Trash bags
- Take only what is needed, return it clean.

Pre-trip preparations

- What can I prepare in advance?
 - Premix dry ingredients
 - Pre-measure other ingredients
 - Precook all or part of meals, as in
 - Bacon
 - Boiled chicken
 - Sloppy Joes
 - Repackage foods to reduce bulk, weight, taking only what is need.

Duty Roster

- Duty Roster is an important tool.
 - Use it to avoid conflicts on trips
 - A clear rotation of labor
 - Created before the trip!

Part 2 – Fun cooking Ideas

- Cooking does not have to be the same old stuff – try something new !
 - Cooking in a box
 - Sloppy Joes on Hot Dog Buns
 - Dutch oven
 - Bakepackers
 - One pot throw togethers
 - Omelets in a bag
 - Something new from a cookbook!

Dried Oatmeal Packets

- Oatmeal is better than cold cereal or Pop - Tarts – Hot, wet and sticks with you.
- Many flavors help get beyond the ick factor.
- Light and fast.

Omelet in a bag

- In a freezer style sandwich zip lock bag:
 - Crack 2 eggs
 - Add shredded cheese (aprox $\frac{1}{4}$ cup)
 - Add extra ingredient to taste
 - Onions, precooked bacon, spam...
- Get the air out, place in boiling water
- Occasionally remove from water and kneed bag to “stir”
- Eat went done.

Bread on a Stick

- Using pre-made biscuits, wrap around a stick and cook them over an open fire.
- Variation – Pigs in a blanket - put a hot dog on the stick first.

Mandarin Chicken

Chicken Mandarin

1 stalk celery chopped
1/3 cup onion chopped
1/4 tsp marjoram
2 tbs margarine
1 can (10 1/2 oz.) chicken gravy
1 1/2 cups cooked diced chicken (2 jars)
1 small can mandarin oranges, drained

In a saucepan sauté celery, onion, marjoram in margarine. Add remaining ingredients and heat. Simmer 10-15 min. Serve over shredded wheat biscuits.

Serves 2-3

Bakepacker

- A Bakepacker is a baking device that is backpackable.
- Found mailorder:
 - <http://www.ldpcampingfoods.com/BakePacker.htm>
 - <http://www.wildernessdining.com/shopbybrand-bakepacker.html>
 - <http://www.adventurefoods.com/bake-packer.htm>
- The 7 inch “Standard” fits in a 2 quart port and is under \$20

Bakepacker Apple Coffee Cake

BakePacker Apple Coffee Cake

- | | |
|--------------------------|----------------|
| 1 egg | ½ C sugar |
| 2 T powdered milk | ½ tsp cinnamon |
| 1 C biscuit mix | 2/3 C water |
| 1 medium apple (chopped) | 1 T butter |

Add all ingredients to plastic bag. Mix by squeezing bag.

Place bag into BakePacker, spreading to cover grid. Fold down top of bag. Place BakePacker into pot (1" water).

Cover. Boil/Bake (don't peek) for 25 minutes. Remove from heat and let stand, covered for 5 minutes. Slice and Serve

Server 3-4

Lunch on the run

- When backpacking, lunch should be quick, sturdy and high energy. How about:
 - Bagel, English Muffin or Tortilla
 - Summer sausage or hard Salami
 - Cheese
 - Raisins for desert

Sloppy Joes

- This is a great one to make in advance, freeze in ziplock bag and warm at Klondike ! Eat on Hot Dog buns.

2 lb Hamburger

1-2 Onion chopped

½ cup Brown Sugar

1/3 cup Mustard

1 can Tomato Soup

Brown hamburger with chopped onions. Drain fat. Add Brown sugar, mustard, tomato soup. Add more Mustard for more zing, more sugar for sweeter taste. Serve on hot dog buns for less mess.

Serves 6-8

Pancakes

- Everyone should know how to make a pancake !
- Cooking on an open fire can be a bit of a challenge, but it is worth it when you get that perfect one.

Tuna and Rice Skillet Dinner

1 can (12 ounces) Tuna drained and chunked
1 package (6-1/2 ounces) chicken flavored rice mix
1/2 cup chopped onion
Water
1-1/2 cups frozen peas and carrots, thawed (or 1 can mixed)
1 can (10-3/4 ounces) cream of mushroom soup
1/8 teaspoon ground black pepper
1/3 cup toasted slivered almonds (optional)

In medium saucepan, combine rice mix and onion; add water. Prepare rice according to package directions. Stir in vegetables, soup and pepper; blend well. Simmer, covered, 5 to 7 minutes, stirring occasionally. Stir in tuna; serve with almonds, if desired.

From: <http://www.starkist.com>

Guadeloupe Chili Pie

- 2 lbs ground beef
- 1 or 2 15 oz. cans chili beans
- 1 8 oz. can tomato sauce
- 2 6 oz. package cornbread mix (eggs/milk as needed)
- 3 medium onion, chopped
- 4 tbsp margarine
- ½ tsp. chili powder
- ½ tsp. salt

Brown beef and onion in the margarine in open Dutch oven. Add beans, chili powder, salt, and sauce and cook for 15 minutes in covered oven. Mix the cornbread as directed and add to top of meat and beans. Place lid on oven. Cook of approximately 20 minutes until cornbread is done.

Part 3 – On The Campout

- Setting up !
- Proper Handling of Food
- Cook it
- Eat it
- Clean Up

Setting up !

- Create a designated kitchen area
- With Fires, follow Fireman's Chit rules
- Safe and secure base for stoves
 - Wobbly picnic tables are dangerous
 - Avoid fire hazards with stoves
- Hang trash bags
- Create useful camp gadgets (F7c)

Proper Handling of Food (F4d)

- Most food needs some handling precautions, particularly meat and especially chicken !
- Wash Hands !
- Scout Handbook and mothers are a good source of information

Cook it (S2g, F4e)

- Just Do It !

Eat it (F4e)

- Say Grace
 - A Scout is Reverent !
- Paper plates should be an exception for special events where time is critical – A Scout is Thrifty !

Clean Up (F4e)

- 3 pot method
 - First: Hot soapy water
 - Second: Cold water with bleach
 - Third: Hot rinse water
- Wash cleanest to dirtiest
- Need cleaning supplies along – washrag, scrubbie, soap a few paper towels.
- Sometimes best set up for the whole troop.

Part 5 Resources

- Scout Publications
 - Scout Handbook
 - Backcountry Cooking
 - Camp Cookery for Small Groups
 - The Outdoor Dutch Oven Cookbook
 - Outdoor Skills Instruction Pamphlet – Cooking
- Cookbooks

Web Resources

- <http://usscouts.org/usscouts/cooking.asp>
- <http://www.macscouter.com/Cooking/>
- <http://www.bettycrocker.com>
- <http://www.starkist.com>

- <http://www.mv.com/org/bsa11/troop>