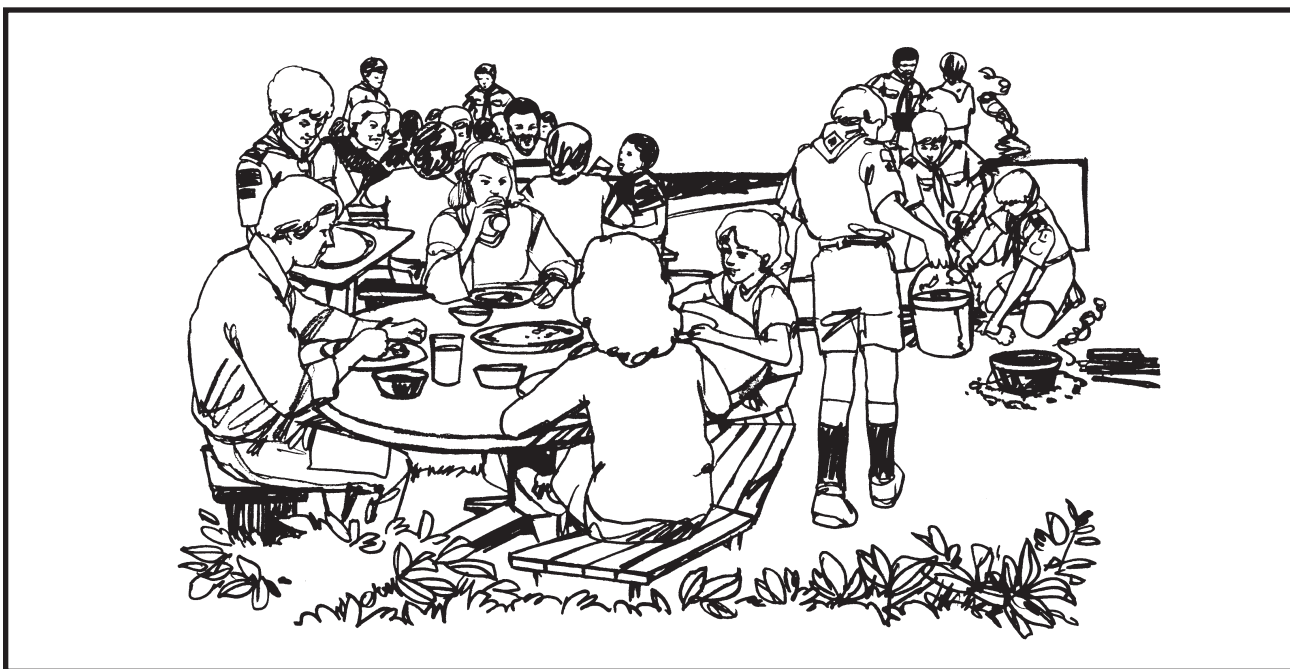


# COOKING



With the possible exception of “It’s time for swimming,” no call in camp is as welcome as “Come and get it!” There is something about the outdoors that adds flavor and zest to the simplest meal. Even the lowly hot dog and hamburger taste better in a camp setting.

This month we will strive to broaden the Scouts’ culinary horizons by showing them how to prepare varied camp meals without spending a lot of time around the cooking fire.

Troop meeting demonstrations and practice will concentrate on the cooking skills that younger Scouts need to learn—menu planning, use of woods tools to prepare fire fuel, fire lays, and cooking. Older Scouts can work on more advanced cooking skills.

The big event will be a patrol feast. Each patrol will be asked to prepare a real feast, well beyond the franks and beans meal, and share it with other patrols. Parents may be invited, too.

The patrol feast could be the climax of a day hike or the centerpiece of a weekend campout. If the patrol leaders’ council decides on a campout, younger Scouts will be able to work on some of the Camping merit badge skills.

## SCOUTING OUTCOMES

This month’s patrol and troop activities should give your Scouts

- An understanding of the importance of a balanced diet for good health

- The skills and knowledge to cook nutritious meals
- Greater confidence in their ability to live comfortably in the outdoors
- Enhanced self-confidence

## ADVANCEMENT OPPORTUNITIES

Depending on the outing or campout, Scouts may complete all or part of the following rank requirements:

### *Tenderfoot*

- Outdoor—cooking, camping, hiking
- Citizenship—flag ceremonies
- Patrol/troop participation—patrol identification
- Personal development—Scout Oath and Law

### *Second Class*

- Outdoor—cooking, camping, hiking
- Citizenship—flag ceremonies
- Patrol/troop participation—leadership
- Personal development—Scout Oath and Law

### *First Class*

- Outdoor—cooking, camping, nature, hiking
- Citizenship—flag ceremonies
- Patrol/troop participation—leadership
- Personal development—Scout Oath and Law



*Merit Badges.* Experienced Scouts can concentrate on the Cooking merit badge this month; they should be able to complete most of the requirements. Depending on the activities during the campout/outing, they may also complete requirements in Backpacking, Camping, Pioneering, Wilderness Survival, and other nature-related merit badges.

### **PARENT/GUARDIAN PARTICIPATION**

The patrol leaders' council may involve parents in the program feature this month by

- Asking qualified parents to assist with instruction in cooking, fire preparation, and making meals
- Inviting them to the patrol feast
- Asking them to provide transportation to the feast

### **PATROL LEADERS' COUNCIL**

The patrol leaders' council should meet during the early part of the previous month to plan troop activities for this program feature. If you do not complete all items on the following agenda, continue planning at patrol leaders' council meetings after each troop meeting.

- Decide whether the patrol feast will be a one-day activity or the highlight of a campout.
- Decide on a site and assign someone to secure permissions, if needed.
- Inventory the troop camping equipment, if you have not done this recently.
- Plan details of troop meetings for the month.

### **FEATURE EVENT**

#### **Patrol Feast**

The patrol feast ought to be just that—a full, tasty meal, including soup or salad, a main course with meat, vegetables, potatoes or other starch, a bread, a dessert, and one or two beverages. Ask the patrols to use raw, dried, or freeze-dried ingredients whenever possible, not canned goods or prepared foods. (Mixes may be used for bread, if desired.)

The aim is to test the Scouts' cooking skills. Urge the patrols to try new recipes and make their meals nutritious and tasty. Many good recipes can be found in the *Cooking* merit badge pamphlet. Others can be found on these pages.

Invite the Scouts' families to join in the feast. Each patrol might plan to feed only its Scouts and their families, or the patrol leaders' council might decide to have patrol dishes placed on a table and served buffet-style to all comers.

### **Fires**

If wood fires are permitted at your site, use wood. Wood should be used, if possible, for basic cooking requirements. Build fires only in existing fire rings, and use small wood gathered from the ground. If there are no designated fire sites, replace sod or ground cover. For more information on Leave No Trace fires, see the *Boy Scout Handbook* and the *Camping* merit badge pamphlet.

### **Campout Activities**

If the patrol feast is the highlight of a weekend campout, the patrol leaders' council must plan other activities. One of these could be fishing, if there is a stream or lake nearby. Successful fishermen could practice cooking fish for one of the big meals of the campout.

The patrol leaders' council might also schedule activities and contests involving various outdoor skills, especially those in which the troop is weak.

### **MAIN COURSES**

#### **One-Potters**

Make the following base and you can vary it by adding ingredients to make eight different dishes. Each recipe serves eight.

**The Base:** Brown 3 pounds of hamburger. Add two to four chopped onions, one or two chopped green peppers, two cans of tomato soup, and salt and pepper to taste. To this base, add the following:

**For Yum-Yums:** ½ to 1 teaspoon of chili powder. Serve the mixture on hamburger buns.

**For Spanish Rice:** two small packages of instant rice.

**For Macaroni Beef:** 1 pound of macaroni, cooked separately.

**For Hunter's Stew:** four cans of vegetable soup.

**For Chili:** four No. two cans of red beans and ½ to 1 teaspoon of chili powder.

**For Squaw Corn:** two cans of corn and ½ pound of diced cheese.

**For Hungarian Hot Pot:** four cans of baked beans.

### **Shish-Kebab (In foil)**

Have a clean, thin stick of sweet wood (taste it) for each diner. On each stick, skewer 1-inch cubes of beef or lamb, chunks of onion and tomato, pieces of green pepper, slices of cucumber and bacon. Wrap kebabs in heavy-duty foil and cook on coals for about 14 minutes, turning once.

### **Pigs in a Blanket (In foil)**

For each diner, wrap slices of bacon around a frankfurter and place in a frankfurter roll. Seal in heavy-duty foil, twisting the ends. Bake in coals for about 15 minutes.

### **Meat Loaf in Cabbage Leaves (In foil)**

For eight servings, mix 2 pounds of hamburger, two eggs, 1 teaspoon salt, dash of pepper, an onion chopped fine, and about 1 cup of bread crumbs. Mix thoroughly and mold into eight portions.

Cut four 1-foot squares of heavy-duty foil. On each square, place a large cabbage leaf. On top of the leaf, put one meat loaf portion, then a slice of American or Cheddar cheese. Sprinkle a little onion soup mixture on the cheese, then top it with a second meat portion. Close the cabbage leaf over the meat and wrap and seal in the foil. Cook in coals for 15 to 20 minutes.

### **Stir-Fry Vegetables with Meat**

Here is a Chinese recipe for advanced camp cooks. It requires a very hot fire and careful timing.

4 tablespoons peanut oil  
2 tablespoons cornstarch mixed with 2 tablespoons water  
1 cup chicken broth  
1 teaspoon sugar  
2 tablespoons soy sauce  
2 cups chopped, *cooked* meat (chicken, beef, or ham)  
6 cups of chopped vegetables from either or both of the groups below:



**Group A:** thinly sliced onions, diced green peppers, celery sliced diagonally in ½ -inch slices.

**Group B:** bean sprouts, shredded Chinese cabbage, sliced mushrooms, sliced bamboo shoots, sliced water chestnuts.

All ingredients must be ready before cooking starts because there is no time to stop once cooking begins.

Place a frying pan over high heat until a drop of water sizzles on it. Add the peanut oil and let it bubble.

Then add vegetables from group A and stir-fry for one minute; make sure vegetables are thoroughly mixed and coated with oil. Then add vegetables from group B and stir-fry one more minute. Add the meat and stir-fry one minute.

Add the soy sauce, sugar, and chicken broth, mixing it well. Now stir the cornstarch paste and add it to the vegetables. Continue cooking until the sauce thickens—about two minutes.

This can be served over noodles or rice (prepared separately).

## **SALADS**

### **Cheese Please Salad**

One large head iceberg lettuce  
Seven hard-boiled eggs  
¾ lb. Swiss cheese, shredded or sliced into thin strips  
1 cup sour cream or plain yogurt  
2 ½ teaspoons dry mustard  
1¼ teaspoons lemon juice  
1¼ teaspoons of poppy, caraway, or dill seeds  
1¼ teaspoons salt  
¼ teaspoon pepper

Slice eggs into quarters, then cut each quarter in half. Set aside. Mix together sour cream, mustard, lemon juice, seeds, salt, and pepper. Add the eggs.

Line a salad bowl with lettuce leaves. Mound the salad in the middle. Sprinkle Swiss cheese on top. If desired, serve with crisp crackers or toast.

### **Potato Salad**

Six medium potatoes  
3 tablespoons chopped parsley  
One finely chopped onion  
1 tablespoon lemon juice  
¾ cup mayonnaise  
1 tablespoon celery seed  
Salt and pepper to taste  
Paprika

Peel the potatoes and cut into small slices. Boil until slightly soft but not mushy. Let potatoes cool.

Add parsley and onion. Mix the lemon juice and mayonnaise together and combine with the potato mixture. Add celery seed, salt, and pepper. Spoon the salad on top of lettuce or spinach leaves. Sprinkle with paprika.

## DESSERTS

### Dump Cake

This recipe requires a Dutch oven.

¼ lb. butter  
18-oz. yellow, spice, or apple cake mix  
1 can of apricot, mincemeat, cherry, or apple pie filling

Use butter to lightly grease the bottom of the Dutch oven. Pour in fruit. Spread the cake mix on top and smooth out. Melt the butter and pour evenly over batter. Add sugar topping if desired.

Put a lid on the Dutch oven and place over coals; also put coals on top of the lid. Bake about 10 minutes, then check to see whether the fruit is bubbling up through the cake mix. When it is, remove the oven from the fire, but leave coals on top until the batter has browned. Slice and serve like brownies.

### Peach Cobbler

This also requires a Dutch oven.

Two No. 2½ cans sliced peaches  
2 cups biscuit mix  
½ cup sugar

Put the Dutch oven on hot coals to preheat it slightly. Pour in peaches, saving some of the juice so the cobbler won't be mushy. Mix the biscuit mix with water and roll dough about a ½-inch thick to fit in the oven. Place the dough over the peaches and sprinkle lightly with sugar.

Put the lid on, place coals on top, and bake until the crust is golden brown.

## ON THE TRAIL

### Nutty Granola

1 cup honey  
¾ cup vegetable oil  
5 cups rolled oats (old fashioned)  
1 cup shredded coconut  
1 cup raw wheat germ  
1 cup dry milk (may be omitted)  
1 cup sesame seeds or shelled sunflower seeds  
1 cup chopped nuts (your choice)  
1 cup raisins (optional)

Warm the honey for easier mixing and stir into vegetable oil. Combine remaining ingredients, except

nuts and raisins. Pour the oil and honey mixture over them and mix well. Spread mixture thinly on three large lightly greased baking sheets. Bake at 275°F for about 35 minutes; stir after first 15 minutes, again after another 10. Add nuts and raisins and finish baking. Stir once or twice while cooling. Cool completely before storing.

One teaspoon of salt may be added to the granola for taste before mixing.

### Trail Food

One box seeded raisins  
One box pitted prunes  
One package dried figs  
1 cup dried apricots  
½ cup chopped lemon peel  
1 cup or more sweet cider

The raisins, prunes, and figs should be ground coarsely and put into a large bowl; then add coarsely chopped apricots and lemon peel. Slowly pour the cider over the fruit until it is workable. Knead, then press mixture into a shallow cake pan lined with wax paper and refrigerate until solid.

When firm, slice into bars and wrap each in wax paper. Store in a cool place.

Dates may be used, but sugar crystals have a tendency to form on them, drying out the bars—the moist consistency of the fruit bar is one of its best features.

### Trail Salad

Outdoors people who love salad are often stuck when trying to assemble the proper ingredients because lettuce and other greens are perishable. Here is a salad made entirely of nourishing ingredients that don't spoil quickly and are easy to transport.

Two cans (17 oz.) peas, drained  
Two eggs, hard-boiled and peeled  
½ medium onion  
One small can pimentos, drained  
1 tbsp. dried parsley flakes  
Salt and pepper to taste  
½ cup mayonnaise

Place drained peas in bowl. Chop eggs, onion, and pimentos, and add with other ingredients to peas. Mix well. Mayonnaise can be added just before serving. (Note: Mayonnaise in a jar once opened is highly perishable without refrigeration. Carry tubes or the smallest jar you can buy.)

Optional additions are finely chopped celery, carrots, radishes, garlic, and sliced mushrooms (fresh or canned). Serves four people.

# COOKING

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes	Meet outdoors. Have several types of fire lays made and possibly some items cooking in a Dutch oven, or demonstrate cooking without utensils ( <i>Boy Scout Handbook</i> ).		
<b>Opening Ceremony</b> _____ minutes	<ul style="list-style-type: none"> <li>• Form troop into a horseshoe.</li> <li>• Hold uniform inspection.</li> <li>• Repeat the Scout Oath.</li> <li>• Repeat the Pledge of Allegiance.</li> </ul>		
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts work on woods tools care and maintenance (<i>Boy Scout Handbook</i>). Review Leave No Trace rules for fires.</li> <li>• Experienced Scouts work on Dutch oven cooking.</li> <li>• Older Scouts work on the Venture program or work with younger Scouts on woods tools instruction.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Discuss plans for the outing this month and make sure everyone knows what they will need to bring and what their assignments are for the feast. The new-Scout patrol needs to know what support it will provide for the outing. All other patrols plan activities to work on advancement. Plan the menu for the patrol feast.		
<b>Interpatrol Activity</b> _____ minutes	Play Tug-of-War. (See the Games section of the <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Form troop into patrols, call patrol leaders forward to give patrol yells.</li> <li>• Repeat the Scout Law.</li> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the troop outing. Begin work on next month's program feature.		

\*Troop Program Resources for Scout Troops and Varsity Teams, Supply No. 33588

# COOKING

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 2

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts learn which woods make the best fires and how to lay a fire using two different methods (<i>Boy Scout Handbook</i>).</li> <li>• Experienced Scouts work on cooking with Peak stoves (if available), repair and maintenance, and safe handling of fuel. Or, work on procedures to dehydrate food.</li> <li>• Older Scouts work on the Venture program or serve as instructors for the other sessions, or prepare necessary items for merit badge work that could be done on the outing.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Review assignments for the feast. The new Scouts continue learning the basics of cooking. Finalize the menu and set a time to practice making the meal that you will prepare for the feast.		
<b>Interpatrol Activity</b> _____ minutes	Do Fuzz-Stick Relay. (See the Games section of the <i>Troop Program Resources</i> .* )		
<b>Closing</b> _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the outing. Continue work on next month's program feature.		

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# COOKING

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts work on preparing a simple dish. This should be done with either a personal cook kit or patrol/troop cooking equipment.</li> <li>• Experienced Scouts work on identifying wild edible plants and how to prepare them.</li> <li>• Older Scouts work on the Venture program or utensilless cooking techniques, or plan games and competitions.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Finalize the menu for the outing this month and make sure everyone knows what he will need to bring. Review clothing and equipment needs and collect any necessary fees. Announce the route for parents who will come and join the feast.		
<b>Interpatrol Activity</b> _____ minutes	Play British Bulldog. (See the Games section of the <i>Troop Program Resources</i> .* )		
<b>Closing</b> _____ minutes  Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the troop outing. Continue work on next month's program feature.		

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# COOKING

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts work on cooking techniques and camp sanitation procedures, review Leave No Trace methods (<i>Boy Scout Handbook</i>).</li> <li>• Experienced Scouts finalize the details for the games and competitions for the outing and make sure that any required equipment is gathered.</li> <li>• Older Scouts work on the Venture program or assist in the game preparation.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Review plans and assignments for the feast. Make sure everyone knows travel plans and equipment needs. Review the patrol duty roster. Practice interpatrol activities that will take place.		
<b>Interpatrol Activity</b> _____ minutes	Play Swat 'Em. (See the Games section of the <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute—reflection on the experiences of the month.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and checks any last-minute details for the troop campout or outing. Finalize work on next month's program feature.		

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# COOKING

## TROOP OUTDOOR PROGRAM PLAN

Date \_\_\_\_\_

TIME	ACTIVITY	RUN BY
Friday evening	Load gear at meeting location, leave for campsite. Plan only a light meal en route.	SPL
	Arrive at campsite; off-load equipment. Set up patrol sites. Stow gear and set up camp.	SPL
<b>Saturday</b> 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (These Scouts should be working on First and Second Class requirements.)	Cooks, assistants
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	
8:00 A.M.	Clean up.	Cooks
	Patrols put up the gear for morning activities, clean up patrol site.	
8:30–10:30 A.M.	Patrol games—use four games from the Games section of the <i>Troop Program Resources</i> .*	SPL
10:30 A.M.	Special patrol activities; could include fishing, if available. Work on advancement such as lashings, map and compass, physical fitness.	
11:30 A.M.	Cooks and assistant cooks return to site to prepare lunch.	Cooks, assistants
Noon	Lunch	
12:30 P.M.	Clean up.	
1 P.M.	Begin preparation for special patrol feast: <ul style="list-style-type: none"> <li>• Tenderfoot—prepare fire lays</li> <li>• Second Class—assist in food preparation, clean up</li> <li>• First Class—prepare meals, supervise cleanup</li> </ul>	
4 P.M.	Prepare campfire for evening; gather tables in central location and set up.	
4:30 P.M.	Parents and guests begin to arrive; have entertainment prepared for parents.	Cooks
4:45 P.M.	Bring food to central location, set up buffet.	
5:00 P.M.	Feast	SPL
6:30 P.M.	Clean up.	Cooks
7:30 P.M.	Campfire	

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<b>TIME</b>	<b>ACTIVITY</b>	<b>RUN BY</b>
8:30 P.M.	Parents return home.	
9:30 P.M.	Cracker barrel	
10:00 P.M.	Lights out	
<b>Sunday</b> 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (These Scouts should be working on First and Second Class requirements.)	Cooks assistants
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	
8:00 A.M.	Clean up.	Cooks
	Patrols put up the gear for morning activities, clean up patrol site.	
8:30 A.M.	Worship service	
9:00–11:00 A.M.	Patrol games—use four games from the Games section of the <i>Troop Program Resources</i> .*	
11:00 A.M.	Break camp.	
<b>Special equipment needed</b>	Dutch ovens, dining flies, charcoal starters, troop camping equipment, eating utensils for parents	

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