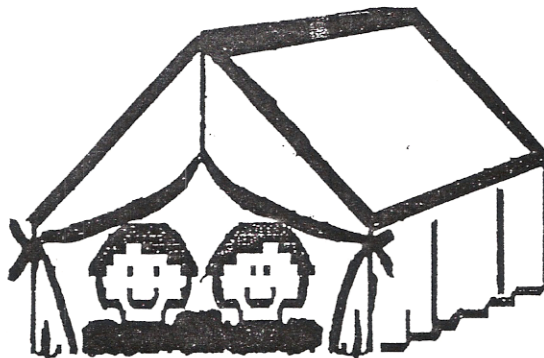


COOKING WITH TROOP 365

"Scouting 365 days a year"

Number	Recipe
1	- Beef Stew
2	- Grilled Cheese
3	- French Toast
4	- Hot Dogs
5	- Fried Bagels
6	- Lipton Soup
7	- Fried Chicken
8	- Hamburger with Dumplings
9	- Scrambled Eggs
10	- Oatmeal
11	- Spaghetti with meat sauce
12	- Foil Dinner
13	- Tacos
14	- Hamburgers
15	- Corn on the cob (boiled)
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17	- Sloppy Joes
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19	- Cobbler (Dutch Oven)
20	- Dump Cake (Dutch Oven)
21	- Main course one-potters (Dutch Oven)
22	- Pineapple upside down cake (Dutch Oven)



COOKING INSTRUCTIONS

1. **FIRST**, start heating one full bucket of water on the stove for cleanup water, then start preparing the food. When you are ready to start cooking, take the bucket off the stove, cook the food and then place the water back on the stove to heat up while you are eating. **IF IT'S TOO HEAVY, ASK AN ADULT FOR HELP.**
2. If you're handling food, be sure to wash your hands with soap and water **FIRST**.
3. If the flame is too high, food will burn and stick to the pan making it hard to clean. Start with a low flame. If the food is not cooking fast enough, raise the flame a little at a time.
4. To grease a pan, open the end of a margarine stick and rub it over the inside of the pan. This works better if the pan is warm (not hot). Repeat as often as necessary.
5. If you're using charcoal, light it early. It takes 30-45 minutes before the coals are ready.

GENERAL CLEANUP INSTRUCTIONS

1. Use the 3 bucket method of cleaning - one for pre-washing
 - one for washing
 - one for rinsing and sterilizing
2. When the water is too hot to touch, take the water bucket off the stove and divide it evenly between the three buckets.

ASK AN ADULT FOR HELP IF IT'S TOO HEAVY.

3. Bucket One - add some cold water and soap - this is the pre-wash bucket.
Bucket Two - add a little cold water and soap, but keep it hot. This is the wash bucket.
Bucket Three - don't add any water. Add a sanitizing tablet - this is the rinse bucket.
4. Wipe all items with a paper towel before washing. This helps to keep the wash and rinse water clean.
5. If a pot or frying pan has food stuck after cooking in it, add some water and heat it. Think of it as "frying water." This loosens any stuck food. Use a spatula or spoon to scrape the food off.
6. Air dry the pots, pans, dishes and utensils. Make sure they are dry before putting all the parts back together.

PROPANE TANKS

1. Turn off the propane tanks between meals.

1. Beef Stew

TOTAL TIME: 1½ hour

1. After covering the pot to cook the meat. turn down the flame to make sure nothing burns.
2. Cutting the meat in camp can be a mess. At home, cut the meat into chunks and put it in a ziplock bag. If the hot weather is predicted, consider freezing it. It will keep better and thaw out while it's in the cooler.
3. Marinades help soften tough meat. Add it in step 2. but don't freeze it.
4. Watch the water level to make sure it doesn't evaporate. If necessary, add more while the meat and vegetables are cooking.
5. The quantities listed serve 8. Good when the weather is cold.

beef, cut into chunks
2 tablespoons cooking oil

Brown beef in cooking oil.

1 cup water
2 tablespoons salt

Add salt and water. Cover and cook 30 minutes.

2 onions, chopped
4 carrots, sliced
4 potatoes, cubed
1 tablespoon parsley

Add potatoes, carrots, onions and parsley. Cover and cook until vegetables are done (about 45 minutes).

beef (3 lbs) - \$
carrots - \$
potatoes - \$
onions - \$
parsley flakes - \$
salt - \$
cooking oil - \$1.59 (Wesson 24oz)

2. Grilled Cheese

TOTAL TIME: 15 minutes

1. Buy real cheese, not imitation cheese food.
2. For a variation, add slices of tomato between the cheese slices.

bread
margarine
american cheese

Warm the frying pan or griddle.
Spread margarine on 2 slices of bread.

Place one slice of bread in the pan - margarine side DOWN.
Quickly place 2 slices of american cheese on top. Put on the second slice of bread - margarine side UP.

After a minute or 2, peak under the sandwich to see if it's brown. When it's brown enough, turn over and brown the other side. When the other side has browned, the cheese inside should have melted.

bread - \$1.00 (1 loaf - 24 slices)
american cheese - \$ (Kraft)
margarine - \$0.50 (Blue Bonnet 1 lb)

3. French Toast

TOTAL TIME: 15 minutes

1. When it's cold out, French Toast cools very quickly, so it's better to serve them directly from the grill.
2. If you have no griddle, use a frying pan. You can only cook one slice at a time though.

eggs

Break the eggs in the small frying pan and mix with a fork. Add 2-3 tablespoons of milk or water and mix vigorously.

Place the griddle on the stove and get it hot.

margarine or butter

Open one end of a stick and grease the griddle by rubbing the open end on the griddle. (Repeat for each new piece of bread.)

white bread

Dip a slice of bread in the egg mixture. Quickly turn it over to coat the other side.

Quickly remove it and place it on the griddle.

Note: After the griddle gets hot, lower flame.

With a spatula, carefully peek under each slice to see if it's browned. If so, turn it over and brown the other side.

When each side is done, remove and serve while hot.

When the egg mix gets low, add more eggs as needed.

pancake syrup

If you have time and don't mind cleaning an extra pot, pour some syrup in a small pot and warm it. It makes a big difference.

powdered sugar (optional)

Sprinkle with powdered sugar.

bread	- \$1.00 (1 loaf - 24 slices)
pancake syrup	- \$1.79 (Log Cabin 12oz)
eggs	- \$0.90 (1 dozen jumbo)
margarine	- \$0.50 (Blue Bonnet 1 lb)
butter (1 lb)	- \$

4. Hot dogs

TOTAL TIME: 15 minutes

Hot dogs are already made of cooked meat, so they only have to be heated in hot water.

hot dogs

Place the hot dogs in a pot and add water so all the hot dogs are covered.

Heat until they are hot. Don't overcook or they'll split.

hot dogs - \$1.19 (Oscar Meyer 10)
hot dog rolls - \$1.00 (8)
mustard - \$0.65 (8 oz)
ketchup - \$0.93 (14 oz)

5. Fried Bagels

TOTAL TIME: 15 minutes

Excellent when served with fried ham, bologna or salami.

luncheon meat

Grease the pan and heat. This meat is already cooked so it just has to be heated.

bagel, sliced in half and buttered.

Place the bagel on the heated pan, buttered side down. Remove when it looks "toasty."

plain bagels - \$0.89 (Lenders 6)
ham - \$
bologna - \$
margarine - \$0.59 (Blue Bonnet 1 lb)

6. Lipton Soup

TOTAL TIME: 20 minutes

This is great on a cold day. When you eat soup, don't you always want more noodles than broth? Add your own noodles! There are 2 kinds of noodles you can buy - one takes 7 minutes to cook and the other takes 20. Buy the 7 minute one. Try it at home, too.

Noodle Soup Mix
egg noodles

Prepare soup as directed but add 1 handful of dry noodles for each envelope of soup mix. Break them up into small pieces before adding to the soup.

soup mix - \$1.00 (Lipton - 2 envelopes)
egg noodles - \$1.00

7. Fried Chicken

TOTAL TIME: 45 minutes

The secret to cooking chicken is to boil it first to make sure it's cooked and then fry it.

chicken
1 pot water

Put the chicken in the pot of water. When the water starts to boil, lower the flame and cook the chicken for 20_{min}.
Remove from the water when finished.

3 eggs

Break the eggs in a small pot or bowl. Mix.

bread crumbs

Add the crumbs to another pot or bowl.
Dip a piece of chicken into the eggs. When it's coated, take it out and dip it in the crumbs.

cooking oil - enough to cover
the frying pan 1/2"

Fry the chicken until golden brown, turning often.

chicken - \$
bread crumbs - \$
eggs - \$0.90 (1 dozen jumbo)
cooking oil - \$1.59 (Wesson 24oz)

8. Hamburger with Dumplings

TOTAL TIME: 30 minutes

2 LB hamburger meat
1 large onion, peeled and
chopped

Brown hamburger and onions in pot. Pour off grease. Add soup and water and mix well. Cover and heat until it starts to boil.

1 can vegetable soup
1 can tomato soup
1 1/2 soup cans water
2 cans refrigerated
biscuit dough
Cheese - American, Colby, or
Swiss cut in 3/4" cubes
Salt & pepper to taste

While the meat is heating up, remove a biscuit dough and punch a hole halfway through each biscuit with your thumb. Insert a cheese cube into a hole and close dough around cheese. Carefully drop dough into boiling mixture, cover tightly, and boil for 15-20_{min} or until biscuit dumplings are cooked through.

ground beef - \$
vegetable soup - \$
tomato soup - \$
biscuit dough - \$0.79 (Hungry Jacks 10)
cheese - \$
onions - \$

9. Scrambled Eggs

TOTAL TIME: 15 minutes

1. The cook kit frying pans not the best, so DON'T let the pan get TOO HOT. Eggs are delicate and burn easily.
2. After the eggs start to cook, turn down the flame.
3. Use 1-2 eggs per person.

eggs
water

Break the eggs in a bowl. Add 1-2 tablespoons of water.
Mix briskly with a fork.

cooking oil, fat or margarine

Add a little oil to coat the bottom of the pan. Add eggs.
Stir often. When they look like they are almost done, BE CAREFUL. If they brown, they get an odd different taste.

eggs - \$0.90 (1 dozen jumbo)
margarine - \$0.50 (Blue Bonnet 1 lb)

10. Oatmeal (Not Inst)

TOTAL TIME: 10 minutes

1. GREAT on a cold morning!
2. Use 1/2 cup dry oatmeal and 1 cup water for each serving.

oatmeal
water

Measure correct quantity of water to pot. Add oatmeal, stir, and heat until the water starts to boil. Lower the flame, cover and cook 5_{min} stirring often.

sugar
milk

Scoop in a bowl and add sugar (brown sugar is great) and milk.

oatmeal - \$1.48 (Quaker Oats oz)
milk - \$2.00 (1 gal)

11. Spaghetti with Meat Sauce

TOTAL TIME: 45 minutes

1. 1lb of dry spaghetti feeds about 6-8 scouts, depending on their size.
2. For variety, use macaroni instead of spaghetti.
3. Since boiling the water takes the longest time, start the water first and then prepare the sauce.
4. Use the largest pot in the cook kit. Don't cook more than 1lb of spaghetti in this size pot. If more than 1lb of spaghetti is to be cooked, use another separate pot.

Hint 1: Spaghetti continues to cook after the water is drained off, so drain the spaghetti when it's just a little bit hard. This is called "al dente." This way, when it comes time to eat, it's not a big messy blob. (This part takes experience. If you're not sure, ask for help.)

Hint 2: After the spaghetti is cooked and drained, to keep it from sticking together, use the large spoon in the chef kit to add 1-2 large spoonfuls of sauce and mix it up.

1 tablespoon salt

1 large pot **FILLED** with water. (Largest one from cook kit.) Add salt. Cover and bring to a hard boil. That means the water is boiling rapidly.

chopmeat

Brown chopmeat in the 2nd largest pot in cook kit, stirring often.

spaghetti sauce

When the red coloring is gone, drain off fat and stir in sauce. Cover and simmer slowly, stirring often. Be careful not to burn.

spaghetti

Add spaghetti. (Break if desired.) Stir right away and do it **OFTEN**. Cook with cover **OFF**.

When spaghetti looks like it's getting soft, test it by eating a piece. (See Hint 1)

grated cheese

Drain and serve with grated cheese.

spaghetti - \$0.87 (1 lb box)
spaghetti sauce - \$ (Prego oz)
ground beef - \$1.00 (1/2 lb)
grated cheese - \$ (Kraft oz)

12. Foil Dinner

TOTAL TIME: 30 minutes

1. Cut the carrots and potatoes very thin - like potato chips
2. Wrap with heavy-duty foil **TWICE**, putting the fold on opposite sides.
3. Substitute chicken instead of hamburger, but cook for 45min, turning often.

¼lb hamburger
½ potato sliced thin
1 carrot, sliced thin
¼ onion
salt & pepper

Form the hamburger into patties. Place veg's on foil. Add salt and pepper to taste. Close and seal foil.

Cook over hot coals 10-12_{min} on each side.

ground meat - \$2.00 (1 lb)
carrots - \$
onions - \$
potatoes - \$

13. Tacos

TOTAL TIME: 15 minutes

The taco shells break apart when you try to eat them. Break them in small pieces, add the taco meat mixture on top and eat with a fork.

taco seasonings package
hamburger meat

Brown the hamburger meat until it's not pink.
Add the taco mix, and water and cook as directed.

diced tomatoes, american
cheese, shredded, taco
sauce, olives, shredded
lettuce.

Serve with taco shells, taco sauce, cheese, tomatoes, olives and lettuce.

taco mix - \$
ground beef - \$2.00 (1 lb)
american cheese - \$
taco sauce -

14. Hamburgers

TOTAL TIME: 20 minutes

Don't make them too thick - they'll take longer to cook.

hamburger meat
hamburger rolls

Form the hamburgers into patties and fry until cooked.

ground beef - \$2.00 (1 lb)
hamburger rolls (8) - \$
ketchup - \$

15. Corn on the Cob (boiled)

TOTAL TIME: 30 minutes

corn, cleaned
1 teaspoon salt
water
butter, salt & pepper

FILL the pot with water. Add salt and corn. After the water starts to boil, cook 10_{min}.

corn on the cob - \$0.10 each (depends on time of year)
butter - \$
margarine - \$0.59 (Blue Bonnet 1 lb)

16. Corn on the Cob (charcoal cooked)

TOTAL TIME: 30 minutes

Soak the corn in water with the husks ON for at least 10min.

corn with husks ON
butter, salt & pepper

Roast on the charcoal for about 20_{min}. Turn OFTEN.

corn on the cob - \$.10 each (depends on time of year)
butter - \$
margarine - \$0.59 (Blue Bonnet 1 lb)

17. Sloppy Joes (Easy way)

TOTAL TIME: 20 minutes

This recipe is good for 12 Sloppy Joe sandwiches

2½ lb hamburger meat
1 onion, chopped

Add chopped onion and meat to a pot. Cook until it's no longer red. Drain off fat.

2 cans tomato soup
salt and pepper

Add tomato soup, salt and pepper and cook 15min.

12 hamburger buns

Spoon onto hamburger buns

hamburger buns - \$1.00
onions -
tomato soup -
hamburger meat -

18. Shish Kabobs

TOTAL TIME: 30 minutes

1. Cutting the meat in camp can be a mess. At home, cut the meat into chunks and put it in a ziplock bag. If the hot weather is predicted, consider freezing it. It will keep better and thaw out while it's in the cooler.
2. Marinades help soften tough meat. Add it in step 2, but don't freeze it.
3. This can be done as a foil dinner. After putting the pieces on a stick, wrap in foil and place on the coals about 14min, turning once.

meat, cut in 1" cubes
peppers cut 1" pieces
onions cut 1" pieces
tomatoes cut 1" wedges

Alternate pieces of meat, tomato, peppers, and onions on a metal skewer or green stick. Place over the coals and cook until done, rotating one or two times.

meat - \$1.00
onions
peppers
tomatoes

19. Peach Cobbler in Dutch Oven

TOTAL TIME: 30 minutes

1. Line the dutch oven with aluminum foil. This eliminates having to clean it.
2. Put dutch oven on hot coals to preheat.
3. Total time does not include time to prepare coals.

2 large cans sliced
peaches

Pour in peaches, keeping back some of the juice so the cobbler won't be mushy.

2 cups biscuit mix
½ cup sugar

Mix biscuit mix with water and roll dough to about ½" thick to fit in oven. Place dough over the peaches and sprinkle lightly with sugar.

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

cake mix
1 large can sliced peaches (20 slices)- \$
2 small cans blueberries - \$
2 small cans sliced apples - \$
cinnamon - \$
butter - \$

20. Dump Cake in Dutch Oven

TOTAL TIME: 30 minutes

1. Use apple, cherry, blueberry or apricot pie filling.
2. Line dutch oven with aluminum foil to make cleaning easier.
3. Total time does not include time to prepare coals.

Yellow, spice or apple cake mix (18oz size).

Use some of the butter to lightly grease the foil in the dutch oven.

1 can of pie filling
¼ lb butter

Pour in fruit. Spread cake mix on top and smooth out. Melt butter stick and pour over batter. Add sugar topping if desired.

Put lid on, place on coals, and add some coals on top of lid. Bake 10_{min}. Check to see if fruit is bubbling up through the cake mix. When it is, remove from fire, but leave coals on top until batter has browned.

cake mix

1 large canned sliced peaches (20 slices)- \$
2 small cans blueberries - \$
2 small cans sliced apples - \$
cinnamon - \$
butter - \$

21. Main Course One-Potters

TOTAL TIME: 15 minutes

1. Make the following base and you can vary it by adding other ingredients to make different dishes.
2. Each recipe is for 8 servings.
3. Total time does not include time to prepare coals.

THE BASE

3 lbs hamburger meat
2-4 onions chopped
1-2 green peppers
2 cans tomato soup
salt and pepper

Brown the meat in a large pot. Add other ingredients to make the base.

TO MAKE:

HUNTERS STEW

CHILI

SPANISH RICE

MACARONI BEEF

HUNGARIAN HOT POT

?????

ADD

- 4 cans of vegetable soup
- 4 cans of red beans and 4 tsp of chili powder
- 2 small packages of precooked rice
- 1 lb of macaroni, cooked separately
- 4 cans of baked beans
- 1 tsp chili powder and serve on hamburger buns

hamburger meat - \$
tomato soup -
rice - \$

onions -
vegetable soup - \$
peppers -
baked beans - \$

22. Pineapple Upside-Down Cake (Dutch Oven)

TOTAL TIME: 60 minutes

1. Line dutch oven with aluminum foil to make cleaning easier. This also makes it easier to take the cake out.
2. For extra color, place cherries with the pineapples.
3. Total time does not include time to prepare coals.

¼ cup butter
½ cup brown sugar
1 can sliced pineapple

Melt butter and brown sugar and stir until well mixed.
Pour into dutch oven. Place the pineapple slices in the
butter and sugar mixture in the bottom of the oven.

1 yellow cake mix
1 egg

In a bowl, mix cake mix and egg. Pour the batter over the
pineapple.

Put on the lid and bake for 30-40_{min}. Test the cake for
doneness. Remove lid and let cool for 10_{min}. Take it out by
grabbing the aluminum foil. This works best with 4 hands.
Place a plate over the cake and turn it upside down.

butter - \$
brown sugar - \$
canned pineapple - \$
yellow cake mix - \$
eggs - \$