Trail Life USA

Troop TX-0226

XXX Patrol

Patrol Cooking Guide & Recipe Book

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# Purpose of this Guide

The purpose of this guide to provide new and seasoned patrol members essential information on how to use and maintain patrol cooking gear in the preparation of patrol meals.

# Food Considerations & Preparation

## Food Considerations

When considering the type of food to pack for a camping trip, you need to keep in mind that bringing as many non-perishable food items as possible on the trip will help cut back on wasted or rotting food items. If non-perishable items are brought along such as canned goods or dried foods with a long shelf life, there is less likely a chance of food spoilage. While it may be impossible not to include some perishable foods, you should plan out meals accordingly so that the meat and dairy is consumed first or within 24 hours. Food items that are easy to fix and ready to eat are also essential items that will make the food preparation process easier on the campers and also the cook.

The best types of foods for camping are ones that easy to fix, store and prepare while running a decreased risk of spoiling at the same time. Pre-made foods such as pies and cookies, cold salads and casseroles that include potato salad, coleslaw and pasta mixtures as well as soups prepared in advance are an easy way to have meals readily available while camping. Keeping them stored in airtight plastic containers so they can easily be reheated later on is a great way to implement ready made food into camping food. Raw meats and dairy products can be conveniently packed in plastic sealed bags or plastic containers and can be stored in coolers until they are cooked, but should be kept under ice or in a cooler until ready to use. Canned foods are also popular for camping trips. Beans, corn and other vegetables and soups can be opened with a can opener and heated over an open fire both conveniently and easily.

## Food Preparation

The convenience of having food pre-cut pre-made such as hamburger into hamburger patties or having other meat pre-cooked is also a time saving way to curb food preparation when camping while making meals more portable and easier to fix with limited amenities and resources than with what can be found at home.

# Food Safety While Camping

## Keep Hot Foods Hot & Cold Foods Cold

Whether you are in your kitchen or enjoying the great outdoors, there are some food safety principles that remain constant. The first is “keep hot foods hot and cold foods cold.” Meat and poultry products may contain bacteria that cause food borne illness. They must be cooked to destroy these bacteria and held at temperatures that are either too hot or too cold for these bacteria to grow.

To keep foods cold, you’ll need a cold source. A block of ice keeps longer than ice cubes. Before leaving home, freeze clean, empty milk cartons filled with water to make blocks of ice, or use frozen gel-packs. Fill the cooler with cold or frozen foods. Pack foods in reverse order. First foods packed should be the last foods used. (There is one exception: pack raw meat or poultry below ready-to-eat foods to prevent raw meat or poultry juices from dripping on the other foods.) Take foods in the smallest quantity needed (e.g., a small jar of mayonnaise). At the campsite, insulate the cooler with a blanket, tarp, or poncho. Also, keep the cooler in the shade if possible. When the camping trip is over, discard all perishable foods if there is no longer ice in the cooler or if the gel-pack is no longer frozen.

## Keep Everything Clean

Bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands, or utensils. This is called cross-contamination. When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods. Always wash your hands before and after handling food, and don’t use the same platter and utensils for raw and cooked meat and poultry. Soap and water are essential to cleanliness, so if you are going somewhere that will not have running water, bring it with you. Even disposable wipes will do.

# Cooking with Camp Stoves

## Setting Up the Stove

* Press on latch to open lid and position wind baffles as shown.
* Close both burner valves firmly.
* Remove regulator from storage position under grate and inspect gasket on the stove connection before use.
* Insert wire clips into slots.
* Remove plastic cap from top of propane cylinder and screw propane cylinder into regulator hand tight.
* Screw regulator into stove hand tight.





## Lighting the Stove

* Hold lighted match near burner and open burner valve.
* Adjust flame with burner valves.
* Flame should be blue with a hint of yellow on tips.

## Storing the Stove

* Close burner valves firmly.
* Remove propane cylinder from regulator and replace plastic cap on cylinder.
* Unscrew regulator from stove and place in storage position.

## Cleaning the Stove

* Lift off grate.
* Wipe clean with soft cloth and mild household cleaner. Do not use abrasives.

## Cooking with the Stove

Even though a camping stove will produce a steady and reliable heat source, you will find that you will need to adjust some of your cooking habits. While you may find that certain foods are not amenable to this type of cooking, you should still be able to prepare meals that are appetizing and nutritious.

For the most part, you will find that it is difficult, if not impossible to control the amount of heat generated by a camping stove. As a result, you will have to find other methods for ensuring that your food is cooked at the proper temperature. This may include removing pots and pans from the burners, as well as varying the distance between the cooking vessel and the burner. While this will take some experimenting, you should be at least able to keep your food from becoming charred and burnt.

That said, if you do have problems cooking on this type of stove, you will need to assess how each problem occurs. As an example, if your food is burning, you will either need to reduce cooking time, or find some way to cook the food at a lower temperature. Unless you are boiling water, you really do not need to cook on HIGH.

# http://www.epinions.com/images/opti/f3/82/Metal_Ware_Stainless_Steel_Covered_Billy_Pot-resized200.jpgCooking with Stainless Steel & Nonstick Cookware

## Cooking with Stainless Steel

Stainless steel is NOT nonstick! It is stick resistant as long as cooked at the right temperature (normally **low to medium heat** but not always) if not you will have a big mess on your hands. You must use something like cooking spray or butter with them to keep food from sticking. Stainless steel is great for camp stove cooking.

## Cleaning Stainless Steel

Use warm water, dish detergent and a sponge or a non-abrasive cleaning pad like a Dobie pad to clean the interior and exterior of your cookware soon after you're finished using it. Leaving dirty pots and pans overnight can cause food to dry and stick, which makes them harder to clean. Instead, if you know you won't be able to clean your cookware for a few hours, let the pot or pan cool slightly, then fill it with warm, soapy water and let it soak.

## http://images.shopping.msn.com/img/2481/25/59/42765257.jpgTop Ways to Ruin Nonstick Cookware

Nonstick cookware is great for camp stove cooking.

Cutting Serving Portions with a Metal Knife or Utensil

Cutting food in the pan with a metal knife or utensil can pierce the coating leaving your pans unsightly, cause foods to stick and rust to form. Use rubber or silicone spatulas to portion and serve from your cookware or bake ware.

Storing Pans Improperly

Storing pans haphazardly along with other metal implements can cause scratches in the finish. Always nest your nonstick fry pans and cookware carefully, and do not alloy other metal pan covers with thin sharp edges to sit inside your pans.

Drastic Water Temperature Changes

Placing a very hot nonstick pan into cool or lukewarm dishwater can cause your pan to warp. A warped pan will not have even heat distribution and cooking abilities will be reduced. Always allow your pan to cool completely before immersing it.

Using Metal Spatulas, Whisks or Tongs

Refrain from using any metal utensils in your non-stick to stir, turn food, scrape food residue, or blend foods right in the pan. The best utensils to use are wood, plastic, or silicone. Many companies are now making silicone whisks which are terrific for that quick blending. Even occasional fork-turning can nick and scratch your pan.

Cleaning With a Scouring Cleanser Pad

Using scouring products that are metal based or has harsh cleansers, can wear off the coating on your pans. Always use plastic scourers or soft sponges. Allowing your pan to soak for a moment will usually loosen foods and enable you to clean it with just warm water, mild soap and a soft cloth.

Cooking on High Heat

Most nonstick cookware is made for **low and medium heat** cooking. Too high a heat can wear down or blister the finish, as well as cause pans to warp. To maintain your pan and increase its lifespan, follow the manufacturer's instructions regarding cooking heat.

Storing Foods in Your Nonstick Pans

Foods should never be stored in the pans but should be removed and pans should be cleaned carefully and dried before storing.

## Cleaning Nonstick Cookware

Use warm, soapy water and a soft sponge or dishrag to clean nonstick cookware. For stuck-on food, try making a paste of equal parts baking soda and warm water, and rubbing the paste onto the nonstick surface with a soft cloth or sponge. You can also clean nonstick cookware with a plastic scrubber, such as a Dobie pad, but never use metallic or abrasive brushes, scouring pads or cleansers because it will scratch or corrode the finish.

# Cooking with Cast Iron

## Using Cast Iron

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* + - Cast iron is a natural nonstick surface and if your pan is seasoned correctly it WILL NOT stick!
    - There is a trick to maintaining cast iron cookware and that trick is known as "seasoning" or "curing." Your food will never stick to the bottom of the skillet or pot and the iron will not rust if it is properly seasoned.
    - Plus the cast-iron cookware cleans up easily as well. Seasoning or curing cast iron means filling the pores and voids in the metal with grease of some sort, which subsequently gets cooked in. This provides a smooth, nonstick surface on both the inside and outside of the piece.
    - Rinse with hot water (do not use soap), and dry thoroughly.
    - Before cooking, apply vegetable oil to the cooking surface of your pan and pre-heat the pan slowly (always start on low heat, increasing the temperature slowly).
    - Once the utensil is properly pre-heated, you are ready to cook.
    - Cast iron cookware heats evenly, therefore it is not necessary to use extremely high cooking temperatures. Best results are obtained with **medium to medium-high temperature** settings; always allow the utensil to heat as the burner does.
    - Avoid cooking very cold food in the pan, as this can promote sticking. Allow food to sit out of the cooler for a few minutes so the “chill” reduces before cooking.
    - Handles will become very hot in the oven, and on the stovetop. Always use an oven mitt to prevent burns when removing pans from oven or stovetop.
    - If you have a cast iron griddle, make sure to place it over two burners, allowing the griddle to heat evenly and avoid a stress break or warping.
    - Cast iron is great for camp stoves, charcoal, or campfire cooking.

## Cleaning Cast Iron Cookware

* After cooking, clean utensil with a stiff nylon brush and hot water. Scrape out as much food as possible. Use a non-metal utensil, such as a wooden spoon or a plastic spatula. Metal can scratch the surface and ruin the seasoning. Using **SOAP IS NOT RECOMMENDED**, and harsh detergents should never be used. (Avoid putting a hot utensil into cold water. Thermal shock can occur causing the metal to warp or crack).
* If you are having trouble removing stuck-on food, boil some water in your pan for a few minutes to loosen residue, making it easier to remove. Pour an inch or two of hot water into the cookware and then let it sit on the fire for a few minutes. If hot water is not available, take the cookware off the fire and allow it to cool for a few minutes before adding cold water, and then put the oven back on the fire to heat the water. Never add cold water to a very hot cookware; the cookware will crack. Dump this water and rinse with clean warm water.
* After cleaning and rinsing, pat-dry the entire cookware using paper or cloth towels. Allow the cookware to air dry briefly, then heat over the fire until it is just hot to the touch. Using an oil-soaked cotton rag or paper towel, apply a thin coating of oil to the inside and outside of the cookware.
* Do not let your cast iron air dry, as this can promote rust.
* Store in a cool, dry place. If you have a cover, or lid, for your cookware, place a folded paper towel in between lid and cookware allowing air to circulate. This prevents moisture from collecting inside the utensil, which can cause rust.
* If for some reason your cookware develops a metallic smell or taste, or perhaps rust spots, never fear. Simply scour off the rust using a very fine grade of sandpaper or steel wool and re-season the cookware.

## Re-seasoning Cast Iron

While maintaining the seasoning should keep your cast iron in good condition, at some point you may need to repeat the seasoning process. If food sticks to the surface, or you notice a dull, gray color, repeat the seasoning process:

* Wash the cookware with hot, soapy water and a stiff brush. (It is okay to use soap this time because you are preparing to re-season the cookware).
* Rinse and dry completely.
* Apply a thin, even coating of MELTED solid vegetable shortening (or cooking oil of your choice) to the cookware (inside and out).
* Place aluminum foil on the bottom rack of the oven to catch any dripping.
* Set oven temperature to 350 – 400 degrees F.
* Place cookware upside down on the top rack of the oven.
* Bake the cookware for at least one hour. After the hour, turn the oven off and let the cookware cool in the oven.
* Store the cookware uncovered, in a dry place when cooled.

# Cooking with a Dutch Oven

## Selecting and Lighting Charcoal

Avoid bargain brands of charcoal and self-lighting charcoal. They generally don’t last as long. Note: you can use campfire coals instead of charcoal; however, charcoal provides more precise cooking.

A chimney starter is a great way to light charcoal. It is essentially a metal cylinder with a grate near the bottom and a handle mounted on the side. Unlit charcoal is placed inside the cylinder and newspaper or other flammable material is placed under the grate and lit. The charcoal at the bottom of the cylinder lights first and the "chimney effect" ignites the remaining charcoal above.

Newspaper is free and works great for lighting a chimney starter. Use 1-2 sheets of newspaper lightly crumbled into ball (do not tightly pack). Place the two pieces underneath the chimney and place the chimney on a fire safe location for starting (e.g., fire ring). Fill the chimney with charcoal (or the amount of charcoal that you will need). Light the newspaper in several locations with a long match or butane lighter. You'll begin to see smoke coming out the top. After the newspaper has burned completely, wait 1-2 minutes then hold your hand over the chimney...you should feel the heat of the coals starting to light. Two sheets of newspaper are usually sufficient to get things started; if not, repeat the process with additional sheets of newspaper.

It will take 10-20 minutes for the coals to light, depending on wind conditions, how much charcoal is in the chimney, and the type of charcoal being used. The charcoal is ready when you see flames licking at the coals in the top of the chimney and gray ash just starting to form. If you wait longer for the top coals to be fully ashed-over, much of the charcoal in the bottom of the chimney will be spent, so go ahead and use the charcoal when it looks like the picture

Wear heat-resistant gloves whenever handling a hot chimney. Pick up the chimney by the handle and pour out the coals or remove them using tongs. Remember, a chimney will remain hot for some time after the coals are removed, so be careful when handling it and don't place it on or near flammable materials.

## Using Charcoal with the Dutch Oven

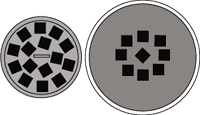
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A general rule for charcoal is to take the number of inches in diameter of the Dutch oven and place two more coals than that number on top and two fewer coals on the bottom. For example, for the 12-inch ovens that the troop uses, place 17 briquettes on top and 8 on the bottom for a typical meal. That puts the temperature close to a moderate level of 350°.

Don’t automatically fill the entire chimney starter with charcoal when lighting the coals. If you need 24 coals for your fire and the recipe will cook in less than an hour, you only need about 24 coals. If your recipe will take a long time to cook, you might need to add coals after 45 to 60 minutes. In that case you might want to light more coals at the beginning and leave them in the chimney as replacements to be added later. If you add coals, add them in the same proportion top and bottom. If you know that you will need to start a second chimney of briquettes, a good trick is to leave some hot coals in the chimney to start the next batch.

**Charcoal Placement**

|  |  |
| --- | --- |
| Type of Cooking | Charcoal Placement |
| Roasting | The heat should come from the top and bottom equally. Use a 1-to-1 ratio of coals above and below the oven. |
| Baking | Done with more heat from the top than the bottom. Use a 2-to-1 or 3-to-1 ratio with more on the lid. |
| Frying, Boiling, etc. | All heat should come from the bottom. Use coals on the bottom only. |
| Stewing, Simmering | Almost all heat should be on the bottom. Use a 1-to-4 ratio with more underneath. |



Temperature control is largely dependent on charcoal arrangement. Distributing the briquettes evenly will in turn distribute the heat evenly. Arrange the bottom briquettes in a circular pattern so that they are at least ½ inch inside the oven’s edge. Arrange the briquettes on the lid in a checkerboard pattern, or around the edge of the lid and several across the top.

Top or bottom, do not bunch the briquettes; that can cause “hot spots” that can burn the food. To prevent small hot-spot problems, rotate the oven ¼ turn every 10 to 15 minutes. If there are coals on the lid, also rotate the lid in the opposite direction.

Baking requires more precise temperature control than most other types of cooking. The number of briquettes used depends upon the temperature desired. Each charcoal briquette provides about 10 to 20 degrees of heat. Dutch oven size also enters in. Smaller ovens require fewer coals as heat is concentrated in a smaller area. Here is a baking temperature chart you can follow (these numbers are approximate).

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Baking Temperature Chart** | | | | | | | | | | |
| **Dutch Oven Sizes** | | | | | | | | | | |
| **Temp.** | **8 inch** | | **10 inch** | | **12 inch** | | **14 inch** | | **16 inch** | |
| **°F** | Top | Btm. | Top | Btm. | Top | Btm. | Top | Btm. | Top | Btm. |
| **300°** | 9 | 4 | 12 | 5 | 15 | 7 | 19 | 9 | 21 | 11 |
| **325°** | 10 | 5 | 13 | 6 | 16 | 7 | 20 | 10 | 22 | 12 |
| **350°** | 11 | 5 | 14 | 7 | 17 | 8 | 21 | 11 | 24 | 12 |
| **375°** | 11 | 6 | 16 | 7 | 18 | 9 | 22 | 12 | 24 | 13 |
| **400°** | 12 | 6 | 17 | 8 | 19 | 10 | 24 | 12 | 27 | 13 |
| **425°** | 13 | 6 | 18 | 9 | 21 | 10 | 25 | 13 | 28 | 14 |
| **450°** | 14 | 6 | 19 | 10 | 22 | 11 | 26 | 14 | 30 | 14 |
| **500°** | 15 | 7 | 20 | 11 | 23 | 12 | 28 | 14 | 32 | 15 |

Baking recipes in regular cookbooks sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. That usually means:

|  |  |
| --- | --- |
| Slow | 250° to 350° |
| Moderate | 350° to 400° |
| Hot | 400° to 450° |
| Very Hot | 450° to 500° |

*Simmering*. Simmering is cooking a dish with a liquid that is kept just below the boiling point. A few bubbles will slowly form and burst before reaching the surface. Simmering takes place between 185° and 210°. Bubbles breaking on the surface indicate the ingredients are being boiled, not simmered; the fire is too hot.

## Cooking with the Dutch Oven

For cooking and when coating the oven after cleaning, use an unsalted vegetable oil (i.e., not margarine, and not an animal fat like lard).

| **Oven size** | **Oven capacity** | **Persons served** |
| --- | --- | --- |
| 8 inch  10 inch  12 inch  12 inch “deep”  14 inch  14 inch “deep” | 2 quarts  4 quarts  6 quarts  8 quarts  8 quarts  10 quarts | 2-4  4-7  12-14  16-20  16-20  22-28 |

When baking breads or sugary desserts, line the oven with heavy duty aluminum foil in a crisscross layer before pre-heating. It makes clean-up easier and will spread and reflect the heat inside the oven.

Be careful when removing and replacing the lid to check food; don’t dump charcoal ashes in the meal. Also, resist the temptation to keep lifting the lid to check the food. That lets the heat escape, and cakes in particular could be ruined. A few checks are fine, particularly for foods that are susceptible to burning. Other than that, however, use the correct number and placement of coals and trust the cooking times in the recipe.

The lid of the Dutch oven can be placed on the fire upside down and used as a 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.

## Cleaning the Dutch Oven

See Cleaning Cast Iron Cookware section.

# Creating a Cooking Campfire

## Prepare the Site

The object is to have all the wood turn into coals at the same time. This gives an even fire with no flames reaching up to burn your food or blackens your cookware. It also yields the longest cooking time from the coals.



Select a fire site at least 8' from bushes or any combustibles. Be sure no tree branches overhang the site. Make a U-shaped perimeter using large rocks or green logs. If using logs, they'll need to be wet down from time to time. If breezy, have back of fire pit face the wind. Put a large flat rock at the rear of the fire pit to act as a chimney. The "chimney rock" will help direct the smoke up and away.

## Lay the Kindling



Fill the fire area with crumpled paper or tinder. Lay kindling over paper in layers, alternating direction with each layer. Use thin splits of wood or small dead branches. Do not put kindling down "teepee style". The whole fire area should be covered with the kindling stack. Set a bucket of water near the fire area. Light the paper to start your fire.

## Build the Fire, Grade the Coals

When kindling is ablaze, add firewood. The wood should be all the same size, as much as possible. Use hardwood or hardwood branches if available. Distribute wood evenly over fire bed. As soon as the last flames die down leaving mostly white coals, use a stick to push the coals into a higher level at the back end and lower level at the front. This will give you the equivalent of 'Hi', 'Med' and 'Lo' cook settings. Or, level the coals to your preference.

## http://www.eartheasy.com/play_campfire4.jpgCooking with the Campfire

To cook, set the grill on rocks or wetted green logs. Put food directly on grill or in cookware and prepare your meal. If cooking directly on the grill, a small spray bottle or squirt gun is handy for shooting down any rogue flames, usually caused by food drippings. As the fire diminishes, bank the coals to get the most heat from them.

After cooking, add wood for your evening campfire. Before retiring, extinguish thoroughly and soak with water. Turn rocks in on fire bed. It will be easy to reassemble the next day if required.

## Cooking Fire Tips

* Always consider the wind direction. You don't want to smoke out your neighbors.
* Emergency tinder kits work even when they are wet.
* It is recommended that you don't use kerosene or fire starter liquid to hurry up your fire. This is due to the fact that the fluid burns very quickly and a spark or flame can easily travel up the stream of fluid and cause the bottle to explode.
* Bring a small handsaw or axe in case you need to cut wood.
* Don't add too much wood to the fire until it gets going well.
* Keep a bucket of water or dirt nearby to douse your fire.
* Never leave your fire unattended.
* Small fires are easier to control, especially in the wind. Keep flames short but enough to heat and cook on. Control the fire by adding large pieces of wood that are harder to burn.
* Large flames will only burn food and not cook it thoroughly.

# Cooking with Aluminum Foil

## Creating Foil Pack Meals

Foil pack cooking is a great way to introduce Scouts to the world of outdoor cooking. They are easy to prepare, great to eat, and simple to clean up after. They can be prepared in advance frozen, and then thrown right on the fire at camp. There are probably hundreds of great recipes around, but they all use the same basic concept. The pack needs to be sealed tightly to hold in the moisture, turned several times during cooking, and the actual recipe can be just about whatever you want it to be.

Here’s a basic recipe: use two layers of lightweight foil, or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some folks smear a layer of butter or margarine on the foil to start. Add a hamburger patty, then sliced potatoes, carrots, onions, broccoli, or whatever else sounds good. Vegetables should all be cut to about the same thickness to help them all cook evenly. Starting with a cabbage leaf first, and then adding the meat will keep the meat from burning. Encourage the Scouts to add a little onion, even if they're not going to eat it later ‑ it really helps the flavor. Season with salt, pepper, garlic salt, etc., and then fold the foil edges up over the food. Fold them down once, crease gently, and then fold down again. The object is to seat the moisture in the package. Try not to rip the seams, but if you do, finish wrapping, then repeat with another layer of foil. The trick is to be able to identify your foil pack later, so scratch your name into a small piece of foil and leave it near the outside or use a marker to write your name on your pack. Cook this pack for 20 to 30 minutes.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Place food in center of foil.http://www.bsa-troop401.net/images/FoilCooking/FoilCooking1.gif | | http://www.bsa-troop401.net/images/FoilCooking/FoilCooking2.gif  Bring sides up loosely. | | Fold top 1/2 inch down, crease.http://www.bsa-troop401.net/images/FoilCooking/FoilCooking3.gif | http://www.bsa-troop401.net/images/FoilCooking/FoilCooking4.gif  Fold top down again. Don't crease. |
| http://www.bsa-troop401.net/images/FoilCooking/FoilCooking5.gifFold top down flat. Press ends together | http://www.bsa-troop401.net/images/FoilCooking/FoilCooking6.gifFold corners over along dotted lines. | | http://www.bsa-troop401.net/images/FoilCooking/FoilCooking7.gifFold pointed ends over 1/2!nch | | http://www.bsa-troop401.net/images/FoilCooking/FoilCooking8.gifFold ends over again. Place on coals. |

## Cooking Foil Pack Meals

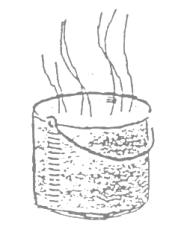
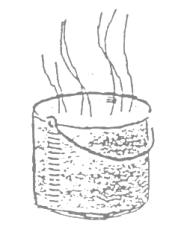
Spread the white hot coals shallowly (charcoal or cooking campfire coals), and distribute the packs evenly on top. While the packs are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it's close to the completion time, open a comer of a pack and check to see if the meat is done.

**Foil Pack Cooking Times**

| Ingredient | Approximate Cook Time |
| --- | --- |
| Hamburger  Chicken pieces  Hot dogs  Pork chops  Carrots  Ears of corn  Whole potatoes  Potato slices  Whole apples | 15‑20 minutes  20‑30 minutes  5‑10 minutes  30‑40 minutes  15‑20 minutes  6‑10 minutes  45‑60 minutes  10‑15 minutes  20‑30 minutes |

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook.

# Dishwashing



## Cleaning Set-up

Begin cleanup by setting out 2 large pans/trays:

* Wash pot – contains hot water with a few drops of biodegradable soap
* Hot Rinse pot - clear hot water (can have a few drops of bleach)

## Cookware Cleaning

Each Scout wipes off their own eating utensils with s napkin or paper towel first to keep the dishwater as clean as possible. Then they skim a small amount of wash water in their eating gear and wash with their finger. Throw out water. Then they wash their eating utensils in pot of wash water. Each scout can wash his own eating gear (plate, spoon/fork, and cup). While other Scouts wash their eating utensils, “clean up patrol.” Scouts begin cleaning pots. Rinses and sterilizes utensils and cooking pots by dunking them in a pot of rinse water.





## Disposing of Dishwater

Strain any food bits out of your dishwater and put the bits in the trash. Carry the wash and rinse water away from camp at least 75 steps, away from any streams, lakes, or rivers, and give it a good “fling” to spread it over a wide area.

HELPFUL HINT:

Before cooking with a pot over any wood fire, smear a film of liquid biodegradable soap (liquid will work well) on the outside of your pot. Soot or black streaks will wash off easier.

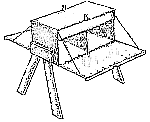
# Campout Roles & Responsibilities

**Campout Roles & Responsibilities**

| Role | Responsibility |
| --- | --- |
| Cook | Prepares the meals |
| Assistant Cook | Assists Cook as requested |
| Firemaster | Cares for and prepares equipment used to cook on and refuel if necessary, gathers firewood and start fires. Puts out fire. |
| Water Marshall | Get drinking water and all water needed for food preparation and washing, also prepare pot of water for dishwashing so it will be hot by end of meal, prepare wash basins with hot water and soap. |
| Kitchen Patrol | Wash all dishes, clean-up kitchen and eating tables, put away all leftover food and all clean dishes and utensils. |
| Assistant Kitchen Patrol | Assist Kitchen Patrol as requested (dry off wet plates, pots, pans, etc.) |
| Grubmaster | Responsible for acquiring and properly storing food for campout. |

# Cleaning and Care of the Chuck Box

## Chuck Box Cleaning

* The chuck box and its gear need to be properly cleaned at the end of each campout.
* Use the Chuck Box Inspection Checklist to remind guide you in what to clean and inspect at the end of each campout.
* The checklist should be signed by the Patrol Mentor, the Patrol Leader, and the Patrol Quartermaster.
* NEVER store anything wet inside the chuck box (i.e., sponges, dish towels, etc.).
* Keep the chuck box gear nice and neat when storing away (see pictures)



## Chuck Box Maintenance

* The patrol Quartermaster is responsible for ensuring that the patrol chuck box is properly stocked and outfitted for each campout.
* From time to time, the patrol box may need oil on the hinges and/or additional paint.

# Chuck Box Inspection Checklist

The following chuck box items have been properly cleaned, dried, oiled (cast iron) and stored away.

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**Date**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FO, SO, Troop QM or Patrol Mentor Signature**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Patrol Leader (or acting) Signature**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Patrol Quatermaster (or acting) Signature**

**Cooking Elements**

* Coleman stove

**Cookware**

* 10” Cast iron skillet (2)
* 10” pot
* 10” lid for pot
* 8” pot
* 8” lid for pot
* Cast iron griddle
* Colander or strainer
* Coffee Pot (future)
* Plastic mixing bowl
* Drink mixing pitcher

**Cooking Utensils**

* Large plastic spoon (2)
* Slotted plastic spoon
* Plastic spaghetti spoon
* Wooden spoon (2)
* Plastic spatula
* Plastic ladle
* Metal spatula
* Metal meat fork
* Carving knife
* Paring knife
* Cooking tongs (3)
* Whisk
* Grater
* Vegetable peeler
* Can opener
* Cutting board
* Measuring Cups
* Measuring Spoons

**Dutch Oven (if used)**

* Dutch oven (troop trailer)

**Cleaning Supplies**

* No wet cleaning supplies in chuck box; NEVER store anything wet in the chuck box

**Chuck Box**

* Clean shelves
* Clean counter top

# Chuck Box Inventory

**Cooking Elements**

* Coleman stove
* Stove fuel (troop trailer)
* Lighter/matches

**Cookware**

* 10” Cast iron skillet (2)
* 10” pot
* 10” lid for pot
* 8” pot
* 8” lid for pot
* Cast iron griddle
* Colander or strainer
* Coffee Pot (future)
* Plastic mixing bowl
* Drink mixing pitcher

**Cooking Utensils**

* Container for utensils
* Large plastic spoon (2)
* Slotted plastic spoon
* Plastic spaghetti spoon
* Wooden spoon (3)
* Plastic spatula
* Plastic ladle
* Metal spatula
* Metal meat fork
* Carving knife
* Paring knife
* Cooking tongs (3)
* Whisk
* Grater
* Vegetable peeler
* Can opener
* Cutting board
* Oven mitt
* Potholders (2)
* Measuring Cups
* Measuring Spoons

**Dutch Oven Cooking**

* Dutch oven (troop trailer)
* Dutch oven lid lifter (future)
* Long tongs for hot charcoal
* Charcoal chimney (troop trailer)
* Leather gloves
* Charcoal\*
* Newspaper\*

**Cleaning Supplies**

* Wash tubs (troop trailer)
* Paper towels\*
* Scouring pad/SOS pad\*
* Scrub brush\*
* Dishcloth\*\*
* Hand sanitizer\*
* Dish soap\*
* Cleaning spray\*

**Bags and Storage**

* Aluminum foil (heavy duty)\*
* Zip lock bags\*
* Trash bags\*

**Herbs & Spices**

* Salt\*
* Pepper\*
* Cooking oil\*

**Drink mixes**

* Gatorade mix\*
* Lemonade mix\*
* Hot chocolate mix\*
* Hot cider mix\*

**Other**

* Patrol recipe book
* Level (to level chuck box)

Note: All gear must be properly cleaned and dried before storing in chuck box.

\* Consumable item; must be replaced regularly

\*\* Cannot store wet

# Patrol Recipes

## Breakfast

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| --- | --- | --- | --- |
| **Meal** | Breakfast | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 15-20 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Bacon, Eggs and Fruit** | | |
| **Ingredients** | 1 doz eggs  1 package of bacon  Fruit of your choice | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Cook bacon until crisp in a skillet 2. Cook eggs as you prefer them (scrambled, over easy, etc.) 3. Serve with the fruit of your choice | | |

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| --- | --- | --- | --- |
| **Meal** | Breakfast | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 5-10 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Bagels, Yogurt and Fruit** | | |
| **Ingredients** | 1 doz bagels  Butter or Cream cheese (flavored if you prefer)  1-2 small packs of assorted yogurt  Fruit of your choice | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Heat bagels on griddle if desired 2. Eat | | |

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| **Meal** | Breakfast | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 5 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Breakfast Sandwiches** | | |
| **Ingredients** | 1 doz eggs  1 Package of turkey  2 cups Shredded Cheese  1 pkg of hamburger buns | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Whisk egg and cheese together, cook on skillet 2. Place turkey and egg on the bread | | |

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| --- | --- | --- | --- |
| **Meal** | Breakfast | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Moderate |
| **Prep Time** | 5 minutes | **Servings** | 5-6 |
|  |  | | |
| **Title** | **Camp French Toast** | | |
| **Ingredients** | 1 egg  ½ cup milk  ½ cup water  Cinnamon  2 slices of bread for each person  Butter  1 bottle syrup | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Mix egg, water, and milk. Soak bread in it. 2. Fry bread in butter on griddle on medium heat until golden brown. | | |

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| **Meal** | Breakfast | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Moderate |
| **Prep Time** | 20-30 minutes | **Servings** | 5-6 |
|  |  | | |
| **Title** | **IHOP Buttermilk Pancakes** | | |
| **Ingredients** | 2½ cups all-purpose flour  3 cups buttermilk  2/3 cup Instant Cream of Wheat (dry)  2 eggs  2/3 cup granulated sugar  2 teaspoons baking powder  2 teaspoons baking soda  ½ cup vegetable oil  1 teaspoon salt  Butter  1 bottle syrup | | |
| **Pre-trip Prep** | * Mix all ingredients except butter and syrup until smooth * Put batter in a storage container – keep cold | | |
| **Instructions** | 1. Heat griddle over medium heat and apply thin coat of oil. 2. Pour batter using 1/3 cup portions. Cook 1-3 minutes per side or until brown. 3. Reapply thin coat of oil and repeat cooking until batter is gone. 4. Apply butter and syrup as desired. | | |

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| **Meal** | Breakfast | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 5 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Breakfast Burritos** | | |
| **Ingredients** | 1 doz Eggs  1 lb breakfast sausage  1 pkg Flour tortillas  1 cup shredded cheese  1 jar of salsa (optional) | | |
| **Pre-trip Prep** | * Brown sausage and put in zip lock bag – keep cold | | |
| **Instructions** | 1. Warm up sausage 2. Add 9-12 eggs and scramble all together. 3. Cook until eggs are well done. The chorizo will mix in with the eggs. 4. Heat flour tortillas to warm and lay flat. Add spoonfuls of chorizo/egg mixture and wrap into a burrito. 5. For variety, you can top burrito's with Mexican salsa and cheese or just pick up and eat. They are delicious! | | |

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| **Meal** | Breakfast | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Easy |
| **Prep Time** | 45-60 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Dutch Oven Cinnamon Rolls and Fruit** | | |
| **Ingredients** | 1-2 cans of cinnamon rolls  Fruit of your choice | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Using a 12-14" Dutch oven, place aluminum foil in bottom of oven (place a damp paper towel in first – helps bottoms from getting too brown). Open can of cinnamon rolls and place in oven evenly. Cook at 350 degrees until tops are golden brown (Approx 45 minutes) 2. Coat finished rolls with provided glaze. 3. Serve with fruit of your choice | | |

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| **Meal** | Breakfast | **Cook Source** | Camp Stove |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 10 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Skillet Breakfast** | | |
| **Ingredients** | 1 Tbsp Oil  2 cups Hash browns  6 Eggs, beaten  1 Package of cooked bacon  1/3 Cup Onion  1/3 Cup of Sharp Cheddar Cheese  1 Lb. Breakfast Sausage  Salt and pepper to taste | | |
| **Pre-trip Prep** | * Cook bacon and put in zip lock bag – keep cold * Chop onion and put in zip lock bag – keep cold * Shred cheese and put in zip lock bag – keep cold | | |
| **Instructions** | 1. Heat oil in non-stick skillet on medium high heat. 2. Add potatoes; cook 10 minutes or until brown. Spread over bottom of skillet. 3. Mix eggs, bacon, onions, salt & pepper in small bowl; pour mixture evenly over potatoes. 4. Reduce heat to medium low. Cover and cook for 10 minutes until eggs are done. Remove from heat. Sprinkle with cheese. | | |

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| **Meal** | Breakfast | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 30-40 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Breakfast Cornbread** | | |
| **Ingredients** | 2 Cups of Yellow Cornmeal  1 1/2 Cups Flour  2 Tsp. Baking Powder  1 Tsp. Baking Soda  2 Cups of Milk  1/4 Cup of Melted Butter  1 Lb. Breakfast Sausage  1 Large Onion, chopped fine  2 Cups of Grated Cheddar Cheese  1 Doz. Eggs  (Optional) 1-3 Large Jalapeno Peppers, chopped extra fine | | |
| **Pre-trip Prep** | * Combine all dry ingredients together and put in zip lock bag * Cut up onion and put in zip lock bag – keep cold * Shred cheddar cheese and put in zip lock bag – keep cold * Brown sausage and put in zip lock bag – keep cold | | |
| **Instructions** | 1. Using a 12-14" Dutch oven, brown the sausage. Drain the fat, leaving approx. 3 Tablespoons. Since we don't add cooking oil to the cornbread, this will help prevent sticking. 2. Mix cornmeal, flour, baking soda, baking powder, milk, butter & sausage in the Dutch oven. While stirring, beat in the eggs, onions and peppers. Finally fold in the cheese. Cook at 350 degrees until done. (Approx 30 min.) | | |

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| --- | --- | --- | --- |
| **Meal** | Breakfast | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 60-90 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Feed ‘Em and Go Dutch Oven Breakfast** | | |
| **Ingredients** | 1 pound uncooked spicy breakfast sausage  1 30 oz. package frozen hash browns (thawed)  1 small bunch green onions diced (optional)  1 bell pepper chopped (optional)  2 cups shredded sharp cheddar cheese  12 large eggs  1 ½ cup of milk  Salt, pepper, hot sauce to taste | | |
| **Pre-trip Prep** | * Cut up onion and bell pepper and put in zip lock bag – keep cold * Shred cheddar cheese and put in zip lock bag – keep cold * Brown sausage and put in zip lock bag – keep cold | | |
| **Instructions** | 1. Using a 12" Dutch oven, brown the sausage. Drain the fat, leaving approx. 3 Tablespoons. Since we don't add cooking oil to the cornbread, this will help prevent sticking. 2. Mix cornmeal, flour, baking soda, baking powder, milk, butter & sausage in the Dutch oven. While stirring, beat in the eggs, onions and peppers. Finally fold in the cheese. Cook at 350 degrees until done. (Approx 30 min.) | | |

## Lunch

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| --- | --- | --- | --- |
| **Meal** | Lunch | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 20 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Easy Trailman Soup** | | |
| **Ingredients** | * 6 packages of Chicken Ramen soup * 4 can chicken meat (do not drain!) * 4 can mixed vegetables (drained) | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | * Boil water and prepare soup according to directions. * When noodles go in, add chicken and the juice from the cans. * Add the vegetables. | | |

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| **Meal** | Lunch | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 20 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Five Can Soup** | | |
| **Ingredients** | 1 Can of Diced Tomatoes  1 Can of Mixed Vegetables  1 Can of White Corn  1 Can of Black Beans  1 Can of "Progresso Minestrone Soup" | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | * Add all of the ingredients together in a pot and simmer (do not drain), on medium heat, for 20 minutes. Then serve. | | |

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| --- | --- | --- | --- |
| **Meal** | Lunch | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 20 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Seven Can Soup** | | |
| **Ingredients** | * 3 cans Progresso minestrone soup * 2 cans stewed tomatoes (no additional flavors) * 2 cans ORIGINAL RANCH STYLE BEANS (no substitutions)   Optional:   * 1 Lb lean ground beef OR * 1 Lb ground chicken OR * 1 Lb ground turkey OR * 1 Lb ground sausage | | |
| **Pre-trip Prep** | * Optional: Pre cook ground meat and put in zip lock bag – keep cold | | |
| **Instructions** | * Add all of the ingredients together in a pot and simmer (do not drain), on medium heat, for 20 minutes. Then serve. * If too thick, thin with a little water. | | |

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| **Meal** | Lunch | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 10-15 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Hot Dogs** | | |
| **Ingredients** | 1 package of hot dogs  1 package of hot dog buns  Condiments  1 bag of favorite chips  1 bag of pre-cut/peeled carrots | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Boil 2 cups of water, place hot dogs in. Cook until hot. 2. Place hot dogs in buns, add condiments as you like | | |

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| --- | --- | --- | --- |
| **Meal** | Lunch | **Cook Source** | None |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 10-15 minutes | **Servings** | 4-6 |
|  |  | | |
| **Title** | **Deli Wraps** | | |
| **Ingredients** | 1 package of deli meat (Roast Beef, Ham, Turkey, etc.)  1 package of cheese  ½ head of lettuce  1-2 packages of large tortillas  1 tomato  1 bag of favorite chips  1 bag of favorite fruit | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Place lettuce on tortilla 2. Place cheese slice on lettuce 3. Place tomato slice on cheese 4. Place meat on tomato 5. Roll up and eat, repeat for other ones | | |

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| --- | --- | --- | --- |
| **Meal** | Lunch | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 10-15 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Camp Quesadillas** | | |
| **Ingredients** | 1 pkg Tortillas  1 cup shredded cheddar cheese  3 Tbsp. Butter  2 cooked and sliced chicken breasts  Salsa (optional) | | |
| **Pre-trip Prep** | * Grill or pan fry chicken and slice put in zip lock bag – keep cold * Slice cheese put in zip lock bag – keep cold | | |
| **Instructions** | 1. Melt butter on griddle, place 2 tortillas on griddle 2. Place cheese and chicken on a tortilla. Place other tortilla on top 3. Cook until cheese melts 4. Repeat whole process for remaining quesadillas | | |

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| --- | --- | --- | --- |
| **Meal** | Lunch | **Cook Source** | Campfire |
| **Skill Level** | Moderate | **Clean Up** | Easy |
| **Prep Time** | 30-40 minutes | **Servings** | 5-6 |
|  |  | | |
| **Title** | **Camp Baked Potatoes** | | |
| **Ingredients** | 5-6 potatoes  Butter  Sour Cream  Shredded Cheese | | |
| **Pre-trip Prep** | * Shred cheese put in zip lock bag – keep cold | | |
| **Instructions** | 1. Coat medium size potatoes with oil and wrap in heavy duty foil. Place in hot coals and let cook turning occasionally. Stick a fork in them to see if they are done. Should be done after a half hour. 2. Put cheese, sour cream, and butter in potato | | |

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| --- | --- | --- | --- |
| **Meal** | Lunch | **Cook Source** | Campfire |
| **Skill Level** | Moderate | **Clean Up** | Easy |
| **Prep Time** | 30-40 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Pan Fried Hamburgers** | | |
| **Ingredients** | 2 lbs ground beef (made into patties)  2 packs of hamburger buns  Cheese slices (if desired)  1-2 tomatoes  1 head of lettuce  1 jar pickle slices  1 bottle of mayo  1 bottle of ketchup  1 bottle of mustard  1 bag of assorted chips | | |
| **Pre-trip Prep** | * Press ground beef into patties and store in zip lock bag – keep cold * Wash and prep lettuce into leafs and store in zip lock bag – keep cold | | |
| **Instructions** | 1. Pan fry hamburger patties 4-5 minutes per side or until done 2. Apply favorite hamburger side items, enjoy. | | |

## Dinner

|  |  |  |  |
| --- | --- | --- | --- |
| **Meal** | Dinner | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 20-30 minutes | **Servings** | 4-6 |
|  |  | | |
| **Title** | **Easy Chili** | | |
| **Ingredients** | * 1 lb Ground beef. * 1 pkg dry Chili seasoning mix * 1 can tomato sauce (read the back of the mix packet) * Some water (again, according to the mix) * 1 can Kidney or Pinto beans, plain * 1 box Crackers * 1 cup Grated Cheese | | |
| **Pre-trip Prep** | * Brown meat and put in zip lock bag – keep cold | | |
| **Instructions** | 1. Cook Chili according to package. 2. Add beans when chili is cooked. 3. Cook until beans are heated. 4. Serve with a little cheese on top of each bowl and some crackers. | | |

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| --- | --- | --- | --- |
| **Meal** | Dinner | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 5 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Taco Stew** | | |
| **Ingredients** | 1 lb. ground beef  1 package of taco seasoning  1 16oz. can of corn  1 10oz. can of Rotel  1 16oz. can of Black beans  1 16oz. bag of Tostitos | | |
| **Pre-trip Prep** | * Cook ground beef, mix with taco seasoning put in zip lock bag – keep cold | | |
| **Instructions** | 1. Mix Ground beef, Rotel, beans, corn and taco seasoning in Stew pot 2. Heat and stir till hot, serve Tostitos over stew | | |

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| **Meal** | Dinner | **Cook Source** | Charcoal/Campfire |
| **Skill Level** | Moderate | **Clean Up** | Easy |
| **Prep Time** | 40 minutes | **Servings** | 4-6 |
|  |  | | |
| **Title** | **Thanksgiving Foil Pack** | | |
| **Ingredients** | * Clean ice cubes * 1 turkey breast * 1 box Stovetop stuffing mix * 1 box regular stuffing mix * 1 can chicken soup | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Place a layer of ice cubes on the foil. 2. Lay turkey breast on top of the ice. 3. Add 1/2 cup Stovetop stuffing mix, 1/2 cup regular stuffing mix. 4. Then add 1/2 - 3/4 can of chicken soup (mixed with water according to directions on can). 5. Wrap the pack and fold 6. Cook over coals about 40 minutes until done. | | |

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| **Meal** | Dinner | **Cook Source** | Camp Stove |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 2 hours | **Servings** | 12-14 |
|  |  | | |
| **Title** | **One Pot Chicken** | | |
| **Ingredients** | 4-6 large pieces of boneless, skinless chicken breast,  2 cans of cream of chicken soup (with 2 cans of water),  3-4 potatoes  2-3 carrots  2-3 celery stalks  1 large onion  Salt, pepper and other seasonings | | |
| **Pre-trip Prep** | * Cut up meat and put in zip lock bag – keep cold * Cut up vegetables and put in zip lock bag – keep cold | | |
| **Instructions** | 1. Put chicken in large pot 2. Add cream of chicken soup with 2 cans of water 3. Add potatoes, carrots, and onions 4. Add salt, pepper and other seasonings 5. Bring to a boil and let simmer a couple of hours until potatoes are done. | | |

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| **Meal** | Dinner | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 40-60 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Spaghetti with Camp-made Sauce** | | |
| **Ingredients** | 1 lb of ground beef  1 cup chopped onion  1/2 cup chopped celery  1 cup sliced mushroom, fresh or canned  1/2 cup olive or salad oil  2 6oz can tomato paste  4 cups hot water  4 Tbs chopped parsley  2 Tbs sweet basil, chopped (or dried as equivalent)  2 tsp salt  ¼ tsp pepper  2 lb spaghetti, cooked and drained  Parmesan cheese | | |
| **Pre-trip Prep** | * Brown meat and put in zip lock bags – keep cold * Cut up onion and celery put in zip lock bag – keep cold * Combine dry spices and put in zip lock bag | | |
| **Instructions** | 1. Prepare coals 2. Cook onion, celery & mushrooms in oil til lightly browned in Dutch oven over a bed of coals. 3. Mix tomato paste, water, & seasonings. Add to vegetables. 4. Simmer covered 30 to 40 minutes around 250 degrees. 5. Uncover and simmer until thickened as you like it. 6. Serve over cooked spaghetti, or whatever you want to serve it on. Sprinkle with Parmesan cheese. | | |

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| **Meal** | Dinner | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 35-40 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Dutch Oven Pizza** | | |
| **Ingredients** | 2 boxes pizza mix w/ sauce  1 lb mozzarella cheese  1 lb pepperoni (or your favorite topping) | | |
| **Pre-trip Prep** | * Cut up meat and put in zip lock bags – keep cold * Cut up onion, leeks and celery and put in zip lock bag – keep cold * Combine flour, salt, and pepper and put in large zip lock bag * Combine dry spices and put in zip lock bag * Put extra flout in a zip lock bag | | |
| **Instructions** | 1. Prepare coals 2. Line Dutch Oven with heavy duty foil 3. Mix pizza dough per instructions on box 4. Spread dough evenly in bottom of Dutch Oven. 5. Layer with sauce, pepperoni & cheese. 6. Cover dutch oven, place on coals, put several coals on top. Cook at 350-400 degrees for 15-20 minutes. Better than take out! | | |

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| **Meal** | Dinner | **Cook Source** | Charcoal/Campfire |
| **Skill Level** | Difficult | **Clean Up** | Moderate |
| **Prep Time** | 2 hours | **Servings** | 12-14 |
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| **Title** | **Dutch Oven Lasagna** | | |
| **Ingredients** | 1 box of lasagna noodles  2 lbs. of hamburger or ground beef  3 jars of spaghetti sauce  2-4 cups mozzarella cheese  2 containers of cottage cheese  3 eggs  1/3 cup of water | | |
| **Pre-trip Prep** | * Cook meat and put in zip lock bag – keep cold | | |
| **Instructions** | 1. Add meat to spaghetti sauce 2. In a separate bowl, combine mozzarella cheese, cottage cheese, and eggs 3. Place 4 lasagna in bottom of Dutch oven, then put 1/3 of the meat mixture on top, then 1/3 of the cheese mix. Repeat process twice 4. Pour 1/3 cup of water around edges. Cook for 1 hour, check after 30 minutes. | | |

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| **Meal** | Dinner | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Difficult | **Clean Up** | Moderate |
| **Prep Time** | 2 ½ hours | **Servings** | 12-14 |
|  |  | | |
| **Title** | Wildcat Chili | | |
| **Ingredients** | 3 to 4 pounds stew meat, cut into 1-inch pieces  1 pound thick-sliced bacon, chopped  4 cups diced onions  ¼ cup flour  2 tablespoons kosher or sea salt  1 tablespoon freshly ground black pepper  8 cloves garlic, crushed  4 large tomatoes, chopped  2 tablespoons ground cumin  2 tablespoons paprika  1 can Rotel mild chopped peppers and tomatoes  2 can kidney beans  4 cups beef stock  2 tablespoons of cooking oil  Water | | |
| **Pre-trip Prep** | * Cut up meat and put in zip lock bag – keep cold * Pre cook bacon and put in zip lock bag – keep cold * Cut up onion and put in zip lock bag – keep cold * Chop up tomatoes and put in zip lock bag – keep cold * Combine flour, salt, and pepper and put in large zip lock bag * Combine dry spices and put in zip lock bag | | |
| **Instructions** | 1. Heat cooking oil large cast iron Dutch oven over medium heat. Add onions and continue browning until onions are soft. Dip onions out. 2. Add meat to flour, salt and pepper mixture bag, close and shake. Place meat in Dutch oven, stirring continuously until beef is browned. Return cooked bacon and onions to pan; add garlic. Stir and brown 2 to 3 minutes. 3. Add ground cumin, paprika, peppers, tomatoes, beef stock and enough water to cover completely. Bring to a boil. Cover and simmer from 2 ½ hours or until tender, stirring occasionally, adding a little water as needed. | | |

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| **Meal** | Dinner | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Difficult | **Clean Up** | Moderate |
| **Prep Time** | 2 hours | **Servings** | 6-8 |
|  |  | | |
| **Title** | **The Best Beef Stew** | | |
| **Ingredients** | ½ cup all-purpose flour  2 teaspoons salt  1 teaspoon black pepper  3 pounds beef for stew, cut into 1-inch pieces  2 cans (16 ounces) diced tomatoes, undrained  6 red potatoes, peeled and diced  1 pound smoked sausage, sliced  1 cup chopped onion  1 cup chopped leek (optional)  4 ribs celery, sliced  1 cup chicken broth  6 cloves garlic, minced  2 teaspoons dried thyme  3 tablespoons water  2 tablespoons of all-purpose flour | | |
| **Pre-trip Prep** | * Cut up meat and put in zip lock bags – keep cold * Cut up onion, leeks and celery and put in zip lock bag – keep cold * Combine flour, salt, and pepper and put in large zip lock bag * Combine dry spices and put in zip lock bag * Put extra flout in a zip lock bag | | |
| **Instructions** | 1. Combine beef in with flour, salt, and pepper in a zip lock bag and shake to evenly coat the meat 2. Combine all ingredients except 3 tablespoons of water and 2 tablespoons of flour in 12 in deep or 14 in Dutch Oven 3. Bake at 350° for 1 hour 4. Mix 3 tablespoons of water and 2 tablespoons of flour in a small bowl and then mix into stew 5. Bake for an additional 30 minutes | | |

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| **Meal** | Dinner | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Difficult | **Clean Up** | Moderate |
| **Prep Time** | 1½ -2 hours | **Servings** | 6-8 |
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| **Title** | **Camp Pot Roast** | | |
| **Ingredients** | 3 lb beef roast  1 cup sliced onion  1 cup chopped celery  1 cup sliced mushroom, fresh or canned  3 cup sliced carrots  10-12 diced red potatoes  1 package of dried onion soup mix  1 can mushroom soup  1 can beef broth  ½ cup of flour  ½ teaspoon salt  ¼ teaspoon pepper  2 tablespoons of vegetable oil | | |
| **Pre-trip Prep** | * Cut up onion, celery and carrots put in zip lock bag – keep cold * Combine flour, salt and pepper and put in zip lock bag | | |
| **Instructions** | 1. Prepare coals. 2. Coat roast with flour mixture. 3. Slightly brown roast in Dutch oven using camp stove or coals. 4. Put roast in Dutch oven. 5. Cover with vegetables. 6. Add remaining ingredients. 7. Cook at 350 degrees for 1½ to 2 hours or until tender. | | |

## Dessert

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| **Meal** | Dessert | **Cook Source** | Charcoal/Campfire |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 20-30 minutes | **Servings** | 4-6 |
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| **Title** | **Baked Apple in Foil Pack** | | |
| **Ingredients** | * 4-6 Apple * 4-6 Tbs Raisins * 4-6 tsp brown sugar * Dash of cinnamon * Candy red hots (optional filling for core) | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Core apples. 2. Place each apple on a square of foil. 3. Fill hole with 1 tablespoon raisins, 1 tablespoon brown sugar, and a dash of cinnamon. Candy red hots also make good filling. 4. Wrap foil around apple using the drug store fold, and bake in coals for 20 minutes. | | |

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| **Meal** | Dessert | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 45-60 minutes | **Servings** | 12-14 |
|  |  | | |
| **Title** | **Peach and Cherry Cobbler** | | |
| **Ingredients** | 2 30oz cans Cherry Pie Filling  1 30oz can of Peach Pie Filling  2 cups of sugar  2 cups flour  1 cup oatmeal  ½ Cup of chopped pecans  1 Cup Butter  1 Tsp. Vanilla | | |
| **Pre-trip Prep** | * Combine flour, sugar, oatmeal, and pecans and put in zip lock bag | | |
| **Instructions** | 1. Pour cherry and peach pie filling into Dutch oven, mix 2. Add vanilla to dry ingredient mixture. Cut butter up into 1 tbsp size pieces then put in dry ingredient mixture. Mix until crumbs form. Spread over cherry/peach mixture. 3. Cook for 45-60 minutes. | | |

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| **Meal** | Dessert | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 40-60 minutes | **Servings** | 12-14 |
|  |  | | |
| **Title** | **Wildcat Cobbler** | | |
| **Ingredients** | 1 16oz can pineapple chunks  2 16oz cans of Cherry Pie Filling  1 box blueberry muffin mix  Eggs (according to muffin mix)  Vegetable oil (according to muffin mix)  Milk (according to muffin mix) | | |
| **Pre-trip Prep** | * N/A | | |
| **Instructions** | 1. Pour cherry and drained pineapples into Dutch oven, mix. 2. Mix muffin mix according to directions, less blueberries. 3. Pour muffin mix over cherries and pineapples. 4. Cook for 45-60 minutes at 350 degrees. | | |

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| **Meal** | Dessert | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 45-60 minutes | **Servings** | 12-14 |
|  |  | | |
| **Title** | **Blackberry Cobbler** | | |
| **Ingredients** | 1 stick butter  2 cups flour  2 cups sugar 1 1/2 tsp.  1 Tbs. baking powder  1 tsp. salt  1 1/2 cup milk  4 cups fresh blackberries or 2 bags frozen (thawed)  1/2 cup sugar  fresh grated lemon zest  1/4 cup water  1 tsp. cinnamon | | |
| **Pre-trip Prep** | * Combine dry ingredients in zip lock bag ahead of time. | | |
| **Instructions** | 1. Melt butter in a 12" Dutch oven using 10-12 briquettes bottom heat. 2. Wash fresh blackberries and drain. In a large bowl combine blackberries, sugar, lemon zest, and water; stir to coat blackberries. Let rest. 3. In a separate bowl combine flour, sugar, baking powder, and salt; stir to mix. Add milk and beat until batter is smooth. Pour batter over melted butter -- do not stir. Carefully spoon blackberries over top of the batter -- do not stir. Sprinkle cinnamon over top. 4. Cover and bake using 10-12 briquettes bottom and 18-20 briquettes top for 45 to 60 minutes rotating the oven and lid 1/4 turn in opposite directions every 10 minutes until crust is golden brown. | | |

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| **Meal** | Dessert | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 45-60 minutes | **Servings** | 8-10 |
|  |  | | |
| **Title** | **Cherry Cobbler** | | |
| **Ingredients** | 5-6 cans of biscuits  4-6 cans of cherry pie filling | | |
| **Pre-trip Prep** | * N/A | | |
| **Instructions** | 1. Start charcoal 2. Put foil in bottom of 12” Dutch oven 3. Layer bottom of Dutch oven with biscuit dough 4. Pour 1-2 cans of cherry filling in 5. Layer biscuits 6. Continue until top layer is 3-5 inches from the top of the Dutch oven. This gives biscuits room. 7. Cook at 350 degrees. Be careful not to let the biscuits burn! Remember, there are biscuits on the bottom. | | |

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| **Meal** | Dessert | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Moderate | **Clean Up** | Moderate |
| **Prep Time** | 45-60 minutes | **Servings** | 12-14 |
|  |  | | |
| **Title** | **Peach Cobbler** | | |
| **Ingredients** | 3 30oz can of Peach Pie Filling  2 cups of sugar  2 cups flour  1 cup oatmeal  ½ Cup of chopped pecans  1 Cup Butter  1 Tsp. Vanilla | | |
| **Pre-trip Prep** | * Combine flour, sugar, oatmeal, and pecans and put in zip lock bag | | |
| **Instructions** | 1. Start charcoal 2. Pour peach pie filling into Dutch oven 3. Add vanilla to dry ingredient mixture. Cut butter up into 1 tbsp size pieces then put in dry ingredient mixture. Mix until crumbs form. Spread over cherry/peach mixture. 4. Cook for 45-60 minutes at 350 degrees | | |

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| **Meal** | Dessert | **Cook Source** | Dutch Oven/Charcoal |
| **Skill Level** | Difficult | **Clean Up** | Moderate |
| **Prep Time** | 45-60 minutes | **Servings** | 12-14 |
|  |  | | |
| **Title** | **Apple Crisp** | | |
| **Ingredients** | Filling  10 cups granny smith apple slices (peeled)  2 Tbs. lemon juice  3/4 cup sugar  1/2 cup brown sugar  1/3 cup flour  2 tsp. ground cinnamon  3/4 tsp. grated nutmeg  1/4 tsp. ground cloves  3/4 tsp. salt  Topping  2 cups brown sugar  2 cups flour  1 cup oatmeal  1 cup butter; melted | | |
| **Pre-trip Prep** | * Combine dry ingredients in zip lock bags ahead of time | | |
| **Instructions** | 1. In a 12" Dutch oven add apples and lemon juice; stir to coat apples. In a separate dish combine remaining filling ingredients and stir to mix. Pour dry ingredients over apples and stir until apples are well coated. 2. In a separate bowl combine brown sugar, flour, oatmeal, and walnuts; stir to mix. Using a fork, mix in butter. Spread topping evenly over apples. 3. Cover Dutch oven and bake using 12-14 briquettes bottom and 16-18 briquettes top for 60 minutes. | | |

## Cracker Barrel

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| **Meal** | Cracker Barrel | **Cook Source** | Camp Stove |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 10-15 minutes | **Servings** | 6-8 |
|  |  | | |
| **Title** | **Easy Cracker Barrel** | | |
| **Ingredients** | * Jiffy Pop * Assorted crackers * Assorted cheese * Assorted fruit | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. Cook Jiffy Pop according to directions 2. Slide fruit and cheese 3. Enjoy | | |

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| **Meal** | Cracker Barrel | **Cook Source** | Charcoal/Campfire |
| **Skill Level** | Easy | **Clean Up** | Easy |
| **Prep Time** | 10-15 minutes | **Servings** | 1-2 |
|  |  | | |
| **Title** | **Foil Pack Hobo Popcorn** | | |
| **Ingredients** | * 1 tsp cooking oil * 1 Tbs popcorn kernels * Hobo popcorn. In the center of a foil square (6" by 6"), place 1 teaspoon of cooking oil and 1 tablespoon of popcorn. Bring foil comers together to form a pouch. Seal the edges, but leave room inside for the popcorn to expand. Tie the pouch on a long stick with a string, and hold the pouch over the coals. Shake constantly until all the corn is popped. | | |
| **Pre-trip Prep** | * None | | |
| **Instructions** | 1. In the center of a foil square (6" by 6"), place 1 teaspoon of cooking oil and 1 tablespoon of popcorn. 2. Bring foil comers together to form a pouch. 3. Seal the edges, but leave room inside for the popcorn to expand. 4. Tie the pouch on a long stick with a string, and hold the pouch over the coals. Shake constantly until all the corn is popped. | | |