

# TROOP 51

## OUTDOOR COOKING HANDBOOK



**BOY SCOUTS OF AMERICA  
VFW POST 8349  
METHUEN, MA**

## **BSA Outdoor Code**

Since this manual is about outdoor cooking, it's a good idea to learn and remember the BSA outdoor code and to apply it when you're in the outdoors:

**“As an American (Boy Scout), I will do my best to:**

- **Be clean in my outdoor manners:** Treat the outdoors as a gift to be used, enjoyed and respected. Keep it clean and free of trash. Leave it in the same natural state as you found it.
- **Be careful with fire:** As “Smokey” correctly states, “Only YOU can prevent forest fires”! Take the necessary precautions to build a safe fire. When finished with your fire, make sure its “cold-out”, and leave a clean fire ring, or remove all evidence of your fire.
- **Be considerate in the outdoors:** Treat public and private property with respect. Follow “low-impact” methods of hiking and camping (refer to your Scout Handbook for the 7 keys to “low-impact” and “no-trace” camping).
- **Be conservation-minded:** Learn how to practice good conservation of soil, water, forests, minerals, grasslands, wildlife and energy, and urge others to do the same.

## **The Golden Rules Of Food Safety**

**ALWAYS WASH YOUR HANDS BEFORE AND AFTER EACH TASK WHEN HANDLING FOOD. ALWAYS WASH YOUR HANDS AFTER USING THE REST ROOM, etc.**

When preparing food, keep surfaces and utensils clean. Use two cutting boards; one for raw meats and a second one for fruits and vegetables. Keep a bucket with warm, soapy water and a bucket with warm clean water nearby for washing and rinsing your hands. Use a towel and not your pants, to dry your hands.

## Wood Cooking Fires

If you're on the trail, you probably won't be lugging along gas tanks or bags of charcoal. So you'll need to know how to build a cooking fire using sources on the trail. Before lighting a match however, there is much preparation needed. Follow the following guidelines for building a safe and successful cooking fire.

1. **Location:** Look for a sheltered yet open place, where wind is minimal and any brush or trees are at least 10' away.
2. **Fire Ring:** Using a rake or a dead branch, prepare a "fire ring" that's at least 10' in diameter (5' from the fire in any direction) by clearing all burnable material such as leaves, pine needles, twigs, etc. down to bare soil. Save the cleared material for recovering the ring when finished.
3. **Water Bucket:** Fill a container(s) with 2 gallons of water and leave near the edge of the fire ring for emergency use.
4. **Fuel:** Collect the following materials for starting and fueling your fire:
  - **Tinder:** Birch bark, wood shavings, dead pine needles, dry grass, lint, or wax fire starters. Avoid using leaves which are often damp and just produce a lot of smoke and very little fire.
  - **Kindling:** Dry, dead twigs no thicker than a pencil such as "squaw" wood (small, dead, pine branches found off the lower trunk). Gather enough to fill two hats.
  - **Fuel:** Gather dry, dead branches that make a crisp cracking sound when broken. Avoid using "green" or rotted wood that is full of moisture. Gather wood in varying widths, using the smaller widths as the fire gets going and thicker wood once the fire is established.

## Types of Cooking Fires

Depending upon your need, prepare either a "1-point" or a "2-point" cooking fire.

- **1-Point fire:** A fire that is started and used for cooking in the same location. Such a fire is often used for boiling water, cooking a "one-pot" meal or for foil cooking.
- **2-Point fire:** A fire that is started and fueled in one location but where the coals are moved to an adjacent location for cooking. Two commonly used 2-point fire cooking methods are:
  1. **Key-hole fire:** Place large stones to form an enclosed "key-hole" shaped area with an 8-10" wide shaft about 2-3' long, opening into a bulb shaped enclosure for the fire, about 2' in diameter. Take the coals from the fire area and move them to the "shaft" area where a grate can be laid across the stones and over the coals to support the cooking vessel.
  2. **Hunter's fire:** Build the fire between two parallel logs or two parallel rows of evenly sized stones at one end where coals can be raked from the fire to a controlled cooking area at the other end.

## **Dutch Oven Cooking**

How significant is the Dutch oven to outdoor cooking? Perhaps John Ragsdale, the author of “Dutch Oven Cooking” summed it up best when he wrote “Through the years, many hunters, fisherman, ranchers, trappers, Scouts and campers have found the Dutch oven a most useful and versatile cooking tool.... as settlers moved across our land, the Dutch oven was probably the most important cooking utensil on the wagon or pack animal”.

The Dutch oven’s versatility enables a wide range of cooking techniques. It can be used for frying, browning, steaming, stewing, and baking. You can even use an inverted lid to cook eggs, french toast, or fry meats such as hamburgers, sausages, fish, etc.

### **Cooking with coals..**

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the Bag in a 5 gal. bucket to keep dry. The other method is producing coals from a wood fire. Hardwoods make better coals than softwoods such as pine. Twigs do not produce coals very well, if at all. 1 1/2 - 2 inch thick limbs make better coals. They are small enough to burn down, and large enough to make coals. The cooking can be done directly on the coals using foil wrapped food or Dutch Oven, or use a grate over the coals. The temperature can be determined by holding the back of your hand over the coals. Allow 30-40 minutes to get the coals ready before cooking.

All Dutch oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals which are necessary for the lengthy cooking process in most Dutch oven recipes. Soft woods like pine are not as good and require frequent replenishment.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a firepan under the coals to prevent killing ground cover. The pan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground.

You may refer to the charts below for the approximate number of coals you’ll need to achieve common cooking temperatures for each of the four basic cooking methods for 8” and 12” ovens:

8" Dutch Oven								
Temp	Number of Coals (each coal = approx. 40 degrees)							
	Roasting		Baking		Frying		Simmering	
	under	top	under	top	under	top	under	top
250	3	3	2	4	-	-	5	1
300	4	4	2	6	-	-	6	2
350	4	5	2	7	9	-	-	-
400	5	5	3	7	10	-	-	-
450	5	6	3	8	11	-	-	-

12" Dutch Oven								
Temp	Number of Coals (each coal = approx. 30 degrees)							
	Roasting		Baking		Frying		Simmering	
	under	top	under	top	under	top	under	top
250	4	4	2	6	-	-	6	2
300	5	5	3	7	-	-	8	2
350	6	6	3	9	12	-	-	-
400	6	7	3	10	13	-	-	-
450	7	8	4	11	15	-	-	-

The amount of charcoal needed will vary with the weather (wind and temperature). For windy conditions, add 25% more underneath. For conditions at or below freezing, add 25% more both under and top.

#### Dutch oven care:

- **NEVER NEVER NEVER** clean an iron Dutch oven with soap. Soap will get into the ovens' pores thereby removing the anti-rust protective grease coating, and add a soapy flavor to the next meal.
- **NEVER** leave an iron Dutch oven exposed to moisture as it will begin to rust in a matter of hours.
- To properly clean an iron Dutch oven, fill the oven with water and bring to a boil for 10 minutes. Discard the hot water. Add some warm water and scrub with a non-metal/ no-scratch scrub pad until all residual food is free. Rinse and dry with a towel. Using a paper towel or wax paper, apply shortening (Crisco) to the entire surface of the oven and lid, both inside and out, and place into an oven at 250° for 15 minutes. Remove the oven and lid, wipe up any extra grease with a paper towel, and let cool before stowing away.
- To avoid burns from the hot oven and/or steam, always use pliers and hot mitts when handling a hot Dutch oven or removing the lid.
- Do not place hot coals along the side of the oven as the intense heat may cause the oven to crack. Only place coals directly underneath the oven and/or on top of the lid.
- Don't place an empty cast iron Dutch oven over hot coals which could cause the oven to crack or warp.

## **Foil Cooking**

Use two layers of light-weight, or one layer of heavy duty aluminum foil. Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. This wrap is know as the "drugstore" wrap.

### **Drugstore Wrap**

Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steamproof seal.

A shallow bed of glowing coals that will last the length of cooking time is necessary.

### **Cooking Times:**

Hamburger: 8-12 minutes, Carrots: 15-20 minutes  
Chicken pieces: 20-30 minutes, Whole Apples: 20-30 minutes  
Hotdogs: 5-10 minutes, Sliced potatoes 10-15 minutes

**Scout fact: Secretary of Defense, Donald Rumsfeld is an Eagle Scout.**

# **Breakfast**

## **Aluminum Eggs (Foil Breakfast)**

Sausage  
Egg  
Hash brown potatoes  
Salt, pepper and spices to taste

Place potatoes, scrambled egg (doesn't need to be cooked) sausage patty and spices in foil. Wrap securely. Place on coals for 15 minutes.

## **Pita Pocket Breakfast**

1 lb sausage (pork, turkey or ground beef)  
1 medium onion, minced  
6 Pita breads, medium  
1 clove garlic  
1 bell pepper, diced  
12 eggs, beaten  
1 jar salsa

Pre-heat DO (@12 coals on the bottom). Brown sausage drain fat, saving 2 TBS. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste. (Hints: Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in Ziplock bags. Add 2 TBS of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of).

David Drabkin, Scouter, Washington, DC

## **Breakfast Pizza**

All you need is biscuit dough pre-made from the store or homemade if you have the time, eggs, ham, bacon, sausage your preference or all three and cheese. First stretch the biscuit dough thin a spread it over the bottom of the Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough. Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it. Then spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up. It work for us and was given to our lodge by a Scoutmaster and his troop credit must go to Troop 29 of Union, Mississippi. Happy Cooking.

Joe Maxwell, Scouter, OA Lodge Advisor



### **JohnnyCakes**

From: Civil War Cooking

Cooking equipment:

Saucepan, mixing bowl, griddle or skillet

#### **Ingredients**

1 cup water  
1 1/2 cups yellow cornmeal  
1/2 t salt  
1/2 cup milk  
2 T butter  
pancake syrup

#### **Directions**

- 1) In the saucepan, bring water to a boil
- 2) Combine cornmeal, boiling water, salt and milk in the mixing bowl.
- 3) Over medium heat, melt the butter in a skillet or griddle.
- 4) Scoop 1 T of batter for each cake and cook 4 to 5 minutes each side until edges are lightly browned.
- 5) Serve with butter and syrup or molasses.

Makes 15 cakes

Suggested side: sausage or bacon

### **Western Omelet**

From: Bill Wallace, Troop 51, 2003

Cooking equipment:

Non-stick fry pan, small mixing bowl or pot, spatula, large paper plate.

#### **Ingredients**

3 eggs  
1/4 cup milk  
1 slice ham, diced  
1/4 onion, chopped  
1/8 green pepper, chopped  
1 T butter  
1/4 C shredded cheese

#### **Directions**

- 1) Beat eggs and milk in the small mixing bowl (or pot).
- 2) Mix in ham, onion and green pepper.
- 3) Over medium heat, melt the butter in the fry pan.
- 4) Pour the mixture into the hot pan and cook for a couple of minutes, occasionally lift the edges with a spatula to allow some of the uncooked mixture to get under the cooked layer to cook.
- 6) Slide the omelet onto a large paper plate then flip it over back into the pan and cook the other side for about 1 min.
- 7) Sprinkle the cheese on top then fold the omelet over to melt the cheese and serve.

Makes 1 omelet

Suggested side: hash browns or english muffin

### **Birds Nests**

From: Bill Wallace, Troop 51, 2003

Cooking equipment:

Dutch oven, 20 charcoal briquets, spatula

#### **Ingredients**

1 lb bag shredded potatoes  
8 slices cooked corned beef  
4 Eggs  
4 T butter

#### **Directions**

- 1) Melt 4 T butter in a Dutch oven, with 12 charcoal briquets underneath.
- 2) Crumble corned beef and mix with shredded potato.
- 3) Place four 1/4 portions of the potato/corned beef mixture into oven and brown each side approx. 8 min. (flip over with spatula but don't flatten).
- 4) Use a spoon to make a small indentation in each "nest" for the eggs.
- 5) add an egg to each nest.
- 6) Place the lid on the oven with 8 coals on top and cook for 5 minutes or until the eggs are done, then serve.

Serves 4

**Scout fact: Neil Armstrong, the first astronaut to walk on the moon, is an Eagle Scout.**

### **Banana (or Apple) Pancakes**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: griddle, spatula, potato masher

#### **Ingredients**

Pancake mix  
2 mashed bananas **or**  
2 diced apples  
1/2 t cinnamon (for apple  
pancakes)

Serves 4

#### **Directions**

- 1) Follow instructions on box for preparing pancake batter for 4 people.
- 2) Stir mashed bananas or apples into batter. For apple pancakes, add cinnamon.
- 3) Spoon batter onto griddle and cook as normal pancakes.

### **Mountain Man Breakfast**

From: Black Hawk Patrol, Troop 51, 2003

Cooking equipment: Dutch oven, 12-14 charcoal briquets on top, 8-10 on bottom.

#### **Ingredients**

12-18 eggs  
1 lb sausage links  
32 oz shredded hash browns  
1 lb shredded cheese  
1/2 C milk

Serves 8

#### **Directions**

Cut sausage into 1/2" pieces and cook in dutch oven. Beat eggs with milk and add to sausage. Sprinkle hash browns on top, cover and cook for about 25 min. Sprinkle cheese on top before serving.

### **Twist on a Stick**

From: Internet

Cooking equipment: Green stick

#### **Ingredients**

1 C Bisquick  
1/4 C water  
Cinnamon sugar

#### **Directions**

Mix the Bisquick and water to form a dough (add water if needed a little at a time). Pull dough apart into 4 equal portions. Roll the pieces into long 1/2" wide strands. Wrap each piece around a long green branch and sprinkle cinnamon sugar all over the dough. Hold stick over a fire (not directly in the flame), being careful not to burn the dough. Turn the stick slowly until dough is golden brown and ready to eat.

# **Lunch**

## **Dutch Oven Pizza**

2 pkg. crescent rolls  
1 jar pizza sauce  
1 1/2 lb ground beef  
8oz shredded cheddar cheese  
8oz shredded mozzarella cheese  
4oz pepperoni  
2 tsp oregano  
1 tsp garlic powder  
1 tsp onion powder

Brown ground beef, drain. Line Dutch oven with 1 pkg. crescent rolls. Spread pizza sauce on dough. Add ground beef, pepperoni, and sprinkle oregano, garlic powder, and onion powder on top. Add cheeses and use second pkg. crescent rolls to form top crust. Bake 30 minutes at 350 degrees. Other ingredients such as chopped green pepper, chopped onion, cooked bacon, and/or mushrooms can be added to make a "garbage can" pizza.

## **Texas Chili**

2 lb lean chuck roast  
1 large onion  
Bacon grease  
6 cloves garlic, minced  
6 jalapeno peppers, seeded & chopped  
2 tsp salt  
4 tbs chili powder  
1 tbs cumin  
1 tbs oregano  
1 (20 oz) can tomatoes, chopped

Brown meat, garlic and onions in bacon grease. Add jalapeno peppers and mix well. Add remaining ingredients, cover and cook 1 hour

## **BBQ Beef Sandwiches**

3 lb top round roast	2 tbs olive oil
2 onions, chopped	2 tbs cider vinegar
1 tbs brown sugar	1 tsp celery seeds
1 cup ketchup	1 tbs Worcestershire sauce
1/2 cups hot water	1 tsp dry mustard
1 tsp salt	1 tsp red pepper

Roast meat in Dutch oven for 2 hours. Remove meat, but keep drippings in oven. Sauté onion in drippings and olive oil until clear. Add rest of Ingredients and simmer. Shred roast and add to sauce. Mix well. Cover and cook, covered 1/2 hour. Serve spooned into buns.

## **Dutch Burrito**

8 flour tortillas	48 slices shaved ham
8oz shredded Swiss cheese	4 cups lettuce, chopped fine
2 tomatoes, diced	1 green pepper, diced
3 green onions, chopped	1 cup salad dressing
1 1/2 tsp mustard	3 tsp sugar
1 tsp celery seed	4 tbs milk

For each burrito, arrange 6 slices ham on each tortilla. Sprinkle with Swiss cheese. Roll and secure with toothpicks. Bake in cardboard oven at 350 for 10 minutes or until cheese is melted. Combine lettuce, tomato, green pepper, and green onions in large pot. Toss until blended. Combine salad dressing, mustard, sugar, celery seed, and milk in small pot. Blend until well mixed. Remove burritos from oven, open tortillas 1/2 way and spoon salad mixture evenly along center of each. Spoon dressing mixture on top. Roll up and serve.

## **Tailgate Sandwich**

2 loaves French bread, cut lengthwise	2 green peppers, sliced thin
2 tbs red wine vinegar	2 tbs olive oil
6 thin slices mozzarella cheese	8 slices tomato
1/2 lb leaf lettuce	pepper
2 onions, sliced	
8 slices smoked ham	

Brush insides of bread with olive oil then vinegar. On the bottom half, lay the mozzarella in a layer. Repeat with leaf lettuce, then tomato, then onions, then ham. Season with pepper. Place top half of bread on sandwich. Wrap in aluminum foil and grill for 5 minutes to a side. Unwrap, cut into slices, and serve.

## **Drumsticks**

### *Stick & Foil*

1 lb. hamburger	1 egg
1 cup cornflakes	1/2 chopped onion
salt & pepper	1 tsp. mustard
1 tbs. ketchup	

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Warp a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

### **Baked Macaroni & Cheese**

From: Black Hawk Patrol, Troop 51, 2003

Cooking equipment: Gas stove, Pot, dutch oven, charcoal

#### **Ingredients**

1-1/2 C elbows  
1 stick butter  
1-1/2 C sliced cheddar cheese  
1/4 C flour  
2 C milk

#### **Directions**

On the gas stove, cook the elbows in the pot until tender. Melt butter in dutch oven. Whisk flour into melted butter while slowly adding the milk. Stir in cooked elbows and cheese. Cover and cook for about 1 hour or until top is browned.

Serves 3-5

### **Grilled Reuben Sandwich**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Gas stove, griddle

#### **Ingredients**

1 lb sliced corned beef round  
1 can sauerkraut  
1/2 lb sliced swiss cheese  
thousand island dressing  
pumpernickel bread  
soft margarine

#### **Directions**

Butter one side of each of 8 slices of bread. Arrange 4 slices of bread, butter-side down onto the cold griddle. Place 1 slice of cheese on each slice of bread. Next layer 1/4 lb corned beef onto each sandwich followed by some sauerkraut, thousand island dressing, and top with another slice of cheese. Place remaining bread slices, butter-side up, on top. Fire up griddle on low heat and cook until bread is toasted brown, then carefully turn over to brown other side. Should take about 4minutes each side.

Serves 4

Suggested side: half-sour deli pickle, potato salad or chips

### **Roast Beef Dip Sandwich**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Gas stove, gas oven, foil, small saucepan.

#### **Ingredients**

1 lb sliced roast beef  
loaf of french bread  
1/2 lb sliced cheddar cheese  
sweet onion, sliced thin  
horseradish sauce  
can of beef stock

#### **Directions**

Cut french loaf into 4 sections and slice in half to get a top and bottom piece. Place the bottom pieces on some foil on the oven rack. Place a slice of cheese on each slice followed by 1/4 lb of roast beef, a slice of onion and another slice of cheese. If desired, spread horseradish sauce on the inside of the top pieces of bread and place on top. Turn stove onto medium flame and place oven on stove. Meanwhile, heat up beef stock in the saucepan. Sandwiches are ready when bread is beginning to brown and cheese is melted. Serve with beef stock for dipping.

Serves 4

Suggested side: Potato salad or chips

### **Navy Bean Soup**

From: Civil War Cooking

Cooking equipment:

Dutch oven, 24 charcoal briquets, large mixing spoon, cutting board & knife, stock pot.

#### **Ingredients**

1 C dried navy beans

5 C water

1/2 lb salt pork

2 large carrots, peeled & sliced

1 large onion, chopped

1 large potato, peeled & cubed

1 t salt

1/2 t pepper

#### **Directions**

1) The night before serving, wash and place the beans in the stock pot and cover with 2" water above beans and soak overnight.

2) drain beans and put into the Dutch oven.

3) add 5 cups water.

4) with a fork or knife, cut "criss-crosses" into salt pork and add to beans.

5) add onion and carrots and cook for 1 hour.

6) add potato and cook for another 20 minutes.

Serves 6-8

Suggested side: Cornbread and butter

**Scout fact: Gerald Ford, our Nations' 31st President, is an Eagle Scout.**

**Dinner**



## One Pot dinners

take one from each column

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	<i>fresh</i>	ground beef	cheese	oregano	nuts
Thin Spaghetti	carrots	can beef	sour-cream	herbs	toasted
Vermicelli	potatoes	can chicken	stroganoff	sage	sunflower
Capellini	summer squash	can turkey	spaghetti	basil	pumpkin
Fettuccini	onions	dried chipped beef	dry soup mix	salt, pepper	coconut
Macaroni Ribbons	cucumbers	can meat spread	miso powder	poultry seasoning	sesame seeds
Egg Noodles	<i>frozen</i>	stew meat	gravy mixes	garlic salt	margarine
Linguine	for short trips & cold weather	hard salami	curry	onion salt	cheese
Elbow Macaroni		Vienna sausage	sweet & sour	chili powder	catsup packets
Rotini	<i>freeze dried</i>	SPAM	au jus	butter buds	bacon bits
Small Shells	peas	jerky	teriyaki	soy sauce	croutons
Juniorettes	gr. beans	<i>canned fish</i>		<i>bouillon</i>	dumplings
Pasta Nuggets	corn	clams	<i>thickeners</i>	chicken	
Kluski noodles		tuna	cornstarch	beef	wheat germ
Rigatoni	<i>home dried</i>	salmon	flour	vegetable	
Mostaccioli	onions	sardines	cornmeal	<i>mixes</i>	
Ziti	mushrooms	crab	<b>SOUPS</b>	chili	
Ready-cut Spaghetti	mixed vegetable. flakes	shrimp	Cream of Mushroom	taco	dried fruit bits
Rotelle	soup blends	pepperoni	Tomato	sloppy Joe	raisins
Rainbow Rotini	pepper flakes	<i>freeze dried</i>	creamed corn		
Medium Shells	celery flakes	ham	Tomato juice		
Cous Cous	can onion rings	beef			
Acini di Pepe		chicken	Cheddar		
Rosmarina		shrimp	cheese		
A-B-C- noodles		dried fish	soup		
Rings		smoked fish			
Ramen noodles	chow mein noodles	bacon bar			
Quick Rice	### Helper's	<b>TVP</b>			
Rice-A-Roni	Stuffing	beef flavor			
Instant	box mixes	chicken flavor			
Potatoes	Mac & cheese				
Quick Grits	rice & ### noodles & ###				

### Basic Foil Dinner

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

Can substitute chicken or sausage for hamburger.

## **Chicken When Its Cold Outside**

### *Foil Dinner*

Each foil pouch contains:

- 1 medium handful diced potatoes 1/4-inch
- 1 medium handful diced zucchini
- 1 medium handful diced carrots
- 1 tsp Italian dressing
- garlic powder to taste
- sprinkle of dried onion flakes
- 1 boneless, skinless chicken breast
- 1 medium handful finely chopped cilantro

Put potatoes, zucchini, and carrots on foil. Lay chicken breast on vegetables. Spoon Italian dressing on chicken. Sprinkle with garlic and onion flakes. Spread cilantro on top of chicken. Seal foil, double thickness if necessary, very tightly. Cook ten to fifteen minutes per side

## **Hungarian Goulash**

- |                          |                |
|--------------------------|----------------|
| 2 lb beef tips, 2" cubes | 2 tsp paprika  |
| 1 small onion            | 1-1/2 tsp salt |
| 3 tbs Wesson oil         | 1/4 tsp pepper |
| 1 can whole tomatoes     | 1 c sour cream |
| 4 oz whole mushrooms     | 2 tbs flour    |

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

## **French Style Roast Beef**

- |  |                                  |
|--|----------------------------------|
| 3 lb Boneless chuck or rolled rump roast | 6 whole cloves                   |
| 1 bay leaf                               | 4 c water                        |
| 2 med. onions, quartered                 | 1 tsp salt                       |
| 2 med. stalks celery, cut into 1" pieces | 5 peppercorns                    |
| 1 large clove, garlic                    | 4 med. carrots cut into quarters |
| 2 med. turnips cut into quarters         |                                  |

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

## **Corned Beef & Cabbage**

2 lb well trimmed corned beef  
1 small onion, quartered  
Boneless brisket or round  
1 clove garlic, crushed  
1 small head green cabbage, cut into 6 wedges  
6 medium carrots cut into quarters

Pour enough cold water on corned beef in Dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce heat. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

## **Salisbury Steaks**

2 lb ground beef	2/3 c bread crumbs
1 tsp salt	1/2 tsp pepper
2 eggs	2 large onions, sliced
2 cans(10 oz) condensed beef broth	2 cans (4 oz) mushrooms, drained
1/4 c cold water	4 tbs cornstarch

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min.

## **Onion Swiss Steak**

3 lb round steak, 3/4" thick	2 pkg onion soup mix
1-1/2 tsp salt	2 cans (10 oz) tomatoes
1/4 tsp pepper	

Cut steak into serving pieces, season with salt and pepper and place into Dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

## **Beef Pot Roast**

3-4 lb rump roast or pot roast  
3 medium potatoes, pared and halved  
3 medium carrots, cut into 2" pieces  
2 medium onions, halved  
1 tsp salt  
1/4 tsp pepper  
1/2 c water or beef broth

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

## Apricot Glazed Cornish Hens

6 Cornish Game Hens	Wild rice and sausage dressing mix (1+1/2 lb)
1 jar (12 oz) Apricot preserves	1/2 c water
Salt	

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 c of dressing. Tie legs together with string. Place into Dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in Dutch oven. Do not place on bottom, they will burn. Bake hens at 350 for 1-1/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

## Meat Loaf

3 lb ground beef	1/2 c bell pepper
1-1/2 c quick oats	2 pkg onion soup mix
2 eggs	1-1/2 tsp salt
1/2 tsp dry mustard	1/4 tsp marjoram

Mix all ingredients and put in casserole pan. Place in Dutch oven. Bake 1 hour, covered.

## Chicken Cacciatore

3 lb frying chicken, cut up	1/4 tsp black pepper
3 tbs oil	1/4 tsp cayenne pepper
2 medium onions, thinly sliced	1 tsp oregano
2 cloves garlic, minced	1/2 tsp basil
1 can (1 lb) tomatoes	1/2 tsp celery salt
1 can (8 oz) tomato sauce	1 bay leaf
1/3 c minced green pepper	1 tsp salt

Brown chicken pieces in hot oil in lid of oven. Layer onions in oven. Put browned chicken pieces on top of onions and add remaining ingredients. Cover and cook 1 to 2 hours. Discard bay leaf and serve chicken and sauce over buttered spaghetti.

## Chicken and Stuffing Bake

### *DUTCH OVEN*

4 cups Herb Seasoned Stuffing	Paprika
6 Skinless Boneless chicken breast halves	Margarine
1 can Campbell's Cream of Mushroom soup	1/3 cup milk
1 tbs. Chopped parsley	

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

## **Two Crew Stew** ***DUTCH OVEN***

- 2 lb. Ground Beef
- 2 Potatoes
- 2 Onions
- 2 Bell Peppers
- 2 cans Green Peas or other vegetables
- 2 cans Cream of Mushroom soup or other creamed soup
- 2 soup cans Water - not from the ditch

Brown the ground beef in a Dutch oven. Retain all the drippings.  
Thinly slice the potatoes into circles. Layer onto the top of the meat  
Thinly slice the onions. Layer onto the potatoes  
Add a layer of bell peppers  
Add a layer of green peas  
Add a layer of creamed soup and water mixture.  
Cook for 30-40 minutes or until the potatoes are soft.  
To serve, spoon down through all layers - serves 8-10

## **Kit Carson Pie** ***DUTCH OVEN***

- 2 lb. lean ground beef
- 1 onion
- 2 pkg. sloppy Joe seasoning mix
- 2 6 oz. cans tomato paste
- 2 cups water
- 1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown. Serves 4-6 or one Scoutmaster

## **Chuck Wagon Stew**

- |                                 |                         |
|---------------------------------|-------------------------|
| 2 1/2 lbs beef roast, cubed     | 2 tbs flour             |
| 1 tbs paprika                   | 1 tsp chili powder      |
| 2 tsp salt                      | 3 tbs olive oil         |
| 2 onions, sliced                | 1 clove garlic, minced  |
| 1 large can tomatoes            | 3 tbs chili powder      |
| 1 tbs cinnamon                  | 1 tsp ground cloves     |
| 1/2 tsp dry crushed red peppers | 2 cups chopped potatoes |
| 2 cups chopped carrots          |                         |

Put mixture of flour, paprika, 1 tsp chili powder, and salt in a gallon zip-lock. Add beef cubes and shake to coat cubes well. Brown in olive oil in Dutch oven. Add onion and garlic and cook until soft. Then add tomatoes, chili powder, cinnamon, cloves, and peppers. Cover and simmer 2 hours. Add potatoes and carrots and cook another 45 minutes. Serve with Red Chili Biscuits.

## Dutch Oven Stroganoff

2 lbs boneless sirloin, cut into 2 x 1/2in strips	1 cup flour
1/2 tsp salt	1/4 tsp pepper
1 can beef broth	1 large onion, sliced
2 cloves garlic, minced	1 tbs Worcestershire sauce
1 1/4 cups water	2 bay leaves
1/4 tsp paprika	1/2 cups olive oil
1/2 lb fresh mushrooms, sliced	2 packages brown gravy mix

Mix flour, salt, and pepper in small pot. Coat meat with mixture and brown in Dutch oven in olive oil. Stir in broth, Worcestershire, water, bay leaves, and paprika. Bring to simmer. Cook for 1 -1 1/2 hours or until meat is almost tender. Add mushrooms. Thicken with gravy mix. Serve over cooked egg noodles or mashed potatoes.

## German Sauerbraten

4 lbs beef rump roast	1 1/2 cups vinegar
1 cup Coca-Cola	3/4 cups water
3 onions, sliced	2 stalks celery, sliced
2 carrots, sliced	10 peppercorns
10 whole cloves	3 bay leaves
2 tbs sugar	1 1/2 tsp salt
3 tbs olive oil	Gravy
3 cups drippings plus strained marinade	5 tbs flour
5 tsp ginger snap crumbs	

2 to 3 days before serving, combine vinegar, Coke, water, onions, celery, carrots, pepper, cloves, bay leaves, sugar, and salt to make marinade. Place meat into a gallon zip-lock, pour in marinade, double bag and place in cooler. Turn occasionally. When ready to cook, heat olive oil in Dutch oven. Remove meat from bag, saving marinade, rub with flour and brown. Add 1 cup of marinade plus veggies and bay leaves. Cover and simmer 2 hours. Remove. Strain drippings and make gravy. Slice meat into serving pieces and serve with gravy over top. Thanks to Coke

## Lasagna Pie

### *Dutch Oven*

1/2 cup creamed cottage cheese	1 can (6 oz) tomato paste
1 lb. Ground beef	1 cup milk
1 cup shredded Mozzarella cheese	1/2 cup Bisquick Baking mix
1/2 tsp. Salt	2 eggs
1/2 tsp. Dried oregano	

Grease a 9" Dutch oven and line with aluminum foil. Spread the cottage cheese in the bottom of the Dutch oven. In a separate pan cook the ground beef and drain the grease. Stir in 1/2 cup mozzarella cheese, salt, oregano, and tomato paste; Then spoon over cottage cheese. In a bowl or heavy plastic bag stir the milk, Bisquick, and eggs until well blended. Pour into Dutch oven. Bake for 30-35 min. or until knife inserted in the center comes out clean. Sprinkle with remaining cheese. And Bake 1-2 min. to melt cheese. 8 servings

### **Irish Stew**

From: Civil War Cooking

Cooking equipment:

Dutch oven, charcoal (36-54 briquets, 18 each hour)

#### **Ingredients**

2 T cooking oil  
3-1/2 lb beef chuck roast  
1 lb whole new potatoes  
1 T salt  
1 t pepper

#### **Directions**

- 1) Heat oil in Dutch oven with 10 coals under and 8 on top
- 2) Brown roast in Dutch oven until all sides are brown
- 3) add potatoes, salt and pepper, and cover with 8 C water
- 4) cook for 2-3 hours until meat is tender
- 5) add new coals every hour
- 6) when done, remove meat and all but 2 potatoes
- 7) mash 2 potatoes in the stock to thicken it and serve over meat & potatoes

Optional:

3 onions (for "Dutch" stew)

Serves 6-8

Suggested side: Cornbread or Italian bread with butter

### **Mandarin Orange Chicken**

From: Scouting Magazine, March-April 2001

Cooking equipment:

Large stock pot, gas stove

#### **Ingredients**

3 12-1/2 oz cans chicken meat  
2 pouches onion soup mix  
1 can sliced water chestnuts,  
drained  
2 cans chunk pineapple in its  
own juice, undrained  
2 cans mandarin oranges,  
undrained  
1/4 t black pepper  
1 T butter  
3 C instant rice (follow instr.)

#### **Directions**

- 1) melt butter in stock pot over low heat
- 2) add chicken and brown for a few minutes
- 3) add cans of pineapple and oranges with the juice, water chestnuts, onion soup mix and pepper
- 4) simmer for 30-40 minutes then serve over rice

*This recipe won 1st prize at a national scout cooking jamboree*

Serves 6-8

Suggested side: corn chips

### **Baked Italian Pork Chops with Elbows**

From: Black Hawk Patrol, Troop 51, 2003

Cooking equipment:

Dutch oven, charcoal

#### **Ingredients**

4 pork chops  
1 onion  
1 green pepper  
1 can crushed tomatoes  
2 T shortening

#### **Directions**

Grease sides and bottom of dutch oven with the shortening. Brown both sides of pork chops then add chopped up onion and green pepper. Cover with crushed tomatoes, cover with lid and cook for 40-45 minutes.

Serves 4

Suggested side: Mashed potatoes

### **Trash Can Turkey**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: 10 gal metal trash can (inside burned out), 20 lbs match-light charcoal, foil

#### **Ingredients**

12 lb turkey  
seasonings

#### **Directions**

Cover ground with alum. foil to extend 10" beyond diameter of trash can.  
Rub turkey with poultry or other desired seasoning.  
Place turkey (legs down) on a 2" thick, 2-1/2' long wooden stake (untreated).  
Place can over turkey. Surround base of can with charcoal and place a layer of coals on top. Light coals and cook for about 2 hours, adding coals as needed.

Serves 6

Suggested side: Butternut Squash Bake (recipe in "Misc" section), Mashed potatoes or stove-top stuffing, cranberry sauce.

### **Pedro's Burro Tails (shishkebob)**

From: Boys Life - November 1995

Cooking equipment: Gas stove, large pot, grill, charcoal, skewers

#### **Ingredients**

2 C rice and 5 C water  
1 lb lean beef chunks  
1 lb boneless chicken chunks  
1 red pepper  
4 ears corn  
2 medium zucchini  
4 medium summer squash  
2 T vegetable oil  
2-3/4 C Burro Tail Sauce (recipe in "Misc" section)

#### **Directions**

Bring water in large pot to a boil then add rice, cover and simmer 20 min.  
Cut veggies into 1" slices. Stick meat and veggies onto skewers and grill for about 20 min. Occasionally brush kebobs with Burro Tail Sauce or other barbecue sauce. Serve over the rice.

Makes 8 skewers

### **Paul "Hold the Peas" Hale Beef Stew**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Dutch oven, charcoal, gas stove, pot.

#### **Ingredients**

4 lbs stew beef  
1/2 C flour  
2/3 C sliced carrots  
1 C cubed turnips  
1 onion, sliced thin  
4 C sliced potatoes  
salt and pepper

#### **Directions**

Grease dutch oven and pre-heat. Sprinkle beef with salt and pepper and dredge in flour. Place meat in dutch oven and quickly brown all sides. Boil 4 cups water and pour over beef. Cover and let simmer for 3 hours. 1 hour before serving, add carrots, turnips, onion, salt and pepper. 1/2 hour before serving, add potatoes and cover. Thicken with flour mixed with 1/4 C cold water. Cook an additional 5 min.

Serves 8

Suggested side: Fresh baked bread or biscuits with butter



### **Salmon Foil Dinner**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Charcoal, tin foil, gas stove, pot

#### **Ingredients**

2 lbs fresh salmon fillets  
2 stalks leeks  
  
1 stick butter  
1 pkge instant rice & wild rice

#### **Directions**

Cook rice in pot according to package directions. When cooked, dump into a bowl. Melt 1/2 stick butter in the empty rice pot. Chop, wash, drain and add the leeks. Cover and cook over medium flame, stirring occasionally, until

until soft (about 15 min.).

Tear off 8 two-foot lengths of foil. Butter 4 foils with 1 T butter.

Place 1/2 C of rice on each foil. Cut salmon into four 8 oz. pieces and place a piece on top of each rice portion. Top with 1/4 C of the leeks. Salt and pepper to taste then fold foil edges over and crimp. Place foil package onto a second piece of foil, wrap and crimp again then place on hot coals.

Cook about 5-6 min.

Serves 4

### **Marinated Grilled Lamb**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Grill, charcoal, large covered bowl

#### **Ingredients**

3 lb boneless leg of lamb  
2 T chopped fresh rosemary  
8 crushed cloves of garlic  
1/2 C balsamic vinegar  
1/4 C soy sauce  
1/4 C oil  
1 t ground black pepper

#### **Directions**

Mix the marinade ingredients in the large bowl (or marinating vessel).

Unwrap the lamb, place in the bowl and turn over to cover completely with the marinade. Refrigerate overnight, turn over in the morning and keep in refrigerator (or iced in cooler) until ready for grilling. Basting frequently, grill about 10-15 min a side for medium-rare (you may butterfly the lamb to cook in half the time if desired).

Serves 6

Suggested sides: mashed potatoes, rice/wild rice, asparagus.

*You can substitute pork tenderloin for the lamb using the same marinade*

# **Dessert**

## **Twist on a Stick**

1 cup Bisquick mix  
water  
cinnamon sugar

Mix the Bisquick with water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out). Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done.

### **Indian Pudding**

From: Durgin Park Restaurant, Boston

Cooking equipment: Dutch oven, greased; stock (large) pot, gas stove, charcoal

#### **Ingredients**

1 C yellow corn meal  
1/2 C black molasses  
1/4 C sugar  
1/4 C butter  
1/4 t salt  
1/4 t baking soda  
2 eggs  
1-1/2 C hot milk

#### **Directions**

- 1) Preheat the Dutch oven with 6 coals under and 6 coals on top.
- 2) Put all the ingredients with 1/2 of the milk into the stock pot and bring to a boil over a gas stove.
- 3) Stir in the remaining milk and pour into the Dutch oven.
- 4) Cook for 5-7 hours, adding 3 coals every hour to both the top and underneath the oven.

This may take a while to cook but is well worth it!

*Tip: start cooking at lunchtime and will be ready for dessert after dinner.*

Serves 6-8

Suggested side: Vanilla ice cream

### **Apple Pan Dowdy**

From: Durgin Park Restaurant, Boston

Cooking equipment: Dutch oven, 20 charcoal briquets (8 underneath, 12 on top)

#### **Ingredients**

24 large apples (cortland)  
1 pie cust (betty crocker)  
1 C molasses  
2 C sugar  
2 t nutmeg  
2 t cinnamon  
1/2 t salt  
1 stick butter  
1 T lemon juice

#### **Directions**

- 1) melt 2 T (1/4 stick) butter in the Dutch oven
- 2) peel, core and slice apples.
- 3) place 1/2 of the apples into the oven and sprinkle 1/2 of the dry ingredients on top. Repeat for the remaining apples and dry ingredients.
- 4) pour molasses over the top.
- 5) slice remaining 3/4 stick butter onto top of apples.
- 6) place pie crust on top and cover oven placing 12 hot coals on top.
- 7) cook 1 hour

Serves 8-10

Suggested side: Vanilla ice cream or whipped cream

### **Skillet-Fried Apples**

From: Civil War Cooking

Cooking equipment: Dutch oven, 18 charcoal briquets, cutting board, knife, metal spoon

#### **Ingredients**

5 granny smith apples  
1/2 stick butter  
1/2 C brown sugar  
1/2 t nutmeg

#### **Directions**

- 1) wash and core apples but do not peel.
- 2) slice apples into narrow wedges
- 3) melt butter in Dutch oven with 8 coals underneath and 10 on top.
- 4) add apples and cook for 5 minutes
- 5) stir in brown sugar and nutmeg.
- 6) cook covered for another 15 minutes then serve.

Serves 6-8

Suggested side: goes great on top of Vanilla ice cream

### **Cherry Cobbler**

From: Civil War Cooking

Cooking equipment:

Dutch oven, 18 charcoal briquets (6 underneath, 12 on top), large mixing bowl, rolling pin, knife, saucepan, gas stove.

#### **Ingredients**

2 16 oz. cans tart cherries  
1 C sugar  
2 T cornstarch  
1/4 t cinnamon  
1-1/2 C flour  
1 T butter  
3/4 t salt  
1/2 cup shortening (Crisco)  
5 T cold water

#### **Directions**

- 1) Melt butter in the Dutch oven.
- 2) on the gas stove, pour the cherries into a saucepan and mix in sugar and cornstarch and cook over medium flame.
- 3) stir occasionally until cherry mixture becomes thick and bubbly.
- 4) stir in cinnamon, remove from stove and pour into Dutch oven.
- 5) Mix the flour and salt in the large mixing bowl.
- 6) with a fork, blend in the shortening until flour becomes "granular"
- 7) add the water, 1 T at a time, mixing thoroughly with the fork after each.
- 8) flour the pastry board and roll the dough into a circle 1/8" thick.
- 9) cut dough with a knife into 1/2" wide strips and layer criss-cross on top of cherries.
- 10) cook for 45 minutes until pastry strips turn light brown. Serve.

Serves 6

Suggested side: Vanilla ice cream or whipped cream

### **Amethyst Crumble**

From: Scouting Magazine, March-April 2001

Cooking equipment:

Dutch oven, 16 charcoal briquets, large mixing bowl

#### **Ingredients**

3 C fresh/frozen wild blueberries  
3 C fresh/frozen cranberries  
1-3/4 C white sugar  
1/4 C tapioca flour  
or 1 T cornstarch  
3/4 C brown sugar  
2 sticks butter, sliced into  
tablespoon size slices  
1-1/2 C quick oats  
1 C chopped pecans

#### **Directions**

- 1) Melt 4 T butter in Dutch oven with 8 coals underneath and 8 on top.
- 2) combine berries, sugar, and tapioca (or cornstarch) in large mixing bowl.
- 3) pour into Dutch oven.
- 4) combine brown sugar, oats and pecans and spread evenly over berry mixture.
- 5) place remaining slices of butter around the top and cover.
- 6) cook for 1 hour or until topping is brown (check after 45 min.)

*This recipe won 3rd prize at a national scout cooking jamboree*

Serves 6-8

Suggested side: Vanilla ice cream or whipped cream

### **Baked Apples**

From: Black Hawk Patrol, Troop 51, 2003

Cooking equipment:

Tin foil, charcoal

#### **Ingredients**

4 large apples  
1 bottle cinnamon sugar  
1 can whipped cream

#### **Directions**

Core apples. Sprinkle generously with cinnamon sugar and wrap apples in double layer of tin foil. Place in hot coals and cook about 25-30 min. Put whipped cream in apple's center and serve.

Serves 4

### **Gingerbread**

From: Civil War Cooking

Cooking equipment:

Box oven, 9"x9" baking pan, large mixing bowl and spoon

#### **Ingredients**

2-1/2 C flour  
1-1/2 t baking soda  
1 stick butter, softened  
1-1/4 C molasses  
1 egg  
1-1/2 t cinnamon  
1-1/2 t allspice  
1 C very hot water

#### **Directions**

1) grease baking pan with 1 T butter  
2) using a fork, combine flour, soda and remaining butter in mixing bowl.  
3) add molasses, egg, spices and water and stir well.  
4) pour batter into baking pan and bake 45 minutes in box oven at 350 deg.

Makes 9 squares

Suggested side: whipped cream

### **Jiffy Cookies**

From: John Carey, Moose Patrol, Troop 51, 2003

Cooking equipment:

Large saucepan, mixing spoon, tin foil or wax paper

#### **Ingredients**

3 C sugar  
3/4 C milk  
1/2 C cocoa  
1 t salt  
3/4 C peanut butter  
3 C oatmeal  
1 t vanilla  
1 C raisins (optional)

#### **Directions**

In a large saucepan on medium heat, combine sugar, milk, cocoa and salt. Bring to a boil. Remove from heat. Stir in peanut butter, vanilla, oatmeal and raisins. Drop by rounded teaspoons onto tin foil or wax paper. The cookies will harden as they cool.

makes a patrol sized batch of cookies

### **Pedro's Peachy Upside-Down Cobbler**

From: Boys Life - November 1995

Cooking equipment:

Large mixing bowl, dutch oven, charcoal

#### **Ingredients**

1/4 C butter, softened  
1/2 C sugar  
1 C flour  
2 t baking powder  
1 dash salt  
1/2 C milk  
29 oz. can peaches  
1/2 C brown sugar  
1/2 t cinnamon  
3 T butter, firm

#### **Directions**

In the bowl, stir soft butter and sugar together until well blended. Stir in flour, baking powder and salt. Add milk and mix thoroughly. Grease the dutch oven and spoon in the batter. Place peaches on top of batter. Dot with pieces of the firm butter. Sprinkle cinnamon and brown sugar on top. Cover and bake until batter rises to the top of the oven, about 30-45 minutes.

Serve with vanilla ice cream or whipped cream.

Serves 6-8

### **Bread Pudding**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Dutch oven, charcoal, mixing bowl, whisk.

#### **Ingredients**

1 loaf french bread, torn up  
1/3 C raisins  
2 sticks butter  
2 C each heavy cream and milk  
1 t vanilla  
1 C sugar  
3/4 C brown sugar  
1 t each cinnamon and nutmeg  
Orange sauce (recipe below)  
whipped cream

#### **Directions**

Melt butter in dutch oven, coating all sides. Place bread pieces in oven and sprinkle with raisins. Stir bread to get evenly coated with the butter. In the mixing bowl, whisk the cream, milk, eggs and vanilla together. Add the sugars and spices and beat together. Pour the mixture over the bread. Cover and bake for about 1 hour. Serve with orange sauce and top with whipped cream.

Serves 6-8

### **Orange-Butter Sauce (for Bread Pudding)**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Gas stove, medium saucepan.

#### **Ingredients**

1 stick butter  
3/4 C sugar  
1/2 C sour cream  
2 T orange juice

#### **Directions**

Melt butter in saucepan and add all ingredients. Bring to a boil while stirring constantly and cook for about 5 minutes. Let cool down to lukewarm and spoon over pudding as desired.

### **Apple Crisp**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Dutch oven, 15 charcoal briquets on top and 6 underneath, mixing bowl.

#### **Ingredients**

12 apples  
4 T sugar, 1/2 t cinnamon  
1 t lemon juice  
Topping  
1 C flour, 1/2 C sugar  
1/2 t each cinnamon & nutmeg  
1 C dark brown sugar  
2 sticks unsalted butter  
1 C old-fashioned rolled oats

#### **Directions**

Peel, core and slice apples. Mix apples with 4 T sugar, 1/2 t cinnamon and lemon juice. Empty the mixing bowl of the apples into greased dutch oven. In the empty mixing bowl, add the topping ingredients and using clean hands, squeeze and rub the mixture until it resembles coarse crumbs. Sprinkle the topping over the apples, cover and cook for about 1 hour.

Serve with vanilla ice cream or whipped cream

vanilla ice cream or whipped cream

Serves 6-8

### **Peach-Raspberry Cobbler (lazy version)**

From: Bill Wallace, Troop 51, 2003

Cooking equipment: Dutch oven, 15 charcoal briquets on top and 6 underneath, mixing bowl.

#### **Ingredients**

1 pkge white cake mix  
2 29oz cans peaches  
2 bags frozen raspberries  
cinnamon  
vanilla ice cream or whipped cream

#### **Directions**

Empty peaches with syrup into dutch oven. Sprinke frozen raspberries on top. Sprinkle cake mix over peach/raspberry mixture. Sprinkle cinnamon on top of cake mix. Cover and cook for 1 hour.

Serves 6-8

Serve with vanilla ice cream or whipped cream

### **Pineapple Upside-Down Cake**

From: Dutch-Oven Cooking, John G. Ragsdale

Cooking equipment: Dutch oven, mixing bowl

#### **Ingredients**

1/4 C butter  
1/2 C brown sugar  
1 can sliced pineapple rings  
1 pkge yellow cake mix  
1 egg

#### **Directions**

Melt butter and stir brown sugar into dutch oven. Arrange pineapple rings on bottom. Prepare cake mix according to package instructions and mix with the egg. Pour over the pineapple then cover and bake about 30-40 min. When cake is done, remove from the coals, uncover and let oven sit for 10 minutes. Run a spatula along the sides of the cake to loosen it. Put the oven lid back on then while holding the lid on tight, turn the oven over so that the cake falls onto the lid. Remove the oven and serve the cake off the lid.

Serves 8

serve with whipped cream



# **Miscellaneous**

## **Corny Corn Bread Casserole**

1 can cream corn	1 can regular corn
8 oz sour cream	1 stick margarine, melted
onion flakes	1 egg
1 package Jiffy corn bread muffin mix	

Mix all together and pour into greased pan. Bake 350 to 375 degree oven until done. Depending on size of pan determines length of baking time (check after 30 min.) Recommend using a box oven.

## **Ham & Potatoes Au Gratin**

1-1/2 c Cooked Ham, Diced	2 c Milk
3 c Potatoes, Diced	Salt and Pepper
4 tbs Margarine	1/2 c Grated Cheese
1 onion, minced	2 tbs Fine bread crumbs
3 tbs Flour	

Melt margarine and sauté' onion. Blend in flour to make a light rye. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400 for 20 min.

## **Crustless Quiche**

1/4 lb. Butter	3 oz Cream cheese
1/2 c Flour	2 c Cottage Cheese
1/2 doz. Eggs	1 tsp. Baking Powder
1 c Milk	1 tsp. Salt
1 lb. Monterey Jack Cheese	1 tsp. Sugar

Melt butter and add flour. Cook into a light rye. Beat eggs, milk, 3 cheeses , baking powder, salt and sugar together. Stir into rye until well blended. Pour into dutch oven and bake 350 for 45 min.

## **Scottish Oaten Bread**

2 cups flour	1 cup rolled oats
1/2 cups sugar	2 1/2 tsp baking powder
1/2 tsp baking soda	1 tsp salt
1 egg, beaten	3 tbs oil
1/2 tsp vanilla	1 cup Coca-Cola
1/2 cups dried prunes	1/2 cups chopped walnuts

In a large pot, stir together flour, oats, sugar, baking powder, baking soda, and salt. In a small pot, blend egg, oil, and vanilla. Add to flour mixture. Add Coke, prunes, and nuts. Blend well. Pour into a well greased loaf pan. Bake in cardboard oven at 350 for about F1 hour. Cook for 20 minutes before removing from pan. Store in foil overnight before slicing. Thanks to Coke

## **Wilted Spinach and Bacon Salad**

1 bunch fresh spinach  
1/2 cups toasted sesame seeds

6 bacon strips  
2 hard cooked eggs, finely chopped

### **DRESSING**

3 tbs red wine vinegar  
1 tsp Dijon mustard  
1 tsp onion powder

1/2 tsp sugar  
1 tsp garlic powder

Rinse and drain spinach leaves, remove stems and break into bite-sized pieces. In small pot, combine vinegar, sugar, mustard, garlic and onion powder to make dressing and set aside. Cook bacon crisp in skillet over medium heat. Remove bacon with slotted spoon and drain on paper towels. Add half of spinach to bacon drippings and cook for about 30 SECONDS. Add rest of spinach and cook for another 30 SECONDS. Toss gently while cooking. Remove from heat, add vinegar dressing and sesame seeds. Divide into serving bowls and sprinkle crumbled bacon and chopped eggs over top.

## **Delmonico Potatoes**

1/4 cups melted margarine  
1/4 cups minced onions  
1/2 tsp pepper  
1 egg, beaten  
1 cup milk

7 cups thinly sliced potatoes with skin on  
1 tsp salt  
1 cup grated Swiss cheese  
1 tbs garlic flakes

Pre-heat Dutch oven. Combine margarine, potatoes, garlic, onions, salt, and pepper in large pot and mix well. Place in Dutch oven and bake for 10 minutes. Scald milk in small pot, then add to potatoes. Cook another 20 minutes. Add grated Swiss cheese and egg to potatoes and mix well. Bake another 10 minutes and serve.

## **Dutch Oven Green Beans**

1gallon can green beans  
4 onions, sliced

1 lb bacon  
4 cloves garlic, minced

Drain 1/2 of liquid off of green beans and pour into Dutch oven. Cut bacon into 1in strips and stir into beans. Add onions and garlic and stir. Cover and cook 1-2 hours or until bacon is clear and onions are soft.

## **Hot Spiced Cider**

2 qt Apple Cider  
4 3" Cinnamon Sticks  
6 Whole Allspice

12 Whole Cloves  
1/4 c Sugar

1. Combine the cider, sugar and spices in a large saucepan.
2. Heat slowly to simmering, continue for 3-5 minutes and remove spices.
3. Serve hot, garnished with orange slices, lemon slices, or rings of unpeeled red apple with whole cloves forced through peel.

Makes 16 servings.

### **Corn Bread**

From: Durgin Park Restaurant, Boston

Cooking equipment: Box oven & charcoal or gas oven, greased 9x15 baking pan, 1 small and 1 large mixing bowl, whisk.

#### **Ingredients**

1 C flour  
1/2 C yellow corn meal  
1 eggs  
3/4 C sugar  
  
1/2 t salt  
1-1/2 t baking powder  
1 T melted butter  
3/4 C milk

#### **Directions**

1) In a small mixing bowl, mix sugar and eggs.  
2) In a large mixing bowl, mix flour, corn meal, salt and baking powder.  
3) Add egg mixture along with butter and milk and quickly whisk together.  
4) Pour into buttered baking pan and bake in a hot oven (400 deg.) for about 20 minutes.

Serves: 10 squares

Suggested side: butter

### **Hush Puppies**

From: Jim Munro, Troop 51, 2003

Cooking equipment: 1 small and 1 large mixing bowl, fry pan (not a griddle), gas stove. paper towels, tin foil, large mixing spoon

#### **Ingredients**

1-1/2 C yellow cornmeal  
1/2 C flour  
2 t baking powder  
1/2 t salt  
1 egg  
1 small onion, chopped  
3/4 C milk  
1 lb. (4 sticks) butter

#### **Directions**

1) mix dry ingredients together in the large mixing bowl.  
2) in the small mixing bowl, lightly beat the egg then add the milk and onion.  
3) stir the egg mixture into the large bowl with the dry ingredients.  
4) melt the butter in the fry pan  
5) with a large mixing spoon, drop spoonfuls of the batter into the hot butter and fry each side for a couple of minutes until browned.  
6) remove cooked hush puppies onto paper towels on tin foil and wrap up with the foil to keep warm for serving.

Makes 18 hush puppies

Suggested side: sausages

### **Butternut Bake**

From: Scouting magazine - March-April 2001

Cooking equipment: Dutch oven, 8 charcoal briquets on bottom and 10 on top.

#### **Ingredients**

1 Butternut squash  
2 apples  
1 stick butter, melted  
1/2 stick butter  
1 T flour  
1/2 C brown sugar  
1/2 t nutmeg

#### **Directions**

Melt 1/2 stick butter into dutch oven. Peel squash and remove seeds. Cut squash into 1/2" slices and layer into dutch oven. Core, peel and slice apples on top of squash. Mix melted butter, flour, brown sugar and nutmeg. Pour mixture over apples and squash. Cover with lid and bake 45 min.

Serves 6

**"Lousy" Lemonade**

Why "lousy"? Because any lousy cook can make this.

From: Boys Life - November 1995

Cooking equipment:

Gas stove, large pot

**Ingredients**

1 C sugar

5 C water

8 lemons

**Directions**

Pour water into large pot, add sugar and heat until all sugar dissolves.

Use a lemon juicer to extract the juice from the fresh lemons and add to the water. Stir and let cool. Serve with ice.

Serves 5

Great on a hot summer day!

**Scout fact: Stephen Spielberg is an Eagle Scout.**

**Pedro's Field Food**

Pedro the Donkey, not Martinez.

From: Boys Life - November 1995

Cooking equipment:

Very large mixing bowl

**Ingredients**

2 heads iceberg lettuce

2 red apples

2 ripe pears

2 navel oranges

1/2 C walnuts

**Directions**

Slice, dice or tear with your hooves the fruit and lettuce and put in the large bowl. Sprinkle with the nuts. Serve with your favorite salad dressing.

*3-D Dressing is highly recommended (recipe below).*

Serves 8

**3-D (Deliciously Deadly Donkey) Dressing**

From: Boys Life - November 1995

Cooking equipment:

Large jar with lid.

**Ingredients**

1/2 C honey

1/2 C apple cider vinegar

1/2 C vegetable oil

1/2 t dry mustard

1/4 t salt

**Directions**

Put all ingredients into the jar and shake well before serving.

**Burro Tail (Barbecue) Sauce**

From: Boys Life - November 1995

Cooking equipment:

Gas stove, saucepan

**Ingredients**

1 C apple jelly

1 C ketchup

1 stick butter

1/4 C brown sugar

1/4 C yellow mustard

1 t chili powder

**Directions**

Put all ingredients in the saucepan and cook 5 minutes while stirring often.

**Scout fact: Stephen Spielberg is an Eagle Scout.**

### **Waldorf Salad**

Submitted by: Bill Wallace, Troop 51, 2003

Cooking equipment:                      Mixing bowl

#### **Ingredients**

2 granny smith apples  
2 red delicious apples  
1/2 C raisins  
2 stalks celery  
1/2 cup coarse chopped  
walnuts  
1 C mayonaisse  
1 t lemon juice

#### **Directions**

Core and dice apples and celery. Place into mixing bowl and add other ingredients. Mix thoroughly and serve.

serves 6

### **German Style Red Cabbage**

Submitted by: Bill Wallace, Troop 51, 2003

Cooking equipment:                      Gas stove, pot.

#### **Ingredients**

1 large head red cabbage  
1 large apple  
1/4 C cider vinegar  
1/4 sugar  
2 T flour  
2 T butter

#### **Directions**

Melt the butter in the pot. Add the vinegar and sugar. Peel, core and chop the apple. Slice the red cabbage into thin strands then cross-cut into 1" lengths. Add the cabbage and apples to the pot and mix thoroughly. Cook on low heat for about 45 min. Sprinkle the flour over the cabbage then stir the mixture until blended then serve.

goes good with pork

serves 6-8

### **Farm Biscuits**

From: Dutch-Oven Cooking, John G. Ragsdale

Cooking equipment:                      Dutch oven

#### **Ingredients**

1 C flour  
2 t baking powder  
dash salt  
2 T oil  
1/3 C milk

#### **Directions**

Mix all ingredients and roll dough out on a flat, floured surface. Cut out and place in bottom of dutch oven. Cover and bake about 15 min. until golden.

makes about 10 biscuits