

GILWELL COOKERY

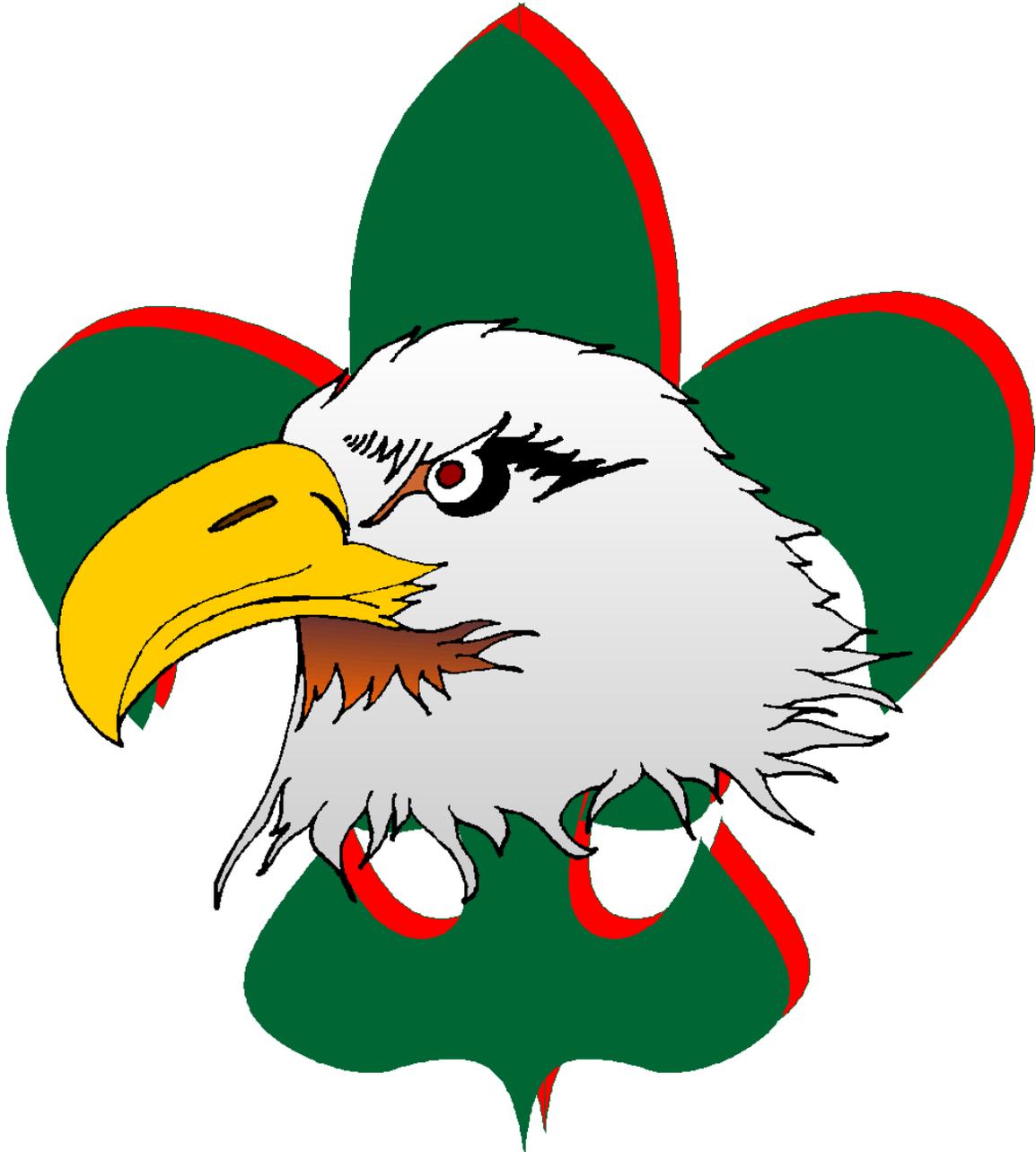


***Scoutmaster Rule #47: "No Boy Scout ever starved to death on a weekend campout."
-- Unknown, Scouter***

This cookbook is a project of The Eagle Patrol of Wood Badge C-26-02 a joint training session between the Sioux Council and the Twin Valley Council.

This cookbook is in no way endorsed by Lord Baden Powell of Gilwell, nor the Boy Scouts of America.

We the members of the Eagle Patrol C-26-02 would like to dedicate this cookbook to our devoted training staff and hope that all who use will enjoy it and add many of their own recipes to this book.



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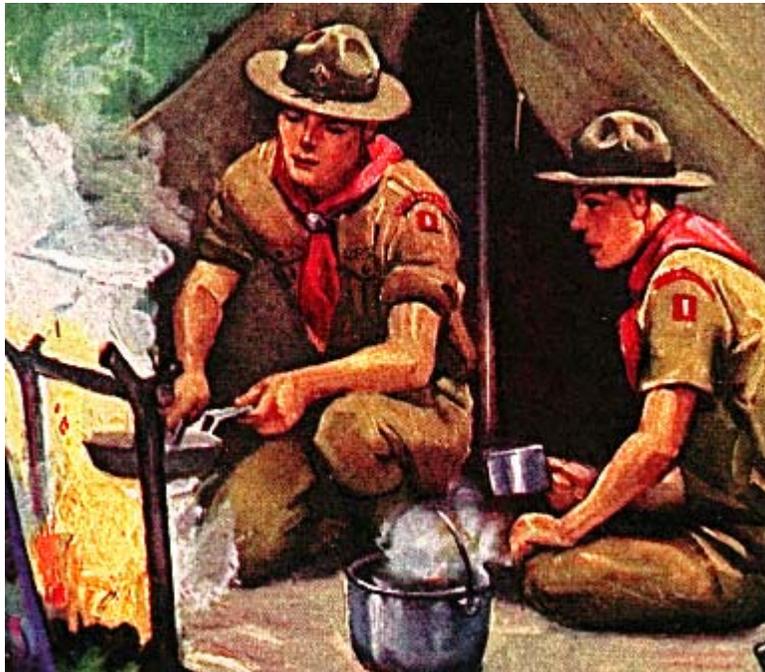


Cub level



Scout level

LUNCH



SUBMARINE SANDWICHES



Loaf of French bread, sliced meats, sliced cheeses, sliced fresh vegetables, Italian dressing

Cut French bread in half. Layer on meat, cheeses, and vegetables. Sprinkle with Italian dressing. Cut into individual portions.

GEEZER SOUP



1 LB ground beef
2 potatoes, cubed
1 medium onion, chopped
1 can whole corn
1 can green beans
1 can peas
1 can baked beans
1 can tomato soup
1 can tomatoes
2 tbs. chili powder

Brown ground beef and onions together in Dutch oven. Add all ingredients except seasonings. Do not drain cans before adding. Cook 7until potatoes are done. Add seasonings and cook 30 minutes.

HOOT OWL SANDWICHES



8 slices turkey lunch meat
8 slices ham lunch meat
8 slices Swiss cheese
16 slices rye bread
1 1/2 cup flour
1 tbs. baking powder
1 1/3 cup water
1 egg, beaten
oil

Place 1 slice turkey on 8 slices of bread. Top with slice of Swiss cheese and slice of ham. Top with remaining bread. Cut each sandwich into quarters. Use toothpicks to hold together. Mix flour, baking powder, and salt well. Add water to beaten egg and add to flour mixture. Mix well. Dip each sandwich quarter into batter. Heat oil in large skillet. Fry dipped sandwiches until golden brown. Remove toothpicks. Serve warm. A taste treat

CREAMED CHEESE AND BACON SANDWICH



1-LB bacon, cooked and crumbled
8oz-pkg. cream cheese
1bs salad dressing
1/2 tsp. red pepper
1/2 tsp. Tobasco

Stir bacon crumbs into softened cream cheese. Add rest of ingredients -and mix well. Spread over hot toast to serve.

ANGELS ON HORSEBACK



Effort: Easy

Ingredients:

1 pack hot-dogs

American Cheese

12 oz. uncooked bacon Toothpick

How to Prepare:

Split the hot-dog without going the whole way though. Tear strips of cheese and tuck into the slit. Wrap the entire hotdog with a slice of bacon and fasten with toothpicks. Roast over an open flame until bacon is crispy-tender and hotdog is heated through.

DINNER



STUFFED BELL PEPPERS



Ingredients:

Bell Peppers
Ground Beef
Butter
Onions

Cut top off Bell Pepper. Clean out inside. Chop onions into bits. Blend into raw ground meat with seasoning. Stuff peppers with mixture. Put a pat of butter on top, and then put top back on Bell Pepper. Wrap in foil tightly like a Hobo Burger. And throw on hot embers of campfire. About twenty minutes, Open carefully because of steam, and enjoy!!

CAMPFIRE PIZZA



Ingredients:

Frozen Pizza Dough
Corn Meal
Tomato Sauce Grated Mozzarella cheese
Whatever topping you like best... pepperoni, pork sausage.

Equipment:

Campfire grill rack
Pizza Stone
Oven mitts (to remove stone from fire when done)
2 paper plates

Place grill rack on campfire & pizza stone on top of grill rack. Defrost & cut down dough into small balls approx. the size of a cub scouts fist. Place corn meal on paper plate & dough on top. Stretch out dough evenly the size of a small pizza. On the other paper plate cover with more cornmeal. Flop dough over from 1st plate to 2nd plate (the one with all cornmeal on it.) Place heaping spoonful of sauce on dough, top with cheese and fixing of choice. Slide dough onto hot pizza stone (with more cornmeal on top stone but under pizza). Rotate around stone with spatula a few time to prevent burning and sticking. Cook time approx. 5 min. until golden brown crusts.

STUFFED POTATOES



Core small to medium potato, insert a small pre-cooked sausage or weiner. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixins of your choice.

FOIL DINNER



Ingredients:

1/4 LB hamburger; seasoned 1/4 c carrots; thinly sliced
1/4 c potatoes; thinly sliced 2 Tablespoon onions; thinly sliced
Dash of salt & pepper 1-teaspoon butter

Season hamburger and make large patties. Place on piece of foil. Place vegetables on top of meat. Top with salt, pepper, and butter. Wrap securely in foil. Bake or grill for one hour.

FOIL DINNER MEATBALLS



Needed:

Heavy-duty foil
Frozen meatballs
Canned potatoes
Cream of chicken soup

Place several meatballs on foil, add some potatoes (you may want to slice them first), and a spoon full of soup. Fold packet to seal well and place on coals (never on flames). Turn after about 10 minutes. NOTE: if possible get someone to donate welding gloves to the troop for the turning. Using tongs to flip the packets can often cause the foil to tear

SOLO TERIYAKI CHICKEN



Effort: Average

Ingredients:

- 1 boneless, skinless chicken breast
- 1 teaspoon sugar
- 1 thumb sized piece of gingerroot minced
- 1 clove of garlic, smashed and diced
- 4 tablespoon of soy sauce
- 1 tablespoon cooking oil

Slice chicken length wise into four pieces, and thread onto two thin sticks or sharpened chopsticks. Mix the rest of the ingredients and use to marinate the chicken in a shallow dish for at least 2 hours. Turn the meat at least once after the first hour. Broil 5 to 6 inches from heat, turning once, or on a charcoal grill for about 10 minutes.

Heat marinade until it starts to bubble and pour over cooked meat after it has been removed from the sticks.

Sever over rice... 1/3 of cup of raw rice grains, 2/3 cup water. Heat until it just starts to boil, cover and reduce flame to the lowest level. Cook for 15 minutes without lifting the cover, and then let sit for an additional 5 minutes with no heat before serving.

CHICKEN FOIL



Effort: Easy

Ingredients:

- 2 boneless chicken breasts
- 1 can sliced potatoes
- Frozen Vegetables of you choice
- 1 can cream of chicken soup
- 1/2 soup can of water or milk
- Foil bags or Heavy-duty foil

Use a large foil bag or create a pouch with heavy-duty foil, doubles. Spray inside of pouch or bag with non-stick spray. Place chicken, vegetables, potatoes, soup and liquid into a foil bag or a foil pouch. Seal all sides tightly to avoid leakage. Blend ingredients by gently shaking or stirring. Place package on grill and cook for approximately 35 minutes or until sauce is boiling and chicken is done. Slit can be cut in top of package to check for doneness.

CHUCK WAGON STEW



Effort: Easy

Ingredients:

1 LB of ground beef 1 16-oz can of red beans

4 med. potatoes 1/4 teaspoon of salt

1/2 tablespoon of garlic powder

1/2 cup of vegetable oil 1/4 teaspoon pepper

1 med. onion, (if you like)

In a large pan add beans and set aside. Brown beef in iron skillet, drain and add garlic powder, onion, salt and pepper. Cook till beef is brown and onions are transparent, add to beans. In same skillet add oil and diced potatoes with skins on or off. Put on med heat to fry with lid on skillet. Fry about 30 minutes till soft, drain and add to beef mixture. Simmer on low heat 15 min. and serve with corn on the cob or salad.

DESSERTS



S'Mores



Graham Crackers
Chocolate Bars
Marshmallows

Place a chunk of chocolate bar on the graham cracker, then place one or two roasted marshmallows on the cracker, and then layer another graham cracker on top.

Lazy Cobbler



1 large can sliced peaches, apple pie filling, cherry pie filling, etc.
1 pkg. of white cake mix
½ stick of butter/margarine
Cinnamon

Place fruit mixture on bottom of pan or Dutch oven, pour dry cake mixture over top of fruit mixture. Sprinkle cinnamon on top and place pads of butter/margarine over top of mixture. Bake till top browns.

Pudding in a Bag



Box of instant pudding mix
Large zip lock bag
Milk

Follow directions for pudding, mixing in zip lock bag, cool and enjoy



Pineapple upside down cake

I can of pineapple drained – reserve liquid

I box white cake mix

Water

Brown sugar

Combine cake mix using reserved liquid as part of liquid, layer brown sugar, pineapple in pan or Dutch oven. Pour cake mix over fruit mixture. Bake until top is brown



Root Beer Floats

Root Beer

Ice Cream

Large drinking glass

Place scoop of ice cream in glass, pour root beer over ice cream.

BREAKFAST



Mountain Man Breakfast



2 eggs per person
Cooked bacon or sausage
Chopped onions
Frozen hash browns – thawed
Shredded cheese
Cooking Spray

Scramble eggs together, spray pan with cooking spray, layer hash browns on bottom, stir everything else into eggs, except cheese. Pour egg mixture onto hash browns. Cook until eggs are done add cheese and cook until melted serve with Salsa

Breakfast Burritos



2 small flour tortillas per person
2 eggs per person
1 pound cooked breakfast sausage
Cheese
Salsa

Warm tortillas in aluminum foil over fire or stove
Scramble eggs
Place eggs, meat, cheese in tortilla and serve. Top with Salsa if desired

MIXED UP EGGS



2 –3 eggs per person
any vegetables desired
Cheese
Cooked bacon, sausage

Scramble eggs and mix in all other ingredients cook till done.

Camp Donuts



Tube of biscuits

Oil

Cinnamon

Sugar

Cooking spray

Brown paper bag (grocery bag)

Spray bag till it is soaked with cooking spray, open tube biscuits and separate. Place a thumbhole in each biscuit. Fry in Hot oil till slightly brown turn over carefully fry till brown on other side. Remove from hot oil and dip in cinnamon sugar mixture and place on paper towels to drain. Eat warm.



SCOUTS ON A RAFT

2 eggs per person

2 slices of bread per person

Cooking spray

Coat pan with spray, use a glass and cut a hole in center of bread slice, place in frying pan. Crack egg into hole and fry. Turn and finish cooking. Breakfast is ready when the bread is toasted.

DUTCH OVEN COOKERY



Poor Man's Steak



2 lb pkg Ground beef
1 1/3 c Milk
2 tsp Salt
Margarine
1/4 tsp Pepper
2 cans Mushroom Soup
2 c Cracker Crumbs
1 c Water

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 c of water and pour over meat placed in Dutch oven. Bake at 350 for 1-1/2 hours.

Taco Pie



1-1/2 lb ground beef
1 med jar Taco sauce
4 lg corn tortillas
1 8 oz pkg shredded cheddar cheese
1 can (8 oz) tomato puree

Brown ground beef, drain. Combine taco sauce and tomato puree. Line Dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted. Variations: Add chopped onions, mushrooms or tomatoes to meat.

Home-style Chili



- 1 lb ground beef
- 1 lg yellow onion, chopped
- 3 cloves garlic, minced
- 1 tbs cumin
- 2 tbs chili powder
- 1 tbs Worcestershire sauce
- 1 (20 oz) can tomatoes, chopped
- 1 green bell pepper, chopped
- 1 c red wine(dry)
- Salt & pepper to taste
- 1 lb uncooked kidney beans

Cover beans with 2"-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa.

Quick & Easy Breakfast Casserole



- 8 slices of bread
- 2 pounds of sausage
- 16 oz grated cheddar cheese
- 12 eggs
- 1 qt. Milk
- 1-1/2 tsp. Dry mustard
- 1 tsp salt

Line a 12" Dutch Oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste). Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

Mountain Man Breakfast



1/2 lb bacon (or pre-cooked sausage)
Med onion
2 lb. bag of hash brown potatoes
1/2 pound of grated cheddar
1 doz eggs
Small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals:

Pre-heat 12" Dutch Oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10 - 15 minutes) Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but its almost impossible to screw up. Serves 6.

Monkey Bread



4 cans Biscuits
1 c Sugar
1 c Brown sugar
4 tbs Cinnamon
1 stick oleo

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in Dutch oven. Melt oleo in lid and pour over quarters. Bake 350 for 35 min.

Easy Peach Cobbler



1 Box Duncan Hines yellow cake mix (O/U, parve)

2 29 oz cans sliced peaches (or equivalent)

3 eggs

1 cup sugar

1/2 cup brown sugar

Oil (at least 1/3 cup plus 4 teaspoons)

1 teaspoon cinnamon

Water

Large Ziploc bag to mix cake in

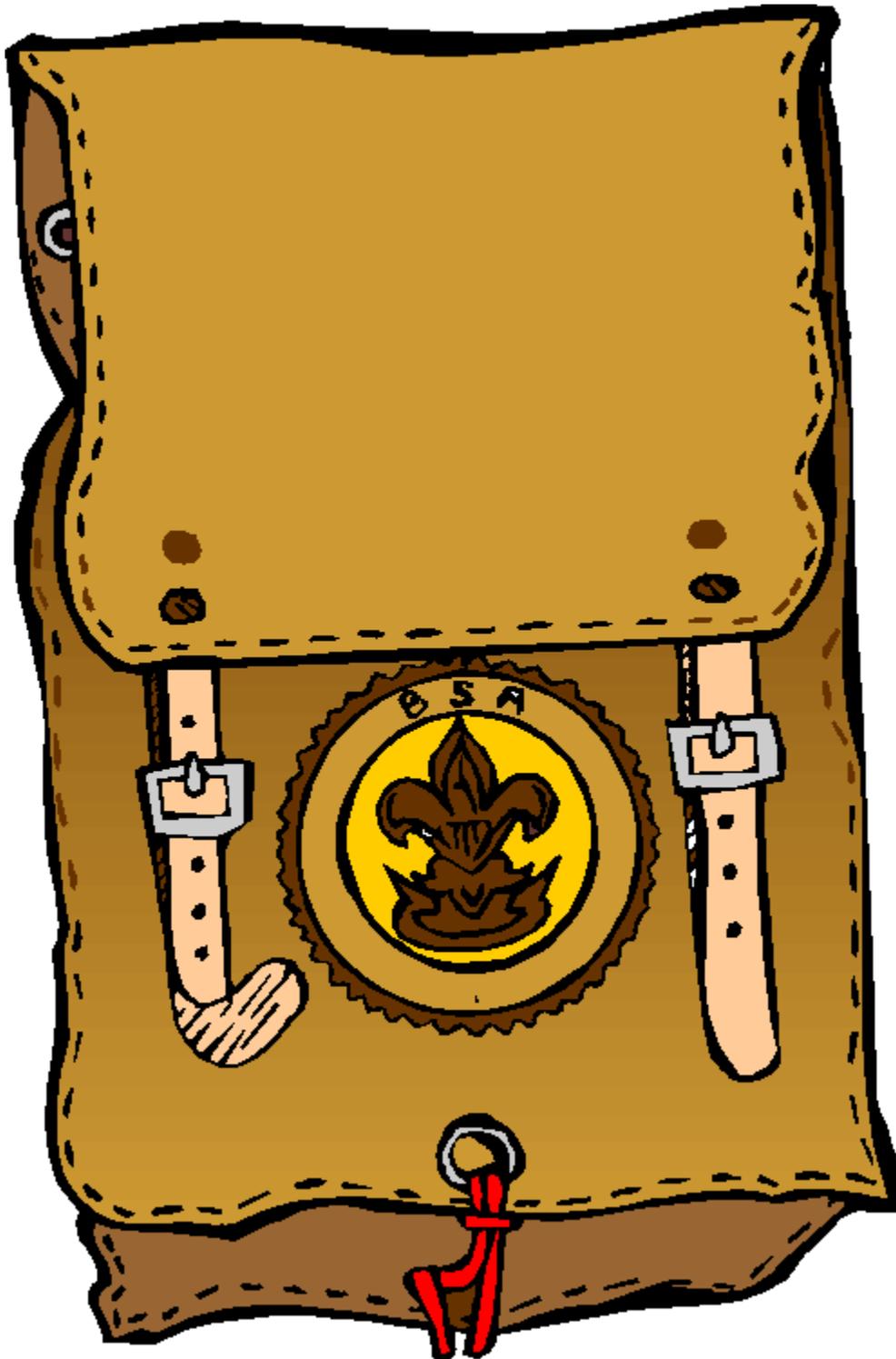
In Ziploc bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil.

Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add 1/2 cup brown sugar to pot

When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . . Stir. Pour cake batter on peaches **S-L-O-W-L-Y**

Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving.

Appendix



Conversation Chart

1 pinch = 1/8 teaspoons

3 teaspoons = 1 tablespoon

4 tablespoons = 1/4 cup

1 cup = 1/2 pint

4 cups = 1 gallon

1 cup = 8 fluid ozs

BONUS RECIPE