

LEVEL UP YOUR COOKING





Owl Patrol
WB C3- 138 – 16
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Omelet in a Bag (Feeds 1) – Level 1

2 eggs

water sufficient for boiling eggs

Favorite ingredients to add, suitable quantity for group

How to prepare:

1. Fill a large pot (1 to 1.5 gallon) to $\frac{3}{4}$ full of water and bring to a boil
2. Ask each scout to write their name on quart size ziplock freezer bag
3. Have each scout hold their bag open while another scout cracks 2 eggs into it.
4. Ask each scout to add their favorite ingredients to their omelet bag, taking care not to overload with fluid or vegetables as the eggs will not set correctly.
5. Seal bag, then shake
6. Placing no more than 4 omelet bags at a time into the pot of water, boil for 4 minutes.
7. Using tongs, remove bags from water and shake to mix contents
8. Return bags to water for additional 4 minutes, or until eggs seem to be set and scrambled.
9. Remove bags from hot water, carefully open and pour each omelet onto a serving plate.

Paper Bag Bacon and Eggs (Feeds 1) – Level 1

2 thick strips of bacon
2 eggs
paper bags
toasting forks

How to prepare:

1. Cut the bacon strips in half and lay pieces side by side in a paper lunch bag. If the bag is not sturdy, double up using a bag within a bag.
2. Crack 2 eggs within the bag over the bacon
3. Roll the top of the bag in flattened sections as you would the end of a tube of toothpaste and skewer it closed with a toasting fork so that the bag hangs at the end of the fork.
4. Once the egg becomes firm, carefully tear the bag open to make a bowl. Eat your breakfast right from the bag.

Pie iron pies (Feeds 1) – Level 1

2 pieces of bread
Pie filling of your choice
Butter

How to prepare:

1. Place slice of bread, butter side down, on lower half of pie iron.
Spoon filling on center of bread
2. Place second slice of bread, butter side up, on top of fillings. Latch hand; trim off excess bread if necessary.
3. Toast over campfire, fireplace or bbq until golden brown on both sides.
A delicious snack in 4 to 6 minutes.

Pie iron pizza (Feeds 1) – Level 1

Bread

Tomato purée, or pizza sauce

Butter

Desired toppings

How to prepare:

1. Place slice of bread in pie iron, butter side down.
2. Add tomato puree, green peppers, slivered garlic, oregano, mozzarella cheese and top with pepperoni.
3. Cover with second slice of bread butter side up on top.
4. Grill 3 or 4 minutes on each side or until desired doneness is reached.
5. English muffins or pizza crust or pita can be used in place of bread.

Hot ham & cheese (Feeds 1) – Level 1

Bread

Butter

Ham

Cheese

Other desired toppings

How to prepare:

1. Place slice of bread, buttered side down, into cooker.
2. Place slice of ham and slice of cheese on bread.
3. Add Dijon mustard and cover with remaining slice of bread, buttered side up.
4. Close cooker, latch handles and grill to golden brown

Toad in a Hole (Breakfast Dish/Feeds 1) – Level 1

1 egg

2 tbsp. of butter

1 slice of bread

Optional: Onions, peppers, cheese, meats

How to prepare:

1. Cut hole in center of bread slice with cup.
2. Butter bread and place cut bread in pie iron.
3. Break egg inside hole.
4. Cook eggs as desired.
5. Use just 1 side of the pie iron, holding over fire.

1700's ASH Cakes (Feeds 3) – Level 1

1 Cup Flour
1 tsp Baking Powder
1 tsp Sugar
½ tsp Salt
¾ to 1 cup of Water
1 jar of honey
2 to 4 tablespoons of Cooking Oil

How to Prepare:

1. Combine in a medium bowl flour, salt, sugar and baking powder and mix.
2. Pour in water and mix to a stick dough.
3. In a heated skillet pour around two tablespoons of oil.
4. With a spoon ladle the dough onto the oiled skillet.
4. Cook until golden brown.
5. Place on a plate and drip honey on each piece.

Note: To up your level of cooking and cook as in the 1700's, place the dough directly on hot coals.

BACON WEINERS (Feeds 1) – Level 1

Hot dog

Slice of bacon

Toothpicks

American cheese

How to Prepare:

1. Slice hot dog lengthwise, but not all the way through.
2. Stuff with cheese.
3. Twist strip of bacon around hot dog
4. secure with toothpick
5. Grill until bacon is done, turning several times

SALSA CHICKEN (Feeds Four) – Level 2

4 Skinless Chicken Breasts

1 Jar Salsa

How to Prepare:

1. Lay out 4 sheets of strong aluminum foil
2. Place a chicken breast on each sheet.
3. Pour equal amount of salsa onto each chicken breast.
4. Seal foil parcels
5. Place on low coals over fire for approx. 30 minutes (turning halfway).

CAMPFIRE FRENCH FRIES (Feeds Four) – Level 2

4 Potatoes, cut into strips
1 - 2 Tbsp. Parmesan Cheese
1 Tbsp. Margarine
2 Tbsp. Bacon Bits
Salt & Pepper

How to Prepare:

1. Place potato strips on a large square of heavy duty foil, dull side out.
2. Sprinkle with salt, pepper and cheese. Shake a bit to coat.
3. Dot with margarine and sprinkle with bacon bits.
4. Seal the foil, leaving a steam vent on top.
5. Cook over hot coals turning several times until potatoes are tender (about 30 - 40 minutes.)

CAMPFIRE PIZZA (Feeds 6) – Level 2

- 1 Pkg. Large Pita Bread
- 1 Can Pizza Sauce
- 1 Package, pieces pepperoni
- 1 lb Pre-cooked Sausage, crumbled into small pieces
- 1 Pkg. Shredded Mozzarella Cheese
- Sliced Veggies (onions, peppers, mushroom)

How to Prepare:

1. Large skillet brown sausage
2. Spread pitas with sauce, sprinkle cheese on top.
2. Place meat and veggies on top.
3. Place on tin foil over campfire.
4. Cook for about 10 minutes or until cheese is melted.

CAMPFIRE CORN ON THE COB – Level 2

Corn on the cob, with the husks left on

Butter

Salt and Pepper to taste

How to Prepare:

1. Soak the corn, with husks still on, in water making sure they are fully submerged.
2. Remove the corn from the water and place directly over or on hot coals.
3. Allow to cook for about 20-25 minutes, rotating a couple of times.
4. Remove from the fire and remove the husks.
5. The corn will be roasted and it's delicious with some butter and/or salt.

CAMPFIRE POTATOES (Feeds 6) – Level 2

6 medium Potatoes (peeled)
1 large jar Italian dressing
1 large onion
1 red pepper
2 green peppers
Cooking spray

How to Prepare:

1. Cut potatoes into 1/2 in slices.
2. Cut onion and peppers into slices.
3. Put everything into a Ziploc bag, then add 1/2 the bottle of dressing.
4. Close bag and make sure all of the potatoes and peppers are well coated. Marinate for 1-2 hours.
5. Spray a sheet of foil with the cooking spray.
6. Empty contents of Ziploc bag onto foil
7. Pour remainder of dressing over potatoes.
8. Working from one side, seal the foil completely so that it forms a pouch.
9. Place on a grill about 7 inches above fire/coals, cook one side for 15 minutes, then turn over and cook other side for 10 minutes.

TIN FOIL CHICKEN (Feeds 6) – Level 2

6 Chicken breasts

6 each, Cut vegetables (carrot slices, potato cubes)

3 onions sliced

Salt and pepper

How to Prepare:

1. On a sheet of tin foil place a chicken breast.
2. Season with salt and pepper.
3. Top whatever vegetables you would like. Then season vegetables with salt and pepper.
4. Wrap up in tin foil and use two sheets if needed to cover securely.
5. Place on the coals of a campfire and let cook 15-20 minutes.
6. You may need to check several times to test for doneness.

STEAK / CHICKEN STRIPS (Feeds 6) – Level 2

2-3 bell peppers

1 onion

6 chicken breasts thinly sliced strips

2 15 oz can of diced tomatoes with mild green chilies

2 Tablespoons of cooking oil

How to Prepare:

1. In a large skillet heat the cooking oil
2. Slice some Steak or Chicken into strips
3. Chop up bell peppers and onion
4. Stir-fry everything for five minutes
5. Add one 15oz can diced tomatoes with mild green chilies
6. Cook until heated through and meat is completely cooked.

LAZY COBBLER/Dump Cake (Feeds 8) – Level 2

1 large can sliced peaches
1 package yellow cake mix
1 stick butter
cinnamon

How to Prepare:

1. Preheat Dutch Oven
2. Place liner in Dutch Oven
3. Dump whole can of peaches and juice into the oven.
4. Add the dry cake mix on top of the peaches.
5. Place several pads of butter on top
6. Sprinkle cinnamon all over.
7. Place lid on the oven and bake about 45 minutes.
8. This recipe will serve 8 people

PINEAPPLE UPSIDE-DOWN CAKE (Feeds 8) – Level 2

1/4 cup butter
1/2 cup brown sugar
1 can sliced pineapple
1 yellow cake mix
1 egg

How to Prepare:

1. Place butter and brown sugar in the oven and stir until well mixed.
2. Place the pineapple slices in the butter and sugar mixture in the bottom of the oven.
3. In a separate bowl, mix the cake mix and the egg.
4. Pour this batter over the pineapple in the oven.
5. Put the lid on the oven and bake about 30-40 minutes.
6. Test the cake for doneness with a straw or toothpick.

Chef Keith's Rosemary Chicken (Feeds 6) – Level 3

1 whole Chicken
1 to 2 Onions
4 Carrots
6 Potatoes
5 Fresh Sliced Mushrooms (Optional)
1 Cup of Water

2-3 Tablespoons Dried Leaves
Lawrey's Seasoning
Garlic Powder

Cookware:
Dutch-Oven with Trivet

How to Prepare:

1. Peel Carrots and Potatoes
2. Cut up Onions
3. If needed cut up whole chicken.
4. Pour in 1 Cup of water into Dutch-oven
5. Place trivet in the bottom of the Dutch-oven
6. Season Chicken with rosemary, Lawry's salt, garlic powder and pepper for taste.
7. Place lid on oven.
8. Place on a bed of coals.
9. Place coals on oven lid.
10. Cook for 45 to 60 minutes to reach 175 degF.
11. Pull off of heat and let stand for 10 minutes before serving

One Skillet Breakfast Burritos (Feeds 6) - Level 3

- 1 dozen eggs
- 2 pounds of sausage
- 1 large bag of sharp cheddar cheese
- 1 Bag of 12 flour tortillia

How to Prepare:

1. Heat skillet
2. In a large skillet brown the sausage
3. Pull skillet from fire and drain the oil from the sausage
4. Place skillet on fire and leave sausage in skillet
5. Crack eggs into sausage
6. Cook in eggs
7. Sprinkle on cheese and cooked until melted
8. Place eggs and sausage onto center of the flour tortilla and fold.

The Egg Has Landed Casserole (Feeds 9) – Level 3

18 eggs, whisked
1 qt half and half
1 cup milk
¼ tsp black ground pepper
2 tsp dry ground mustard
1 tsp Worcestershire sauce
2 Lbs cooked ham, finely diced
2 cups (8 oz package) shredded cheddar cheese
1 (15 oz) container seasoned breadcrumbs

How to prepare:

1. Combine all ingredients in large size mixing bowl
2. Preheat greased Dutch Oven over coals and pour in egg mixture
3. Using 11 coals under the oven and 21 briquettes on the lid, bake for 45 minutes, refreshing coals as required
4. When ready to serve, the casserole will have risen slightly and have a golden brown top

Phil's Favorite Peasant Bread (Feeds 12)-Level 3

1 package (1/4 ounce) active dry yeast
2 cups warm water / divided
4 cups all-purpose flour
2 teaspoons salt
1 tablespoon sugar
1 tablespoon butter or margarine

Cookware:

Dutch-Oven
Two 8 - inch pie pans

How to Prepare:

1. Dissolve yeast in 1 cup of warm water
2. In a large bowl combine flour, salt, and sugar
3. Add the yeast mixture and remaining water, stir until combined.
4. Cover and let rise in a warm place until doubled.
5. Stir down
6. Divide in half and place in the 8 inch pans greased pans
7. Let rise again.
8. Place Dutch oven on coals.
9. Place one of the 8 inch pan with dough into the oven.
10. Place lid on oven.
11. Place coals on oven lid.
12. Cook until brown on top and bottom.
13. Pull out loaf and repeat 8 to 12.
14. Serve cooled

QUICK SCOUT STEW (Feeds 6) - Level 3

1 lb lean ground beef or turkey
2 T salad oil
water – add as needed
2 envelopes vegetable soup mix*
5 potatoes, peeled & diced, smaller the better
1 17 oz can whole kernel corn
1 lb can tomatoes

How to prepare:

1. Brown meat in oil in a pot or high sided cast iron fry pan
2. Add liquids from corn and stir in soup mix.
3. Bring to boil. Stirring occasionally.
4. Add potatoes and onions, cover and cook 10 to 15 minutes or until potatoes are tender.
5. (set Dutch oven in coals, heat from bottom only is ok or large frypan with lid).
6. Add corn and tomatoes with liquid in cans; heat thoroughly.
7. Other mixes may be substituted
8. Cover with lid as much as possible.

Appendix A



QUICK TIPS

Below is a helpful list of handy tips to use when handling and cooking food!

PLAN AHEAD

- Fill gallon milk jugs or 2 liter soda bottles with water or juice and freeze. They keep the cooler cold and provide a cold beverage.
- Use a separate cooler for drinks so you don't open the food cooler too often.
- Block ice will last longer than cubed ice.
- Use a leather/suede work glove as an oven mitt.
- Pita bread packs better and stays in better shape while camping than regular type breads.
- Instead of "stick" or "tub" butter or margarine, try "squeeze" margarine. This squeeze bottle is much easier and cleaner to use

when in the woods. It is also great for cooler temperature. If it gets too hard, simply place the bottle in a pot of warm water for a few minutes.

- Pre-chop ingredients such as onion, peppers etc at home. Pack in ziplock bags. Pre-cook select meats and freeze for quick meal preparation.
- Prepare soups, stews or chili etc ahead of time. Freeze and keep in cooler. Reheat for a quick meal.
- To avoid unwanted visits from animals, keep food stored away or hang above ground level(on a tree limb) in a “bear bag”.
- Don't forget the heavy duty aluminum foil. There are many uses for it at camp
- The day is hot and breezy and you want to keep your drinking water cold. Wrap the water container in a wet cloth and hang it in the open from a branch of a tree. It's good as putting it in a regular refrigerator
- A pop top liquid soap container can be used to store vegetable oil. (Be sure to mark the contents of the container on the outside.)

FOOD PREP

- Always wash your hands with soap and warm water before cooking, after cooking, and before eating.
- Keep your work area clean. Keep spills wiped up.
- Keep raw foods separate from other foods.
- Freeze meat before putting in cooler. Keeps other foods cold and they will keep longer.
- Use fingernail polish to mark foil dinners. It won't burn off in the coals.
- Store eggs with large end up, they will stay fresh longer.
- Lining your cooking equipment with foil will save cleanup.
- Use a clean stick as a stirring spoon.
- Use plastic bags for mixing foods.
- Removing a single strip of bacon from a package is difficult. Roll the packaged tightly. The slices will come off easily.
- Form hamburgers, biscuits or cookies with a clean tin can, glass or cup.
- A small soft drink bottle can be used as a potato masher.
- Soap the bottom and side of your pots and pans before putting on the fire. This will reduce the amount of scouring you will need to do when cleaning up. Liquid soap is easier to use than bar soap.

COOKING

- Thoroughly cook all meat and meat products, such as eggs, until well done before eating.
- If you continually have burnt on the out side and raw on the inside food. Lower the cooking temperature so the food will cook more evenly.
- To cut down on grease in camp food, fry meats in a fine dusting of salt in the skillet instead of fat or shortening.
- Vegetables such as celery carrots, radishes, cabbage, and lettuce will keep fresh longer if wrapped in foil and several layers of brown paper bag.
- A little dab of butter in oatmeal while it's cooking will make pot easier to clean.
- Pancakes are less likely to stick if you add a tablespoon of melted fat to each 1.5 cups of batter.
- Stir pancake batter instead of beating it. Don't worry about the lumps. They will disappear.
- Drop a small pat of butter or one tablespoon of oil in your spaghetti water to prevent it from boiling over.
- Bullion cubes can be substituted for meat stocks when making camp soup, stews, and gravies.
- Sprinkle a few drops of water on sliced bacon to keep it from shriveling in the pan.
- By using lids whenever possible, you will greatly reduce the cooking time required for many foods,
- A pinch of flour sprinkled on fat while frying will stop the spattering.

- Vegetables can be warmed directly in their own can, but you must first open the lid part way to vent off steam. Otherwise, the can might explode.
- Don't salt meats while (or before) they are broiled. Salt starts the juices running and you'll lose flavor.
- Test spaghetti for doneness by throwing one noodle up against a tree. If it sticks it is done.
- A little lemon juice added to the boiling water will make rice whiter and keep the grains from sticking.
- If your stew or gravy is too salty, cut pieces of raw potato and add to the mix. Remove after a few minutes. The potato will absorb the salt
- To keep marshmallows from burning dip them in water before holding them over the flame.
- Cover pots whenever cooking outdoor. Food will get done quicker and you will save on fuel. Also helps keep dirt and insects out of your food.
- Enjoy scrambled eggs but don't get stuck with a hard-to-clean pan. Rinse it out with cold water first and leave a very thin layer of water at the bottom before adding egg. Add a few ice cubes to aluminum foil dinners or vegetables packets to prevent them from burning and to keep them moist.
- When popping corn, you'll get better results if you place corn in the freezer for a day, or as long as you care, beforehand.
- To test the griddle temperature before cooking, let a drop of water fall onto the surface. If the water simply lies there and bubbles, the griddle is too cool. If the drop pops and jumps, it's time to cook. If it splatters and disappears, the griddle is too hot and should be raised a bit from the heat source.

- Because foil-wrapped foods tend to scorch where they are in direct contact with the coals, use a double wrapping of heavy duty foil and turn food frequently during cooking.
- To cook hamburgers more evenly throughout, put a hole in the middle of your hamburger about the size of your finger, during grilling the hole will disappear but the center will be cooked the same as the edges.

CLEAN UP

- Clean all cookware, dishes, and utensils using hot dishwater, a hot rinse, and a second rinse in bleach or equivalent treated water(sanitizer tablets).
- To easily remove burnt on food from your skillet or pan, simply add a drop or two of dish soap and enough water to cover bottom of pan and bring to a boil.
- If you're having a problem cleaning a pan, rub the area with salt.
- Wipe dishes and pans with a paper towel, to get the grease off before cleaning.
- Take the backache out of washing messy pans by always filling used pans with cold water straight away.
- Bring disposable wipes or biodegradable soap for hand and dishwashing.
- Put a pan of hot water on the fire while you eat so that it'll be ready for cleanup when you are done.
- When it is time for washing up, a crumpled ball of foil makes an excellent scouring pad for pots and pans

STAYING SAFE

- Never drink untreated water. Even the cleanest looking stream can contain harmful bacteria or parasites.
- IF you don't have access to treated water, plan on carrying bottled water for drinking. Otherwise, boil water or use water purification tablets.
- Always Remember:
"If you have any doubts, throw it out!"
- Never use foods from cans that bulge.
- Never use canned foods with a strange odor or appearance.
- To check if an egg is fresh place it in water, if it sinks it is fresh if it floats it is bad.
- Just because what you are cooking is black on the outside it does not mean that it is cooked all the way through. Check the insides before serving.

CAMPFIRE TIPS



Here are some helpful tips to use when building, cooking on, or sitting around a campfire.

- Always use caution around a campfire. Keep hands and feet away from the fire!
- Choose sites that are free from overhanging limbs or dry grass and leaves.
- Keep campfires small and do not let them get out of hand!
- If cooking on a wood fire, wait for the flames to burn down. The coals are where the heat comes from. Also the flames will blacken the bottom and sides of the pot making clean up more difficult.
- Keep plenty of water and a shovel nearby to douse the flames if the fire gets out of control.
- NEVER leave a campfire unattended.
- Drown the fire with water when you are through with it. Stir it and drown it again. If you cannot afford to use water, use dirt instead.
- Cook on or over coals (either wood or charcoal). Coals provide a more steady, even heat without the smoke. Avoid burning your food and avoid undercooked food in the middle.
- Keep water boiled over a wood fire free of that smoky taste by throwing a clean sliver of wood into the water while your boiling it.
- When you are done with the campfire, make sure the fire is DEAD OUT.

HOW HOT IS IT?

Hand Thermometer: Hold your palm at the place where food will go: over coals for broiling, in front of reflector oven for baking.

Count "one-one-thousand, two-one-thousand" and so on for the number of seconds you can stand to hold your hand there. Move your hand and the coals to find the temperature you want.

Hand Removed at Count Heat Temperature

6 to 8 seconds Slow 250°F - 350°F

4 to 5 seconds Moderate 350°F - 400°F

2 to 3 seconds Hot 400°F - 450°F

1 or less seconds Very Hot 450°F - 500°F

Generally, plan on 20-30 degrees out of each of the charcoal briquettes you use on your Dutch Oven.

GAS STOVE TIPS

- Never operate a gas stove or store fuel bottles close to another heat source.
- Operate the stove in open, well-ventilated areas only. Never use the stove in a tent or a confined area.
- Always let stoves cool down completely before refueling them.
- Carefully follow the manufacturer's instructions for use.

Be very careful with gas canisters. Keep upright at all times. Keep outside in well ventilated area. Check for leakage by putting soap liquid on all connections. Turn off when not in use.

When using a propane or gas stove you have a variety of heat settings, wide open is not the best way to cook.

TYPES OF COOKING

Cooking outdoors can be experienced in a variety of different ways. It doesn't have to be a long and difficult task. If carefully planned out, meal preparation can be quick, easy, and fun!

GAS CAMP STOVES

- Propane: 2 burner stove which uses a propane gas bottle.
- White Gas: 2 burner stove which uses liquid fuel.
- Butane: 1 burner backpack stoves that are typically very lightweight. Uses liquid fuel.

CHARCOAL

- Used in BBQ grills or in a fire ring
- Excellent to use when cooking with Dutch Oven
- Provides consistent heat distribution
- One piece of charcoal equals 40 degrees of temperature
- Charcoal will be gray-white in daylight and red at night when ready for use

CAMPFIRE

- True camp atmosphere
- Provides practical & versatile cooking opportunities
- For successful cooking, have the right kind of fire for the type of cooking you plan on doing:
 - for boiling use a quick flame
 - for stewing use a low flame
 - for frying or broiling use a bed of glowing coals.

DUTCH OVEN COOKING

- Use with charcoal
- Place three times as many charcoal pieces on the lid as under the oven
- Always cook with lid on
- Must be seasoned with oil before use

- When cooking, rotate lid $\frac{1}{4}$ turn clockwise, and rotate pot $\frac{1}{4}$ turn counterclockwise

FOIL COOKING

- Cook on bed a glowing coals
- Use heavy duty aluminum foil
- Foil should be large enough to wrap around food and fold all edges securely for a tight seal. Leave some space for expansion when you wrap your raw foods. You must keep steam and juices inside package.
- On heavy duty foil, place meat, potatoes, vegetables, seasoning etc, fold up foil and secure ends, place over coals, turn and rotate often until fully cooked.

BUILDING A FIRE

Below is a handy list of commonly found items around the home, which will work well for a fire starter.

- Cover pine cones in melted wax.
- Pack charcoal in paper egg cartons and tie shut. When ready to use, just light the carton.
- Put a piece of charcoal in each section of a paper egg carton. Cover with melted wax. Tear apart and use as needed. You can also use sawdust, dryer lint or Pistachio shells instead of the charcoal.
- Take 100% cotton balls and thoroughly rub Vaseline into them. Keep in a ziplock bag.
- Newspaper cut into strips(3"- 4" wide). Roll up and tie with string. Cover with melted wax.
- Use lint from your dryer as a fire starter.
- Bundle about 10-12 Diamond brand "strike-anywhere" wooden kitchen matches together with waxed dental floss. The heads of the matches should all be pointing in the same direction. Generously soak the bundle of matches (except heads) in melted paraffin wax to waterproof and to provide a long burn time. Dip heads lightly only to waterproof them. Simply strike on flat rock to ignite.
- Cut a cotton cord into 1" lengths and soak in melted wax. Let dry and store in empty film container or ziplock bag.
- These are called candy kisses: Use the small 6" emergency candles and wrap them up in waxed paper. Tie/twist both ends of the waxed paper to seal in the candle (looks like a salt water taffy candy). Light an end when you are ready to start your fire.

