OUTDOOR
COOKING

girl scouts

GIRL SCOUTS HEART OF CENTRAL CALIFORNIA

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Girl Scouts Heart of Central California

Outdoor Cooking

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– FORWARD –

"Out-of-doors activities provide wonderful opportunities for girls to make healthy choices. Even girls who find regular exercise unbearable can enjoy a few hours hiking and exploring a park or wilderness area and everyone will return for dinner with a hefty appetite. Young girls today are bombarded with a message that "thin is in." Eating disorders are more prevalent now than ever before. Watch for extreme eating behaviors and talk with the girls about what they see as the ideal body type. Tell them that extreme dieting will result in weight loss, but maybe at the expense of their muscles, bones and teeth. Weight control is best achieved by a combination of exercise and healthy food choices. A fourth grade Junior Girl Scout can expend more than 400 calories on a two hour day hike. What better excuse is there for trailside snacks and a hearty dinner? Enjoy!"

Jane Heinig, Ph.D.
Department of Nutrition
University of California Davis

PLANNING

This outdoor cooking manual may be used for troop camping, service unit camporees, or day camps. Here are some things to consider when planning an outdoor cooking experience…

Why plan meals for an outing?

- Safety and Comfort – People can go more than a week without food, vitamins or minerals, but why would you want to?
- Low energy intake can result in premature exhaustion and a chance of hypothermia.
- Constant energy intake keeps the mind and body working properly and keeps the individual alert.

DIVERSITY

Girl Scouting is a marvelous mixture of peoples with different ethnic, religious and cultural backgrounds. Food provides all kinds of opportunities for helping children to appreciate the diversity around them. Consider introducing new foods from around the world or around the corner!! Be sensitive to special diets and preferences.

GETTING STARTED

Ask the girls to read and talk about good food planning. Consider nutrition and be sure to use all the food groups. Is simplicity of preparation desired? Do girls want to learn new methods of cooking? You want to try new dishes? Consider the cost, altitude, equipment to rent or borrow or make. Are Try-its, badges or interest project requirements to be considered?
Try any new foods at a troop meeting. On the camping trip is NOT the place to experiment with something new! Keep in mind that energy requirements are approximately 3,000-5,000 calories per day for high mountain adventure.

BUDGETING

Plan meals that fit into the budget for your outdoor adventure. Talk with the girls about the budget before you plan the menus. If you are traveling, be sure to have some money in your contingency fund for unexpected food purchases.

TIMING

Cooking outdoors is a program that might take a lot of time, usually more than you planned for. Just getting a charcoal fire started and coals ready for cooking is a 1/2 hour project. Cleanup can take as much as an hour. Try to match the time needed for preparation, cooking, eating and cleaning with the other activities that the girls have selected. You can adjust your menus to fit time frames, the abilities of the girls and activity plans. Avoid getting so involved in cooking that you have no time for all the other exciting things the out-of-doors can offer. Take short cuts when you can. Not everything has to be prepared outdoors. For example, you can pre-cook foods which require long cooking times and bring them along. (Be sure to store them properly and keep cold if necessary). Wash, peel, slice and dice fruits and vegetables, store them in a ziplock bag. Pre-packaging spices or dry ingredients for a recipe can be a tremendous timesaver.

SHOPPING

You can use a recipe wheel if more or fewer servings of a recipe are needed. The recipe wheel can save time in planning for exact quantities. Recipe wheels can be found in most stores that specialize in cookware.

Make a shopping list. Bring along a menu so you will know how each item is used and when it is being used. Ask for a discount (check with store ahead of time). Shop at discount food stores and use day-old or budget bakeries.

AT HOME

Measure and pack for specific recipes. Be sure to include directions. Count and package things for certain meals. Wash, cut, peel, and wrap vegetables, form, season, and freeze hamburger patties. Precook, season, and freeze stew meat, chicken, etc. Freeze stews, casseroles, etc. in metal coffee cans or number 10 size cans and heat in cans at camp site.

PACKING

Use apple boxes or other sturdy containers. Pack by the meal and mark tops of boxes with contents. Freeze all your own ice in handy sizes, milk cartons, plastic bottles, containers for water when melted.

AT THE SITE

Post kaper charts, menus, recipes. Have adequate utensils stored in clean, dry place. Have the cooks and helpers wash their hands before preparing any food.

FUEL

One of the challenges in today's world is to provide plenty of nutritious food and use a minimum amount of fuel in doing so. The days of unlimited wood supplies are gone. Did they ever really exist? In planning, be efficient with your use of fuel (propane or charcoal). Often seven or eight charcoal briquettes will do just as well as twenty. Be sure to get dishwater on early so you don't use more fuel than is necessary. And remember, cold meals can be just as nutritious as hot ones and a lot faster to prepare!

SERVING

Encourage girls to try new things. Match serving size to size of girl. Beginning cooks thrive on encouragement. Help the girls to keep a positive attitude about the finished product.

CLEAN UP

Put dish water on EARLY. (Make sure there is a designated person). Have soapy water HOT. Dispose of garbage and trash and used water PROPERLY. Have an area for recyclable materials. Look at garbage to see what was eaten; this will help you evaluate success of the menu.

LEAVE NO TRACE COOKING

"FUEL" FOR THOUGHT

In many locations, wood fires are prohibited. Today's Girl Scouts are encouraged to use solar ovens, portable stoves, or charcoal. When working on your menu, consider the impact your outdoor cooking experience will have on the environment around you. Select a cooking method that will allow for plenty of time for other activities and will ***L***eave ***N***o ***T***race on the environment.

SOME SAFETY BASICS FOR ALL OUTDOOR COOKING

Make or collect all your equipment before you start. Choose a recipe and read it thoroughly. Be sure you have everything you need. Tie back long hair and roll up loose or floppy sleeves. When deciding where to cook, look for dirt, concrete, or asphalt. Heat can damage grass or wooden decks. Look up. Check for overhanging branches or buildings. Heat rises.

AN IMPORTANT MESSAGE

Let the girls do the cooking! If you have taught cooking skills and safety, gone over each recipe and have assigned specific responsibilities, they can do it! Yes, it takes longer. Yes, it may be a flop. Yes, you already know how to do it and want to help. But, it is their activity. No one will starve. The girls will not learn to cook if you don't let them. One adult should work with the cooks, and another adult should be with the other girls away from the cooking area.

COOKING METHODS

Allow time for the girls to develop the skills needed. Be aware that altitude and weather can effect your cooking methods and time.

METHODS	HEAT SOURCE
Less time to prepare	
Fireless	no heat needed
Rehydration	stove, charcoal, wood
Stick cookery* - toasting and roasting	charcoal, wood
One pot/skillet	stove, charcoal, wood
Steaming, boiling, grilling, barbecuing	stove, charcoal, wood
Baking	solar, stove, charcoal, wood
More time to prepare	

* Use coat hangers or stainless steel skewers with protected handles. Before using a hanger for cooking, be sure to burn off the coating on the end where food will be placed. To protect the handles you can use a potholder or bandana.

USING FOIL

Foil dinners cooked in wood or charcoal coals have been an outdoor cooking favorite. Stop and think, is this a wise use of a non-reusable resource? Why not try cooking foods in skins (banana, orange), leaves (grape) or corn husks? Instead of over the campfire, use charcoal or a portable camping stove.

SOLAR COOKING

Solar cooking is a cutting edge technology that uses the power of the sun to cook. It is a ***L***eave ***N***o ***T***race technique that is well suited for outdoor troop experiences. Solar cookers come in two types: box ovens and panel cookers. For the troop on the go, the solar panels are the most portable and convenient to use. And with all solar cookers no stirring is needed, enabling you to do other things while the food cooks!

Important things to remember about *any* solar cooker are:

- use dark colored pots with lids…
- solar cookers can be used to cook and bake a wide variety of foods…
- it doesn't need to be 'hot' outside, only consistently sunny…
- you will need to plan ahead — cooking in a solar cooker takes more time than other methods…

For more information about solar cooking — including recipe books and patterns to build cookers — you can contact:

Solar Cookers International
1919 21st Street
Sacramento, CA 95814
916/455-4499

www.solarcookers.org

You will quickly learn that many things can be cooked in a solar cooker. Just remember to get the food on early, don't worry about overcooking. Use a thermometer. Unglazed tiles will help to hold the heat. You need to be aware of the local temperature to make sure that the sun will be ample to cook all food thoroughly.

As a guide, foods can be classified as easy, medium or hard to cook. The normal amount of water and seasoning are added to dried grains and beans. Water does not need to be added to fresh vegetables such as carrots, potatoes, beets, and squash.

EASY TO COOK FOODS Time: 2 hours	MEDIUM TO COOK FOODS Time: 3 hours	HARD TO COOK FOODS Time: 4-5 hours
white rice millet quinoa barley squash chicken fish cakes-cookies bulgur wheat	potatoes lentils brown rice dried corn (to make into masa) blackeyed beans large amounts of easy to cook foods.	pinto beans red beans black beans kidney beans split green peas garbanzo beans large amounts of medium to cook foods.

Cookbooks available for solar cooking include:

- *"Eleanor's Solar Cookbook."* Cemese Publishers, 7028 Leesburg place, Stockton, CA 95207.
- *"Favorite Recipes from Solar Cooks."* Sacramento Metropolitan Utility District (SMUD), 6201 S Street, Box 15830, Sacramento, CA 95852.
- *"Solar Cooking Naturally*." Sunlight Energy, 745 Mountain Shadows Drive, Sedona, AZ 89336.

The Bernard Solar Panel Cooker

A simple, portable model that may open new horizons

It is generally assumed that a solar cooker should have some minimal capacity in order to work properly. For instance, in the booklet *Your Own Solar Box*, SBCI recommends an inner box at least 45 cm X 55 cm (18 X 22). The result is a rather large box, well suited to family use, but which can prove unnecessarily cumbersome in some cases.

Smaller cookers would be appreciated by the following:

- People living or traveling alone
- People living with their family but needing a special diet
- Elderly people who feel reluctant to carry a heavy box
- Teenagers wishing to build and experiment with their own first cooker

If you belong to one of these categories, here is how you can build a cheap and fairly efficient small cooker.

Choose a cardboard box (figure1) with the height BC greater than the width DC. For example, in my own cooker BC = 30 cm (about 12"), DC = 23 cm (9"), and CG = 25 cm (10").

Cut the flaps off the box. Then cut the seams along FG and GC. Do the same on the other side along EH and HD. The carton folds out to a flat assembly of five rectangles as shown in figure 2 (Letters appearing twice on this figure indicate two points which were the same point before cutting). If the cardboard is thin, reinforce the rectangle CDHG by gluing another rectangular piece of cardboard onto it to better insulate the bottom of the pot. Then glue aluminum foil to one side of the five rectangles (the inside of the original box).

Now, keeping the rectangle CDHG horizontal on a table or on level ground, position the other rectangles as shown in figure 3. The front "mirror" EFGH is tilted about 30 degrees above the

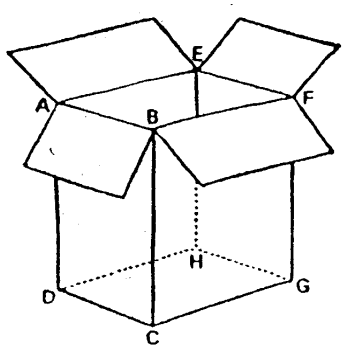

Figure 1

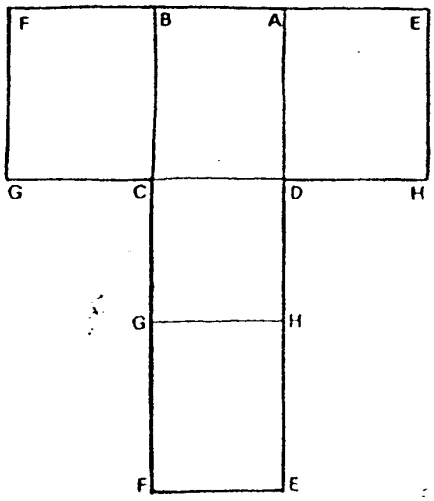

Figure 2

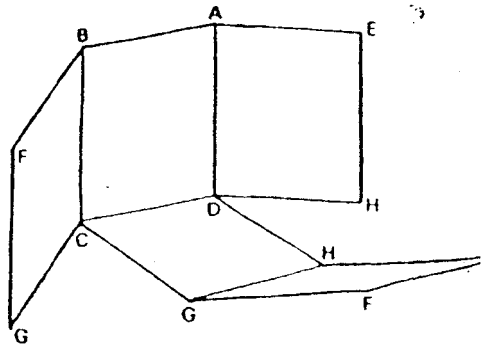

Figure 3

horizontal plane (Put a rock or other object under it). The "wing mirrors" BFGC and AEHD are vertical, the angles GCG and HDH being about 45 degrees. A few rocks will be helpful, especially in windy weather.

The black cooking pot is put on the horizontal base CDHG and covered with a colorless glass salad bowl (or cooking bag) replacing the glass window of a classical box cooker. To avoid convective heat losses, the diameter of the salad bowl should not exceed the width CD.

A more convenient way of keeping the reflective system in good shape is to mount the panels on a wooden board in which you will drive a few nails on each side of GC and HD to maintain the wing mirrors in their correct position (see figure 5).

Although this cooker uses (slightly) concentrated sunlight, it is not necessary to worry about a constant tracking of the sun.

OBSERVED COOKING TIMES

450 grams = 1 pound

Potatoes	(300 grams + 1 spoonful water)	2 hours
Carrots	(250 grams + 1 onion, no water)	2 hours
2 eggs	(1 spoonful water)	1 hour
Lentils	(100 grams + 250 grams water)	1 hour 30 minutes
White rice	(80 grams + 160 grams water)	1 hour 15 minutes
Brown rice	(80 grams + 160 grams water)	2 hours
Red beans	(100 grams + 200 grams water)	2 hours 30 minutes

Instruction for Solar Panel Cooker

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Each person will need:

- 1 cardboard box – minimum size 12 inches high x 9 inches wide x 10 inches deep
  No matter what the size of the box, the height needs to be greater than the width.
- 3 large nails
- glue
- scissors
- 1 inch or 2 inch wide paint brushes (for glue)
- string
- aluminum foil to cover inside of box

To use the solar panels the following supplies are needed:

- oven temperature gauge – one per pot used
- dark enamel pots or dark glass baking ware
- 1 turkey size oven roasting bag – one per pot used

Tips for your solar panel cooker:

- Attach the string to the sides of the box and then nail into the ground or attach to something so that the sides don't flap or fall down in the wind. If you forget the string, use rocks to prop open the sides.

- Place the pot inside the turkey roasting bag, then place a temperature gauge on top of the pot and blow up the bag to create an oven effect. Twist tie closed.

- Place the bag and stockpot on top of three rocks so that the bottom of the pot will also cook. It creates a convection oven type of effect by allowing the heat to circulate under the pot.

- Tip the front panel up to about a 30 degree angle.

- You may have to keep moving the panel cooker so that the sun will hit most of the panels as directly as possible

- Lastly, don't keep checking to see if it's done. It will work and the food will be finished according to cooking times. If you keep checking you are letting out the heat and it will take forever to cook.

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The Sun
Available and Free!

When experienced solar cooks are asked what they consider the biggest advantage of solar cooking, most reply, "It saves money!"

Other advantages mentioned are:

- Pots do not need scrubbing, inside or out
- Much time is saved for other activities
- Their daughters have time to go to school
- Food never burns
- No smoky flavor
- No smoke in their eyes
- No coughing from the smoke
- Slow-cooking, protein rich foods are once more part of their family's diet
- The cooker can be carried to provide a hot lunch anywhere

Some times the sun doesn't shine, making solar cooking impossible – at night or when it rains, for example. Solar cooking is not always a replacement for other methods. To make the biggest difference in your fuel costs, health, and time use the **Integrated Cooking Method:**

- A solar cooker when the sun is shining
- A fuel-efficient stove when there is no sun
- A hay box in which to finish cooking started on either of the other two devices

This can save as much as 75% of a family's fuel costs.

To determine if your food will cook:
Stand with your back to the sun and look at your shadow. If it is much longer than you are tall, this is the wrong time of year or the wrong time of day for your area, and some food may not cook well. However, the cooker may get hot enough to pasteurize water or cook thin foods like flat breads, cookies or thin slices of meat. Cheese melts at low temperatures.

Some people think food will spoil if it is cooked slowly. This illustration shows that most germs that cause food to spoil are killed long before reaching cooking temperature. It is important to remember that germs can be a problem if cooked food is allowed to stand at room temperature a long time before it is eaten.

STOVES

When selecting a stove, consider the following:

- Is the stove cooking capacity appropriate for the number of people to be fed?
- Is the stove stable when a pot is placed on the burner??
- Is the stove designed for easy assembly, easy cleaning? Will it start without priming?
- Does the fuel tank stay cool when the stove is lit?
- Will the stove function at the altitude and in the weather where it will be used?

CHARCOAL

All charcoal is not alike. Some brands may not catch as quickly, or burn as hot as other brands.

Tin can chimneys are highly recommended for starting charcoal fires.

Charcoal, like other fuels, needs air to burn. A ready-made charcoal stove in a park or backyard has been designed to enhance air flow. If you are making your own charcoal stove, construct it so that a draft of air flows past the charcoal.

When extinguishing a charcoal fire, soak thoroughly with water. Lay the charcoal out to dry for reuse. Put the charcoal in a tin can with a tight cover and take it with you. If not taking the charcoal with you, make sure to crush each piece of charcoal with a rock to ensure that the coals are completely extinguished.

USING A BOX OVEN

Supplies:

- A box oven
- Four 6 ounce **all metal** juice cans – empty(or one soup sized 11 ounce can empty, with the label torn off)
- a small rack from a baking pan
- foil
- tongs and potholders
- hot charcoal
- a stick or a pencil
- a small rock

Choose a flat area. Look for bare dirt, concrete, or asphalt. Heat can damage grass or wooden decks.

1) Cover the spot selected with a sheet or two of foil – **shiny side up**. The foil helps reflect the heat up into the food, and keeps the area clean. If it is windy, place rocks on the corners of the foil to anchor it.

2) Set the four metal cans in a square in the middle of the foil. These are used to hold up the food on a rack, so heat can flow under and all around the food. If you are using just one can, you can set it in the center of the foil.

3) Set the oven down over the cans, and carefully draw around it with a pencil or a stick. The mark will show you where the box sits.

4) Remove the box and use tongs to line up the hot charcoal briquette just inside the outline of the box on all four sides. You will need one charcoal briquette for every 40 degrees of temperature, with one extra for good measure. (To find out how many briquettes to use, divide 40 into the temperature desired. If the division does not come out even, use one extra briquette.)

5) Set the box down gently on its outline. None of the charcoal should touch the box. Use the stick to push any briquettes that are too close.

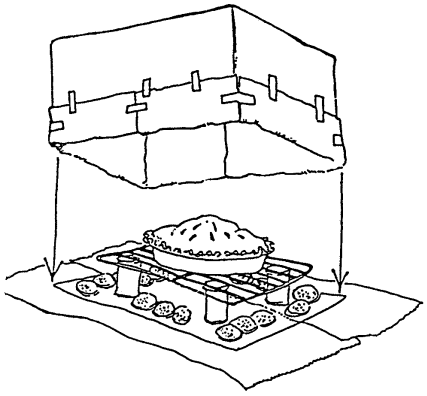
6) Slide the rock under one edge of the oven to lift it slightly off the ground. Charcoal must have some fresh air to be able to burn.

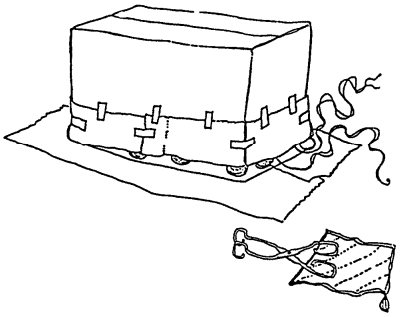
7) Let the oven heat for two or three minutes. Then gently lift it and set it aside to get the food.

8) Place the food to be cooked on the rack and replace the oven over it.

About the same time is needed to bake something in a box oven as in a regular oven. If the recipe calls for twenty minutes, wait twenty minutes before peeking. If the food is not quite done, place the oven and the pebble back down, and give it a little longer. If your recipe takes longer than 45 minutes, you will need to add more hot charcoal to what is in the oven already. Start the new charcoal heating when you begin baking, and it will be ready when you need it. Just lift the box and

use the tongs to add the charcoal.



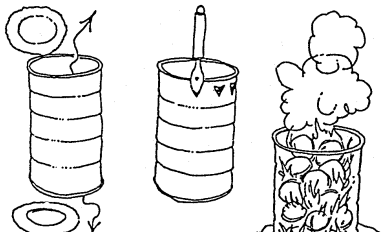


STARTING CHARCOAL

The easiest and safest way to light the charcoal is using a fire starter and a charcoal chimney.

Fire Starters:

You can purchase fire starters at camping supply stores, but it is more fun to make your own. See fire starter's page for instructions to make fire starters.



CHARCOAL CHIMNEY

Cut out both ends out of a 1-3 pound coffee can. Using a drink can opener, make air holes around the one end. Place a fire starter on a piece of foil and light it with a wooden match. Set the chimney over it with the air holes at the bottom. Fill the chimney with the required number of charcoal briquettes. White smoke will assure you that the charcoal is heating. Leave the chimney alone for about 30 minutes until the top briquettes turn white. Use tongs to lift off the chimney and the charcoal is ready. You can use the chimney over and over again; just use caution while it is hot.

(Self lighting charcoal and charcoal lighter may be used, but there may be a gas/chemical odor with these products).

BAKING IN A BOX OVEN

A box oven can usually cook enough for a family or a patrol at one time. If you are cooking for more than eight people, you might want to use more than one oven. This will depend on the recipe and whether you want to serve a small snack or a whole dinner. Anything that you would bake in your own conventional oven can be made in the box oven. Experiment with your favorite recipes.

CARDBOARD BOX OVEN

This is an inexpensive, portable oven that will bake just like your oven at home. It is fun to make also!

Materials:

Sturdy Cardboard Box (approx. 12 x 13 x 15)
Heavy-Duty Foil
Scissors or Knife (for cutting box)
Duct Tape
Silver Tape (optional)
Oven Wrap (optional)

Accessories:

Empty Cans or Foil Covered Bricks
Pie Pans
Thermometer (optional)
Grill (optional)

Construction:

Cut the top off the box. The box should allow about 1 inch of space around the baking pan.

Cover the box and lid with foil, shiny side out.

Cover all outside seams with duct tape (heat-resistant) to keep the heat from leaking out. If you wish to use tape on the inside of the box, use silver tape.

On both sides of the box, near the bottom, cut or punch out holes (see diagram) about 1/4 inch in diameter. The coals need oxygen to burn.

Optional: Punch a small hole in the back of the oven, high in one corner for insertion of the thermometer.

Attach the foil-covered top, removed earlier, to serve as a door.

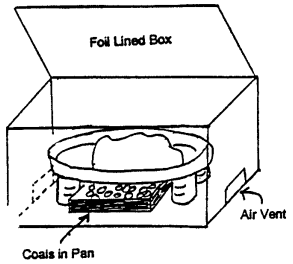
Optional: If you want a window in the oven door, cut a square hole in the door and cover it with see-through oven wrap. Tape it in place.

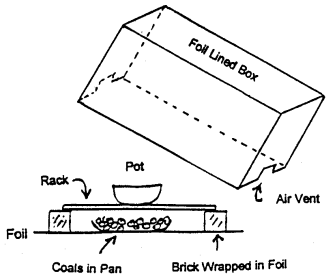
Instructions for Use:

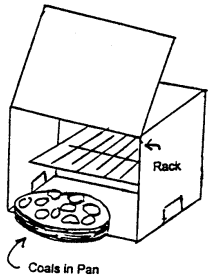
Heat coals in a charcoal chimney. Place heated coals in a pie pan at the bottom of the oven. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquettes).

Use foil covered bricks and cans to hold the baking pan above the coals. The size of the cans will determine how close the baking pan sits over the coals. Use taller cans (up to 10 inches high) for baking and shorter cans for meat and casseroles. A grill or rack may also be used.

The coals will hold heat for about an hour. For longer cooking times, add coals gradually while the original coals are still hot.







WOOD FIRES

Small is better, build fires that are just large enough to serve the need and to make thrifty use of wood. Make sure campfires are allowed, and be sure and get a fire permit as required. Always practice fire safety including having a large bucket of water near the fire. Use only down, dead wood. When building a fire, remember to build in an established fire ring or on sand, rocks, or dirt. Never build a fire at the base of a tree or near enough for heat to kill the roots. Ground should be cleared of leaves, grass, sticks, etc., down to mineral soil and from an area large enough to prevent surrounding vegetation from lighting or smoldering underground.

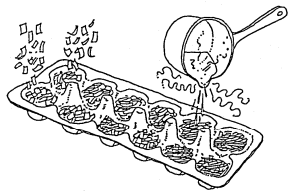
Build a fire with the wind at your back, as you face the fire. This will make a draft that blows through the fire when it is lighted.

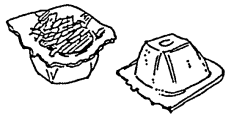
Fire Starters

You may use fire starters such as paraffin, sawdust, or trench candles in place of kindling to start campfire or charcoal.

PARAFFIN - SAWDUST

Fill cardboard egg cartons half-full of sawdust or wood shavings. Melt paraffin or old candles in a can placed over hot water (double boiler). Do no place can directly on the heat, because the paraffin will get very hot and may catch fire. Wax should be poured under adult supervision. Pour melted paraffin or candle ends into each compartment until each space is full. When cool, break apart each “egg” or store the whole carton for future use. Place one “egg” in the kindling and light a match.





TRENCH CANDLES

Roll several sheets of newspaper into a long, tight roll. Tie the roll with string at 2 1/2 inch intervals. Leave a three inch end on each string for dipping. Cut the roll between the strings. Dip each trench candle into a container of melted wax. Hang by the strings to dry.

When you are finished with the fire, be sure it is out. Let the fire die down, stir, sprinkle with water then stir again. Repeat until there are no live coals. When you can press your hand on the spot where the fire was, you know it is out. If your fire was not built in an existing fire ring, grind all pieces to powder and scatter. Return the site to how it appeared before the fire was built, removing the rock fire ring and scattering all ash.

Nutritional Information

Energy requirements for high adventure are approximately 3,000-5,000 calories per day. The calorie intake is about 1 1/2 to 2 pounds per day per person. Assess your expected energy use. Food should be nutritionally balanced at approximately:

- 50% Carbohydrates
- 25% Fats
- 25% Protein

Carbohydrates:

- Are almost pure energy
- Are easy to digest
- Release their energy in minutes

Carbohydrates come from:

- Starches
- Cereal
- Honey
- Fruit
- Nuts
- Candy

Unfortunately their energy is almost consumed in about an hour. You would need to eat continuously if you only ate carbohydrates. During cold and wet weather, continuously stoke up on carbohydrates to insure a steady supply of energy.

Protein is somewhat more difficult to digest and does not provide "instant" energy. Protein consumption should be spread over the entire day rather than concentrated at the evening meal.

Fats produce energy that is consumed by the body over a comparatively long period of time. Fat has over twice the energy of proteins. Generally, backpacking foods are low in fat and fat will need to be added to the diet. Fatty foods should be spaced out in small quantities throughout the day to prevent overloading the digestive system during high exercise times. The largest quantity of fats should be in supper dishes rather than breakfast. A small amount of high fat foods, such as nuts, eaten at bedtime will keep your body "stoked" with energy during the cold nights.

WAYS TO ENCOURAGE A POSITIVE ATTITUDE TOWARD EATING

- Have the girls plan the menus and go shopping to select the foods.
- Involve the girls in meal preparation and cooking.
- Serve small portions; let the girls ask for seconds.
- Keep meal time a pleasant time together.
- Be consistent on acceptable meal-time behavior.

CAMP KITCHEN HYGIENE

Here are some tips to keep in mind when cooking outdoors:

1. Be sure all persons handling food wash their hands thoroughly before beginning. Use soap and water – not just a rinse.

2. Take and cook only what you can eat. Leftovers gather bacteria quickly – especially when there is no proper storage facility available. Do not eat leftovers.

3. Keep food waiting to be cooked, or waiting to be eaten covered and stored out of the reach of insects and other critters.

4. Wash your cookware and utensils before you use them. Even if you just washed that fry pan that morning, rinse it out again before you cook dinner in it – there are lots of bacteria floating about in the out of doors.

5. Use safe water. If you are unsure of the water source, disinfect/purify before using. Boiling water for one minute will kill any bacteria.

6. Don't leave cooking food unattended – this is a sure way to burn something

7. Keep the kitchen area uncrowded – too many cooks in the kitchen can cause accidents to happen.

8. Don't use your leg or any other part of your body as a cutting board.

9. Follow *Outdoor Education in Girl Scouting* and *Safety Activity Checkpoint* instructions for proper dishwashing and sanitation procedures.

10. Camp and cook early – cooking in the dark is never much fun.

RECOMMENDED SERVINGS

5 years old – Approximate weight = 50 pounds – 1,700 calories per day

	MILK	MEAT/BEANS	FRUITS	VEGETABLES	*BREAD/PASTA	FATS and SWEETS
	2 servings per day	2-3 servings per day	2-4 servings per day	3-5 servings per day	6-11 servings per day	** in moderation
SERVING SIZES FOR THIS AGE GROUP	1/2 to 3/4 cup milk or yogurt 3/4 to 1 1/8 ounce cheese	1 egg 4 tablespoons (2 ounces) meat, fish or poultry 1/2 to 3/4 cup cooked beans	1/2 cup fruit juice 1 small fruit	1/4 cup cooked vegetables 1/2 cup raw vegetables	1 slice bread or tortilla 3/4 cup cold cereal 1/2 cup cooked cereal, rice, or pasta	1 tablespoon

6-10 years old – Approximate weight = 77 pounds – 2,100 calories per day

	MILK	MEAT/BEANS	FRUITS	VEGETABLES	*BREAD/PASTA	FATS and SWEETS
	2 servings per day	2-3 servings per day	2-4 servings per day	3-5 servings per day	6-11 servings per day	** in moderation
SERVING SIZES FOR THIS AGE GROUP	3/4 to 1 cup milk or yogurt 3/4 to 1 1/2 ounce cheese	1 egg 2-3 ounces meat, fish or poultry 1/2 to 3/4 cup cooked beans	1 cup fruit juice 1 medium fruit	1/4 cup cooked vegetables 1/2 cup raw vegetables	1-2 slices bread or tortilla 1 cup cold cereal 1/2 cup cooked cereal, rice, or pasta	2 tablespoons

11-15 years old – Approximate weight = 100 pounds – 2,500-2,600 calories per day

	MILK	MEAT/BEANS	FRUITS	VEGETABLES	*BREAD/PASTA	FATS and SWEETS
	3 servings per day	2-3 servings per day	2-4 servings per day	3-5 servings per day	6-11 servings per day	** in moderation
SERVING SIZES FOR THIS AGE GROUP	1 cup milk or yogurt 1 1/2 ounce. Cheese	1 or 2 eggs 3-5 ounces. meat, fish or poultry 1 to 1 1/2 cup cooked beans	1 cup. fruit juice 1 medium fruit	1/4 to 1/2 cup cooked vegetables 1/2 to 3/4 cup raw vegetables	1-2 slices bread or tortilla 1 to 1 1/2 cup cold cereal 3/4 to 1 cup cooked cereal, rice, or pasta	2-4 tablespoons

	MILK	MEAT/BEANS	FRUITS	VEGETABLES	*BREAD/PASTA	FATS and SWEETS
SOME FOODS TO CHOOSE	Low or non-fat milk, yogurt, cheese or cottage cheese, pudding, ice milk, or custard	Pork, ham, lamb, chicken, turkey, fish, shellfish, cooked dried beans and peas, lentils, eggs, reduced fat cold cuts, tofu, nuts	Apple, applesauce, apricots, banana, cantaloupe, fruit cocktail, fruit juices, grapefruit, kiwi fruit, nectarine, orange, peach, pear, plum, strawberry, watermelon	Asparagus, beets, broccoli, carrots, cauliflower, corn, green and red peppers, green beans, kale, peas, potato, pumpkin, squash, sweet potato, tomato, vegetable juices, zucchini	Bread, crackers, cereal, pasta, rice, bagel, cornbread, muffin, rice cake, tortillas	Sour cream, whipped cream butter, cream cheese, salad dressing, gravy, candy, frosted cake, pie, mayonnaise, doughnut
KEY NUTRIENTS	Calcium, vitamin D, protein, riboflavin	Protein, niacin, iron, zinc, thiamin, vitamin E	Vitamin A, vitamin C, vitamin E, fiber	Vitamin A, vitamin C, vitamin E, fiber	Thiamin, iron, niacin, vitamin E, complex carbohydrates	Vitamin E

* whole grain products are preferred when available.

** Fats should contribute about 30% of caloric intake. Calories from fat are included in dietary servings from the meat group, milk group, and the fats and sweets group.

MEAL PLANNER

MEAL	DAY 1		DAY 2		DAY 3	
Breakfast	Servings		Servings		Servings	
Bread/Rice/Pasta Group						
Vegetable Group						
Fruit Group						
Meat/Bean Group						
Milk Group						
EQUIPMENT:						
Lunch	Servings		Servings		Servings	
Bread/Rice/Pasta Group						
Vegetable Group						
Fruit Group						
Meat/Bean Group						
Milk Group						
EQUIPMENT:						
Dinner	Servings		Servings		Servings	
Bread/Rice/Pasta Group						
Vegetable Group						
Fruit Group						
Meat/Bean Group						
Milk Group						
EQUIPMENT:						
Total Servings	Recommended Servings	Servings in Plan	Recommended Servings	Servings in Plan	Recommended Servings	Servings in Plan
Bread/Rice/Pasta Group						
Vegetable Group						
Fruit Group						
Meat/Bean Group						
Milk Group						

MEALS

Here is a sample menu for a troop of Girl Scout Juniors:

MEAL	DAY 1	
Breakfast	Servings	2 slices French Toast 8 ounces Orange Juice 8 ounces Non-Fat Milk
Bread/Rice/Pasta Group	2	
Vegetable Group		
Fruit Group	1	
Meat/Bean Group	1	
Milk Group	1	
EQUIPMENT:		
Lunch	Servings	Bean Stew Carrot/Celery Sticks 8 ounces Apple Juice 8 ounces Milk
Bread/Rice/Pasta Group		
Vegetable Group	2	
Fruit Group	1	
Meat/Bean Group	1	
Milk Group	1	
EQUIPMENT:		
Dinner	Servings	Rice/Tortillas Corn Chicken Fajitas 8 ounces Milk Water
Bread/Rice/Pasta Group	4	
Vegetable Group	3	
Fruit Group		
Meat/Bean Group	1	
Milk Group	1	
EQUIPMENT:		

Total Servings	Recommended Servings	Servings in Plan
Bread/Rice/Pasta Group	6-11	6
Vegetable Group	3-5	5
Fruit Group	2-4	2
Meat/Bean Group	2	3
Milk Group	3	3

QUANTITIES AND SUBSTITUTIONS

Vegetables/Fruits		
Raisins	1/4 cup	1 serving
Apples	1 pound	3 medium, 3 cups sliced
Oranges	1 medium	1/3 – 1/2 cup orange juice
Bananas	1 pound	3 medium
Cabbage	1 pound	4 cups shredded
Carrots	1 pound	6 servings raw, 1/2 cup each
		4 servings cooked, 1/2 cup each
Celery	1 pound	15 servings
Grapes	1 pound	5 servings (1/2 cup)
Juice	1 quart	6 1/2 servings (1/2 cup)
Lettuce and cabbage	1 head	8 servings
Raw potatoes	1 pound	7 servings in casseroles
Bread, Milk, Butter		
Breakfast cereal	1 large box, 18 ounces	10 servings, 1 1/2 - 2 cups
Butter, margarine	1 pound	48 servings (2 teaspoons)
	1 stick (1/4 pound)	8 servings (1 tablespoon/serving)
Cream Cheese	8 ounces	1 cup
Milk	1 gallon	16 servings (1 cup each)
	1 quart	4 servings (1 cup each)
Minute Rice	7 ounce package	6 servings
Oatmeal	2 pounds, 10 ounces	20 servings
Pancake Mix	large box, 8 pounds, 8 ounces	28 servings, 3 inch pancakes
Saltine crackers	1 pound	112 crackers
Spaghetti	1 pound	12 servings
White bread	1 pound loaf	16 slices
	1 1/4 pound loaf	19 slices
	1 1/2 pound loaf	20-22 slices
	2 pound loaf	28 (thick slices)
		36 (thin slices)
Meats		
Bacon	1 pound	20 slices
Chicken	2 1/2 pound fryer	4-6 servings
Ground beef	1 pound	4 servings
Tuna	7 ounces	3 servings
Egg Salad for sandwiches	1 1/2 eggs per sandwich	
Ham	1 pound	4-6 servings
Tofu	Check package for number of servings	
Other Foods		
Cocoa	1 pound	12 servings
Graham Crackers	3 packages, 11 double crackers	33 s'mores
Hershey bars	1 small bar	2 1/2 s'mores
Jelly	10 ounces	20 servings
Marshmallows	65-70 count bag	32-36 servings
Peanut Butter	1 pound = 1 3/4 cup = 28 tablespoons	16 servings
Syrup	1 large bottle	20 servings
White sugar	1 pound = 2 1/4 cup = 48 teaspoons	1 teaspoons/serving
Powdered sugar	1 pound	2 1/3 cup
Brown sugar	1 pound	2 1/3 cup
Mayonnaise	48 teaspoons = 1 cup	
Popcorn	1 cup unpopped	12 servings
Ice cream	1 gallon	20 servings

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe.
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
- 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
- 1 package **active dry yeast** = 1 cake compressed yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 pound **whole dates** = 1 1/2 cups pitted and cut.
- 3 medium **bananas** = 1 cup mashed
- 3 cups **dry corn flakes** = 1 cup crushed
- 10 **miniature marshmallows** = 1 large marshmallow.

TRICKY TRIVIA

- 1 cup quick cooking rice = 2 cups cooked
- 1 cup raw rice = 3 cups cooked
- 1 1/2 pound unshelled walnuts = 2 cups chopped nuts
- 8 ounces spaghetti = 4 cups cooked
- 8 ounces medium noodles = 3 3/4 cups cooked
- 10 ounces macaroni = 8 servings

SURVEY OF FOOD PREFERENCES FOR MENUS

Breakfast items

Item description	prefer	no/allergy
Oatmeal	_____	_____
Dry cereal	_____	_____
Granola	_____	_____
Bagels	_____	_____
Corn bread	_____	_____
Pancakes	_____	_____
Hash brown potatoes	_____	_____
Toast, White, wheat	_____	_____
English muffin	_____	_____
Muffins, other	_____	_____
Sweet rolls	_____	_____
Coffee cake	_____	_____
Eggs	_____	_____
Ham	_____	_____
Bacon	_____	_____
Sausage	_____	_____
Jerky	_____	_____
Raisins	_____	_____
Dried fruit	_____	_____
Fresh fruit	_____	_____
Tang/orange juice	_____	_____
Hot cocoa	_____	_____
Hot apple cider	_____	_____

Lunch items

item description	prefer	no/allergy
Crackers, variety	_____	_____
Bread, white/wheat	_____	_____
Cheese, variety_____	_____	
Salami	_____	_____
Tuna salad	_____	_____
chicken salad	_____	_____
Ham	_____	_____
Egg salad	_____	_____
Jerky	_____	_____
Beef sticks	_____	_____
Peanut butter	_____	_____
Jelly/Jam	_____	_____
Honey	_____	_____
Granola bars	_____	_____
Gorp/Trail mix	_____	_____
Apple	_____	_____
Oranges	_____	_____
Raisins	_____	_____
Fruit roll ups	_____	_____
Dried fruit, variety	_____	_____
Cookies	_____	_____
Fruit punch	_____	_____
Lemonade	_____	_____

SURVEY OF FOOD PREFERENCES FOR MENUS

Dinner Items

ITEM DESCRIPTION	Prefer	No/Allergy
Soup, type		
Rice, White		
Rice, Minute		
Rice, Brown		
Noodles, Flour		
Noodles, Egg		
Macaroni		
Potato		
Tortillas		
Hamburger		
Beef		
Chicken, White		
Chicken, Dark		
Turkey		
Ham		
Pork		
Tuna		
Carrots		
Corn		
Green Beans		
Peas		
Broccoli		
Cauliflower		
Onions, Red/Yellow		
Onions, Green		
Spinach		
Leeks/Cabbage		
Bell Peppers		
Peppers, Hot		
Mushrooms		
Garlic		
Lettuce		
Tomatoes, Large/Cherry		
Pickles		
Celery		
Beef Stew		
Beef Stroganoff		
Beef with Rice/Potatoes		
Chili Mac		
Joe's Special/Sloppy Joes		
Chicken Stew		
Chicken with Rice/Noodles		
Chicken and Dumplings		
Chicken Curry		
Turkey Tetrazzini		
Ham with Potatoes and Cheese		
Stir Fried Vegetables		
Spaghetti and Meatballs		
Lasagna		
Tacos		
Enchiladas, Beef/Chicken		
Tuna and Noodles		
Vegetable Stew		
Macaroni and Cheese		

ITEM DESCRIPTION	Prefer	No/Allergy
Biscuits/Corn Bread		
Salad Dressing		
Pudding		
Applesauce/Fruit Cocktail		
Cobbler, Apple		
Cobbler, Peach		
Cobbler, Berry		
Apple Brown Betty		
Brownies		
Gingerbread		
Ice Cream		
Cookies, Vanilla/Ginger		
Hard Candy, Butterscotch/Mint		
Popcorn		

APPROPRIATE FOOD ITEMS FOR CAMPING

Breakfast	Cooking Method		
Egg McPita	2B		
French Toast	2B		
Hot cereal (Oatmeal, granola)	2B		
Pancakes	2B		
Scrambled Eggs/Bacon or Sausage	2B	DO	
Blueberry Muffins	BO	DO	
Scones	BO	DO	
Pre-baked Muffins or Bagels	FL		
Yogurt with Fresh Fruit or Granola	FL		
Cold cereal with milk & Fruit	FL		

Lunch	Cooking Method		
BBQ Sloppy Joes	2B	DO	
Burritos (Cheese, Meat, Veggie, Bean)	2B		
Hamburgers or Hot Dogs	2B		
Hot sandwiches (Grilled Cheese w/Meat or Not)	2B	DO	
Simple Chili	2B	DO	
Pizza	2B	BO	DO
Taco Salad	2B	FL	
Chef Salad	FL		
Cold Sandwiches	FL		

Dinner	Cooking Method		
Macaroni and Cheese	2B		
Basic Stew	2B	DO	
Chicken Rice Broccoli	2B	DO	
Spaghetti	2B	DO	
Vegetable Stew	2B	DO	
Mexican Rice	2B	DO	SP
Oh My Goodness! Stew	2B	DO	SP*(all day)
Beef Stroganoff	BO	DO	
Enchiladas	BO	DO	
Vegetable Lasagna	BO	DO	

Desserts	Cooking Method		
S'mores			CF
Chocolate Crunch Clusters	2B	SP	
Brown Bears in an Apple Orchard	BO	DO	
Brownies	BO	DO	
Lemon Poppy Seed Cake	BO	DO	
Oatmeal-Craisin-Chocolate Chip Cookies	BO	DO	
Cobbler. Apple, Peach	DO		
Upside Down Cake	DO		
Fresh or dried fruit	FL		
No Bake Chocolate cookies	FL		

Snack or Side Dishes	Cooking Method	
Biscuits or Muffins	BO	DO
Breadsticks, Sourdough/French Bread	BO	DO
Beef Jerky	FL	
Cheese and Sausage/Salami with crackers	FL	
Chips or crackers and cheese	FL	
Fresh Fruit	FL	
Fresh Veggies with Dip	FL	
Gorp or Trail Mix	FL	
Granola Bars	FL	

Beverages
Electrolyte Drinks
Fruit Juices
Hot Chocolate
Instant Coffee Mixes
Milk
Powdered Drink Mixes
Tea
Water

Cooking Methods Key	
2B	2 burner stove
BO	Box Oven
DO	Dutch Oven
FL	Fireless
SP	Solar Panel
CF	Campfire

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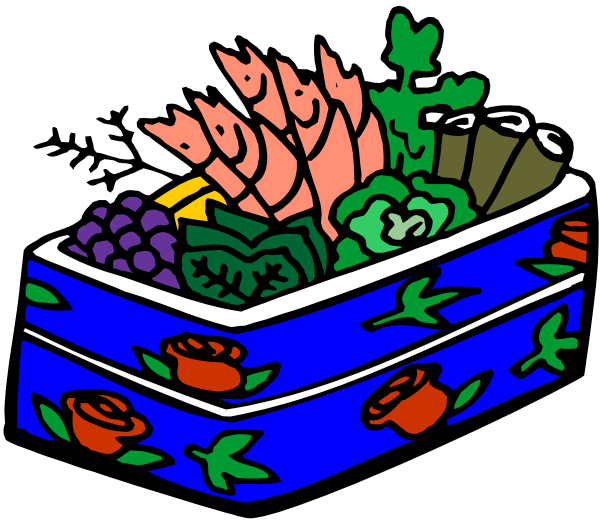
RECIPES

The techniques in this booklet describe ways to bake, broil, boil, steam, roast or grill. Because you can use all of these cooking methods in the outdoors, you can adapt any recipe found in a cookbook at home to an outdoor setting. Always keep in mind sound nutrition, girl/adult planning, and the group's program plans when selecting recipes. Included in this booklet are some sample recipes to get you started.



MAKE AHEAD SNACKS

Tasty, easy to make, easy to carry snacks can make any activity even more fun. These snacks can be made by girls ahead of time. Snacks can be carried in one package for the whole troop or divided up so each girl carries her share. The type of activity and the weather should determine the kind of snacks and method of carrying them. **Several of these recipes contain peanuts. Peanut allergies can be life threatening. Remember to check with parents for allergy information.**

SIMPLE SNACKS

Fresh fruits – put in cups and set out on a tray
Popcorn
Apple slices spread with peanut butter
Celery sticks dipped in peanut butter or non-fat cream cheese
Raw vegetables (include unusual ones, like cauliflower, zucchini) dipped in low salt soy sauce, then in sesame seeds. Each person dips their own.

ANTS ON A LOG

1 bunch celery
1/2 cup raisins
1 cup peanut butter
Wash celery and cut into 3 inch pieces. Fill celery with peanut butter. Place several ants (raisins) along top of peanut butter.

FRUIT BALLS

Dried fruits: figs, apricots, dates, raisins, prunes, nutmeats. Mix with honey, roll in shredded coconut. Use pre-chopped fruits (find in packages or in bulk food stores.) Moisten with enough honey to make the fruits stick together. Form into balls. Roll in coconut.

GORP (Good Old Raisins and Peanuts)

Gorp (good ole raisins and peanuts) is a nutritious, high energy snack food which is easily carried on the trail. Raisins and peanuts are the mainstay, and chocolate, which provides quick energy, is generally included. Recipes vary among campers, but the directions listed below are traditional.

2 cups salted peanuts
2 cups raisins
2 cups chopped dried apricots
2 cups candy-coated chocolates
4 cup bite-sized shredded wheat or rice cereal

Combine ingredients. Variations: To basic gorp, add one or more: almonds, cashews, carob nuts, walnuts, pinon nuts, granola, wheat germ, pumpkin seeds, shelled sunflower seeds, salted soy nuts, chopped dates, dried coconut, dried prunes, banana flakes, dried apple slices.

Mix everything together and then store it in individual plastic bags or one larger bag. Take along something to drink when you eat this trail mix, because the salty taste will make you very thirsty.

CRUNCHY STUFF

1 to 3 cups mixed seeds and nuts
1 tablespoon salad oil
1/2 teaspoon garlic salt

Combine equal amounts of a variety of seeds and chopped nuts (sunflower, pumpkin, sesame, peanuts, cashews, almonds, soybeans) and place in a shallow pan. Mix salad oil and garlic salt (you can also use seasoned salt) and pour over the seeds. Toast in oven for 20 minutes at 350 degrees stirring often. Drain on paper towels. When cool, store in a jar.

PEMMICAN

Pemmican originated as an Native American food, and through its evolution has become a highly nutritious, compact, and tasty trail food. Because it is non-perishable, it is an ideal emergency ration too.

1/2 cup fruit (pitted prunes, raisins, moist-pack peaches, apples, apricots, dates, currants)
1/2 cup cereal (wheat germ, graham crackers)
1/2 cup seeds (pumpkin seeds, shelled sunflower seeds, walnuts, peanuts or cashews)
1/2 cup dried milk powder
1/4 cup honey
2 teaspoons lemon juice

Choose at least one food from each of the categories: fruit, cereal, seeds, and nuts. Grind fruit, cereal, seeds, and nuts alternately through a food grinder set at "coarse." Mix thoroughly. Combine dried milk, lemon juice, and honey. Stir into ground mixture. Add more cereal if gooey. Shape into thumb sized rolls. Wrap individually.

GRANOLA

3 cups oats or other flaked grains
1 cup each wheat germ, sesame seeds, and coconut shreds
1 cup assorted dried fruit, chopped
1/4 cup oil
1/4 cup honey
1 teaspoon vanilla
1 cup chopped nuts (optional)

Warm oil, honey and vanilla. Add oats, wheat germ, sesame seeds, and coconut and mix well. Spread mixture on cookie sheets up to 1/2 inch deep. Bake at 250 degrees F about 45 minutes or until golden brown. Stir mixture periodically to ensure even baking. Add dried fruits after baking. Cool and store in air-tight jars.

PEANUT BUTTER ROLLS

1 cup peanut butter
1/4 cup honey
2 cups dry milk
1/2 cup peanuts, chopped
1/2 cup raisins

Mix peanut butter and honey. Add dry milk (not reconstituted) until a stiff taffy is formed. Add chopped peanuts and raisins and knead in with hands. Form into rolls 1 inch wide and 3 inches long, or into hunks like taffies. Chill. Makes about 12 rolls. Note: Chunky peanut butter can be substituted for nut and peanut butter.

MOOSE LIPS

1 red apple (do not peel)
peanut butter
mini-marshmallows

Cut the apple into 8 pieces. Discard the seeds. Spread one side of each slice with peanut butter. Put a row of marshmallows on the peanut butter on four of the apple pieces. Top with the other four apple pieces (peanut butter side down). You should now have what looks like "moose lips" looking at you!

WALKING SALAD

1 large apple
peanut butter and raisins mixed together OR
cottage cheese and raisins mixed together OR
Any other mixture that sounds good and is not runny.

Cut off the top of a large apple. Core the apple and stuff with a mixture of your choice!

EDIBLE JEWLERY

dry cereal with holes in it
dry fruit
yarn and a large-eye needle

String the dry cereal and fruit on the yarn – wear while you are hiking and snack when you are hungry.

ENERGY BARS

3 cups dried apples
2 cups dried apricots
1 cup pitted prunes
1 cup pitted dates
1 cup raisins
1 cup sunflower seeds (shelled)
3/4 cup creamy peanut butter
1/2 cup melted margarine
1/2 cup honey
1/2 cup shredded coconut
1/4 cup sesame seeds
flour
blender
mixing bowl
spoon
plastic wrap

Ask a grown up to help chop the fruit in the blender. Chop each type of fruit separately, and put the pieces in the mixing bowl. After all the fruit has been chopped and tossed into the bowl, add the raisins, sunflower seeds, peanut butter, melted margarine, honey, coconut, and sesame seeds. Mix it all together, using your hands if you need to. Shape the mixture into small rolls with your hands and roll them in flour. Wrap each roll in a small piece of plastic warp, and store in a covered container. Make them ahead of time and freeze until you're ready to go camping.

FRUIT LEATHER ROLL-UPS

30 ounce jar applesauce
1 tablespoon honey
1 teaspoon ground cinnamon
nonstick cooking spray
mixing bowl
spoon
cookie Sheet
knife
plastic Wrap

Mix the applesauce, honey, and cinnamon in a bowl with a spoon. Spray the cookie sheet with the nonstick cooking spray. Spread the mixture evenly over the whole cookie sheet. With the oven door open about 1 inch, bake at 150 degrees for 6 to 8 hours until done. When the fruit leather is done, it will be see through, bendable, and will not be sticky when you touch it. Cut the leather into 4 x 4 inch strips. You should get about 8 strips. Lay each strip on plastic wrap and roll it all up, plastic wrap and all. Store them in a plastic bag or covered container.

TERRIFIC TRAIL MIX

2 cups dried cereal (not flakes – they crumble easily)
2 cups small cheese crackers
1 cup salted peanuts
1 cup small pretzels
1 cup raisins
1/2 cup chocolate covered peanuts or raisins
1/4 cup seeds (shelled sunflower, pumpkin, or sesame seeds)
mixing bowl
plastic sealable bags

Mix everything together and then store it in individual plastic bags or one larger bag. Take along something to drink when you eat this trail mix, because the salty taste will make you very thirsty.

TOOTSIE ROLL "COOKIES"

With a four ounce package of instant chocolate pudding mixed with one cup of milk and one cup of applesauce, blend well until completely mixed. Spread by spoonfuls 1/4 inch thick on a plastic lined tray. Dehydrate 6 to 10 hours in your oven at 140 degrees until "cookies" are leathery and chewy.

You can use butterscotch pudding and replace the applesauce with plain yogurt to make great butterscotch chews.

TRAILPROOF COOKIES

(Makes 18 HUGE cookies)

Preheat oven to 350 degrees

Cream together 1 cup margarine and 1 cup chunky peanut butter
Add 1 3/4 cups brown sugar, 2 beaten eggs and 1/4 teaspoon vanilla extract
Mix in 2 cups of whole wheat flour and 2 teaspoons baking powder

ADD:
2 cups granola or 2 cups quick oatmeal
or 1 cup chopped roasted peanuts and 1 cup raisins

Drop by huge spoonfuls onto a greased cookie sheet and flatten with fork. Bake for 10 to 12 minutes.

SEVEN SUMMITS BAR

1/2 stick butter
1 cup graham cracker crumbs
1 cup shredded coconut
2 cups mixed chocolate and butterscotch chips
1 can sweetened condensed milk
3/4 cup oatmeal
1 cup chopped nuts

Layer in a 9 x 13 inch pan in the order listed above and bake at 350 degrees for 20 minutes. Cool thoroughly, cut into bars, wrap individually and freeze until ready to use.

BROWN BEARS IN AN ORANGE GROVE

1 jar applesauce
1 package gingerbread mix
12 oranges

Make gingerbread batter - follow directions on package. Cut off top of orange. Scoop out orange pulp and save for fruit salad. Put one tablespoon applesauce in each orange. Fill orange shells 1/2 full with batter. Put top of orange back on and place in Dutch oven. Cook in hot coals 10-15 minutes.

BROWN BEARS IN AN APPLE ORCHARD

1 can apple pie filling
1 package gingerbread mix

Make gingerbread batter - follow directions on package. Pour apple pie filling into Dutch oven. Pour batter on top of pie filling. Cook in hot coals 10-15 minutes.

APPLE POCKET PIES

3 apples
1/2 cup raisins
1/4 cup sugar
1 teaspoon cinnamon
2 packages refrigerator biscuits
Knife
Small mixing bowl
Spoon
Cookie sheet, lightly greased with shortening

Preheat the oven to 350 degrees. Peel, core, and dice the apples with the knife. Mix the apples, raisins, cinnamon, and sugar in the bowl. Flatten the biscuits into large circles with the palm of your hand. Spoon some of the apple mixture into the center of each biscuit. Fold the biscuits over so they form half circles. Pinch the edges together. Place the pies on a greased cookie sheet and bake for 12 minutes, or until they turn golden brown. Remove them from the cookie sheet while they are warm. Store the baked pies in a covered container. You make them ahead of time and store them in the freezer until you go camping.

NO BAKE CHOCOLATE COOKIES

1 cup sugar
1/4 cup cocoa
1/4 cup margarine
1/4 cup milk
1/4 cup peanut butter at room temperature
1/2 teaspoon vanilla
1 1/2 cups uncooked rolled oats
1/2 cup raisins (optional)

Combine sugar, cocoa, margarine, and milk. Bring to a boil stirring all the time. Cook 1 1/2 minutes only. Remove from heat. Immediately stir in peanut butter and vanilla; peanut butter will melt. Quickly stir in the uncooked rolled oats. Drop a teaspoon on waxed paper for each cookie. If desired, you can add raisins at the last minute.

NO BAKE FUDGE

2 cups chocolate chips
1 cup butterscotch chips
1/4 cup honey
1/4 cup coconut
1/4 cup and 2 tablespoons sunflower seeds
1/3 cup sesame meal
1/3 cup instant powdered milk
1/4 cup instant oatmeal
1/4 cup untoasted wheat germ
1/4 cup wheat bran

Melt chocolate and butterscotch chips together in a double boiler; add honey. Combine coconut, sunflower seeds, sesame meal, dry milk, oatmeal, wheat germ and bran together in a separate bowl. Stir dry ingredients with liquid, mixing well. Mold into a 9 x 9 inch pan. Let set overnight before cutting and wrapping in cellophane.

ARKANSAS COOKIES

2 cups sugar
3 tablespoons cocoa
1/2 cup milk
1/4 pound butter
1 teaspoon vanilla
1/2 cup peanut butter
3 cups quick cooking oats

Combine sugar, cocoa, milk and butter in pan. Cook to full rolling boil for one minute. Remove from heat and add rest. Mix well. Drop by the spoonful onto wax paper and copy until firm.

PEANUT BUTTER CUPS

1 2/3 cups graham cracker crumbs
1 cup peanut butter
2 cups milk chocolate chips
1/2 pound margarine, melted and cooled
1 pound powdered sugar

Mix together the crumbs, margarine, peanut butter and powdered sugar. Press into a 9 x 13 inch pan. Melt the chocolate chips and spread over top. Let harden; then cut. Refrigerate.

STOVE TOP MEALS

BREAKFAST

BREAKFAST BURRITOS (serves 6)

1/4 pound pork sausage
2 tablespoons chopped onion
2 tablespoons finely chopped green pepper
2 eggs
2 tablespoons milk
Salt and pepper to taste
1 tablespoon butter
6 tortillas
1 cup shredded cheese

Brown sausage, onion and green pepper in skillet, drain. In a small bowl, beat eggs, milk, salt and pepper. Heat skillet with butter, add egg mixture and cook. Spoon 1/6 of meat mixture onto a tortilla and top with 1/6 scrambled egg mixture. Sprinkle with cheese.

Optional – To melt the cheese, you can heat the burrito in the skillet once assembled.

APPLE PANCAKES

2 cups basic batter mix
1 package instant applesauce
1 package hot apple cider mix
1/4 cup powdered eggs (optional)
About 2 1/4 cups water

EGG MC PITA

Fry bacon (or any lunchmeat) and set aside.
Fry (or scramble) an egg and set aside.
Make sure there is still some grease in the pan and put whole pita bread in the fry pan.
Top with the meat, some cheese and the egg.
Put the lid on the pan until the cheese melts (about 30-45 seconds)
Fold the pita in half and serve. (YUM!)

FRENCH TOAST

Use one egg and "dash" (less than 1/4 cup) milk for 2 slices bread (cinnamon optional).

BAGELS

Eat cold or heat up in a skillet to warm. Top with your choice of jam / cream cheese / peanut butter and jelly or any other topping.

Use instead of pita bread in the Mc Pita recipe – call it a Mc Bagel!

Don't forget that kids like all kinds of cold cereal! Instant oatmeal and cream of wheat can be dressed up with the addition of fruits and nuts – sugars and spices. Let the girls be creative.

BISCUIT MIX CINNAMON SNAKES

Roll a handful of biscuit dough into a snake shape about 8 inches long – then coil around the end of a cooking stick and hold over the coals (turning as it cooks). When the dough gets crusty, slide off the stick and roll in melted butter, then roll in cinnamon sugar. Yum!

LUNCH OR DINNER

HOTDOGS

Cook the hotdog on the stick first – then wrap the snake around the hotdog and cook until crusty (try putting a slice of cheese around the hotdog before you wrap it up in the snake).

OR

Make the dough into rounds (like you were going to make a really flat biscuit) then put some refried beans and cheese in the middle of the flat biscuit. Cook a hotdog on a stick and when it is done, wrap it up in the flat biscuit. Seal the edges with a little water and cook over the coals until dough is crusty.

SPAGHETTI (serves 6)

2 packages dried spaghetti sauce
1 small onion or 1 teaspoon minced dried onion
2-6 ounce cans tomato paste
season to taste with salt/pepper
2 small cans mushrooms (or dried work well)
2 tablespoons margarine
1/4 pound per person of hamburger (fresh or dried)
(or try ham, salami, summer sausage, spam(?))

Place ingredients in sauce pan and add 6 cups of water. Bring to a boil, stirring frequently. Simmer 5 minutes while stirring constantly. Turn to low to keep warm.

While the sauce is cooking – heat up water to cook the pasta. Use VERMICELLI as it cooks faster outdoors.

Don't forget the Parmesan cheese!

Here are some hints:

1. Thick sauces burn easily on a camp stove. Make the sauce thin.
2. Don't attempt to drain the pasta. Pick out the noodles with a fork or tongs – you will have much less of a mess!
3. Put some cooking oil and salt in the pasta water to help keep it from sticking together.

ITALIAN SPAGHETTI (serves 3 to 4)

1 pound thin spaghetti noodles
1 1/2 - 2 cups Italian Spaghetti Sauce (use jars)
parmesan cheese

Helpful Hints: Prepare Italian Spaghetti Sauce. Cook and drain pasta. Warm sauce and add to pasta, serve with parmesan cheese.

Style Points: Add lentils, falafel balls, summer sausage or hydrated beef to your sauce. It's also a good protein boost.

MACARONI AND CHEESE (serves 3 to 4)

3 cups of elbows or shells
1 1/2 - 2 cups of cheese Sauce
2 tablespoons onion flakes

Cheese Sauce
2 cups shredded sharp cheddar cheese
1/2 cup grated parmesan cheese
3 cups milk
1/4 cup butter
2 1/4 tablespoons all-purpose flour
2 tablespoons butter
1/2 cup bread crumbs
1 pinch paprika

Use medium size saucepan on low heat, melt butter, slowly add flour and stir until thickened. Add milk and bring to low boil. Sauce will thicken as it heats. Add cheeses and stir.

Mustard Cheese Sauce
Helpful Hints: Prepare the Mustard Cheese Sauce first, adding the onion flakes with the other sauce ingredients. Cook and drain pasta. Add warmed sauce, onion and serve.

For Quick Mac and Cheese leave about a cup of water when draining the noodles, add all ingredients for sauce to the pot and warm slowly over a low flame.

Style Points: Add hydrated peas and canned tuna for a Tuna Casserole Deluxe. Serve with croutons.

SIMPLE CHILI (serves 6)

1 pound ground beef
One 16 ounce can beans in chili sauce
One 8 ounce can of tomato sauce
1/2 onion (cut up)

Cook the beef – add the other ingredients and heat through.

BBQ SLOPPY JOE SANDWICHES (makes about 6)

1 pound ground beef (or turkey)
1/2 cup diced onion
3/4 cup BBQ sauce
1/2 of a 6 ounce can of tomato paste

Brown the meat -- add the other ingredients and heat through. Serve on buns.

PIZZA BAGELS

2 plain sliced bagels
thinly sliced brick, monterey jack, or provolone cheese
2 teaspoons dried mushroom pieces
1 tablespoon. parmesan cheese
3 packets of instant tomato soup powder
1/2 teaspoon dried onion bits
1/4 teaspoon oregano (more if desired)
salami or pepperoni shredded
garlic powder (optional)

Set mushrooms and onion in 1/4 cup water to rehydrate. Place softened butter in skillet. Sprinkle with garlic powder, if desired. Place bagel halves face down, moving them to make sure they are evenly covered with butter. Lightly brown and remove from heat. Slice and shred meat, adding to pan with 1 1/2 cups of water. Add onions and mushrooms after a few minutes. Simmer all about 5 minutes. Stir in tomato powder mix and allow to thicken slightly. Remove from heat. Sauce should be thick as tomato paste; anything less thick will soak into sandwich.

Place meat covering bagel hole then spread with tomato sauce. Place cheese on top. Rinse out skillet and set briefly on heat to dry. Add bagel halves to skillet two at a time, covering pan to melt the cheese.

Serve when the cheese is melted.

BASIC STEW RECIPE (serves 8)

3 pounds of beef (cubed)
2 tablespoons cooking oil
1 teaspoon salt
1 cup water
4 carrots (diced)
2 medium onions (chopped)
4 medium potatoes (cubed)
2 stalks celery

Brown beef in the cooking oil; add salt and water; cover and cook about 30 minutes. Add carrots and onions and cook another 30 minutes; add potatoes and continue cooking about another 30 minutes. Add water as necessary to keep contents covered with about 1 inch of liquid.

LENTIL-RICE STEW (serves 6 to 8)

2 tablespoon margarine
1/4 cup minced onion
1 cup diced celery
6 cups water
3/4 cup diced carrots
1 can broth (chicken, beef or vegetable)
1 cup dried lentils
3/4 cup brown rice (not minute rice)
1 1/2 teaspoons garlic salt
1/2 teaspoon chopped basil
1/2 teaspoon oregano

Melt margarine; stir and brown onions and celery. Add water and lentils. Cover and bring to a boil – cook 20 minutes. Add other ingredients; bring to a boil and cook (on simmer) for about an hour, or until rice is done. A small amount of water may be added if necessary.

BEEF AND VEGETABLE STEW (serves 8)

1 pound ground beef
2 cups chopped celery
1 cup chopped onions
2 cups sliced zucchini
1 cup sliced yellow squash
Two 16 ounce cans tomatoes
1 cup chopped bell peppers
1 teaspoon salt
1 teaspoon sugar
1 teaspoon italian seasoning
1/2 teaspoon chopped basil

Brown beef, celery and onion in pan. Drain well. Add all other ingredients. Cover and cook on medium heat about 30-40 minutes. Add water if necessary.

MUSHROOM GRAVY STEW (serves 6 to 8)

1 pound stew meat
2 medium onions
3 medium potatoes
4 carrots
10-15 medium mushrooms (halved)
3 beef bouillon cubes
3 cans cream of mushroom soup
1/4 cup sugar

Brown stew meat and onions in a little oil. Drain and add other ingredients and enough warm water to cover the vegetables. Don't add any salt, but you can use any other seasonings you like. A little Kitchen Bouquet will make the gravy as brown as you like it. Simmer until vegetables are done.

MEATBALL STEW (serves 6 to 8)

3 pounds meatballs (make your own or buy frozen)
1/2 cup catsup
1/2 teaspoon sage
1 package gravy mix (prepared according to package mix)
2 cans golden mushroom soup
2 cups vegetables, fresh or frozen

Brown the meatballs in a little oil. Drain oil and add the rest of the ingredients. Add whatever vegetable you like. Simmer about 45 minutes, or until all vegetables are done.

OH MY GOODNESS! STEW (serves 8 to 10)

1/2 pound bacon (chopped)
2 pounds cubed beef (any kind)
1 pound carrots
2 green peppers
3/4 cup soy sauce
5 stalks celery
2 medium onions
2 large cans tomatoes
1/2 cup worcestershire sauce

Fry the bacon; add onions, meat and sauté until brown. Add vegetables and seasonings. Cover and simmer about an hour or until vegetables are tender.

MEXICAN RICE

1 1/2 cups water
3/4 cup jar salsa
2 cups Minute Rice

Proceed as if you were making plain rice.

JAY'S QUICK CHILI (vegetarian)

A carbohydrate-loading meal when served with rice or pasta

3 medium onions, finely chopped (4 1/2 cups) less onion is ok
2 garlic cloves, finely chopped (2 teaspoons)
1/2 cup canned chopped green California chiles, undrained
1 tablespoon chili powder
2 teaspoons dried oregano (crushed in mortar and pestle)
2 teaspoons ground cumin
One 10 ounce can diced tomatoes, drained
2 1/2 cups dry kidney (or other) beans, cooked (6 cups), or
One 46 ounce can kidney beans, undrained. (may use a combination of beans: black, white pinto, etc.)

Combine onions and garlic and cook in a large saucepan, covered over low heat until soft, adding a little water if necessary to prevent scorching.

Add all other ingredients except the beans. Mix thoroughly and bring to a boil. Simmer for 10 minutes. Add the cooked or canned beans, mix well and heat thoroughly.

If chili is too bland, add spices to taste.

Makes 6 cups

1 cup contains approximately 280 calories; 15 calories in fat; 0 mg cholesterol; 100 mg sodium; 135 mg calcium.

Non-vegetarian option, add ground meat.

THE ONE-LINERS

The one-liner is simply a pared down recipe listing only its ingredients with no instructions or specific amounts included. It is simple, easy and culinary creativity at its finest form!

To build a one-liner, you start with a basic list of ingredients:

- Meats or meat substitutes
- Pastas or grains
- Vegetables
- Sauces
- Seasonings
- Toppings

Most of these items are found in grocery stores. A few will be found in the natural food sections, deli or ethnic markets. Freeze dried items are found at sporting goods stores, but can be quite costly.

The one-line omits amounts of each ingredient, relying on your individual preferences to balance the component parts. You are also best judge of required servings and the appetite of yourself and your traveling group.

The following pages are items that can be included in your one-liner. Try combinations at home until you find the ones that best suit your troops' tastes. Experimenting is half the fun!

A POTFUL OF ONE-LINERS

Meat and Meat Substitutes	Pasta, Grains and Other Bases	Vegetables
Fresh pre-cooked meat (left-over roast, round steak, bacon, hamburger) Canned meats (boned turkey, chicken, luncheon meat, Vienna sausage) Dried chipped beef jerky (beef or fowl, in small bits) Dried fish Smoked fish Canned fish (clams, tuna, salmon, sardines, crab, shrimp) Dry salami Thuringer sausage Landjager sausage Pepperoni Smoked link sausages Canadian bacon Canned pre-cooked bacon Bacon or meat bar TVP (textured vegetable protein, granular and chunk form; beef, ham, chicken, bacon flavors) Nut burger mix Freeze-dried ham, beef, chicken, shrimp	Spaghetti (thin) Noodles (narrow) Egg Whole wheat Spinach Alphabet pasta Macaroni (small) Egg Whole Wheat Vegetable Rice (quick white, brown, wild) Couscous Bulgur Bean threads Ramen noodles (several kinds) Chow Mein noodles Freeze-dried tofu Boxed mixes such as macaroni and cheese, noodle/rice dinners Hamburger Helper Tuna Helper Chicken Helper Noodle Roni	Fresh ones that travel well: carrots, onions, potatoes, summer squash, cucumbers Frozen vegetables (on short trips in cool weather) Freeze-dried (many kinds) Home-dried (almost anything is possible) Commercially dried, sold in grocery stores: onions, mushrooms, soup blends, mixed vegetable flakes, green and red pepper flakes, celery flakes, green chili peppers; potatoes—instant mashed, diced, shredded, sliced.

Sauces (many available in powdered form in foil package)	Seasonings	Toppings and Extra Additions
Cheese (add dry milk)	Salt, pepper	Nuts (chopped, slivered)
Sour cream sauce (add dry milk)	Herbs (sage, basil, oregano, etc.)	Toasted sunflower seed kernels
Stroganoff (add dry milk or sour cream to most)	Poultry seasoning	Toasted pumpkin seeds
Spaghetti (choose one that needs only water)	Paprika	Coconut (shredded, flaked)
Powdered soup mixes (many kinds, both instant and cooked)	Chili powder	Cheese (cubed, sliced, grated)
Miso powder	Dry mustard	Sesame seeds
Gravy mix (many kinds)	Powdered dill	Toasted wheat germ
Curry	Celery seed	Roasted soybeans
Sweet and Sour (choose one that needs only water)	Garlic (fresh or dried; minced, powdered)	Bacon bits
Au jus	Garlic salt	Croutons
Teriyaki	Onion salt	Dumplings
Tomato leather	Onion powder	Instant dry milk
Thickeners:	Celery salt	Dried or fresh diced apple
Cornstarch	Dried parsley flakes	Other dried fruit bits
Flour	Dried chives	Dried seaweed
Cornmeal	Butter buds	Catsup (individual packets)
	Margarine	
	Powdered tomato juice	
	Worcestershire sauce	
	Soy sauce	
	Bouillon (cubes or powder; beef, fish, chicken, vegetable)	
	Mixes:	
	Chili	
	Taco	
	Sloppy Joe	
	Salad dressing	

To create a one-liner (meal-in-a-pot), select one item from each column and combine them in the quantities you estimate you need. Use your imagination and your taste buds to determine what items will taste good together.

ONE POT MASTER PLANS

ONE POT MAIN DISHES (serves 12)

Into one pot, put:

3 pounds of one of the following pre-cooked ingredients:
cubed chicken, turkey, or ham, hamburger, tofu, tuna or wieners
1-2 onions (2 packages concentrated onion soup) depending on taste
1 green pepper (optional)
2 cans tomato, chicken or mushroom soup (according to meat choice)
salt and pepper to taste
seasoning to taste

THEN

SPANISH RICE
Add: Cooked Minute Rice

SPAGHETTI
Add: Cooked spaghetti

CHILI
Add: 4 cans of kidney beans and chili powder

MACARONI BEEF
Add: Cooked macaroni

HUNTER'S STEW
Add: 4 cans of vegetable soup

CHICKEN and DUMPLINGS
Add: dumplings when soup is hot, cover until done

TACO CASSEROLE
Add: 1 bag corn chips and shredded cheese

LASAGNA
Add: pre-cooked lasagna noodles, ricotta cheese, and shredded mozzarella – marinara sauce – may be substituted for tomato sauce. Top with parmesan cheese.

TUNA CASSEROLE
Add: Pre-cooked noodles

ENCHILADA CASSEROLE
Add: strips of corn tortillas, chili powder, and shredded cheese

CHICKEN STEW
Add: pre-cooked vegetables

MORE IDEAS ...

SLOPPY JOES
Put meat sauce on toasted hamburger bun, English Muffin or stuff into pita bread, top with shredded cheese.

PIZZA
Put pkg. of pizza dough on bottom of pot. Add sauce to top, cheese, cover and cook.

SALAD IDEAS

Dress With: low-fat/non-fat mayonnaise, salad dressings or yogurts

Start With:

Lettuce	Apples	Cabbage
GREEN SALAD Radishes Carrots Cucumbers	WALDORF SALAD Celery Raisins Nuts	APPLE SLAW Apples, 1/2 pound Green pepper, 1/2 cup Pineapple, 3 cans Vinegar, 1/4 cup
OR	**OR**	**OR**
MALLOW FRUIT Fruit Cocktail Mini Marshmallows	ISLAND WALDORF Chunk Pineapple Celery	HAWAIIAN SLAW Pineapple Shredded coconut
OR	**OR**	**OR**
BUNNY SALAD Cottage Cheese Raisins Nuts Mix and roll in lettuce leaf	APPLE AND CHEESE Currant jelly Cottage Cheese Mix together and serve on apple slices	DATE-NUT SLAW Dates Nuts, chopped Sour cream (1/2 carton)

STUFFED FRUIT

Core an apple or remove the stone from a peach or seeds from a pear, then stuff with any of the following mixtures: raisins, nuts and low-fat yogurt; low-fat cream cheese and nuts; chopped celery and low-fat mayonnaise; chopped dates and low-fat cream cheese.

WALKING SALADS

1. Cut an apple in half, fill center with peanut butter or cream cheese or raisin/nut mix.
2. Celery filled with peanut butter or cheese, garnish with raisins or carrots.
3. Deviled eggs on lettuce wedges.
4. Cream cheese or peanut butter and raisins rolled in cabbage or lettuce leaf.
5. Carrot sticks or celery sticks.
6. Stuffed tomato.
7. Green onions or radishes.
8. Green pepper stuffed with cottage cheese.
9. Romaine leaf – slice cheese, sweet or dill pickle roll up.

STOVE TOP DESSERTS

Dutch Oven Cobblers (see Dutch Oven recipe section)

Instant Puddings

Girl Scout Cookies!!

NO-BAKE ESKIMO COOKIES

6 tablespoons margarine
6 tablespoons brown sugar
1 cup oatmeal
3 tablespoons cocoa mix
1/2 teaspoon vanilla
1/2 tablespoon water

Mix all ingredients together. Form into walnut-size balls. Eat immediately or let sit in a cool place.

Variation: Roll the cookies in brown sugar or coconut or crushed Oreo cookies

DRIED FRUIT COMPOTE

One 6 ounce packages of dried fruit – apples, apricots, etc.
1/2 cup brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
2 1/2 cups water
1/2 cup white flour
1/2 cup whole wheat flour
1/3 cup instant powdered milk
1 teaspoon baking powder
1/4 teaspoon salt

Slice dried fruit into tiny pieces and place in a pot with sugar, cinnamon, nutmeg, and 2 cups water. Bring mixture to a boil and simmer for 10 - 15 minutes. Meanwhile, make the covering by mixing flour, powdered milk, baking powder, and salt together. Slowly add in water, one tablespoon at a time, until dough becomes very thick. Roll dough into a ball; then flatten out so it is one-half inch thick and almost the diameter of the pot in which the fruit is boiling. During the last five minutes of cooking the fruit, add dough topping to fruit, lying down gently. Place lid on pot, turn heat down and simmer until dough is cooked (about five minutes). Garnish top of dough covering with margarine or brown sugar and serve. It is important that the dough be stiff like bread dough for compote to cook in the required amount of time. One may add raisins, brown sugar or cinnamon to batter when forming the dough.

DRIED FRUIT TARTS

6 ounces dried fruit –apricots, peaches, apples, etc.
1/4 cup brown sugar
1 1/2 teaspoon cinnamon (divided)
1 cup and 2 tablespoons water
1 cup unbleached white flour
1/2 teaspoon salt
4 tablespoons margarine

Slice fruit into tiny pieces. Put fruit, sugar, 1 teaspoon cinnamon, and 1 cup water in a pot. Bring mixture to a boil until fruit sauce thickens, stirring constantly. Mix flour 1/2 teaspoon cinnamon and salt together. Melt margarine and stir into flour mixture. Add 2 tablespoons water mixing well. Knead dough with hands for several minutes. Roll out dough into two crusts eight inches in diameter. Place prepared fruit in crusts; fold crusts over onto themselves and pinch edges. Fry both sides of crusts in an oiled skillet, using low heat and a lid. Serve when lightly browned. For those desiring an extra sweet crust, sprinkle a little bit of brown sugar or the outside of tart crust before frying.

DRIED APPLE DESSERTS

Applesauce Pudding: Cook dried applesauce with cinnamon and brown sugar. When done, thicken with enough biscuit-mix to give pudding-like consistency.

Spiced Apple Rings: Soak dried apple rings as long as possible. Add 1/2 cup sugar, several cloves, lemon juice and raisins (or what have you). Boil until tender, checking water level occasionally.

APPLE CRUNCH (Serves 11)

8 tart apples, pared, cored, and thinly sliced
2 cups sugar
3 teaspoon cinnamon
2 3/4 tablespoons butter or margarine
1 1/3 cups sugar
1 1/3 cups all purpose flour
1 teaspoon baking powder
1 teaspoon salt
1 1/3 tablespoon shortening, butter or margarine
1 egg

Put apples into two 9 x 9 x 2 inch baking pans. Combine the sugar and cinnamon. Toss with apples. Dot with butter. In bowl, stir together the 1 1/3 cup sugar, flour, baking powder and salt. Cut in shortening till like small peas. Add egg; mix well. Spread over apples in pans. Bake in 350 degree oven for one hour.

CHOCOLATE CRUNCH CLUSTERS (HAYSTACKS) (method- Solar Oven or Stove)

1 cup chocolate chips
1/2 cup chopped peanuts
1 cup miniature marshmallows
2/3 cups Rice Krispies or chinese noodles

Heat chocolate chips in solar oven, until melted. About one hour, depending on the time of day. Remove pot from solar cooker and stir in remaining ingredients until mixed well. Drop by spoonfuls onto wax paper. Let harden and serve. Makes about 30 pieces.

BANANA BOATS (method - wood or charcoal fire)

Cut out long strip in the banana on the inside curve and open. Leave banana in the skin. Sprinkle with brown sugar. Or, scoop out some of the banana, and fill with marshmallow bits, chocolate chips or pieces, and/or raisins. Replace strip of peeling. Place in ashes. Bake 10-15 minutes on coals. Serve hot. Using a can of chocolate frosting is cheaper.

OTHER DESSERTS

How to freeze Ice Cream

1. Pour mixture into thoroughly washed ice cream freezer canister.
2. Fit can in freezer, adjusting frame and crank - then tighten screw.
3. Add ice and rock salt (alternately). Start with 1 quart finely chopped ice, and 1/2 cup rock salt, etc. (For average freezer, about 12 pounds (8 quarts) crushed ice and 2 pounds (4 cups) rock salt is required). Be sure water can drain from small hole at side of freezer. It will start freezing faster if one cup water is added after ice and salt is packed.
4. Start cranking, rapidly at first to whip mixture - then steadily, always in one direction. Crank until handle no longer turns. (25 minutes, average cranking time.)
5. Drain off surplus water.
6. Unfasten screws and remove crank and frame. Remove top layers of ice. Carefully wipe top and exposed sides of freezer can, so no salt will get in ice cream. Remove top; lift dasher slowly, scraping surplus ice cream back into can. Cover can with wax paper, replace top and plug the dasher hole with a cork. Add ice and salt to freezer (doubling proportion to salt) until can is covered with ice. Then cover with newspapers or burlap and set for about an hour.
7. Serve
8. Be sure the freezer is thoroughly washed and scalded. Container and paddle should be thoroughly dried to prevent mold. **REMEMBER THE TREES AND GRASS.** A salt solution will kill grass. Drain the water from the freezer and put the salt in garbage cans.

BASIC ICE CREAM RECIPE

1/2 gallon milk
4 beaten eggs
1 teaspoon vanilla
1 can condensed sweetened milk
1/2 teaspoon salt

Mix all ingredients together in a large bowl; then pour into freezer can about 2/3 full.

KICK THE CAN ICE CREAM

1 cup cream
1 egg
1/2 cup sugar
3/4 cup milk
1 teaspoon vanilla
ice
rock salt

Take a large coffee can 39 ounces, place at least two inches of ice cubes in the bottom - Place the ice cream mixture in a 13 ounces small coffee can on the ice and cover the smaller can tightly. Place rock salt and ice cubes in bands alternately up the insides of the cans. Cover the large can tightly. Roll the large can with mixture can, ice, rock salt inside for at least 10 minutes. Open the large can and drain it. Open the small can, scrape and stir - recover - replace ice and add more salt. Cover the large can. Roll for 10 more minutes. Let stand for 10 minutes. (Two sets of cans for 12 servings, divide the ice cream mixture.)

S'MORES

For each one you need:
2 graham cracker squares
1 large marshmallow
1 square plain chocolate bar
a toasting stick

Please square of chocolate on cracker. Toast marshmallow over coals until golden brown. Place between prepared graham crackers and press gently; eat!

BOX OVEN BAKING

TO BAKE A CAKE:

Materials:

- Box Oven (see construction information)
- Charcoal
- Plastic roasting wrap (optional)
- Cake pan
- Cake mix and/or ingredients
- Canned frosting
- Decorator frosting with fancy tip, tube or push-button can

Directions:

When the charcoal is giving off even heat, spread the coals, set cake pan on the beverage cans and place cardboard box oven over the pan. Be sure there is a small gap for air at each end of the oven, by scraping some dirt away. Air circulation is needed to keep the charcoal burning.

Bake cake for the length of time specified in the recipe. Do not peek! Lifting the box will cause the oven to lose heat.

If you use an 8 inch square pan and a 12 inch square box for the oven, light only twelve pieces of charcoal.

Do be prepared for curious stares and questions from neighboring campers when you bake your cake in a cardboard oven. You might even share your cake and make new friends!

Other recipe ideas might include:

Brownies
Vegetarian Lasagna – 2 layers (9 x 13 pan), see page 62
Meat Lasagna (use pre-cooked meat) – 2 layers (9 x 13 pan)
Pizza
Corn bread muffins
Baked apples
Chicken and broccoli casserole – see below

CHICKEN RICE BROCCOLI (Serves 8 to 12)

8 chicken breasts
4 cups water
2 cups rice
salt and pepper
1-2 cups water
2 cans cream of mushroom soup
1 package dry onion soup mix
2 bunches of fresh broccoli

De-bone chicken and cut into chunks. This can be done at home and precooked, but save the broth. Cook with 1-2 cups of water until done. Add soups and water (or broth). Cook to a boil. Add rice. 10-15 minutes before rice is done add broccoli. Steam on top of rice for a few minutes then stir into rice. Cook until rice is done.

FANTASTIC CORNBREAD (Serves 12)

2 Jiffy Corn Muffin Mix
2 Jiffy Golden Yellow Cake Mix
4 eggs
1 cup water
2/3 cup milk

Mix all ingredients together. Cook 20 to 30 min at 350 degrees. Can also be cooked in a Dutch Oven.

DUTCH OVEN INFORMATION

MISCELLANEOUS COOKING TIPS

WHAT SIZE DUTCH OVEN?

Today, Dutch ovens are primarily found in the 8, 10, 12, 14, and 16 inch sizes and they run about 3 to 4 inches in depth. According to Lodge, the largest manufacturer of cast iron ware, the 12 inch Dutch oven is the most popular size. There are larger and deeper sizes of Dutch ovens on the market, but make sure if purchasing these that the quality of cast and workmanship is good and that the walls are uniform in thickness to insure even cooking.

For your first Dutch ovens 10 inch and 12 inch sizes are good. They are the most versatile. You can cook enough food to serve from 2-12 people. You will find your selection and sizes of Dutch ovens will increase to fit your needs the more you cook.

The chart below will give you some idea of how the various sizes are typically used:

Oven Size	Oven Capacity	Types of Foods
8″	2 quarts	Recipes for 2 people, vegetables, desserts.
10″	4 quarts	Anything for 2-6 people, beans, rolls, cobblers; good size for testing recipes.
12″	6 quarts	Main dishes to serve 12-14 people, or side dishes of rolls, desserts.
14″	8 quarts	Main dishes to serve 16-20 people, or side dishes of rolls, potatoes, vegetables.
16″	14 quarts	Any food for large groups.

HOLDING FOOD

When food is finished cooking, the best thing to do with it is to eat it. If this isn't possible for some reason, try these hints.

Breads	Remove from the Dutch oven and cover with a towel until ready to eat.
Cobblers	Remove from the heat and let stand in the Dutch oven.
Meats and Poultry	Keep some moisture in the Dutch oven and keep warm over a low fire. The meat will just get tenderer.
Vegetables	Vegetables are better if not overcooked. Remove from the fire and then reheat just before serving. Don't add sauces or cheese until you are sure of the serving time.
Fish	Usually fish cooks so fast that you should wait until you are sure of your serving time before you start.

Measurement Equivalents

Dash = less than 1/8 teaspoon
3 teaspoons = 1 tablespoon
16 teaspoons = 1 cup
1 cup = 1/2 pint
2 cups = 1 pint
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
2 pints = 4 cups, 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound

FIRE TEMPERATURES

Hand Method

To test the heat of your fire, hold the palm of your hand over the place in the fire where you food will be cooked. Count "one-and-one" and "two-and-two" and so on for the seconds you can stand to hold your hand still. Move your hand around the fire surface to find the temperature you want.

If you are able to hold your hand for the counts listed below, the heat and temperature will be as follows:

Counts	Heat	Temperature
6 – 8	Slow	120°C - 175°C 250°F - 350°F
4 – 5	Moderate	175°C - 200°C 350°F - 400°F
2 – 3	Hot	200°C - 230°C 400°F - 450°F
1 or less	Very hot	230°C - 260°C 450°F - 500°F

Briquettes (Gives moderate to hot temperatures)

Dutch Oven Size	Number of Coals on Top	Number of Coals on Bottom
8"	6 – 8	4 – 6
10"	8 – 10	6 – 8
12"	10 – 12	8 – 10
14"	12 – 16	10 – 12
16"	16 – 18	12 – 16

When baking, you will want to use a higher ratio of briquettes on the top, or you can remove the oven from the fire and continue to let it bake with just the coals on top.

USEFUL ACCESSORIES

Measuring spoon set
Measuring cup
Leather gloves
Shovel – some like the folding G.I. type
Long handled spoon – barbecue type
Long handled tongs – for moving briquettes around
Spatula
Cooking oil in a plastic container with screw lid
Dutch oven tools – you can make your own, but the TWIN-K set is the handiest one we've seen
Cotton rag to wipe oil
Paper towels
Small whisk broom for removing ashes from the lid
Aluminum foil
Tin or aluminum pie plates
Pancake turner

Dutch Oven 2/3 Timing Method

This method means that the food is cooked with both top and bottom heat for 2/3's of the baking time. Then remove the oven from bottom heat and finish baking with top heat only.
This method works well for any food baked flat on the bottom of an oven and especially for those without much moisture content, like breads and rolls.
For example: A recipe for rolls requires a total of 15 minutes baking time. Bake the rolls at the temperature suggested by the recipe for 10 minutes with both top and bottom heat. Then, take the oven off the bottom source of heat and continue baking for 5 minutes with top heat only.

DUTCH OVEN MEALS

DUTCH OVEN STEW #1 (serves 4 to 6)

1 pound stew meat
2 medium onions
carrots and potatoes (amount to suit your taste)
3 beef bouillon cubes
Kitchen Bouquet browning sauce
3 cans cream of mushroom soup

Heat 1/4 inch oil in the Dutch Oven. Brown the stew meat and onions, then drain off the oil. Add all the other ingredients plus enough warm water to cover the vegetables. Don't add the salt, but you can use any other seasonings you like. A little Kitchen Bouquet will make the gravy as brown as you like. Cook until vegetables are tender (probably will take about an hour).

DUTCH OVEN STEW #2 (serves 8 to 10)

1/2 pound bacon
2 pounds cubed beef
1 pound carrots
2 green peppers
3/4 cup soy sauce
5 medium stalks celery
2 medium onions
4 cups whole canned tomatoes
1/2 cup worcestershire sauce

Fry bacon; add onions and meat and sauté until brown. Add vegetables and seasonings, cover and simmer about one hour or until vegetables are tender.

VEGETABLE LASAGNA (serves 12)

1 quart tomatoes
1 quart tomato sauce
2 large onions, chopped
1 small clove garlic, minced
3/4 pound mushrooms, chopped
5 carrots, chopped
2 green peppers, chopped
5 ounce parmesan cheese
3/4 teaspoon oregano, crumbled
3/4 teaspoon basil, crumbled
1/8 teaspoon black pepper
1 1/2 tablespoons oil
1 pound package of lasagna noodles, pre-cook noodles
2 pounds cottage cheese
1 pound mozzarella cheese

Combine vegetables in 12 inch Dutch oven and sauté in oil until tender. Add tomatoes, sauce and spices. Simmer 10 minutes. Remove 1/2 of vegetable mixture into bowl. Cover remaining mixture with layer of cooked noodles. Spoon layer of cottage cheese over noodles and sprinkle with mozzarella. Repeat with noodles and cheese until gone. Pour remainder of mixture over noodles. Sprinkle with Parmesan cheese and bake with coals on top and bottom for one hour or until bubbling hot.

DELUXE POTATOES (serves about 12)

6 medium shredded russets or frozen hash browns
2 cans cream of chicken soup
1 cup mayonnaise
1 1/2 cups grated cheddar cheese
1/4 cup butter
1 cup sour cream
1/3 cup green onions
2 cups Corn Flakes

Mix together all of the above ingredients (except corn flakes). Place in a well-greased 10 inch Dutch oven. Top with crushed corn flakes. Bake in a moderate fire from top and bottom until heated thoroughly, approximately 30-35 minutes.

DUTCH OVEN BEEF STROGANOFF (serves 12)

1/2 pound bacon
3 pounds stew meat
1 medium onion
2 cloves garlic
1 1/2 pounds mushrooms
1/2 cup chives
1 cup sour cream
1 teaspoon celery seed
1/2 teaspoon sage
2 cups rice
salt and pepper
parsley

Cut bacon and stew meat into bite-size pieces. Brown meat well (about 15-20 minutes) in a 12 inch Dutch oven. Add chopped onion and garlic to meat and sauté. Add enough water to cover meat and simmer for 2 1/2 hours over low fire, checking water level at times. Add 2 cups rice and chopped chives. Cook 30 more minutes or until rice is tender. Then add sliced mushrooms, sour cream, and parsley.

HAM AND SWEET POTATOES (serves 8)

1/4 cup margarine
3/4 cup brown sugar
8 slices ham
4 medium sweet potatoes

If the ham slices are raw, the ham should be browned in a skillet. Use a small amount of cooking oil and brown the ham on both sides. If the ham is precooked, it may be placed in the oven without further cooking.

Place margarine and brown sugar in the oven and stir until well mixed. Place the thick ham slices in the mixture, one slice for each person.

Peel sweet potatoes and slice the potatoes in 1/2 inch thick slices. Place the sweet potatoes in the oven and put the lid on the oven. Bake about 30-40 minutes, or until the potatoes are soft to the prongs of a fork.

PIZZA

1 1/2 pounds ground beef
1 package pizza mix or Boboli pizza crusts
1/2 pound cheese, grated
olives, sliced

Brown beef in open skillet and set aside to remain warm. Mix pizza dough as directed and divide into 8 equal portions. Form these portions into crust pieces about the size of doughnuts but of size enough to allow placing all 8 crusts into two ovens.

Place the ground beef and cheese on the crusts; pour tomato sauce from pizza mix on each crust; then add sliced olives on top.

Bake as directed or about 25-30 minutes. Serves 8.

May also be prepared on stove top in a skillet with a lid.

Variations:

1. Use sausage instead of beef.
2. Place chopped pieces of pimento or parsley on top of sauce.

DUTCH OVEN ENCHILADAS

1 1/2 pounds ground beef
1 small onion, chopped
One 18 pack flour tortillas, soft taco size
2 large cans of mild enchilada sauce
1 can cream of mushroom soup
1/2 can milk
1 can chopped green chilies
1 – 1 1/2 lbs grated cheddar cheese or (cheddar, jack mix)
1 small can sliced black olives, drained (optional)
8 ounces sour cream (optional)

Equipment: 12 inch Dutch oven, can opener, large spoon, hot pad holder, two spatulas, teaspoons, cheese grater several knives, for chopping, cutting board, charcoal, charcoal starter, matches.

Start charcoal and let them become grayish in color. Place 20 under the Dutch oven, and let the oven become very hot. Add ground beef and onions and stir until meat is browned. Add enchilada sauce, mushroom soup, milk, and chilies. Stir until the mixture is well mixed. Let this mixture come to a boil. In the meantime, fill tortillas with about 2 tablespoons of cheese and roll up. Layer the tortillas in the boiling enchilada mixture, making sure that each tortilla is covered in sauce. They tend to float, so just keep pushing them down with the spoon or spatula. All 18 will fit into the pot. Cover the Dutch oven with the lid and place about 10–15 hot briquettes on the lid. Let the enchiladas cook for about 20 minutes. Remove charcoal and lid carefully, using your hot pad holder. Remove enchiladas from oven, scoop up some of the meat mixture and place on top of enchilada. Garnish with olives, sour cream, and other condiments as desired. This recipe can be cooked on top of a stove if you can't use a Dutch oven. Serves one patrol of 8 – two each or 16 – one each.

FIESTA CHICKEN FAJITAS (serves 8 to 12)

12 inch Dutch oven
15 bottom briquettes only

Mix in a small bowl, set aside:

1 cup tomato sauce
3 teaspoons lime juice
1 teaspoon red chili powder
1/2 teaspoon pepper
1/2 teaspoon salt
1/2 teaspoon cumin

Heat in Dutch oven: 2 tablespoons oil

Add: 4 boneless chicken breasts cut into strips
2 small onions, sliced thin
2 cloves garlic, minced
1/2 green bell pepper, sliced thin
1/2 red bell pepper, sliced thin

Cook until chicken changes from pink to white. Add tomato sauce mixture. Continue cooking until thick. Stir to prevent scorching.

Heat tortillas on inverted lid. Place 1/2 cup of chicken on tortilla. Cover with grated cheddar cheese. Garnish with guacamole, fresh chopped tomatoes and sour cream.

DUTCH OVEN DESSERTS

SCONES

1 3/4 cup flour
2/3 cup buttermilk
1 teaspoon baking soda
1/3 cup sugar
1/2 teaspoon baking powder
1/3 cup melted margarine
1/3 cup raisins, chocolate chips, nuts or other

Mix together flour, soda, baking powder and sugar. Add buttermilk and melted margarine. Stir together.
For regular oven cooking: Place on a greased cookie sheet and bake at 400 degrees for 18-20 minutes.
For Dutch oven: Place parchment paper in 12 inch Dutch oven. Scoop out and make 6-8 scones. Bake using 19 briquettes on the top and 13 on the bottom. Using the 2/3 timing, cook for 12 minutes with both top and bottom heat, remove from bottom heat and cook for remaining time.

SPICED APPLE MUFFIN BREAD (serves 8 to 10)

2 cups flour
1/2 cup sugar
1 apple finely chopped or grated
1 tablespoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon allspice

In a separate bowl mix:
1 cup milk
2 eggs, well beaten
3 tablespoons oil

Make a well in the dry ingredients. Pour wet mixture in. Mix from the center until lightly blended. Pour into greased oven. Sprinkle with sugar and cinnamon. Bake using 2/3's timing. In a 12 inch Dutch oven – 25-30 minutes in a 350 degree oven – 17 briquettes on top, 11 on the bottom. When done, remove from oven and turn top side up. Cool slightly. Serve with applesauce.

DUTCH OVEN COBBLER (serves 4-6)

2 cans of your favorite pie filling
1 box yellow cake mix
1 egg
water or milk

Use a 10 inch Dutch oven. Pour your favorite filling into the oven. Mix the egg and enough milk or water to make the batter the consistency of pancake batter. Pour the mixture on top of the filling. Place the lid on the oven. Bake with coals on top and bottom for about 15 minutes. Remove from fire and continue cooking from top only for an additional 10-20 minutes or until cobbler is done and golden brown.

LEMON POPPY SEED CAKE (serves 8 to 12)

13 inch Dutch oven, with rack
Preheat to 350 degree
17 top, 11 bottom

1 package lemon or yellow cake mix
One 4 ounce package instant lemon pudding
4 eggs
1 cup water
1/2 cup oil
1/4 cup poppy seeds

Mix with wire whip for 4-5 minutes. Pour into greased bundt cake pan. Place in preheat oven. Check after 25 minutes for even browning.
When done, remove pan from oven and allow sitting for 5 minutes. Dump out onto cake rack. While warm, glaze with *Lemon Glaze* or sprinkle with powdered sugar.

The cake mix and pudding can be varied. Try chocolate cake mix and pudding, or spice cake with butterscotch pudding. Omit the poppy seeds and glaze.

LEMON GLAZE

Place in small metal bowl:

1 1/2 tablespoons fresh lemon juice
1 1/2 tablespoons water
2 tablespoons butter
1 teaspoon finely grated lemon rind
dash salt

Heat over 2-3 briquettes until warm. Sprinkle in 1 1/4 cups powdered sugar while stirring. Blend until smooth. Pour over warm cake.

PINEAPPLE UPSIDE-DOWN CAKE – DUTCH OVEN STYLE

1 box pineapple upside-down cake mix
Ingredients listed on box of cake mix – usually water, eggs and oil
1/2 stick butter
1 1/2 cups brown sugar
cinnamon
1 can pineapple rings, drained (retain juice)
1 jar maraschino cherries
2 cans crushed pineapple, drained (retain juice)

Equipment: Large Dutch Oven, Mixing Bowl, Spoon, and Hot pad holder

Start charcoal and let them become grayish in color. Place 20 under the Dutch oven, and let the oven become very hot. In the meantime, make the cake mix and set aside. Add butter and brown sugar and heat until the sugar has melted and is well mixed with the butter. Line the bottom of the Dutch oven with pineapple rings. Place a cherry in the center of each pineapple ring. Sprinkle with cinnamon. Add the crushed pineapple on top of the rings; press it down with the back of the spoon, DO NOT STIR. Pour the cake mix evenly over the top of the crushed pineapple. Cover the Dutch oven and place 14-16 briquettes on the lid. Bake until a knife inserted into the center of the cake comes out clean. Approximately 30 minutes then check the cake every 5 minutes until the cake is done. Carefully remove the cover and take the Dutch oven off the coals. Let it cool for about 5-10 minutes. Take a knife and run it around the outside of the cake to release the edges of the cake from the oven. Carefully turn it upside down over a large serving plate. The cake should drop out, with the pineapple/cherries now on the top. Be careful not to place too many briquettes under the oven, this will make the pineapple mixture too dry and crispy. Serves 8-12, depending on how much each person takes.

SKILLET PEACH CAKE (Double for 12)

Melt 1/4 cup butter in a 9 inch skillet. Add 3/4 cup brown sugar and 1 cup nuts. Arrange 1 cup sliced peaches. Then, beat 2 eggs gradually adding 1/4 teaspoon salt and 1 cup sugar. Add 1/2 cup milk, 1 tablespoon butter, 1 teaspoon vanilla and mix. Blend in 1 cup flour and 1 teaspoon baking powder. Pour batter over fruit and bake at 350 degrees for 20 minutes. Serve upside down with whipped cream.

CASCADE CAKE (Double for 10)

1 cup unbleached white flour
1 cup whole wheat flour
2/3 cup instant powdered milk
1/3 cup brown sugar
4 teaspoons baking powder
2 teaspoons cinnamon
1/2 teaspoon salt
2 tablespoons oil or melted margarine
1 cup water

Mix flour, powdered milk, brown sugar, baking powder, cinnamon and salt together. Stir in oil and water, mixing well. Pour batter into an oiled can or other small container. (Sierra cup or empty tuna fish cans). Place cans into a Dutch oven. Cooking time is approximately 10 minutes using hot coals. Recipe yields about five large cakes. For variety add chopped sunflower seeds and raisins when preparing the, dough.

CRAZY CAKE (Serves 9)

1 1/2 cups flour
1 cup sugar
3 tablespoons cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon vanilla
1 teaspoon vinegar
4 tablespoons oil or melted butter
1 cup water

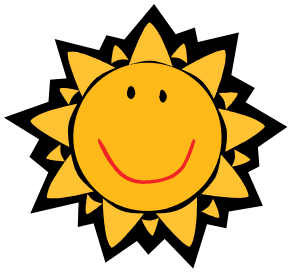
Mix dry ingredients in 9 x 9 inch pan. Stir in vanilla, vinegar, oil. Add water and stir until smooth. Bake 25 minutes in 250 degree oven.

Frosting:

2 cups chocolate bits
3 cups powdered sugar
1/4 cup soft butter
1/2 cup hot milk

Melt chocolate over hot, not boiling water. Add rest of ingredients. Remove from heat. Beat with spoon until smooth. Frost 9 x 9 cake.

Solar Cooking Recipes



Sun-browned Brownies

(more like fudge than Brownies)

1/2 cup vegetable oil
1/3 cup maple syrup
1/2 cup soy yogurt
1 1/2 cups whole wheat flour
1/2 cup carob powder or cocoa
1/2 cup nuts

Mix together wet ingredients with a whisk. Add dry ingredients and stir lightly. Pour into a well-oiled 8 X 8 inch baking pan and bake an hour (if you want them sooner and the day is very bright) or bake all day.
Serves 6-8 (or fewer)
This does well in a glass pan as the brownies are a dark color.

Sun-crisped Apples

6 apples
3/4 cup whole wheat flour
1/4 cup vegetable oil
2 tablespoons maple syrup
1/4 cup raisins
1/2 teaspoon cinnamon
1/4 teaspoon cloves
1/2 cup nuts (optional)
1 cup rolled oats
1/2 cup coconut
1 tablespoon fresh lemon juice
soy yogurt (optional) for topping

Slice apples thinly or cut in small chunks and fill a 9 X 13 inch baking dish half full. Combine flour and oil in bowl using a pastry blender or fork until crumbly. Add other ingredients stirring until mixed well. Spread on top of apples. Cover and bake in solar cooker until apples are tender. Then remove cover to crisp a bit for an hour or so, if desired. Good with a dollop of (soy) yogurt on top.
Serves 6-8

Solar Cooking Recipe Notes

Many other foods can be cooked with solar. For instance, see stove top desserts in this booklet for the *Chocolate Crunch Clusters* recipe. Recipes like that one which involve melting chocolate work very well in solar cookers. Cooking vegetables is another great way to use your solar cooker. Check the solar cooking pages of this booklet for more ideas and guidance on solar cooking.

RESOURCES

Dutch Oven Cooking, 2nd Edition – John G. Ragsdale

Dutch Oven Cookbook, World Championship

Backcountry Cooking, Dorcas S. Miller, The Mountaineers

Wilderness Cuisine, Carole Latimer, Wilderness Press

The Well-Fed Backpacker, June Fleming.

Lovin' Dutch Ovens, Joan S. Larsen, LFS Publications, Salt Lake City, Utah

World Championship Dutch Oven Cookbook, Juanita Kohler, Logan, Utah

Cooking the Dutch Oven Way, Woody Woodruff, The Globe Pequot Press

Bryan's Dutch Oven Cooking Page @ http://papadutch.home.comcast.net/

Idaho State University Outdoor Program @ http://isu.edu.outdoor/dutch.html

The International Dutch Oven Society Home Page @ http://www.idos.com

Southern California Chapter (IDOS) @ http://www.socaldos.org/

Mac Scouter Dutch Oven Cooking Version 2.3 July 1995 @
http://www.macscouter.com/cookin/DutchOven.html

Backwoods Home Magazine @ http://www.backwoodshome.com/articles/beattie47.html

U.S. Scouting Service Project @ http://www.usscouts.org/cooking/cook_05.html

Solar Cookers International @ http://www.solarcookers.org