

OUTDOOR COOKING CAMPER/TRAINER CONFERENCE

SEPTEMBER 2004



Recipes taken from Guiding resources.

To check out other great recipes go to:

<http://dragon.sleepdeprived.ca/>

<http://www.geocities.com/yosemite/5307/toc.html>

Prepared by the NB Provincial Camp Committee
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Cooking in the outdoors always seems to add something to the taste of food. Maybe it's the fresh air or maybe it's the smell of bug repellent. Whatever it is, it is very satisfying to cook and enjoy a good meal while camping. Most folks probably think that good cooking is something to leave behind when we head to the hills, but that is not true. It is true that we don't have our fancy kitchen appliances, pots and pans or tools in camp, but that should not deter us. Armed with a good camp stove, a charcoal grill and a Dutch oven we can whip up a gourmet meal, no problem.

Always remember to place charcoal on fireproof surfaces. Keep in mind, asphalt is not fireproof. It burns quite well.

When at camp, always remember to store foods at the proper temperatures and in "Animal Proof" containers. When planning your menus, keep food storage in mind: fresh meats have to be refrigerated or eaten on the day of purchase, and fresh milk will also turn sour quickly in warm weather. You can get round the milk problem by using UHT or long-life milk, and pasteurized yogurts, which need no refrigeration, taste exactly the same as "fresh" ones. A good insulated cool box can be used with several ice blocks, especially if you pack it with your sausages, bacon etc. frozen and eat them as they defrost, but once the ice blocks have defrosted, unless you have facilities for re-freezing them, then it becomes just another storage box.

Standard procedures for any outdoor cooking:

- Make sure long hair is tied back
- Always wash hands before and if need be during food preparation.
- Keep cutting surfaces clean
- Always keep a fire extinguisher or box of baking of soda on hand.
- Ensure that your stove is on a level or stable base and that you propane tank is secure and out of way
- Do not wear loose clothing. Especially around open flame.
- Keep a pair of oven mitts or potholders at hand.
- Do not use stoves in tents and camping screen houses
- Propane cylinders, regardless of size are not to be stored or used indoors. This includes single trip or non-refillable cylinders
- Always maintain enough clearance between hoses and a cooking appliance to prevent any heat or flame damage to the hose. Check your hose for signs of damage before use and protect your hoses and cylinders from any physical damage.
- Always check for leaks at all connections before lighting your stove. A mixture of one part dish detergent and three parts water poured over the connection will show any leaks, by bubbling, if there is a problem. Never use a match or a lighter to test for leaks.

Health and safety are our first priority. Let's ensure we do everything within our power to teach our girls how to protect themselves and enjoy the new challenges they are faced with in our outdoor program.

Happy Camping!

TIN CAN COOKING

Tin Can Cake (Kim Arseneault)

Equipment: Large pot, Foil, 4 Tin cans (Soup cans)
Water, Cake mix, Bowl, Spoon

Make cake according to instructions on the package. Spoon into greased cans to 2/3 full. Stand in a pot of boiling water. Cover pot and steam about 30-40 minutes. Cool slightly and shake out of can.

All the cans should be the same size. You can fill a can with water if you need extras to take up room in the pot so the other cans don't tilt over and get all wet and soggy.



Dump Cake: (Elaine Murgatroyd)

- This is not the recipe Elaine made, but works just the same.

Equipment: Large Dutch Oven with Lid.
Charcoal briquettes/Al pie plate
Al foil, knife, can opener
Lighter

Food Items needed: 1 Spice Cake Mix
2 tsp Cinnamon
1/4 cup butter
2 cans of apple pie filling

Prepare the coals ahead of time. Make sure you start a second batch about 10-15 minutes after the first batch.

Charcoal loses its heat as it burns and gets smaller. It also produces ash, which will reduce heating efficiency. Constant attention to your heat source is important. Wisk away ash and replenish charcoal as needed. When you first start out give yourself plenty of time. It probably will take longer to cook your first Dutch oven meal than you expect.

The best starting point would be to use a 12" standard oven, place 15 briquettes on the top, 9 on the bottom and this might be equivalent to a 325 degree oven. Remember briquettes loose heat as they get smaller and they need to be replenished. I have also found if your estimated cooking time is 45 minutes, cook with briquettes on top and bottom for 30 minutes (2/3 the time) and then top heat only for the remainder. This is a good rule of thumb. Also one briquette for every 45°F wanted.

Line Dutch oven with foil

Dump cans of apple pie filling into bottom of Dutch oven, sprinkle cake mix over top of filling DO NOT MIX! Sprinkle with cinnamon and cut pads of butter and let fall on top. DON'T STIR! Cover and bake over coals until bubbly and the top is lightly browned, about 30-45 mins. (Put some coals on lid of Dutch oven for more even baking.)

Grilled Pizza Sandwiches: (Elaine Murgatroyd)

Equipment: Sandwich Irons
Open fire/ Lighter or matches

Food Needed: Bread
Pizza sauce
Butter
Cheese (Mozzarella)
Desired Meats

Start the fire at least 20 minutes ahead of time. Prepare sandwiches to your own taste. Butter the outsides of the bread, place in the sandwich iron and grill over the heated coals of the fire.

Marshmallows Delights: (Kim Arseneault)

Equipment: Camp Stove Oven
Aluminum pie plate

Food Needed: 1 pkt Pillsbury Crescents dough
Marshmallows
Butter
Mix 2 or 3tbs sugar with 2 tsp cinnamon



Light the camp stove. Place Camp oven on top of camp stove burner. Heat until temperature gauge on outside of the oven shows 350 degrees.

Melt one third cup of butter/margarine, dip marshmallow in butter/margarine then dip in sugar and cinnamon mixture, wrap in dough so you can no longer see the marshmallow (or until the marshmallow is totally covered) place on pie plate. Next, brush the outside (top) with melted margarine and sprinkle more of the extra sugar/cinnamon mixture. Bake until golden.

Shish kabobs: (Anne McGlynn-Chiasson)

Equipment: Large Terra Cotta Flowerpot
Sand/small rocks
Charcoal briquettes
Lighter
Cookie rack/grill
Skewers

Food Needed: Boneless/Skinless chicken breasts
Cherry tomatoes
Onion/Mushrooms/Green Pepper.



Ahead of time, get the coals started. Fill the Flowerpot about ½ full of sand or small gravel. When coals are ready, place them in the pot on top of the sand/gravel. Always make sure you start a second batch of coals about 10-15 minutes after the first batch in case you need more later. Assemble Shish Kabobs. Place the grill/cookie rack over the top of the Flowerpot. Place the shish Kabobs on the rack. Cook for approx. 15 minutes per side or until done. Add more coals as necessary.

Fruit Fondue: (Anne McGlynn-Chiasson)

Equipment: Single burner stove
Sterno (Canned Fuel)
Lighter
Al foil/Can opener

Food Needed: 1 can Chocolate or Butterscotch sauce
Desired fruit.



Assemble the single burner stoves. Light the sterno as per directions on the can. Place the lit can under the stoves. Open the cans of sauce. Cover with Al foil. Place the can on top of stove. While sauce is heating, cut fruit into sections. When sauce is heated, using a toothpick, skewer or plastic or metal fork, dip fruit into the sauce and eat. REMEMBER: NO DOUBLE DIPPING!

Biscuits: (Sharon Howe)

Equipment: 6 large (oven size) Al cookie sheets
Clamps (2 doz. metal paper clamps)
4 Pop/soup cans (filled with rocks to weight them)
Cookie rack/Grill
Al Pie Plate
Charcoal briquettes/lighter
1 Rock for weight



Food Needed: 1 pkg. Pillsbury Biscuit Dough
Butter

Assemble the oven by clamping the Al oven sheets together. Leave the bottom open. Pre heat the charcoal on the Al pie plate.

Prepare the biscuit dough following the directions on the packet.

Place the left over Al oven sheet on the ground. Make sure you place it on a fireproof surface. Next set up the four cans in a square and place the cookie rack/grill over the cans. When the coals are ready, carefully place the pie plate and coals under the rack. Always make sure you start a second batch of coals about 10-15 minutes after the first batch in case you need more later.

Cherry Surprises: (Elaine Murgatroyd)

Equipment: Buddy burner Stove & Fuel source (Vagabond stove)
Al foil

Food Needed Small pita pockets
Cream Cheese
Cherry Pie Filling

Snip the top off the Pita bread. Stuff with cherry pie filling and cream cheese/ Wrap in Al foil. Place on top of Buddy burner stove. Heat for about 5 - 7 minutes then turn over and heat again.

Yummy!

Charcoal Briquettes with Dutch Ovens

If you are using charcoal to make coals for a Dutch oven, the following chart will help. Place coals on top of Dutch oven and underneath. Leave a two-inch square between briquettes.

Size Oven	Bottom	Top
8"	4 - 6 coals	6 - 8 coals
10"	6 - 8 coals	8 - 10 coals
12"	8 - 10 coals	10 - 12 coals
14"	10 - 12 coals	12 - 16 coals
16"	12 - 16 coals	16 - 18 coals

Hand Thermometer method for testing coals

Place palm of hand at place where food will go over coals for broiling, or in front of reflector oven for baking. Count "one and one," "Two and two," and so on for the number seconds you can hold your hand there. Move your hand to find the temperature you want.

Seconds	Heat	Temperature
6 to 8	Slow	250 F - 350 F
4 to 5	Moderate	350 F - 400 F
2 to 3	Hot	400 F - 450 F
1 or less	Very Hot	450 F - 500 F

Servings Guide

Chopped meat: allow 1/4 lb per person
Hot dogs: allow 1 1/2 per person; 8 - 10 per lb.
Chicken: 1 piece per younger child; 2 pieces or 4-6 oz per older child/adult
Bacon: approximately 15 slices per lb
Tuna fish: 6 1/2 oz can = 3 sandwiches
Bread: approximately 22 slices per large loaf
Peanut butter: 18 oz jar = 16 servings, 2 Tbs per serving
Butter/Margarine: 1 lb = 32 servings or more
Tomato sauce: 8 oz can = 3-4 servings
Carrots: = 8-10 per lb.
Celery: 1/2 bunch cut into sticks serves 8-10 children
Lettuce: 1 medium head serves 8-10 children
Pineapple: 8-10 slices per large can
Apples: 3 medium = 1 lb.
Sugar, brown: 1 lb = 2 1/4 cups
Sugar, white: 1 lb = 2 cups
Flour: 1 lb = 4 cups
Rice: 1 lb = 2 cups = 8 cups cooked
Noodles: 1 lb = 6 cups = 9 cups cooked
Macaroni: 1 lb = 4 cups = 9 cups cooked
Spaghetti: 1 lb = 2 quarts cooked = 7 - 1 cup servings
Graham crackers: 1 lb box = 64 squares = 32 servings
Marshmallows: 1 lb = 55-60
Cocoa mix: 1 lb serves approximately 15
Orange juice, frozen: 1 - 12 oz can serves 8 children = 6 oz servings