

**SCOUTS-L**

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**COOKING**

**PART 2**

**Date:** Wed, 12 Jul 1995 11:12:50 -0600  
**From:** Rod Keen <Rod@ivecoft.demon.co.uk>  
**Subject:** DO Cheesecake recipe

**Hello all**

**After my post yesterday several people nagged my for the chocolate  
cheesecake  
recipe. Well here it is.....**

**It was sent to me by George Schimdt when the subject of Dutch Ovens  
came up  
on the list earlier this year. He found out that I am a chocoholic (yum) and  
tempted  
me with this. How apt that its called "Devils Tooth Cheesecake". Its  
wickedly good!  
I had to use a different type of cookie as the base 'causethe nabisco wafers  
dont  
exist over here. Apart from that made as shown. I would have liked to try  
it out in the  
cold mountain air but it was all scoffed!**

**follows:-**

**Devil's Tooth Cheesecake**

**Crust: 1/2 cube melted butter, 1 pkg chocolate cookie wafers (Nabisco),  
crushed. Mix butter and crumbs and press into a 10-inch Dutch Oven,  
going up  
the sides at least 1-inch.**

**Filling: 2 pkgs 8-oz cream cheese, 1 cup sugar, 1 16-oz tub ricotta, 6 eggs,  
1/2 cup sour cream, 1.5 tsp almond flavoring, 1.5 tsp vanilla, 12 oz Nestles  
chocolate chips, 1/4 cup butter, 1/2 cup whipping cream.**

**Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream)  
until smooth. Melt chips, butter and whipping cream over low heat until  
smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate  
mixture and mix well. Pour this into crust. Add vanilla to remaining white  
mixture and carefully pour this over the chocolate layer already in the  
Dutch.**

**This is very dense and takes about 1.25 hours to bake, so be patient. It is  
done when the top cracks and is firm. This dessert is great warm and  
topped**

with fresh strawberries, but to true chocoholics, it becomes the ultimate after cooling all night in the cold mountain air and enjoyed with a cup of morning coffee.

original poster:- thanks again George

>YiS, George

GSchmit@AOL.COM

>ASM, Trp 18

Cazenovia, NY 13035-9418

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|Rod Keen. Akela of the Apache Pack. Std disclaimer applies  
|3rd Harpenden. United Kingdom. to all comments made above  
|Member of 1st Gilwell Park Group.  
|HR Systems. Iveco Ford Truck Ltd.  
|Rod@ivecoft.demon.co.uk (work)  
|Rod@gaiasys.demon.co.uk (home) Users of Oasis for the Atari.

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Date: Mon, 15 May 1995 20:00:34 -0400

From: Jack Clow <HAYICU2@AOL.COM>

Subject: Re: Cooking without utensils (Backwoods)

wanted to send as file but could not. here is a few this way

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Try this one. With a hot cup of coffee and fresh air it makes a great start for a scouting day.

#### Pita Pocket Breakfast

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

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

dutch oven.

**It's called Monkey bread...**

**Take 3 cans of biscuits, quarter each biscuit. Roll each piece in cinnamon/sugar mix. Put into bundt pan. Make a brown sugar mix of 1/2 cup brown sugar and stick of butter. If mix is too runny add more brown sugar. (I'm not for sure on the amount of brown sugar but 1/2 cup more or less). I also add some cinnamon or nutmeg to the brown sugar mix. Pour mix over top of pieces in pan. Cook inside dutch oven for approx. 20-30 min. Depending on how hot your coals are. Basically cook until biscuits are done.**

**Hope this doesn't sound too garbled. It is really good and you will want something else to go with it for a full meal.**

**I have a recipe for "Mountain Man Breakfast" that was in a little booklet with a new Lodge DO I recently bought. I've prepared it at a SMFundamentals**

**weekend, camporee, scout show etc.**

**Ingredients for ~6 people:**

**1/2 lb bacon (or pre-cooked sausage)**

**med onion**

**2lb bag of hash brown potatoes**

**1/2 pound of grated cheddar**

**1 doz eggs**

**small jar of salsa (optional)**

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

**Pre-heat 12" Dutch Oven**

**Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear.**

**Stir in the hash brown potatoes and cover; remove cover and stir occasionally**

**to brown and heat potatoes (15-20 minutes)**

**Scramble the eggs in a separate container and pour the mixture over the hash**

**browns. Cover and cook until eggs start to set.(10 - 15 minutes)**

**Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted.**

**Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes.**

**Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but its almost impossible to screw up.**

**Line a 12" Dutch Oven with heavy-duty foil. (Optional, but recommended.)**

**Lightly grease the foil with butter.**

**Break up about 8 slices of sandwich bread into the oven.**

**Crumble 2 pounds cooked sausage meat over bread.**

**Cover with 16 oz. grated cheddar cheese.**

**In a separate bowl, mix 12 eggs (lightly beaten), 1qt. milk, 1 1/2 tsp. dry mustard, and 1 tsp. salt (to taste).**

**Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally.**

**The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!**

**Cut-up link sausage may be substituted for the bulk sausage meat. Either way, I usually pre-cook and package the sausage in a zip-lock bag, leaving the grease at home and making for a truly quick, easy, and filling breakfast. Quantities can be scaled up or down, varying cooking time accordingly. If you're careful to seal the foil when lining the oven, there is absolutely no cleanup. I prepared this last weekend for a Cub/Parent overnight, and when the lid came off the parents' eyes were as big as saucers! A word of caution: this is a very filling meal, and is not recommended for sissies, coronary patients, or anyone about to embark on a 10 mile hike...**

**I cooked for 28 last weekend wioth 3 coleman backpacking stoves and 3 medium pots and made a great beef stew.**

**I bought 1/4 lb chuck steak (cheap) for each person**

**I bought 5 pounds of potatoes  
I bought 5 pounds of carrots  
salt,peper,bayleaves, water**

**let the beef cook for 30 minutes after the water is a full boil  
(make sure pot has a cover for more efficient heating)  
throw in carrots + potatoes , bring to boil and serve once carrots  
and potatoes are soft.**

**One group of boys (3 boys) deboned the steak, cut in to 1 inch  
pieces,**

**One group peeled carrots (3 boys) + cut into 1/2 inch slices  
One group (4 boys) peeled potatoes and cut into 1 inch squares**

**Two boys watched the fire and got boiling water going  
The cleanup crew were off playing**

**There was not a single drop left at eating time (but no-one was hungry  
either)  
and most everyone pitched in to make it..**

### **COUNTRY BREAKFAST**

**This was, and I understand, continues to be Troop 12's favorite breakfast.**

**1 pound bulk pork sausage  
1 box dehydrated (NOT FROZEN) hash brown potatoes  
1 dozen eggs  
1/2 pound shredded cheddar cheese**

**In the bottom of the Dutch Oven, crumble the pork sausage. Cover with a  
water and boil until sausage is cooked. Add hash brown potatoes, cover  
with  
water, boil until water is dissolved. Fry potato/sausage mixture until  
potatoes are browned. Remove the Dutch oven from the coals. Using a  
large  
spoon, make several depressions in the top of the potatoes. Crack one or  
two  
eggs in to each of the depressions. Cover the Dutch Oven. Add heat to the  
top to cook the eggs. When the whites are white, sprinkle cheese over the**

top and return the heat to the top of the Dutch Oven long enough to melt the cheese. The yolks should be liquid. Eat and enjoy.

### **PECAN CARAMEL ROLLS**

The interesting thing about this recipe is that it is "converted" to Dutch Oven cooking from a Microwave Cookbook.

1 tube of refrigerator biscuits (10 count)  
1/2 cup brown sugar  
1 stick butter or margarine  
generous amount of chopped pecans  
cinnamon  
raisins (optional, but good)

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan) Stir well until sugar/butter becomes a caramel. Add pecans and raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch Oven using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

### **CINNAMON SUGAR DONUTS**

Several tubes of refrigerator biscuits  
Mixture of sugar and cinnamon  
cooking oil

Heat about one and a half inches of cooking oil in the Dutch Oven. Be careful not to allow it to become too hot. Heat over coals, NOT FLAMES!

Prepare the biscuits by sticking your thumb through them to make a ring. CAREFULLY drop them from a spoon into the hot oil. Turn them once. Remove them from the oil and roll them in the cinnamon and sugar mixture. WARNING: These are habit forming.

**Bon appetit!**

**From: Tim McFeely <ad658@osfn.rhilinet.gov>  
Subject: Menu Planning for High Adventure**

**Mike,**

**You did not state whether this trip is solely backpacking or a canoe trip (something that happens often in Maine). My troop is taking a week long canoe trip through the woods of north central Maine this summer. We have spent a lot of time researching the food and food preparation methods. We have come up with a solution that works for us and remember we will be in canoes, so weight isn't as big a concern.**

**Each patrol will be issued four large Rubbermaid or Tupperware storage containers. This works out to one container per canoe. These will be clearly labelled with the patrol name and contents eg. breakfast, lunch, dinner, etc. Each container will hold a weeks worth of food for the labelled meal. The fourth container will hold the patrol's cooking equipment, stove, tarp, TP, and other essentials. These containers have handles to facilitate carrying on the several, thankfully, short portages. They are reasonably water resistant, but they don't float. They can also be used for tables when we stop.**

**The meals are prepackaged. Each package contains food for eight. A typical breakfast includes:**

**16 Granola bars or 8 packages of Poptarts (2 Poptarts per Scout)  
8 packages of instant oatmeal  
8 packages of hot chocolate  
8 boxes of raisins or bags of dried fruit**

**Lunch:**

**8 pita bread  
4 cans of Underwood Deviled ham, chicken, or beef  
8 packets of instant soup  
8 boxes of raisins or bags of dried fruit**

**Dinner:**

**A one pot meal of bulk dehydrated food  
8 pita bread  
8 packages of hot chocolate  
8 boxes of raisins or bags of dried fruit**

**We have purchased bulk dehydrated food from several dealers and have experimented mixing the products with a variety of spices until we have found**

**a 'boy approved' menu. There are three favorites: beef stew, chicken stew (more commonly called bird barf by the boys, but they wolf it down), and pork chili.**

**I don't know how much this will help, but we have used it on several weekend canoeing shakedown recently and it has greatly reduced the amount of time spent 'in the kitchen'. The Scouts appreciate the ease of preparation/cleanup and the adults appreciate the orderly method of packaging and logistics. I guess my point is we have a system that works for us. It is adaptable to backpacking without using the boxes.**

**The last nice thing is the boys planned the menu and created the dinners. Each patrol has a little different variation in the dinner menus, but it is mainly in the amount of spice. If they don't like it when it comes time to cook it, they have no one to blame but themselves.**

**Suggestions to improve our system are welcome.**

**YIS**

**Tim McFeely**

**Date: Mon, 2 Oct 1995 14:50:07 -0400  
From: Rob White <rsw@TFS.COM>  
Subject: Re: Patrolbox Plans**

**I just downloaded the patrol box plans from Larry Jones's aol site. They look very good!**

I used Netscape and used open location on each of the following:

<http://users.aol.com/lwjones/table.htm>

<http://users.aol.com/lwjones/pub/chowbox1.gif>

<http://users.aol.com/lwjones/pub/chowbox2.gif>

<http://users.aol.com/lwjones/pub/table.gif>

table.htm contains the plans for both the chowbox and table.  
It has links to the other files.

NOTE: These files are gif files.

I saved the files using the save as feature in Netscape.

Much thanks go out to Bob Myers for providing the plans  
and to Larry Jones for scanning them and making them available to  
the rest of us via his account on AOL.

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Date: Wed, 18 Oct 1995 15:39:28 -0500  
From: golden cliff <c60clg1@CORN.CSO.NIU.EDU>  
Subject: Re: Foil Dinner Recipes Wanted

I can't remember if this has been posted yet.

### Lemon Chicken

Take a whole chicken.

Brush with melted butter.

Take a whole lemon, slice, squeeze juice over chicken.

Sprinkle generously with Lemon & Herb spice.

Put leftover lemon peel & pulp inside chicken with slices of onion.

Wrap in foil. Cook until done. 40-60 minutes.

We also cook potatoes & onions in other foil packs.

For dessert. Take a banana, slice in lengthwise in the peel.

Insert butter and brown sugar into the slit. Wrap & bake.

Great meal. Easy clean up.

We did this meal last month while canoeing on the Wisconsin river. The  
best part was sitting around the campfire watching a beautiful sunset and  
telling stories. It was a great meal. Three new boys were cooks and

were instant heroes.

**YIS, Cliff Golden**  
**Scoutmaster Troop 33**  
**DeKalb, Illinois**                      **cgolden@niu.edu**

**Date:**        **Thu, 19 Oct 1995 09:25:27 EDT**  
**From:** **Mark Michalski <mam@AH.DS.ADP.COM>**  
**Subject:**    **Tin Foil Messages**

**Some foil favorites:**

**Upside Down Ham:**

**Ham pieces or steak, Pinapple slices (or tidbits) dash of teriyaki sauce (or marinade) and mixed vegetables to taste.**

**Ham & Potatoes Au Gratin:**

**Cubed Ham, chopped Potato, Onions, Grated cheese of your choice.**

**Foil Fajitas:**

**Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, etc....**

**Stuffed Potatoes:**

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

**Hobo Popcorn:**

**In center of '18 x '18 square of heavy or doubled foil, place one tspoon of oil and one tbspoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt and margerine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.**

**I hope I haven't made everyone too hungry. {} ; )>---**

**Mark**

**Cubmaster Pack 24**

**Clinton Valley Council**

**Committee Chairman T188 Chippewa Lodge <<--29--<<<  
ASTA #2029**

**Secondary e-mail addresses:  
HBVG83A@prodigy.com or 72560.3640@compuserve.com**

**Date: Tue, 17 Oct 1995 18:04:21 +0000  
From: Scott Miller <millers@APCI.NET>  
Subject: Re: Foil Dinner Recipes Wanted**

**Try using boned chicken instead of hamburger. Cooking time is the same, add a small amount of water or soy sauce to replace the water found in hamburger.**

**Scott Miller  
Scoutmaster Troop 15  
Scott AFB. IL  
Taleka Lodge #81  
Beaver C-26-93**

**Date: Tue, 17 Oct 1995 08:16:47 PDT  
From: Peter Van Houten <peterva@SOLAR.WV.TEK.COM>  
Subject: Re: Foil Dinner Recipes Wanted**

**Kim --  
>I'm looking for interesting recipes for Webelos foil dinners.**

**One of the best foil meals I had included a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. The meat was place on the bottom (btw the chicken had been slightly cooked prior to going), with the vegi's on top. I had a couple of dashes of Teryaki sauce, some spices (tarragon and others from a pre-mix spice jar).**

**Only exception was that I didn't turn it over, I let the vegi's cook in the heat from the meat. They were still slightly crunchy, almost steamed.**

**It was soooooooooooooooooo good!**

**Regards,**

Peter Van Houten <peterva@solar.wv.tek.com>  
Technical Support Group  
Video and Networking Division  
Tektronix, Inc.

Date: Tue, 17 Oct 1995 11:22:58 EDT  
From: "Jeff L. Glaze" <jlglaze@SUBASIC.SCIATL.COM>  
Subject: Re: Foil Dinner Recipes Wanted

On Oct 17, KIM KOWALEWSKI <kim.mad@CBO.GOV> asked:

Regarding Foil Dinner Recipes:

>What other spices and/or sauces can I use to enliven the dinners?

Instead of hamburger, try Pork Loin, or Boneless Chicken Breast!  
Also vary the vegetable ingredients to include slices of tomato,  
and/or bell peppers. BBQ sauces may be included also.

If you use chicken, try pineapple slices with mild BBQ sauce.

Ground turkey can be used instead of ground beef, and is "more  
healthy".

Good Scouting! (& good eatin')

\*\*\*\*\*

Jeff L. Glaze CIS:71631,564 \* Chartered Organization Rep.  
jlglaze@subasic.sciatl.com \* Pack, Troop, & Post 477  
Scientific Atlanta, Inc. \* Atlanta Area Council, BSA

\*\*\*\*\*

Opinions expressed are mine, not those of Scientific Atlanta, Inc.

\*\*\*\*\*

Date: Tue, 17 Oct 1995 11:25:35 -0400  
From: Alan Wolfson <awolfson@MSI.COM>  
Subject: Re: Foil Dinner Recipes Wanted

Kim Kowalewski (KIM@CBO.GOV) asked about alternatives to the  
traditional foil dinner...

I have had good luck asking the kids what they would like in their  
foil dinners. You'd be amazed at the great ideas they come up with.  
If, however, your den is gastronomically challenged :-), there are  
some things you can do to liven up those meals:

I've substituted Mrs. Dash, garlic pepper, Montreal seasoning, or

any other favorite general-purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner. We've added celery, green beans, and onions into our dinners for some additional variety. I've also had some good experiences substituting chicken for the beef, and making a pseudo stir-fry dinner using stir-fry oil instead of butter and spices.

Yours in Scouting,

Alan

Alan Wolfson	Assistant District Commissioner
Biosym/Molecular Simulations	Arrowhead Dist. Daniel Webster
Council(NH)	
(617) 229-9800	I used to be a Bear (NE-CS-36)
awolfson@msi.com	Co-leader Junior Troop #307 GSUSA

Date: Tue, 17 Oct 1995 11:36:55 EDT  
From: Mark Wilson <mwilson@POLARIS.ORL.MMC.COM>  
Subject: Re: Foil Dinner Recipes Wanted

> From: KIM KOWALEWSKI <kim.mad@cbo.gov>  
> I'm looking for interesting recipes for Webelos foil dinners.  
> The usual hamburger, potatoes, carrots, salt, pepper, and  
> butter combination is quite bland, and many of the Webelos  
> don't eat it. What other spices and/or sauces can I use to  
> enliven the dinners?

You forgot the onion. That will do wonders all by itself.

Also, consider replacing the hamburger with stewmeat, cubed steak, or chicken or turkey breasts cut into stewmeat sized cubes.

As to spices, consider adding a part of a clove of fresh garlic. Smash it first.

You might also consider adding soy sauce, teriyaki, or plain old steak sauce.

Try adding small dough balls of biscuit mix for dumplings.

The really neat thing about the basic foil dinner is to try a bunch of variations on a theme.

-----  
Mark Wilson  
Eagle Class of '74  
SM, Troop 565

mwilson@polaris.orl.mmc.com  
863 Trumbull Street  
Deltona, FL, 32725

I used to be an antelope ....  
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My opinions are my opinions. Lockheed Martin can speak for itself.

Date: Tue, 17 Oct 1995 10:58:26 -0500  
From: "James H. McCullars" <mccullarsj@EMAIL.UAH.EDU>  
Subject: Re: Foil Dinner Recipes Wanted

Hi Kim:

--> The usual hamburger, potatoes, carrots, salt, pepper, and  
--> butter combination is quite bland, and many of the Webelos  
--> don't eat it. What other spices and/or sauces can I use to  
--> enliven the dinners?

In addition to the ingredients you mentioned, I always use onion, bell pepper, radishes, Lowry's Seasoned Salt (and/or Lowry's Seasoned Pepper), and Worcestershire sauce. In addition, I sometimes will use barbecue sauce and if someone thinks to bring some along, sweet potatoes (try it!). I have also seen other people use soy sauce, Tabasco, etc.

Dad-blame it, Kim, now I'm hungry!

Now. That's how to liven the dinners. If you still have trouble getting the kids to eat, try wrapping the meals in McDonald's paper <snicker!>.

Jim McCullars  
SM, T-237  
Huntsville, Alabama

Date: Tue, 17 Oct 1995 13:47:24 -0400  
From: "Michael C. Horowitz" <mhorowit@CAPACCESS.ORG>  
Subject: Re: Foil Dinner Recipes Wanted

Kim - during Adult Leader Training, they show the Scouters the traditional (ho hum) foil dinner. Since I'm eating with the patrol,

**I try to show them an interesting variation:**

**At home, parboil (3 mins) a cornish hen. oil it up, salt and pepper and wrap in foil. cook as you would a foil pack (15 min/side). Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit of olive oil. makes and OUTSTANDING meal.**

**BTW, differentiate your foil pack by wrapping a length of foil in with the folded seam; never an arguement over who's pack it is - Mike**

**Date: Tue, 17 Oct 1995 11:07:40 EDT  
From: Don Izard <IZARD@UBVM.CC.BUFFALO.EDU>  
Subject: Re: Foil Dinner Recipes Wanted**

**I have seen a pizza pockett dinner, made with those packages of 'flat' dough (those tubes from The dough boy). You take the flat dough, and fill the center with pizza sauce, peperoni, cheese, wiht optional mushroom, olives etc. Fold it over to inclose the 'goodies' and wrap in 2 layers of foil.**

**'BAKE' 10 minutes on each side, and you might have a pizza pockett.**

**CUB's and scouts both seem to like it!**

**scouter don**

**Date: Tue, 17 Oct 1995 14:43:32 CST  
From: Jim Sleezer <JHS8@VM1.UCC.OKSTATE.EDU>  
Subject: Re: Foil Dinner Recipes Wanted**

**On Tue, 17 Oct 1995 10:29:24 -0400 KIM KOWALEWSKI said:**

**>I'm looking for interesting recipes for Webelos foil dinners.  
>The usual hamburger, potatoes, carrots, salt, pepper, and  
>butter combination is quite bland, and many of the Webelos  
>don't eat it. What other spices and/or sauces can I use to  
>enliven the dinners?**

**>**

**Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.**

**I like to use cabbage leaves to wrap it all in before I wrap in foil. A**

little catsup helps for some boys. I also add a few slices of onion. Around here, we never seem to have enough. The kids all go for seconds!

For variety, try peeled shrimp or scallops, snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root. This cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops. Kids seldom like it . . . it's too different.

I have also done chunks of ham, sweet potatoes (par boiled), pineapple. As soon as it comes out of fire, I add a few mini marshmallows on top.

Shark chunks cook up well with a thin slice of lemon.

But, why would you want to make foil dinners anyway? They're so "mundane."

Forget that foil stuff. . . .

How about baking muffins in half an orange with the pulp removed (and we

hope eaten). Eggs in onion half with all but outer few layers removed.

Meatloaf (I use recipe on Quaker Oats oatmeal box) cooked in onion half (mound it up as it shrinks while cooking). Twist on a peeled green stick.

Potatoes wrapped in "clean" mud and baked in fire. Skin comes off with mud.

How about chicken and dumplings. Envelope of chicken & vegetable soup, about

half the regular water, a small (6 oz) can of chicken. Bring to a boil. Drop spoonfuls of biscuit dough on top (use drop biscuit recipe). Cover tightly and cook over low heat for about 10 minutes or until dumplings are done.

I also like to make stone soup. Everyone brings their favorite vegetable to toss in the pot with a few seasonings. Add some bullion for extra flavor.

(Bullion can also be added to foil dinners to add a bit more flavor--go gently

until you find the right amount.)

Let me know if you get some other ideas!!

**jim Sleezer**

Roundtable Commissioner, Pawnee Bill District, Will Rogers Council  
Stillwater, Oklahoma

JHS8 at OSUVM1.BITNET      JHS8 at VM1.UCC.OKSTATE.EDU (Internet)

**Date: Fri, 20 Oct 1995 14:39:51 -0400 (EDT)**  
**From: Jess Olonoff <jolonoff@gate.net>**  
**To: "Michael F. Bowman" <mfbowman@CapAccess.org>**  
**Subject: Re: Foil Cookery, Stove, Recipes etc.**

**Michael,**

**After all the rain we've had we've got plenty of grubs but probably not=20  
the kind you'd want to eat!**

**Please find the file "Outdoor Cooking" to follow. Enjoy!**

**This is a part of the larger "Webelos" section of the handbook. I'll make  
other sections available as time allows. This section is Approx. 17 pages  
at 60 lines per page. The file has 987 lines w/o my sig.=20**

**With special thanks to the Indian Nations Council (Tulsa, OK Area),=20  
particularly their "Pow-Wow" committee for their efforts, and, for making=  
=20  
the book available in electronic format.**

## **OUTDOOR COOKING**

**Cooking and eating are an adventure. Eating is fun and so is fixing food  
to eat. There are so many activities that offer an opportunity to cook  
and eat. There is just something about camp cooking that is special.=20  
Cooking outdoors requires a different set of rules and equipment. Take  
time to plan some activities that will include food preparation, whether  
it is brought in a paper sack or food that will be prepared by the boys.=20  
Even cooking a hot dog or marshmallow can be a real challenge - having it  
cook just right and not burnt. Cooking is a skill and cooking outdoors  
with charcoal, wood or a buddy burner will take some skill. Take time to  
talk about what you plan to cook, discuss safety and practice fire  
building.=20**

**It is fun to beat eggs, mix pancakes, make a milkshake or cherry cobbler.=  
=20**

**It can be lots of fun as long as you know what you are doing. Don't be  
too ambitious to start with, remember the age of boys you are working  
with. Do simple recipes and progress as their skills develop. Outdoor  
food does not have to be cooked. A good lunch can be part of the day  
without having to take time out to cook. Maybe the first venture could be  
an after school snack.=20**

## **SAFETY AND GOOD COOKING HABITS**

**Start out by getting yourself ready to cook.**

**=FE Protect your clothes from spills by putting on an apron; then wash your hands.**

**=FE Read the entire recipe carefully.**

**=FE Organize the bowls, spoons, pans and other equipment that you will need.**

**=FE Read and know about making fires and fire safety.**

**=FE Have all the ingredients for the recipe. Measure ingredients accurately. Follow the recipe mixing the ingredients.**

**=FE While the product is cooking, put things away and clean up your work area.**

**=FE Stay near your food. If you forget them, they will cook too long and burn.**

**=FE Turn pot handles away from the edge so no one will bump the handle and cause pot to spill.**

**=FE Always use potholders when handling hot pans. Keep all towels, pot holders, clothes and hair away from the flames.**

**=FE Learn how to use a knife.**

## **OUTDOOR COOKING HINTS**

**=FE Pack charcoal in a paper egg carton and tie shut.=20  
When ready to use, just light the carton.**

**=FE For a wood fire, use candle pieces wrapped (like candy) in wax paper.=  
=20  
Light the paper and the wax will keep it going long enough to ignite  
your kindling.=20**

**=FE Handy fire starters (never-fail) can be made by placing one charcoal  
briquette in each section of an egg carton (paper kind). Cover with  
melted wax. Tear apart and use.=20**

**=FE Handy fire starter. Save lint out of lint filter in clothes dryer.=20**

**Place lint under kindling and use as tinder.**

**=FE Put a burger fresh from the grill into the bun and place in a plastic bag for about a minute. The bun will be steamed warm.=20**

**=FE Let a pan or bucket of water heat on the fire while you eat and your dish water will be ready when you are.=20**

**=FE Melted paraffin, applied inside and outside a cooler leak will seal it.=20**

**=FE A bar of soap will stay clean on a cookout if kept in the end of an old stocking and hung in a tree.=20**

**=FE For safety, always keep a bucket of water nearby when cooking outside.=20**

**=FE When camping, choose foods that keep well with little or no refrigeration. Check out instant and dehydrated foods.=20**

**=FE Cool the ice chest before you fill it. The ice will last much longer.=20**

**=FE Cans of frozen juice can help keep other foods cold when packing your ice chest.=20**

**=FE Freeze fresh meat before putting in cooler. It will last longer and also help keep other foods cold. Even make hamburger patties and freeze with double paper between each.=20**

**=FE Give yourself plenty of time to start a fire and wait for wood or briquettes to be ready.=20**

**=FE Brush grates of a grill with oil to prevent meat from sticking.=20**

**=FE Don't forget to rub the outside of metal pans with liquid detergent - it sure helps when it comes time to clean up.=20**

## **COOKING TRICKS**

**You won't want to spend your whole day cooking while in camp. In the beginning, cooking will take up a lot of your time, but soon you'll learn a number of tricks that will get you out of the "kitchen" quickly.=20**

**One of the most important tricks in camp cookery is to have exactly the**

right kind of fire ready for the job on hand when you start cooking -- quick flames if you have boiling to do, low flames for stewing, a bed of glowing coals for frying and broiling.=20

In the kitchen at home, your oven can be set for the exact temperature called for in a recipe. When camping, you can come close to determining correct temperature by learning the trick of counting seconds while holding your palm in at place where food will go.=20

A cookbook will call for specific measurements by the teaspoon, tablespoon, or cup. In camp, your fingers and palm will do. The measurements on the next page are for the average hand. Find out how they fit your hand by testing them at home against a measuring spoon and cup.=20

As you pick up other cooking tricks, make a note of them. You will find that they will come in handy sooner or later.=20

## **BUILDING A FIRE**

Before you cook outdoors you must have a fire. Remember that the fire makes the success of the cooking. Learn when to have a quick hot fire, when to have good coals, when to plan for a fire that burns for a long while. Firebuilding and cooking go hand in hand.=20

Building a fire is a big responsibility. Build a fire only where and if you have permission. You need a grown up around when building a fire.=20 Care of the fire and fire prevention becomes the responsibilities of the person who lights the match. A good camper knows not only how to light a fire, but also how to put it out. When he is finished, he makes sure every ember is out and cleans up the fire site.=20

## **WOOD FIRES**

Have and safe and suitable place for your fire. It could be built in a park, a campsite or a driveway. Clear away anything that can burn - leaves, grass, paper, etc.=20

Have a bucket of water ready to put out the fire.

Collect your equipment before you start.

For a fire to burn three things are required:

**FUEL** - material that will burn.

**HEAT** - enough heat to bring fuel to ignition.

**AIR - to provide oxygen for burning process.**

**When one of the three things is removed, the fire stops burning. Water cools fuel below ignition point, dirt cuts off the oxygen supply.=20**

**A fire needs three different kinds of fire material - tinder, kindling and fuel. The match lights the tender, the tender lights the kindling, and the kindling starts the fuel burning.=20**

**TINDER - should start to burn as soon as it is touched with a lighted match. Use thin twigs, tops of dried weeds, wood shavings, dryer lint, etc.=20**

**KINDLING - is little sticks and can be as small as a pencil or as thick as your thumb.**

**FUEL - is the larger wood that keeps your fire going. Do not use green or freshly cut wood, it does not burn well.**

**Stack the wood in three separate piles far enough away from the fire, so that no sparks can fly into stacks.**

### **BUILDING YOUR FIRE**

**Using larger pieces of wood, form an "A" on the ground. Get your tinder and kindling. You will need two handfuls of kindling. Put the tinder on the "A" instead of the ground. This way the tinder has air underneath it and there is space for your match.=20**

**Light the match. Kneel near the fire and strike the match away from you.=20**

**Tip the match down so that the flame catches on the match stick. On a windy day, kneel with your back to the wind and cup your hands around the match.=20**

**Now light the tinder. Carefully add more tinder. You may need to blow at the base of the fire.=20**

**Add kindling. When the tinder has started to burn, add kindling. Start with small pieces. Remember to keep close together but allow space for air.=20**

### **TYPES OF FIRE**

**TEPEE FIRE:** This a good fire for quick cooking since the heat is concentrated on one spot. It looks like a tepee. Stack the fuel over the foundation fire. The foundation fire will start the fuel burning. Add fuel as you need it.=20

**CRISSCROSS FIRE:** This type is long lasting and makes good coals. It is good for a campfire. To make this, lay fuel over the foundation fire in a crisscross pattern. Be sure to leave room for air. Add fuel as needed.=20

**REFLECTOR BAKING:** This type of fire is built against a high back of rocks or logs; a wire screening over coals is good for roasting corn.=20

After you are finished with your fire make sure it is out by:

=FE Scattering ashes or embers

=FE Sprinkling with water

=FE Drenching charred logs

=FE Covering with dirt or sand

When you can hold your hand on the spot where the fire was and not feel any warmth, your fire is out.

**COOKING WITH CHARCOAL=20**

To start charcoal fires make and use fire starters or a starter can. Charcoal starts slowly. Allow at least 30 minutes before fire is ready to use. To start charcoal use one of the following methods:=20

=FE Place small twigs or fire starters close together as a base.=20  
Leave an air space beneath starters. Place charcoal on top of this. Light the fire starters, and gradually add a few more briquets, one at a time.

=FE Use a starter can.

Charcoal will be grey-white in the daylight and red at night when ready.

**STARTER CAN**

Cut both ends from a one gallon can, or large juice can. Make vent holes with a pop can opener around one end of the large can. To use, place can inside grill or on a pan or tray, crumple three full size sheets of newspaper into balls. Place newspaper in bottom of starter can or fill it half way with twigs. Cover with charcoal. Light the newspaper through the vent holes. When charcoal is glowing, remove can with a pair of pliers.=20  
One charcoal briquette equals 40 degrees of temperature.=20

### **CHARCOAL STOVE**

**You need: Tin can (#10 or larger)**

**Roll-type can opener**

**Punch opener**

**Wire for handle**

**Three pieces sturdy wire screen**

- 1. Remove top of can with roll-type can opener. Punch airholes with punch opener around top and bottom of can.**
- 2. Stick ends of wire through two of the holes at top and twist to make a handle.**
- 3. Push wire screen half way down into can to make a grate. This holds charcoal near top for cooking and keeps air under charcoal. To keep screen from slipping, curl second piece of screen into a coil, and put between grate screen and bottom of stove.**
- 4. Make a stove top out of the third piece of wire screen. This supports your hamburger or the cook pot.**

### **TO USE CHARCOAL STOVE:**

**Set the stove on cleared ground and put tinder on the grate.=20  
When tinder is burning briskly, drop charcoal into fire. Swing the stove by the handle now and then to keep the charcoal burning.**

### **VAGABOND STOVE**

**You need: #10 tin can**

**Pair of tin snips  
Gloves  
Roll-type can opener  
Punch opener  
Hammer**

- 1. Remove lid from tin can using roll-type can opener. This open end will be the bottom of your stove.**
- 2. Cut door in stove. Wearing gloves, take the tin snips and cut from the open end two slits three inches apart and three inches long. Bend this piece of tin back into can and hammer it flat.**
- 3. Punch with the punch opener two or three small holes at the top of the can on the side opposite the door. These are your air holes and serve as a chimney.**

#### **TO USE VAGABOND STOVE:**

**Find a level spot for the stove so food will not run over the side. If stove is not level, put a twig under the low edge.=20**

**Press the stove in the dirt so that it makes a ring. Then put it aside.=20  
Make a small fire of twigs in the ring. Keep fire small but steady. You can also use a Buddy Burner. (See directions for making.)**

**Put the stove over the twig fire or Buddy Burner. The stove will get very hot so do not touch it.=20**

**The first time you use your stove you will have to wipe the finish off the tin can after the stove has heated up. Hold stove with a pot holder and wipe off with a paper towel.=20**

#### **BUDDY BURNER**

**A Buddy burner is fuel and can be used with a vagabond stove. It is also good emergency fuel to have on hand if your stove at home should not work.=20**

**You can use it in a driveway or an inside fireplace or when you cannot have an open fire. The smoke is very black so do not use it in a room.=20**

**You need: A shallow tin can (tuna or cat/dog food)**  
**Corrugated cardboard, cut in strips just a little narrower than depth of can =20**  
**Paraffin, in a tin can**  
**Lid from a larger can**  
**Pot of water on stove**

- 1. Roll cardboard into a coil that fits loosely into the can.**
- 2. Melt the paraffin. Paraffin should always be melted in a tin can set in a pot of water on the stove. Use low heat. Melt small amounts at a time. The vapor given off by the melting paraffin might start to burn, so have a lid from a larger tin can on hand to smother any fire.**
- 3. Fill shallow can almost to the top with melted paraffin.**
- 4. Let the paraffin harden. Now you have made a Buddy burner.**

**You can make a Buddy burner using sawdust instead of cardboard. Fill the tin can with sawdust and pour in paraffin. You may have to use "wicks" in this to start the burning easier.=20**

#### **TO USE A BUDDY BURNER:**

**Light the top of the Buddy burner with a match. Now you can cook on your vagabond stove. Never cook directly on the Buddy burner because the smoke is black and sooty.=20**

**Place the vagabond stove over the Buddy burner.**

**Put the fire out by lifting the stove off and smothering the flame with a No. 10 tin can lid or any flat surface larger than the Buddy burner. Use a pot holder to lift the stove, or knock the stove over with a stick. The paraffin will be hot and liquid, so wait until it hardens and cools before you pick it up.=20**

#### **FOIL COOKERY**

##### **Foil Cooking Hints**

Use two layers of light-weight, or one layer of heavy duty aluminum foil.=  
=20

Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. This wrap is know as the "drugstore" wrap.=20

### **Drugstore Wrap**

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

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

### **Cooking Times:**

**Hamburger: 8-12 minutes, Carrots: 15-20 minutes**

**Chicken pieces: 20-30 minutes, Whole Apples: 20-30 minutes**

**Hotdogs: 5-10 minutes, Sliced potatoes 10-15 minutes**

### **FOIL DINNER**

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

### **CARDBOARD BOX OVEN**

A cardboard box will make an oven. Cut off the flaps so that the box has four straight sides and bottom. The bottom of the box will be the top of the oven.

Cover the box inside and out COMPLETELY with foil, placing shiny side out.

To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquets. The grill should be raised about ten inches above the charcoal. Set the cardboard oven over the food and charcoal. Prop up one end of the oven with a pebble to provide the air charcoal needs to burn - or cut air vents along the lower edge of the oven. Control the baking temperature of the oven by the number of charcoal briquets used.=20

Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquets).

**Experiment! Build an oven to fit your pans - or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake.=20 Construct a removable oven top or oven door. Punch holes on opposite sides of the oven and run coat hanger wire through to make a grill to hold baking pans. Try the oven over the coals of a campfire.**

## **RECIPES**

### **ALUMINUM EGGS (FOIL BREAKFAST)**

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

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

### **EGG ON A RAFT (VAGABOND STOVE)**

**Bread  
Egg  
Salt and pepper**

**Grease the cooking surface of the stove. Cut two inch hole in a slice of bread. Place bread on burner and break egg into the hole. Season and turn over once while cooking.**

### **AZTEC TOOTHPICKS**

**Heat a white flour tortilla in skillet or top of vagabond stove.=20 Spread cream cheese on tortilla; sprinkle on brown sugar and cinnamon. Roll up tortilla and pig out. Great breakfast, sweet roll or night time snack.**

### **FRENCH TOAST (VAGABOND STOVE)**

**3 eggs**  
**1/2 cup milk**  
**1 tablespoon sugar**  
**4 slices bread**  
**Butter, syrup, jam or powdered sugar**

**Beat eggs, milk and sugar together with a fork. Grease the top of a hot vagabond stove with margarine. Dip both sides of a piece of bread in egg mixture, and lay it on the stove. Be careful that the fire is not too hot. When bottom browns, turn the toast over with a fork or turner. You may need more margarine. When the second side is brown, remove the toast to a plate.**

#### **VIENNA TOAST**

**Make a jelly sandwich. Beat two eggs per person (4 pieces of toast). Add a little sugar, cinnamon and milk or water. Dip sandwich in egg mixture, fry the sandwich like french toast. Dip fried sandwich in (or sprinkle on) powdered sugar instead of syrup. Tastes like a giant jelly donut.**

#### **PUNCH DONUTS**

**Canned biscuits**  
**Cooking oil**  
**Cocoa**  
**Jello**  
**Sugar (white, brown, powdered, w/wo cinnamon)**

**Take a biscuit, punch hole through it with finger. Shape into donut shape. Drop into hot oil. Flip over when brown. Remove from oil, dip into sugar, cocoa or jello. Eat slowly, they are really hot.**

#### **SAUSAGE BALLS**

**1 lb sausage**  
**3 cups bisquick**  
**1 8 oz jar Cheese Whiz or shredded cheese**

**Combine sausage (cooked), bisquick and cheese; shape into balls.=20  
Bake in preheated 300 degree oven for 25 minutes or until lightly  
browned.**

#### **NELSON'S STEW**

**Box of macaroni and cheese  
1 can of chunky ham**

**Heat water to boiling. Add macaroni and cook until soft. Follow  
directions on box. Crumble can of chunky ham into mixture, mix  
thoroughly. This is very easy. Feeds 2 scouts per box of  
macaroni and cheese, 1 can of ham can be mixed with each 2 boxes  
of macaroni.**

#### **CAMP STROGANOFF**

**1-1/2 to 2 pounds ground beef  
Onion soup mix  
2-3 tablespoons of ketchup  
1 cup sour cream  
1 can cream of mushroom soup  
Noodles**

**Bring pot of water to a rolling boil and cook noodles until done.=20  
Brown meat and drain off grease. Add remaining ingredients and  
simmer until meat is tender. If necessary, thin sauce with a  
little milk. Serve over cooked noodles.**

#### **TACO CASSEROLE**

**2 pounds hamburger  
6 tortillas  
cheese grated  
2 cloves garlic, minced  
2 cans enchilada sauce  
1 small can tomato sauce**

**Brown meat and garlic. Add enchilada sauce and tomato sauce.=20  
Simmer for 30 minutes. Tear tortillas and layer pan with  
tortillas, meat, cheese. Repeat with cheese on top. Bake at 350  
degrees for 45 minutes.**

## **DON'S HAWAIIAN DELIGHT**

**In a square piece of heavy duty aluminum foil place enough of each of the following to make one serving:**

**Sliced ham  
Sweet potatoes  
Carrots  
Pineapple**

**Surround the ham slices with the other ingredients on the foil then add 1 tablespoon of syrup or honey. Fold using "drugstore" wrap to hold in the juice. Cook package on hot coals for approximately 15 minutes on each side.**

## **PASTA ITALIANO BAKE**

**1 lb ground beef  
1/4 cup chopped onion  
1/4 cup chopped green pepper  
1 garlic clove, minced  
1 6 oz can tomato paste  
1/2 cup water  
1 teaspoon salt  
1/2 teaspoon oregano leaves  
2 cups (4 oz) noodles, cooked, drained  
1/4 cup chopped parsley  
1/2 cup Miracle Whip salad dressing  
3/4 cup Kraft grated parmesan cheese  
2 eggs, beaten**

**Brown meat, drain. Add onion, green pepper and garlic; cook until tender. Stir in tomato paste, water and seasonings. Cover; simmer 15 minutes. Combine noodles and parsley; toss lightly.=20 Combine salad dressing, 1/2 cup cheese and eggs; mix well. Layer noodles and meat mixture in Dutch Oven; top with remaining cheese. Bake for approximately 40 minutes. 6 servings.**

## **CORN CASSEROLE**

**1 can whole corn with juice  
1 can cream style corn  
1/2 cup melted butter**

**1 package Jiffy corn bread mix  
1 cup sour cream  
2 eggs  
1 cup cheddar cheese**

**Mix all ingredients together, except cheese. Bake at 350 degrees for 25-30 minutes. Add cheese on top and bake for 8-10 minutes more.**

### **CHICKEN BREASTS**

**8 chicken breasts  
1 jar or package dried beef slices  
8 slices bacon  
Salt and pepper to taste  
1 can Cream of Mushroom soup  
1 small carton sour cream**

**Bone the chicken breasts and roll one slice bacon around each.=20  
Place dried beef slices in bottom of Dutch oven and lay  
bacon-wrapped chicken breasts on top. Salt and pepper to taste.=20  
Pour mushroom soup and sour cream over breasts. Bake for  
approximately 50-65 minutes until chicken is tender.**

### **SAUSAGE-RICE OVEN DISH**

**2 1/2 lbs. ground sausage  
1 medium green pepper, chopped  
1 medium onion, chopped  
1 cup celery, chopped  
2 cups rice, cooked as to directions on box  
3 packages dry chicken noodle soup mix  
1 small can pimentos, chopped  
1 can cream of chicken soup  
1 package almonds, slivered**

**Brown sausage and drain. Add green pepper, onion and celery and simmer in open Dutch Oven for 15 minutes. Add cooked rice and dry soup mix. Add pimentos, cream of chicken soup and almonds and bake. (You can also use Wild Rice)**

### **BBQ PORK CHOPS DUTCH OVEN**

**6 Pork chops (You can also use chicken)  
1 tablespoon cooking oil  
Salt and pepper to taste**

**3/4 cup catsup  
1 8 oz cola drink**

**Brown meat with cooking oil in Dutch Oven. Mix catsup and cola with salt and pepper and pour into oven over meat. Bake until done. (Should be gooey)**

#### **EASY MEAT LOAF**

**2 pounds ground beef  
1 small can evaporated milk or 1/2 cup milk  
2 packages dried onion soup mix**

**Mix all ingredients together and form loaf in Dutch oven. Bake approximately 50 to 60 minutes.**

#### **TASTY BEEF ROAST**

**1 3 lb to 5 lb beef roast  
1 can cream of mushroom soup  
1 package dry onion soup mix**

**Brown roast. Pour 1/2 can mushroom soup around meat. Pour onion soup mix over meat, then the remaining mushroom soup over all.=20 Let bake to desired doneness. Approximately 30 to 45 minutes to pound.**

#### **DUTCH OVEN ENCHILADA CASSEROLE**

**2 lbs ground beef  
1 teaspoon salt  
1 large onion, chopped  
1 can tomato soup (10 3/4 ozs)  
2 cans enchilada mild sauce (10 ozs)  
1 can water (10 ozs)  
1 package of corn tortillas  
1/2 lb grated or sliced cheese**

**Brown together beef, salt and onion. Add tomato soup, enchilada sauce and water to beef mixture and simmer together. Place 3 or 4 corn tortillas on bottom of Dutch Oven. Remove 3/4's of the meat mixture from pan, and place over top of tortillas. Add another layer of tortillas. Add a 1/4 lb of cheese on top. Add another layer of meat mixture. Place another layer of meat mixture. Place another layer of tortillas. Sprinkle with remaining cheese. Place like over Dutch Oven and let simmer**

until it appears to be done. Approximately 30-40 minutes.

#### **FRESH TOMATO SAUCE PICANTE**

1 medium size tomato, finely chopped  
1 small onion, finely chopped (1/4 cup)  
6 springs cilantro or Italian parsley (leaves only),  
finely chopped (1 tablespoon)  
3 serrano chilies, seeded and finely chopped; or  
1 can green chili, finely chopped  
1/2 teaspoon salt  
1/2 cup water

Combine tomato, onion, cilantro, chilies, salt and water in a bowl. Cover; let stand about 30 minutes before serving. This sauce is best eaten the same day, as it soon loses its crispness and flavor.

#### **TAMALE PIE**

1 1/2 lbs. ground beef  
1 clove garlic, minced  
1 onion, coarsely chopped  
1 green pepper, cut in 1 inch squares  
1 can (1 pound) tomatoes, cut up  
1/2 cup stuffed green olives (or black olives),  
coarsely chopped  
1 to 2 teaspoons chili powder  
1 teaspoon salt  
Freshly ground pepper to taste  
1 package (11 ounces) corn muffin mix  
1 can (8 oz) cream corn  
1/3 cup milk  
1/2 cup shredded cheddar cheese

Brown ground beef in Dutch Oven, drain excess fat off. Add garlic, onion and green pepper and saute' 5 minutes or until tender. Add tomatoes, olives, chili powder, salt and pepper and simmer 10 minutes. In a bowl stir together muffin mix, corn and milk until evenly moistened. Spoon over ground beef mixture and sprinkle with cheese. Bake at 400 degrees for approximately 20 minutes, or until browned.

#### **EASY SAUSAGE PIZZA BAKE**

1 lb pork sausage

**3/4 cup chopped onion**  
**3 cups Bisquick baking mix**  
**1 1/2 cups water**  
**1 jar (15 1/2 oz) thick spaghetti sauce**  
**1 can (4 oz) mushroom stems and pieces, drained (if desired)**  
**1 can (2 1/4 oz) sliced ripe olives, drained**  
**1 green pepper, cut into thin rings**  
**2 cups shredded cheddar cheese**

**Grease the inside of the Dutch Oven. Cook and stir sausage and onion in skillet until sausage is brown; drain. Mix baking mix and water until thoroughly moistened; spread batter in oven.=20 Spread spaghetti sauce carefully over batter; top with sausage mixture and the remaining ingredients. Bake until crust is golden brown. Approximately 25-30 minutes.**

### **BAKED SPAGHETTI**

**1 large onion, chopped**  
**1 clove garlic, minced**  
**4 tablespoons shortening**  
**1/2 lb ground beef**  
**2 cups water**  
**2 cans tomato soup**  
**2 teaspoons chili powder**  
**1/2 lb uncooked spaghetti**  
**1 cup sharp cheese (grated)**

**Cook onion and garlic in shortening in Dutch Oven. Add beef and cook, stirring occasionally, to keep meat particles separated.=20 Drain excess grease off. Mix in the soup, water and chili powder and cook a few minutes longer. Break spaghetti into inch pieces and stir into sauce until all covered. Bake for about 1 hour, but stir approximately every 15 minutes. Then add cheese to top. Bake another 15 minutes.**

### **HANOVER BRISKET**

**4 or 5 lb brisket**  
**1 can of consomme**  
**1 (10 oz) bottle (lite) soy sauce**  
**1/4 cup lemon juice**  
**Garlic to taste**  
**1 tablespoon liquid smoke**

Combine last 5 ingredients, pour over meat and marinate overnight. Place meat and marinade in a covered pan and bake at 300 degrees for 3 hours for 3 & 4 lbs and 4 hours for 5 lbs. Baste occasionally during baking. Take out and slice. Then replace it in the pan and pour some of the marinade over brisket.

Increase the temperature to 350 degrees and continue baking for another hour.

#### **CINNAMON-RAISIN ROLL-UPS**

2 cups Bisquick baking mix  
1/2 cup raisins (can omit)  
1/2 cup dairy sour cream  
3 tablespoons milk  
2 tablespoons margarine, softened  
1/4 cup packed brown sugar  
1/4 cup finely chopped nuts  
1/2 teaspoon ground cinnamon  
2 tablespoons margarine, melted  
Granulated sugar

Spray Pam on the inside of Dutch Oven. Mix baking mix, raisins, sour cream and milk; beat 20 strokes. Smooth into ball on floured aluminum foil or wax paper. Knead 10 times. Roll into rectangle, approximately 12 x 10 inches. Spread with softened margarine (can use squeeze margarine also). Mix brown sugar, nuts and cinnamon; sprinkle over dough. Roll up tightly, beginning at 12" side. Pinch edge into roll. Cut into 12 slices. Place slices, cut sides down, in the bottom of Dutch Oven. Brush melted margarine over the tops, sprinkle with granulated sugar. Bake until golden, about 13 minutes. Top with margarine if desired.

#### **HERB BUBBLE RING**

1/2 cup grated Parmesan cheese  
1 tablespoon parsley flakes  
1/2 cup dried basil leaves  
1/2 teaspoon garlic powder  
1/2 teaspoon paprika  
3 cups Bisquick mix  
3/4 cup dairy sour cream  
1/4 cup milk  
1/4 cup margarine, melted

Spray Dutch Oven with Pam, or line with aluminum foil. Mix cheese, parsley, basil, garlic powder and paprika; reserve. Mix baking mix, sour cream and milk until soft dough forms; beat vigorously 30 seconds. Gently smooth dough in ball on floured aluminum foil or wax paper. Knead 10 times. Shape into 1 inch balls. Dip each ball into melted margarine, then roll in cheese mixture to coat. Arrange balls about 1/4 inch apart in layers in oven. Sprinkle any remaining cheese mixture over top.=20 Bake until golden brown, about 20 minutes.

### **SOUR CREAM ONION SQUARES**

1 large onion, sliced  
2 tablespoons margarine  
1 egg  
3/4 cup dairy sour cream  
1/4 teaspoon seasoned salt  
1 cup milk  
3 cups Bisquick baking mix

Saute' onion in margarine until soft. Beat egg in a small bowl; stir in sour cream until blended; add onions and seasoned salt.=20 Stir milk into baking mix to form a soft dough; turn into a lightly sprayed (with Pam) or aluminum lined Dutch Oven. Bake for approximately 20 minutes or until top is set.

### **BISCUITS**

4 cups flour  
2 tablespoons baking powder  
1 teaspoon salt  
1/2 cup shortening  
1 1/2 cups milk or water

Combine dry ingredients. Work in shortening with a knife or fingers until evenly distributed. Add milk gradually, mixing lightly and quickly until there is no dry flour in dish. Pinch off desired amount for each biscuit and bake.

### **SOPAPILLAS**

4 cups sifted all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar

2 tablespoons vegetable shortening  
1 cup milk  
Vegetable oil for frying

Mix flour, baking powder, salt and sugar into a large bowl. Cut in shortening until mixture resembles cornmeal. Stir in milk until mixture forms a firm dough. Knead dough on lightly floured aluminum foil or waxed paper just until smooth. Cover; let rest 20 minutes. Roll out to 1/4 inch thickness; cut into squares or diamonds. Heat oil in a Dutch Oven until hot. Fry sopapillas, a few at a time, turning often so they fry evenly until golden brown. Remove from oil with slotted spoon to paper towels to drain. Serve hot with butter & honey or sprinkled with cinnamon sugar.

#### IMPOSSIBLE PECAN PIE

1 1/2 cups chopped pecans  
3/4 cup packed brown sugar  
3/4 cup milk  
3/4 cup light or dark corn syrup  
1/2 cup Bisquick baking mix  
1/4 cup margarine or butter, softened  
4 eggs  
1 1/2 teaspoon vanilla

Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife, when inserted into center, comes out clean. Approximately 50-60 minutes.

#### PINEAPPLE UPSIDE DOWN CAKE

1 can pineapple (6 oz)  
1/2 cup pecans  
1/2 cup brown sugar  
1 square margarine  
2 yellow cake mixes, or 3 golden pound cake mixes

Mix cake mixes according to directions.

Line the Dutch Oven with aluminum foil, place oven onto the heat, level it and melt the margarine in the oven. When melted, add the brown sugar, then the pineapple slices, then the pecans.=20  
This will be the glaze.

Pour cake on top of glaze. This dessert doesn't require much heat on the bottom, just enough to brown the glaze - about 8 briquets should be plenty. Bake for approximately 25 minutes. Check it every 15 minutes and when golden brown, test it to see if it is done. If it is, take off the heat and lift the cake out of the oven by the aluminum foil. Put a pan or board on it and then turn it over quickly so that the glaze is on top. Remove the foil.

**WHEN BAKING IN A DUTCH OVEN WITH A CAKE PAN OR PIE PAN, PUT 1 INCH DIAMETER FOIL BALLS IN THE BOTTOM OF THE OVEN TO LIFT THE PAN OFF THE BOTTOM TO KEEP THE FOOD FROM BURNING AND DISTRIBUTE THE HEAT MORE EVENLY.**

### **IMPOSSIBLE PUMPKIN PIE**

3/4 cup sugar  
1/2 cup Bisquick baking mix  
2 tablespoons margarine  
1 can (13 oz) evaporated milk  
2 eggs  
1 can (16 oz) pumpkin  
2 1/2 teaspoons pumpkin pie spice  
1 teaspoon vanilla

Grease pie plate. Beat all ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife inserted in center comes out clean. Approximately 50-60 minutes.

### **EASY ICE CREAM**

1 (14 oz) can Eagle Brand Sweetened Condensed Milk  
2/3 cup chocolate flavored syrup  
2 cups (1 pint) whipping cream

Put into small cleaned coffee can, put lid on. Put down inside a 3 lb coffee can. Put ice and rock salt around it. Put lid on large can. Roll can, stop and drain water out, and put more ice and rock salt in. Continue until firm.

YiS,=20

Jess Olonoff, CM Pack-206 | Eagle - 1970, T-10 Tulsa, Okla.  
Riverglades Elem. - Parkland, Fla. | Ta-Tsu-Hwa - Ordeal '69, Brthrhhd '70  
Lighthouse Dstrct - S. Fl. Council | Scout in NYC-Brooklyn 61-66, Tulsa 66-  
71



**and place around each stake and fill 3/4 full of charcoal. Place a shallow pan inside the square to catch the drippings. Wrap the box leaving the top open with heavy duty aluminum foil to make your oven. Using a strong pipe as a cross beam hang a 16-18 lb. turkey in the middle of your oven and light the charcoal. Turkey dinner will be ready in 1 1/2 - 2 hours! You can make a door in the bottom of the foil to access the drippings to baste the bird. Bon appetit!!!**

**Date:** Fri, 10 Nov 1995 13:03:27 -0600  
**From:** Stan Hodge <STANH@MAIL.TDOC.TEXAS.GOV>  
**Subject:** Re: recipes -Reply

In Texas we'd call this a breakfast "taco" rather than a burrito which usually has beans. It's my favorite camp breakfast. You can substitute almost any kind of meat for the sausage. (I like well-cooked bacon.) I have seen hamburger, shrimp, chicken, and almost everything else you can imagine. You can stretch the eggs by adding some fried potatoes which is quite popular down here. Now for the picante -- make sure its Texan -- what do them guys in St Louis or New York know about tacos?

>>>

A lot of our patrols cook breakfast burritos. Cook sausage in a pan (not as patties) then put in eggs and cook in with the sausage. Serve with picante sauce or salsa and ground cheese on a tortilla. Tortillas can be warmed in foil with a damp paper towel on each end of a stack of 5 or so per foil pack. It's really good, fast, and simple.

**Date:** Mon, 13 Nov 1995 20:17:06 -0500  
**From:** Jason Sonnenberg <jsonnenb@EMUNIX.EMICH.EDU>  
**Subject:** Cookies!

Below I have included a recipe for some cookies.

(Recipe may be halved.):

2 cups butter	4 cups flour
2 tsp. soda	2 cups sugar
5 cups blended oatmeal**	24 oz. chocolate chips
2 cups brown sugar	1 tsp. salt
1 8 oz. Hershey Bar (grated)	4 eggs
2 tsp. baking powder	3 cups chopped nuts, your choice
2 tsp. vanilla	

\*\* measure oatmeal and blend in a blender to a fine powder. Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey Bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees. Makes 112 cookies.

Date: Tue, 21 Nov 1995 16:37:06 -0500  
From: Dori Byron <DByron5424@AOL.COM>  
Subject: Re: Reflector Ovens

Well here goes my first contribution to the postings. I am a Girl Scout Leader ( for the last 24 years) and a trainer. For your box oven all you need is a box, wiskey is best, tin foil, 4 juice cans(NOT aluminum), and a cake pan or cookie sheet that fits in the box. Line the inside of the box well, No door needed. Light one charcoal for each 40 degrees of heat in a can chimney. Let heat for 20 min. Spread charcoal between 4 cans set out in size of pan. Place pan on cans, lower box over pan and vent with small stone on lee side. Follow time and temp. on mix. Good eating! This works very well for anything you can cook in an oven. Note if it takes more than 25 min or so add more lit charcoal. Note2 if you must peek lift the box straight up so you don't spill the heat. Yours in Scouting (Boy and Girl)

Dori

Date: Tue, 23 Jan 1996 08:43:07 -0600  
From: James A Lindberg <jal@CRAY.COM>  
Subject: Oven beef jerky

Here are two mock beef jerky recipes. I use the second one (works for venison too).

### Beef Jerky

-----

(for 1 pound of meat)

1 tsp brown sugar	1/2 tsp Hickory Smoked Salt or Liquid Smoke
1/2 tsp lemon pepper	1/2 tsp garlic salt (or powder for less salty jerkey)
2 Tbs Soy Sauce	

Trim fat from meat, slice meat against grain about 1/4 inch thick and cut into strips.

Mix above ingredients well. Pour over meat and marinate overnight in covered container. Turn meat over once or twice while marinating. Place strips on aluminum



## **FOIL DINNER RECIPES**

**Compiled by  
Kim J. Kowalewski  
Cubmaster, Pack 1009  
Bowie, MD**

**These recipes were sent to me in response to my plea for help with an upcoming Fall Camporee. I needed some suggestions for variations on the ?classic? hamburger foil dinner. Enjoy!**

### **VARIATIONS ON THE HAMBURGER FOIL DINNER**

**From: Jim Sleezer**

**Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.**

**I like to use cabbage leaves to wrap it all in before I wrap in foil. A little catsup helps for some boys. I also add a few slices of onion. Around here, we never seem to have enough. The kids all go for seconds!**

**From: Don E. Robinson, M.D.**

**We add Cream of Mushroom soup to our "hobos." It adds taste as well as additional moisture. A couple of tablespoons will do just fine. Yum-yum.**

**From: George N. Leiter II**

**Just skip the butter and add some soup. Cream of mushroom or something like that. When cooked slow it is wonderful.**

**From: Cheryl Singhal**

**How about BBQ sauce, Worchester sauce, or even Italian dressing?**

**Spices ... a measuring teaspoon of Italian seasoning or of**

curry powder or of chili powder wouldn't hurt it either.

You might be able to combine BBQ and chili powder; or Italian dressing and Italian seasoning; I don't recommend mixing Worcestershire and curry powder though.

**From: Ben Alford**

We have spiced up our "hunters pack" aluminum foil dinners by adding Heinz 57 sauce. It is the boys's secret ingredient. It really makes a big difference. We've had boys finish one dinner and return to make seconds and thirds until all the ingredients are gone. I remember some were just cooking the left-over onions or potatoes as long as they had the Heinz 57 left to spice them up.

**From: Jeff L. Glaze**

Instead of hamburger, try Pork Loin, or Boneless Chicken Breast!

Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers. BBQ sauces may be included also.

If you use chicken, try pineapple slices with mild BBQ sauce.

Ground turkey can be used instead of ground beef, and is "more healthy".

**From: Alan Wolfson**

I have had good luck asking the kids what they would like in their foil dinners. You'd be amazed at the great ideas they come up with. If, however, your den is gastronomically challenged :-), there are some things you can do to liven up those meals:

I've substituted Mrs. Dash, garlic pepper, Montreal seasoning, or any other favorite general- purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner. We've added celery, green beans, and onions into

our dinners for some additional variety. I've also had some good experiences substituting chicken for the beef, and making a pseudo stir-fry dinner using stir-fry oil instead of butter and spices.

From: Mark Wilson

Also, consider replacing the hamburger with stew meat, cubed steak, or chicken or turkey breasts cut into stew meat sized cubes.

As to spices, consider adding a part of a clove of fresh garlic. Smash it first.

You might also consider adding soy sauce, teriyaki, or plain old steak sauce.

Try adding small dough balls of biscuit mix for dumplings.

From: James H. McCullars

In addition to the ingredients you mentioned, I always use onion, bell pepper, radishes, Lowry's Seasoned Salt (and/or Lowry's Seasoned Pepper), and Worcestershire sauce. In addition, I sometimes will use barbecue sauce and if someone thinks to bring some along, sweet potatoes (try it!).

I have also seen other people use soy sauce, Tabasco, etc.

From: Juel A. Fitzgerald

Instead of salt and pepper, use seasonING salt and pepper. This makes it a whole lot less bland. Of course you could add worchester sauce AFTER you are done cooking for those who like that.

From: Jeff Agle

One of my favorite additional ingredients in a foil dinner is a dash (maybe a big dash) of Wylers' boullion granules. These add significantly to the flavor. I typically use Seasoned Salt instead of just plain salt. You also left out one of the main flavor ingredients, Onions. Anything in the onion family can add lots of flavor, try scallions or green onions if the boys are

a little squemish about yellow onions. Garlic (salt, powder, crushed) can add a nice flavor.

#### **CORNISH HEN**

**From: Michael C. Horowitz**

At home, parboil (3 mins) a cornish hen. oil it up, salt and pepper and wrap in foil. Cook as you would a foil pack (15 min/side). Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit of olive oil. Makes an **OUTSTANDING** meal.

BTW, differentiate your foil pack by wrapping a length of foil in with the folded seam; never an argument over who's pack it is - Mike

#### **PIZZA POCKET**

**From: Don IZard**

I have seen a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The Dough Boy). You take the flat dough, and fill the center with pizza sauce, peperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil.

'BAKE' 10 minutes on each side, and you might have a pizza pocket.

#### **SEAFOOD DINNERS**

**From: Jim Sleezer**

For variety, try peeled shrimp or scallops, snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root. This cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops. Kids seldom like it . . . it's too different.

Shark chunks cook up well with a thin slice of lemmon.

#### **HAM DINNERS**

**From: Jim Sleezer**

**I have done chunks of ham, sweet potatoes (par boiled), pineapple. As soon as it comes out of fire, I add a few mini marshmallows on top.**

**From: Mark Michalski**

**Upside Down Ham:**

**Ham pieces or steak, Pineapple slices (or tidbits) dash of teriyaki sauce (or marinade) and mixed vegetables to taste.**

**Ham & Potatoes Au Gratin:**

**Cubed Ham, chopped Potato, Onions, Grated cheese of your choice.**

**CHICKEN DINNERS**

**From: Scott Miller**

**Try using boned chicken instead of hamburger. Cooking time is the same, add a small amount of water or soy sauce to replace the water found in hamburger.**

**From: Peter Van Houten**

**One of the best foil meals I had included a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. The meat was place on the bottom (btw the chicken had been slightly cooked prior to going), with the vegi's on top. I had a couple of dashes of Teryaki sauce, some spices (tarragon and others from a pre-mix spice jar).**

**Only exception was that I didn't turn it over, I let the vegi's cook in the heat from the meat. They were still slightly crunchy, almost steamed.**

**From: golden cliff**

**Lemon Chicken**

**Take a whole chicken.**

**Brush with melted butter.**

**Take a whole lemon, slice, squeeze juice over chicken.**

**Sprinkle generously with Lemon & Herb spice.**

**Put leftover lemon peel & pulp inside chicken with slices of onion.**

**Wrap in foil. Cook until done. 40-60 minutes.**

**We also cook potatoes & onions in other foil packs.**

**For dessert. Take a banana, slice in lengthwise in the peel. Insert butter and brown sugar into the slit. Wrap & bake.**

**From: R. Edward Fickel**

**Try boneless chicken breasts, green peppers, onion, carrots, potatoes (I think), mushrooms, in a cream of mushroom sauce. They are cooked the same way as your foil packs, but are gourmet quality!!**

**From: Wayne Hill**

**One that we tried is the chicken with instant rice and cream of celery soup (undiluted). I thought it was good and it cooks up quick. You can also try baked Apples with sugar, butter, and cinnamon. Bisquick mix is good for individual biscuits just coat the foil with butter or oil before you plop the biscuit dough on the foil keeps it from sticking. Baked potatoes are good and you can put cheese, butter, etc on after they are cooked.**

**One other point in case you are not aware, use hard wood for making your charcoal resinous wood like pine or cedar doesn't make long lasting charcoal.**

### **FOIL FAJITAS**

**From: Mark Michalski**

**Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, etc....**

### **STUFFED POTATOES**

**From: Mark Michalski**

**Core small to medium potato, insert a small pre-cooked sausage or weiner. Wrap in foil, set in hot ashes to bake.**

**Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixins of your choice.**

### **HOBO POPCORN**

**From: Mark Michalski**

**In center of 18" x 18" square of heavy or doubled foil, place one tspoon of oil and one tbspoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt and margerine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.**

### **PORTABLE CHILI**

**From: Carol Eichinger**

**Cook up a pot of chili (homemade or canned). Buy individual size bags of Doritos or something similar. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunchtime nachos/tacos. This was in my Crafting Traditions Magazine.**

### **HELPFUL HINTS**

**From: Jess Olonoff**

**Do NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking.**

**The cheese will warm and separate and the oil will catch fire or cook the food faster than expected. We had a few very unhappy Cubs expecting Cheeseburgers, but receiving, well something else if you can imagine.**

**It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.**

**Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire), and a few boys who will not be to happy with the final**

product.

Don't forget extra utensils as you'll be moving alot of packages around.

#### **DINNERS WITHOUT FOIL**

**From: Jim Sleezer**

How about baking muffins in half an orange with the pulp removed (and we hope eaten). Eggs in onion half with all but outer few layers removed. Meat loaf (I use recipe on Quaker Oats oatmeal box) cooked in onion half (mound it up as it shrinks while cooking). Twist on a peeled green stick. Potatoes wrapped in "clean" mud and baked in fire. Skin comes off with mud.

How about chicken and dumplings. Envelope of chicken & vegetable soup, about half the regular water, a small (6 oz) can of chicken. Bring to a boil. Drop spoonfuls of biscuit dough on top (use drop biscuit recipe). Cover tightly and cook over low heat for about 10 minutes or until dumplings are done.

I also like to make stone soup. Everyone brings their favorite vegetable to toss in the pot with a few seasonings. Add some bullion for extra flavor.

(Bullion can also be added to foil dinners to add a bit more flavor--go gently until you find the right amount.)

=====

#### **FOIL COOKERY HANDBOOK**

**From: Jess Olonoff**

**With Thanks to The Indian Nations Council Pow-Wow Book**

#### **Foil Cooking Hints**

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

#### **Drugstore Wrap**

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

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

**Cooking Times:**

**Hamburger: 8-12 minutes, Carrots: 15-20 minutes**

**Chicken pieces: 20-30 minutes, Whole Apples: 20-30 minutes**

**Hotdogs: 5-10 minutes, Sliced potatoes 10-15 minutes**

#### **FOIL DINNER**

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

#### **CARDBOARD BOX OVEN**

A cardboard box will make an oven. Cut off the flaps so that the box has four straight sides and bottom. The bottom of the box will be the top of the oven.

Cover the box inside and out **COMPLETELY** with foil, placing shiny side out.

To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquets. The grill should be raised about ten inches above the charcoal. Set the cardboard oven over the food and charcoal. Prop up one end of the oven with a pebble to provide the air charcoal needs to burn - or cut air vents along the lower edge of the oven. Control the baking temperature of the oven by the number of charcoal briquets used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquets).

**Experiment! Build an oven to fit your pans - or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake.**

**Construct a removable oven top or oven door. Punch holes on opposite sides of the oven and run coat hanger wire through to make a grill to hold baking pans. Try the oven over the coals of a campfire.**

## **RECIPES**

### **ALUMINUM EGGS (FOIL BREAKFAST)**

**Sausage**

**Egg**

**Hash brown potatoes**

**Salt, pepper and spices to taste**

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

### **EGG ON A RAFT (VAGABOND STOVE)**

**Bread**

**Egg**

**Salt and pepper**

**Grease the cooking surface of the stove. Cut two inch hole in a slice of bread. Place bread on burner and break egg into the hole. Season and turn over once while cooking.**

### **AZTEC TOOTHPICKS**

**Heat a white flour tortilla in skillet or top of vagabond stove. Spread cream cheese on tortilla; sprinkle on brown sugar and cinnamon. Roll up tortilla and pig out. Great breakfast, sweet roll or night time snack.**

### **FRENCH TOAST (VAGABOND STOVE)**

**3 eggs**

**1/2 cup milk**

**1 tablespoon sugar**

**4 slices bread**

**Butter, syrup, jam or powdered sugar**

**Beat eggs, milk and sugar together with a fork. Grease the top of a hot vagabond stove with margarine. Dip both sides of a piece of bread in egg mixture, and lay it on the stove. Be careful that the fire is not too hot. When bottom browns, turn the toast over with a fork or turner. You may need more margarine. When the second side is brown, remove the toast to a plate.**

### **VIENNA TOAST**

**Make a jelly sandwich. Beat two eggs per person (4 pieces of toast). Add a little sugar, cinnamon and milk or water. Dip sandwich in egg mixture, fry the sandwich like french toast. Dip fried sandwich in (or sprinkle on) powdered sugar instead of syrup. Tastes like a giant jelly donut.**

### **PUNCH DONUTS**

**Canned biscuits**

**Cooking oil**

**Cocoa**

**Jello**

**Sugar (white, brown, powdered, w/wo cinnamon)**

**Take a biscuit, punch hole through it with finger. Shape into donut shape. Drop into hot oil. Flip over when brown. Remove from oil, dip into sugar, cocoa or jello. Eat slowly, they are really hot.**

### **SAUSAGE BALLS**

**1 lb sausage**

**3 cups bisquick**

**1 8 oz jar Cheese Whiz or shredded cheese**

**Combine sausage (cooked), bisquick and cheese; shape into balls. Bake in preheated 300 degree oven for 25 minutes or until lightly browned.**

## **NELSON'S STEW**

**Box of macaroni and cheese  
1 can of chunky ham**

**Heat water to boiling. Add macaroni and cook until soft. Follow directions on box. Crumble can of chunky ham into mixture, mix thoroughly. This is very easy. Feeds 2 scouts per box of macaroni and cheese, 1 can of ham can be mixed with each 2 boxes of macaroni.**

## **CAMP STROGANOFF**

**1-1/2 to 2 pounds ground beef  
Onion soup mix  
2-3 tablespoons of ketchup  
1 cup sour cream  
1 can cream of mushroom soup  
Noodles**

**Bring pot of water to a rolling boil and cook noodles until done. Brown meat and drain off grease. Add remaining ingredients and simmer until meat is tender. If necessary, thin sauce with a little milk. Serve over cooked noodles.**

## **TACO CASSEROLE**

**2 pounds hamburger  
6 tortillas cheese grated  
2 cloves garlic, minced  
2 cans enchilada sauce  
1 small can tomato sauce**

**Brown meat and garlic. Add enchilada sauce and tomato sauce. Simmer for 30 minutes. Tear tortillas and layer pan with tortillas, meat, cheese. Repeat with cheese on top. Bake at 350 degrees for 45 minutes.**

## **DON'S HAWAIIAN DELIGHT**

**In a square piece of heavy duty aluminum foil place enough of each of the following to make one serving:**

**Sliced ham  
Sweet potatoes  
Carrots  
Pineapple**

**Surround the ham slices with the other ingredients on the foil then add 1 tablespoon of syrup or honey. Fold using "drugstore" wrap to hold in the juice. Cook package on hot coals for approximately 15 minutes on each side.**

### **PASTA ITALIANO BAKE**

**1 lb ground beef  
1/4 cup chopped onion  
1/4 cup chopped green pepper  
1 garlic clove, minced  
1 6 oz can tomato paste  
1/2 cup water  
1 teaspoon salt  
1/2 teaspoon oregano leaves  
2 cups (4 oz) noodles, cooked, drained  
1/4 cup chopped parsley  
1/2 cup Miracle Whip salad dressing  
3/4 cup Kraft grated parmesan cheese  
2 eggs, beaten**

**Brown meat, drain. Add onion, green pepper and garlic; cook until tender. Stir in tomato paste, water and seasonings. Cover; simmer 15 minutes. Combine noodles and parsley; toss lightly. Combine salad dressing, 1/2 cup cheese and eggs; mix well. Layer noodles and meat mixture in Dutch Oven; top with remaining cheese. Bake for approximately 40 minutes. 6 servings.**

### **CORN CASSEROLE**

**1 can whole corn with juice  
1 can cream style corn  
1/2 cup melted butter  
1 package Jiffy corn bread mix  
1 cup sour cream  
2 eggs  
1 cup cheddar cheese**

**Mix all ingredients together, except cheese. Bake at 350 degrees for 25-30 minutes. Add cheese on top and bake for 8-10 minutes more.**

### **CHICKEN BREASTS**

**8 chicken breasts  
1 jar or package dried beef slices  
8 slices bacon  
Salt and pepper to taste  
1 can Cream of Mushroom soup  
1 small carton sour cream**

**Bone the chicken breasts and roll one slice bacon around each. Place dried beef slices in bottom of Dutch oven and lay bacon-wrapped chicken breasts on top. Salt and pepper to taste. Pour mushroom soup and sour cream over breasts. Bake for approximately 50-65 minutes until chicken is tender.**

### **SAUSAGE-RICE OVEN DISH**

**2 1/2 lbs. ground sausage  
1 medium green pepper, chopped  
1 medium onion, chopped  
1 cup celery, chopped  
2 cups rice, cooked as to directions on box  
3 packages dry chicken noodle soup mix  
1 small can pimentos, chopped  
1 can cream of chicken soup  
1 package almonds, slivered**

**Brown sausage and drain. Add green pepper, onion and celery and simmer in open Dutch Oven for 15 minutes. Add cooked rice and dry soup mix. Add pimentos, cream of chicken soup and almonds and bake. (You can also use Wild Rice)**

### **BBQ PORK CHOPS DUTCH OVEN**

**6 Pork chops (You can also use chicken)  
1 tablespoon cooking oil**

**Salt and pepper to taste  
3/4 cup catsup  
1 8 oz cola drink**

**Brown meat with cooking oil in Dutch Oven. Mix catsup and cola with salt and pepper and pour into oven over meat. Bake until done. (Should be gooey)**

#### **EASY MEAT LOAF**

**2 pounds ground beef  
1 small can evaporated milk or 1/2 cup milk  
2 packages dried onion soup mix**

**Mix all ingredients together and form loaf in Dutch oven. Bake approximately 50 to 60 minutes.**

#### **TASTY BEEF ROAST**

**1 3 lb to 5 lb beef roast  
1 can cream of mushroom soup  
1 package dry onion soup mix**

**Brown roast. Pour 1/2 can mushroom soup around meat. Pour onion soup mix over meat, then the remaining mushroom soup over all. Let bake to desired doneness. Approximately 30 to 45 minutes to pound.**

#### **DUTCH OVEN ENCHILADA CASSEROLE**

**2 lbs ground beef  
1 teaspoon salt  
1 large onion, chopped  
1 can tomato soup (10 3/4 ozs)  
2 cans enchilada mild sauce (10 ozs)  
1 can water (10 ozs)  
1 package of corn tortillas  
1/2 lb grated or sliced cheese**

**Brown together beef, salt and onion. Add tomato soup, enchilada sauce and water to beef mixture and simmer together. Place 3 or 4 corn tortillas on bottom of Dutch Oven. Remove 3/4's of**

the meat mixture from pan, and place over top of tortillas. Add another layer of tortillas. Add a 1/4 lb of cheese on top. Add another layer of meat mixture. Place another layer of meat mixture. Place another layer of tortillas. Sprinkle with remaining cheese. Place like over Dutch Oven and let simmer until it appears to be done. Approximately 30-40 minutes.

#### **FRESH TOMATO SAUCE PICANTE**

1 medium size tomato, finely chopped  
1 small onion, finely chopped (1/4 cup)  
6 springs cilantro or Italian parsley (leaves only),  
finely chopped (1 tablespoon)  
3 serrano chilies, seeded and finely chopped; or  
1 can green chili, finely chopped  
1/2 teaspoon salt  
1/2 cup water

Combine tomato, onion, cilantro, chilies, salt and water in a bowl. Cover; let stand about 30 minutes before serving. This sauce is best eaten the same day, as it soon loses its crispness and flavor.

#### **TAMALE PIE**

1 1/2 lbs. ground beef  
1 clove garlic, minced  
1 onion, coarsely chopped  
1 green pepper, cut in 1 inch squares  
1 can (1 pound) tomatoes, cut up  
1/2 cup stuffed green olives (or black olives),  
coarsely chopped  
1 to 2 teaspoons chili powder  
1 teaspoon salt  
Freshly ground pepper to taste  
1 package (11 ounces) corn muffin mix  
1 can (8 oz) cream corn  
1/3 cup milk  
1/2 cup shredded cheddar cheese

Brown ground beef in Dutch Oven, drain excess fat off. Add garlic, onion and green pepper and saute' 5 minutes or until

tender. Add tomatoes, olives, chili powder, salt and pepper and simmer 10 minutes. In a bowl stir together muffin mix, corn and milk until evenly moistened. Spoon over ground beef mixture and sprinkle with cheese. Bake at 400 degrees for approximately 20 minutes, or until browned.

### **EASY SAUSAGE PIZZA BAKE**

1 lb pork sausage  
3/4 cup chopped onion  
3 cups Bisquick baking mix  
1 1/2 cups water  
1 jar (15 1/2 oz) thick spaghetti sauce  
1 can (4 oz) mushroom stems and pieces, drained (if desired)  
1 can (2 1/4 oz) sliced ripe olives, drained  
1 green pepper, cut into thin rings  
2 cups shredded cheddar cheese

Grease the inside of the Dutch Oven. Cook and stir sausage and onion in skillet until sausage is brown; drain. Mix baking mix and water until thoroughly moistened; spread batter in oven. Spread spaghetti sauce carefully over batter; top with sausage mixture and the remaining ingredients. Bake until crust is golden brown. Approximately 25-30 minutes.

### **BAKED SPAGHETTI**

1 large onion, chopped  
1 clove garlic, minced  
4 tablespoons shortening  
1/2 lb ground beef  
2 cups water  
2 cans tomato soup  
2 teaspoons chili powder  
1/2 lb uncooked spaghetti  
1 cup sharp cheese (grated)

Cook onion and garlic in shortening in Dutch Oven. Add beef and cook, stirring occasionally, to keep meat particles separated. Drain excess grease off. Mix in the soup, water and chili powder and cook a few minutes longer. Break spaghetti into inch pieces and stir into sauce until all

covered. Bake for about 1 hour, but stir approximately every 15 minutes. Then add cheese to top. Bake another 15 minutes.

### **HANOVER BRISKET**

4 or 5 lb brisket  
1 can of consomme  
1 (10 oz) bottle (lite) soy sauce  
1/4 cup lemon juice  
Garlic to taste  
1 tablespoon liquid smoke

Combine last 5 ingredients, pour over meat and marinate overnight. Place meat and marinade in a covered pan and bake at 300 degrees for 3 hours for 3 & 4 lbs and 4 hours for 5 lbs. Baste occasionally during baking. Take out and slice. Then replace it in the pan and pour some of the marinade over brisket.

Increase the temperature to 350 degrees and continue baking for another hour.

### **CINNAMON-RAISIN ROLL-UPS**

2 cups Bisquick baking mix  
1/2 cup raisins (can omit)  
1/2 cup dairy sour cream  
3 tablespoons milk  
2 tablespoons margarine, softened  
1/4 cup packed brown sugar  
1/4 cup finely chopped nuts  
1/2 teaspoon ground cinnamon  
2 tablespoons margarine, melted  
Granulated sugar

Spray Pam on the inside of Dutch Oven. Mix baking mix, raisins, sour cream and milk; beat 20 strokes. Smooth into ball on floured aluminum foil or wax paper. Knead 10 times. Roll into rectangle, approximately 12 x 10 inches. Spread with softened margarine (can use squeeze margarine also). Mix brown sugar, nuts and cinnamon; sprinkle over dough.

Roll up tightly, beginning at 12" side. Pinch edge into roll. Cut into 12 slices. Place slices, cut sides down, in the bottom of Dutch Oven. Brush melted margarine over the tops, sprinkle with granulated sugar. Bake until golden, about 13 minutes. Top with margarine if desired.

#### **HERB BUBBLE RING**

1/2 cup grated Parmesan cheese  
1 tablespoon parsley flakes  
1/2 cup dried basil leaves  
1/2 teaspoon garlic powder  
1/2 teaspoon paprika  
3 cups Bisquick mix  
3/4 cup dairy sour cream  
1/4 cup milk  
1/4 cup margarine, melted

Spray Dutch Oven with Pam, or line with aluminum foil. Mix cheese, parsley, basil, garlic powder and paprika; reserve. Mix baking mix, sour cream and milk until soft dough forms; beat vigorously 30 seconds. Gently smooth dough in ball on floured aluminum foil or wax paper. Knead 10 times. Shape into 1 inch balls. Dip each ball into melted margarine, then roll in cheese mixture to coat. Arrange balls about 1/4 inch apart in layers in oven. Sprinkle any remaining cheese mixture over top. Bake until golden brown, about 20 minutes.

#### **SOUR CREAM ONION SQUARES**

1 large onion, sliced  
2 tablespoons margarine  
1 egg  
3/4 cup dairy sour cream  
1/4 teaspoon seasoned salt  
1 cup milk  
3 cups Bisquick baking mix

Saute' onion in margarine until soft. Beat egg in a small bowl; stir in sour cream until blended; add onions and seasoned salt. Stir milk into baking mix to form a soft dough; turn into a lightly sprayed (with Pam) or aluminum

lined Dutch Oven. Bake for approximately 20 minutes or until top is set.

## **BISCUITS**

4 cups flour  
2 tablespoons baking powder  
1 teaspoon salt  
1/2 cup shortening  
1 1/2 cups milk or water

Combine dry ingredients. Work in shortening with a knife or fingers until evenly distributed. Add milk gradually, mixing lightly and quickly until there is no dry flour in dish. Pinch off desired amount for each biscuit and bake.

## **SOPAPILLAS**

4 cups sifted all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar  
2 tablespoons vegetable shortening  
1 cup milk  
Vegetable oil for frying

Mix flour, baking powder, salt and sugar into a large bowl. Cut in shortening until mixture resembles cornmeal. Stir in milk until mixture forms a firm dough. Knead dough on lightly floured aluminum foil or waxed paper just until smooth. Cover; let rest 20 minutes. Roll out to 1/4 inch thickness; cut into squares or diamonds. Heat oil in a Dutch Oven until hot. Fry sopapillas, a few at a time, turning often so they fry evenly until golden brown. Remove from oil with slotted spoon to paper towels to drain. Serve hot with butter & honey or sprinkled with cinnamon sugar.

## **IMPOSSIBLE PECAN PIE**

1 1/2 cups chopped pecans

**3/4 cup packed brown sugar  
3/4 cup milk  
3/4 cup light or dark corn syrup  
1/2 cup Bisquick baking mix  
1/4 cup margarine or butter, softened  
4 eggs  
1 1/2 teaspoon vanilla**

**Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife, when inserted into center, comes out clean. Approximately 50-60 minutes.**

### **PINEAPPLE UPSIDE DOWN CAKE**

**1 can pineapple (6 oz)  
1/2 cup pecans  
1/2 cup brown sugar  
1 square margarine  
2 yellow cake mixes, or 3 golden pound cake mixes**

**Mix cake mixes according to directions.**

**Line the Dutch Oven with aluminum foil, place oven onto the heat, level it and melt the margarine in the oven. When melted, add the brown sugar, then the pineapple slices, then the pecans. This will be the glaze.**

**Pour cake on top of glaze. This dessert doesn't require much heat on the bottom, just enough to brown the glaze - about 8 briquets should be plenty. Bake for approximately 25 minutes.**

**Check it every 15 minutes and when golden brown, test it to see if it is done. If it is, take off the heat and lift the cake out of the oven by the aluminum foil. Put a pan or board on it and then turn it over quickly so that the glaze is on top. Remove the foil.**

**WHEN BAKING IN A DUTCH OVEN WITH A CAKE PAN OR PIE PAN, PUT 1 INCH DIAMETER FOIL BALLS IN THE BOTTOM OF THE OVEN TO LIFT THE PAN OFF THE BOTTOM TO KEEP THE FOOD FROM BURNING AND**

**DISTRIBUTE THE HEAT MORE EVENLY.**

**IMPOSSIBLE PUMPKIN PIE**

**3/4 cup sugar  
1/2 cup Bisquick baking mix  
2 tablespoons margarine  
1 can (13 oz) evaporated milk  
2 eggs  
1 can (16 oz) pumpkin  
2 1/2 teaspoons pumpkin pie spice  
1 teaspoon vanilla**

**Grease pie plate. Beat all ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife inserted in center comes out clean. Approximately 50-60 minutes.**

**EASY ICE CREAM**

**1 (14 oz) can Eagle Brand Sweetened Condensed Milk  
2/3 cup chocolate flavored syrup  
2 cups (1 pint) whipping cream**

**Put into small cleaned coffee can, put lid on. Put down inside a  
3 lb coffee can. Put ice and rock salt around it. Put lid on large can. Roll can, stop and drain water out, and put more ice and rock salt in. Continue until firm.**

=====  
**Date: Wed, 31 Jan 1996 17:22:07 EST  
From: Mark Michalski <mam@AH.DS.ADP.COM>  
Subject: Re: Camporee Cookoff**

**Larry,  
Here is a recipe that won 1st place at our recent District Camporee Chili Cookoffs:**

**1/4 cup olive oil                      4 large onions (2 wht-2red)  
2lbs hot pork sausage                2lbs ground chuck**

2lbs cubed stew meat                      Bottle of V8 (hot)  
1 can rotel tomatos                      2 cans beef broth  
8 cloves garlic (minced)                      2 large cans of hot chili beans  
1/3c chili powder                      2tsp paprika  
4tbs cumin                      1tbs dried red pepper  
1/4 cup jalapenos (sliced)                      2tsp coriander  
1tsp tabasco sauce                      1 can tomato sauce  
2 large cans crushed tomatos                      6tbs red wine vinegar

**This recipe will feed a whole troop:**

**In a large skillet, saute onions in olive oil, set to the side. In a #14 DO, brown pork sausage and chuck and then add stew meat. Season with salt and pepper to taste. Cook for about 20 minutes. Add onion mixture. Stir in spices and cook 5 minutes. Add V8, tomatos, tomato sauce and beef broth. Bring to boil, lower heat and simmer 1 hour. Stir in garlic, tabasco, peppers and hot chili beans. Simmer another 10 minutes. You can dissolve some corn starch in about a 1/4 cup of warm water and then add to the chili until thick. Sprinkle with cheese, popcorn, frito chips or fixin's of your choice.**

**We will sometimes cook the meats two days ahead of time, place in gallon freezer bags and keep in the cooler. Also to save time chop the onions and garlic and assemble in a gallon freezer bag ahead of time to cut down on prep time.**

**Sometimes for family camping only (NO Scouts around) I'll include a can of beer, which is usually boiled away when the hour is done. My kids (12yr, 10yr and 8yr) love it and it usually wows the Super Bowl crowds. I also have a 8 bean chili if you're interested.**

**Yours in Fellowship and Brotherhood,**

**Mark A. Michalski  
Cubmaster Pack 24                      Clinton Valley Council  
Committee Chairman T188 Chippewa Lodge <<--29--<<<**

**mam@ah001.ah.ds.adp.com (zero's not O's)  
secondary: hbvg83a@prodigy.com or chippewa29@aol.com**

**Date:            Thu, 1 Feb 1996 09:08:40 EST  
From: Mark Michalski <mam@AH.DS.ADP.COM>  
Subject:        8 bean chili**

## **Eight Bean Chili**

**1/4lb of each of the following dry beans;  
kidney, white, pink, black, red, pinto, cranberry and navy.  
1lb hot pork sausage  
5lbs ground beef  
5 large onions, chopped  
1 jar minced garlic  
1/4c coriander  
1/4c cinnamon  
1/4c paprika  
1/4c cayenne pepper  
1/2c dried red peppers  
1 gallon can Italian plum tomatoes with sauce**

**This recipe will feed a whole troop;  
In a large pot, soak the beans together overnight in water to cover.  
Drain and add fresh water to cover. Cook at simmer 1 1/2 hrs. Heat a  
#14 DO and fry sausage until brown. Add onions and garlic. Cook  
over medium heat for 5 minutes. Add all spices and cook another 5  
minutes. Add tomatoes and juice and simmer 1/2hr. Divide meat into  
3 batches and brown in a large skillet. Drain and add to tomato  
mixture. When the beans are fully cooked, drain reserving liquid, and  
add to DO. Salt to taste and simmer 1hr, add bean liquid as  
necessary.**

**I have about 25 other chili recipes including a great venison chili, just  
drop me a line if you're interested in any more.  
Yours in Fellowship and Brotherhood,**

**Mark A. Michalski  
Cubmaster Pack 24                      Clinton Valley Council  
Committee Chairman T188 Chippewa Lodge <<--29--<<<**

**mam@ah001.ah.ds.adp.com (zero's not O's)  
secondary: hbvg83a@prodigy.com or chippewa29@aol.com**

**Date:            Thu, 1 Feb 1996 13:32:46 -0500  
From: "[Morton Raban]" <mxr@CHEM.WAYNE.EDU>  
Subject:        Re: Troop 1000 chili**

**One Thousand Chills/One Thousand Spills**

## **(Troop 1000 Dutch Oven Cornmeal Crusted Chili)**

**1 C minced onion (1 medium onion chopped finely)**

**1/2 C diced green and sweet red pepper (include one or two jalapenos if you wish)**

**1/2 C sliced mushrooms (Optional, fresh or canned, use more for vegetarian chili)**

**2 cloves garlic minced**

**1 can beef consomme**

**1000 beans (red kidney, or black beans, actually I use one or two cans)**

**1 28 oz can whole Roma tomatoes cut into quarters**

**1 lb ground or cubed meat (beef, chicken or lamb) (may be omitted for vegetarian chili)**

**1 1/2 Tbs chili powder**

**1 tsp oregano**

**1 bay leaf**

**2 pkgs of Jiffy corn muffin mix ( batter prepared according to package directions)**

**2 Tbs olive oil**

**Cayenne pepper to taste .**

**Heat Dutch Oven over charcoal. Brown meat (and/or mushrooms) in Olive oil**

**for a few minutes. Add onion and green peppers and fry until Onion is translucent. Finally add garlic, sweet red pepper and jalapeno (if desired) and fry for just a few minutes. If fatty hamburger was used be sure pour off most of the fat. (Fat can be removed with a large spoon or bulb baster). Add the can of consomme and scrape the solids from the bottom**

**of the dutch oven. Add beans, tomatoes (including juices), one and one half cans of water, and spices. Cover the Dutch oven. Meanwhile make up the batter for the corn bread or corn muffins using package directions. Dilute about 1/3 Cup corn muffin mix with 1/2 can of water.**

**Add**

**to the chili broth with stirring. Correct spices and spoon in the remaining prepared corn muffin so that it floats on top of the chili.**

**Cover the Dutch oven and put charcoal on the top. Cook for about 30-40 min**

**so that the cornbread is slightly browned and crusty. Serve chili together with cornbread in cups or bowls.**

## Notes

Shredded cheese, chopped peppers or canned corn may be added to corn muffin crust.

Without added Cayenne the chili is mild enough to be served to children; addition of 1/4 t of Cayenne makes a very spicy chili.

It makes sense to spend the extra money and get lean ground beef (ground round) since it is not much fun trying to remove the extra fat.

This recipe won the weekly best chili award during our troops week at Summer Camp at Lost Lake Scout Reservation Clinton Valley Council). However, honesty forces me to admit that it was the only entrant ;-)

Morton Raban  
Asst Scoutmaster T-1000  
West Bloomfield, MI  
mxr@chem.wayne.edu

Date: Wed, 10 Apr 1996 23:04:13 -0700  
From: Jeff Babis <jbab@THERIVER.COM>  
Subject: Re: Dutch Oven recipe requested

The following recipe comes from our Troop\*s Dutch Oven Cookbook which contains approximately 250 Dutch Oven recipes.

## Hudson Bay Bread

2 c. margarine  
2 c. Sugar  
1/3 c. corn syrup (light)  
1/3 c. honey  
10 c. rolled oats, finely chopped  
1 c. almonds, finely chopped

Blend the margarine, sugar, syrup, and honey. Add oats and almonds and mix well.

Place batter in a greased baking pan into a 14 inch Dutch oven. Cover and bake

20 minutes. Remove from the pan and allow to cool on rack. Temperature should

be about 350 degrees F which equates to 8 coals on the bottom and 10 coals on the top of a 14 inch oven.

**YIS & YIB**

**Jeff Babis  
CC Troop 211  
Tucson, AZ**

**Date: Thu, 18 Apr 1996 19:18:01 -0400  
From: Sue Chatterjee <OneReader@AOL.COM>  
Subject: Re: ice cream-HELP**

**Kid's Ice Cream**

**(This will work in a small sealed can inside a large sealed can with ice and salt packed between the cans and rolled - also ziplock bags work well, but use freezer ones)**

<b>1/2 Cup milk (lowfat will work) zipstyle bag</b>	<b>1 pint size</b>
<b>1 Tbsn. Sugar size zipstyle bag</b>	<b>1 gallon</b>
<b>1/4 tsp. Vanilla</b>	

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**\*add about 6 Tbsn salt to the large bag only.**

**Place milk, vanilla and sugar into the small bag and seal it. 1/2 fill the large bag with ice and add the salt. Place the small bag into the large bag and seal it again carefully. Shake until it is ice cream - about 5 minutes. Wipe off tip of small bag - or you will have salty ice cream. Carefully open small bag and enjoy.**

**Sue Chatterjee  
onereader@aol.com  
Pack 280 CA, Troop 429 Treasurer  
G.S. Troop 444 Mom  
Omaha, NE**

**Date: Wed, 10 Jul 1996 09:57:39 -0000  
From: "Mark A. Michalski" <mam@AH.DS.ADP.COM>  
Subject: Cobbler Help**

To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

> Jim Peterson wrote  
> I am writing on behalf of our Troop's Scoutmaster, <snip> If any  
> of you have any cobbler secrets you would like to share

Here are some of our troops favorites compiled form various sources.

### **Dump Cobbler**

**1 pkg yellow or white cake mix  
2 cans pie filling or 1 lg can fruit cocktail  
Cinnamon  
Butter**

**Pour cans of filling or fruit cocktail in bottom of dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.**

### **"Mother of Invention" Dutch Oven Cobbler**

**1 box yellow cake mix  
2 eggs  
2 boxes Jiffy brand cornbread (or muffin) mix  
2 Tbs vegetable oil  
Ingredients required by cake mix  
Water to make a medium-thick batter  
1 can pineapple chunks or crushed pineapple**

**Combine all 3 boxes of mixes together, mixing well. Add the oil and eggs, and any other ingredients that your particular cake mix calls for. Add water until the resulting batter is fairly thick yet. This doesn't seem to be too critical, except if it is too thick it seems to burn easier. Preheat the Dutch oven slightly and oil up good. Add the batter. Drain the pineapple juice and spread the pineapple out evenly over the top of the batter.**

**Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth. Cover the**

oven top with coals, and bake for about 30 minutes. Replenish the coals on top if needed.

Steve Tobin, Scoutmaster

### Easy Peach Cobbler

1 Box Duncan Hines yellow cake mix  
2 29 oz cans sliced peaches (or equivalent)  
3 eggs  
1 cup sugar  
1/2 cup brown sugar  
Oil (at least 1/3 cup plus 4 teaspoons)  
1 teaspoon cinnamon  
Water  
Large Ziploc bag to mix cake in

In Ziploc bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil. Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add 1/2 cup brown sugar to pot When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . .Stir. Pour cake batter on peaches S-L-O-W-L-Y

Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving.  
Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD.

### Cherry Crisp

2 cans cherry pie filling  
2 sticks butter, melted  
1 white cake mix  
1-3/4 c chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350 degrees.

Yours in Scouting Fellowship,

**Mark A. Michalski**                      **Auburn Hills, Michigan**  
**Cubmaster Pack 24**                      **Clinton Valley Council**  
**Committee Chairman T188 Chippewa Lodge <<--29--<<<**

**Date:**            **Wed, 10 Jul 1996 10:27:24 -0500**  
**From:** **BRUCE L MATHEWS <ETA.OFAM.MATHEWSB@DOLETA.GOV>**  
**Subject:**        **Re: Introduction -Dutch Oven Cobbler**

**Jim,**

**Here's a favorite of my Troop.**

**One or two cans of Cherry Pie Filling into the bottom. Cover with dry Devil's Food Cake Mix (I never mix according to the box but some do and then pour the batter over the cherries). If you put it in dry, add some butter patties to the top of the cake mix. Cook like a normal cobbler. SECRET Ingredient -- The topping for this cobbler is a can of Cream Cheese Frosting. Normally this is just spooned on top and allowed to melt in. Although I haven't tried it, I think I will try to melt the frosting in a double boiler arrangement and pour it on next time. I like to line the oven with foil to make the cleanup easier.**

**Bruce Mathews**  
**Scoutmaster - Troop 996**  
**G.W. District, NCAC**  
**Mount Vernon, VA**  
**bmathews@doleta.gov**

**Date:**            **Thu, 11 Jul 1996 04:41:49 -0400**  
**From:** **Dave Rogers <DA6ver6@AOL.COM>**  
**Subject:**        **Re: Dutch Oven cobbler**

**Hope I'm not too late to save the day for the internet and your scoutmaster.**

**This recipe has won the prize at summer camp cobbler cookoff a half dozen years running**

**Line Dutch oven with foil (for easy cleaning).**

Mix two cups of flour, two cups of sugar, two cups of milk, two teaspoons of vanilla extract, a pinch of salt and a pinch of baking powder in a large ziplock bag. Knead the mixture until all lumps are removed.

Open two large cans of pie filling (our favorites are: cherry, apple and peach).

Place Dutch oven on level ground with 17 coals underneath and 15 coals on lid.

Melt two sticks of butter. Empty ziplock bag into Dutch oven and immediately pour pie filling in on top (pour in center). Allow to bake for 40-45 minutes making sure coals cook top and bottom evenly.

If done properly, you'll have a light brown crust on top with no sign of fruit until you dig in. If fruit does show through, well, you've still got an awesome taste treat. We usually send a dad to the nearest bait shop or all-night grocery for vanilla ice cream to top off this masterpiece.

Good luck in the cobbler cook-off.

YIS,

Dave Rogers  
ASM, Beaumont, TX

Date: Thu, 15 Aug 1996 06:29:20 -0500  
From: "Greg L. Gough" <ggough@MAIL.ORION.ORG>  
Subject: Re: Camping food

To add to Ronalds suggestions; Minute Rice now has a long grain and wild rice mix that was a hit on our last outing. I am a big fan of Ziplock Freezer bags, put the mix in the ziplock bag and add boiling water. The bags are strong enough to not melt or break. I usually use two, just in case but have never had one fail.

On the subject of bag cooking, check out your local health food store for dehydrated refried beans. Rehydrate in the bag, squeeze onto a tortilla, add cheese and salsa and you have a crowd pleasing fast lunch entree.

Tomatoe powder has many uses, you can get tomatoe boullion in the Mexican food section of Wal-Mart Supercenters.

Greg Gough

SM Troop 201, Ozark, MO. I used to be an Owl but I will always be an Eagle!

Date: Thu, 15 Aug 1996 07:38:11 -0400  
From: Peter Farnham <pfarnham@CAPACCESS.ORG>  
Subject: Re: Camping food

Hi all,

Backpacking chow can be really good if you just think about it. The old standby with me is Ramen noodles. Take a package or two of Ramen (more if you're feeding more people) and prepare according to directions. Add a can of boned chicken, tuna, or whatever to the noodles to heat. Add chopped scallions, green pepper, dried and reconstituted mushrooms, sun-dried tomatoes, slivered carrots, or any other backpackable veggie (one that won't get crushed easily and will keep a day or two out of the fridge.

The Ramen noodles also don't require draining, as the water you use becomes the soup when you add the seasoning packet. Have koolaid or instant iced teac with this, some dried fruit, pita bread and margarine out of a squeeze bottle, and you've got a fine high-carbo meal that will stick with you the next day during the next 10 miles.

I've also tried the spaghetti sauce out of an envelope, not a jar. This is pretty good, too, although a bit bland. The package directions call for 2 1/4 cups water, a couple tablespoons of oil, and a small can of tomato paste. Bring this to a boil, add the packet of spices, and simmer 15 minutes. Add to it whatever else you want in the way of veggies. I add summer sausage here, since summer sausage keeps without refrigeration as long as you don't open the packet. Angel hair pasta works well, too, since it only takes 2-3 minutes to cook. And add some spices to jazz up the sauce.

Any of you tried making a backpacking DO? I saw this at a roundtable a couple of months ago. Buy a 9" pie pan, and 2 8" cake pans. Bolt the

pie pan back-to-back to one of the cake pans by drilling holes and using short bolts. The pie pan becomes the lid to the DO, and the cake pan on top is where you put the coals when you are baking. The second cake pan is where the food goes. Set the contraption on some rocks and put coals underneath, and coals on top, and you've got a small but serviceable backcountry7 DO--works great on brownies, biscuits, etc.

Breakfasts in the back country are usually of the poptart/bagel/dried fruit/coffee/cocoa variety, although we make pancakes once in a while with the pancake flour that only requires adding water. Instant dehydrated syrup is about the only item I need to buy at a specialty camp food store these days.

Lunches are invariably of the trail variety--i.e., no cooking. Devilled ham or chicken, pita bread, cheese, dried fruit again, maybe a carrot stick, koolaid, etc. Some of myu guys even eat Vienna sausages (urrrrrpp....)

There are also a ton of DO cookbooks around, and I think one is available through someone on this list.

YiS,

Pete Farnham  
SM, Troop 113  
GW District, NCAC  
Alexandria, VA

Date: Wed, 14 Aug 1996 19:21:13 +0200  
From: "FWD LOGPLANNER LARDIE, WILLIAM LTC"  
<logplanner@FWD.AREUR.ARMY.MIL>  
Subject: Re: Camping food

#### **CAMPER'S STEW**

Brown 1 lb. ground beef in a pan; pour off grease. Add 2 cans of vegetable soup and 1-2 cans of water (depending on how much gravy you want). Cook until the liquid boils. Serve with bread and butter.  
(Serves 3 - 4 Scouts or 2 Scouters)

#### **VARIATIONS:**

Dice an onion and brown with the ground beef.

Add a package of beef gravy mix to make a more thicker gravy.

If made in a DUTCH OVEN, take a can of refrigerator biscuits and place over the top of the stew while it simmers; cover and add hot coals to the lid; continue to cook until the biscuits are golden brown. ENJOY!!!

Yours in Scouting & WWW,

Mike Lardie

Barbarossa District Committee Member

Transatlantic Council

WB (WAKO) Owl, NE-VI-19

O/A Vigil 1994 - Black Eagle Lodge

email: logplanner@fwd.aurer.army.mil / 100104.241@compuserve.com

Date: Fri, 16 Aug 1996 06:25:54 -0400  
From: Pete Murray <pjmurray@IX.NETCOM.COM>  
Subject: Re: Camping food

Brad,

My favorite is the one pot Chikenn surprise. I start with a Sweet Sue whole chicken in a can. I put the entire contents (broth too) into a pot and start fishing for bones... the boys love to help here. Towards the end I always announce that there are four bones left... if some one finds a fifth I marvel at what a unique specimen we have. I then set the pot to cooking over a medium flame, and mix in a fairly thick slurry of bisquick and water.

You may add vegies at this point and just let it simmer until the broth thickens. No refrigeration needed here, and it was a favorite in my canoeing post....

Pete

AKA "Goodyear Pete", Hey you!, Mr. Cubmaster, and the "Professor of Cooking"

"Awesome is as awesome does..."

Date: Sat, 17 Aug 1996 20:44:40 -0600  
From: Jan Mussler <mussler@SPOT.COLORADO.EDU>  
Subject: Chili, Food et al.

Cheryl, Thought I'd give you my recipe for Vegetable Chili, since you wanted to know what fresh veggies to include. This doesn't need meat at all. Unfortunately, I can't find the card but here's the most of it -

## **Vegetable Chili**

**This recipe grows as you go. Keep that in mind.**

**Diced onion**

**Zucchini grated**

**Black olives sliced**

**Sliced or grated carrots**

**Big can of tomatoes and the juice (fresh if you feel like skinning them)**

**Three 16 oz. cans of beans - black, kidney, pinto, a mixture - doesn't matter really what kind - use the liquid if need be**

**Big can of tomato puree (maybe two cans)**

**Seasoning - about a tablespoon of cumin, TB of chili powder or to taste, salt, celery seed (1/4 tsp or a little more), black and white pepper to taste, oregano (tsp)**

**You saute the veggies til soft. Start with the harder veggies first and proceed to the olives, then add the beans, tomato sauces and seasoning, heating it good through.**

**Cheese (Jack usually) on top for protein or if you must a little ground meat (turkey or beef)**

**It's different and good. You can't hardly mess it up, but be warned - it seems to grow out of the pot.**

**And for fun -**

## **Green Chili**

**Chunk up uncooked pork (roast, or buy stir fry chunks if you're short on time) and brown in a little oil. Set aside or move to outside of pan and saute diced onions in a little oil til cooked, and starting to brown. Add 1 can diced green chilies (those little cans), add Pace Picante Sauce (roughly a cup for every pound of meat), a little water if you need it and heat through. Good on eggs, in burritos, Add taco fixings (avocado, cheese, olives, lettuce, tomatoes whatever) as desired.**

**I haven't included specific measurements because you can grow this for whatever size group you have. For the 4 of us - I cut up a small pork roast.**

**This one's easy and you can't hardly mess it up.**

YIS,

Jan Mussler, Bear DL, Pack 170, Nederland, CO  
mussler@spot.Colorado.EDU  
Arapahoe District, Longs Peak Council

/\ /\ /\ 8500 feet and still climbing...  
 / \ \ / \  
 / \/\ \

Date: Sun, 18 Aug 1996 08:56:58 -0700  
From: Tom Lynch <woodsliv@TMINET.COM>  
Organization: Boy Scout Troop  
Subject: Dutch Oven Chili

Hi All,

I have a personal favorite that I like and it's like a chili, but more.  
You'll need the largest dutch oven you can find, cause if you don't eat  
all of this, you'll want to take some home. It's even better the second day.  
This is not a cheap meal, but it will fill you up and all you need to complete  
it is some tortillas and a drink.

There are no set measurements:

3Lbs. Ground Round (good stuff-less grease)  
2Lbs. Bacon  
2Lbs. dry pinto beans or 2 #10 can pork and beans- your favorite  
6 large onions  
4 large green bell peppers  
1 stalk Celery  
2 bottles of your favorite BBQ sauce  
1 cup brown sugar  
1 jar Honey  
Garlic Powder - Salt - Pepper  
Hot Chili salsa to taste

This will feed about 15 hungry people quite nicely.

If you use dry beans, you will have to soak them the required period  
before use.

Take your oven and line it well with foil.

**Line the bottom and sides with the bacon strips**

**In another pan, quick cook the Ground round a little and drain the fat, don't over cook.**

**(This is a layer type affair, please follow carefully)**

**While the ground round is being prepared, have another scout dice the onions, peppers and celery.**

**Now we're ready to start!!!!**

**You have the bacon in place around the pot (with some left over)**

**Now in layers, place in some onions, peppers, celery**

**Season with salt, pepper and a little garlic powder (just a little)**

**Now a layer of beans (If you use canned beans, drain them first, but save the liquid)**

**Now a layer of Ground Round**

**Now a Layer of Bacon**

**Now pour on some honey, BBQ Sauce and Salsa and sprinkle a little brown sugar**

**(These are thin layers, to fill the whole oven)**

**Repeat this process of layers until all of the ingredients are used up.**

**After this has cooked for a while (about 1.5 hours) you can stir it all together.**

**If you need more liquid, add the bean liquid that you drained off earlier**

**This should be slow cooked for about 4 hours**

**Be prepared for a great one pot meal**

**Tom Lynch (NIMENEES) One thing I like to do is eat good**

**Date: Sat, 31 Aug 1996 11:27:11 -0400**

**From: Deirdre LaRock <butterbuns@EARTHLINK.COM>**

**Subject: Cub Scout Cooking**

### **Wolf Achievement 8**

**A. List some foods from each of the four basic food groups**

**B. Plan the meals you and your family should have for one day. List things**

**your family should have from the four food groups.**

**C. Help fix at least one meal for your family. Help set the table, cook the food, and wash the dishes.**

- D. Fix your own breakfast. Wash and put away the dishes.
- E. Help to plan, prepare, and cook an outdoor meal.

All of these must be done, and the achievement must be done to get the Wolf

Badge. A and B are quite easy and can be done at any den meeting. For C, something simple like spaghetti, if you want to even get that complicated. D, Fix your own breakfast, very simple! My son likes waffles. E, was very simple for us, we did it during the hurricane, had no power for three days, ALL our meals were outdoor meals.

### Bear Achievement 9

- A. Make cookies, a recipe for oatmeal cookies is given. (There are some no bake cookie recipes out there, too.)
- B. If your parent or guardian says it is all right, volunteer to make snacks for the next den meeting. (suggestions are hard boiled eggs, carrot and celery sticks, and popcorn.)
- C. Prepare one part of your breakfast, one part of your lunch, and one part of your dinner. (suggestions are juice/cooked cereal, sandwiches/soup, boiled potatoes/carrots or spaghetti.)
- D. Make a list of "junk" foods you eat. Discuss "junk" foods with your parent or teacher.
- E. Make some healthful after school snacks or some snacks for watching television. (suggestion is nuts and bolts, mix peanuts, raisins & dry cereal, or as we call it GORP.)
- F. Make a dessert for your family (suggestions are brownies, instant pudding, or gelatin.)

Four of these must be done to get credit for completing the achievement. Achievement 9 is one of six options for the Family Section. Four Achievements must be completed in the Family section. For achievement A, we made oatmeal cookies. For C, my son made waffles, sandwich and helped with a pasta side dish. For E, cheese and crackers. For F, we made cupcakes...should have seen them frosting. We could NOT do B, as the den meetings have not yet started. There have been some recipes for spoon fudge

and baggie ice cream that would be fun with this age group. We have actually done the spoon fudge recipe at a meeting. And, seeing as how I like to bake, I had a LOT of mix-ins the kids had LOADS of fun with that one. In the bear achievements, grocery shopping with a parent, and figuring out cost of a meal are also credited. And, I think having a family picnic is credited either as an achievement or elective in both ranks.

I hope this helps. They aren't really asking a LOT of the boys. Of course, my boys like to follow mom in the kitchen, and as Mike will attest to...I like to bake. My four year old insists on making his own breakfast and lunch now.

Good Luck!

Date: Wed, 11 Sep 1996 07:24:25 -0400  
From: Pete Murray <pjmurray@IX.NETCOM.COM>  
Subject: Re: Utensil-less Cooking  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

>If any of you have unique, different, wild, weird, and wonderful ideas for  
>utensil-less cooking, I'd sure appreciate them. Thanks in advance.

Easy one...

My fav is eclairs....

Take bisquick (or similer product) and make it gooooooey. Wrap it around a foil covered end of a dowel or stick and slowly bake over the coals. Pull the masterpiece off of the dowel and fill it with creme' d' le Scout Ooze (vanilla pudding in a can) and you have a delectable breakfast delight. I did this with 200 cubbies in one day, so you boy Scouts might be able to handle it (grin). One possible (and easier) variant would be to substitute the bisquick with a "canned" buscuit... just wrap it on the stick, and it won't be as messy.

BTW, when you say utensil-less do you mean without any pots???? If so you should look into making/using card board ovens.

Pete... [pjmurray@ix.netcom.com](mailto:pjmurray@ix.netcom.com)

AKA "Goodyear Pete", Hey you!, Mr. Cubmaster, and the "Professor of Cooking"

Cub Master & Tiger Organiser of Mighty Pack 230, Apopka, Fl

**Semoran Springs Roundtable Staff, Webelos & Internet SIG**  
**"Awesome is as awesome does..."**

**Date: Mon, 21 Oct 1996 22:16:19 -0400**  
**From: Peter Farnham <pfarnham@CapAccess.org>**  
**Subject: Box Oven Tips (fwd)**  
**To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>**

Hi all,

The following treatise on constructing a box oven is based on a number of e-mails sent to me by 8 or 10 of you several weeks ago in response to a question. Several on the list asked me to compile the responses I got; what follows is the result. I've eliminated redundancies, but kept some interesting variations on the basic theme of an aluminum-lined cardboard box with coat hanger racks to hold the food.

I hope this is helpful to the rest of you. Thanks again for the great input to all those who responded!

Pete Farnham  
SM, Troop 113  
GW District, NCAC  
Alexandria, VA

#### **BOX OVEN CONSTRUCTION, CARE, AND MAINTENANCE**

1. The first step is to find a suitable box. Most correspondents prefer copier paper boxes, with the completely-removable lid serving as the door. The box would sit on one end. The next most popular box was a wine box, only with this type of box, one is supposed to leave the lid attached (i.e., only cut around three sides of the side of the box that will serve as the door). This box oven should sit so that the door hinge is on the top. Consider the size of the box as well; you don't need a huge one if you're only going to cook pie pan-sized portions of food.

2. Once you have selected a box, line the inside (both box and lid) with heavy duty aluminum foil (several correspondents recommended two or even three layers, especially on the bottom). It is very important that the entire inside of the box be covered, with no cardboard showing. Using 18" foil instead of 12" foil was also recommended, as you want to have as few

seams as possible.

3. Fasten the foil in place. One can use staples, or brass paper fasteners--the kind with two prongs that bend back after you have pushed them through the cardboard. Also recommended was aluminized duct tape, which is a better reflector than regular duct tape. Do not use tacks--they can and do fall out into the food.

4. For the racks, most people used straightened, unpainted coat hangers, cut to fit, although one correspondent recommended against cutting the wire, as the ends were very sharp (instead, simply bend the hangers into the appropriate shape). Another correspondent used foil-wrapped green sticks that were simply thrown away after each use.

5. Use a nail or similar tool to punch holes in the sides of the box so the coat hanger wires can be passed through the inside of the oven to form wire shelves. You will need at least 3 wires per shelf. You will also need two shelves--one near the bottom of the oven to hold the pan for the coals so it doesn't come in contact with the foil-covered cardboard, and one about half-way toward the top to hold the pan with the food. Generally, place the top one low enough from the top of your oven to allow ample room for baking, and high enough above the heat source to avoid scorching on the bottom. The lower rack should be about one inch above the bottom of the oven.

6. Pass each coat hanger wire through one hole and across to the hole on the opposite side of the oven.

8. Cut off excess wire, but leave enough on the ends to bend down to hold the wires in place. A more elaborate but useful variation is to cut small pieces of wood, drill holes in them corresponding to the wire holes in the sides of the oven, thread the wire through the wood, then bend down the wire, securing the wood pieces to the sides of the oven. These add strength, and also serve as handles in case you have to move the oven while you are cooking.

9. Do not cover the racks with aluminum foil to prevent dripping. This acts as a heat and air flow barrier which compromises the oven's efficiency.

10. Of course, ventilation is necessary to keep the coals going. There are several approaches. One is simply to cut a closeable vent hole in the box, opening and closing as needed. Another approach is to prop the oven door open at the bottom to allow air inside.

11. A third, more elaborate approach, is to get a 6-inch long piece of half-inch plastic tubing. Cut this in half to form two 3-inch long pieces. Make a half-inch diameter hole in the back of the box near the top of the oven. Insert a small portion of one piece of tubing through the hole and secure with duct tape on the outside of the box. Do the same near the bottom of the oven lid with the second piece of tubing (NOTE: some people like larger diameter tubing with a longer draw).

12. Test fit the lid on the oven if you are using a copier paper box; you may need two slits in the lip panels of the lid to make the lid easy to install/remove without tearing up the foil lining. A "neat trick" with the lid recommended by one correspondent is to cut it completely off and use a transparent oven cooking bag instead. Split the oven bag along the side, opening it up to a single layer. Then use clothes pins to clip the bag to the top of the box (pins should be 3 - 4 inches apart to make a good seal). By doing this, you can watch what you're cooking, and it also makes demonstrations easier.

13. When the charcoal is ready, put the appropriate number of briquettes into the coal pan on the bottom rack. If you don't want to make a bottom shelf, other ways to protect the bottom include setting the coal pan on an inverted pie plate, or resting the coal pan on trivets or sand-filled tuna cans.

14. The formula usually used for gauging temperature is 1 briquette for the oven, and then 1 for each 50 degrees of desired temperature. Thus, under this formula, for a 350 degree oven, one would use 8 coals. However, another writer thinks a more realistic measurement of temperature is 30-40 degrees per briquette. A more elaborate and (no doubt) accurate way to gauge temperature is to insert a candy thermometer through the top of the oven,

keep it there, and adjust the amount of coals accordingly until the oven is at the right temperature.

15. Place the food pan on the top shelf. Install the oven door and time the cooking according to the recipe. If necessary (and you have another source of ventilation) keep the door shut with a rock or piece of wood propped against it. Also, if necessary to protect the surface underneath the oven, place the oven on bricks, rocks, cinder blocks, etc.

### **A Couple of Variations...**

One correspondent offered a simple variation on the above--basically an aluminum-foil lined box that you would use to cover a small grill or grate of coals in case a rainstorm comes up while you are cooking outdoors. You make the box big enough to fit over whatever grill you usually use to cook on (and cover the outside with foil, too). Then, if it rains while you are cooking outside, you simply place the box over the coals, and prop up the edges of the box with sand-filled cans to allow air to get inside. With a lid, it also can serve to keep already-cooked food warm.

Another variation is a collapsible box oven, suitable for conserving space or using on a backpacking trip. To make this:

1. Purchase an unassembled box big enough to fit your largest pan.
2. Cut a door in one side and line the entire inside of the box and door with heavy duty foil without permanently assembling the box; this allows you to fold it flat to transport.
3. Use silver duct tape on the outside to firmly attach the foil.
4. Purchase a cooling rack that fits into the box when it is set up; use weighted cans to support the rack when you're cooking with it.
5. This oven can be set up in seconds; simply fold the top down to bake. The door allows access without letting all the heat out.

Date: Mon, 16 Sep 1996 08:19:30 -0400  
From: Jim Speirs <speirs@MAIL.NORTH.NET>  
Subject: Re: cookies in a camp  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

At 04:50 PM 9/15/96 -0300, you wrote:

>Hi for all!

> Does anyone have some "recipe" to make cookies in a camp?

Not exactly 'gourmet' recipes, but 'adequate in a pinch'... try these.

### **No-Bake Peanut Squares**

**1 c Light corn syrup**

**1 c White sugar**

**1 c Peanut butter**

**4 c Corn flakes**

**4 c Cherrios**

**1 c Peanuts**

**In a 2 qt. pan melt together just until smooth the first three ingredients, stirring constantly. Do not boil. (Warning: Don't use glass pan on top of electric stove!) Remove from heat. Measure the last three ingredients into a large bowl. Pour over peanut butter mixture. Stir, coating cereal and nuts. Spread into buttered large pan. Cut into squares. Press down. \*By 9 year old Travis Williams**

### **Popcorn Cake**

**4 Qt. popped corn**

**1/2 lb Gum drops**

**1/2 lb Peanuts**

**1 lb Marshmallows**

**1/2 c Melted margarine**

**1/2 c Corn oil**

**Melt marshmallows, margarine, and corn oil. Pour over popcorn, nuts and gum drips. Mix together and pat in a bundt cake pan or angel food cake pan. Cool.**

### **Chocolate No Bake Cookies**

**1/2 c Butter**

**2 c Sugar**

**1/2 c Water**

**2 tb Cocoa**  
**1/2 c Peanut butter**  
**3 c Oatmeal or:**  
**1 c Coconut**

**Mix butter, sugar, water and cocoa together, bring to a boil for 30 seconds. Remove from heat and add peanut butter, oatmeal or coconut. Drop on wax paper and let harden.**

**Date: Fri, 27 Sep 1996 10:19:27 EDT**  
**From: Dan OCanna <ocanna@ALPHA.CAER.UKY.EDU>**  
**Subject: Portions for camping meals**  
**To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>**

**Here's a few quick guidelines for planning camping menus.**

**First of all think of the planned activities and adjust the menu accordingly. Choosing dishes that can be prepared with the gear that will be available, keeping in mind trash disposal facilities, is the first step. Of course you can be more exotic with meals prepared on a car camping trip vs. backpacking. The other main concern is any special dietary requirements for the individuals participating.**

**The main nutritional item to worry about is energy. Carbohydrates, proteins and fats are the primary energy sources to consider. Carbos and proteins are about equal, but fats carry about 2.25 times the calories per pound. On most typical Scouting trips that would not be important but I've read of climbers on extreme mountaineering treks who took 70% of their daily caloric intake as margarine (yuck). Carbos are easier to digest and "come on line" faster than fats which often take a few hours become available.**

**Energy requirements increase with activity, of course, but one should also take cold weather and water sports into account. In both cases the body burns a lot of fuel just keeping warm.**

**Now a few of Dan's rules of thumb for menu planning:**

- 1. Remember the 13th point of the Scout Law:  
"A Scout is hungry."**
- 2. For high activity outings like backpacking in mild**

weather figure figure 4 oz (110 or so grams) of DRY carbs per person per meal. That would include rice, dehydrated potatoes, oatmeal, or pasta. Include anything like spaghetti sauce that accompanies the bulk carbs as a condiment. You can cut back slightly with meals that have extra fat like macaroni and cheese, but not too much. Bulk is important particularly for the evening meal.

3. If a protein source is to be the main course of the meal again figure about 4 oz of cooked meat or dry beans/peas as a portion. For a trail lunch a total of 4 oz of summer sausage or luncheon meat and cheese along with bread or crackers make a good portion.
4. Meals should be planned around the "core" entry but just like buying a car it's the extras that make it enjoyable. Most boys like sweets and including candy or a few cookies on the menu. When backpacking the guys I've camped with really enjoy a cup of hot soup or bullion as a prelude to dinner. As soon as a campsite is selected fire up the stove and get some water boiling. A quick hot drink perks everybody up while camp is being set up.

Point #4 makes the difference on how enjoyable camp meals can be. And remember the lesson I learned when I took a crew backpacking for a week for only \$34 each (including gas for a 6 hr drive each way).

#### **DON'T PLAN OATMEAL FOR BREAKFAST EVERY DAY.**

Even oatmeal fans don't like it THAT well.

As for the cost, who plans the menu, and who buys the food:

I feel the cost of the outing should be what that outing costs. Our troop usually charges a dollar or two for gas and the patrols buy their own food from a menu that is planned by them and approved by one of the adult leaders. That approval hinges primarily on whether the menu is safe for the Scouts and the environment we'll be in, not whether it sounds good (or even tolerable) to the adult. Usually the adults function as their own patrol for meals and supervise the Scouts from afar as much as safety will allow. Therefore, what the guys plan, buy, eat and cook is pretty much their choice. I would counsel a patrol not to cook pork chops on a hobo stove. I would be willing to let them bring "toaster pastry" and bug juice for winter campout breakfast.

Scouting, after all, is supposed to be a learning experience.

Yours in the spirit of Scouting,

Dan O'Canna [ocanna@alpha.caer.uky.edu]

Date: Sun, 6 Oct 1996 10:57:53 -0400

From: P Murray <pjm@WORLDRAAMP.NET>

Subject: Re: Box Ovens

To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

>Can anyone give me a quick and dirty description of how to make box  
>ovens? You know--the kind you make out of cardboard boxes, lined with  
>foil, with straightened coat hanger wire racks inside? I have the  
>general idea, obviously, but a couple of the finer points elude me. For  
>example, how do you attach the foil inside?

Hey Pete,

You really have the general idea. We used these at our Cub Scout day camp with impressive results. Three stoves baked goodies for boys ten times a day for three days straight. We had a TON of backups thanks to the planning of our Day Camp Commissioner, but we just used the three.

First, the best box is a computer paper box with a separate lid. These are very sturdy and the lid makes temp control easy.

The foil usually stays where you fold it and you use duct tape and staples to help it retain its shape. You do need to cover the outside as well, and I recommend two or three layers on the very bottom to prevent burn through. The act of encasing the entire box in foil retards the introduction of air to the flammable cardboard, and thus stops your oven from going up in smoke. Don't forget small holes on the top to help the coals breathe and keep on burning. We used the lid to create an opening for air in the bottom.

Charcoal is best handled with pie tins and should be introduced as glowing embers. Do not try and start the charcoal in the ovens. We used welders gloves (about \$5.00) to handle the tins. We made Primo Pizza,

cubbies in a blanket, and muffies ( a cross between muffins and cookies).  
We  
also had a mondo good time. BTW we alternated between covering the  
racks  
with foil for the finger foods (Pizza and cubbies) and using mini muffin  
pans for the chocalate cookie mix. Both worked out really well. Just ask  
Kate (grin).

Pete... [pjm@worldramp.net](mailto:pjm@worldramp.net)  
AKA "Goodyear Pete", Hey you!, Mr. Cubmaster,  
and the "Professor of Cooking"  
Cub Master & Tiger Organiser of Mighty Pack 230, Apopka, Fl  
Semoran Springs Roundtable Staff, Webelos & Internet SIGs  
"Awesome is as awesome does..."

Date: Sun, 6 Oct 1996 12:32:24 EDT  
From: "Michael J. Derleth" <[75112.1671@COMPUSERVE.COM](mailto:75112.1671@COMPUSERVE.COM)>  
Subject: Making Box Oven  
X-To: Pete Farnham <[pfarnham@capaccess.org](mailto:pfarnham@capaccess.org)>  
To: Multiple recipients of list SCOUTS-L <[SCOUTS-L@TCUBVM.IS.TCU.EDU](mailto:SCOUTS-L@TCUBVM.IS.TCU.EDU)>

Peter:

My patrol of new scouts do this all the time, much to the chagrin  
of more experienced Scouts who pretend to like Dinty Moore.

To do it, I obtain a couple sturdy boxes with lids from work.  
132-col. computer paper or copier paper boxes have worked well.  
You'll also need some stiff wire for the oven racks (coathangers)  
and a couple aluminum pans that will either fit the bottom of the  
box (box lid serves as top of oven), or the narrow side (box lid  
serves as vertical side/"door") of oven.

Line the inside of the box with a couple layers of the heavy-duty  
aluminum foil, including lid. The stiff aluminum foil should remain  
basically in place on it's own. I suppose you could use staples, or  
improvise with wire twist-ties if it didn't want to.

Put two or three wires cross the width of the box halfway up  
to hold a foil pan with your cooking. Cut a couple holes in the box  
for ventilation. A soda can works well (and some scout is sure to  
have one, right? ;-) One on the top and one near the bottom.

Aluminum pan #1 holds the yummys. Bread and homemade pizza are two of my patrol favorites. The second pan is to hold the coals. The extra insulation/rigidity of the pan of coals makes it less likely the box will start to blacken. You may wish to use some device (small flat rock, floor tile, pot trivet, another coathanger rack etc.) to further insulate the box from the pan of coals. The premature combustion of the oven itself from radiant heat is the biggest hazard.

As I said before, my patrol of new Scouts has done it well. It's definitely a troop activity. Have fun.

Mike Derleth

Ouachita Valley Council Roundtable Comissioner, Eagle Scout  
Vancouver/Portland bound by 10/14/96 -- relocation advice welcome!

Date: Mon, 11 Nov 1996 09:11:52 -0500  
From: Pete Townsend <ptownsen@HYDRA.CS.GMR.COM>  
Subject: Thanksgiving Turkey on Campout  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

> Obviously turkey is a little hard to make while you're camping.  
> Unless, of course you have a dutch oven.

Not True! Our troop regularly does turkey for November Campout. And I usually do our family's turkey the same way.

What you do is set up four charcoal towers by putting 4 steel pipes in the ground in a square appx. 5 ft apart. Make 4 tubes of chicken wire appx 5-6 inches diam. and 18-24 inches long. Note these are just big enough so that when slid around the 4 pipes charcoal can be put in and lay appx 3-5 coals in a layer. We usually set up a 3-sided lean-to windscreen around the area. Note: if your lean-to has a roof make sure the roof isn't there when you light the columns. ("Safety") After the fires are started and the turkey is in place (below), we also make a wall of aluminum foil around the fires and turkey to form one gigantic reflector oven.

Place the turkey in a Reynolds roasting bag. Make a sling of two pieces of wire, and place the bagged turkey tail down in the sling. Suspend the turkey from a tripod so that it is centered between the columns, and 6-12 inches off the ground. As the bag inflates from the steam generated, poke several holes near the top to keep the

bag from exploding. We normally start the turkey 11am - 12N, to be ready at 5 pm. Toward the end of the cook cycle, we puncture the bottom of the bag and collect the juices for making gravy and to allow the bottom of the bird to brown.

You will find the bird super moist and tasty.

Keeping FUN in scOUTING, Pete Townsend ASM T188, Rochester Hills MI

Date: Mon, 11 Nov 1996 21:30:24 -0500  
From: Deneen Harrell <dharrell@MAIL.GRADY.PUBLIC.LIB.GA.US>  
Subject: Re: Hot Chocolate Mix Recipe  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

At 07:27 AM 11/11/96 -0700, you wrote:

>Am looking for a recipe for Hot Chocolate mix  
>the cost of ready made cocoa mix's is steadily rising  
>cost for one event \$113.25 of a standard store brand

Here Goes..... This makes a lot and tastes really great!  
I make these and put them in bags for gifts.

#### Hot Chocolate Mix Gift Jars

1/2 pint canning jars and lids  
1/4 yard calico ribbon  
2 lb can instant chocolate drink  
8 qt box powdered milk  
1 lb box confectioners sugar  
11 oz jar coffee creamer  
1 large mixing bowl  
1 mixing spoon

Before the session, cut the calico into 6" circles. Measure and cut the ribbon to fit around the jar lid rings, leaving enough for a bow. Pour the ingredients into a large bowl and mix. Fill the jars. Fit the calico circles over the lids and screw on the rings. Tie a ribbon around each ring. Attach a card which reads:

1/3 cup mix + 1 cup hot water = warm treat for you.

**Date:** Fri, 15 Nov 1996 09:04:52 -0600  
**From:** Garner <garner@N543LAN.NAVO.NAVY.MIL>  
**Subject:** COOKING TURKEY  
**To:** Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

Here is another way to cook a turkey on a camp out or at home. You do not need an box oven, chicken wire, galvanized can or anything except good old

Aluminum foil and charcoal. Here is the secret. Wrap the turkey in bacon, one or two pounds depending on the bird size. Make sure you cover all the top, bottom and sides of the turkey in bacon (The bacon keeps the skin of the turkey from burning) . Then wrap the turkey in three layers of heavy duty Aluminum foil. You have to piece the foil together to get a sheet large enough to be able to seal each layer (Like in a foil dinner pack). Seal each layer before you add another layer. Get your coals going in your fire ring and place the turkey on the bed of coals. Push up some of the coals on the sides of the turkey and put some on top. If you can't get the coals to balance on top of the bird, use some more Aluminum foil to make a ring around the top of the bird. Replenish the coals as needed. A 18-20 pound turkey will cook in about two hours. The turkey is steamed inside the layers of foil. When the time is up the meat falls off the bone.

If you like a little extra flavor in your bird you can use an injector to flavor the meat.

To do this mix 2 ounces of garlic extract and 2 ounces of onion extract and about 1/2 ounce of liquid smoke together.

Use a large hypodermic syringe and a large bore needle (available at farm supply stores) to inject the mixture into all parts of the bird and let the bird sit overnight in the fridge or on some ice in a cooler.

If you use a turkey that is not prebasted you can also inject a Italian salad dressing into the bird and it will be more juicy when cooked.

When the turkey is unwrapped you can pull a prank on someone who has not seen a turkey cooked this way. Just ask if anyone wants a turkey leg. When you get an answer just reach down and grab the end of the turkey leg bone

and give it a little twist, most if not all the meat will fall off the bone or remain attached to the rest of the carcass. Hand the bone to the person requesting the turkey leg and say who wants the other leg.

You can also use this method at home in the oven.

Try it.  
You'll like it.

YiS,

Dwight Garner  
I was and still am a good ole Owl. (SR-147)  
And Proud of it too.

Date: Fri, 15 Nov 1996 13:13:46 -0500  
From: Deirdre LaRock <butterbuns@EARTHLINK.COM>  
Subject: Brownie S'mores  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

Since I am the one who posted the original recipe, I can repost it by request.

Make your favorite brownie recipe (9x13 pan)  
It is recommended you do not use nuts or frosted brownies. These brownies will be the basis for your s'mores.

As soon as they are done, remove them from the oven. Leave the oven on! Sprinkle with 2.5 cups of miniature marshmallows, and 1 cup of semi-sweet chocolate chips. Do your best to get them evenly spread in the pan. Put them back in the warm oven for 2-3 minutes. When the marshmallows are quite puffy is the perfect time to pull them out.

Immediately, put graham crackers into the mix and press firmly. Care should be taken in this step as the chocolate/marshmallow mixture is quite hot. I break my graham crackers into fourths, and find that I can get three nice rows of nine. That would be 27 crackers, meaning only seven whole crackers are necessary. Of course, you should have more than seven in case they

don't break as nice and neat as you'd like.

I've had adults sneak these away from their kids, so I've got to be doing something right! Enjoy!

Date: Thu, 14 Nov 1996 07:53:42 -0500  
From: "Derleth, Michael" <mderleth@CZN.COM>  
Subject: Large Hot Coca Mix Recipe  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

Dale Thompson asks:

<<recipe for Hot Choloocate mix,the cost of ready made cocoa  
<<is \$113.25 of a standard store brand for one event. Like  
<<a recipe where we can mix 1-5 gallon at a time.

Dale: Here's the recipe I use, which makes a 5-gallon ice cream pail or more. Beacue of the powdered milk and coffee creamer it's very rich tasting and has some nutritional benefit.

JOAN BORLESKE'S CAMPERS COCOA -- LA CROSSE, WI

1 lb. = 16 oz box Quik chocolate drink mix (or similar)  
1 lb. = 16 oz powdered sugar  
6 oz. non-dairy coffee creamer powder  
8 qt box = 25 dry oz. = 10.5 cups dry measure powdered milk.

Mix Quik, powdered sugar and coffee creamer in large container. Add powdered milk and mix again. This makes enough to fill a 5-gallon ice-cream pail. Ingredients often come in boxes big enough for two batches - one for Scouts, one for home. Keep a soup spoon in the pail to measure and mix.

A serving is two spoons of mix in a cup of hot water. Enjoy.

Michael Derleth  
ASM T3, Ouachita Valley Council Roundtable Commissioner  
Eagle Scout, Buffalo EC-424, Staffer SR-177.  
Vancouver, WA MDerleth@CZN.COM

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Date: Wed, 11 Dec 1996 14:51:55 -0800  
From: david swank <dswank@SAT.NET>  
Subject: Re: One Pot Recipe

To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

Larry asked for a new one pot recipe. I got this one at Webelos Overnight Training. I've cooked it at home too in the oven and it's good.

2 Lb Ground Beef                    1 10oz can Rotel Tomatoes, drained  
1/2 LB Sausage                    1 2 1/4 oz can sliced black olives  
1 medium chopped onions            2 6oz cornbread mix  
1 tlb butter or oil                    1/2 tsp Chili Powder  
1 15oz can Ranch Beans            1/2tsp salt  
1 8oz can tomato sauce            2 13oz cans spanish rice  
at least 1/2 cup grated cheese

Brown MEAT and ONION in BUTTER in an open dutch oven. Drain off excess fat. Add BEANS, RICE, TOMATOS and TOMATO SAUCE, SALT AND CHILI POWDER.

Cook 15 minutes in Covered dutch oven DO NOT STIR.

Mix CORNBREAD as directed on package, add OLIVES. Stir meat mixture and

then pour CORNBREAD evenly over the top of the MEAT MIXTURE. Bake for 20-30 minutes(Until Cornbread is done) Cover with CHEESE and cover dutch oven and let cheese melt.

Serves 5-6 hungry people (There is a lot of food here!)

Date: Sun, 15 Dec 1996 12:42:21 -0600

From: Larry Jones <lwjones@GULFTEL.COM>

Subject: FW: One Pot / Dutch Oven

To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

While list traffic is a little slow over the weekend, I'd like to send this menu

out and give Bruce a BIG round of applause.

While the instructions for the Chicken Pot Pie are a little vague, anyone with c

ooking experience can work it out. I must admit that it was a FANTSATIC HIT at o

ur WeLOT yesterday, and will become one of my regular DO recipe's ranking right

up there with Dan O'Canna's DO Roast.

For those of you that requested summaries of the recipes I received, they should be going out tonight.

Thanks, Bruce and everyone else that responded to my request for new food ideas.

YiS

Larry Jones

-----  
From: BRUCE L MATHEWS <ETA.OFAM.MATHEWSB@DOLETA.GOV>  
Sent: Wednesday, December 11, 1996 1:50 PM  
To: lwjones@gulftel.com  
Subject: One Pot / Dutch Oven

Hi!

Here's a couple we tried at the JLT in Nov.

#### Chicken Pot Pie

In the Dutch Oven (DO) bottom heat, brown/cook some chicken along with onions/green peppers/celery. This chicken could be fresh that was cubed at camp or cut at home and brought out. You could substitute canned chicken or our groceries have precooked chickens. After the chicken and onions are done add a bag of frozen mixed veggies. Stir in one or two cans of cream of mushroom soup (or cream of any other that grabs you). Cover and heat from the bottom until bubbly then cover the top with canned biscuits (or dough from bisquick). Add top heat and cook until biscuits are brown on top.

#### Green Bean Casserole

Drain two (3 or 4) cans of French cut green beans (these are cut down the length not across the width). Add 1 or 2 cans of cheddar cheese soup (depending on how many beans). From a can of French Fried Onion Ring Bits, Crumble about 2/3 into green beans and stir in. Add the remainder of the onions to the top as topping. There is nothing in here that really needs cooking so just get it all hot and bubbly and go for it.

Bruce Mathews  
SM Troop 996

Alexandria, VA  
mathewsb@doleta.gov

Date: Wed, 16 Oct 1996 07:15:44 -0600  
From: JASON CRUSE <jcruse@DU.EDU>  
Subject: Re: Hot Beverage.  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

My wife has used this in the past for a fun winter drink. The real recipe calls for alcohol, but here's the non-alcoholic version:

### Wassail

16 oz. cranberry juice  
16 oz. OJ concentrate  
1 T sugar  
1/4 t. allspice  
2 C water  
2 oranges  
whole cloves

In a large kettle, combine juices, water, sugar and allspice. Stud the two oranges with 5-10 cloves each. Simmer for about 30 - 45 minutes. DO NOT BOIL! Makes 16 half-cup servings.

Apple juice can be substituted for cranberry juice. Cinnamon sticks can be thrown in the simmering pot as well.

Jason  
-- Jason A. Cruse  
University of Denver  
(303) 321-4970  
FAX 321-4947  
jcruse@du.edu

"Toujours en avant. Si Dieu avait voulu que l'homme reculat, il lui aurait mis un oeil derriere la tete."

-Victor Hugo

Date: Fri, 1 Nov 1996 08:39:06 EST  
From: Diane M Meyer <meyerd@JUNO.COM>  
Subject: Re: fry bread

To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

Jan and others,

On Thu, 31 Oct 1996 15:08:35 -0700 Jan Mussler

<mussler@SPOT.COLORADO.EDU> writes:

>I'd also like to see some recipes for fry bread that is more like what you

>get at the PowWow. My favorite is also yeastless. I have seen versions

>with buttermilk for the liquid (I'm allergic however) and have also

>successfully used the french bread dough recipe for my bread machine.

This is from "Native Americans" by Teacher Created Materials, Inc.

"Fry Bread is the best known of all the Navajo foods. It is puffy, patry-like bread. Navajo cooks used handfuls and pinches, blut we will user cups and teaspoons.

**Ingredients:**

2 C. flour

frying pan

2 tsp. baking powder

1/2 tsp. salt

1/2 C. powdered milk

warm water

shortening

powdered sugar

**Utensils:**

frying pan and hot plate OR electric

measuring cups and spoons

tongs

paper towels

large bowl

Mix first four ingredients. Stir in warm water just until dough clings together. Knead the dough until it is soft, not sticky. Cover with a cloth and let stand for 2 hours. Shape into balls about 2 inches across. Flatten by patting with hands until you have a circle of about 8 inches. Make a small hole in the center. Fry in about 1/2 inch of shortening. Bread should be light brown on each side. Use tongs to turn. Drain on paper towels. Can be topped with powdered sugar or honey and eaten as a dessert."

I first fell in love with fry bread at Taos. Very good!

Diane M. Meyer meyerd@juno.com

CM & WDL P160, Ames, Ia

Cub Scout Roundtable Staff

Broken Arrow District, Mid-Iowa Council

**Date:** Fri, 1 Nov 1996 12:25:20 -0700  
**From:** "James F. Van Hecke Jr." <jvanhecke@LANL.GOV>  
**Subject:** Re: fry bread  
**To:** Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

They can also be topped with Chili con carne (chili with meat), cheese, lettuce and tomatoes to make a Navajo Taco. Pinch them tight, in the center, to keep them from puffing up so much during frying. If you're smart, you'll fry them outside, or your house will smell like a Navajo Fry Bread Stand at the State Fair -- believe me, I know :-( , and so did my wife 8-0

At 08:39 AM 11/1/96 EST, you wrote:

>Jan and others,

>

>On Thu, 31 Oct 1996 15:08:35 -0700 Jan Mussler

><mussler@SPOT.COLORADO.EDU> writes:

>>I'd also like to see some recipes for fry bread that is more like what

>you

>>get at the PowWow. My favorite is also yeastless. I have seen versions

>>with buttermilk for the liquid (I'm allergic however) and have also

>>successfully used the french bread dough recipe for my bread machine.

>

>This is from "Native Americans" by Teacher Created Materials, Inc.

>

>"Fry Bread is the best known of all the Navajo foods. It is puffy,

>patry-like bread. Navajo cooks used handfuls and pinches, blut we will

>user cups and teaspoons.

>

>Ingredients:                    Utensils:

>2 C. flour                        frying pan and hot plate OR  
electric

>frying pan

>2 tsp. baking powder                measuring cups and spoons

>1/2 tsp. salt                    tongs  
>1/2 C. powdered milk                    paper towels  
>warm water                    large bowl  
>shortening  
>powdered sugar  
>  
>Mix first four ingredients. Stir in warm water just until  
dough clings  
>together. Knead the dough until it is soft, not sticky.  
Cover with a  
>cloth and let stand for 2 hours. Shape into balls about 2  
inches across.  
> Flatten by patting with hands until you have a circle of  
about 8 inches.  
> Make a small hole in the center. Fry in about 1/2 inch of  
shortening.  
>Bread should be light brown on each side. Use tongs to  
turn. Drain on  
>paper towels. Can be topped with powdered sugar or honey  
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>dessert."

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>I first fell in love with fry bread at Taos. Very good!

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>Diane M. Meyer    meyerd@juno.com  
>CM & WDL P160, Ames, Ia  
>Cub Scout Roundtable Staff  
>Broken Arrow District, Mid-Iowa Council

>  
>  
Jim Van Hecke    I used to be an Owl  
Camping Chairman, Great Southwest Council, Albuquerque, NM  
Kshippehellen Kitchkinet - Swift Current Guide

Date:            Tue, 17 Dec 1996 12:39:35 -0500  
From: Jerry Gray <Jerrygray@AOL.COM>  
Subject:        Re: FW: One Pot / Dutch Oven  
To: Multiple recipients of list SCOUTS-L <SCOUTS-L@TCUBVM.IS.TCU.EDU>

Hi Guys,

While I can't verify that the chicken Pot Pie and Green Bean Casserole are  
great cooked in a dutch oven--yet, I can verify the recipes as I have used

them in a regular oven. Both are GREAT!!!! My daughter is a vegetarian and when she is there to eat, we don't add in the chicken. Still excellent, and easy to make.

Heres another veggie casserole we love:

### Broccoli Pie

2 pkg (10 oz) chopped broccoli  
<\_ c chopped onion  
3 eggs  
> tsp salt  
3 c shredded cheddar cheese  
1\_ c milk  
> c Bisquick  
< tsp white pepper

Mix broccoli, 2 c of cheese, and onion in dutch oven. Beat eggs, milk, bisquick, salt and pepper until smooth. Pour into oven. Bake until toothpick comes out clean, 25 30 min at 400. Top with remaining cheese and melt, 1 2 min longer.

Jerry  
and a good ol' Bear, too!

Date: Tue, 25 Mar 1997 00:13:36 EST  
From: Jay C Bingham <jay\_bingham@JUNO.COM>  
Subject: Re: Dutch oven Black Forest Cobbler

On Mon, 24 Mar 1997 07:35:22 -0700 Jan Mussler <mussler@SPOT.COLORADO.EDU> writes:  
>This week I plan to purchase my own Dutch oven.  
>Is there a brand I SHOULD get?  
>Or a brand I should AVOID?

Very interesting recipe, never heard of using 7UP.

I did something similar last summer

**1 Can Cherry pie filling  
1 box Fudge Cake mix  
1/2 Can water  
3-4 Tbsp Butter/Margerine**

**Dump the pie filling in the oven, pour half a can of water in and mix.  
Sprinkle Cake mix over fruit, dot with butter.**

**Cook in Dutch Oven at about 325 degrees for 30-40 minuter, turn oven  
about every ten minutes.**

**When done this looks like it is burned, so a little extra care must be  
taken to not actually burn it.**

**When I server this up the first few folks asked if it was burned, then  
when they found out it wasn't it was gone in a flash.**

**On the brand of Dutch Oven to buy. Look for a Lodge oven.**

**Jay C Bingham  
Plano, TX USA  
ADC - Great Plains District, Circle Ten Council  
Advancement Chairman Troop/Team27**

**Date: Tue, 25 Mar 1997 13:34:01 GMT  
From: Steve Cobb <scobb@VIVANET.COM>  
Subject: Re: Backpack Menu**

**You should take a look in your supermarket. Look for food that just needs  
boiling water. Most of the high priced backpacking food available in  
outdoor  
stores is way to expensive.**

**A few years ago I suprired the boys on a week long hike with  
"Thanksgiving  
Dinner". It included.....**

**Turkey Jerky  
Stove Top stuffing  
Instant Mashed Potatoes  
Gravy mix  
Dried Cranberrys**

Re-hydrate the turkey in a container for 3-4 hours, use the left over water in the gravy. All the rest is "Add boiling water" stuff. Fast, easy and good.

You could invite someone from a more "experianced" troop to come to a meeting and teach your scouts to use a backpacking stove and show some recipes.

Get a food dehydrator and try making your own jerky. Very easy and each boy can try variations of the basic recipe. Be prepared for some HOT jerky as some boys have a heavy hand with the seasoning.

For a good snack try drying mushrooms. Slice the mushrooms and shake in a bag with "Mrs. Dash" or similar seasoning. Makes a tasty snack with no sugar.

Good luck and happy eating  
steve cobb

Date: Thu, 17 Apr 1997 08:58:30 -0600  
From: Jim McMaster <mcmaster@SWENG.STORTEK.COM>  
Subject: Re: Lunch Menu suggestions?

In message <199704171410.IAA14785@stortek.stortek.com>, Craig Huff said:

> Our troop will be going on the first TENT campout for the  
> new scouts in the troop this weekend and I would like to  
> do something for the adults' lunch meal to show them there's  
> more to camp cooking than macaroni and cheese, grilled  
> cheese, peanut butter and jelly, hamburgers and hot dogs.

Here is a favorite from my youth.

Creole Burger (these are proportions for 4-5...scale to fit)

1 pound ground beef  
2 cans chicken gumbo soup (condensed)  
1 tablespoon mustard  
1 tablespoon catsup  
1 tablespoon barbecue sauce  
4-5 hamburger buns

**Brown ground beef and drain excess fat. Add soup, mustard, catsup and barbecue sauce. Stir until hot. Spoon over buns like sloppy joes.**

**This is quick, good, hot and filling. One pot and spoon to clean. You can substitute pitas for the buns to avoid plate cleanup...this is messier though.**

--

**Jim McMaster**

**mailto:mcmaster@sweng.stortek.com**

**Date: Fri, 18 Apr 1997 18:14:00 -0400**

**From: Andrew Hagemann <hagemann@VISI.NET>**

**Subject: Re: I'm tired of a boring menu, I need some ideas.**

**Douglas Simmons wrote:**

>

> **Snip... Could any of the Scout leaders or even the scouters themselves**  
> **give me some menus/reciepes to spice up the camping experience?**

**Try a Beaver Patrol favorite: One-Pot "Green" Stew**

**1/4 lb. beef tips per Scout**

**1 cup stew veggies (diced potatoes, carrots, green peas, etc.) per Scout**

**Several cups of water**

**3 or 4 tbsp. olive oil**

**1 bayleaf**

**2 allspice**

**1/2 tsp. tumeric per Scout**

**1/2 tsp. cumin per Scout**

**Heat the olive oil in cook pot until a drop of water boils instantly.**

**Carefully add the beef tips and brown the meat thoroughly. Pour off the grease and then add just enough water to the cook pot to cover the meat with about an inch of water. Dump in the veggies and the spices and mix well. Bring the water to a boil, then cover the pot and reduce the heat. Simmer until meat is fork tender and potatoes are soft. Add water as necessary to keep the gravy from becoming too thick.**

**The tumeric and the cumin will give a slight green cast to the gravy.**

**WARNING: your Scouts will only like this dish if they've made it themselves, otherwise they will turn up their noses at the color. Once they've made it, it will become a patrol specialty. The Beavers loved it. (Past tense, sigh. We've reorganized the Troop and my Beaver**

patrol is now history.)

--

**Andrew Hagemann <hagemann@visi.net>**

**SA, Troop 6**

**Colonial Virginia Council**

**A "Charging" Buffalo, SR-158**

**Jamboree '97 Metal Work MB Booth Coordinator**