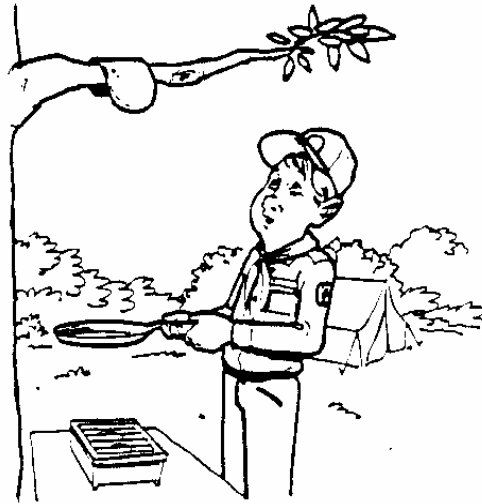


Patrol Style Cooking Tips for Scouts



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Troop 407
ASM/Seth Kurasaki

Patrol Style Cooking Tips for Scouts

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1.0 Introduction

There are three things that can ruin a camping meal: uninvited critters, bad food, and worse, bad cooks. While we do what we can to control the first two, the third is something we will try to eliminate, or at least minimize, with this book.

One of the things that Scouts want to learn to do is the “how” of camp cooking. Why not experiment with new recipes at home first? That way, if you come up with something not so good, no one but you will know. If you hit on something that your fellow scouts like, then everyone else will think that you’re a great cook. The recipes in this book are collected from various sources. But if they’re not quite to your liking, feel free to change or add things that you think those in your patrol will like instead. Improvement comes with experimentation. Ten miles out on the trail is not where you or your fellow scouts wanted to be when you find out your meals aren’t what you expect them to be.

This book is intended to fulfill some criteria I have set as necessary for scouts learning patrol style cooking. They are as follows:

1. First, there is an order to cooking - from meal planning to cleanup. We’ll go through the sequence so that you can see what should be done when.
2. Some hints on good sanitation habits and organizing for cooking safely. We’ll try to cover why some things are done a certain way: some for convenience, some for health, and some for safety.
3. The time to prepare, cook, and serve any of the meals in this book should take no longer than about 20 to 40 minutes and hopefully less time than that.
4. With one exception, there are no recipes in this cookbook that call for the use of utensils not in the Troop 407 Patrol box so, assuming that your Patrol equipment is complete, you should already have the equipment you need.
5. There are no Dutch oven recipes in this cookbook simply because few scouts take Dutch ovens on Troop outings. While Dutch ovens can provide delicious meals, I

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have chosen to omit them simply because I feel that learning what is in here will be enough of a task. There are plenty of Dutch oven recipes you can try later.

6. The foods chosen are generally inexpensive. When experimenting with a one-pot meal, you shouldn't need to spend a lot of money on food to learn how to make it taste good.
7. The recipe sizes are shown for each meal. For a different number of scouts, adjust the size, cooking times, and use the appropriate sized pots and pans.
8. Consider this book to be more of a guide than a cookbook with recipes. You can use the recipes shown as a starting point. Some of the meals are simple and others call for more effort. Try other recipes that are not in this book that you think you'll like.

The book is divided into three sections. The first section deals with planning and preparations, health considerations, and provides some tips and suggestions. The second section has some recipes to experiment with. I have also included a third (optional reading) section that provides some information, for anyone interested, on nutrition, why sugars, carbohydrates, fats and proteins are important, and suggestions for kinds of foods to use in campouts. The forms that are used by the Troop are appended at the back to ease removal without tearing up the book. Make copies to use.

You don't have to read this entirely at one sitting. Like any good meal, partake of what you feel is enough and digest it before taking the next bite. Hopefully this will help you get started in preparing meals that you and those in your patrol find you like. Cooking is very much a personal experience and everyone has his own way of doing things. Feel free to use what you think works for you and your patrol.

This book may not make you the world's greatest chef. Time, effort, practice, and experience will get you there. But you should try or you'll never find out how good you really can be. Don't worry about making mistakes. Everyone makes mistakes. That's how we get better at what we do. So, as the commercial says, just do it.

Finally if you do spot errors, omissions, or mistakes, I would appreciate it if you would let me know so I can correct it.

2.0 Let's Get Started

There are basically six things to do for preparing a patrol meal and they are as follows:

1. Meal Planning
2. Buying Food
3. Packaging Meals for the trip
4. Hygiene Preparation
5. Preparing the Meal
6. Cleanup

This is really all there is. If you remember what to do for each, you should, hopefully, run into few, if any, unnecessary problems. The details for each of the six are as follows.

2.1 Meal Planning

Successful meal planning begins with the meal selection, buying food, packaging it, selecting the right cookware, hygiene, cooking, and winds up with clean-up, controlling garbage and sanitation, really cleaning the cookware when you get home, and returning it to the Patrol box clean. Other basic considerations include nutrition, taste, weight, ease of preparation and clean up, and most important – doesn't cost a lot. If you're going

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to use pre-packaged foods, try them out at home first to find out what they're really like. Some "light" meals may still leave you hungry; some others may sound good in ads but really taste "blah," some don't cost a lot but also aren't very appealing.

Planning can and does take some time to do well and meal planning should be done by Patrol. The more you can do at home before the campout, the less you will wind up doing at the campout. Like anything else, the more you do it, the faster it becomes. You'll likely have at least two patrol meetings – one to plan the menu and one to package the meals for the outing. Combine these with other patrol planning activities to use your time wisely.

There are six important criteria which, when combined with an understanding of good nutrition, can help you determine the right food to take to the field:

1. Consider the kinds of activities you may be doing. The major activities you anticipate during your outing should influence your choice of foods. If you're going on a tough hike, you'll want food with lots of energy. If it's a slower more level hike, you won't need as much.
2. Weight. Your meals should weigh about 1-1/2 to 2-1/4 pounds per person per day in the summer and 2-1/4 to 2-1/2 pounds in the winter.
3. Spoilage. Because of the risk of spoilage, most meats and fresh foods should be limited to the first day out. If you carry all dried goods, it's nice to throw in a couple of onions or potatoes, which will keep for three or four days (to reduce spoilage, use a brown paper bag and do not wash fresh vegetables before packing).
4. Availability and Expense. The best way to insure good, nutritious meals and keep your expenses down is to avoid freeze dried foods, which can be three to six times what it would cost you to get the same meal if you bought the ingredients and cooked it yourself. The more box dinners, commercially mixed drinks and store-bought granola you bring the higher your food bill and the lower the nutritional value will be. Most of the foodstuffs you need can be found in a good supermarket.
5. Variety. The more you know about your patrol's eating habits, the better you can plan their meals. Include various types of food: trail foods, spices for flavoring, sauces and instant foods for rushed meals.
6. Preparations. When planning meals, consider the circumstances under which you will cook. What cooking utensils will you be taking? Will you be using a stove or a campfire? If you will be cooking entirely on a butane or multi-fuel backpacking stove, most of your meals will most likely be cooked in one pot. In cold weather, avoid foods that need to cook a long time or require a lot of pot handling or intricate use of knives or fingers, since you will probably be wearing heavy gloves or mittens.

There are also three planning sheets you will find helpful. These are:

1. Patrol Duty Roster
2. Menu Worksheet
3. Patrol Equipment Sign Out sheet

2.1.1 Patrol Duty Roster

The Patrol Leader prepares the Patrol Duty Roster for the outing before the outing occurs. Assign scouts to each of the seven different tasks for each meal. Cooks, Assistant Cooks, and Firemen should already have their Tot'n Chit and Fireman's Chit. If not, rework the assignments so those scouts who have their chits perform these tasks.

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This one piece of paper has been known to save a lot of time and arguments when someone forgets their assignment. It is one of the two important pieces of paper to bring along, the other one being the Menu. Keep both in a zip lock bag for the outing. The Patrol Leader should be aware of the outing schedule so that the cook can start at the appropriate time. Keep old copies too. It's easy to forget who did what on the last outing.

2.1.2 Menu Worksheet

This worksheet can function as your menu, grocery list, and patrol equipment list for the outing. Everything is on one page. The worksheet lays out a logical sequence for planning meals, determining how much and what foods to buy, and what equipment to use. So we'll use it here as a guide for our meal preparations.

First, list the number of people who will be eating. Be sure to include any adults assigned to the patrol for the outing. Then write the number of each kind of meals you'll be having. Write the meals your Patrol wants to eat in the menu worksheet's left column in order. For example, you could write "Dinner, Day 1, Stew." When planning remember the six criteria mentioned earlier. Dinners will generally be the "heavy" meal as your body will be using the food you eat to keep you warm at night. The totals should match the total number of meals you wrote on the top of the worksheet.

2.1.3 Food Needed

Once you have selected your meals, use your recipes to determine what kind and how much food to buy. Write these in the center column of the Worksheet. Dry or canned goods last longer than fresh meats and vegetables and don't have to be cleaned before eating. On the other hand, empty cans (weight) must be packed out - your choice. Plan your meals to avoid spoilage. Food is still weight that must be carried. Butter can spoil rapidly on a summer outing in hot weather. Margarine can substitute for butter as well as Canola or Olive Oil for the recipes that call for frying your food.

Now, check to see if any of the scouts in your patrol for this outing cannot, or will not eat certain foods or spices - whatever their reason. Rework the menu if necessary. Your daily meals should generally follow the "Food Guide Pyramid" to provide enough of and the right kinds of nutrition for your patrol. Change it if you need to. See section 2.5.5 for a note on the use of mayonnaise or other egg based products when camping.

2.1.4 Patrol Equipment

Try to determine the volume the food will occupy in the pots and pans when you are cooking to help you select the right size Patrol equipment cookware to bring on the campout. Use the Patrol equipment list to write the equipment in the third column.

Pick pots and equipment that can be used for more than one meal. For example, if one recipe calls for using a four-quart pot and another calls for using a six-quart pot then bring the six-quart pot instead of both. Why carry extra equipment (weight) when you don't have to?

A simple rule to remember is "Don't take what you don't need or won't use."

First, it will get dirty no matter how much you try to keep it clean. Second you will be carrying something that you will not be using - so why carry it at all? If you leave it

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behind, it will stay clean and you won't have to lug around something that you're never going to use on the trip – or have to wash later.

2.1.5 Tips

- Plan to use perishable and the heaviest foods first if possible. This will help lighten your pack load on the trip and use the foods that will likely spoil first.
- Don't forget to take along the pot that you will be doing clean up with. With One-pot meals, aside from personal dishes, there is only one pot to wash.
- You'll find it helpful to use the Patrol equipment checklist for selecting the pots and pans that will be used and assigning them to individual Patrol members.
- More pots, pans, and utensils means more weight your patrol will be carrying.
- Try to pick meals that use water, instead of milk, as water is more likely available (p.s.: make sure there really is water at that campsite you're going to). Be aware that when cooking, food can occupy more space in the skillet or pot than you thought. One of the recipes in the back of this book (the Chicken Broccoli Alfredo) will occupy the entire space of a 10-inch skillet but will feed four! If you have eight scouts in your patrol, you'll have to decide to either eat four at a time, or pack twice the number of pots and skillets (more weight to carry!) if you want to eat in one group.
- Consider making the last meal of the outing a non-cooking or hot water only meal to avoid washing dishes.

2.2 Buying Food

2.2.1 The Grocery List

Your menu worksheet can function as your grocery list. Don't forget to include aluminum foil, zip lock bags, or spices if you need them. If it's not written down, it's easy to forget what has to be bought. After determining the food costs, one scout should be designated to collect food monies from the other scouts and to buy all the food for the patrol. If you already have certain grocery items at home, use them to reduce the costs for the outing.

You can substitute certain types of foods for other kinds to avoid spoilage. For example, use margarine or vegetable oil for butter (squeeze bottles are best). Consider powdered eggs instead of fresh eggs. If you must have them, fresh eggs can be broken into a plastic jar with a tight sealing lid and they will pour out one at a time. Fresh eggs broken into a backpacker's reusable squeeze tube will come out of the spout one at a time. They will keep up to four days if kept cool; carry the container in the center of your pack wrapped in clothing and immerse them in a stream when in camp. Plastic camping type egg carriers aren't sturdy enough for fresh eggs, but can be used for hard-boiled eggs; keep them cool also and use on the first few days in the field. Another trick from the egg industry is to drop whole eggs into a pot of boiling water for 15 seconds before leaving home. This should help keep the eggs safe for a few days also. Store-wrapped meat packages can be safely taken from your freezer, wrapped in some newspaper and packed in a brown paper bag for consumption on the first day but freeze-dried meats, jerky or hard salami are the only practical form of carrying meat for more than one day in the field.

2.2.2 Tips

- Get foods from reputable sources such as known supermarkets or grocery stores. Include one-gallon zip lock bags for packaging your meals if you need them.
- Substitute perishable foods where possible to avoid spoilage.

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- When buying fresh eggs, make sure they haven't broken in shipping. Check them by opening the carton and try moving the eggs around with your fingers. If they're stuck, chances are the shell is broken and the egg white has leaked out and stuck the shell to the carton. Find a carton without broken eggs.
- Make sure the foods you buy haven't gone past their sales expiration date.
- If your recipe calls for potatoes, carrots or similar vegetables that need to be peeled consider adding a potato peeler or grater to your kitchen utensils.
- Specialty backpacking stores specialize in certain types of foods and have these for convenience for folks who buy backpacking equipment from them - an "all-in-one" shop. Visit several grocery stores and comparison shop for good prices.
- You may find that coupons in the Wednesday and Sunday newspapers or in the stores can help reduce costs also. Look for these and 2-for-1 sale items also.
- You can use a store bought carton of scrambled egg or concentrated juice boxes as an "ice chest" by throwing it in the freezer before the campout for perishable foods (meats, vegetables, fruits) that must be eaten first. Use it on the hike to keep perishable foods that need refrigeration cold enough by wrapping them with clothes to insulate. When the "ice chest" has melted, eat scrambled eggs or mix up some juice.
- Ever try to collect money from someone for food after the campout? The "eat now, not-pay later" approach has had good success in the past because a scout will forget to bring money or you'll forget to collect it from them after the outing. Collecting monies in advance to buy the food should be part of your planning.

2.3 Packaging Meals for the trip

Packaging meals into manageable sizes takes time but is really worth the effort for the following reasons:

- The meals are ready to cook when you are
- No shortages
- All the ingredients are in one place
- No extra weight of paper boxes to carry around.

First, wash your hands. Then using the recipes, segregate the ingredients for each meal. Mixing and combining dry goods for meals at the campsite takes time. Combine dry goods whenever possible to save having to measure later out in the field. Put mixes in plastic bags and label appropriately. Prepare only what you will eat.

Package each meal into one large zip lock plastic bag with each scout carrying an assigned meal where possible. Label the bag indicating your patrol, what meal it will be used for and anything else you want to include. With a permanent (not water-soluble) marking pen, write preparation instructions on the bag or an enclosed slip of paper. Include the meal number and date. Scouts have been known to throw out the cardboard boxes that prepackaged foods came in to eliminate the weight of the boxes that they carry in – along with the cooking directions printed on the outside of the box.

Weigh your bagged meals. Distribute the meals at the Pack Check, along with the patrol equipment, to your Patrol. No scout should be carrying more than 25% of his body weight in a pack including personal gear, patrol equipment, and food.

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Is your meal “complete” and was nothing left out? The cook for that meal should double check the bag before it gets handed out. Unless weight is a consideration, each scout should be carrying a complete meal, not a meal split up among several scouts.

2.3.1 Tips

- To keep weight down and eliminate unnecessary bulk, carry only what you will eat for the outing and discard original packaging (save the instructions).
- Never carry food in glass bottles, (which is also unsafe), and select those in aluminum cans like some meat spreads and Vienna sausage.
- Carry spices and liquids in reusable plastic bottles. Peanut butter, syrups and honey can be carried in reusable squeeze tubes. Don't repack if the grocery store packaging already works for you.
- Water weighs a lot. It is a lot easier to carry dried goods that you will be making your stew with than to carry a pre-made stew on your back.
- By now, you've probably realized that I like zip lock bags. Here are some more uses. Freezer bags are usually thicker and stronger than sandwich bags, will withstand wear better in your pack, and should be used with items like spaghetti, which can puncture a weak bag. You can also use the bags later to hold liquids, function as mixing bowls, or anything else you want. Why dirty a pot mixing pancake batter when you can just as easily do it in a plastic bag which you can throw away or use to pack out garbage, trash, wrappers, or food peelings. Bags and liquid containers can spring leaks, so double bag liquids, pack several small bags of food in large freezer bags and also carry a few extra bags.
- Consider packaging foods with similar cooking time together in one bag.
- Have a packaging party. Get your patrol together to help repack the foods from the heavier boxes to the lighter weight zip lock bags.

2.4 Drawing Patrol Equipment

At the Pack check, use the Menu Worksheet to draw the pot(s), pan(s), and utensil(s) and distribute among the patrol members going on the campout. Scouts should sign out the equipment on the Patrol Equipment sign out sheet. Avoid the use of check marks or other symbols since no one will know whom these scouts are.

Make sure your equipment functions properly before you leave. You don't want to find pots that leak and clogged stoves that won't light – after you've arrived at your campsite. Check it before you go. If you have a problem, see your Quartermaster to get it resolved. Patrols should have their personal gear, patrol equipment, and meals in their packs ready to go on the day of the outing. A scout who shows up on the day of the outing to draw patrol equipment or has grocery bags of food must now include these things into his pack and holds up everyone else while he's doing this.

2.5 Health & Safety

More people get sick because of dirty hands than from any other means. Just washing your hands with soap and water will take care of many problems before they become serious problems. It should also go without saying that a healthy meal is the result of a conscientious and healthy chef. If you have a cold or are otherwise sick, preparing Patrol meals is a risk that your patrol may not want you to do. Know your limits. There is nothing wrong with excusing yourself from cooking duties if you're sick. There will always be another day to enjoy cooking and outings.

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2.5.1 Cleanliness

- If possible, avoid close contact with people who have a cold or flu, especially during the first three days when they are most likely to spread the infection.
- Wash your hands OFTEN; after coughing, sneezing, touching someone who has a cold or flu, shaking hands, or after touching any object they have touched. If your water supply for cooking is limited, consider using a gel hand sanitizer. These come in 4 oz. bottles, are inexpensive and can be found at most discount or drug stores.
- Keep your hands away from your nose and eyes.
- When available, receive the flu vaccine.
- To avoid spreading a cold/flu to others: Cover your nose and mouth with disposable tissues when you cough or sneeze.
- If possible, stay away from people with asthma or other chronic diseases, especially during the first few days when they are most contagious.
- If you have a fever with respiratory symptoms, stay home until the fever subsides. See a doctor as necessary.
- Don't wipe your hands on your shirt or pants. Food odors can stay on your clothes.
- Don't cook in the clothes you will sleep in. Nocturnal critters have keen smell.

2.5.2 Safe Food Preparation

- Identify all hazardous foods on the menu. Some scouts are allergic to nuts, wheat, shellfish, or other foods that you can eat. Check with your patrol members.
- Avoid cross contamination such as using the same knife to cut different types of foods. Don't use a knife that you used to cut meat to cut the vegetable or salad. Possible bacteria that are found on fresh meats and would otherwise be destroyed by cooking can find their way, by the knife, onto fresh vegetables. Cut the vegetables first or use a separate knife.

2.5.3 Preparing Foods for Cooking

- Have detailed recipes
- Know the time and temperature control requirements for the food
- Keep raw foods separate from ready-to-eat foods.

2.5.4 Cooking

- Make sure recipes have cooking times and/or ending internal temperatures.
- If you're cooking fresh meats like steaks or hamburgers, chicken, etc. and you're not sure if it's cooked, cut it open to look inside or poke a hole in it to let the juices flow out. If the juices are red chances it's not cooked all the way through.
- Cook or heat above the required temperature but don't burn.
- Keep hot foods hot – cold foods cold

2.5.5 Special Care for the following types of foods

- Fresh eggs and egg based mixtures, mayonnaise, protein based foods such as egg salad and sandwiches, stuffing, batter and breading must be kept cold or cool to avoid the possibility of botulism. If you can't determine a way to do this, then don't take them or take something else which could be a good substitute instead.
- If your mayonnaise develops lots of little bubbles in it or your eggs start to smell bad, then it's time to chuck them.

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2.5.6 Holding Food

- Make food in small batches. Avoids lots of foods sitting in room temperatures.
- Stir regularly
- Use pans, pots, or aluminum foil as covers to keep food warm
- Don't mix old foods and new foods, or raw foods with cooked foods.

2.5.7 Serving

- Use properly cleaned and sanitary utensils
- Never touch food with your hands

2.6 Preparing the meal

The first step to great outdoor cooking after arriving at the campsite is organizing your kitchen. Cooking is doing things in an orderly manner to prepare, cook, and serve your meal, keep you safe, and not waste time.

Establish a distinct area for food preparation and another for cooking away from the main campsite. In the food preparation area, keep your utensils in order. After you use something, put it back and you won't hear "Where's the salt?" or "Has anyone seen the spatula?" It's easy to lose small utensils at a campsite; if you don't set them down carefully they are likely to disappear. Once they are gone in the field, you can't just run out to the corner store for a replacement. Allow yourself uncluttered space around the fire or stove. If your way around is blocked, you will be tempted to reach across the fire for a needed ingredient or utensil. With a campfire, you will want to move around to avoid the smoke as the wind changes. Have a five-foot clear area around a fire. In a cooking area you are particularly in danger of accidents. You could trip around a fire or stove, or spill a scalding pot. At the least a meal could be ruined and at worst you could damage equipment or seriously burn yourself. A bad burn in the field, miles from medical attention, can even be a life threatening injury. Wear your boots around the fire and use pot holders or cotton gloves for picking up hot pots. Remove a pot from the fire when you add a new ingredient. This protects your hands and makes it less likely you will spill or waste food.

Sparks from a fire can seriously damage nylon tents, Goretex clothing, ponchos, sleeping bags or backpacks. Make sure such equipment is a good distance from your fire. As you set up your kitchen, remember to organize for your convenience and safety.

2.6.1 What to Cook first, in-between, last

Cook the foods that take the longest first followed by foods that take less cooking times. This way, the entire meal will be hot when served instead of being hot and cold. Hard foods like carrots or potatoes usually take longer to cook than soft foods like onions or zucchini. Your vegetables are most likely cooked when you can poke through them.

For each meal, there is only one cook and one assistant cook. While others can help, the cook is in charge. If you as the cook need help – ask. Your fellow scouts can get you water if you're short or get other foods or seasonings if they are out of reach.

Once you start cooking, don't leave a fire or a stove unattended. Your attention should be on successfully finishing what you have started.

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2.6.2 Avoiding disasters

There are four likely “disasters” that a new outdoor cook can avoid:

- The first is burning. Start out on low heat and increase, as you need to. Make sure there is enough water in the pot, and check often to see if more is needed. As your sauces begin to thicken, stir often. Always cook in a clean pot which has no old food stuck to the bottom, you can avoid burning by paying constant attention to your fire or stove.
- The second disaster is overspicing. Spices should be used creatively, but also experimented with cautiously, a little at a time. Add, stir, then taste. Let the flavor settle in fully before you decide to add a little more. Never add the spice directly from the bottle to the pot. Shake it into your hand first. An unexpected loose cap can turn a "hint" of spice into the main course. When cooking with flavor bases or bullion cubes, you already have a good amount of salt in the dish.
- The third disaster is lumpy food. Powders like flour or dried milk should be mixed with liquid before adding them to a dish or sprinkled a little at a time with constant stirring. With freeze-dried foods, let them boil for ten to fifteen minutes before adding other ingredients. Thickeners, such as milk or cheese should always be added last.
- The final disaster is overdone food. This disaster is subtler, but can be avoided. Keep tasting as you are cooking, and remember, even after you pull a pot from the fire, it will continue to cook. It is better to err on the side of undercooking a little, which is easily correctable.

As with other activities, to be a good cook takes practice, the right attitude, and a combination of caution and boldness. Caution in understanding the nutritional needs of your patrol, planning well-thought-out meals, and following new recipes; boldness in using spices artfully and with moderation. Your confidence as an outdoor cook will grow quickly with a few successes because appetite is always working for you. Food tastes great after a hard day in the outdoors.

2.6.3 Tips

- Cooks must wash their hands before cooking – up to the elbows. See 2.5.1
- Set up a garbage bag for trash, peelings, scrapings, and leftovers.
- If you’ve never used a camping stove before, have an experienced scout help you. The BSA has a written policy on the use of propane/butane and liquid fuel stoves by scouts and you should know it before you use one.
- Use a sharp knife. (Did you bring your Tot’n Chit with you?) A dull knife is a dangerous knife especially if you’re rushing to cook the meal. Dull blades can slip on things like meat bones or cutting boards and go directly into thumbs and fingers. Besides the hurt, if you get blood onto the meal, who will eat it? Now you not only have an injured scout, you can be one patrol meal short, which means that your patrol won’t be eating. Do yourself and everyone in your patrol a favor by being careful and not cutting yourself when preparing the meal. This saves you the possible cut finger, the meal that your patrol will eat, and the accident report that the scoutmaster will have to file.
- Don’t force your knife into food that it won’t cut. Broken blades have been known to go anywhere and everywhere.
- Knives can accumulate food and greases as they are used. Clean the blade with water or a damp cloth as needed so that it is easier to cut with.
- Accidents can happen if you’re tired. If you are, tell your patrol leader, the Campmaster, or the Scoutmaster. Better a tired scout than a tired scout with a cut or

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burned finger. Don't over extend yourself when cutting food and possibly losing your balance.

- Read preparation instructions TWICE before starting to cook. Be sure you are adding the right ingredients in the right order. There is a big difference between "add contents to boiling water and simmer" as compared to "add water to contents and bring to a boil."
- Use a lid and use aluminum foil around your pot and stove when boiling water in a pot or frying foods in a pan. It will heat faster and keep falling leaves out.
- Prepare your foods, utensils, and condiments first. Make sure that you have the correct amount of water in your pot before you light the stove (Did you bring your Fireman's Chit with you?). Have an idea how you want to prepare your meal before you start cooking including when to light the stove. Lighting the stove before having the food, the water, and the utensils ready wastes fuel and that is something that you can't afford if you're out some place where there isn't a store nearby. Once the fuel is gone – it's gone.
- Cut each food so that the pieces are about the same size. Cooking times will then be the same for that food. Cut large pieces into smaller sizes so that they aren't easy to choke on. Paring knives are great if you don't have a potato peeler. Large knives tend to be cumbersome and awkward for this kind of task.
- Always measure the water to be heated so that no excess water is heated, again wasting fuel. Don't measure by removing water from a "supposedly" known quantity in the pot. You will almost always be wrong. If you forgot the measuring cup, there are several types of water bottles on the market (Nalgene is one of them) that have graduated markings on them to indicate the remaining volume of water in the bottle. A 500-cc. water bottle is essentially two cups. It's close enough for our use.
- Do not use metal spatulas on Teflon coated frying pans. They tend to scrape the Teflon off of the pan leaving bare metal exposed to which your food can and will stick. Your non-stick pan has lost its non-stick and your patrol will be buying another Teflon pan to replace the one that was ruined. Use the plastic spatula or a wooden spoon and save the metal one for the metal pans.
- Never simmer food on a stove. The water will retain its heat long enough to rehydrate the food, and this will avoid burning food into the pot and making cleaning a real chore. Slotted spoons are good for stirring noodles.
- As soon as you are certain you are familiar with the instructions for cooking the dinner, start heating the water. Be careful not to spill any food since you will need to clean this up.
- If your one pot meal is too watery add a Tablespoon of cornstarch or flour dissolved first in about a half a cup of cold water and then add slowly. It will thicken in the mixture when heated.
- If you forgot your whisk, you can mix eggs, gravies, or thickeners, in a small plastic bag and pour, a little bit at a time, directly from it.
- Use cotton gloves and pot holders or pliers for safely handling hot pots.
- If your propane/butane tank starts to ice up on you, the flow of gas will slow down. Use some warm water on the tank to melt the ice and keep the gas to your flame flowing at a good rate.
- If you're using a portable water filter to get water for dinner, why not pump some extra into another pot for tomorrow's breakfast at the same time so you won't have to do it again in the morning when it's colder?

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2.6.4 Spices Add Flavor

At a campout, only the cook seasons the foods – no one else. This way nothing should get over-seasoned or seasons added that some scouts like and others don't. Don't spice just to suit your taste. While some scouts prefer peppery Tabasco-hot like foods, other may not. If in doubt – ask your patrol members about it. Let the other scouts know that it's all right to season their food to their hearts content once its on their plate but no one touches the food being cooked except the head cook.

Some spices that many backpackers find useful are: salt, black and white pepper, lemon pepper, Mrs. Dash, Tabasco sauce, A-1 steak sauce, soy sauce, honey, worcestershire sauce, garlic salt or powder, onion salt or powder, bacon bits, oregano, dry mustard, curry powder, sage, basil, chili powder, flavoring extracts, cayenne pepper, flavored croutons, salsa, dill, Italian seasoning, brown or white sugar, cinnamon, nutmeg, and bullion cubes. Go easy on the garlic unless you like to hike by yourself. Add curry to make Indian dishes. Add cumin for Mexican style dishes. Add other spices to suit your Patrols' tastes. Spice wheels can conveniently pack several different kinds that you want.

You may also want to consider using some of the packaged dry goods used for making sauces for pasta, or meat and chicken dishes. For example, a package of spaghetti mix added to ground beef makes a good stuffing for cabbage rolls. Cooking can be as easy or as difficult as you make it.

2.6.5 Altitude Considerations

The boiling point of water decreases about 1°C for every 1,000ft gain in elevation. Cooking time correspondingly increases with elevation to about 125% of the time needed to cook at sea level, the kind of meal you're preparing and the method of cooking.

The table below gives a comparison of the boiling point of water with altitude.

| Altitude | Temp °Farenheit | Temp °Celsius |
|------------|-----------------|---------------|
| Sea Level | 212 | 100 |
| 2,000 ft. | 208 | 98 |
| 5,000 ft. | 203 | 95 |
| 7,500 ft. | 198 | 92 |
| 10,000 ft. | 194 | 90 |
| 15,000 ft. | 185 | 85 |

2.7 Clean-Up

When you have finished cooking, put a second pot of water (or use the Cocoa pot) on the stove. This way while you're eating, your dishwater will be getting hot and ready for use. You also have hot water for your cocoa and, depending on your patrol, some scouts may want to sanitize their plates or Sierra cups with the hot water before they eat as well as afterwards. Having the hot water available gives everyone an option.

Each dish or pot should be scraped as clean as possible before washing. Bread and rolls are just as useful for cleaning plates of gravies as plastic scrubbers are. Draw the hot water and clean the dishes outside of the pot. It's easiest to clean up right after eating since cold hardened food is difficult to remove. Clean your dishes well if using

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soap and air dry. If you don't, you could get the "dirty pots trots" or "detergent diarrhea." Personal dishes first, patrol equipment next with the dirtiest ones last.

At a regular park campsite, don't wash your dishes next to the faucet where you draw your water. If there isn't a wash basin at your campsite, or you are away from one, then dig a small cat hole and put a paper towel or food strainer over it. Drain the water and food scrapings onto the paper towel. Wrap it up and put it into the garbage bag along with other foods, plastic wrappers, and torn up bits of the cardboard boxes the food came in. Cover the cat hole with dirt. Done.

After you return home, wash the patrol equipment assigned to you in hot water or a dishwasher to sanitize it. Sign the equipment back in when returning it to the patrol box.

2.7.1 Tips

- If you're in the field and washing cookware with suspect un-purified water, heat your pans over the fire or stove and let it cool down afterwards.
- If you're camping away from civilization, washing, rinsing, etc. should be done a least 100 feet from streams or water, never in lakes or streams.
- Using too much of any camp/multi-use/biodegradable/dishwashing soap can leave soap scum on a plate or cup when rinsed and has been know to cause diarrhea when a scout eats his next meal from this. Rinse well or go easy on the soap.
- Nylon mesh bags are good for drip-drying plates and eating utensils, and to keep "buggies" off. Hang from tree branches or tent poles.
- Always pack garbage bags in garbage cans, canisters, or bear bags depending on your campsite away from your sleeping area.
- Consider using the clean left over hot water from your clean up to fill water bottles. A water tight hot water bottle wrapped in a mitten or wool sock in your sleeping bag helps to keep your feet warm on a cold night while you sleep.
- What you pack in – You pack out. Pick up any litter before you leave.
- If you have left over food that you didn't eat, consider rethinking how much food to pack next time. This may save you and your patrol some money.

3.0 Troop 407 Patrol Equipment List

The following is the equipment list in Troop 407's Patrol Equipment Box

- 8 Qt. Pot
- 6 Qt. Pot
- 6 Qt. Pot Lid
- 4 Qt. Pot
- 4 Qt. Pot Lid
- 2 Qt. Pot
- Cocoa Pot with Lid
- 10" Frying Pan (Pot Lid)
- 8" Frying Pan
- Plates (2)
- Fry Pan Handle
- Pot Holder #1
- Pot Holder #2
- Utensil Holder
- Large Spoon, Solid
- Large Spoon, Slotted
- Medium Spoon, Wooden
- Spatula, metal
- Spatula, Plastic
- Whisk
- Large Knife
- Paring Knife
- Measuring Cup
- Can Opener
- Turning Fork
- Ladle
- Stove #1
- Stove #2

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4.0 Some Useful Measurements

4.1 Fluid Measurements

- 3 Tsp = 1 Tbsp = ½ oz. = 29.57 milliliters
- 16 Tbsp = Cup = 8 oz. = .236 liters
- 2 cups = 1 pint = 16 oz. = 0.473 liters
- 2 pint = 1 quart = 32 oz. = 0.946 liters
- 2 quarts = ½ gallon = 64 oz.
- 4 quarts = 1 gallon = 128 oz. = 3.785 liters

4.2 In-Camp Measurements

- 1 Open Fistful = ½ cup
- Five-finger pinch = 1 Tablespoon
- Four-finger pinch = 1 Teaspoon
- One-finger pinch = 1/8 Teaspoon
- One-finger gob of shortening = 1 Tablespoon
- Palm of Hand (center) = 1 Tablespoon
- 1 lb. Butter/shortening = 2 cups
- 4 oz. Cheddar cheese = 1 cup grated
- ½ pt. Whipping cream = 1 cup (2 c. whipped)
- 8 oz. Sour cream = 1 cup = 1 cup plain low-fat yogurt
- 1 lb. flour = approximately 3-1/2 cup
- 1 cup marshmallows = 11 large or 110 miniature
- 1 lb. brown sugar = 2-1/4 cup (packed)
- 1 lb. granulated sugar = 2-1/4 cup
- 1 cup milk = ½ cup evaporated milk + ½ cup water = 1 cup reconstituted dry milk + 2 Tbsp. Butter
- 1 cup buttermilk = 1 cup milk + 1 Tbsp vinegar = ¾ cup milk + ¼ cup butter + 1-1/2 Tsp. Cornstarch
- 1 cup sour milk = 1 cup sweet milk + 1 Tbsp vinegar/lemon juice
- 1 stick butter = ¼ lb butter = ½ cup butter = 8 oz. Butter
- 1 lb. loaf of bread = about 17 slices
- 1 cup of fine crumbs = 22 vanilla wafers = 4 slices of bread = 16 saltine crackers = 14 graham crackers
- 1 Tbsp. Instant minced onions = 1 small fresh onion
- 1 Tbsp. Prepared mustard = 1 Tsp. dry mustard
- 1 cup sugar = 2/3 to ¾ cup honey
- 1 cup honey = 1 cup molasses
- 1 whole egg = 2 egg whites = ¼ cup egg substitute = 1 egg white + 1 Tsp. oil
- 1 Tbsp. cornstarch (for thickening) = 2 Tbsp. flour

5.0 Recipes

The recipes shown herein are a small sampling and there are many sources for recipes: Parents, friends, school, the Internet, cookbooks, newspapers, etc. Find other recipes and try out the ones you think you'll like.

Where possible, I have shown credits to the authors. Apologies to those I did not list or could not find, (but I did try). Sections 5.1 and 5.2 are from the Philmont Country

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Cookbook. These types of meals are oriented towards no-cook or trail type cooking while the recipes in section 5.3 are more focused on cooking type meals.

5.1 Trail Meals

“Trail foods can be quick or no-cook foods for a fast, sit and eat, or eat while walking meal. Here are a couple of tables for pick and mix meals. Pick and bag for each meal or keep in a large bag for the trail. Remember that what you don't eat the first couple of days will be left for the last. If you plan for 7 days, don't eat it all the first three days.”

Trail Breakfast Mix and Match: Pick one from each category.

| Dairy | Meat | Grain | Fruit | Fun |
|---|--|--|--|---|
| Hard cheese Cheese spread String cheese | Jerky bacon bar hard salami meat sticks peanut butter powder eggs eggbeaters | Bagel Crackers melba toast Graham cracker oatmeal, instant grits instant cream of wheat pilot bread cereal mixes granola bar | Dried apples Banana chips Fruit bits Fruit leathers Raisins Orange Cranasins | trail mix chocolates granola nuts sunflower seed pumpkin seeds |
| Drinks | | | | |
| Water Tang Tea Powder mixes Hot chocolate | | | | |

Trail Lunches Pick one from each category.

| Dairy | Meat | Grain | Fruit | Fun |
|---|--|---|--|---|
| Hard cheese Cheese spread String cheese | Jerky Canned spread Hard salami Meat sticks Peanut butter Jelly | Bagel Crackers melba toast graham crackers corn chips flour tortillas wheat bread pilot bread pretzels granola bar | Dried apples Banana chips Fruit bits Fruit leathers Raisins Walking apple Orange | Hard candies GORP Trail mix Candy bar Choc granola Nuts Sunflower seed Pumpkin seeds Cereal mixes |
| Drinks | | | | |
| Water Kool-Aid Gatorade Powder mixes | | | | |

5.2 One Pot Meals

“One-pot dinners can be easy to prepare with a little thought before hand. Which foods need to cook longer? - Start them first. How -much water is needed? - Is the pot big enough? Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up. Plastic freezer bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup by adding the boiling water to the bag and mix. This works with quick rice as well.”

When cooking with pasta, a good starting point is about ¼ lb of pasta (spaghetti or other noodles) per scout per dinner for the base. Adjust the amount of pasta, the portions of sauces, meats, vegetables, and spices for your patrols' eating habits.

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One Pot Dinners

Take one from each column

| Base | Vegetable | Meat | Sauce | Spice | Topping |
|---|--|--|---|---|---|
| Spaghetti Thin Spaghetti Vermicelli Capellini Fettuccini Macaroni Ribbons Egg Noodles Linguine Elbow Macaroni Rotini Small Shells Juniorettes Pasta Nuggets Kluski noodles Rigatoni Mostaccioli Ziti Ready-cut Spaghetti Rotelle Rainbow Rotini Medium Shells Cous Cous Acini di Pepe Rosmarina A-B-C noodles Rings Ramen noodles Quick Rice Rice-A-Roni Instant Potatoes Quick Grits Chow mein noodles Helper's Stuffing Box mixes Mac & cheese Rice mixes Noodles mixes | Fresh carrots potatoes summer squash onions cucumbers Frozen For short trips & cold weather Freeze dried Peas gr. Beans corn Home dried onions mushrooms Mixed vegetable flakes Soup blends Pepper flakes Celery flakes Can onion rings | ground beef can beef can chicken can turkey dried chipped beef can meat spread stew meat hard salami pepperoni Vienna sausage SPAM Jerky Canned fish Clams tuna salmon sardines crab shrimp freeze dried ham beef chicken shrimp dried fish smoked fish bacon bar TVP beef flavor chicken flavor | Cheese Sour-cream Stroganoff spaghetti dry soup mix miso powder gravy mixes curry sweet & sour au jus teriyaki thickeners cornstarch flour cornmeal Tomato juice Soups Cream of Mushroom Tomato Creamed corn Cheddar cheese Cream of Chicken Potato soup Onion soup | Oregano Herbs Sage Basil Salt Pepper Poultry Seasoning Garlic salt onion salt Chill powder Butter buds Soy sauce Bouillon Chicken Beef Vegetable Mixes Chili Taco Sloppy Joe Fajita Fried rice | toasted nuts sunflower pumpkin coconut sesame seeds margarine cheese catsup packets bacon bits croutons dumplings wheat germ dried fruit bits raisins |

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5.3 Some Other Recipes

The following recipes have been obtained from various sources and are intended to provide a variety of things to try and do. Consider meat substitutes for ground beef or use a different vegetable or spice for a change of pace. Experiment with these and other recipes to suit your patrol's tastes. Use different utensils and cookware to suite your style of cooking.

Popcorn in Foil

Categories: Snack

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 1

Stove (but a campfire can be more fun)

Preparation Time : 10 minutes

Amount Measure Ingredient – Preparation Method

Popcorn

Margarine, Canola, or Olive Oil, Salt, Aluminum foil

1. Make an aluminum foil "popper" by shaping the foil around a soft drink can, and then remove the can.
2. Pour a small amount of cooking oil-just enough to cover the bottom of the popper.
3. Add popcorn kernels to just cover the bottom.
4. Put a string in the top, fold the foil close around it, and leave plenty of room inside for the popcorn to pop.
5. Hold the package about 1/2 inches above hot coals until popping stops.

Rich Trail Cocoa

Categories: Beverage

Recipe By: "The Well-Fed Backpacker" by

Patrol Equipment:

June Fleming

Cocoa pot, stove, measuring cup

Serving Size : 1

Preparation Time : 1 minute

Amount Measure Ingredient -- Preparation Method

Package together

| | | |
|-----|--------|------------------------|
| 1 | Pound | Cocoa Mix |
| 6 | Ounces | Coffee Creamer |
| 1 | Pkg. | Dry Milk -- 8 qt. size |
| 2/3 | Cup | Powdered Sugar |

1. Mix ingredients together and store in airtight container.
2. Use 1/3 cup of mix in 1-cup hot water.

Variations: Try adding 2 teaspoons of cinnamon to mix.

Chicken and Broccoli Alfredo

Categories: Dinner

Recipe By: Campbells Soup

Patrol Equipment:

Serving Size : 4

Stove, 10" Frying pan, 4 Quart pot & lid,

Preparation Time : 30 minutes

Spatula, slotted spoon, measuring cup

Amount Measure Ingredient – Preparation Method

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| | | |
|---|------|---|
| ½ | Pkg. | Linguini |
| 1 | Cup | Fresh or frozen broccoli flowerets |
| 2 | Tbsp | margarine |
| 1 | lb. | Boneless chicken, cut into ½"-1" cubes (or three 5 oz. cans of chicken) |
| 1 | can | (10 ¾ oz.) Campbells Cream of Mushroom Soup |
| ½ | Cup | milk |
| ½ | cup | grated Parmesan Cheese |
| ¼ | Tsp | pepper |

1. Cook Linguini according to package directions
2. Add broccoli for last 4 minutes of cooking time. Drain
3. Heat margarine in 10" skillet. Add chicken and cook until brown, stirring often. Add milk, soup, cheese, pepper and Linguini mixture and heat through. Serve with additional Parmesan Cheese

Sunrise Spuds

Categories: Breakfast

Recipe By: Paul Johnson adapted from "The Well-Fed Backpacker" by June Fleming
Serving Size : 1
Preparation Time : 10 minutes

Patrol Equipment:
Stove, 2 quart pot, measuring cup

Amount Measure Ingredient – Preparation Method

At home: Bag together (for each hefty serving... I used quart freezer zip lock bags):

| | | |
|---|------|--|
| ½ | cup | instant potatoes |
| 1 | Tbsp | instant dry milk |
| 1 | Tsp | Butter Buds (find in spice section of grocery store) |
| | | Salt and pepper to taste |

In a separate bag, pack a handful of precooked, crumbled bacon (about 2 Tbsp of real Bacon Bits) or chunks of salami from your lunch supply.

In camp:

1. Put all ingredients in your bowl (along with a few bits of cheese if you like or dehydrated cheese powder)
2. pour in 1/2 cup boiling water
3. Stir and enjoy

Spaghetti alla Puttanesca

Categories: Dinner

Recipe By: Paul Johnson
Serving Size : 4-6
Preparation Time : 30 minutes

Patrol Equipment:
4 Quart Pot, 10" skillet, paring knife

Amount Measure Ingredient -- Preparation Method

At home: In a non-leaking container combine

| | | |
|---|------|--|
| 4 | Tbsp | butter |
| 3 | Tbsp | olive oil |
| 8 | | Anchovy fillets in oil, chopped |
| 3 | | garlic cloves, chopped |
| 1 | | small dried hot red chili pepper, minced |

Bag separately

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1/4 lb Mediterranean-type black olives, pitted and chopped
 1 Tbsp capers, drained
 Bring
 3 Ea Tomatoes, large
 1 lb spaghetti (and 1 T parsley, chopped).

In camp: Thinly slice the tomatoes. Heat butter mixture in large frying pan for a few minutes (don't let the garlic brown). Add tomatoes, olives and capers and cook 3 minutes. Taste and correct seasoning. Cook spaghetti in boiling salted water until tender. Drain and add to sauce. Add parsley and cook 30 seconds, stirring constantly. Serve immediately.

Feeds 4-6 (I doubled recipe for the 6 patrol members and 2 guests -- convenient as you use a whole tin of anchovies -- although the sauce must be added to the pasta since the fry pan can't handle 2 lbs of pasta. It doesn't call for cheese, but I find many people like Parmesan anyway).

Corned Beef and Cabbage

Categories: Dinner

Recipe By: America's Backpacking Book" by
 Raymond Bridge, 1973
 Serving Size : 1
 Preparation Time : 20 – 25 minutes

Patrol Equipment:
 2 quart pot, slotted spoon, measuring cup

| Amount | Measure | Ingredient – Preparation Method |
|--------|---------|---------------------------------|
|--------|---------|---------------------------------|

| | | |
|------|------|-------------------------------------|
| 2 | Oz | dried flaked cabbage |
| 2 | Oz | dried potato slices |
| 1 | Oz | dried onions |
| 2- 4 | Tbsp | margarine Salt & pepper to taste |
| 1/2 | can | corned beef (12-ounce size) |

- Put everything except the meat into 4 cups of boiling water, and cook until tender, around 15-minutes. Pour off excess water, dice the beef in and serve.

Eggs ala Bag

Categories: Breakfast

Recipe By: Troop 407
 Serving Size : 1
 Preparation Time : 15 – 20 minutes

Patrol Equipment:
 8 Quart pot, slotted spoon, paring knife

| Amount | Measure | Ingredient – Preparation Method |
|--------|---------|---------------------------------|
|--------|---------|---------------------------------|

| | | |
|--------|----|--|
| 1 or 2 | Ea | Eggs Green onions, bacon bits, cheese, etc. Salt & pepper to taste Salsa (optional) |
|--------|----|--|

- Put into a freezer type zip lock bag, seal and put into nearly full pot of boiling water.
- Cook until done, around 15-minutes. Eat from the bag.

Stew

Categories: Dinner

Recipe By: America's Backpacking Book" by

Patrol Equipment:

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Raymond Bridge, 1973)

2 quart pot, ladle, measuring cup

Serving Size : 1

Preparation Time : 15 – 20 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient – Preparation Method</u> |
|---------------|----------------|---|
| 4 | ounces | dried vegetables (your choice) |
| 4 | ounces | macaroni |
| 2 | ounces | beef-flavored vegetable protein or freeze-dried ground beef |
| 2 | Tbsp. | soy flour |
| 2 | Tbsp. | margarine |
| 1 | Tbsp. | instant beef bouillon |
| | | Salt, pepper, oregano, sage, garlic to taste |

Drop everything into a quart of boiling water and cook until done, depending on the longest cooking vegetables.

Apple Crisp

Categories: Desert, Trail

Recipe By: "Backpacker's Cookbook" by
Margaret Cross and Jean Fiske

Patrol Equipment:
2 quart pot, 10" skillet, wooden spoon

Serving Size : 4

Preparation Time : 20 – 25 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient – Preparation Method</u> |
|---------------|----------------|--|
|---------------|----------------|--|

** Package Together **

| | | |
|-----|-----|-------------|
| 3/4 | Cup | Flour |
| 3/4 | Cup | Brown Sugar |
| 1/2 | Tsp | Cinnamon |
| 1/2 | Cup | Margarine |

** Package Separately **

| | | |
|-----|-----|---|
| 3/4 | Cup | Evaporated Apples & packaged directions |
|-----|-----|---|

1. Simmer apples in water according to packaged directions.
2. When well heated, but not completely cooked, add the sugar/flour mixture and spread in the skillet. Continue cooking until mixture is bubbly and thickened.

NOTES : Makes about 6 Sierra cups Add to breakfast cereals and other dishes.

Beef Stroganoff

Categories: Dinner

Recipe By: "Backpacker's Cookbook" by
Margaret Cross and Jean Fiske

Patrol Equipment:
4 quart pot, wooden spoon, measuring cup

Serving Size : 4

Preparation Time : 30 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient – Preparation Method</u> |
|---------------|----------------|--|
|---------------|----------------|--|

** Package Together **

| | | |
|-----|------|------------------------------|
| 2 | Oz | Freeze-Dried Beef Chunks, Or |
| 4 | Oz | Beef-Flavored T.V.P. |
| 4 | Ea | Beef Bouillon Cubes |
| 1/2 | Cup | Freeze-Dried Mushroom Slices |
| 2 | Tbsp | Instant Minced Onions |
| 1/8 | Tsp | Garlic Powder |

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8 Oz Whole-Wheat Pasta
** Package Separately **
1 Env Cream Of Mushroom Soup Mix
8 Oz Sour Cream Mix

1. Add pasta-beef mix to 7 cups of boiling water and simmer, stirring occasionally, for 10 minutes.
2. Mix about 1/2 cup water with soup mix. Pour into pot, stirring, and simmer for 5-10 minutes, or until pasta and meat are tender.
3. Reconstitute sour cream mix with cold water and mix into pot. Serve.

NOTES: Makes 7 1/2 - 8 cups.

Chicken Curry

Categories: Dinner

Recipe By: "Backpacker's Cookbook" by
Margaret Cross and Jean Fiske

Patrol Equipment:
2 quart pot, wooden spoon, measuring cup

Serving Size : 4

Preparation Time : 30 – 40 minutes

Amount Measure Ingredient – Preparation Method

** Package Together **

6 Oz Rice, Instant
2 Ea Chicken Bouillon Cube
1 Pkg Freeze-Dried Chicken (Two 5 oz. cans chicken in water)
1 Pkg Cream of Mushroom Soup Mix

** Package Separately **

1 Tsp Curry Powder
Salt, as needed
3 Oz Coconut -- grated
7 Oz Peanuts -- salted
1 Cup Raisins

1. Add 6 cups water and soup mix to pot and bring to a boil. Add rice and bouillon. Simmer gently for several minutes, until rice is almost tender.
2. Add chicken and continue simmering until done.
3. Add curry powder to taste and add salt if needed.
4. Serve with coconut, peanuts and raisins.

Makes about 8 cups.

Trail Milk Shakes

Categories: Drinks, Beverages

Recipe By: "Backpacker's Cookbook" by
Margaret Cross and Jean Fiske

Patrol Equipment:
Measuring cup

Serving Size : 1

Preparation Time : 2 minutes

Amount Measure Ingredient – Preparation Method

** Package Together**

1/2 Cup Whole Dry Milk, Or -- for more fat
1/2 Cup Nonfat Dry Milk – for more protein
1 Tbsp Flavoring -- as needed

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1 Tbsp Malted Milk Powder

1. Fill the one-cup chain shaker with 1-cup cool water, shake and serve.
Flavorings: Blueberry syrup mix, Cocoa or carob + 1/4 Tsp pumpkin pie spice, Instant coffee, Kool-Aid, fruit flavors, Fruit jam. For extra-high protein add 1 Tbsp dry egg white to mix using non-fat dry milk.

Pesto Walnut Risotto

Categories: Sauce

Recipe By: Backpacker Magazine

Patrol Equipment:

Serving Size : 2

4 Quart pot, Spatula, paring knife, measuring cup

Preparation Time : 25-30 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient – Preparation Method</u> |
|---------------|----------------|---|
| 1 | Small | Onion |
| 2 | Tbsp | Olive Oil |
| 1½ | Cup | Uncooked short-grain white rice – not instant |
| 4 | Cup | water |
| 4 | Tsp | Chicken bouillon or 4 bouillon cubes |
| 1 | ½Oz packet | dried pesto mix – Knoors works well |
| 1 | Cup | grated Parmesan Cheese |
| ½ | Cup | chopped Walnuts |
| | | Black pepper to taste |

1. Chop onion and sauté it in pot in oil over low flame until it is tender – about 3 minutes
2. Add the rice and cook another 3 minutes while stirring.
3. Add 1 Cup of water and 1 Tsp bouillon and simmer about 5 minutes, stir constantly
4. Add another Cup of water and another Tsp of bouillon and simmer another 5 minutes while stirring.
5. Add the last 2 Cups of water and the 2 Tsp of bouillon and simmer another 10-15 minutes until the liquid is almost completely absorbed.
6. Add the pesto packet, cheese, walnuts and black pepper until smooth and creamy. Serve immediately. Can serve 3-4 when combined with other dishes like fruit, etc.

Alpine Spaghetti

Categories: Dinner

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 2

2 quart pot, wooden spoon

Preparation Time : 15 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient – Preparation Method</u> |
|---------------|----------------|--|
| 8 | Ounces | Spaghetti |
| 1 | Tbsp | Olive Oil |
| 1 | Cup | Parmesan Cheese -- grated |
| 3 | Tsp | Ground Sweet Basil |
| 1 | Tbsp | Parsley Flakes |
| 1 | | Garlic clove -- minced |

1. Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain.
2. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

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NOTES: Can use noodles instead of spaghetti. Add dried or cooked fresh hamburger if desired.

Dill-Lemon Rice Mix

Categories: Dinner Side dish

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 12

2 quart pot, large spoon, measuring cup

Preparation Time : 15 – 25 minutes

Amount Measure Ingredient – Preparation Method

Makes 4-1/2 cups of mix - Package together in three 1-1/3 cup amounts.

| | | |
|---|-----|-----------------------------|
| 4 | Cup | Long-Grain Rice |
| 4 | Tsp | Dill Weed Or Dill Seed |
| 8 | Tsp | Chicken Bouillon -- dried |
| 5 | Tsp | Lemon Peel -- grated, dried |
| 2 | Tsp | Salt |

DILL-LEMON RICE: (Each package)

1. Combine 1-1/2 cups of mix, 2 cups cold water, and 1 Tbsp butter or margarine in a medium saucepan.
2. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes until liquid is absorbed.

Makes 4 to 6 servings.

Notes: Add canned chicken if desired.

Doughboys

Categories: Breads

Recipe By: MasterCook II

Patrol Equipment: None

Serving Size :

Preparation Time : 5 minutes

Amount Measure Ingredient – Preparation Method

| | | |
|---|------|---|
| 2 | Cups | Bisquick® Baking Mix in a zip lock bag Butter, Margarine, Jam, Honey |
|---|------|---|

1. Add enough water to the mix to form a stiff dough. Do not add more water than this or the doughboy will fall of the stick.
2. Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by 1/2 in. thick.
3. Hold the doughboy over the fire to toast them slowly for about 10 min. or until the inside is done. Occasionally pat the dough to keep it evenly distributed. If it gets lopsided, it will tend to crack and fall.
4. Pull the doughboys off the sticks gently and fill with butter, jam, or honey; add other ingredients to taste.

Variations:

- a. Form dough into long sticks about 1/2" thick. Wrap in a coil around a green stick and cook over a campfire.
- b. Form dough-balls by making a well in the Bisquick and pouring about 2 tablespoons of water into it. Stir around with a stick until dough-ball forms on the stick. Bake over the campfire.

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Drop Biscuits

Categories: Breads

Recipe By:

Patrol Equipment:

Serving Size :

8" or 10" skillet, plastic spatula, wooden spoon

Preparation Time : 5 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient – Preparation Method</u> |
|---------------|----------------|--|
|---------------|----------------|--|

| | | |
|---|--------------|--|
| 1 | Zip lock bag | Bisquick Mix, Marie Calendar Cornbread Mix, or other mix Butter, Margarine or cooking oil, Jam, Honey |
|---|--------------|--|

1. Make a well in your mix and add some water in the middle. Stir with the handle end of the wooden spoon. The mix and water will form a dough ball stuck to the stick.
2. Remove the dough ball from the bag and fry until done.
3. Eat with jam, honey, etc.

Elephant Stew

Categories: Dinner

Recipe By: MasterCook II

Patrol Equipment: This is the exception to
Criteria 4 mentioned on page 3.

Serving Size : 999

Preparation Time : minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient – Preparation Method</u> |
|---------------|----------------|--|
|---------------|----------------|--|

| | | |
|---|----|---------------------------------------|
| 1 | Ea | Elephant, Medium Size Salt, Pepper |
| 2 | Ea | Rabbits (optional) |

1. Cut the elephant into small bite-size pieces. This should take about two months. A 14" or 16" chain saw will speed the cutting.
2. Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees.
3. This will serve thirty-eight hundred people. If more are expected, two rabbits may be added, but do this only if necessary as some people do not like to find hare in their stew.

Fried Rice

Categories: Dinner

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 4

4 quart pot, 10" skillet, wooden spoon, paring
knife, measuring cup

Preparation Time : 20 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient -- Preparation Method</u> |
|---------------|----------------|---|
|---------------|----------------|---|

| | | |
|-----|------|----------------------------------|
| 1 ½ | Cups | Rice -- uncooked |
| ½ | Lb | Bacon |
| 3 | Tbsp | Cooking Oil |
| 2 | Tbsp | Dried Onions |
| 2 | Tbsp | Oil |
| 7 ½ | Tbsp | Dried Eggs |
| 1 | Pkg | Kikoman Fried Rice Seasoning Mix |
| 4 | Tbsp | Soy Sauce |

1. Cook rice according to directions for rice.

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2. While cooking rice, cube ham or bacon to 1/4" squares. Heat oil in pan and fry meat until slightly crisp. Drain grease and set aside to cool.
3. Scramble eggs in 1 Tbsp oil, breaking into small pieces. Set aside to cool.
4. When the rice is done, rinse with cold water twice and drain. Add the cold rice and oil to the hot frying pan. Fry rice until thoroughly heated.
5. Add cooked meat, eggs, onion and soy sauce to rice and heat through.
6. Gradually add the seasoning mix while continuously stirring over a HOT fire. Continue cooking until evenly fried.

NOTES: Ham, diced, may be substituted for the bacon. For more conventional preparation: Use 1/2-cup fresh green onion, chopped, may be used in place of the dried onion. 3 Fresh Eggs may be used in place of the dried eggs.

Hot Spiced Cider

Categories: Beverages

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 16

4 quart pot, ladle

Preparation Time : 15 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient -- Preparation Method</u> |
|---------------|----------------|---|
|---------------|----------------|---|

| | | |
|-----|--------|------------------------------|
| 2 | Quarts | Apple Cider |
| 12 | Ea | Whole Cloves |
| 4 | Ea | Cinnamon Sticks -- 3" pieces |
| 1/4 | Cup | Sugar |
| 6 | Tsp | Whole Allspice |

1. Combine the cider, sugar and spices in a large saucepan.
2. Heat slowly to simmering, continue for 3-5 minutes and remove spices.
3. Serve hot, garnished with orange slices, lemon slices, or rings of unpeeled red apple with whole cloves forced through peel.

Mexically Sally

Categories: Dinner

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 6

10" skillet

Preparation Time : 15 minutes

| <u>Amount</u> | <u>Measure</u> | <u>Ingredient -- Preparation Method</u> |
|---------------|----------------|---|
|---------------|----------------|---|

--- Meat Mix --- (Can be prepared ahead of time and kept cool)

| | | |
|-----|-----------|--------------|
| 1 | Pound | Ground Beef |
| 1 | Large Can | Chili Beans |
| 1/2 | Ea | Onion, diced |

--- Toppings ---

| | | |
|-----|------|--------------------------|
| 3 | Ea | Tomatoes, chopped |
| 8 | Oz | Cheddar Cheese -- grated |
| 1/2 | Head | Lettuce -- shredded |
| 1 | Can | Taco Sauce |

Tortilla Chips

1. Brown the ground meat and onions in a skillet. Drain the grease.
2. Drain the chili beans and add to the meat. Heat for about 10 minutes.

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- Place a handful of chips on a plate and add meat/bean mix, lettuce, tomato, cheese and taco sauce.

Variations:

- Put mixture on a taco shell or stuff Pita bread with ingredients.

Mexican Rice

Categories: Dinner Side dish

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 4

10" skillet, wooden spoon, paring knife, measuring cup

Preparation Time : 30 – 40 minutes

| Amount | Measure | Ingredient – Preparation Method |
|--------|---------|---------------------------------|
|--------|---------|---------------------------------|

| | | |
|-----|-------|--------------------------|
| 1 | Cup | Rice, cooked |
| 1 ½ | Tbsp | Oil -- olive |
| ½ | Cup | Onion -- diced small |
| 2 | Large | Garlic -- minced |
| ½ | Cup | Tomato -- chopped fine |
| ½ | Cup | Potatoes -- diced fine |
| ¼ | Cup | Peas |
| 1 | Tbsp | Carrot -- minced |
| 1 | Cup | Chicken -- cooked |
| 2 | Cups | Water |
| 1 | Tsp | Salt |
| 1 | Tbsp | Parsley or Cilantro |
| | | Black Pepper -- to taste |

- In a large skillet, sauté the rice in the oil over medium high heat until it begins to turn a golden brown.
- Add onions and garlic. Sauté for 2 minutes, stirring constantly. Reduce heat to medium.
- Add tomatoes and cook for 2 minutes, stirring continuously.
- Add the potatoes, carrots and peas and cook for 2 minutes. Stir.
- Add the chicken and cook for 3 to 4 minutes.
- Add the water and salt, bring to a boil and reduce heat to a simmer. Simmer for 15 to 20 minutes, until the water is absorbed. Stir in parsley (cilantro) and pepper to taste.

Swiss Potato

Categories: Lunch, Dinner side dish

Recipe By: MasterCook II

Patrol Equipment:

Serving Size : 4

Paring knife, 8" skillet, Plastic spatula

Preparation Time : 15 minutes

(a grater & potato peeler makes job easier)

| Amount | Measure | Ingredient – Preparation Method |
|--------|---------|---------------------------------|
|--------|---------|---------------------------------|

| | | |
|---|--------|-------------------|
| 8 | slices | Bacon |
| 1 | Ea | Onion |
| 4 | Ea | Potatoes – cooked |

- Cut up the bacon into pieces. Cook in a skillet until done.
- Dice and add the onion. Cook until tender.
- Grate the potatoes, or cut up fine, and add to the pan.
- Cook until the potatoes are crisp. Add salt or pepper to season.

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Baked Apple

Categories: Dessert

Recipe By: Chris Black

Patrol Equipment: 2 Quart Pot & lid, paring
Knife

Serving Size :

Preparation Time : 10 minutes

Amount Measure Ingredient – Preparation Method

** Package Separately **

Brown sugar, raisins, cinnamon, margarine, aluminum foil
Apples

In camp: Cut off the top of the apple like you would a Halloween pumpkin. Core the apple but not all the way through. Put dry ingredients in first, the margarine on top and replace the top. Wrap the apple in aluminum foil and bake in hot coals or steam in a pot with a cup of water. Make sure the apple is raised off of the bottom of the pot. Three small rocks will do the trick. Eat with a spoon.

Cashew-Ginger Chicken and Rice

Categories: Dinner

Recipe By: Backpacker Magazine, February
2001

Patrol Equipment
2 quart pot, wooden spoon:

Serving Size : 2

Preparation Time : 15 minutes

Amount Measure Ingredient – Preparation Method

** Package Separately **

2/3 Cup raw cashews

** Package together **

| | | |
|-----|------------|--|
| 1 | Cup+2 Tbsp | freeze-dried corn |
| 3 | Tbsp | chopped dehydrated onions |
| 1 ½ | Cups | instant brown rice |
| 6 | Ea | Dried mushrooms, sliced thinly |
| 1 | 1-oz Pkt | Coconut ginger soup Mix (or similar Thai flavoring soup mix) |
| 1 | 5-oz can | chicken in water |

At home: spread nuts on a cookie sheet and toast at 300°F for 10 minutes. Remove from the oven, let cool, then store in a zipper locked plastic bag. Combine corn, onion, rice, and mushrooms, plus seasoning packet in a second zipper-lock plastic bag

In Camp: Place bagged corn mixture, and chicken in a pot and cover with water; mix well. Bring to a boil, simmer 5 minutes (adding more water as needed) or until done. Garnish with nuts.

Dorca's Trail Chili

Categories:

Recipe By: Backpackers Magazine, February
2001

Patrol Equipment:
2 quart pot, wooden spoon, ladle, measuring
Cup

Serving Size : 2

Preparation Time : 20 – 30 minutes

Amount Measure Ingredient -- Preparation Method

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22 ½ Oz kidney beans (1 ½ cans)
1 box dehydrated vegetarian chili mix
1 Oz dry-packed sun-dried tomatoes, chopped
hot sauce to taste
2 Oz cheddar cheese
30 corn chips

At home: Drain and rinse kidney beans, then dry in dehydrator or oven. Package in a zipper lock bag with chili mix and tomatoes.

In camp: pour contents of plastic bag in pot with 7 cups water. Stir well. Let stand 15 minutes to allow ingredients to rehydrate (add water if necessary; ingredients shouldn't be above water line) Bring to a boil and simmer about 5 minutes, until ingredients are completely rehydrated, stirring continuously to avoid sticking. Mix 1-oz cheddar cheese into each serving and sprinkle with half of the corn chips.

Instant Meals and Soups

Instant meals and soups that use hot water are quick and simple to prepare in camp. Hot soups are especially welcome as a starter for dinner to warm up any Scout. Personally, I like instant soups that come in large cans (Bear Creek soups are an example) and mix with hot water because you don't carry the extra packaging that comes with single serving soups. Put enough in a zip lock bag for the number eating in your patrol and label with the amount of hot water needed. They can go over well simply because the preparation time is minimal. These types of meals can be good to have around for variety and near the end of an outing when you don't want to spend a lot of time cooking. Mix and combine with other cooking to make a delicious meal.

6.0 Some Notes on Field Cooking & Nutrition

In the outdoors, you need to give your body all the calories and nutrients it needs. Whether going up a mountain or keeping warm on a cold day, your body needs to burn up lots of digestible food. Whether you are working hard or lying perfectly still in your sleeping bag, your body is constantly expending energy. The energy intake supplied by food is measured in units of heat energy called calories. A pound of cheese contains about 1,800 calories; a pound of margarine 3,300 calories. An individual performing the heavy exercise common to outdoor activities requires 3,200 to 4,500 calories per day. In cold weather, more calories are required to keep the body warm. Meals for the average person should be planned to provide about 3,700 calories a day in the summer and 4,250 calories in the winter. Calories, however, measure only the heat energy in food. It would not be adequate, or appetizing, to eat a pound of margarine and half a pound of cheese just to consume the required 4,000+ calories. In order to put together a meal plan for what you will be doing to encourage the body's efficiency; you must also consider the type of calories you will be consuming.

Most of the calories you need can be provided by carbohydrates, the starches and sugars which should make up about half of your daily ration. Pasta, flour, rice, potatoes, dried fruit, cocoa, pudding, dried milk, powdered eggs, nuts, honey and brown sugar are excellent sources of carbohydrates, and are the backbone of a good meal. While some carbohydrates, such as pure sugars, assimilate into the body within fifteen minutes of ingestion, which is ideal for an instant pick-me-up, others, such as the starch in pasta, take up to four hours to assimilate. That's fine; the extra time allows you to produce

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energy to warm you through the night or to fuel a long hike. Whenever possible include whole-grain and unprocessed foodstuffs into your meal planning.

Fats are a more concentrated form of energy and a more complex form of food than carbohydrates, so it usually takes the body from two to nine hours to metabolize them. One gram of fat produces nine calories of heat energy that is more than twice the amount of carbohydrates or proteins. While fats do not provide the instant vigor that carbohydrates can, they are a good long-term energy source to keep you hiking all-day and warm all night. Fats will be providing energy to your body after carbohydrates eaten at the same time have been used up. Twenty-five percent of your daily caloric intake in the field should be fats. During the winter a higher intake, closer to forty percent, is recommended, since fats play such an important role in making your body less sensitive to the cold (now you know why blubber is such an important part of the traditional Alaskan Native American diet). However, fats require a good blood supply in the stomach for digestion. They are likely to be unappetizing, and even nauseating under circumstances when circulation is poor, like at high altitudes or when you are very cold, dehydrated and exhausted. If you don't have a problem digesting fats in cold weather and if you have a tendency to get cold in the middle of the night, put a spoonful of margarine in your cocoa before going to bed. Your sleeping bag doesn't warm you up, you warm it up and its insulation keeps your body heat from escaping. Other good sources of fats are cheese, coconut, bacon, salami, nuts and peanut butter. You can create body heat either by metabolizing food or by shivering - your choice.

Protein is the raw material which most of the body's cells require to keep on living. If more protein is consumed than the body needs for building and maintaining tissues, it is burned for energy. The protein in our bodies is made up of twenty-two chemical substances called amino acids. These amino acids can be arranged in a great number of formations, and each structure forms a different protein that serves the body in a different manner. All amino acids used by the body come from food. If some needed amino acids are not present in the diet, the body can break down other amino acids and manufacture the required type. However, there are eight amino acids that the body cannot manufacture called essential amino acids, which must be obtained through the protein in the food we eat. Some foods, such as meats, poultry, fish, eggs and milk products furnish all eight essential amino acids and are called "complete proteins." Other foods, such as beans, peas, lentils, peanuts, cereals, vegetables and fruits contain some, but not all, of the eight essential amino acids and are called "incomplete proteins." Most of the complete protein foods are not very handy for use in the field because of weight or spoilage, so learning the proper combination of incomplete proteins is an important part of field nutrition. When considering how to combine incomplete proteins to create complete proteins, try to include foods from at least two of the following groups, either in a single meal or over the course of a day: whole grains (rice, flour, pasta), dairy products (milk, cheese), legumes (beans, peanuts, lentils), and seeds (sesame, sunflower, pumpkin). The most complimentary protein relationships are between milk products and grains; grains and legumes; and legumes and seeds. Tortillas with beans, rice with nuts, or the cornbread and beans diet of the civil War era Confederate soldier are all examples of combining incomplete proteins to create complete proteins. Even foods having complete proteins can be nutritionally enhanced through combination. If the protein in one food is relatively low in an essential amino acid, it can be combined with a food that is particularly high in that amino acid. In this way, essential amino acids present in the diet will be in closer proportion to the body's requirements for them, thus

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increasing the usability of the proteins you eat. Fish combined with rice, a diet that feeds much of the world's population, is an example of this process.

If your meals contain a balanced variety of carbohydrates, proteins and fats, you will probably ingest an adequate supply of vitamins and minerals during the outing. For an extended stay you might consider supplementing your diet with vitamins, particularly vitamin C. Drinking an adequate amount of water aids in the digestion of foods, keeps cells healthy, regulates body temperature and helps carry wastes out of the body. Strenuous activity and high altitude usually increase the amount of water lost from the body through sweating. In cold weather, you can also lose about two quarts of liquid per day through respiration (breathing). Dehydration can make you susceptible to frostbite hypothermia, mountain sickness, heat stroke and many other problems. In the summer you should drink a minimum of two or three quarts of water per day (strenuous activity in the desert sun can cause a fluid loss of close to one gallon per hour). In the winter a minimum of three or four quarts are essential. The easiest way to insure you replace enough fluids is to drink liquids at all meals and drink water whenever you are thirsty. Even if you are not thirsty, it is important to drink water at all rest stops.

Good nutrition is the first criterion for selecting meals for a stay in the outdoors. A nutritionally balanced diet will begin with whole grains, dairy products, legumes and seeds. It should also include some meats or meat substitutes, fruits and vegetables, and sweets. See the Food Guide Pyramid Section for details.

7.0 Buying, Packing, & Preparing Foods.

Generally the foodstuffs you carry in your pack should be packed in plastic bags. A vacuum sealing device can greatly reduce the bulk of some foods and help preserve them.

Meats: There are a variety of suitable meat products, including compressed meat bars, freeze dried meats (ground beef is useful with Hamburger Helper type pasta main-course dishes) and dry sausages that do not require refrigeration which can be used to add flavor and texture to a meal. Small cans of Vienna sausage, tuna, sardines, cooked boned meats (chicken, turkey, ham, etc.), corned beef or various meat spreads are also good on short trips. Canned meats with high fat content like corned beef or tuna packed in vegetable oil will lessen the amount of margarine required when added to rice or pasta dishes.

Soybean Products: The protein in soybeans is fairly similar to that found in meat. In addition to roasted soybeans, which make good trail food and provide interesting texture for many cooked meals, you can buy soy flour (useful for its nutty flavor) for baking or thickening stews or making gravy (most gravy mixes are little more than meat flavoring, salt and flour). Soy-derivative products such as "ham" and "bacon" bits can add flavor to omelets and rice and bean dishes.

Dried Eggs: Powdered eggs are available as whole eggs, or white and yolks separately. Quality can vary so experiment at home first.

Nuts and Seeds: Shelled nuts are more convenient for camp cooking. Nuts make good trail food and add taste and texture to baked goods. To save money, buy unroasted nuts and roast them yourself in your oven at home.

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Legumes: Dried legumes (split peas, lentils, beans, etc.) when combined with brown rice or other grains make a complete protein, and can add variety to a meal. Pre-cook them at home and then dry them for outings. Quick cooking beans are available in at some backpacking stores, but are much more expensive than dried beans. Bean and pea flours make good soup bases or thickeners if you can find them (or grind your own); most are now sold as soup mixes.

Dry Milk: Several types of powdered milk are available: instant whole milk, instant nonfat milk, regular whole milk and buttermilk. Whole milk has more calories and vitamins than nonfat milk and is a better additive for baked goods. Instant powders dissolve more easily in cold water. A wide variety of breakfast drinks with milk bases are also easy to find in most grocery stores.

Cocoa: It's easier to use the instant type cocoa, which has already been combined with powdered milk. In the field all you have to do is add hot (not boiling) water from your Cocoa pot into your Sierra cup or mug.

Cheese: Sharp cheddar seems to be the cheese with the most versatile flavor for camp cooking. It also keeps better than many other cheeses. Hard cheeses like Parmesan and Romano are also good in the field, as are processed cheese snacks (leave the type with a heavy can full of air at home).

Margarine: Butter spoils rapidly in summer in the field, so margarine should be carried. Use a plastic squeeze bottle or remove the wrappers from sticks and carry them in a wide mouth screw-top plastic jar (lids on tubs of soft spread margarine can come off).

Dried Fruit: Dried fruit (such as apples, prunes, raisins, apricots and peaches) can be found in any supermarket or you can dry them yourself. They make good trail food eaten as they are or added to breads. They can be stewed and eaten in cereals or for dessert. Dried fruit retains about 25 percent of its moisture and is thus heavier to carry than the considerably more expensive freeze-dried fruit, which has less than 3 percent moisture content. Sulfur-dried fruit, which must be soaked before using, contain more vitamins and minerals than other dried fruit. When properly packaged and stored below 60 degrees, most home dried fruit will maintain good quality for at least one year. Fruit packed in vacuum-sealed bags lasts three to four times longer and for every 18 degrees drop in temperature, shelf life also increases three to four times.

Dried Vegetables: Vegetables add color, vitamins and minerals to any meal. You can purchase freeze-dried or dry your own. Home dried vegetables don't keep as well as dried fruit because they are low in acid and sugar. If possible, they should be refrigerated or frozen. Ideally dried vegetables should be used in less than six months when stored at 60 degrees (some vegetables like squash and cucumber should be used within two weeks). Dried green peas, onions and flaked cabbage are good for stews or soups. Carrots, green beans, beets and corn are also good, but take somewhat longer to cook. Flaked green peppers and onions make good seasonings and can be added to almost anything. Tomato flakes mix with water to make paste, sauce or juice, and are one of the best flavorings for outdoor cooking.

Potatoes: Potatoes come in flake or powdered form and can be used as a separate dish, an additive or a thickener. Though potato flakes lose much of their vitamin C when processed, they are a versatile food for field cooking. Along with plain potatoes you

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might also carry a variety of packaged flavored types with sauce mixes. Re-package (along with the right proportion of dry milk if the recipe requires milk) in plastic bags or bottles labeled with cooking instructions.

Wheat Germ: Wheat germ is used primarily as a nutritional supplement for cooking. Roasted wheat germ will keep for up to a month without refrigeration.

Cereals: Oat and wheat cereals are nutritionally superior to rice and barley cereals. Bulgur wheat (also called "ala"), a whole grain product that cooks rapidly enough for field use, can be found in the hot cereal section of some supermarkets or in health food stores (which sometimes also stock other quick-cooking grains). It is wheat that has been pre-cooked, dried and cracked; cook and use it like rice. While uncooked cereals are the most versatile and can be used for hot cereal, granola and baking, the instant cereals are much easier to cook usually taking less than a third of the time. You might want to carry several different flavors of instant hot breakfast cereals in single serving packs for convenience and to add variety.

Pasta: Pasta can form a major part of your diet (whole grain pastas are nutritionally superior). Noodles of various shapes and kinds make an excellent start for one-pot meals. They cook in about 8-minutes of boiling (frequent stirring keeps them from sticking) and are quite nourishing, since they are generally made with egg as well as flour. However, don't make the mistake of counting on Ramen noodles as a complete main-course (most have less than 200 calories). Ramen noodles can supplement your meal or form the basis of a one-pot meal to which you add meat and vegetables. Packaged macaroni and cheese can also be made into a complete main-course by using the "15-Minute Dinner Ideas" found on a Kraft box.

Rice, Barley, Buckwheat, Grits: These are handy staples for preparing many good dishes, from cereals to main-courses (like with potatoes and pasta, add variety with sauce mixes). The instant forms are less nutritious, but are much easier to cook.

Soup Bases and Instant Soup: In addition to making a quick cup of soup, powdered bases and bouillon are also useful as flavorings for many dishes. When using them, remember that most bases contain a considerable amount of salt; use them cautiously. Instant pea soup mixes are filling and a good source of protein, especially if rice, noodles or some other grain is included in the meal.

Sweeteners: Brown sugar is more versatile to use and easier to pack than white (put a piece of apple in the container to keep it soft). Honey, molasses, syrups and jam should be placed in plastic jars or bottles with tight-fitting lids (for extra protection, pack them inside a plastic bag).

Fruit Drinks: Instant fruit drinks and gelatin desserts are good to drink either hot or cold. Get mixes with vitamin C and sugar already added. More expensive artificially sweetened drinks don't have the nutritional value of sugar, but weigh less. Citrus flavorings, lemonade, or lemon flavored ice tea mix with Nutrasweet is good prepared half-strength to mask the taste of iodine after using water purification tablets.

Instant Desserts: Instant puddings and cheesecake can be packed in small zip-lock freezer bags (with dry milk if the recipe requires). To prepare just add cold water, mix it in the bag, chill in a cold stream if available, and then eat right from the bag.

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Candy: If you choose to eat candy, do so in addition to an already nutritious diet. Fruit candies are more practical and offer a greater variety than chocolates. Nut candies are nutritionally superior.

Adjusting Rations for High Altitude and Cold Weather. The higher the altitude, the less oxygen is available to metabolize food. Complex molecules such as proteins and fats may be harder to digest under these conditions.

Fats can still be a very important source of concentrated, long-lasting energy, and some people are not bothered at all by digestive problems at high altitude. Take it easy the first time out, and if they give you no difficulties, then keep high-energy fats in your rations and even increase them to about 40 percent of your diet. High altitude increases cooking time, which will roughly double for every 6,000 feet. At 15,000 feet water boils at 184 degrees and will not get hotter without a pressure cooker. At 11,000 feet fresh carrots can sit in a boiling stew pot for hours and all you end up with are hot, raw crunchy carrots. A meal that takes thirty minutes to cook at sea level is not practical at high altitudes. Frying is not much affected by high altitude.

Cold dry air absorbs water from the lungs and the body loses fluids with every breath (visible or not). Extra soup and drink mixes should be added to your rations for cold weather or high altitude. Taking additional liquids will increase your blood volume, which aids digestion and helps prevent frostbite and hypothermia. Use diuretics in moderation because they prevent the body from absorbing water and dehydration may result. An adequate supply of water is top priority in cold weather, even though it may be more difficult to find. Snow must be melted slowly over a low flame or it will taste scorched and be undrinkable. If you have to melt solid snow, place a bit of water in the bottom of your pot and stir constantly. Snow can also be melted in a porous cloth bag suspended over a container near a fire (no closer than you can comfortably stand indefinitely). Have both food and water available at night (but don't bring food into your tent); thirst and hunger are the major reasons people sleep cold. A high-fat, high-protein recipe to munch on and keep warm is the "Iron Man Mix"; one part each of raisins, cubed non-processed cheese, peanuts and diced beef jerky.

8.0 The Food Guide Pyramid

The United States Department of Agriculture (USDA) has published a nutrition guideline to follow which includes the Food Guide Pyramid. It's not a rigid prescription but serves as a general guide to let you choose a diet that's right for you. Basically, the Pyramid says to have the following daily allotments of food:

- Choose most of your foods from the grain products group (6-11 servings), the vegetables group (3-5 servings), and the fruit group (2-4 servings).
- Eat moderate amounts of food from the milk group (2-3 servings) and the meat and beans group (2-3 servings)
- Choose sparingly foods that provide few nutrients and are high in fats and sugars.

So what does a Serving mean?

Grain Products Group (bread, cereal, rice and pasta)

- 1 slice of bread
- 1 ounce of ready to eat cereal
- ½ cup of cooked cereal, rice, or pasta

Patrol Style Cooking Tips for Scouts

Vegetable Group

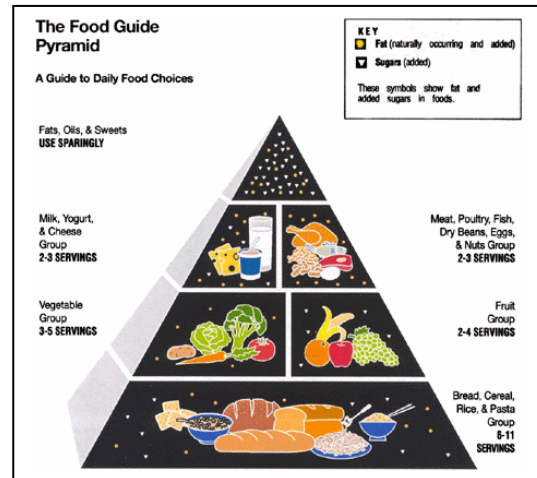
- 1 cup of raw leafy vegetables
- ½ cup of other vegetables – cooked or chopped raw
- ¾ cup of vegetable juice

Fruit Group

- 1 medium apple, banana, orange
- ½ cup of chopped, cooked, or canned fruit
- ¾ cup of fruit juice

Milk Group (milk, yogurt, and cheese)

- 1 cup of milk or yogurt
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese



Meat and Bean Group (meat, poultry, fish, dry beans, eggs, and nuts)

- 2-3 ounces of cooked lean meat, poultry, or fish
- ½ cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. Two tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.

So as an example of a typical one pot meal that will serve four scouts, let's assume each gets a cup of rice, a half can of chicken, vegetables, a glass of milk, and an apple.

2 servings from the grains group (20% RDA)

1 serving from the fruit group (25% RDA)

1 serving from the milk group (33% RDA)

1 serving from the meat group (33% RDA)

1 serving from the vegetables group (20% RDA)

You'll get about 1/3 of the recommended daily allowance (RDA) with this one meal. With a little planning, you should be able to create some interesting meals and easily meet the RDA requirements.

9.0 REFERENCES

- BSA Outdoor Clinic, Personal Notes, March 2000
- MasterCook II, (c) by Margaret Cross and Jean Fiske, ISBN 0-913668-15-X, 1974
- "Philmont Country Cookbook" by Dennis Schmitt, Joe Corby, James "Jop" Joplin, and Larry E. Warlick, 1997
- Food Guide Pyramid, US Department of Agriculture, 5th ed., 2000
- Camp Cookery for Small Groups, Arthur J. Walrath, ed. 1967, BSA
- Frugal Squirrel, <http://www.netside.com/~lcoble/dir6/cook.htm>

10.0 Forms

- Patrol Duty Roster
- Menu Worksheet
- Patrol Equipment Sign Out sheet

MENU WORKSHEET

HOW MANY BREAKFASTS? _____

Special Information : _____

HOW MANY DINNERS? _____

HOW MANY LUNCHES? _____

HOW MANY PEOPLE EATING? _____

(Dis-likes, diet restrictions)

| MEAL | FOOD NEEDED | EQUIPMENT NEEDED |
|------|-------------|------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Patrol Equipment List
(Initial & Date)

date _____

| Equipment | Sign Out | Sign In |
|--------------------------|----------|---------|
| 8 Qt. Pot | _____ | _____ |
| 6 Qt. Pot | _____ | _____ |
| 6 Qt. Pot Lid | _____ | _____ |
| 4 Qt. Pot | _____ | _____ |
| 4 Qt. Pot Lid | _____ | _____ |
| 2 Qt. Pot | _____ | _____ |
| Cocoa Pot with Lid | _____ | _____ |
| 10" Frying Pan (Pot Lid) | _____ | _____ |
| 8" Frying Pan | _____ | _____ |
| Plates (2) | _____ | _____ |
| Fry Pan Handle | _____ | _____ |
| Pot Holder #1 | _____ | _____ |
| Pot Holder #2 | _____ | _____ |
| Utensil Holder | _____ | _____ |
| Large Spoon, Solid | _____ | _____ |
| Large Spoon, Slotted | _____ | _____ |
| Medium Spoon, Wooden | _____ | _____ |
| Spatula, metal | _____ | _____ |
| Spatula, Plastic | _____ | _____ |
| Whisk | _____ | _____ |
| Large Knife | _____ | _____ |
| Paring Knife | _____ | _____ |
| Measuring Cup | _____ | _____ |
| Can Opener | _____ | _____ |
| Turning Fork | _____ | _____ |
| Ladle | _____ | _____ |
| Stove #1 | _____ | _____ |
| Stove #2 | _____ | _____ |

