

SCOUTS-L

MEALS

Date: Thu, 21 Jul 1994 09:40:39 CDT
From: James A Lindberg <jal@TED.CRAY.COM>
Subject: Re: Camping Meals
X-To: SCOUTS-L%TCUBVM.BITNET@pucc.Princeton.EDU
To: Multiple recipients of list SCOUTS-L <SCOUTS-L%TCUBVM.BITNET@PUCC.PRINCETON.EDU>

At Webelos Outdoor Leader Training, we did chicken stir fry over the campfire.

We all took turns cutting up veggies and cooked our own meals. Worked out great cause they just had cold cuts for lunch at the Webelos Resident Camp!

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/ ^ - _ Jim Lindberg | Cubmaster Pack 116
{ . } / Cray Research Inc. | Trailblazer Central District
\\ / Chippewa Falls, WI 54729 USA | Chippewa Valley Council
|___| jal@cray.com |

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Date: Thu, 21 Jul 1994 10:21:26 -0500
From: don newcomb <newcomb@US2.NAVO.NAVY.MIL>
Subject: Re: Camping Meals
To: Multiple recipients of list SCOUTS-L <SCOUTS-L%TCUBVM.BITNET@PUCC.PRINCETON.EDU>

>From: Anne Koppa <cak5866@SUMMA.TAMU.EDU>

>I was wondering if any of you experienced campers could give me some very
>simple ideas for camping meals.

Simple is easy. Canned beef stew. Canned veggies. Canned desert. Ultra-pasturized milk. Eggs don't need refrigeration. Canned bacon (most K-Marts have this.) Tang. Peanut butter, jelly. GORP. Candy. etc., etc.....

Now, if you want "simple & fresh", "simple & tasty", "simple & creative", these take a little more doing. The trick is to give up the idea of taking your refrigerator's contents along in the ice-chest so that you can cook the same way as you do at home. Forget fresh meat, unless you are going to kill and clean it there. Who needs meat, anyway? Good cheese doesn't need to be refrigerated, neither does well preserved sausage or ham. Look for items that have good food value but need little cooking, couscous is one of my favorites. Just add some instant veggie soup, water and heat. Most American bread is a disaster on a campout; too soft. It squashes flat the first time something shifts in the box. Take pita bread or soft tortillas instead.

IMHO, what the camp cook needs most is not a recipe book but a change of mindset. Simplify. Simplify. And leave the ice box at home.

Donald R. Newcomb * newcomb@pops.navy.mil
Naval Oceanographic Office * drn@fiddle.noo.navy.mil
Stennis Space Center, MS 39522 * Voice: (601) 688-5998
FAX: (601) 688-5485 * DSN: 485-5998

Date: Thu, 21 Jul 1994 12:22:57 -0500
From: lollman karen j <lollma@ACC.WUACC.EDU>
Subject: Re: Camping Meals
To: Multiple recipients of list SCOUTS-L <SCOUTS-

As a girl scout (many, many moons ago) our favorite part of day camp was Squaw Corn. This dish **can not** be duplicated at home, believe me I've tried.

Also some prep. ideas that make clean-up easier. If you put liquid dishwashing detergent on the outside of the kettle before you start cooking, it is much easier to clean up later! It turns black, but cleans up easily especially with a synthetic steel wool pad!

Here goes the recipe! One pot Squaw Corn.

2 lbs hamburger; 1 onion, chopped. Brown the meat and onion in a large pot, with salt and pepper (if you wish), to taste. Drain off as much fat as possible with long handled serving/cooking spoon.

Stir in two cans Niblets Mexicali Corn (with bits of red and green pepper). (Do **not** drain corn.) Add one pound of Velveeta cheese, cubed and two cans of cream of tomato soup, undiluted. Stir constantly until cheese is melted and serve with bread and butter.

This is one of those dishes that can't be beat outdoors. At day camp, we cooked larger quantities, but each of us had a job. One chopped onions (guaranteed you didn't have to do clean-up!), another browned hamburger, others opened the corn and stirred it in, while others opened soup and stirred it in, and still others cubed cheese. The one who stirred while the cheese was melting got the first meal. The can openers usually got stuck with clean-up, but with the liquid soap trick, it wasn't such a tough deal.

Another idea is "tacos for a crowd". Brown burger and onions, add taco seasoning mix and simmer a little while. Break up Frito's or Tortilla chips in the bag and spread out on a large piece of double thickness, extra heavy duty foil, top with the burger mix and some cheese. Seal up **real** tight and throw on the coals for about 15 minutes. If you have the **luxury** ;) of a cooler, pack chopped tomatoes and shredded lettuce in zip lock bags and add at the table.

These recipes have been brought to you by a woman who thinks roughing it means waiting for a limo at the airport!

lollma@acc.wuacc.edu

Date: Thu, 21 Jul 1994 11:46:00 -0500

From: John Bemis <jbemis@CASS.MA02.BULL.COM>

Subject: Re: Camping Meals

X-To: SCOUTS-L%TCUBVM.BITNET@pucc.Princeton.EDU

To: Multiple recipients of list SCOUTS-L <SCOUTS-L%TCUBVM.BITNET@PUCC.PRINCETON.EDU>

>

> I was wondering if any of you experienced campers could give me some very

> simple ideas for camping meals. My family is going on our first camping trip this weekend (as a family, we've done a couple of cub scout ones) and

> I want it to be really simple and stress free so everyone will have a good time and also so that everyone can help with the cooking and stuff that the

> kids will actually eat. Can yawl give me some ideas?

>

> Anne Koppa

>

Anne, try a foil dinner. Heavy duty foil with 1 hamburger (crumbled up) 1/2 potato (cut thin) 1/2 carrot (cut thin) onion to flavor along with salt, pepper, garlic powder, and 2 Tablespoons of "liquid" (tomato juice, water, etc.). Faold the aluminum foil with the meal inside, twist the corner to make handles. cook on the coals for 15 min or until sizzling stops!

should be accoppanied with biscuit (bisquik) in a foil pouch, apples with raisins and cinammin in a foil pouch (about 5-8 min).

We've used this for Scoutmastership Fundamentals, Webelos Leader Outdoor

Seminar (CS Basic), Junior Leader Training, etc.

YiS Jay Bemis

PS. No Cleanup!!!

Date: Thu, 21 Jul 1994 08:34:15 -0800
Sender: SCOUTS-L Youth Groups Discussion List <SCOUTS-L%TCUBVM.BITNET@PUCC.PRINCETON.EDU>
From: Peter Van Houten <peterva@QM.WV.TEK.COM>
Subject: Re: Camping Meals

RE>Camping Meals

Anne -- A easy and fun dessert that appeals to cub scouts is 'Bisquits on a stick'. What you do is get some of the pop-and-cook dough bisquits.

Spread

it out a bit, and wrap it on a clean (green) stick. Cook over coals until light brown. Spread butter over it and sprinkle with cinamman/sugar mix.

My den went through 15 packages of these at one outing, and I'm expecting to go through just as many this weekend when we do our pre-camp backyard campout.

Enjoy!

Peter Van Houten

ps. This is so easy, even my 5 year old loves them. And they're much much much cleaner and easier to do than them blasted smores.

Peter Van Houten / E-Mail:
peter_van_houten.techsupport@qm.wv.tek.com

Date: Thu, 21 Jul 1994 12:23:00 EDT
From: Lynn Whited <whited@ASTROSUN.TN.CORNELL.EDU>
Subject: Re: Camping Meals

> Who needs meat, anyway? Good cheese doesn't
> need to be refrigerated, neither does well preserved sausage or ham. Look
> for items that have good food value but need little cooking, couscous is
> one of my favorites.

Actually ham, cheese, sausage, etc...doesn't have very much 'good food value'

other than taste. Loaded with salt, fat and nitrates. Don't get me wrong, I love ham, esp with eggs (also high in fat & colesteral (sp?)). Put me in a gourmet cheese shop and I'm in heaven. But after spending the spring and

summer dealing with my father AND my father-in-law and major heart problems,

I'm learning all about diets. You can take meat with you at least for the first night of camping if is backcountry, and maybe the second night if 'car' camping. We usually use chicken fillets, but steaks would be the same idea and probably last longer. We freeze the meat solid, then pack it in one of those soft sided insulated lunch boxes along with anything else we want to keep cool for the day while backpacking. There has been some days

when the meat hadn't defrosted completely by the time we were cooking dinner.

If it defrosts early , because of extremely warm weather, we use the meat for

lunch. If you are 'car' camping and going to be taking a cooler, you can use Dry ice instead of ice as a coolant. A block should keep a cooler cold for a few days. It also keeps the cooler dryer :). We buy a block of dry ice at our local ice ceam parlor, for a few dollars.

Lynn

* ljw5@cornell.edu * Brownie Troop 401 * Seven Lakes Council *

Date: Thu, 21 Jul 1994 11:19:16 CST
From: Jim Sleezer <JHS8%OSUVM1.BITNET@PUCC.PRINCETON.EDU>
Subject: Re: Camping Meals

On Thu, 21 Jul 1994 11:46:00 -0500 John Bemis said:

>Anne, try a foil dinner.

Make sure the foil pack is sealed, i.e., edges folded together and folded over again. Just wrapping it up will end up with a disaster. The apple packet can be baked with the foil wrapped up and gathered loosely at the top. Just nestle it in a bed of coals. We often cover the meat/veggie foil packs with coals for quicker cooking.

For variety make the foil pack with shrimp, snowpeas, sliced mushrooms and sliced red pepper. Add a slice of ginger root for flavor.

We also wrap the meat/veggie mixture in cabbage leaves before wrapping in foil. Excellent flavor addition and any burned part gets tossed aside.

We also make mostly veggie packs--potatoe, carrot, onion, zuchinni--with a single slice of bacon (or half slice) for flavor.

But my favorite camp dish--since the 1950 jamboree is Jambo Mulligan. Takes more utensils but is great. Boil water and make elbow macaroni. Fry hamburger with some chopped onions. Mix drained hamburger, drained macaroni and tomato soup in macaroni pot and heat. For variety, add a can of drained kidney beans. My ratio is pound of HB, 7 oz box creamettes(r) macaroni, 10 1/2 oz tomato soup and No. 303 can kidney beans.

Another favorite for the trail. Envelope of instant chicken noodle soup made with about half the water. Add chunk chicken (about 6 oz can). Bring to boil.

Drop bisquick blobs on top. Cover and simmer about 20 minutes until dumplings are done. serves two. Add an apple for dessert.

We also make dumplings on cooked dried fruits. Soak overnight in water, heat the next morning and add bisquick blobs when in boils. BTW, when we serve this one, kids do not hold it for a week!!

Of course, you don't have to cook on the fire. Boxed cereals and muffins can be great easy breakfasts. If you want to cook, heat water and make instant oatmeal and hot chocolate to order! Keeping it simple is important.

Have a great trip.
--sleezer

Date: Thu, 21 Jul 1994 10:59:35 PDT
From: Rick Clements <rickcl@POGO.WV.TEK.COM>
Subject: Re: Camping Meals

>From: Anne Koppa <cak5866@SUMMA.TAMU.EDU>
>I was wondering if any of you experienced campers could give me some very simple ideas for camping meals.

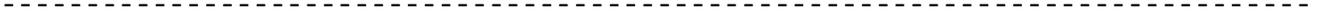
Several people already listed what I was going to suggest. (The foil dinners, baked apples and bread on a stick.) The best part of all of these is the children can help cook. They can put together their foil dinner or baked apple. They can do the actual cooking of their bread.

From: don newcomb <newcomb@US2.NAVO.NAVY.MIL>
}Most American bread is a disaster on a campout; too soft. It squashes }flat the first time something shifts in the box.

To keep the bread from getting squashed, you can use a Rubbermaid or Tupperware container. They, also, keep animals like squirrels out for the food.

Rick.Clements@tek.com
USA

Committee member, Troop 721, Aloha, OR



Date: Thu, 21 Jul 1994 13:49:54 CDT
From: Charles Schmidt <schmidt@UNIX1.IS.TCU.EDU>
Subject: Re: Camping Meals

Anne,

Camp cooking is one of my favorite things, and it is almost a mission of mine to preach that anything you can cook at home, you can cook while camping. To advance this view, on one trip I prepared Coq au vin and fresh french bread (ala Julia Child). (I disguised the wine in an old coke bottle). The fire is the range and the dutch oven the oven. Then, naturally, the grill is the bbq pit. The only trick is adjusting the amount of heat applied and not being impatient.

But you didn't ask for fancy, you asked for simple, so I could offer a few things. If you have a dutch oven, for breakfast, you can heat store bought sausage biscuits in the dutch oven by putting them on a pie tin spaced off the bottom of the oven with a few rocks or bottle caps. A great one pot meal is breakfast tacos. Begin by browning a pound of sausage in a dutch oven or large pan. Add to that (while still browning) a couple of diced onions and about 3 diced jalapeno peppers (remove the seeds for a milder version). When ready, add a doz. scrambled eggs and cook to the way you like them, then add about a 1/2 lb portion of grated cheese. I serve this on heated flour tortillas (which I heat by throwing them on top of the egg mixture and covering the dutch oven with the lid and heating a bit longer. Scale for your party. This quantity serves about 6 hungry adults.

A favorite dinner menu is a faux chicken cordon bleu made by browning deboned chicken breasts in margarine in a dutch oven, then placing a slice of ham (thin) and a slice of swiss cheese on each piece, covering the breasts with a can of cream of mushroom soup, and baking for about 45 min. For desert, instant vanilla pudding mixed with milk by shaking in a zip lock bag, poured over vanilla waffers with sliced bananas on top.

Another chicken possibility is to wrap half chickens in heavy foil (add some mushroom soup mix for flavoring) and cook in the coals, like the foil dinners already mentioned, for about an hour.

In the troop setting, just as we set an example by our uniforms and our conduct, we set an example in our cooking. If the boys suffer through

miserable meals while the adults dine on good food, they will at least know that with a bit of effort they can eat well when camping. Spartan meals, trail food, and the like have a definite place in camp food planning, but so too do well prepared, good tasting meals. And if a boy learns to cook while camping, he can probably cook at home - a useful skill.

**Charles Schmidt
SM, Troop 64
Longhorn Council
Fort Worth, Texas**

schmidt@unix1.is.tcu.edu

Date: Thu, 21 Jul 1994 14:17:29 -0500
From: don newcomb <newcomb@US2.NAVO.NAVY.MIL>
Subject: Re: Camping Meals

>From: Rick Clements <rickcl@pogo.wv.tek.com>
>From: don newcomb <newcomb@US2.NAVO.NAVY.MIL>
>}Most American bread is a disaster on a campout; too soft. It squashes
>}flat the first time something shifts in the box.
>
>To keep the bread from getting squashed, you can use a Rubbermaid or
>Tupperware container. They, also, keep animals like squirrels out for
>the food.

I think Rick and some others who have commented either to the list or in private about my ideas did not fully gather what I was trying to say. This is probably my fault.

On occasion I have "camped" taking a full service of silver, china and linen into the woods and feasted on pate', French bread, fresh salmon and pheasant (with white wine for the fish course and a Burgundy for the game), with chocolate torte for desert (accompanied by a good Gewurztraminer) and brandy to top it all off. (If you want a really good buz, try that above 10,000 feet some time.)

But was I camping? What was I proving, other than the fact that I could handle the logistics of getting all that stuff out there? This is just "Winnabago camping." What we teach Scouts when we take them camping is the ability to simplify their lives and to deal with alternatives. You don't need a bed. You can sleep on the ground just fine. You don't even need a tent most of the time. All the Scout needs is a bed-roll (sleeping bag) and something to keep the rain/snow off. That is enough.

I'm not saying that you should avoid taking Bunny Bread because it might get crushed and that the problem could be solved if we just had the right sized tin-box to carry it in. I'm saying we need to teach the Scouts that you don't need to have your toast and jelly done just the same way on top of the mountain that you do at home. I'm trying to say that we should teach alternatives to peanut butter and jelly on Bunny Bread. I'm saying we should show Scouts that you can cram all your food into a little cloth bag at the bottom of your pack and still eat just fine. I'm saying as long as we keep dragging those 100 lb patrol boxes and 50 qt ice chests to campouts

all we have taught is dependency.

Sorry, ice chests are one of my "pet peeves." I've been trying for 4 years to convince my son's troop to plan a camp menu that does not involve an ice chest. I've given up. It is just too ingrained. The adults pass it on to their kids and it just goes on and on. By the time they are old enough for a backpacking trip, they have been totally programmed that an ice chest and patrol box are indispensable necessities of camping and can't imagine not having them, so we have to arrange to sleep at a vehicle-accessible place so they can be hauled out. Grumble.....

**Donald R. Newcomb * newcomb@pops.navo.navy.mil
Naval Oceanographic Office * drn@fiddle.noo.navy.mil
Stennis Space Center, MS 39522 * Voice: (601) 688-5998
FAX: (601) 688-5485 * DSN: 485-5998**

Date: Fri, 22 Jul 1994 12:39:36 +1000
From: Geoff Green <ggre1@AURORA.CC.MONASH.EDU.AU>
Subject: Re: Camping Meals

On Thu, 21 Jul 1994, Peter Van Houten wrote:

> RE>Camping Meals
> Anne -- A easy and fun dessert that appeals to cub scouts is 'Bisquits on a
> stick'. What you do is get some of the pop-and-cook dough bisquits.
Spread
> it out a bit, and wrap it on a clean (green) stick. Cook over coals until
> light brown. Spread butter over it and sprinkle with cinamman/sugar
mix.

A dessert that I have had great success with is banana splits.

%%%%%%%%%

Banana Splits.

~~~~~

Take 1 banana per person and cut lengthways down the middle (Note: do not all the way through) Take 3 pieces of chocolate and 2 marshmallows and place inside the cut. (choc, marshmallow, choc, ... etc) then wrap in foil and bury in the coals of a campfire. Dig up after about 20 min and serve.

Note: the skins are left on the bananas and the kids can eat them straight from the skins.

%%%%%%%%%

Another meal that is very good and done with foil is damper.

%%%%%%%%%

### Damper.

~~~~~

Ingredients:

Self Raising Flour.

Water.

Salt. (optional)

Flavouring (Dried Fruit, Bacon & Cheese, etc..)

Mix flour and water with a pinch of salt together until a dough like consistency. Mix in the flavouring (if any) and then separate into balls about 1 1/2" - 2" across wrap in foil and cook in the coals of a campfire until the ball has a hard shell. Take out of the fire, remove the foil, cut in half and serve with butter.

Note: no measurements were included as I'm not sure myself (I'm a bit of a bucket cook :)

Geoff.

ggre1@aurora.cc.monash.edu.au

1st Clayton Cub Leader,

7th Oakleigh Rover.

Melbourne, Australia.

Date: Fri, 22 Jul 1994 00:02:39 -0400 (EDT)
From: "Michael F. Bowman" <mfbowman@cap.gwu.edu>
Subject: Re: Camping Meals
To: SCOUTS-L Youth Groups Discussion List <SCOUTS-L%TCUBVM.BITNET@PUCC.PRINCETON.EDU>
cc: Multiple recipients of list SCOUTS-L <SCOUTS-L%TCUBVM.BITNET@PUCC.PRINCETON.EDU>

Anna,

Geoff wrote from Australia of a desert called banana splits. We had a similar desert that was a favorite when I was a Boy Scout some 30 years ago called a Yukon Delight and the recipe was rumored to have come from a Canadian unit at a World Jamboree.

In this case a banana is split lengthwise and then cut in half. The pieces are coated with sugar, cinnamon, and nutmeg, then reunited. The banana is then wrapped and sealed in heavy foil and placed in the coals. When it puffs out after about 10 to 20 minutes, its ready to eat. For the finicky a spoon might help, otherwise fingers will work after it has cooled sufficiently.

I've tried this one with Cubs and Webelos and they usually end up making two or three to eat and another couple for family just because its easy and they like the results.

Yours in Scouting, Michael F. Bowman, a/k/a Professor Beaver
Deputy District Commissioner Exploring, GW Dist., NCAC, BSA
Speaking only for myself, but with Scouting Spirit . . .
_____ mfbowman@CAP.GWU.EDU _____

Date: Tue, 27 Sep 1994 07:53:44 -0700
From: BRAMLET@ECC4.ATENG.AZ.HONEYWELL.COM
Subject: Dutch Oven Cookbook Available!!

Ever wished that you had a new recipe for something those Scouts of yours could cook? Something that was different from what they've been cooking at every campout since...? Well, now you can overcome those "Do we have to cook cobbler for desert AGAIN?" remarks. Here's how!

There is a new file in the archives. Jon has graciously allowed me to make the announcement. The file name is SCOUTS-L DUTCHOVN. This is a 35 page (plus 1 page index) cookbook of Dutch Oven recipes that was compiled by and for Scouts. There is also a section on the care and seasoning of dutch ovens, and another on DO cooking techniques.

I have been asked to remind you folks to send your "GET" requests to LISTSERV not SCOUTS-L, when you retrieve this file.

Credit for this book goes to Mike Audleman, of Ft. Walton Beach, Fl.

YiS,

Chuck Bramlet
ASM Troop 323
Thunderbird District
Grand Canyon Council

Date: Fri, 30 Sep 1994 21:32:55 -0400 (EDT)
From: "Michael F. Bowman" <mfbowman@cap.gwu.edu>
Subject: Re: Sandwich toasters

I had a 2d cousin (deceased) in Akron, Ohio that used to make what he called "Cookin' Irons" that were distributed in camping stores. One type was shaped to accomodate two hotdogs. Another shaped for sandwich bread. Another was shaped for pies (round). Still another was diamond shaped for waffles, thin cornbread, etc. My collection is now about thirty years old and still in service right next to the fire place. They've been used to make thin cakes, meat pies, fruit pies, cheese sandwiches, pizza, game pies, waffles, pancakes, and just about anything a very minature oven could make. We've even made banana deserts using quartered bananas with cinamon and sugar in the hotdog iron. About the only thing we haven't had much luck with is popcorn. Thinly sliced potatoes, onions, carrots and ground beef mixed and formed into the hotdog iron is the best on a cold day around the campfire.

Yours in Scouting, Michael F. Bowman, a/k/a Professor Beaver
Deputy District Commissioner Exploring, GW Dist., NCAC, BSA
Speaking only for myself, but with Scouting Spirit . . .
_____ mfbowman@CAP.GWU.EDU _____

Date: Fri, 30 Sep 1994 21:45:17 -0400 (EDT)
From: "Michael F. Bowman" <mfbowman@cap.gwu.edu>
Subject: Re: Sandwich toasters
To: Lisa Varner <lvarner@FREENET.COLUMBUS.OH.US>

Lisa,

Who knows? Maybe your irons were made by the same foundary that my cousin used to have when he was making cooking irons in Akron.

Re: My son's essay, I was surprised at the detail, quotes and thought process he was able to muster when pressed. Amazed is a better word for it. Some of it, I may share on the list at some point without explaining its genesis.

Yours in Scouting, Michael F. Bowman, a/k/a Professor Beaver
Deputy District Commissioner Exploring, GW Dist., NCAC, BSA
Speaking only for myself, but with Scouting Spirit . . .
_____ mfbowman@CAP.GWU.EDU _____

