

CAMP COOKING TIPS & TECHNIQUES



*A collection of information from the internet, from fellow Scouters
and originated specifically for this booklet.*

Wood Badge Ticket Item – Karl Kuegler, Jr.
Originally Created January 2008 - Revised & Expanded March 2017

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Prefaces

Cooking outdoors has become more and more my passion as the years have gone by. To see the skills passed on and enjoyed by other is very rewarding especially when youth are involved. There is always something new to learn, a different way of doing something, or a new gadget or gismo that comes along. It wasn't long ago that our ancestors were relying on these skills to survive. We can draw a great deal from studying their techniques along with the tools and equipment that were available long ago. Share with one another your experiences. Listen to others, whether they are just starting out on this journey or have been traveling down this road for years. It is amazing what we can learn from each other.

A very special thanks to all those that I have traveled this road with me. I have been inspired and gained so much from you. When this manual was first created in 2008, it was less than 80 pages and relied more heavily on information gained from the internet. As the years have passed, new chapters have been added and material has been replaced with original content continually shaped by my experiences and inspirations. The only thing I can be sure of is that more material will be added as my passion for camp cooking continues to grow!

Camp Cooking Tips

1. Plan the trip menu at least a week in advance. Develop the shopping list and special equipment list. Check over the menu and lists at least once afterwards to be sure that there are complete.
2. Plan a menu that is fun to make and good to eat. Good food doesn't have to be difficult to make.
3. Don't forget the little things that make all the difference. Having pancakes without syrup is a bummer. Making grilled cheese without the nonstick spray or butter leads to nicely blackened sandwiches - not too tasty. Salt, pepper and other seasonings can make all the difference in a meal tasting great or just blah.
4. Consider the time that will be available to cook each meal. Plan menu accordingly.
5. Start heating wash water as early as necessary so that water is ready when the group finishes eating. #10 Cans filled with water, covered with foil and placed in the fire is an easy way to heat water without tying up the larger cook pots which may be in use in cooking the meal.
6. Use a grunge bucket filled with cold soapy water to put dirty dishes in before they go into the warm water wash. This will dramatically reduce the food scraps floating around in your warm water wash. When air temperature isn't below freezing, the grunge bucket can be re-filled at the end of washing with the hot water used to rinse the dishes. Saves a trip to water source.
7. Powdered milk is a good alternative when milk is required as an ingredient in a meal or with cold cereal. Use a wide mouth 1 liter water bottle to mix the milk. Add the dry powder and about ½ the water required. Shake well and then add the remaining water required. Shake again. Powdered milk is a great help when backpacking and when the weather is too hot or too cold.
8. Purchase items that have a longer shelf life like minute rice, pancake batter, powdered milk in normal or larger boxes. Place the quantity that you will need for the trip in a labeled Ziploc bag. Write on the bag the quantity required for each remaining ingredients and directions on how to prepare.
9. Prepare as much as possible at home. If the menu calls for chopped onions, chop the onions at home and place in a Ziploc bag labeled to indicate the bag content and for which meal it will be used. The same can be done with chicken breast. Clean and cut at home, place in a labeled Ziploc bag and freeze.
10. Old juice bottles and bottled water containers can be filled with water and frozen to be used as ice in coolers.

Tin Foil Cooking



FUEL

Regardless of the type of cooking fire, the fuel used will be important. Hardwoods such as oak, ash & hickory produce longer lasting coals. On the other hand, softwoods like pine, burn more quickly and the coals don't last as long or as hot. Adjusting the heat is a task that must be continually attended to while cooking and can be challenging at times. Using hardwoods with their longer lasting coals will minimize the effort. Plan accordingly to ensure that the coals necessary for cooking are available when cooking is planned. Although hardwoods produce the best cooking coals, they take a little longer than softwoods to create. Splitting the wood in to narrow 1 to 2 inch strips will expedite the process. It increases the amount of surface area of the wood that can be ignited and consumed to produce the desired cooking coals.

FIRE TYPES:

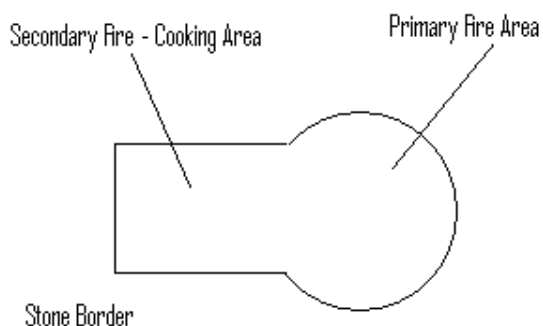
One Point Fire Uses

There are two basic styles of cooking fires. The most common is the one point fire, which like its name indicates, is comprised of a **single fire location**. The fire is started, maintained, and cooked over in the same spot. This fire type is good for boiling water, one pot meals and for foil cooking. When using a pot for the one pot meal or boiling water, a tripod, dingle stick or cooking grate with legs can be used.

Two Point Fire Uses

The second type of fire is the two-point fire. The fire is started and maintained in the main fire area. Mature coals are then moved from the main fire area to an area for cooking. This fire type is good for cooking meals that require a greater control of cooking temperature. The more coals, the hotter the cooking temperature. Cooking can be done either on a grate or directly on the coals.

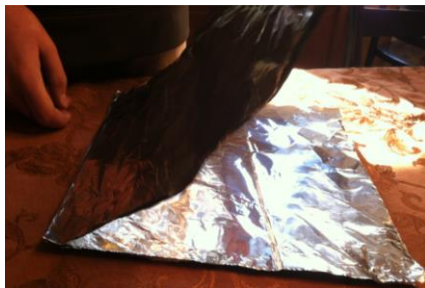
Two Point Fire Using a Stone Border: Create a stone border to create the shape shown below. The primary fire area is where the fire is started and fed with fuel throughout the cooking time. Mature coals are taken from this area with a shovel and moved to the secondary fire area. The secondary fire area is where the actual cooking is performed. The temperature is maintained or increased by adding coals from the primary fire.



MAKING BASIC FOIL POUCHES



Step 1: Cut two 20 – 22 inch pieces of heavy duty foil.



Step 2: With the two pieces stacked on one another, fold longer distance in half.



Step 3: Fold all but the last ½ inch of the top set of foil sheets back forming a “z”.



Step 4: Fold the top two sheets back creating the fold in line with the very first fold made in Step 2.



Step 5: Flip over and repeat Step 3 where the top two sheets are folded back except for the last ½ inch.



Step 6: As in Step 4, fold the top two sheets back creating the fold in line with the very first fold made in Step 2.



Step 7: Fold the side over to create a ½ inch fold. Fold the over the ½ fold over on itself twice. Repeat on other side.



Step 8: Pouch is now complete except adding contents and repeating Step 7 to the open end.



Note: The folds on the bottom of the pouch form a pleat that will allow for expansion when the contents are heated.

MARKING FOIL DINNERS

When making single serving dinners with groups of scouts, it can become a challenge to keep track of which dinner belongs to each scout. Before placing on the fire, mark the outside of the foil pouch with nail polish. Although colored nail polish is easiest to see when marking the foil, any color or no color will work just fine. The nail polish turns black from the heat of the fire.

FOIL POTS

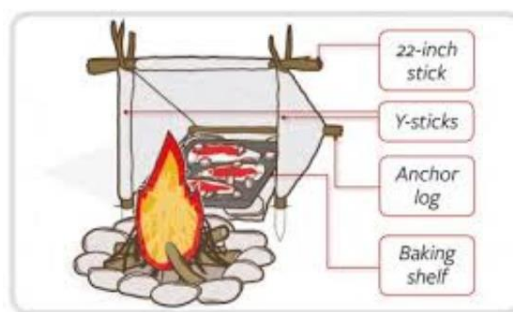
Form a pot by molding 4 layers of thick foil to create a cooking vessel large enough for the meal you plan on preparing. The foil pot opens the door for all kinds of one pot recipes. Cooking on top of a grate? Create a tray like vessel that can be supported by the grate.

TENNIS RACKET SKILLET

Take a green stick with two opposing branches and bring the branches around and twist them together, using the center for additional support. Place 3 layers of foil surrounding the looped stick folding the foil under to create a smooth uninterrupted surface on top. Grill items on the top surface over coals.

REFLECTOR OVENS:

When the camping experience will include a campfire, a reflector oven can provide a lightweight, easy to use oven. Ovens come in various different styles and sizes. Ovens range from manufactured models, to ovens created with tin foil with a “green” stick frame, to a homemade oven made from a pizza box coated in foil with a hardware wire rack. Regardless of the model, they all work basically the same. If the heat is too hot...move it away from the fire, too cool...move closer. A hot bed of coals works best as a heat source...especially in reducing the smoky taste.



ORANGE SHELL CAKE

There are several items can be cooked or baked in the shell of an orange. Let your imagination run wild. The orange must be a thick-skinned orange. Start by cutting off the top 1/2 inch to 3/4 inch of the orange. Save the top. Without damaging the integrity of the skin, using a spoon to carefully scoop out orange flesh from within the orange and the top of the orange.. Have a container or bag read to save the orange flesh to be eaten separately. Prepare a bed of coals. Fill two thirds with cake batter. Place cap back on orange. Wrap in 3 layers of foil. Place on bed of coals. Rotate periodically to ensure even baking. Variation – Substitute muffin mix for the cake mix.

FOIL BREAKFAST

Get your fire started before preparing anything else. Use smaller diameter hardwood logs to help produce a good bed of red hot coals. Larger logs will take longer to get to the point that you have an ample amount of coals to cook over. Prepare 1 foil pouch per person using two layers of foil to create a double walled pouch. Only good quality foil will work. Anything less will lead to disaster. Spray the inside or the pouch with a coating of vegetable spray. Insert ingredients into pouch trying to place cheese more towards the center of the ingredients to prevent sticking to foil. Seal pouch and place on coals. Flip often every few minutes. Check to ensure that eggs are fully cooked.

- 1 Egg per sandwich
- 1 Slices of American cheese per person
- 1 Slice of boiled ham per person

FOIL DINNERS

Get your fire started before preparing anything else. Use smaller diameter hardwood logs to help produce a good bed of red hot coals. Larger logs will take longer to get to the point that you have an ample amount of coals to cook over. Prepare 1 foil pouch per person using two layers of foil to create a double walled pouch. Only good quality foil will work. Anything less will lead to disaster. Start the preparation by washing potatoes & carrots. Cut potatoes into ½ to ¾ inch cubes. Cut carrots into ¼ thick discs. Peel and finely chop the onion. Add ground beef to foil pouch trying to have the meat loose and not 1 one clump. Add canned corn, potatoes, carrots, chopped onion, salt & pepper. Now the most important ingredient, add a few ounces of WATER. Water is the key to not only keeping your food moist, but it will also produce steam that will help ensure that your food is completely cooked. Seal the foil packet creating a water tight seal. (A trick to labeling individual names on the foil pouches is to use a dark colored nail polish to mark each person's initials.) Cook for about 20 minutes, flipping each pouch every 5 minutes. Other ideas for ingredients include ground turkey; boneless chicken breasts pre-cut into bite size pieces, chopped peppers, canned peas, and the list goes on....

- ½ Pound of ground beef per person
- 1 to 2 medium potatoes per person (Use a Red or Yellow thin skinned potato that won't require peeling)
- 3 Ounces of canned corn per person
- 1 Carrot per person
- Chopped Onion (optional)
- Salt, Pepper & Water

BAKED POTATOES

Don't forget the obvious. Your entire meal doesn't need to be a foil meal. We often forget that a baked potato can be a great option for a side dish for a meal. After washing the potato, poke with a fork or knife. Double wrap with foil. Bake on bed of coals rotating periodically.

FOIL WRAPPED FISH

What can be better after a day of fishing than enjoying the fruits of your labor. Prepare a foil pouch. Spray the inside of the pouch with a coating of vegetable spray. Lay the halved fish flesh side up. Season to liking. Consider laying a couple dabs of butter and maybe a few lemon wedges. As an option, add a coating of crushed Ritz's crackers just before adding the butter. Insert into foil pouch and close. Cook on grate over coals.

VEGGIES SIDE DISH

Slice up summer squash and / or zucchini squash into ¼ inch discs. Place in foil pouch. Season with salt and pepper. Add butter and a little water. Seal foil pouch. Cook on cooking grate flipping periodically.

BUTTERNUT SQUASH

Cut a butternut squash in half. Place a table spoon of butter, 2 tablespoons of water and a tablespoon of maple syrup (or two tablespoons of brown sugar) in the depression of each half. Wrap each half separately with 3 layers of foil with the seams up leaving a pocket of air on top to promote steaming. Cook on the coils upright the whole time.

VEGGIE STUFF CORNISH GAME HENS

This meal doesn't require much gear, cleans up easily and provides a tasty hot meal. Get your fire started before preparing anything. Use smaller diameter hardwood logs to help produce a good bed of red hot coals. Larger logs will take longer to get to the point that you have an ample amount of coals to cook over. Prepare one hen per person. Remove any innards. Wash red skinned or yellow potatoes (these potatoes have skins that can be eaten once washed saving the task of peeling) and cut into pieces not greater than 3/4 inch cubes. Peel carrots and chop into 1/2 inch chunks. Peel the outer skin of a large onion and chop coarsely. Season the inside of the cavity of the hen with salt & pepper. Place potatoes, carrots, onions and a tablespoon of butter in the cavity of the hen. Add about a 1/4 cup of water to cavity. Season the outside of the hen with seasoning salt and ground rosemary. Wrap each hen with 2 or more layers of good quality aluminum foil. Place on bed of coals. Rotate every 4 to 5 minutes and bake until interior temperature reaches 165 and the veggies are tender. Carefully unwrap to the layers of foil to expose the delicious meal and to transform the foil into a plate.

- Cornish Game Hen, 1 per person
- Potatoes about a 1/2 pound per person
- Carrots about 1 large carrot per person
- 1 Large Onion for every 4 people
- Crushed Rosemary Seasoning
- Seasoning Salt
- Butter, 1 tablespoon per person
- Water

WESTERN TORTILLAS (From Fix it In Foil) Makes 4 servings

Ingredients

- 4 Eggs
- 1/4 Cup Diced Ham
- 1/4 Cup Chopped Green Bell Pepper
- 1/4 Cup Minced Onions
- Salt and Pepper
- 2 Tsp. Butter (optional)
- 4 Flour Tortillas
- 4 Slices of American Cheese
- Ketchup (optional)

Directions

In a medium bowl, use a fork to scramble eggs with 2 tablespoons water. Add the diced ham, green pepper and onion; mix well. Season with salt and pepper. Cut heavy-duty foil into 2 (12") lengths. Spray both pieces nonstick vegetable spray. Crimp foil edges enough to prevent spills. Pour half of the egg mixture on the center of each foil piece. If desired, place small pieces of butter on top. Wrap foil around egg mixture in a tent pack.

Wrap tortillas flat in a separate piece of foil. After cooking as directed, open all the foil packs and place 1 slice of American cheese on each warm tortilla. Spoon equal portion of the cooked egg mixture on each warm tortilla and fold in half or wrap burrito style to eat. Serve with ketchup, if desired.

HOBO CHICKEN BREASTS (From Fix it In Foil) Makes 4 servings.

Ingredients

- 1 Onion, thinly sliced
- 2 Medium potatoes, thinly sliced
- 2 Medium carrots, thinly sliced
- 3 Tbsp. butter or margarine
- 4 Boneless, skinless chicken breasts halves
- 1, 8 Oz. can whole kernel corn, drained
- ½ Tsp dried thyme
- ½ Tsp dried rosemary
- 1 Tsp salt
- ¼ Tsp pepper

Directions

Spray 1 (18") square of heavy-duty foil with nonstick vegetable spray. Arrange chicken breast halves on top of vegetables, overlapping edges as needed. Pour drained corn on and around chicken. Sprinkle thyme, rosemary, salt and pepper on top. Wrap foil in a tent pack.

REFLECTOR OVEN BISCUITS

It doesn't get much easier than this to have fresh baked biscuits on a camp out. From the refrigerated section of the grocery store, purchase pre-made biscuit or dinner rolls packaged in a tube. Place your reflector oven about one foot from an established bed of campfire coals. Place your biscuits either on a pan, flat trail chef pot lid or grate on the reflector rack. Rotate the biscuits to even out their exposure to the heat. Adjust the distance between the reflector oven and coals as necessary to regulate heat.

BAKED APPLES AS A "DESSERT" (www.cubscoutpack241.org/cooking-campfire-style)

Core the apple leaving the bottom of apple intact, place dab of butter in cored part, pack in brown sugar top with cinnamon. Wrap in aluminum foil and place on campfire. Let bake 20-30 minutes or until apple feels soft. Open and enjoy.

- Heavy duty aluminum foil
- 1 apple (your choice of type)
- Brown sugar / cinnamon / butter

BAKED BANANAS RECIPE (www.scoutorama.com/recipe/rec_display.cfm?rec_id=67)

Ingredients: Bananas, Mini-marshmallows, Chocolate chips, peanuts, "Reese's Pieces", Etc.

Equipment: Campfire, Tin foil, Tongs, Knife

Instructions: With a knife, cut a 3/4 inch "V" shaped channel into the top (inner part of curve) of the banana and remove flesh. Place mini-marshmallows, nuts, chocolate chips, or what have you in the banana. Replace slice of flesh, so that banana is stuffed. Wrap with tin foil and place in coals of campfire. Banana will lay on its "side", roast each side five minutes. Remove with tongs. Slice through tin foil on "top" of banana, and peel foil back. Enjoy.

FOIL BOX BROWNIES

Using a cardboard box reflector oven, bake brownies using boxed brownie mix. Consider using foil bread loaf pans. The smaller size pan helps the brownies cook more evenly. Follow the directions on the package for preparing the batter and to approximate the baking time.

- Betty Crocker Fudge Brownie Mix
- 1/4 Cup of Water
- 2/3 Cup Vegetable Oil
- 2 Eggs

THE CARDBOARD BOX OVEN

<http://www.macscouter.com/Cooking/>

A cardboard box will make an oven -- and it works just as well as your oven at home! There are different ways to make a cardboard box oven.



1. The open top Box Oven

- Cut off the flaps so that the box has four straight sides and bottom. The bottom of the box will be the top of the oven.
- Cover the box inside COMPLETELY with foil, placing the shiny side out.
- To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquets. The grill should be raised about ten inches above the charcoal. Set the cardboard oven over the food and charcoal. Prop up one end of the oven with a pebble to provide the air charcoal needs to burn - or cut air vents along the lower edge of the oven.

2. The copy paper Box Oven

- The cardboard boxes that hold reams of paper, 10 reams of 8 1/2 by 11-inch paper, or 10 reams of 8 1/2 by 14-inch paper, will make very nice box ovens. Line the inside of the box and lid with aluminum foil. Use a sponge to dab some Elmer's glue around the inside and cover to hold the foil in place. Make a couple holes in the cover to let the combustion gases out, and make a few holes around the sides near the bottom, to let oxygen in.
- Make a tray to hold the charcoal using one or two metal pie plates. You can either make feet for a single pie plate using nuts and bolts, or bolt two pie plates together bottom to bottom. Cut a couple coat hangers to make a rack to hold up the cooking pan. Poke the straight pieces of coat hanger through once side, and into the other. Two pieces will usually do fine...

- Put several lit briquettes on the pie pan, put your cooking pan on the rack, and place the cover on top. The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in, and enough gases are escaping, to keep the charcoal burning.

3. Box oven without the box!

David T. Berg says, "I saw a demo last week at our round table of the box oven minus the box!

Procedure:

1. Pound four one inch + diameter by about 1.5 ft. length sticks into the ground in the shape of a square about 1.5 ft. per side and wrap them with heavy duty foil.
2. Arrange aluminum foil around stakes and drape over top and crimp to hold in place. Also line floor with foil.
3. Drive three or four stakes into the ground through the foil floor to hold up the baking dish.

It looked kind of ugly but worked pretty well for baking the biscuits. If you make it this way, you don't have to take up room with a bulky box. Anyway, that's what the person doing the demo said."

4. Yet another description of a Box Oven

From Dori Byron, Fair Winds Girl Scout Council Trainer, Brownie leader, and Computer nut, "You need:

1. One large box (whiskey or any double corrugated box that will fit a cake pan or cookie sheet with about 1" all around will do.) Note: this does not have to have a lid or top.
2. Lots of large high quality, heavy duty, tin foil (commercial time, use Reynolds wrap)
3. Four small TIN juice cans
4. A 9x13 cake pan or small cookie sheet
5. One #10 can, open at both ends and vented at bottom for charcoal chimney.
6. One small friendly stone to vent bottom

First cover the inside of box with two layers of foil. Be sure you have no box showing anywhere. You can tape it down on OUTSIDE. Place a large sheet of foil on a level, not burnable, piece of ground. Place the charcoal chimney on the foil and place a fire starter and whole charcoals (one for every 40 degrees of temperature plus one or two for cold, wet, or wind) Light the chimney and wait about 20 min for charcoal to be ready. Pull off chimney and spread out charcoal to fit under pan used. Place four small juice cans to support cake pan and lower box oven over all. Vent on leeward (that's away from the wind for non mariners) side with small stone. Cook for amount of time called for in recipe. If cooking for much more than 30 minutes replenish charcoal.

Note: Be sure and lift box straight up or you will "dump" the heat. No peeking allowed!! Anything you can cook in an oven at home can be done in a box though I prefer things that can be done in 30 min or so. Good Eating!"

5. For all box ovens:

Control the baking temperature of the oven by the number of charcoal briquettes used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquettes).

Experiment! Build an oven to fit your pans - or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake. Construct a removable oven top or oven door. Punch holes on opposite sides of the

oven and run coat hanger wire through to make a grill to hold baking pans. Try the oven over the coals of a campfire.

More information about Box Ovens, from the US Scouting Service Project

FOIL BOX RECIPE IDEAS & TIPS

Consider roasting meat. Use a length of $\frac{1}{2}$ metal rod (or a $\frac{3}{4}$ inch diameter “green” stick) running through the box and through the center of either a whole chicken or a large beef roast. For larger groups use either a larger box with two rods and 4 whole chickens or multiple boxes. Don’t forget to season the meat prior to placing on the metal rod. Use long thermometers used for deep frying turkeys. The thermometer can be punctured through the box and into the meat inside to be sure that the meat is fully cooked. Consider having a separate thermometer to measure temperature inside the box. When roasting meat, try to maintain a temperature of about 350 degrees. Foil rectangular pans make a good tray for the coals. Their size can be adjusted by bending until they fit within the box with enough air space. If they are the deeper sided trays, the box will need to be elevated more. Blocks of wood or bricks can used to elevate the box. Place coals on the long sides of the foil pans. Placing the coals under the roasting meat could create flame ups and diminish the life of your coals.

Pie Iron Cooking



FUEL

Pie irons can also be used over a wood fire, charcoal or even over a gas stove burner. Regardless of the type of cooking fire, the fuel used will be important. Hardwoods such as oak, ash & hickory produce longer lasting coals. On the other hand, softwoods like pine, burn more quickly and the coals don't last as long. Charcoal can give a good even source of heat but costs more and involves the need for a chimney starter or lighter fluid. Adjusting the heat with a wood fire is a task that must be continually attended to while cooking and can be challenging at times. Using hardwoods with their longer lasting coals will minimize the effort. Plan accordingly to ensure that the coals necessary for cooking are available when cooking is planned. Although hardwoods produce the best cooking coals, they take a little longer than softwoods to create. Splitting the wood in to narrow 1 to 2 inch strips will expedite the process. It increases the amount of surface area of the wood that can be ignited and consumed to produce the desired cooking coals.

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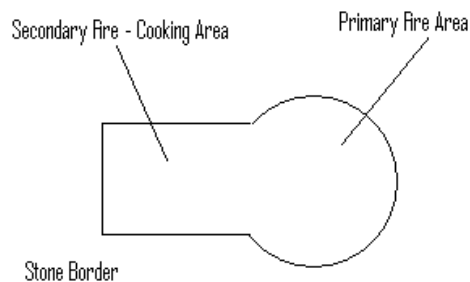
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Two Point Fire Uses

The second type of fire is the two-point fire. The fire is started and maintained in the main fire area. Mature coals are then moved from the main fire area to an area for cooking. This fire type is good for cooking meals that require a greater control of cooking temperature. The more coals, the hotter the cooking temperature. Cooking can be done either on a grate or directly on the coals.

Two Point Fire Using a Stone Border: Create a stone boarder to create the shape shown below. The primary fire area is where the fire is started and fed with fuel throughout the cooking time. Mature coals are taken from this area with a shovel and moved to the secondary fire area. The secondary fire area is where the actual cooking is performed. The temperature is maintained or increased by adding coals from the primary fire.



STYLES OF PIE IRONS

#1705 Square Pie Iron™
cast iron construction
4¼" x 4¼" cooking head
28" overall length



 **ROME**

#1805 Round Pie Iron™
cast iron construction
4¼" dia. cooking head
28" overall length




 **ROME**


#1028 Chuckwagon Waffle Iron
cast iron construction
6¾" dia. cooking head
23" overall length



 **ROME**

#1405 Waffle Iron
cast iron construction
3 5/8" x 6½" cooking head
30" overall length




 **ROME**

#1005 Camp Bread Baker
 12" x 1½" cooking cavity
 30" overall length
 cast iron




The image shows the Camp Bread Baker, a long-handled cast iron tool with a rectangular cooking cavity. A close-up shows a golden-brown bread being cooked. Below the main image is a small inset photo of a plate with a sandwich and a drink. The ROME logo is at the bottom.

#1905 Dog'n Brat Cooker
 cast iron construction
 3 5/8" x 6¼" cooking head
 30" overall length



The image shows the Dog'n Brat Cooker, a long-handled cast iron tool with a rectangular cooking head. The head is open, showing a brat being cooked with onions and peppers. The ROME logo is at the bottom.

#1305 Panini Press
 8" x 4" cooking surface
 16" handles, 22" overall length
 cast iron with plated steel rods



The image shows the Panini Press, a long-handled cast iron tool with a rectangular cooking surface. The press is open, showing a panini being cooked. The ROME logo is at the bottom.

#1605 Double Pie Iron™
 cast iron construction
 8½" x 4¼" cooking head
 28" overall length



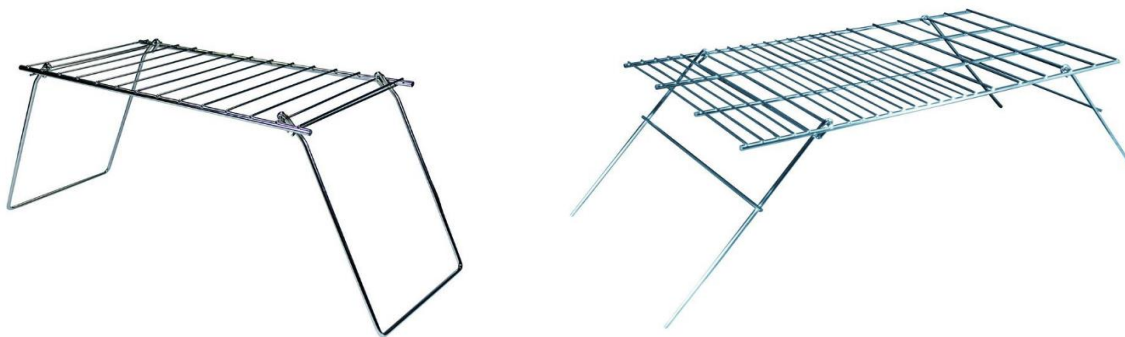
The image shows the Double Pie Iron, a long-handled cast iron tool with a rectangular cooking head. The head is open, showing a pie being cooked. The ROME logo is at the bottom.

PIE IRON BASICS:

Pie irons are hinged cast metal cooking vessels that can be used over or directly on a heating source. They typically have a cast body each with a two long metal rods with wooden handles. One of the metal rods will have a metal hook that can be hooked over the other to keep the cast body closed when cooking. They can be found made of either cast aluminum or cast iron. Cast aluminum pie irons are lighter, don't require seasoning and are easier to wash but can warp and melt more easily when left too long on the coals. Cast iron pie irons are very durable withstanding higher temperatures, maintain and more evenly disburse heat but are heavier, should not be washed with soap and need to be seasoned. Even with the extra care required to season and wash, cast iron pie irons are hands down the best choice. Unless weight is an issue, go with the cast iron models. They will last for years and provide the greatest options for types of pie irons.

You may be surprised to hear that you could camp for an entire weekend just cooking in pie irons. From breakfast, to lunch, to dinner, to dessert; there are plenty of tasty things that can prepared just using a pie iron. Cooking time for most items is relatively quick allowing people in the group to share pie irons. Cooking in a pie iron doesn't require a lot of practice allowing even younger users to become masters in no time. Since portions are smaller, they inevitable charred accident can be discarded and a new attempt made.

Many of the items prepared in a pie iron involve heating, toasting or melting ingredients. As a result, they cook rather quickly. Many times, the pie iron can be placed directly on the coals provided they are flipped over every minute or so and are checked to be sure the food isn't burning or becoming over cooked. For items that require more gradual heating, a grate can be used to elevate the pie iron above the coals. Resting the tip of the pie iron on a log in the fire can also help create space between the coals and the pie iron. There are a few options to be considered when needing a grate. There are several manufactures that make folding grates that can be used with pie irons. The 12.5" by 6.5" Pack Grill by Coghlan's (*below on left*) is inexpensive and can accommodate 2 standard pie irons. The Coghlan's 12" by 24" Camp Grill (*below on right*) will accommodate several pie irons and can allow having different temperatures buy controlling the quantity of coals under the different areas of the grate. Another approach would be to repurpose a flat one-piece grate from a used gas grill. Support the grate on each of the 4 corners using an empty and clean #10 can. Fill each can $\frac{3}{4}$ full with clean water. Cover each can with a piece of aluminum foil formed over the rim. The water will not only give the cans weight to add stability, it will also provide a source of hot water for clean up after sitting next to the coals.



Before we can use a cast iron pie iron for the first time, we will need to season the cast iron parts of the pie iron. It is easiest to do this at home with a gas grill. The cast iron sections come from the manufacturer coated with a food grade wax. Start by washing the cast iron parts with hot water and soap. Rinse well. This should be the only time soap will ever touch your cast iron pie iron. Place the cast iron portion either on a grate over a fire or on the grate of your gas grill with the lid down. Obviously, keep the wooden handles away from the direct heat. Heat on high heat, flipping over once, to melt off any wax that remained on the cast iron after washing. Apply a coating of melted Crisco shortening to all surfaces of the cast iron. Place the cast iron sections back on the grate of the fire or gas grill with the lid closed. Heat at 350 degrees Fahrenheit for one hour. Remove from heat and allow to cool. You're ready for years of tasty treats.



A key to successfully cooking in a pie iron is to be sure the inside surfaces are properly coated with either spray cooking oil or butter. Keep in mind that butter burns more easily making spray oil a better choice for some items. (*Butter's smoke point is 350°F while canola's smoke point is 400°F.*) A properly coated cooking surface will help ensure that your treat can be easily removed from the cast body of the pie iron making serving and clean up so much easier.

Most of the time it won't matter if the cast iron pie iron is preheated or used cold. Use care not to start with cast iron too hot for items like corn bread, monkey bread, or regular bread dough. On the contrary, cooking waffles will require a preheated waffle pie iron.

Its best to have a surface that can withstand the heat of the pie iron after coming out of the fire. Have the surface at the right height and size can ease efforts both adding the ingredients to the pie iron as well as carefully removing the cooked treat.

Properly cleaning after use will help ensure that the pie iron will be around for years to come. Start by scraping out of your cooled pie iron any burnt food with a plastic scraper. If necessary, let it soak for 5 minutes in water. Scrub surfaces with just water until all food remnants are gone. Heat over the fire until the cast iron surfaces are bone dry and the pie iron is re-heated. Remove from the heat and spray all surfaces of the cast iron with spray cooking oil. An aluminum pie iron can be washed with soap and water. After washing, dry well. Unlike a cast iron pie iron, an aluminum pie iron will not need to be re-heated and coated with oil after washing. Store pie iron in a dry ventilated area. Rome also makes a canvas bag with a zipper and handles that can store as many as 4 pie irons.



RECEIPIES:

BREAKFAST EGG CASSEROLE:

Ingredients:

- 1 Egg
- ½ Cup thawed frozen hash browns
- 2 Links of precooked breakfast sausage
- 2 Tbsp. of shredded cheese

Directions: Using a square or round pie iron, coat both inside surfaces with either butter or spray cooking oil. Cut link sausage into ½ pieces. In a plastic Ziploc bag, place cracked egg, hash browns, sausage and cheese. Close Ziploc and mix ingredients together by squeezing the bag. Place mixture in one half of pie iron mounding if necessary. Place other half of pie iron in place, close and fasten closed with handle hook. Place over heat flipping every minute until ingredients are fully heated and egg is completely cooked.

BREAKFAST HASH BROWNS:

Ingredients:

- 1 Cup thawed frozen hash browns

Directions: Using a square or round pie iron, coat both inside surfaces with plenty of butter. Place hash browns in one half of pie iron mounding if necessary. Place other half of pie iron in place, close and fasten closed with handle hook. Place over heat flipping every minute until ingredient are fully heated and hash browns are crispy on the outside surfaces.

CHEESY TATER TOTS:

Ingredients:

- 8 to 12 Thawed tater tots
- 2 Tbsp. of shredded cheese

Directions: Using a square or round pie iron, coat both inside surfaces with either butter or spray cooking oil. Place tater tots in one half of pie iron filling the half. Sprinkle shredded cheese over the tater tots. Place other half of pie iron in place, close and fasten closed with handle hook. Place over heat flipping every minute until ingredient are fully heated and cheese is melted.

EGG SANDWICH:

Ingredients:

- 1 Egg
- 1 Slice of Deli Boiled Ham
- 1 Slice of Deli American Cheese
- 1 English Muffin

Directions: Using a round pie iron, coat both inside surfaces with butter. Separate or slice English muffin. Place the half face down in the pie iron. Place the second half face up on top of the first. Place the other half of pie iron in place, close and fasten closed with handle hook. Place on over heat flipping every minute until the cut surfaces are nicely toasted. Remove muffin halves from pie iron and set aside. Recoat both inside surfaces of the pie iron with butter. Place a cracked egg in one half.

In the second half, place the ham. Place each open pie iron over heat using the pie iron like a mini skillet. Once the egg has set up and is mostly cooked, place cheese on top. Move ham on top of the cheese and place the other half of the pie iron in place. (Try to be sure that ham covers the whole top of the cheese to ease cleanup.) Place on heat with the ham side down. Remove and serve on the toasted English muffin once the egg is fully cooked and the cheese is melted. (If using a square pie iron, use two eggs.)

BREAKFAST CORN DOGS:

Ingredients:

- 6 Precooked Breakfast Sausage Links
- Corn Bread Mix & Required Ingredients

Directions: Using a Dog'n Brat Cooker, coat both inside surfaces with either butter or spray cooking oil. Place 2 sausage links in each of the troughs of one half of pie iron. Mix Corn bread mix following the directions. Pour corn bread mix over sausages filling each trough. Place other half of pie iron in place, close and fasten closed with handle hook. Place on an elevated grate over heat flipping every minute until ingredient are fully heated and corn bread is baked throughout. Serve as finger food.

BREAKFAST WAFFLES:

Ingredients:

- 2 Cups Original Bisquick mix
- 1 1/3 Cups milk
- 2 Tbsp. vegetable oil
- 1 Egg

Directions: Mix ingredients until combined. Do not over mix. Preheat either a round waffle iron or a rectangular waffle iron. Coat both inside surfaces with spray cooking oil. Pour batter over one face of the preheated waffle iron spreading out evenly so all impressions are full. Place the second half of the preheated waffle iron in place, close and fasten closed with handle hook. Place over heat flipping every minute until the interior of the waffle is fully baked and the outer surfaces are crispy and easily separate from the waffle iron. Serve with butter and maple syrup.

CINNAMON ROLL WAFFLES:

Ingredients:

- Tube of Cinnamon Roll with Icing

Directions: Open cardboard tube of refrigerated cinnamon rolls. Using an unheated or slightly warm rectangular waffle iron, coat both inside surfaces with spray cooking oil. Place two rolls of dough spaced out equally. Place the second half of the waffle iron in place pressing down the dough to force dough into depressions in the waffle iron. Close and fasten with handle hook. Place over heat flipping every 30 seconds until the interior of the waffle is fully baked and the outer surfaces are crispy. Spread icing on each.

CORN BREAD:

Ingredients:

- 1 Box Jiffy Corn Bread Mix
- 1 Egg
- 1/3 Cup of Milk

Directions: Using a Dog'n Brat Cooker, coat both inside surfaces with either butter or spray cooking oil. Mix Corn bread mix following the directions. Pour corn bread mix into one side of the pie iron filling each trough. Place other half of pie iron in place, close and fasten closed with handle hook. Place on an elevated grate over heat flipping every minute until the corn bread is baked throughout. Serve as finger food. Also works with other Jiffy quick breads. Try also using a square or round pie iron.

TOASTED HAM & CHEESE SANDWICH:

Ingredients:

- 2 Slices Sandwich Bread
- 2 Slice American Cheese
- 1 Slice Deli Boiled Ham

Directions: Using a square pie iron, coat both inside surfaces with either butter or spray cooking oil. Place 2 slices of bread in each side of the pie iron. On one side, stack cheese and ham on top of bread. With second slice of bread inside, place other half of pie iron in place, close and fasten closed with handle hook. Place over heat flipping every minute until ingredient are fully heated and bread is nicely toasted. Serve as finger food.

PIE IRON PEPPERONI PIZZA SANDWICH:

Ingredients:

- 2 Slices Sandwich Bread
- 2 Tbsps. Shredded Mozzarella Cheese
- 2 Tbsps. Tomato Sause
- 4 Slices of Precut Pepperoni

Directions: Using a square pie iron, coat both inside surfaces with either butter or spray cooking oil. Place 1 slice of bread on one side of the pie iron. It is better if the bread slightly overhangs the pie iron so the sandwich will seal up when cooked. Spread tomato sauce keeping it about ¼ inch away from the edge of the pie iron. sprinkle cheese and place pepperoni slices on top of sauced bread again keeping ingredients ¼ inch in from the pie iron edge. Place the second slice of bread on top. Place other half of pie iron in place, close and fasten closed with handle hook crimping the bread. Place over heat flipping every minute until ingredient are fully heated and bread is nicely toasted. Serve as finger food.

PIE IRON ENGLISH MUFFIN PIZZA:

Ingredients:

- 1 English Muffin
- 1 ½ Tbsps. Shredded Mozzarella Cheese
- 1 Tbsps. Tomato Sause
- 3 Slices of Precut Pepperoni

Directions: Using a round pie iron, coat both inside surfaces with either butter or spray cooking oil. Place 1 half of the muffin face up on one side of the pie iron. Spread tomato sauce keeping it about ¼ inch away from the edge of the muffin. Sprinkle cheese and place pepperoni slices on top of sauced muffin half. Place the second muffin half on top. Place other half of pie iron in place, close and fasten closed with handle hook crimping the bread. Place over heat flipping every minute until ingredients are fully heated and muffin is nicely toasted. Serve as finger food.

BEEF STEW HOT POCKET:

Ingredients:

- Store Bought Pie Crust
- Canned Beef Stew

Directions: Using a round pie iron, coat both inside surfaces with either butter or spray cooking oil. Cut two rounds of pie crust that will hang ¼ inch over the edge of the pie iron once in place. Press a round in each half of the pie iron. Spoon in canned stew to one half of pie iron with stew slightly mounded. Place other half of pie iron in place with pie crust already in place, close and fasten closed with handle hook crimping the crust. Place over heat on an elevated grate flipping every minute until ingredients are fully heated and crust is nicely toasted. Serve as finger food.

CORN DOGS:

Ingredients:

- 3 Precooked Hotdogs
- Corn Bread Mix & Required Ingredients

Directions: Using a Dog'n Brat Cooker, coat both inside surfaces with either butter or spray cooking oil. Place one hot dog in each of the troughs of one half of pie iron. Mix Corn bread mix following the directions. Pour corn bread mix over hotdogs filling each trough and coating tops of hotdogs. Place other half of pie iron in place, close and fasten closed with handle hook. Place on an elevated grate over heat flipping every minute until hotdogs are fully heated and corn bread is baked throughout. Serve as finger food.

CHILI HOT POCKET:

Ingredients:

- Store Bought Pie Crust
- Canned Chili
- 1 Tbsp. Shredded Cheese

Directions: Using a round pie iron, coat both inside surfaces with either butter or spray cooking oil. Cut two rounds of pie crust that will hang ¼ inch over the edge of the pie iron once in place. Press a round in each half of the pie iron. Spoon in a layer of the canned chili to one have of pie iron.

Sprinkle shredded cheese on top of the chili. Add the rest of the canned chili with chili slightly mounded. Place other half of pie iron in place with pie crust already in place, close and fasten closed with handle hook crimping the crust. Place over heat flipping every minute until ingredients are fully heated and crust is nicely toasted. Serve as finger food.

TUNA MELT SANDWICH:

Ingredients:

- 2 Slices Sandwich Bread
- Tuna Fish Mixed with Mayonnaise
- American Cheese

Directions: Using a square pie iron, coat both inside surfaces with either butter or spray cooking oil. Place 1 slice of bread on one side of the pie iron. It is better if the bread slightly overhangs the pie iron so the sandwich will seal up when cooked. Spread tuna fish mixture keeping it about ¼ inch away from the edge of the pie iron. Add layer of cheese. Place the second slice of bread on top. Place other half of pie iron in place, close and fasten closed with handle hook crimping the bread. Place over heat flipping every minute until ingredients are fully heated and bread is nicely toasted. Serve as finger food.

SLOPPY JOES:

Ingredients:

- 2 Slices of Sandwich Bread
- Canned Sloppy Joe Mix
- 1 Tbsp. Shredded Cheese

Directions: Using a square pie iron, coat both inside surfaces with spray cooking oil. Place a slice of bread in each half of the pie iron. Spoon in a layer of the canned sloppy joe mix to one half of pie iron. Sprinkle shredded cheese on top of the chili. Add another layer of the canned sloppy joe mix slightly mounded. Place other half of pie iron in place with slice of bread already in place, close and fasten closed with handle hook crimping the crust. Place over heat flipping every 30 seconds until ingredients are fully heated and crust is nicely toasted.

MONTI CRISTO SANDWICH:

Ingredients:

- 2 Slices Sandwich Bread
- 1 Slice Swiss Cheese
- 1 Slice Deli Boiled Ham
- 1 Slice Deli Turkey Breast
- Mayonnaise
- Mustard
- 1 Egg
- ½ Cup Milk

Directions: In a bowl, mix and whisk egg and milk. Coat one side of each slice of bread with the egg and milk mixture. Place each slice with the coated side towards the pie iron in a square pie iron which has been coated with spray cooking oil. Coat one slice of bread with mayonnaise and the other with mustard. On one side, stack turkey, cheese and ham on top of bread. With second slice of bread

inside, place other half of pie iron in place, close and fasten closed with handle hook. Place elevated over heat flipping every minute until ingredients are fully heated and bread is nicely toasted. Serve as finger food.

STEAK PANINI SANDWICH:

Ingredients:

- 2 Thin Slices Italian Bread
- Sandwich Steaks, 2 Large Slices
- ¼ Cup Shredded Mozzarella Cheese
- ½ Green Bell Pepper
- ¼ Onion
- ½ Clove of Garlic
- Butter
- Salt & Pepper

Directions: Cut pepper into fine strips. Cut onion in to very fine rings. Crush and finely chop garlic. Using a preheated panini press pie iron or double pie iron, coat both inside surfaces with heavy coat of butter. Place onions, peppers and garlic in the pie iron. Place other half of panini press pie iron in place, close and fasten closed with handle hook. Sauté by placing pie iron over heat. Shake every 20 seconds. Cook for 2 minutes. Salt and pepper sandwich steaks. Open press and lay sandwich steaks on top of sautéed peppers and onions. Coat inside surface of top press with butter. Place other half of press in place, close and fasten closed with handle hook. Flip over and place on heat with the steak now closest to the heat. Cook for 2 minutes. Butter one side of each slice of bread. Remove panini press from heat. Open and remove any veggies or meat stuck to press surface of the top half of the press. Place 1 slice of bread in cavity of the top half panini press with the buttered surface towards the cast iron surface. Close press and flip over. Open again and repeat process of adding bread to the other surface. Before closing, sprinkle shredded mozzarella cheese on cooked ingredients. With second slice of bread inside, place other half of press in place, close and fasten closed with handle hook. Place over heat flipping every 30 seconds until cheese is melted and bread is nicely toasted.

CHICKEN PARMASIAN SANDWICH:

Ingredients:

- 2 Slices of Sandwich Bread
- 2 Tbsp. Canned Tomato Sauce
- 1 Tbsp. Shredded Mozzarella Cheese
- 1 Frozen Pre-cooked Chicken Patty

Directions: Using a round pie iron, coat both inside surfaces with spray cooking oil. Place the chicken patty in the pie iron and heat. Remove pie iron from heat and open. Place a slice of bread in the empty half of the pie iron. The square slice of bread will overhang the pie iron. Spoon in a tablespoon of the sauce to exposed surface of the piece of bread in the half of pie iron. Now move the heated chicken patty from the other half of the pie iron placing it on top of the sauced slice of bread. Spread a tablespoon of sauce on top of the chicken patty and then sprinkle shredded cheese on top of the sauced chicken patty. Place a slice of bread on top of the cheese. Place other half of pie iron in place, close and fasten closed with handle hook crimping the bread. Cut off and discard the bread remaining outside of the closed pie iron. Place over heat flipping every 30 seconds until ingredient are fully heated and crust is nicely toasted.

APPLE PIE:

Ingredients:

- Store Bought Pie Crust (or Bread)
- Canned Pie Filling

Directions: Using a round pie iron, coat both inside surfaces with either butter or spray cooking oil. Cut two rounds of pie crust that will hang ¼ inch over the edge of the pie iron once in place. Press a round in each half of the pie iron. Spoon in canned pie filling to one half of pie iron with filling slightly mounded. Place other half of pie iron in place with pie crust already in place, close and fasten closed with handle hook crimping the crust. Place over heat on an elevated grate flipping every minute until ingredients are fully heated and crust is nicely toasted. Serve as finger food.

CHOCOLATE ECLARE:

Ingredients:

- 2 Slices of Sandwich Bread
- ½ of a Vanilla Pudding Snack Pack
- 1 Tbsp. Chocolate Prepared Frosting

Directions: Using a square (*or round*) pie iron, coat both inside surfaces with spray cooking oil. Place a slice of bread in each half of the pie iron. Spoon in a layer of the vanilla pudding to one half of pie iron. Place other half of pie iron in place with slice of bread already in place, close and fasten closed with handle hook crimping the crust. Place over heat flipping every 30 seconds until ingredients are fully heated and crust is nicely toasted. Remove from the pie iron and spread chocolate frosting to one side. Enjoy, you will be surprised how tasty it is.

CHOCOLATE CAKE WAFFLES:

Ingredients:

- Chocolate Cake Batter
- Powdered Sugar or Prepared Frosting

Directions: Using a rectangular or round waffle iron, coat both inside surfaces with spray cooking oil. Preheat each side evenly over fire. Spoon in prepared cake batter to one half of pie iron. Place other half of iron in place, close and fasten closed with handle hook crimping the crust. Place elevated on a grate over heat flipping every 30 seconds until ingredients are fully baked. Avoid a mess by not opening too early. Remove from the waffle iron. Spread chocolate frosting to one side or sprinkle with powdered sugar.

EASY PINEAPPLE UPSIDEDOWN CAKE:

Ingredients:

- 1 Plain Cake Type Donut
- 1 Ring of Canned Pineapple
- 1 Tsp. Brown Sugar
- 1 Tsp. Butter
- 1 Maraschino Cherry

Directions: Use a round pie iron. Slice cake type donut into two layers. Coat cut surfaces of the donut with butter. Place each slice inside pie iron with the cut and buttered surface against the surface of the pie iron. Place pine apple slice in a Ziploc bag with brown sugar. Shake bag to coat pineapple with brown sugar. Remove pineapple from plastic bag and place on top of one of the donut slice. Insert a maraschino cherry in the hole of the donut. Place the other slice of donut on top with the buttered side up. Place other half of pie iron in place, close and fasten closed with handle hook crimping the crust. Place over heat flipping every 30 seconds until ingredients are fully heated and is nicely toasted.

CHUNKY PEANUT BUTTER CHOCOLATE FLUFFERNUTTER

Ingredients:

- 2 Slices of White Bread
- 1 Tbsp. Chocolate Chips
- 1 Tbsp. Mini Marshmallows
- 1 Tbsp. Peanut Butter

Directions: Spray both inside surfaces of the open pie iron with cooking oil. Insert a slice of bread in each half. Spread peanut butter to the inside surface of one the slices of bread. Sprinkle both chocolate chips and mini marshmallows on top of the peanut butter. Place other half of pie iron in place with slice of bread already in place, close and fasten closed with handle hook crimping the crust. Place over heat flipping every 30 seconds until ingredients are fully heated/melted and crust is nicely toasted.

PIE IRON SAMORE

Ingredients:

- 2 Slices of White Bread
- 1 Tbsp. Chocolate Chips
- 1 Tbsp. Mini Marshmallows
- ½ Gram Cracker

Directions: Spray both inside surfaces of the open pie iron with cooking oil. Insert a slice of bread in each half. Sprinkle half the chocolate chips and mini marshmallows on top of one slice of bread. Place the half gram cracker on top of the marshmallows and chocolate chips. Sprinkle remaining chocolate chips and mini marshmallows on top of the gram cracker. Place other half of pie iron in place with slice of bread already in place, close and fasten closed with handle hook crimping the crust. Place over heat flipping every 30 seconds until ingredients are fully heated/melted and crust is nicely toasted.

Reflector Oven Cooking



Welcome to the World of Reflector Ovens! Reflector ovens are too often a forgotten method of cooking in the outdoors. Whether used in 18th Century kitchens or by more recently by campers, a reflector oven offers a great option for baking and roasting in the outdoors or in a fireplace. Adding to the convenience is an apparent resurgence of commercially available reflector ovens in part spurred by outfitters looking for a light weight oven for canoe and backpacking expeditions. Reflector ovens are also relatively easy to make. From an oven made from cardboard wrapped in foil to sheet metal connected with small hinges to bakers' sheet trays fastened together with nuts and bolts, you are only limited by your imagination. Below are pictures of two reproductions from Old Sturbridge Village which would have been used in the late 1700's through the early 1800's. The upper two photos are of a "Tin Kitchen" used on the hearth to roast meat. Vegetables could be placed in the pan below the meat for roasting while absorbing the delicious juices of the meat. The lower photo is of an "American Oven" which too would have been used on a hearth. You can imagine how delicious hot biscuits baked in this oven would be especially lathered with some butter or jam!



How do they work? Reflector ovens use the radiant heat and convection heat emitted from a campfire to provide the source of heat. They act as an oven by having multiple surfaces that direct heat from multiple directions. Just like a Dutch oven, a properly constructed reflector oven will provide both heat from above and below the item being baked or roasted. The intensity of the heat being reflected on the food is controlled both by the intensity of the source of heat and the distance between the reflector oven and the heat source. It's best to err on having the oven further away from the fire and then adjust the distance to achieve the desired temperature within the oven. With a larger and hotter fire, start 18 inches away. You may find that you are as close as 6 inches away for a smaller fire. It is truly amazing how quickly items can be baked (or burned) in a reflector oven. It is very important that the food be rotated more often than you may think is necessary. The portion of the food closest to the

fire will cook faster than the portion towards the back of the oven. Without rotating or shifting the food, the likely results will be unevenly cooked food that is raw in one half and burnt to a crisp on the other. The surface where the oven is placed should be relatively flat and level with enough space to be able to adjust the distance between the fire and the oven. Place the back of the oven in the direction of any wind or breezes. The reflector oven will act as a shield from the wind while minimizing ash being blown from the fire onto the food.

What should I consider when selecting a Reflector Oven? There are several considerations when selecting a reflector oven. The key factor will be availability. Although there are more commercially available than in the recent past, they likely are only found online and even then, still with less than 10 types available. Of course, cost is also a factor. The cost is many times impacted by the complexity of the design, the materials used, and shipping. Size is also an important consideration. Baking a few biscuits can be easily be baked in a small oven while baking a cake will require a much bigger oven. Weights can vary. If the oven is to be used while tailgate camping, weight may not be an issue. That may not be the case if the oven is part of the gear being stowed in a canoe for a 3-day trip with portaging or a multi-day backpacking adventure. The amount of weight is a factor of size, design and the material used. Options exist with some commercial available oven with the ovens offered fabricated from either stainless steel, sheet metal or aluminum.

Here are some examples of Reflector Ovens.



Foil Covered Cardboard: Reflector ovens can be made using cardboard for structure with foil as the reflective surface. Wire from coat hangers and mesh or hardware wire can act as a grate. Binder clips can be used to fasten parts. Even a pizza box can be re-purposed.

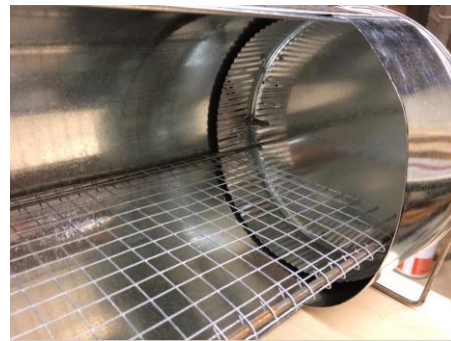


#10 CAN REFLECTOR OVEN: Two #10 cans be joined together with pop rivets to form a reflector oven. The hardware wire gate is supported by pieces of a wire coat hanger that are poked through the ends of the cans. Shorter pieces of coat hanger were used to add wire loop handles on the top of the oven and stands for the bottom.





DUCT WORK REFLECTOR OVEN: Inspired by the #10 Can Reflector Oven, this oven is fabricated from a 24 inch length of 8 inch round duct. An 8 inch duct end cap is inserted into each end. The end caps are fastened in place with several pop rivets.



OLD SCOUT REFLECTOR OVEN: This commercially available reflector oven is easily assembled and dissassembled. Available at www.oldscoutoutdoorproducts.com.



REFLECTOR OVEN BY SVANTE FREDÉN: This reflector oven is available commercially online or can be made at home. Either way you will have an awesome reflector oven that sets up and breaks down easily and works extremely well. A search “Svante Freden” of YouTube will take you to a video of Mr. Freden fabricating reflector ovens in his barn in Sweden. The top set of photos are of the commercially available version. The pictures that follow are of the homemade model. The set of instructions that follow can be found on the internet at Mr. Freden’s own web site:

www.sf-canoes.se/en/reflector-oven/



Do It Yourself. Svante Freden foldable Reflector Oven

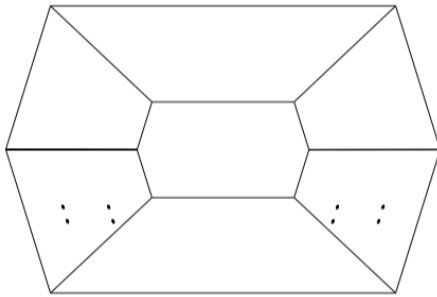
Material: 1 mm aluminium, 2pcs 500x250 mm, 1pc 250x150 mm.

Long hinges ca: 1700 mm. Rivets 2-4 mm ca: 90 pcs

6 screws and nuts, same diameter as the rivets.

3 mm wire 900 mm.

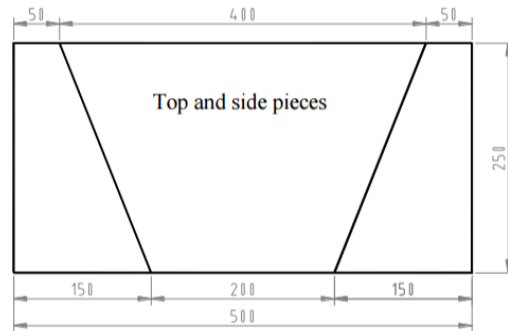
Start by making a mock-up of the oven with paper and tape so you can see how it looks and works and that you are satisfied with the size



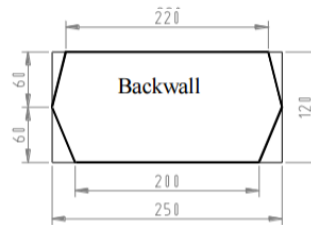
Opened up



Folded down



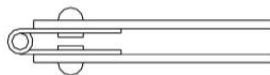
Top and side pieces



Backwall



Put the sheets inside the hinge when drilling



Put the sheets outside the hinge when riveting.

When you are satisfied with the dimensions, cut out the pieces from the sheet, let the backwall wait.

Start by mounting the sides, clamp the hinge and sheets so they do not move when you drill. Rivet the sides together. Be sure the rivets are clear from each other when you close the sides (flatten the rivet heads if necessary).

Put all six pieces together as shown in the figure "folded down", and drill through the whole package for the outer hinges.

Rivet three hinges fully, but only one side on the fourth, and use bolts and nuts on the other side, so you can open it again.

Now cut out the backwall, but let it be a little bit too big so it tightens the sides. Put the hinge on the inside of the bottom. Don't rivet yet, use screws and nuts. Test to fold and unfold.

Make a little locking tab 12x25 mm to rivet on the backwall. Cut a slot for the locking tab in the top.

Make two pieces 12x25 mm to hold a handle on top. Shape a handle from a piece of wire and rivet the holder pieces.

Now to the grating. Make a teststick 2cm shorter than the front, test with the stick to see where it reaches both sides. There you can drill a hole 4 mm, in each side. Drill another hole ca, 90 mm from the first hole and parallel with the middle of the sides. Make the grating in a U-form so you can put it in from the outside and it comes out on the other side, but short enough so that you can lay it on the inside of the oven when the oven is folded.

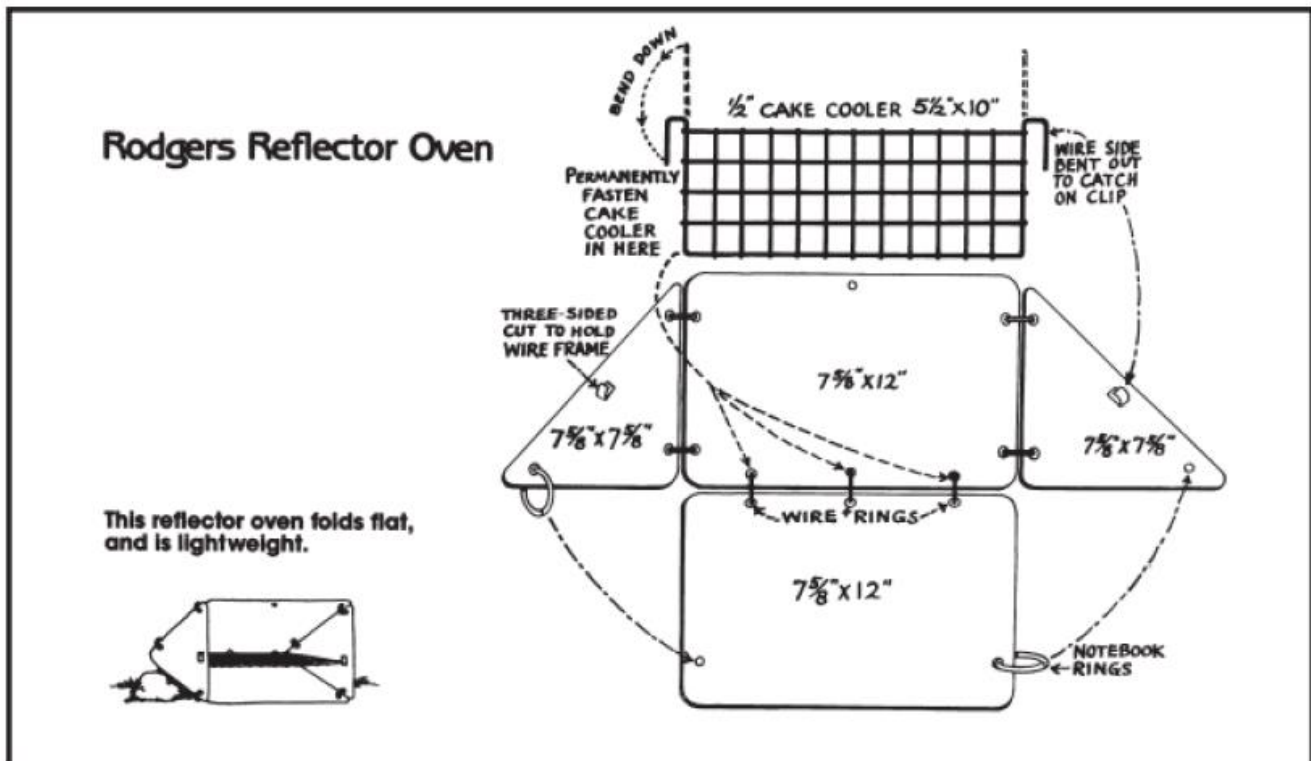
This reflector oven design is a do-it-yourself version of the oven that I build. My oven has integrated hinges which cuts down on weight and gives a nice clean look without sharp edges.

Design and construction:

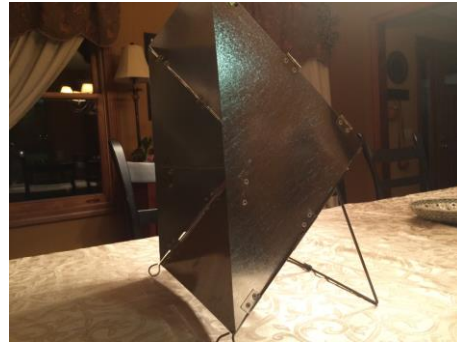
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THE RODGERS REFLECTOR OVEN: This set of plans dates back over 40 years ago. It is easy to make, light weight and large enough to thrill everyone with some nice hot biscuits and treats. Unfortunately, the link to the website for the plans has been misplaced.

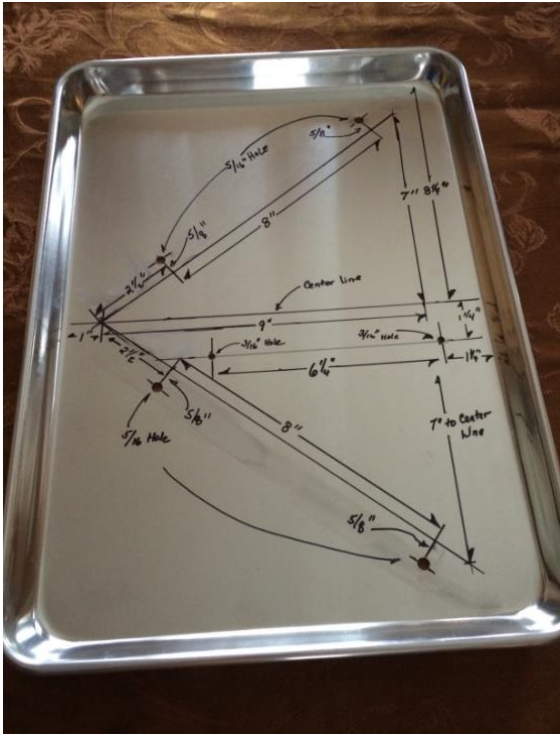


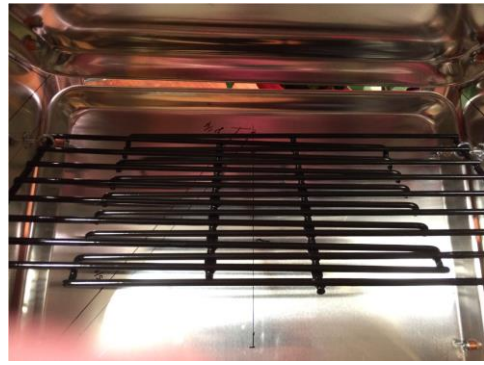
FOLDING REFLECTOR OVEN WITH STAND: This design takes inspiration from designs seen online with the addition of a stand to properly support the oven. The stand is made from the metal wire used for a political yard sign where the sign is a bag that slides over a hoop. Two shish kabob skewers help to connect the moveable parts while also acting as feet for the front of the oven.



THE GRUBMASTER SHEET PAN REFLECTOR OVEN: This oven uses 4 half sheet pans and an adjustable replacement grate. The weight of this oven is heavier than most yet it is very stable and boasts a lot of space for items being baked. The reflector oven is fastened together using $\frac{1}{4}$ x 20 machine bolts with wing nuts. Copper tubing spacers are cut at the angle of the sides to ensure that the bolts sit at the correct angle. 4 Eyebolts are used to support the grate. T-Nuts on the eyebolts provide a firm surface to tighten the wing nuts on the eyebolts against.







THE LILLIS REFLECTOR OVEN BY L&L MECHANICAL, LLC: This oven is fabricated by L&L Mechanical, LLC located in Goshen, Connecticut. Credit goes out to fellow scouter Tom Stansfield for the lead on this extremely sturdy and well performing oven. Thank you also to Tom for sharing his photos of the oven in use. We really appreciate and thank Charlie at L&L Mechanical for his help in making this oven available for purchase. Charlie, his family and his staff are not only skilled in fabricating these awesome ovens, but he and his wife also use reflector ovens. For years his family's turkey at Thanksgiving has been roasted on his fireplace hearth in an authentic "Tin Kitchen", the granddaddy of reflector ovens. Orders can be placed by contacting Charlie at 860-491-4007 by phone or by email at l_lmechanical@sbcglobal.net. The sheetmetal constructed oven comes with two nested pans fabricated from stainless steel to aid in cleaning. The ovens boast a roomy cooking area with an opening width of 19", an opening front height of 11.5" and depth of 10".



RECEIPIES:

SIMPLY CHOCOLATE CAKE

Ingredients:

- Box Cake Mix
- 3 Eggs
- Oil in the Amount Listed on the Box
- Water in the Amount listed on the Box
- 1 Cup of Chocolate Chips
- Powdered Sugar

Directions: Follow the directions provided with the cake mix. Stir in chocolate chips. Using a smaller round baking pan or foil pan, coat inside surface of the pan with cooking spray. Add cake batter to an even thickness of about 1 inch. Bake in the reflector oven rotating slightly every 5 minutes. Bake until a knife or debarked twig can be poked into cake and come out without any wet batter. Sprinkle powdered sugar and serve.

ENGLISH MUFFIN PIZZA:

Ingredients: (Per 2 Mini Pizzas)

- 1 English Muffin Sliced in Half
- 2 Tbsps. Shredded Mozzarella Cheese
- 2 Tbsps. Tomato Sauce
- 6 Slices of Precut Pepperoni

Directions: Place both halves of the muffin face up. Spread tomato sauce on both halves keeping it about ¼ inch away from the edge of the muffin to minimize dripping on the oven. Sprinkle cheese and place pepperoni slices on top of sauced muffin half. Place in the reflector oven. Rotate as needed to ensure even baking. Serve once ingredients are fully heated, the muffin is crispy and the cheese melted.

PEPPERONI PIZZA:

Ingredients:

- Store Bought Pizza Dough
- Shredded Mozzarella Cheese
- Tomato Sauce
- Slices of Precut Pepperoni

Directions: Roll out or form pizza dough into desired shape and thickness keeping in mind the need to be able to rotate while baking. Spread tomato sauce on about 1 inch away from the edge of the dough to both minimize dripping sauce on the oven and to have a nice pizza crust. A little sauce goes a long way. Sprinkle cheese and place pepperoni slices on top. Place in the reflector oven. Rotate as needed to ensure even baking. Serve once ingredients are fully heated, the dough is baked and the cheese melted. *Alternative: Substitute actual pizza dough with pre-made 8-inch pizza crusts.*

MINI STROMBOLLI:

Ingredients:

- Store Bought Pizza Dough
- Shredded Mozzarella Cheese
- Tomato Sauce
- Deli Ham

Directions: Roll out or form pizza dough into circle about 8 inches in diameter and about ¼ inch in thickness. Dividing the circle in half, spread tomato sauce on the dough staying 1 inch away from the edge of the dough. A little sauce goes a long way. Spoon cheese on top of sauce. Dice deli ham into 1 inch squares. Place diced ham on top of cheese. Add a little more sauce on top of ham. Wet the 1 inch boarder of the exposed dough on the half with water. Fold the dough over and press edges together to form a pocket. Place in the reflector oven. Rotate as needed to ensure even baking. Serve once ingredients are fully heated, the dough is baked and the cheese melted.

BAKED CAJUN TILAPIA FILLETS

Ingredients:

- Tilapia Boneless Fillets
- Salt & Pepper
- Cajun Seasoning

Directions: Spray the bottom of a small foil pan with cooking spray. Lay fillets in the tray in one layer. Season with salt and pepper. Coat with Cajun seasoning. Bake in a reflector oven rotating periodically to ensure the fish is baked evenly. Bake until the meat is white throughout and flakes apart when using a fork. Don't like Cajon seasoning – no worries – select seasoning of your own choosing.

BAKED FROG LEGS

Ingredients:

- Frog Legs
- Salt & Pepper
- Butter
- Lemon Slices

Directions: Using a small foil pan, lay frog legs in the tray in one layer. Season with salt and pepper. Place dabs of butter spaced out on frog legs. Lay over the top slices of lemon. Bake in a reflector oven rotating periodically to ensure the frog legs are baked evenly. Bake until the meat is white throughout and flakes apart when using a fork.

REFLECTOR OVEN BISCUITS

Ingredients:

- Pillsbury Grands Flaky Layers Biscuits Original

Directions: Place biscuits on a greased or cooking spray oiled foil tray. Place in reflector oven. Bake, moving and rotating biscuits to ensure even baking. Bake until cooked throughout and nicely browned on the top and bottom. Don't forget the butter!

REFLECTOR OVEN CINNAMON ROLLS

Ingredients:

- Pillsbury Cinnamon Rolls with Original Icing

Directions: Place rolls on a greased or cooking spray oiled foil tray. Place in reflector oven. Bake, moving and rotating rolls to ensure even baking. Bake until cooked throughout and nicely browned on the top and bottom. Coat the tops with the icing provided.

BISQUICK SPOON BISCUITS

Ingredients:

- 2 ¼ Cups of Bisquick mix
- 2/3 Cup of Milk

Directions: Mix ingredients. Spray a foil tray with cooking spray. Place tablespoon size dollops of batter on the pan. Place in reflector oven. Bake, rotating pan to ensure even baking. Bake until cooked throughout and nicely browned on the top and bottom.

BISQUICK CHOCOLATE SCONES

Ingredients:

- 2 Cups of Bisquick mix
- 3 Tablespoons of Granulated Sugar
- 1 Tablespoon of Milk
- 1 Egg
- 1/3 Cup of Mini Chocolate Chips

Directions: Mix together all ingredients. Form into triangles about ¾ of an inch thick. Bake on a greased pan rotating within the oven to ensure even baking. Bake until cooked through and the top and bottom are lightly browned. Sprinkle with granulated sugar and serve.

CORN BREAD

Ingredients:

- 1 Box of Jiffy Corn Bread Mix
- 1 Egg
- 1/3 Cup of Milk

Directions: Mix ingredients. Spray the inside surfaces of a 7-inch foil pan with cooking oil. Place corn bread batter in foil pan spreading evenly. Place in the reflector oven and bake. Rotate pan periodically to ensure it bakes evenly. When stuck into a completely baked corn bread, a knife or toothpick will come out clean. *Alternative:* Consider using other available Jiffy boxed quick breads.

CAMP HOT BEEF STEW POCKETS

Ingredients:

- Store Bought Pie Crust
- Canned Stew Filling

Directions: Unroll defrosted pie crusts. The easiest way to prepare the pies is to cut a piece of pie crust twice the size of the finished pie allowing for the crust to be folded over in half. Be created with shapes to minimize waste. Add canned stew minimizing the amount of gravy to one half of the cut pie crust keeping the filling $\frac{3}{4}$ of an inch from the cut edge of the half. Coat the remaining surface of cut edge of the pie crust with water. Fold over the remaining half. Press together the cut edges using your fingers or a fork. Place on tray of reflector oven and bake. Rotate periodically to prevent burning and to allow for even baking. Consider using a piece of foil or parchment paper under the pie pockets in the event the filling leaks out while baking. Bake until filling is hot and the pie crust cooked. *Alternative:* Instead of canned stew filling, consider using canned chili.

PIGS IN A BLANKET

Ingredients:

- Hotdogs
- Pop & Fresh Biscuits
- American Cheese

Directions: Using a flat clean surface, roll out each biscuit to make a thin dough that can be wrapped around the hotdog. (*Tip:* Don't have a rolling pin? Use a clean Nalgene bottle or an unopened can as your rolling pin. A little flour helps prevent the dough from sticking to your rolling tool.) Wrap a slice of American cheese around the hotdog and then wrap with biscuit dough. Bake until the dough is fully cooked, the cheese melted and the hotdog hot. *Alternative:* Wrap the outside of each dough wrapped hotdog with a slice of bacon using toothpicks to hold in place. Be sure to fully cook the bacon.

SINGLE SERVING PINEAPPLE UPSIDEDOWN CAKES

Ingredients:

- Box Yellow Cake Mix
- 3 Eggs
- Oil in the Amount Listed on the Box
- Canned Pineapple Rings
- Marachino Cherries
- Brown Sugar
- Butter
- Tuna Fish Cans (Empty & Washed)

Directions: Follow the directions provided with the cake mix except replace the water with the juice from the pineapple. Supplement water if there isn't enough juice to equal the quantity of water listed in the directions. Using the cleaned tuna can, coat inside surface of the pan with cooking spray. Place a ¼ inch pad of butter and a teaspoon of brown sugar in the bottom of each of the tuna cans. Place in the reflector oven. Once the butter and brown sugar are melted, add one pineapple ring to each tuna can. Place one marachino cherry in the center hole of each pineapple slice. Add cake batter to an even thickness of about ¾ of an inch. Bake in the reflector oven rotating slightly moving from the front to the back of the oven every 5 minutes. Bake until a knife or debarked twig can be poked into cake and come out without any wet batter. Eat either out of the can or, if you are one of those fancy folks, dump the can onto a plate and enjoy the beauty of your baked creation.

RASBERRY SHORTCAKE

Ingredients:

- 4 Cups Fresh or Frozen Raspberries
- 2 1/3 Cups of Bisquick Mix
- 2/3 Cup of Milk
- 3 Tablespoons Granulated Sugar
- 3 Tablespoons of Butter (Melted)
- Spray Whipped Cream

Directions: Melt butter. Mix together Bisquick mix, milk, sugar and melted butter. Divide into 4 and spoon onto pan coated with cooking spray. Bake rotating within the oven to ensure even baking. Bake until cooked through and the top and bottom are lightly browned. When ready to serve, spoon raspberries (or thawed frozen raspberries) on top of shortcakes. Top with whipped cream.

CHOCOLATE CHIP COOKIE

Ingredients:

- Nestlé® Toll House® Refrigerated Chocolate Chip Cookie Dough

Directions: Thaw cookie dough. Separate pre-perforated cookie disks. Place on a greased or cooking oil coated pan or tray. Bake rotating within the oven to ensure even baking. Bake until cooked through and the top and bottom are lightly browned.

EASY APPLE TURNOVERS

Ingredients:

- Frozen Puff Pastry
- Canned Apple Pie Filling (Or Any Other Canned Pie Filling)
- Powdered Sugar
- Egg

Directions: Crack one egg into a small bowl, beat. Lay out defrosted puffed pastry. The size of the cut pieces of puffed pastry should be twice as large as the desired size of the turnover. Ideally cut into squares. In the interest of preventing waste, a rectangular cut could also be used. With the piece of cut pastry laying flat, spoon apple pie filling on one half keeping the filling 1 inch away from the edges. Coat exposed 1 inch edge with beaten egg. Fold puff pastry in half pressing egg coated edges together. Place on tray of reflector oven and bake. Rotate periodically to prevent burning and to allow for even baking. Consider using a piece of foil or parchment paper under the pastry in the event the filling leaks out while baking. Bake until the pastry is nicely “puffed” and the filling hot. Sprinkle with powdered sugar and serve. *Alternative:* Instead of canned pie filling, make your own using a peeled apple chopped into ½ inch chunks. Coat with granulated sugar and cinnamon and a little flour if available. The baking time will take longer. Be careful not to burn pastry as a result. Use a lower baking temperature controlled by adjusting the distance between the fire and the reflector oven.

SIMPLE FRUIT PIE POCKETS

Ingredients:

- Store Bought Pie Crust
- Canned Pie Filling

Directions: Unroll defrosted pie crusts. The easiest way to prepare the pies is to cut a piece of pie crust twice the size of the finished pie allowing for the crust to be folded over in half. Be creative with shapes to minimize waste. Add pie filling to one half of the cut pie crust keeping the filling ¾ of an inch from the cut edge of the half. Coat the remaining surface of cut edge of the pie crust with water. Fold over the remaining half. Press together the cut edges using your fingers or a fork. Place on tray of reflector oven and bake. Rotate periodically to prevent burning and to allow for even baking. Consider using a piece of foil or parchment paper under the pie pockets in the event the filling leaks out while baking. Bake until filling is hot and the pie crust cooked. *Alternative:* Instead of canned pie filling, make your own using a peeled apple chopped into ½ inch chunks. Coat with granulated sugar and cinnamon and a little flour if available. The baking time will take longer. Be careful not to burn pie crust as a result. Use a lower baking temperature controlled by adjusting the distance between the fire and the reflector oven.

Cooking Turkey





TRADITIONAL TRASH CAN TURKEY

This traditional method of trash can turkey is pretty straight forward and does not involve a lot of specialty items or modifications to the trash can. A 15-pound turkey in the right weather conditions can be roasted in as little as 1 ¼ hours. Follow the set of instructions for a delicious turkey that will surprise every first tasters.

STEP 1: Prior to using a new 20-gallon metal trash can for roasting, wash the can and then place the can on a good bed of coals in a campfire. Move and rotate the can to expose all surfaces of the can's exterior to the coals long enough to burn off any oils and contaminants. Use Dutch oven gloves when handling the hot metal garbage can.

STEP 2: Find a flat surface that can withstand the heat from direct contact with burning charcoal for an extended time. Sandy surfaces or other softer surfaces can help in creating a good seal between the can and the ground.

STEP 3: Lay sheets of aluminum foil on the ground covering an area that is at least 24 inches wider than the diameter of the trash can opening. Lap rows of foil by at least 2 inches. Put down a second layer of foil with the lengths running perpendicular to the first layer.

STEP 4: In the center of the foil surface, place upside down a 12-inch cast iron Dutch without its lid. *(Another option is to puncture the foil and drive two clean wooden stakes into the ground with about 18 inches remaining above the foil and enough driven into the ground to support the turkey. Wrap foil around each stake. Stakes should be close enough together so that the butt end of the turkey can be slid over the top of the stakes.)*

STEP 5: Cover the exposed surfaces of the Dutch oven with foil to minimize clean up.

STEP 6: Place a beer can chicken roaster stand on top of the upside down Dutch oven.

STEP 7: Have handy one 20-pound bag of charcoal and two charcoal chimney starters. Ignite newsprint under two charcoal chimney starters filled with standard charcoal. No need for lighter fluid or presoaked briquettes.

STEP 8: Remove contents inside turkey carcass. Season using your favorite poultry seasonings. Consider using butcher string to tie off legs and wings to keep them tight to the body of the turkey.

STEP 9: Place butt end of turkey over the stem of the beer can chicken roasting stand seated on the top of the inverted Dutch oven. If you don't have a beer can chicken roaster stand, set the turkey butt down directly on the upside down Dutch oven.

STEP 10: Without knocking into the turkey, place the upside-down trash can over and centered on the Dutch oven and turkey. Press down carefully to try to create a better seal with the foil laid on the ground.

STEP 11: Spread the ignited charcoal briquettes of one charcoal chimney on the top of the inverted garbage can. Spread evenly the ignited charcoal of the second chimney around the base of the inverted garbage can trying to keep the coals close to the can. Using the rest of the 20-pound bag of charcoal, place unlit briquettes on top of the ignited briquettes on top of the inverted can and on top of the coals laid around the base of the can. Again, no need for any lighter fluid or presoaked briquettes. It will only cause the briquettes to burn more quickly instead of allowing a longer more consistent heat.

STEP 12: Roast a 15-pound turkey for about 1 ¼ hours. To test temperature, first knock off or remove any ash from the top of the inverted can that could easily fall off when lifting the trash can. Pull coals and ash slightly away from base of trash can. Using Dutch oven gloves, carefully lift the can up straight higher than the top of the turkey. Set down in the same inverted position in a safe location out of the way. Using a meat thermometer, check the interior temperature to make sure the interior temperature is not less than 165 degrees Fahrenheit. If not yet up to the correct temperature, place can back over turkey and move coals back around the base. If necessary, add more briquettes. Typically adding new briquettes during the roasting process is not needed.

STEP 13: Carefully discard ignited briquettes from around and on top of inverted trash can.

KUEGLER TRASH CAN TURKEY

This adaptation of the traditional trash can turkey provides some key benefits while still enjoying a nice moist turkey cooked in record time. By changing how the turkey is supported, this method allows for the collection of the turkey drippings which both reduces the mess and reserves the dripping to make gravy afterward. The use of an electronic thermometer with a probe takes the guess work out of knowing when the turkey is fully cooked. The wash pan as the base not only provides a safe way to coral the charcoal, but also helps reflect and elevate the burning briquettes.



STEP 1: Place a 17 gallon round galvanized wash tub either on a safe non-burnable level surface or elevate on the concrete blocks. Inside the wash tub, place a 12-inch Dutch oven without its lid in the center.



STEP 2: Use a chicken roaster pan that will support the turkey while allowing the juices from the turkey to drain into the Dutch oven. Place the bale of the Dutch oven over the pan helping to hold the pan in place.



NOTE: If you can't find a chicken roaster, use a perforated grilling pan along with a beer can chicken stand. Use wire to attach the stand to the grilling pan. If necessary, connect the grilling pan to the Dutch oven. Try finding a tray size that nests nicely on the top rim of the Dutch oven.





STEP 3: After seasoning the turkey, Prop the turkey on the stem of the chicken roaster or beer can chicken stand using the larger of the two opening in the turkey. Tuck tips of the wings under the bottom or consider using butcher's string to hold the wings and legs tight to the turkey.



STEP 4: Before using a new trash can, burn the surfaces by placing directly on top of a nice campfire. Rotate to ensure that all surfaces are heated to a high temp removing the shiny appearance of the trash can. Pass the probe of the thermometer through a ¼ inch hole drill about ¼ the up bottom of an upright 20-gallon trash can. Insert the probe into the breast or thigh. Place the upside-down trash can over the turkey with the rim laying directly on the inside bottom of the wash tub. Place a layer lit charcoal around the base of the inverted can.



STEP 5: Add a layer of lit charcoal on top of the inverted can and top off with unlit charcoal. Mound charcoal until briquettes have trouble staying on top. Plug probe wire into electronic thermometer.



STEP 6: Use the remainder of a 20-pound bag of charcoal and spread the charcoal on top of the lit charcoal at the base of the can. Charcoal will be contained between the inside surface of the garbage can and the inside surface of the wash tub.



STEP 7: Once turkey interior temperature reaches at least 165 degrees Fahrenheit. Disconnect wire probe to thermometer. Consider scooping off coals and ash off the top of the inverted can. Wearing Dutch oven gloves, carefully remove the can making sure not to spill ash on the turkey and watching to be sure the wire from the probe passes through the hole in the can. The connector on the end of the wire will prevent it from fully passing through hole. Once turkey accessible, remove probe from turkey. Double check interior temperature using a standard meat thermometer.



STEP 8: Remove turkey from the roaster pan. Place on a tray and cover with foil. Allow to rest. To make a tasty gravy, remove roaster pan from the top of the Dutch oven. Place Dutch oven over a full bed of hot coals. Add turkey broth. Add a slurry of all-purpose flour or corn starch. Wisk continually as the liquid comes to a slow rolling boil until gravy thickens. Season to taste. Carve and serve turkey.

TROOP 5 MIDDLEBURY TURKEY-IN-A-TRASH CAN

Troop 5 has a method that allows for the cooking of more than one turkey inside a 20-gallon metal trash can upright with the lid in place. They usually cook two 15-lb birds at once, using the following process:

STEP 1: When starting with a new can, prepare the 20-gallon metal trash can by placing upside down. Locate the center of the bottom of the trash can. Drill a hole in the center that is $\frac{1}{4}$ wider than the diameter of the metal rod being used to support the turkeys. Over a nice campfire, burn all surfaces of the garbage can and the lid. Roll around as necessary to be sure to get all surfaces. Use Dutch oven gloves to help safely maneuver trash can and lid. Cut a length of $\frac{1}{2}$ " to $\frac{3}{4}$ " metal steel rod long enough to be able to drive firmly in the ground plus the height of the trash can without its lid.



STEP 2: Dig out a hole about $\frac{1}{3}$ of the depth of the can, and at least 6" wider than the garbage can. Remember to practice Leave no Trace principles.

STEP 3: Placing the steel rod in the center of the hole, drive rod into the ground enough to securely support the two turkeys but not too tall to prevent placement of the lid on the can once the can is place over the rod and on top of a bed coals in the bottom of the hole. Rod should be relatively plumb.

STEP 4: Prepare a bed of coals in the bottom of the hole using either a wood fire or charcoal. Provide enough lead time.

STEP 5: Slide the upright prepared metal trash can on top of a bed of coals by sliding over metal rod through the bottom of the can.

STEP 6: Take a large foil tray and roll it into a loosely compressed ball. Insert this mass of foil onto the steel rod, so that it goes all the way to the bottom. The purpose for this is to prevent the turkeys from sitting flat on the bottom of the can and provides for more effective convection. An upside down clean empty #10 can could also be used by first drilling a hole through the bottom so it can be slid over the metal rod.

STEP 7: Season and then slide the first turkey onto the rod butt first until it makes contact with the large foil ball.

STEP 8: Take another large foil tray and folded in half. Puncture a hole in the center so it can be slid over the rod resting on top of the first turkey. An upside down round foil cake pan can also be used. This creates a makeshift cover, deflecting the raw juices of the top bird.

STEP 9: Season and then slide the second turkey onto the rod again butt first so it rests on top of the foil tray placed on the first turkey.

STEP 10: Place the pop up thermometer into both the turkeys.

STEP 11: Place trash cover with lid in place being sure that it tightly sealed.

STEP 12: Place additional coals around the base of the trash can extending up about 1/3 up from the bottom of the can. Place a thin layer of coals on top of the lid. The coals around the can will make up for the coals under the can that will tend to die out during the cooking process.

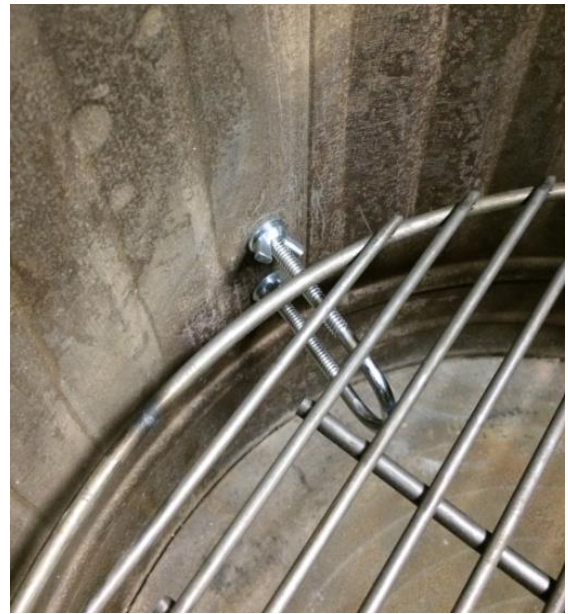
Additional Information: Cooking time for both birds (30-lb total) is typically between 1 ½ and 2 hours. It starts slow, but then leaps in temperature if you simply leave it alone. Double checking cooking thoroughness can be done by simply removing the lid. Be careful when removing the lid to prevent ash on the lid from falling on the turkeys. Try to minimize the frequency of removing the lid to check the turkeys. Each time the lid is removed, the heat escapes from the interior of the can and will need to build up again once the lid is returned. Once the meat thermometers pop, double check interior temperature of both turkeys using a standard meat thermometer.

THE GRUBMASTERS POULTRY ROASTER

This method is an adaptation of the Troop 5 Middlebury method for Trash Can Turkey. Instead of using the metal rod to support the turkeys, use a 30-gallon metal trash can and fasten two round grates spaced within the inside of the garbage can. Place the first grate about 8 inches up from the bottom of the can. Space the upper grate half way between the top of the bottom grate and the top rim of the garbage can. Supporting each grate are 3 U-bolts spaced equally around the interior circumference of the trash can. The U Bolts used are ¼"x 1 1/8 x 3 ½" with a ¼" by 20 thread count bolt. Note that the holes for the U bolts were drilled vertically on the face of the trash can. By mounting the U bolts vertically, they carry far more weight than if they have been installed horizontally. One turkey can be placed on each grate. Because the grates simply rest on the U bolts, the upper grate can easily be removed allowing access the lower turkey. Swap turkeys halfway through the roasting process to

ensure equal cooking. Several chickens can also be roasted on each grate. The grates are 17" in diameter replacement grates used in Weber grills. The first photo shows the difference between the original finish on the lid and the burnt finish on the trash can. Before using to roast, the lid will need to be placed on a hot fire to burn off and oils or other materials just as was done to the trash can previously.





STEVE FOX'S TRIPOD TEEPEE TURKEY

Steve's method of cooking a turkey uses a metal tripod to both support the turkey and to create the structure for a teepee made of aluminum foil. With the turkey hanging from the tripod with coals below the aluminum foil teepee traps the heat creating an oven to roast the turkey. The cooking time runs about the same as if cooking in a household oven but with the additional flavor that can only come from cooking over charcoal. The following steps describe the process.

STEP 1: Locate a safe flat surface of either dirt or gravel that will not be damaged by the heat generated by the burning charcoal. Place a 17-gallon metal wash tub upside down on the ground.

(Before using wash tub for the first time, place upright on a campfire to burn off the bottom of the wash tub.) Set up a 5-foot-tall metal tripod with chain placing the feet of the tripod straddling the wash tub.

STEP 2: Fill a charcoal chimney with briquettes with newsprint below. Ignite newspaper in order to ignite charcoal.

STEP 3: Prepare the turkey by either using a wire rack assembly used to deep fry turkeys or, if one is not available, make your own out of a metal coat hanger. Insert the hanger through the bottom of the turkey extending up through the opening by the neck of the turkey. Using aluminum foil, cover the tips of the wings to prevent burning. With butcher string, tie off legs and wings so they are against the body of the turkey. Season the turkey with choice of seasonings. Insert a pop up thermometer into the turkey breast. If not provided already with the turkey, ask the store if they can provide one. An electronic thermometer with a remote probe on a wire can also be used.

STEP 3: Place about 36 ignited briquettes around the perimeter edge of the upside-down surface of the wash tub. Place a round foil pan in the center to catch drippings preventing the drippings from dousing the coals or igniting on the coals. Small chunks of cherry wood placed on the coals provides great flavor.

STEP 4: Hang the turkey from tripod chain. Adjust the chain so the turkey hangs half way between the peak of the tripod and the surface of the wash tub.

STEP 5: Wrap aluminum foil around the perimeter of the base of the tripod legs starting about 4 inches off the ground. Wrap starting end around the leg of one of the legs of the tripod. Add additional rows of aluminum foil leaving a 3-inch diameter opening at the top of the tripod. Look to create a way to open and close the foil afterwards at the level necessary to be able to replenish the charcoal briquettes. Add enough rows of aluminum foil to reach and cover the top of tripod.

STEP 6: Monitor the interior temperature of the foil teepee tent trying to maintain a temperature averaging 350 degrees Fahrenheit. Add new coals as needed.

STEP 7: Watch for the pop up thermometer to pop or the electronic thermometer to read an internal temperature of not less than 165 degrees Fahrenheit. Double check the internal temperature using a manual meat thermometer.

STEP 8: Carefully remove all the foil. Remove the turkey by unhooking the metal rack from the tripod chain. Carefully remove the metal rack from the turkey.

DEARY FOIL TENT & CHARCOAL COLUMNS COOKING METHOD

The Deary method of cooking a turkey dates back two generations of Dearys. The method utilizes a tripod to support the turkey, 3 hardware wire tubes with charcoal and a foil tent to contain and reflect the heat. The 3 hardware wire tubes are each supported by a piece of rebar driven into the ground. An average 15-pound turkey will take around 2 hours to roast. Windy or cold temperatures can extend cooking times. The process is detailed in the following steps.

STEP 1: Start by making 3, 36-inch-tall, 3 to 4-inch diameter tubes out of either hardware wire or chicken wire. Locate a safe flat surface of either dirt or gravel that will not be damaged by the heat generated by the burning charcoal. Spaced 2 feet apart in a triangular pattern, drive 3, 4-foot-long lengths of ½” rebar rod about 1 foot into the ground. Place the wire tubes over the rebar rods. With the wire tubes moved towards the center of the set up so the rebar rod is against the wire mesh, fill each tube with unlit charcoal. Set up a 5-foot-tall metal tripod with chain placing the feet of the tripod spaced about 32 inches apart centered on the triangle created by the 3 charcoal columns with the feet spaced equally between the columns charcoal.



STEP 2: Prepare the turkey by either using a wire rack assembly used to deep fry turkeys or, if one is not available, make your own out of a metal coat hanger. Insert the hanger through the bottom of the turkey extending up through the opening by the neck of the turkey. Using aluminum foil, cover the tips of the wings to prevent burning. With butcher string, tie off legs and wings so they are against the body of the turkey. Season the turkey with choice of seasonings.



STEP 3: Before hanging the turkey, apply a small amount of charcoal fluid to the charcoal in the bottom foot of each charcoal column. Ignite and allow the fluid to burn off and the charcoal to be itself ignited. Hang the turkey from the chain on the tripod. Adjust the chain so that the turkey is positioned so its center is 1 ½ up from the ground and centered between the 3 feet tall charcoal columns. Install the probe of an electronic thermometer into the breast of the turkey. Run the wire of the probe to the reading device keeping the wire away from the charcoal columns.



STEP 4: Wrap aluminum foil around the perimeter of the base of the tripod legs and columns of lit charcoal starting about 4 inches off the ground. Wrap starting end around the leg of one of the legs of the tripod. Add additional rows of aluminum foil lapping at least 3 inches over the top of the layer below. Add enough rows of aluminum foil to reach the top of the charcoal columns. Fold top 4 inches of the foil over towards the center.



STEP 5: Continue roasting the turkey until the interior temperature indicated on the electronic thermometer reaches at least 165 degrees Fahrenheit. Double checked the internal temperature using a manual thermometer. Carefully remove all the foil. Remove the turkey by unhooking the metal rack from the tripod chain. Carefully remove the metal rack from the turkey.



Campfire Cooking



FUEL

Regardless of the type of cooking fire, the fuel used will be important. Hardwoods such as oak, ash & hickory produce longer lasting coals. On the other hand, softwoods like pine, burn more quickly and the coals don't last as long or burn as hot. Adjusting the heat is a task that must be to while cooking and can be challenging at times. Using hardwoods with their longer lasting coals will minimize the effort. Plan accordingly to ensure that the coals necessary for cooking are available when cooking is planned. Although hardwoods produce the best cooking coals, they take a little longer than softwoods to create coals. Splitting the wood in to narrow 1 to 2 inch strips will expedite the process. It increases the amount of surface area of the wood that can be ignited and consumed to produce the desired cooking coals.

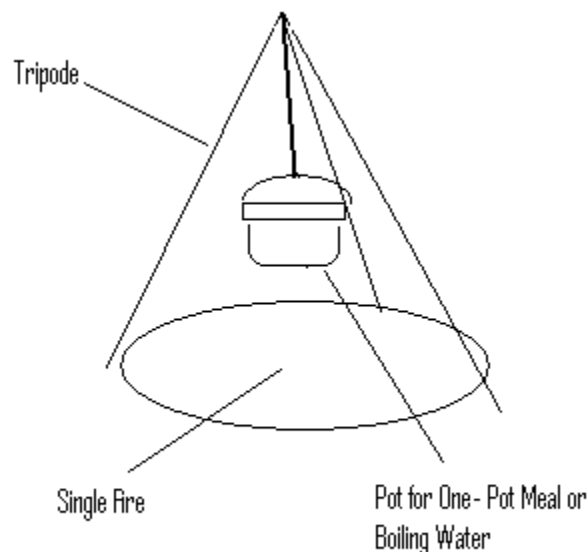
Don't forget to soap the outside of the pots to make cleanup easier.

FIRE TYPES:

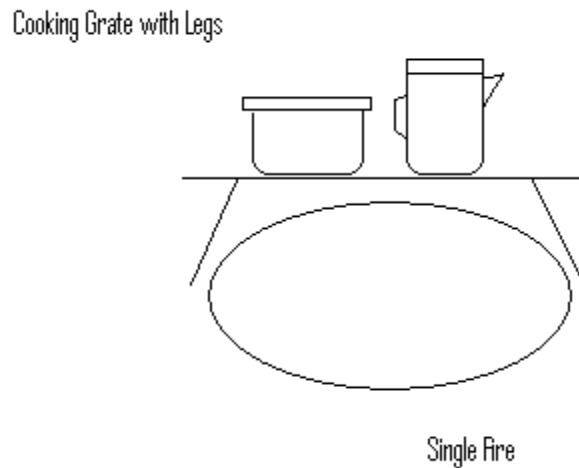
One Point Fire Uses

There are two basic styles of cooking fires. The most common is the one point fire, which like its name indicates, is comprised of a **single fire location**. The fire is started, maintained, and cooked over in the same spot. This fire type is good for boiling water, one pot meals and for foil cooking. When using a pot for the one pot meal or boiling water, a tripod, dingle stick or cooking grate with legs can be used.

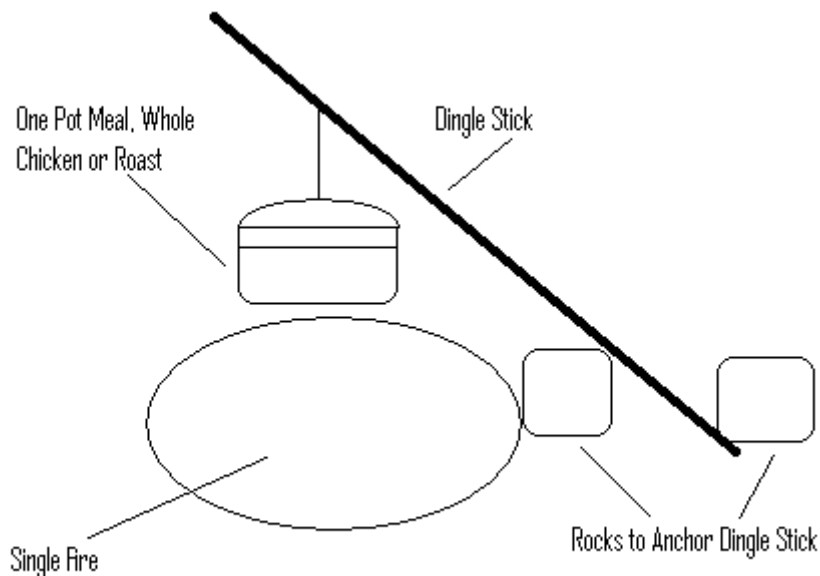
Single Fire Using a Tripod: The tripod can be a store-bought metal type or made with three sticks lashed together. There should be a chain or rope hanging down to support and adjust the height of the pot. By adjusting the height, the temperature is adjusted. Closer to the fire, the higher cooking temperature. Further from the fire, the lower cooking temperature. Another variation is to hang a chicken or turkey with aluminum rapped around the tripod creating a foil teepee. Foil must stop an inch or two above the ground to provide air to fuel the fire.



Single Fire Using a Grate: By placing a cooking grate with legs over the fire, you have created a flat cooking surface to place pots, frying pans and griddles. Many of the grates also have a portion of the grate with tighter spacing between wires. This area can be used to barbeque meat directly over the fire. Foil wrapped food can also be cooked on the grate. This is perfect for foods that would burn if placed in foil directly on the coals. The grate can also be supported by 4 clean #10 cans filled with water and capped with foil. Not only do the cans support the grate, they also are preheating water for dishwashing at the conclusion of the meal. Rocks of equal height may also be used.



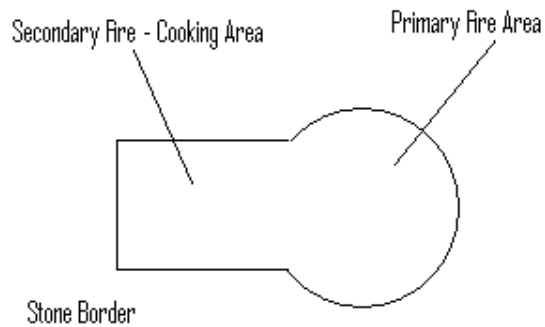
Single Fire Using a Dingle Stick: Instead of a tripod, a dingle stick can be used, provide the weight of the item be hung over the fire is not too heavy. The stick should be “green” and about 1 inch to 1 ½ inch in diameter. Use two larger rocks to support the stick. Hang the pot or meat being cooked from the stick over the fire. Adjust the height above the fire to raise or lower the cooking temperature.



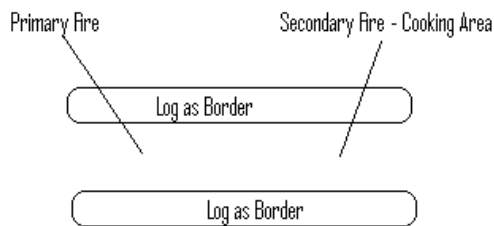
Two Point Fire Uses

The second type of fire is the two-point fire. The fire is started and maintained in the main fire area. Mature coals are then moved from the main fire area to an area for cooking. This fire type is good for cooking meals that require a greater control of cooking temperature. The more coals, the hotter the cooking temperature. Cooking can be done either on a grate or directly on the coals.

Two Point Fire Using a Stone Border: Create a stone boarder to create the shape shown below. The primary fire area is where the fire is started and fed with fuel throughout the cooking time. Mature coals are taken from this area with a shovel and moved to the secondary fire area. The secondary fire area is where the actual cooking is performed. Use a grate supported by rocks or metal legs when cooking foods that shouldn't be cooked directly on the coals. Cast iron pots with legs or cast iron skillet on a lid stand can be placed directly over the coals. Foil dinners can also be placed directly on the coals. The temperature is maintained or increased by adding coals from the primary fire.



Two Point Fire Using a Log Border: Create a log boarder to create the shape shown below. The primary fire area is where the fire is started and feed with fuel throughout the cooking time. Mature coals are taken from this area with a shovel and moved to the secondary fire area. The secondary fire area is where the actual cooking is performed. Use a grate supported by the logs or metal legs to place food or pots when cooking foods that shouldn't be cooked directly on the coals. Cast iron pots with legs or cast iron skillet on a lid stand can be placed directly over the coals. Foil dinners can also be placed directly on the coals. The temperature is maintained or increased by adding coals from the primary fire.



DINGLE STICK CHICKEN

Ingredients:

Whole chicken
Salt and pepper
Fresh sage (diced)
Heavy string (100 percent cotton)
Hardwood sticks (green) about 12 inches long with bark removed (Do not use soft wood or wood with sap.)



Season chicken inside with salt, pepper and diced sage. Tie chicken securely with string. Spear the chicken with sticks to help maneuver it while cooking. Using another long piece of string soaked in water, make a loop that wraps around the sticks and hang chicken from thick branch pounded into ground securely. Cook over coals, letting drippings fall into pan, which keeps drippings from creating flames. Occasionally, turn chicken end over end. Chicken is done when thermometer reads 165 to 170 degrees.



FISH ON A SKEWER

Ingredients:

Fresh fish, cleaned inside and out (trout, crappie, bluegill, perch, brim, catfish or bass)
About 1/4 cup olive oil
Juice from 1 lemon
Salt and pepper
Dried parsley
Wooden skewers 12 inches long

Mix olive oil, lemon juice, salt, pepper and parsley together then brush on cleaned fish. Starting at the tail end, spear skewer through fish, with pointed end coming out through mouth.

Place fish in coals (no flames) head first with tail sticking up straight. Cook for about 10 minutes until flaky (165 degrees).



Dutch Oven Cooking



Dutch Oven History

The Dutch oven, as we know it today, was developed in the early eighteenth century in England and Holland. It is characterized by three legs designed to straddle live coals, a flat-bottomed bowl with flared sides, a rimmed lid to cradle coals on top, and a bail for lifting. This basic design has remained unchanged for centuries, due, no doubt, to the delectable, tender food it produces. There is no need to alter the perfect pot.

The name, however, has had many variations. The functional titles "bake oven," "bake kettle," and "camp oven" all describe how or when the pot is used; baking and camping. The origin of the more common term "Dutch oven" is more elusive. Some writers have argued that the name originated with German and /or Dutch peddlers who sold the cast iron pots from their wagons. Others have credited the Pilgrims with introducing both the pot and the name to this country as a tribute to their former hosts in Holland. A more likely scenario attributes the origin of the name to cast iron cookware made in Holland and imported in to England in the early eighteenth century, or to a Dutch casting technique patented in England in 1708.

Actually, these cast iron kettles might have been more appropriately titled "American ovens," for it was in the great wilderness of the new nation where the pots found their widest use.

Sources

The Dutch Oven Resource, By Gerry & Chauna Duffin
Camp Chef

www.dutchovencookoff.com/history.htm



What is seasoning?

Seasoning is preparing the cast iron cookware for use. There are two objectives in this process:

1. Coat the cookware to prevent rust; and
2. To create a natural, permanent non-stick cooking surface.

Seasoning is an easy, but very important first step when using cast iron. Unlike synthetically coated cookware, cast iron can be seasoned, re-seasoned, and its cooking surface restored. When you season a cast iron utensil, you are preventing rust and providing the cookware with a natural, permanent non-stick surface. Remember: Seasoning takes time and repeated use before a pan develops the shiny, black surface like your grandmother's cast iron cookware. A black, shiny skillet is a well-seasoned skillet.

Use & Care of your Natural Finish Lodge Cast Iron Cookware

Your new cookware will last a lifetime with proper care and seasoning. Seasoning is the process of allowing oil to be absorbed into the iron, which creates a natural non-stick, rustproof finish. It is actually a very simple process. Here's how to do it:

1. Wash new cookware with hot, soapy water and a stiff brush.
2. Rinse and dry completely.
3. Apply a thin coat of melted vegetable shortening (i.e. Crisco) to the entire surface (including lid if applicable), both inside and out.
4. Line the lower oven rack with aluminum foil (To catch any drippings), and preheat oven to 350° F.
5. Place cookware upside down on the upper oven rack, and bake for one hour.
6. Turn oven off and let cookware cool before removing from oven.
7. Store in a cool, dry place. If you have a lid for your utensil, place a folded paper towel between the lid and the utensil to allow air to circulate.
8. NEVER wash in dishwasher.
9. If your utensil develops a metallic smell or taste or shows signs of rust, never fear. Wash with soap and hot water, scour off rust, and re-season.
10. After use: Clean using a stiff brush and hot water only (do not wash in dishwasher). Towel dry immediately and apply a light coating of vegetable oil to cookware while still warm.

Use and Care for your Lodge Logic Seasoned, Ready to Use Cast Iron Cookware

There is no need to season your Lodge Logic cast iron cookware. Your new Lodge Logic cast iron cookware can last more than a lifetime with the proper care.

Here's how to do it:

1. Rinse with hot water (do not use soap), and dry thoroughly.
2. Before cooking, prepare the cooking surface by oiling or spraying with Pam. Avoid putting a cold utensil onto a very hot burner.
3. After cooking, clean utensil with a stiff brush and hot water. Using soap is not recommended, and harsh detergents should never be used. Avoid putting hot utensil into cold water. Thermal shock can cause metal to warp or crack.
4. Towel dry immediately and apply a light coat of Pam or vegetable oil while utensil is still warm.
5. Store in a cool, dry place. If you have a lid for your utensil, place a folded paper towel between the lid and the utensil to allow air to circulate.
6. NEVER wash in dishwasher.
7. If your utensil develops a metallic smell or taste or shows signs of rust, never fear. Wash with soap and hot water, scour off rust, and season using the home seasoning instructions.

<http://www.lodgemfg.com/useandcare/seasoned-cast-iron>

Gearing Up

A Little About the Dutch Oven

Before we get started, we should review some of the things you will need to know before purchasing your first Dutch oven. There are literally hundreds of option and size combinations available, so it

would be impractical for me to tell you which oven is the one for you. Because each type of oven is designed for a different type of cooking situation, I will go over the various options and you will have to decide which ones you will look for. In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lay down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows you easier access to it when positioning or removing the oven from the fire.

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals. The loop style offers much better control. While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off of the lid. Don't get me wrong, the ridgeless ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash and/or sand in your food. The lip virtually illuminates the problem and the lid can be lifted even fully loaded with ash and coals with little difficulty.

Another feature to look at is the legs. The most common variety is one with three legs, although flat-bottomed ones and four legged ones can also be had. For outdoor cooking, legs are a necessity; they maintain the height of the oven above ground allowing air for the coals underneath. The flat bottomed ones can be set up on rocks (which are scarce as hen's teeth here in Florida) or up on steel tent pegs. If you figure in Murphy's Law here, the flat bottom ovens are best left in the store or on the kitchen stove where they were intended. I highly recommend three legs over four simply for the stability factor. It is much more stable with three legs sitting on rough ground than with four.

The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than of assistance. The handle does assist in using the lid upside down as a skillet or griddle but when using it as a lid, they get in the way of the bail handle and also misbalance the lid when lifting by the center hoop. They also tend to be in the way during storage and packing situations. Fixed handles on the oven base, with one exception, should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the handle, take a couple of red bricks with you to the store and place them in the oven. Then give her a lift by the handle and you will see the uselessness in the handle. A loaded 12" oven can weigh 20 to 25 pounds, a real wrist breaker. The one exception is a small tab sometimes offered which is about 1 to 1-1/2" deep and 2-3" wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy and its small size has never caused storage or packing problems for me.

When someone mentions "Dutch Oven" most people immediately think "Cast Iron", but dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast iron oven. There are advantages and disadvantages to each.

The most obvious aluminum advantage is weight, 11 pounds lighter. Additionally, because aluminum doesn't rust, care is restricted to simple washing with soap and water. Aluminum tends to heat faster

requiring less preheating time but they don't retain the heat very long after the coals are removed. Also because aluminum reflects more heat than cast iron, more coals will be required to reach and maintain a set temperature. Also on windy days, you will see a greater variation in temperature than one of cast iron. Where weight is very critical, most of the disadvantages can be overcome. For canoeing, backpacking or trips where weight is a problem, aluminum ovens are the answer. Be careful with aluminum, it will melt! The melting point of aluminum is (cast alloy 43 is 1065 to 1170 deg F Ref Perry's Handbook of Chemical Engineering 6th ed p 23-40 Table 23-6). Other alloys are higher melting point up to 1200 deg F. The melting point of cast iron is 2100 deg F to 2200 deg F (same reference). It is possible to generate that kind of temperature if the oven is in direct contact with the coals below it or if there are too many coals below the oven.

http://www.macscouter.com/Cooking/DutchOven_Intro.html#2

Selecting The Right Dutch Oven

With so many sizes and shapes of Dutch ovens to pick and choose from, selecting the right oven is a big key to cooking great food. Shorter standard ovens spread heat to the center of the oven faster than deeper ovens so they are good for cooking foods that need higher temperatures. Deep Dutch ovens on the other hand are ideal for cooking foods at lower temperatures or where you want to control the amount of heat on top of the oven for things such as rolls and bread where you want even browning. The oven size in inches (diameter and depth) will determine how much room you have for your food.

Sizes And Capacities Of Lodge Dutch Ovens				
Oven Size	Oven Capacity	Depth	Weight	Types Of Dishes
8"	2 Quarts	3"	11 lbs.	Side dishes, vegetables, desserts, and sauces. Ideal when cooking for 2 or 3 people.
10"	4 Quarts	3 ½"	15 lbs.	Side dishes, vegetables, beans, small roasts, desserts, and sauces.
12"	6 Quarts	3 ¾"	20 lbs.	Roasts, poultry, fish, stews, potatoes, beans, rolls, breads, and desserts.
12" D	8 Quarts	5"	23 lbs.	Standing rib roasts, hams, whole chickens, stews, potatoes, beans, rolls, and breads.
14"	8 Quarts	3 ¾"	26 lbs.	Larger roasts, poultry, stews, potatoes, rolls, breads, and desserts.
14" D	10 Quarts	4 ½"	28 lbs.	Standing rib roasts, hams, hens, stews, potatoes, rolls, and breads.
16"	12 Quarts	3 ¾"	32 lbs.	Large quantities of meat, stews, potatoes, rolls, breads, and desserts.

I recommend a 12" Lodge Dutch oven for anyone just starting out. It is a very versatile oven and one that is not overly large. Also, most Dutch oven recipes are written for a 12" oven. A 12" Deep or 14" standard Lodge or 13" MACA Dutch oven would be my next choices.

<http://papadutch.home.comcast.net/dutch-oven-intro.htm#Select>

Tools to Make Your Efforts Easier

Some of the tools listed below are a must and others are helpful but not necessary for all applications.



- A. **LID LIFTER**: This is a must have. It is used for lifting the lid without dumping ash into your food, for spinning the lid and for lifting / spinning the whole Dutch oven. There are a few different brands and types. The Lodge brand lifter works well and is well worth the couple extra dollars.
- B. **LID STAND**: The lid stand is primarily used to place the lid on while the top is still loaded with coals. It helps keep the surface of the lid closest to your food free of dirt and leaves. It also can be used to support the lid when using the lid as a griddle by placing the stand in the coals with the lid on the stand upside down.
- C. **CHIMNEY**: Used to ignite charcoal, the chimney has a grate placed horizontally in the cylinder about 1/3 of the way up from the bottom. Charcoal is placed above the grate and two pieces of crumbled newsprint below. The lit newsprint is enough to ignite the charcoal.

- D. **CHARCOAL TONGS**: When using charcoal as the heat source, this tool is a must. It is used to retrieve coals from the chimney and to arrange coals on and under the Dutch oven. Be sure to purchase a pair that is 16 inches or longer.
- E. **LEATHER GLOVES**: Dutch oven or welder's gloves certainly do reduce the battle wounds. Whether it's handling the oven during cooking or afterwards during the clean up process, the gloves make handling especially the lid much easier and safer.
- F. **TRIVET**: The trivet is used to elevate a piece of meat or a pan off the bottom surface of the oven to reduce the direct contact with the heat below. Other options include an upside-down trail chef pot lid or a small metal roast wire rack. When using a pot or pan inside the Dutch oven, three equal size small stones can act as a spacer.
- G. **WHISK BROOM**: The whisk broom is most helpful when using coals from the campfire as the heat source. The heat doesn't last as long as charcoal and more must be added several times during the cooking process. The whisk broom is helpful in clearing off the excess ash prior to adding fresh coals.
- H. **SCRUB BRUSH**: Used to scrub food debris from the inside of the pot, a scrub brush is a necessary tool for cleaning without damaging the seasoning of the cast iron. The handle allows scrubbing of the surface with hot water inside the oven. Use natural fibers or synthetic. Don't use a wire brush or Brillo type pad.
- I. **SCRAPER**: A plastic scraper is used to remove stuck on food debris before scrubbing the pot. Especially helpful when cleaning up after a cobbler or stew. Saves a lot of time and wear on the scrub brush.
-

A Few No-No's

- Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
- Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. If soap is used accidentally, the oven should be put through the pre-treatment procedure, including removal of the present coating.
- Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it.
- Do not get in a hurry to heat cast iron, you will end up with burn't food or a damaged oven or pan.
- Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

http://www.macscouter.com/Cooking/DutchOven_Intro.html#2

Using the Dutch Oven

Cooking Methods When Using a Dutch Oven - There are four different methods of cooking with a Dutch Oven over a campfire – each achieved by altering the source of heat.

Roasting - In roasting, the heat from your coals should come from the top and bottom evenly. You will place coals on top, as well as pulling the coals up under the pan to create an even heat. Place the same amount of coals on the lid as under the pan. Roasting is best achieved at high temperatures and short cooking times. This will seal in the juices.

Frying and Boiling - When frying and boiling, all the heat should come from underneath the pan. The temperature should be high and kept even during the cooking processes.

Baking - Baking requires cooking mostly from the top. You should place the coals on the lid and underneath the pan at a three to one ratio, with most of the coals on the lid. You will want to watch baking foods very carefully.

Simmering and Stewing - Most of the heat should be from the bottom of the pan. The coals should be placed on the lid and underneath the pan in a four to one ratio, with the bulk of the coals underneath the oven. Regulate the heat in stewing and simmering by moving hot coals underneath the pan. Remember not to rush the cooking process. If you allow adequate time for the oven to heat up before adding the food, and keep the coals manipulated to maintain the temperature, you will have great results.

NUMBER OF COALS TO USE TO ACHIEVE THE DESIRED TEMPERATURE

Coals must be used on both the top and the bottom of the Dutch Oven. Use only quality charcoal briquettes for consistent temperature control. The chart below shows you how many coals to use for a desired temperature.

Temperature	10" Oven		12" Oven		14" Oven	
	Top	Bottom	Top	Bottom	Top	Bottom
300	12	5	14	7	15	9
325	13	6	15	7	17	9
350	14	6	16	8	18	10
375	15	6	17	9	19	11

Note: Adding one coal to the top and bottom will raise the temperature of the Dutch Oven approximately 25 degrees. Or conversely removing one set of briquettes will lower the temperature by 25 degrees.

<http://www.legendsofamerica.com/WE-DutchOven.html>

Do the Twist

To keep even temperature reducing hot spots, burning and uneven baking, give the lid a 1/3 turn at least every ten minutes without lifting the lid. Rotate the entire oven with a 1/3 rotation in the opposite direction. It's better to rotate more than not rotating enough.

How to Clean

What is the best way to clean a Dutch Oven?

NEVER USE A WIRE BRUSH OR SOAP to clean out a Dutch Oven. Both will remove the baked on finish and cause the pot to rust in just a few days. If you damage the finish, another seasoning is required before the rust gets too bad!

1. Using plastic utensils or scrubbers, scrape out as much leftover food as possible, assuming any remains! Lining the pot with foil before cooking, speeds up this step.
2. Food stuck on the sides of the pot can be burnt off by leaving some hot coals under the pot after the initial scraping. A better method is to heat some clean water in the pot until the water is almost boiling. Be sure to add hot water, not cold, as cold water will crack a hot oven. After the water is hot, use a plastic scrubber or sponge to scrape off stubborn pieces of food. Remember NO SOAP!
3. After all traces of food have been removed, rinse with clean warm water (not cold, it will crack your oven) to wash off soot and whatever else remains.
4. Allow the oven to air dry! This step can be sped up by heating the oven over the fire until it is just hot to the touch. Be careful lest you burn yourself!
5. Wipe down both the inside and outside, then smear a thin coat of vegetable oil or Crisco to the inside of the pot and underside of the lid. This step is not really necessary for aluminum ovens.

<http://www.sscbsa.org/guides/dutchcooking/index.html>

Dutch Oven Stand Ideas



UTILITY HOG FEEDER PAN

Try using this 27 ga galvanized steel, heavy duty, 15 1/4 x 3 5/8 in deep pan available at the auto part and livestock supply stores for less than \$4.00 each. It can be placed right side up to shield the Dutch oven from the wind or upside down when the wind and cold are not an issue. Protect the surface below and level the pan by elevating the pan by using stones, pieces of wood or bricks as spacers between the ground and the pan. Using the metal surface below your coals acts as a reflector of the heat, an advantage you don't have when cooking directly on the ground.



WASH TUB

Try using this galvanized steel, heavy duty, 10-3/4"h" x 23-3/4" d., 17 gallon pan available at The Home Depot for less than \$20.00 each. It can be placed right side up to shield the Dutch oven from the wind or upside down when the wind and cold are not an issue. Protect the surface below and level the pan by elevating the pan by using stones, pieces of wood or bricks as spacers between the ground and the pan. Using the metal surface below your coals acts as a reflector of the heat, an advantage you don't have when cooking directly on the ground. When used upside down, the 10 3/4 height of the pan reduces the bending over and makes spinning the oven easier. An added winter tip, the space under the upside-down tub can act as a food warmer, keeping the corn bread warm under the pan as you cook the main course on top.

Dutch Oven Cook Table



The **Dutch Oven Camp Table** is 32 x 14 inch and will hold two 14" Dutch ovens plus it provides extra preparation and serving space to keep your food up off the ground. This table is available through Camp Chef and costs just under \$100. Other brands and varieties are available. The elevated surface puts your work at an easy and convenient height. The side panels help shield the coals and oven from the wind.



Volcano 2 All Purpose Stove

The Volcano 2 All Purpose Stove is available through Camp Chef and costs just under \$100. Other brands and varieties are available. The enclosed area helps shield the coals and Dutch oven from the wind while reflecting the heat back towards the oven. This is especially useful for cold weather camping. The Volcano 2 also can be used as a grill.

Other Ways to Use Your Dutch Oven



Using the Lid as a Griddle

The lid can be placed upside down on a lid stand with coals below and used as a griddle to fry eggs or to cook your pancakes and French toast. The slightly concave surface will keep the grease from your bacon from dripping off the sides but can be a challenge easily overcome. Some brand Dutch ovens have flat bottoms and raised sides similar to a skillet.



Using Tripod

The Dutch oven may be hung from a tripod over a fire for one pot meals and other dishes primarily requiring heat from below. Manufactured metal tripods have chains that hang down that can be used to adjust the height of the Dutch oven to regulate the heat. Wood staves can be lashed together to form a tripod with a rope hanging down to support the pot.

Tip on Storing Charcoal



Empty Cat Litter Container

There are several pet products that come in containers like that used for Tidy Cat cat litter. They are perfect for keeping your charcoal dry on those wet damp camping trips and while in storage in your garage or basement. The lid opens and seals easily. For a weekend with limited Dutch oven cooking, you may find the size to be perfect. If you plan on going crazy with the cast iron, have a few containers available or keep the extra dry in a vehicle refilling the container as needed.

Websites



<http://www.lodgemfg.com/>



<http://papadutch.home.comcast.net/about-me.htm>

The MacScouter -- Scouting Resources Online

www.macscouter.com



www.idos.com

Dutch Oven Recipes

The following are a few recipes that you may consider trying, but remember *if it can be cooked in your oven at home; it likely can be cooked in your Dutch oven*. That cookbook sitting in the kitchen or the index cards with grandma's recipes, are just as useful as the cookbooks or websites dedicated to camp Dutch ovens. **Start simple**. Jiffy brand corn bread is not only easy to prepare, it is likely the food that will be the most tasty and memorable to a young scout. Pillsbury® dinner rolls, Pillsbury® Cinnamon Rolls with Icing, pre-prepared cookie dough and other ready to bake products can not only be great get you started Dutch oven experience but are also great when you don't have a lot of time to spend mixing ingredients or washing messy utensils and mixing bowls. Clean up is a breeze after baking breads, cakes and biscuits. The oven typically only needs a wiping out with a towel and an application of oil.

DIRTY HAND BISCUITS

www.texasbob.com

Measure flour, baking powder & salt into a bowl. Cut in shortening thoroughly, until mixture looks like meal. Stir in almost all the milk. If dough is not pliable, just add enough milk to make a soft, puffy, easy to roll dough. Round up dough on a lightly powered surface. Knead 20-25 times. (about ½ minute) Roll out dough about ½ thick. Cut out biscuits, lay* on greased cooking sheet. Place in oven preheated to 375° approximately 15 minutes. *For a real country flavor sop both sides of the biscuit in bacon grease before putting on cookie sheet.

- 2 Cups of Flour
- ¼ Cup of Shortening
- 1 Tsp Salt
- 3 Tsp Baking Powder
- ¾ Cup Milk

COUNTRY BREAKFAST

www.macscouter.com

In the bottom of the Dutch Oven, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch oven from the coals. Using a large spoon, make several depressions in the top of the potatoes. Crack one or two eggs in to each of the depressions. Cover the Dutch Oven. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese over the top and return the heat to the top of the Dutch Oven long enough to melt the cheese. The yolks should be liquid. Eat and enjoy. Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

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

EASY BEEF STEW

Cut meat into pieces of eating size, Cut onion into quarters, Cut vegetables and potatoes into desired size for eating. Put 1/4 inch of oil in Dutch oven and place on coals. When oil is hot, add meat and onions. Cook until meat is browned. Remove pot from fire and drain off excess oil. Add all vegetables, potatoes, and mushrooms. Add seasoning to taste. Add bouillon cubes. Add enough warm water to cover vegetables. Cover and place pot on coals. Put 10 coals on top. Cook until vegetables are tender. When vegetables are tender, add corn starch to thicken water mixture. Add some Kitchen Bouquet to create browner gravy. **Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD**

- 2 lb. Stew meat
- 3 large onions
- Potatoes
- Corn
- Carrots
- Peas
- Cauliflower
- 2 Beef bouillon cubes
- Mushrooms
- Seasonings
- Cornstarch
- Water
- Kitchen Bouquet

EASY PEACH COBBLER

www.papadutch.home.comcast.net

Into a 12" Dutch oven add peaches and spread out. Pour cake mix over peaches then pour the soda over the cake mix. Stir to mix completely. Place lid on oven. Bake for 45 minutes to an hour using 12 briquettes top and 12 briquettes bottom. Rotate oven and lid every 15 minutes. *Variation:* Use the whole can of peaches, juice included, and stir in 1/3 cup of instant tapioca. As the cobbler cooks the tapioca will absorb the juices and make a nice bubbly cobbler. Serve warm with ice cream. Serves: 8-10.

- 2, (30 oz.) Cans sliced peaches; drained
- 1 Yellow cake mix; dry
- 1 Can Sprite or 7Up
- Ice cream of your choice (Optional)

PEACH COBBLER PIE

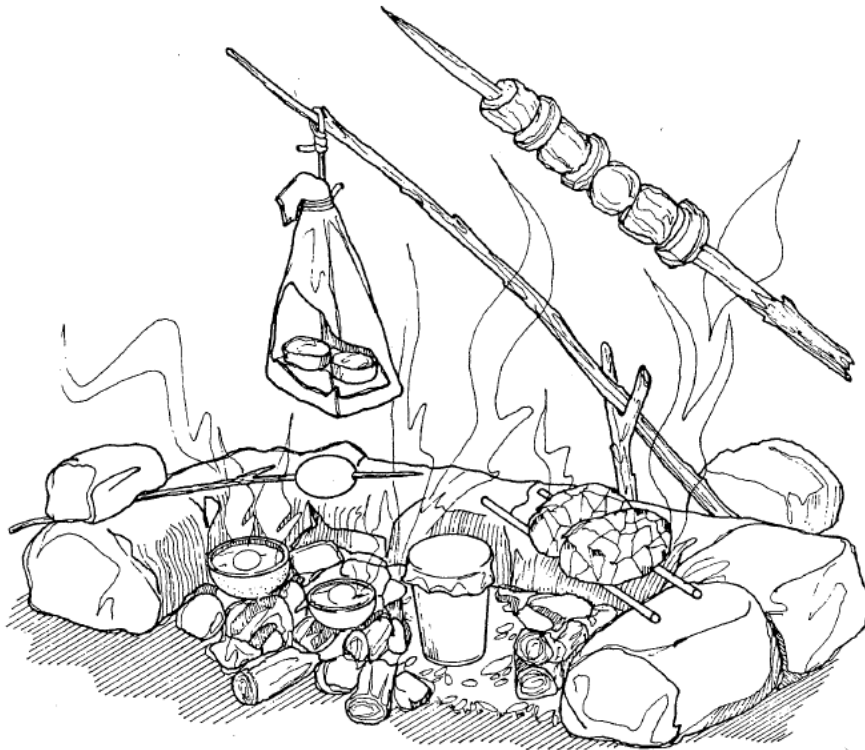
www.chuckwagondiner.com

After the peaches are drained place them in the Dutch oven. Then dump the cake mix in and mix it in with the peaches. Next, put the butter on top in small slices. Check every 10-15 minutes until the top is golden brown and moist. Very good with vanilla ice cream!

- 1 Yellow Cake Mix
- 16 Oz. Canned Peaches, drained 1/2 way
- 1 Cast Iron Dutch Oven
- 2 Tbsp. Butter/Margarine

Utensiless Cooking

No pots or pans. Learn the easy way to cook with no clean up.



FUEL

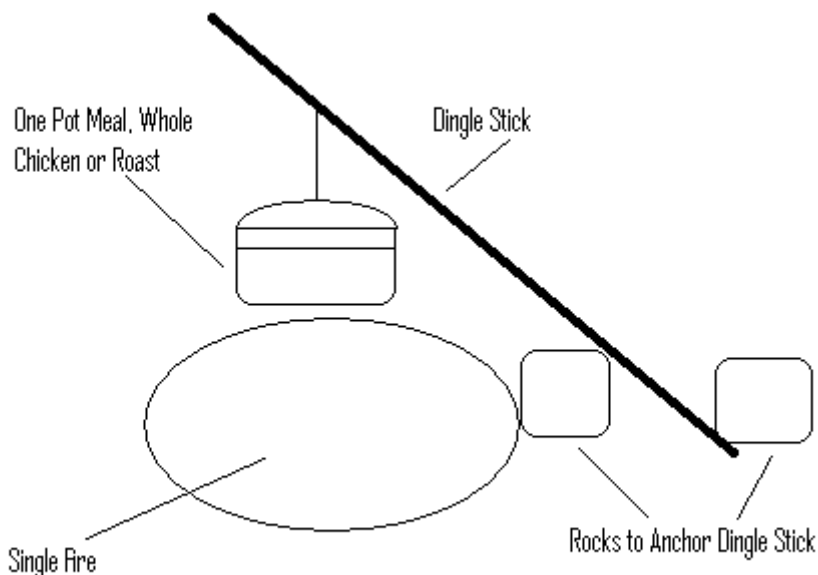
Regardless of the type of cooking fire, the fuel used will be important. Hardwoods such as oak, ash & hickory produce longer lasting coals. On the other hand, softwoods like pine, burn more quickly and the coals last a shorter period of time. Adjusting the heat is a task that must be continually attended to while cooking and can be challenging at times. Using hardwoods with their longer lasting coals will minimize the effort. Plan accordingly to ensure that the coals necessary for cooking are available when cooking is planned. Although hardwoods produce the best cooking coals, they take a little longer than softwoods to create. Splitting the wood into narrow 1 to 2 inch strips will expedite the process. It increases the amount of surface area of the wood that can be ignited and consumed to produce the desired cooking coals.

FIRE TYPES:

One Point Fire Uses

There are two basic styles of cooking fires. The most common is the one point fire, which like its name indicates, is comprised of a **single fire location**. The fire is started, maintained, and cooked over in the same spot. This fire type is good for boiling water, one pot meals and for foil cooking. When using a pot for the one pot meal or boiling water, a tripod, dingle stick or cooking grate with legs can be used.

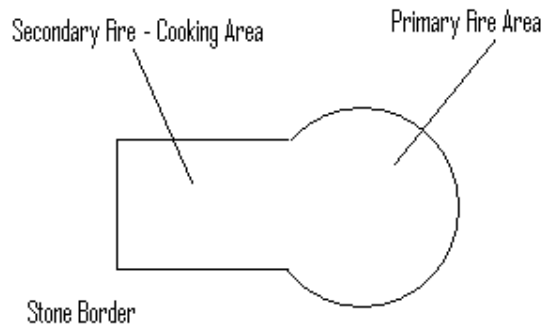
Single Fire Using a Dingle Stick: Instead of a tripod, a dingle stick can be used, provided the weight of the item being hung over the fire is not too heavy. The stick should be “green” and about 1 inch to 1 ½ inch in diameter. Use two larger rocks to support the stick. Hang the pot or meat being cooked from the stick over the fire. Adjust the height above the fire to raise or lower the cooking temperature.



Two Point Fire Uses

The second type of fire is the two point fire. The fire is started and maintained in the main fire area. Mature coals are then moved from the main fire area to an area for cooking. This fire type is good cooking meals that require a greater control of cooking temperature. The more coals, the hotter the cooking temperature. Cooking can be done either on a grate or directly on the coals.

Two Point Fire Using a Stone Border: Create a stone border to create the shape shown below. The primary fire area is where the fire is started and fed with fuel throughout the cooking time. Mature coals are taken from this area with a shovel and moved to the secondary fire area. The secondary fire area is where the actual cooking is performed. The temperature is maintained or increased by adding coals from the primary fire.



www.boyslife.org/outdoors/outdoorarticles/2737/scout-program-cooking/

DINGLE STICK CHICKEN

Ingredients:

Whole chicken
Salt and pepper
Fresh sage (diced)
Heavy string (100 percent cotton)
Hardwood sticks (green) about 12 inches long with bark removed (Do not use soft wood or wood with sap.)



Season chicken inside with salt, pepper and diced sage. Tie chicken securely with string. Spear the chicken with sticks to help maneuver it while cooking. Using another long piece of string soaked in water, make a loop that wraps around the sticks and hang chicken from thick branch pounded into ground securely. Cook over coals, letting drippings fall into pan, which keeps drippings from creating flames. Occasionally, turn chicken end over end. Chicken is done when thermometer reads 165 to 170 degrees.



FISH ON A SKEWER

Ingredients:

Fresh fish, cleaned inside and out (trout, crappie, bluegill, perch, brim, catfish or bass)

About 1/4 cup olive oil

Juice from 1 lemon

Salt and pepper

Dried parsley

Wooden skewers 12 inches long

Mix olive oil, lemon juice, salt, pepper and parsley together then brush on cleaned fish. Starting at the tail end, spear skewer through fish, with pointed end coming out through mouth.

Place fish in coals (no flames) head first with tail sticking up straight. Cook for about 10 minutes until flaky (165 degrees).



SIMPLE CHICKEN ON A STICK

Find a “green” stick of 1 to 1 ½ inches in diameter which is straight and about 5 to 6 feet in length. Length will vary depending on fire pit configuration. Set stick at an angle with the lessor diameter end over the cooking coals and the stick angling down to the outside of the fire pit. Place a larger rock at the perimeter of the fire pit to act as the fulcrum or resting spot. Place a large rock or heavy log on the far end of the stick to support and stabilize both the stick and the weight of the food. Once you are comfortable with the placement of the tip of the stick in reference to the coals and after seasoning the chicken, place the whole chicken on the end of the stick by inserting the stick into the cavity of the chicken. Periodically spin the chicken on the end of the stick to ensure even cooking. Add coals or fuel to maintain a consistent heat source. The angle of the stick can also be adjusted during cooking to maintain the appropriate cooking temperature.

RABBIT SPIT

Prepare two forked “green” sticks with sharpened points that can be driven into ground deep enough to support spit and meat. Make both forked sticks of equal length and so that they can be of the correct height above the heating source. Base the height of the spit on source of heat and configuration of fire pit. Insert forked sticks into soil on either side of heat source. Make sure the sticks are stable. Prepare a “green” stick long enough to span the distance between both forked support sticks with at least an extra 6 inches extending past on either side. Stick should be strong enough to support the weight of the meat. Run the long spit stick through the rabbit lengthwise. If necessary, use sharpened “green” skewer sticks about 3/8 inches in diameter and 12 inches long to use to penetrate rabbit perpendicular to the spit to ensure the meat is securely fastened to the spit. Cook over fire. Periodically spin the rabbit on the spit to ensure even cooking. Add coals or fuel to maintain a consistent heat source.

BANNOCK BREAD

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 tablespoon sugar
1 egg



Mix ingredients with a few tablespoons water. Coat the outsides of the dough and your hands with flour. Work with your hands forming a long roll of dough that can then be wrapped around a green stick about ½ inch to ¾ inches in diameter. Prop or support over coals spinning periodically to promote even baking. Distance above the coals will depend on the heat being generated by the bed of coals and weather conditions. Bake until bread rises, is browned, crust is stiff when tapped, and knife blade inserted into bread comes out clean. Optional: Coat outside of dough with cinnamon and sugar mixture before baking.

ORANGE SHELL COOKING

The following items can be cooked or baked in the shell of an orange. The orange must be a thick-skinned orange. Start by cutting off the top 1/2 inch to ¾ inch of the orange. Save the top. Without damaging the integrity of the skin, using a spoon to carefully scoop out orange flesh from within the orange and the top of the orange.. Have a container or bag read to save the orange flesh to be eaten separately. Prepare a bed of coals appropriate for the item you will be cooking.

Simple Egg: Place a cracked egg in the orange cavity and place in bed of coals. Cook to desired consistency.

Baked Eggs Omelet: In a plastic Ziploc bag, mix cracked egg, milk, shredded cheese, chopped deli ham, shredded breakfast potatoes, salt, pepper. Place egg mixture in the orange cavity with the top cap placed back in place. Do not fill more than ¾. Insert green sharpened twigs to fasten cap. Bake until fully heated and egg cooked to desired wellness. If needed, use a green stick to stir the mixture occasionally to promote even cooking.

EGG ON A SKEWER

Whittle the bark from a “green” stick to create a skewer about 3/16 of an inch in diameter and 12 inches long. Gently poke the skewer through the egg lengthwise. Prop over coals and rotate periodically until fully cooked.

EGG IN A CUP

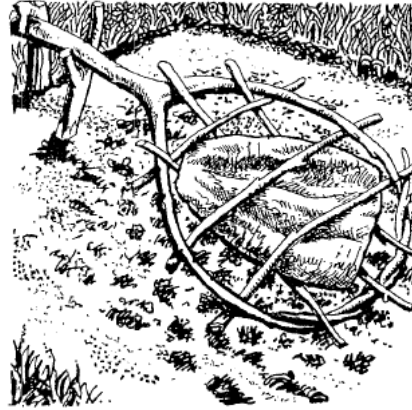
Take a paper cup and place an uncooked egg in the cup. Fill the cup with water. Place the cup on the coals of the fire. Boil the egg.

FROG LEGS ON A FLAT ROCK

Locate a clean flat thin (1 to 1 ½ Inches) rock large enough in surface area for the frog legs. Make sure rock is dry. Do not take from a stream or pond. Place rock directly on the bed of coals. Bring to temperature. Cook directly on the rock as you would on a griddle. Move to fresh coals as necessary.

TENNIS RACKET MEAT

Take a green stick with two opposing branches and bring the branches around and twist them together, using the center for additional support. Place a pork chop, cube steak or other meat on the racket. Weave two other sticks over the meat and through the 'racket' to hold it in place. Grill over coals.



BREAKFAST IN A BAG

Ingredients (Per Person):

- 2 strips bacon
- handful of frozen hash browns
- 1 or 2 eggs
- salt and pepper

Lay bacon in bottom of a paper lunch bag. Add potatoes. Add eggs. Close bag by folding top 1/3 down, then fold that in half and in 1/2 again. Poke through the folded portion with the stick to hold it above the fire. Hold 5 inches above coals for 10 minutes - might be better to prop up by sticking the other end of the stick in the dirt rather than hoping every boy keeps his bag out of the coals. Open a bag to check. If it's done, tear the top off the bag or fold it down and eat right out of the bag. But, since the bag is greasy, you'll want to sit it on a plate or something other than the table or pants leg.

www.boyscouttrail.com/content/recipe/breakfast_in_a_bag-203.asp

KEBOBS

Cut kielbasa, potatoes, green peppers, cherry tomatoes. If fresh mushrooms are used, coat them with vegetable oil. Skewer alternately on the sticks. Season vegetables with garlic salt. Turn frequently until evenly cooked. If using beef or pork, marinate in Italian dressing or sprinkle with Worcestershire sauce while cooking.

ONION OVEN

Cut an onion in half and scoop out all but the two outside layers. Crack an egg into each half, or fill with chopped, seasoned meat, cap, and place directly on hot coals.

COWBOY STEAK

Place steak directly on either on wood fire coals or chunk charcoal. Flip to cook evenly. Brush off any ash when cooked.

COOKING IN LEAVES

Fold several cabbage leaves around a hamburger and hold together with a green twig. Lay directly on coals. Flip to ensure cooked equally and fully.

Temperature Chart

Determine the approximate temperature of a fire by the number of seconds you can hold your hand over the coals. Be careful not to burn yourself.

Approximate Temperature

Type Fire

Seconds

250-325 degrees

Slow

6-8

325-400 degrees

Medium

4-5

400-500 degrees

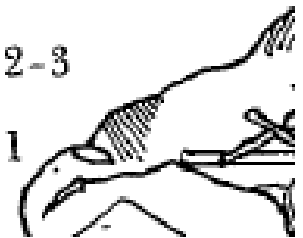
Hot

2-3

Over 500 degrees

Very Hot

1



BACKPACKING ONE POT & OUTBACK BAKING

How to cook when you must minimize your tool set. See what can be done with one pot and an outback oven.



INTRODUCTION:

Backpacking is a classic example of when scouts need to learn to work with less yet it is one of the times that the fuel that the food provides the scout is at its most important. Food can range from manufactured dehydrated meals to recipes that utilize readily available store purchased items. Weight is a main concern when selecting ingredients. Equally important is whether an item can be stored without refrigeration. Just because an item requires refrigeration doesn't knock it out of consideration. It simply means that steps need to be taken to keep chilled either by freezing ahead of time or by packing with a small ice pack. A 12-ounce bottle water can be frozen and used as the ice pack. When it thaws or is no longer needed to chill items, the water can be used and the weight disappears. Light weight soft lunch bags provide an opportunity to have a "cooler" without the weight and bulkiness of traditional coolers. The duration of the hike and the weather conditions will determine how soon in the trek the items requiring refrigeration will need to be used. Simplicity can be important attributes of a one pot meal. The simplicity may be a result of planning ahead and prepackaging spices and ingredients to reduce the weight of packaging and the on trail preparation and clean up.

The gear you have the ability (or desire) to carry will be a limiting factor to what you have to prepare with, cook in and heat with. Knowing the rules of the areas you will be camping will help understand if campfire cooking is an option. Restrictions on the Connecticut section of the Appalachian prohibit campfires relegating campers to backpacking stoves for cooked meals. The type of heat source will have a lot to do with the cooking vessel. Campfire cooking can open up the possibility of utilizing utensiless or foil cooking methods. Lightweight cook pots are likely the cooking vessel for meals. Baking options too are determined by the source of heat. Reflector ovens and utensiless baking methods are lightweight option when camping where campfires are permitted. Special backpack stoves or two pot baking methods are options for baking with a backpacking stove.

The availability of water impacts both the preparation of food and cleanup. The secret to lightweight meals most often involves dried or dehydrated foods that are rehydrated with water available at the camping destination. Water filtration devices, boiling and purifying tablets can turn a running stream or picturesque pond into a safe source of water. Preparation is important in determining the reliability of the water source. Trail maps and those familiar with the area can be sources of information as to the reliability and quality of the water sources. Many hikers consider use of a no cook meals for lunch. A Philmont technique for crews finding themselves scheduled for a "dry camp" for the night, is to prepare the cooked meal on the trail for lunch if water is available. A favorite spot for our troop on the Connecticut section of the AT has pump that is questionable at best. About a mile before camp is a reliable source of water where we load up with purified water ample for the night's cooking needs and the morning's water consumption.

The order that food is prepared can be a big factor in the ease of clean up. By starting with the messiest course first and finishing with the course that is easiest to clean up, your efforts when cleaning both the cook pot and the personal dishes being used by your group can be done with ease. For years, we have used dehydrated meal packages that serve 4. One meal comes with chicken rice soup, a main course of spaghetti with meat sauce, chocolate pudding, and lemonade. Start the meal with the pudding by putting cold water in a pot with the mix. In a separate "clean" pot, boil water in the quantity required for the spaghetti with meat sauce. After serving all the pudding and once the water for the spaghetti is boiling, pour the boiling water from the "clean" pot into the "dirty" pudding pot. Before adding the dehydrated spaghetti mix, use the serving spoon to gentle rinse and dissolve the pudding on the inside of the "dirty" pot. Add the spaghetti mix to the water in the "dirty" pot. In the "clean" pot, boil water in the quantity required for the chicken soup. Serve all the spaghetti. Pour the boiling soup water from the "clean" pot

into the “dirty” pot. Before adding the soup mix, use the serving spoon to gently rinse and dissolve the spaghetti and meat sauce residue from the inside of the “dirty” pot. Add the soup mix. When eating the soup, individuals can use a spoon to repeat the rinsing process with their bowl that they have used for all the courses. Mix the lemonade in a water bottle. After everyone is done with their soup, pure a few ounces of lemonade in each person’s bowl. Repeat the rinsing process with the spoon and then drink the lemonade. If done correctly, there will be very few food scrapes left in the “dirty” cook pot, the bowls, and on the spoons. Since the “clean” pot was kept clean, as soon as the soup water is poured from the clean pot, the dish washing water heating can begin. Use the “dirty” pot as your wash basin and the “clean” pot as your sanitizing basin.

Commercially Available Meal Packages:

There are several companies that commercially produce meal packages that provide a main course, soup, dessert, and beverage in packages to serve as many as four. The four appetites that the manufacture believes that the package will satisfy may not be the same as your group. Consider using a meal package per 3 persons. Meals with soups, pasta or rice can be supplemented by adding instant rice. Package measured quantities of instant rice in Ziploc bags using one cup increments. With a permanent marker indicate the quantity and the amount of additional water to add. Meal packages are available for dinners and breakfasts. Lunches, although available, are typically no cook meals that can be duplicated or replaced with more economical readily available store bought products. Also listed below is a sample of dehydrated vegetables that are available commercially that can be used as an ingredient in your our recipes.

Backpacker's Pantry Complete Dinners:			
Stock #	Name of Product	Wt.	Price
BP09421 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	▼ DINNER #1, 4 serving... Spaghetti & Sauce, Chicken & Rice Soup, S'mores, Fruit Drink. MSRP: \$14.50	2.05	\$14.15
BP09422 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	▼ DINNER #2, 4 serving... Wild West Chili, Peas & Carrots, Chocolate Pudding, Fruit Drink. MSRP: \$19.50	1.80	\$19.00
BP09423 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #3, 4 serving... Mashed Potatoes & Gravy W/Beef, Chicken & Rice Soup, Mocha Mousse, Fruit Drink. MSRP: \$15.50	1.65	\$15.10
BP09424 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ DINNER #4, 4 serving... Chicken & Dumplings, Carrots, Apple Cobbler, Fruit Drink. MSRP: \$15.90	1.95	\$15.50
BP09435 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #5, 4 serving... Chicken & Mashed Potatoes, Stuffing, Vanilla Pudding, Fruit Drink. MSRP: \$19.90	2.00	\$19.40
BP09426 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #6, 4 serving... Beef Stroganoff, Chicken Noodle Soup, Chocolate Pudding, Fruit Drink. MSRP: \$18.50	1.80	\$18.05
BP09427 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	▼ DINNER #7, 4 serving... Macaroni & Cheese, Peas & Carrots, Apple D'Lite, Fruit Drink. MSRP: \$14.90	1.75	\$14.55
BP09429 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	DINNER #9, 4 serving... Chicken & Rice, Carrots, Vanilla Pudding, Fruit Drink. MSRP: \$15.90	1.70	\$15.50

▼ Vegetarian Entree.
★ Cooking Required.

Backpacker's Pantry Complete Breakfasts:

Stock #	Name of Product	Wt.	Price
BP07401 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #1, 4 serving... Buttermilk Pancake Mix, Maple Syrup, Banana Chips, Orange Drink. MSRP: \$9.90	1.95	\$9.65
BP07402 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #2, 4 serving... Scrambled Egg Mix W/Baco Bits, Diced Potatoes, Orange Drink. MSRP: \$11.50	1.15	\$11.20
BP07403 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #3, 4 serving... Denver Omelet Mix, Potato Patties, Hot Chocolate. MSRP: \$11.50	1.05	\$11.20
BP07404 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	★ BREAKFAST #4, 4 serving... Scrambled Egg Mix, Diced Potatoes, Orange Drink. MSRP: \$8.90	1.20	\$8.70
BP07406 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	BREAKFAST #6, 4 serving... Granola Cereal, Milk, Orange Drink. MSRP: \$10.50	1.60	\$10.25

★ Cooking Required.

Backpacker's Pantry Two Serving Vegetables:

Stock #	Name of Product	Wt.	Price
BP02503 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	VEGETABLE MEDLEY, 1.0 cup... Corn, peas and carrots with a light butter sauce. Corn, Peas, Butter Sauce, Carrots. MSRP: \$4.10	.25	\$4.00
BP02519 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	GARLIC HERB POTATOES, 0.8 cup... Delicious garlic mashed potatoes ready in minutes. Potatoes, Milk, Garlic, Bell peppers, Parsley, Butter. MSRP: \$3.80	.35	\$3.70
BP02522 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	BACON & CHEDDAR MASHED POTATOES, 0.75 cup... This traditional American fair is the perfect side dish in the backcountry. Potatoes, Cheese Sauce, Baco Bits, Cheddar. MSRP: \$4.20	.35	\$4.10
BP02525 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	GREEN BEANS ALMANDINE, 0.75 cup... A great green bean side dish. Green Beans, Onions, Almonds. MSRP: \$5.20	.20	\$5.05
BP02540 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	SICILIAN MIXED VEGETABLES, 0.75 cup... Seasoned with garlic and Sicilian spices. Broccoli, Corn, Onions, Red Peppers, Tomatoes. MSRP: \$3.90	.20	\$3.80

[Don't forget about the discount!](#)

Backpacker's Pantry Four Serving Vegetables:

Stock #	Name of Product	Wt.	Price
BP04510 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	CORN, 2.0 cup... No-Cook Corn is great by its self or add them to an entree for extra calories. MSRP: \$9.50	.40	\$9.25
BP04525 <input type="text"/> Qty. <input type="button" value="Add to Cart"/>	GREEN BEANS ALMANDINE, 1.5 cup... A great green bean side dish. Green Beans, Onions, Almonds. MSRP: \$8.40	.25	\$8.20

PHILMONT MEAL IDEAS:

Philmont Scout ranch is a high adventure BSA facility located in New Mexico. Comprising more than 120,000 acres, it welcomes over 20,000 visitors annually. They have meal planning down to a science. Although they sell left over meal packages at the end of each summer season, you can many times duplicate meals by purchasing items in grocery stores or through camping supply companies. Whether preparing a crew for a Philmont 10-day outback backpacking adventure or taking the troop for a weekend hike, the meal ideas below can help inspire a more interesting and fulfilling meal. Since treks at Philmont are in many cases strenuous, the creators of the meals ensure that the calorie count will meet the needs of the scouts. Our crew in 2012 experienced each of these meals. The biggest surprise was Dinner #10 which includes canned turkey and Stovetop Stuffing. At first glance, I was dreading the night that we would be subjected to this concoction. In the end, it was one of the favorite meals out of our 10-day trek and is the easiest to duplicate at home. Later on in this document, a rendition of the meal will be offered as a one pot meal.

**Philmont Trail Food Ingredients
2012**

<p style="text-align: center;">Dinner #1</p> <p>M. H. - Beef Stroganoff Pretzels Honey Roasted Cashews - K Grandma's Cookies – Oatmeal Raisin - K</p>			<p style="text-align: center;">Dinner #6</p> <p>M.H. – Chili Mac Pretzels Honey Roasted Cashews - K Grandma's Cookies – Peanut Butter - K</p>
<p style="text-align: center;">Dinner #2</p> <p>Creamy Pasta & Vegetable Rotini - Wise Cheddar Bread Pieces Nut and Chocolate Trail Mix - K Soft Batch Cookies - K</p>			<p style="text-align: center;">Dinner #7</p> <p>R.M. – Rice and Chicken Cheddar Bread Pieces Honey Roasted Peanuts - K Oreos - K</p>
<p style="text-align: center;">Dinner #3</p> <p>B.P. Santa Fe Style Rice with Chicken Honey Mustard Bread Pieces Honey Roasted Peanuts - K Kelloggs – Cinnamon Grahams - K</p>			<p style="text-align: center;">Dinner #8</p> <p>M.H. – Spaghetti Buttermilk Ranch Bread Pieces Original Gorp Soft Batch Cookies - K</p>
<p style="text-align: center;">Dinner #4</p> <p>R.M. - Mexican Beef w/Rice & Cheese Refried Beans Hot Buffalo Bread Pieces Oreos - K</p>			<p style="text-align: center;">Dinner #9</p> <p>R.M. - Fettuccine Primavera Jalapeno Bread Pieces Nut and Chocolate Trail Mix - K Famous Amos Chocolate Chip Cookies - K</p>
<p style="text-align: center;">Dinner #5</p> <p>M.H. - Veggie Lasagna Cracked Pepper Bread Pieces Salted Peanuts - K Apples & Spice Dessert</p>			<p style="text-align: center;">Dinner #10</p> <p>Canned Turkey Stove-Top Stuffing Mix Honey Roasted Peanuts - K Keebler Bug Bites - K</p>

ONE POT MEALS RECIPES & IDEAS

TUNA NOODLE DISH (Serves 6)

Ingredients

- 12 Ounce Bag of Egg Noodles
- 2, 12 oz. cans of Cream of Mushroom Soup
- 1, 12 oz. can of Package of canned peas (can substitute dehydrated)
- 3, 5 oz. Cans of Tuna Fish

Directions

1. In the cook pot boil water, cook egg noodles following directions on package.
2. Drain Egg Noodles leaving some moisture
3. Add Peas (with water), Cream of Mushroom Soup and Tuna Fish (with juices). Mix well and stir periodically so as not to burn ingredients on bottom.
4. Serve once all ingredients are up to temperature.

TURKEY & STUFFING DINNER (Serves 2)



Ingredients

- 6 Oz. Box of Stove Top stuffing
- 10 Oz. Can of Cooked Turkey with water (Can substitute canned chicken)
- 1 Cup of Dehydrated Corn or 7 Oz Canned Corn with water
- 1 Oz. Package of Dried Turkey Gravy (Can substitute Chicken Gravy)

Read directions for the Stove Top stuffing to determine the volume of water to add. (A 6-oz. box of stuffing calls for 1.5 cups of water.) Add water to empty cook pot. Add water quantity necessary for dehydrated corn. Add water necessary for dried gravy. Boil water. Once boiling, add gravy mix and stir. Add dehydrated corn (if using canned corn, add later) and stuffing mix. Stir. Cover and let stand for 5 minutes. Fluff and then stir in canned turkey (along with juices) and canned corn (with water). Heat on medium heat until meat and corn are up to temperature.

EASY CHICKEN SOUP



- 1 ½ Oz. of Chicken base
- 10 Oz. of Canned Chicken
- ½ Lb. Elbow Pasta
- 7 Oz. Canned Corn or ¼ Cup Dehydrated Corn
- 2 Quarts of Water

Boil Water and add the appropriate amount of chick base or bouillon cubes. 16 Ounces of chicken base makes 5 gallons of broth and is already seasoned. Measure out the quantity you need and repackage in a Ziploc bag. Chicken base is available at BJ's Wholesale Clubs. Add one 10 Oz. can of chicken per half gallon of soup. Bring to a boil. Add ½ pound of elbow pasta. Cook per pasta directions. Once pasta cooked, add corn. Bring to temperature and serve.

ONE POT LUNCH



Ok so this really isn't a meal you cook, but it's an ingenious idea for feeding a patrol of boys lunch. Use a large 8-quart trail chef pot and lid. In the bottom of the pot place a plastic bottle of squeeze jelly. Fill a quart freezer Ziploc bag with enough peanut butter to meet your group's needs. Place in bottom of pot with jelly. Place sliced round loaf of Italian bread in the pot. Put lid on pot. Pack in backpack. To serve peanut butter, cut corner off bag and squeeze like a pastry bag. **Variation:** Use pot to carry & protect bread. Give each person a 5-ounce plastic envelope package of tuna and a mayo packet from a fast food restaurant.

Backpacking Baking Methods & Techniques

Baking food in the outback will certainly set you apart from the typical hiker. With the exception of utensiless cooking, baking requires a sacrifice of carrying additional weight for the gear necessary to create an oven. Because fuel may be limited, the foods baked will need to be considered carefully. Many baked items will require eggs and milk. Consider substituting powdered milk and powdered eggs to remove the need to keep milk chilled and eggs safe from being cracked. With a little effort, you also may be able to find mixes that only require that water be added. Most baked items require that the baking pan be coated with oil. Carrying a spray can adds unneeded weight and carrying a container of oil can prove messy, consider a few tablespoons of Crisco shortening in a Ziploc bag. From biscuits, to cakes, to lasagna; having the access to an oven in the campsite can most certainly improve the culinary experience.

BEMCO BACKPACKER OVEN: www.BackpackerOven.com

The Bemco oven draws on the design of the old Coleman oven which sits on a gas burner. Unlike the Coleman oven, the Bemco oven sits over and surrounds the burner of the backpacking stove. For safety reasons, only stoves with separate fuel containers that sit outside of the oven can be used. The oven includes a temperature gauge similar the type you would have on a gas grill. The stove instruction guide primarily focuses on how to setup the stove. The booklet includes recipes which shed some light on tips for using the oven. Tips include rotating the pans from the top shelve to bottom shelf periodically for even baking and to preheat the oven before using. The oven comes in three different sizes; a 7 inch, an 8 inch and a 9 inch. Size selection will depend on whether you're cooking for a couple people or a patrol of 8. The oven is available also as a kit that includes baking pans.





From the Bemco Website:

NOTE: the oven is only to be used with stoves that do NOT have the fuel tank attached.

All Bemco® backpacker ovens are made of lightweight aluminum that is flexible and durable. These ovens are not meant to be air tight. They can be used with backpacking stoves and most camp stoves. You can also use them on your home or RV stove top.

Oven Specs

Basic oven only, folded sizes:

- 7", 8" x1.5" x 12" tall.
- 9" folded oven is 9"x 1.5" x 13" tall.
- 7" oven weight 24.60 oz.
- 8" oven weight 29.55 oz.
- 9" oven weight 41.55 oz.

These weights include the thermometer, straps, and baking guide.

Oven kit weights as follows:

- 7" kit wt: 31.85 oz.; includes 7" oven, 6" shallow pan, 6" deep pan.
- 8" kit wt: 39.55 oz.; includes 8" oven, 7" shallow pan, 7" deep pan.
- 9" kit wt: 56.60 oz.; includes 9" oven, 8" shallow pan, 8" deep pan.

All kits include the basic oven, plus one each shallow baking pan, deep baking pan, pan gripper, and the baking guide.

Time required to reach 500° F: 90 sec.

Time required to cook two 6" Pizzas at 14,496 ft. elevation: 15 min.

BACKPACKERS PANTRY - OUTBACK OVEN: www.backcountrygear.com

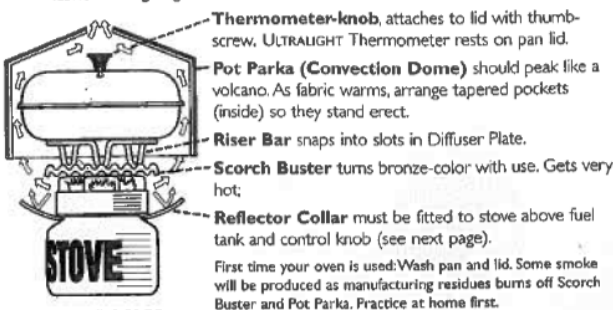
The Outback Oven can be used with backpacking stove with both fuel bottles separated from the burners and those with the burner directly above the fuel tank. The oven can also be carefully used with coals from a campfire. The oven is created by a parka surrounding an enclosed container. The oven includes a heat diffuser which reflects heat away from an attached fuel container. The oven is constructed with a temperature gauge that is visible through the top opening of the parka.



OUTBACK OVEN™ OPERATING INSTRUCTIONS PLEASE READ THIS!

Thank you for buying an **OUTBACK OVEN™**! If you're the type of person who doesn't normally read instructions, have a peek at the diagram below, then have someone read this part to you:

- **Never use oven at high stove output** or leave unattended; you may damage your oven or stove (trust us).
- **Stove must be fitted with Reflector Collar** to shield base of stove and ground below (not needed for box stoves with external fuel tanks).
- **Turn down heat if you see smoke** coming from Convection Dome; it means fabric is being degraded from direct flame contact or intense heat.



BAKING BASICS:

1. Stove must be level with Scorch Buster centered over burner grate.
2. Start stove on low, increase output slowly as thermometer equilibrates.
3. Allow 5-10 minutes for oven (with food) to WARM-UP to BAKE zone. Adjust stove output to hold at upper BAKE zone. *Never turn stove on high!* (See Thermometer, page 3).
4. If oven gets too hot on stoves lowest setting, turn off stove and place a towel over Pot Parka. Wait until oven cools into BAKE zone, then re-light (re-priming white gas stoves should not be necessary).
5. Can be used over campfire coals. Avoid rip-roaring flames.

REFLECTOR COLLAR: Collar is placed between the burner and the fuel tank, and shields the tank from excessive heat. Some cutting of the Collar is necessary; customize it to fit your stove:

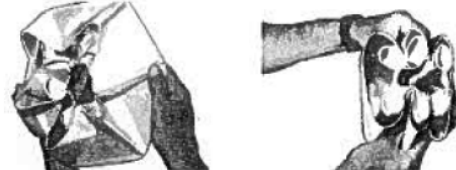
CAUTION: Cut metal edges can be very sharp.

1. Using scissors, slit from edge to center.
2. Fold edges ~1/2" along slit (one up, one down) so they interlock and make the Collar cup upwards.
3. Place on top of stove and mark positions of supports, tubes, etc. Cut out to fit your stove, removing no more material than necessary.

Templates for some common stoves provided.



STOWING POT PARKA:



THERMOMETER:

The thermometer of the Outback Oven is a simple "bi-metal" type that measures air temperature at the top of the Pot Parka. To provide a reliable reading, it must be positioned below the Parka's vent hole.

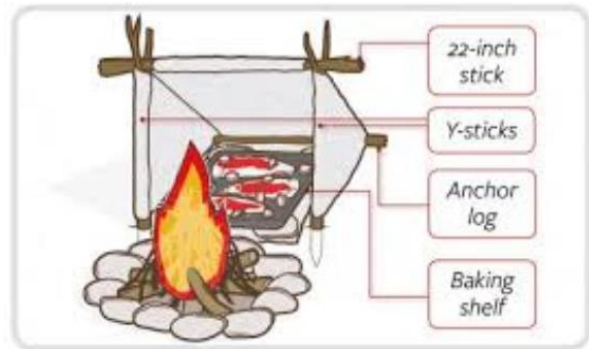
Because heat is absorbed by the pan and food, thermometer readings increase gradually. The highest readings will occur near the end of the baking cycle. The optimal baking reading for the 10" Oven is around the "E" in BAKE. The 12" Oven, with its larger size, will be near the "A" in BAKE. The 8" Oven and the Ultralight could be as high as the "B" in BURN. If the thermometer does read in the BURN area simply take off the Pot Parka and allow the pan to cool.

For more detailed instructions on modulating the heat see Advanced Baking Tips on page 5.

Windy Conditions: Wind can overpower Oven's natural convection. Baking time and thermo readings will vary. Use a wind screen. Avoid add-on screens that touch base of pan. A flap of foil with twisted tail inserted in tapered pocket of Parka can serve as a baffle over vent hole.

REFLECTOR OVENS:

When the camping experience will include a campfire, a reflector oven can provide a lightweight, easy to use oven. Ovens come in various different styles and sizes. Ovens range from manufactured models, to ovens created with tin foil with a “green” stick frame, to a homemade oven made from a pizza box coated in foil with a hardware wire rack. Regardless of the model, they all work basically the same. If the heat is too hot...move it away from the fire, too cool...move closer. A hot bed of coals works best as a heat source especially in reducing the smoky taste.



PIE PLATE DUTCH OVEN:

Find three pie tins of equal diameter. 9 inch pans are a nice size to work with. Drill a hole in the center of two of the pans. Placing back to back, insert a small bolt with washer. Fasten on the other side with a washer and wing nut. If available, consider using a bolt with a thumb turn end to remove the need to have tools. Use three binder clips to connect the bottom pan (the one without a hole drilled in it) to the top. Larger nails that are about 6 inches long can be used as legs by driving them into the surface of the fire pit. Space the nails so they evenly support the pans without being too close to the outside edge of the bottom or too far in the center. Nail heads should be close to level and leaving enough space for coals. Drag coals from main fire to place under pans and place within the top upright pan. To prevent burning, use a wire trivet and a pan to bake items in within the oven. Temperature control is especially important with aluminum pie tins. Keep the bolt holding the two pans together loose enough so you can periodically spin the top as you would with a Dutch oven to create even heating. Lift and spin the whole oven using gloves to ensure even bottom heat.





BREAD ON A STICK:

A simple method to have hot fresh bread is to prepare bread on a stick over a campfire. A popular recipe is bannock bread. Mixed in a Ziploc bag, formed into a rope and then wrapped around a “green” stick, the bread can be baked over a campfire. Make sure to periodically turn the stick to promote even baking.



NESTED POTS OVEN (WET & DRY):

This method of baking uses two cook pots that can be nested. In the larger pot, place 3 rocks of the same height to support the smaller pot and inch or so above the bottom. A metal trivet can also be used. Place the smaller of the two pots on the stones (or trivet). Bake within the smaller pot. Cover larger pot with either the pot lid or foil. Place larger pot on your heat source. Bake either dry or with 1 inch of water in the bottom of the can. Water baking will bake faster but will lack the browning and crisp exterior that dry baking produces. Adjust heat source to produce desired interior temperature. The lid can be opened if the temperature gets too hot. When baking smaller baked goods, a silicon oven safe container may be used.



#10 CAN OVEN

This is homemade creation that took about 30 minutes to make. Start with an uncoated #10 can. About 1/3 up from the bottom, screw in three self-tapping screws equally spaced around the circumference. Drill a hole about 1/4 down from the top of the can for the temperature gauge. Place the can on top of some metal mesh or hardware wire. Trace the perimeter of the can with either a permanent marker or scratch awl. Using tin snips, cut out circle by staying about 3/16 of an inch in from tracing. Place in the can so it rests on the three screws. Form a foil top making sure that the temperature gauge is visible. Place item being baked in a pan on top of the mesh. Place #10 can on your heat source. Bake either dry or with 1 inch of water in the bottom of the can. Water baking will bake faster but will lack the browning and crisp exterior that dry baking produces. Firm biscuits can be baked directly on the mesh when dry baking after coating mesh with oil. Adjust heat source to produce desired interior temperature. The lid can be opened if the temperature gets too hot. ***Before baking in your oven for the first time, heat it nice and hot without the lid to vent off any fumes from the can. Remove the temperature gauge and grate. Place in gas grill with the lid closed and heat until reaches 500 degrees. You may also want to heat on backpacking stove for 10 minutes on high without lid.***



BAKING PAN IDEAS & SUGGESTIONS



Small Aluminum Personal Mess Kit Pan: Lightweight and readily available. Fits a two person to single serving size item.



Extra Small Aluminum Pie Pan: Lightweight pan available at some kitchen supply stores. Fits a single serving size item.



Tuna Can (No Interior Coating): Lightweight and free. Fits a single serving size.



Small Tin Take Out Container: Lightweight. Available at discount stores or by recycling a tin from your latest take home doggie bag or Chinese lunch special. Fits 1 Jiffy cornbread package serving 3 to 4.



Small Baking Pans: Aluminum baking pans that come in a variety of sizes. Available in restaurant supply stores. Pictured are 1 inch deep pans in 6 inch, 7 inch and 8 inch diameters. Fits approximate serving sizes of 3, 5 and 7 respectively.



8 Inch Aluminum Pizza Screen: Lightweight. Available at restaurant supply stores. Used with dough based products or other firm items. Makes a single serving pizza or 4 biscuits.

CLAM PIZZA

Ingredients:

Bob's Red Mill Pizza Dough Mix

- 1 pkg (16 oz.) Gluten Free Pizza Crust Mix (3 1/4 cups)
- 1-1/2 cups warm Water
- 2 Eggs (Consider 2 Tbsn. of egg powder as alternative)
- 2 Tbsp. Olive Oil
- 1 Yeast Packet (enclosed)

Clam Topping

- Garlic Powder
- 1/4 Cup Olive Oil
- Salt & Pepper
- Italian Seasoning
- 5 – 6 Oz. Can of Clam Meat (Save Juice)
- 2 Cups Grated Mozzarella Cheese (Freeze in Ziploc)
- 2 Tbsp. Grated Parmesan Cheese

Prepare Dough:

In a large bowl, combine water and yeast. Let stand a few minutes. Add eggs and oil to mixture and blend briefly. Add GF Pizza Crust Mix and blend until combined. Leave dough in bowl, split in half, place in Ziploc bag with air space and allow to rise 20 minutes in a warm place.

Prepare Pizza

Flatten dough into shape that works best for your oven. Consider small pizza screen. Spread half the olive oil on the dough. Spread clam meet and add garlic powder, salt & pepper. Spread mozzarella cheese. Sprinkle with Italian seasoning, the rest of the olive oil and 2 tablespoons of clam juice. Bake at a high temperature of up to 500 degrees.

JIFFY CORN BREAD



This is quick and easy bread. Purchase Jiffy brand corn muffin mix. Follow the directions on the package. One package will be perfect for a 7-inch round foil tin pan. Tin pans can be purchased at Ocean State for about 20 cents each. They are light weight and reusable. You can mix in a Ziploc quart bag to save on clean up. Once mixed, cut off corner and squeeze into greased baking pan.

- Package of Jiffy Corn Muffin mix
- 1 Eggs or 1 Tbsn of Egg Powder
- 1/3 Cups of Milk or 5 Tbsn of Powdered Milk and 1/3 Cup of Water
- Non-stick spray or Crisco Shortening to coat oven

EASY CORN BREAD



This is even quicker and easier bread. Purchase Marie Callender's brand corn muffin mix. Follow the directions on the package. One half package will be perfect for a 7-inch round foil tin pan. Tin pans can be purchased at Ocean State for about 20 cents each. They are light weight and reusable. If you are using the whole bag of mix, then mix in package. Otherwise, you can mix in a Ziploc quart bag to save on clean up. Once mixed, cut off corner and squeeze into greased baking pan.

- ½ Package of mix
- ¾ Cups of Water
- Non-stick spray or Crisco Shortening to coat oven

CORNBREAD WITH SPAM & CHEESE (Based on Recipe from the Bemco Instruction Booklet)

Purchase Marie Callender's brand corn muffin mix. Follow the directions on the package. One package will be perfect for 2, 7-inch round foil tin pans. Tin pans can be purchased at Ocean State for about 20 cents each. They are light weight and reusable. If you are using the whole bag, then mix in package or you can mix in a Ziploc quart bag to save on clean up. Chop and add Spam and dried peppers. Add shredded Parmesan cheese. Once mixed, cut off corner and squeeze into greased baking pan.

- Package of mix
- 1 ½ Cups of Water
- Non-stick spray or Crisco Shortening to coat oven
- 16 Oz. Spam
- 1 Oz. Dried Peppers
- 6 Oz. Shredded Parmesan Cheese

BANNOCK BREAD

Ingredients

- 1 cup flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 tablespoon sugar
- 1 egg or 1 Tbsn Egg Powder

(Mix Dry Ingredients in advance in Ziploc bag.)

Mix ingredients with a few tablespoons water. Coat the outsides of the dough and your hands with flour. Work with your hands forming a long roll of dough that can then be wrapped around a green stick about ½ inch to ¾ inches in diameter. Prop or support over coals spinning periodically to promote even baking.

Distance above the coals will depend on the heat being generated by the bed of coals and weather conditions. Bake until bread rises, is browned, crust is stiff when tapped, and knife blade inserted into bread comes out clean. Optional: Coat outside of dough with cinnamon and sugar mixture before baking.

BACKPACKERS CALZONE

Ingredients:

Bob's Red Mill Pizza Dough Mix

- 1 pkg (16 oz.) GF Pizza Crust Mix (3 1/4 cups)
- 1-1/2 cups warm Water
- 2 Eggs (Consider 2 Tbsn. of egg powder as alternative)
- 2 Tbsp. Olive Oil
- 1 Yeast Packet (enclosed)

Filling

- garlic Powder
- Italian Seasoning
- Canned Ham
- 2 Cups Grated Mozzarella Cheese (Freeze in Ziploc)

Prepare Dough:

In a large bowl, combine water and yeast. Let stand a few minutes. Add eggs and oil to mixture and blend briefly. Add GF Pizza Crust Mix and blend until combined. Leave dough in bowl, split in half, place in Ziploc bag with air space and allow to rise 20 minutes in a warm place.

Calzone Directions:

Chop canned ham into cubes no bigger than 1/2 inch. Form by hand or roll out half of dough into a circle. A clean Nalgene water bottle can serve as a roller. On one half of circle, place chopped ham and grated mozzarella. Wet edges of dough circle. Fold half of dough circle on itself. Pinch dough halves together to form pocket. Cut vent hole on top of calzone. Bake on foil, pan or pizza screen.

CHICKEN ENCHILADAS (Recipe drawn from the Bemco Instruction Booklet)

Ingredients:

- 1 Foil package of Chicken (6 oz.)
- 1 Fresh Jalapeno Pepper
- 1 Fresh Habanera Pepper
- 6 Small flour or Corn Tortillas
- 4 to 6 oz. cheese of your liking
- 1, 6 oz. can of green enchilada sauce or use the powdered sauce mix. (Available in the sauce mix section at your local market.)

Directions: Chop both peppers. Mix the chicken, 1/4 of the cheese and the jalapeno pepper and Habanera pepper in a small plastic bowl or cup. Place the mixture in the tortillas and roll each one placing them in the deep pan. After all the enchiladas are in the pan, place the rest of the sauce over them and then sprinkle with the rest of the cheese. Preheat the oven to 375 to 400 degrees. Place in oven for 25 to 30 minutes or until cheese is good and melted. Remove from oven and let cool for 2 to 5 minutes before serving.

Cooking Favorites



Breakfast Ideas



BISQUICK PANCAKES

Pancake box straight from the box. Add water only. Don't forget the butter & syrup. Consider buying a box for your patrol and then bring only the quantity of mix you need. Pre-measuring in advance the amount required for the number of people. Place in a Ziploc bag being sure to write with a Sharpie on the outside of the bag the quantity of water required for the quantity of mix in the bag. Just add the water to the bag and mix in the bag. Method cuts down on dishwashing.

HOMEMADE PANCAKES

Mr. K's Favorite Light & Fluffy Pancakes

Recipe Ingredients from Better Homes & Garden's "New Cook Book"

This mix requires a little bit of prep work in advance, but the added work done at home will be well worth it in the woods when your pancakes fluff up and taste better than any mix out of a box. Figure out how many batches you will need for the number of hungry stomachs you will be feeding. A single batch will make about 9 pancakes about 6 inches in diameter. On the side of a Ziploc bag with a Sharpie mark the quantity of batches inside. Below that indicate the quantities of the wet ingredients required to complete the recipe. This way you never need to go crazy trying to locate the piece of paper you wrote the directions on or try to recall how many batches you finally decided on. In the Ziploc bag add the dry ingredients. Per batch you will need the following:

- 1 Cup of All Purpose Flour
- 1 Tablespoon of Sugar
- 2 Teaspoons of Baking Powder
- ¼ Teaspoon of Salt

The following is a list of the wet ingredients per batch to be added when you are mixing the batter:

- 1 Beaten Egg
- 1 Cup of Milk (Powdered Milk will work)
- 2 Tablespoons of Cooking Oil

Don't forget the butter & syrup to top and some spray oil to keep the pancakes from sticking to the cook surface.

HUNGRY BOY SCOUT ONE POT BREAKFAST

I found this breakfast to be a regular in most camp cook books probably because it's easy, dirties only one pot and is pretty tasty. Preheat Dutch oven with heat from the bottom. Start with either loose sausage (Can be found in frozen section in a 16-oz. roll by Jimmy Dean) or with pre-cooked link sausage. If using loose (raw) sausage, start cooking sausage. Stir and chop up so the sausage crumbles into loose pieces. Once almost cooked, add frozen loose home fries. (Tater tots will work in a pinch). If you are using pre-cooked sausage links, start by cutting up links and placing in Dutch oven with potatoes as soon as the oven is pre-heated. While the potatoes and sausage cooks, scrambles 2 to 3

eggs per person. Add some milk, salt and pepper. Once potatoes are fully heated and sausage is fully cooked, loosely spread out potatoes and sausage to an even thickness. Pour scrambled egg combination directly on top. Cover Dutch oven. Cook with heat on the top and bottom. Once the eggs are about cooked, you can top with either grated cheddar cheese or slices of American cheese. Serve once the eggs finish cooking and the cheese melts.

- 1 Pound of loose Jimmy Dean breakfast sausage
- 1 Small bag of frozen hash browns
- 12 Eggs
- Milk
- Cheese (either grated cheddar or sliced American)
- Salt and Pepper

EGGS IN A BAG BREAKFAST

Great for days that you can't spend a lot of time cooking and cleaning but still want a delicious hot breakfast. In a large trail chief pot, fill 2/3 with water and boil. In GOOD quality Ziploc sandwich size plastic bags, have each person add their own choice of ingredients. (You can label by name with a Sharpie marker) Add two eggs, slice of boiled deli ham, slice of American cheese. Place in boiling water trying to keep bag away from the sides of the pot. Cook until done. **EAT OUT OF THE BAG WITH A SPOON.** Other ingredients can include chopped peppers, onions, mushrooms, grated cheese & frozen hash browns. If you are successful in not creating egg drop soup from pooped bags, the hot water can be used for hot chocolate and dishwashing. When buying the deli ham and sliced American cheese, consider asking for the quantity by the number of slices you need of each instead of by the pound.

- 2 Eggs per person
- 2 Slices of American cheese per person
- 1 Slice of boiled ham per person
- 1 Good quality Ziploc sandwich size bag per person

EGGS IN A HOLE

Tired of trying to keep those fried eggs from streaming across the griddle, try this great little technique. Pre-heat a griddle or frying pan to 325 degrees. Spread margarine on both sides of each slice of bread. Cut a round hole in the center of each slice of bread. Hole can be cut with a used clean empty veggie can, biscuit cutter or a knife. Spray griddle with nonstick spray. Place bread on the pre-heated griddle. Pour a cracked egg into the hole in the center of the slice of bread. Cook until the bread has browned and the egg begins to set. Flip and cook until the egg is finished cooking and the other surface of the bread is browned. Don't waste the piece of bread cut from the center of the slice of bread. Place on the griddle and brown both sides.

Ingredients based on per serving. You may want to consider two serving per person depending on the appetites of your group members.

- 1 Egg per serving
- 1 Slice of bread per serving
- Margarine or butter

HAM, EGG & CHEESE SANDWICHES

The only thing you'll need to clean after this meal is the spatula and the skillet. This quick and easy can be made by cooking your eggs fried over easy in the skillet with a little butter or nonstick cooking spray. Just before cooking the eggs, warm slices of cold cut ham in the skillet. Once warmed, mound off to the side in the skillet being careful to flip the pile occasionally so the bottom slice doesn't burn. Cook egg adding a slice of American cheese one the egg is almost done. Place a slice of warmed ham over the top of the cheese slice. Once the cheese has started to melt, remove from the skillet and place on a sliced open hard roll. Close the roll and enjoy. If hard rolls are to your liking, consider sliced bread or English muffins.

Ingredients based on per sandwich. You may want to consider two sandwiches per person depending on the appetites of your group members.

- 1 Egg per sandwich
- 1 Slices of American cheese per person
- 1 Slice of boiled ham per person
- 1 Hard roll per sandwich
- Butter or non-stick cooking spray

FRENCH TOAST

This breakfast favorite is easy to prepare and sure to satisfy the tastes of most scouts. Plan to purchase about 2 eggs per person. Crack the eggs into a pot or large Ziploc bag. Add milk as equal to about ¼ the quantity of eggs in the pot or bowl. Go crazy by impressing the leaders by remembering to bring a little ground cinnamon to add to the egg solution. Dip slices of bread in the eggs being sure to saturate both sides of the slice. Have your skillet or griddle hot (but not too hot) adding a coating of nonstick cooking spray or butter once it's up to temperature and just before you're ready to flop on the first slabs of egg soaked bread. Cook until the egg solution is no longer runny or liquid. The bread should have patterns of golden brown on each side. Additional applications of non-stick cooking spray may be needed between batches. One on your plate add a little butter then apply the traditional coating of sticky syrup or consider a light sprinkling of regular or powdered sugar.

- 2 Eggs per person
- About 1/8 of a cup of milk per person
- 3 to 4 slices of sandwich bread per person
- Ground cinnamon
- Butter
- Non-stick cooking spray
- Maple syrup, regular or powdered sugar

Lunch Ideas

HOBO SANDWICHES



This is a great lunch idea when a campfire is part of the midday camp experience. The pie irons are made to fit two slices of sandwich bread and your choice of filling. Going with the traditional approach, use two slices of American cheese and 1 slice of boiled ham. Live on the edge with two slices of American cheese and a few slices of roast beef. How about sloppy Joe mix from a can between the two slices of bread? A tuna melt with some tuna mixed with mayo and a slice of American cheese may also hit the spot. Just remember to butter both the surfaces of bread that will be against the pie iron. Non-stick baking spray applied to the inside faces of the pie iron will also help keep your lunch from bonding permanently with the inside of the pie iron. Place over hot coals being sure to flip every 3 to 5 minutes. Should take about 10 minutes to cook.

FOIL DINNERS

Get your fire started before preparing anything else. Use smaller diameter hardwood logs to help produce a good bed of red hot coals. Larger logs will take longer to get to the point that you have an ample amount of coals to cook over. Prepare 1 foil pouch per person using two layers of foil to create a double walled pouch. Only good quality foil will work. Anything less will lead to disaster. Start the preparation by washing potatoes & carrots. Cut potatoes into $\frac{1}{2}$ to $\frac{3}{4}$ inch cubes. Cut carrots into $\frac{1}{4}$ thick discs. Peel and finely chop the onion. Add ground beef to foil pouch trying to have the meat loose and not 1 one clump. Add canned corn, potatoes, carrots, chopped onion, salt & pepper. Now the most important ingredient, add a few ounces of WATER. Water is the key to not only keeping your food moist but will also produce steam that will help ensure that your food is completely cooked. Seal the foil packet creating a water tight seal. (A trick to labeling individual names on the foil pouches is to use a dark colored nail polish to mark each person's initials.) Cook for about 20 minutes, flipping each pouch every 5 minutes. Other ideas for ingredients include ground turkey; boneless chicken breasts pre-cut into bite size pieces, chopped peppers, canned peas, and the list goes on....

- $\frac{1}{2}$ Pound of ground beef per person
- 1 to 2 medium potatoes per person (Use a Red or Yellow thin skinned potato that won't require peeling)
- 3 Ounces of canned corn per person
- 1 Carrot per person
- Chopped Onion (optional)
- Salt & Pepper
- Water

TOASTED CHEESE & HAM SANDWICHES

Heat up a skillet or griddle. Have your skillet or griddle hot (but not too hot) adding a coating of nonstick cooking spray or butter once it's up to temperature and just before you're ready to place the first batch of sandwiches on skillet or griddle. Butter one side of the two slices of bread that will form the outside of the sandwich. Insert two slices of American cheese and 1 slice of boiled ham between the slices of bread. Place in the skillet or on the griddle. Cook on the first side until golden brown, then flip and repeat on the second side. Cheese should be melted and the ham warm once the cooking process is complete. Additional applications of non-stick spray may be needed between batches.

Ingredients based on per sandwich. You may want to consider two sandwiches per person depending on the appetites of your group members.

- 2 Slices of American cheese per sandwich
- 1 Slice of boiled ham per sandwich
- 2 Slices of bread per sandwich
- Butter
- Non-stick cooking spray

STROMBOLI

Prior to leaving home, cut up cold cut meat into 1 inch squares. Place all the meat in one Ziploc bag. Start to pre-heat a 12-inch Dutch oven with 10 coals under and 14 coals on top. Stretch pizza dough into a ¼ inch thin oval. Place mixed cut up squares of cold cuts and shredded mozzarella cheese down the center of the oval surface of dough. Don't place filling any closer than 1 inch from any edge of the flattened dough surface. Moisten the outer ¾ inch edge of the oval surface dough. Fold over the dough on itself. Seal the moistened edges together where they meet to form a pouch. Apply non-stick spray to the bottom surface of the pre-heated Dutch oven. Place dough pouch in Dutch oven. Bake until dough is golden brown.

- 2 Pounds of pizza dough
- 1/3 Pound of boiled ham cold cut
- 1/3 Pound of turkey breast cold cut
- 1/3 Pound of roast beef cold cut
- 1 Pound shredded mozzarella cheese

Dinner Ideas

EASY DUTCH OVEN PIZZA

(<http://waltonfeed.com/grain/ldscn/59.html>)

Spread pizza crust in bottom of well-seasoned Dutch oven. Squeeze pizza sauce over the top of dough and spread. Cover with cheese and toppings as desired. Cover and cook with 8 coals below and 16 coals on top for about 10-15 minutes.

- 1 ea. 8 oz. squeeze bottle pizza sauce
- pizza toppings as desired
- 1 pkg refrigerated pizza dough
- 2 cups shredded pizza cheese

SPL MINI PIZZAS

(<http://waltonfeed.com/grain/ldscn/59.html>)

Lightly grease Dutch oven, cookie sheet or foil pie plate. Separate biscuits. Using fingers, press each biscuit to form a four-inch circle. Pinch edges to form a rim. Cover each biscuit with pizza sauce, toppings and cheese. Bake in Dutch oven over medium heat until bread is golden brown (about 5-10 minutes). Serves 6-8.

- 1, 8 oz. can pizza sauce
- 1 green bell pepper, chopped
- 1 small can mushroom slices
- 1, 8 oz. pkg Mexican or jalapeno flavored cheese spread
- 2, 7.5 oz. cans refrigerated buttermilk biscuits

BOY SCOUT STEW

(Derived from: **Camp Cooking – 100 Years**, by The National Museum of Forest Service History)

This meal can be prepared in a pot on cook stove, in a pot on a grate over a fire or in a Dutch oven with bottom heat only. It's a very easy, fast and tasty meal. Place a table spoon of oil in the bottom of the pot or Dutch oven and brown lean ground beef until cooked. Add a can of crushed tomatoes and a can of tomato sauce; heat. Drain off water from 2 cans of mixed vegetables. Add mixed vegetables to the pot. Heat until hot. Serves about 6 scouts.

- 2 Pounds of Lean Ground Beef
- 1, 14 oz. Can Crushed Tomatoes
- 2, 8 oz. Cans Tomato Sauce
- 2, 14 oz. Cans Mixed Vegetables

ROASTED CHICKEN

Clean a whole chicken, remembering to remove the package of innards from the cavity. Season chicken with crushed rosemary and seasoning salt. Place a trivet or an upside-down lid from a medium size trail chef pot in the center of the Dutch oven. Add about a ¼ inch of water or chicken broth. Place the chicken on the trivet with the breasts on top. Wash red skinned or yellow potatoes (these potatoes have skins that can be eaten once washed saving the task of peeling) and cut up into quarters not greater than 1 inch cubes. Peel carrots and cut into 2 inch lengths. Peel the outer skin of a large onion and cut into quarters. Place potatoes, carrots and onions around chicken. Cook until center of chicken reaches 180 degrees. Depending on the size of the chicken, a 12-inch-deep Dutch oven may be required.

- 1 Whole Chicken
- Potatoes about a ½ pound per person
- Carrots about 1 large carrot per person
- 1 Large Onion
- Crushed Rosemary Seasoning
- Seasoning Salt
- Water or small can of Chicken Broth

PEAS, POTATOES AND MUSHROOMS

In a separate trail chef pot, boil potatoes until tender. Fry bacon in Dutch oven. Add onions to Dutch oven and cook for 3 to 5 minutes. To bacon & onions, add flour and stir well. Slowly add milk to Dutch oven, stirring constantly. Now add to the Dutch oven peas, mushrooms, salt and pepper. Heat well. Add potatoes and stir to coat. Heat again if necessary.

- 2 to 3 Pounds of Potatoes (Cubed)
- ¼ Pound Bacon
- 8 oz. Sliced Mushrooms
- 1 tsp. Salt
- 1 Onion (Cubed)
- ¼ cup Flour
- 3 cups of Milk
- 1 Pound Frozen Peas (Thawed)
- ½ tsp. Pepper

ROAST BEEF

Season a never fail beef roast with crushed rosemary and seasoning salt. Place a trivet or an upside-down lid from a medium size trail chef pot in the center of the Dutch oven. Add about a ¼ inch of water or beef broth. Place the beef roast on the trivet. Wash red skinned or yellow potatoes (these potatoes have skins that can be eaten once washed saving the task of peeling) and cut up into quarters not greater than 1 inch cubes. Peel carrots and cut into 2 inch lengths. Peel the outer skin of a large onion and cut into quarters. Place potatoes, carrots and onions around beef roast. Cook until center of beef reaches 180 degrees. Depending on the size of the roast, a 12-inch-deep Dutch oven may be required.

- 1 Never Fail Roast (about ½ pound per person)
- Potatoes about a ½ pound per person
- Carrots about 1 large carrot per person
- 1 Large Onion
- Crushed Rosemary Seasoning
- Seasoning Salt
- Water or small can of Beef Broth

DUTCH OVEN POTATOES

In a 12 inch, Dutch oven with bottom heat only, fry bacon in oven until nearly crisp. Add onions and saute 2 to 3 minutes. Add potatoes and mix together very well. Remove from heat. Place lid on oven and cover lid with coals. Bake for 45 to 50 minutes or until potatoes are tender.

- ¼ Pound Bacon
- 3 Onions (Sliced & Diced)
- Sliced Potatoes to fill the oven

BREADS

JIFFY CORN BREAD



This is quick and easy bread that can be made in a Dutch oven. Purchase Jiffy brand corn muffin mix. Follow the directions on the package. The following are the ingredients for a 12-inch Dutch oven.

- 2 Packages of Jiffy Corn Muffin mix
- 2 Eggs
- 2/3 Cups of Milk
- Non-stick spray to coat oven
- Don't Forget the Butter

BREAD

Purchase from the refrigerated section of your grocery store or from your favorite pizza restaurant, 2 pounds of unbaked pizza dough. Place 4 to 6 coals on the top edge of a 12-inch Dutch oven. Place dough in oven and allow to rise for about 45 minutes. Add coals as necessary to promote the dough to rise but not hot enough to bake the dough. Once the dough has risen, place 10 coals under the oven and 14 on top. Bake until golden brown and when a tooth pick or knife can be poked into the bread loaf and come out clean.

DINNER ROLLS & BISCUITS



From the refrigerated section of the grocery store, purchase pre-made biscuit or dinner rolls packaged in a tube. Follow the directions on the package baking in a pre-heated Dutch oven. Be sure to spray the bottom of the Dutch oven with non-stick spray. Heat the 12-inch Dutch oven with 10 coals under and 14 on top.

Dessert Ideas

LOLA'S APPLE FRITTERS

Flatten two biscuits. Place a table spoon of apple filling in the center of one flattened biscuit. Moisten the edges of both biscuits. Place second flattened biscuit over the top of the first biscuit. Press edges together to create a sealed pocket. Fry in Hot oil until golden brown on each side.

- Tube Refrigerated Biscuits (Need 2 biscuits for each fritter)
- Canned Apple Filling (1 Small can goes a long way)
- Oil

BOXED CAKE MIX



Follow directions on box. Ingredients include oil, eggs and water. When using a 12-inch Dutch oven, use 1 box. Use 2 boxes for a 14-inch Dutch oven. Consider sprinkling powdered sugar over the top of the cake. When using a yellow cake mix, consider placing apple wedges, coated with cinnamon and sugar, on top of the cake mixture when first placed in the Dutch oven. Sprinkle cinnamon and sugar on top of the cake once fully baked.

BAKED CHOCOLATE MARSHMALLOW BANANAS

With the peel still on the banana, slice the banana length wise through the top layer of skin and through the banana. Split open and fill space with chocolate chips and mini marshmallows. Wrap in heavy aluminum foil. Place in campfire coals. Flip so to cook each side 3 to 4 minutes.

BAKED APPLES

Wash and core apples, preparing one or two per serving. Sprinkle sugar and cinnamon inside the hole, then add a pat of butter. Double wrap apples loosely in foil with a little bit of added water. Cover loosely with coals on top and beneath, and bake for about 20-30 minutes.

SIMPLE DOUGHNUTS



Purchase refrigerated biscuits in a tube. Open package and remove biscuits. Cut a hole about ½ inch in diameter from the center of the biscuit. Stretch biscuit slightly. Fry in oil. It should only take a minute or two per side. Place on paper towels to drain. Sprinkle powdered sugar or cinnamon/sugar mixture over donuts once they have cooled.

DUMP CAKE

Pre-heat a 12-inch diameter Dutch oven with 10 coals below and 14 coals on top. Spray with nonstick spray or line in advance of pre-heating with foil. Dump 1, 29 ounce can of sliced peaches (with juice) into the pre-heated oven. (Fruit cocktail could be substituted). Spread out evenly across the bottom of the Dutch oven. With the cake mix still in its sealed package, break up any clumps of mix. Dump cake mix evenly over the peaches. Pour a can soda evenly over the top of the cake mix. Gently mix to help saturate cake mix without disturbing peaches. Bake until a tooth pick or knife can be poked into the cake and come out clean.

- 1, 29 Ounce can of sliced peaches with juice.
- 1 Box of yellow cake mix
- 1, 12 Ounce can of root beer soda

Winter Camping Cooking Tips



What cooking challenges does winter camping pose?

1. Takes longer to cook
2. More difficult to wash dishes
3. Needs good calorie intake to keep warm
4. Storing food that can't be allowed to freeze
5. Storing water in the cold
6. Propane fueled equipment issues

Choosing an appropriate menu:

1. Keep it simple when possible
2. High calorie food helps the body keep warm
3. Hot beverages to help keep warm
4. One pot dishes are a good idea
 - a. Stews
 - b. Soups
 - c. Roasts with veggies
5. Try to pick items that will be easier to clean up afterwards
6. Pick items that be cooked over a fire or in another non-gas stove cooking method
7. Try to prepare a warm meal for breakfast, lunch & dinner.
8. Try to have a warm dessert in the evening.
9. Use frozen veggies instead of canned. Contents of canned products contain liquids that will freeze.
10. Don't use items packaged in glass that contain liquids.
11. Plan menus with food that scouts will eat. It is important that everyone eats and eats enough. The food is the Fuel feeding the Heater known as your body.

Prepare in advance.

1. Prepping food in the field is time consuming even in good weather. Even more difficult in cold weather.
2. Wash potatoes and dry ahead of time.
3. Chop items like onions & carrots at home. Place in Ziploc bags and keep cool but keep from freezing.
4. Using chicken breast or beef for stew; cut a head of time, place in Ziploc and freeze in quantities required for the particular meals.
5. Dry ingredients can be mixed in advance in a Ziploc. Before placing in bag, use a sharpie marker to list what is inside (i.e. pancake mix, biscuit mix, etc.), number of batches, and what wet ingredients with quantities should be added in the field. When possible, consider mixing the remaining ingredients in the Ziploc bag to reduce cleanup.
6. Items that come in a can or in a jar could be placed in a Ziploc bag. Remember to label with a sharpie marker.
7. Repackaging in Ziplocs can allow you patrol to portion products allowing remaining product to be saved and used for other meals. Products like rice, pasta, flour and Bisquick keep for a long period of time if stored properly.

Storing Food & Water

1. When temperature a below freezing, you can keep even frozen items in a cooler without ice or even in a Rubbermaid bin. For frozen meat items, on shorter trips or when they are being used in the first 24 hours, the frozen item in a cooler will not require ice.
2. Ice or snow can be used in coolers when camping in a cabin.
3. Cooler can also be used to protect items from freezing. When temperatures are just below freezing or above, the cooler alone should suffice.
4. When temperatures are well below freezing, water bottles with warm water can be placed in the cooler to help keep items from freezing.
5. Still need to protect food from animals especially overnight.
6. Water bottles should be stored upside down.
7. Water bottles can be stored
 - a. Upside down in the snow.
 - b. In a clean thick sock.
 - c. When no danger of leaking, in your sleeping bag overnight.
 - d. Inside between layers of cloths.
8. Large water jugs should not be fully filled and should be stored overnight on their side with the spout closest to the ground.
9. Large water jugs can be buried in the snow.
10. Place water to be used for breakfast in the pot you will be using in the morning. Place lid on. It will be easier to thaw frozen water in the pot than in the water jug.
11. Place water in the pot, cover with lid, and then bury in snow.
12. Collecting water just before use if temperatures are too severe.

Water Purification

1. When using melted snow:
 - a. Start with low heat
 - b. Start with some water in the bottom of the pot to avoid scorching.
 - c. Boil water for 10 minutes to kill bacteria.
 - d. Strain water through a coffee filter to remove foreign particles and debris.
2. When using water from a stream:
 - a. Don't get wet.
 - b. Boil water for 10 minutes to kill bacteria.
 - c. Strain water through a coffee filter to remove foreign particles and debris.
3. Refrain from using water pumping filtration systems if the filter will be subject to freezing. Filter will be damaged by freezing when water is in the filter left to sit.
4. Purification tablets take longer to work in cold weather.

What cooking methods work best?

1. Try to avoid using propane fueled stoves. If you need to, try to protect gas canisters from freezing by placing in the cooler being used to keep items from freezing. Can be placed in the bottom of your sleeping bag.
2. Cast iron fry pans and pots once heated up will hold heat longer keeping food warmer during cooking & afterwards.
3. One pot cooking methods either in a regular trail chef pot or Dutch oven pot. You don't always have to use a Dutch oven as an oven. Tripod can support pot over an open fire.

4. Cooking foods that you would normally cook on a stove over an open fire on a rack or grill. Remember to soap the outside of trail chef pots to make cleaning off the smoke a breeze. Cast iron doesn't require soap.
5. Foil cooking directly on the fire or on a rack elevated above the fire.
6. Using a Dutch oven protected from the wind or near the fire.
7. Dutch ovens can be placed in a volcano or in the much less costly metal large wash tub to shield from wind and reflect heat back towards the Dutch oven.
8. Reflector box ovens to bake or roast meat.
9. Shield your cooking area from the wind by placing down wind of structures or other obstructions. Rig up a tarp as a wind deflector.
10. PLAN FOR COOKING TIMES TO LONGER THE LOWER THE TEMPERATURES.

The clean up:

1. Start heating clean up water well in advance.
2. Can use old clean coffee cans or #10 can covered with foil placed in the coals to heat water for cleaning.
3. Use a grunge buckets or other method to remove large debris and sauces from dishes before they enter the wash water.
4. Consider gut sumping.
5. Reduce the amount of dishes dirtied to begin with. Eating most meals can be done in a large bowl with just a spoon. You can even drink your after dinner hot chocolate out of your bowl. No need to dirty all your utensils, plate, cup, etc.
6. Work quickly. Water will get cold diminishing the quality of your efforts.
7. Dry off dishes or place to dry in an area close to the fire (careful with the plastic items not to melt items).
8. Place washed & rinsed dishes so water will not collect and freeze in the dish.
9. Dispose of properly all your wash and sump water before it has a chance to freeze.

