Philmont Country Cookbook



PTC

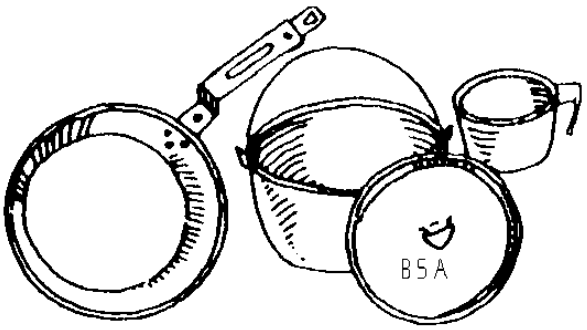
Scoutmaster Camping Skills

Antacid
Optional

Philmont Trail Recipes **1997**

The Philmont Cookbook is a project of the 1996 Scoutmaster Camping Skills participants at the Philmont Training Center.

Use of these recipes by Gourmet Restaurants is strictly forbidden by the AMA.



Joe Corby
James "Jop" Joplin
Larry E. Warlick



Edited by
Dennis A. Schmitt, ASM T928, SHAC

Philmont Grace

For Food, For Raiment,
For Friendship and Fellowship
We thank thee, O Lord

"Cooks are not found wandering in the woods. Nor do Scouts fry an egg on the first try. Guide them, teach them, but don't do everything for them."

Ed Bailey, Denver Area Council, Centennial District

Philmont gathers people from all over. They bring knowledge and experiences from all over the world. And along the way, a few good recipes. Friends and relatives agree that you may have these secret recipes only on one condition. That you add your own and pass on the total to others.

Eat hearty and happy camping.

General Commandments on trail cookery: *go light, no fuss, no mess*

1. Nutritious	*What! pop-tarts for supper again?*
2. Low in weight	*Less than a 11 yr. old Scout.*
3. Taste Great	*Scouts sure are great cooks.....*
4. Cooks fast with no fuss	*Hurry up, the batteries are going...*
5. Meets BSA's handling standards	*Packed by a 11 yr. old Scout*
6. Compact	*Smaller than a 11 yr. old Scout*
7. Cheap	*No the Money Tree is not in the Forestry Merit...*

Review the National BSA policy on fuels and the local regulations on fires and fuels. Some Airlines have a problem with transporting empty liquid fuel stoves and fuel bottles. Liquid and gas fuels are banned from airlines. Call Ahead and plan to pick up fuel and stoves at your destination.

The recipes are listed with the title, author (if Known, so you can place blame) and the type of cooking method.

Cooking at Altitude with attitude

The boiling point of water decreases with increasing elevation due to decreasing air pressure. The boiling point of water decreases 1 degree C for each 1,000 feet of elevation. Cooking times increase with increasing elevation at 6,000 feet to about 125% of the time needed to cook at sea level. Time is dependent on the type of food and the method of cooking.

Altitude	Fahrenheit	Celsius
Sea Level	212	100
2,000 ft	208	98
5,000 ft	203	95
7,500 ft	198	92
10,000 ft	194	90
15,000 ft	185	85

Camper's measurements without utensils

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

Fluid Standard Measures

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters
		1 Gallon	=	8 lbs.		

SUBSTITUTIONS & EQUIVALENTS

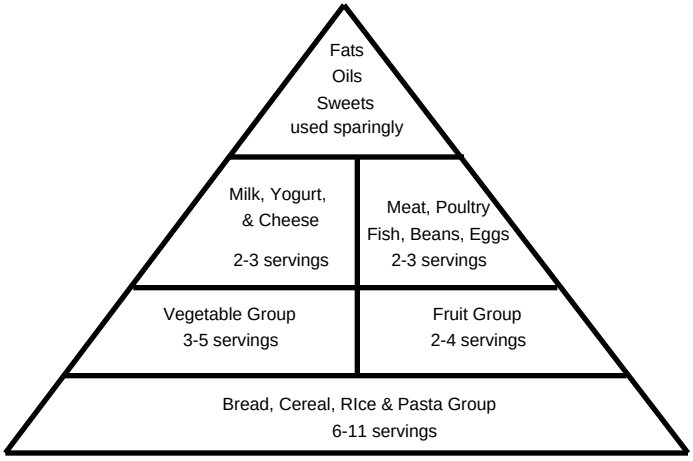
1 lb. butter / shortening	=	2 cup
4 oz. cheddar cheese	=	1 cup grated
1/2 pt. whipping cream	=	1 cup (2 c. whipped)
8 oz. sour cream	=	1 cup = 1 cup plain low-fat yogurt
1 lb. flour	=	app. 3 1/2 cup
1 cup marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 cup (packed)
1 lb. granulated sugar	=	2 1/4 cup
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water
	=	1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 cup sour milk	=	1 cup sweet milk + 1 Tbs. vinegar / lemon juice
1 stick buffer	=	1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	=	about 17 slices
1 cup of fine crumbs	=	22 vanilla wafers, 4 slices of bread, 26 saltine crackers,14 graham crackers
1 Tbs. instant minced onion	=	1 small fresh onion
1 Tbs. prepared mustard	=	1 tsp. dry mustard
1 cup sugar	=	2/3 to 3/4 cup honey
1 cup honey	=	1 cup molasses
1 whole egg	=	2 egg whites = 1/4 cup egg substitute
	=	1 egg white + 1 tsp. oil
1 oz baking chocolate	=	3 Tbs. cocoa powder + 1 Tbs. oil
1 Tbs. cornstarch (for thickening)	=	2 Tbs. flour

Philmont Trail Recipes 1997

Highly recommended reading for Parents, Leaders, and grommet Scout cooks and eaters is a good little cookbook available at most Scout shops:

Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA

Eating well is not just part of the fun of camping. It is important to eat well to replace the energy used in the hiking and activities that busy Scouts are prone to do. High fluid intake and high caloric intake are needed. Seasonal changes may demand over 3,000 calories per day. The food pyramid is a guide for meal planning. The Pyramid can change with camping. The high calorie diet of campers use more fats during colder weather. During Spring, Summer, and Fall try to reduce Fat in menus. Try to take the bulk of the food from the carbohydrate group.



We have tried not to duplicate the many books available on camp cooking (see additional reading list). We have tried to place our own stamp on the type of cooking, but do not limit yourself to the recipes, invent your own. The following tables are for the adventuresome who would like to try different things. Great, but try them at home first, not 20 miles out on the trail.

Take special note of any dietary needs of the Scouts and adults. Allergies to foods are common.

Don't forget the duty roster. It will save time on determination of whose turn to do what.

When	Water	Fire / Stoves / Cook	Clean Up	Food Bags

Menu Sheet for _____ Scouts date: _____

Breakfast

	amount	**equipment**	**cost $**
drink			
meal			

Lunch

	amount	**equipment**	**cost $**
drink			
meal			
fruit			

Dinner

	amount	**equipment**	**cost $**
drink			
meal			
desert			
fruit			

Shopping Lists

Once you have made a menu of the meals you plan to make, you need to make a shopping list. Start by listing the food items and the amount based on 1 Scout or group of Scouts. Then multiply by the number of campers. Keep Group items to a small size to reduce waste.

Here is an example of a shopping list from 1991

		number to buy	$$
Hot Chocolate	4x number of Scouts	_____	_____
Cookies	4x number of Scouts	_____	_____
White Bread	4x (slices)20-22/loaf	_____	_____
Jam	1 small jar per 8 Scouts	_____	_____
Eggs	4x number of Scouts	_____	_____
Cinnamon	1 small can per group	_____	_____
Sugar	1 pound per group	_____	_____
Oil	2 quart per group	_____	_____
Powdered sugar	1 pound per group	_____	_____
Applesauce	1 small can per 4 Scouts	_____	_____
Cinnamon red hots	1 small package 4 oz.	_____	_____
Macaroni and Cheese	1 box per 2 Scouts	_____	_____
Chunky Ham	1 can per 4 Scouts	_____	_____
Milk	1 quart (group) powdered OK	_____	_____
Lettuce	1 small head per 4 Scouts	_____	_____
French dressing	1 small bottle per 8 Scouts	_____	_____
Kool ade	3-4 quarts per Scout	_____	_____
Hamburger	1 pound per 3 Scouts	_____	_____
Pork and Beans	1 medium can per 3 Scouts	_____	_____
Brown Sugar	1 pound (group)	_____	_____
Onions	3-4 medium (group)	_____	_____
Pita Bread	2x number of Scouts	_____	_____
Watermelon	1 large (group)	_____	_____
Canned Biscuits	1/2 (5) can per Scout	_____	_____
Spiced Apple Cider packets	2x number of Scouts	_____	_____
Instant Oatmeal	1 1/2 serving per Scout	_____	_____
Syrup	1 small bottle (group)	_____	_____
Tomato Juice	8 oz per Scout	_____	_____

Plan your budget as well. Use Coupons and leftover stock from last camp out. No one likes to dig deep at the checkout line.

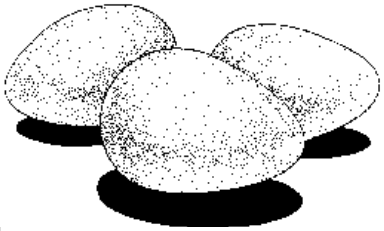
Kitchen accessories mostly shared between Scouts as patrol gear

water proof matches:	with their safety striker box
Match safe:	water proof with strike anywhere wooden matches
camp stove lighter:	Again with the fire.
fire starter, fire ribbon, primer:	for starting cranky stoves
tinder:	for starting cranky fires
fuel bottles / containers:	for fuel only, not for anything else.
funnel:	for pouring fuel into itty bitty stove tank openings
pouring cap:	for pouring fuel into itty bitty stove tank openings
pliers:	for fixing cranky stoves
bandanna:	for holding hot pots when you forget your gloves
Pot grippers:	for holding hot, hot pots when you forget bandanna
grid /grate:	for holding pots higher over the burner or coals.
splatter shield / wind shield:	the wind is always blowing
2'x3' plastic 6 mil sheet:	Clean area to put things down on and catch spills
nylon spatula:	for frying on Non-Stick surfaces
whisk:	for mixing batters and puddings
aluminum foil:	several sheets for cooking, wind screens
handy-wipes:	for drying dishes, reusable
scouring pad / sponge:	clean up
scrubbie	for Teflon pans
pine cone	for the forgotten scrubbie
Soap:	small bottle biodegradable dish soap, in a zip bag.
trash bags:	several for bag in bags
"spice rack":	collection of spices in small bottles or film containers, salt, pepper, garlic powder, onion flakes, bell pepper flakes, cinnamon, Italian seasoning, etc.
Butter Buds:	Seasonings, not for frying
Cooking oil:	In a small plastic bottle and in another zip bag
Small can opener:	better than the one on your knife.
Spring Steel Handle:	Hand made for when you forgot the pot grippers, pliers, and bandanna
ZIP bags	for all kinds of things, wet and dry, all sizes.

Breakfast Anyone?

These recipes have been gathered from many places and box labels.

Worm in the Apple *Canadian Scouts* ***FOIL***



1 Apple
1 sausage link
aluminum foil
Core an apple, stuff with sausage link, wrap in foil, cook until soft (~40 min.) Canadian Scouts..

Ants in the Oatmeal *Dick Ross*

Regular oatmeal (not instant) with brown sugar. Add raisins & nuts from GORP bag.

Cream of Freebies *Michael Vesely*

1/2 cup boiling water,
1/2 cup Cream of Wheat and freebies
Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonalds, Honey from KFC or Burger King, Sugar packets...

New Mexico Omelet *PTC*

Eggs ground sausage
green pepper
onion
cheese
Sauté onions and green pepper and brown the ground sausage. Break the eggs into the mixture and scramble. add cheese last, melt and serve.

Eggs MacSanches

2 eggs
bacon bits, or crumbled bacon
onion flakes
flour tortillas
1 slice cheese or shredded cheese
salsa sauce
1 Quart Freezer Zip type bag. The heavy freezer bags are needed, not the regular. In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight, removing most of the air, and mix the eggs and ingredients by fingering vigorously. Scramble in the bag. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes fillings for about 2 tortillas.

True Grits *A. J. Anonymous*

1/2 cup Instant Grits
1 T. Bacon Bits
dash Molly McButter

Boil Water, add grits, Bacon Bits, Molly McButter.... eat with an attitude.
Add cheese or cooked egg as well.

Granola to Go *Fred Wisenheimer*

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold mountain water the night before and chill in a cold, bubbling mountain stream. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.

Scrambled Egg Variations

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up

4 eggs
2 tbls. Dry Milk
4 tbls. water
1/2 tsp. Salt, dash of pepper

Add one of the following:

4 Tbls. Shredded Chedder, Jack, or Swiss cheese
4 Tbls. Rehydrated mushroom pieces
1 Tbls. Crushed dry parsley or celery leaves
1 Tbls. Bacon bar (Wilson's) or BACOS
3 Tbls. Rinsed shredded dried beef
1/2 tsp. Chili powder
1 Tbls. Dried tomato slices, crushed



Trail Meals:

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

Trail Breakfast

Mix and Match: Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese	jerky	bagel	dried apples	trail mix
cheese spread	bacon bar	crackers	banana chips	choc. granola
string cheese	hard salami	melba toast	fruit bits	nuts
	meat sticks	graham cracker	fruit leathers	sunflower seeds
drinks		oatmeal, instant	raisins	pumpkin seeds
water		grits, instant	orange	
Tang	peanut butter	cream of wheat	cranasins	
tea	powder eggs	pilot bread		
powder mixes	eggbeaters	cereal mixes		
hot chocolate		granola bar		

Trail Lunches

Pick one from each category.

dairy	meat	grain	fruit	fun
hard cheese	jerky	bagel	dried apples	hard candies
cheese spread	can tuna	crackers	banana chips	GORP
string cheese	canned spread	melba toast	fruit bits	trail mix
	hard salami	graham cracker	fruit leathers	candy bar
drinks	meat sticks	corn chips	raisins	choc granola
water		flour tortillas	walking apple	nuts
kool aid	peanut butter	wheat bread	orange	sunflower seeds
gator types	jelly	pilot bread		pumpkin seeds
powder mixes		pretzels		cereal mixes
		granola bar		

ONE POT DINNERS

The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a grommet feast. The following recipes are examples. Use the Chart to help create your own specialties.

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

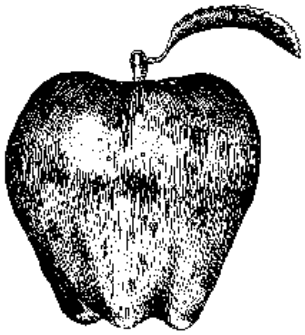
Directions:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Amounts of each ingredient can be adjusted to suit individual preferences and appetites.
2. Determine the order of preparation based on the cooking times of each ingredient. Items with similar cooking times and methods may be dumped together in a plastic bag. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal them. Place these smaller bags inside the large bag and seal it.
3. Check the instructions for each component to be sure you include any extra items such as butter, dry milk, etc. that are needed.
4. Decide how much water you need to start with based on what is needed for each ingredient.
5. Write instructions for each package in the meal down, based on the items determined above. Include order of preparation, cooking times, ingredients not included in the bags, etc.
6. Include the instructions for each package with the package. Include the instructions for the whole meal with the large bag, in addition to the instructions for that bag.
7. Label each bag
   i.e. Large bag can be labeled “dinner Day 3” with list of contents
   Orange drink, chicken soup, Mac & cheese, chocolate pudding
   Inside might include separate bags for drink, soup, and pudding. Instructions can be written on bags with a marker that will **NOT WASH** off or cut from boxes and placed in bag.

One Pot dinners take one from each column

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	***fresh***	ground beef	cheese	oregano	nuts
Thin Spaghetti	carrots	can beef	sour-cream	herbs	toasted
Vermicelli	potatoes	can chicken	stroganoff	sage	sunflower
Capellini	summer squash	can turkey	spaghetti	basil	pumpkin
Fettuccini	onions	dried chipped beef	dry soup mix	salt, pepper	coconut
Macaroni	cucumbers	can meat spread	miso powder	poultry seasoning	sesame seeds
Ribbons					
Egg Noodles	***frozen***	stew meat	gravy mixes	garlic salt	margarine
Linguine	for short trips &	hard salami	curry	onion salt	cheese
Elbow Macaron	cold weather	Vienna sausage	sweet & sour	chili powder	catsup packets
Rotini	***freeze dried***	SPAM	au jus	butter buds	bacon bits
Small Shells	peas	jerky	teriyaki	soy sauce	croutons
Juniorettes	gr. beans	***canned fish***		***bouillon***	dumplings
Pasta Nuggets	corn	clams	***thickeners***	chicken	
Kluski noodles		tuna	cornstarch	beef	wheat germ
Rigatoni	***home dried***	salmon	flour	vegetable	
Mostaccioli	onions	sardines	cornmeal	***mixes***	
Ziti	mushrooms	crab	**SOUPS**	chili	
Ready-cut Spaghetti	mixed vegetable flakes	shrimp	Cream of Mushroom	taco	dried fruit bits
Rotelle	soup blends	pepperoni	Tomato	sloppy Joe	raisins
Rainbow Rotini	pepper flakes	***freeze dried***	creamed corn		
Medium Shells	celery flakes	ham	Tomato juice		
Cous Cous	can onion rings	beef			
Acini di Pepe		chicken	Cheddar cheese soup		
Rosmarina		shrimp			
A-B-C- noodles		dried fish			
Rings		smoked fish			
Ramen noodles	chow mein noodles	bacon bar			
Quick Rice	### Helper's	**TVP**			
Rice-A-Roni	Stuffing	beef flavor			
Instant Potatoes	box mixes	chicken flavor			
Quick Grits	Mac & cheese				
	rice & ###				
	noodles & ###				

Walking Apple



1 large apple
Peanut Butter (plain or chunky)
raisins

Take a large crisp, juicy apple and cut the top and stem off. Scoop out the core, leaving the bottom on. In the hole place severa tablespoons of peanut butter and raisins. Place the top back or and
wrap in foil or other wrapping. Eat while walking down the tail.

Ute Park Pot *Phil Monte* ***ONEPOT***

2 1/4 cups elbow macaroni
3 tsp. salt
2 #27 cans whole tomatoes
1 onion
1/2 lb. bacon
salt and pepper
5 cups water

Dice the bacon and onions, fry bacon and onions until crisp. Boil the macaroni in salted water until al dente. Drain, add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

Hawaiian Rice ***ONEPOT***

1 can (7oz.) Spam
1-1/3 cups instant rice
1/3-1/2 cup flaked coconut
margarine

Melt 1 Tbls margarine in a frying pan. Add cubed Spam and rice and brown slightly. Add 1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. 2 servings.

Cheesy Chili Success *Success Rice*

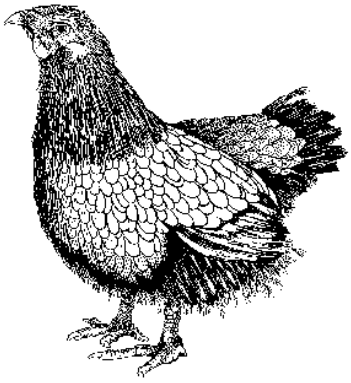
1 bag Success Rice
1 can Chili No Beans
1 cup process cheese spread
1/2 cup sour cream
chopped red bell pepper
Tomato slices

Cook rice according to package. Drain and set aside. Combine other ingredients in pan and heat until cheese is melted. Stir to blend well. Serve over rice. Garnish with peppers & tomato. serves 4

Cypher Mine Soup *Philmont* ***ONEPOT***

Instant Chicken Noodle Soup or Ramen
Instant Potatoes
Chicken Rice Dinner with Peas & Carrots
Boil 2 quarts of water in big pot to sterilize spoons and cups. Remove utensils and add the rest, bring to boil. Add more water if too thick. If too thin, nuts. Try adding instant potatoes.

Urraca Stew *Philmont* ***ONEPOT***



Beef Stroganoff with Wild Rice Mix
Vegetable Soup Mix,
F.D. Corn

Bring 2 quarts of water to a boil in large pot. Add the soup and corn first to rehydrate, then the beef stroganoff Cook until rice is done.

Macho Nacho ***ONEPOT***

1 can Chili, no beans
1/2 cup shredded cheese
1/2 pkg. tortilla chips

Spoon chili over chips. Sprinkle with cheese. Heat in microwave or reflector oven to melt cheese. Categories: Appetizer, Yield: 4

Turkey Vulture Casserole *PTC* ***ONEPOT***

2 cans turkey,
1 pkg.elbow macaroni
1 can cream of celery soup
1 pkg.vegetable soup mix

Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.

Beaubian Beans *Philmont* ***ONEPOT***

1 can Pork and Beans
1/4 cup Brown Sugar
1/4 cup BBQ sauce
2 tbs. onion flakes

Mix all in one pot, remove can, heat for a few minutes until onions rehydrate. serve around campfire.

PHILMONT STEW

8 oz macaroni
8 oz canned chicken
1 can corn
1 can tomatoes with juice
salt & pepper to taste

Cook the macaroni until almost done. Drain the water. Add the tomatoes and juice. Bring to a boil. Add the rest and heat through. Serves 4.

PHILMONT TRAIL Menus1991

All Meals are for four people

FD = freeze dried

BREAKFAST #1
Scrambled Eggs with Bacon Bits
Raisin Crunch Bar
Hash Browns O'Brien
P.A.Orange Juice
Instant Cocoa

LUNCH #1
Peanut Butter
Graham Crackers
Beef Jerky
Chunky Pineapple
Grape Beverage

SUPPER #1
Cheese Enchilada
Peas F.D.
Beef Bouillon
Chocolate Pudding
Lemon Lime Beverage

BREAKFAST #2
Hi Energy cereal
Banana chips
Orange Juice
Beef Sticks
Instant Cocoa

LUNCH #2
Tuna Salad Spreadables
Saltine Crackers
Granola Cookies
Trail Candy
Gatorade Beverage.

SUPPER #2
Spaghetti with Meat Sauce
Beef Noodle Soup
Applesauce
Bread Sticks
Lemonade Beverage

BREAKFAST #3
Oatmeal w/Peaches & Creme
Apricot Nut Chews
Instant Milk
Apple Juice
Instant Cocoa

LUNCH #3
Cheese Spread (B.F.)
Sesame Crackers
Beef Jerky
Cashew Almond Bar
Cherry Beverage

SUPPER #3
Chicken Teriyaki
Chicken Soup
Cheese Cake
Fruit Punch

BREAKFAST #4
Food Bar (CA)
Dry Cereal
Grape Juice
Instant Milk
Instant Cocoa

LUNCH #4
Ham Salad Spreadables
Wheat Crackers
Chocolate Candy
Cookies (Peanut Butter)
Orange Beverage

SUPPER #4
Lasagna with F.D. Beef
Green Beans
Bread Sticks
Banana Creme Pudding
Grape Beverage

BREAKFAST #5
Buttermilk Pancakes
Sliced Bacon
Maple Syrup
orange Juice
Instant Cocoa

LUNCH #5
Cheese, Sharp
Club Crackers
Chocolate Cookies
Raisins
Lemon Lime Beverage.

SUPPER #5
Chicken Noodle Dinner
With F.D. Peas
Chicken Bouillon
Cobbler, Apple
Cherry Beverage

BREAKFAST #6
Cereal Cream of Wheat
Granola Cookie
Instant Milk
Beef Jerky
Instant Cocoa

LUNCH #6
Peanut Butter
Ritz Crackers
Beef Sticks
Walnut Bar
Gatorade Beverage.

SUPPER #6
Beef Stroganoff
with wild Rice
Vegetable Soup
Corn F. D.
Mixed Fruit
Lemonade Beverage

BREAKFAST #7
Hi Energy Cereal
Orange Juice
Chunky Pineapple
Beef Jerky
Instant Cocoa

LUNCH #7
Turkey Spreadables
Wheat Crackers
Chocolate Candy
Fruit Punch

SUPPER #7
Chicken Rice Dinner
with Peas & Carrots
Chicken Cup-A-Soup
Apple Dessert
Orange Beverage

BREAKFAST #8
Oatmeal / Raisins
Apple Slices
Instant Milk
Beef Sticks
Grape Juice
Instant Cocoa

LUNCH #8
Cheese Spread (SM)
Beef Jerky
Rye Crackers
Fig Bar Cookies
Lemonade Beverage.

SUPPER #8
Mashed Potatoes
with F.D. Beef
Pinto Beans
Vegetable Soup
Lemon Pie w/Gram Cr.
Fruit Punch

BREAKFAST #9	**LUNCH #9**	**SUPPER #9**
Western Omelet	Chicken Spreadables	Turkey Noodle Dinner
Hash Brown Potatoes	Club Crackers	with F.D. Peas
P.A. Orange Juice	Oreo Cookies	Chicken Noodle Soup
Oats & Honey Bar	Orange Beverage	Peaches & Creme Pie
Instant Cocoa		Lemonade Beverage.
BREAKFAST #10	**LUNCH #10**	**SUPPER #10**
Food Bar (FN)	Jalapeno-Sharp	Mac. & Cheese Dinner
Dry Cereal	Cheese	Onion Soup
Apple Juice	Ritz Crackers	Fruit Cobbler
Instant Milk	Pecan Bar (RB)	Bread Sticks
Instant Cocoa	Grape Beverage	Cherry Beverage

As you may tell, the above meals are a mixture of freeze dried (F.D.)and store bought foods. These are included as suggestions for the possibility of doing your own from the grocery store.

Another Grocery Item is called **TVP** for **Textured Vegetable Protein**. This Soy based product is imitation meat such as BACOSâ. The product can sometimes be found in the health foods or specialty sections. It can be found as “beef, ham, chicken, or bacon”. It is a lower cost substitute for Freeze dried meats. But I would always plan to add a well seasoned sauce. Or try to rehydrate in bouillon broth. Some **TVP** must be cooked, while others like BACOSâ are ready to eat.



More ONE POTS

Mac and..... *Kraft*

1 box macaroni and cheese, 1 can of tuna, chicken, or turkey, 1 small can vegetable. Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable., add pepper. Heat and eat. **~ 4 servings**

MAC and	**1 cup Meat**	**1 cup Vegetables**	**some EXTRAS**
	ground beef	stewed tomatoes	1 t. chili powder
1 box of	chicken	broccoli	2 t. mustard
Mac & Cheese	ham or SPAM	red pepper	1/4 cup Miracle Whip
	tuna	peas	1/4 t. Italian seasoning
	ground beef or turkey	peas & carrots	1/8 t. pepper

Devil' Thumb Stew ***ONEPOT***

4 cups water
1 pkg. vegetable beef soup mix
1 box Mac and cheese
1 can tuna
1 cup instant rice

To boiling water add soup mix and macaroni. Simmer until macaroni is almost done. Add cheese and tuna- mix. Then add rice. Cook until macaroni and rice are done **Serves 4**.

Just a Minute ***ONEPOT***

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
	vegetable soup mix	can tuna
1/2 cup Minute Rice	onion soup mix	can ham
= 1 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

And More's

based on LIPTON packaged noodles and rice. Prepare noodles and rice as directed and add more..... **Serves 2-3.**

Lipton Alfredo Carbonara *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes

Lipton Alfredo *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes, 1 can chunk chicken.

Lipton Cajun Style Rice & Beans *AND* 1 T. onion flakes, 2 T. margarine, 1 T. dried green peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.

Lipton Stroganoff *AND* 1 T onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.

Lipton Chicken & Rice *AND* 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.

Lipton Mushroom & Rice *AND* 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.

Lipton Chicken Broccoli & Noodles *AND* 1/2 cup milk, 1 T. dried green peppers, 2 T. parmesan cheese, garlic salt, 2 T margarine.

Lipton Beef Rice *AND* 1 package freeze dried (FD) beef, 1 T. onion flakes.

Cimarroncito Carbonara *Philmont* ***ONEPOT***

2 1/4 cups elbow macaroni
1 pkg. white sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & pepper to taste
5 cups water
1/4 cup bacon bits

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

Zastrow-roni *Philmont* ***ONEPOT***

2 1/4 cups elbow macaroni
1 pkg. taco sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & cayenne pepper to taste
5 cups water
1/2 cup grated Parmesan cheese

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

Quick Rice *Minute Rice* ***Bag***

1/2 cup Minute rice

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. **No pot No mess**
Add a package of Cup-of- Creamed Soup and have the better part of a meal.



Cooking with coals..

Coals are produced in two ways. Charcoal comes in bags not suited for backpacking but great for car camping. Place the Bag in a 5 gal. bucket to keep dry. The other method is producing coals from a wood fire. Hardwoods make better coals than softwoods such as pine. Twigs do not produce coals very well, if at all. 1 1/2 - 2 inch thick limbs make better coals. They are small enough to burn down, and large enough to make coals. The cooking can be done directly on the coals using foil wrapped food or Dutch Oven, or use a grate over the coals. The temperature can be determined by holding the back of your hand over the coals. Allow 30-40 minutes to get the coals ready before cooking.

Approximate Temperature	Type of Fire	8" cast iron coals		12" coals		Seconds over fire
		Under	/ Top	Under	/ Top	
250-325 degrees	slow	2	4	3	5	6-8
325-400	Medium	3	5	4	6	4-5
400-500	Hot	4	6	5	7	2-3
> 500	Very Hot	5	7	6	8	1

All Dutch oven cooking is done by hot coals, never in a flaming fire. The coals may be from hardwoods like oak and hickory or from charcoal. Hardwoods yield long-burning coals which are necessary for the lengthy cooking process in most Dutch oven recipes. Soft woods like pine are unsatisfactory.

Charcoal is more convenient to use and is necessary in areas where there is no downed hardwood. Use a firepan under the coals to prevent killing ground cover. The pan can be metal or plywood with a thick layer of mineral soil (sand). Three or four stones can be used to prop up the pan above the ground.

The amount of charcoal needed will vary with the weather (wind and temperature)



Chicken and Stuffing Bake *Kroger* ***DUTCH OVEN***

4 cups Pepperidge Farm Herb Seasoned Stuffing Paprika
margarine
6 Skinless Boneless chicken breast halves
1/3 cup milk
1 can Campbell's Cream of Mushroom soup
1 tbs. Chopped parsley

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

Two Crew Stew ***DUTCH OVEN***

2 lb. Ground Beef
2 Potatoes
2 Onions
2 Bell Peppers
2 cans Green Peas or other vegetables
2 cans Cream of Mushroom soup of other creamed soup
2 soup cans Water - not from the ditch

Brown the ground beef in a Dutch oven. Retain all the drippings.
Thinly slice the potatoes into circles. Layer onto the top of the meat
Thinly slice the onions. Layer onto the potatoes
Add a layer of bell peppers
Add a layer of green peas
Add a layer of creamed soup and water mixture.
Cook for 30-40 minutes or until the potatoes are soft.
To serve, spoon down through all layers - serves 8-10

Chili Pie *Hormel* ***DUTCH OVEN***

4 cups corn chips
1 @ 19 oz can Name brand Chili
2/3 cup chopped onion
1 1/2 cups shredded Colby or Cheddar cheese

Layer 2 1/2 cups of corn chips; onion; 1/2 cup cheese and chili in 1 1/2 quart casserole or Dutch oven. Top with remaining corn chips. Bake at (375) about 25 minutes. Top with remaining cheese and bake 5 minutes longer. Garnish with sour cream and ripe olives, etc.
Serves 4-5 or one Scoutmaster

Chili Rice Casserole *Hormel* ***DUTCH OVEN***

3 cups cooked rice
1 (19 oz) can plain chili
1/2 cup onions, chopped
3/4 cup crushed corn chips
4 oz cheddar cheese, shredded

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes. **Serves 4-6.**

Kit Carson Pie *Philmont* ***DUTCH OVEN***

2 lb. lean ground beef
1 onion
2 pkg. sloppy Joe seasoning mix
2 6 oz. cans tomato paste
2 cups water
1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown. **Serves 4-6** or one Scoutmaster

Add your own Dutch Oven Recipe here

Dinner Items: Foil Meals

Hot meals are great but who wants to wash dishes. Try these **Foil meal ideas** or try a seal-a-meal or freezer zip bag in boiling water .

Drugstore wrap: *Not a Drug Rap..*

1. Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
2. Place food in middle of foil, shiny side in. Food must be moist or add 4 T. of fluid.
3. Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.
4. Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.

Boy Scout Potatoes *B. Powell?* ***FOIL***

Potato
Carrot
Small onion
Salt & Pepper
margarine

Slice the Potato into 1/4 inch slices. Peal and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 tbs. water. Seal the Wrap and place on coals for 45 minutes to a hour.

Baked Apple ***FOIL***

1 apple per person,
1 tablespoon brown or white sugar per apple

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow. Wrap in foil. Cook in hot ashes about 1 hour.

Mountain Melts ***FOIL***



Rolls (any kind)
Meat (thinly sliced)
Cheese (sliced)
Mustard

Cut and butter rolls. Fill to taste with cheese, meat, and mustard. Wrap each roll in foil. Place rolls on the edge of the coals or on grill above the coals for about 1/2 to 1 hour.

Rice on the Coals ***FOIL***

1 1/2 cups minute rice
1 1/2 cups water
1 T. margarine
1/2 tsp. salt
dash pepper
4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes. serves 4

Sweet, Sweet Potatoes (3-4 ser.) Ed Bailey ***FOIL***

1 can sweet potatoes
margarine
maple flavored syrup

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

Baden Baked Sliced Potatoes *Ed Bailey* ***FOIL***

potato
margarine
foil
salt, pepper, garlic salt

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

Drumsticks *Indiana* ***Stick & Foil***

1 lb. hamburger
1 cup cornflakes
1 egg
1/2 chopped onion
salt & pepper
1 tsp. mustard
1 tbs. ketchup

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Warp a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

Foiled Onions *Ed Bailey* ***FOIL***

Large onion
margarine
salt & pepper
bacon
foil

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

Ham 'N Green Bean Bake *Ed Bailey* ***FOIL***

Combine 1 1/3 cups minute rice
1 cup diced ham or SPAM,
1 can (8 oz) drained green beans
1/3 cup mayonnaise
2 tsp. dry onion flakes.

Stir in **1 1/3 cups hot chicken bouillon or chicken soup**. Sprinkle with grated **Parmesan cheese**.
Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 30 minutes.(serves 3-4)

SPAM, I am *Sam*

7 oz can SPAM
6 oz Egg and Spinach Noodles
1 can Cream of Mushroom Soup
1 small onion

Dice the SPAM into 1/2 inch chunks. Fry with sliced onion in a light oil. Cook the noodles until done. Drain water, reserve 1 can to mix with soup. Add soup and SPAM mixture. Heat through and serve 4.

The SPAM and I *Dennis A. Schmitt* ***ONEPOT***

1 can SPAM, sliced and diced
1 cup Minute rice
1 can cream of Mushroom Soup.

Heat the SPAM in a deep skillet, add the soup and heat. Boil 3/4 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice. Variations... wild rice, Cream of Corn Soup...

MAPS Chili *Fred Mertze* ***Fry Pan***

1 can diced SPAM
1/2 onion or 2 T. dried onion flakes
4 oz. green chili
1 Tomato
garlic salt and pepper
1/2 cup cheese
1/3 cup water

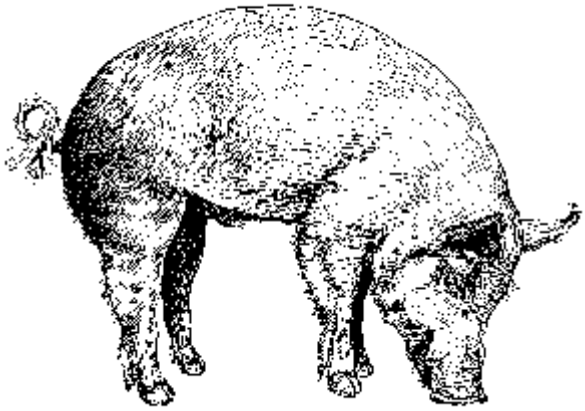
Brown the SPAM and the onion, chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt. Serves 2-3.

Pepsi SPAM *Dennis A. Schmitt*

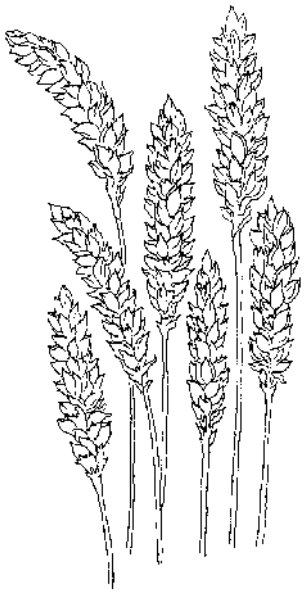
1 can SPAM
1 can Regular Pepsi not Diet
cheese
mustard
tortillas, bread or buns

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

OK I'm full of chopped pork parts now



Camp Breads



Bannock *Ancient Trailperson's Standby*

1 cup flour
1/3 tablespoon (1 teaspoon)
baking powder
dash salt
oil or margarine
water

At home: package the flour, baking powder, and sal together in a large, tough plastic bag.
In the field: Put a little oil of margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, and fry it in a little oil, very slowly. Note: If you end up with a bread that has its outside a delicious, golden brown and its inside a uncooked, doughy mass, do not despair. Just pretend you're an ancient trailperson.

Bisquick Bannock *Modern Trailperson's Standby*

6-8 tablespoons water
1 cup Bisquick buttermilk baking mix
3 Tablespoons oil or margarine

At home: Package the baking mix in a large, tough plastic bag. *In the field:* Put a 3-4 tbs. oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, about 1/2 inch thick and fry it in a little oil, very slowly over coals or lowest possible flame. Fry it, as gently as possible, turning it often. After the bottom is browned, prop the pan up in front of the fire's flames to brown the top.

1. The batter should not be too thick - 1/2 inch is enough
2. Use straight sided fry pan, curved sides allow slips when propped before the fire.
3. Aluminum skillets get too hot too quick.
4. Don't prop up the pan until the bottom is browned.

Also try putting the dough in a zip-lock freezer bag. Place on rack in covered pot of boiling water. Let the steam 'bake' the bread. Add raisins and cinnamon, or serve with honey when done.

Rayado Biscuits ***Dutch Oven***

Biscuit Mix
Flour

Mix 12 - 18 oz biscuit mix as directed and pat out on a floured, flat surface. Cut biscuits with a small open end can and place 20-24 biscuits in oven. Cover and bake about 15 minutes. Can also use floured hands and balls of dough 1 1/2 “, flatten and placed in oven. Or spoon the mixed dough and drop into oven without shaping.

Dan Beard Camp Bread ***Foil***

2 cups biscuit mix
1/2 cup milk (use pre-measured powder milk in a zipped bag)

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary. Shape it like a bread loaf, and dust with additional biscuit mix or flour.

2. Grease a large sheet of foil heavily. Place the dough on the foil and wrap it loosely so the foil package will not burst when the dough rises. Wrap the dough loosely again to cover the seams and crimping
3. Place the bread package at the edge of the coals and turn every 10 minutes for about 1 1/2 hours, depending on the intensity of the heat. Yield: 1 loaf

Cimaron Cinnamon Rolls ***Dutch Oven***

2 6-oz pkg. biscuit mix flour
1 cup brown sugar
3 4-oz raisins
cinnamon

Mix the biscuit mix as directed and pat out in a rectangular shape on a floured, flat surface. Spread raisins and brown sugar over the dough and sprinkle with cinnamon. With floured hands roll the dough into a cylinder and cut slices from the rolled cylinder. Place in bottom of Dutch oven. Cover with lid and bake about 15-20 minutes. serves 8.

DRINKS



Hot Chocolate Drink Mix

1 lb. instant powdered milk
1/2 lb. powdered sugar or regular
1/2 lb. powdered coffee creamer
1@ 1 lb. can of Nestle's Quick

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

Hot TANG

Mix TANG in a cup of hot water for a different breakfast drink

Swamp Water

1 packages Grape Drink Mix
1 Packages Lemon-Lime Drink Mix

Mix and add water, pre-sweetened or add the sugar.

Cockerall River Water

1 packages Cherry Drink Mix
1 Packages Orange Drink Mix

Mix and add water, pre-sweetened or add the sugar.

Hot JELL-O

Mix 1-2 tbs. JELL-O in a cup of hot water for a different breakfast drink. Cheery, Lime, and Orange are good to try.. **Beware not to drink boiling water**.

Maxwell's Chocolate Bar

1 cup Hot chocolate and add 1 Snickers bar, Mix, Melt, and drink or spoon.

GORP and SNACKS



Good Old Raisins and Peanuts
Granola, Oats, Raisins, and Peanuts

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
mix in a Zip lock bag and eat on the trail.

GORPMM

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup M&M's
mix in a Zip lock bag and eat on the trail.

Good-for-you-GORP

2 1/2 cups low-fat granola
1 cup dried pears
1/2 cup M&M's
mix in a Zip lock bag and eat on the trail.

Sunny GORP

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup roasted sunflower kernels
1 cup M&M's
mix in a large Zip lock bag and eat on the trail.

Fruity GORP

1 cup salted peanuts
or dried roasted peanuts
1 cup dried Fruit Bits
1 cup roasted sunflower kernels
1 cup M&M's
mix in a large Zip lock bag and eat on the trail.

Stockade Mixed GORP

1 cup mixed nuts
or dried roasted mixed nuts
1 cup dried Fruit Bits
1 cup roasted sunflower kernels
1 cup M&M's
mix in a large Zip lock bag and eat on the trail.

Trail Peak Trail Mix *PTC*

1 cup Chex's cereal, rice, corn, wheat or mixed
1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup M&M's
mix in a Zip lock bag and eat on the trail.

GORP Balls *Helen Singh* *The Leader, April 1984*

1/3 cup each raisins, apples, apricots, dates and coconut.
Add 1/2 cup sesame seeds, 1/3 cup walnuts and 2 cups peanuts.
For the glue, use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter.

Make sure the Scouts don't pack food in the same place as their socks and underwear. Food and patrol cooking gear go in the top of the pack, and personal gear in the bottom and the side pockets. Reserve one side pocket for trail munchies: nuts, dried fruits, smarties, hard candies and chocolate bars. Each Scout should have his own bagful to ration out to himself so that it lasts the duration of the trip. Our favorite is GORP balls; chopped dehydrated fruits and nuts "glued" together with honey, peanut butter and melted chocolate chips and rolled in icing sugar.

Energy Balls *The Leader, June/July 1994*

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together **1 cup chopped dates 1/2 cup peanut butter, 1 3/4 cups chopped figs, and 1 cup chopped apricots**. Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz.
(Calories per serving: 72; shelf life: 14 days.)

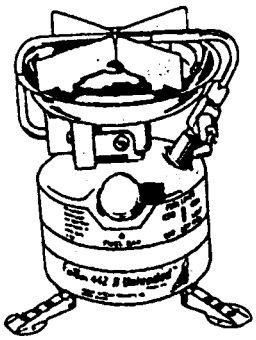
Heidi's Trail Mix *Heidi*

1 cup dry cereal (Cheerio's, Chex, etc.)
1 cup peanuts or soy nuts
1 handful pretzel sticks
1 cup raisins
optional, handful of dried fruit

mix in a Zip lock bag and eat on the trail.

SAM's Mix *Dennis A. Schmitt*

1 box Pepperidge farm cheese fish crackers or 1 box Chex Mix,
1 @1 lb. bag M&M's
1/2 LB raisins
1 jar Planter's Dry Roasted Peanuts.



Mix in a 2 gallon zip lock bag. **serves one Troop.**

Page for your own favorite recipes.....

Your favorite.....

Special Cooking

Special cooking refers to cooking using spits, paper bags, food in its own container, and other novelty type cooking. A good discussion is in the following readings.

Dutch Oven Cooking, John G. Ragsdale

* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

* Outdoor Skills Instruction, Cooking, BSA

* Venture manuals Winter Camping, Backpacking, BSA

* Woods Wisdom, BSA

Brown, Tom, 1985, Tom Brown's Guide to Wild Edible and Medicinal Plants,

Gibbons, Euell, 1970, Stalking the Wild Asparagus

Thomas, Dian, 1994, Roughing It Easy; 2nd edition.,

Twist on a Stick *old time favorite*

1 cup Bisquick mix
water
cinnamon sugar

Mix the Bisquick with enough water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out). Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done. EAT

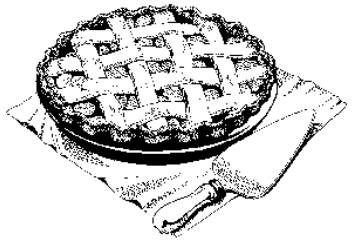
Crescent Rolls on a Stick *Modern time favorite*

tube of refrigerated Crescent rolls
Butter or margarine
Jam, jelly or honey

Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll of the stick and spread with butter, jam, jelly, or honey. plan for 1-3 rolls per Scout.

Just Deserts

Cheap Pie *Dennis A. Schmitt*



2 slices bread
margarine
cinnamon sugar,
jam or fruit pie filling
heavy foil

Butter two slices of bread, place buttered side down on foil. spoon on fruit filling and cinnamon sugar. Place on top the other slice of buttered bread and pinch the edges together. Seal in foil and lay on the coals for 10 minutes or so, turn over for another 5 minutes.

Trail Cobbler *John G. Ragsdale* ***Dutch Oven***

2 cups biscuit mix
1 cup margarine
2 cups sugar
1 can fruit, drained
2 cups milk or water

Mix the biscuit mix, sugar, milk, and margarine. Add fruit and stir. Bake in covered oven about 1 hour. serves 8.

Foiled Again Apples. *Ed Bailey* ***FOIL***

Place a peeled and cored **apple** on a double square of **heavy foil**. Fill center with 1 T crushed **pineapple** and **raisins**. Sprinkle generously with **cinnamon sugar**. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size. You can also try cinnamon candies for filling.

Fruit Compost *I. B. Wisenheimer*

1 cup dried fruit bits
1/2 cup sugar
1 teaspoon cinnamon
graham cracker

Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

Fruit Pie ***DUTCH OVEN***

Pie Crust

2 cups	**Flour**
1/2 tsp.	**Salt**
2/3 cup	**Shortening**
5 to 7 tbs.	**Water**

Filling:

2 cans	**Fruit Pie Filling**

Mix flour and salt
Cut in shortening till pieces are the size of small peas. (Early June Variety)
Sprinkle 1 tbs. water over part of mixture. Gently toss with fork.
Repeat till all is moist. (or let rain take care of it)
Form into a ball. Divide in half. (Not you, the ball of dough)
Roll out one half on a floured surface.
Fit pastry in a small frying pan. (less than 12" diameter, without handle)
Add 2 cans of fruit pie filling. (don't over fill)
Roll out second half, Cut into strips. Pattice-top of the pie. (Martha Stuart would be proud)
Cook in a 12" Dutch oven until hot and the crust is brown.

Dutch Oven cake

1 box cake mix (your choice)
2 cans fruit pie filling
margarine
eggs if needed for cake

Empty the cake mix into a Large zip-lock type bag, add water and eggs according to box directions. Close the bag and mix by needing the bag.
Line the Dutch oven with heavy foil, (saves on clean-up). Empty the 2 cans of fruit pie filling into the lined Dutch oven, pour the cake mix over the top. Don't stir. Cover and place on coals, add 5-10 hot coals on top. Bake 30-45 minutes. Check with tooth pick or cleaned green stick.

combinations:

Chocolate cake and cherry pie filling
Yellow cake and peach pie filling with maraschino cherries (no steams)
White cake and apple pie filling with cinnamon

Choco-Chip Pie

1 graham cracker crust pie shell
1 package instant chocolate pudding and pie filling
Cool Whip instant Mix
1/2 cup chocolate chips (or pick out from your GORP)
dried milk powder.

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Cool Whip mix and top the pie. Sprinkle a few chips on top. Great for that surprise birthday party at camp. **Serves 6**



Some More's *Girl Scouts*

Graham crackers
marshmallows,
Hershey's chocolate bars
and one campfire.

Place large marshmallow (not the mini's) on a long pealed green stick and heat over campfire until gooey. Prepare the graham cracker by breaking into two squares. Place a chocolate square and the hooey-gooey marshmallow between the graham crackers and allow the chocolate to melt. Eat and have *SomeMore*.

Skillet Pudding *Ed Bailey*

1 can evaporated milk
1/4 cup sugar
3/4 cup water
3/4 cup instant cocoa mix
10-12 Graham crackers, cookies...

Put the first 4 ingredients in a skillet and bring to a boil, stirring constantly. Add 10-12 coarsely broken graham crackers; cover. Cook over low heat for about 10 minutes, stirring occasionally.

Instant Pie *Dennis A. Schmitt*

1 box instant pudding mix,
1/4 cup instant milk
graham crackers.

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. **Serves 3-4.**

Fruit Cobbler

2 cups Flour
2 tsp. Baking Powder
1/2 tsp. Salt
(or substitute 2 cups of baking mix)
1 cup Sugar
1 stick Margarine
2 cups Milk
3 cans Fruit in Heavy syrup

Melt margarine in a 12" Dutch oven
Mix dry ingredients and stir milk into them
Pour mixture over the melted margarine. **DO NOT stir.**
Drain Fruit.
Pour fruit over mixture. **DO NOT stir**
Bake for 45 minutes or until the dough is firm.

Rice Krispies Treats *Kellogg's*

6 cups Rice Krispies cereal
1 10 oz package marshmallows
vegetable cooking spray
1/4 cup margarine

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Peanut Butter Treats
Kellogg's

Original Rice Krispies Treat recipe above ^ plus 1/4 cup peanut butter

add 1/4 cup of peanut butter to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Caramel Treats *Kellogg's*

Original Rice Krispies Treat recipe above ^ plus 1/3 cup caramel ice cream topping

add 1/3 cup of caramel ice cream topping to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

Choco Treats *Kellogg's*

Original Rice Krispies Treat recipe above ^ plus 1/3 cup mini chocolate chips

add 1/3 cup of mini chocolate chips to Rice Krispies before adding the melted marshmallows. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 treats.**

NoSlowMor Power Bars *Dennis A. Schmitt*

Original Rice Krispies Treat recipe
plus 1/3 cup Mini chocolate chips
1/2 cup sunflower seeds,
1/2 cup peanut butter

add 1/2 cup of peanut butter to melted marshmallows before adding to a mixture of Rice Krispies and the sunflower seeds and chocolate chips. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. **yields ~24 bars.** Variety: substitute 1/2 sugar and 3/4 cup Karo syrup for the marshmallows and margarine.

Joy's Joy *Joy Schmitt*

1/2 cup sugar
3/4 cup light Karo Syrup waxed paper
1 cup Peanut Butter
6 cups Corn Flakes
shortening

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Corn Flakes and fold in. Form or scoop into balls and cool on waxed paper. *Variety: add 1/4 cup miniature chocolate chips.*

Chocolate Tortillas

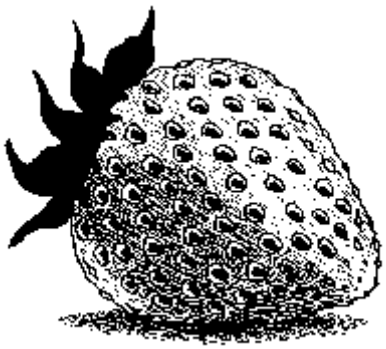
2 flour tortillas **chocolate bar or chips**
mini Marshmallows **vegetable. oil**

Heat skillet with oil, Add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cover until chocolate melts.

Rice Krispies GORP Bars *Dennis Schmitt*

6 cups Rice Krispies cereal
vegetable cooking spray
Peanuts
Raisins,
M&M's
1/2 cup sugar
3/4 cup light Karo Syrup
1 cup Peanut Butter

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Rice Krispies and fold in. Add 1/4 cup peanuts 1/4 cup M&M's. 1/4 cup raisins, and stir until well coated. Using spatula on waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool **yields ~24 treats.**



More Favorites...

ADDITIONAL READING

* Available at a reasonable price at the Scout Shop

* Camp Cookery for Small Groups, Arthur J. Walrath, ed., 1967, BSA

* Dutch Oven Cooking, John G. Ragsdale

* Camper's Guide to Outdoor Cooking, John G. Ragsdale,

* Merit Badge books: Cooking, Camping, Backpacking

* Outdoor Skills Instruction manuals Cooking, Camping, Backpacking
* Venture manuals Winter Camping, Backpacking, Canoe Camping
* Meeting Pamphlets Cooking
* Woods Wisdom

* Boy Scout Roundtable Planning Guide

* Fieldbook - Boy Scouts of America

* Fieldbook - For Canadian Scouts

Axcell, Claudia, 1986, Simple Foods for the Pack, Sierra Club

Baker, Harriett, 1977, Supermarket Backpacker, Contemporary Books, Inc.

Baker, Harriett, 1981, The One Burner Gourmet, Contemporary Books, Inc.

Brown, Tom, 1985, Tom Brown's Guide to Wild Edible and Medicinal Plants,

Fleming, June, 1986, The Well Fed Backpacker, Vintage Books

Gibbons, Euell, 1970, Stalking the Wild Asparagus

Thomas, Dian, 1994, Roughing It Easy; 2nd edition.,

Viehman, John, 1993, Trailside's Trail Food , Rodale Press