

COOKING



PLANNING MEALS WITH GIRLS

1. Let the girls do it. The "chefs" from each patrol (or whomever the kaper chart designates) will plan the menu for the meals. Give them some idea of how much they can spend. Show the girls resource books and charts that are available to help them plan their menus.
2. Start at the experience level for the majority of your girls, suggest some cooking steps your girls might try during their time at camp. For example: one-pot meal, stick cookery or foil cooking. Keep in mind your program activities for the campout when planning the meal and do the easy, quick meals on the busiest days.
3. Let the girls fill out the shopping list for the food after they plan the menu. (Brownies may need some extra help). Be present to help if needed and guide them by asking questions. Remember, if they make mistakes, that "experience is the best teacher." You be the judge; a meal without salt is okay, but you do need foil for foil cooking.
4. Grocery shop with girls. Don't leave your shopper wondering how much you need. Ask your girls to be specific and descriptive when ordering food. After they fill out the meal planning sheet, read it to be sure the exact size and quantities would be clear to you if you were the shopper. For example:

DO NOT ORDER THIS WAY:

Vegetable soup
 One bunch celery
 2 large cans chili
 1 package noodles
 1 medium size onion

DO ORDER THIS WAY:

2 pkgs. dry soup or 2 cans
 8 or 9 stalks celery
 2 1-lb., 3 oz. cans chili
 1 small pkg. egg noodles (10-12 oz)
 1 2-inch diameter onion

A GUIDE FOR FOOD QUANTITIES

46 oz. can of juice	= 7½ 7 oz. servings
1½ lb. of bread	= 22 - 24 slices (count at store before buying)
¼ lb. of butter	= 12 servings of 2 teaspoons each
18 - 22 oz. of cold cereal	= 10 - 12 servings of 1½ - 2 cups
1 lb. of white sugar	= 2¼ cups; 1 cup = 48 teaspoons
1 cup jelly	= 16 tablespoons
1 lb. of peanut butter	= 1¾ cups or 28 teaspoons
1½ eggs	= egg salad for one sandwich
¼ cup tuna	= tuna salad for one sandwich
1 lb. bag of marshmallows	= 65 - 70 marshmallows
1 lb. of cheese	= 8-2 oz. servings
1 lb. of carrots	= 6 servings raw; 4 servings cooked
1 lb. of grapes	= 5 servings
3 lbs. 8 oz. add-water-only pancake mix	= 28 3" - 5" pancakes

Amount of vegetables for casserole or foil cookery per child:

½ medium potato	½ ear corn for lunch
½ carrot	1 ear corn for dinner
¼ small onion	

Meat: ¼ lb. per person of boneless meat; hamburger (less for one-pot meal)

2½ lbs of fryer chicken	= 4 - 6 servings
1 lb. of ham	= 4 - 6 servings
1 lb. of bacon	= 10 - 12 servings with 2 slices each

HELPFUL MEASUREMENTS

1/2 CUP SERVINGS

3 OUNCE CAN		= 1 CUP	= 2 SERVINGS
#1 CAN #303	= 16 OUNCES	= 2 CUPS	= 4 SERVINGS
#2 CAN	= 20 OUNCES	= 2½ CUPS	= 5 SERVINGS
#2½ CAN	= 27 - 29 OUNCES		= 6 - 7 SERVINGS
#3 CAN	= 32 OUNCES	= 4 CUPS	= 8 SERVINGS
#10 CAN	= 6½ - 7 POUNDS	= 12 = 13 CUPS	= 24 - 26 SERVINGS
1 PINT SALAD DRESSING		= 2 CUPS	= 24 SERVINGS
1 GALLON PUNCH CONCENTRATE + 4 GALLONS WATER		= 5 GALLONS	= 80 1-CUP SERVINGS

NOODLES AND SUCH

















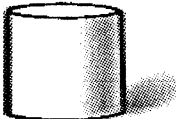

One pound of noodles (6 cups) = 9 cups cooked noodles

One pound of rice (2 cups) = 8 cups cooked rice

One pound of macaroni (4 cups) = 9 cups cooked macaroni

One pound of spaghetti = 10 cups cooked spaghetti

A GUIDE TO COMMON CAN SIZES

 6 OZ. (.177 lt)	 Approximately 3/4 cup 6 fluid ounces	Used for frozen concentrated juices and individual servings of single strength juices.
 8 oz. (227 g)	 Approximately 1 cup 7-3/4 fluid ounces	Used mainly in metropolitan areas for most fruits, vegetables, and specialty items.
 No. 1 (picnic)	 Approximately 1-1/4 cups 10-1/2 ounces/9-1/2 fluid ounces	Used for condensed soups, some fruits, vegetables, meat and fish products.
 No. 300 (439 g)	 Approximately 1-3/4 cups 15-1/2 ounces/13-1/2 fluid ounces	For specialty items such as pork and beans, spaghetti, macaroni, chili, date and nut bread. Also a variety of fruits, i.e. cranberry sauce.
 No. 303 (454 g)	 Approximately 2 cups 1 pound /16 fluid ounces	Used extensively for vegetables; plus fruits such as sweet and sour cherries, fruit cocktail, and apple sauce.
 No. 2 (567 g)	 Approximately 2-1/2 cups 1 pound 4 oz./ 1 pt. 2 fl. oz.	Used for vegetables, many fruits and juices.
 No. 2 (822 g)	 Approximately 3-1/2 cups 1 lb. 13 oz./1 pt. 10 fl. oz.	Used principally for fruits such as peaches, pears, plums and fruit cocktail; plus vegetables such as tomatoes, sauerkraut.
 46 oz. (1.36 lt)	 Approximately 5-3/4 cups 46 oz./1 qu. 14 fl. oz.	Used almost exclusively for juices, also for whole chicken.
 No. 10 (2977 g)	 Approximately 12 cups 6 pounds 9 oz./3 quarts	So called "institutional" or "restaurant" size for most fruits and vegetables. Stocked by some retail stores.

PROGRESSION IN OUTDOOR COOKING



1 Nosebag / No Cook
Sandwiches, Walking Salad



2 One Pot Meal
Soup, Stew, Spaghetti, Bags o' Gold



3 Skillet
Pancakes, French Toast, Taco Meat, Catastrophe, Eggs



4 Foil
Foil dinners, Banana Boats,
Baked Apples, Cake in an Orange, Potatoes, Chicken



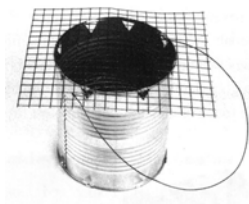
5 Box/Reflector Oven
Cakes, Brownies, Pizza, Biscuits, Cookies



6 Dutch Oven
Cobbler, Bears in an Orchard, Cornbread, Meals



7 Stick
Doughboy, Pigs in a Blanket, Toast, Shish-Kabob,
Marshmallows, Mock Angel Food Cake



8 Tin Can Stove
Pancakes, Hamburger, Eggs & Bacon

INDIVIDUAL FOOD IDEAS

(Something for everyone!)

When planning menus, here are some ideas to help please the finicky eater.

Main Dish: Salad Bar

Baked Potato Bar

Sour cream, cheese, bacon bits, green onions, broccoli, etc.

Foil dinners

Hamburgers, onions, potatoes, bell peppers, pickles, etc.

Walking Tacos

Corn chips on plate, meat, beans, cheese, lettuce, tomatoes, olives, etc.

Shish Kabobs

Chicken or beef, onions, bell peppers, pineapples, tomatoes, etc.

English Muffin Pizzas/Refrigerated tube biscuit pizzas

Sauce, cheese, pepperoni, sausage, anything

Grilled Cheese Sandwiches

Cheese, tomatoes, ham, etc.

Quesadillas

Cheese, tomatoes, ham, etc.

Stew

Each patrol could choose own ingredients



Desserts: Fondue

Fruit Kabobs

Any kind of fruit and marshmallows

Banana Boats

Banana, marshmallows, chocolate chips, nuts*, cherries

***Be sure to check for nut allergies.**

S'mores

Graham crackers, marshmallows, chocolate

Ice Cream Sundae Bar

Cinnamon Apple Slices

Dip apple slices in cinnamon sugar and toast like a marshmallow on a stick

HELPS IN OUTDOOR COOKING

FIRE STARTERS

Keep fire starters handy for use on windy or rainy days especially.

TO SETTLE COFFEE

Pour cold water down spout - or, drop in an egg shell or two.

MIX DOUGH

Mix dough in a zip lock bag. "Squish" with fingers to mix.

FOR QUICK HEATING

Use a teepee fire. Concentrate heat where you need it. Replenish often with small sticks.

COOK OVER COALS

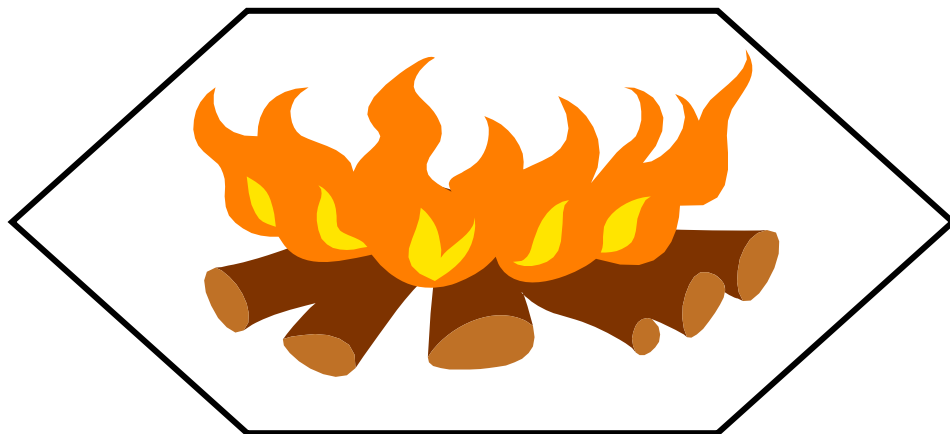
Whenever you can - even heat cooks better - avoids burning - kettles are easier to clean.

WHEN A GROUP COOKS PANCAKES

Give each pair a paper cup of batter at a time. Keep main supply in a pitcher.

FIRE HELP

Tie tiny twigs in bundles and have ready at fireplace for starting or encouraging a fire.

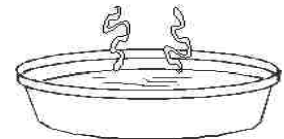


CLEANING UP THE COOKSITE

Maintaining a clean campsite and cooking area is a necessary discipline for all campers. Washing your utensils and food preparation surfaces will eliminate the very real threat of illness within your group. Proper clean-up is also ecological. It is your responsibility to leave the outdoor environment natural, beautiful, and unspoiled.

DISHWASHING:

1. Do not soap the outside of pots before using them over a fire. This practice adds too many phosphates to the environment. NOTE: Blackened pots retain heat better and thus may save on fuel. If you are planning a longer trip, you may wish to leave the pots black.
2. To keep food from sticking to inside of pans when cooking foods like oatmeal, pasta, or stew, lightly wipe pan with cooking oil.
3. As soon as pot is empty, scrape or rinse out the pot to remove food residue. Warm water may be necessary to remove residue.
4. While eating, heat water for dishwashing.
5. Scrape dishes into the garbage. Grease should be poured into a can with a cover and put in the garbage. Garbage should be disposed of in a garbage can or packed out.
6. Use a sponge to wash dishes and food preparation surfaces since it is easier to keep clean than a dish rag. A metal scouring pad, or even sand, is helpful for removing sticking particles.
7. Under no circumstances should you ever wash your dishes in a lake or stream. Discard dishwater away from any water supply, preferably in a designated drain, on well-drained soil, or on rocks where it cannot run back into the water.
8. Use the 3 Dish Pan Method for washing dishes.
 - Dishpan 1- Wash dishes in warm soapy water. Use a biodegradable soap for dishwashing.
 - Dishpan 2 - Rinse dishes in warm clear water.
 - Dishpan 3 - Sanitize dishes by soaking in bleach water for 1 minute (use 1 tsp bleach per 1 gallon water).
9. Put clean dishes into dunk bag and hang to dry. Place cooking pots upside down on clean towel to dry.
10. Strain dishwater into sump hole through cheesecloth or mesh to remove food particles. Dispose of food particles in garbage. Do not pour dishwater in toilet or down latrine.



1st DISHPAN - WASH



2nd DISHPAN - RINSE
HOT CLEAR WATER.

Rinse all the soap off the dishes.



3rd DISHPAN - SANITIZE
BLEACH WATER

Use 1 tsp. bleach per 1 gal. water and soak dishes for 1 minute



Put Clean Dishes into Dunk Bag



ONE POT MEALS

Put into Large Pot

Serves 8-10

1 medium chopped onion

1 chopped green pepper (optional)

2 lbs. ground meat (beef, chicken, turkey, or try beans + some oil for a vegetarian option)

Cook until meat is browned - SKIM FAT - add salt and pepper to taste

THEN CHOOSE ONE OF THE BOXES AND ADD INGREDIENTS

*** (All soup cans referenced below are 10-3/4 oz. size AND undiluted)***

<p>CAMPER'S STEW</p> <p>3 cans vegetable soup for variety, ADD 1-2 soup cans of Minute Rice and equal amounts of water</p>	<p>HUNGARIAN HOT POT</p> <p>2 (1 lb.) cans pork & beans 1 can cream of tomato soup</p>	<p>CORNY STEW</p> <p>3 cans whole kernel corn 2 cans cream of tomato soup 6 oz. grated cheddar cheese</p>
<p>QUICK MACARONI CASSEROLE</p> <p>2 cans chicken gumbo soup 2 cans cream of chicken soup 3 cans water 3 cups uncooked macaroni</p>	<p>CHILI BEANS</p> <p>2 qts. canned tomatoes (chopped) 2 (1 lb. 14 oz) cans chili beans garlic and chili powder to taste</p>	<p>SPANISH RICE I</p> <p>3 can cream of tomato soup 3 cups water 1 (8-10 oz.) box Minute Rice (or 3 soup cans full)</p>
<p>ITALIAN CHOP SUEY</p> <p>2 (1-1/2-2 lbs.) cans spaghetti with tomato sauce 1 (10-12 oz.) can stewed tomatoes grated cheddar to taste extra chopped onion</p>	<p>CHILI BEANS</p> <p>2 qts. canned tomatoes (chopped) 2 (1 lb. 14 oz) cans chili beans garlic and chili powder to taste</p>	<p>SPANISH RICE II</p> <p>1 can cream of tomato soup 2 (24-30 oz.) cans stewed tomatoes 2 cups converted rice (Uncle Ben's) 3 cups water (more if needed)</p>
<p>SLOPPY JOES</p> <p>2 pkgs. Sloppy Joe mix 2 (6 oz.) tomato paste 2-1/2 cups water follow pkg. directions serve on hamburger rolls</p>	<p>ONION-BEEF MACARONI</p> <p>1 pkg. dry onion soup mix 3 (8 oz.) cans tomato sauce 3 cups water 3 cups uncooked macaroni 1/2 cup grated sharp cheddar cheese</p>	<p>TACOS (20-24)</p> <p>2 pkgs. taco mix (follow directions) serve with: chopped fresh tomatoes grated cheddar cheese chopped green onions shredded lettuce serve in tortillas or taco shells</p>

HELPFUL HINTS: Adding **cheese** to foods while cooking makes pots hard to clean. Think about sprinkling grated cheese on top when serving. Parmesan also is easy and good.

BREAKFAST

HAM & CHEESE BURRITOS

1 flour tortilla
¼ cup grated cheddar cheese
1 slice (med. thick) ham
Place ham and cheese into center of tortilla. Roll tortilla shell like a burrito-wrap in foil. Place on heated grill and heat until cheese melts.

BREAKFAST BURRITOS

1 package (2 lb.) frozen chunk style hashbrowns - thawed
1 lb. regular pork sausage - browned and drained
12 eggs - scrambled - with milk and seasonings
8 - 12 large flour tortillas
½ cup milk
1 teaspoon salt
½ teaspoon pepper
½ lb. sharp cheddar cheese - grated
Cook together hashbrowns, browned sausage, egg, milk and seasonings until hot. Spoon onto tortillas and sprinkle with cheese. Roll and fold up like a burrito. Some like salsa to accompany filling. Serves 8 - 12.

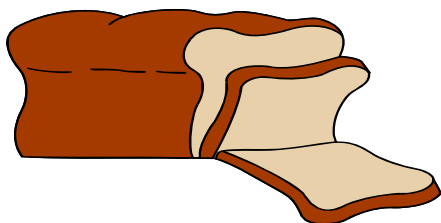
TURKEY HAM SCRAMBLE - OR SPAM - OR HAM -ETC.

12 eggs - whip and season with salt and pepper
1½ lb. turkey ham (cubed) - or Spam - or ham - ¼ - ½ lb. grated cheddar cheese (medium or sharp).
Brown ham lightly. Put ham cubes in a greased 9X13 pan.
Pour whipped egg on top of ham cubes.
Sprinkle cheese over all and bake at 350° - 400° for 25 - 35 minutes. Serves 8.

-OR-

Cook eggs and ham in a frying pan until set. Top with cheese and serve

- - Cheese often makes clean-up difficult - - -



FLUFFY'S COUNTRY BREAKFAST

In a 9X13 greased pan layer the following:

1 lb. bacon, cut in pieces and cook until almost crisp

OR 1½ lb. sausage, cook and drain fat

OR 1 lb. ham, cut in cubes

Then layer:

2 lbs. frozen Tater Tots

Then pour over Tater Tots

14 eggs - whipped and seasoned with salt and pepper

Top off with:

¼ - ½ lb. grated cheddar cheese

Bake at 400° for 45 - 55 minutes or until center of eggs is firm. (A pan lined with foil and sprayed with oil makes clean-up easier).

QUICK AND EASY BREAKFAST CASSEROLE

5 Slices of white bread - tear into pieces

1½ bulk or link sausage - cook, drain fat, cut up links

¼ lb. Grated Sharp Cheddar Cheese

Beat together the following:

8 eggs

2¼ cups milk

½ teaspoon dry mustard

salt and pepper

Spread bread pieces in a greased 9X13 pan.

Spread cooked sausage over bread. Sprinkle

grated cheese on top. Pour milk, egg and

seasoning mixture over all. Bake 45 - 50 minutes

at 375° or until egg mixture is firm.

FRENCH TOAST

Mix Together:

4 eggs - beaten

½ teaspoon salt

1 cup milk

½ teaspoon vanilla extract

Dip into mixture:

8 slices of bread

Brown bread on both sides on a hot, well oiled

grill. Serve with syrup, cinnamon sugar, jam, etc.

Serves 4 (2 slices of bread per person).

OVEN FRENCH TOAST

12 slices of bread

Beat together the following:

4 eggs

1 cup milk

1 teaspoon cinnamon

1 teaspoon vanilla extract

Dip bread in the mixture. Place dipped bread in a single layer on greased cookie sheet. Bake at 350° for 8 - 10 minutes until golden brown.

Serves 6.

PEANUT BUTTER FRENCH TOAST

3 eggs - beaten

2 Tablespoons milk

¼ teaspoon salt

1/3 cup peanut butter*

2 Tablespoons honey or syrup

8 slices of bread

2 Tablespoons margarine

Combine eggs, milk, and salt and set aside. Mix together peanut butter and honey or syrup.

Spread this mixture on 4 slices of bread and top with the other 4 slices of bread. Cut sandwiches in half. Melt margarine on hot griddle. Dip each half sandwich (both sides) in egg-milk mixture.

Brown both sides. Serve hot. Top with confectioners sugar, syrup, etc.

****Be sure to check for nut allergies.***

CATASTROPHE

(German Farmer's Breakfast)

1 lb. bacon, chopped

2 1-lb. bags of shredded frozen potatoes

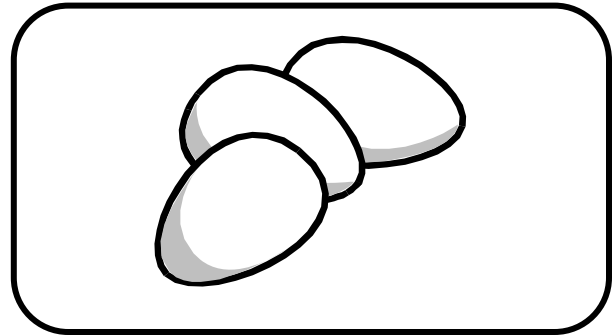
1 green pepper, diced

6 eggs, slightly beaten

1 small onion, chopped

Sauté bacon, onion, and green pepper in a skillet. Drain off most of the bacon drippings. Add potatoes, cook for about 15 minutes stirring with a fork to separate. Add eggs and cook over low heat until done. Add salt and pepper to taste.

Serves 8.



SALADS

CRUNCHY SALAD

2½ cups shredded carrots

1½ cups chopped salted peanuts*

2½ cups chopped cabbage

salad dressing

2½ cups diced unpeeled apples

Mix carrots, cabbage, apples, and half the peanuts lightly with enough salad dressing to coat. Garnish with remaining peanuts. Serves 12.

****Be sure to check for nut allergies.***

PEAR AND BERRY SALAD

½ canned pear per person

8 oz. cream cheese - rolled into ball and set in pear indent (center).

Place fresh strawberry on cheese.

Easy!! And looks and tastes good.

BUNNY SALAD

2 Heads Lettuce - Wash and leave the Leaves Whole

3 Cups Cottage Cheese

1 Cup Seedless Raisins

1 Cup Chopped Nutmeats*

1 Cup Mayonnaise

Salt to Taste

Mix together cottage cheese, raisins and nuts. Then stir in mayonnaise and salt. Mix well. Serve in rolled up lettuce leaf. Skewer each with long toothpicks. (Warn children about toothpick use). Makes about 24 servings. Fun to eat with hands. Serves 12.

****Be sure to check for nut allergies.***

WALKING FRUIT SALAD

Using flat bottom ice cream cups

Serve when ready to eat:

Mixture of fruit cocktail (drain juice) and

Coolwhip into ice cream cups. No dishes - fun to eat.

WALKING SALAD

One apple
Peanut Butter
Raisins
Peanuts
Chocolate Bits

Remove the core from the apple. Stuff with peanut butter and any of the ingredients listed above. Wrap in plastic wrap or ziploc bag. Makes a great hiking snack.

*** Be sure to check for nut allergies.**

WALKING SALAD

12 apples
½ Cup raisins
½ Cup nuts
Granola cereal (however much you like)*
2 Tablespoons per person peanut butter*
Ziploc bag

Mix raisins, nuts and granola cereal together in ziploc bag.

Cut the top off the apple. Remove the core from the apple and discard. Using the spoon, continue to scoop out the apple, putting your scraps into a bowl. Make sure to leave the outside and bottom of your apple intact – this is your salad bowl. Add the peanut butter, raisins, nuts and cereal to the apple pieces in the bowl and mix together well. Fill the apple shell with the mixture and put the top of the apple back on. Put your stuffed apple back into the Ziploc bag until you are ready to eat.

*** Be sure to check for nut allergies.**

CABBAGE SALAD

- ♦ 1 Cabbage
- ♦ 3 Oranges
- ♦ mini marshmallows

Shred the cabbage as for slaw. Put in bowl. Section out the orange meat so the juice and meat go in the bowl. Sprinkle in half the marshmallows, eat the other half. Mix well and let stand at least half an hour or until the marshmallows dissolve. Serves 8.

EDIBLE FIRE SALAD

Non food items needed:

- ♦ Plates
- ♦ Knives
- ♦ Peelers
- ♦ Dixie (small) cups

Food Items:

- ♦ Lettuce
- ♦ Carrots
- ♦ Celery
- ♦ Cucumbers
- ♦ Croutons
- ♦ Tomatoes
- ♦ Shredded Cheese
- ♦ Salad Dressing (s)

Not necessary, but you could slice carrot and celery into sticks.

Before starting, shred the lettuce, slice carrots, celery, and cucumbers into “sticks” or “logs”, and dice the tomatoes.

When putting together this dish, the diners should observe all “fire safety” rules including (but not limited to): pull back long hair, remove all dangling jewelry, and tuck in all loose clothing. For each serving of Edible Fire, place a Dixie cup of preferred salad dressing on the side of a plate (this is the “water bucket”). Place a ring of croutons around the edge of the plate (this is the “fire ring”). Using appropriate sized “sticks” (could be cucumbers, celery, or carrots), assemble an A-frame for the fire. Add kindling (shredded lettuce) and fire starters (tomatoes). The flames are represented by the cheese. Add fuel to the fire with larger logs of cucumbers, celery, or carrots. [Since some girls do not like all the ingredients, we’re flexible as to the types of “wood” they use on their salad.] Douse the “fire” with the dressing, and enjoy.

SNACKS

GORP

Mix the following in a zip-lock bag:

Granola
Cheerios
Raisins
Chocolate Candy/M&Ms
Peanuts*
Small Pretzels
CranRaisins/Dry Fruit Bits, etc.
***Be sure to check for nut allergies.**

MARGUERITES

24 saltines
24 nutmeats/jam*
24 marshmallows
Put a marshmallow on each saltine and place in a reflector oven pan. Toast until the marshmallow browns and melts slightly. Remove from fire and place a nutmeat on each marshmallow. A drop of jam may be substituted for the nutmeat.

***Be sure to check for nut allergies.**

NO-BAKE COOKIES I

1 cup honey
1½ cup dried milk
1 cup peanut butter*
1 teaspoon nutmeg
1½ -2 cups corn flakes
Mix these ingredients together. Crush corn flakes. Roll in corn flakes.

***Be sure to check for nut allergies.**

ANTS ON A LOG - I

Rye Krisp crackers
peanut butter*
raisins
Spread peanut butter on crackers and decorate with raisins.

***Be sure to check for nut allergies.**

ANTS ON A LOG - II

celery
peanut butter* or spread cheese
raisins
Shelled peanuts* or chocolate chips
Stuff celery with peanut butter and place several raisins or chocolate chips or peanuts on top.
OR Stuff celery with cheese and place raisins on top. Give choice if nut allergies are a problem.

***Be sure to check for nut allergies.**

ENERGY CHEWS

½ cup peanut butter*
½ cup date pieces
½ cup grated apple
4 teaspoons honey
½ cup rolled oats
½ cup raisins
¼ cup wheat germ
Mix all ingredients together in a bowl and roll them into balls. Makes 14, 1" balls.

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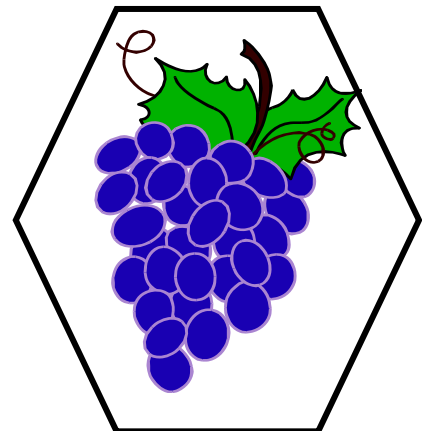
NO-BAKE COOKIES II

2 cups sugar
½ cup milk
4 Tablespoons cocoa
1 stick of butter
pinch salt
Put above ingredients in a medium saucepan and cook only until butter melts. Immediately remove from heat and add:
½ cup peanut butter
1 teaspoon vanilla
3 cups rolled oats
Mix thoroughly and spoon onto wax paper and let cool. Serves 12 - 15.

PEANUT BUTTER FUDGE

½ cup peanut butter*
½ teaspoon vanilla
1½ cups powdered milk
1 cup chopped peanuts
½ cup honey (less 2 Tablespoons)
1 pinch sea salt
Mix peanut butter and honey until creamy smooth, mix in salt and vanilla. Add powdered milk a little at a time, mixing first with a spoon, then by kneading like bread dough. Form into small balls and roll in chopped peanuts. (No cook).

***Be sure to check for nut allergies.**



BREADS

SESAME CHEESE BISCUITS


1 package (8) refrigerated biscuits
Mix together in shallow pan:
¾ cup grated parmesan cheese
3 Tablespoons sesame seeds
Melt in small pan:
¼ cup butter or margarine (½ stick)
Dip each roll in butter, then cheese-sesame mix.
Place on ungreased baking sheet. Bake 8 minutes
at 400°. (You will need at least 2 per person).

PIGS IN A BLANKET

8 wieners - slit to ½" from ends
4 slices American cheese - insert ½ piece into each wiener
1 package crescent dough triangles - refrigerator tube
Place wiener and cheese on wide end of triangle and roll toward point. Place on ungreased cookie sheet, cheese side up. Bake at 375° for 12 - 15 minutes until golden brown.

BREAD TWISTERS OR DOUGHBOYS

6 cups flour
¼ cup baking powder
¼ cup shortening
1 teaspoon salt



or 6 cups of biscuit mix

2 - 3 cups water (to desired consistency)
Mix dough, pinch off small portion, and mold into a long patty. Wrap it around the end of a stick in a spiral twist. Knead cracks together and bake over hot coals (about 20 minutes). Variations:
**Bacon Twisters:* Cook bacon, which is twisted around end of stick. Cover with dough and bake. Eat as bacon sandwich.
**Hamburger Twisters:* Thoroughly cook hamburger on end of stick. Cover with dough and bake. Eat as sandwich.
**Jam or Jelly Twisters:* Cook a bread twister, slip it off the stick, and fill hole with butter and jam or jelly. Be sure that the dough covers the end of the stick so there will be a closed end to the twister.
**Cheese and Raisin Twisters:* Cook a bread twister, slip it off the stick, and fill hole with raisins and dices of American cheese or cottage cheese.

MAIN DISHES

ONE POT CHICKEN RICE

12 thawed chicken thighs (cut up)
2 cups water
2 cups converted rice
1 10 oz. cream of mushroom soup
1 10 oz. cream of celery soup
1 10 oz. cream of chicken soup
½ package of dry onion soup mix
Bring chicken pieces and water to boil and cook for 10 minutes. Add rice and undiluted soup and mix. Stir well and frequently as you slow cook. If dry, add extra water. Serve when rice is cooked, 20 - 30 minutes. Serves 8.

SLOPPY JOES

1½ lb. ground beef
1 Tablespoon oil
1 onion, minced
1 can tomato soup
1 large can red kidney beans
Salt and pepper
8 hamburger buns, split
Brown beef in 1 tablespoon oil. Add onion and brown lightly. Add beans, soup, salt, and pepper. Cook until well heated. Spoon over open hamburger buns. Serves 8.

CAMPFIRE STEW

2 lb. hamburger OR ground chicken OR turkey
1 medium onion - diced
1-2 Tablespoons oil (if meat is lean)
2 10¾ oz. cans undiluted vegetable OR vegetable beef soup
1 soup can instant rice
1 soup can water
Sauté onion in oil and add ground meat to brown. Pour off excess fat. Add undiluted soup. If more tomato flavor is desired, add 1 can (10¾ oz.) tomato soup, too. Add rice and water. Stir occasionally until hot. Add water if needed. Serve with hot biscuits. Serves 8.

TUNA NOODLES

Boil 12-16 oz. noodles in large quantity of unsalted water until tender (8 - 12 minutes). Drain off water. Add undiluted cream of mushroom soup (10½ oz. can) and drained tuna fish. Heat, stirring constantly. Add canned peas if desired OR 1 10 oz. package of frozen peas, thawed. Season with onion powder, salt and pepper. Serves 10 - 12.

CHEESY BEEF

1 lb. ground beef
1 onion, chopped
2 (8 oz.) cans tomato sauce
4 cups water
2 cups uncooked macaroni
1 can chili/chili beans
2 Tablespoons brown sugar
1 teaspoon salt
½-1 lb. American cheese
½ green pepper
Brown ground beef and onion; drain. Add remaining ingredients except cheese and cook covered until noodles are tender. Add cheese (cut into small pieces) and stir. Serves 6 - 8.

TUNA CHOW MEIN

3 cans (8.5 oz.) Chinese noodles
1 small onion, grated
3 cans mushroom soup
6 celery stalks, chopped
2 large cans tuna, drained
Add water to soup as directed and heat. Add other ingredients (except noodles) and cook about 10 minutes. Add noodles just before serving. Serves 12.

POT LUCK BEANS

2 lbs. ground beef
1 cup catsup
2 Tablespoons dry mustard
2 teaspoons vinegar
2 No. 2½ cans pork and beans
1 package Lipton onion soup mix
2 cans (15 oz.) dark kidney beans (undrained)
Sauté ground beef. Add all other ingredients and heat until bubbling. Be careful not to scorch beans on the bottom of the pot. Serves 12.

ONE POT MACARONI CASSEROLE

2 Tablespoons canola oil
1 medium chopped onion
1½ lb. ground meat (beef, chicken, turkey)
1 10 oz. chicken gumbo soup
1 10 oz. cream of chicken soup
1 soup can water
½ teaspoon pepper
2½ cups UNCOOKED macaroni
Sauté onion, then brown meat. Drain off extra fat. Mix all ingredients together and stir frequently. Cook 15 - 20 minutes. Add water if needed. Serves 8 - 10.

CHICKEN TERIYAKI

15 - 16 chicken wings
2 Tablespoons sugar
1 large bottle soy sauce (16 oz.)
3-4 Tablespoons sesame seeds
Fresh ginger or ½ teaspoon ground ginger.
Mix ingredients and pour over chicken into a zip-lock bag; marinate overnight in refrigerator. Pour marinate and chicken into a heavy skillet. Sprinkle with sesame seeds. Cover with foil and cook until done. Serves 6 - 8.

BAGS O' GOLD

1½ lbs. American cheese (in brick)
2 cans concentrated tomato soup
Bisquick, small package
2 cans water
Mix Bisquick and water; roll thinly. Wrap cheese squares (1" approximately) in Bisquick until completely covered. Heat soup and water to boiling point. Drop in cheese "dumplings" and cook until dumplings are done. Serves 8.

ANGELS ON HORSEBACK

24 slices bacon
24 buns or rolls
24 - 1" square of American cheese
Wrap a square of cheese in a thin slice of bacon. Pierce with stick so it holds bacon securely and broil over the coals, turning in order to keep cheese from dripping into fire. Have roll ready to make sandwich as soon as bacon is ready.

FRACTURED TACOS

2 lbs. ground beef
1 Tablespoon oil
1 medium onion (chopped)
2 packages taco mix
Water
Grated cheddar Cheese
Tomatoes (chopped)
Lettuce (shredded)
Taco or corn chips
Brown beef in oil. Add onion. Add taco mix and water and cook according to package directions. Break up chips and place them on plates or in bowls. Spoon mix over the chips, Add lettuce, tomatoes, and cheese. Serves 8.

FRIZOLENE

1 lb. macaroni
1 lb. ground meat (beef, chicken, turkey)
1 med. onion chopped
1 tsp. garlic powder
1 tsp. seasoned salt
1 10oz. can tomato soup
1 15 oz. can cream corn
1 10 oz. can cheddar soup
1 small can chopped ripe olives
½ lb grated cheddar cheese

Boil the macaroni 10-12 minutes, then drain in colander. Brown the meat with onion, garlic powder and seasoned salt. Drain the fat from the meat. Mix meat mixture and other ingredients. Grease a 9" x 13" pan with cooking spray or shortening. Put mixture in the pan and top with grated cheese. Bake on oven at 350° for 30-40 minutes or until hot.

TETRAZINI

2 - 3 10 oz. or 12.5 oz. cans turkey, chicken OR tuna
3 10¾ oz. cream of mushroom soup
3 soup cans water
6 - 8 packages oriental flavor ramen noodles
Heat soup and water, stirring. Bring to simmer and add drained and broken up meat. Stir in ½ the number of ramen flavor packets (or less for less salt. Taste soup mix to decide). Add ramen noodles (broken up) and cook 3 - 5 minutes just before serving. Cooking too far ahead makes "Glue Stew" as noodles fall apart. Plan about ½ package ramen per serving. Serves 10 - 12.

CRUNCHY CHICKEN CHEESE BAKE

24 boneless, skinless legs OR 12 thighs and 8 breasts cut in half
6 slices swiss cheese (squares) 6 - 8 oz. - broken into pieces
2 10¾ oz. cream of chicken soup, undiluted
1 2¼ oz. sliced black olives, drained
1½ cup herb seasoned stuffing mix, crushed to crumbs
2 Tablespoons margarine or butter, melted
In 9X13 pan, sprayed with oil, place chicken. Top each piece with cheese. In small bowl, stir soup, then spread over cheese. Top with olive slices. Sprinkle herb stuffing and drizzle melted margarine. Bake at 400° for 45 minutes. (For oven, box oven or dutch oven cooking). Serves 8 - 12.

FOIL DINNERS

GREAT for arrival at campout. In a piece of HEAVY duty foil layer vegetables and meat according to personal taste. (Kids can build their own, too).

*Have available the following:

VEGETABLES sliced thin:

Potato
Carrot
Green Pepper
Tomato
Onion
Etc...

MEATS of choice

½ chicken breast
2 - 3 chicken thighs (boneless)
hamburger pattie
Frozen pre-cooked meatballs
Fillet of fish
Ham slice
Etc...

Spray foil with Pam food spray. Layer with firm, longer cooking veggies next to foil. Add others: meat/fish in the center. Reverse order of veggies for top layer. Roll foil over all after adding seasonings (salt, pepper, seasoning salt, etc.) Roll ends of foil to seal food packet.

Write name with magic marker on foil packet, as ownership of dinner makes a difference.

Wet full 2 double pages of newspaper - Wrap foil packet - Cover with 2nd layer of HEAVY foil - Use drugstore wrap (roll top - roll ends) to seal 2nd layer of foil - Put name on outer layer of foil and cook over grill.

Grill over charcoal briquets or campfire embers - Flip 4 times at 15 minute intervals. Try not to tear foil covering.

Great, pre-packed - THEN REFRIGERATED until arrival Friday night at your campsite. Each family can make their own with their Girl Scout camper.

BEVERAGES

HOT FLAVORED (JELLO) DRINK

Bring water to HOT (not boiling). Double the amount of water called for on the jello package. Don't try to keep leftovers. Any flavor is good.

HOT TANG

Measure Tang into a plastic bag. With a marker, write amount of water to mix. At campsite, heat water and then add Tang for individual servings..

SPICED TEA MIX (RUSSIAN TEA)

2 cups Tang
¾ - 1 cup instant 100% tea
1½ cups sugar
1 teaspoon cloves
1 teaspoon cinnamon
2 Tablespoons dry lemonade mix
(e.g. 2 Tablespoons dry Wylers or Country Time)
Mix all ingredients well. Put 2 heaping teaspoons per cup and add hot water.

DONNA'S HOT WHITE MIX

25.6 oz. nonfat dry milk
2 cups powdered sugar
16 oz. non-dairy creamer (French vanilla coffee creamer)
13 oz. Carnation malted milk
Mix the ingredients well and store in airtight containers. Add 3 - 4 heaping teaspoons to a cup of hot water. (It's not chocolate and is caffeine free). Tastes great.

HOT COCOA QUICK MIX

1 8-quart powdered milk
1 16 oz. instant chocolate powder
1 6 oz. powdered cream substitute
2 cups powdered sugar
Mix all ingredients together. STORE IN TIGHTLY COVERED CONTAINER. For each serving mix together and stir well:
3 Tablespoons mix
1 cup hot water

DESSERTS

DARN GOODS

(an advanced cooking method)

1 box Bisquick Wesson Oil Hershey bars
sugar marshmallows cinnamon
water
Mix Bisquick with water to fairly thick consistency. Form into balls around marshmallow (or marshmallow with a square of Hershey slipped into center for double darn goods). Deep fry in hot oil until done. Works best in tall narrow pot. Remove and roll in cinnamon-sugar mixture.

CRUNCHY CARAMEL APPLES

12 Girl Scout Caramel deLites or Samoas cookies finely chopped
12 small apples 1 bag (14-16 oz.) caramels
2 Tablespoons water
12 wooden popsicle-style sticks (in caramel bag or available at craft stores)
Chop cookies and set aside in shallow bowl or pan. Insert sticks into tops of apples. Mix caramel and water in top of double boiler; cook and stir until caramel is melted. Dip apples in caramel and use a spoon to spread caramel evenly over entire apple. Allow excess caramel to drip off. Immediately dip bottoms of apples into the cookie crumbs. Place crumb-side-down on wax paper and let stand about 30 minutes, or until firm. Makes 12 apples.

COCOA PEANUT LOGS

1 cup (6 oz.) semisweet chocolate pieces
1/2 cup peanut butter*
4 cups Cocoa Krispies
Melt chocolate with peanut butter, stirring constantly. Remove from heat, add Cocoa Krispies. Press into buttered pan and cut or drop on waxed paper.
***Be sure to check for nut allergies.**

NO-BAKE POWERHOUSE COOKIES

1 cup brown sugar
¼ cup margarine
3 Tablespoons powdered milk
4 Tablespoons water
1 cup peanut butter*
½ teaspoon vanilla
½ cup Spanish (or blanched) peanuts*
1 cup oatmeal
¼ cup carob chips/chocolate chips
Mix sugar, margarine, powdered milk, and water in a pan. Bring to a boil. Reduce heat and boil 3 minutes, stirring constantly to prevent scorching. Remove from heat and stir in remaining ingredients. Drop by spoonfuls onto a flat surface such as a pan lid or cookie sheet. Let sit for about 10 minutes to set up. In hot weather, they might not set up as well.
***Be sure to check for nut allergies.**

MOCK ANGEL FOOD CAKE

1 loaf day-old unsliced white bread
3 cups coconut (shredded or flaked)
3 tall (14 oz.) cans condensed milk
Trim crusts off unsliced bread and slice $\frac{3}{4}$ " thick. Then cut into strips $\frac{3}{4}$ " thick. Dip in condensed milk until each piece is well covered and then roll each in coconut. Toast over an open fire or a toaster. (Can also be baked in a reflector oven). When done, it will taste like angel food cake. Save bread crusts for cooking purposes. Variation: Pieces may be rolled in cocoa and sugar, or cinnamon and sugar, instead of coconut.

DROPSCOTCH COOKIES

$\frac{1}{2}$ cup peanut butter*
1 (3 oz.) can or 2 cups chow mein noodles
1 (6 oz.) package butterscotch chips
2 cups miniature marshmallows
Melt peanut butter and butterscotch chips in double boiler. Add noodles and marshmallows, stir. Drop on waxed paper lined cookie sheet and chill. Makes 30 cookies.

****Be sure to check for nut allergies.***

SOUTHERN PEANUT BUTTER PIE

1 package Girl Scout peanut butter* sandwich cookies
 $\frac{2}{3}$ cup peanut butter (creamy style)*
3 cups milk Pre-made pie shell
2 small packages (4-serving size) cook-and-serve vanilla pudding
Crush cookies in blender or food processor and press into a 9" pie plate. Prepare pudding mix according to directions, but use only 3 cups milk. Stir in peanut butter. Pour into pre-made pie shell. Refrigerate until ready to serve. If desired, garnish with whipped topping and crushed peanuts. Serves 8.

****Be sure to check for nut allergies.***

CHUCK WAGON DUMP CAKE

Grease 9X13 pan or line the pan with foil and grease the foil. DUMP ingredients in the order listed:

- 1 30 oz. cherry pie filling
- 1 20 oz. crushed pineapple and juice
- 1 1lb. 2 oz. yellow cake mix
- $\frac{1}{2}$ stick butter or margarine (thinly sliced)
- 1 cup coconut
- $1\frac{1}{2}$ cups slivered almonds

Bake at 350° for 40 - 60 minutes or until browned and springs back to the touch.

PEACH DUMP CAKE

Grease 9X13 pan or line pan with foil and grease it. DUMP ingredients in this order:

- 1 29 oz. can sliced peaches and juice
- 1 white or yellow (1 lb. 2 oz.) cake mix powder
- $\frac{1}{2}$ stick ($\frac{1}{4}$ Cup) butter (cut in thin slivers)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup sliced almonds or chopped pecans

Optional: Lightly sprinkle cinnamon sugar on peaches

Do Not Stir, Just DUMP in the order listed above. Bake at 350° for 40 - 60 minutes or until cake is brown and springs back to the touch.

CAKE IN AN ORANGE

1 cake mix - 18 oz. 10 - 12 oranges Foil
Place Dutch oven in coals. Mix cake mix according to directions. Slice off $\frac{1}{3}$ of the way down from the top of each orange - save tops of oranges. Spoon fruit out of bottom of oranges leaving an empty shell. Spoon cake mix into shells to $\frac{2}{3}$ full. Place top of orange back on orange. Wrap in 6"X6" piece of foil. Place in Dutch oven. Cover and bake 10 - 15 minutes. Variation: gingerbread mix in grapefruit shell. Extra cake mix can be baked in FOIL cupcake baking cups - free standing - see cake box directions for cupcake timing.

BAKED APPLES

For each serving you will need:

- 1 apple
- 1 Tablespoon brown sugar
- 1 Tablespoon red cinnamon candies
- 1 caramel square
- 1 teaspoon butter or margarine
- 1 Tablespoon raisins
- Dash of cinnamon

Core apple but do not peel. Place on a 12" square of heavy-duty foil and place any desired combination of the above ingredients into the center of the apple. Twist end of foil together over apple to seal. Bake on coals 20 - 30 minutes until tender, turning often.



Bears in an Orchard

2 Tbs. margarine or cooking oil
2 25-oz jars applesauce
1 box Dromedary gingerbread mix
2 cups water
1 tall can whipped cream
1 4 lb bag instant charcoal briquettes

Fire up the briquettes

Grease the Dutch oven, bottom and sides. Set the oven on about 10 hot coals. Pour applesauce into the oven. Cover and place over the coals until the applesauce is bubbly.

Meanwhile, mix gingerbread and water.

Remove oven from coals. Top applesauce with gingerbread, spread evenly. Do not stir in with applesauce. Place lid on the oven.

Reduce the underneath coals to five. Place the oven over the five, and add about 20 to the lid. Bake about 40 minutes, or until a clean knife comes out smooth when you insert it in the gingerbread. You want to observe the “two-thirds rule” – remove the oven from the bottom briquettes after about 25 minutes.

Cut into pieces and serve with whipped cream.

Banana Boats

4 bananas
½ cup milk chocolate chips
½ cup miniature marshmallows
Optional – 1 teaspoon Peanut Butter

Cut a slit in the top of the banana from one end to the other being careful not to cut through the bottom skin. Spread the banana sections apart slightly and fill with chocolate chips, marshmallows and peanut butter. Wrap tightly in heavy duty foil. Heat 5 minutes over hot coals until the chocolate and marshmallows are melted.

Serves 4

HOW TO MAKE ICE CREAM (Hand Crank Freezer)

***Don't make ice cream
unless you plan
on cleaning the machine!***

Mix the ingredients in a freezer can. Freezer must never be more than two-thirds full to allow for expansion during freezing. Assemble freezer; make sure lid is on tight; and turn crank a time or two to make sure it turns freely.

Add 4 cups of finely crushed ice and ½ cup rock salt in alternating layers until freezer tub is full. Turn the handle steadily in a clockwise direction. Do not stop turning until it is hard to turn, about 20 minutes. Be sure that water level of tub is below the lid at all times.

When churning is completed, pour off water and remove ice and salt to a level below the can cover. Wipe cover and remove, being careful not to get ice or salt into the ice cream. Scrape dasher as it is removed and pack ice cream down firmly with a large spoon. Cover the can with a double thickness of waxed paper and replace the lid. Repack the tub with ice and rock salt (4 cups of ice to one cup of salt). Freezer can should be completely covered. Let it stand in the shade for 1-1/2 hours. This will yield 16-20 cones.

SPECIAL ICE CREAM

2 cans sweetened condensed milk
1 large box instant pudding
½ gallon milk

Use either flavored pudding or vanilla pudding with your own flavoring added. Put all ingredients into inner part of freezer (gallon container). Put cracked ice and rock salt in outer bucket. Crank until hard. Good consistency for cones.

FRUIT SHERBET ICE CREAM

2 quarts any flavor fruit pop
1 can sweetened condensed milk

Put into inner part of freezer. Put ice and rock salt in outer part. Crank until hard. Add one box vanilla instant pudding for firmer ice cream.

FOR LARGE FREEZER

2 cans sweetened condensed milk
6½ pints milk
2 Tablespoons vanilla
10 oz. container fruit, i.e. strawberries
1 package of instant pudding, optional (addition for flavoring and thickening)

Put all ingredients into inner part of freezer (gallon container). Put cracked ice and rock salt in outer bucket. Crank until hard. It will be more like ice milk without the pudding.

REMEMBER:

1. Layer ice and rock salt.
2. As the water runs off and ice level goes down, add more ice and rock salt.
3. Kids' arms get tired easily. You may want to have all the girls in your unit line up and everybody take a turn until the ice cream is ready.
4. When it starts getting hard to crank you will need to check consistency. But, REMEMBER, clear away the rock salt, ice, and water from the top of the ice cream container before removing the lid. NOBODY likes salty ice cream!!!

*****IMPORTANT!!*****

**Wash and thoroughly dry
ice cream freezer
IMMEDIATELY after using.
Oil gears and other moving parts
before storing.**

ROLLED CAN ICE CREAM

Alternate Ice Cream Basic Recipes -
Roll Can Method

Vanilla (the following equals 2 cups of ice cream)
1 pint Half and Half
1½ teaspoons vanilla
1 cup + 2 Tablespoons sugar

Variations – Add one of the ingredients below:

- 3 Tablespoons favorite flavor instant pudding
- 1 cup fruit (banana, strawberry, fresh peach)
- 3 favorite cookies (crush into pea-size pieces)
- ¼ cup finely chopped nuts (**Be sure to check for nut allergies**) or mini chocolate chips

Instructions for Roll-Can Freezers:

1. Mix the first 3 ingredients and variations if desired. Pour into 1 lb. coffee can. It will be about ¾ full. Place lid on can and duct tape securely. Set 1 lb. can inside 3-lb. coffee can.
2. Starting with crushed ice, alternately layer ice and rock salt outside small can, inside 3-lb. can, packing down as you go.
3. When layers of ice and salt fill the big can, cover small can lid with ice. Place lid on 3 lb. can and duck tape well for a tight fit.
4. Set the can on the floor, and gently roll it back and forth. You may need to wrap a small towel around the outside of the large can so it will not stick to your hand. Roll the can for at least ten minutes. The ice inside the can will get watery, but keep on rolling!
5. After rolling, put the can upright. Remove the towel and lid from the big can, and slowly pull the small can out of the big can. Wipe the ice and salt from the lid; then remove the lid carefully.
6. The ice cream will be frozen to the sides and bottom of the can. If it is not thick enough put the can in a freezer. (Check it every ten minutes or so). When it is thick enough, stir

the icy parts of the sides and bottom into the mixture until it's smooth and creamy.

REMEMBER: Each double can "freezer" makes about 2 cups of ice cream.

