

Alan Holt two CRAZYMA @ Blue Light, Sim XEL Kie for news

Scouts and Scouters - Aluminum is  
Oke if used properly. Aluminum melts  
at a lower temperature than cast iron. It  
will heat faster but also cool faster.  
Beware of HIGH temperatures when  
there is a breeze. That's all I have to  
say about aluminum because this  
brochure is about CAST IRON.

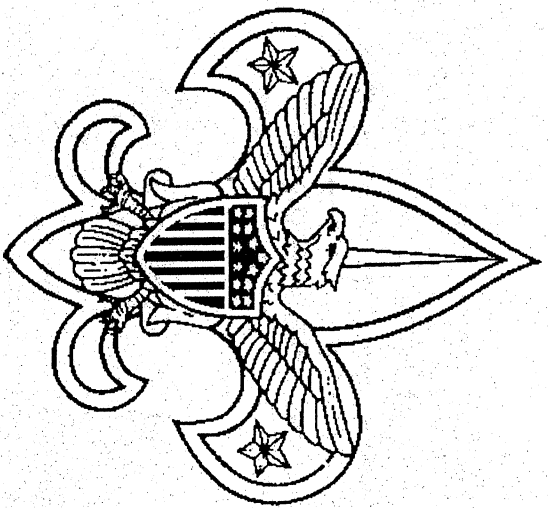
### THE PATROL SIZED DUTCH OVEN

This oven is usually 10" to 12" across. It  
should have three (or four) legs. The bail  
(what you lift the oven with) should be  
strong and attached to the oven through  
holes cast as part of the dutch oven.  
[Avoid the riveted type of attachment.]  
The lid should have a loop type handle and  
a rim.

### WHAT ELSE SHOULD I KNOW?

Lids without a ridge will work but it is  
difficult to lift and remove the lid when it  
has coals on top.  
Cast Iron stays hot for a long time. Wear  
your heavy leather gloves whenever you  
are handling hot cast iron.  
Be Prepared with a clean place to set your  
very hot lid while you check your meal.  
Seasoning - The purpose is to create a non-  
stick and rust proof finish to your cast iron.

Cook safe and cook often.  
Give thanks!

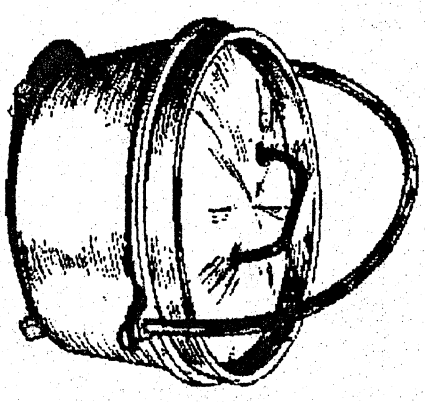


SR-347

Wood Badge  
J. E. Beveridge  
da Bears

## CAMP COOKING WITH CAST IRON COOKWARE

AN INTRODUCTION AND  
SUGGESTIONS FOR THE  
BEGINNING PATROL  
CHEF



# CARE AND FEEDING OF YOUR CAST IRON

- Cast iron cookware will rust very quickly. Never air dry your cookware. Following a towel drying always apply a light coat of PURE vegetable oil and store in a dry location. Remember these important points.
1. Cast Iron gets hot, handle carefully!
  2. Always use PURE VEGETABLE OIL to coat your cookware. Salted and unsalted animal fats can go bad.
  3. Never put cold liquid into hot cast iron cookware.

## CLEANING TIPS

NEVER use soap when cleaning cast iron.

1. Bring 1" to 2" of water to a boil. This will loosen most food particles.
2. Scrape lightly and pour off all but 1/2" of water.
3. Repeat Steps 1 and 2 until no food in is noticed in the water.
4. Now dry and oil the oven.

## COOKING TIPS

Warm (NOT HOT) the dutch oven before putting your food in it. Use a small amount of coals and cook slowly until you get more experience. Remember, burnt is burnt. If it takes a little longer to cook it will taste better because you are even more hungry.

*Wind will make cooking a little bit harder because it cools the cast iron just like when you blow on a hot cup of cocoa. When there is a breeze, use a wind break when you and your patrol are cooking.*

## WHAT HAVE YOU HEARD?

"Sweetening" is something you will hear frequently when people talk about dutch ovens. This doesn't mean making the iron sweet. Sweetening is building a good coating of oil into the pores of the cast iron.

How much heat do you get from each piece of charcoal? That depends on the size and type of the charcoal. Experience will teach you how many pieces of charcoal to use on top and beneath your cookware.

Rules of thumb, 25° F per briquette.

**Baking** – Three times more coals on top than underneath.

**Frying or Boiling** – All coals underneath.

**Stewing** – Four times more coals underneath than on the lid.

## SHARE YOUR KNOWLEDGE

A good scout is always willing to share his knowledge. The two stars on the scout badge stand for truth and knowledge. Gather the truth about cast iron cooking and share your knowledge with all scouts.

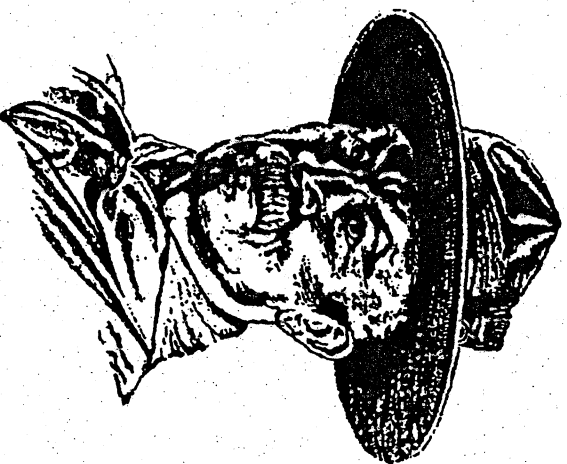
## TO ALL SCOUTS

Just as you leave a campsite better than you found it, you should also leave your cast iron cookware in better condition than when you began your meal.

Every time you use cast iron properly it will cook even better the next time it is used. Think how good that 2<sup>nd</sup>, 10<sup>th</sup>, or 100<sup>th</sup> meal will taste because you took good care of your cast iron cookware. Be a good scout by passing this information along to a new scout the next time your patrol plans a meal that lets you use the dutch oven.

## TO MY FELLOW SCOUTERS

Please join me in your service to scouting by joining the Wood Badge training brotherhood.

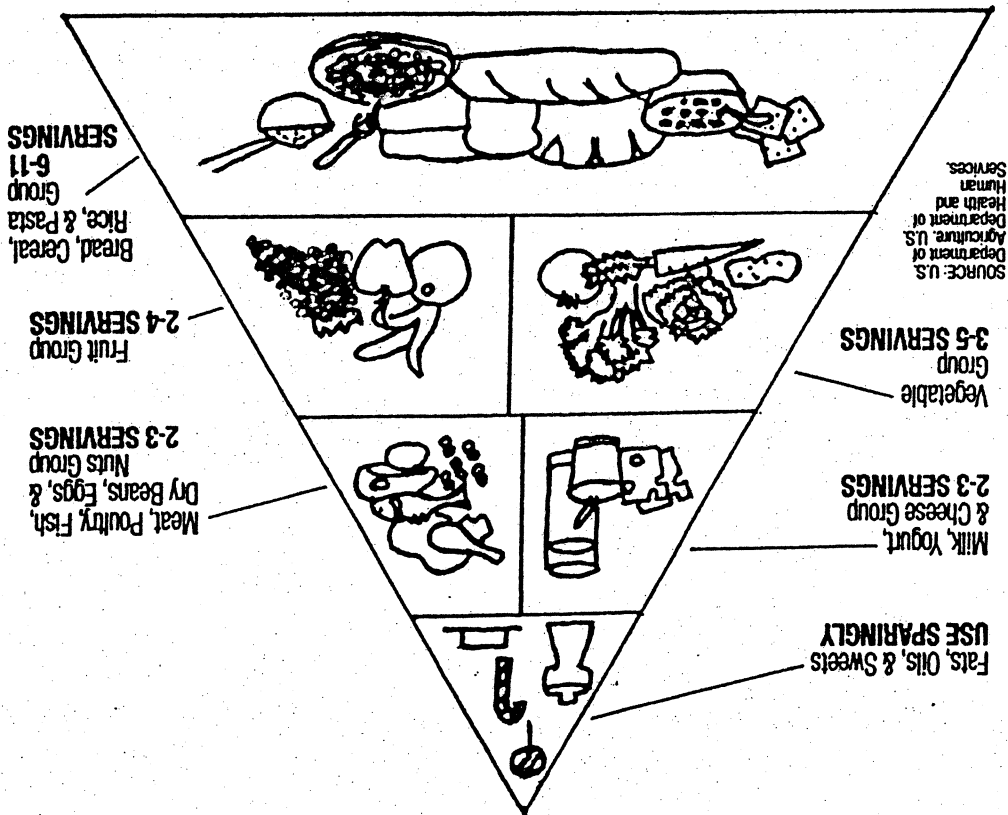


## FOOD PLANNING CONSIDERATIONS

1. NUMBER OF PERSONS - How many people will be going?
2. NUMBER OF MEALS - How many meals must be planned? Breakfasts? Lunches? Dinners?
3. COST - How much money can afford to be spent? Can all persons afford that amount? What sort of target cost have you planned?
4. TASTES OF INDIVIDUALS - Does everyone like the same kinds of foods? Do some have religious beliefs that prohibit certain foods? Do some foods make certain individuals sick?
5. VARIETY - Do people like to eat the same food for the same meal every day? Do they like the same food for every meal?
6. TYPE OF CAMP - What type of camp will it be? Backpack? Car Camp? Base Camp?
7. INTAKE REQUIREMENTS - How many calories will be required each day so that everyone will have enough to eat?
8. NUTRITION REQUIREMENTS - On long-term outings this is an important consideration. You must consider the vitamins and minerals the body needs to keep fit and healthy. Your food should supply these needs.
9. WATER REQUIREMENTS - Will there be an adequate supply of water on site to cook your food? Will you have to carry your water supply? Will there be enough water to wash dishes? Put out the fire?
10. FIRE REQUIREMENTS - Will you be able to build a fire to cook? Can you use charcoal? Can you use a stove? How much fuel will be needed?
11. STORAGE REQUIREMENTS - Must the food be kept cold? Can you do it?
12. WEIGHT - If this is a backpack, is the food too heavy to carry?
13. BULK - Is the food going to take up too much space?
14. COOKING EQUIPMENT REQUIREMENTS - What kind of equipment will be needed to cook your food? Do you have it? Can you carry it on a backpack?
15. TIME FOR PREPARATION - How much time will be required to cook the food? Does your schedule allow that time? What about fuel?
16. YOUR LIMITATIONS - Do you know how to prepare this food? Have you done it before? Does someone know how is going? Will you need to read up and practice before going?
17. EXPERIENCE OF OTHERS - Have other people taken the same trip? Have you checked with them to get their experience? Did they find certain foods good? Bad? What would they do differently?

# The Food Guide Pyramid

A Guide to Daily Food Choices



SOURCE: U.S. Department of Agriculture, U.S. Department of Health and Human Services.

## RECOMMENDED DIETARY ALLOWANCES-1989

(Males 15 - 18)

- Protein - 59g
- Vitamin A - 1000 IU
- Vitamin E - 10 IU
- Vitamin D - 10 IU
- Vitamin K - 65mcg
- Vitamin C - 60mg
- Thiamin - 1.5mg
- Riboflavin - 1.8mg
- Niacin - 20mg
- Vitamin B6 - 2.0mg
- Folate - 200 IU
- Vitamin B12 - 2.0mcg
- Calcium - 1200mg
- Phosphorus - 1200mg
- Magnesium - 400mg
- Iron - 12mg
- Zinc - 15mg
- Iodine - 150 mcg
- Selenium - 50mcg

SALT - 2400mg a day recommended. Most people use more.

## Nutrition Facts

This sample contains less than 1/2 cup.

Amount Per Serving

Calories 110 • Calories from Fat 10

% Daily Value\*

Total Fat 1g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 200mg 8%

Potassium 100mg 3%

Total Carbohydrate 24g 8%

Dietary Fiber 3g 10%

Sugars 5g

Other Carbohydrate 16g

Protein 2g

Vitamin A: 100% • Vitamin C: 100%

Calcium: 25% • Iron: 100%

Vitamin D: 10% • Vitamin E: 100%

Thiamin: 100% • Riboflavin: 100%

Niacin: 100% • Vitamin B6: 100%

Folic Acid: 100% • Vitamin B12: 100%

Pantothenic Acid: 100% • Zinc: 100%

Phosphorus: 25% • Magnesium: 6%

Coccar

\*Percent Daily Values are based on a diet of 2,000 calories a day.

## OVEN OMELET

3 CUPS 1/2 INCH BREAD CUBES (FROM 6 SLICES OF BREAD)  
 1 1/2 CUP MILK  
 2 TBSP OIL  
 8 EGGS BEATEN  
 1/2 CUP GRATED CHEESE  
 1/2 TSP SALT  
 1/2 LB. SAUSAGE  
 1/4 CUP CHOPPED ONION  
 1/4 CUP CHOPPED BELL PEPPER

Brown sausage and drain.

Combine bread cubes and milk. Soak in a mixing bowl. Add eggs and remaining ingredients to bread mixture in mixing bowl and stir. Pour into DUTCH OVEN and bake for 15 to 20 minutes until eggs are done.

## Quartermaster's Chili

2 lbs ground meat  
 2 cans Rotel tomatoes  
 2 cans pinto beans (drained)  
 1 medium diced onion  
 1 cup water  
 3.25 oz chili mix (find packets of ready made chili spices in grocery store)

Fry meat and onions in dutch oven.

When meat browned, add chili mix, water, beans and Rotel. Simmer 10 minutes, stirring occasionally.

## PIGS IN A BLANKET

1 CAN OF BISCUITS  
 20 "SMOKIES" SAUSAGES

Cut biscuits in half. Wrap each half around one sausage. Place all sausage rolls in oven. Bake until golden brown.

## CINNAMON ROLLS

2 CANS OF BISCUITS  
 CINNAMON SUGAR  
 BUTTER or MARGARINE  
 HONEY or JELLY

## CHICKEN CACCIATORE

1 LB. CHICKEN (CUT IN SMALL PIECES)  
 1 CAN CREAM OF CHICKEN SOUP  
 1 CAN CREAM OF CELERY SOUP  
 1 BAG OF MIXED VEGTABLES  
 1 PKG OF FRESH NOODLES  
 2 TBS. OIL  
 2 CANS OF WATER

Brown chicken in oil. Add all ingredients. Cover and simmer for 30 minutes or until pasta is soft.

## MEAT LOAF

3 LB ground beef  
1 bell pepper  
1-1/2 c crackers  
1 lg. onion  
2 eggs  
1-1/2 tsp. salt  
1-8 oz can of tomato sauce  
1 TB spoon of Worcestershire  
Ketchup to taste

Mix all ingredients and put in casserole pan. Place in Dutch oven. Bake 1 hour, covered.

## DUMP COBBLER

1 pkg. yellow or cake mix  
2 cans pie filling  
1 20 oz can crushed pineapple  
Cinnamon  
Butter  
2 sticks of butter

Pour cans of filling in bottom of Dutch oven. Next layer the pineapple on top of pie filling. Sprinkle cake mix over top of fruit. DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR. Cover and bake until bubbly and top is lightly browned about 30-45 min. any combination of fruits can be used.

Mix all ingredients and put in casserole pan. Place in Dutch oven. Bake 1 hour, covered.

## QUICK CORNBREAD

2 Boxes of Jiffy cornbread mix  
2 eggs  
2/3 cup of milk  
1 can of corn, mexi-corn or cream style corn

Mix all and baked covered for twenty minutes or until done

## GENUINE AUSTRALIAN CAMEL STEW

NOTE: Recipe requires a quite large Dutch Oven, Recommended for entertaining V.I.P's in Camp.

3 Medium sized Camels  
1 ton salt  
500 bushels Potatoes  
1 ton pepper  
200 bushels carrots  
3000 sprigs parsley  
2 small rabbits  
1000 gallons of brown gravy.

Cut camels into bite sized pieces, cube vegetables. Place meat into pan and cover with 1000 gallons of brown gravy. Simmer slowly for 4 weeks. Garnish with Parsley. Should serve 3800 people. If more are expected add 2 rabbits.

# Foil Cookery

USE two layers of lightweight or one layer of heavy-duty aluminum foil. Foil should be large enough to go around food and allow for crimping of edges in a tight seal. This will help keep the steam and juices in. You will need a shallow bed of glowing coals that will last the length of time necessary for cooking.

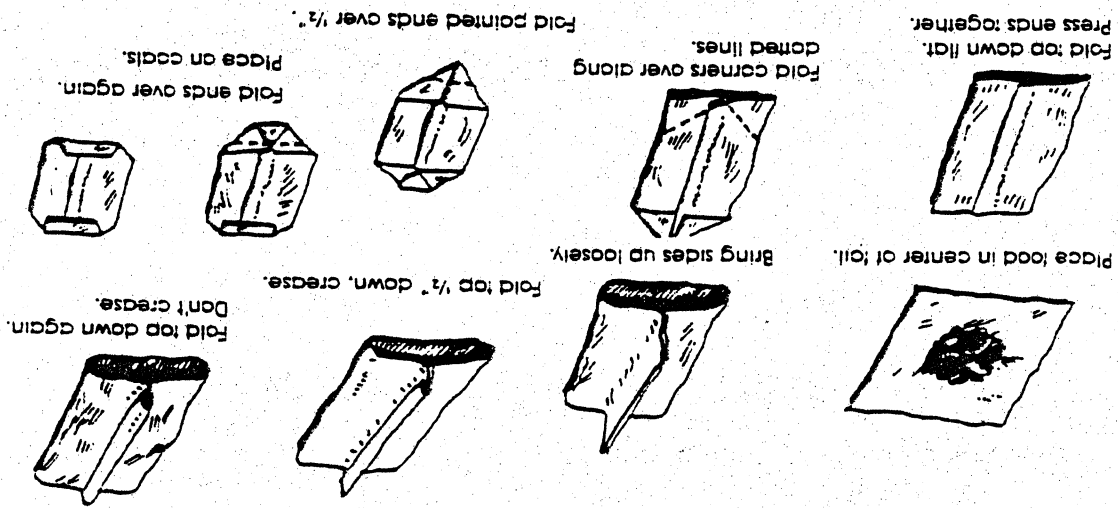
## Foil Cooking Times

- Hamburger..... 8-12 minutes
- Chicken pieces ..... 20-30 minutes
- Weiners..... 5-10 minutes
- Pork chops..... 30-40 minutes
- Carrots..... 15-20 minutes
- Ears of corn..... 6-10 minutes

**Foil Dinner**  
Place a layer of cabbage leaves on sheet of heavy-duty foil. (They serve as an insulator to keep other ingredients from sticking to the foil and burning and add extra moisture.) Lay a hamburger patty or pork chop on cabbage leaves. Cover with slices of potato, onion, and carrots. Season with a dollop of condensed cream of mushroom soup, butter, salt and pepper. Top with cabbage leaves.

Wrap with a "drugstore" fold. Cook 20-30 minutes over hot coals, turning twice during cooking.

- Potatoes (whole)..... 45-60 minutes
- Potatoes (slices) ..... 10-15 minutes
- Apples (whole)..... 20-30 minutes



Fold top down again. Don't crease.

Fold top 1/2" down, crease.

Bring sides up loosely.

Place food in center of foil.

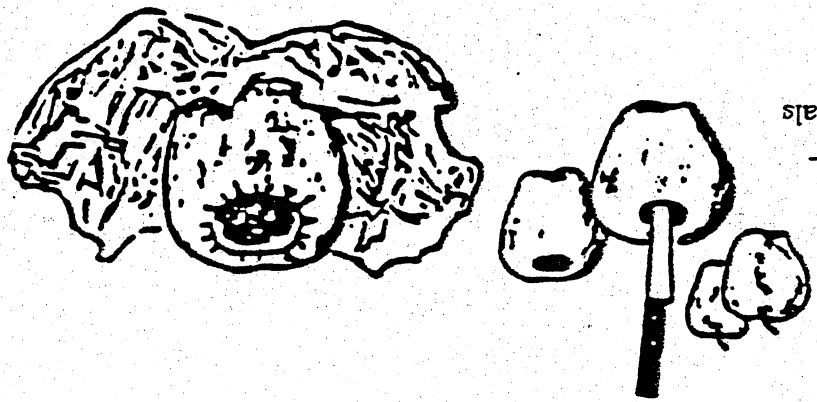
Fold corners over along dotted lines.

Fold ends over again. Place on coals.

Fold pointed ends over 1/2".

## Baked Apple

Core apple. Place on square of foil. Fill hole with 1 tablespoon raisins 1 tablespoon brown sugar dash of cinnamon. (Note: candy reds also make a good filling.) Wrap foil around apple and bake in coals for 20 minutes.



# O' Buffalo Outdoor Cooking Page

by Blaine S Nay, Cedar City, Utah, USA, Copyright 17 Oct 1997

## Favorite Outdoor Cooking Web Sites

- O' Buffalo Camp Cookbook
- O' Buffalo Patrol Box Inventory
- Plans for Camp Tables & Patrol Boxes
- Dutch Oven Cookoffs
- Outdoor Cooking Equipment
- Other Outdoor Cooking Recipes

## Outdoor Cooking Recipes

- Adventure Sports Camp Recipes
- Adventure Sports Dutch Oven Recipes
- A Happy Camper - Dutch Ovens
- Audleman/Webb Dutch Oven Cooking (v95)
- Backcountry Recipe Book, Version 3.1
- Barbecue'n On The Internet - The Only Source for Real Barbecue
- Buffalo Camp Cook
- Camp Cooking with Food Storage
- Campfire Dutch Oven Cooking by Bruce Campbell
- Camping Recipes
- Chuck's Dutch Oven Tips
- Cookin' Campers
- Cooking Merit Badge
- Copy Cat - Clones of Restaurant Recipes
- David Sweet's Outdoor Cooking Page
- DMOZ List of Dutch Oven Sites
- Dutch Bob's Archives

- Adventure Sports Camp Recipes
- Adventurous Traveler Bookstore: Outdoor DO Cooking
- Altavista Cooking Links
- Audleman Dutch Oven Cooking
- BackWoods Grocery
- Bruce's Dutch Oven Page
- Camp Cooking Links
- Camper's Cookbook Website
- Camp, Game and Other Recipes
- Charles & Connie McGuffey Dutch Oven Page
- Chuckwagon Supply - Cookbooks for DO Cooking
- Cooking for Scouts and Scouters
- Cooking Outdoors
- Cybercook
- Determining Dutch Oven Temperature
- DMOZ List of Outdoor Cooking Sites
- <http://www.geocities.com/blainenay/cooking.htm>

# No Utensil Cooking

Article #R107.

Venturer Log

Phil Newsome

The Leader, August/September 1982

There's a lot to be said for cooking without utensils when you're outdoors. It lightens your load, challenges your ingenuity, and eliminates the need to wash dishes. What more can you ask?

The approach leads to cooking food inside of food, on a stick, or on a cooker improvised from what you find around you. Give these ideas a try and experiment with variations. We'll welcome reports of tested new techniques and recipes.

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

**Potato**--Cut out the centre of a potato. Fill with hamburger and diced onion, or with butter and cheese. Plug the hole with some of the pieces you removed. Coat potato with 2 inches of thick mud and place in coals. Cook for about an hour.

Another idea is to slice off the top of a spud, hollow out a tunnel, and crack an egg into the hollow. Rub a bit of the egg white around the cut top, then put the "lid" back on the potato. Wrap in foil and bake in coals.

**Paper Cup/Paper Bag**--Fill a cup with water and drop in an egg, with or without the shell. Set the cup into the coals. Don't forget eggs and bacon in a paper bag. Put strips of bacon on the bottom of the bag, crack an egg or two on top of the bacon, fold over the top of the bag and hang it on a stick over hot coals.

**Bread**--Press a wad of dough onto the end of a stick and bake over hot coals. Try cinnamon twists. Pat dough into a rectangle, spread with butter, cinnamon and brown sugar, and cut into 2" strips. Wrap strip around a green stick and toast over the coals.

**Kabob** -- Skewer meat, potatoes and another vegetable (tomato, zucchini, mushrooms) on a stick. Cook over hot coals.

**Hot Rocks**--Lay a flat, hot rock on coals and use it as a griddle to cook hamburger, eggs, steak, fish, bacon, or bread.

**Corn**--Remove silk and soak ears in water. Lay on hot coals for about 8 minutes per side.

**Chicken**--Hang a whole chicken on a string from a tripod over a bed of hot coals. Fashion an aluminum foil umbrella over the chicken to reflect the heat.

Apple--Core an apple just over half-way. Fill the hollow with cinnamon and marshmallows. Skewer it on a forked stick and hold over the coals until the marshmallow melts and the apple is easy to puncture.

Orange--Cut off the top third of an orange. Scoop out the orange and pour in cake mix batter to the half-way point. Re-cap the orange and set on coals to bake.

An idea for breakfast is to scoop out the orange pulp and eat it, then grease the inside of the peel, crack an egg into it, and set on coals to cook.

Banana--Cut a v-shaped wedge from the top of an unpeeled banana. Fill wedge with pieces of chocolate and marshmallow. Wrap in foil and place on coals for 8-10 minutes.

Dog in a blanket--Wrap a wiener in biscuit dough, skewer on a stick and bake over hot coals. Or slit the wiener and insert a piece of cheese before you wrap and cook it.

Fish--Leave the head on a fish and scale it. Tie fish to a sweet wood stick, like willow, and put the head into the coals. Let steam for about 10 minutes, or until flesh flakes easily.

Split a fish and remove bones. Tack it, skin-side down, to a flat board. Tack a couple of strips of bacon over the fish. Prop up the board beside a hot fire so that it will reflect the heat and cook the fish at the same time.

Egg--Prick a tiny hole in both ends of an egg and skewer it, but be careful not to go through the yolk. Place on a forked stick and hold over coals. Or, coat the egg with a stiff mud paste and cook covered in coals for 20 minutes.

Happy cooking, and good eating! ---

# Cleaning Up After Meals

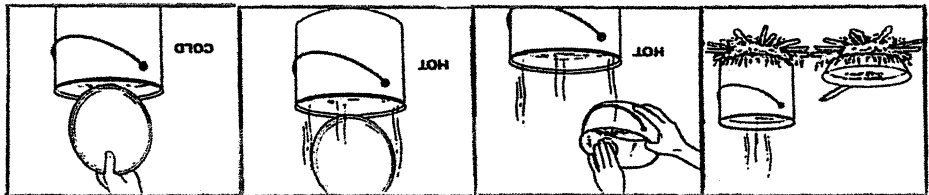
## Dealing with Leftovers

Carry food scraps home in a trash bag or burn them in a hot campfire by adding them to the flames a little at a time. You can burn wastepaper, too, but don't put plastic bags, cups, or styrofoam into a fire; burning plastic and styrofoam can release toxic gases into the air. Don't bury leftover food or scatter it in the woods, animals will almost always find it, and it is not healthy for them to eat. Food scraps can also draw animals close to campsites where they might lose their fear of humans. That can be dangerous for them and for you. Wash out jars and cans, and carry them home for recycling. Save space by cutting out the ends of cans and then flattening them.

## Dishwashing

Whether you cook with a stove or over an open fire put on a pot of water before you serve a meal. That way you'll have hot dishwater by the time you finish eating. Begin cleanup by setting out three pots:

- 1) Wash pot - contains hot water with a few drops of biodegradable soap
- 2) Hot-rinse pot - clear, hot water
- 3) Cold-rinse pot - cold water with a sanitizing tablet or a few drops of bleach to kill bacteria



Each Scout can wash his own eating gear. If each Scout also does one pot, pan, or cooking utensil, the work will be finished in no time at all. **First, scrape all bits of food into trash and wipe plates as clean as possible.** Use hot-pot tongs to dip utensils in the hot rinse. After rinsing lay the washed items on a plastic ground cloth and let them air dry.

**Cooking Tip:** Before cooking over a wood fire, smear a film of liquid biodegradable soap on the outside of your pots. Soot will wash off more easily.

## Dishwater Disposal

During campouts lasting no more than a couple of days, strain any food bits out of your dishwater and put them in your trash. Carry the wash and rinse water away from camp and at least seventy-five steps from any streams or lakes. Give it a good fling, spreading it over a wide area. For longer stays at one site, dig a sump hole at the edge of camp and at least seventy-five steps from streams, lakes, or other open water. It should be about one foot across and two feet deep. Place a piece of window screen across it and pour wash and rinse water into the sump through the screen. The screen will catch food particles so that you can shake them into a fire or trash bag. Fill the sump hole when you break camp and replace any ground cover. You can also make a strainer by punching small holes in a plastic bag and filling it with pine needles. Pour dirty dishwater through the bag and the needles will strain out food particles. Carry the bag of needles out of the backcountry with the rest of your trash. A plastic Frisbee will also work, with holes punched in it.

## Keep Soap and Detergent Away from Open Water:

Many soaps, detergents, and shampoos contain chemicals that encourage algae to grow. Algae can crowd out the native plants, making it harder for fish and other animals to survive. Soap and detergent can also leave an oily film in the water that can harm tiny aquatic life. Never put anything into the water that you wouldn't be willing to drink as it floats away.

