



Camp Menu Thoughts, Suggestions, and Guidelines

Troop 268
Boy Scouts of America
St Patrick's Catholic Church
Colorado Springs, Colorado



268

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*The recipes and suggestions contained here in are a compilation of **MANY** people and sources.
No guarantee's are expressed or implied.*

Eat hearty and happy camping.

Seven Commandments of trail cookery: *go light, no fuss, and no mess*

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

Highly recommended reading for Parents, Leaders, Scouters, Scouts, and anyone brave enough to participate in eating or preparing Scout cooked food:

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 Storage
Fri Night				
Sat morn				
Sat Noon				
Sat Night				
Sun Morn				
Sun Noon				

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Purchasing the correct size quantity for the Patrol:

Can Sizes

<u>Net Weight</u>	<u>Cups</u>	<u>Servings/Can</u>
10 1/2 - 12 oz.	1 1/4	1
14 - 16 oz. 1 3/4	2 or 3	
16 - 17 oz.	2	4 or 5
1lbs 13 oz. 2 or 3	4 or 6	
3lbs 3 oz. or 1qt 14oz	5 3/4	12
#10, 6.5lbs to 7lbs 5 oz.		25





Scout cooks 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

Grub Planner for _____ Patrol _____

Contact Person _____ Phone _____

Friday night you will need to bring a **sack dinner** including a **drink** & a **snack** for before bed.

Saturday Breakfast				
Drink	Main Dish (Crabs & Protein) 	Fruit	Syrup Butter Cooking Oil Milk Salt & Pepper Bread Jelly Sugar	Miscellany Trash Bags Ziplock Bags Paper Towels
Hot?				
Saturday Lunch				
Drink	Main Dish (Crabs & Protein) 	Fruit / Veggie	Butter Cooking Oil Bread Salt & Pepper Mayo Mustard Ketchup Sugar BBQ Sauce	Miscellany Ice Coolers Dessert
Saturday Dinner				
Drink	Main Dish (Crabs & Protein) 	Fruit / Veggie	Butter Cooking Oil Bread Salt & Pepper Mayo Mustard Ketchup Sugar BBQ Sauce	Miscellany Charcoal Wood Dessert (Unless there's a COBBLER cook off)
Bed Time Snack (Food smells cling to clothes, change before bed.)				
Sunday Breakfast (Breaking camp so keep it quick and simple)				
Drink	Main Dish (Crabs & Protein) 	Fruit	Syrup Butter Cooking Oil Milk Salt & Pepper Bread Jelly Sugar	Miscellany
Hot?				

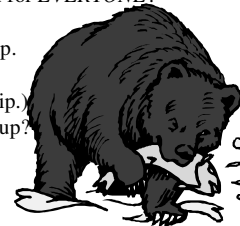
Does anyone have food allergies? Yes _____ No _____

How many people are going? _____ How much should be purchased? _____



How much do you eat? If you have big eaters, "Be Prepared". You will eat more when camping than normal.

- IF people get hungry, do you have a snack that is high protein and carbs? Do you have enough for **EVERYONE**?
- Be sure food or snacks are not in your tent or backpack, **BEARS** love people food and snacks!
- **WATER, WATER, WATER**, you can never have too much water. Dehydration will ruin your trip.
- Can you bring things in smaller packages, maybe even smaller amounts?
- Can you buy things in a bigger package, but bring only a portion? (Save the rest for the next trip.)
- Can you meet at some ones house and pre-cook things like chili so all you have to do is heat it up? (Remember food safety and keep it cold after cooking.)



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 (per meal). Then multiply by the number of campers. Keep Group items to a small size to reduce waste.

<u>What to buy</u>	<u>Number to buy</u>	
Hot Chocolate	3x number of scouts	_____
Cookies	4x number of scouts	_____
White Bread	4x (slices)20-22/loaf	_____
Jam	1 small jar per 8 scouts	_____
Eggs	3x number of scouts	_____
Bacon	3x (slices) number of scouts	_____
Sausage	2x (pieces) 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	_____
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 aid	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)	_____

Breakfast Anyone?

Curse's FOILED Again Eggs

1 Sausage Patty 1 handful Hash Brown Potatoes
1 dash water 1 Egg salt, pepper, spices

Wrapped in double *foil pack* and placed on coals for 10-15 min. If it burns, reduce the time.

Mineshaft Pigs

1 potato 1 sausage link 1 egg

Core a tunnel in a potato with an apple corer, then stuff the tunnel with a sausage link. Wrap in *foil* and bake on coals for about 45 min. Serve with an egg on the side.

Toad in the Hole OR One Eyed Jack

1 piece bread, 1 egg,

On low heat, melt grease in fry pan. Cut a hole in center of bread for the egg. Butter both sides of the bread. Place bread in fry pan. Break egg over hole of bread and pour out egg. Fry egg and bread, Flip once and serve. Season to taste

Crescent Rolls on a Stick

1 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.,

Breakfast Cake

8 oz. blueberries or other fruit 2 cups Bisquick Mix 1/4 cup powdered milk
2 tbs. sugar dash of cinnamon water

Heat fruit in large pan. Mix dry ingredients with enough water to make a thick batter. Drop large spoonfuls of batter onto fruit. If you pour, the batter will push the fruit to the sides. Cover and cook until batter becomes a cake.

Real Scotch Eggs

Hard boiled egg ground sausage bread crumbs

Take a Hard Boiled Egg and mold a shell of ground sausage around the egg, roll in breadcrumbs and Bake 25-30 minutes in a reflector oven or Dutch oven. Rotate as needed.

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 tbs. Dry Milk

4 tbs. water

1/2 tsp. Salt, dash of pepper

Add one of the following:

4 Tbs. Shredded Cheddar, Jack, or Swiss cheese

4 Tbs. Rehydrated mushroom pieces

1 Tbs. Crushed dry parsley or celery leaves

3 Tbs. Rinsed shredded dried beef

1/2 tsp. Chili powder

1 Tbs. Dried tomato slices, crushed

Cinnamon French Toast

1 loaf white sandwich bread

1 1/4 cups milk

12 eggs, beaten (minus shells)

1 tbs. sugar from home

1 tbs. cinnamon from home

In a medium pot, whisk together eggs, milk, cinnamon, and sugar. Heat griddle, keeping well greased. Dip each slice bread in egg mixture. Pat each side to coat well. Fry on griddle until each side is golden brown. Serve with powdered sugar or syrup. *Serves 1 patrol*

PANCAKE VARIATIONS

Jiffy Mix Muffin Mix

This comes in a variety of flavors, Banana Nut, Blueberry, and Apple Cinnamon to name a few. 1 box feeds 3-4 people or 2-3 scouts.

Cypher Mine Soup (Of Philmont Fame)

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.

Walking Taco

1 can chili **6-8 small bags Frito's corn chips** **shredded cheese**

Cook up pot of chili (homemade or canned). Buy individual size bags of Frito's corn chips. Open the top of the bag. Put chili on top of the chips, and shredded cheese. And you have portable lunchtime Walking Taco.

Burritos

1 cup dried refried beans **10-12 flour tortillas** **shredded cheese**

hot sauce/salsa **1 head lettuce** **2 cups water**

Boil water and add beans and let stand. Warm the tortillas. Place fixings on tortillas and eat.

Grilled Cheese

2 slices of bread **2 slices of cheese** **butter**

Heat a griddle over medium heat. Butter 1 side of 1 slice of bread, put on griddle butter side down. Top with 2 slices of cheese. Butter another slice of bread on one side and place on top of cheese butter side up. Allow to cook for 3-4 minutes or until golden brown. Flip and allow to brown on the other side. Makes 1 sandwich.

(For a real treat, try different types of cheese, or adding a slice of ham or tomato. Goes well with soup.)

Hot Dogs Plus

1 hot dog **1 bun** **baked beans** **shredded cheese**

Heat hot dog in water or over a fire. Heat the beans in a pot over medium heat. Place a hot dog in a bun, top with beans and shredded cheese. Makes 1 serving. Goes well with chips or slaw.

Dinner Time ☺

Chili for 8

All ingredient amounts are just suggestions; add more or less. It's very free form. You might have your own secret ingredients. Go for it!

1 large onion, sliced/diced **2-3 cloves garlic**
1/2 green pepper, diced **1 Tblspn oil**

Sauté above in the oil in bottom of Dutch oven until onions are tender.

Add: **2 lb. lean ground beef** Brown thoroughly, salting and peppering to taste. Drain off excess fat.

Add: **2 sm cans tomato paste.**

1-2 large cans tomatoes (you can substitute a large jar of spaghetti sauce for the tomatoes and paste). **3**

Tblspns chili powder (or more, depending on how hot you like it).

Simmer uncovered for 45-60 minutes, cooking off some of liquid. When thickened, add:

Drained kidney or black beans (as many as you like; I suggest 2 soup-size cans)..

Cover and simmer 15 or so minutes. .

Serve with rice or pasta, and salad. Use another Dutch oven to make corn bread. Hot sauce on side is good, too.

Chicken Quesadillas

2 tortillas for each quesadilla **1 whole chicken** **2 lb. Monterey Jack cheese**
Salsa, hot or mild **1 onion** **1 Green pepper**
2 Tbs. finely chopped cilantro or parsley **oil**

Cook a whole-cleaned chicken in large pot of water until meat falls from bone, about 2 hours. Debone and chop chicken, set meat aside. Grate the cheese, set aside. Simmer sliced onions and green peppers with a little oil. Add salsa and chicken. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve. Add Guacamole, sour cream, lettuce.

Frontier Dinner

7 oz or 1/2 lb. package of Elbow Macaroni **1 can tomato soup**
1 can Chili with beans

Prepare Macaroni by boiling till done, drain. In a large saucepan, blend chili and tomato soup; heat through, Add macaroni; heat through. 4-6 servings

Spanish Fried Rice

2 cups cooked instant rice **margarine / oil 1 Tsp.** **1/2 cup crumbled cooked bacon**
1/2 cup Salsa **dried onion flakes** **2 eggs**

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan. Add Salsa. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

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 12"				Seconds over fire
		coals		coals		
		Under / Top	Under / Top	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

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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)

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.

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 kneading 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

Trail Cobbler

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.

Fruit Cobbler

1 box spice cake mix **1 can apple pie filling** **2T butter** **1 can root beer**

Line the Dutch oven with foil, butter the foil and mix the cake mix with the root beer and 1 egg. Pour into the Dutch oven. Spoon in the pie filling and bake on medium heat for 1 hour.

Fruit Cobbler

2 (16-ounce) cans sliced fruit **1/2 cup baking mix** **1/3 cup sugar** **1t ground cinnamon**

Mix all the ingrediants. Line a Dutch oven with foil and spray the foil with cooking spray. Pour the mixture in the Dutch oven.

2 1/4 cups baking mix **1/4 cup sugar** **1/4 cup (1/2 stick) butter, melted**
1/2 cup milk **2T cinnamon sugar**

Mix all except the cinnamon. Top the Dutch oven mixture with this mixture. Sprinkle with cinnamon sugar. Bake over medium heat for 1 hour.