

Bronxville Troop 5 Guide to Campfire Cooking



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Introduction

Eating outdoors is one of the best things about camping, and camping is probably my favorite thing about being involved in scouting. As anyone who has been on long backpacking and hiking trips may know, it is essential to pack very lightly and efficiently, which is exactly what this guide to campfire cooking is about; light loads, good nutrition, small environmental impact, and of course, great taste.

I would like to thank the Troop 5 leadership and my father for getting me so involved in the outdoors and the thrill of Scouting. I would also like to thank my mother for her help in the organizational process of this collection of recipes.

I hope you enjoy this guide to camp cooking.

Common Materials

- Plastics Bags – Good for transportation and waste removal.
- Lightweight Mess Set – Small pots and pans are great for campfire cooking.
- “White” Gas Stove – Dangerous, yet very efficient and light stove to cook on.
- Fire-starting Materials (such as lint) – A must for cooking in the wilderness.
- Matches/Lighters – Needed for starting stove flames and campfires.
- Spices – Makes bad food taste better!
- Plates/Bowls – An obvious need for when its time to eat.
- Steel Wool – Makes the clean up process a lot easier.

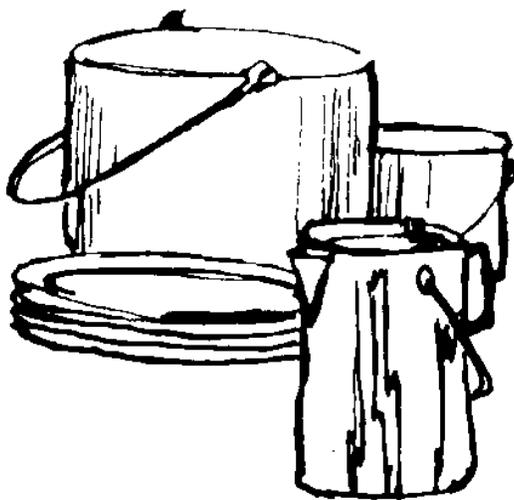
Cooking Tips

- Keep things simple.
- Do as much preparation at home as possible (be prepared!).
- Dispose of any unnecessary packaging material (cardboard/plastic containers, etcup) at home and put food in Ziploc bags so you don't have to carry excess packaging on the trail.
- Always dispose of your garbage properly (including excess soap, if used).
- Always keep raw meats chilled in a cooler (try to avoid raw meats if at all possible).
- Cook meats right after removing from wrappings.... At home if possible.
- Never serve uncooked meats.
- Avoid cross-contamination of cooking materials at all costs.
- Always keep a little spare food or snack just in case.
- Try to get as much cleaning done as possible on site, do the hard stuff at home.
- Be smart, be careful, and have fun!

Packing tips

- Pack lightweight utensils, pots, stoves, and foods.
- Avoid cans, they do not compress and dented ones may contain nasty bacteria.
- Pack all cooking materials near the top of your pack if you plan to cook quickly.
- Pack all you need and a little more, a lot of excess food attracts animals.
- Make sure nobody in your patrol is allergic to any food in your meal.
- Respect religious needs of your patrol member's diets.
- Make sure all foods are stored neatly and cleanly.

**I hope you enjoy this
cookbook!**



Breakfast



Egg and Bacon Muffins

Serves 2

- 2 English muffins, split in half
- 4 Eggs or egg beaters equivalent
- 4 Slices precooked ham
- Salt and pepper
- Butter or oil spray (PAM)

Over hot campfire put a little butter or spray oil in skillet. Cook scrambled eggs until done. Remove to plate. Put a little butter on inside of English muffin and place in skillet until toasty (you may also toast over open campfire on a spit). Assemble sandwich with muffins, eggs, and bacon. Salt and pepper to taste.

Tip: Do not bring raw bacon on a Scouting trip.

Mr. Carley's Sausage Muffin

Serves 2

- 2 English muffins, split in half
- 2 Patties of precooked sausage
- 2 Slices of cheese
- 1 container of eggbeaters

At home, pre-split the English muffins and butter them, then put them back together. Freeze all ingredients and put in Ziploc bags, they will thaw by the time you need them.

Over hot campfire warm sausage in skillet. Place buttered muffins butter side down and heat until toasty. Put sausage between muffins and top with cheese.

Cook the eggbeaters in the skillet... the grease and butter from the sausages and muffins will prevent the eggs from sticking, and the eggs will soak up the grease so that it is easy to clean the skillet when you are done.

Sweet Peach Pocket

Serves 2

- 2 English muffins
- 1 Peach, cut in half pitted and peeled at home
- 2 Marshmallows
- Butter

Over hot campfire toast buttered English muffins on skillet. Use spatula to remove muffins. Place marshmallow inside peach half and place between muffin halves. Return to skillet and warm until marshmallow is gooey.

Rice Breakfast

Serves 1

- 1/2 cup Powdered milk
- 1 cup Instant rice
- 4 tsp. Sugar
- 1/8 tsp. Cinnamon
- Pinch Nutmeg
- 1/4 Raisins
- 1 1/4 cup Water

At home put all ingredients in a Ziploc bag except raisins. Bring water to boil in pan on hot campfire. Add all ingredients except raisins and cook as directed on the instant rice package. Add raisins, stir and serve.

Lazy Chocolatey Oatmeal

Serves 1

- 1 Packet regular instant oatmeal
- 1 Packet flavored instant oatmeal
- 1/2 Packet instant hot chocolate mix
- 2 T. nuts of your choice

At home mix all ingredients together and put in Ziploc bag. At camp, put mixture into large cup and add 1 cup hot water. Stir.

Crazy Breakfast Sandwiches

Serves 1

- 2 Slices Whole wheat bread
- 1 Banana
- Nutella
- Creamy Peanut Butter
- Jelly
- Butter

At home make the sandwich the way you like it. At camp, on a skillet over a hot campfire, add a little butter (or PAM) then add sandwich. Cook on both sides.

Snacks



Basic Gorp

Serves 1

- 1 Jar Dry roasted peanuts
- 1 15oz Box raisens
- 1 Large Bag of M'n'M's
- 1 Bag Shredded coconut
- Granola

Mix together and keep in a Ziploc bag.

Tip: You can add almost anything to the mix to create your own variations.

On the Go S'mores

Serves 1 (Over a long hike)

- 1/2 Box Golden Grahams cereal
- 1/2 Bag Mini marshmallows
- 1/2 Bag Chocolate chips

Mix together and keep in a Ziploc bag. Have it easily accessible in your pack.

Snowy Trail Hiking Mix

Serves 1 (Over a long hike)

- 3 cup Frosted mini wheats cereal
- 1/2 cup Raisins
- 1/2 cup Sunflower seeds
- 1/2 cup M&M's
- 1/2 tsp. Salt, optional

Mix together and keep in a Ziploc bag. Have it easily accessible in your pack.

Camping Chex Mix

Makes 10 Cups

- 7 cup Rice Chex cereal
- 1 cup mini pretzels
- 1 cup Bite Sized cheese crackers
- 1 cup peanuts
- 1/4 cup Butter, melted
- 1/2 tsp. Garlic salt
- 1/2 tsp. Onion salt
- 5 tsp. Worcestershire sauce

At home preheat oven to 450° F. Mix dry ingredients in a bowl, pour melted butter over mixture add spices and mix well. Spread mixture evenly over 11x17 pan. Bake for 45 minutes, stirring every 15 minutes. Dry and cool on paper towels. Store in Ziploc bag.

Main Meals



Hot Ham and Cheese

Serves 2

- 2 Slices American cheese
- 4 Slices Sandwich bread
- 4 Slices Deli ham
- Butter

Put a little butter in hot skillet. Assemble sandwich and put in hot skillet. Turn after about 2 to 3 minutes or until golden brown.

Tip: You can butter your bread one one side at home and put in Ziploc bag.

Backup Plan Dinner

Makes 10 Cups

- 1 Can Deviled ham
- 1 Can Pork and beans (16 oz.)
- 2 Large Flour tortillas

Divide deviled ham and pork and beans among the two tortillas. Fold, roll, and serve. Tortillas hold up well when hiking and are thus a good choice for making sandwiches.

BBQ Chicken Packets

Serves 4

- 8 Skinless , boneless raw chicken strips
- 1 green or red pepper cut into strips
- 10 T. BBQ sauce

Combine all ingredients in large Ziploc bag. Freeze overnight. When ready to leave home, put in backpack. It will thaw in time for dinner that night (if spring or summer). Place ingredients in heavy foil, wrap up. Place directly on coals and cook for 20 to 30 minutes. Use tongs and oven mitt (or other protection) to remove packets from fire.

Classic Chicken Marinade

Serves 4

- 8 Skinless, boneless raw chicken strips
- 1/4 cup Lemon juice
- 1/4 cup Olive oil
- 4 T. Soy sauce
- 1 tsp. Sugar
- 2 Large Garlic cloves, minced
- Salt and pepper to taste

Place all ingredients in large Ziploc bag and freeze overnight. When ready to leave home, put in backpack. It will thaw in time for dinner that night. Saute all ingredients in hot skillet until done (about 15 minutes)

Tip: You can add pepper slices or chopped onions if you want.

Pizza Variations

Pizza in a Can: At home clean out a tuna fish can very well. Lightly oil it. At camp put a roll-up biscuit dough in the can. Top with pizza sauce and cheese. Place on hot skillet or near coals until biscuit is cooked.

Pita Pizza: Cut pita bread in half, spoon in sauce, mozzarella cheese, and any other toppings. Wrap pita in aluminum foil. Place wrapped packets directly in coals of campfire and cook for 3 minutes, turning once. Remove with long tongs and over mitt or other protection. Be careful when opening.

English Muffin Pizza: At home spread a little butter on the outside of a separated English muffin. Put in Ziploc bag. At camp put pizza sauce and shredded cheese on the rough, non-buttered side of the English muffin. Place buttered side down in the hot skillet and cook for about 3 minutes.

Roll-up Pizza: At camp put sauce and shredded cheese inside and roll up. Eat cold or roll in heavy foil and put in coals for about 5 minutes.

Dogs in Canoes

Serves 8

- 2 Containers refrigerated crescent rolls
- 8 Hot dogs

Press pairs of triangular crescent rolls together to make 8 rectangular doughs. Place hot dog in center of each rectangle. Pinch up the edges of dough around hot dog to form a canoe. Wrap each in foil and lay on grate on hot campfire for a few minutes.

Tip: You can use regular hot dog buns if you want.

Vegetables



Corn on the Coals

Serves 1

- 1 Corn on the cob with husks
- Butter, Salt, and pepper to taste

Peel back husk without tearing it off. Remove corn silks and pull back husk to completely cover kernels. Place in water for 15 minutes. Cook directly on hot coals for 10 minutes, rotating once. Do not cook over open flame. Carefully remove from coals.

Campfire Mushrooms

Serves 8

- 1 Package Whole white mushrooms
- Premade Vinaigrette or Italian salad dressing

Wash mushrooms, put in Ziploc bag and top with some salad dressing, keep cool until ready to cook. Place marinated mushrooms on stick and cook over open campfire for about 3 minutes. They will be hot, so be careful.

Tender Carrots

Serves 4

- 4 Large Carrots, peeled and cut into sticks
- 2 T. Olive oil
- Salt to taste

Place all ingredients in a piece of foil about 7"x7". Place foil packet on grill or directly on hot coals. Cook for about 10 minutes, turning once.

Tip: This method works well with other vegetables like red pepper strips

Grilled Potatoes

Serves 4

- Large Potatoes, washed and cut into slices
- 1 T. Olive oil
- Herbs such as thyme
- Salt and pepper to taste

At home place all ingredients in a Ziploc bag. At the campsite put potatoes and seasoning in piece of foil about 10"x10". Fold to form pouch. Place on grill or in hot coals. Cook for about 10 minutes, turning once.

Ranch Veggies

Serves 4

- 2 T. Water
- 2 T. Vegetable oil
- 1 Pack Ranch dressing mix
- 2 Carrots, peeled and thinly sliced
- 1 Red pepper cut into strips
- 1 Yellow pepper cut into strips

Place all ingredients in Ziploc bag and mix a bit. At camp mix items again and put into skillet. Cook for about 10 to 12 minutes, stirring often.