

# COOKING



## FOREWORD

This booklet on outdoor cooking is presented to make outdoor life more enjoyable for the many Scouts who take to the open fields, woodlands and mountains of Canada each year.

Cooking can be fun and a good patrol cook is worth his weight in steak. Practice, experimentation, study and research will make you—not exactly on par with a French chef—but at least a Scout who can turn out a palatable, nourishing meal at home or at camp.

We hope that these pages will, over a period of patrol and troop camps, become stained with greasy fingerprints and steeped with the smoke of many cooking fires

Note for this electronic edition:

This material is reprinted from the 1964 paper edition. As such it uses language acceptable at the time, which may be considered questionable or objectionable in the 21<sup>st</sup> century. For the purposes of historical accuracy, all text is re-printed here exactly as it appeared in the original

## CONTENTS

Fires .....	2-3-4
Kitchen Gadgets .....	5
Laying & Lighting the Fire.....	6
Fire Lighting Hints.....	7
Woods and Fuels .....	8
Sanitation .....	9-10
Buying & Serving Guide .....	11-12
Cooking Meat.....	13
Barbecue.....	13
Hamburger.....	14
Roasts .....	14-15
Chops .....	15
Ham & Bacon.....	15
Cooking Chicken.....	16
Southern Fried.....	16
In Foil .....	16
Roasted.....	17
Cooking Fish .....	17
How to Fillet Fish.....	18
Planked.....	19
Staked.....	19
Baked .....	19
In Foil .....	19
Kabobs .....	20
Stews.....	20-21
Gravies & Sauces .....	22
Breads .....	22-23
Dumplings.....	23
Salads .....	24
Spuds.....	25-26
Eggs.....	27-28
Macaroni & Spaghetti .....	28
Rice .....	29
Hot Dogs .....	29
Sandwiches.....	30
Desserts .....	31
Outdoor Kitchen.....	32
Camp Cook Proficiency Badge Requirements .....	33

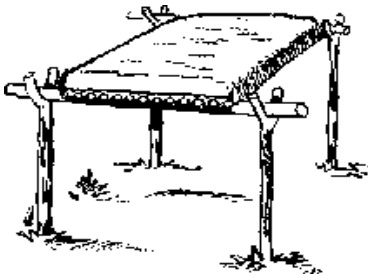
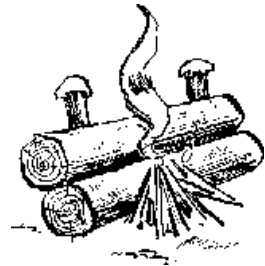
# FIRES

Fires are built for a purpose. They are used for cooking, for baking, heating, lighting, for drying clothing or for companionship. The types vary with location as well as purpose. A good Scout and outdoorsman learns how to make several of the more common types, so that he may feel at home in any situation.



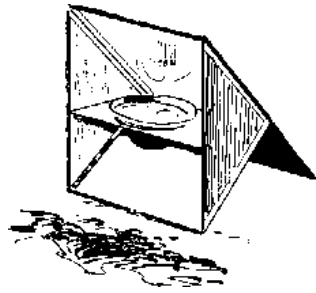
**HUNTER** This is the simplest type. Place 2 green logs in 'V' shape with wide end facing windward for fast cooking, at right angles for slow. A rock can raise the windward log for a draft. For stability square the logs on top and block with earth or rocks so that your pots will not spill.

**REFLECTOR** This is a baking and heating fire. It is made by building a "reflector" of logs, rocks or sod. The log reflector is built by driving two heavy stakes into the ground, both leaning slightly away from the reflector oven. Logs are then stacked horizontally one on top of the other against the stakes. Green logs will last longer, but if these are not available, the logs may be covered with dirt, sod or mud. For more efficient reflection the logs may be covered with a sheet or two of aluminum foil.

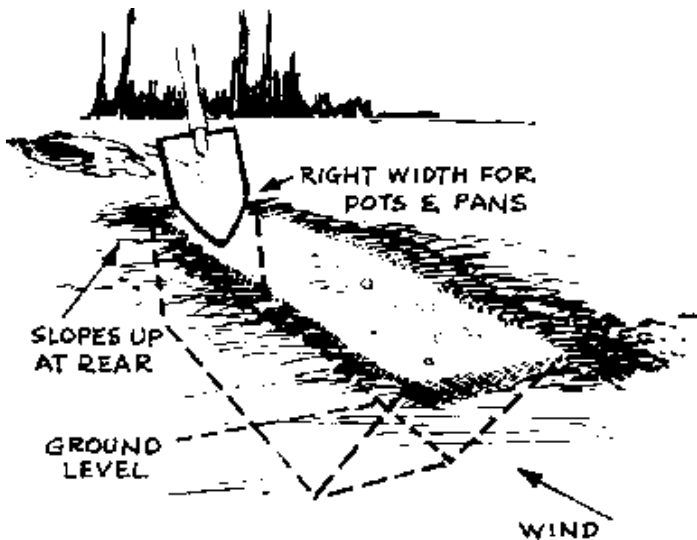


**ALTAR** If many meals are to be cooked, this is a good type of fireplace. Build up to waist height with notched logs or flat rocks. Cover this with a layer of earth and build your fire on top of this.

**OVEN** A collapsible Reflector Oven is excellent for baking biscuits and bread and doing roasts. This can easily be made from tin or a square five gallon drum.



**TRENCH** This is good for all-round cooking and baking. One end can serve as a charcoal pit. The earth becomes heated, making it excellent for long use as an oven.



**THREE ROCK** Handy for cooking a small meat where only one or two pans are used. Food such as coffee, soup, stew etc. is kept warm by placing between rocks after they become heated.



# LAY *and* LIGHT

**LAYING THE FIRE** Of the many ways to lay a fire, two good methods are the Teepee fire and the Criss-cross fire.



In the Teepee fire, tinder is used as a base. Fine twigs are arranged around it to form a teepee. Split sticks are gradually increased in size and length until the fire is built to the desired size. The heavier wood is placed downwind and the fire is lit on the windward

To make a crisscross fire, place two heavier pieces of wood approximately a foot long and as thick as your ankle on the ground



8"- 10" apart. Place a big handful of tinder between these sticks. Then lay fine twigs across the two heavy sticks above the tinder until the space is filled with sticks about one inch apart. Next lay slightly heavier twigs on top of the first layer at right angles to it. The third layer is of slightly heavier sticks and is placed at right angles to them.

# Fire Lite Gimmicks



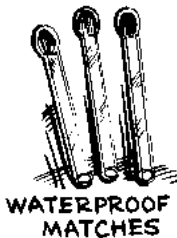
**FUZZ  
STICK**

**FUZZ STICKS** Use a piece of soft wood about 12 inches long and as thick as your thumb. Point one end and shave long slivers from the pointed end up the stick.

**WATERPROOF MATCHES** Place wooden matches into melted paraffin. Remove and allow to dry.



**TRENCH  
CANDLE**



**WATERPROOF  
MATCHES**



**CANDLE**

**TRENCH CANDLES** Roll lengths of newspaper very tightly to a thickness of your index finger. Tie the newspaper about every 3" with string. Now cut the newspaper into 4" lengths and drop into melted paraffin. Allow to soak 15 minutes then dry.

**CANDLE STUBS** Always pack a small length of candle in your kit preferably roiled in tin foil. This makes an excellent fire starter in wet weather.

# FIRE Making

## 1 FIRE STARTERS

### MATCHES

KITCHEN SIZE ARE BEST WATERPROOF WITH PARAFFIN, NAIL POLISH OR SHELLACK CUT 50-50 WITH ALCOHOL

### FLINT AND STEEL.

ANY QUARTZ - CONTAINING STONE IS GOOD, FOR STEEL USE BACK OF KNIFE BLADE OR FILE WITH BURR GROUND OFF

FIRE BY FRICTION COTTONWOOD CEDAR, ELM OR BASSWOOD FOR BOARD AND SPINDLE

BURNING GRASS MAGNIFYING GLASS OR LENS OF BINOCULARS OR CAMERA



## 2 TINDER

GRASS FINE, DRY-UP OFF THE GROUND

WEED TOPS GOLDEN ROD, ASTER ETC.

DRY LEAVES STILL ON THE TREE

FINE TWIGS SQUAW WOOD \* FROM STANDING TREES

BARK CEDAR OR BIRCH OR PALMETTO PICKED FROM DEAD STANDING TREES WITH YOUR FINGERNAILS

BIRDS' NESTS FROM LAST SEASON

MICE NESTS ANY SEASON

"FAT" PINE FULL OF PITCH

FINE SHAVINGS OF DRY WOOD

PAPER

CANDLE PARAFFIN AND PAPER OR STRING

COMMERCIAL STARTERS STERNO META TABLET FIRE FLARES ETC

## 3 KINDLING

### TWIGS

DEAD DRY "SQUAW WOOD" FROM STANDING TREES

WEED STEMS

MEDIUM AND HEAVY

SPLIT WOOD

ALWAYS GOOD AS LONG AS IT IS

1) DRY

2) SPLIT FINE ENOUGH

3) MORE THAN YOU THINK YOU NEED



### \* SQUAW WOOD

(FINE TWIGS AND BRANCHES THAT A SQUAW CAN GET FROM A STANDING TREE WITHOUT USING ANY TOOL OTHER THAN HER HANDS)

## 4 FUEL

### WOOD

ANY SIZE, BETTER SPLIT IT IF YOUR LOG IS MORE THAN 3 INCHES IN DIAMETER

CHARCOAL

IN "NATURAL" STICKS OR PRESSED BRIQUETS

COAL

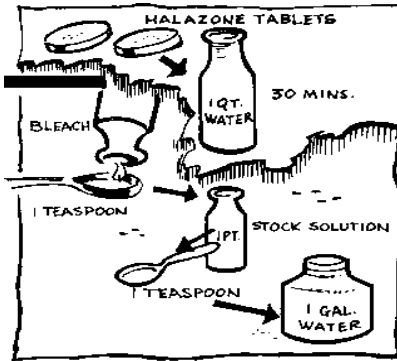
SOFT OR HARD



PETROLEUM PRODUCTS

ARE USED ONLY IF YOU ARE VERY DESPERATE OR VERY DUMB.

GASOLINE - NEVER



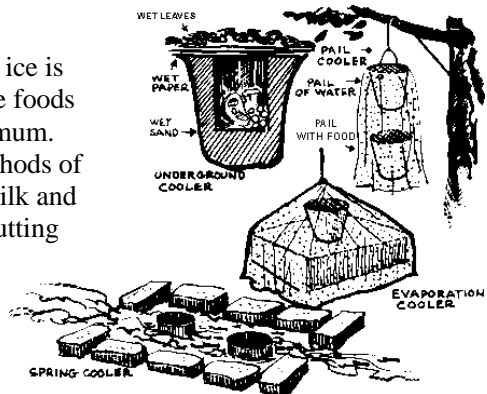
**SANITATION** Cleanliness of cooks and camp site is essential for good outdoor cooking. Scrub-up before meal preparation, clean pots, clean utensils and general tidiness around the kitchen and camp area, all these must be observed.

### WATER PURIFICATION

Other than those shown, two other methods may be used.

- (1) Add three drops of 2% tincture of iodine to 1 quart of water, let stand for 30 minutes.
- (2) Boil water for 5 minutes. Pour from one pot to another several times to aerate and cool it.

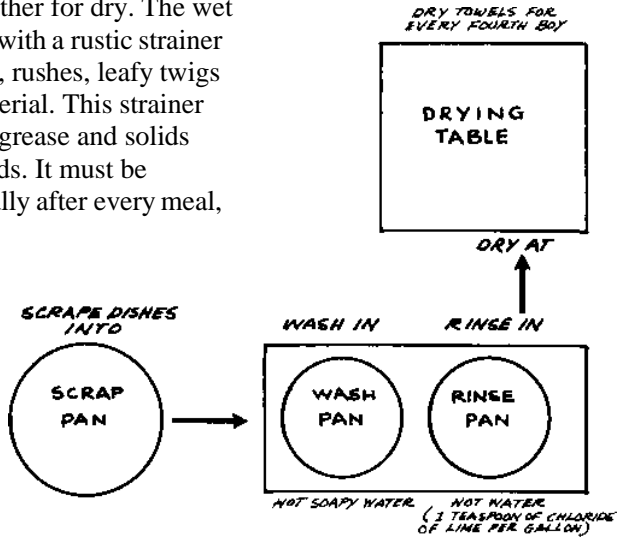
**REFRIGERATION** If ice is not available perishable foods must be kept to a minimum. Here are a few good methods of keeping fresh meats, milk and fats cool and thereby cutting down on spoilage and waste.



**WASHING UP** Follow this procedure when dishwashing. After finishing pour the water into a wet pit, burn the wet pit cover and replace with a new one.

**WET AND DRY PITS** As the names imply one pit is used for wet garbage, the other for dry. The wet pit is covered with a rustic strainer made of grass, rushes, leafy twigs or similar material. This strainer filters out the grease and solids from the liquids. It must be replaced, usually after every meal, and burned.

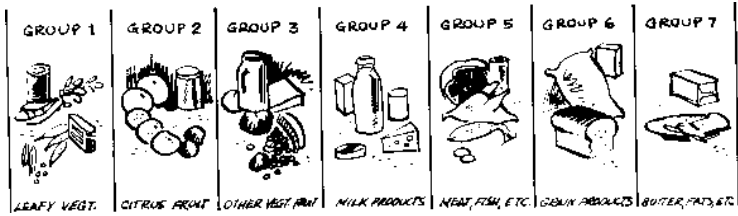
Burn cans, flatten them and then place them in the dry pit. These pits should be located at a handy distance to the camp kitchen.



## BUYING AND SERVING GUIDE

This list states food quantities per boy per meal. Multiply the quantities given by the number of campers and you will have total quantities required.

BASIC 7 include the foods pictured below in your menus for a balanced diet.



Salt - 1½ ozs.  
Pepper 5 drams  
Bread - ½ loaf

Milk - 1½ pints  
Sugar - 3 ozs (2-W;1-B)  
Honey - 2 ozs.

Butter - 3 ozs.  
Peanut Butter - 3 ozs.  
Marmalade or Jam 3 ozs.

48 teaspoons-16 tablespoons. 8 fluid ozs. =1 cup 40 fluid ozs. =1 quart

2 cups butter or  
2 cups sugar - 1 lb.  
1 gallon milk - 20 glasses

¾ cups rice 1 lb.  
5-9 eggs weigh - 1 lb.  
20 oz. tins - 3 servings approx.

Powdered Milk can replace whole milk very well for cocoa, porridge, etc. Butter can be bought in tins.

## PORTIONS PER PERSON PER MEAL

SOUP Home made or canned – 8 fl. ozs.. Dehydrated - 1/4 pkg.

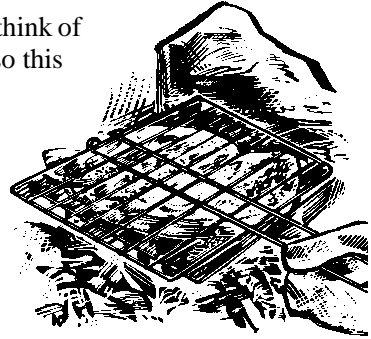
<b>MEAT</b>		
Roasts - 6 ozs.		Liver and Bacon - 4 ozs. Liver
Baked Ham - 6 ozs.		1 strip bacon
Corned Beef - 6 ozs.		Roast leg of pork - 8 ozs.
Meat Loaf - 5 ozs.		Fish fillets - 5 ozs.
Roast Beef - 6 ozs.		Wieners (8-11 per lb.) - 4 ozs.
Chicken - 7-8 ozs.		Sausages( 16 per lb.) - 4 ozs.
Beef Stew - 6 ozs.		Pork Chops - 7 ozs.
Bacon – 3 slices 2½ ozs.		Steak - 7 ozs.
20-24 per lb.		Lamb Stew - 7-8 ozs
Hamburger - 5 ozs.		Cold Ham-3 slices - 4 ozs.
<b>CEREALS</b>		
Dry Cereal - 3 ozs.		Shredded Wheat (1½ bis) - 3 ozs.
Oats (porridge) - 2½ ozs.		
<b>VEGETABLES - (FRESH)</b>		
Potatoes - 8 ozs.		Stewed Tomatoes - 6 ozs.
Lettuce - ¼ head		Green Peas - 4 ozs.
Corn-on- Cob - 2 cobs		Carrots - 5 ozs.
Onions - 4 ozs.		Lima Beans - 5 ozs.
Cauliflower - 5 ozs.		Spinach - 6 ozs.
String Beans - 4 ozs.		Cabbage - 6 ozs.
<b>FRUIT</b>		
Grapefruit - ½		Orange 1
Watermelon - 2 lbs.		Cantaloupe(med. size) - ½
Apple - 1		Juice 4 fl. ozs.
<b>BEVERAGES</b>		
		Cocoa or chocolate/serving - ½ oz
Coffee/serving - ½ to 1 oz		Tea per serving - ¼ to ½ oz.
<b>CANNED FOOD</b>		
Apple Sauce, Cherries, Fruit Cocktail, Canned Peaches - 4 ozs.		(approx. 5 per #2 can, 28 per #10 can.)
Pork and Beans or Boston Baked Beans - 8 ozs.		Corn, Peas and Carrots - 4 ozs.
		Tomatoes - 5 ozs

MISCELLANEOUS			
Toast	- 4 ozs	Crackers	- 2 to 3
Egg	- 1 egg	Pickles	- 2 ½ ozs
Macaroni	- 2½ ozs	Salad Dressing	- 2 ozs.
Syrup	- 1-1½ oz.	Flour for puddings	- 1 oz.
Ketchup	- 1½ ozs	Flour for pies	- 1 ozs
Cheddar Cheese	- 1 oz.	Raisins	- 1 oz.
Spaghetti	- 3 ozs.	Apples-Apple Sauce -	8 ozs
Rice	- 11/1 ozs	Cream Cheese	- 2 ozs
Flour for Griddle Cake	- 3 oz.	Cookies - approx.	- 3

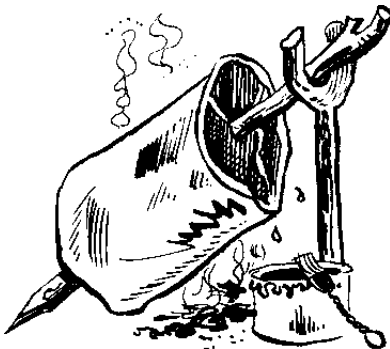
# COOKING

**MEAT** One of the first things we think of when we are hungry is meat and so this should be one of the firsts on the outdoor menu list. Meat needs preparation If it is to be palatable.

**STEAK** The secret of cooking steak well is to have a deep bed of coals 5 or 6" at least. Lay the steak directly on top of the coals. In about 2 minutes turn the steak over so both sides are quickly sealed, holding in the juices. The usual time for a medium

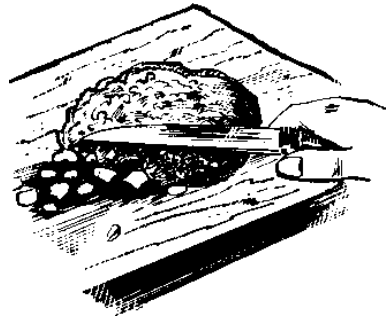


rare with this method is about 10 minutes on each side.



**BARBECUE** You need a fire pit about twice the size of the piece of meat you are going to cook and 1½ to 2 feet deep. Build a fire of hardwoods and keep it burning until a deep bed of coals is built up and the sides of the pit are hot.

Spit meat on a steel rod or large green stake. Sear the meat on all sides by holding close to the fire, then remove to allow meat to cook slowly. Turn frequently so it cooks evenly on all sides. Allow about 5 minutes per pound.

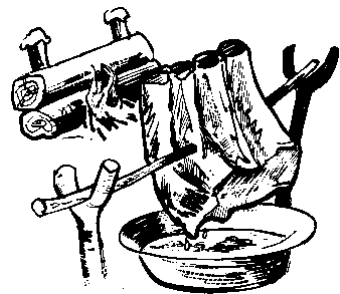


Keep pan of fat melting nearby to baste the meat. This should be done about every 15 minutes.

**HAMBURGER** This is a very practical food for outdoor use. It cooks quickly and can be used for sandwiches or for the main meat course.

**FRYING** Make up each hamburger by taking  $\frac{1}{4}$  pound and working it  $\frac{3}{4}$ " thick with no loose edges. Chop or slice a couple of onions and work them into the meat as you go. Salt and pepper the 'burgers before you drop them in the pan. Put them into a well greased hot frying pan turning them over once to cook on both sides evenly. Hamburgers cooked in aluminum foil is another way. Prepare as noted previously. Place a slice of tomato on one side and a slit, of onion on the other, then wrap in foil making sure the edges are well sealed.

**ROASTS** A 4 lb. pot roast, blade pot roast or rolled rib roast is good for pan roasting.



Use a deep bed of coals. Scrape coals away in the middle, put pan with roast in the place made and cover tightly. Then pile hot coals all around the sides. Allow 30 minutes cooking time for each pound. When half done, remove lid and turn roast over. Place peeled potatoes cut in half, whole scraped carrots and whole peeled onions salted and peppered around roast to finish cooking with it.

**POT ROASTS** Use a deep pot with a covering lid. Heat over a steady fire until a piece of fat will sizzle when it hits the bottom of the pot. Drop meat into the pot until it is brown. Then add a can of tomatoes, salt and pepper, onions or just plain water will do if you haven't got any tomatoes. Keep it covered. Keep it cooking slowly and evenly about 15 or 20 minutes per pound. Vegetables can be added to cook on top half hour before the roast is done.

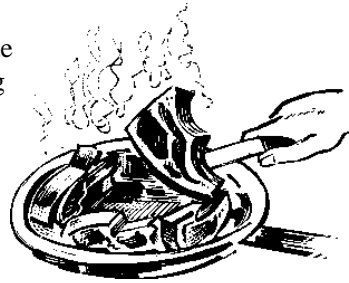


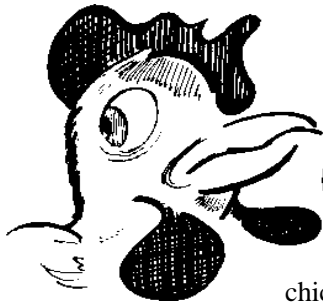
**HAM AND BACON** A small butt end of smoked precooked ham is the most convenient. For broiling place the ham right on a bed of hot coals. Slices should be 1" thick for best results. Use thinner slices for pan frying.

Lean side bacon is the best cut for outdoor use. Do your own slicing.

Bacon should be fried slowly. Pour off the excess grease into a tin can for other uses.

**CHOPS** Take off most of the outside fat and toss into a sizzling hot frying pan. As soon as bottom is seared, turn the chops over and sear the other side. Keep turning chops over every minute or so until done. If you like them rare it will take about 10 minutes, well done about 2 minutes longer. Sprinkle with salt when half done.





# Chicken

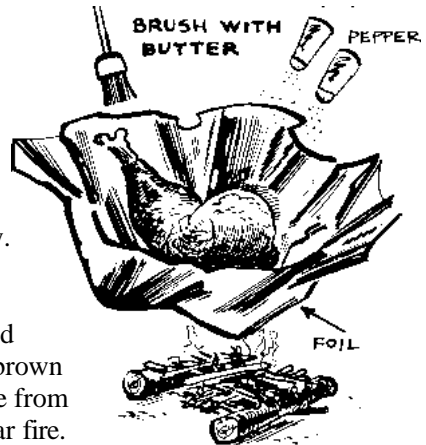
**IN FOIL** For best results use a frying chicken cut into pieces. Wrap individually in double thicknesses of foil after spreading butter over the pieces and sprinkling with salt and pepper.

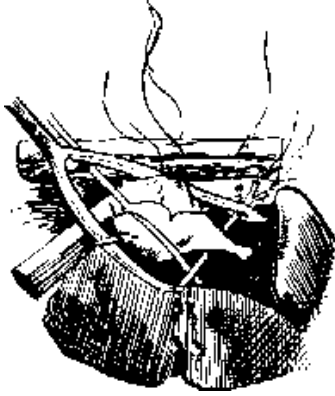


The principle in foil cooking is the way the moisture or juices of the food are sealed in. The steam from this moisture plus the steam pressure and heat built up inside the foil container does the

cooking. It is important to wrap the food in such a way that there is no loss of moisture during cooking.

**SOUTHERN FRIED** Cut a large frying chicken into pieces. Place in a pot and cover with boiling water and cook slowly for about 20 minutes. Add salt when half cooked. Pour off the water saving a cupful for gravy. Sprinkle with salt and pepper, shake each piece in a flour bag then drop into a hot well greased frying pan. Turn the pieces to brown on all sides. When done remove from pan and keep warm in a pot near fire.

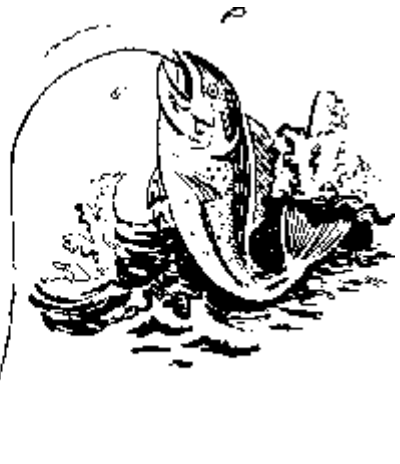




**ROASTED** Dig a hole 2 feet square and 2 feet deep. Build an oven of flat rocks and seal cracks with mud or clay. Pierce pieces of chicken with green sticks. Rub salt into chicken, place bacon strips under wings and when your backwoods oven is hot, place chicken in top opening with stick sticking out. Cover the hole with a rock or sheet of aluminum foil and keep fire around the rocks hot. Cook

each section of the chicken in the rock oven for an hour.

**FISH** Either fillet or cook the fish whole. If you are using fillets, salt and pepper them on all sides, place in a cold frying pan with a tight fitting lid, and cook for about 15 minutes. If cooking whole, clean the fish, removing scales, fins, head and tail. Rub salt into insides. Dredge fish in flour and drop into a hot well-greased frying pan. A few cuts along the backbone



will keep  
pan.

the fish from curling in the

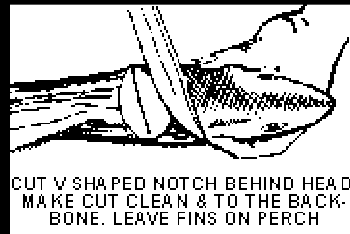
**HOW TO FILLET FISH** One of the best ways of getting all the solid meat from fish so that they can be baked, pan fried or broiled is to fillet them.

Most common varieties of fish such as Perch, Blue gills, and Bass can be filleted.

With fillets you need less fat or cooking oil; more fish will fit in the pan.



SLIT FISH FROM HEAD TO TAIL ALONG BACKBONE LOOSEN MEAT FROM BONE



CUT V SHAPED NOTCH BEHIND HEAD. MAKE CUT CLEAN & TO THE BACKBONE. LEAVE FINS ON PERCH



MAKE A DIAGONAL CUT THROUGH SKIN, STARTING AT CORNER OF NOTCH. LOOSEN SKIN



HOLD HEAD IN ONE HAND. GRASP SKIN IN OTHER & PEEL TO TAIL



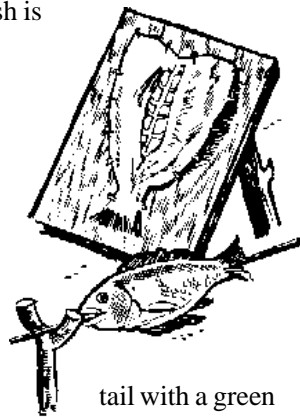
WORK WITH KNIFE FROM HEAD TO TAIL & SLICE OFF FILLET. IF FISH SLIPS NAIL HEAD TO BOARD



AND THERE YOU ARE, 2 PIECES READY FOR THE PAN. M-M-M.

**PLANKED** A good way to cook the fish is by planking. Use a thick, clean slab of hardwood for a cooking board.

After fish has been cleaned, split it in half and tack skin side down on your plank. Rub salt into the meat, then butter or bacon fat. Place near the fire in a vertical position. Plenty of steady heat will cook 4 pounds of fish in about half an hour.



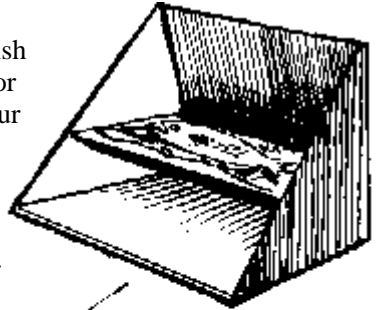
**STAKED** Pierce the fish from head to hickory stick about the length of your

tail with a green arm.

Drive a forked stick into the ground near the fire resting the pointed end of the stick in the fork. With the other end in your hand, hold

the fish a few inches above the coals turning the fish slowly until cooked through.

**BAKED** After cleaning and salting fish place it on a piece of aluminum foil or greased brown paper and put it in your reflector oven.

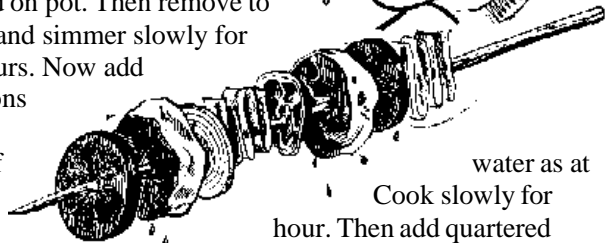
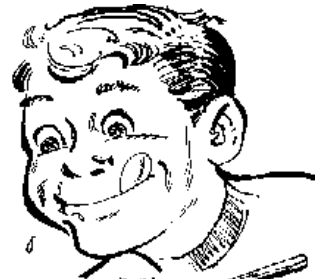


**IN FOIL** Clean and salt fish, wrap piece of bacon around it and roll in aluminum foil. Two pounds of fish will cook through in about 20 minutes. Cook on coals, not flame.

**KABOBS** Cut meat into 2 cubes and cut potatoes into slices  $\frac{1}{2}$ " thick, slice onion rings, green and red peppers, mushrooms. Use a pointed green hardwood stick about 2 feet long and a  $\frac{1}{4}$ " thick. First spear chunk of meat and push it to the centre of the skewer then onion rings, mushroom, green pepper, potato, red pepper; repeat until half is used and then do the same on another stick. Roast slowly over hot coals.



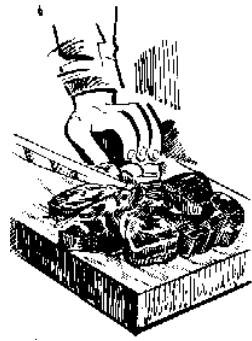
**BEEF STEW** Cut meat into 2" cubes. Fry a few pieces of fat in bottom of the pot, salt and pepper meat and shake in flour bag until well covered. Then drop meat into frying fat and turn over until brown on all sides. Toss in the rest, cover with hot water and boil for 5 minutes with lid on pot. Then remove to side of the fire and simmer slowly for two to three hours. Now add carrots and onions and again the same amount of the start. another half potatoes and cook



water as at  
Cook slowly for  
hour. Then add quartered  
slowly for twenty minutes.

Thicken with flour mixed in cup with cold water until creamy. Stir thickening into stew.

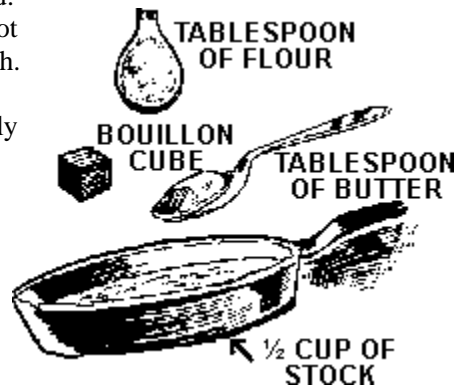
**JIFFY STEW** There are times when you want stew but don't have the time to cook it for 2 or 3 hours. Here is a quick way of making a swell stew with side bacon requiring only half an hour. Slice bacon into 1" squares, place pot on fire, add ¼ pound of bacon, half a chopped onion for each person, fry slowly for 2 or 3 minutes. Fill pot 2/3 full of hot water. Toss in ½ cup of diced carrots per person. Boil for 10 minutes slowly. Keep pot tightly covered with lid. Now add ½ cup diced potatoes, 2 sliced onions. Cover, boil 10 minutes. Thicken with flour and water paste. Add salt and pepper if needed.



warm pan after the meat is removed. Brown the flour, then slowly add hot water, stirring until thick and smooth. Sauces are made by first melting butter in saucepan stirring frequently to keep from burning. When bubbling, sprinkle in a spoonful of flour, keep stirring and add milk, or stock made of a bouillon cube, diluted in water or thin tomato soup or ketchup. Use proportion of 1 tablespoon each of butter and flour to each ½ cup of liquid.

### GRAVIES AND SAUCES

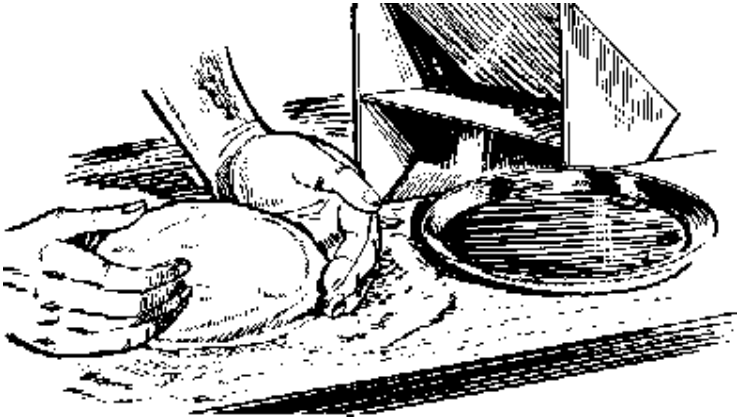
Gravy is made by sprinkling a spoonful of flour in the



# BREADS

Make your own bread in a reflector oven at camp. You can use prepared flour mixes or, if you prefer, mix

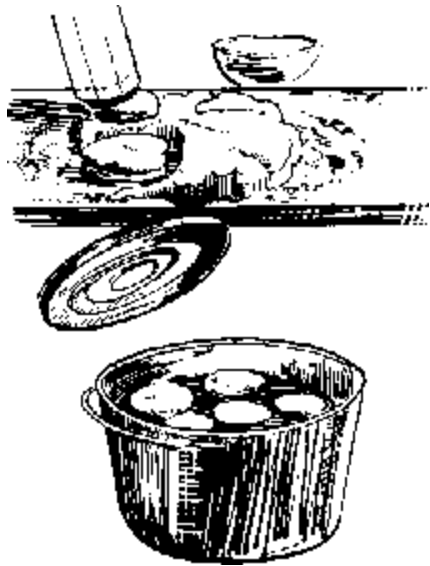
your own using the following recipe: 1 cup flour, 2 teaspoons baking powder, 1 tablespoon butter (lard or shortening), ½ teaspoon salt. You can mix all the dry parts together and carry it in a cloth or plastic bag which will also serve as a mixing bag. Just fold back the edges, scoop out a hollow in the centre of the flour, work in the butter with your fingers and slowly pour about a half cup of water into the hole, stir it with a knife blade. When flour becomes “doughy” take it out and shape it into a cake. Put some dry flour on your hands to prevent the dough sticking. Now place the dough on a greased pan into your oven and put close to the fire. The oven should be hot for the first 10 minutes then when crust has just started to brown, back your oven away from the fire and bake in less heat for the next 20 minutes. You can test it by poking a straw into the loaf; if it comes out with wet dough still clinging to it continue baking for a few minutes.



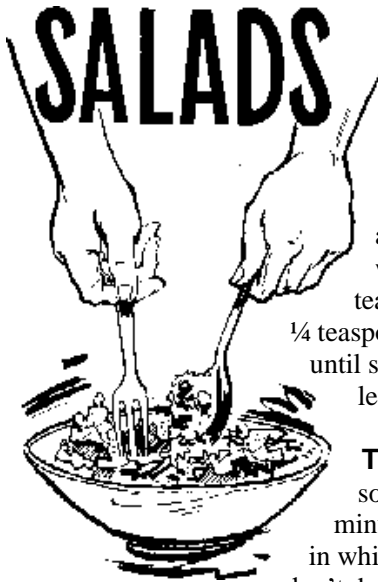
You can use this method also by using a frying pan. If you keep the fire steady and the pan at the right angle you can do a pretty good job of baking a loaf of bread.

You can also make bread by twisting the dough mixture already described around a green stick and placing it over the fire. This is known as a twist.

**DUMPLINGS** To really make your stew taste better add dumplings. They don't take long and they are worth it. Use this recipe: 1 cup flour, 2 teaspoons baking powder, 1/8 teaspoon salt, 1 tablespoon butter, 1 cup milk. Mix the dry part and work butter in using fingers and slowly add milk while stirring. Place on a floured paper bag and roll out flat to about 1/2" thickness. Use a tin can for a roller and also for cutting out the round pieces.



Allow room on top of the stew for the dumplings to rise about 2". Place the dumplings directly on top of the stew, replace the lid and steam for 10 - 15 minutes.



### COMBINATION SALAD

Start with a shredded lettuce, then in proportions, based on the size of the lettuce chop four slices of bacon into squares and fry with a chopped onion. Sprinkle 1 tablespoon of flour in a pan, add mixture of 1/4 cup of water, 1 teaspoon of vinegar, 2 teaspoons of sugar, 1/2 teaspoon salt, 1/4 teaspoon dry mustard. Simmer slowly until smooth. Pour over shredded lettuce, serve hot.

**TOSSED LETTUCE** Wash and soak the lettuce in cold water for 15 minutes. Then drain. Toss into a bowl in which dressing is already mixed, but don't do this until just before eating.

Using a large spoon and fork, work the dressing up from the bottom.

**COLE SLAW** Shred a fresh head of cabbage into fine long slices. Soak in cold water until crisp.

Make a dressing, using 2 tablespoons of mayonnaise, 1 teaspoon vinegar,  $\frac{1}{4}$ " teaspoon sugar and sprinkle with salt and pepper. Pour this over the chopped cabbage, toss and mix.

**WILD SALADS** You can make dandy salads from the edible plants that you find around your campsite, such as dandelion, watercress, sourgrass, clover leaves, deergrass, fiddletop ferns, plus many others. Collect and identify specimens and consult books.

Many of these wild greens have a slightly bitter taste which can be eliminated by soaking overnight in cold sweetened water. Dressings can be made with lemon juice or vinegar, mustard, salt, sugar.

## SPUDS



**BOILED** Scrub the potatoes well and place in boiling salted water; 1 teaspoon of salt to each quart of water. A medium size spud will cook through in about 20 minutes.

**MASHED** Peel potatoes, cut into quarters and boil in salted water for 20 minutes. Pour off the water and add 2 tablespoons of butter for every 6 potatoes. Start mashing with a fork while still hot and add 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper and  $\frac{1}{2}$  cup milk. Mash and beat with a fork until smooth and then replace until steaming hot again and serve.

**HASHED BROWN** Wash, peel and slice potatoes and let stand in cold salted water for half an hour. Bring a pot of water to boil, toss in the slices, boil for 5 minutes, pour off the water

and allow steam to escape. Chop the slices into pieces about the size of a pea. Mix in some chopped onion and mold into a cake.

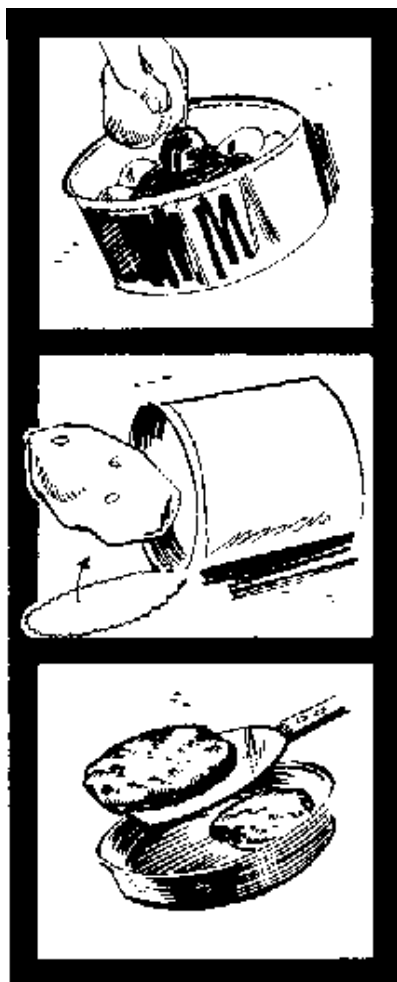
Place this cake into a hot greased frying pan and brown evenly on both sides. Be careful not to break cake when you flip it over.

**ROASTED** It is an easy matter to cook some spuds along with a piece of meat you have roasting in a covered pan. Wash the potatoes and peel them, dropping each one into a pot of cold salted water, soak for half an hour.

About 40 minutes before the roast is done, place the potatoes on the bottom of the pan around the roast. Baste with meat juices 3 or 4 times throughout the cooking period.

**BAKED** Jab holes into the potatoes to prevent bursting and place them in your reflector oven near a roaring fire. Or an oven can be made from a tin can placed on its side in a bed of coals with the potato inside it. When potatoes are baked (it takes about 40-50 minutes) remove from the oven, break the skin along the top, push a dab of butter down inside, add salt and pepper.

**PATTIES** Boil potatoes and mash adding salt, pepper and an egg. Form into patties, roll in flour and place in hot, greased fry pan. Flip patties until brown on both sides.



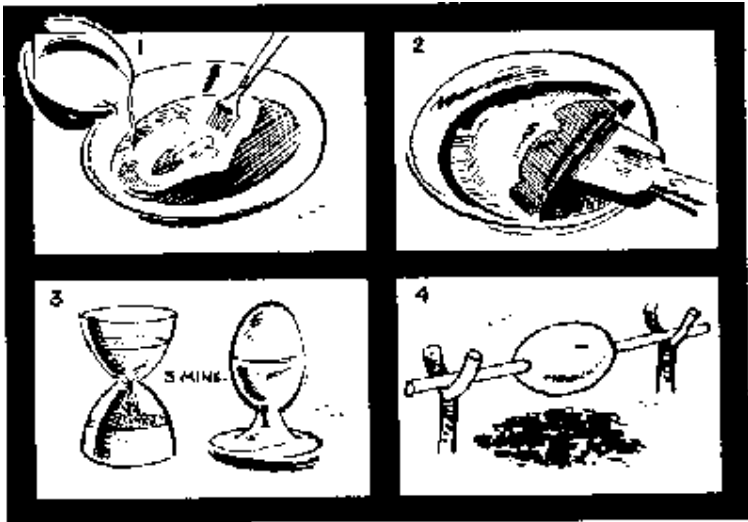
# EGGS

**SCRAMBLED** This requires good timing. You must have the frying pan hot and well greased. Break the eggs into

the pan and pour in 1 ounce of milk to each egg. Stir gently with a fork until they fluff up.

**OMELETTE** These can be made with 1, 2, 3 or 4 eggs, but not more for the simple reason that an omelette that is too big will be hard to turn over without breaking.

First you crack the eggs into a bowl or pan and beat them well with a fork; add a little cold water during the beating to lighten the mixture. Salt and pepper and pour into a greased hot frying pan. Cook until edges curl away from side and the bottom becomes crisp and brown.



Fold one half over with fork and hold in place until it stiffens. Now turn omelette into the bare half of pan, cover with the lid and cook until it rises and is done completely through. Add mushrooms, cheese or ham.

**BOILED** Start the eggs off in cold water which is then brought to a slow boil.

Soft boiled eggs are timed from the moment the water starts boiling—3 minutes if you like them soft, up to 6.

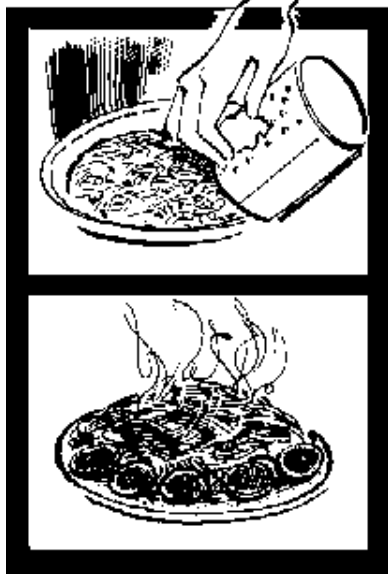
Hard boiled eggs are best when cooked from 25-30 minutes.

**BAKED IN THE SHELL** Push a thin green stick through the egg, allowing 4 or 5" of stick on each side. Rest ends in forked stakes over a small clump of hot coals. Turn continually for 8 to 10 minutes until cooked.

**BAKED** Macaroni and cheese makes a fine meal. First boil 1

## Macaroni and Spaghetti

cup of macaroni, broken into pieces 1" long in salted boiling water for 15 minutes. Remove from fire and drain off water. Rub inside of baking pan with bacon fat or butter, cover bottom with 1" of cooked macaroni, spread layer of grated cheese over the top. Repeat this 3 times until 3/4 of the pan is filled. Sprinkle the top with bread or cracker crumbs and add a few small lumps of butter and bake in reflector oven until top is a rich brown.



**SPAGHETTI** Bring salted water to a boil. Add 1 pound of spaghetti. Stir often to prevent sticking. Keep lid off, test in 7 minutes. Drain, replace in pot and add a sauce to keep moist.

You can also fry hamburger or make hamburger into meat balls to add to your spaghetti.

**RICE** Rice is full of nourishment and is good for outdoor use because is light, takes up little space and keeps for a long time. Use a pot that has a tight fitting lid and pour in ½ cup of rice (serves 2). Cover with cold water, add 1 teaspoon of salt, cover the pot and boil until the water is gone. Remove pot from fire the moment water is gone so as not to burn.

**SPLIT BROILED** Split hot dogs lengthwise and broil slowly over a bed of hot coals, turning frequently to prevent burning.

# HOT DOGS

**SPITTED** Pierce the hot dogs lengthwise with a green hickory stick. Cover with wet biscuit dough as described on page 22 and brown slowly over a bed of hot coals.



**BOILED** This is a good way to cook hot dogs especially when serving with other foods such as beans or potatoes.

## SPITTED



Start in cold water and boil slowly for 5 minutes.

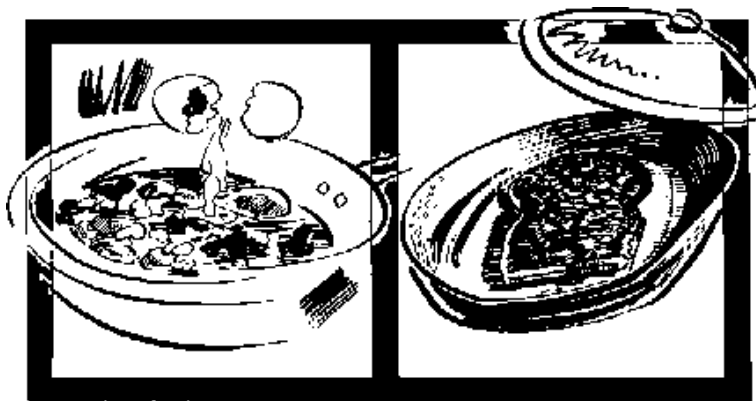
When cooking hot dogs remember that the meat has already been cooked and all you need to do is reheat.

## SANDWICHES

This food is good for lunch on the trail. Make them up in the morning before you set out, carry them in your pocket in a bag or wrapped in wax paper.

**WESTERN** Fry chopped up onions, 2 slices of bacon or chopped ham, green pepper, until brown. Add 1 tablespoon of water to the pan. Break egg into pan and stir around with a fork, add salt and pepper. Shape into a pancake and turn over. Toast bread on 1 side and slide your western mixture on to the untoasted side. Top with ketchup and another slice of toasted bread.

**TOASTED CHEESE AND BACON** Fry 1 strip of bacon and



place on a slice of white bread. Cover this with a  $\frac{1}{4}$ " slab of cheese. Trim the cheese so it's small enough to allow a  $\frac{1}{2}$ " margin of bread on all sides. Place another slice of bread on top and butter both slices on the outside. Pour off some of the fat from the bacon and place the sandwich in a pan and cover with a lid resting on the top slice of bread as a weight. Fry slowly until cheese melts and runs over edges. Turn over and brown on the other side.

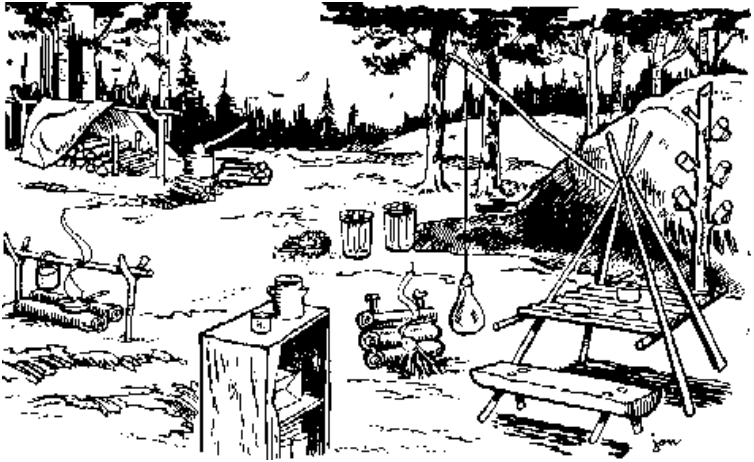
## DESSERTS

**SUGAR ROLL** Here's an easy way to make a cake. Follow the directions for making biscuit dough on page 22. Roll out until smooth, using a tin can, ½" thick, 8" wide, 12" long. Melt ¼ lb. butter in a pan and add 1 cup of brown sugar, spread on the surface of rolled out dough and sprinkle with cinnamon. Trim the edges square with a knife and roll up into a long sausage shape, cut slices 1" thick, place on wax paper. Place in your reflector oven for about 10 or 15 minutes until the dough starts to brown.

**APPLE PIE** Use dehydrated apples and soak in water until soft (usually overnight).



Make pie crust as per instructions on page 22. Slowly pour in cold water until you have a lump of dough about the size of a baseball. Work ½ cup of butter into the dough with your fingers, add teaspoon of salt and roll out on a floured board until thin. Trim the first crust to fit the bottom and sides of pie tin. Fill with apples. Then on top of the apples, sprinkle mixture of 1/3 cup of sugar, ¼ teaspoon cinnamon, 1 teaspoon lemon juice. Scatter a few small dabs of butter over top of apples. Lay on top crust, pinch together with bottom crust around edges, puncture top with fork in a few places and bake in reflector oven until brown.



**OUTDOOR KITCHEN** Planning and setting up your own outdoor kitchen makes your cooking job more fun and more efficient. The set up of your outdoor kitchen will depend on how long you plan to stay in any one spot.

The setup of a well planned Camp kitchen is time well spent for it means good cooking.

