

CAMPING CUISINE

A COOKBOOK FOR CAMPERS



Alberta Council Camping Committee

2019 Edition

Acknowledgements

Original Edition:

Permission was received from Girl Guides of Canada - Guides du Canada to reprint articles and illustrations from several of their publications.

Alberta Agriculture and the Blue Flame Kitchen, Northwestern Utilities allowed us to reproduce the booklets found in the Appendix.

- Carol Paetz contributed the title and designed the lettering for *Eating Out*.
- Edna Dach designed the cover and section title pages (First and Second Printing)
- Olive Michaud and Phyllis Semaniuk sorted recipes into sections.
- Kay Quon and Jean Patterson interested the girls of the 77th Guide Company, Edmonton, in the cookbook.
- Lita Lapointe, Lise Lavallee, Brenda Bayly, Heather Milne, Michelle Patterson, Abi Patterson, and Janet Quon contributed drawings.
- Carol Buss helped with the layout and Jennie Polutranko offered technical advice.
- The help and support of the Edmonton Area Camp Advisers was appreciated.

Margaret Campbell

2019 Edition:

- Additional recipes and cooking methods were contributed by Alberta Guiders and Units.
- Doris McDowell, Anne McSavaney, and Debbie Sugden sorted recipes into sections, edited format, measurements and quantities to uniform content.
- Louise Winhold checked copyright permissions.
- Original drawings were deleted and replaced with actual photographs. Photos courtesy of Louise Winhold, Laurie McIntosh, Stephanie Nicklassen, and Tirian Eynon.
- In this revised document we have incorporated the previous Appendix A and Appendix B into our document. This section is very useful for larger District camps or multi-unit camps.
- The title was changed to "Camping Cuisine."
- Further editing and revisions were completed by the Alberta Council Camping Committee and Alberta Council. Their help and support was appreciated.

Doris McDowell

First printing 1985

Second printing 1988

Retype set and reprinted April 1995

Reprinted 1997

Retype set and reprinted 1999

Edited, retype set, updated 2019

Introduction

This cookbook began with a recipe contest held at the 1984 Camp Advisers' Conference. The entries were numerous, varied and delicious. The Alberta Council Camp Committee decided to expand the contest entries into a camp cookbook which would be the Camp Committee's 75th Anniversary project.

Recipes came in from all over the Alberta: many are old favourites, some provide a new twist on a familiar theme and a few are exotic. All provide good camp fare. The recipes were rewritten to conform to a standard format, but the content of each was not altered.

Alberta is well known for its excellent cooks and, judging by the recipes in this book, many of these cooks must be Guiders who camp.

In 2015 the Alberta Council Camping Committee wished to have this cookbook updated with more recipes and updated cooking methods reflecting our changing program. Again recipes and ideas were collected Council-wide and the task began sorting, revamping, conforming measurements, updating drawings, etc.

We also included information from the 1993 Calgary Area Camp Advisers Committee publication *Let's Go Camping* so that information would not be lost.

Instead of printing in a paper format, this cookbook is now only available by downloading from the Girl Guides of Canada – Guides du Canada, Alberta Council website. If any contents are used in the production of another resource, the original source of the information must be included.

We would like to thank all the Guiders who have contributed to this project over the years. It is our hope that Guiders and girls will continue to enjoy cooking in the outdoors!

Doris McDowell

Debbie Sugden

Anne McSavaney

A Girl Guide's Delight M.J. Chambres, Montana

Ingredients:	2 cups love	3 cups kindness
	1 tablespoon sweetness	1 pound money
	7 drops tenderness	5 teaspoons helpfulness

Mix love and kindness and sift.
Beat sweetness and helpfulness until smooth.
Grease pan with 7 drops of tenderness.
Bake in 365 oven for 10 minutes.
Spread cake with patience.
Between layers spread a heart of gold.
Yields the best Girl Guide leader in the world.

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Kitchen Beatitudes

Blessed are all those who use this kitchen for it is here for all to use and enjoy.

Blessed are the **tidy** who leave the kitchen spotless for they shall earn the gratitude of the next group to use it. Responsibility for cleanliness rests not with the "good fairy" but with all those who use it.

Blessed are the **sanitary** who wash their hands before touching food.

Blessed are the **virtuous** who do not use the dishcloth to mop up floor spills.

Blessed are the **sensible** who do not brush their hair in the kitchen.

Blessed are the **fastidious** with sensitive noses, for they shall never deposit leftover food in the fridge to cause a stench or leave any food uncovered.

Blessed are the **exuberant** young in years or spirit – who refrain from sitting on counter tops and banging heels into cupboard doors – for they shall earn the gratitude of those who painted.

Blessed are the **conscientious** who report breakage or damage to the Area Office – even to the extent of offering to pay for same – for they shall have realized that campsite money does not grow on trees.

Blessed are the **thrifty** who turn off lights and stoves after use for they shall reduce electricity bills and avoid accidents and fire hazards.

*Let's Go Camping, Calgary Area
Camping Advisers*



Menu Planning



Steps to Successful Camp Menu Planning

Adapted from *OAL Guide to Camping* (GGC), *Lets Go Camping* (Calgary Area Camping Advisers) and *Brownsea Bulletin* March 2010 (Calgary Area)

One of the greatest pleasures of hiking or camping is eating a meal that has been cooked to perfection out of doors. Good food can make the difference between a great camp and a camp where everyone is grumpy and grumbling!

Set some objectives

- Is there a badge the girls want to work on?
- Assess the skills of the girls.
 - Where are they on the Progression in Outdoor Cooking chart?
 - What skills do they need/want to learn?
- Decide what type of cooking is going to be used for each meal.
 - Bag Lunch – bring from home to eat on arrival at camp (discuss what not to include); packed at camp for a hike.
 - Unit Cooking – the meal is cooked, served and eaten as a whole group. One duty group can help with preparing meal, another with cleanup. Good to use after a busy day at camp or on returning from an out trip.
 - Patrol Cooking – girls cook and eat in patrols (with adult supervision). Good for practicing cooking skills or learning new ones, but usually takes longer than unit cooking. Each patrol usually has a patrol box containing basic food supplies and cooking equipment and will get whatever else is required for that meal from the cooks. This type of cooking develops team work and girls learn to be organized and share.
 - Individual or Small Group Cooking – used when backpacking or lightweight camping. Girls usually work in pairs and bring their own food, stoves and equipment.

Well-fed campers: Laugh a lot



Play hard
Sleep well

Hungry campers:



Get cold
Complain
Get tired
Want to go home
Are unhappy

Involve the girls!

- If you choose the menu, chances greatly increase that you'll have complaints about the food.
- Give Sparks and Embers several options to choose from. Use grocery flyers to help non-readers make choices.
- Give Guides a copy of Canada's Food Guide and let each patrol plan one breakfast, one lunch, one dinner and one snack. The entire group then votes on their favourites.
- Pathfinders and Rangers often bring their own food to camp. If not, they are usually capable of planning, shopping and cooking their own food.

Consider Your Campsite

What you have available on your site may dictate what menu choices are made.

- If there is no refrigeration available, you may have to take more canned goods.
- Know how much refrigerator space and oven space you have to keep the food out of the **danger zone**. Keep "**Hot Foods Hot** (above 60° C) **and Cold Foods Cold** (below 4° C)."
- Storage at camp. Are animal proof food storage bins (plastic totes or clean garbage pails) available or do you need to bring these with you?
- How will you transport food to camp, i.e. how many coolers do you need?
- Water containers – closed, with a tap?
- If you have to carry water, don't plan cooking anything that requires lots of water, i.e. pasta.
- Give some thought as to how the meal will be served. Do you have enough equipment to cook and serve it properly? What's available at camp and what do you need to bring with you.

Other Things to Keep in Mind

- Water should be available at all times to refill water bottles as often as necessary
- Allergies, religious or medical restrictions and strong dislikes. Review health forms and if you need more information speak directly to the caregiver. If the allergy or dietary restrictions are complex, you can ask the family to provide some or all the food required and reduce their camp fee. Alternately you can invite a caregiver to come to camp to help the camp cook, but only if you know you can work well with the caregiver. Ensure you follow current Safe Guide guidelines for non-member volunteers.
- Ideally a snack should include two food groups and a meal should have all three as outlined in Canada's Food Guide.
- Meals should be simple to prepare. Foods that can be partially or wholly prepared at home, before camp, can be a big help to the camp cook. However, care must be taken to ensure food will remain frozen while transported to camp and is reheated properly so it does not cause a food safety risk.
- Choose recipes that can be prepared and cooked a variety of ways. If you have planned for a meal to be cooked over an open fire but it's been rainy all day, make sure it can be cooked on the stove or in the oven.
- Weather can dictate at least some of your menu choices. Cold weather needs hot food and drinks while warm weather requires lighter meals and lots of cool/cold drinks.
- Consult a large quantity cookbook for amounts to purchase. This helps avoid over / under buying.
- Use convenience or instant foods for quick meals.
- Pita bread packs better and stays in better shape than regular type breads.
- Bring energy boosting snacks such as GORP trail mix, granola bars, dried fruit, beef jerky, etc., for in between meals.
- Emergencies – what would you do if...?
 - You are stranded – bring extra provisions
 - Food gets spilled or burned – bring extra provisions
 - Electrical or fuel failure – alternate cooking method

Grocery Shopping

Don't forget to record everything you will need for each meal on your planning sheet – e.g. ketchup, mustard, mayonnaise, butter, salt, pepper, other spices if required, sugar, syrup, beverages. You will use this to create your shopping list.

As you create your shopping list you will also need to total the items that are needed for more than one meal. For example:

- Milk is required for breakfast (cereal) and lunch and dinner (to drink).
 - Breakfast - 125 ml (1/2 of a cup) per person x 15 people = 1.88 litres
 - Lunch - 250 ml (one cup) per person x 15 = 3.75 litres
 - Dinner - 250 ml (one cup) per person x 15 = 3.75 litres
 - You would need to purchase 9.4 litres.
- Bread is required for sandwiches for lunch and French toast for breakfast.
 - Sandwiches – 2 slices x 15 people = 30 slices.
 - French toast – the age group will determine how many slices you need.
 - 1.5 slices x 15 people = 22.5 slices or
 - 2 slices x 15 people = 30 slices
 - You would need either 52.5 slices or 60 slices.



Sample Shopping List

Total:	
Girls	105
Leaders	24
Cooks	7
TOTAL	136

Sat Lunch: (1/2 budgeted)	
Girls	55
Leaders	12
Cooks	8
TOTAL	75

Budget:	
\$25 x 140 = \$3500	

Meat				Dairy			
Item	Qty	Budget	Cost	Item	Qty	Budget	Cost
Sausages (3 bx S/S)	11.2 kg	\$ 90	\$ 89.97	Yogurt(3 flavorsx650g)	16	\$ 40	\$ 40.00
Cold Cuts: (for 75)	2.1kg			Cheese slices (block)	200	\$ 30	\$ 32.48
Chicken	1	\$ 25	\$ 6.50	Eggs 280	16 dz	\$ 0	\$ 39.49
Ham	2	\$ 25	\$ 25.57	Margarine (slab)	640 kg	\$ 10	\$ 9.47
Roast Beef	1	\$ 25	\$ 18.30	Sour Cream (veg dip)	500 g	\$ 4	\$ 2.23
Turkey (4 x 8kg)	30kg/66 lb	\$ 120		Cheese cheddar(block)	2	\$ 50	\$ 51.36
1 x 6.53 kg/14.4 lb			\$ 2.33	TOTAL		\$ 134	\$ 175.03
1 x 5.53 kg/12.2 lb			\$ 18.91	Breads			
1 x			\$ 36.30	Item	Qty	Budget	Cost
1 x			\$ 36.06	Sandwich Bread (20 sl ea.-W&B mix)			
Turkey Sausage	1 pkg	\$ 10	\$ 3.68	(75x2 sl=150 slices)	10 Lv	\$ 30	\$ 32.00
Ham - Toupee sliced	4	\$ 40	\$ 39.96	Cupcakes			\$ -
Party Sticks	18	\$ 75	\$ 53.50	English muffins	180	\$ 90	\$ 53.70
TOTAL		\$ 410	\$ 331.08	TOTAL		\$ 120	\$ 85.70
				Fruit/Fresh & Frozen Vegetables			
				Item	Qty	Budget	Cost
				Apples	50	\$ 25	\$ 15.13
Beverages				Oranges	50	\$ 15	\$ 19.52
Item	Qty	Budget	Cost	Bananas	50	\$ 20	\$ 13.28
	20x4L			Lettuce(sand+ salad)	10 hds	\$ 12	\$ 9.90
Milk (4 meals+ eggs, pudding)	60L	\$ 90	\$ 24.40	Tomatoes(Sand+Salad)	4 kg	\$ 10	\$ 18.75
Meals 50 L	15x4L		\$ 50.65	Cucumbers(Sand+Salad)	9 ea	\$ 12	\$ 8.73
Eggs 7 L				Potatoes (40 lb)	16 kg	\$ 10	\$ 15.98
Puddings				Frozen Veg	4 kg	\$ 40	\$ 8.94
Orange Juice(2 meals)	24 L	\$ 40	\$ 29.10	(corn / peas & carrots)	2 x 2 kg	\$ 15.58	
Tea	250 g	\$ 3	\$ 18.48	Carrots		\$ 10	\$ 4.90
Coffee	1 kg	\$ 10	\$ 10.49	Cherry Tomatoes		\$ 10	
Juice Boxes			\$ -	Celery		\$ 5	\$ 1.76
Hot Chocolate	2 kg	\$ 10	\$ 14.69	Pea Pods		\$ 10	\$ 7.00
Cream (Half/half)			\$ 5.20	Mushrooms		\$ 10	\$ 4.41
TOTAL		\$ 153	\$ 153.01	Watermelon			\$ 17.91
				TOTAL		\$ 230	\$ 146.21

Dry Goods							
Item	Qty	Budget	Cost	Item	Qty	Budget	Cost
Brownie Mix		\$ 20	\$ 31.19	Bleach			\$ -
Cake mixes			\$ 4.00	Dish Soap			\$ -
Cereal	1 x 450 g	\$ 5	\$ -	Foil			\$ -
Chocolate cookie crumbs	1 kg	\$ 10	\$ 6.94	Garbage Bags			\$ -
Chocolate Pudding	150 serv	\$ 25	\$ 18.47	Hand Soap			\$ 2.48
Crackers (snack)		\$ 25	\$ 22.16	Oven Cleaner- E/O Blue	2	\$ 10	\$ 6.10
Cranberry Sauce	6 x 398ml	\$ 15	\$ 12.74	Paper Towel			\$ -
Flour	100 g	\$ 2	\$ 2.95	Plastic Glass-Sm-yogurt)	75	\$ 5	\$ 4.19
Granola Bars(5bx/32)	13 dz	\$ 50	\$ 19.12	Plastic Glass-Med (worms & dirt)	140	\$ 15	\$ 14.14
Gravy Mix	500g	\$ 5	\$ 6.99				
Gummy Worms	150	\$ 15	\$ 12.58	Saran	2	\$ 2	\$ 5.00
Ketchup	1 L	\$ 4	\$ 3.99	Re-sealable plastic bags (2 lg/1med)	2	\$ 6	\$ 9.85
Mayo	1 L	\$ 10	\$ 5.49	Toilet paper			\$ 4.70
Mustard	1 L	\$ 2	\$ 3.09	Latex gloves			\$ 7.33
Oil	500 ml	\$ 4	\$ 2.74	TOTAL		\$ 38	\$ 53.79
Pam	2	\$ 8	\$ 7.78				
Pancake Mix	10kg	\$ 25	\$ 18.97				
Pancake Syrup	4L	\$ 10	\$ 9.59				
Pepper (incl w/Salt)	2pkg	\$ 1	\$ -				
Peppermint Patty/After 8	150	\$ 15	\$ 11.54				
Pickles-Bread & Butter	2	\$ 10	\$ 7.78				
Ranch Dress (pkg)	2	\$ 4	\$ 2.94				
Salad Dressings	4 x 1 L	\$ 15	\$ 0.60				
(Salad/veg dip)			\$ 5.58				
1000 Is/2 Ranch/Rasp			\$ 3.18				
Salt	2 pkg	\$ 1	\$ 6.38				
Stuffing	35	\$ 35	\$ 27.72				
Sugar	500 g	\$ 3	\$ 2.89				
TOTAL		\$ 319	\$ 257.40				
				SUMMARY			
				Total Budget/Cost		\$1,404	\$1,202.22
				Advance Received			\$2,500.00
				Difference Refund			\$1,297.78

Good Things to Include in Your Camp Supplies

7th Calgary Guides

- Dry wood
- Fire starters (dryer lint), newspaper
- Extra matches (in waterproof container)
- Water Buckets
- Work Gloves
- Hand sanitizer
- Toilet paper
- Paper towels
- Bear bags, Rope
- First Aid kit
- Camp stoves
- Stove fuel and funnel, extra fuel bottles
- Patrol box (camp pots, pans, kettle, hot pads, dish cloth, cutting board)
- Utensils (tongs, flipper, wooden spoon, spatula, grater, ladle)
- Jack knives
- Water Filter (if required)
- Water jugs
- Garbage pails
- Garbage bags
- LDP supplies (bucket, cloths, clothes pegs)
- 3 dish pans
- Bleach
- Dish soap
- Dish cloth/sponge
- Scrub pads
- Foil, plastic wrap
- Tarp & rope to make a shelter if needed
- Plastic table covering & clips
- Cooler or plastic bin with tight fitting lid
- Axe and saw for cutting wood for fires
- Food handling gloves

Helpful Hints

Brownsea Bulletin March 2010, Calgary Area

- Measure ingredients for each meal ahead of time, pack in baggies and label. Ensure to maintain cleanliness of ingredients and not cause cross-contamination.
- Prepare soups, stews or chili etc. ahead of time and freeze. Ensure food will remain frozen while transported to camp and is reheated properly.
- Freeze meat before packing in cooler - keeps other foods cold and will keep longer.
- Block ice lasts longer than cubed ice.
- All items in your cooler should be packed in watertight bags or containers.
- Cans of frozen juice keep other foods cold.
- To fix a cooler leak, apply melted paraffin wax inside and outside the leaky area.
- To remove odours from your cooler, wipe with a water and baking soda solution.
- Use a separate cooler for drinks so you don't open the food cooler too often.
- Fill 4L milk jugs or 2L soda bottles with water or juice and freeze. They keep the cooler cold and provide a cold beverage. Ensure the containers are properly cleaned before using.
- Replenish your ice often.
- To keep marshmallows from sticking together, add a little powdered sugar to the bag. Brand name marshmallows are less likely to stick together.
- Heavy duty aluminum foil bags take up little room and are great for mixing vegetables and meats together for easy cooking and easy clean-up.

Progression in Outdoor Cooking

Let's Go Camping, Calgary Area Camp Advisers

In planning your meals be sure to start with the simple and progress to the more difficult. Begin at the level of expertise of your group of girls. Make sure they have several positive experiences at each step so they become confident before moving to the next.

Step	Method	Skills Learned / Practiced
1	Bag lunch which the girls can prepare as a group – e.g. sandwiches, celery sticks, ants on a log, bugs in a boat, fruit punch.	Responsibility – working in a group. Clean up Hygiene
2	Bag lunch with something cooked for the whole group – e.g. instant soup, fondue, Snow on a Mountain.	Fire Safety – collect wood, make wood pile, select safe place for fire, water/sand at fire, tie hair back, no loose clothing.
3	Bag lunch with something cooked by each individual. Can be something done as a group or in a patrol – e.g. foil desserts, s'mores, corn on the cob.	Review Fire Safety Individual responsibility & patience Use & care of oven mitts & tongs. Use of foil & its disposal.
4	One main dish cooked on a fire – i.e. campfire stew, one pot spaghetti, chili. Extras prepared as a group – e.g. dessert, hot drink.	Menu Planning. Review Fire Safety & Skills. Ability to keep fire going. Ability to follow a recipe.
5	Combine Steps 1 – 4. Practice using new recipes each time and be able to cook all parts of the meal – e.g. salad, main dish, dessert, beverage.	Menu Planning – balanced meals. Follow good safety rules. Ability to cook all parts of a meal. Learn use of patrol fires.
6	Foil dinners. Individual servings wrapped in foil and cooked in embers of a wood or charcoal fire.	Fire Safety. Use of ember fire. Responsibility for own meal.
7	Stick cooking – e.g. bannock, shish kabobs, hot dogs wrapped in dough.	Although this is where most cookouts begin, it is difficult to do successfully. It takes skill and lots of patience.
8	Tin can stoves and hobo oven with buddy burner for fuel – e.g. grilled cheese, eggs, hamburger, pineapple upside down cake. Fire safety and cooking skills should be mastered before proceeding with this step.	Fire Safety Meal Planning
9	Tinfoil oven. This is fairly advanced but should be tried. Almost anything you can bake at home can be cooked in a tinfoil oven – e.g. snacking cake, apple crisp, mini pizzas.	
10	Novelty and advanced cooking methods – e.g. eggs in a paper bag, milk carton barbeque, flower pot cooking, pie irons, cake in an orange shell.	

Food Quantities and Servings Chart

Note that the quantities and servings will vary with the age of the campers.

(from *OAL Guide to Camping, GGC*)

Grain Products	Quantity	# of servings
Bread	Most loaves are 675 g (24 oz.)	22-24 (slices)
Cold cereal	510 g box (18 oz.)	15
Crackers	227 g (1/2 lb)	25
Hot cereal	510 g (18 oz.)	15
Pasta	454 g (1 lb.) = 2 L (8 cups) cooked	8-10
Rice	454 g (1 lb) long grain rice	15-18
Fruits and Veggies	Quantity	# of servings
Apples, bananas, etc.	Depends on size	1 or ½ if doing slices
Cabbage (raw)	1 kg (2.2 lb.)	14
Canned Fruit	540 ml (10 oz.)	5
Carrots (cooked)	1 kg (2.2 lb.)	10
Celery	1 large bunch	18
Cucumbers	4 medium	25
Frozen vegetables	1 kg (2.2 lb.)	10-12
Fruit Juices		
Bottled	1.89 L	15
Frozen Concentrate	355 ml (12.5 fl. oz.) makes 1.7 L (62 fl. oz.)	12
Lettuce	1 head	8-10 depending on use
Potatoes	5 kg (10 lb.)	20
Watermelon	1 large	25
Milk Products	Quantity	# of servings
Butter	450 g (1 lb.)	butters 2 loaves of bread
Cheese block	450 g (1 lb.) 2 cups grated	9
Cheese slices	50 g (2 slices)	1
Ice Cream	4 L (1 gal.)	20
Milk	4 L (1 gal.)	16
Meat and Alternatives	Quantity	# of servings
Bacon	450 g (1 lb.) 20-22 slices	10-12
Chicken	1 – 1.5 kg	4
Eggs		1-2 per serving
Eggs, Scrambled	1 ½ per person	1
Fish	500 g	2
Ground meat	500 g	4-5 depending on use
Luncheon meat	500 g (12-16 slices)	6-8
Salmon, Tuna	198 g (7 oz.) tin	3-4

Miscellaneous	Quantity	# of servings
Honey	500 ml (16 oz.)	18
Ketchup, Mustard, etc.	500 ml (16 oz.)	allow 5-10ml per serving
Marshmallows	400 g bag	approx 60 pieces
Pancake Mix	1 kg (2.2 lb.)	20-25
Pancake Syrup	500 ml (16 oz.)	20
Salad Dressing	500 ml (16 oz.)	24-32
Spreads, Jam, Jelly	1 kg (2.2 lb.)	25

KITCHEN METRICS	HELPFUL HINTS
<p>Volume</p> <p>Use metric measures for metric recipes. Measures are marked in milliliters (mL) and are available in the following sizes.</p> <p>1000 mL = 1 L 25 mL 500 mL = 2 cups 15 mL 250 mL = 1 cup 5 mL 125 mL = ½ cup 2 mL 50 mL 1 mL</p>	<p>If a recipe calls for a</p> <p>No. 300 can or 14 fl. oz. buy 398 mL No. 303 can or 16 fl. oz. buy 500 mL No. 2 can or 19 fl. oz. buy 540 mL No. 2 ½ can or 29 fl. oz. buy 875 mL No. 10 can or 100 fl. oz. buy 3 L</p> <p>4 fl. oz. can is about 113 to 125 gm 5 fl. oz. can is about 237 mL 10 fl. oz. can is about 284 mL 12 fl. oz. can is about 341 mL</p>
<p>Temperature</p> <p>Most commonly used oven temperatures.</p> <p>°C replaces °F °C replaces °F 100 200 190 375 150 300 200 400 160 325 220 425 180 350 230 450</p>	<p>75 mL scoop is a No. 12 Dipper (1/3 cup) 50 mL scoop is a No. 16 Dipper (1/4 cup) 125 mL scoop is a No. 18 Dipper (1/2 cup)</p> <p>Mass</p> <p>1 kg (1000 gm) is slightly more than 2 pounds. 30 gm is about 1 ounce</p> <p>Length</p> <p>1 cm (10 mm) is slightly more than ½ inch. 5 cm is about 2 inches.</p>

Quantities Chart

Twyla Jenkins, Kathy Cawthorpe, Parkland Area

Food	Quantity	# of servings
Chicken	1 whole	5 – 6
Canned pork lunch meat	4 cans	18
Campfire Crumble (page 150)		
Oatmeal cookies	1 large bag	51 cookies
Pie filling	2 cans	
Canned Pineapple	1 can	10 rings
Frozen hash browns	3 bags	18
Hamburger Helper™	5 boxes	18
Hay box (maximum quantities)		
Potatoes	5 lbs	21
Vegetables	1 kg	
Meatballs	2 boxes	
Ice cream sauce	1 squeeze bottle	32
Karen's Casserole		
Ground beef	4 lbs	20
Canned corn	2	
Canned soup	4 (2 of each kind)	
Pineapple upside down cake	1 cake mix	10 tuna cans
Pie Irons – lemon pie filling	1 package	18 (1 each)
Salad – Potato	½ kg or less	18
Salad – Macaroni	1 kg or less	18
Spaghetti		
Pasta	900 gm	12 – 13
Canned Sauce (plus extra ground beef)	2 large cans	
Tinfoil dinner (chicken, rice, etc.)	1 can soup for 1/3 cup rice	

Cooking For 100

Hints, Tips, Quantities & Recipes

Reproduced by Permission from The Blue Flame Kitchen, Northwestern Utilities

General

- Saucy foods should not be served on paper plates.
- If people will not be sitting at tables, do not serve food which requires a knife.
- Rent or borrow equipment such as plates, utensils, folding chairs, glasses and serving pieces.
- Check prices of the items at a catering service; it may be cheaper than making your own.
- All of the recipes and quantities suggested are based on a mixed group with average appetites. If the group consists mainly of teenagers or the meal is planned for after heavy activity (i.e. camping or hiking) increase the quantities.

Unless otherwise indicated, recipes are based on serving 100 people.

Beverages

- For a large group, have a choice of at least 2 beverages.
- Allow more coffee for breakfast or brunch.
- Cold beverages must be kept very cold.
- For meals, allow 2 servings of beverage.
- Cream: 1 ounce (30 mL) per person – 3 litres.
- Sugar: 2 pounds (1 kg)

COFFEE / TEA / COCOA

The easiest way to make a large volume of coffee is to use a large urn. These are available at rental agencies or often can be borrowed.

- For the best flavor, start with cold water and remove grounds when the coffee has perked.
- One pound (454 g) ground coffee = 100 cups.
- It is a good idea to have some instant coffee on hand for those who like stronger coffee.

COFFEE / TEA / COCOA QUANTITIES					
	Size	Number Of Teaspoons	Servings	Volume	Metric Volume
Cocoa Powder	½ 1b – 227 g	50 heaping tsp	50	2 cups	500 mL
Instant Hot Chocolate Mix	1 lb – 454 g	36 heaping tsp	18	4 cups	1L
Instant Hot Chocolate Mix	25 oz – 709 g	124 heaping tsp	31	5 cups	1.25 L
Chocolate Syrup	12 oz – 341 g		20		
Freeze-Dried Instant Coffee	2 oz – 57 g	50 tsp	50	1 1/8 cup	250 mL
Regular Instant Coffee	2 oz – 57 g	40 tsp	40	7/8 cup	200 mL
Powdered Coffee Creamer	3 oz – 85 g	20 heaping tsp	20	7/8 cup	200 mL

HOT COCOA

Ingredients

6 cups (1.5 L) sugar (3lbs)

1 tsp (5 mL) salt

4 cups (1 L) cocoa (1 lb)

4 gallons (20 L) hot milk

8 cups (2 L) water

2 tsp (10 mL) vanilla

Mix together sugar, cocoa and salt. Add the water and stir until smooth.

Heat to boiling point and boil 3 minutes. Then add 4 gallons hot milk.

Add vanilla just before serving.

If you prefer to use instant cocoa, there are two types to choose from.

- The cocoa that is added to milk is cheaper, but you must consider the cost of the milk.
- The variety that is added to hot water is the most convenient and there is no concern about scorching.

TEA ESSENCE

Ingredients

2 ½ cups (625 mL) tea leaves (1 lb = 5 cups)

10 cups (2.5 L) boiling water

The best tea is made one pot at a time. Tea essence can be made a few hours in advance and used when a lot has to be prepared at the last minute.

Pour boiling water over tea and let stand 10 minutes. Drain off the concentrated tea.

To make tea, place ½ cup essence in an 8 cup tea pot and fill with boiling water.

PUNCH

(Allow 12 oz (375 mL) per person or 4 oz (125 mL) per serving)

CITRUS SUNSHINE PUNCH

Servings: 50 4-oz servings

Ingredients

1 – 355 mL can frozen orange juice concentrate	8 cups (2 L) cold water
1 – 355 mL can frozen limeade concentrate	2 – 750 mL bottles gingerale, chilled
1 – 355 mL can frozen lemonade concentrate	Mint leaves

Combine all ingredients except gingerale. Pour over an ice block in a bowl.

Add gingerale just before serving.

Garnish with mint leaves.

FROSTY FRUIT PUNCH

Servings 60 4-oz servings

Ingredients

2 – 1.36 L cans unsweetened pineapple juice	2 cups (500 mL) sugar
2 $\frac{2}{3}$ cups (700 mL) orange juice, fresh, frozen or canned	2 – 750 mL bottles gingerale
$\frac{2}{3}$ cup (175 mL) lime juice, fresh, frozen or canned	Oranges – sliced
1 $\frac{1}{3}$ cups (350 mL) lemon juice, fresh, frozen or canned	Mint leaves
2 – 750 mL bottles club soda, chilled	

Combine fruit juices and sugar; chill thoroughly. Pour over a large cake of ice in a punch bowl.

Pour Gingerale and club soda slowly down the sides of the bowl.

Garnish with a twist of sliced orange and sprigs of fresh mint on the block of ice.

SOFT DRINKS

- Allow 3 – 284 mL bottles per person.
- Keep the selection down to 3 or 4.
- Young children prefer fruit flavours while teenagers and adults generally prefer Cola, Lemon Lime and Orange.

Teenagers

Cola – 33%

Lemon lime – 33%

Orange – 33%

Adults (allow some soda water as well)

Cola – 55%

Lemon lime and gingerale – 30%

Orange – 15%

BREAKFAST

- Avoid toast if possible; sweet rolls are easier.
- French toast keeps better than pancakes.
- Pancake mixes that only require water are very handy; try them first for quality.
- Allow more milk and juice if breakfast is for young people.

BREAKFAST QUANTITIES			
Food	Amount Per Person	Imperial Measure	Metric Measure
Sausage	2 links	18 pounds	8 kg
Bacon	3 slices	17 pounds	
Hash Browns	3 oz	19 pounds	9 kg
Eggs	2	17 dozen	
Sweet Rolls	1 ½	13 dozen	
Juice	4 oz	9 – 48-oz cans	9 – 1.36 L cans
Milk			
Young people	2 oz		6 L
Mixed ages	8 oz		30 L
Fresh fruit	1		
Syrup	2 oz	5 – 32 oz bottles	5 L
Butter	1 tbsp or 2 patties	3 lbs	
Whipped Butter		2 lbs	
Pancakes			1 kg box =
Box – Complete Mix	3 – 4" (10 cm)		50-60 pancakes
Bag – Pancake Mix	pancakes		6 – 7 boxes or bags

FRENCH TOAST

Ingredients

150 slices day old bread	48 eggs
15 cups (4 L) milk	1 tsp (5 mL) salt
1 tbsp (15 mL) cinnamon (optional)	

Beat eggs sufficiently to mix them. Add milk, salt and cinnamon.
Soak the bread in the egg milk mixture.
Fry until crisp on both sides.
Serve with butter and syrup or jam.

SCRAMBLED EGGS

Ingredients

12 ½ dozen eggs	5 cups (1.25 L) water
⅓ cup (75 mL) salt	1 tbsp (15 mL) freshly ground pepper

For the best results, cook only 12 eggs at a time.

Beat eggs slightly. Add about ⅓ cup (75 mL) water, 1 tsp (5 mL) salt, and a dash of pepper to each dozen eggs.

Cook eggs over low heat. As they cook on the bottom, lift carefully and allow the uncooked eggs to run under. Do not stir.

Repeat until all eggs are cooked.

These are best served immediately, but can be kept warm over hot but not boiling water for a short time.

This is sufficient for 100 people if sausages or bacon and a roll are being served as well.

DESSERTS

- Simple desserts are best.
- One favorite is ice cream. The volume you need will depend on the size of scoop used.
 - ½ cup (125 mL) servings = 8 servings
 - ⅓ cup (75 mL) servings = 12 servings
 - For 100 people: 9 – 12 litres
- Squares: allow 2 ½ servings per person.

MAIN DISHES

- Roasting pans can be used for most of these.
- Cooking in the oven prevents scorching.
- Large foil pans or rented steam table pans are very handy.

ROASTED MEATS

- Allow 4 ounces (125 g) cooked meat per person.
 - Boneless, lean – ¼ to ⅓ pound (125 to 150 g) per person – 35 to 40 pounds (16 to 18 kg)
 - Bone in - ⅓ to ½ pound (150 to 250 g) per person - 40 to 45 pounds (18 to 20 kg)
 - Turkey – ¾ to 1 pound (350 to 500 g) per person - 80 to 100 pounds (37 to 45 kg)
- Gravy - allow ½ cup (125 mL) per person.

BAKED BEANSIngredients

16 lbs (8 kg) dried beans	8 whole onions
½ cup (125 mL) dry mustard	Molasses
5 lbs (2.5 kg) salt pork, cubed	½ cup (125 mL) salt
2 cups (500 mL) brown sugar	10 cups (2.5 L) water

Place beans in a large pot and add cold water until it comes to about 2 inches (5 cm) above the beans. Soak overnight.

Drain and cover with fresh water. Bring to a boil and simmer for 2 ½ hours. Add water if necessary during the cooking time. Drain.

Put beans, pork, and onions in a casserole dish.

Combine the rest of the ingredients, pour over the beans.

Bake, covered at 300°F (150°C) for about 8 hours or until tender. Remove onions and serve.

Variations: To add interest to canned baked beans, try adding any one or a combination of the following: prepared mustard, ketchup, cubes of ham, pineapple chunks, Worcestershire sauce.

Allow 8 ounces (250 mL) of beans per person.

BAKED SPAGHETTI SAUCEIngredients

17 lbs (8 kg) lean ground beef	5 – 796 mL cans whole tomatoes
3 – 369 mL cans tomato paste	1 head celery, chopped
8 onions, chopped	4 cloves garlic, crushed
4 green pepper	½ cup (125 mL) oregano
¼ cup (50 mL) chili powder	¼ cup (50 mL) sweet basil
½ cup (125 mL) salt	¼ cup (50 mL) pepper
¼ cup (50 mL) Worcestershire sauce	2 bay leaves
15 – 18 lbs (7 – 8 kg) spaghetti	

Brown the meat in a roasting pan in a 450°F (230°C) oven. Drain.

Add remaining ingredients, except spaghetti. Bake at 350°F (180°C) oven for 2 ½ to 3 hours in a covered pan. Check occasionally adding tomato juice if more liquid is required.

Taste and adjust seasonings.

In a larger canner, bring about 50 cups (13 L) of salted water to a boil. Add about ½ of the spaghetti, stirring constantly until the water returns to a boil. Cook until tender. Repeat with remaining spaghetti.

Drain, rinse and mix spaghetti with ½ cup of oil and 1 cup of melted butter. Stir into spaghetti sauce and serve.

BEEF STEWIngredients

25 lbs (12 kg) stewing beef, cubed	6 tbsp (75 mL) paprika
4 lbs (2 kg) onions, chopped	2 – 3 cloves garlic
2 – 796 mL cans tomatoes	4 cups (1 L approx.) flour
Beef stock	4 tbsp (50 mL) salt
4 bay leaves	1 tbsp (15 mL) thyme
3 tbsp (45 mL) Worcestershire	6 lbs (3 kg) carrots, diced
6 lbs (3 kg) potatoes, diced (optional)	1 bunch celery, chopped
2 – 2 lb bags (2 kg) peas	3 – 4 cups (1 L) flour

Sprinkle the beef with paprika and brown in a 450°F (230°C) oven.

Add onions, tomatoes and seasoning. Cook in a 350°F (180°C) oven for about 2 ½ hours.

Add the remaining vegetables and cook about 45 minutes or until tender.

Mix the flour with water and add to the broth. Cook until the broth thickens.

Taste. Add salt and pepper if necessary.

CHICKEN A LA KINGIngredients

16 cups (4 L) chicken broth	16 cups (4 L) milk
10 – 284 mL cans mushrooms or 5 lbs (2.5 kg) fresh	1 clove garlic
18 lbs (8 kg or 60 cups) cooked, cubed chicken	2 lbs (1 kg) butter or margarine
2 cups (500 mL) green pepper, chopped	2 cups (500 mL) onion chopped
2 cups (500 mL) celery, chopped	8 cups (2 L) flour
1 tbsp (15 mL) Worcestershire sauce	Salt and hot sauce to taste
2 cups (500 mL) sherry (optional)	

Heat, but do not boil, the milk and broth.

Melt the butter in a large Dutch oven over medium heat. Sauté onion, celery and garlic. (If using fresh mushrooms, sauté with onion, celery and garlic.)

Add flour and slowly stir in hot liquid. Stir constantly to avoid scorching.

Put meat and green pepper into roasting pans (if using canned mushrooms, add at this point.) Add Worcestershire sauce and sherry to sauce; taste and adjust seasoning.

Pour sauce over meat. Heat in 350°F (180° F) oven until bubbling, about 1 ½ hours.

Serve in patty shells or over hot biscuits.

CHILI CON CARNE

Ingredients

4 cups (1 L) onions, chopped	2 tsp (10 mL) garlic powder
20 lbs (10 kg) lean ground beef	$\frac{3}{4}$ cup (75 mL) salt
2 tsp (10 mL) pepper	1 cup (250 mL) chili powder
1 bay leaf	4 tsp (20 mL) ground cumin (optional)
6 – 796 mL cans tomatoes, drained	6 green peppers, chopped
4 cups (1 L) celery, chopped	6 – 796 mL cans kidney beans, drained

Preheat oven to 450° F (230°C). Add ground beef, onions and garlic to large roasting pans and brown in the oven. Stir occasionally. This will take up to 1 hour.

Drain off fat. Add remaining ingredients except kidney beans and cook at 350° F (180° C) for at least 2 $\frac{1}{2}$ hours.

Add beans and heat through for about $\frac{1}{2}$ hour.

BARBEQUES

- Wieners and buns may be purchased by number. Hamburger patties may be purchased (frozen) from frozen food outlets.
- For barbecue parties:
 - Pretzels: 15 people per box
 - Potato chips: 10 – 200 g boxes
 - Pickles: 5 – 909 mL jars
 - Mustard: $\frac{1}{2}$ ounce (15 mL) per person
 - Relish: $\frac{1}{2}$ ounce (15 mL) per person
 - Ketchup: $\frac{1}{2}$ ounce (15 mL) per person

SIDE DISHES

SALADS

- For a hot meal, allow 1 or 2 types of salad.
- For a cold buffet, up to 6 salads can be served; judge by the variety of foods offered.
- Jellied salads should be avoided with hot meals and on very hot days.
- To crisp vegetables for salads, wash thoroughly with cold water, drain, wrap in paper towels and plastic bags, and keep in the crisper drawer.
- Allow 4 ounces (125 g) if only one salad is served or 1 $\frac{1}{2}$ ounces (40 g) if several are available.

CARROT AND RAISIN SALADIngredients

2 lbs (1 kg) raisins	6 cups (1.5 L) water
1/3 cup (75 mL) lemon juice	3 tbsp (45 mL) sugar
6 cups (1.5 L) mayonnaise or salad dressing	16 lbs (7.5 kg) carrots
1 tsp (5 mL) salt	

Combine the raisins, water, sugar, salt, and lemon juice and bring to a boil. Remove from heat and let stand about 15 minutes. Drain and cool raisins.

Mix raisins, carrots and mayonnaise.

COLESLAWIngredients - Salad

10 heads cabbage, shredded
 10 green peppers, chopped
 3 bunches green onions, chopped

Ingredients - Dressing

2 1/2 cups (625 mL) mayonnaise
 2 1/2 cups (625 mL) sour cream
 2 tbsp (30 mL) salt
 1 1/3 cups (325 mL) vinegar

Combine ingredients for the dressing and set aside.

Combine vegetables. Add dressing; toss lightly. Chill well and serve.

FOURTEEN DAY COLESLAWIngredients

10 heads cabbage, shredded	3 lbs (1.5 kg) carrots, shredded
10 Spanish onions, shredded	5 cups (1.250 L) sugar
7 1/2 cups (1.875 L) vinegar	2 1/2 cups (625 mL) water
3 tbsp (45 mL) salt	2 tbsp (30 mL) celery seed
3 tbsp (45 mL) mustard seed	

Toss the shredded vegetables together.

Combine the remaining ingredients and bring to a boil. Simmer 3 minutes.

Chill until cold.

Pour over the vegetables. Cover. Marinate for at least 24 hours.

Will keep 2 weeks.

GOLDEN GLOW SALADIngredients

10 pkgs (85 g) lemon jelly powder	10 cups (2.5 L) hot water
5/8 cup (125 mL) vinegar	10 cups (2.5 L) pineapple juice
5 tsp (25 mL) salt	10 cups (2.5 L) diced pineapple
10 cups (2.5 L) grated raw carrots	3 cups (750 mL) chopped nuts

Dissolve jelly powder in hot water. Stir well. Add pineapple juice and seasonings. Chill until slightly thickened.

Fold in remaining ingredients. Pour into molds and chill until firm.

Unmold onto lettuce; garnish with ripe olives and mayonnaise.

JELLIED PERFECTION SALADIngredients

8 envelopes gelatin	2 cups (500 mL) cold water
2 cups (500 mL) mild vinegar or lemon juice	20 cups (5 L) boiling water
4 tsp (20 mL) salt	2 quarts (2 L) cabbage, finely shredded
8 green peppers, finely chopped	8 pimentos, finely chopped (optional)
4 cups (1 L) carrots, finely shredded	1 tsp (5 mL) pepper

Soak gelatin in cold water. Add to boiling water; stir until dissolved. Add vinegar, salt and pepper. Set aside until partially thickened.

Add mixed, chopped vegetables. Turn into molds and chill.

Unmold onto lettuce. Serve with mayonnaise

MACARONI AND HAM SALADIngredients – Salad

6 lbs (3 kg) macaroni
3 lbs (1.5 kg) celery, chopped
3 green peppers, chopped
3 lbs (1.5 kg) ham, julienned
3 128 mL jars pimento
1 1/2 cups (375 mL) onion, chopped

Ingredients - Dressing

1 cup (250 mL) cider vinegar
1 1/2 tsp (7 mL) pepper
2 tbsp (30 mL) sugar
1 tbsp (15 mL) salt
3 cups (750 mL) oil
4 cups (1 L) salad dressing

Combine the salad ingredients.

Combine vinegar, salt, pepper, oil, and sugar. Beat well. Pour over the salad and toss.

Add enough salad dressing to coat. Chill and serve.

POTATO SALADIngredients - Dressing

2 cups (500 mL) salad oil
 2 cups (500 mL) green onions, chopped
 ¼ cup (50 mL) salt
 1 cup (250 mL) vinegar
 1 tbsp (15 mL) dry mustard
 2 tbsp (30 mL) freshly ground pepper

Ingredients - Salad

25 lbs (12 kg) potatoes
 3 cups (750 mL) radishes, sliced
 8 cups (2 L) mayonnaise or salad dressing
 1 head celery, chopped
 24 hard cooked eggs

Combine the dressing ingredients; set aside.

Cook the potatoes and cube while still hot.

Pour the oil and vinegar dressing over the potatoes. Chill for at least 2 hours, tossing occasionally.

Add remaining ingredients; toss and chill.

Note: This salad should be served immediately. It can be refrigerated up to 6 hours.

THREE BEAN SALADIngredients

5 - 398 mL cans garbanzo beans	5 - 398 mL cans kidney beans
5 - 398 mL cans green beans	5 - 398 mL yellow wax beans
3 cups (750 mL) medium onions, sliced	5 medium green peppers, chopped
2 ½ cups (625 mL) salad oil	5 cups (1.25 L) vinegar
5 cups (1.25 L) vinegar	1 tbsp (15 mL) pepper
3 cups (750 mL) sugar	

Mix the last 5 ingredients and pour over the vegetables. Refrigerate overnight. Drain before serving. Keeps well for 4 to 6 days if refrigerated.

TOSSED GREEN SALADIngredients

10 heads lettuce (may use a variety of lettuces)
 2 cups (500 mL) radishes, sliced
 6 bunches green onions, chopped
 10 green peppers, chopped
 5 lbs (2.5 kg) firm tomatoes, optional

Toss all ingredients together and serve with a variety of dressings.

VEGETABLES

- Frozen vegetables eliminate preparation.
- Vegetables that are not suitable for a large group include brussel sprouts, cabbage, spinach and lima beans.
- Vegetables that require special care, so as not to overcook them, include broccoli, cauliflower, peas, and green beans.
- Vegetables that tolerate mishandling are carrots and com.
- Use vegetables as a colorful accent to your meal.
- 4 ounces (125 g) per person if only 1 vegetable.
- 2 ½ ounces (85 g) of each vegetable per person if 2 or more vegetables or a large selection of foods are being served.

POTATOES

- When preparing potatoes for a large group consider using dehydrated or frozen.
- The flavor of instant mashed potatoes is very good if milk and butter or margarine have been added. Allow them to stand covered in a warm oven for ½ hour before serving.
- Dehydrated scalloped potatoes have fairly good flavor.
- If you have the proper facilities for deep frying, French fries are quick, however they must be served immediately.
- Frozen hash browns are an economical way to make breakfast more filling. Sauté some onions before adding the potatoes.
- Baked potatoes must be of uniform size to be ready at the same time.

	Serving size	Amount to Purchase
Mashed	4 oz (125 g)	25 lbs (12 kg) peeled
Baked	1 per person	100
French fries	3 oz (100 g)	19 lb (10 kg)
Sour cream	2 oz (75 g)	6.5 L

SCALLOPED POTATOES

Ingredients

40 cups (10 L) milk	1 lb (454 g) butter or margarine
25 lbs (12 kg) peeled potatoes, sliced	6 onions, chopped
3 cups (750 mL) flour	½ cup (125 mL) salt
⅛ tsp hot sauce	

Heat milk, but do not boil. Set aside.

Heat margarine in a large pan and sauté onions. Add flour, salt and hot sauce. Slowly stir in hot milk. Bring to a boil, stirring constantly. This sauce will be quite thin. Taste and adjust seasonings.

Put potatoes in a shallow (3 inch) roasting pan; pour sauce over and stir well.

Cover and bake at 350°F (180°C) for 2 hours or until nearly tender. Sprinkle with paprika. Bake for an additional ½ hour uncovered.

SANDWICHES

- Arrange slices of bread, in pairs, on your counter.
- Have the butter or margarine at room temperature.
- Whip the butter or margarine and spread with a wide bladed spatula.
- Use a small ice cream scoop to measure filling onto bread.
- Cut sandwiches and arrange on platter.
- Cover with a lightly dampened clean cloth and wrap in plastic.
- Sandwich fillings do not keep well and should be made the same day.
- For variety, use the fillings in crusty buns.
- Average 20 ounce loaf – 20 slices of bread
 - 2 slices per person for afternoon tea
 - 4 slices per person for a picnic
- 1 lb butter / margarine will butter 100 slices bread
- 1 slice (1 oz / 30 g) luncheon meat per sandwich
- 1 – 1 ⅓ oz mixed filling per sandwich
- Cold meats
 - For a meal allow 3 oz (100 g) per person.
 - For a light snack 1 ½ - 2 oz (45 - 60·g) is all that is required. Remember these meats don't freeze well.

CHICKEN SALAD SANDWICH

Ingredients

8 cups (2 L) chicken, finely chopped	3 tbsp (45 mL) prepared mustard
1 cup (250 mL) sweet pickles, finely chopped	1 ½ tbsp. (20 mL) lemon juice
3 cups (750 mL) mayonnaise or salad dressing	2 tsp (10 mL) salt
1 ½ cups (375 mL) celery, finely chopped	

Combine all ingredients and mix thoroughly. Makes 50 to 70 sandwiches.

NOTE: Ham or luncheon meat may be substituted for chicken.

EGG SALAD SANDWICH

Servings: 50 sandwiches

Ingredients

40 hard cooked eggs	2 ½ cups mayonnaise or salad dressing
2 tbsp (30 mL) prepared mustard	½ cup (125 mL) chives or green onion chopped
Salt and pepper to taste	

Chop eggs finely. Add remaining ingredients. Mix well.



FOOD PURCHASING GUIDE FOR 100 PEOPLEAdapted from *Let's Go Camping*, Calgary Area Camp Advisers

Dairy	Serving Size	Quantity	General Information
Milk			
Fluid	250 mL / 1 cup	25 L / 26 quarts	1000 mL = 1 L 1000 g = 1 kg 1 L milk = 350 mL/1½ cups dry milk powder to 950 mL/1 quart water
Dry	250 mL / 1 cup	2 pkg (500 g / 1 lb each)	
Evaporated	125 mL to 125 water	29 cans (435 mL / 1 pint each)	
Cream			
Light	30 mL / 2 tbsp	3 L / 3 quarts	
Heavy	25 mL / 2 tbsp, whipped	1.25 L / 42 oz unwhipped	
Ice cream			
Bulk, 4 L/1 gallon pail	75 mL / ⅓ cup scoop	2 – 4 L containers	1 L serves about 15
Cheese			
Processed	1.5 slices or 45 g / ½ oz	4.5 kg / 10 lbs	
Cheddar	45 g/1½ oz	4.5 kg / 10 lbs	0.5 kg = 1 L grated
Cottage	75 mL / ⅓ cup scoop	8 containers (1 kg / 2.2 lb each)	0.5 kg = 500-560 mL
Eggs			
	1 egg	100 eggs or 8.5 dozen	1 case = 30 dozen For Baking: 0.5 kg = 10-11 eggs 250 mL/1 cup = 4-5 whole OR 7 – 9 whites OR 12 – 14 yolks

Meat	Serving Size	Quantity	General Information
Beef			
Corned brisket	60 gm / 2 oz	7 kg / 15 lb	
	90 gm / 3 oz	10.5 kg / 23 lb	
Ground	60 gm / 2 oz	7 kg / 15 lb	
	90 gm / 3 oz	11.5 kg / 25 lb	

Meat	Serving Size	Quantity	General Information
Roast, rib	60 gm / 2 oz 90 gm / 3 oz 120 gm / 4 oz	9.5 kg / 21 lb 14 kg / 31 lb 19 kg / 42 lb	When Purchasing Roasts <ul style="list-style-type: none"> • Select type as indicated in recipes. • Boned, rolled and tied roasts cut down on waste and slice easily.
Roast, sirloin	60 gm / 2 oz 90 gm / 3 oz	8 kg / 17½ lb 12 kg / 26½ lb	
Sausages, all beef	60 gm / 2 oz 90 gm / 3 oz	10.5 kg / 23 lb 15.5 kg / 34 lb	30 gm / sausage
Steak, minute	120 gm / 4 oz	14 kg / 31 lb	Minute / Swiss Steaks <ul style="list-style-type: none"> • are usually sold in 120 g / 4 oz portions when sold in bulk • smaller size portions can sometimes be obtained
Steak, sirloin (boneless strip)	180 gm / 6 oz 240 gm / 8 oz 360 gm / 12 oz	22.5 kg / 50 lb 30.0 kg / 66 lb 45.0 kg / 99 lb	
Steak, Swiss	120 gm / 4 oz	16 kg / 35 lb	
Pork			
Ham – fresh, bone in	60 gm / 2 oz 90 gm / 3 oz	11.5 kg / 25 lb 17.0 kg / 38 lb	
Ham - precooked, round (Tin End)	60 gm / 2 oz 90 gm / 3 oz	6 kg / 13 lb 9 kg / 20 lb	Suitable for frying, salads, etc.
Ham – precooked, canned (Pullman)	60 gm / 2 oz 90 gm / 3 oz	6 kg / 13 lb 9 kg / 20 lb	Suitable for sandwiches or cold plates
Roast, loin	60 gm / 2 oz 90 gm / 3 oz	8.5 kg / 19 lb 11 kg / 24 lb	
Chops, centre cut	1 chop 2 chops	14 kg / 31 lb 28 kg / 62 lb	Centre cut ensures chops are about 120 g each
Sausages, all pork	60 gm / 2 oz 90 gm / 3 oz	10.5 kg / 23 lb 15.5 kg / 34 lb	30 gm / sausage
Bacon	3 slices	8.5 kg / 19 lb	18 – 20 slices / 500 g
Spareribs	120 gm / 4 oz 180 gm / 6 oz	13 kg / 28½ lb 17 kg / 37½ lb	
Veal			
Cutlets, 120 gm	1 cutlet 2 cutlets	14 kg / 31 lb 28 kg / 62 lb	Choplets are a cheaper version of cutlets
Roasts	60 gm / 2 oz 90 gm / 3 oz	11.5 kg / 25 lb 17.0 kg / 38 lb	

Meat	Serving Size	Quantity	General Information
Stew – cubed	60 gm / 2 oz	7.5 kg / 16½ lb	
Lamb			
Chops, 120 gm	1 chop 2 chops	15 kg / 33 lb 30 kg / 66 lb	
Roast, leg or loin (bone in)	60 gm / 2 oz 90 gm / 3 oz	14 kg / 31 lb 21 kg / 46 lb	
Stew – cubed	60 gm / 2 oz	7.5 kg / 16½ lb	
Chicken			
Fresh	2 pieces	34 kg / 75 lb	
Turkey			
Fresh	60 gm / 2 oz 90 gm / 3 oz	16.5 kg / 36 lb 25 kg / 55 lb	Turkey roasts and rolls come raw and precooked in light, dark or light/dark combinations
Roast or roll, cooked	60 gm / 2 oz 90 gm / 3 oz	6.5 kg / 14 lb 9.6 kg / 21 lb	
Roast or roll, uncooked	60 gm / 2 oz 90 gm / 3 oz	8.5 kg / 19 lb 12.5 kg / 27½ lb	
Fish			
Fresh or frozen	60 gm / 2 oz	10 kg / 22 lb	
breaded or unbreaded	60 gm / 2 oz	12 kg / 26 lb	
Sticks	2 sticks	6 k g / 13 lb	30 gm / 1 oz / stick
Canned – salmon / tuna	90 gm / 3 oz	28 – 30 cans (220 gm each)	
Liver, Beef	90 gm / 3 oz	15 kg / 33 lb	Average portion size = 120 gm / 4 oz when precut
Luncheon Meat	30 gm / 1 oz 60 gm / 2 oz	3 kg / 6 lb 9 oz 6 kg / 13 lb	30 gm / 1 oz / slice
Frankfurters	1 frankfurter	3 kg / 6 lb 9 oz	16 franks / 500 gm / 1 lb
Hot Dogs	1 hot dog	4.5 kg / 10 lb	10 franks / 500 gm / 1 lb
Baked Beans	125 mL / ½ cup	12.5 kg / 28 lb	
Hamburger Patties	1 patty (120 gm / 4 oz)	100 patties or 12 kg / 26 lb	Hamburger patties are available in various weights. Beef soy burgers have less shrinkage. There are about 45 – 50 patties (120 gm / 4 oz each) per 5 kg box.

Cereal	Serving Size	Quantity	General Information
Bread, 450 gm	1 slice	7 loaves	16 slices / loaf
Cereal			
Dry Flakes	175 gm / 6 oz	1.5 kg / 3 lb 5 oz	
Cooked	125 gm / 4.4 oz	2.5 kg / 5½ lb (raw)	
Crackers	4 single crackers	1.1 kg / 2 lb 6 oz	
Pasta			
Macaroni	125 gm / 4.4 oz	3 kg / 6 lb 9 oz	
Spaghetti	125 gm / 4.4 oz	3 kg / 6 lb 9 oz	
Noodles	125 gm / 4.4 oz	3 kg / 6 lb 9 oz	
Rice	125 gm / 4.4 oz	1.5 kg / 3 lb 5 oz	

Fruit	Serving Size	Quantity	General Information
Juice – fruit or veggie			
Reconstituted	125 mL / ½ cup	7 cans (1 L / 1 quart each)	
Apples			
Fresh, whole	1 medium	100	The size of fresh fruit does affect number per case. Check with supplier for specific information.
Applesauce	125 mL / ½ cup	37 cans (398 mL) or 5 cans (2.84 L each)	
Bananas	1 medium	100	
Cherries			
Fresh	125 mL / ½ cup	9 kg	
Canned	125 mL / ½ cup	37 cans (398 mL) or 5 cans (2.84 L each)	
Cranberry Sauce			
Canned	30 mL / 1 oz	7.5 cans (398 mL)	
Homemade	30 mL / 1 oz	1.5 kg / 3 lb 5 oz berries	500 g cranberries = 1 L sauce
Grapes	125 mL / ½ cup	10.5 kg / 23 lb	
Oranges	1 medium	100	
Peaches			
Fresh	1 medium	100	
Canned, sliced	125 mL / ½ cup	30 cans (398 mL) or 4 cans (2.84 L each)	
Canned, halves	1 half	37 cans (398 mL) or 5 cans (2.84 L each)	
Pears			
Fresh	1 medium	100	
Canned, halves	125 mL / ½ cup	37 cans (398 mL) or 5 cans (2.84 L each)	

Fruit	Serving Size	Quantity	General Information
Pineapple			
Fresh, cubed	125 mL / ½ cup	16 kg / 35 lb	
Canned, chunks / crushed	125 mL / ½ cup	30 cans (398 mL) or 4 cans (2.84 L each)	
Rhubarb			
Fresh (cooked)	125 mL / ½ cup	12 kg / 26½ lb	
Frozen (cooked)	125 mL / ½ cup	12 kg / 26½ lb	
Strawberries			
Fresh, whole	125 mL / ½ cup	14 – 15 kg 31 – 33 lb	Small basket = 350 gm
Frozen	125 mL / ½ cup	13 kg / 28½ lb	

Vegetables	Serving Size	Quantity	General Information
Beans, green or waxed			
Frozen	125 mL / ½ cup	8 pkg (907 gm / 2 lb each)	
Canned	125 mL / ½ cup	37 cans (398 mL) or 5 cans (2.84 L each)	
Beets			
Frozen	125 mL / ½ cup	8 pkg (907 gm / 2 lb each)	
Canned	125 mL / ½ cup	37 cans (398 mL) or 5 cans (2.84 L each)	
Cabbage, shredded			
Side garnish	39 g or 60 mL / ¼ cup	1½ heads	2 – 2.5 kg / medium head
Side salad	60 g / 2 oz or 120 mL / ½ cup	3 heads	
Carrots			
Fresh, sticks	2 sticks (8 cm long)	2 – 3 kg / 4½ – 6½ lb	
Frozen	125 mL / ½ cup	9 pkg (907 gm / 2 lb each)	
Canned	125 mL / ½ cup	37 cans (398 mL) or 5 cans (2.84 L each)	
Cauliflower – frozen	125 mL / ½ cup	10 pkg (907 gm / 2 lb each)	
Celery – fresh	2 sticks (8 cm long)	2 – 3 kg / 4½ – 6½ lb	
Corn			
Cob	1 ear	100	
Frozen, kernel	125 mL / ½ cup	10 pkg (907 gm each)	
Canned, kernel	125 mL / ½ cup	30 cans (398 mL) or 4 cans (2.84 L each)	

Vegetables	Serving Size	Quantity	General Information
Onions, chopped	15 mL / ½ oz	1 – 1.5 kg / 2 – 3½ lb	
Peas			
Frozen	125 mL / ½ cup	9 pkg (907 gm / 2 lb each)	
Canned	125 mL / ½ cup	30 cans (398 mL) or 4 cans (2.84 L each)	
Potatoes			
Baked or boiled	1 medium	11 - 11.5 kg / 24 - 25lb	"Baker" potatoes are good for baking because of uniform size
Mashed	75 mL scoop / ⅓ cup	13 – 13.5 kg / 28½ – 30 lb	
Instant	75 mL (reconstituted)	1.15 – 2 kg / 2½ – 4½ lb	
French fries (side order)	10 pieces (5x1x1 cm)	13 pkg (907 gm / 2 lb each)	
Lettuce (shredded garnish)	60 mL / ¼ cup	4 heads	1 – 1 ¼ kg / medium head
Tomatoes – fresh	2 slices	2.5 – 3 kg / 5½ – 6½ lb	
Turnip			
Fresh, cubed	125 mL / ½ cup	13 – 14 kg / 28½ – 31 lb	
Frozen, cubed	125 mL / ½ cup	8 pkg (907 gm / 2 lb each)	
Tossed Salad			
Lettuce	250 mL / 1 cup	10 heads	
Celery		4 heads	
Green peppers		5	
Green onions		6 bunches	
Firm tomatoes		2 kg / 4½ lb	
Dressing		2 L / 2 quarts	
Raw Veggie Tray, Fresh	120 – 160 gm / 4 – 6 oz	17 – 25 kg / 37 – 55 lb	Because of large amount of waste involved, allow 170 – 250 g raw, unprepared veggies per serving.

Sandwiches	Serving Size	Quantity	General Information
Bread, 1 cm slices (weights of loaves may vary slightly between locations)			
570 gm loaf (regular or sandwich)	1 slice	6 loaves	19 slices / loaf
1400 gm loaf	1 slice	4 loaves	29 slices / loaf
Dainty Sandwiches (cut into quarters)			
Receptions	1½ – 2 slices or 3 – 4 quarters	11 loaves (567 gm) or 200 slices	With the exception of egg salad, most leftover sandwiches can be frozen.
Tea parties, showers	1 – 1½ slices or 2 – 3 quarters	8 loaves (567 gm) or 50 slices	
Hearty Sandwiches			
Cut in half	3 – 4 slices or 3 – 4 halves	16 – 21 loaves (567 gm) / 300 – 400 slices	
Butter Or Margarine	5 mL / 1 tsp / slice	450 gm / 100 slices or 900 gm / 100 sandwiches	

Sandwich Filling	Serving Size	Quantity	General Information
Chopped Meat Or Poultry	10 sandwiches	400 gm / 14 oz	400 gm = 575 mL minced
Egg Salad	10 sandwiches	10 hard cooked eggs	
Cheese Or Meat	10 sandwiches	325 gm / 11½ oz thinly sliced meat or cheese	
Soft Cheese	10 sandwiches	325 gm / 11½ oz	
Peanut Butter & Jam / Jelly	10 sandwiches	Total of 250 – 325 gm / 9 – 11½ oz	

Miscellaneous	Serving Size	Quantity	General Information
Butter / Margarine			1 print = 454 gm Pats may be sold through local dairies in 2.5 kg orders. 70=75 pats / 500 gm
Print	10 mL / 2 tsp	3 prints	
Pat	2 pats	200 pats	
Salad dressing	15 mL / 3 tsp	2 L / 2 quarts	
Mayonnaise	15 mL / 3 tsp	2 L / 2 quarts	
Ketchup	5 – 10 mL / 1 – 2 tsp	1 L / 1 quart	
Mustard	5 – 10 mL / 1 – 2 tsp	1 L / 1 quart	

Miscellaneous	Serving Size	Quantity	General Information
Peanut Butter	30 mL / 2 tbsp	2 kg / 4½ lb	
Jams, Jellies	15 mL / 3 tsp	1 kg / 2 lb 3 oz	
Syrup	30 mL / 2 tbsp	3.25 L / 3¼ quarts	
Sugar			
Granulated	5 mL / 1 tsp	500 gm / 17½ oz	
Cubes	1 cube	1 pkg (500 gm / 17½ oz)	
Coffee			
Regular grind	250 mL / 1 cup	1 kg / 2.2 lb	
Instant	250 mL / 1 cup	150 gm / 4½ oz	
Tea	250 mL / 1 cup	250 gm / 9 oz	

Fun Meal Ideas

Backwards Meal

This is always fun! Everyone attending is to wear their clothes backwards. Set the table backwards with plates, etc., in the middle and the food on the outside, chairs facing out. Start with a burp and thanking the cooks for a great meal then move on to dessert, then the main meal, the appetizer/salad/soup and end with grace being said.

7th Calgary Guides

Fear Factor Mug Up

This sounds cruel, but the girls like it!

This is fun if you have a games themed camp or a TV show theme or a Fear Factor camp. Have 6 bowls of “snacks” on the table covered so the girls can’t see what is in them. Put a number card in front of each bowl. The girls take turns rolling 2 colored dice (one red, one green). The number on the red dice corresponds to the bowl the girl must eat out of; the green dice is the number of that item she must eat. Make sure to have water/juice available and napkins/paper towels handy and a garbage can nearby in case they spit it out.

Bowl #1 — Chocolate chips or M&M’s

Bowl #2 — Olives

Bowl #3 — Raisins/dried fruits

Bowl #4 — Capers

Bowl #5 — Cut up apple

Bowl #6 — Chile peppers

7th Calgary Guides

Fun Utensils Meal

This is a classic meal done every year!

Have a big bag of fun kitchen utensils (ladles, spatulas, wooden spoons, tongs, whisks, spaghetti ladles, baster, potato mashers, ice-cream scoop, etc.). Have each girl come up and put their hand in the bag and pull out a utensil. Each girl will then have to eat the entire meal with that utensil. We usually serve spaghetti for this meal and yes, they will get messy but that is half the fun of it.

7th Calgary Guides

Senses Meal

For this meal the girls are either to be silent, blindfolded, have ear plugs in/ear muffs on, swimming nose plugs on their noses or have their hands taped into oven mitts and must eat everything with chopsticks. They must learn to work together and understand what it is like not to have all your senses or to be disabled.

7th Calgary Guides

World Restaurant Meal

Version #1

The goal of this activity is to experientially heighten awareness about the overabundance of food in Western society, particularly in comparison with how much the majority of the world eats.

Cook a World Meal and share it with a group of people. A World Meal is the average meal for the average person on the planet. It consists of a limited amount of rice and beans. Herbs and spices are optional; as is anything you can forage from the local natural environment.

Encourage the group to, in turn, to cook a World Meal for a different group of people and thereby spread experiential awareness of how much we over consume in Western society. The United Nations recommends consuming 2350 calories per day.

Low income countries average consumption is approximately 2100 calories per day.

Middle income countries average consumption is approximately 2700 calories per day.

US, UK, Europe, etc., average consumption is approximately 3700 calories per day.

Version #2

Preparation: Prepare four tables, each with the name of a country. Two of them can be industrialized countries and the other two can be developing countries.

Industrialized country No.1 is richer than the others. It has a large, rich iced cake, cookies, fruits, coffee, tea, milk, sugar, cups and spoons, but no knife to cut the cake.

Industrialized country No. 2 has the same elements but no knife and no coffee, tea or sugar.

Developing country No. 1 has plenty of coffee or tea and a knife, but nothing else.

Developing country No. 2 has plenty of sugar, some biscuits and spoons, but nothing else.

Implementation: Cards are distributed at the entrance of the room, with the names of countries, assigning a table for each girl. Cards should be allocated so that $\frac{3}{4}$ of those present are divided between the tables for developing countries and the other $\frac{1}{4}$ are at the tables for the industrialized counties.

When everyone is around their respective tables, the Guider invites participants to react. Generally, the reaction of the less privileged tables comes quickly. One of the rich tables comes to one of the poor tables and requests to borrow a knife. The poor table refuses or agrees in exchange for half of the cake, etc. The Guider must let them know that at first they cannot share what they have on their table with others (only the developing countries can share together and the industrialized tables can share with each other).

The Guider should take the opportunity to ask general questions.

What is wrong with your meal?

Is something bothering you?

What is happening, why don't you start eating?

Taking advantage of some of the comments made, the Guider can ask further questions.

Why do you think this is not fair?

Who took the decision to send you to a poor table or to a rich table?

After the discussion had gone on for some time, the Guider can ask "*Can any of you suggest a solution to this problem?*" Many people will propose sharing the food and drinks among different tables. When the suggestion is accepted all will have a balanced meal.

Two possible final remarks could be:

While people sitting at the tables representing poor countries may have suffered some discomfort by not having enough to eat, it is impossible for them to "live" the feeling of anxiety experienced by people living in miserable conditions who do not know whether there will be food at all the next day!

People living in conditions of extreme poverty know, through the impact of the mass media, that other people in their own country and in the rest of the world, live in conditions of overabundance and luxury. This only increases their feelings of frustration and bitterness.

7th Calgary Guides

Backwards Day

Who said breakfast had to be the first meal of the day? Why not thoroughly confuse everyone by starting the day out with a mug-up? Have a large dinner-type meal for lunch, a lunch-type meal for dinner, and breakfast food for bedtime snack!

You can expand this theme by having a campfire first thing in the morning, raise the flag in the evening, and have everyone wear their clothes, their hair, etc. backwards or inside out... for some reason Pathfinders find this one particularly funny. We did this at a Pathfinder camp once and half the girls walked around all day with their bras on the outside of their shirts! Weird indeed!

Twilight District, Prairie Rose

Buddy Meal

This activity can be a good way to promote sharing and cooperation among your girls. Ideally girls should be seated directly across the table from each other. Leaders tie each girl's hands to the hands of the girl sitting opposite her with yarn. The yarn pieces should be short enough that only one girl can eat at a time. Throughout the meal the girls have to coordinate their movements with their partner so that both get to eat and drink -- hopefully without spilling anything!

Twilight District, Prairie Rose

Chopsticks

At one multicultural camp, we served Italian food for dinner – spaghetti and Caesar salad. The added twist – we also went Chinese and gave them chopsticks for utensils. Most girls didn't know how to use chopsticks, so it was interesting to see!

The next year, we gave them lasagna and Caesar... again with chopsticks, only because they had such a GREAT time with them last year! We even made them eat cake and ice cream with them. It seems like it is going to be a camp tradition now!

Gwen Chapman

Crazy Kitchen

This meal takes a LOT of planning, and the leaders don't get to eat until afterwards while the girls are doing their duties. But it is a LOT of FUN. Works best with Guide aged girls and up.

The Setup:

Send everyone on your site fancy dinner cards, inviting them to dine at, say, 6 p.m., at your fancy restaurant.

When the girls arrive, take them in groups of 6-8 and seat them at assigned tables. The tables should be decorated like a restaurant -- tablecloth, vase with flowers, napkins, glasses, plates. NO cutlery. What works best is to assign a leader to each table as their personal waitress, and to have the rest of the leaders working in the kitchen. Leaders should have costumes to fit their roles too!

Give each girl a menu (for more on the menu, see below). Note that the menu is full of crazy items, like Birds' Nests, Hot Rocks, Intergalactic Lubricating Goo, etc. There should be either 12 or 16 items on the menu in total.

For each course, the girls must pick 4 items from the menu, for a total of 3 or 4 courses. For large groups, it is best for the table as a whole to choose the same 4 items in each round, it keeps the waitress from going crazy. Once the waitress comes back with the food, the girls must eat everything, or at least sample everything, on their plate before ordering the next round. By the end of the meal, everyone has sampled everything from the menu. The fun of the game comes from some of the weird combinations of foods!

Another little hitch is that the cutlery is included in the menu! Therefore it is quite possible for someone to order Jell-O or pudding and have no utensils with which to eat it! What fun!

Sample Menu

Here's an example of what the girls order, and what they actually get!

Birds nest	Spaghetti noodles
Boulders	Meatballs
Lava Flow	Spaghetti sauce
White Lightning	Glass of milk
Polar Ice Caps	Vanilla ice cream
Mini Bricks	Croutons
Seaweed Delight	Caesar salad
Vampire Bane	Garlic bread
Wagon Wheels	Girl Guide cookies
Dinglehopper	Fork
Spear	Knife
Vision Reflector	Spoon

Twilight District, Prairie Rose

Variation – Surprise Meal

The girls come to the table and have a 'menu' to choose from (patrol leaders act as waitresses). The menu can be written in the theme of the camp. For example if you are having a camp with the theme of Circus your menu could be clowns, elephants, trapeze artists, etc. Each of these themed items correspond to a food item or table wear item (cups, cutlery, plate, napkins, etc.). Only the Guiders in the kitchen know what a clown, etc., is.

The girls confer in their patrol and come to a consensus on which order they will be asking for things. They can order 3 items at a time and they don't know what they'll get. They may order clowns, trapeze artists and a lion tamer and end up with carrot sticks, knives and pudding. They keep ordering until they have everything they need to eat their meal.

7th Calgary Guides

Mable Mable

This game can be played throughout the meal, and everyone is at risk! Every time someone spots someone with their elbows on the table, they chant the verse:

"Mable, Mable, if you're able,
Get your elbows off the table!
This is not a horse's stable
But a first-class dining table!
STAND UP!!"

Note: you can substitute the name of the accused instead of "Mable".

The girl so named must stand up and her accuser must ask her to do some silly thing before she can sit back down again. Examples include reciting a nursery rhyme, clucking like a chicken, pouring new drinks for everyone at the table, etc. Just make sure that the requested action is not embarrassing for the girl. Lots of fun!

Twilight District, Prairie Rose

Monk's Meal

The theme of this meal is QUIET. The girls are to try and go through the entire meal without talking, easier said than done, as if they were monks who had taken a vow of silence. To make this task more difficult, girls are not allowed to fill their own plates for seconds or pour their own drinks -- they must communicate to someone else at their table what they want.

There are penalties for talking, giggling, or making any other "intentional" vocal noise.

1st offence: lose fork

2nd offence: lose knife

3rd offence: lose spoon

4th offence: lose left hand (held behind back)

5th offence: lose right hand (held behind back)

6th offence: plate placed on chair, girl must kneel on floor

The usual course of the dinner is dead silence for about 5 – 10 minutes (in which the leaders enjoy themselves immensely!) until someone giggles. This tends to set off a chain reaction of giggling and lots of people start losing their cutlery. By the time dessert comes around, some people, leaders included, may be eating without their cutlery or their hands! A great dessert to have for this meal is pudding or ice cream.

Twilight District, Prairie Rose



Cooking Methods



Introduction

A well-fed camp is a happy camp! Use of varied cooking methods allows creativity in the camp kitchen as well as teaching valuable cooking skills, be sure to try something new at each camp! Most of the following methods rely on inexpensive or recycled materials, are fuel-efficient, time efficient, and interesting. Many are old methods or adaptations of old ways.

Be sure to look through old issues of the *Canadian Guider* for cooking (and gadget) information. These magazines are a marvelous resource of beautifully illustrated and well-written articles. In this chapter you will find a sampling, including the following article from the first issue of the *Canadian Guider*, February 1949.

The "I SAW - - " CORNER

In April I saw the Guides of the Oriole Patrol. They were cooking hamburgers, wrapped in paper! They had collected plenty of wood to make a good bed of coals. They had wrapped the thin hamburgers in white wax paper, and then wrapped the parcel in **well-wetted** brown paper (the kind the butcher uses). The Guides pulled their bundles from the coals where they were buried. The outer papers were charred but the hamburgers were well cooked and delicious to eat.

NOTE: There are some camp cooking recipes in this book that refer to cooking in plastic zipper freezer bags such as Ziploc®. The following message dated August 31, 2015, from the SC Johnson Company is provided for your information.

"It means a lot to us that you use Ziploc®; our bags are dioxin free but they are not designed nor tested for any type of water bath cooking. Even with their 110° C/230° F softening point, we cannot recommend them for such use. We formulate and test every product for specific uses, and can only recommend using them according to their label directions. Like all SC Johnson products, Ziploc® bags can be used with confidence when label directions are followed. Our bags meet the safety requirements of the U.S. Food and Drug Administration (FDA) for temperatures associated with defrosting and reheating food in microwave ovens, as well as room, refrigerator and freezer temperatures. To learn more about Ziploc® brand Freezer and Storage Bags and their make-up, please check our ingredient website: <https://www.whatsinsidescjohnson.com/us/en/brands/ziploc>

An alternate boil in a bag cooking method would be to use baby bottle liners. One 8-10 oz liner easily holds 2 eggs.

Outdoor Cooking Hints

- Remember that 1 charcoal briquette produces 40°F heat (so 360°F requires 9 briquettes) in a box oven.
- Always keep a bucket of water or sand within reach when cooking outdoors – sparks can always fly!
- Always keep an open box of baking soda next to your heat source to douse it in a hurry.
- Brush grill grates with oil to prevent meat from sticking.
- Coat pan bottoms with liquid soap before using them over fire (makes for easy cleaning).
- Heat pan or bucket of water for dishwashing while eating meal.
- 2 layers lightweight foil = 1 layer heavy-duty foil.
- Scrunch up foil to make a pot-scrubber.
- Use a “drug store wrap” for all food you cook over or in hot coals.
- Place foil shiny side out for foil dinners, box ovens et cetera.
- Prefer food that requires little or no refrigeration – canned, instant or dehydrated.
- Place cooler in freezer for 24 hours before filling it with food.
- Place frozen juice cans on top of other food in cooler.
- Freeze fresh meat before placing in cooler. For ease of removal, place 2 sheets wax paper between hamburger patties before freezing

Twilight District, Prairie Rose

- ALWAYS use tin can stoves, reflector ovens and box ovens on a gravel surface or in a campfire ring. DO NOT place on picnic tables, wooden decks/steps or grassy areas.
- When barbecuing chicken, grill the chicken without the sauce until it is halfway cooked, then coat with sauce. The sauce won't burn onto the chicken and your meal will be more flavorful.
- Add a few ice cubes to aluminum foil dinners or vegetables packets to prevent them from burning and to keep them moist.
- Put a pan of hot water on the fire while you eat so that it'll be ready for cleanup when you are done.
- Use an old large coffee pot to heat up water for cooking, doing the dishes or for hot beverages.
- To easily remove burned on food from your skillet or pan, simply add a drop or two of dish soap and enough water to cover bottom of pan and bring to a boil.
- Cover pots whenever cooking outdoors. Food will get done quicker, you will save on fuel, and helps keep dirt and insects out of your food.
- To cook hamburgers more evenly throughout, put a hole in the middle of your hamburger about the size of your finger. During grilling the hole will disappear but the center will be cooked the same as the edges.

Drug Store Wrap For Cooking Foil Packet Meals

1. Place food in centre of foil and add seasonings.
2. Fold long sides up so ends touch, fold over and press down.
3. Fold short sides over twice toward middle of packet; press down.
4. Place foil packet among coals in campfire, or on burning charcoal briquettes that have turned white.



Fire Starters

LEAVE LIQUID FIRE STARTERS AT HOME – they are too volatile for children.

Beware of pine or elm when cooking food over coals, the smoke leaves an unpleasant taste.

Candle Kisses

Candy-wrap small candle stubs by rolling in wax paper and twisting ends closed. Light paper on twisted end(s) with match and wax will keep burning going long enough to ignite fire kindling.



Toilet Roll

Cut a toilet paper roll in half, stuff dryer lint into each piece, roll it up in wax paper and twist the ends to close. Use the wax paper as the wick.

Sawdust Starters

Fill small paper cups, or a cardboard egg carton, with sawdust. Wrap in waxed paper and twist ends to close.



Egg Cartons

Pack charcoal in paper egg carton and tie shut. Light carton when ready to use. It will form your coal-bed



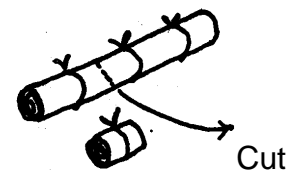
Stuff egg carton cups with dryer lint or sawdust. Pour melted paraffin or other wax over lint. Tear off 1 or 2 sections and light your fire.

Self-Lighting Charcoal Totes

Fill a waxed milk carton with briquettes. When you are ready to prepare your meal, tear strips down the sides of the carton. Light the strips with a match. As the carton burns, it will ignite the charcoal. Wait until the charcoal is turning white before cooking.

Firebugs

Roll newspapers tightly; tie string every 2". Cut between strings: dip each piece (or bug) in melted paraffin wax; let cool.



Fuzz Stick.

Use a dry, thumb-thick, and straight stick. Carve long thin curls near one end of the stick. Work your way backwards while spiraling your cuts to create a shaggy-looking stick. Any shavings at all will improve the stick's flammability, but the best fuzz sticks are loaded with many curly pieces.

Long Lighters

Cut any waxed carton, such as frozen food boxes, into strips. Light the end of a strip with a match. The strip will last much longer than an ordinary match and makes it easier to light the kindling.

Orange Peel Fire Starter

Oranges contain a special oil inside their skins that may be used to fuel the fire. Dry orange peels and keep them inside a brown paper bag.

Camp Stoves



Liquid fuel 2-burner stove



Propane 2-burner stove

Camp stoves vary in size from big three-burner propane stoves, useful for car camping, down to pocket-sized backpacking stoves that weigh mere ounces. Camp stoves are classified by their use (family camping, backpacking) or fuel type (pressurized canister, liquid, or solid).



Propane canister fuel 1-burner stove



Iso-propane canister fuel backpacking stove

Lightweight backpacking type stoves are best if size or weight is a concern.

Liquid fuel stoves cost less to operate and work better in cold weather, but take knowledge and practice to operate and care for.

Canister-fuel stoves cost more to run, work better in temperatures above freezing, and leave you with an empty canister to recycle, but are simple to operate and care for.



Liquid fuel backpacking stoves

Charcoal Cooking

Box Oven

Perfect for baking or any other kind of cooking that requires a more enclosed heat source than cooking on a stick or in a foil pack over a campfire or coals. ALWAYS place box ovens on a gravel surface or in a campfire ring. DO NOT place on picnic tables, wooden decks/steps or grassy areas.

NOTE: One charcoal briquette provides approximately 35-40° F of heat inside a box oven.

Materials

- Cardboard box with all flaps intact
- Heavy-duty, wide aluminum foil
- Aluminum tape (to fix tears in the foil)
- Masking tape (to tape box parts together)
- 4 cans of equal height
- Cake rack or grill
- Aluminum pie plate
- High quality charcoal briquettes
- Oven thermometer (optional)



Box Oven made with lift-off lid (copy paper box)

Construction

1. Decide on your door style—the door may open to one side, open up and lay on top of the box oven, open down like an oven at home, or be removable.
2. Cut and fold one side of your box to your door style, side-opening and downward-opening doors may be secured during cooking with a screw eye attached to the door and the attachment point, with cotton string tied to one screw eye, to be looped around the other screw eye. A copy paper box or fruit box with a lid that fits over top of the box works perfectly for a removable lid oven.
3. Cover the entire inside of the box and lid with heavy-duty foil, taping with aluminum tape on the outside only, as any adhesive used inside the box will melt in the oven and the fumes will permeate the food. For ovens with hinged doors cover the entire door, inside and out. You may choose to cover the entire outside of the box as well.
4. Arrange the cans to hold your cake rack or grill above the aluminum pie plate full of charcoal briquettes.
5. Use an oven thermometer to check your baking temperature

Box Oven Use

1. Make sure everyone has a pair of oven mitts.
2. Place the box oven on the ground, on an even surface.
3. Place the cans and cake rack inside. (See picture.)
4. Prepare the charcoal in an aluminum pie pan that can be slid into the oven. The briquettes need to be white hot before being placed into the oven. If you need 350° F to bake your recipe, you will need to use 10 briquettes.
5. Prepare your recipe as you would at home.
6. Bake and enjoy!



Lid open and laying on top of oven.
Photo courtesy 7th Calgary Guides

7th Calgary Guides - *Gourmet Cooking on a Camp Stove*, GM 2010

Dutch Oven Cooking

For camp cooking, use a cast-iron Dutch oven with a raised lip around the outside edge of the lid, 3 “feet” on the bottom to keep it elevated over a bed of coals, and a heavy wire bail handle for lifting and carrying the pot; the handle may also be used to suspend the pot from a tripod.



Dutch ovens come in several sizes, so be sure to use the correct size pot for your desired number of servings. Care of the Dutch oven is the same as that for a cast iron frying pan. As with a cast iron pan used on a stove, always start with low heat – you can always cook longer or add more briquettes, but with burnt food there is no going back.

A Dutch oven functions just like a regular oven in the outdoors – great for baking, braising, or slow cooking soups and stews. Use either wood fire coals or charcoal briquettes as your heat source. Briquettes give more heat control options. See Chart 1.

Number and Placement of Briquettes

Generally speaking, double the diameter of the pot to find the required number of charcoal briquettes required, e.g. a 12” pot requires 24 briquettes. Briquettes should be placed carefully to yield the best

12 inch Dutch Oven		
Temperature	Top	Bottom
300° F	14	8
325° F	15	9
350° F	16	10
375° F	17	11
400° F	18	12
450° F	19	13
500° F	20	14

Chart 1: Number of briquettes for Dutch Oven

cooking results. They are generally arranged underneath the pot in a circular pattern $\frac{1}{2}$ " from the outside edge of the pot, and in a checkerboard pattern on the top of the lid. Wind and cold temperatures will slow down cooking times; food may cook faster on hot days.

Simmering

For food you wish to simmer such as soups, stews and chili, place $\frac{1}{3}$ of the briquettes on the lid and $\frac{2}{3}$ under the oven.

Baking

To bake foods like bread and rolls, biscuits, cakes, pies and cobblers, place $\frac{2}{3}$ of the coals on the lid and $\frac{1}{3}$ under the pot.

Roasting

To roast foods like meats, casseroles and vegetables, place an equal number of briquettes on the lid and under the oven.

Cooking Food Evenly

Avoid hot spots that may burn or cook portions of the food faster by rotating your pot $\frac{1}{4}$ turn every 15 minutes—turn the pot then lift the lid and place it back in its original position. This keeps the coals in the original positions but moves the food to a new spot.

Adapted from *Gourmet Cooking on a Camp Stove*, GM 2010

Egg Carton Cooking

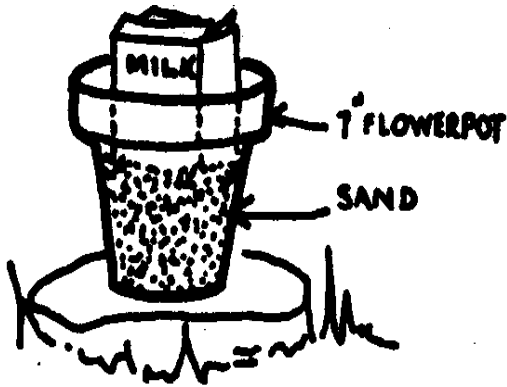
Use a paper/cardboard egg carton (not plastic or Styrofoam).

1. Put the egg carton in the fire pit or on the ground in the dirt/gravel (with a tinfoil base).
2. Put a charcoal briquette into each egg cup of the egg carton and light the carton.
3. Cook food in tinfoil packets on top of carton & briquettes.



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Flower Pot Cooking



Fill a one litre milk carton with charcoal briquettes. All you do is set a match to the carton, which in turn ignites the charcoal, and your worries about tinder are over. But where do you put this carton of charcoal?

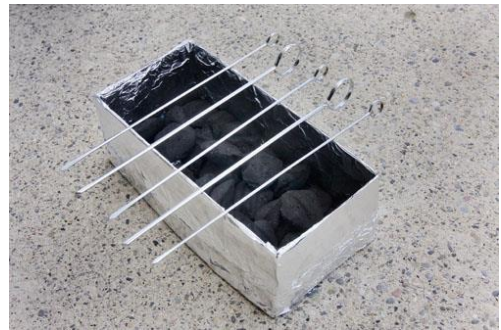
Fill a seven (7) inch (18 cm) diameter flower pot $\frac{2}{3}$ full with sand, soil, or gravel for the burner. The carton of charcoal is set on top of the sand.

When the carton has burned completely, the briquettes are ready for cooking (3/4 hour). These coals can be arranged with prongs for the best heat distribution. This is a good hibachi for shish kebabs or Dingle stick cookery.

If you plan to cook a foil dinner, a cake rack placed on top of the “hibachi” will serve as a grill and allow good air circulation. The flower pot gets *very hot* so place it on a rock or sand to prevent scorching the grass.

Milk Carton Barbecue

1. Flatten the top of a 2 litre milk carton.
2. Cut out one side.
3. Wrap entire carton, inside and out, with heavy foil.
4. Place six hot coals inside.
5. To cook, place food on green sticks or barbecue skewers and lay across top of this “barbecue.”



Twilight District, Prairie Rose

Hay Box Cooking

This is a very old form of a slow cooker, which has been used extensively in Europe and in the early days of Canada. These boxes are a real time-saver for the busy camp cook. Breakfast may be prepared the night before and left to cook overnight, eliminating the early morning rush; supper may be prepared after breakfast and left to cook during the day while everyone, including the cook, enjoys a variety of other activities. There are several ways the box may be constructed. It is necessary to use a pot with a tight-fitting lid.

Construction

1. Use a wooden or sturdy cardboard box or a large plastic tote, at least 10 to 15 cm (4 to 6 inches) larger than your pot on all sides. Box may be lined with layers of newspaper or reflective “bubble wrap” insulation from the hardware store to prevent drafts.
 - Hay insulation: Packing hay tightly to a depth of 15 cm (6 in.). Place pot in centre and pack more hay tightly around pot, ensuring a tight fit.
 - Newspaper insulation: Crumple newspaper tightly, one sheet at a time, and pack well into bottom of box until bottom is covered by 10 cm (4 in.). Set pot in centre, continue packing tightly around the sides of the pot until the top of the pot is reached. The newspaper, if firmly packed, should stay in place when the pot is removed.
 - Blanket insulation: Line box, plastic tote, or ice chest with blankets (wool, comforter, sleeping bag) ensuring a thick layer on the bottom and on top of the pot. Wrap pot in a beach towel if using a sleeping bag so as to not melt the nylon fabric covering.
2. To cover the pot, fill an old pillowcase or other fabric bag with hay or tightly crumpled newspaper. Do not sew the bag shut, close with safety pins, as more filling may have to be added from time to time. The top cushion may also be made from a piece of sacking or old blanket. The finished cushion should be the same size as the top of the box.
3. Insulate the box from the ground with several layers of cardboard or a piece of Styrofoam. Protect the box from wet and cold by wrapping the whole box with a blanket or sleeping bag. To prevent animals from gaining access to your food, it is safest to leave the box inside an enclosed structure or car overnight.



Food Preparation

- Food should be brought to a boil and cooked for 20 minutes before placing it in the box. Any food that has been cooking for more than 2 hours in the box may have to be reheated on the stove prior to eating.
- If you're using chicken, it should be browned first.
- Rice may be prepared by adding rice to cold water and bringing it to a boil. Place in box for 2 ½ hours. Use 1 cup of rice to 2 ½ cups of water.
- Beverages may be kept hot for hours. For tea, make tea and when ready, take out the bags, and place in the box. It will stay hot and fresh until needed.

Reflector Ovens

Aluminum Pan Reflector Oven

Attach three aluminum foil roasting or lasagna pans together with wire along short sides, as pictured in the photo. Set them up behind a good wood fire built under a grate. Place the pan of food to be baked on the grate. Oven may be tented with heavy-duty foil to make a top or a front door.



Cardboard Box Reflector Oven

Materials

- A cardboard box
- Aluminum foil
- Green willows or something to make a shelf

Instructions

1. Cover the inside of the box with aluminum foil, placing the shiny side out so it will reflect the heat. (You may also cover the outside of the box.)
2. Make hole in the sides of the box and insert green willows to make a shelf. Cover the willows with foil.
3. If you need to, brace the oven in front of the fire.



Using this concept, you can adapt a variety of materials and shapes that will allow the heat from the flame to bake your items. Remember, the inside must be shiny enough to reflect the heat.

Tin Can Cooking

Buddy Burner

A buddy burner is used as the heat source when cooking on a tin can stove or hobo oven.

Materials

- Tuna or salmon can
- Corrugated cardboard cut to fit depth of can
- Paraffin wax or old candle ends
- Candle wick or old birthday candle



Construction

1. Roll strip of corrugated cardboard, not too tightly, until it fills the can.
2. Place a piece of candle wick in the middle of the cardboard. If using a birthday candle make sure the top of the candle matches the height of the cardboard, leaving just the wick extended. String will also work as a wick.
3. Melt paraffin wax or old candles in a double boiler or a tin can placed in a pot of hot water, pour into cardboard in the can and let it harden.
4. The burner can be refilled with melted wax as often as desired, using the same cardboard each time, unless you let it bum the cardboard too low.



Tin Can Stove

Materials

- 1 large tin can
The 2.84L (100 fl oz) size is best because it gives you a larger cooking surface and more room for fuel. Or use a 1 kg coffee can.
- Tin snips
- Punch can opener



Construction

1. Wash and remove any paper labels from the can, do not use cans with painted on labels.
2. Remove one end of can. Place the cut off lid inside the can. (This will provide extra heat insulation when cooking.)
3. Punch 8 holes around the closed end of the can. This will hold the loose lid in place.
4. With supervision and wearing leather work gloves, use the tin snips to cut two slits, 5 cm apart, at the open end of the can. Fold flap to the inside of the can.

Using the Stove

1. Make sure everyone has a pair of oven mitts – the cans will be hot!
2. You can use wood, charcoal or wax (buddy burner) for fuel.
 - a. Light your buddy burner and place your stove over it.
 - b. To use charcoal, lay out several thicknesses of foil. Place a fire starter in the middle of the foil. Arrange charcoal around the fire starter, light fire starter. Within 15 to 20 minutes the charcoal will be glowing with a high, white heat. Place your stove over the coals.
 - c. Collect tinder and kindling sticks to use as fuel – small twigs are all you will need. Place tinder under the can and light, feeding it carefully with thin twigs.
3. As the top of the can becomes hot, grease it and rub it clean.
HINT: use a piece of foil or a foil pie plate on top of your stove to cook on.
4. To put out the buddy burner, turn your stove upside down over the burner to exclude air. It will go out in a few moments. *Do not try to blow it out.* A buddy burner this size is more than sufficient to bake a cake.

Cooking Ideas

- Fried egg
- Hamburger
- Wieners
- Small steak
- Pancakes
- Grilled sandwiches



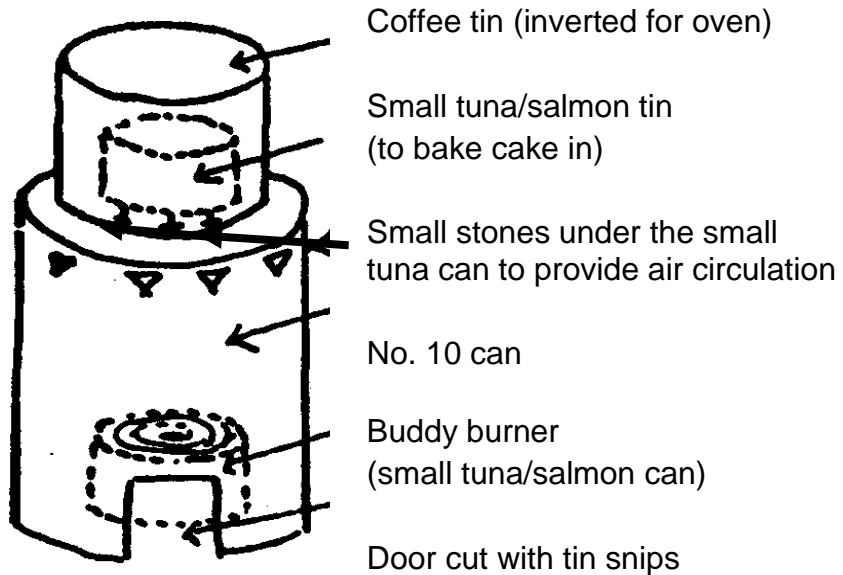
Hobo Oven

This oven can be used to make individual portions of cakes, muffins, etc.

Materials

- 1 pair oven mitts
- 1 buddy burner
- 1 one pound metal coffee can
- 1 tin can stove
- 1 small tuna/salmon/pet food can

Be sure to keep the tins in the proportions given. If you have a larger buddy burner, the cake will burn on the bottom before it is cooked through; if you think you can overcome this by having a larger cake tin you will find, if it is taller, that the cake will rise and stick to the top of the "oven" (coffee can). If it is wider, sufficient heat cannot get up around the sides to cook it properly.



Using the Oven

1. Make sure everyone has a pair of oven mitts – the cans will be hot!
2. Light the buddy burner and, as soon as the flame spreads evenly over it (the cardboard acts as a wick), place the tin can stove over it.
3. Grease the second salmon can and pour your cake mix into it.
4. Use small flat stones on top of the oven to provide an air space between the oven and your cake tin.
5. Place your cake tin on top of the oven and invert the coffee can over it as an oven; allow it to cook for 10 to 15 minutes.
6. To put out the burner, place something flat over it and exclude the air or turn your stove upside down over the burner. It will go out in a few moments. *Do not try to blow it out.*
7. A buddy burner this size is more than sufficient to bake a cake.



Beverages



Cold Drinks

APPLE ORANGE REFRESHER

Servings: 4 – ½ cup servings

Ingredients

1 cup orange juice
2 tsp lime juice
1 cup apple juice

Mix all ingredients together.

Phyllis Allen, Edmonton

FORGET-ME-NOT TEA

Ingredients

15 oz orange breakfast drink mix	1 cup sugar
1 cup unsweetened instant tea mix	1 ½ cups pre-sweetened lemonade mix
1 package unsweetened cherry soft drink mix	2 tsp cinnamon
1 tsp nutmeg	Wide mouth jar with lid

Combine all ingredients in a large bowl. Mix well. Spoon into container.
To use: stir 2 heaping teaspoonfuls into 1 cup hot or cold water.

Debbie Hills
Becky's (Dragon's) Guiding Resource Centre

JELLY SODA

Servings: 6 – 8

Ingredients

1 pkg (3 oz) jelly powder (any flavour)	1 cup boiling water
½ cup cold water	1 – 28 oz bottle gingerale
1 pint vanilla ice cream	

Dissolve jelly powder in boiling water; add cold water. Cool. Add gingerale gradually; stir to blend. Serve over ice cream in tall glasses. Nice on a hot day for a special treat.

Pat Ostapowich, Edmonton

LIME MARGARITAS (NONALCOHOLIC)

Servings: 4

Ingredients

1 can frozen limeade concentrate	½ cup orange juice
2 tbsp kosher salt	½ lime, cut into 4 wedges
4 cups ice cubes	

Crush the ice cubes in a plastic re-sealable bag using a rolling pin or mallet.

In a pitcher, combine the orange juice and frozen limeade. Blend using a potato masher or fork. Add crushed ice.

Put salt in a shallow dish. Rub the rim of each glass with a lime wedge and dip into the salt.

Pour margarita mix into glasses, garnishing each with a lime wedge.

Gourmet Cooking on a Camp Stove, GM 2010

PINEAPPLE PUNCH

Servings: 12 – 4 oz servings

Ingredients

2 cups unsweetened pineapple juice	2 – 6 oz cans frozen orange juice
1 large bottle gingerale	¼ cup lime juice
1 – 8 oz jar maraschino cherries	Pineapple chunks

Combine all ingredients except gingerale. Refrigerate.

Just before serving, add cold gingerale.

Julie Nielsen, Tamarac

SANGRIA (NONALCOHOLIC)

Servings: 16

Ingredients

8 cups (2 L) red grape juice	2 cups (500 mL) pink grapefruit juice
2 tsp lime juice concentrate	8 cups (2 L) club soda
2 cups (500 mL) frozen grapes	1 orange, sliced thinly
2 peaches, diced	

Mix juices (grape, grapefruit, lime) in a pitcher or punch bowl. Add oranges and peaches.

When ready to serve, add club soda and frozen grapes.

Gourmet Cooking on a Camp Stove, GM 2010

STRAWBERRY LEMONADE

Servings: 12 – 14

Ingredients

6 cups strawberries, fresh or frozen	3 cups sugar
1 cup lemon juice	12 cups water

In a blender or food processor puree the strawberries with 1 cup sugar and 1 cup water. In a large container, mix together 11 cups water, 2 cups sugar, lemon juice and strawberry mixture. Stir and taste, adding more sugar if needed. Refrigerate until well chilled.

Doris McDowell, Calgary

Hot Drinks**CARIBOU (RED SPICED TEA)**Ingredients

8 pkgs (17 g) or 1 – 120 g can powdered hot spiced apple flavoured drink
 ½ tsp red drink crystals (raspberry, strawberry, etc.)
 3 tbsp lemon drink crystals

Mix dry ingredients well.

To use: 1 tbsp of caribou mix in a cup of hot water.

Susan Ruzek, Calgary

FRIENDSHIP TEAIngredients

1 cup iced tea crystals	2 pkgs orange crystals
2 pkgs lemon crystals	2 tsp ground cloves
2 tsp cinnamon	1 cup sugar

Mix together. To use add 2 tsp of mixture to cup and fill with boiling water.

Phyllis Clow, Edmonton

HOT CHOCOLATE IIngredients

4 cups milk powder	$\frac{3}{4}$ cup cocoa
2 – 2 $\frac{1}{2}$ cups sugar	Dash salt
Vanilla (optional)	

Mix well and store in closed container.

To use: Add 3 tbsp per cup and add water.

Kathy Johnston, Edmonton

HOT CHOCOLATE II

Servings: 48

Ingredients

16 cups powdered milk	2 lbs hot chocolate mix
1 cup icing sugar	6 oz powdered coffee creamer

Put all ingredients In a large pot and stir until well mixed. Store in closed container.

To use: Add $\frac{1}{3}$ cup of mix to 1 cup hot water.

It is really good added to coffee for the adults.

Betty Evans, Edmonton

HOT CHOCOLATE IIIIngredients

16 cups skim milk powder	2 lbs hot chocolate mix
1 cup powdered coffee creamer	2 cups icing sugar

Mix together and store in ice cream pails in a dry area. This will keep indefinitely.

To use: Put $\frac{1}{3}$ cup mix to 1 cup hot water.

Julie Nielsen, Tamarac

HOT CHOCOLATE IVIngredients

32 cups powdered milk	1 lb hot chocolate mix
6 oz powered coffee creamer	2 cups powdered sugar

Mix together and store.

To use: Add 3 tbsp per cup. Fill with hot water.

Margaret Campbell, Edmonton

HOT DRINK IDEAS

Just add hot water:

Iced tea crystals

Orange crystals

Spiced apple drink

Lemonade crystals

Phyllis Clow, Edmonton

MOCHA DRINK

Servings: 1 cup

Ingredients

1 tsp instant coffee

2 tsp sugar

1 tbsp hot chocolate mix

Boiling water

Combine ingredients in a mug.

A dash of peppermint extract is good too.

Julie Nielsen, Tamarac

MULLED APPLE CIDERIngredients

2 L apple cider or apple juice

Cinnamon sticks

Heat juice in a large pot until warm.

Serve in a mug with a cinnamon stick.

Phyllis Allen, Edmonton

SKIER'S TEAIngredients

Tea bag

Lemon juice

Honey

Thermos

Boil water, enough to fill thermos. Pour into a mixing bowl. Add tea bag and make strong tea.

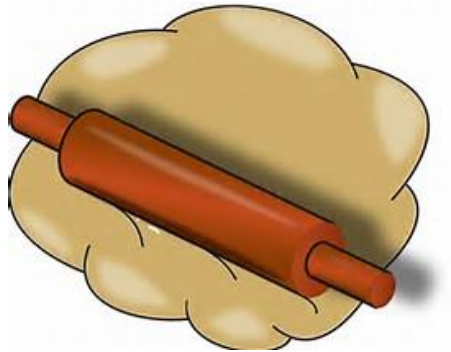
Remove tea bag and add lemon juice until tea is almost colourless or a weak yellow-tan colour.

Now the tricky part. Add enough honey while stirring until the tea becomes cloudy.

Pour tea into thermos and cap.

Go skiing and, when done, warm up with a cup of this tea while waiting for the last ones down to the car.

Susan Ruzek, Calgary



Breads and Biscuits



Bannock

BANNOCK I

Cooking method: Stove top or open fire

Cooking time: 15 minutes

Ingredients

1 ½ cups flour

½ tsp salt

½ cup oatmeal

1 tsp baking soda

1 cup buttermilk

3 – 4 tbsp bacon dripping (or margarine)

Stir together flour, salt, oatmeal, and soda. Cut in bacon drippings or margarine. Stir in buttermilk quickly.

Knead slightly on floured board. Pat out to ½ inch thickness. Cut dough into 10 – 12 squares.

Heat cast iron frying pan to 375° F. Sprinkle a small amount of flour into pan. Place dough into pan ½ inch apart. Cook until nut brown, approximately 7 minutes per side.

Eleanor Grundberg, Edmonton

BANNOCK II

Cooking method: Stove top, open fire, box oven, oven

Ingredients

2 cups flour

½ tsp salt

1 tsp sugar

2 tsp baking powder

¾ cup water

3 – 4 tbsp oil

Raisins (optional)

Mix dry ingredients. Add oil and mix well. Add water and knead. Press dough into pan and cook over fire, in an oven, etc.

Variations: Cook on a stick.

Cook in small patties in frying pan. Good with grated cheese.

For backpacking: Place dry ingredients in a plastic re-sealable bag. Add water when ready to use.

Marlace Susut, Parkland



BANNOCK (TIGER'S TRIED & TRUED)

Cooking method: Stove top or camp stove, open fire

Ingredients

1 cup white flour	1 tbsp butter or margarine
¼ tsp salt	⅓ cup or more water
1 tsp baking powder	

Mix dry ingredients thoroughly then cut in butter until well mixed. Add enough water to make a thick dough. Form into 1-inch thick cakes. Place in the bottom of a greased cast iron frying pan. Cook on low heat or prop the pan in the coals of a camp fire until done on both sides.

For native style use half white flour and half corn flour.

For variety add dry fruits, raisins, blueberries, etc.

For pancakes simply add a couple of eggs, omit the butter, and substitute milk for water.

To avoid the mess when clean up is a problem, measure out individual portions into a plastic re-sealable baggie and knead until well mixed.

Tiger Rousseau, Edmonton

CAMPFIRE BANNOCK

Cooking method: Open fire

Ingredients

4 cups flour	1 tsp sugar
8 tsp baking powder	About 3 cups water
1 tsp salt	

Mix dry ingredients thoroughly and stir in enough water to make a thick batter that will pour out level. Mix rapidly with spoon until smooth.

Pour into large greased frying pan and set on hot coals. Turn when bottom is brown.

Test dough with a toothpick; cook until no dough sticks to toothpick.

Becky's (Dragon's) Guiding Resource Centre

DOUGHBOYS I

Mix up a bannock recipe from scratch or use a biscuit mix.

Each girl covers the end of a rounded broom-stick with tin foil and presses her bannock over this.

Roast over an open fire until baked through.

Carefully pull the bannock off the stick and remove foil if stuck to the inside.

Fill with jam, butter, etc.

Glen Allan District, Edmonton

DOUGHBOYS II

Cooking method: Open fire

Servings: 1

Ingredients

½ cup flour	pinch salt
1 tsp sugar	1 tsp baking powder
¼ cup water	1 tsp shortening
A little extra flour	

Mix dry ingredients. Cut shortening into mix. Add cold water slowly making a dough stiff enough to hold together.

Heat stick and flour it. Wrap dough on stick, winding it on like a ribbon. Squeeze gently. Cook 5 inches away from coals, turning continually till golden brown. Slip off stick and stuff hole with jam, bacon, chopped meat, etc.

Variation: Biscuit mix can be used as a short cut.

Tips: When wrapping dough on the stick, make sure the dough is not too thick.

For easy mixing of dough, use a re-sealable plastic bag as bowl.

Lorna Smith, Parkland

Biscuits**BAKING POWDER BISCUITS**

Cooking method: Open fire, stove top

Ingredients

2 cups flour	3 tsp baking power
½ tsp salt	⅓ cup cooking oil
⅔ cup milk	

Mix ingredients together, roll into balls and flatten a little.

Put in flying pan and cook.

Variations: Roll around boiled sausages and roast in hot coals.

Use as bannock, cooking as one large biscuit (20 minutes).

Add raisins, fry the biscuits and roll in white sugar.

Julie Nielsen, Tamarac

BISCUITS I

Cooking Method: Stove top

Servings: 8 biscuits

Ingredients

2 small cups baking mix 3 tbsp oil

½ cup (approximately) water

Stir with a fork until just blended.

Dust your hands with mix, shape dough into a ball and divide into biscuit sized portions.

Pat into a flattened round about 2 ½ inches in diameter and ½ inch thick.

Put 2 tbsp oil in frying pan over medium heat.

Add as many biscuits as can fit without crowding and cook slowly.

Watch them carefully. When one side is golden brown, turn and cook the other side.

This may also be used for muffins in orange peel cups.

Dorothy-Ann Burgess, Chinook

BISCUITS II

Cooking method: Open fire

Equipment: Pie iron

Ingredients

1 can buttermilk biscuits Sugar cinnamon mixture (for cinnamon biscuits)

2 tbsp melted butter Cooking spray

Spray pie iron with cooking spray. Open biscuits and separate. Cut biscuits in half and shape into balls.

Plain: Put a biscuit ball in iron and cook until golden brown

Cinnamon: Put a biscuit ball in melted butter and roll in cinnamon sugar and then cook until golden brown.

Twilight District, Prairie Rose

DROP BISCUITS

Cooking method: Reflector oven

Cooking time: 15 minutes

Servings: 16 small or 8 large

Ingredients

Buttermilk baking mix

Prepare biscuit dough as directed on package of buttermilk baking mix. Drop by spoonful into greased foil pan. Bake in reflector oven about 15 minutes or until brown.

Arlene Salyzyn, Edmonton

SKILLET BISCUITS

Cooking method: Open fire, stove top

Servings: 4

Ingredients

¼ cup butter or margarine

2 cups biscuit mix

½ cup water

Mix the biscuit mix and water with a fork. Make sure all the dry mix has been moistened. Melt butter in a heavy cast iron skillet.

Variation 1: Cheesy biscuits

Remove the skillet from the heat. Sprinkle the melted butter with a dash of onion powder, garlic salt, and paprika. Divide the dough into 8 portions and push a half-inch cube of cheddar cheese into each biscuit. Drop into skillet. Check halfway through to make sure the biscuits are not burning.

Variation 2: Orangey biscuits

Remove the skillet from the heat. Divide the dough into 8 portions and push a sugar cube into each biscuit. Drop into skillet. Drizzle each sugar cube with 1 teaspoon orange juice. Return to heat, cover and cook as above.

Glen Allan District, Edmonton

WELSH CAKES I

Cooking method: Stove top, tin can stove, open fire

Cooking time: 20 minutes

Servings: 4 - 6

Ingredients

1 ½ cups flour

Pinch of salt

Pinch of nutmeg

¼ tsp cinnamon

1 tsp baking powder

⅓ cup margarine

½ cup white sugar

½ cup raisins

1 egg

2 tbsp milk

Stir flour, salt, nutmeg, cinnamon, baking powder together in a bowl or large plastic re-sealable bag. Cut margarine into flour mixture. Stir in sugar and raisins. Add egg and milk. Mix well.

Roll out dough on floured surface to ¼ inch thick, or flatten large spoonfuls of dough between hands. Cut out biscuits with a glass or the open end of can.

Melt margarine in pan over medium heat. Fry biscuits, a few at a time in pan, on each side until brown. Serve warm and sprinkle with sugar or spread with butter.

Recipe source: Girls from Wales visiting Our Chalet, August 1984.
Nancy Hathaway, Tamarac

WELSH CAKES II

Cooking method: Stove top

Ingredients

3 cups flour

4 tsp baking powder

 $\frac{1}{2}$ tsp salt $\frac{3}{4}$ cup currants or raisins $\frac{1}{2}$ cup sugar

2 eggs

 $\frac{1}{2}$ cup margarine $\frac{3}{4}$ cup milk

Mix flour, baking powder, and salt. Cut in margarine as for pastry. Stir in fruit and sugar. Beat eggs slightly, add with enough milk to make a doughy pastry consistency.

Roll $\frac{1}{4}$ inch thick. Cut in 2 – 2 $\frac{1}{2}$ inch circles.

Bake in an electric fry pan or on stove until light brown. Turn once.

Edna Dach, Edmonton

Breads**GARLIC CHEESE ROLLS**

Cooking method: Box oven

Cooking time: 35 – 45 minutes

Ingredients

2 pkgs refrigerated dinner roll dough

 $\frac{1}{4}$ cup butter

1 clove garlic

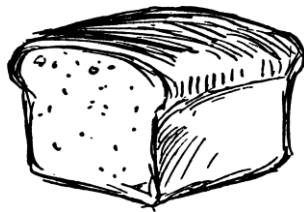
2 oz cheddar cheese, grated

Melt butter, mince garlic and put both in an airtight container. Spread $\frac{1}{3}$ of the butter mixture on the bottom of an 8 x 8 inch pan.

Open dinner roll packages, cut each roll in half. Put a layer of dinner roll halves in the pan. Spread $\frac{1}{3}$ of butter mixture over dough, sprinkle the cheese on top. Put the rest of the rolls on top and spread the remaining butter mixture over the buns.

Bake in a 350° F box oven for 35 – 45 minutes.

Twilight District, Prairie Rose



HOBO BREAD

Cooking method: Oven 350° F, Dutch oven

Cooking time: 1 hour

Servings: 6

Ingredients

2 cups raisins

2 cups hot water

2 tsp baking soda

1 ½ cups sugar

3 cups flour

2 tsp oil

2 tsp vanilla

1 cup chopped nuts (optional)

Combine raisins, water and soda and let stand overnight.

Add the rest of the ingredients. Put into 3 – 29 fluid oz (or 875 mL) size cans that have been well greased and floured.

Place cans in Dutch oven over medium coals for 45 minutes or until tester skewer comes out clean.

May also be baked in 350° F oven for 1 hour or until tester skewer comes out clean.

M.J. Chambres, Montana

MONKEY BREAD I

Cooking method: Box oven

Cooking time: 15 – 20 minutes

Ingredients

4 cans refrigerated biscuit dough

Sugar

Cinnamon

Butter

Cut each biscuit into 4 pieces. Roll in a mixture of cinnamon and sugar. Place into a 13" x 9" pan. Pour melted butter over top.

Bake in a box oven at 350° F until done (approx. 15 – 20 minutes).

Twilight District, Prairie Rose



MONKEY BREAD II

Cooking method: Dutch oven

Cooking time: 35 minutes

Ingredients

4 cans refrigerated biscuit dough

1 cup sugar

1 cup brown sugar

4 tbsp cinnamon

½ cup margarine

Cut biscuits into quarters. Mix sugars and cinnamon in a plastic re-sealable bag. Drop biscuits into bag and coat well.

Place in greased Dutch oven. Melt margarine in lid and pour over biscuit quarters.

Bake at 350° F for approx. 35 minutes.



Twilight District, Prairie Rose

MORNING BUNS

Cooking method: Reflector oven

Servings: 8

Equipment: Cupcake tins

Ingredients

2 cans refrigerated biscuit dough

⅓ cup granulated or brown sugar

½ cup chopped nuts (optional)

1 tsp cinnamon

¼ cup butter or margarine

Prepare and heat oven for moderate heat, about 15 – 20 hot coals (350° – 375° F).

In small pot, melt butter over warm coals or cook stove. Open biscuit cans and separate biscuits. Combine cinnamon and sugar in small bowl.

Dip each biscuit into the melted margarine and then into the cinnamon sugar. Place one biscuit in each cupcake cup and sprinkle with nuts.

Place pans in ovens and bake about 10 – 15 minutes, until buns are golden brown.

Twilight District, Prairie Rose

SOUR CREAM BANANA BREAD

Cooking method: Dutch oven
 Cooking time: 30 – 35 minutes

Ingredients

½ cup + 1 tbsp butter	6 cups flour
3 eggs	1 ½ tbsp baking powder
½ cup sour cream	2 tbsp baking soda
2 ¼ cups mashed bananas	3 cups coarsely chopped nuts
3 tbsp lemon juice	

Cream together butter, eggs, sour cream and sugar. In a separate bowl combine bananas and lemon juice. Sift together dry ingredients. Alternately mix flour mixture and bananas into wet ingredients. Stir in nuts.

Pour batter into a well greased Dutch oven.

Place lid on oven and bake for 30 – 35 minutes or toothpick inserted comes out clean.

Use 8 – 10 briquettes under the oven and 14 – 16 briquettes on top.

Twilight District, Prairie Rose

TIN CAN BREAD

Cooking method: Stove top
 Cooking time: 30 - 40 minutes
 Equipment: 1 can per person: 10 oz can (fruit, soup, etc.).
 (Can use large tuna can but more care is needed.)
 Aluminum foil
 Large pot with lid
 Servings: 4

Ingredients

1 ½ cups biscuit mix	
½ cup cornmeal	¼ tsp salt
2 tbsp sugar	½ cup raisins
2 tbsp oil	¾ cup milk

Combine dry ingredients in bowl or plastic re-sealable bag. Add milk and oil. Spoon approximately ½ cup of batter into each of 4 greased cans. Cover cans with foil. Place cans in a pot of boiling water. The water level should be halfway up the cans. Cover the pot and steam 30 – 40 minutes. Cool slightly and shake bread out. Good with stews, beans or chili.

Variation: Use granola instead of cornmeal and serve with honey or jelly.

Note: Use tongs and oven mitts when adding and removing cans from the pot.

This step should be well supervised.

Recipe source: Based on recipe from Girl Guides of Canada Ontario Council, *Bits and Pieces*,
 Margaret Campbell, Edmonton

TWO HOUR BUNS

Cooking method: Oven 350° F
 Preparation time: 1 ½ - 2 hours
 Cooking time: 15 – 20 minutes
 Servings: 4 – 5 dozen buns

Ingredients

2 tbsp yeast	7 - 8 cups flour
3 tbsp sugar	6 tbsp oil
3 cups water	2 eggs
2 tsp salt	

Mix together yeast plus 4 cups flour. In a separate large bowl whip eggs, sugar, oil and water. Add flour-yeast mixture to this. Blend well. Add salt plus remaining flour.

Let rise for 15 minutes, punch down (do not knead) and let rise for another 15 minutes.

Shape into buns. Let rise for 1 hour in a greased pan.

Bake at 350° F for 15 - 20 minutes.

Julie Nielsen, Tamarac

Cornbread

BEST EVER CORNBREAD

Cooking method: Dutch oven
 Cooking time: 45 minutes
 Servings: 10 – 12

Ingredients

1 cup butter, melted	2 cup cornmeal
4 eggs, beaten	3 cups flour
3 cups milk	4 tsp baking powder
2 cups sugar	1 tsp salt



In a large bowl mix together butter, eggs and milk. In a separate bowl sift together sugar, cornmeal, flour, baking powder and salt. Mix dry ingredients into wet ingredients, 1 cup at a time until well blended. Spoon mixture into a lightly greased 12-inch Dutch oven and spread evenly.

Cover Dutch oven and bake using 8 – 10 briquettes under the pot and 14 – 16 briquettes on top for 45 minutes or until cornbread turns golden brown.

For even cooking make sure to turn the oven and lid ¼ turn in opposite directions every 10 minutes.

Serve warm with honey butter.

Twilight District, Prairie Rose

BREAKFAST CORNBREAD

Cooking method: Dutch oven

Cooking time: 30 minutes

Ingredients

2 cups cornmeal	1 ½ cups flour
2 tsp baking powder	1 tsp baking soda
2 cups milk	¼ cup melted butter
1 lb breakfast sausage	1 onion, finely chopped
2 cups grated cheese	12 eggs

Brown sausage in Dutch oven. Drain the fat, leaving approx. 3 tbsp to help prevent sticking.

Mix cornmeal, flour, baking soda, baking powder, milk and sausage in Dutch oven. While stirring, beat in the eggs and onions. Fold in the cheese.

Cook at 350° F until done, approximately 30 minutes.

Twilight District, Prairie Rose

CHEESY PEPPER CORNBREAD

Cooking method: Box oven, 350° F (10 briquettes)

Cooking time: 25 – 30 minutes

Servings: 8

Ingredients

1 pkg cornbread mix or corn muffin mix	1 cup milk
2 eggs	½ cup oil
1 cup shredded cheese – cheddar or Monterey Jack	Cooking spray
Peppers (red, orange, yellow, green canned /jar jalapeno peppers) (optional)	

Light briquettes – they must be hot, i.e. white in colour, before putting them into your box oven.

Prepare 1 or 2 baking pans (spray with cooking spray), depending on the size of your box oven and pan size.

In a large bowl, prepare the cornbread mix, according to package instructions by adding in milk, eggs, and oil. Fold in shredded cheese.

Chop peppers into small pieces and add to mix.

Bake in box oven for 25 – 30 minutes, until golden brown around the edges and a wooden pick comes out clean.

Optional: add 1 cup corn niblets to the mix.

Gourmet Cooking on a Camp Stove, GM 2010

CORN FRY

Cooking method: Stove top

Ingredients

1 can cream corn	1 cup sugar
¼ cup margarine	2 eggs
1 cup flour	⅔ cup milk
Shortening	

Mix corn, sugar, margarine, eggs, milk and flour.

Heat some shortening in a skillet.

Drop dough by heaping teaspoons and cook until golden brown.

Twilight District, Prairie Rose

Master Baking Mixes**MASTER BISCUIT MIX** (like Bisquick™)

Quantity: 24 litres / 105 cups

Ingredients

2 L / 8 cups sifted all purpose flour	175 mL / 2/3 cup non-fat powdered milk
15 mL / 3 tsp salt	375 mL / 1 ½ cups shortening

Stir dry ingredients until well mixed.

Cut in shortening until well mixed.

Store in tightly covered container in a cool place.

Use within a month (or freeze until needed).

Karen MacDonald, Edmonton

OKEEKUN CAMP BAKING MIX

Quantity: 5 cups

Ingredients

1 ½ cups unbleached flour	½ cup cornmeal
½ cup soya flour	½ cup wheat germ
6 tbsp baking powder	1 tbsp salt
1 cup powdered milk	⅓ cup sugar (optional)

Thoroughly blend together all ingredients and package in airtight plastic containers.

Quick Breads

BANANA BREAD

Cooking method: Oven 350° F

Cooking time: 1 hour

Ingredients

2 cups sugar

8 tbsp butter

3 cups flour

6 mushy bananas

4 eggs

½ tsp salt

1 – 2 cups chocolate chips (optional)

Combine all ingredients. Pour into 2 greased loaf pans.

Bake at 350° F for about 1 hour.

Vicky Wallace

Becky's (Dragon's) Guiding Resource Centre

BEACH BOY BREAD

Cooking method: Reflector oven

Cooking time: 20 minutes

Ingredients

1 ½ cups biscuit mix

½ cup sugar

1 egg

1 cup crushed pineapple

½ tsp vanilla

2 tbsp brown sugar

2 tbsp biscuit mix

1 tbsp margarine

Combine biscuit mix and sugar. In separate bowl mix egg, pineapple and vanilla. Add to dry ingredients and stir until well blended.

Spread into 8 x 8 x 2 inch pan.

Combine brown sugar, 2 tbsp biscuit mix and margarine. Sprinkle on top of loaf.

Bake in reflector oven for approx. 20 minutes.

Serve while warm.



Twilight District, Prairie Rose

CLOTHESPIN QUICK BREAD

Cooking method: Stove top

Cooking time: 8 minutes

Ingredients

1 cup biscuit mix

1 egg

 $\frac{1}{4}$ cup sugar

Cinnamon

 $\frac{1}{2}$ cup raisins2 $\frac{1}{2}$ tbsp oil $\frac{1}{2}$ cup milk

4 – 6 clothespins

Soak clothespins in water. Grease pie plate.

Mix ingredients together in a plastic re-sealable baggie or a bowl. Fill pie plate $\frac{1}{2}$ full with mixture, invert another pie plate over the first and secure with clothespins.

Place on grill and cook for 3 – 4 minutes. Turn over onto the other side and bake another 3 – 4 minutes. Rotate the pie plate occasionally. Sprinkle with cinnamon.

Karen MacDonald, Edmonton

**ICELANDIC QUICK BREAD**

Cooking method: Stove top, tin can stove, open fire

Servings: 5 hungry people

Ingredients

1 L (4 cups) flour

5 mL (1 tsp) salt

500 mL (2 cups) sour cream or yogurt

10 mL (2 tsp) baking powder

2 eggs

Combine dry ingredients in a bowl. Add eggs and sour cream or yogurt to make workable dough. Lift the dough on a floured surface and knead gently.

Roll into log. Cut into 2.5 cm (1 inch slices).

Flatten each slice to $\frac{1}{2}$ cm ($\frac{1}{4}$ inch) thickness before placing into a well greased pan, one or two at a time over high heat. Flip them once.

Although the bread can be kept over several days, it is best eaten hot and fresh.

Margaret Seel, Calgary

QUICK BREAD

Cooking method: Stove top or open fire

Servings: 2 – 3

Ingredients

1 ½ cups flour

1 tsp baking powder

1 egg

1 – 175 mL container fruit yogurt

Mix dry ingredients in a plastic re-sealable baggie. Beat the egg. Add egg and yogurt to dry ingredients. Knead the ingredients in the bag. (Dough should be stiff and slightly sticky.) Form dough into 2 or 3 balls.

Flatten each ball and place in a greased pan on high heat. When that side is lightly browned, flip and cook the other side.

Great served hot with butter!

Susan Ruzek, Calgary

**Sourdough****SOURDOUGH STARTER**Ingredients

2 cups flour

1 ½ cups warm water

2 tbsp sugar

1 tbsp vinegar

1 tbsp salt

¼ tsp dry yeast

Combine flour, sugar, salt and yeast in a stone crock or bowl. Mix well. Add water and beat until smooth. Add vinegar. Cover with cheesecloth and set in a warm place until thoroughly sour. Determine this by the yeasty smell. This takes about 12 hours.

Pour starter into a quart jar and refrigerate. For best results the starter should be used once per week, however, starter can be frozen indefinitely.

To Use Starter: Pour starter into a clean glass bowl. Add 2 cups warm water and 2 ½ cups flour. Stir to mix (don't worry about lumps). Batter will be thick but will thin as it ferments. Cover bowl with cheesecloth and place in a warm spot to rest for about 12 hours.

Pour 3 cups of the sourdough into a quart jar, cover the jar and refrigerate for up to 2 weeks for use as the next starter. This leaves about 4 ½ cups for use in your recipe.

Twilight District, Prairie Rose

SOURDOUGH BANANA BREAD

Cooking method: Dutch oven
 Cooking time: 30 – 35 minutes

Ingredients

½ cup + 1 tbsp butter	1 tbsp lemon juice
1 egg	6 cups flour
2 cups sourdough starter	1 tbsp baking powder
3 cups sugar	2 tbsp baking soda
1 tsp vanilla	1 ½ tsp salt
2 ¼ cups mashed ripe bananas	3 cups chopped nuts (optional)

Cream together butter, eggs, sourdough starter, sugar and vanilla. In a separate bowl, combine banana and lemon juice. Mix well. Combine dry ingredients in another bowl. Alternately mix dry ingredients and bananas into wet ingredients, beginning and ending with flour. Stir in nuts.

Pour batter into a well greased 12 inch Dutch oven. Place lid on oven and bake for 30 – 35 minutes or until toothpick inserted into center of bread comes out clean.

Use 8 – 10 briquettes under the pot and 14 – 16 briquettes on top.

Twilight District, Prairie Rose

SOURDOUGH CORNBREAD

Cooking method: Dutch oven
 Cooking time: 25 -30 minutes

Ingredients

1 ½ cups sourdough starter	3 eggs, beaten
2 cups canned milk	6 tsp butter, melted
2 ¼ cups yellow corn meal	1 tsp baking soda
3 tbsp sugar	¾ tsp salt

Mix starter, milk, corn meal, sugar and eggs; stir well. Add melted butter, baking soda and salt; stir until well mixed. Turn mixture into a lightly greased 12 inch Dutch oven and spread evenly.

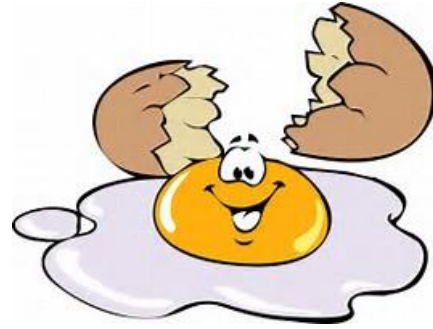
Place lid on Dutch oven and bake for 25 – 30 minutes or until cornbread turns golden brown.

Use 12 – 14 briquettes under the pot and 18 – 20 briquettes on top.

Note: For even browning make sure to turn the oven and lid ¼ turn in the opposite direction every 10 minutes.

Serve hot with honey butter.

Twilight District, Prairie Rose



Breakfast



Bacon / Sausages

BACON AT CAMP

Cooking method: Oven
Cooking time: 15 – 30 minutes

Cooking large quantities of bacon at camp can take a long time. This is the tried-and-true short cut method we use to produce enough bacon to feed a site of 30 people, with relatively no mess.

Prepare at home before camp: set oven to broil. Make sure the top oven rack is not too close to the broiler. Place bacon on a cookie sheet that has been covered with foil, shiny side up. Place in oven on the top rack and watch very carefully for about 15 – 30 minutes, or until it almost reaches your desired level of crispness. Flip once half way through.

At camp: reheat bacon to desired crispness.

Camp Woolsey Cookbook
Becky's (Dragon) Guiding Resource Centre

BREAKFAST ON A STICK

Cooking method: Open fire

Ingredients

1 (12 oz) pkg fully cooked smoked sausage links
1 pkg refrigerated breadsticks

Spear sausage on stick or hotdog fork. Coil one piece of breadstick dough around each sausage link, pinching ends. Rotate slowly until bread is browned and sausage is heated through. Serve with maple syrup for dipping.

Twilight District, Prairie Rose

BREAKFAST SAUSAGE BALLS

Cooking method: Dutch oven
Cooking time: 10 – 15 minutes

Ingredients

¼ cup butter	1 lb bulk sausage meat
6 oz cheddar cheese, grated	1 egg
3 cups biscuit mix	

Coat bottom of Dutch oven with butter. Mix all ingredients together and roll into 1" balls. Place a layer of balls in Dutch oven and cook 10 – 15 minutes.

Twilight District, Prairie Rose

Breakfast Casseroles

BREAKFAST PIZZA

Cooking method: Dutch oven
 Cooking time: 10 – 15 minutes

Ingredients

Biscuit dough
 Ham, bacon and/or sausage, cooked
 Eggs
 Cheese, grated

Stretch biscuit dough thin and spread over the bottom of a Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough. Add your preference of meat on top of the eggs and spread the cheese over the meat. Cook for 10 – 15 minutes.

Twilight District, Prairie Rose

BREAKFAST SOUFFLE I

Cooking method: Box Oven 350° F
 Preparation time: Overnight
 Cooking time: 45 minutes
 Servings: 6 – 8

Ingredients

2 cups milk
 5 slices of bread, cubed
 3 eggs
 1 lb bacon, cooked and crumbled
 8 oz cheddar or mozzarella cheese or both, cubed



Combine eggs and milk and beat.

Combine bread, cheese and bacon in 9" x 12" baking dish. Pour egg, milk mixture over this.

Cover and store in fridge overnight.

Bake uncovered for 45 minutes. Tastes good hot or cold.

Alice Filipchuk, Edmonton

BREAKFAST SOUFFLE II

Cooking method: Dutch oven
 Cooking time: 30 – 45 minutes
 Servings: 8 – 10

Ingredients

12 – 15 slices bread, cubed	6 tbsp melted butter
1 lb shredded cheddar cheese	¾ cup milk
18 eggs	1 tsp dry mustard
Salt & pepper to taste	1 lb cooked sausage or ham, cubed

Add bread cubes to a well-greased 12” Dutch oven. Drizzle butter over bread then sprinkle with cheese.

Whisk together eggs, milk and mustard. Season with salt and pepper. Pour egg mixture over bread and cheese. Top with sausage or ham.

Cover and bake using 6 – 8 briquettes under the pot and 12 – 14 briquettes on top for 30 – 45 minutes until eggs are set.

Twilight District, Prairie Rose

BRIGHTEN UP HOBO BREAKFAST

Cooking method: Dutch oven
 Cooking time: 15 – 30 minutes

Ingredients

½ lb bacon	4 potatoes, cooked & shredded or
6 eggs	4 cups frozen, shredded hash browns
1 onion, chopped	1 green pepper, chopped
3 cups cheese, shredded	½ cup milk
Salt and pepper	

Fry the bacon in Dutch oven, drain grease and crumble bacon.

Mix the potatoes, onion and green pepper together. Pat mixture into the oven and cook over low heat until the bottom is crisp and brown.

Mix the eggs with milk, salt and pepper. Pour over the potatoes. Top with cheese and bacon. Cook over low heat until eggs are cooked; about 10 minutes.

Twilight District, Prairie Rose

LAURA WHITE'S EASTER BREAKFAST

Cooking method: Oven 350° F

Cooking time: 45 minutes

Servings: 8

Ingredients - Casserole

2 – 1 lb bags hash browns, thawed

1 pint sour cream

1 can cream of chicken soup

½ cup chopped onion

½ cup melted butter

2 cups grated cheddar cheese

Salt and pepper to taste

Cubed meat, ham, bacon, etc. (optional)

Ingredients - Topping

2 cups crushed cornflakes

¼ cup melted butter

Combine first 8 ingredients. Place in an 9" x 13" baking dish.

Mix the cornflakes with second amount of butter and spread on top.

Bake at 350° F for 45 minutes.

Linda Rothenburg, Edmonton



MAKE AHEAD BREAKFAST CASSEROLE

Cooking method: Oven 350° F
 Preparation time: 20 minutes; overnight
 Cooking time: 1 hour
 Servings: 8

Ingredients

16 slices white bread, crusts removed	16 slices back bacon or ham
6 eggs	¼ cup chopped green pepper
3 cups milk	½ tsp salt
½ tsp pepper	1 – 2 tsp Worcestershire sauce
½ - 1 tsp dry mustard	Dash of hot sauce
¼ cup minced onion	
Sharp cheddar cheese slices to cover bread, thinly sliced	

Topping

Crushed cornflakes	½ cup melted butter
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Butter 9" x 13" baking dish. Cut and fit 8 slices of bread to cover entire bottom of dish. Cover bread with slices of bacon/ham and cheese. Cover with remaining 8 slices of bread.

Whisk eggs with salt, pepper, dry mustard, Worcestershire sauce, hot sauce and milk.

Add onion and green pepper. Pour over casserole. Cover and refrigerate overnight.

Preheat oven to 350° F. Pour melted butter evenly over casserole. Sprinkle crushed corn flakes over the top.

Bake for 1 hour. Let stand for 10 minutes before serving.

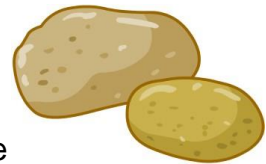
Variations: Use chopped ham and shredded cheese instead of slices.

Use green onions instead of minced onion.

Use red/yellow/orange peppers instead of green peppers.

SUNRISE SPUDSIngredients

Instant mashed potatoes flakes	Grated or powdered cheese
Dehydrated onion	Precooked bacon bits
Ziploc® bag	



Before camp measure out ¾ to 1 cup of potato flakes into a Ziploc® bag. Add cheese, onion and bacon. Seal bag.

At camp slowly add hot water and stir until a consistency of mashed potatoes is achieved. Eat right out of the bag.

Twilight District, Prairie Rose

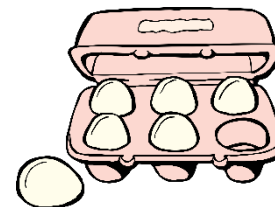
Eggs

BOILED EGG IN A CUP

Cooking method: Open fire

Ingredients

Egg Paper cup



Place an egg in a small paper cup. Fill with water.

Make a hole in your red hot coals for the cup and sit the cup in the hole. The water will boil and the paper won't burn.

Let boil 10 minutes, remove from fire and enjoy your hard-boiled egg.

Twilight District, Prairie Rose

EGGS BAKED IN TOMATOES

Cooking method: Oven
 Cooking time: 10 – 20 minutes
 Servings: 4

Ingredients

4 tomatoes	4 eggs
¼ cup butter	1 tbsp chopped parsley
Salt and pepper	2 English muffins



Slice the top off the tomatoes, scoop out (save insides for pasta sauce or soup) and set tomatoes upside down to drain.

Brush outside of tomatoes with melted butter; place in baking dish. Season inside with salt, pepper, and little butter, break egg into each, sprinkle parsley on top and drizzle remaining butter over.

Bake until egg is done, about 10-20 minutes. Serve on toasted English muffins.

Karen MacDonald, Edmonton



EGGS IN A BASKET

Cooking method: Stove top, tin can stove

Servings: 1

Ingredients

1 slice bread

1 egg

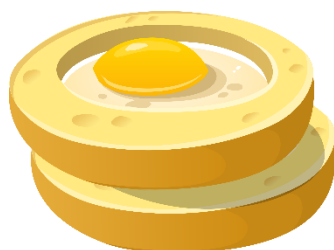
Oil

Remove 2" circle from the middle of the bread slice.

Put small amount of oil in skillet and fry bread slice. When slightly brown, turn and slightly brown the other side.

Drop uncooked egg in centre of bread. When underside is done, turn and cook other side to taste.

Julie Nielsen, Tamarac



EGGS IN FOIL

Cooking method: Open Fire

Cooking time: 7 - 10 minutes

Equipment: 1 – 7" piece of foil
1 – 1 lb can Oil or cooking spray

Ingredients

1 or 2 eggs per person

Make a foil cup by molding the foil around the bottom of the oil/cooking can. Grease foil cup with cooking spray or oil.

Add eggs to the foil cup and cook directly on the coals 7 – 10 minutes or until desired consistency.

Arlene Salyzyn, Edmonton

FESTIVAL EGGS

Cooking method: Tin can stove, stove top
 Cooking time: Sauce – 30 minutes. Eggs – 10 minutes

Ingredients

Number of eggs each person wishes

1 tortilla per person

1 oz cheese per person, grated

Margarine

Ingredients – Sauce

1 – 19 oz can tomatoes

1 small onion chopped

½ green pepper, finely chopped

Hot sauce to taste

Sauce: Sauté onions and green pepper in margarine. Add tomatoes and simmer ½ hour. Add hot sauce to taste or leave to each individual to do so.

Eggs: Grease foil pan/fry pan lightly. Put tortilla in pan and break egg on top of tortilla. Cover with lid or foil and leave until egg is cooked. Pour sauce over egg and sprinkle with cheese.

Celeste Pryde, Peace River

NON SQUISHY SCRAMBLED EGGS FOR THE MASSES

Cooking method: Oven 350° F

Ingredients

Eggs

Milk

Set oven to 350° F.

Take the biggest cake pan you can find (or other large casserole dish) and break all your eggs into the pan; add as much milk as you'd like. Mix together.

Place pan in oven and check every few minutes, using flipper to scrape the cooked portions off the sides of the pan.

Becky's (Dragon) Guiding Resource Centre

Eggs With Bacon / Ham / Sausage

BREAKFAST IN A BAG I

Cooking method: Open fire
 Cooking time: 20 minutes
 Servings: 1

Ingredients

1 brown paper bag, lunch size	1 egg
2 strips bacon	Salt and pepper
1 stick	



Lay strips of bacon in the bottom of the lunch bag. Break egg on top of bacon. Salt and pepper to taste. Fold top of bag down and poke stick through top of bag. Cook over hot coals for 20 minutes, making sure the bag does not touch flame or coals.

Marni Staszko, Edmonton

BREAKFAST IN A BAG II

Cooking method: Open fire
 Cooking time: 20 minutes
 Servings: 1

Ingredients

1 – 2 strips of bacon	1 – 2 handfuls frozen hash browns
1 – 2 eggs	1 brown paper bag, lunch size
1 stick	

Place bacon strips in the bottom of a paper lunch bag. Toss in potatoes. Break in eggs. Close by folding down top of paper bag at least 3 times but leaving 3-4 inches of air space above the food.

Insert a pointed stick through the top folded part of the bag.

Prop with rocks to hold bag 4-5 inches over the hot coals for 8-10 minutes. (Do not touch the coals with the bag or you'll set your breakie on fire.)

Remove from heat and pull out the stick with an oven mitt. Open the bag and fold down the paper. Eat out of bag.

Twilight District, Prairie Rose



BREAKFAST IN A BAG III

Cooking method: Open fire
 Cooking time: 10 – 20 minutes
 Servings: 1

Ingredients

2 slices bacon	1 egg
1 English muffin	Salt and pepper to taste
1 brown paper bag, lunch size	1 stick



Lay two slices of bacon in the bottom of a brown paper lunch bag so that the bottom is covered. Crack an egg and place on top of the bacon.

Fold the paper bag top down until you are 1 inch above the bacon. Pierce the folded bag with a stick or skewer so the bag is secure.

Cook over coals (not near flames), be careful not to let the bag catch on fire. Cook until bacon stops sizzling (10 min).

Open and eat from bag or on an English muffin toasted over the fire. Add salt and pepper to taste.

7th Calgary Guides

BREAKFAST NESTS

Cooking method: Open fire

Ingredients

Sausage patties (frozen)	Frozen hash browns
Eggs	Cheese, shredded
Salt & pepper	

Lay out foil. Place a sausage patty on the foil. Make a nest of hash browns on top of the sausage with the middle open. Crack one egg into the nest. Season with salt and pepper. Fold up foil like a pouch and cook on fire for about 30 minutes. When done, add cheese to top of nest.



Twilight District, Prairie Rose

CAMPFIRE EGGS

Cooking method: Open fire, stove top

Servings: 6 – 8

Ingredients

12 eggs	1 lb bacon
½ cup chopped green pepper	1 can chopped mushrooms
½ cup chopped onion	Cheese, shredded

Cut bacon into thirds and put into a large cast iron skillet on the camp fire (or stove). Cook until about ½ done, then add chopped veggies and stir until bacon is crisp and veggies are tender.

Beat eggs in a large bowl and stir into bacon mixture. Cook, stirring constantly until eggs are set. Remove from heat and sprinkle with cheese.



Twilight District, Prairie Rose

EGG MCGIRL SCOUTS

Cooking method: Open fire

Ingredients

1 – 6 oz (170 gm) tuna can per person	2 pieces of precooked sausage per person
1 egg per person	1 whole English muffin
1 cheese slice	Soft margarine
Jam/jelly (optional)	Spray vegetable oil

Start fire. Spray cans with cooking spray. Place sausages in bottom of cans with 1 tbsp water. Break egg over sausages and water. Cover well with foil and bake in coals for 10 – 15 minutes, until egg is done.

While cooking egg and sausages, butter and heat split muffins on stick or grill. Place slice of cheese on hot muffin. Add cooked egg and sausages. Place jam/jelly on other half of muffin, if desired, and place on top of egg and sausages.

Kathy Stephan
Becky's (Dragon) Guiding Resource Centre

EGG MUFFIN

Cooking method: Stove top or open fire

Cooking time: 30 minutes

Ingredients

1 crumpet (cut in half) or English muffin

1 slice cheese

1 egg

1 slice ham

Toast the crumpet over open fire; fry the egg and ham in a fry pan (cook the egg hard). When done, put into crumpet.

Wrap the whole thing in foil and set on grate over hot coals until cheese melts, turning occasionally.

Bev Jaeger, Parkland

EGG MUFFIN CAMP STYLE

Cooking method: Oven

Ingredients

Eggs

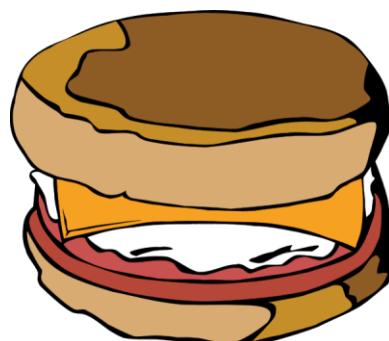
Sliced ham

English muffins

Sliced cheese

Grease muffin tin wells with margarine. Break 1 egg into each compartment. Cover with a slice of ham and bake until egg is done. Top with slice of cheese and cook just until melted. Place in a toasted English muffin.

Becky's (Dragon) Guiding Resource Centre



EGGS IN A BAGGIE BREAKFAST

Cooking method: Stove top

Ingredients

1 egg	Sausage or ham, chopped
Cheese, shredded	Onions, green peppers (optional)
1 Tortilla	Salsa
1 medium Ziploc® freezer bag per person (**see note on page 58)	

If you are using sausage brown it in a frying pan. If desired, sauté onion and green peppers.

Crack one egg into a Ziploc®. Add 2 tbsp sausage or ham and onion/green peppers. Seal bag. Mix contents of bag by squishing with your fingers.

Place the bag in pot of boiling water and cook until egg is done. Remove bag from water with tongs.

Empty contents onto a tortilla. Add shredded cheese and salsa. Roll tortilla and enjoy.

Hint: clip baggies to a chopstick or branch long enough to go across your pot; position chopstick across the pot, suspending the baggie(s) in the boiling water. Your baggies won't melt because they can't touch the sides of the hot pot.

Twilight District, Prairie Rose

FIRESIDE EGG MUFFIN

Cooking method: Tin can stove, stove top

Ingredients

1 egg	Ham slice
1 English muffin	1 cheese slice
Sliced tomato (optional)	

Cook your egg on a tin can stove or in a frying pan on a camp stove. Toast English muffin over the fire. Put a slice of ham on muffin with the egg and a slice of cheese (add a slice of tomato if you want). Wrap in foil and put in coals of fire to heat through and melt the cheese.



7th Calgary Guides

FOIL BREAKFAST

Cooking method: Stove top

Cooking time: 1 hour

Ingredients

6 eggs, beaten

Sausage patties, crumbled

Onion, diced

5 potatoes, sliced thinly

Salt & pepper

Combine all ingredients on a buttered piece of foil and place onto an aluminum foil pan. Close foil over ingredients making sure it is sealed tightly. Place on grill, turn and shake frequently.

Takes approx. 1 hour with a low heat.

Twilight District, Prairie Rose

GERMAN OMELET

Cooking method: Oven 350° F

Cooking time: 1 hour

Servings: 12

Ingredients

1 pound ham

Salt and pepper

1 tsp dry mustard

2 tsp parsley

1 – 2 tsp minced onion

1 tsp garlic powder

6 eggs

2 cups milk

3 slices bread, cubed

2 cups shredded cheddar cheese

½ cup shredded mozzarella cheese

Cube ham. Cook the onion in melted margarine. Mix everything except mozzarella together and place in a 9 x 12 greased baking dish. Refrigerate overnight. Bake in a 350° F oven for 1 hour. Sprinkle top with mozzarella cheese. Brown for a few minutes.

MOUNTAIN PIES

Cooking method: Open Fire

Equipment: Pie Iron

Ingredients

Eggs

Cheese, sliced or shredded

Ham, bacon or sausage, diced

Bread (2 slices per person)

Scramble some eggs. Put eggs, cheese and cooked meat on buttered bread, butter side out. Place in pie iron and heat over hot coals.

Twilight District, Prairie Rose

French Toast / Pancakes / Waffles

BREAKFAST GRILLED CHEESE

Cooking method: Tin can stove, stove top

Servings: 2

Ingredients

⅓ cup whipped cream cheese

2 tbsp icing sugar

1 – 2 tbsp jam

Icing sugar

¼ cup 2% small curd cottage cheese

4 frozen waffles

1 tbsp unsalted butter

Cinnamon

Mix cream cheese, cottage cheese and icing sugar in a medium bowl. Spread 2 waffles with the cream cheese mixture then top with jam. Cover with 2 remaining waffles.

Melt butter in foil pie plate or small fry pan. Cook waffle sandwiches in melted butter until golden and crisp, about 3 minutes each side.

Let sandwiches rest about 1 minute before serving. Sprinkle with icing sugar and cinnamon.



Kathryn McGuire
1st Diamond Valley Guides/Pathfinders



FRENCH TOAST

Cooking method: Stove top, tin can stove

Servings: 1

Ingredients

2 bread slices

¼ cup milk

1 egg

Cinnamon and nutmeg (optional)

Mix egg and milk together in a large bowl.

Heat a griddle (or if you're feeling adventurous try it on a tin can stove). Melt some butter on the griddle.

Dip bread into egg-milk mix and cook on griddle, flipping once.

Becky's (Dragon's) Guiding Resource Centre

FRENCH TOAST (PEANUT BUTTER)

Cooking method: Tin can stove

Ingredients

3 eggs	1/8 cup milk
2 slices bread	Peanut butter
Banana (optional)	

Beat eggs in a bowl. Add milk. Set aside.

Using 2 slices of bread, make a peanut butter sandwich. Dip sandwich in the egg mixture and toast on lightly greased tin can stove, flipping once.

You can also add banana slices to the sandwich.

Kathy Brown
Becky's (Dragon's) Guiding Resource Centre

FUN WAFFLES

Cooking method: Open fire, tin can stove

Ingredients

2 frozen waffles	Pie filling
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Take two store-bought frozen waffles, spread fruit pie filling between them, wrap in foil, and heat up.

Lisa Franklin

OVEN PANCAKES FOR 30

Cooking method: Oven 450° F

Cooking time: 15 minutes

Servings: 30

Ingredients

6 eggs	3 3/4 cups flour
3 cups milk	4 tbsp brown sugar
9 tsp baking powder	3 tsp white sugar
1 1/2 tsp salt	6 tbsp melted shortening

Beat eggs and milk together until fluffy.

Sift dry ingredients together.

Add dry ingredients and shortening to milk mixture. Beat until smooth.

Pour into greased cookie sheets.

Bake for 15 minutes at 450° F.

Cut into squares for serving.

Glen Alien District, Edmonton

PANCAKES FROM OKEEKUN CAMP BAKING MIX

Cooking method: Open fire, stove top

Ingredients

1 cup Okeekun Camp Baking Mix (Page 92)

1 egg

½ cup milk or water

2 tbsp salad oil

Mix ingredients and beat well. Fry in oiled frying pan until bubbly.

Flip and cook until golden brown.

Dorothy-Ann Burgess, Chinook

PANCAKES IN AN ORANGE

Cooking method: Open fire

Cooking time: 15 – 20 minutes

Servings: 4

Ingredients

4 large oranges, washed

1 cup biscuit mix

½ cup milk

1 tbsp sugar

Maple syrup

Trim top 1/4" off oranges and save. Using a serrated spoon, scoop out the inside of the orange.

In a bowl, mix the biscuit mix, sugar and milk. Spoon the batter into the empty orange shells, filling about half way. Cover the opening with the top that was cut off and cover the whole thing tightly with foil.

Bury in the coals for approximately 15 – 20 minutes. Unwrap and cool slightly. Drizzle with maple syrup.

Twilight District, Prairie Rose



PANCAKES WITH A FLAIR

Cooking method: Tin can stove or stove top
Cooking time: About 2 minutes per pancake

Ingredients

Pancake mix
Butter or margarine
Canned or fresh fruit, chopped
Toppings (whipped cream)

Place butter in pan or on tin can stove to melt; add fruit pieces for one pancake and cook for 10 seconds.

Prepare pancake mix, pour over fruit and cook, flipping once. Serve with topping of your choice. Fruit can be shaped into faces or designs for that extra touch.

Susan Ruzek, Calgary



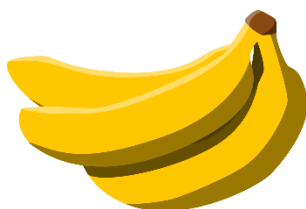
Fruit

BREAKFAST BANANA SPLIT

Ingredients

1 banana per girl	Oranges, peeled and chunked
Apples, washed and chunked	Grapes, washed and halved
Other fresh fruit that the girls desire, cut into bite sized pieces	
Frozen yogurt – favourite flavors	Cereal of choice to sprinkle over top

Slice banana in half lengthwise, place in bowl. Add 2 scoops frozen yogurt between the banana slices. Spoon fresh fruit over top. Top off with cereal and enjoy!



Angela Bellefontaine
Becky's (Dragon) Guiding Resource Centre

ROSE HIP JAM

Cooking method:	Stove top, open fire, tin can stove
Preparation time:	40 minutes
Cooking time:	20 minutes

Ingredients

4 cups rose hips	2 ½ cups water
1 cup sugar	1 tsp lemon juice



Preserve rose hips the same day you pick them.

Combine berries and water, and boil until berries are tender. Put through sieve to remove seeds.

Combine 2 cups of the pulp, sugar, and-lemon juice. Mix well. Bring slowly to a simmer and cook 20 minutes. Place in jar.

May be sealed with paraffin or eaten within a day or two.

Cooking method suitable for Pathfinders.

Recipe Source: Home Economics Division Agricultural Extension Service Alberta
Department of Agriculture
Dorothy-Ann Burgess, Chinook

Hot / Cold Cereal

APPLE GRANOLA BREAKFAST

Cooking method: Stove top, open fire

Cooking time: 10 minutes

Servings: 3 – 4

Ingredients

2 cups oatmeal

½ cup margarine or butter

½ cup brown sugar

1 or 2 apples, diced

Dash cinnamon

Melt margarine in a fry pan.

Add apples and sauté until soft (about 5 minutes). Add the oatmeal and continue to stir (about 3 – 4 minutes).

At the last minute add brown sugar and stir continuously as sugar melts. Be careful not to scorch it.

This may be served as is or with milk or ice cream.

Sheryl Paquette, Silver Willow Trefoil Guild

EDNA'S PORRIDGE

Cooking method: Stove top

Preparation time: 15 – 20 minutes, overnight

Cooking time: 15 – 20 minutes

Servings: 36

Ingredients

1 lb raisins

2 lbs dried apples, cut into small pieces

2 litres apple juice

26 cups water

12 cups oats

3 tsp salt

3 – 5 tbsp brown sugar

1 tbsp margarine

Cinnamon to taste

Soak raisins and apples in water-juice mixture overnight.

In the morning, bring water to a boil; add brown sugar to water and stir to dissolve.

Add oats gradually. (To prevent lumpy porridge the secret is to add some and stir until you have added the entire quantity needed.)

Keep stirring as the porridge is thickening. Make sure you reach the bottom so it won't stick.

Add margarine and cinnamon for flavour.

If porridge appears too thick, while stirring, gradually add some more water.

Soak pot immediately after use for easy cleaning.

Edna Dach, Edmonton

EDNA'S PORRIDGE IN A HAY BOX

Bring water and apple juice to a boil.

Add the other ingredients as directed above, bring to a boil and remove from heat.

Put in hay box overnight.

Carol Buss, Edmonton

FRUIT PORRIDGE

Cooking method: Stove top or open fire

Cooking time: 3 - 5 minutes

Servings: 4 - 6

Ingredients

3 cups water

1 apple, chopped

¼ cup raisins or chopped dates

4 tbsp brown sugar

1 ½ cups oats



Boil water and stir in dates, brown sugar and apples. When fruit is cooked, gradually stir in oats. Cook and stir for 3 – 5 minutes or until mixture thickens.

Julie Nielsen, Tamarac

THE ONLY WAY TO EAT OATMEAL IN THE MORNING

Cooking Method: Stove top, tin can stove

Ingredients

½ package freeze dried apples

1 package instant oatmeal

Raisins, nuts (optional)

2 tbsp butter or margarine

Cinnamon and sugar

Rehydrate apples; add raisins and/or nuts.

Melt margarine; fry oatmeal in it. Put the two mixtures together; sprinkle sugar on top. If you prefer less sweet, add cinnamon only to oatmeal.

Sue Burrows, Calgary

Pancake / Waffle Toppings

FRUIT TOPPING

Servings: 8 – 10

Ingredients

1 container frozen fruit
1500 mL container frozen whipped topping

For a change from b-o-r-i-n-g butter and syrup on your pancakes, why not try thawed frozen fruit? The containers of frozen strawberries or raspberries, complete with juice, have been most popular.

Top pancakes with fruit and add a spoonful of thawed frozen whipped topping (Cool Whip, etc.) on top of the fruit and the girls will be delighted with the change of fare.

Irene Pettapiece, Edmonton

HONEY BUTTER

Ingredients

1 carton heavy whipping cream
1 container honey (bear shaped container)

Place cold whipping cream into a jar. Keep cold.

When sitting around the campfire at night, everyone takes a turn shaking the jar until the cream becomes a thick, butter-like substance. Drain excess liquid and stir in honey to taste.

Place back in a cooler until ready to serve.

'MAPLE' SYRUP

Combine: 1 cup boiling water, 2 cups brown sugar and ½ tsp maple extract

Marlace Susut, Parkland



Toast

APPLE TOAST

Cooking method: Open fire

Ingredients

6 tart apples

6 tbsp butter

2 tbsp water

¼ tsp cinnamon

3 slices bread

⅓ cup powdered sugar

2 tbsp sugar

Place heavy saucepan on hot coals. Melt 2 tbsp butter in saucepan. Add apple slices, powdered sugar and water to saucepan. Mix while cooking until apples are barely tender. Place a skillet on hot coals. Melt the remaining butter in the skillet and fry bread until golden brown on both sides.

Place the bread on a plate and top each one with the apple mixture. Combine the sugar and cinnamon together and sprinkle over the top of the apple toast.

Twilight District, Prairie Rose

EASY TOAST

Cooking method: Stove top, open fire

Ingredients

Salt

Bread, English muffin, bagel

Set a dry skillet or griddle on a medium hot stove or fire. Sprinkle about ¼ tsp salt into the pan or ¾ tsp salt over the griddle.

Set your bread or bagel on top. The bread or bagel will toast to a golden brown without burning and the salt will not stick to the bread or bagel.





Desserts



Breads

CAMPFIRE CINNAMON ROLL UPS

Cooking method: Open fire

Ingredients

1 package refrigerated crescent rolls	¼ cup sugar
1 tbsp cinnamon	Wooden skewers

Combine cinnamon and sugar in small bowl.

Separate crescent rolls and wrap each one around a skewer. Roll it in the cinnamon sugar mixture.

Cook over campfire for 5 minutes, rotating frequently.

CAMPFIRE ECLAIRS

Cooking method: Open fire

Ingredients

Refrigerator biscuits	Instant pudding, chocolate & vanilla
Canned whipped cream	Melted chocolate or sundae sauce
Tin foil	

Make the puddings in plastic re-sealable bags, adding slightly less milk than required.

Make a doughboy by shaping/wrapping a biscuit around the foil covered end of a stick or dowel, making sure there are no holes.

Cook SLOWLY and evenly over coals until golden brown. It will slip off when cooked.

Cool slightly and fill with pudding. Snip off a corner of the plastic re-sealable bag and squirt some pudding into the éclair. Add whipped cream and chocolate.

Tiger Rousseau, Edmonton

CHOCOLATE CROISSANTS

Cooking method: Box oven

Cooking time: 15 minutes

Ingredients

Chocolate bars
Tubes of refrigerated crescent rolls

Separate rolls. Put 1 or 2 sections of a chocolate bar in the long end of the triangle before rolling.

Bake in box oven for about 15 minutes or until cooked.

Twilight District, Prairie Rose

CINNAMON CRESCENTS

Cooking method: Oven

Ingredients

Tubes of refrigerated crescent rolls

Melted butter

Cinnamon

Sugar

Separate rolls. Spread each with melted butter and sprinkle with sugar and cinnamon before rolling. Bake as directed on package.

Twilight District, Prairie Rose

CINNAMON ROLLS

Cooking method: Oven

Cooking time: 10 – 15 minutes

Ingredients $\frac{2}{3}$ cup of milk or water

2 tbsp white sugar

2 cups biscuit mix

1 tsp cinnamon



Mix milk and biscuit mix together thoroughly. Roll biscuit mixture in balls, about 1" size.

Combine sugar & cinnamon together in baggie.

Drop balls into baggie and coat thoroughly.

Place balls on greased cookie sheet and bake about 10 – 15 minutes, until golden brown.

Karen MacDonald, Edmonton

CINNAMON ROLLS IN ORANGE CUP

Cooking method: Open fire

Cooking time: 30 minutes

Ingredients

Oranges

Icing sugar

Refrigerator biscuit dough

Small amount of milk

Cinnamon

Cut $\frac{1}{3}$ off the top of the orange. Scrape pulp from the insides of both pieces.

Take 1 biscuit and flatten slightly. Sprinkle it with a little icing sugar and cinnamon. Top with another flattened biscuit and icing sugar and cinnamon. Add 1 more layer, if desired.

Roll up the layered biscuits and stand in the hollowed orange. Add about 1 tbsp of icing sugar on top and 1 tsp of milk. Replace top and wrap in foil.

Place in coals of campfire for about 30 minutes. Remove, unwrap, pull top off and out pops a delicious cinnamon roll with a hint of orange flavor.

Twilight District, Prairie Rose

DARN GOODS

Cooking method: Stove top, open fire

Ingredients

Refrigerator biscuit dough

Cinnamon sugar

Vegetable oil

Remove the biscuits from the container and cut each biscuit into four pieces.

Heat ½ inch of oil in a cast iron fry pan. Cook the biscuit pieces until they puff up and are a light golden brown.

Remove from the oil and drain on paper towels, then roll in cinnamon sugar.

Variation: wrap the dough around pre-cooked bacon and grated cheese to make a savory breakfast meal.

Tiger Rousseau, Edmonton

STICKY BUNS

Cooking method: Dutch oven

Cooking time: 5 ½ hours

Ingredients

20 frozen dinner bun dough

½ pkg butterscotch pudding

½ cup brown sugar

½ cup butter or margarine

Place frozen dough in the bottom of a Dutch oven. Sprinkle dry butterscotch pudding mix over buns.

In a pot bring to a boil the butter and brown sugar. Pour over buns and let rise for 5 hours.

Cook for 20 minutes in Dutch oven with 12 coals on bottom and 15 on top.

Twilight District, Prairie Rose



Brownies / Squares

BROWNIES

Cooking method: Oven 350° F

Cooking time: 25 minutes

Ingredients

½ cup butter or margarine

1 egg

1 tsp vanilla

1 cup brown sugar

½ cup cocoa

½ cup flour

Mix together brown sugar and margarine. Add egg and vanilla, mix well. Add cocoa and flour. Pour into greased 9 x 9 inch pan.

Bake at 350° F for about 25 minutes.

Camp Woolsey Cookbook 2011

Becky's (Dragon's) Guiding Resource Centre

BROWNIES IN A BOX OVEN

Cooking method: Box oven

Cooking time: 20 minutes

Ingredients

¾ cup flour

2 squares unsweetened chocolate

1 cup sugar

2 eggs

½ tsp baking powder

½ tsp salt

⅓ cup margarine

½ tsp vanilla

Melt chocolate and butter over low heat in saucepan. Remove from heat, add sugar and vanilla. Add eggs, one at a time, beating after each addition. Stir in dry ingredients. Spread batter in greased 8" square pan.

Bake at 350° F for 20 minutes in a box oven.

Twilight District, Prairie Rose

CHIPMUNKS

Cooking method: Open fire
 Cooking time: 5 – 10 minutes

Ingredients

Prepared brownie squares or 2 bite brownies
 Chocolate mint wafers or peppermint patty

Split a small brownie horizontally through the middle. Place a chocolate mint wafer in the middle. If the brownie is iced, turn the icing to the inside. Wrap in foil and cook in coals for 5 – 10 minutes.

Glen Allan District, Edmonton

PEANUT BUTTER RICE CRISPIE SQUARES

Cooking method: Stove top

Ingredients

½ cup peanut butter	½ cup corn syrup
1 cup brown sugar	8 cups rice crisp cereal
1 can sweetened condensed milk	

Mix all ingredients except for cereal in a pot and cook on stove top for 3-6 minutes stirring occasionally until mixture is like pudding. Add cereal and stir well. Pour in to a 13" x 9" or slightly larger pan (or make a pan out of tinfoil if you are at camp). Chill and cut into squares.

7th Calgary Guides

RITZ™ CREAM CHEESE SQUARES

Cooking method: Oven 350° F
 Cooking time: 25 minutes

Ingredients

1 box Ritz™ crackers, broken	1 can sweetened condensed milk
1 pkg Hershey Skor™ pieces	1 can cream cheese icing

Mix together Ritz™, condensed milk and Skor™ pieces. Pour into a buttered 8" square baking dish and bake for 25 minutes at 350° degrees.

Cool and ice with cream cheese icing.

Twilight District, Prairie Rose

WYNN'S YUMMY BARS

Cooking method: Oven 350° F

Ingredients - Bar

250 mL (1 cup) brown sugar

1000 mL (4 cups) quick cooking oats

125 mL (½ cup) corn syrup

150 mL (⅔ cup) butter

15 mL (3 tsp) vanilla

1.2 mL (¼ tsp) salt

Ingredients - Topping

175 mL (¾ cup) crunchy peanut butter

Small package chocolate chips

Cream sugar and butter together. Add remaining ingredients and mix well. Spread in a greased 9" x 13" pan.

Bake at 350° for 12 – 15 minutes. Cool slightly.

Blend peanut butter and chocolate chips together and melt in a double boiler. Spread on warm cookie base. Refrigerate. Cut into pieces when cool.

Let's Go Camping, Calgary Area Camping Advisers

Cake

BAGGIE CAKE OR MUFFINS

Cooking method: Stove top

Servings: 6 – 8

Ingredients

1 cake mix (any flavor)

1 can of pie filling

Whipped cream (fresh or prepared)

Prepare cake mix. Divide among freezer Ziploc® baggies (6-8), remove the air and seal. Place in boiling water. The cake is done when it comes away from the sides of the baggie. Add pie filling and whipped cream. Eat from the bag. (Muffins can also be made this way.)

Karen MacDonald, Edmonton



CAKE IN AN ORANGE

Cooking method: Open fire
 Cooking time: 15 – 20 minutes

Ingredients

Large orange per person Cake mix (any variety, your choice)

Cut the top off an orange, about $\frac{1}{3}$ the way down. Scrape out both orange shells. Mix up the cake mix. Fill the orange shell with cake mix and put the top back on.

Wrap in foil, or place in muffin tins, then put on hot coals and bake approximately 15 to 20 minutes.

Eat it right out of the orange shell.

Pauline McLaughlin, Edmonton

CAN IN THE COALS CAKE

Cooking method: Open fire

Ingredients

1 can fruit pie filling
 1 package cake mix (prepared)

Empty pie filling into large metal coffee can. Prepare cake mix as directed on package. Pour over fruit.

Cover can tightly with foil. Place in hot coals. Bake until cake is completely cooked.

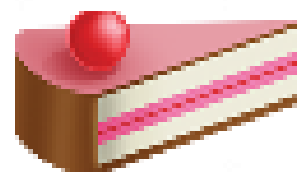
Twilight District, Prairie Rose

CHERRY CAKE

Cooking method: Dutch oven
 Cooking time: 45 minutes

Ingredients

2 cans cherry pie filling (or any other flavor)
 1 cake mix plus any additional ingredients required



Line the Dutch oven with heavy duty foil.

Mix the cake mix according to directions.

Put contents of 1 can pie filling into the lined Dutch oven. Add prepared cake mix, then top with the 2nd can of pie filling. Put lid on oven.

Place the oven on top of 10 pieces charcoal and put 12 pieces of charcoal on top of the lid.

Bake for 45 minutes, then check for doneness.

Becky's (Dragon's) Guiding Resource Centre

COFFEE CAKE

Cooking method: Oven
 Cooking time: 25 minutes

Ingredients - Cake

3 cups biscuit mix
 ½ cup sugar
 ⅔ cup milk
 1 egg

Ingredients - Topping

¼ cup brown sugar
 1 ½ tbsp butter
 1 tbsp flour
 ⅓ tsp. cinnamon

Combine ingredients and stir until just moistened. Place in 8 or 9 inch pan.
 Mix all topping ingredients together and sprinkle over cake.
 Bake in 400° F oven for about 25 minutes.

Karen MacDonald, Edmonton

HEATHER'S PINEAPPLE CAKE

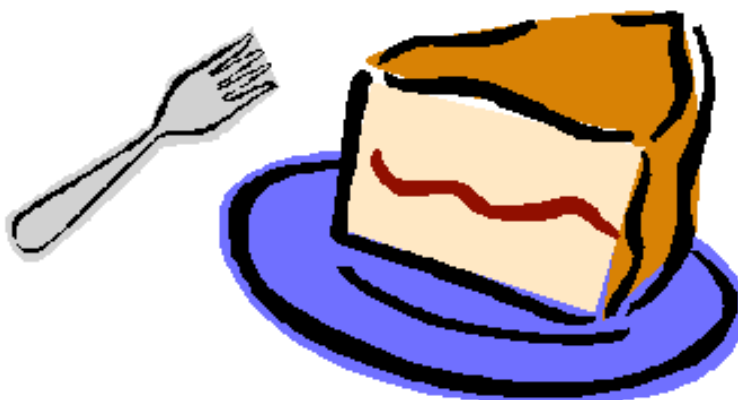
Cooking method: Open fire
 Servings: 1

Ingredients

1 plain cake donut
 1 canned pineapple ring
 A few mini marshmallows and chocolate chips

Cut donut in half horizontally. Place on foil. Layer pineapple, marshmallows and chocolate chips. Top with donut half. Fill hole with more marshmallows and chips.
 Seal edges of foil around donut and put on hot coals or around the edge of the fire until everything has melted.

Caroline Lobban



PINEAPPLE UPSIDE DOWN CAKE

Cooking method: Dutch oven
 Cooking time: 35 minutes
 Servings: 6 – 8

Ingredients

1 box yellow cake mix	3 eggs
1/3 cup vegetable oil	1/4 cup butter
1/2 cup brown sugar	10 maraschino cherries
1 can sliced pineapple rings (10 slices), with juice	

Preheat a 12 inch Dutch oven with about 8 coals underneath and 18 on top.

In a mixing bowl or gallon-size storage bag, combine dry cake mix, eggs, oil and pineapple juice. Stir until lumps are gone. If more liquid is needed, use a bit of the cherry juice. Set aside.

Melt butter and brown sugar in the preheated Dutch oven, stirring until sugar is dissolved. Place the pineapple rings evenly in the oven. Place a cherry inside each ring. Pour cake batter evenly over the rings.

Return heated lid to the oven and bake about 35 minutes or until the cake is done in the center. The cake will shrink away from the sides a bit when done.

Remove the lid and invert the cake onto a serving dish.

Lisa Franklin

**PINEAPPLE UPSIDE DOWN CAKE - INDIVIDUAL**

Cooking method: Tin can stove
 Cooking time: 15 minutes

Ingredients

Yellow cake mix
 Brown sugar
 Butter
 Pineapple rings

Butter a clean tuna can and sprinkle lightly with brown sugar. Place a pineapple ring on the bottom and cover with about 1/2 cup of cake mix batter. The tuna can should be about half-full. Place the tuna can on the tin can stove and cover with a larger can. Cook for 15 minutes.

Pie filling can also be used instead of pineapple.

Lisa Franklin

Chocolate / Sweets

ARMPIT FUDGE

Ingredients

½ cup icing sugar	1 tbsp butter
2 tsp cream cheese	Dash of vanilla
2 tsp cocoa	

Place all ingredients in a sandwich-size plastic re-sealable baggie. Squeeze out all the air. Squish and smooch (under the arm!) the bag until all the ingredients are well mixed to a creamy consistency.

Variations: Substitute other favourite flavours for vanilla, add raisins, M & M's™, peanut butter, chopped nuts, mini marshmallows.

Camp Woolsey Cookbook 2011

Becky's (Dragon's) Guiding Resource Centre

CAMPER'S FUDGE

Cooking Method: Stove top

Ingredients

½ cup margarine	¼ cup boiling water
½ cup cocoa	½ cup powdered milk
⅛ tsp vanilla	1 lb icing sugar

Melt margarine in boiling water. Add the rest of the ingredients. Spread on a plate and cool.

Makes 1 ½ lbs of calories!

Julie Nielsen, Tamarac

CHOCOLATE BAR SALAD

Ingredients

1 large container whipped topping
 8 large apples, peeled, cored and cut into bite sized pieces
 3 Snickers™ bars cut into small pieces

Mix everything together and serve.

You can also use Crispy Crunch™ bars instead of Snickers™ and seedless green grapes instead of apples.

Trudy Haughland

Becky's (Dragon's) Guiding Resource Centre

CHOCOLATE FONDUE

Cooking method: Tin can stove or stove top

Ingredients

Chocolate chips

Fruit (assorted) cut in chunks

Large marshmallows



Melt a package of chocolate chips in a pot or foil pie plate. Dip fruit chunks or large marshmallows.

Lisa Franklin

CHOCOLATE FUDGE

Cooking method: Stove top

Ingredients

2 cups sugar

½ cup milk

½ cup flour

½ cup margarine

3 tbsp cocoa

1 tsp vanilla

Mix sugar, milk, margarine, and cocoa. Boil to soft ball stage. Remove from heat and blend in flour and vanilla. Put in buttered pan to cool.

Julie Nielsen, Tamarac

CHOCOLATE SAUCE

Cooking method: Stove top

Ingredients

¼ cup cocoa

⅛ tsp salt

¾ cup sugar

¾ cup water

1 tsp vanilla

Mix all ingredients except vanilla and boil for 3 - 4 minutes. Stir in vanilla.
Makes 1¼ cups of sauce.

Marlace Susut, Parkland

CLOWNS

Preparation time: 15 minutes in addition to time for jelly powder to set

Servings: 4 – 6 *

Ingredients

1 package flavoured jelly powder

1 cup cold water

Large marshmallows

Food colouring

2 cups boiling water

Pineapple rings

Gum drops



* 1 package will make 4 – 6 servings depending on size of glass used.

Dissolve jelly powder in boiling water. Add cold water. Pour into parfait, wine (or whatever shape you'd like) glasses. Chill until firm.

For clown collar, top each glass with serrated pineapple ring. Place large marshmallow on ring for head, outline eyes, nose, mouth, with toothpick dipped in food colouring. Attach gumdrop for hat with toothpicks.

Pat Ostapowich, Edmonton

EDIBLE COLLAGE

Equipment: Paper plates – 1 per girl

Plastic spoons – 1 per girl

Ingredients

Honey

A variety of: Miniature marshmallows

Gum drops

Raisins

Flaked coconut

Pretzels

Cereal

Corn chips

Popcorn

Give each girl a paper plate, a spoon, and goodies. Spread a spoonful of honey on the plate to act as glue. Make patterns or pictures using a variety of goodies. When everyone is finished, admire then eat.

FINGER JELLO**Ingredients**

2 pkgs jelly powder

2 cups boiling water

2 pkgs unflavored gelatin

2 cups cold water

Dissolve gelatin with $\frac{1}{4}$ cup cold water. In another bowl dissolve jelly powder with boiling water. Stir until dissolved. Add remaining cold water and gelatin mixture. Put on cookie sheet and let it set. Cut into squares or shapes and serve.

Julie Nielsen, Tamarac

FUDGE IN A BAG

Ingredients

½ cup icing sugar	½ to 1 tbsp cocoa
1 tbsp butter	⅛ tsp vanilla extract
2 tsp cream cheese	

Place everything in a plastic re-sealable bag. Remove all the air and seal bag. Squish contents until well mixed and creamy.

You can now add any extra flavorings such as peppermint, peanut butter, nuts or chocolate pieces.

Make one bag for each person.

Twilight District, Prairie Rose

GRILLED POUND CAKE S'MORES

Cooking method: Stove top
Cooking time: 7 – 10 minutes

Ingredients

1 (10.75 ounce) frozen pound cake, thawed	1 cup marshmallow cream, divided
1 cup semisweet chocolate chips, divided	Vanilla ice cream, softened (optional)



Slice cake horizontally into 3 layers. Place bottom layer on a large sheet of heavy duty foil; spread with ½ cup marshmallow cream and sprinkle with ½ cup chocolate chips. Repeat layer ending with cake on top.

Fold edges of foil to seal securely. Grill, without grill lid, over low heat for 7 – 10 minutes or until warm. Slice and serve with ice cream, if desired.

Twilight District, Prairie Rose

HAIRY BEASTS

Cooking method: Stove top

Ingredients

1 can sweetened condensed milk	⅛ cup regular milk
1 loaf unsliced bread	1 cup coconut

Combine the two milks in a bowl. Remove crusts from bread and cut into 1 inch cubes. Dip bread cubes in milk mixture and then roll in coconut. Put on wiener stick and toast over hot coals.

Julie Nielsen, Tamarac

Variation: use pound cake cut into 1 inch cubes instead of bread.

Glen Allan District, Edmonton

PEANUTTY CHEWS

Cooking method: Stove top

Servings: 4 dozen

Ingredients

¼ cup brown sugar

¼ cup corn syrup

1 tbsp butter

2 cups cornflakes

½ cup peanuts

In a large pot over medium heat cook brown sugar, corn syrup and butter. Stirring constantly, boil for 2 minutes, then add corn flakes and peanuts. Mix well and drop by spoonful onto waxed paper. With buttered fingers press into clusters. Makes about 4 dozen.

Twilight District, Prairie Rose

PUDDING IN A BAG

Mix instant pudding in a large bowl and pour individual servings into plastic re-sealable bags, seal and let set. Eat out of bag. Great when in a rush.

Karen MacDonald, Edmonton

RANGER FONDUE

Cooking method: Stove top, open fire

Preparation time: 1 hour

Cooking time: 15 minutes

Servings: 10 – 15

Ingredients

3 tbsp margarine or butter

3 pkg semi-sweet chocolate chips

1 – 4 oz can evaporated milk

assorted fruits, nuts, marshmallows, red berries, jujubes, candies, etc.

Mix butter, milk, and chocolate in pot and melt. Cut fruit, etc. into bite size chunks for dipping. When fondue has melted, remove from heat. Call everyone over with their forks, and dip away

Variations: Add favorite flavoring to the fondue mix

Use white chocolate

Mix chips – 1 bag chocolate, 1 bag mint

Replace chips with chocolate bars and dippers can be left-over fruit, etc. making it a great dessert for the last night of a back-packing trip.

Note: The more chocolate or milk added, the more people can be served. Keep the proportions similar to those shown above.

Susan Ruzek, Calgary

Dump Cake

BLACK FOREST DUMP CAKE

Cooking method: Dutch oven

Cooking time: 45 minutes

Ingredients

1 chocolate cake mix

1 – 2 chocolate bars

1 cherry pie filling

Put pie filling into a Dutch oven, then add cake mix. DO NOT MIX.

Break up chocolate bar on top. Cook approximately 45 minutes.

Twilight District, Prairie Rose



CARAMEL APPLE DUMP COBBLER

Cooking method: Dutch oven

Cooking time: 45 minutes

Ingredients

2 – 4 cans apple pie filling

1 – 2 caramel cake mixes

Margarine

Place pie filling in a foil lined Dutch oven. Top with dry cake mix. Cover generously with margarine.

Bake with coals underneath and on top on the cover for approximately 45 minutes. Cobbler is done with the top is golden brown and bubbly.

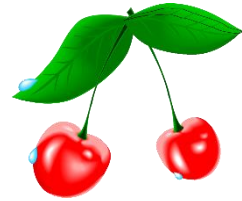
Twilight District, Prairie Rose

CHERRY CHOCOLATE SURPRISE DUMP CAKE

Cooking method: Dutch oven
 Cooking time: 1 hour
 Servings: 10 – 12

Ingredients

1 prepared chocolate cake mix	1 egg
1 can cherry pie filling	3 tbsp sugar
8 oz cream cheese	1 tsp vanilla



Pour prepared cake batter into a greased 12" Dutch oven. Spoon cherry pie filling over cake batter.

In a small mixing bowl cream together cream cheese, egg, sugar and vanilla until smooth. Drop by tablespoons over top of cake. Place lid on oven.

Bake using 8 – 10 briquettes under the pan and 14 – 16 briquettes on top for 1 hour or until top center of cake springs back when touched.

Serve warm with whipped cream.



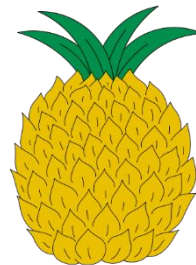
Twilight District, Prairie Rose

CHERRY PINEAPPLE COBBLER DUMP CAKE

Cooking method: Dutch oven
 Cooking time: 45 minutes

Ingredients

1 can cherry pie filling
 1 box white cake mix
 1 can crushed pineapple
 ½ cup butter or margarine
 Sugar
 Cinnamon



Line Dutch oven with foil.

Cut several pats of butter or margarine and distribute evenly on the bottom of oven.

Add ½ of the cake mix powder and spread evenly over fruit.

Layer a can of pie filling, lightly sprinkle with sugar, 1 can crushed pineapple, lightly sprinkle with sugar, 1 can pie filling. Lightly sprinkle cinnamon over last layer of pie filling, then add more butter.

Cover filling with the other ½ of the box of cake mix powder. Top with remaining butter.

Cover and cook with 8 – 10 briquettes under the pot and 6 – 8 on top for approx. 45 minutes. Check frequently until golden brown.

Twilight District, Prairie Rose

CHERRY PINEAPPLE DUMP CAKE

Cooking method: Dutch oven

Cooking time: 30 minutes

Ingredients

2 yellow pudding cake mixes

1 can cherry pie filling

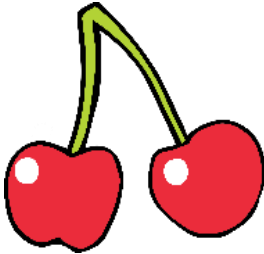
1.5 tbsp butter

1 can pineapple pieces

½ cup water

Line oven with foil and place over 14 – 16 coals.

Pour in both cans of fruit, dump in both cake mix powders, spread lightly over fruit. Add butter. Pour water over top and cook for about 30 minutes or until golden.



Twilight District, Prairie Rose

CHOCOLATE PINEAPPLE UPSIDE DOWN DUMP CAKE

Cooking method: Dutch oven

Cooking time: 10 – 20 minutes

Ingredients

12 oz can pineapple rings

1 tbsp butter

1 jar maraschino cherries

¼ cup brown sugar

1 box chocolate cake mix (plus additional ingredients listed on box)



Line a 12" Dutch oven with foil. Place pineapple rings on the bottom. Put cherries in the holes and between the rings as desired. Sprinkle brown sugar over the fruit and place butter in small pieces all over.

Place all cake ingredients in a plastic re-sealable baggie, remove all the air and seal bag. Knead mixture until well combined. Pour cake mixture over fruit.

Cover and cook with 10 briquettes under the pot and 14 on top. Check in 10 minutes and every 5 minutes after that if necessary.

Twilight District, Prairie Rose

DUMP CAKE

Cooking method: Oven 350° F
 Cooking time: 35 – 40 minutes

Ingredients

1 (21 oz) can cherry pie filling
 1 package yellow cake mix
 1 (15 oz) can crushed pineapple
 ½ cup melted butter
 8 oz chopped walnuts (optional)

In a 9" x 13" pan mix cherries and pineapple. Sprinkle dry cake mix over fruit mixture. (Optional: sprinkle with walnuts). Drizzle melted butter over top. Bake at 350° F for 35 – 40 minutes or until golden brown.

MUD DUMP COBBLER

Cooking method: Dutch oven
 Cooking time: 50 minutes

Ingredients

1 box chocolate cake mix
 1 can crushed pineapple
 2 cans cherry pie filling
 ½ cup butter
 1 pkg chocolate chips
 Cinnamon

Line Dutch oven with foil. Empty cherry pie filling and pineapple into oven. Sprinkle cake mix over fruit. **DO NOT STIR!** Sprinkle with cinnamon if desired and drop slices of butter onto mix.

Cover and bake approx. 45 minutes at 350° F degrees. Five minutes before done, the chocolate chips can be sprinkled on top.

Twilight District, Prairie Rose



Frozen Desserts

ICE CREAM A LA TIN CAN

Preparation time:	5 minutes
Cooking time:	20 – 30 minutes
Equipment and supplies:	1 – 3 lb can with tight fitting lid 1 – 1 lb can with tight fitting lid (coffee tin) Rock salt Ice
Servings:	About 3 cups



Ingredients

1 cup milk	½ tsp vanilla
½ cup sugar	Nuts, chocolate chips, fruit, as desired
1 cup whipping cream	

Put all Ingredients into the 1 lb can and place cover on it. Place 1 lb can with ingredients inside the 3 lb can. Pack larger can with crushed ice around the smaller can. Pour ¾ cup rock salt evenly over ice. Place lid on 3 lb can. Hint: it is a good idea to tape lid on both cans using duct tape, electrical tape, or filament tape.

Roll can back and forth on the floor for 10 minutes. Open inner can and scrape side of can. Replace lid, add more ice and salt to outer can. Roll for 5 more minutes.

Et voila! Ice Cream a la tin can.

Alternate recipe:	1 can sweetened condensed milk	1 – 2 cups milk
	Nuts, chocolate chips, fruit, etc.	
	Follow above directions	

Recipe Source: Stevie Wood, Morin Heights, Quebec
Susan Ruzek, Calgary

ICE CREAM IN A BAG

Servings: 1

Ingredients

2 tbsp sugar

1 cup half & half cream

½ tsp vanilla

1 gallon size plastic re-sealable bag

Ice cubes (enough to half fill a gallon-size bag)

1 pint-size plastic re-sealable bag

½ cup salt (the bigger the granules, the better – kosher or rock salt works best, but table salt is fine)

Combine the sugar, cream, and vanilla in the pint-size bag and seal it tightly. Place the salt and ice in the gallon-size bag, then place the sealed smaller bag inside as well. Seal the larger bag.

Now shake the bags until the mixture hardens (about 5 minutes). Feel the small bag to determine when it's done.

Take the smaller bag out of the larger one, add mix-ins (cookies, candies, fruit, etc.) and eat the ice cream right out of the bag.

Lisa Franklin

SNOW TAFFY

Cooking method: Stove top

Ingredients

3 cups sugar

½ cup whipping cream

½ cup cereal cream

Bring ingredients to a boil to soft ball stage. Put clean snow on cookie sheet. Spoon taffy on the snow to set. This is a very rich candy, so a little goes a long way.

Julie Nielsen, Tamarac



Fruit

APPLE DUMPLINGS

Cooking method: Stove top

Cooking time: 5 minutes

Ingredients - Dumplings

1 cup biscuit mix

1 egg, beaten

¼ cup milk

¼ cup brown sugar

Apples, sliced ¼ inch thick

Ingredients – Sauce

2 cups brown sugar

2 cups water

¼ cup butter

In a large bowl beat egg, brown sugar and milk. Stir egg mixture into biscuit mix and blend well.

In a large pot combine sauce ingredients and heat to a boil. Dip apples into biscuit mixture, then add to simmering sauce.

Cover and simmer over low heat for about 5 minutes.

Pick out with fondue fork and eat.

Barb Robinson, Guiding Gourmet CM 99
Becky's (Dragon's) Guiding Resource Centre

APPLE PIE A-LA DUTCH OVEN

Cooking method: Dutch oven

Cooking time: 25 minutes

Ingredients

Fresh apples

Butter

Cinnamon sugar mix

Frozen pie dough (2 sheets)

Peel apples and slice. Coat Dutch oven lightly with butter. Line bottom with one pie dough sheet. Pour in apple pieces. Coat liberally with cinnamon-sugar mixture. Place pats of butter all over.

Cut second pie dough sheet into strips about one inch wide and crisscross on top of apples. Lightly coat top dough with 1 pat melted butter and sprinkle generously with cinnamon sugar.

Bake with hot coals for about 20 minutes. When top crust is golden brown, shake coals off top of Dutch oven and continue cooking for another 5 minutes.

Twilight District, Prairie Rose

APPLE PIZZA

Cooking method: Stove top, tin can stove

Ingredients

1 tube refrigerator biscuits

Grated cheese

Brown sugar

Apple pie filling

Oil

Cinnamon

Carefully open the tube of refrigerator biscuits and separate the dough pieces. Lightly flatten the biscuit dough into a circle that fits your pan or tin can stove.

Heat the oil in a frying pan or cover the top of a tin can stove with foil and spray with oil. Put the biscuit dough into the frying pan or onto tin can stove and lightly fry one side until brown.

Turn the biscuit dough over and cook the other side. Add a little brown sugar and cinnamon and a small amount of pie filling. Top with cheese, cover with foil and heat through for a couple of minutes. Carefully remove from pan and cool. Cut into pieces.

Hint: use an oiled foil pie pan on your tin can stove instead of cooking directly on stove.

Karen MacDonald, Edmonton

APPLE SLICE

Cooking method: Stove top

Cooking time: 45 minutes

Servings: 24

Ingredients - Base

125 mL (½ cup) margarine

2 eggs

750 mL (3 cups) flour

2 mL (½ tsp) salt

Apples (or blueberries, peaches, plums, etc.)

175 mL (¾ cup) sugar

10 mL (2 tsp) vanilla

10 mL (2 tsp) baking powder

250 mL (1 cup) milk

Ingredients – Topping

125 mL (½ cup) sugar

125 mL (½ cup) flour

125 mL (½ cup) butter

Dash cinnamon

Cream together margarine and sugar. Add eggs and vanilla; beat well.

Sift together flour, baking powder and salt.

Gradually add to creamed mixture, alternating with milk. Spread in two 9 inch x 13 inch pans. Cover with fruit.

Rub topping ingredients together and sprinkle over fruit.

Bake for 45 minutes in 350° oven.

Let's Go Camping, Calgary Area Camping Advisers

APPLESAUCE SANDWICHES

Cooking method: Tin can stove

Ingredients

Applesauce

Cinnamon sugar mix

Bread

Butter

Spread applesauce (or other fruit pie filling) on a slice of bread. Sprinkle with sugar and cinnamon. Top with a second slice of bread and butter the outsides of the sandwich.

Cook like a grilled cheese sandwich.

Lisa Franklin

BAKED APPLES I

Cooking method: Open fire

Cooking time: 5 – 10 minutes

Servings: 1

Ingredients

1 apple

Raisins

Butter, brown sugar, cinnamon



Remove core of apple carefully and set apple on a square of tin foil. Fill the cavity with a pinch of sugar, a knob of butter, a dash of cinnamon and a few of the raisins. Wrap apple in foil and bake in campfire until soft (5-15 min).

Variation: use marshmallows and butterscotch chips.

7th Calgary Guides

BAKED APPLES II

Cooking method: Open fire, dutch oven, reflector oven

Cooking time: 45 minutes

Servings: 1

Ingredients

1 apple

Brown sugar

Butter

Cinnamon

Marshmallows

Raisins or nuts

Core the apple. Place combination of the above in the centre of the apple. Wrap in foil by bringing sides up and twisting the top. Cook slowly over the coals.

Marnie Staszko, Edmonton

BANANA BOATS

Cooking method: Open fire
 Cooking time: 10 minutes

Ingredients

Bananas
 Miniature marshmallows
 Chocolate chips

Take a banana and slice lengthwise through the peel, but not all the way through the banana. Peel back the flap of the peel and with a spoon scoop out and eat some of the banana until you have a "canoe." Stuff with mini marshmallows and chocolate chips. Lay the peel back over top.

Place on a 18" x 6" piece of double thickness heavy-duty foil. Cook in the fire (in coals) until all the chips and marshmallows are melted and banana is slightly mushy.

For a group banana boat slice the banana into chunks and put into a large piece of foil add the chips and marshmallows and wrap up. Cook in fire.

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BANANA SURPRISEIngredients

Ripe but firm bananas
 Melted chocolate or chocolate chips
 Coatings: coconut, finely chopped walnuts or cake sprinkles

Cut banana in half, peel, and put on a popsicle stick. Dip banana into melted chocolate and roll in one of the coatings.

Marlace Susut, Parkland

BROWN BEARS IN AN APPLE ORCHARD

Cooking method: Open fire, stove top
 Cooking time: 20 minutes
 Servings: 6

Ingredients

2 cans applesauce
 1 pkg gingerbread cookie mix

Heat two cans of applesauce in deep pan. Mix package of gingerbread mix following directions for cookie mix. Shape gingerbread into small balls. Spread over top of hot applesauce. Cook over low fire for approximately 10 minutes uncovered and 10 minutes covered, or until gingerbread is done.

Phyllis Clow, Edmonton

CAMPFIRE CRUMBLE

Cooking method: Open fire
 Cooking time: 15 – 20 minutes
 Servings: 1

Ingredients (per person)

2 oatmeal cookies

Pie filling



Take a cookie, put a few spoons of pie filling on it and smush the second cookie on top. Wrap in foil and place in coals for 15 to 20 minutes.

Camp Woolsey Cookbook 2011
 Becky's (Dragon's) Guiding Resource Centre

CAMPFIRE FRUIT

Cooking method: Open fire
 Cooking time: 10 – 15 minutes

Ingredients

1 pear peeled and quartered

15 ml (1 tbsp) currants

5 ml (1 tsp) honey

15 ml (1 tbsp) slivered almonds

Candied ginger or dash of ginger

For each serving, place pear slices on heavy duty foil (2 pieces with damp newspaper between). Drizzle fruit with honey and sprinkle with currants, almonds and ginger. Seal tightly and cook over coals.

Variations: Oranges, sliced bananas, coconuts, marshmallows, a dash of lemon juice.
 Peach halves, apricots, or raspberries with nutmeg and sugar.
 Apple slices, cinnamon sugar, raisins.

Recipe Source: Marg's Campfire Cookery Kitchen
 Margaret Seel, Calgary



CARAMEL APPLE CRISP

Cooking method: Dutch oven

Cooking time: 60 minutes

Ingredients

8 – 10 granny smith apples, peeled, cored & sliced

2 cups brown sugar

2 cups flour

2 tbsp lemon juice

 $\frac{2}{3}$ cup white sugar

1 cup instant oatmeal

 $\frac{1}{3}$ cup flour

1 cup butter, melted

2 tsp cinnamon

 $\frac{3}{4}$ cup nutmeg $\frac{1}{4}$ tsp cloves $\frac{3}{4}$ tsp salt

1 jar caramel sauce

In buttered 12" Dutch oven, add apples and lemon juice; stir to coat apples.

In a separate dish combine white sugar, flour, cinnamon, cloves, nutmeg and salt. Pour dry ingredients over apples and stir until apples are well coated.

Spread out apples and pour caramel sauce over the top.

In medium bowl, combine brown sugar, flour and oatmeal. Using a fork, mix in melted butter to form coarse crumbs. Spread topping evenly over apples.

Cover Dutch oven and bake using 10 – 12 briquettes under the pot and 16 – 18 briquettes on top for 60 minutes.

Twilight District, Prairie Rose

CAROLINE'S APPLE DISASTERS

Cooking method: Oven

Ingredients

Can apple pie filling (or any other flavour)

Refrigerated crescent roll dough (as many tubes as you need)

Cinnamon

Sugar

Roll out crescent dough. In the wide part of each triangle put a dab of pie filling and cinnamon. Roll up and sprinkle a bit of sugar on top.

Place on greased cookie sheet and bake until golden brown. (It doesn't matter if the pie filling oozes out.) Let cool before serving as the pie filling will be very hot.

Caroline Lobban

CHOCOLATE APPLE RINGS

Cooking method: Open fire

Servings: 3 – 5

Ingredients

2 apples, peeled, cored & cut into $\frac{3}{4}$ inch slices

$\frac{1}{4}$ cup peanut butter

$\frac{1}{4}$ cup chocolate sauce (bought or homemade)

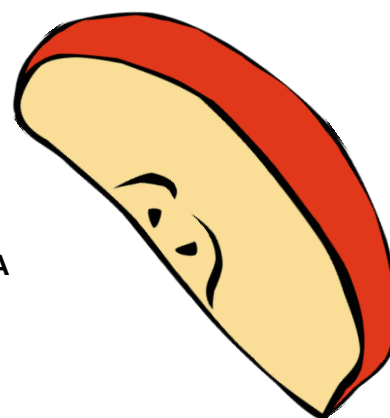
1 tbsp butter or water (water will not burn)

Mix peanut butter and chocolate sauce together until blended.

Spread each apple slice with mixture.

Put 3 apple slices on a 6 inch square of double layered heavy duty foil. Sprinkle with water or dot with butter. Seal packet.

Place packet on coals 10 - 12 minutes.



CINNAMON APPLE PIZZA

Cooking method: Dutch oven

Cooking time: 16 - 18 minutes

Servings: 8

Ingredients

1 tube refrigerated cinnamon roll dough

$\frac{1}{4}$ cup brown sugar

1 can apple pie filling

1 tbsp butter

Set cinnamon roll icing aside. Separate dough into individual rolls; roll out each into a 4 inch circle. Arrange in Dutch oven on greased aluminum foil overlapping edges.

Bake for 8 minutes.

Spoon the apple pie filling over rolls to within $\frac{1}{2}$ inch of edge. Combine the brown sugar and butter; sprinkle over pie filling.

Bake 6 – 8 minutes longer or until crust is golden brown. Cool. Drizzle with the icing.



Twilight District, Prairie Rose

DESSERT DUMPLINGS

Cooking method: Stove top, open fire
 Cooking time: Approximately 15 minutes
 Servings: 4 or 5

Ingredients

$\frac{3}{4}$ cup flour	1 $\frac{1}{2}$ tsp baking powder
$\frac{1}{4}$ tsp salt	$\frac{1}{2}$ tsp soft margarine
$\frac{1}{8}$ cup milk	1 can fruit (peach, blueberry, raspberry, etc.)

Bring fruit to a boil. Mix other ingredients together and drop by teaspoonfuls into boiling fruit. Cook on low heat for approximately 15 minutes. Serve as is or with cream.

Julie Nielsen, Tamarac

ENGLISH MUFFIN PIES

Cooking method: Open fire

Ingredients

English muffins
 Pie filling

Cut an English muffin in half and spoon pie filling on one half. Top with other muffin half. Wrap in foil and warm over coals.

Becky's (Dragon's) Guiding Resource Centre

FOIL SUNDAES

Cooking method: Open fire

Ingredients

Pound cake
 Butter
 Brown sugar
 Crushed pineapple or pie filling

Arrange slice of pound cake on foil. Top with brown sugar, butter and pineapple (or pie filling).

Wrap well and grill over coals until warm.

Joan Beitman
 Becky's (Dragon's) Guiding Resource Centre

FRUIT A LA SITE 3

Cooking method: Open fire
 Cooking time: Few minutes
 Servings: 1

Ingredients

Canned peach halves
 Brown sugar and cinnamon



Fill cavity of peach with brown sugar and cinnamon. Wrap in foil and heat. If available, top with whipped topping. Simple but delicious.

Variation: use other fruit as desired.

Cathy Beauvais, Edmonton

FRUIT CRISP

Cooking method: Box oven, 350° F
 Cooking time: 30 minutes

Ingredients

1 can of pie filling	1/3 cup margarine
2/3 cup oatmeal	2/3 cup flour
1/2 cup brown sugar	1 tsp cinnamon

Put pie filling in the bottom of pie plate (cake pan, individual tuna tins, or cupcake pans). Mix remaining ingredients until crumbly and sprinkle on top of pie filling. Bake about 30 minutes.

Karen MacDonald, Edmonton

FRUIT CUP

Use four or five varieties of fresh fruit (e.g. melons, fresh pineapple, bananas, apples, pears, peaches, grapes, berries, orange segments). Pare and cut into bite-size pieces. Use enough fruit so each girl has a paper cup full.

Have girls choose two or three toppings each to add to their fruit (i.e. yogurt, sesame seeds, sunflower seeds, nuts, coconut, chocolate chips, flavoured syrups, sprinkles, granola).

Betty E. Quinn, Edmonton

FRUIT KABOBS

Cooking method: Open fire

Ingredients

Chunks of fresh or canned fruits: banana, pineapple, apple, etc.
Honey or syrup

Thread your choice of fruit on skewers. Brush with honey or syrup and heat over fire. Serve with ice cream.

Lisa Franklin

FRUIT SALAD

Ingredients

1 can crushed or chunk pineapple (for 8 - 10 servings)
Fresh fruit cut into small pieces (bananas, apples, oranges, etc.)
Maraschino cherries and juice (optional)

Put pineapple and juice in a large bowl. Add fresh fruit and stir. The pineapple juice keeps the fruit from darkening so it can be prepared a couple of hours in advance.

Irene Pettapiece, Edmonton

HONEY BEAR'S DELIGHT

Cooking method: Box oven or open fire

Cooking time: 5 minutes

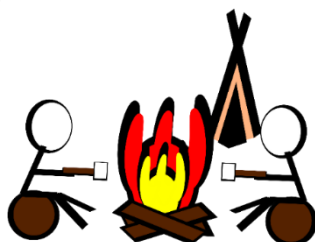
Servings: 1

Ingredients

1 apple, cut into pieces
¼ cup raisins
1 tsp butter
3 large marshmallows or 8 – 10 miniature marshmallows
1 tbsp honey or syrup

Place the apples, raisins, marshmallows and butter on a large piece of foil. Drizzle with honey or syrup.

Wrap up and place in box oven, or over hot coals, for about 5 minutes.



100th Edmonton Guides

INDIVIDUAL FRUIT COBBLERS

Cooking method: Box oven
 Cooking time: 30 – 40 minutes
 Servings: 8 – 12

Ingredients

Canned pie filling (apple, cherry, etc.)
 White or yellow cake mix

Line clean tuna cans (1 per person) with foil and grease. Spoon 1 – 2 tbsp of pie filling into each can. Pour on 2 – 3 tbsp of prepared cake mix.

Place in box oven for approximately 35 – 40 minutes. Serve with whipped topping (optional).

Variations: Spread a can of pie filling on bottom of cake pan, i.e. apple pie filling with cinnamon. Pour a prepared cake mix over pie filling. Chocolate with apple is good.

On bottom of cake pan, place pineapple slices, brown sugar, and pineapple juice. Cover with coffee cake mixture or regular cake mix. Gingerbread is excellent.

Use prepared biscuit mix ($\frac{1}{4}$ cup mix, 1 tbsp butter, and 1 tbsp hot water) instead of cake mix.

Phyllis Clow, Edmonton

MALLOW FRUIT KABOBS

Cooking method: Open fire

Ingredients

Assorted fruit cut into bite size pieces (apples, bananas, peaches, berries)

Large marshmallows

$\frac{1}{4}$ cup lemon juice

$\frac{1}{2}$ cup margarine

Graham wafers (optional)

Skewer marshmallows between chunks of fruit. Brush fruit with melted margarine and lemon juice.

Roast over fire until marshmallows are toasted.

Eat directly from sticks or put onto graham crackers.

Etobicoke Parks and Rec
 Becky's (Dragon's) Guiding Resource Centre

MARTIANS IN A SPACESHIP

Cooking method: Open fire

Ingredients

Green apple

Mars™ bar

Hollow out a green apple (this is the spaceship), then stuff a Mars™ bar (Martian) into it. Wrap in foil and bake in coals for about 20 minutes.

Lisa Franklin

PEACH COBBLER IN A CAN

Cooking method: Open fire

Cooking time: 10 – 15 minutes

Ingredients

1 can sliced peaches in syrup

Yellow cake mix

Remove the entire paper label from the can of peaches. Open the can and pour the syrup out into a cup. Sprinkle several tbsp of dry cake mix onto the peaches in the can. Pour just a little of the syrup back over the peaches and dry cake mix.

Replace the lid on the can and then place the can onto a grate over a hot campfire.

Let the cobbler cook for about 10 – 15 minutes, until the crust is crumbly and the peaches are bubbly. You can eat the cobbler out of the can with a spoon or pour onto a plate to share!

Twilight District, Prairie Rose



PEACH COBBLER IN A DUTCH OVEN

Cooking method: Dutch oven
Cooking time: 20 – 30 minutes

Ingredients

1 (29 ounce) cans peaches, sliced
1 1/2 tsp cinnamon
3 cups biscuit mix
1 cup granulated sugar
6 tbsp shortening
2 eggs
1 cup milk

Line Dutch oven with aluminum foil and place over coals with more coals on lid.

Put shortening into small pan. Put near heat to melt. When Dutch oven is hot, put peaches in with no more than ½ cup of the juice. Sprinkle sugar and cinnamon on fruit. Put lid back on with coals on top.

Put biscuit mix, eggs, melted shortening and milk in bowl and mix thoroughly. Remove lid from Dutch oven. Quickly drop dough one spoonful at a time on top of the fruit. Do not spread the dough around or smooth the dough out.

Put lid on oven with coals under the oven and on the lid (400° F). Check in 5 minutes. If a crust has started to form, the fire is much too hot. There should be no visible change in the surface of the dough.

Check in 10 minutes. If there is a very light crust starting to form the heat is just right. If there is no crust forming, add more coals. If there is a hard crust or some browning, remove coals to reduce heat.

Check in 20 minutes. The biscuit dough should be a light brown. If it is a dark brown, remove most of the coals from the lid. If there is no browning, add more coals to the lid.

This should be done in about 30 minutes. Test by pushing a piece of clean straw or a wood splinter into the dough and pulling it out. If it comes out dry or with dry crumbs, it is done.

Remove Dutch oven from the fire and allow the cobbler to cool a while before serving.

Twilight District, Prairie Rose

PEACH DELIGHT

Cooking method: Open fire

Ingredients

Peach halves
Brown sugar
Mini marshmallows
Pecans (optional)



Take a can of peach halves, with syrup and put into a tinfoil packet. Add brown sugar, marshmallows and pecans. Wrap up the packet and place in hot coals until marshmallows are melted. Great served with ice cream.

Twilight District, Prairie Rose

PEACH KABOBS

Cooking method: Open fire

Ingredients

6 canned peach halves, drained	3 bananas, thickly sliced
2 apples, cored & thickly sliced	1 cup grapefruit juice
1 cup honey	

Mix grapefruit juice and honey together. Marinate fruit in this mixture for a minimum of 30 minutes. Thread on skewers.

Barbecue on grill 3 – 5 minutes, basting with marinade.

Gloria Klos, Edmonton

PEAR DESSERT

Cooking method: Open fire

Ingredients

Canned pear halves, drained
Chocolate mint wafers

Place 2 pear halves in double thickness foil. Fill cavity with chocolate mint wafers. Wrap tightly in foil and heat in fire over coals, until chocolate melts, about 5 minutes.

Karen MacDonald, Edmonton

SUNNY PEACH SANDWICH

Cooking method: Open fire

Equipment: Pie iron

Ingredients

2 slices buttered bread

1 canned peach half

Powdered sugar

1 marshmallow

Place one slice of bread, buttered side down, on one side of pie iron, then place a peach half with the marshmallow in the hollow. Now put the other slice of bread on top with the buttered side facing up.

Close the iron and toast over the fire. When your sandwich is just right, remove from the iron and dust with powdered sugar.

Twilight District, Prairie Rose

Girl Guide Chocolate Mint Cookie Recipes



CAKE

Make a round cake. Cut cake into 4 layers. Put whipped cream and crushed mint cookies between layers. Sprinkle crushed mint cookies on top of cake. Garnish by placing whole mint cookies vertically around the outside.

COOKIES

Add 1 cup chopped mint cookies and ½ cup white chocolate chips to a favorite chocolate chip cookie recipe for a decadent treat.

COOKIE BARS

Combine 2 cups of graham wafer crumbs with ¾ cup of melted butter. Press evenly into a parchment covered 13 x 9 inch baking pan. Pour 1 can of Eagle Brand condensed milk evenly over top.

Mix together 1 cup chopped chocolate mint cookies, 1 cup flaked coconut, ½ cup chocolate chips and 1 cup chopped nuts. Sprinkle over top. Press down firmly.

Bake in oven at 325° F for 25 – 40 minutes until golden brown. Cool and cut into bars. Crumble cookies over vanilla ice cream.

FOR CHRISTMAS

Use the mint cookies to make an edible wreath. Again “glue” them together in a wreath shape with icing on a tinfoil lined cookie tray/pizza pan and add edible embellishments like mint/gummy leaves and a red bow of liquorish or red gumdrop berries etc.

FOR HALLOWEEN

Unwrap a Hershey's Kiss and "glue" it on to the top of a mint cookie with some icing to make a witches' hat. Or use the icing to "glue" black rope liquorish legs onto the sides of a mint cookie to make a spider.

MUFFINS

Use your favorite muffin mix and add crushed mint cookies.



S'MORES IN A PAN

Cooking method: Oven

Ingredients

2 boxes Girl Guide chocolate mint cookies, broken in small pieces, crushed or whole (crushed or small pieces will cover pan)

1 bag mini marshmallows

Optional: chocolate chips, sliced almonds

Spray a metal pan with cooking spray. Cover bottom of pan with cookies. Sprinkle with marshmallows. Cover marshmallows with more cookies. (If using chocolate chips and almonds sprinkle on top.)

Bake until melted and gooey.

(This recipe was created for the Pathfinder Unit at the Calgary Young Offenders Centre.)
Pat Guillemaud, Calgary



Girl Guide Sandwich Cookies Recipes



BROWNIES

Mix your favorite brownie recipe batter up and add crushed chocolate cookies to the batter before cooking. Sprinkle chocolate chips on the top.

CHEESE CAKE CUPS

Place a cookie in each muffin cup. Make a simple cheese cake batter and add on top of cookie. Now top with cherry pie filling. Bake and enjoy!

EASTER COOKIES

Melt white chocolate and color it with food coloring to make pastel Easter colors. Dip cookies in chocolate to cover 1/2 of the cookie and then into colored sprinkles. Arrange in an Easter basket!

ICE CREAM CAKE

Make an ice cream cake and top with crushed cookies.

PARFAIT

Make chocolate pudding and fill a glass half way. Sprinkle a layer of crushed vanilla cookies. Now make vanilla pudding and fill the glass the rest of the way and sprinkle a layer of crushed chocolate cookies over top. Chill in fridge.

SMOOTHIE

Blend these ingredients until smooth - ½ cup vanilla frozen yogurt, ½ cup of skim milk, and 1 each vanilla and chocolate cookies.

7th Calgary Guides

S'MORES

Open a vanilla cookie and spread peanut butter on the non-icing side. Add a few chocolate chips and mini-marshmallows. Put 2 halves of cookie together and cover in tinfoil and bake in oven or over camp fire.

Other Desserts

CINNAMON PIE

Cooking method: Open fire

Equipment: Pie iron

Ingredients

1 pkg refrigerated crescent roll dough

Butter

Cinnamon sugar mixture

Coat pie irons with cooking spray. Unroll the crescent roll dough and put a piece of dough into each ½ of the iron. Butter each piece of dough, pour a generous amount of cinnamon sugar onto 1 half and close the iron.

Cook over fire, turning frequently until golden brown. Takes less than 10 minutes cooking time.

Twilight District, Prairie Rose

CREAM CHEESE PITA POCKETS

Cooking method: Tin can stove or open fire

Cooking time: 5 – 10 minutes

Ingredients

Small pita pockets

Can of fruit pie filling

Soft cream cheese

Slice an opening along the edge of a pita pocket. Place a small amount of cream cheese and pie filling into the pocket. Wrap in foil and place on top of tin can stove, or over hot coals, until cheese is melted.

Hint: can also be done a cookie sheet in the oven.

Karen MacDonald, Edmonton

DESSERT BURRITO

Cooking method: Open fire

Ingredients

Tortillas

Pie filling or peanut butter

Chocolate chips

Mini marshmallows

Put a tortilla on a foil square. Add peanut butter or pie filling. Sprinkle with chocolate chips and marshmallows. Roll up the tortilla and fold the bottom edge in.

Wrap foil around the tortilla and place on a grill above fire or on the ash around the edge of the fire. Heat until the ingredients melt.

Twilight District, Prairie Rose

GRILLED CHOCOLATE SANDWICHES

Cooking method: Open fire

Equipment: Pie iron

Ingredients

Sliced bread

Chocolate bar

Margarine

Butter one side of 2 slices of bread. Place one slice butter side down onto pie iron. Top with half a chocolate bar. Place the other slice of bread on, butter side up. Close iron and cook until toasted.

Twilight District, Prairie Rose

HALF HOUR PUDDING I

Cooking method: Oven 350° F

Cooking time: 30 minutes

Servings: 4

Ingredients

2 cups boiling water

1 tbsp butter

½ cup brown sugar

2 tsp baking powder

1 cup raisins

¾ cup brown sugar

1 egg

1 cup flour

½ tsp salt

½ cup milk

1 tbsp butter



Grease medium sized casserole. Add boiling water, ¾ cup brown sugar and 1 tbsp butter. In a bowl mix egg and ½ cup brown sugar. Add flour, baking powder, salt, raisins, milk, and 1 tbsp butter.

Pour this mixture over sugar-water sauce in casserole.

Bake for 30 minutes at 350° F.

Eleanor Grundberg, Edmonton

HALF HOUR PUDDING II

Cooking method: Oven or open fire

Cooking time: 30 minutes

Servings: 6 – 8

Ingredients – Batter

⅓ cup brown sugar

1 cup flour

2 tsp baking powder

⅛ tsp salt

½ cup raisins

Ingredients – Sauce

½ cup milk

1 cup brown sugar

2 cups boiling water

½ tsp nutmeg

1 tbsp butter

Mix batter and pour into a large juice can. Mix sauce separately and pour over batter. Do not mix sauce and batter together. Cover tin can with foil.

Bake over hot coals for about 25 – 30 minutes.

Variation: can also be cooked in an 8 inch square cake pan in a 350° F oven for 25 – 30 minutes.

Gloria Klos, Edmonton

PINEAPPLE UPSIDE DOWN DONUTS

Cooking method: Open fire
 Cooking time: 15 – 20 minutes
 Servings: 1

Ingredients

1 donut
 2 tsp brown sugar
 1 cherry
 2 pineapple slices
 ½ tsp butter
 Miniature marshmallows (optional)



Cut the donut in half making a top and a bottom. Sandwich the pineapple in between the halves. Fill the centre with the brown sugar and butter. Top with cherry and marshmallows.

Wrap in foil and cook on grill above bed of hot coals until marshmallows are melted, approximately 15 - 20 minutes.

Note: Do not cook in coals as donut will burn.

Recipe source: Calgary Area Camp Advisers, *Let's Camp*
 Bev Jaeger, Parkland

SODA CRACKERS FOR DESSERT

Cooking time: 24 hours
 Servings: 20

Ingredients

3 sleeves unsalted soda crackers	2 cups milk
2 cups whipped topping	1 can pie filling, your choice
2 pkg instant vanilla pudding	

Line the bottom of a glass cake dish (9" x 13") with crackers.

In a bowl combine pudding mix and milk and whip until slightly thickened. Then add whipped topping and mix until fluffy.

Spread ½ inch thick over crackers. Repeat layer of crackers and then more pudding and finally more crackers. Top with pie filling.

Refrigerate for 24 hours. The crackers look and taste like puff pastry when it's ready to eat.

Cut into 20 squares and serve.

Trudy Haughland, Twilight District, Prairie Rose

TORTILLA MELTS

Cooking method: Open fire

Cooking time: 5 minutes

Ingredients

Soft tortilla, 1 per person

Bits of chocolate, caramels and marshmallows

Banana and apple slices

Use foil to make a “plate” for your tortilla. Place tortilla on it. Add your choice of fruit and toppings.

Fold tortilla in half and wrap in foil. Heat in the campfire coals (or on a grill) for about 5 minutes on each side. Be sure to let it cool a bit before eating or you’ll burn your tongue.

Twilight District, Prairie Rose

Variation: Spread your choice of toppings on a tortilla. Roll and wrap in foil. Heat over coals until warm.

Try these combinations in a tortillas to make dessert quesadillas:

chocolate chips and marshmallows

peanut butter and chocolate chips

peanut butter and jam

peanut butter and banana

Nutella and banana

or whatever combination you can think of

7th Calgary Guides



Main Dishes



Beef

BARBECUPS

Cooking method: Box oven 400° F

Cooking time: 10 – 12 minutes

Ingredients

¾ lb ground beef

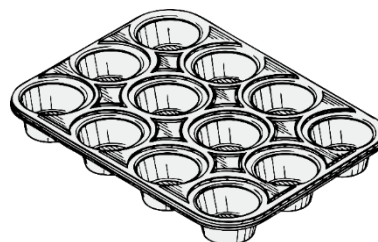
¼ cup chopped onion

1 can biscuit dough

½ cup BBQ sauce

2 tbsp brown sugar

¾ cup shredded cheddar



Brown hamburger and drain. Add BBQ sauce and onion.

Separate biscuit dough into 10 ungreased muffin cups, pressing dough up the sides.

Spoon meat mixture into the cups. Sprinkle with cheese.

Bake in a 400° F box oven for 10 – 12 minutes.

Twilight District, Prairie Rose



BASIC DEHYDRATED GROUND BEEF MIX

Cooking Method: Stove top
 At home preparation: Dehydration
 Servings: 3 (recipe may be doubled, tripled, etc.)

Ingredients

1 lb lean ground beef
 ½ cup finely chopped onion
 ¼ tsp rosemary (optional)
 1 ½ packets beef bouillon
 ¼ cup Worcestershire sauce
 Garlic, if desired
 Pepper to taste
 2 tbsp flour
 1 tsp salt

Note: Like so many ground beef recipes, this one is infinitely variable. In other words, make a mixture you like and proceed.

Brown beef, onion, and garlic and drain well. Add the rest of the ingredients and cook over medium heat, scraping the flour off the bottom of the pan to brown evenly.

Spread the mixture thinly on a greased flat pan, and dry it in a 140° F oven, with the door propped open, for about 6 hours until crumbly.

After drying, spread on paper towels to absorb any extra grease. If grease is left on meat, it will turn rancid very quickly.

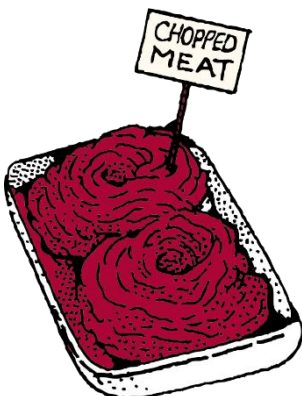
Store dried meat, labeled, in a plastic re-sealable bag in the refrigerator, until ready to leave on trip.

Plan to use within several days.

To reconstitute: Add 1 ⅓ cups water, bring to a boil and simmer 5 minutes.

To use: Your imagination is the limit. Good in soups and one pot meals, on rice and noodles, etc.

Margaret Campbell, Edmonton



BEEF NOODLE GOULASH

Cooking method: Stove top
 Cooking time: 45 minutes
 Servings: 6

Ingredients

1 kg (2 lbs) ground beef	250 mL (1 cup) chopped onion
2 cans niblets corn	500 mL (2 cups) tomato juice or
250 g cubed cheese	2 cans (398 mL) tomatoes
Salt and pepper	250 g (½ lb) noodles

Brown beef and onions. Add tomatoes (or juice), corn and seasoning. Add noodles. Simmer for 45 minutes.

Add cheese, cook until it melts.

Let's Go Camping, Calgary Area Camp Advisers

**BEEF STROGANOFF**

Cooking method: Stove top
 Cooking time: 15 – 20 minutes
 Servings: 4 – 6

Ingredients

500 mL (2 cups) egg noodles	5 mL (1 tsp) salt
Few drops of oil	½ can evaporated milk
500 g (1 lb) hamburger	1 onion
1 can cream of mushroom soup	

Cook noodles, salt and oil until noodles are done.

Brown beef and onion. Add soup and milk. Simmer for 15 minutes.

Serve over cooked noodles.

Let's Go Camping, Calgary Area Camp Advisers

BEEFARONI

Cooking method: Stove top or open fire
 Cooking time: 15 - 20 minutes
 Servings: 12

Ingredients

3 packages macaroni & cheese
 1 lb ground beef (medium or lean)
 1 onion
 1 large can spaghetti sauce

Brown beef and onions in pan, then add spaghetti sauce. Heat through and remove from heat.

Cook macaroni and cheese according to instructions.

Add beef/sauce mix gently, and reheat. Sauce can be cooked ahead of camp and frozen. Girls can cook the macaroni over wood fires then add sauce.

Pat Scheepers, Edmonton

BEEFY BEANS

Cooking method: Stove top

Ingredients

2 lbs ground beef	1 onion
1 green pepper	2 sticks of celery
3 tbsp Worcestershire sauce	1 cup ketchup
3 tbsp brown sugar	1 large can brown beans

Brown the beef in frying pan, add onions, pepper and celery. Mix in remaining ingredients. Cook on stove until heated through.

Variation: Put in tin can, cover with foil and place in fire, over a bed of coals.

Bake about 30-40 minutes in coals, turn every 10 minutes

Karen MacDonald, Edmonton



BEEFY NOODLES

Cooking method: Stove top or open fire
 Cooking time: 45 minutes
 Servings: 6

Ingredients

2 lbs ground beef
 1 cup chopped onion
 2 cans corn niblets
 2 medium cans tomatoes
 1 cup cheese, cubed
 ½ lb noodles

Fry beef and onions in a large pot. Add tomatoes, corn, and noodles.
 Simmer 45 minutes.
 Add cheese, cook until it melts.

Lisa Franklin

CAMP CHILI

Cooking method: Stove top
 Cooking time: 30 minutes
 Servings: 15

Ingredients

2 lbs ground beef	1 cup chopped onion
2 cups chopped celery	2 large cans tomatoes
2 cups mushroom pieces (or 2 cans drained)	2 small cans tomato paste
2 tsp salt	1 tsp garlic powder
2 tsp oregano	¼ tsp pepper
½ cup brown sugar	3 level tsp chili powder
1 bottle chili sauce	2 tsp Worcestershire sauce
½ tsp hot sauce	2 large cans kidney beans

Brown hamburger, celery, and onions. Drain fat. Add all other ingredients and simmer for about 30 minutes. Freeze in ice cream pails until camp.

This recipe should make about one pail. Can be heated in large pot or over buddy burners. A quick meal for first night at camp, served on an open-faced bun with finger food. Two pails (about 30 cups) is enough for a camp of about 30.

Alice Filipchuk, Edmonton

CAMPFIRE LASAGNA I

Cooking method: Stove top or open fire

Cooking time: 20 – 30 minutes

Servings: 4

Ingredients

1 lb ground beef

1 tsp oregano (Italian seasoning)

2 cups water

1/3 cup grated parmesan cheese

1 pkg onion soup mix

1 – 28 oz can tomatoes

2 cups uncooked small/medium pasta

Sliced mozzarella

Brown beef, drain. Add onion soup mix, oregano, tomatoes, water. Bring to a boil and stir in macaroni. Cook covered until macaroni is tender (20 - 30 minutes).

Stir in parmesan cheese and top with mozzarella to serve.

Carol Peters, Edmonton

CAMPFIRE LASAGNA II

Cooking method: Dutch oven

Cooking time: 20 – 30 minutes

Servings: 4

Ingredients

1 lb ground beef

Cooking oil

2 cups water

Onions, peppers, celery, garlic

1 pkg onion soup mix

1 – 28 oz can tomatoes

2 cups uncooked small/medium pasta

1/3 cup grated parmesan cheese

Preheat the Dutch oven in the coals, ensuring there will be enough coals to finish the cooking.

Brown beef, drain. Add onions, celery, garlic, peppers as required and sauté lightly. Add beef to Dutch oven. Add the tomatoes and allow to heat through. Add onion soup mix and water. Allow to heat through.

Add the pasta and stir.

Cook covered until pasta is tender (20 - 30 minutes).

Sprinkle cheese over top and serve.

Tiger Rousseau, Edmonton



CAMPFIRE STEW

Cooking method: Open fire
 Cooking time: 30 minutes

Ingredients

2 lbs ground beef
 2 onions, cut up
 1 lb baby carrots
 Potatoes, chunked
 Salt and pepper

Cut pieces of heavy duty foil for several packets.

Make little balls of ground beef and place on foil. Add onions, potatoes, carrots and salt and pepper. Wrap up packets very tightly and place on grill over fire.

Cook 30 minutes or more, depending on fire.

Hint: use pre-cooked meatballs or prepare meatballs prior to camp to shorten cooking time.

Twilight District, Prairie Rose

CAMPFIRE TACOS / BURRITOS

Cooking method: Open fire
 Cooking time: 2 – 5 minutes
 Servings: 20

Ingredients

4 lbs of lean ground beef
 Large tortillas
 Grated cheese
 Sour cream

Taco seasoning
 Refried beans
 Salsa
 Guacamole



At home precook ground beef with taco seasoning. Freeze In a large plastic re-sealable bag: freeze flat (double bag). The day you leave for camp take out of freezer. It will thaw just enough by the first dinner of camp.

On a large tortilla put a few spoonfuls of beef, and a couple spoons of refried beans, a sprinkle of grated cheese and some salsa, sour cream and guacamole (do not overstuff). Fold burrito style and wrap in foil.

Cook in campfire over coals for 2 – 5 minutes to heat through, melt cheese and toast tortilla. Serve with salad.

7th Calgary Guides

CHEESE MEATBALLS WITH NOODLES

Cooking method: Stove top
 Cooking time: 25 minutes

Ingredients - A

1 egg
 ½ tsp nutmeg
 1 ½ tsp salt
 ¼ tsp pepper
 1 tbsp finely chopped parsley
 1 ½ lb ground beef
 ⅓ cup dried bread crumbs
 6 oz. Swiss cheese, cut into ½ " cubes

Ingredients – B

2 tbsp salad oil
 3 medium onions, chopped
 1 – 48 oz can tomato juice
 8 oz uncooked medium egg noodles
 ¼ tsp pepper
 ¼ tsp thyme

Mix all the ingredients except cheese from "A" well; roll 2 tablespoons of mixture around each cheese cube. Heat oil in a large 4-quart pot. Brown half the meatballs at a time, set aside.

Sauté the onions in the pan drippings until golden. Add tomato juice to pot and bring to a boil. Slowly add the noodles so the liquid continues to boil. Stir in the meatballs, pepper and thyme. Cover and simmer 10 minutes, stirring occasionally.

Recipe source: *Canadian Guider*, May-June 1978, BC Camping Committee
 Glen Allan District, Edmonton

CHILI

Cooking method: Stove top
 Cooking time: 15 – 20 minutes
 Servings: 5 – 6

Ingredients

½ -1 lb ground beef
 1 – 28 oz can beans with pork
 1 – 19 oz can kidney beans
 1 medium onion, finely chopped
 1 – 19 oz can tomatoes
 Salt & pepper to taste

Brown hamburger and onions. Drain well. Put all ingredients in large pot.
 Cook about 15 – 20 minutes.

Julie Nielsen, Tamarac

COFFEE CAN CASSEROLE

Cooking method: Open fire
 Cooking time: 30 – 45 minutes
 Servings 4

Ingredients

1 lb hamburger
 4 small potatoes, thinly sliced
 2 small onions, thinly sliced
 4 small carrots, thinly sliced
 Salt and pepper to taste

Put hamburger in the bottom of an empty 2 lb coffee can. Season with salt and pepper. Add the rest of the ingredients in the following sequence, seasoning lightly between layers: onions, potatoes and carrots.

Cover the tin with aluminum foil.

Place in coals of fire for 40 - 45 minutes. Every 15 - 20 minutes, turn can around.

Variation: can be made in smaller cans for individual servings.

Gloria Klos, Edmonton

CORNED BEEF HASH

Cooking method: Stove top
 Cooking time: 20 – 30 minutes
 Servings 6 – 10

Ingredients

2 – 3 tins corned beef (1 lb)
 2 tins green peas
 9 potatoes
 Butter and milk

Boil one medium-sized potato for each person. Drain and mash with a fork, adding one tbsp butter and milk as needed.

Break corned beef down into small pieces and add to potatoes, mixing thoroughly. If desired, the potato/corned beef mix can be molded into patties and browned in a fry pan.

This recipe was tested at C.J. '77 Scout / Venturer Jamboree
 Annette Jaenen, Calgary

DUTCH OVEN DELIGHT

Cooking method: Dutch oven
 Cooking time: 25 – 30 minutes

Ingredients

1 lb lean ground beef	3 tbsp oil
8 oz elbow macaroni	1 onion, chopped
¼ cup green pepper, finely chopped	¼ cup celery, finely chopped
¼ cup green onion, finely chopped	16 oz can stewed tomatoes
16 oz can tomato sauce, chunky	2 cups water
2 tbsp Worcestershire sauce	1 tsp seasoning salt
2 – 16 oz cans kidney beans	

In a Dutch oven brown meat in oil. Drain and retain liquid. Return 3 tbsp of liquid to pot and sauté onion, green pepper, celery and green onion for about 5 minutes, stirring frequently.

Return meat to pot, add tomato sauce, macaroni, stewed tomatoes and water. Mix together.

Add remaining ingredients, except beans and mix thoroughly.

Cover and simmer for 25 minutes, stirring frequently to prevent sticking.

If ingredients are a bit dry, more water may be added.

Add kidney beans and simmer and additional 10 minutes.

Twilight District, Prairie Rose

FIRESIDE HODGEPODGE

Cooking method: Dutch oven, open fire, stove top
 Cooking time: 30 minutes
 Servings: 12 - 15

Ingredients

2 lbs ground beef	2 medium onions
4 Italian sausages	2 – 14 oz cans pork and beans
2 pkg frozen or canned lima beans	8 wieners
3 cans whole tomatoes	1 cup brown sugar
3 tsp soya sauce	½ tsp oregano
½ cup ketchup	½ cup apricot jam

Brown ground beef, drain. Add all ingredients except pork and beans. Drain juice off one can. Add both cans to other ingredients. Cook in Dutch oven over coals. Stir occasionally to keep from sticking.

M.J. Chambres, Montana

HAMBURGER CHOP SUEY

Cooking method: Stove top

Servings: 4 – 6

Ingredients

1 lb hamburger	1 onion, chopped
2 – 3 stalks celery, chopped	1 lb bean sprouts, fresh or canned
1 can mushrooms	1 beef bouillon cube
1 cup hot water	1 tbsp corn starch
¼ - ½ cup soya sauce (to taste)	

Brown meat; drain fat. Add celery and onions, brown. Add bean sprouts and drained (save liquid) mushrooms.

Dissolve bouillon cube in hot water and add to meat mixture.

Combine corn starch, mushroom liquid, and soya sauce. Stir in until thick.

Serve over Chinese noodles or rice.

Kathy Johnston, Edmonton

HAMBURGER DINNER

Cooking method: Open fire

Cooking time: 25 – 30 minutes

Servings: 1

Ingredients

1 hamburger patty	Onion soup mix
1 potato, sliced	Butter
1 carrot, sliced	

Lay out section of foil, shiny side up. Put hamburger, sliced potato, and sliced carrot on foil. Sprinkle with onion soup mix to taste. Add butter.

Fold and seal foil packet. Cook over coals, 15 minutes each side.

Marni Staszko, Edmonton

HAMBURGER STROGANOFF

Cooking method: Dutch oven

Cooking time: 20 minutes

Ingredients

2 lbs ground beef	1 cup sour cream
2 cans cream of chicken soup	1 cup milk

Brown beef in Dutch oven. Drain fat. Add soup, milk and sour cream. Mix well.

Simmer about 20 minutes. Serve over rice or noodles.

Twilight District, Prairie Rose

HAY BOX STEW

Cooking method: Hay box
 Preparation time: 1 hour
 Cooking time: 6 hours plus
 Equipment: 2 hay boxes, each containing an 8 quart pot
 Servings: 24

Ingredients Divide ingredients in half and do each pot separately

4 ½ lbs (2 kg or 8 cups) stew beef, cut into ¾ inch pieces	
5 ½ lbs (2.5 kg or 16 cups) potatoes	3 ½ lbs (1.5 kg or 10 cups) carrots
2 lbs (800 g or 8 cups) celery	2 large onions
2 tbsp Worcestershire sauce	3 tsp salt
½ tsp pepper	20 - 22 cups hot water
2 - 3 tbsp oil	Instant potatoes or flour

Heat pot and add oil. Add meat (*do not flour meat*) and brown well on all sides. Add oil as needed. After browning, add some hot water slowly, then add the rest of the ingredients in any order. Add rest of water so meat is completely covered. Must be 2" space left at top of pot. Place lid on and heat to boiling. Boil 20 minutes. Stir occasionally. Put pots into prepared boxes.

Leave at least 6 hours. An hour before eating, check to see if stew is almost cooked. If it is still hot cover again. If it has cooled considerably, it will have to be finished on the stove.

Fifteen minutes before eating, remove pot from box and put on stove. Bring to boil and simmer at least five minutes. Check for taste now. Do not over-season in pot but leave to individual taste. If thickening is needed, add a little flour and water and cook, or add a little instant potato (add only a little at a time, as it will really thicken in a hurry).

Hints:

A small amount of turnip may be added, but only a little as it sweetens the stew too much or, depending on the turnip, will make it bitter.

2 cups of frozen peas may be added. If canned peas are used, add at the simmering time before serving.

Any beef may be used. A large roast can be bought on sale with less waste and this can be cheaper.

This stew recipe may be adjusted to any size. A good guide for quantities per person is ¼ lb meat, 1 medium potato, 1 medium carrot, and ½ to ¾ stalk of celery.

Alice Filipchuk, Edmonton

HOBO MEAL

Cooking method: Open fire
 Cooking time: 30 minutes
 Servings: 1

Ingredients

Hamburger patty	Onions, sliced
Carrots, sliced	Seasonings
Potatoes, sliced or frozen tater tots	

Place a hamburger patty, potatoes, carrots, onions, and seasonings on foil. Seal up foil, leaving some space above food.

Cook on hot coals for about 30 minutes.

Open up and eat right from the packet (put plate underneath).

Variations: ham / pineapple / sweet potatoes
 chicken / peppers / pineapple

Lisa Franklin

IMPOSSIBLE CHEESEBURGER PIE

Cooking method: Oven 400° F
 Cooking time: 35 minutes
 Servings: 6

Ingredients

1 lb ground beef	¼ tsp pepper
½ tsp salt	3 eggs
1 ½ cups biscuit mix	2 tomatoes
1 ½ cups milk	1 cup grated cheddar cheese
1 ½ cups chopped onion	

Grease 10" pie plate (1 ½ " deep).

Brown beef and onion; drain. Stir in salt and pepper. Spread in plate.

Beat milk, biscuit mix, and eggs until smooth. Pour into plate.

Bake 25 minutes. Top with sliced tomatoes, sprinkle with cheese.

Cool 5 minutes.

Betty Evans, Edmonton

MEATBALLS

Cooking method: Oven 450° F and stove top
 Preparation time: 15 minutes (for adults)
 Cooking time: 45 – 50 minutes
 Servings: 36 meatballs

Ingredients - Meatballs

1 lb hamburger
 1/8 tsp garlic salt
 Green pepper (optional)
 1 cup fine bread crumbs, fresh or dry
 1 tsp basil
 3 eggs
 2 tbsp chopped parsley
 1/2 tsp salt
 Pepper to taste
 1 tsp Worcestershire sauce
 3 tbsp onion, finely chopped
 Flour

Ingredients – Sauce

19 oz can spaghetti sauce (or your own) 1/2 cup water

Combine all meatball ingredients in a bowl and mix well. Form into balls. Roll in flour and place in shallow pan in oven.

Bake 15 minutes, turn meatballs with tongs, and bake another 15 minutes or until well browned.

In sauce pan on top of stove, mix spaghetti sauce and water. Heat.

Add meatballs and cook for 15 - 20 minutes.

Serve with spaghetti or rice.

* If freezing, do not heat sauce; just pour it over meatballs. Make sure the meatballs are covered with liquid or they will dry out. Add more water if needed. This extra liquid is needed to reheat. Use shallow pan to freeze them in and they will heat up without being over stirred and ending up hash.



Alice Filipchuk, Edmonton

MEXICAN SLOPPY JOES

Cooking method: Stove top
 Cooking time: 25 minutes
 Servings: 4 very hungry or 8 less hungry

Ingredients

1 lb ground beef
 1 green pepper chopped fine
 1 tsp chili powder
 1 finely chopped onion
 ½ tsp garlic powder
 ½ tsp cumin
 1 – 7 ½ oz can tomato sauce
 Salt & pepper to taste
 Pita pockets or individual bags of taco chips

Brown meat with onions and green pepper, drain. Add rest of ingredients and simmer 20 minutes. The mixture can be made ahead and frozen.

Garnish with chopped tomatoes, grated cheese and shredded lettuce.

At camp: Serve these as sandwiches in pita pockets.

On hike: Put mixture in thermos bottle; pour out into a bag of taco chips, using bag as a bowl. Have a nourishing, quick and easy to clean up, meal.

This recipe makes enough filling for 8 pita pockets, or topping for 8 bags of taco chips.

Sue Burrows, Calgary

PATROL STEW

Cooking method: Tin can stove, open fire
 Cooking time: 5 minutes
 Servings: 4 – 6

Ingredients

2 carrots, diced and cooked
 3 potatoes, diced and cooked
 1 cup pork and beans
 Hamburger or stew meat, cooked
 Salt & pepper to taste

Have girls bring one item each, making sure it is wrapped and sanitary. Put in pan and heat on buddy burner.

Hint: substitute canned carrots and potatoes.

Julie Nielsen, Tamarac

PIE IRON SLOPPY JOES

Cooking method: Stove top, open fire

Cooking time: 20 minutes

Ingredients

1 lb ground beef

Butter

1 can Sloppy Joe mix

Cheese

bread

Prepare Sloppy Joe mix and ground beef. Butter both slices of bread; add cheese and Sloppy Joe mixture. Cook over campfire until toasted.

Twilight District, Prairie Rose

ROAST IN HOT COALS

Cooking method: Open fire

Preparation time: Fire bed – 1 hour. Roast – 10 minutes

Cooking time: 3 – 4 hours for 5 lb roast

Ingredients

5 lb roast

Dry hot mustard

Water or milk to wet outside of roast

Sea salt or other coarse salt

Build a good fire and feed well until the coals are red hot and in a pile twice the size of the roast.

Wet the roast and cover with a thick layer of hot powdered mustard. Roll in salt until completely covered. Put roast in centre of coals and cover with remaining coals. When done, remove from coals and peel off outer layer; carve and serve.

Age group for preparation: Pathfinders and older

Age group for food appeal: Any age

Celeste Pryde, Peace River

SLOPPY JOES I

Cooking method: Stove top
 Cooking time: 15 – 25 minutes
 Servings: 10

Ingredients

1 ½ lb ground beef
 1 cup celery, chopped
 2 cans tomato soup
 1 medium onion, chopped
 1 tbsp chili powder
 ½ cup water (or more)
 10 hamburger buns



Brown meat well; add vegetables and chili powder. Cook until tender. Add soup and water.

Continue to cook to blend flavours, stirring occasionally.

Hold in low oven or away from flame of campfire until needed.

Beans may be added to this or served on the side.

Bertha Ashby, Woodsmoke

SLOPPY JOES II

Cooking method: Stove top, open fire
 Cooking time: 20 minutes

Ingredients

500 g lean ground beef
 25 mL ketchup
 1 can tomato soup
 10 mL prepared mustard
 hamburger buns

Brown the ground beef in frying pan. Stir in the soup, ketchup and mustard. Heat through. Remove from fire. Serve on split hamburger buns.

100 + Things to do at Camp
 GGC, BC Camping Committee

SPAGHETTI BAKE

Cooking method: Oven, 350° F
 Cooking time: 30 minutes
 Servings: 6 – 8

Ingredients

2 lbs ground beef
 ¼ cup garlic powder
 8 oz spaghetti, cooked
 ½ cup onion, chopped
 32 oz spaghetti sauce
 8 oz mozzarella, grated
 ½ cup parmesan cheese, grated

In Dutch oven cook ground beef and onion. Drain fat. Add sauce and garlic powder. Bring mixture to a boil and simmer for 15 minutes.

Remove ½ of the mixture. Add cooked spaghetti to Dutch oven and mix well. Sprinkle with mozzarella. Top with remaining tomato mixture and sprinkle with parmesan cheese. Bake at 350° F for 30 minutes.

Twilight District, Prairie Rose

**STEAK SANDWICHES**

Cooking method: Open fire
 Servings: 4

Ingredients

4 minute steaks
 4 Kaiser rolls
 Salt, pepper, garlic powder, barbecue sauce

Season the steaks with salt, pepper and garlic powder. Clamp in a wire toaster, and grill to desired doneness. Brush with barbecue sauce half way through. Serve in split buttered rolls.

TACOS

Cooking method: Open fire

Equipment: Pie iron

Ingredients

Refrigerated crescent roll dough

Ground beef cooked with taco seasoning

Taco toppings

Grated cheese

Cooking spray

Spray the pie iron with cooking spray. Place 1 crescent roll (unrolled to make a square) on one each side of iron. Place cold meat and any toppings you desire on one side. Close and cook over fire until dough is cooked.

Twilight District, Prairie Rose

TACOS IN A BAG

Cooking Method: Stove top

Ingredients

1 individual size bag of nacho or taco chips per person

1 lb ground beef

1 can tomato sauce

1 tsp cayenne pepper

1 cup water

1 can tomato paste

Taco seasoning

Toppings

Cheddar cheese, grated

Lettuce

Sour cream

Salsa

Fry ground beef and drain grease. Season with taco seasoning and add water, tomato sauce and tomato paste. Simmer to reduce liquid.

Cut the chip bag along the side seam and slightly crush the chips (you want bite size pieces not crumbs). Add ground beef and desired toppings to bag and eat right out of the bag.



Twilight District, Prairie Rose

Chicken

ARROZ CON POLLO

Cooking method: Stove top
 Cooking time: 60 – 70 minutes
 Servings: 4 – 6

Ingredients

2.5 kg (5 lb) frying chicken, cut up	250 mL (1 cup) water
250 mL (1 cup) butter or salad oil	4 bay leaves
500 mL (2 cups) finely chopped onion	15 mL (1 tbsp) salt
250 mL (1 cup) chopped green pepper	500 mL (2 cups) rice
2 cloves garlic, finely chopped	5 mL (1 tsp) vinegar
1 L (4 cups) cooked tomatoes	250 mL (1 cup) mushrooms
125 mL (½ cup) tomato paste or chili sauce	500 mL (2 cups) cooked peas, optional

Heat butter or oil in heavy kettle. Add chicken and brown. Remove chicken and add onion, pepper and garlic. Cook until lightly browned. Add tomatoes, tomato paste, water, bay leaves, salt and chicken. Cover and cook over low heat for 40 minutes.

Stir in rice, cover and continue cooking over low heat. Stir again after 10 minutes. Add vinegar, mushrooms and peas. Cook for 10 minutes.

Serve on hot platter with pieces of chicken around rice.

Let's Go Camping, Calgary Area Camping Advisers

BAKED CHICKEN WITH CHEESE

Cooking method: Dutch oven
 Cooking time: 30 minutes
 Servings: 8

Ingredients

8 boneless chicken breasts	6 tbsp oil
2 tbsp lemon juice	2 tbsp thyme
salt and pepper	8 slices cooked ham
8 slices cheese	8 slices tomato

Cut heavy duty foil into 12 inch squares. Place one chicken breast in the center of each. Combine oil, lemon juice, thyme, salt and pepper and mix well. Spoon over chicken.

Seal foil well and place in a 350° F Dutch oven. Bake 30 minutes.

Open foil and place one slice of ham, cheese and tomato over each breast. Leave open and bake 3 – 5 minutes more.

Twilight District, Prairie Rose

CAMPERS LUAU CHICKEN

Cooking method: Open fire
 Cooking time: 45 minutes
 Servings: 2

Ingredients

3 envelopes onion cup-a-soup 1 (8 oz) can crushed pineapple, not drained
 1 whole chicken breast, split 1 small green bell pepper, cut into strips
 2 18-inch square pieces heavy-duty aluminum foil

In a small bowl, combine onion cup-a-soup and pineapple.

For each serving, place half the chicken, half the onion-pineapple mixture and half the green pepper strips on foil. Wrap loosely, sealing edges airtight with double fold.

Place on grill, seam-side up, over hot coals or high heat, and cook 45 minutes, or until chicken is tender.

Twilight District, Prairie Rose

**CAMPER'S TERIYAKI CHICKEN WINGS**

Cooking method: Box Oven
 Cooking time: 60 – 90 minutes

Ingredients

1 dozen chicken wings	1 cup soya sauce
2 tbsp minced ginger	3 cloves minced garlic
1 ½ tbsp dry mustard powder	1 cup brown sugar
½ cup water	



Pre heat oven to medium temperature.

In saucepan bring soya sauce, ginger, garlic, mustard powder, brown sugar and water to a boil and remove from heat. Put wings in a greased baking tin; pour heated sauce over top.

Bake for 60 – 90 minutes, turning often.

Anne McSavaney, Calgary

CAMPFIRE COMFORT WINGS

Cooking method: Open fire

Cooking time: 1 hour

Ingredients

15 – 20 chicken wings

Butter and Herb Seasoning

Fold heavy duty aluminum foil to make a large pocket for the grill. Grease and place chicken wings on foil, sprinkle seasoning over chicken.

Cover with foil and cook at least one hour, or until chicken is lightly crispy. When done, open foil package and enjoy the chicken at the campfire.

Twilight District, Prairie Rose

CHEESY ITALIAN WINGS

Cooking method: Oven 400° F (200° C)

Cooking time: 70 – 75 minutes

Servings: 4 – 6

Ingredients

1 kg (2 lb) chicken wings

125 mL (½ cup) Italian salad dressing

500 mL (1 cup) parmesan cheese

Trim tip of each wing off. Separate wing in 2 at the joint.

Moisten wings and dip into parmesan cheese. Place on baking sheet.

Bake at 400° F (200° C) for 40 – 45 minutes.

Pour salad dressing over wings and bake at 350° F (180° C) for 30 minutes.

*Let's Go Camping, Calgary Area Camp Advisers***CHICKEN 'N' RICE PACKETS**

Cooking method: Open fire

Cooking time: 40 minutes

Servings: 4

Ingredients

4 chicken breasts

⅔ cup uncooked instant rice

10.5 oz can cream of mushroom soup

Paprika (optional)

Cut 4 – 14 inch square pieces of doubled aluminum foil.

Place a chicken breast in the center of each one. Mix soup and rice together and spoon over chicken breasts. Sprinkle with paprika if desired. Wrap securely in foil.

Place on grill 5 inches from hot coals. Cook about 40 minutes or until done, turning once.

Twilight District, Prairie Rose

CHICKEN AND POTATO DELIGHT

Cooking method: Dutch oven
 Cooking time: 45 – 60 minutes

Ingredients

8 – 10 boneless, skinless chicken breasts	½ lb bacon
2 onions, diced	1 cup mushrooms, sliced
1 ½ tsp seasoning salt	12 – 14 med potatoes
1 can cream of mushroom soup	1 can cream of chicken soup
1 cup sour cream	1 tsp poultry seasoning
½ tsp garlic salt	Salt and pepper to taste
3 cups grated cheese	

Heat a 12" Dutch oven using 18 – 20 briquettes around bottom until hot.

Cut bacon into 1 inch slices. Add to hot oven and fry until brown. Cut chicken into bite size pieces. Add chicken, onions, mushrooms and ½ tsp of seasoning salt to the oven. Stir, then cover and cook until onions are translucent and chicken is tender.

Add potatoes. Stir in soups, sour cream and remaining seasonings.

Cover and cook 45 – 60 minutes using 8 – 10 briquettes around bottom and 14 – 16 briquettes on top. Stir every 10 – 15 minutes. When done, cover top with cheese and replace lid. Let stand until cheese is melted.

Variation: Stir in 1 lb frozen peas 10 minutes before topping with cheese.

Twilight District, Prairie Rose

CHICKEN CACCIATORI

Cooking method: Dutch oven
 Cooking time: 25 – 35 minutes

Ingredients

3 lbs chicken legs, skinned and split	1 tbsp oil
1 onion, chopped	½ cup rice
1 – 28 oz can crushed tomatoes	1 cup water
1 tbsp minced garlic	1 tsp salt
2 green peppers, diced	

Heat oil in Dutch oven. Add chicken and cook on medium high heat about 7 minutes, turning occasionally. Remove chicken.

Add onions and rice. Stir 3 – 4 minutes until onions are translucent. Stir in tomatoes, water, garlic and salt.

Return chicken to oven and bring to a boil. Scatter green pepper over chicken, reduce heat, cover and simmer 25 minutes or until chicken and rice are fully cooked.

Twilight District, Prairie Rose

CHICKEN CORN CARROT DINNER

Cooking method: Open fire
 Cooking time: 1 ½ hours
 Servings: 4

Ingredients

6 tbsp butter
 2 – 1 lb chicken breasts, halved
 4 ears of corn, halved
 1 tsp salt
 4 medium carrots, thinly sliced
 2 tbsp chopped chives
 ⅓ tsp garlic powder

Melt 2 tbsp butter in a skillet. Add chicken and cook until browned.

Place each chicken half on an 18 x 12 inch piece of heavy duty foil. Arrange ¼ of carrots and corn around each chicken half.

Add the remaining butter, chives, salt and garlic powder to the butter in the skillet. Heat, stirring, until butter is melted. Pour ¼ over each chicken piece. Seal the foil pouches.

Bake for 1 ½ hours.

Michelle DuChene, Edmonton

CHICKEN DINNER I

Cooking method: Open fire
 Cooking time: 45 minutes
 Servings: 4

Ingredients

1 chicken, cut up (2 ½ - 3 lbs, 8 pieces)
 3 cups cooked rice
 ¼ cup canned milk
 1 package dried onion soup mix
 4 tsp margarine

Have ready 4 pieces of heavy duty or double fold foil, 12 x 18 inches.

Put ¼ of rice in centre of foil. Sprinkle 1 tbsp of onion soup mix.

Put 2 chicken pieces on rice. Pour 2 tbsp milk over the mixture. Sprinkle with 1 tbsp onion soup mix and top with 1 tsp margarine. Drugstore wrap the foil.

Bake on grill over hot coals - 45 minutes. Turn packet over to cook evenly. Serve in foil.

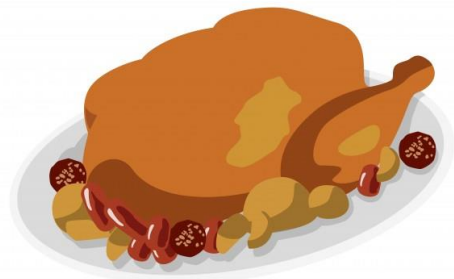
Gloria Klos, Edmonton

CHICKEN DINNER II

Cooking method: Open fire
 Cooking time: 30 – 60 minutes
 Servings: 4

Ingredients

1 broiler-fryer chicken, quartered
 ¾ cup uncooked rice, regular or minute
 2 tsp salt
 2 medium zucchini, sliced
 1 medium onion, thinly sliced
 ½ tsp oregano
 1 – 10 oz can mushrooms
 1 green pepper, cut in strips
 1 – 14 oz can tomato sauce
 ½ tsp basil
 Grated parmesan cheese



Place 3 tbsp rice in centre of each of 4 – 12 inch squares of heavy duty foil. Sprinkle chicken with ½ tsp salt and place on rice.

Drain mushrooms and save ¼ cup of liquid. Divide mushrooms, zucchini, green pepper and onion into 4 equal portions and place over chicken.

Mix together tomato sauce, ¼ cup mushroom liquid, oregano and basil. Spoon equally over chicken and vegetables. Seal foil tightly. Allow room for rice to expand.

Place over coals and cook, turning occasionally for 30 - 60 minutes, depending on the thickness of the chicken. Sprinkle with parmesan cheese before serving.

Recipe source: Canadian Guider, May-June 1978.
 Glen Allan District, Edmonton

CHICKEN IN A BAG

Cooking method: Open fire
 Cooking time: 35 minutes

Ingredients

Chicken breast, thighs, legs
 1 tsp pepper
 1 bottle Italian salad dressing

Throw everything in a foil bag and put on an outdoor grill for 35 minutes.

Twilight District, Prairie Rose

CHICKEN TERIYAKI

Cooking method: Open fire
 Cooking time: 15 – 20 minutes

Ingredients

1 boneless chicken breast, cut into bite sized pieces
 1 cup mixed vegetables, cut into bite sized pieces – snow peas, onion, mushrooms, broccoli, celery, cabbage, bean sprouts, peppers, carrots
 Prepared instant rice
 Dash or two of teriyaki sauce

Make a foil packet – layer wet newspapers between 2 pieces of foil.

Sauté chicken pieces and put in the middle of foil packet. Top with vegetables and sauce. "Drug store fold" the foil packet.

Place the packet on hot coals and cook, without turning, for about 15 minutes, until vegetables are tender crisp and sauce bubbles.

Serve over prepared instant rice.

Tiger Rousseau, Edmonton

COLA CHICKEN

Cooking method: Dutch oven

Ingredients

Skinless, boneless chicken breasts Can of cola such as Coca-Cola™
 Bottle of ketchup

Heat charcoal for cooking.

Line Dutch oven with foil and add ketchup and pop. Stir to form a sauce.

Add chicken, cover and cook.

Stir every half hour until cooked.



Twilight District, Prairie Rose

GARLIC CHICKEN

Cooking method: Open fire

Ingredients

1 whole cut up chicken
 1 bottle soya sauce
 garlic cloves – as much as you want

Slice the cloves into thin slices and cut holes into the chicken. Insert a garlic slice into each hole. Sprinkle soya sauce over the chicken to cover.

Grill over the fire or charcoal until chicken is cooked completely.

Twilight District, Prairie Rose

MAC AND CHEESE FIESTA STYLE

Cooking method: Stove top
 Cooking time: 30 minutes
 Servings: 4

Ingredients

1 pkg macaroni and cheese	1 head broccoli, chopped
500 mL cooked, chopped chicken	1 zucchini, chopped
2 mL oregano	1 green pepper, chopped
15 mL margarine	1 green onion, sliced

Prepare macaroni and cheese as directed on package.
 Sauté chicken, vegetables and oregano in margarine until vegetables are tender crisp.
 Add macaroni and cheese; mix lightly.



Let's Go Camping, Calgary Area

PARMESAN CHICKEN

Cooking method: Dutch oven
 Cooking time: 30 – 45 minutes

Ingredients

1 skinless, boneless chicken breast for each person
 2 – 26 oz cans of spaghetti sauce
 1 lb grated mozzarella
 Noodles



Heat Dutch oven with coals on top and bottom. Place chicken in oven. Cook for a few minutes on each side. Pour sauce over chicken.
 Cook for 30 – 45 minutes stirring often. When chicken is cooked cover meat and sauce with cheese. Serve with cooked noodles.

Twilight District, Prairie Rose

SATE AJAM

Cooking method:	Reflector Oven
Preparation time	De-boning and placing on skewers – 10 minutes
Marinating	30 minutes (can be done ahead of time)
Cooking time	10 minutes
Servings	Pathfinders & up – 1 chicken breast Embers & Guides – ½ chicken breast

Ingredients

Boneless chicken breast (or ½ as noted) per person

Bamboo skewer per person

Marinade (for 6):

¼ cup soya sauce

2 tsp sugar

1 tbsp oil

1 clove garlic, minced

½ tsp fresh ginger grated or ¼ tsp powdered ginger



Soak skewers in water overnight.

Mix marinade in a plastic container by shaking.

Slice chicken into ½ " slices the length of the breast. Place slices on skewers. Do not crowd meat.

Place skewers in baking dish and pour marinade over chicken and refrigerate in refrigerator or cooler for 30 minutes or longer.

Place chicken on rack over hot coals. Cook for 10 minutes or until chicken is opaque.

Serve with rice and salad.

Celeste Pryde, Peace River

TENDERFOOT CHICKEN CASSEROLE

Cooking method: Dutch oven

Cooking time: 30 minutes

Ingredients

6 – 8 pieces boneless, skinless chicken

2 cans cream of chicken soup

1 box instant stuffing, chicken flavor

1 cup mayonnaise

Boil chicken in Dutch oven until fully cooked. Let cool and cut into bite size pieces.

Combine soup and mayonnaise in a large pot. Add seasoning packet from stuffing mix and ¾ cup stuffing crumbs. Add chicken and stir well.

Place in Dutch oven and top with remaining crumbs. Bake at 350° F for 30 minutes

Twilight District, Prairie Rose

TEX MEX WINGS

Cooking method: Oven 400° F (200° C)

Cooking time: 70 – 75 minutes

Servings 4 – 6

Ingredients

1 kg (2 lb) chicken wings

1 pkg taco seasoning

125 mL (½ cup) tomato sauce

Trim tip of each wing off. Separate wing in 2 at the joint.

Moisten wings and dip into taco seasoning. Place on baking sheet.

Bake at 400° F (200° C) for 40 – 45 minutes.

Pour tomato sauce over wings and at 350° F (180° C) for 30 minutes.



Let's Go Camping, Calgary Area Camping Advisers

Fish**BAKED TUNA CASSEROLE**

Cooking method: Box oven – fairly hot

Cooking time: 20 minutes

Servings: 4

Ingredients

1 can tuna

1 can mushroom soup

250 mL frozen peas (thawed)

2 small packages of sour cream and onion potato chips

Crush the potato chips in their bags.

Mix together tuna, soup, peas and most of the crushed potato chips in the pot. Sprinkle the remaining crushed chips on top.

Put lid on. Place in outdoor oven and bake for 20 minutes or until heated through.

100 + Things to Do at Camp
GGC, BC Camping Committee

FRIENDLY FISH IN A SLEEPING BAG

Cooking method: Oven 375° F

Cooking time: 45 minutes

Servings: 8

Ingredients

1 can crescent dinner rolls

8 frozen fish sticks

Ketchup and olives for garnish

Tartar sauce, cheese spread (optional)

Unroll dough into long rectangle. Press diagonal perforations to seal. Cut the dough into rectangles as shown.

Place a fish stick on one end of rectangle; fold remaining dough so that it covers about one half of the fish stick. Press edges to seal.

Place on ungreased cookie sheet. Bake at 375° F until golden. If desired, use ketchup to make faces and olives to make "hats". Serve with tartar sauce or cheese spread if desired.

Recipe source: Pillsbury Activity Calendar 1983
Karen Edwards, Calgary

**TUNA BURGERS**

Cooking method: Open fire

Servings: 12

Ingredients

2 cans tuna

500 mL (2 cups) chopped celery

250 mL (1 cup) diced cheese

2 small onions

125 mL (½ cup) mayonnaise

Salt and pepper

12 hamburger buns

Combine all ingredients except buns. Split and butter buns. Fill with tuna mix. Wrap in foil and place on coals until warmed through.

Let's Go Camping, Calgary Area Camping Advisers

Foil Dinners

Make sure your double-thickness of foil is large enough to enclose your meal. Place ingredients just off-centre and fold foil over, sealing tightly by folding three times. Cook on coals, on a wood stove top or in a fire pit, turning 3 or 4 times.

Here are some combinations. Each makes one serving.

DOWN SOUTH

1 slice (1" thick) cooked ham, topped with 2 tbsp orange marmalade OR 2 tbsp brown sugar and 1 tsp prepared mustard. Add a pineapple ring stuck with a whole clove. Add 2 pieces pared yam or sweet potato. Cook 1 hour.

FISH DELISH

1 halibut steak, frozen or thawed, topped with 2 tbsp chopped onion and 2 tbsp chopped green pepper. Add 2 tbsp ketchup and a dash of garlic powder OR sprinkle with lemon juice, Worcestershire sauce and dried dill. Cook: 15 - 20 minutes.

L'IL ABNER

Top $\frac{1}{2}$ small acorn squash, seeds removed, with 1 tbsp butter and 1tbsp brown sugar. Add 1 pork chop with the fat cut in 2 or 3 places. Sprinkle with salt and pepper. Cook 1 $\frac{1}{2}$ hours.

RIBBITS

6 pork back or side ribs, in 2 rib sections, topped $\frac{1}{2}$ apple cut into 4 pieces: Add $\frac{1}{3}$ cup drained sauerkraut. Sprinkle with salt and pepper. Top with a finely crushed ginger snap. Cook 1 hour.

Glen Allan District, Edmonton



BEEF FOIL DINNER

Cooking method: Open fire
 Cooking time: 15 minutes
 Servings: 4

Ingredients

1 lb ground beef	2 potatoes, sliced
1 can mushrooms	1 can niblets corn
1 onion, sliced	Oil or butter
Cheese, shredded	

Tear off 2 squares of foil for each person. Rub oil or butter on inside layer of foil. Layer the potatoes on the bottom then onions, beef, corn, mushrooms and a small amount of cheese (too much cheese will burn and stick to your foil). Wrap like a burrito in inner layer of foil, then outer layer of foil. Cook about 15 minutes, turning 3 or 4 times so that all sides get cooked. Open carefully and put on a dish. Add extra cheese at this point.

Twilight District, Prairie Rose

PORK CHOP FOIL DINNER

Cooking method: Open fire
 Cooking time: 20 – 30 minutes
 Servings: 4

Ingredients

4 pork chops or cutlets	1 cup uncooked minute rice
4 carrots, sliced or diced	1 onion, sliced
1 zucchini, sliced	1 can cream of mushroom soup (or celery or tomato)

Make a "sandwich" of two pieces of foil, 2' x 12-15" and wet paper towel or newspaper. Arrange ingredients on foil, shiny side in, and wrap securely. Cook over coals for 20 - 30 minutes, turning occasionally.

Mary McKenzie, Parkland

One Pot Meals

MAIN MIX - HAMBURGER ONE POT MEALS

Cooking method: Stove top

Servings: 24

Main Mix Ingredients

3 kg ground beef

2 large onions, diced

1 green pepper, diced

Salt and pepper, to taste

Brown and cook slowly the ground beef, onions and green pepper.
Then add any of the following ingredients to make your favorite recipe.

<p>CAMPFIRE STEW</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>4 cans tomato soup 8 cans vegetable soup</p>	<p>CHILI</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>4 cans tomato soup 8 cans red kidney beans Chili powder to taste</p>
<p>HACIENDA HAMBURGER</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>1 kg (2 lbs) egg noodles 3 cans whole kernel corn 250 mL (1 cup) diced cheese 6 cans (398 mL) stewed tomatoes</p>	<p>HUNGARIAN HOT POT</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>4 cans tomato soup 8 can pork and beans</p>
<p>MARIPOSA CANTONESE</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>3 cans tomato soup 1 bunch finely chopped celery 6 cans (300 mL) beef gravy 3 pkgs frozen mixed vegetables 2 cans pineapple tidbits, with juice 500 mL (2 cups) instant rice</p> <p>Add all ingredients to meat mixture. Heat until rice is done. Serve with 4 cans crisp Chinese noodles.</p>	<p>MEXICAN DELIGHT</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>4 cans tomato soup 2 cans niblets Mexicorn 2 cans pitted olives</p> <p>Make up 2 boxes cornbread mix. Split meat mixture into 2 boxes. When meat mixture is boiling, drop cornbread mix on top. Cover and cook for 14 minutes.</p>

<p style="text-align: center;">SLOPPY JOES</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>4 cans tomato soup 398 mL (14 oz) ketchup 125 mL (1/2 cup) brown sugar 15 mL (1 tbsp) mustard 7 mL (1 ½ tsp) Worcestershire sauce</p> <p>While meat is browning, mix above ingredients in a separate pot and simmer. Add meat mixture, reduce until thickened. Serve hot on hamburger buns.</p>	<p style="text-align: center;">SPAGHETTI OR MACARONI</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>2 large packages spaghetti or macaroni 2 large (791 mL) cans stewed tomatoes</p> <p>Cook pasta. Add tomatoes to meat mixture and heat. Add cooked pasta and serve.</p>
<p>SPANISH RICE</p> <p><u>Ingredients – Add to Main Mix</u></p> <p>4 cans tomato soup 2 large packages minute rice 60 mL (4 tbsp) olive oil</p>	

Let's Go Camping, Calgary Area Camping Advisers

ONE POT MEAL I

Cooking method: Open fire

Servings: 24

Ingredients

- 3 kg ground beef
- 1 diced green pepper
- 2 – 798 mL cans stewed tomatoes
- 2 diced onions
- 2 large packages macaroni
- Grated cheese

Brown and cook slowly the ground beef, onions and green pepper.
 Cook macaroni then add to ground beef along with the stewed tomatoes.
 Sprinkle with cheese.

Lisa Franklin

ONE POT MEAL II

Cooking method: Stove top or open fire
 Preparation time: 20 minutes
 Cooking time: 30 minutes
 Servings 6 (500 mL serving)

Ingredients

500 g hamburger
 200 mL sliced celery
 1 – 84 mL can cheddar cheese soup, diluted with $\frac{1}{2}$ – $\frac{3}{4}$ cans water
 150 mL green pepper, chopped (optional)
 175 mL diced onions
 500 - 700 mg cooked macaroni
 1 – 284 mL can mushrooms (optional)

Brown hamburger, celery, and onions. Drain well. Mix all ingredients together and heat until hot. Could be prepared at home and reheated at camp.

Karen Edwards, Calgary

ONE POT SPAGHETTI

Cooking method: Stove top
 Cooking time: 25 minutes
 Servings: 4 – 6 (may be easily doubled)

Ingredients

1 lb ground beef
 1 – 8 oz can tomato sauce
 Dash sugar
 8 oz. spaghetti or elbow macaroni
 $\frac{1}{2}$ cup chopped onions
 1 – 15 oz jar spaghetti sauce
 2 cups water

Brown the beef in a Dutch oven. Drain off the fat. Add the onion, tomato sauce, spaghetti sauce, salt, sugar, and water and mix well. Add uncooked spaghetti. Bring to a boil, stirring occasionally. Reduce the heat, cover and simmer for 15 minutes. Stir again before serving. Sprinkle with parmesan cheese.

Glen Allan District, Edmonton

ONE POT MEAL IDEAS

Main Ingredients (meat)	Any type of meat leftovers from another meal Canned meat Fish (canned or dried) Jerky Sausages (summer, salami, etc.) Meat substitutes (soybean, etc.) Freeze dried meat	
Bases (potato, grains, pasta)	Potatoes (dried type – instant scalloped, mashed) Noodles and other pasta (Chinese noodles, Kraft® dinner, Hamburger Helper®, boxed mixes) Rice (all varieties) – Rice-a-Roni®, make ahead and add flavorings. Pack in a plastic re-sealable bag or sealable dish.	
Vegetables	Freeze dried or dehydrated onions Mushrooms Veggie flakes Some could be carried in for the first meal like carrots, potato, onion	
Sauces	Cup of soup (add water) Gravy mix	Bouillon powder Packaged sauces (add powdered milk)
Zest (those extras)	Pepper Salt (seasoning, etc.) Garlic Curry	Parsley Chives Any spice Top with croutons, cheese, bacon bits, wheat germ, etc.

Edna Dach, Edmonton



Other Main Dishes

BEAN AND CHEESE BURRITOS

Cooking method: Stove top

Servings: 10

Ingredients

10 flour tortillas (8 inch rounds)	2 cans pinto beans
2 tbsp tomato paste	½ cup water
1 pkg taco seasoning	2 cups instant rice
2 cups chicken broth	3 – 4 cups shredded lettuce
3 – 4 cups shredded cheese (cheddar, Monterey Jack)	

Heat 2 tbsp oil in large saucepan or skillet. Drain and rinse pinto beans and add to pan. Heat thoroughly until beans become softened. Mash the beans in the pan. Add tomato paste, water and taco seasoning. Mix thoroughly until well blended. Keep warm.

Follow package directions to make instant rice, using chicken broth instead of water.

Heat tortillas in a skillet or wrap in foil and heat in the oven. Spread each tortilla with a layer of beans, then add layers of rice, cheese and lettuce. Fold two sides of the tortilla towards the middle, then fold up the bottom and top sides.

Serve with sour cream, salsa and guacamole.

Gourmet Cooking on a Camp Stove, GM 2010

CAMP HASH IN A TIN CAN

Cooking method: Open fire

Cooking time: 20 minutes

Servings: 1

Equipment: 10 oz. soup can or 14 oz. vegetable can

Ingredients

¼ cup meat (ham, smoked turkey, wieners, smokies, cooked hamburger, etc.)

½ cup vegetables (frozen peas, thin sliced carrots, zucchini, mushrooms, onions, peppers, in any combination)

¼ cup frozen hash browns

grated cheese

Layer the following ingredients into the can in this order: meat, vegetables, hash browns then cheese

Tap down slightly.

Mark your name on the foil and use as a lid.

Place cans in bed of coals and bank coals up the sides.

Shake can every 5 minutes and check after 20 minutes.

Karen MacDonald, Edmonton

FRIENDSHIP STEW

Cooking method: Stove top, open fire

Have girls bring one can of their choice of stew. Remove labels.
Open cans and mix in a large pot.
Surprising how it really turns out.



Julie Nielsen, Tamarac

SHISH KABOBS I

Cooking method: Open fire
Equipment: 1 skewer per person
Servings: 1

Ingredients

Wiener – cut in 3	Potato – cut in 4
4 small tomatoes	Pineapple or apple chunks

Alternate pieces on skewers. Cook over low coals. Can be brushed with barbecue sauce or ketchup.

Julie Nielsen, Tamarac

SHISH KABOBS II

Cooking method: Open fire, tin can stove
Equipment 1 wire cooking stick per person
Servings 24

Ingredients

2 ready-to-serve boneless hams	2 packages wieners
1 container cherry tomatoes	1 bag frozen potato puffs, thawed
3 cans pineapple tidbits	1 bottle barbecue sauce

Optional: additional vegetables – if they don't take too long to cook – such as zucchini, mushrooms, etc.

Build and light fire in advance, so it has burned down to coals. Briquettes may be used for additional heat.

Cut ham and wieners into chunks. Drain pineapple and save juice.

Divide barbecue sauce into 4 bowls. Add small amount of pineapple juice to 2 bowls to taste.

Put desired ingredients on wire stick. Brush with sauce.

Cook over coals. Push off stick with knife to plate.

The shish kebabs can also be cooked on tin can stoves with buddy burners for fuel when a fire ban was in effect.

Irene Pettapiece, Edmonton

SHISH KABOBS III

Cooking method: Open fire
 Cooking time: 10 – 15 minutes
 Servings: 4

Ingredients

1 lb chuck steak, cut in 1 ½ " cubes
 4 sausages or ½ garlic ring or bologna stick, cut in 1 ½" squares
 12 small cherry tomatoes
 8 small onions or onion quarters
 2 green peppers, cut in 1 ½ " squares
 Barbecue sauce

Alternate meats and vegetables on sticks or skewers. Grill over coals 5 - 8 minutes. Brush with sauce and cook another 3 minutes. Yummy!

Gloria Klos, Edmonton

SHISH KABOBS IV

Cooking method: Open fire
 Cooking time: 10 – 20 minutes
 Servings: 1

Ingredients

4 oz meat (beef, chicken, pork, lamb) cubed
 Assorted vegetables (peppers, cherry tomatoes, onion, mushrooms)

Ingredients – Marinade

¼ cup oil
 ¼ tsp salt
 ¼ cup vinegar
 Dash of onion salt

Prepare marinade in a large screw top jar. Add meat and vegetables. Take jar along with you on your hike.

At meal time, string everything on a green stick or skewer, alternating vegetables and meat. Grill over hot coals, turning often.



Pauline Stenzel, Tamarac

SWEET AND SOUR CANNED MEAT

Cooking method: Stove top, open fire

Cooking time: 5 minutes

Servings: 4

Ingredients

1 – 12 oz can ham or other canned meat or bologna, diced

1 – 14 oz can pineapple chunks, drain and reserve juice

Green pepper, onions and/or celery, your choice, chopped

1 pkg sweet 'n sour mix (choose brand which does not require addition of vinegar)

1 cup minute rice

In pot with lid, prepare minute rice according to directions and set aside.

In medium-sized pot, mix sauce according to package directions and add chopped ingredients. If more liquid is needed, add pineapple juice. Heat thoroughly (about 5 minutes) and serve over rice.

Variations: Noodles instead of rice.

Almost any ingredient can be replaced with one of your choice.

Margaret Campbell, Edmonton



SWEET AND SOUR MEAT

Cooking method: Oven 350° F

Cooking time: 2 hours

Servings: 40

Ingredients - Meat

40 – 60 pork chops

OR 20 lbs pork button bones

OR 40 – 80 small chicken pieces

OR 10 lbs round steak, cut in strips

Ingredients - Sauce

5 envelopes onion soup mix

2 ½ cups vinegar

2 ½ cups brown sugar

5 envelopes mushroom soup mix

1 ¼ cups bottled chili sauce or barbecue sauce

Add to sauce after 1 ½ hours

2 cups water

¼ cup corn starch

Mix the sauce Ingredients in a bowl. Pour over raw meat in a large roaster, stirring to coat. Seal roaster with aluminum foil to prevent steam from escaping.

Bake at 350° F for 1½ hours.

Remove roaster from oven. Drain or skim off fat. Mix water and com starch, and stir into roaster, mixing carefully to ensure all the com starch ls well stirred in. Cover tightly and return to oven for another half hour.

This may be made in two roasters, if the amount of meat is such that you think 2 hours of cooking time will not penetrate through one roaster, OR cooking time and/or oven temperature may be increased.

Variation: Do not thicken with cornstarch. Add celery, diagonally cut carrots, peapods, red and green peppers and mushrooms to roaster.

Cook for ½ to 1 hour after addition of vegetables.

Glen Allan District, Edmonton



Pizza

BREAD PIZZA

Cooking method: Open fire
 Equipment: Pie Iron
 Cooking time: 4 – 6 minutes
 Servings: 1



Ingredients

2 slices bread or refrigerator dough	Butter / margarine
6 – 9 pepperoni slices	1 tsp onion, partially cooked
1 tsp mushrooms	2 tbsp pizza sauce
2 slices mozzarella	

Butter both slices of bread. Place the first slice of bread, with the butter side down into the pie iron. Layer with pepperoni, onion, mushrooms, sauce and cheese. Cover with second slice of bread, butter side out.

Close and latch pie iron. Cook over hot coals 2 – 3 minutes per side.

Twilight District, Prairie Rose

CAMPFIRE PITA PIZZA

Cooking method: Open Fire

Ingredients

6 inch pitas
 Mozzarella Cheese, shredded
 Pizza sauce
 Pepperoni, ham, salami
 Green peppers, mushrooms, pineapple, olives (toppings as desired)

Cut a 6 inch pita in half. Open pocket and spread pizza sauce on one side. Add deli meat, like ham or pepperoni, grated mozzarella cheese and any chopped vegetables you wish (pineapple, mushrooms, green peppers. olives).

Wrap in tinfoil and place in fire on coals 2-5 min to melt cheese, heat through.

7th Calgary Guides & Tiger Rousseau, Edmonton

CAMPFIRE PIZZA

Cooking method: Open fire

Ingredients

Premade pizza crust or refrigerator croissant dough

Pizza sauce

Cheese

Toppings



Put crust onto piece of foil. Top crust with sauce and whatever else you wish, then cover with cheese.

Place foil on grill over campfire. Cook until cheese melts.

Twilight District, Prairie Rose

PIZZA

Cooking Method Oven

Cooking time: 10 – 20 minutes

Tomato sauce or pizza sauce spread on Pita breads, or pizza shells, with various toppings and mozzarella cheese and baked in the oven (about 10 minutes for pita bread and 20 minutes for pizza shells).

Variation: use small tortillas

Karen MacDonald, Edmonton

PIZZA BABY

Cooking method: Open fire

Cooking time: 10 minutes

Ingredients

500 mL tea biscuit mix

Water

½ can tomato soup

Salami slices

Oregano

Parmesan cheese

Chopped green pepper (or your choice!)

Combine tea biscuit mix with amount of water specified on box.

On a double thickness of foil, shiny side in, shape thin dough into a shallow dish shape about 1.5 cm. thick. Spread soup on this “dish” and arrange toppings on top. Sprinkle with cheese & oregano. Close foil using drugstore wrap.

Cook on hot coals, for about 10 minutes . . . **do not** turn over!

100 + Things to do at Camp
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TIN FOIL PIZZA

Cooking method: Open fire
 Cooking time 20 minutes
 Servings Individual (in a 4 inch foil pie pan)
Ingredients
 2 cups biscuit mix
 Pizza sauce
 ½ cup water
 Mozzarella cheese
 Toppings: ham, pineapple, green pepper, onion, pepperoni

Grease pans well. Put In dough and spread to edges. Spread with approximately one tablespoon pizza sauce and top with your choice of toppings. Top with mozzarella cheese. Drugstore wrap in a "sandwich" of foil-wet newspaper-foil. Place on or near coals for approximately 20 minutes. Do not turn package upside down. Rotate for even cooking. Variation: Use pita bread or ready-made pizza crusts.



Carol Buss, Edmonton



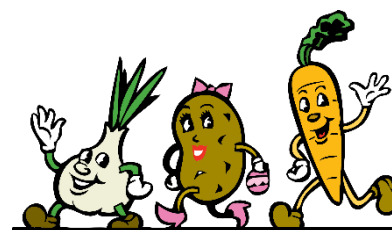
Pork / Ham

DINNER CASSEROLE

Cooking method: Box oven, oven
 Preparation time: 15 minutes
 Cooking time: 2 ½ - 3 hours
 Servings: 6

Ingredients

14 pork sausages	6 medium potatoes, quartered
6 medium carrots, quartered	1 onion chopped
1 can mushroom soup	



In a baking dish, layer or combine sausages, potatoes, carrots, and onions. Combine soup with ½ can of water and pour over vegetables and meat. Cover and bake. Recipe can be prepared by any age, even Embers with help.

Alice Filipchuk, Edmonton

DUTCH OVEN HAM CASSEROLE

Cooking method: Dutch oven

Cooking time: 30 minutes

Ingredients

Cubed ham	Corn niblets, drained
Shredded cheese	Italian seasoning
½ cup biscuit mix	1 cup milk
2 eggs	

Line a Dutch oven with heavy duty foil all the way up the sides and grease. Put a ½ inch layer of ham on the bottom, then a layer of corn and a layer of cheese. Sprinkle on some Italian seasoning.

Mix the eggs, milk and biscuit mix until well blended. Pour on top of layers making sure the liquid is evenly distributed.

Cook for about 30 minutes at 350° F degrees.

To serve, pull the foil out of the oven, peel it away from the casserole and cut into wedges.

Twilight District, Prairie Rose

HAM – HASH BROWN CASSEROLE

Cooking method: Open fire

Cooking time: 20 minutes

Servings: 1

Ingredients

½ cup frozen hash browns
 1 thick slice ham, cut in small pieces
 Sliced or grated cheese
 Kernel corn (frozen or canned)

Spray a piece of tinfoil with cooking spray.

Place hash browns, ham, and some kernel corn on the foil. Mix well and top with cheese.

Wrap up in foil, then in wet newspaper and then a 2nd layer of foil.

Place in bed of coals and turn often.

Check after about 20 minutes.

Karen MacDonald, Edmonton

HAM MOP UPS

Cooking method: Open fire or box oven

Cooking time: 5 – 10 minutes

Servings: 10 (2 per person)

Ingredients

3 cups cooked rice

1 cup chopped mushrooms

20 slices ham (thin)

2 tbsp parsley

1 – 10 oz can cream of celery soup

Combine rice, mushrooms, and parsley. Put some on each ham slice. Add 1 tsp soup. Roll up ham slice and wrap with a "sandwich" of foil-damp newspaper-foil. Cook over fire 5 inches from flame, 3 minutes on each side.

Loma Smith, Parkland



HAY BOX SWEET AND SOUR PORK AND VEGGIES

Cooking method: Hay box
 Cooking time: 20 minutes, plus all day in hay box
 Servings: 8 – 10

Ingredients

3 – 4 lb pork roast, cut into ½ " to ¾ " cubes	
2 – 3 large onions, sliced	1 medium head broccoli cut in 2 " lengths
1 green pepper cut in strips	8 – 10 celery cut diagonally
8 – 10 carrots sliced diagonally	1 can pineapple pieces, drained (save liquid)

Sauce

3 tbsp cornstarch in ½ cup water	½ cup vinegar
½ cup sugar	1 tbsp soy sauce
Pineapple juice (from above)	

Brown pork in a large pot.

Bring sauce to a boil in separate pot and cook for 5 minutes. Add to meat and boil.

Add onion, broccoli stalk, green pepper, celery, and pineapple.

Bring to a boil and cook for 10 - 15 minutes

Cover pot and place in hay box.

Marlace Susut, Parkland

PINEAPPLE DR. PEPPER™ SPARERIBS

Cooking method: Dutch oven

Ingredients

8 – 10 boneless pork spareribs	1 – 6 oz can tomato paste
1 green pepper, diced	1 cup medium picante sauce
1 onion, diced	¾ cup brown sugar
1 – 20 oz can pineapple tidbits	4 cloves garlic, minced
1 can Dr. Pepper™	2 tsp coarse black pepper

Trim most of the fat from ribs. Arrange in the bottom of a 12" Dutch oven.

Drain pineapple, reserving juice.

Place green pepper, onions and pineapple evenly over ribs.

In a large bowl, stir together the remaining ingredients including the reserved pineapple juice and pour over ribs.

Cover oven and cook for 2 hours using 6 – 7 briquettes under the oven and 12 – 14 briquettes on top of oven. Replenish briquettes after 1 hour of cooking time.

Turn and baste ribs in oven juices carefully every ½ hour.

Twilight District, Prairie Rose

PORK CHOP POT

Cooking method: Oven 350° F

Cooking time 45 minutes

Servings 4

Ingredients

4 pork chops

½ can water

4 small carrots, sliced

1 can tomato soup

1 tsp Worcestershire sauce

4 – 6 small potatoes, quartered

Brown chops, a few at a time, and remove to large roaster. Add potatoes and carrots. Mix soup, water, salt, and Worcestershire sauce and pour over the meat and vegetables, tossing to coat.

Cover and bake at 350° F for 45 minutes to one hour. Watch liquid.



Glen Allan District, Edmonton

PORK CHOPS WITH APPLE SLICES

Cooking method: Open fire

Cooking time 40 minutes

Servings 4

Ingredients

4 pork chops

1 envelope mushroom gravy mix

1 or 2 apples

Core apple, slice into rings.

On a sheet of foil, sprinkle some gravy mix. Place pork chops in a row, add remaining mix, and top with apple rings. Wrap securely in 2 wraps of foil.

Cook, turning a few times on a grate of hot coals from a wood fire.

Bev Jaeger, Parkland



POTATOES AND HAM

Cooking method: Dutch oven

Servings 4

Ingredients

4 cups cubed cooked peeled potatoes	2 cups diced fully cooked ham
½ cup mayonnaise	¼ tsp salt
⅓ tsp pepper	2 cups shredded mozzarella cheese

In Dutch oven combine the potatoes, ham, mayonnaise, salt and pepper.
Cook and stir over medium-low heat until heated through. Stir in cheese until melted.

Twilight District, Prairie Rose

Quesadilla

PIZZA QUESADILLAS

Cooking method: Stove top or tin can stove

Ingredients

4 small tortillas	Pizza sauce
Grated cheese	Toppings - pepperoni, mushrooms, chopped peppers

Spread pizza sauce on tortilla shell. Sprinkle with toppings. Top with another tortilla.
Fry in greased pan. Flip once.

Karen MacDonald, Edmonton

QUESADILLAS I

Cooking method: Tin can stove

Cooking time: 15 minutes. Preheat stove for 5 minutes

Servings: 1 per 2 girls if served as a snack
1 per person if served as a main course

Ingredients

2 6–8 " flour or corn tortillas per quesadilla	2 oz grated cheese
Sauce for dipping – tomato or taco	Sour cream for dipping

Separate tortilla shells. Grate cheese and sprinkle evenly over one shell. Top with second shell.

Carefully place on top of stove and heat until cheese has melted. Cut into pie wedges and serve with a dip if you wish.

Celeste Pryde, Peace River

QUESADILLAS II

Cooking method: Tin can stove

Ingredients

2 small tortillas per person

Assorted deli meat

Grated cheese

Fajita seasoning

Assorted chopped veggies

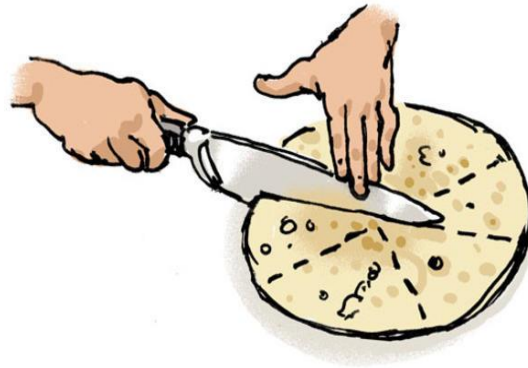
Sour cream, salsa, guacamole

On a small sized tortilla lay sliced deli meat like chicken or turkey. Sprinkle Fajita flavoring over the meat and a handful of grated cheese. Put a second tortilla on top and cook on tin can stove (spray with cooking spray first) flipping once.

Have salsa, sour cream and guacamole available for dipping.

Depending on the girls' likes you can also add veggies like chopped onion, mushrooms, peppers, corn, beans etc.

7th Calgary Guides



QUESADILLAS III

Cooking method: Stove top, open fire

Ingredients

Flour tortillas

Chopped onions

Grated cheese

Pepperoni, chicken, ham, etc.

Brown tortillas on both sides with a little margarine in a skillet over hot coals or on a stove. After turning, cover the tortilla with some grated cheese, a little chopped onion and a small amount of chosen meat. Fold tortilla in thirds and serve warm.

Twilight District, Prairie Rose

QUESADILLAS - VEGGIE

Cooking method: Stove top, tin can stove, open fire

Ingredients

10 flour tortillas (8 inch rounds)

1 can corn niblets, drained

2 tomatoes

1 can black beans, drained

1 green pepper

Sour cream

4 cups shredded cheese blend or blocks of cheddar, Monterey Jack

Drain black beans and rinse thoroughly.

Seed and dice the green pepper; dice the tomatoes.

The corn, black beans, tomatoes and green peppers can be combined in a large bowl, or each can be put into separate bowls to allow people to create their own quesadilla.

Place one flour tortilla on a plate and sprinkle with grated cheese, layer the veggie filling and place more cheese on top. The cheese acts like glue to hold the veggies to the tortilla. Top with second tortilla and press down lightly.

Heat and grease griddle or skillet. Place the quesadilla on the hot skillet. Allow to brown on one side, then carefully flip over to brown the other side.

Can also use tin can stove or box oven (no cooking spray needed for oven method).

To cook over a fire, quesadilla can be wrapped in foil and placed over campfire grill and flipped to brown both sides.

Gourmet Cooking on a Camp Stove, GM 2010





Mug Up & Snacks



Granola / Bars

APRICOT BRAN CHEWS

Cooking method: Oven

Ingredients

1/3 cup whole bran cereal	1/4 cup water
3/4 cup margarine	1/4 cup firmly packed brown sugar
1 egg	1/4 cup honey
1 tsp vanilla	1 cup all purpose flour
1 cup quick cooking rolled oats	1 tsp baking powder
1/4 tsp salt	1/4 tsp baking soda
3/4 cup chopped walnuts	1/4 cup skim milk powder
1 cup finely chopped dried apricots	

Combine and set aside cereal and water.

Beat margarine and brown sugar together. Add egg and beat until fluffy. Mix in honey and vanilla. Add this mixture to bran mixture.

Combine flour, rolled oats, baking powder, salt, baking soda, walnuts, skim milk powder, 1 cup finely chopped dried apricots. Add this to bran mixture.

Drop by tbsp onto greased cookie sheets about 2 inches apart.

Bake at 375° F for 10 minutes or until golden.

Make 3 – 4 dozen, freezes well.

Kay Quon, Edmonton

GORP BALLS

Ingredients

1 cup corn syrup, molasses or honey	3/4 cup milk powder
1 cup oatmeal	1/2 cup peanut butter
1/2 cup chocolate chips	1/2 cup wheat germ
1/2 cup crushed peanuts	1/2 cup raisins

Mix all together thoroughly.

Roll into balls.

Wrap each ball in waxed paper, twisting the ends. Chill.

Recipe Source: *Guide Handbook*
Kay Quon, Edmonton

GRANOLA

Cooking method: Oven 325° F
 Cooking time: 15 – 25 minutes
 Quantity: 3 cups

Ingredients

2 cups rolled oats	¼ cup brown sugar
¼ tsp cinnamon	¼ cup honey, warmed to liquid
⅓ cup slivered almonds, chopped	Pinch salt
½ cup golden raisins or other dried fruit	¼ cup light olive oil or 4 tbsp melted butter

Preheat oven to 325° F.

In a large bowl, combine oats, brown sugar, cinnamon, salt and almonds.

In a glass measuring cup, warm honey until it is no longer viscous. Add olive oil (or melted butter) to the honey and stir.

Drizzle the honey-oil over the dry ingredients and mix to combine. Spread the mixture on a baking sheet or in a 9" x 13" pan.

Bake granola until golden and crunchy, stirring once, anywhere from 15 to 25 minutes. It will depend on your pan. Stir in the raisins.

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GRANOLA BARS

Cooking method: Oven 350° F
 Cooking time: 20 – 25 minutes

Ingredients

50 mL (¼ cup) butter	50 mL (¼ cup) shortening
250 mL (1 cup) brown sugar	1 egg
5 mL (1 tsp) vanilla	375 mL (1 ½ cups) flour
2 mL (½ tsp) salt	2 mL (½ tsp) baking soda
2 mL (½ tsp) cinnamon	50 mL ¼ cup) milk
250 mL (1 cup) granola or bran	250 mL (1 cup) raisins
250 mL (1 cup) chocolate chips	250 mL (1 cup) coconut

Cream butter, shortening and brown sugar together. Add egg and vanilla.

Combine flour, salt, soda and cinnamon. Alternating with milk add to cream mixture.

Stir in granola, chocolate chips, raisins and coconut. Spread evenly on a foil lined cookie sheet.

Bake at 350° F for 20 – 25 minutes.

Cool, invert pan and peel off foil. Cut into squares.

Let's Go Camping, Calgary Area Camping Advisers

HOMEMADE GRANOLA BARS

Cooking method: Stove top, Oven 350° F

Cooking time: 25 minutes

Ingredients

1 cup brown sugar

½ cup butter

¼ tsp baking soda

¼ tsp salt

2 cups oatmeal

Melt butter and sugar in saucepan. Add baking soda, salt and oatmeal and mix. Pat firmly into an 8" x 8" square pan. Bake in 350° F oven for 25 minutes until golden and bubbly.

Cut into squares.

Cool before removing from pan.

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HONEY BARS

Ingredients

100 g (¼ lb) seedless raisins

100 g (¼ lb) figs

100 g (¼ lb) roasted peanuts or chopped almonds

100 g (¼ lb) dried apricots

5 mL (1 tsp) lemon juice

Honey

Mix fruit with chopped nuts and lemon juice. Add enough honey to make a stiff dough. Form into bars and wrap in foil.

Let's Go Camping, Calgary Area Camping Advisers



Nachos and Dip

BAKED NACHOS

Cooking method: Oven 350° F

Cooking time: 10 minutes

Ingredients

Corn chips

4 green onions, chopped

1 cup shredded cheddar or Monterey jack cheese

4 bacon slices, cooked and crumbled or bacon bits

Crowd chips on baking sheet. Sprinkle cheese on top. Add some bacon pieces and top with green onions. Bake at 350° F for 10 minutes or until hot and cheese is melted.

Serve with sour cream and salsa.

Variations: Grated cheese, salsa, green onions
 Grated cheese, sliced olives, pepperoni slices
 Refried beans, grated cheese, dab of sour cream
 Tomato paste, grated cheese, jalapeno slices
 Salsa, grated cheese
 Grated cheddar, jalapeno slices
 Chili con carne, grated cheese
 Refried beans, grated cheese, jalapeno slices

Freda Osborne, Calgary

GUACAMOLE

Servings: 6 - 8

Ingredients

2 ripe avocados, pitted, peeled and mashed

1 lime, juiced

¼ red onion, finely diced

1 package guacamole seasoning mix

In a large bowl, mash avocados until smooth. Add onion and lime juice. Mix together. Stir in the seasoning mix.

Gourmet Cooking on a Camp Stove, GM 2010

MANGO SALSA

Servings: 6 - 8

Ingredients

2 mangos, peeled and sliced

1 package salsa seasoning mix

½ red onion, diced

1 lime, juiced

1 jalapeno pepper, deseeded and finely minced

2 cans corn niblets, drained or 1 ½ cups frozen corn, thawed

In large bowl mix together mangos, corn, onion and jalapeno. Add the lime juice and salsa seasoning. Add salt to taste. Allow to sit for 20 minutes before serving.

Gourmet Cooking on a Camp Stove, GM 2010

TOMATO SALSA

Servings: 6 - 8

Ingredients

2 – 4 fresh, firm tomatoes, diced

1 package salsa seasoning mix

½ red onion, diced

1 lime, juiced

1 jalapeno pepper, deseeded and finely minced

In large bowl mix together tomatoes, onion and jalapeno. Add the lime juice and salsa seasoning. Add salt to taste. Allow to sit for 20 minutes before serving.

Gourmet Cooking on a Camp Stove, GM 2010



Other Mug Up & Snacks

CHOCOLATE FILLED MARSHMALLOWS

Cooking method: Open fire

Ingredients

1 (16 ounce) package large marshmallows

1 (22 ounce) bottle chocolate syrup

Cut top off of marshmallow. Form a hole in center of marshmallow using your finger. Fill hole with chocolate syrup. Put top back on marshmallow. (You can use a wooden pick to hold the top in place if needed.) Freeze or refrigerate for 15 minutes to adhere top of marshmallow to bottom.

Insert long campfire-roasting fork or other long fork or skewer into center of marshmallow and slowly roast over the fire to warm the chocolate and turn the marshmallow golden brown. (Do not burn the marshmallow as the chocolate will not have time to heat up and the outside of the marshmallow will slide off.)

Twilight District, Prairie Rose

STUFFED APPLES

Servings: 1 (make ahead or at camp)

Ingredients

1 large apple

Peanut butter

Coconut

Raisins

Cut 1 large apple in half, lengthwise. Remove the core and a bit of pulp. Mix peanut butter, coconut and raisins. Fill centre of apple with this mixture. Place the halves together. Wrap securely.

Edna Dach, Edmonton

Variation: Use caramel dip and marshmallows for the filling. Wrap in foil and heat on the grill to make the marshmallows gooey

Twilight District, Prairie Rose



OTHER MUG UP / SNACK IDEAS FOR CAMP

Cheese and crackers
 Fruit leather
 Red licorice
 Cup of soup
 Cookies

Turkey sticks
 Dried fruit
 Popcorn
 Campfire nachos

7th Calgary Guides**Popcorn****HOBO POPCORN**

Cooking method: Open fire
 Servings: 4

Ingredients

4 tbsp oil
 4 – 12” squares heavy duty foil
 Salt

4 tbsp unpopped popcorn
 4 tbsp melted butter

Place 1 tbsp oil and 1 tbsp popcorn in the center of each foil square. Twist the ends together to make a pouch. Tightly attach to a stick with wire and place over hot coals or grill.

As soon as popcorn starts to pop, start shaking the pouch over the fire. When the popping stops, open carefully, because pouch will be full of hot steam.

Pour melted butter over popcorn and eat right out of pouch.

Twilight District, Prairie Rose

POPCORN BALLS CAMPING STYLE

Cooking method: Oven

Ingredients

1 cup unpopped popcorn
 $\frac{3}{4}$ tsp salt

$\frac{1}{4}$ cup oil or margarine
 $\frac{1}{2}$ to 1 bag miniature marshmallows

Pop the corn in a little oil or margarine. Sprinkle salt on popcorn. Alternate layers of popcorn and marshmallows in a large roaster or frying pan with a lid. Heat slowly so the marshmallows are almost melted but not completely. Grease hands and roll into balls.

Julie Nielsen, Tamarac

POPCORN TOPPING WITH A DIFFERENCE

Ingredients

2 tbsp margarine

1 tbsp oil

Dash of garlic salt

½ tsp dry mustard

Sprinkle of cayenne pepper

Melt margarine with oil. Add spices. Drizzle over popcorn.

Julie Nielsen, Tamarac



S'mores

S'MORES I

Cooking method: Open fire

Cooking time: 5 minutes

Ingredients

Marshmallows

Graham wafer squares

Milk chocolate bar

Place a marshmallow and a square from a milk chocolate bar between 2 graham wafer squares. Wrap in foil "sandwich". Place on hot coals and cook 5 – 10 minutes turning once or twice. The double foil wrapping allows the s'mores to heat without the crackers burning.

S'MORES II

Place a marshmallow between two milk chocolate digestive biscuits, with the chocolate on the inside. Wrap and cook as above.

Glen Allan District, Edmonton

S'MORES III

Toast marshmallows until well done; put between graham crackers along with 2 plain chocolate squares.

Julie Nielsen Tamarac

S'MORES CONES

Cooking method: Open fire

Ingredients

Sugar cones

Small marshmallows

Chocolate chips

Fill cones with chocolate chips and marshmallows.

Wrap in foil and heat to melt chocolate.

Lisa Franklin

S'MORES – NO BAKE CUPS

Cooking method: Stove top

Servings: 36

Ingredients

6 tbsp butter (not margarine)

12 oz dark chocolate, broken into pieces

3 – 4 crushed graham crackers

2 cups mini marshmallows

Line mini muffin tins with muffin papers.

In a double boiler, melt butter and chocolate, stirring to avoid scorching. Remove from heat.

Spoon about ½ tsp melted chocolate into each muffin cup. Sprinkle with ½ tsp graham cracker crumbs while chocolate is still warm. Tap tins on counter to settle crumbs.

Place 2 or 3 mini marshmallows on top of crumbs. Top with remaining chocolate (re-warm if necessary).

When trays are full tap gently on counter to force chocolate down and around marshmallows.

Chill at least 2 hours before serving. Refrigerate leftovers.

S'MORES ON A STICK

Cooking method: Open fire

Ingredients

Crushed graham crackers

Marshmallows

Pretzel sticks

Melted chocolate

Set out bowls of crushed graham crackers, marshmallows and melted chocolate. Poke a pretzel into the middle of a marshmallow. Roll marshmallow in chocolate, then in graham cracker crumbs. Place S'mores on a piece of wax paper to cool down and harden before eating.

Lois Meyer

S'MORES – PEACHY CARAMEL

Cooking method: Open fire

Ingredients

1 peach half per person

Butter

Brown sugar

1 marshmallow per person

Place a dot of butter in the middle of a piece of foil. Sprinkle with brown sugar. Place the peach half on top and repeat with butter and brown sugar. If using fresh peaches, trim the bottom slightly so it sits flat and mark an X so it releases more juice.

Wrap in foil and sit on a rack just over the coals to heat through.

Tiger Rousseau, Edmonton

TIRED OF S'MORES

Cooking method: Open fire

Ingredients

Marshmallows

Peanut butter cups

Chocolate chip cookies (soft chew works best)

Roast marshmallow over campfire.

Place between 2 cookies with a peanut butter cup.

Twilight District, Prairie Rose

Trail Mix**CURRY SNACKS**

Cooking method: Stove top (make at home, take to camp)

Servings: 20 cups

Ingredients

1 cup butter or margarine

2 – 4 tbsp curry powder

8 cups Shreddies™

4 cups pretzel sticks

4 cups salted peanuts

2 cups whole almonds

2 cups raisins

Melt the butter in a large roasting pan. Stir in curry powder and cinnamon and cook for one minute. Add other ingredients and heat, tossing well, until heated through. Cool thoroughly.

Glen Allan District, Edmonton

GORP, GLOP AND TRAIL MIXIngredients

1 part raisins

1 part salted peanuts

1 part Smarties®

½ part unsalted, shelled sunflower seeds

Mix all ingredients together in a small container or baggie.

Variation: Substitute your choice of ingredients.

Margaret Campbell, Edmonton

MOUNTAIN MIX

Cooking method: Stove top

Ingredients

1 large pkg semi sweet chocolate chips

Raisins

Almonds, unsalted, unblanched

Melt chocolate chips; add raisins and almonds to your own taste. If you like a lot of raisins and almonds add them, but make sure there is enough chocolate so that it will all hold together.

Pour into a greased shallow pan as you would for fudge.

When firm, cut into pieces.

Eleanor Claydon, Edmonton

TRAIL HALVAHIngredients

1 L (4 cups) sesame seeds

250 mL (1 cup) honey or molasses

250 mL (1 cup) cashews

250 mL (1 cup) tahini (sesame paste)

Sesame seeds to cover

Grind sesame seeds and cashews in a seed grinder or blender.

Pour the meal into a bowl and blend in tahini and sweetener with wooden spoon until halvah acquires the consistency of dough.

Make small balls and roll them in sesame seeds.

Wrap the balls in foil for longer storage time.

Margaret Seel, Calgary

TRAIL MIX DELUXE

Preparation method Dehydration

Ingredients

Fruit – pineapple, banana, apples

Lemon or pineapple juice

1 container yogurt

½ cup honey

Cut fruit into thin rings or slices.

Method A: Soak fruit in juice overnight (or at least 5 hours). Line drying shelves with plastic wrap. Blot fruit dry and place on shelves so pieces do not touch.

Method B: Soak fruit overnight in mixture of yogurt and honey. Do not blot dry; just drip a little. Place on plastic wrap on shelf of dehydrator. Dry halfway, turn, put a little yogurt-honey mixture on top and finish drying.

Drying Times: Pineapple 10 – 16 hours, ready when pliable

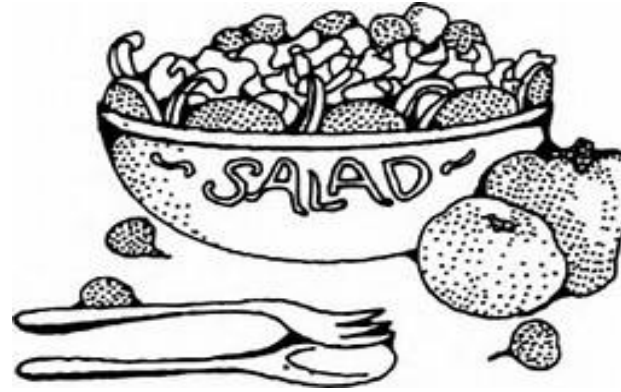
Bananas 6 – 8 hours, ready when leathery

Apples 7 – 10 hours, ready when pliable

Mix with nuts, raisins, chocolate chips, etc.

Lorna Smith, Parkland





Salads



BROCCOLI CAULIFLOWER SALAD

Servings: 10 – 12

Ingredients

1 bunch broccoli	1 head cauliflower
2 green peppers	1 bunch green onions
3 tomatoes or basket of cherry tomatoes	1 bottle ranch dressing
½ cup sugar	

Cut up broccoli and cauliflower into bite size pieces. Chop green peppers and onions into small pieces. Cut whole tomatoes into wedges; add cherry tomatoes as is.

Mix ranch dressing with sugar and pour over vegetables. Refrigerate 1 hour or more.

HIKER'S SALADIngredients

1 apple
 1 tbsp cottage cheese
 ½ tsp salad dressing
 About 10 raisins
 1 tsp walnuts

Cut top off apple and core it, leaving bottom skin to form a cup. Scoop out inside of apple, being careful not to break skin.

Chop apple and mix with rest of ingredients. Stuff into apple skin.

Put lid back on and wrap in plastic or foil.

Julie Nielsen, Edmonton

ONION SALADIngredients

6 Spanish onions, sliced thinly	½ cup water
½ cup vinegar	¾ cup sugar
2 tsp salt	

Dressing

1 ½ cups mayonnaise	3 tsp celery salt
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Combine water, vinegar, sugar and salt. Soak onion slices for three hours. Drain well.

Mix mayonnaise and 3 tsp celery salt; add to onion slices.

Marni Staszko, Edmonton

ORIENTAL SALADIngredients – Salad

¼ head or ½ bag shredded cabbage
 ¼ pkg chow mein noodles
 500 mL (1 cup) sliced mushrooms
 50 mL (¼ cup) slivered almonds (optional)
 15 mL (1 tbsp) sesame seeds
 50 mL (¼ cup) sunflower seeds
 ½ pkg bean sprouts
 1 chopped onion
 ½ pkg oriental soup noodles

Ingredients - Dressing

½ pkg seasoning from oriental noodle soup
 50 mL (¼ cup) oil
 25 mL (1 ½ tbsp) cider/wine vinegar
 7 mL (½ tbsp) sugar
 15 mL (1 tbsp) soya sauce
 1 mL (¼ tsp) pepper
 1 mL (¼ tsp) salt, optional

Combine all salad ingredients.

Combine all dressing ingredients and pour over salad just before serving.

Let's Go Camping, Calgary Area Camping Advisers

PASTA FRUIT SALADIngredients

½ lb corkscrew pasta
 1 cup honeydew or cantaloupe
 ¼ cup honey
 ¼ cup sour cream

1 can pineapple chunks, reserve 2 tbsp liquid
 1 cup seedless grapes
 8 oz peach yogurt
 1 cup strawberries, hulled & halved

Cook pasta according to package directions. Drain and place in a large bowl.

Add pineapple, melon and grapes.

Combine the reserved pineapple juice, honey, yogurt and sour cream; toss with the pasta mixture.

Top with strawberries and serve.

Twilight District, Prairie Rose



SWEET AND TART SALAD

Servings – per person

Servings – for 24

IngredientsIngredients

½ peeled, sliced orange

12 peeled, sliced oranges

⅓ sliced tomato

8 sliced tomatoes

¼ peeled, thinly sliced onion

4 peeled, thinly sliced onions

1 bottle Italian or Golden Caesar dressing

1 bottle Italian or Golden Caesar dressing

Arrange slices in rows on a platter and drizzle with bottled creamy Italian or Golden Caesar dressing.

Glen Allan District, Edmonton

TUNA MACARONI SALAD

Servings

6

Ingredients

4 cups cooked macaroni

1 small onion, finely chopped

¼ cup chopped celery

3 hard boiled eggs

1 – 7 oz can tuna

½ green pepper, chopped

¾ cup medium cheddar, diced

1 cup mayonnaise

Salt and pepper

Combine ingredients. Chill and serve

Marni Staszko, Edmonton

VEGGIE DIPIngredients

1 pkg vegetable soup mix (make sure powder is firmly crumbled into fine pieces)

1 large container sour cream

Mix well and serve with all sorts of vegetables.

Phyllis Clow, Edmonton



Sandwiches



CHEESE TUNA SANDWICHES

Cooking method: Oven (broil)
 Cooking time: 3 minutes
 Servings: 6

Ingredients

1 cup grated Swiss cheese	½ cup mayonnaise
1 tsp Worcestershire sauce	6 English muffins, split and lightly toasted
1 can flaked tuna, drained	

Mix ingredients and spread on 12 muffin halves.
 Broil 3 inches from heat for 3 minutes.

Betty Evans, Edmonton

EGG SALAD SANDWICHES

Servings: Filling for 11 sandwiches (or 1 loaf of bread)

Ingredients

6 hard boiled eggs	½ cup mayonnaise
1 tsp mustard	Salt & pepper
Optional: ¼ cup chopped onion, ½ cup relish	

Combine all ingredients together in a bowl until you have a uniform consistency, then spread it on the bread to make sandwiches.

Camp Woolsey Cookbook
 Becky's (Dragon's) Guiding Resource Centre

ELVIS SANDWICH

Cooking method: Open fire
 Equipment: Pie iron
 Servings: 1

Ingredients

2 slices bread	Peanut butter
1 banana	Margarine
1 – 2 tsp brown sugar	

Spread peanut butter on bread. Slice enough banana to cover peanut butter. Sprinkle with brown sugar. Cover with other slice of bread and butter the outside of both slices. Place in pie iron and cook until golden brown.

Twilight District, Prairie Rose

FRENCH CHEESE SANDWICH (MONTE CRISTO)

Cooking method: Stove top, tin can stove or open fire

Ingredients

Eggs

Milk

Bread slices

Cheese slices (cheddar, Swiss, mozzarella)

Mix eggs and milk as for French toast. Put cheese slices between two slices of bread. Dip sandwich in egg mixture. Grill on both sides until golden brown. Serve with syrup.

Variations: add ham/turkey slices.

Carol Buss, Edmonton and 7th Calgary Guides

GRILLED CHEESE

Cooking method: Open fire, stove top, or tin can stove

Servings: 1

Ingredients

2 slices bread

Cheese slice

Margarine

Put cheese slice between 2 pieces of bread. Spread margarine or butter on outside of the sandwich. Wrap in foil using drugstore wrap. Place in hot coals turning once using tongs. It will take about 3 minutes per side.

Or put sandwich in frying pan and cook on both sides until cheese melts.

Or cook on top of tin can stove.

*100+ Things to do at Camp
GGC, B.C. Camping Committee*

HOT DIGGITY DOGS

Cooking method: Open fire

Equipment: Wire toaster

Servings: 4

Ingredients

8 hot dogs

8 slices bacon

8 thin strips cheese

8 hot dog buns

Cut a deep slit lengthwise in each hot dog. Insert strip of cheese in each. Wrap each hot dog in a bacon strip, winding the bacon around in a spiral. Secure each end with a toothpick. Clamp the 8 hot dogs in a wire toaster and roast over fire. Remove toothpicks and serve in buns.

Glen Allan District, Edmonton

HOT DOGS IN A MILK CARTON

Cooking method: Open fire

Servings 1

Ingredients

Clean, empty 1 Litre milk carton

Tin foil

Newspaper

1 hot dog and bun

Cheese slice

Condiments

Put hot dog and cheese in bun and wrap in foil, shiny side in. Take a small sheet of newspaper, crumple it and put in the bottom of the milk carton. Put dog in foil in carton. Surround sides and top of foil package with crumpled newspaper. Do not pack it too tightly; it needs air to burn properly.

Place carton on a sandy area or in the fire pit and light the whole carton on fire. Let it burn all the way down. Open foil, add condiments and enjoy!

7th Calgary Guides**HOT HAM AND CHEESE**

Cooking method: Open fire

Equipment: Pie iron

Servings: 1

Ingredients

2 slices bread

Deli ham

Deli cheese

Mustard

Butter

Butter one side of each slice of bread. Place 1 slice, buttered side down in pie iron. Top with ham and cheese; add mustard. Cover with other bread slice, buttered side up.

Close iron and latch handles. Grill over campfire until golden brown, turning as needed.

Variations: other deli meats; spaghetti & sauce; pizza sauce, meat & cheese; S'mores; bacon and egg; taco filling.

Twilight District, Prairie Rose

HOT TUNA SANDWICH

Cooking method: Stove top, tin can stove or open fire

Servings: 5

Ingredients

Tuna sandwiches to taste

2 eggs (for 5 sandwiches)

In bowl beat 2 eggs. Dip prepared sandwiches in egg, covering both sides.

Grill on both sides until golden brown.

Ann Fulton, Edmonton

ITALIAN BUNS

Cooking method: Oven (broil)
 Cooking time: 5 minutes
 Servings: 2 cups per patrol of 4

Ingredients

1 can prepared meat – flaked	4 oz cheddar cheese - grated
1 small onion - chopped	1 tbsp ketchup
1 can flaked tuna, drained	½ tsp dry mustard
1 tsp Italian seasoning	½ cup mayonnaise

Mix ingredients together and spread on buns.
 Broil for approximately 5 minutes.

Betty Evans, Edmonton

OCTOPUS HOT DOGS

Cooking method: Open fire
 Equipment: Campfire sticks

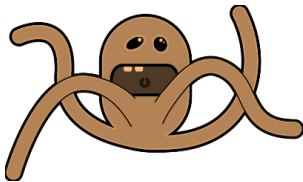
Ingredients

Wieners

Slice "legs" into one half of the wiener. Put the non-sliced end of the wiener on a roasting stick. Watch the legs curl up like an octopus when it cooks. Dip into ketchup, mustard, relish and eat with your hands.

Variation: put wiener in a hamburger bun so the legs stick out the sides. Add 2 olives as "eyes" and presto! You have a "Crab dog."

Lisa Franklin

**PIGS IN A BLANKET**

Cooking method: Open fire
 Equipment: Campfire sticks

Ingredients

8 wieners
 1 package refrigerated crescent roll dough

Put wiener on a stick. Separate dough into 8 pieces. Spread each piece out evenly and thinly (or it won't cook properly) and wrap around wiener. Secure with toothpick
 Cook until brown on all sides.

Lisa Franklin

SNOWY WIENERS

Cooking method: Oven, reflector oven, box oven, open fire
 Cooking time: 15 minutes
 Servings: 1 wiener per Brownie
 2 - 3 wieners per older girl

Ingredients (per serving)

1 wiener
 2 – 3 tbsp grated cheddar cheese
 ½ cup hot mashed potatoes (real or instant)
 Mustard (optional)
 Onion, finely chopped (optional)

Split wiener lengthwise, almost all the way through. Press open. (If wieners are heated first in hot water, they are easier to cut. This also saves time in cooking.) Spread wiener with a thin layer of mustard, if desired.

Combine hot mashed potatoes with cheese and mix well; add onion if desired. Pile onto wiener.

Place in shallow pan under broiler or in hot (425° F) oven until cheese is melted; about 10 minutes.

When using foil, wrap loosely and do not turn over while heating.

Alice Filipchuk, Edmonton

WIENER ROLLUPS

Cooking method: Box oven

Ingredients

Wieners
 Cheddar cheese
 Refrigerated crescent roll dough

Slice wieners lengthwise and fill with cheese. Wrap in a dough square. Secure with toothpicks. Bake in box oven until dough is cooked (browned).

Variation: Bannock may be used but should be kept fairly thin. Cheese slices may be wrapped around wiener instead of stuffing with cheddar.

Marlace Susut, Parkland



Side Dishes



Beans / Rice

RICE AND CONSOMMÉ

Cooking method: Stove top
 Cooking time: 45 minutes
 Servings: 24 (½ cup servings)

Ingredients

1 cup butter
 2 cups chopped onion
 4 can undiluted consommé
 4 cups cooked rice
 2 cups chopped green pepper
 8 – 10 cups water

Melt butter in a very large pot. Add the rice and stir until golden. Add the onion, green pepper, consommé, and 8 cups water. Mix well and cover tightly.

Cook at a simmer for 45 minutes. Check after 25 minutes. If it appears too dry, add more water.

Glen Allan District, Edmonton

TROPICAL BAKED BEANS

Cooking method: Stove top, oven, open fire
 Servings: 4 – 6

Ingredients

2 cans baked beans in tomato sauce
 1 grated carrot
 1 can crushed pineapple, drained slightly
 2 tbsp dried onions
 1 tsp parsley

Mix all ingredients together. Heat until serving temperature.

Pat Guillemaud, Calgary



Potatoes

BACON SPUDS

Cooking method: Dutch oven

Cooking time: 45 minutes

Ingredients

1 large potato, peeled and sliced

2 – 3 slices bacon, cut in small pieces

1/3 onion, sliced

Salt and pepper

Heat oven over coals.

Dump bacon into the Dutch oven and stir until partially cooked. Spread the bacon evenly over the bottom of oven. Spread onions on the bacon. Layer the potatoes on top of the onions. Add salt and pepper.

Set the oven over a solid bed of coals. Place the lid on and cover with coals. Cook for approximately 45 minutes, turning the Dutch oven and lid every 10 minutes.

Twilight District, Prairie Rose

BAKED POTATOES IN A CAN

Cooking method: Open fire

Ingredients

1 potato per person

Butter

1 tin can per person

Seasonings

Remove the lid of a can. Smear the entire potato with butter and any other seasoning you like. Slip the raw potato into the can and cover the top with foil.

Place the can onto the hot coals of your campfire. They bake in the can just as they would in an oven.

Twilight District, Prairie Rose

CAMP FRIES

Cooking method: Dutch oven

Cooking time: 1 hour

Ingredients

4 cups thinly sliced potatoes

1 tsp salt

2 thinly sliced onions

1 cup bacon, cooked and crumbled

½ tsp pepper

½ tsp red pepper flakes

¼ cup bacon grease or margarine

Toss potatoes, onions, bacon, and seasonings together.

Heat bacon grease or margarine in Dutch oven. Add potato mixture.

Cover and cook over low heat for 45 minutes.

Turn potatoes, cover and cook for 15 minutes more.

Twilight District, Prairie Rose

CAMPFIRE FRENCH FRIES

Cooking method: Open fire

Cooking time: 30 – 40 minutes

Ingredients

4 potatoes, cut in strips

1 – 2 tbsp parmesan cheese

1 tbsp margarine

2 tbsp bacon bits

Salt & pepper

Place potatoes on a large square of heavy duty foil, dull side out.

Sprinkle with salt, pepper and cheese.

Dot with margarine and sprinkle with bacon bits.

Seal foil, leaving a steam vent on top.

Grill over hot coals turning several times until potatoes are tender, about 30 – 40 minutes.

Twilight District, Prairie Rose

CHEESE POTATOES IN FOIL

Cooking method: Open fire
 Cooking time: 50 minutes
 Servings: 1

Ingredients

1 medium potato, peeled and sliced
 1 slice bacon, diced
 1 tbsp butter or margarine
 2 oz cheese, cubed
 3 slices onion, separated into rings
 salt, pepper, paprika
 Oil

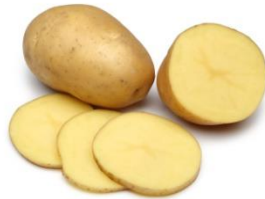
Brush potato slices with oil.

Lay evenly on a double thick square of heavy duty foil and season.

Place cheese, bacon and onion rings evenly over the potatoes and dot with butter.

Fold the foil to form a parcel, closing the edges carefully.

Cook over coals for 50 minutes, turning often. If using dried onion and bacon add 4 – 6 tbsp water.



Twilight District, Prairie Rose

CHEESY POTATOES

Cooking method: Open fire
 Cooking time: 15 – 20 minutes

Ingredients

Potato	Cheddar cheese, cut in cubes
Butter	Celery
Garlic powder	Salt and pepper

Slice potato and celery very thinly. Place in single layer on foil. Put cheese on top, then another layer of potato. Add seasonings and dabs of butter.

Wrap tightly in foil using sandwich wrap.

Place in hot coals, turning occasionally until potatoes are cooked, 15 to 20 minutes.

100 + Things to do at Camp
 GGC, BC Camping Committee

CHICKEN CHEESE POTATOES

Cooking method: Box oven

Cooking time: 1 hour

Ingredients

2 lb hash browns

2 cups sour cream

1 can cream of chicken soup

8 oz sharp cheese, grated

1 cup crushed cornflake cereal or potato chips

Mix everything, except cereal/potato chips, together in a bowl and pour into a greased 9" x 13" pan. Top with crushed cereal or potato chips.

Bake 1 hour at 375° F in box oven.

Twilight District, Prairie Rose

COUNTRY POTATO BAKE

Cooking method: Dutch oven 400° F

Cooking time: 1 – 1 ½ hours

Ingredients

30 oz bag frozen hash browns

8 oz sour cream

6 slices bacon, crisp and crumbled

1 can fried onions

1 can cream of chicken soup

½ cup melted butter

2 cups shredded sharp cheese

Salt and pepper

Line Dutch oven with foil for easy clean up.

Mix soup, butter and sour cream together.

Put potatoes in bottom of oven, top with soup mixture, spreading to cover potatoes completely. Then add cheese, bacon and onions.

Cover and put on coals, adding coals to the lid to approx. 400 ° F (about 14 – 16 coals on top and 12 – 15 on bottom).

Twilight District, Prairie Rose



DUTCH OVEN POTATOES

Cooking method: Dutch oven
 Cooking time: 60 minutes
 Servings 12

Ingredients

1 lb bacon	1 can cheddar cheese soup
2 onions, sliced	1 cup sour cream
5 cloves garlic, minced	2 tbsp Worcestershire sauce
1 ½ cups mushrooms, sliced	1 tbsp soy sauce
15 potatoes, peeled & sliced	Salt & pepper
1 can cream of chicken soup	

Pre-heat 12" Dutch oven over 18 – 20 briquettes, until oven is hot.

Cut bacon into 1" slices and fry in oven until brown. Add onions, garlic and mushrooms. Stir, cover and cook until onions are translucent. Add potatoes.

In a large bowl combine remaining ingredients and mix well. Pour over potatoes and stir until all potatoes are coated.

Cover and cook 60 minutes using 10 – 12 briquettes on bottom and 12 – 14 briquettes on top. Stir gently every 15 minutes.

Twilight District, Prairie Rose

HASH BROWN POTATOES - SCHWARTZIE

Cooking method: Oven 350° F
 Cooking time: 1 hour

Ingredients (8 – 10 servings)

1 lb frozen hash brown potatoes
 2 – 10 oz cans mushroom soup
 2 cups sour cream
 ½ cup melted butter
 Grated onion to taste
 Salt to taste
 2 cups grated cheddar cheese
 1 tbsp parmesan cheese

Ingredients (50 servings)

10 lbs frozen hash brown potatoes
 10 – 10 oz cans mushroom soup
 10 cups sour cream
 2 ½ cups melted butter
 Grated onion to taste
 Salt to taste
 10 cups grated cheddar cheese
 ½ cup parmesan cheese

Thaw potatoes slightly.

Mix potatoes, sour cream, mushroom soup, butter, onion, salt and cheddar cheese in a 9" x 13" baking pan. Sprinkle parmesan on top.

Bake at 350° F for 1 hour.

Chris Haydon, Calgary

I LOVE THE POP IN THESE POTATOES

Cooking method: Dutch oven

Ingredients

1 lb bacon	1 large onion, sliced
2 cloves garlic, minced	½ lb fresh mushrooms, sliced
1 can Sprite™ or similar	1 tsp salt
½ tsp pepper	¼ cups parsley flakes
½ lb grated cheddar cheese	Potatoes

Cut bacon into small pieces and brown in Dutch oven. Drain and add onion and garlic. Cook until clear.

Add potatoes and mushrooms and mix well. Pour in soda, sprinkle with salt and pepper. Cover and cook until potatoes are tender. Add parsley and cook another 5 minutes. Just before serving, top with cheese and serve after cheese melts.

Twilight District, Prairie Rose

INCREDIBLE SIDE DISH

Cooking method: Open fire
Cooking time: 20 – 30 minutes

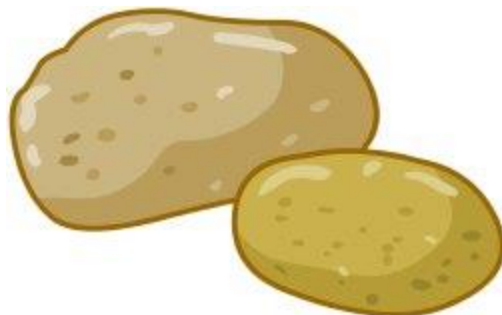
Ingredients

1 potato cut into 1" chunks
1 onion cut into chunks
1 tbsp butter
1 green pepper cut into chunks
Mushrooms, sliced
Salt, pepper, garlic powder

Wrap all ingredients in foil.

Put the foil packets into the campfire and soon you will have an incredible side for your meat. Usually takes 20 – 30 minutes.

Twilight District, Prairie Rose



MY FAVORITE POTATOES

Cooking method: Oven, open fire
 Cooking time: 30 – 35 minutes

Ingredients

1 onion, thinly sliced
 1 green pepper, cubed
 2 red potatoes, bite size pieces
 ½ cup Italian or Ranch salad dressing
 ¼ tsp pepper
 ½ tsp salt

Preheat oven to 450° F degrees.

Center onion on sheet of heavy duty foil. Combine potatoes, green pepper, salad dressing, salt and pepper. Layer mixture evenly on top of onion.

Bring up foil sides. Double fold top and ends to seal making one large foil packet, leaving room for heat circulation inside.

Bake 30 – 35 minutes.

Twilight District, Prairie Rose

POTATO BAKE

Cooking method: Open fire
 Equipment: Pie iron

Ingredients

Potatoes, thinly sliced	Onion, thinly sliced
Garlic salt	Pepper

Into a well-oiled pie iron, place potato and onion.

Season with garlic salt and pepper.

Cook over hot coals until done.

Twilight District, Prairie Rose

POTATOES IN A CAN

Cooking method: Open fire
 Cooking time: 20 minutes
 Equipment: Metal coffee can
 Sand
 Waxed paper

Ingredients

Small round new potatoes

Place sand in the bottom of a metal coffee can. Wrap potatoes in waxed paper, then in foil. Place a layer of wrapped potatoes onto the sand and cover with more sand. Keep adding potatoes and sand until can is full. Make sure you end with sand and all potatoes are covered. Cover the can with foil.

Place can directly into hot coals. Cook for approximately 20 minutes until potatoes are cooked. Pour sand out into metal pail. Carefully remove potatoes – the can, sand and potatoes will be very hot.

Tiger Rousseau, Edmonton

POTATOES (MASHED & BAKED)

Cooking method: Oven 350° F
 Cooking time: 45 minutes
 Servings: 12

Ingredients

5 lb potatoes
 1 cup sour cream
 6 oz cream cheese
 2 tsp onion salt
 2 tbsp butter
 Dash of pepper

Cook potatoes and mash; beat in remaining ingredients.
 Place in large greased casserole, dot with butter.
 Heat for 45 minutes at 350° F.

Betty Evans, Edmonton

SCALLOPED POTATOES

Cooking method: Open fire

Ingredients

Red potatoes, thinly sliced

Parmesan cheese

Yellow onions, sliced and quartered

Butter

Place potatoes and onion on a large foil sheet. Add some butter and parmesan cheese. Wrap well and place on coals for 20 – 30 minutes according to taste.

Twilight District, Prairie Rose

STUFFED POTATOES

Cooking method: Box oven heated with 9 – 20 briquettes

Cooking time: Time to bake potato plus 10 minutes

Servings: 1 potato per person

Ingredients

6 baked potatoes

¼ tsp salt

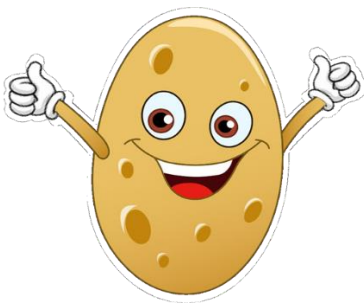
Chopped ham

2 tsp butter

Grated cheese

Preheat box oven. Scoop out middle of potatoes and mix potatoes with other ingredients. Re stuff potatoes and wrap in foil and place in box oven for 10 minutes.

Loma Smith, Parkland



Vegetables

BBQ CORN

Cooking method: Open fire
 Cooking time: 25 minutes

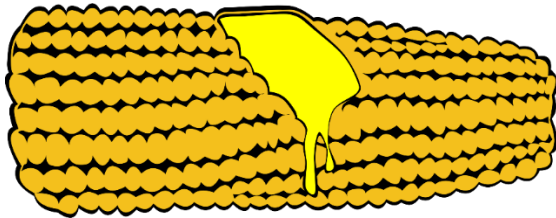
Ingredients

6 – 10 ears of corn, husked
 ½ tsp sugar
 ¼ cup margarine
 ¼ tsp salt
 ¼ tsp paprika

Mix margarine, sugar, salt and paprika. Spread mixture on corn. Wrap loosely in foil, sealing carefully.

Place 3 inches above glowing coals.

Roast approximately 25 minutes, turning frequently.



Julie Nielsen, Tamarac

BROCCOLI AU GRATIN

Cooking method: Oven or open fire

Ingredients

Fresh or frozen broccoli
 Grated cheese
 Cheese crackers
 Butter
 Salt & pepper

Parboil the broccoli. Dot a casserole dish with butter. Layer broccoli alternatively with layers of crushed cheese crackers. Sprinkle with grated cheese. Cover with foil and place in hot oven until cheese melts, about 5 minutes.

Can also be cooked in a foil pan over coals.

Variation: add parboiled cauliflower.

Karen MacDonald, Edmonton

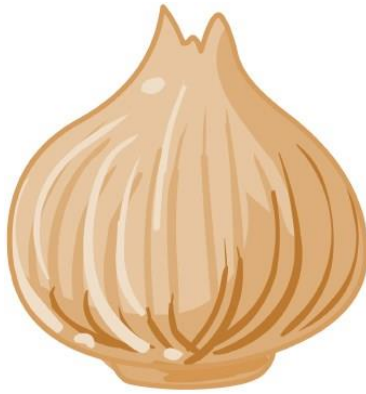
CAMPFIRE BLOOMING ONIONS

Cooking method: Open fire
 Cooking time: 30 – 40 minutes

Ingredients

4 large onions
 4 cloves garlic
 ¼ cup butter
 Salt and pepper

Peel onions. Cut each one into quarters, leaving them attached at the bottom. Place 1 tbsp of butter and 1 clove garlic in the middle of each onion. Double wrap each onion in foil and place on hot coals. Cook for 30 – 40 minutes. Carefully remove from coals and unwrap. Season with salt and pepper. Serve with Ranch dip or hot sauce.



Twilight District, Prairie Rose

CAMPFIRE ONIONS

Cooking method: Open fire
 Cooking time: 30 – 40 minutes
 Servings 8

Ingredients

4 large sweet onions	¼ cup butter or margarine
¼ cup honey	1 teaspoon salt
⅛ teaspoon pepper	⅛ teaspoon garlic salt

Cut each onion into 12 wedges; divide between eight pieces of double-layered heavy duty foil. Top onions with butter, honey and seasonings. Fold foil to seal packets tightly. Grill, covered, over medium-hot heat for 20 minutes or until onions are tender, turning once.

Twilight District, Prairie Rose

CAMPFIRE CORN ON THE COB

Cooking method: Open fire
Cooking time: 20 – 25 minutes

Ingredients

Corn on the cob, with the husks left on

Butter

Salt and pepper to taste

Soak the corn in water for several minutes, with the husks still on, making sure they are fully submerged.

Remove the corn from the water and place directly over or on hot coals.

Cook for about 20 – 25 minutes, rotating a couple of times, and then remove from the fire and remove the husks.

The corn will be roasted and it's delicious with some butter and/or salt.

Twilight District, Prairie Rose





SOUPS



COWBOY SOUP

Cooking method: Dutch oven

Ingredients

1 pound ground beef	1 onion chopped
2 cups potato chunks	1 can niblets corn
1 can peas	1 can green beans
1 can baked beans	1 can tomato soup
1 can tomatoes	Chili powder, salt and pepper to taste

Brown beef and onions in Dutch oven. Add all other ingredients, except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook for an additional 30 minutes.

Twilight District, Prairie Rose

FRIENDSHIP SOUP

Cooking method: Stove top or open fire

Ingredients

1 can of soup per girl (It is best if cream soups are excluded.)

Have each girl bring a can of soup. Open cans and mix in a large pot with appropriate amount of water. Delicious!

Janet Stafrace, Edmonton

HAMBURGER SOUP

Cooking method: Stove top

Cooking time: 1- 2 hours

Servings: 4 - 6

Ingredients

¾ lb ground beef	1 medium onion, finely chopped
19 oz can tomatoes	3 ½ cups water
1 beef bouillon cube	½ can tomato soup
2 carrots, finely chopped	2 stalks celery, finely chopped
Parsley (optional)	4 tbsp barley, rice or macaroni

Combine all ingredients in a large pot. Simmer until vegetables are tender.

Variation: Dumplings may be made and spooned into soup mixture. Cook approximately 15 minutes longer with lid on.

Julie Nielsen, Tamarac

HEARTY HAMBURGER SOUP

Cooking method: Stove top
Cooking time: 45 minutes
Servings: 12 - 16

Ingredients

2 lbs ground beef	2 cups carrots, sliced
2 cups celery, sliced	2 cups onions, chopped
6 cups water	14 oz can tomatoes
2 tbsp Worcestershire sauce	Salt and pepper to taste
2 beef bouillon cubes, dissolved in 2 cups water	

Brown hamburger and drain off fat.

In a large pot cook vegetables in water for 5 minutes. Add meat and remaining ingredients. Cover and simmer for 30 minutes.

Soup may be thickened with $\frac{1}{2}$ cup flour mixed with cold water.

Variation: add frozen mixed vegetables

Eleanor Grundberg, Edmonton



STONE SOUP

Cooking method: Stove top or open fire

Cooking time: 2 hours

Servings: 24

Ingredients

18 cups of water

Salt, pepper

Lemon juice

2 cups noodles, or 1 cup rice

Butter

Parsley, Bay leaf

12 cups mixed vegetables – onions, celery, cabbage, carrots, corn, peas, potatoes (raw or hash browns), tomatoes, beets

2 lbs cooked meat – chicken or beef (chopped), bacon (crumbled), hamburger (browned & drained)

1 well cleaned stone

Most Embers are familiar with the story "Stone Soup" which tells how two travelling soldiers trick a village into sharing their hidden bounty and make a pot of soup for all to share.

Read the story to the girls, substituting the ingredients which you want included. Then send the girls off to scrounge the ingredients from the camp cooks (warn them well ahead of time!). When all have gathered together again, read over the part of the story which concerns the ingredients and have the girls add theirs at the same time.

Brown meat, onions, celery in butter. Bring water to a boil. Put a clean, well scrubbed stone in pot; add all other ingredients. Cover and cook, stirring occasionally, for 2 hours. Save the stone for next time!

Glen Allan District, Edmonton



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The New Healthy Trail Good Book. Dorcas S. Miller. Eastwood Press 1980

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7th Calgary Girl Guide Unit Camp Cook Book. 2010

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<http://www.bc-girlguides.org/web/Documents/BC/camping/100ThingstoDoatCamp.pdf>, Accessed April 19, 2019

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Gourmet Cooking on a Camp Stove - Guiding Mosaic 2010

Outdoor Activity Leadership – Guide to Camping – Residential and Tenting. Girl Guides of Canada 2010

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