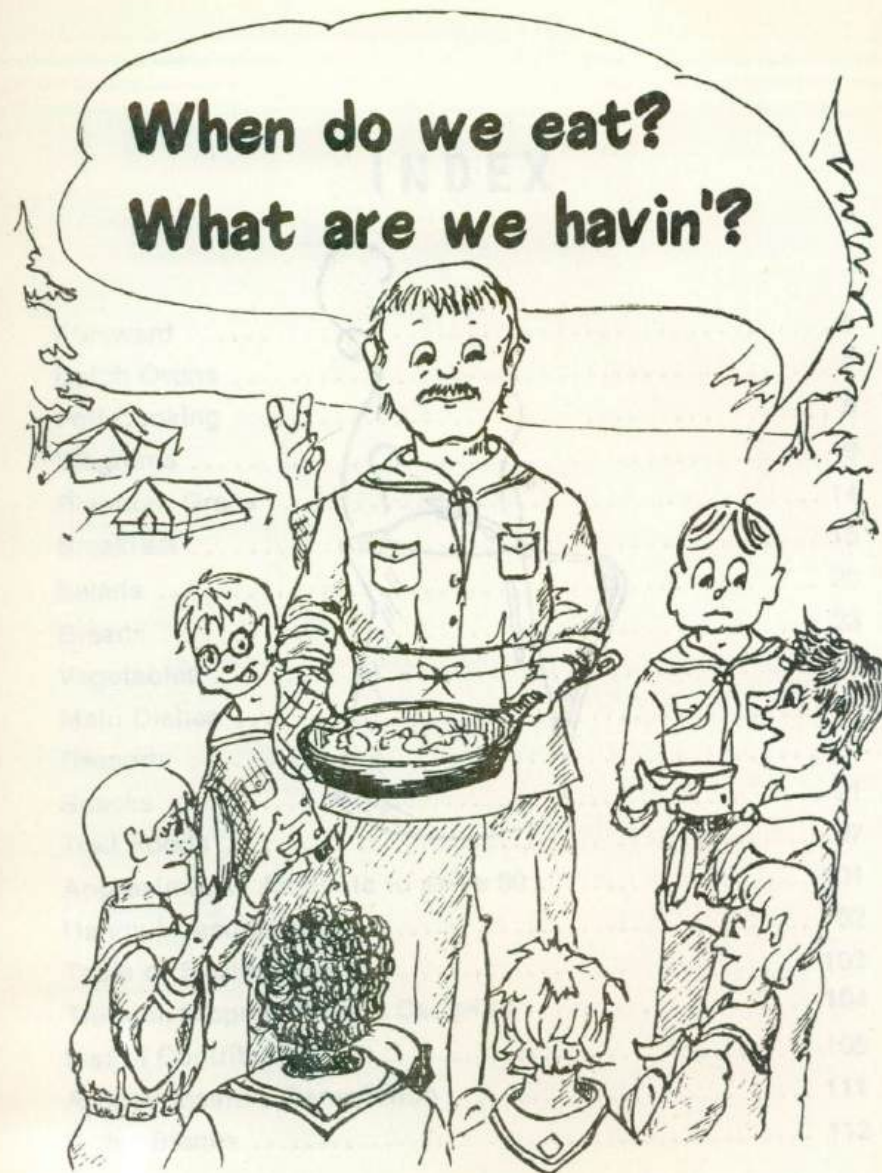




When do we eat?
What are we havin'?



**When do we eat?
What are we havin'?**



Favorite Outdoor Recipes of the
FOUR LAKES COUNCIL
Boy Scouts of America
Madison, Wisconsin 53711



SPECIAL ACKNOWLEDGEMENTS

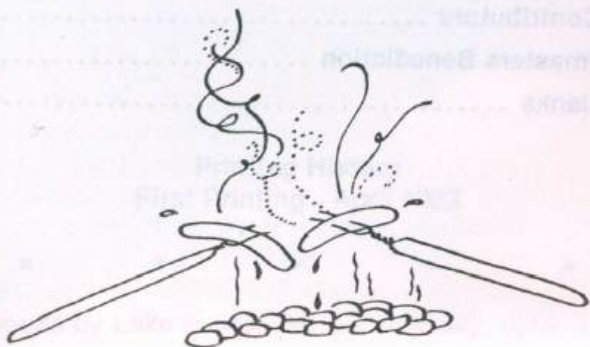
To all those, too numerous to mention here, who contributed recipes and encouragement for the effort!

With special thanks to:

Council Executive Larry Levine, for his approval and help,

Tina Weber, for the original artwork which appears on the cover and throughout the book, and;

Alma Dewey for her help in compiling and typing the final product.



FOREWARD

When we first started thinking about doing this book, we knew if it got approved we were in for something. Neither of us had ever worked on this type of project before and "brave" is not the first word people who know us would use if asked for character descriptions. However, we felt there was a need to gather in one place all of those great recipes we knew were out there so that they would be available to all the Scouts and Scouters of the Four Lakes Council. We also felt that non-scout campers might be interested in Boy Scout cooking. Afterall, who cooks outdoors more than the Boy Scouts? so we approached the Scout Office!

Approval came easily and with enthusiasm. It was then that the education of two Scouters began. Not quite sure of what we were doing, but thinking we had some idea of how it should go, we decided to stay flexible, get out the word and recipe forms, and see what came in. Well It didn't go quite as expected!

We though the end-product would be like those cookbooks put out by Church groups, auxiliary groups, etc. We were wrong! After the recipes were all in, we found that we had mostly main dishes on our hands. Nothing wrong with that, except it meant we wouldn't have a book with 6 or 7 chapters of different-type recipes. So be prepared to find only one big chapter in this book which will cover everything from Breakfast to Cracker Barrels.

You're also going to find that the recipes don't have the contributor's name shown. However, there is a Contributors list in the back. Various factors directed that decision and we hope we haven't slighted anyone by doing it that way, as that certainly was not our intention.

We were very pleased to find that most of the recipes received did not say "bake at so & so many degrees for such & such length of time." That gets a little hard to do on your average Scout outing! We do realize though, that there are occasions, especially in Winter, when the facilities do lend themselves to that way of cooking. With that in mind, we have included some recipes with that type of cooking direction on them.

One piece of advice we feel we must mention here! Please read and re-read the ingredients lists and directions

before you go shopping and before you pack your supplies. Make note of what utensils you need to cook the recipes you've decided on for your outing. It makes life so much easier when you have everything you need.

We'd like to finish by saying this has been a most interesting and pleasant experience for us. We learned a lot along the way and it gave us some extra opportunities to get together with our fellow Scouters. Would we do it again? Well ...we're already talking about Volume II.

Read on now, and enjoy, and maybe, after you use this book more and more, the answers to the questions which form the title of the book - When do we eat? What are we having? - will become easier and won't result in that all-too-often-heard response (which could easily have been line 3 of the title) "I'm not eating that!"

BRUCE DEWEY AND WALLY WEBER,
TROOP 140, MIDDLETON, WI



DUTCH OVEN AND FOIL METHODS

Since so many of the recipes in the Book involve a Dutch oven or Aluminum Foil as the main cooking tool, the following information concerning those cooking methods should prove helpful.

DUTCH OVENS

When it comes to camp cookery, there is probably no more useful or versatile piece of equipment than a Dutch oven. You can fry in it, brown in it, make your whole stew in it and even bake in it.

Since the Dutch oven no longer has the widespread use it had during pioneer days, the most likely place for you to buy a good one today is through the Boy Scout organization, although some of the better quality sporting goods stores carry them also.

Once you have decided to buy one, you must make a choice between one made out of aluminum or one of cast iron. The aluminum oven has the advantage in weight and ease of maintenance but, due to the reflective nature of aluminum, its use may require more coals and a longer cooking time, especially if it's a cool, windy day. The cast iron one, while heavier and which may rust if not properly cared for, seems to be the more popular one, especially in the Four Lakes Council. With this in mind, we'll concentrate here on the cast iron Dutch oven.

You'll find that you have a range of ovens to choose from, most often in sizes from 8 inches to 16 inches in diameter. The most popular size is the 12 inch oven. This size will normally be big enough to serve 6 to 8 people and isn't so big to be awkward for transportation or storage purposes.

The best type for camping purposes has 3 legs rather than a flat bottom. This allows the oven to sit high enough above the ground for coals to be placed under it in the number and configuration desired for the dish being cooked. The lid of the oven is just the opposite - it should be flat! It should also have a closed loop in the center for lifting purposes and a lip also provides for a tighter seal when the lid is in place and helps prevent the coals from falling into your meal when the lid is removed to check the progress of the dish. Your oven should also have a metal bail on it which will go all the way down when pushed to one side but only

.....
 halfway down when pushed to the opposite side. This will keep the bail away from the hottest part of the coals when cooking and will make it more accessible when moving the whole oven.

After buying your Dutch oven, you'll have to prepare it before actually cooking in it. It will probably come with a light coating of a waxy substance which you can remove by washing it in warm soapy water. When cleaning your Dutch oven, now at the beginning or later after many usages, never use an abrasive of any type as it will destroy the coating you will be trying to build up through use and allows your oven to rust much more readily if not properly cared for.

After you have washed and rinsed it, allow it to air dry in a warm, open area. When it is dry, lightly coat the oven and lid with a salt-free (if possible) oil. This will seal the pores. Then place a small amount of oil inside the oven and heat moderately for an hour. Remove it from the heat source and wipe with a clean, dry cloth, leaving enough oil on the lid and oven to form a thin coating. Your oven is now ready for use. During storage, or at any time when the oven is clean and not on the heat source, leave the lid off to prevent moisture from forming and possibly causing rust.

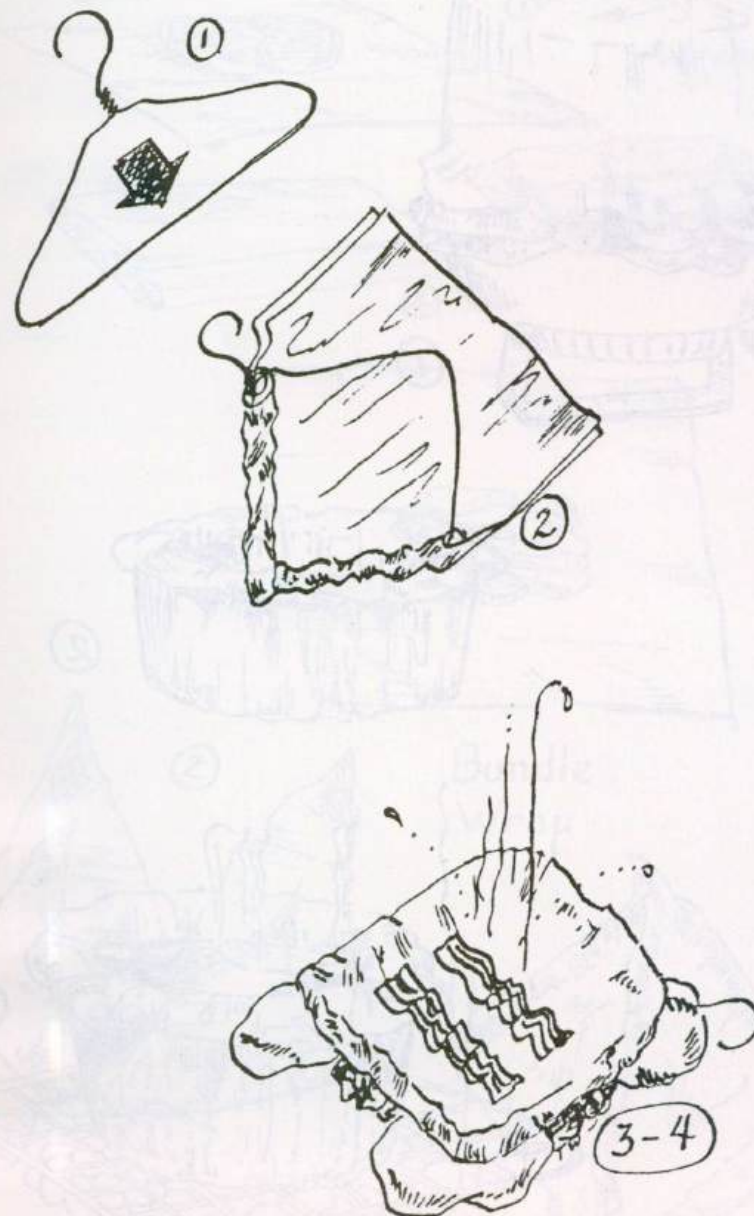
Cleaning your oven after cooking in it requires you to heat some water in it and scrape any burned-on food off with a wooden or plastic spatula. You then wipe it dry - or let it air dry - and apply a thin coating of oil before putting it away. With proper use and maintenance, your Dutch oven will last for many years and provide you with many memorable meals.

FOIL COOKING

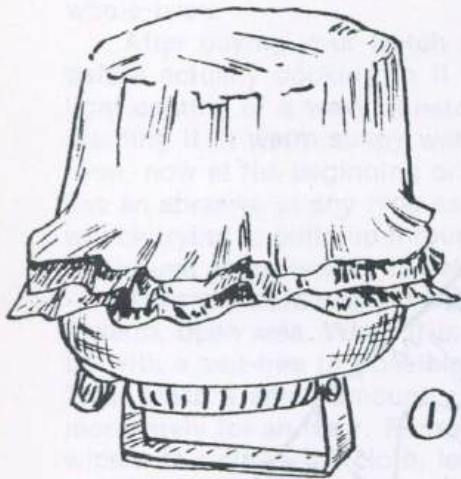
Most Scouts and Scouters are probably familiar with aluminum foil meals in the form of the totally-wrapped package which is placed right on the coals and then turned once or twice. This makes a really good meal-all-in-one and has the added advantage of eliminating cleanup of pots and pans. However, aluminum foil has many more uses in camp cooking, primarily in forming utensils to replace that frying pan you forgot to bring or in constructing a reflector oven to bake those biscuits or brownies that everybody likes.

The following drawings show some of the things that can be done with aluminum foil. In all cases, heavy-duty or extra-heavy-duty foil should be used, in at least two or three layers.

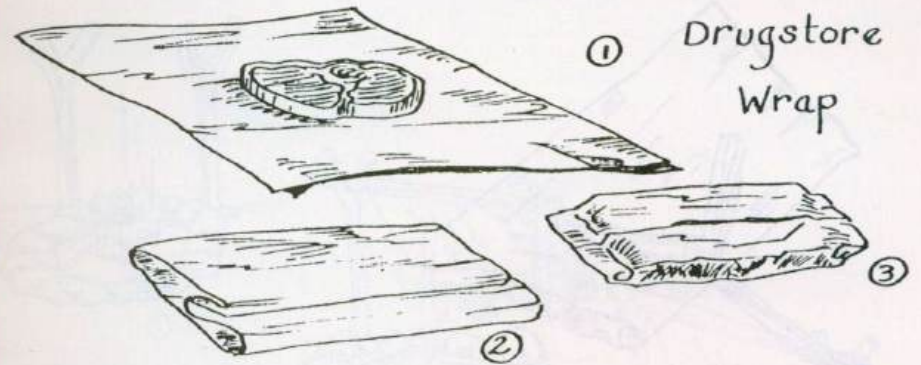
COAT HANGER GRIDDLE



SAUCE POT OR BOWL



TWO TYPES OF MEAL WRAPS

① Drugstore
Wrap

①



②

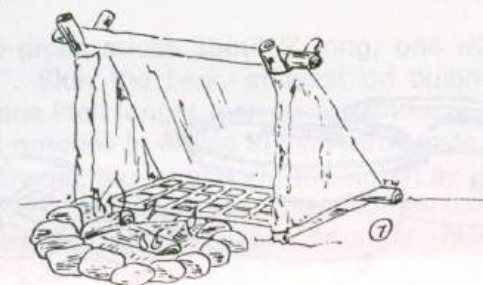
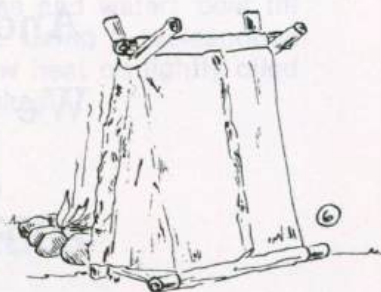
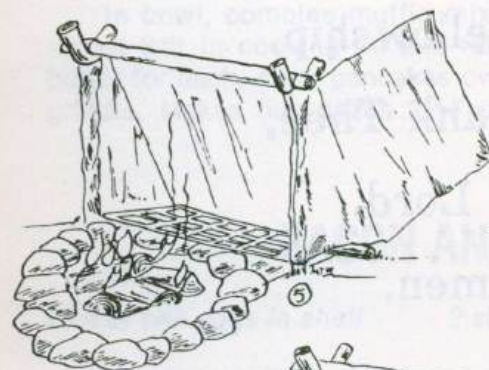
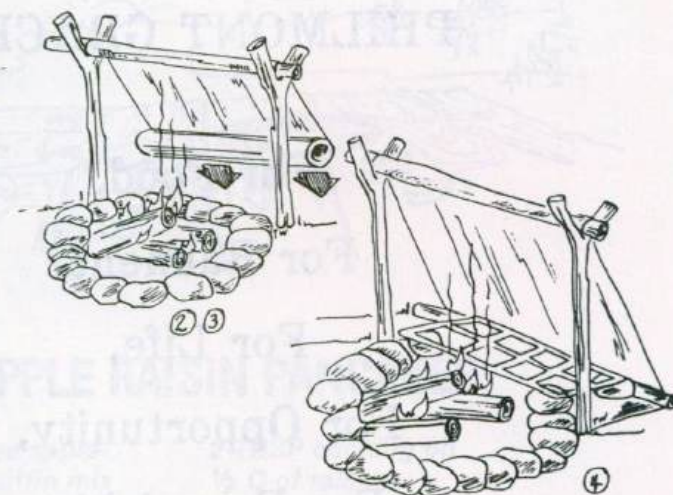
Bundle
Wrap

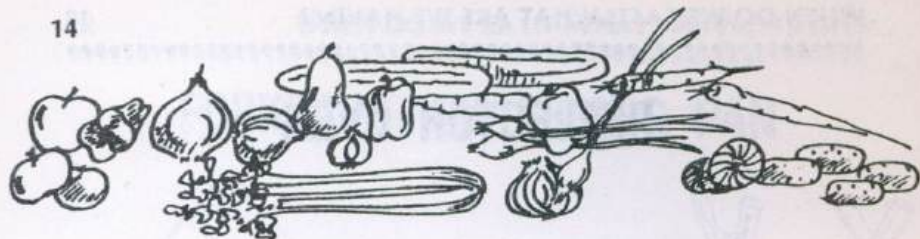
③

FORKED STICK FRYING PAN



REFLECTOR OVEN



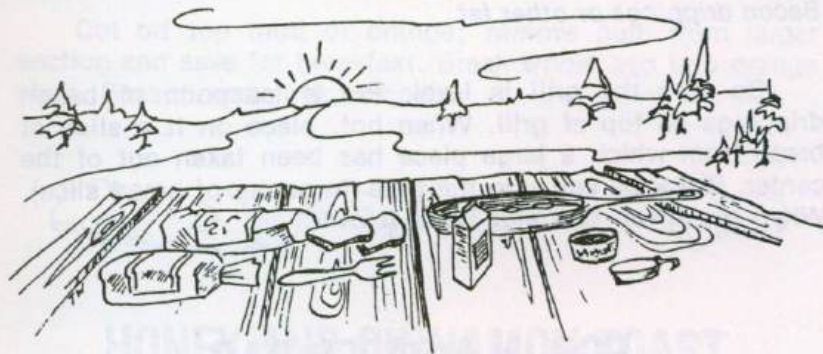


PHILMONT GRACE

For Food,
For Raiment,
For Life,
For Opportunity,
For Friendship,
And Fellowship,
We Thank Thee,
Oh Lord,
Amen.



BREAKFAST



APPLE RAISIN PANCAKES

1 14 OZ package apple-
cinnamon muffin mix
 $\frac{2}{3}$ C of water

2 TBSP cooking oil
 $\frac{1}{2}$ C of raisins
2 egg

In bowl, combine muffin mix, eggs and water; beat till smoot Stir in cooking oil and raisins. Using 2 tablespoons batter for each, cook pancakes over low heat on lightly oiled griddle. Makes two dozen 2 $\frac{1}{2}$ " pancakes.

BACON AND EGGS

One or two eggs in shell

2 slices bacon

Select two green sticks about 3' long, one with fork in shape of a "Y". Skin the bark, at least on business ends. Whittle a twig one inch longer than an egg and size of a tooth pick. Cut small notches in forked stick. Pierce ends of an egg slightly on both ends and slide twig through. Lay egg across fork. Cook slowly, until steam no longer comes out of holes. You have a boiled egg. Scewer bacon on other stick in waves and cook oven open fire. Serves 1.

EGG-IN-A-NEST

Egg

Bread

Bacon drippings or other fat

Be sure the grill is level. Put a teaspoon of bacon drippings on top of grill. When hot, place on it a slice of bread from which a large piece has been taken out of the center. Break an egg into the hole (in center of bread slice). When brown on one side, turn it over.

EGG IN A PAPER BAG

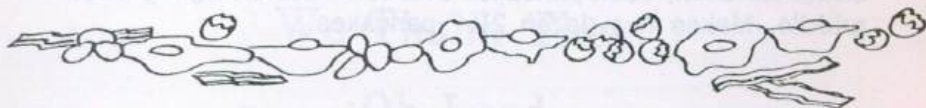
1 green roasting stick

1 strip of bacon

1 small brown grocery bag

1 egg

Place bacon on stick and broil slowly over coals. When partially cooked, place bacon in bottom of open bag. Break egg into bag. Put stick through like handle. Cook over coals.



EGG-IN-A-PAPER-CUP

Eggs

Paper Cup for each egg

Place egg in a paper cup and then fill with water. Place the cup at the edge of hot coals. Time the cooking from the time the water begins to boil - 3 minutes for a soft-boiled and 5 minutes for hard-boiled egg. For poaching, heat the water in cup. Break egg first in an empty cup and then pour it into heated water.

EGG IN ORANGE PEEL

1 orange

salt and pepper to taste

1 egg

Cut off top third of orange; remove pulp from larger section and save for breakfast. Break whole egg into orange shell. Season and cook in coals.



HONEY AND CINNAMON TOAST

8 slices bread

1/4 C butter

1/2 c honey

Cinnamon [in shaker]

Warm the honey and mix with butter. Toast bread and spread honey and butter mixture on each slice. Sprinkle generously with cinnamon.

HEARTY BREAKFAST CHOWDER

1 CN condensed cream of chicken soup

1 CN [8 3/4 OZ] whole kernel corn

1 CN condensed chicken noodle soup

1/2 C nonfat dry milk powder
1 soup can water

In large saucepan, combine all ingredients. Heat through over medium heat. Serves 4.

INDEPENDENCE BREAKFAST BREW

3 CNS [10 1/2 OZ] condensed cream of celery soup

2 soup cans of water

1 CN [17 1/2 OZ] tomato juice

Combine ingredient together in a pot; stir well to mix. Heat. Serves 10.

JAMBO SCRAMBLE

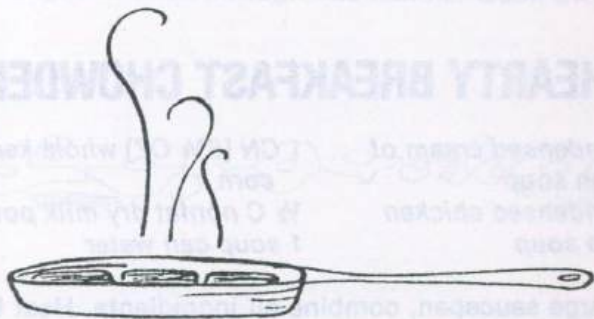
2 CNS [11 OZ] condensed
Cheddar Cheese soup dash of pepper
4 TBSP butter or margarine
16 eggs, slightly beaten

In bowl, stir soup until smooth; blend in eggs and pepper. In two large skillet, melt butter; pour in egg mixture. Cook over low heat until eggs are set. Stir gently now and then.

FRENCH TOAST

12 slices bread 2 CN milk
3 eggs Shortening
½ TSP salt Confectioner's sugar or maple
 syrup

Beat the eggs, add milk and salt. Put teaspoon of shortening on top of griddle. Dip slices of bread into the mixture and fry until a delicate brown on both sides. Sprinkle with confectioner's sugar or serve with maple syrup. May be cooked in a frying pan. Serves 6, two slices each.



ORANGE FRENCH TOAST

4 eggs 1 C orange juice
3 TBSP confectioners sugar 10 slices bread
3 TSP grated orange peel syrup

Mix all ingredients except bread. Dip bread in egg mixture and brown on griddle or skillet. Try rolling warm slices in confectioners sugar instead of eating with syrup.

PANCAKES

2 eggs 2 TBSP fat or butter, melted
1¼ C sweet milk 2 TBSP baking powder
1¼ C sifted flour ½ TSP salt
1 TSP sugar

Beat eggs well. Beat in milk. Sift dry ingredients together. Beat dry ingredients into liquid till smooth. Heat griddle while mixing batter. Cook till bubbles form evenly then turn to brown other side.



PANCAKE VARIATIONS

2 C complete pancake mix 1 C finely chopped ham, or
1½ C water 1 C blueberries, or 1 CN
 [8 OZ] whole kernel corn,
 drained

Combine pancake mix, water and ham. Using 2 tablespoons batter for each, cook pancakes over low heat on oiled griddle. Makes 18 pancakes.

COUNTRY-STYLE POTATO PANCAKES

(4 SERVINGS)

2 eggs, slightly beaten 1 TSP baking powder
2 large potatoes, washed, 1TBSP chopped parsley
peeled and grated ½ TSP salt
2 medium onions, grated ¼ TSP white pepper
1½ TBSP all-purpose flour

Combine all ingredients in large bowl; mix well. Form potato mixture in 8 patties. Lightly grease large skillet. Add patties and cook on moderate heat 4 minutes, or until golden brown. Turn and cook 4 to 5 minutes, or until potatoes are cooked and pancakes are golden brown. Serve hot; pass maple syrup or applesauce, if desired.

SALADS



BUMPS ON A LOG [SALAD]

6 stalks celery
1/3 C raisins

1/2 C peanut butter

Clean celery and cut into 2" or 3" sections. Fill with peanut butter and put raisins on top.

CHICKEN SALAD

4 C chicken, cubed
2 C celery, diced
8 hard boiled eggs, sliced

1/2 C slivered almonds
1 C cream, whipped
3/4 C mayonnaise

Combine chicken, celery, eggs and almonds. Add dressing made from cream and mayonnaise. Toss carefully. Serve on lettuce bed or use for stuffing tomatoes or green peppers. Serves 12.

COOL SUMMER SALAD

1 pt cottage cheese
1 CN sliced cling peaches

honey
chopped nuts

Make a bed of lettuce on a cake plate. Turn container of cottage cheese onto lettuce formed in dome. Place peach slices one at a time on end and press gently into cottage cheese (Shaped to resemble striped umbrella.) Sprinkle top with chopped nuts and top off with a maraschino cherry if desired. Just before serving, pour desired amount of honey over top as topping.

KIDNEY BEAN SALAD

1 CN kidney beans
1/2 C chopped celery
1/2 C sweet relish

2 hard boiled eggs, chopped
1 small grated onion
1/2 C salad dressing

Wash kidney beans in cold water. Drain. Add rest of ingredients.

LIME - FRUIT JELLO

1 pkg [24 OZ] Jello Lime
Gelatine Mix
2 QT boiling water
1 1/2 CNS [46 OZ] pineapple
juice

3 CNS [20-OZ] Pineapple,
crushed
3 CNS [16 OZ] Mandarin
Oranges

Boil 2 quarts of water in large kettle. Place lime gelatine mix in boiling water. Stir until thoroughly mixed. Open Crushed Pineapple and Mandarin Oranges and drain in separate container. Add enough pineapple juice to the above juice to make approximately 70 OZS or 9 cups. Mix the juice with the gelatine mixture. Place fruit in large 12" x 20" x 2" pan. When gelatine begins to congeal, pour over fruit. Place in refrigerator to congeal. Serving size 40 - 2 1/4" x 2 1/2" or 48 - 2" x 2 1/2". Serve with Cool Whip (2 - 16 OZ pkgs.)

SALAD WITH PICKLE JUICE

2 heads lettuce

1 PT dill pickles

Shred lettuce into pot or bowl. Dice pickles and add to lettuce. Stir pickle juice into the mixture and serve. Serves 10.

STEAMED NETTLES

4 C washed Nettle leaves,
packed

Especially tender tips of
plants

Steam nettles in covered pan using only the water that clings to them, until wilted. Believe it or not this tastes like spinach. Watercress can be prepared the same way. Serves 4.

TUNA SALAD

7 CNS [12½ OZ] tuna fish
3 medium onions
mayonnaise [as needed]

salt, to taste
pepper, to taste

Open cans of tuna. Pour off liquid. Dice onions. Combine all ingredients and mix slowly. Be careful not to overdo mayonnaise. Feeds 45 people at 2 sandwiches per person.

WALKING SALAD

1 lettuce leaf
2 or 3 carrot sticks

2 or 3 celery sticks
1 TBSP mayonnaise

Spread mayonnaise on lettuce. Roll carrots and celery in lettuce and eat!

WILTED LAMB'S QUARTERS SALAD

4 C washed lamb's quarters,
packed

4 slices bacon, diced

2 TBSP sugar or honey
dash salt and pepper

¼ C vinegar

Fry bacon until crisp. Add vinegar. Heat through. Add sugar or honey. Remove skillet from heat, add lamb's quarters, salt and pepper. Toss until wilted. Serves 4.

BREADS



DELICIOUS FRENCH BREAD

2 small loaves or 1 large loaf
French bread
2 C mayonnaise

1 TSP garlic powder
½ TSP paprika
1 C grated parmesan cheese

Slice bread diagonally in 1" slices. Mix mayonnaise, cheese, garlic powder and paprika. Spread on cut surfaces. Wrap loaves in foil and put on grill for 20 minutes or until crusty. Serves 6 to 8.

BISCUITS

2 C biscuit mix

 $\frac{2}{3}$ C of milk

Combine and mix thoroughly with fork. Dutch Oven may be preheated for 15 minutes, or can be started cold. Drop by spoonful mixture into preheated or cold oven. You may start with a cold oven, but for best results place 6 coals under and 8 coals on top of the oven for 15 minutes before you start to bake. Have a suitable level and clean place to set the lid of the oven before taking it off as it will be hot and will have coals on top. Place biscuits in oven and bake for 15 to 20 minutes. Try not to open the lid more than once so that proper heat will be maintained.

COFFEE CAN BREAD

(Batter Bread)

1 pkg. active dry yeast

 $\frac{1}{2}$ TSP ground ginger $\frac{1}{2}$ cup warm water

3 TBSP sugar

1 CN [13 OZ] undiluted evap.
milk

1 TSP salt

2 TBSP salad oil

4 to 4 $\frac{1}{2}$ C unsifted all-purpose
flour

butter or margarine

a 2 LB or two 1 LB coffee cans

Dissolve yeast in water in large mixing bowl. Blend ginger and 1 tablespoon sugar. Let stand in warm place until bubbly. (15 min.) Stir in remaining 2 tablespoons sugar and the milk, salt, salad oil. With mixer on low, beat in flour 1 cup at a time, beating well after each addition. Beat in last cup of flour with heavy spoon, add flour until dough is very stiff and heavy, but too sticky to knead. Place dough in well-greased coffee can or cans. Cover with well-greased plastic can lids. Let stand covered in warm place until dough risen and pops off the lids. Discard lids. Bake in 350° oven for 45 minutes for 1 lb. cans and 60 minutes for 2 lb. can. Brush with butter. Let cool 5 to 10 minutes on rack, then loosen crust around edge of can with knife. Slide from can in upright position.

BAKING POWDER BISCUITS

2 C sifted flour

3 TSP baking powder

 $\frac{3}{4}$ TSP salt $\frac{1}{4}$ C butter $\frac{3}{4}$ C milk

Mix and sift dry ingredients together in a bowl. Cut shortening into dry ingredients. Add milk gradually, mixing it in with a fork until dough clears bowl and forms a ball on the end of the fork. Turn dough on lightly floured board and knead for $\frac{1}{2}$ minute. Roll lightly to $\frac{1}{2}$ " thickness. Cut with floured biscuit cutter. Place on baking sheet. Bake 15 minutes at 450°.

HUSH PUPPIES

2 C corn meal

1 TBSP Flour

1 TSP baking powder

 $\frac{3}{4}$ TSP salt

1 egg, slightly beaten

 $\frac{1}{2}$ C chopped onion [optional]

1 C buttermilk

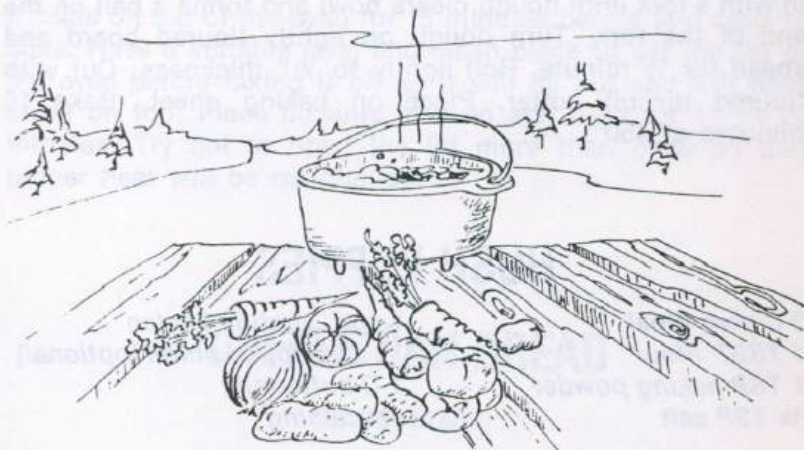
shortening

Combine the dry ingredients. Add eggs, buttermilk, and onion (if desired). Mix well. Drop with tablespoon into deep hot fat. Fry until golden brown, 3 to 5 minutes. Drain on absorbent paper.



A Scout Is Trustworthy

VEGETABLES



AMERICAN FRIES

(4 TO 6 SERVINGS)

6 medium boiled potatoes,
chilled
salt
pepper

3 TBSP butter, margarine
bacon fat, or vegetable
shortening

Peel and slice potatoes. Melt butter in large, heavy skillet. Saute' potatoes, without stirring, until golden brown. Turn and brown other side. Sprinkle with salt and pepper. (You can add 2 TBSP minced onion to potatoes before cooking, if desired.)

BAKED POTATOES

(1 SERVING)

1 or more large potatoes
[6 to 8 ounces]

Preheat oven to 400°. Scrub potatoes with brush in cold water; rinse well; dry with paper towels. For soft skins, rub with shortening or wrap in aluminum foil. For crisp skins, dry thoroughly. Pierce potatoes with fork. Place potatoes on oven rack or baking sheet. Bake 45 to 60 minutes, or until potatoes are easily pierced with fork. For perfect baked potatoes, gently roll back and forth on flat surface before serving. To serve, cut a cross in top of each potato; pinch to open.

Top with any of the following: 1 tablespoon dairy sour cream, chopped chives, parsley, green onion, grated Parmesan cheese, or crumbled crisp bacon.

BAKED IN COALS

Scrub and rinse potatoes. Pierce potatoes with fork. Bury potatoes, unwrapped or wrapped in aluminum foil, in hot coals 45 to 60 minutes, or until easily pierced with fork. Skins will be black.

BAKED ON THE GRILL

Scrub and rinse potatoes. Pierce with fork. Place on grill. Cook about 60 minutes, or until easily pierced with fork.

CAMPFIRE BAKED BEANS

2 CNS [1 LB] beans

½ C catsup

½ TSP prepared mustard

½ C Brown sugar

½ C Sharp grated cheese

¼ C chopped stuffed olives

2 C chopped sweet pickles

Mix all of the above thoroughly. Simmer covered over campfire for one hour.

BAKED VEGETABLES

(COOKED ON COALS)

potatoes
tomatoes
onions

salt and pepper or a mixed
seasoning butter, chives or
sour cream



This can be adapted to any number, just fix amount of vegetables according to number of campers. Wash vegetables. Prick the skin of the potato, core tomatoes and peel the onion. Dot each with butter and add a little seasoning. Wrap in foil loosely. Place on grill over coals. Turn often so as to cook evenly. Serve with butter and chives or sour cream. Baking time, 50 minutes.

COTTAGE FRIES

(4 SERVINGS)

4 medium potatoes, washed and peeled
salt
pepper

3 TBSP butter, margarine,
bacon fat, or vegetable
shortening

Slice potatoes. Melt butter in heavy 10" skillet. Add potatoes. Cover and cook on low heat 15 minutes. Remove cover. Increase heat slightly and cook 10 minutes, or until brown and crispy on bottom. Sprinkle with salt and pepper. Serve immediately. (Potatoes can be coarsely grated instead of sliced. You can add 1 sliced medium onion to potatoes before cooking, if desired.)

CORN IN FOIL

Fresh whole ears of corn
Margarine

Salt and pepper
Water

Remove husks and silk from corn. Generously "butter" corn and place each ear on a separate double thickness of heavy duty aluminum foil. Sprinkle with salt and pepper and add 2 tablespoons water to each packet. Seal packets and twist ends. Place on coals and cook 20 to 30 minutes, turning once.

FOIL POTATOES

3 large potatoes
1 large onion
6 TSP butter or margarine
salt
pepper

Have 6 sheets of aluminum
foil about 4" x 4" - shining
side in, ready to receive
potatoes

Wash and cut potatoes in half, cut each 1/2 potato into bite size pieces onto the aluminum foil. Cut onion into 6 equal portions, dice one portion on top of potato. Dot with one teaspoon of butter or margarine. Salt and pepper to taste. Twist foil around potato and onion like a Hershey kiss. Place near edge of campfire or over grill for about 40 minutes. Use less time if extremely hot fire. Open foil bags. Eat and enjoy. Serves 6.

FOIL CORN ON THE COB

Corn

Butter and Salt

Butter and salt ear of corn. Wrap lightly in foil, place on hot coals. Turn over several times, take care not to cut foil. Usually 25 to 30 minutes, ready to eat.



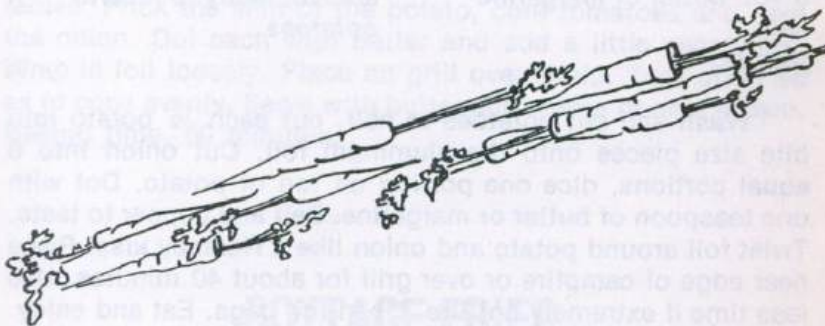
A Scout is Loyal

MASHED POTATOES

5 large potatoes, washed
and peeled
1 TBSP salt
1 C milk

6 TBSP butter or margarine
Butter [optional]
Paprika [optional]

Cut potatoes into quarters. Bring 1" water and salt to a boil in large saucepan. Add Potatoes. Cover and boil 20 minutes, or until tender. Drain thoroughly. Let stand, uncovered. In small saucepan, heat milk and butter until butter melts. Do not boil. Remove from heat. Mash potatoes with potato masher, fork, or electric mixer until smooth and no lumps remain. Gradually beat in milk mixture, beat until creamy and fluffy. Spoon potatoes into warm serving bowl.



GRILLED SWEET CARROT STICKS

8 to 10 large carrots
2 TBSP margarine
½ TSP salt

Dash of pepper
¼ C brown sugar

Cut carrots lengthwise into sticks. Place on double thickness of heavy duty aluminum foil. Add margarine, salt and pepper. Wrap in foil and seal. Roast on medium coals 30 to 40 minutes or on grill 3" from hot coals 1 hour or until soft. Just before serving, sprinkle brown sugar over hot carrots. The heat of the carrots will melt the sugar. 6 servings.

ONIONED POTATOES

6 baking potatoes [small or medium size]
1 stick margarine
1 envelope dried onion soup mix

Wash the potatoes. Cut each into 4 or 5 slices lengthwise. Blend the onion soup mix and margarine together. Spread some of mixture on each slice of potato. Reassemble the potatoes and wrap in heavy foil. Place in hot coals (no flame) and cover. Bake 40 to 60 minutes, depending upon size of potatoes.

PEACHES IN FOIL

Large fresh peaches
Cinnamon

Currant or blackberry jelly

Wash peaches, cut in half and remove pits. Place each peach half on a double thickness of heavy duty aluminum foil. Sprinkle with cinnamon. Put 1 teaspoon jelly in pit cavity. Seal foil and lay on coals. Cook about 12 minutes.

RICED POTATOES

(6 SERVINGS)

6 medium potatoes, washed and peeled
½ TSP salt
2 TBSP butter or margarine, melted

Cut potatoes in quarters. Bring 1 quart water and salt to a boil in large saucepan. Add potatoes. Cover and boil 20 to 30 minutes, or until tender. Drain thoroughly. (Reserve potato water for other uses, such as soup.) Let stand, uncovered, until dry. Process through food mill or ricer. Spoon into warm serving dish. Pour melted butter over top.

POTATOES-BAKED-IN-A-CAN

potatoes

sausages [optional]

Use a #10 tin can for each 3 or 4 potatoes. Scrub potatoes and wrap well in paper towels and leaves (avoid leaves with unpleasant flavor). Put layer of sand or soil on bottom of can and then add potatoes with additional sand or soil placed so that potatoes do not touch each other or sides of can. Place cans in hot coals, piling coals up around sides. Bake for 45 minutes to an hour, depending upon size of potato.

VARIATION: Remove enough of the center to make room for a small sausage. After placing sausage in the potato, close the end with a plug of the potato. Bake according to directions above.

ROAST CORN IN HUSKS

Fresh Corn on the cob

Pull back husks from corn ears and remove silk. Spread corn with margarine. Sprinkle with water and pull husks back over ears. Tie with fine wire or with a strip of husk. Roast on grill 3" from hot coals 20 to 30 minutes, turning frequently. Serve at once with salt, pepper and margarine.

SCALLOPED POTATOES

5 medium sized potatoes

1/4 stick of butter

1 medium sized onion

salt and pepper

1 1/4 C milk

Place 4 cups thinly sliced potatoes in Dutch oven. Salt and pepper. Add 1 tablespoon minced onion or 1 raw onion sliced. Place 1/4 stick of butter on top in small pieces. Add 1 1/4 cups of milk. Bake until done - - about 1 to 1 1/2 hours.

ROAST CORN

Fresh Corn on the cob

Pull back the husks and remove silk. Put husks in place again. Dip in water and then wrap in several layers of dampened newspaper. Lay the wrapped corn on hot coals to steam. Cook 7 or 8 minutes after the corn is steaming well.



POTATOES ON THE GRILL

(3 SERVINGS)

3 medium potatoes, washed,

1/4 C butter or margarine

peeled, and thinly sliced

1/2 TSP salt [optional]

*1 small onion, peeled and
sliced*

1/4 TSP pepper [optional]

Place potatoes and onion on double thickness of aluminum foil. Dot with butter. Sprinkle with salt and pepper, if desired. Wrap tightly. Cook on grill over direct heat about 1 hour, or until tender, turning potatoes over halfway through cooking.

(Grill fans will also enjoy this variation.) Cut washed potatoes into 1" thick slices. Dip in melted butter or margarine. Sprinkle with salt, if desired. Brown on grill. Move potatoes to edge away from coals. Cover and grill over indirect heat about 20 minutes.

SWEET POTATO PONE

2½ C raw grated sweet potatoes
½ C brown sugar
2 eggs
¼ C molasses or dark syrup
½ C milk

2 TBSP melted margarine
½ TSP each of cinnamon and nutmeg
¼ TSP ground cloves
1/8 TSP salt

Beat together the eggs and brown sugar. Mix with remaining ingredients. Turn into a greased pan. Place in Dutch oven and bake (not too rapidly) for an hour. Serve hot. Serves 6.

MAIN DISHES



APACHE STEW

2 onions, chopped
4 C whole kernel corn
1 CN tomatoes
2 Medium Green Peppers

¼ C instant rice
15 cut up weiners
1 TBSP shortening

Melt shortening. Cook meat, onions and green peppers until onions are transparent. Add remaining ingredients and simmer about 20 minutes. Serves 10.

A-1 CHICKEN

1 3 to 3½ LB Fryer Chicken, cut-up
1 C flour
1 TSP Salt
Pepper to Taste

1 Brown paper bag
2 TBSP Cooking oil
½ C Water [cooking chicken]
Water as needed for gravy

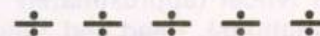
Preheat (speeds up browning) generally use 15 to 18 hot coals under oven -- 7 to 10 coals on top of cover. Place flour, salt, pepper and chicken in paper bag and shake. Brown chicken in hot cooking oil in uncovered oven. Drain some fat from oven, add ½ Cup of water to chicken, cover oven (place hot coals as noted above). Cook over low fire for approximately 1 hour or until tender (add more water if needed).

ALL-AT-ONCE SPAGHETTI

1 lb Ground Beef
1 large Onion, sliced thin
1 stalk celery, sliced thin
1 pkg. spaghetti sauce mix

2 CN tomato sauce
1½ C water
1 [8 OZ] package spaghetti, broken
Parmesan/Romano grated cheese

In a large pot, crumble beef, add onion and celery and cook until beef is browned. Drain fat. Add sauce mix, tomato sauce, water and heat to boiling. Add broken spaghetti and stir into sauce. Cover and simmer 20 to 30 minutes. Stir occasionally. Serve with grated cheese. Serves 2 to 4.



A Scout is Helpful

AUTUMN SOUP

(8 SERVINGS)

1 LB lean ground beef	1 clove garlic, minced
1 C chopped onions	1 TSP salad herbs
2 C washed, diced potatoes	1 bay leaf
1½ C thinly sliced carrots	1 TSP salt
1 C diced celery	¼ TSP pepper
3 beef bouillon cubes	6 tomatoes, peeled and chopped

Brown beef in large saucepan or Dutch oven, stirring to break up beef. Add onions; cook 5 minutes. Drain fat. Add 2 quarts water, potatoes, carrots, celery, bouillon, garlic, salad herbs, bay leaf, salt, and pepper. Bring to a boil; cover and simmer 30 minutes, or until vegetables are tender. Add tomatoes; cover and simmer 10 minutes. Remove bay leaf. Serve hot.

BAKED PORK CHOPS WITH DRESSING

4 to 6 Pork Chops [lean]	½ C Water
Salt and Pepper	½ C Celery, finely chopped
Vegetable Oil	1 TSP Prepared Mustard
2 CNS [8 OZ] tomato sauce	1 Box Stove Top Dressing [for pork]

Sprinkle pork chops with salt and pepper. Brown in oil in Dutch oven. (Use oils sparingly - Pour off excess when chops are browned). Combine tomato sauce, water, celery, and mustard and pour over browned chops. Bake with moderate heat until chops are tender (approximately 1¼ hours). (Use proper Dutch oven methods). Read and follow directions on box of dressing ingredients. NOTE: Check and make sure chops are completely done before serving.

BAKED FRIED CHICKEN

¼ cup butter, melted	1½ tsp dry mustard
1 tsp paprika	1 ready to cook frying chicken
2½ tsp salt	[3 to 3½ lbs] cut in quarters

Combine butter and seasoning. Baste or rub well into each piece of chicken. Place 1 layer deep, skin side down, in shallow baking dishes. Bake uncovered in 400° oven for 30 minutes. Turn pieces and continue baking 30 minutes longer or till tender. Serves 4.

BAKED CHICKEN

5 medium sized quarters of chicken	salt and pepper
	½ stick of butter or margarine

Preheat Dutch oven for 15 minutes. Place chicken in oven. Salt and pepper to taste. Add ½ stick of butter on top in small dabs. Place lid on and put 8 pieces of charcoal on top and 6 under, cooking 30 to 40 minutes or until thigh separates from leg easily or white meat sticks done. For dry and crispness, let lid stand 1/8" open for last 20 minutes of cooking.

BARBECUE

9 LBS hamburger	9 TBSP vinegar
4 medium onions	9 TBSP brown sugar
9 C catsup	9 TSP dry mustard
1 1/8 C water	6 TSP salt
18 drops Worcestershire sauce	pepper to taste

Brown hamburger slightly, add onion and brown rest of the way. Pour off excess grease. Add other ingredients and simmer for 10 to 15 minutes. Serves 35 people.

BARBECUES FOR A CROWD

- | | |
|------------------------------|-----------------------|
| 1 CN [No. 10] Beef and Gravy | ½ bottle [about 9 OZ] |
| 1 CN [large] tomato paste | barbecue sauce |
| 1 bunch chopped celery | 2 to 3 Chopped onions |
| and leaves | 2 C Chicken gumbo |
| 1 TBSP salt | condensed soup |
| 2 TBSP Dry mustard | ½ to ¾ C brown sugar |
| 1 TBSP Vinegar | Water as needed |
| 1 CN [large] or 1 QT Canned | |
| Tomatoes [drained] | |

Combine ingredients in large dutch oven or kettle. Heat to boiling. Reduce heat, simmer about an hour. Serve on buns. Serves about 50.

BARBECUED BEEF SANDWICHES

- | | |
|------------------------------|-----------------------------|
| 3 to 4 LBS stew beef, cut in | 2 TBSP sugar |
| 2" cubes | ¼ TSP cinnamon |
| ½ C minced onion | ¼ C vinegar |
| 1 TSP salt | 1 TBSP salt |
| 1 C tomato sauce | 2 TBSP Worcestershire sauce |
| 1 C tomato paste | |

Put meat, ¼ C onion, 1 TSP salt into kettle. Add ½" water in kettle and simmer 4 to 6 hours, adding water when necessary. Shred meat. Combine remaining ingredients with remaining ¼ C onions and bring to boil. Add beef and simmer 1½ hours. Makes 14 to 15 sandwiches.



A Scout is Friendly

BARBECUED HAMBURGER

- | | |
|-----------------------|--------------------|
| 2 LBS ground beef | 2 TSP salt |
| 1 onion cut fine | 3 CNS tomato sauce |
| 1 minced green pepper | |
| Buns | |

Brown onion, green pepper, and ground beef (add bacon drippings or butter if needed) and cook until done. Add salt and tomato sauce and simmer for a few minutes. Serve on buns. This is also served over baked potatoes "up in the country." Serves 8.

BARBEQUE ALA RUSSELL

- | | |
|-------------------------------|-----------------------|
| 11 LBS ground beef | ¼ C brown sugar |
| 2 bunches celery, chopped | ¼ C vinegar |
| 3 large onions, diced | 2 TBSP yellow mustard |
| 2 CNS [46 OZ] tomato juice | [optional] |
| 1 [22 to 24 OZ] bottle catsup | 1 TBSP salt |
| | 3 TSP horseradish |

Brown ground beef with onion and celery until tender. Drain. Add other ingredients and simmer till done to liking.

BEAN CASSEROLE

- | | |
|------------------------------|-----------------------------|
| 8 slices Bacon, fry and | ½ C Vinegar |
| Crumble | 2 CNS Big butter beans, |
| 3 medium onions, chopped | drained |
| 1 C Brown sugar | 1 CN Green lima beans, |
| 1 TSP Dry mustard | drained |
| ½ TSP Salt | 1 CN Dark Red Kidney Beans, |
| 1 CN [large] Pork and Beans, | drained |
| not drained | |

In pan of bacon drippings add onions, sugar, mustard, salt and vinegar. Cover and simmer slowly for 20 minutes. Add this to the 4 kinds of beans put in dutch oven and stir. Crumble bacon on top. Bake over medium coals for 1½ hours. Can also be baked in oven at 350° for 1 hour. Serves 16 to 18.

BEAN HOLE BEANS

1½ LBS white beans
 ½ LB Salt Pork in 1" cubes
 1 lg onion, chopped
 1 level TSP dry mustard
 1 level TSP salt
 ¼ level TSP pepper
 10 level TSP brown sugar [or
 6 level TSP molasses]

Wash and soak beans overnight. Boil until skin splits when blown upon. Drain and mix all ingredients. Pour in just enough boiling water to cover. Dig bean hole 1½ feet wider and 1 foot deeper than the pot. Burn a fire over the hole till it falls into the hole and forms coals. Remove coals from hole and place pot in. Fill around pot with coals and cover with earth and green grass (or piece of tarp) to hold heat in. Let cook 6 to 8 hours. Serves 10.

BEEF RAGOUT

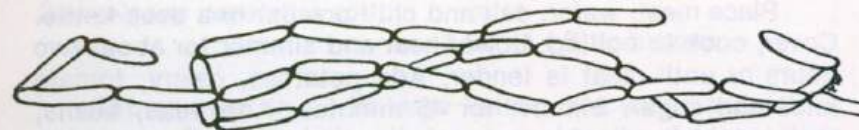
3 LBS lean beef [round or
 chuck]
 2 TSP salt
 ¼ TSP black pepper
 2 TBSP [about] salad oil
 2 TBSP Butter
 2 Ribs celery, chopped
 1 Medium onion, chopped
 2 cloves garlic, minced
 ½ C flour
 2 C Beef broth
 2 C dry red wine
 2 fresh tomatoes, skinned and
 chopped
 4 sprigs parsley
 2 bay leaves
 ¼ TSP thyme
 12 small white onions
 6 carrots, halved
 12 small potatoes, peeled
 1 TBSP chopped parsley

Sprinkle meat with salt and pepper. Heat oil and butter in skillet and brown meat on all sides over high heat, adding more oil, if necessary. Lower heat to medium. Add chopped onion, chopped carrot, celery and garlic. Cook till onion is lightly browned. Stir in flour and cook until flour is blended. Gradually stir in beef broth and wine and bring to a boil. Add tomatoes, parsley sprigs, bay leaves and thyme. Cover and cook over low heat 1½ hours. Add the whole onions, halved carrots and potatoes. Cover again and continue cooking 1 hour longer. Sprinkle with parsley before serving.

BEAR BLUFF BLUFFER STUFFERS

3 to 4 LBS Boneless Chuck
 [Beef] Roast
 1 packet Lipton onion soup
 mix
 ½ C water
 2 loaves of bread
 margarine or butter spread
 1 TBSP Shortening

Melt shortening in skillet and pour off excess. Heat skillet and sear chuck roast thoroughly on both sides to seal outer fibers. Then sprinkle onion mix over meat and cover, then cook slowly on low heat for 2 to 3 hours (or until meat falls apart). Halfway thru cooking add ½ cup of water and replace lid. Upon completion, flake apart meat with forks and serve on butter bread sandwiches. CAUTION: No seasoning required (or you'll cheat your taste buds). Go easy on applications and you'll have more Bluffer Stuffers on the 2nd and 3rd go-around. Serves 6 to 8.



BEEF-DOG KABOBS

(SERVES 6)

1 LB hamburger
 6 weiners
 6 strips bacon
 ¼ C milk
 chopped onion
 ½ C bread or cracker crumbs
 salt and pepper
 1 egg

Mix hamburger, milk, onion, bread crumbs, salt, pepper and egg. Divide hamburger into 6 parts. Wrap each wiener completely with mixture. Wrap this with strip of bacon and secure with toothpicks. Cook under broiler or on grill. When partly done, baste with barbecue sauce. Serve on hot dog buns or alone.

BEEF VEGETABLE SOUP

- 1 TBSP chili powder
- 3 medium potatoes, diced
- 1 C chopped celery
- 1 CN [8 OZ] green beans,
drained
- 1 CN [8 OZ] whole kernel corn,
drained



Place meat, water, salt and chili powder in a deep kettle. Cover, cook to boiling. Lower heat and simmer for about two hours or until meat is tender. Add potatoes, celery, tomato juice and sugar. Simmer for 45 minutes. Add peas, beans, corn and simmer 15 minutes longer.

BULLY BEEF ON TOAST

- 3 CNS [10½ OZ] condensed
cream of celery or
mushroom soup
- 1 soup can of water or milk
- 3 packages [4 OZ] dried beef
- 6 hard-cooked eggs, sliced
[optional]
- Toast

In saucepan, blend soup and water. Heat; stir occasionally to prevent scorching. Pull dried beef apart and soak in water for a few minutes; remove from water, squeeze lightly to drain; add to soup. Heat thoroughly; add extra water or milk, if necessary. Gently stir in egg slices, if desired. Serve on toast. Serves 10.

CAMP CHILI

- 1 CN [15¼ OZ] ground beef
in BBQ sauce
- 1 CN [1 LB 12 OZ] tomatoes
- 1 CN [1 LB 4 OZ] red kidney
beans
- 1½ TSP chili powder
- ½ TSP sugar
- ¼ TSP onion salt

Combine ground beef in BBQ sauce, tomatoes, kidney beans, chili powder, sugar and onion salt in a saucepan. Bring to a boil and simmer about 15 minutes, stirring occasionally. Serve with crackers. Serves 6.

CAMPERS HAMBURGER STEW

- 1 LB lean ground beef
- 2 TBSP salad oil
- 3 C water
- 2 envelopes vegetable soup
mix
- 6 potatoes, peeled, diced
- 2 onions, peeled, diced
- 1 CN [1 LB 1 OZ] whole kernal
corn
- 1 CN [1 LB] tomatoes

Brown meat in oil in large kettle, add water and stir in soup mix. Bring to boil, stirring occasionally. Add potatoes and onions, cover and cook 10 to 15 minutes, or until potatoes are tender. Add corn and tomatoes with liquid in cans; Heat thoroughly. Serves 6.

CAMPERS' HAM DINNER

- Large Slice Ham
- Orange Marmalade
- Canned Sweet Potatoes
- Pineapple Chunks or slices
- Brown Sugar

Arrange individual portions on heavy duty aluminum foil and seal tightly. Heat on camp fire about 30 minutes.



A Scout is Courtesy

CAMPERS POTPOURRI

- | | |
|-----------------------------------|-------------------------------------|
| 4 slices bacon | 1 TBSP prepared mustard |
| 1 CN [12 OZ] luncheon meat, cubed | 1 CN [16 OZ drained] small potatoes |
| ¼ C chopped onion | 1 CN [8½ OZ drained] green beans |
| 1 CN [10¾ OZ] cream chicken soup | 1 TSP dried parsley flakes |
| ¼ C water | |

In skillet, cook bacon until crisp; remove and crumble. Pour off all but 2 teaspoons drippings. Brown luncheon meat and cook with onion in drippings, until tender. Add the remaining ingredients. Heat, stirring occasionally. Garnish with crumbled bacon.

CAMPERS SPECIAL

- | | |
|------------------------------------|------------------------------------|
| 2 TBSP chopped onion | 1 CN [16 OZ] tomatoes |
| 2 C cooked ham, cubed | 1 CN [15 OZ] spaghetti with cheese |
| ½ LB bacon, cook crisp and crumble | 1 CN [12 OZ] whole kernel corn |

Mix ingredients and heat, stirring occasionally for about 20 minutes. Serves 8.

CAMPFIRE MEAT DISH

- | | |
|----------------------------|----------------------|
| 2 or 3 LB ground beef | 1 C canned mushrooms |
| 3 or 4 Large onions | 2 C noodles |
| 2 CNS [15 OZ] tomato sauce | |

Brown ground beef and simmer. Dice onions, dice mushrooms. Add sauce. Add onions and mushrooms and mix well. Cook noodles and drain and add to beef. Mix well. Simmer one hour. Serves 10 to 15 people.

CAMPFIRE PORK CHOP SUPPER

- | | |
|--------------------------|------------------------------------|
| 6 large pork chops | 6 large potatoes [or 1½ C of rice] |
| 4 carrots | 1 medium onion |
| 1 CN tomato soup | 1 soup CN of water |
| salt and pepper to taste | green pepper, optional |

Brown chops in small amount of fat. Peel and slice potatoes. Peel and quarter carrots. Arrange potatoes and carrots in bottom of Dutch oven. Place chops on top, slice onion and green pepper. Add salt and pepper. Pour soup and water over all. Cook slowly for about 45 minutes until vegetables are done. This can be cooked in slow cooker, in skillet on top of stove or baked on oven when being prepared at home. Serves 6.

CAMPFIRE STEW



- | | |
|----------------------------|---------------------------|
| 1½ to 2 LBS of ground beef | 6 potatoes [medium size] |
| 3 Tsp fat | 1 C diced celery |
| 3 large onions | salt and pepper |
| 6 carrots | 6 TBSP flour [if desired] |

Melt fat in Dutch oven. Add ground beef and cook until browned. Peel and dice other vegetables while meat is being browned. Add these to the meat along with enough water to keep it from sticking. Add salt and pepper to taste and cook slowly until vegetables are cooked (the longer, the better). Stir frequently. Add flour to thicken gravy if desired. Serves 8.

CASTLE ROCK BAKED BEANS



2 LBS Navy Beans

½ C Catsup

½ C Mustard

½ C Molasses

Salt to taste

Pepper to taste

1 Medium Onion

1 LB Salt Pork or bacon

Dig a hole in the sand - 3 feet in diameter, 3 feet deep. Stack a huge pile of firewood over the hole and allow wood to burn down into hole. When flaming slows down, dig out the burning wood with a long handle shovel. After soaking beans overnight and boiling them in the morning until their skins split, mix all ingredients in the Dutch Oven. Place Dutch Oven in bottom of hole, cover with a couple inches of sand, then fill hole with burning wood. Put 6" of sand on top of fire, mark area with a tripod. Put Oven in ground at 9:00 AM - dig Oven out at 6:00 PM. Eat beans. It helps to line the hole with rocks that do not explode when heated.

CHICKEN AND DUMPLINGS IN FOIL

Chicken pieces [fryer]

Flour

Biscuits

Take a couple pieces of frying chicken and place on foil. Lightly salt and pepper to taste. Add 4 biscuits, either from a scratch mix or a tube or biscuits. Lightly sprinkle chicken with a little flour. Wrap and cook 30 to 45 minutes over charcoal. The biscuits when cooked in foil make excellent dumplings.

CHICKEN AND HAM

Fryer chicken pieces

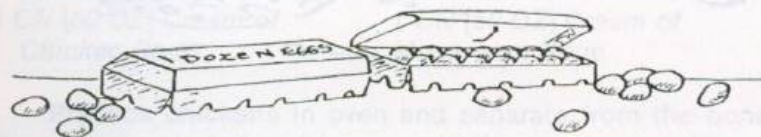
Ham pieces, cut 1" wide
and ¼" thick

Raisins

Crushed pineapple

Cream of mushroom soup
milk

Place a layer of 4 to 6 pieces of chicken on the bottom of a dutch oven. Lightly salt and pepper to taste. Add a layer of ham pieces. Sprinkle on a handful of raisins. Add another layer of 4 to 6 pieces of chicken. Add another layer of ham pieces, and 4 to 6 ounces of crushed pineapple including juice. Mix contents of cream of mushroom soup and one soup can full of milk. Pour on top. Cook (simmer) over a charcoal bed approximately 1½ hours. Serve over fresh cornbread or biscuits. Serves 8.



CHICKEN CASSEROLE

10 C uncooked macaroni

[2½ LBS]

10 C Cooked chicken

[3+ LBS]

2 CNS [50 oz] Cream of
mushroom Soup

10 C Milk [whole]

5 C grated American Cheese

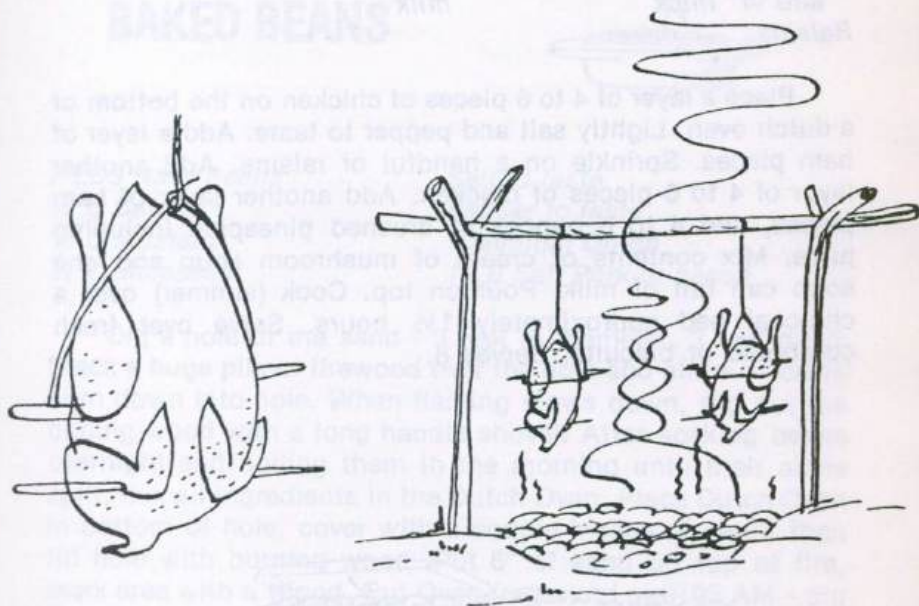
1 TBSP Salt

1 TSP Pepper

15 hardcooked eggs, chopped

Mix all ingredients in large 8 quart kettle. Put equal amounts in 12" x 20" x 2" pans. Refrigerate for 8 hours. Cook for 1 hour at 350°. It can be frozen. Allow extra time when cooking frozen or thaw before baking. Serves 50 - 6 oz. servings.

CHICKEN ON A STRING



4 broiler size chickens [1½ to 2 LBS]

½ LB butter or margarine

Heavy string for hanging chickens on the crossbar

Salt & Pepper to season

Arrange a bed of coals 4 feet long and 1 foot wide. Erect forked sticks and bar lengthwise, about 3 feet over the coal pit. Sharpen 2 pencil-size sticks on both ends. Run one stick through the thighs and one through the breast of the chicken (See Illustration). Tie string onto ends of one stick. Hang chicken from bar, about 8" above coals (depending on heat from coals). When lower part of chicken is done, remove it from fire and take string off stick. Place string around end of other stick and lower it to the fire again. Chicken will not be done until leg bones can be twisted in sockets. Baste occasionally with melted butter or margarine.

CHICKEN FOIL DINNER

chicken pieces

carrots

potatoes

onions

dry onion soup

celery

(Figure amounts according to number of campers). Take pieces of aluminum foil (about 6" in diameter). Place chicken piece on foil. Lay 2 carrot pieces, 2 potato pieces, 1 celery piece and a small onion piece around chicken. Sprinkle onion soup mix over chicken. Wrap tightly and place on fire. Cook 30 to 45 minutes or until chicken is done.

CHICKEN RICE CASSEROLE

20 LBS Chicken Diced [16 C cooked]

2 [32 OZ pkgs] Minute Uncooked Rice

1 CN [50 OZ] Cream of Chicken Soup

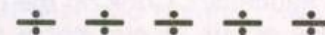
1 LB Margarine

1 Box [2 packages] Dried Onion Soup Mix [Lipton]

8 OZ Croutons, Seasoned

1 CN [50 OZ] Cream of Mushroom Soup

Precook chickens in oven and separate from the bones. Wrap chicken in foil and freeze until the day needed. Wrap in packages containing about 4 cups each. When ready to make casserole put packages in pan and heat in the oven. Open the two cans of soup and put in kettle and heat. Place margarine in pan to heat. When all of the above ingredients are heated, mix together in large pan. Cook Minute rice according to directions on package. When rice is cooked, mix with the chicken and soup mixture. When thoroughly mixed place in 2 large 12" x 60" x 2" pans. Sprinkle onion soup mix and croutons over the top. Place in preheated oven at 350° and bake for approximately one hour. Serve hot. Serves 50 - 6 oz. servings.



A Scout is Kind

CHICKEN - SHRIMP GUMBO

1 cut up chicken	1/3 C flour
5 C water	1 CN [19 OZ] tomatoes
1 clove garlic	1 TSP gumbo file
1/4 LB salt Pork	1 box frozen okra or 1 CN
1 Sweet Red Pepper	[16 OZ]
1 LB uncooked shrimp,	pepper, tobasco
peel and cleaned	hot cooked rice
1 C chopped onion	

Cook fowl with water, garlic and 1 teaspoon salt 3 hours. Cool and remove meat, cut in pieces. Strain broth. Cool and skim fat. Cook salt pork till browned. Remove from heat and pour off most fat. Cook red pepper and onion in fat 5 minutes. Add flour, brown. Add broth and water if necessary to make 6 cups. Add pork, tomatoes and file, cover and simmer for 30 minutes. Add chicken, okra and shrimp, simmer till shrimp are pink. Season with salt, pepper and tabasco. Put scoop of rice in bowl and fill with Gumbo!

CHICKS ON STICKS

(A QUICK MEAL!)

1 CN [16 OZ] French-Style Green Beans	1 CN [10 3/4 OZ] Condensed Cream of Mushroom Soup
2 CNS [5 OZ] Boned Chicken	4 C Chow mein Noodles [about 8 OZ]

Drain the cans of beans and chicken. Mix the beans, chicken and soup in saucepan. Cook on the grill or stove until hot and bubbly. Place about 2/3 cup chow mein noodles on each plate. Serve the hot chicken mixture over the noodles. Goes good with a slice of bread.

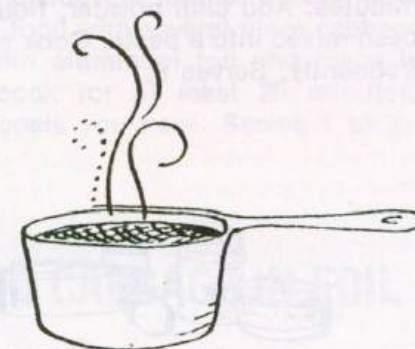
CHILI

1 LB ground beef	2 TBSP Sugar
1/2 C chopped onion	1/2 C chopped celery
2 TBSP chili powder	1 TBSP Dried parsley
2 C Brooks chili beans	dash garlic powder
1 C stewed tomatoes	salt and pepper
[onion /peppers]	3 C tomato juice

Brown beef in skillet with onions, add salt and pepper and chili powder. Place in large kettle, add chili beans, tomatoes, tomato juice, garlic powder, sugar, celery, parsley. Cook about 2 hours or more.

CHILI

1 TSP salt
1 TSP pepper
1 small onion, chopped
1 1/2 LBS hamburger
1 1/2 C kidney beans
2 TBSP chili powder
2 1/2 C tomatoes



Brown hamburger and onions and spoon off grease. Add the remaining ingredients and bring to boil. Simmer for 15 minutes. Serves 8.

CHILI BARMORE

12 LBS lean hamburger	3 TSP chili powder [minimum]
3 LBS onions	3/4 to 1 #10 CN water
2 #10 CNS whole tomatoes	garlic salt
2 #10 CNS chili hot beans	pepper
2 CNS [12 OZ] tomato paste	Worcestershire sauce
1 CN [12 ounce] beer	

Brown ground beef and onions, seasoning liberally with garlic salt, pepper and Worcestershire sauce. Drain. Add remaining ingredients. Simmer 2 to 3 hours. Season to taste. Serves 45 people.

CHILI CON CARNE

3 TBSP Butter or bacon drippings	1½ TSP chili powder
1 LB ground beef	1 TBSP Flour
1¼ C minced onion	3 TBSP water
2½ C cooked kidney beans [#2 can]	1 TSP salt
	1½ C condensed tomato soup

Brown the beef and onion in the butter (or bacon drippings). Add beans and tomato soup and cook for 10 minutes. Add chili powder, flour, water, and salt which has been mixed into a paste. Cook slowly for 45 minutes, stirring frequently. Serves 8.



CHILI ROSSER

16 LBS hamburger	salt to taste
4 to 5 large onions, diced	8 packages [1¾ OZ] Frenchs Chili-o mix
8 CNS [29 OZ] tomato sauce	2 large green pepper, diced
6 TSP cumin	24 CNS [#303] red beans
1 TBSP white pepper	

Brown the hamburger with white pepper while dicing onions and green peppers. Pour off most of the grease. Add diced onion, green pepper and Chili-o mix and cook till onions are translucent. Salt to taste at this time. Cover mixture with water to top of mixture. Simmer for 20 to 30 minutes. Add tomatoes and 6 tomato cans of water. Also add beans (which have been drained and rinsed if desired). Simmer on low heat for 1½ to 2 hours. Serves 50 people.

COFFEE CAN CASSEROLE

Outside leaves of a cabbage head	any other vegetables you may desire
Your choice of meat	salt
potatoes, sliced	pepper
carrots, sliced	

Using a 1 lb. or 2 lb. coffee can, place the large outside leaves of the cabbage head in the bottom to serve as a cup for the rest of the ingredients. Place meat, potatoes, onion, carrots and other vegetables inside the leaves. Season with salt and pepper and cover the food with several more cabbage leaves. Cover the can top with aluminum foil and place in coals about 2" deep. Let cook for at least 20 minutes, depending on what kind of coals you have. Serves 1 to 2.

CORNER BEEF AND CABBAGE IN FOIL

2 CNS [12 OZ] corned beef	3 TBSP dry milk
1 head cabbage	¼ TSP coarsely ground pepper
¾ C water	

Cut corned beef into 6 portions. Wash cabbage and cut into 6 wedges. Mix water and dry milk. Make six 14" squares of double thickness heavy duty aluminum foil. On each square lay a portion of corned beef and a wedge of cabbage. Pour 2 tablespoons liquid between cabbage leaves in each serving. Sprinkle with pepper. Seal foil securely and place packets on medium coals. Cook 30 minutes, turning once. Serves six.



A Scout is Obedient

DELAWARE GAP CHICKEN

- 4 LBS chicken parts
- $\frac{1}{2}$ C flour
- $\frac{1}{2}$ C butter or margarine
- 2 CNS [10 $\frac{1}{2}$ OZ] condensed chicken gumbo soup
- 1 soup can of water
- $\frac{1}{4}$ C catsup



Dust chicken with flour. In two large skillets, brown chicken in butter. Stir in soup, water, and catsup. Cover; simmer about 45 minutes, or until chicken is tender. Stir now and then. Serves 10.

DENVERWICHES

- | | |
|--|-------------------------------|
| 6 hamburger buns, split and toasted | $\frac{1}{4}$ TSP salt |
| 1 CN [4 $\frac{1}{2}$ OZ] corned beef spread | Dash pepper |
| 4 eggs | $\frac{1}{4}$ C chopped onion |
| 1 TBSP nonfat dry milk powder | 2 TBSP butter or margarine |
| | $\frac{1}{4}$ C water |

Spread bottom halves of buns with beef spread. Combine eggs, water, milk powder, salt and pepper; beat together with fork. In skillet, cook onion in butter or margarine till tender; pour in egg mixture. Cook and stir till desired doneness. Pile atop corned beef spread. Cover with bun tops. Serves 6.

DEWEY'S SHRIMP-OUT

- | | |
|--|---------------------------|
| 1 LB raw shrimp, peeled and deveined | 1 egg, slightly beaten |
| $\frac{1}{2}$ C soda crackers, crushed | $\frac{1}{3}$ C salad oil |

Dip each shrimp in egg and coat well with cracker crumbs. Let stand in oil about 1 minute; drain shrimp slightly on paper toweling. Cook on grill over hot coals for 5 to 8 minutes, or till shrimp are done and crumbs are browned. Serve with hot sauce.

NOTE: To prevent shrimp from falling through the grill bars, place a piece of screen wire or a cake rack over the grill top.

DINNER IN A DISH

- | | |
|--------------------------|-----------------------------------|
| 1 medium onion, diced | 2 C canned corn |
| 1 LB hamburger | 1 $\frac{1}{3}$ C canned tomatoes |
| $\frac{1}{4}$ TSP pepper | $\frac{1}{2}$ C cracker crumbs |
| 2 TBSP salad oil | 2 TBSP butter |
| 1 $\frac{1}{2}$ TSP salt | 6 generous sprinkles Accent |
| 2 eggs, beaten | |

Saute onion in oil until yellow. Add meat, salt and pepper. After meat is lightly browned, remove mixture from heat and cool slightly. Add beaten eggs. In casserole dish arrange alternating layers of corn-hamburger mixture and tomatoes. Sprinkle with part of the crumbs and dot with butter. Bake at 350° about 1 hour. Sprinkle on remaining crumbs just before serving.



ELEPHANT STEW

- 1 Elephant [approx. 1500 LBS]
2 Rabbits [approx. 20 LBS]
- 10 LBS Salt
5 LBS Pepper

Cut elephant into small bite size pieces. Start early because this usually takes 1 person two months on a continuous 40 hour week basis. Add approximately one half tank car of brown gravy. Cook over wood fire at 465° for about 4 weeks. Add a couple of extra rabbits if you think you need them. Do this only if necessary because many people do not like "hare" in their stew. Do not over cook the meat. Elephant is best when it is pink. Serve with baked yams and butter, spoon bread, onion pie and triple bean salad. For Drink use Kickapoo Joy Juice.



EL RANCHO CASSEROLE

- 1 LB ground beef
1 C Chopped Onions
1 7 OZ elbow macaroni
3½ C Canned Tomatoes
1½ C Canned Corn
- ½ LB Velveeta Cheese [or American], cubed
½ C Water
1 TBSP Chili Powder
Salt and Pepper to taste

Brown meat and drain, add onion. Brown until tender. Stir in the remaining ingredients and cover. Simmer, stirring occasionally, 30 to 35 minutes.

ENGLISH MUFFIN PIZZA

- 4 English muffins
Sliced salami or drained anchovies
- 1 CN [10½ OZ] pizza sauce, warmed
Mozzarella or Swiss cheese, cut into thin slices

Split each English muffin in half; brush split sides with oil. Heat and toast muffin halves. On each split side, arrange salami or anchovies and cheese. Pour pizza sauce over each and cook in reflector oven or in covered skillet on grill until cheese softens and sauce is heated. Makes 8.

FISH ALA-A-SCOUT

- 1 fresh caught fish
1 TBSP Butter
¼ TSP Salt
- 1/8 TSP Pepper
Soft Mud

Clean insides of fish out and wash thoroughly. Leaving on head, fins, scales and tail. Put 1 tablespoon butter inside fish along with ¼ teaspoon salt and 1/8 teaspoon pepper. Close opening tightly and wrap in mud. Put in coals of fire until mud is hard then roll out of coals, break mud away from fish and eat fish.

TARTAR SAUCE

- 1 QT salad dressing [Miracle Whip]
1 C sweet pickle relish
- 1 medium onion, grated
Juice of 1 lemon

Mix together thoroughly. Use on sea foods.



A Scout is Cheerful

FISH CHOWDER

1 fish [about 2 LBS]	2 C evaporated milk or fresh milk
4 TBSP butter	2 C water
2 C finely-diced potatoes	salt and pepper
2 C dried onions	

Boil fish for 12 minutes in salted water. Strain broth. Boil potatoes and onions in broth until done. Skin fish, bone it, cut into chunks. When potatoes and onions are cooked, there will be fish broth left in the pot. Add butter, milk and fish and simmer until hot. Season with salt and pepper. Serves 6.

FOIL HAMBURGER PATTIES

¼ LB hamburger, into a patty	1 slice cheese, chopped up and mixed in patty
chopped onion, mixed into patty	

Wrap in one layer foil, lay gently on hot fire coals. Turn over (take care not to break foil). After cooked to your liking, place on a toasted bun. Add pickles or relish, catsup or mustard, if desired.

FOIL PACKETS

2½ LBS hamburger	2 carrots, sliced thin
3 potatoes, sliced thin	catsup
2 onions sliced	

Each person puts in his packet what he wishes. Shape hamburger into patty. Place on top potatoes, onions, carrots, catsup or other things. Wrap in foil and bake in hot coals. The secret is to slice vegetables thin so that they cook through.

GEORGE'S GOULASH

1 TSP salt	1 CN [11 OZ] condensed chili beef soup
1 LB spaghetti or elbow macaroni	1 CN [10½ OZ] condensed tomato soup
2 TBSP shortening	1 CN [10¾ OZ] condensed vegetarian vegetable soup
1½ LBS ground beef	
1 soup CN of water	

Bring 4 quarts of water to a boil; add salt. While stirring, gradually add spaghetti or macaroni. Boil briskly for 10 minutes or until spaghetti is tender. Meanwhile in large pot, melt shortening; add broken-up beef and fry, stirring occasionally. When meat is slightly browned, blend in soups and water. Heat. Drain spaghetti; add to soup mixture; mix well. Serves 10.

GOM - A CHEESY SLOPPY HAMBURGER

2 LBS hamburger	2 TSP salt
1 medium onion, chopped	2 TSP pepper
2 C catsup	1 cup American Cheese, cubed
8 hamburger buns	

Brown hamburger and onion; spoon off grease. Add remaining ingredients and bring to boil. Simmer for 15 minutes.

GOOFY BUNS

Hot dog buns	½ C relish
can of Spam	½ C mayonnaise
Small pkg. Velveeta cheese	Aluminum foil
1 TBSP mustard	

Dice Spam and cheese into small pieces. Add mustard, relish and mayonnaise. Mix thoroughly and put on buns. Wrap in foil. Bake at 350° for 20 minutes.

GOULASH

2 LBS hamburger
1 medium onion
1 medium green pepper
2 TSP salt
¼ TSP pepper
large frying pan
large kettle
stirring spoon

1 large CN whole tomatoes
1 medium CN tomato sauce
1 medium CN red kidney beans
1 LB macaroni
can opener
gloves

Brown hamburger, onion and green pepper in frying pan. Add 1 teaspoon salt and the pepper. Cook macaroni with remaining 1 teaspoon salt until tender. Drain macaroni. Combine hamburger, macaroni, tomato sauce, whole tomatoes cut into pieces and red kidney beans. Simmer 15 to 20 minutes.

GRILLED CANADIAN BACON

1½ LBS Canadian bacon,
in one piece
¼ C orange juice [fresh or
canned]

1 TBSP brown sugar
Dash of ground cloves

Score surface of Canadian bacon with knife point in a half-inch grill pattern. Place meat on grill about 4" from medium-hot coals. Mix orange juice, brown sugar and cloves; baste meat frequently during cooking. Cook 40 to 45 minutes, turning often. 6 servings.



GRILLED FISH

Cod fish
Butter

Lemon juice
Tin foil

We use cod fish, butter bottom of tin foil, put fish on, and butter the top of fish well. Sprinkle lemon juice over fish. Wrap fish well. Use 3 pieces of foil. Turn fish every 20 minutes on medium coals. Takes about 1 hour depending on the amount of fish you have. The last 10 minutes open foil. If using a Weber grill, the fish will brown.



GRILLED TUNA SANDWICHES

1 6½ or 7 OZ C tuna, drained & flaked
¼ C finely chopped celery
⅓ C mayonnaise or salad dressing

8 slices of bread
4 slices processed American cheese
butter or margarine, softened

Stir together tuna, celery and mayonnaise. Spread half the bread slices with mixture; top each with a cheese slice and another bread slice. Butter tops and bottoms of sandwiches. Cook on griddle or skillet over low heat on both sides till browned. Serves 4.

HAM & SWISS SANDWICHES

Make a spread for buns from:

1 LB margarine [Softened] 8 TBSP prepared mustard
5 TSP poppy seed

Spread 60 sandwich buns with spread. Use 1 full slice of Swiss cheese per sandwich and 1 to 2 slices of thin ham. Wrap buns, already prepared for sandwiches in 12" aluminum foil and bake at 400° for 15 minutes. Stack on tray, serve hot. They store, or freeze well if you have extra.

HAMBURGER AND VEGETABLE BAKE

7 LBS Ground Beef 3 LBS Potatoes sliced
8 LBS Carrots, cut in 1" 2 [2.75 Pkg.] Lipton's Onion
chunks Soup Mix

Peel potatoes and slice in thin sections. Place in kettle of water and cook until soft. Peel carrots and slice in thin sections. Place in kettle of water and cook until soft. Place ground beef in large kettle and brown. Drain off excess fat and water. In one of two 15½" by 11½" roasting pans arrange half of the potatoes over bottom of pan, sprinkle with 1½ teaspoons salt. Place one half of cooked ground beef over the potatoes. Sprinkle 1½ teaspoons salt and ¼ teaspoon pepper over the meat. Place one half of the carrots over the meat. Sprinkle one envelope of the onion soup mix over carrots. Add one cup of water to this pan. Repeat using second pan. Preheat oven to 350°. Cover pans with foil and bake for 30 minutes or until contents are thoroughly heated. Serves 24.

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A Scout is Thrifty

HAMBURGER-MACARONI-TOMATO CASSEROLE

½ TSP Lowrys seasoned salt
2 large CNS tomatoes [cut
small]
½ CN water
2 C uncooked macaroni

1½ LBS hamburger
1 medium onion
1 TSP salt
pepper to taste
garlic salt to taste



Dice onions, brown with hamburger, pour off grease. Add salt, pepper, garlic salt, Lowrys, tomatoes and water. Simmer. Cook macaroni in separate pot. When done, add to hamburger mix. Simmer again, serve.

Note: This should not be an extremely dry dish. Simmer carefully.

Note: Two teaspoons of dried onion flakes can be substituted for each medium onion. Better if they are reconstituted first. Serves 6.

HAM ROLL-UPS

8 slices sandwich-style 3 OZ natural Swiss cheese,
bread cut in 4" x ¼" x ¼" strips
butter or margarine, softened 8 slices boiled ham

Trim crusts from bread. With rolling pin or side of unopened 16 ounce fruit or vegetable can, roll each bread slice till flattened to ¼". Spread each with butter or margarine; top with ham slice. Place a cheese strip at edge of each bread slice; roll up, jelly roll fashion, with cheese inside. Secure with wooden picks, if desired. Easy to carry on a hike. Serves 8.

HOBO STEW



(TIN FOIL DINNER)

$\frac{1}{4}$ LB hamburger
1 medium potato

1 carrot
onions [optional]

Shape hamburger into patties and place on sheet of aluminum foil. Peel and thinly slice potatoes and carrots and place them on top and around hamburger. Wrap all ingredients with double foil and cook for about 1 hour. Make sure hamburger is facing toward the top on the grill or coals - this will provide more moisture for the vegetables. Flip after 30 minutes.

HUNGARIAN GOULASH

$2\frac{1}{2}$ LBS beef round steak
or veal, cut in $\frac{1}{2}$ " cubes
1 chopped onion
1 clove garlic, minced
 $\frac{1}{4}$ C all purpose flour
 $1\frac{1}{2}$ TBSP paprika

$\frac{1}{4}$ TSP salt
 $\frac{1}{4}$ TSP Thyme
2 bay leaves
1 CN [$2\frac{1}{2}$] tomatoes [3 C]
1 C dairy sour cream
 $1\frac{1}{2}$ TSP salt

Brown meat, half at a time, in a $\frac{1}{4}$ cup of hot fat. Reduce heat, add onion and garlic, cook till onion is tender, but not brown. Blend in flour and seasonings. Add tomatoes. Cover, simmer, stirring occasionally till meat is tender, about 1 hour. Stir often toward end of cooking. Stir in sour cream. Serve at once over hot noodles or rice. Serves 8.

HUNGRY HIKER'S SANDWICH

10 slices bacon
3 CNS [$10\frac{1}{2}$ OZ] condensed
cream of chicken soup
1 C milk

12 hard-cooked eggs, sliced
6 TBSP chopped pimento
[optional]
Toast

Cook bacon until crisp; remove and crumble; pour off drippings. Blend soup and milk; add bacon, eggs, and pimento. Heat; stir now and then. Serve on toast. Serves 10.

KELLY'S CHILI

3 LBS Hamburger
3 LBS Onions, chopped
2 Medium bunches celery,
chopped
6 Large CNS tomatoes

1 Medium CN Kidney beans
1 TSP Chili Powder [or more]
2 TSP Salt
 $\frac{1}{2}$ TSP Pepper

Brown Hamburger, add onions, celery and seasonings and simmer. Add tomatoes cut into bite size pieces and simmer again until well flavored. Add kidney beans just before serving and cook until beans are heated.

LUNCH PATTIES

$\frac{2}{3}$ C shredded raw potato
1 LB lean ground beef
1 egg, slightly beaten
 $\frac{1}{4}$ C minced onion
1 TSP salt

$\frac{1}{4}$ TSP pepper
1 TBSP vegetable oil
1 C tomato juice
1 TBSP all-purpose flour

Combine potato, beef, egg, onion, salt, and pepper in large bowl; blend well. Shape into 4 or 5 patties. Heat oil in large skillet on medium high heat. Brown patties on both sides. Add tomato juice. Cover and simmer 15 minutes, or until patties are cooked. Use spatula to remove patties to warm platter; keep warm. Combine flour and $\frac{1}{3}$ cup water in 1 cup measure; blend thoroughly. Stir into pan juices. Cook until thickened, stirring often. Serve over patties.

MACARONI AND CHEESE

- | | |
|-----------------------------|---------------------------------|
| 2 C uncooked elbow macaroni | ¼ TSP pepper |
| 4 TBSP butter or margarine | ¼ TSP dry mustard |
| 4 TBSP flour | 2 C milk |
| 1 TSP salt | 2 C grated sharp cheddar cheese |

Cook macaroni according to package directions. Melt butter, add flour and seasonings, stir until smooth and well blended. Gradually add milk, cook until thick, stirring constantly. Add cheese and cook until melted. Combine with the macaroni and place in a greased casserole dish. Bake in moderate oven (350°) for 15 minutes or until golden brown. Serves 12.

MACARONI AND CHEESE

- | | |
|-----------------------------|-----------------------------|
| 3 C macaroni | 3 TBSP prepared mustard |
| 2 QT Water | 2 to 3 TBSP Milk, if needed |
| 1 LB Velveeta cheese, cubed | |

Bring water to boil and add the macaroni. Continue boiling, stirring often, until tender. Drain, add mustard and cheese. If quite dry, add milk. Heat mixture (stirring constantly) until cheese has melted. Remove from fire at once. Serves 8.

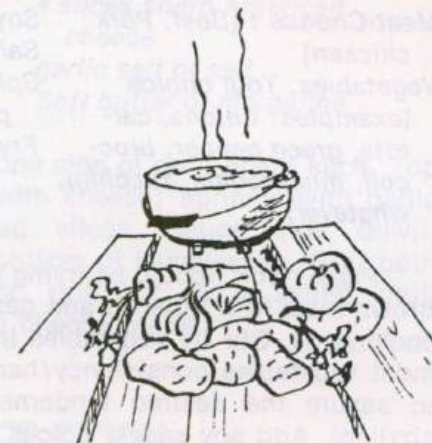
MASAKI GOULASH

- | | |
|-----------------------|------------------------|
| 1½ LBS Hamburger | 1 CN whole kernel corn |
| 4 slices bacon, diced | 1 CN carrots |
| 1 large onion, diced | 1 CN Ranch Style beans |
| 1 CN peeled tomatoes | salt and pepper |

Fry bacon and onion until both are lightly browned. Add hamburger meat and stir occasionally until meat is done and lightly browned. Add juice and all contents of cans. Stir to blend ingredients and let simmer uncovered for 20 minutes. Season and serve hot.

ONE POT GOULASH

- | |
|-----------------------------|
| 1½ LBS ground beef |
| 2 C Uncooked macaroni |
| ½ C Chopped Onion |
| 1 TSP Salt |
| 1 TBSP Worcestershire Sauce |
| 3 TBSP Catsup |
| 1 CN [28 OZ] Tomatoes |
| 1 CN [6 OZ] tomato Paste |
| 1 or 2 CNS [6 OZ] water |
| 1/8 TSP Pepper |



Put ground beef, macaroni and onion in Dutch Oven. Cook till beef is browned and onion is soft. Stir frequently. If any fat, drain off. Add tomatoes (cut bite size), tomato paste and 1 can water, salt, pepper, Worcestershire sauce and catsup. Bring to simmer, cover and cook till macaroni is done (about 30 minutes). The other can of water may be added if necessary. The longer this cooks the better it tastes.

ONION SLOPPY JOES

- | | |
|---------------------------|-------------|
| 1 LB hamburger | flour water |
| 1 CN Campbells onion soup | |

Brown hamburger and drain excess grease off. Add onion soup. Simmer 1 hour. Thicken as desired with flour water. Makes enough for two barbecues for 5 to 6 people.



A Scout is Brave

OUTDOOR STIR-FRY

Meat-Choose 1 [Beef, Pork chicken]

Vegetables, Your choice [examples: onions, carrots, green pepper, broccoli, mushrooms, zucchini, whatever]

Soy Sauce

Salt [optional]

Spices [examples: Thyme, pepper, basil]

Frying oil

Place "wok" (could be frying pan) directly in cooking fire. Brown meat in a little oil and garlic; remove from wok. Add cooking oil. Stir fry vegetables in alphabetical order (NOTE: most vegetables consistency/hardness are cooked this way to assure the desired tenderness; vegetables should be sizzling). Add soy sauce, spices, return meat; eat hot, may be served with rice.

PIG IN A SPUD

1 medium to large potato salt and pepper to taste

1 pork sausage link or 1 beef wiener

Scrub potato clean and peel, if preferred. Bore a hole lengthwise to accomodate sausage or wiener. Insert and wrap well. Seal in foil. Bake on HOT coals, 20 to 25 minutes. Note: Pork sausage not recommended in hot weather. It doesn't keep well in summer season.

PIZZA IN A SKILLET

*frozen bread dough
generic spaghetti sauce
pizza spice
mushrooms, sliced
onions, chopped*

*olives, sliced
cheese, grated or sliced
sausage, fried
pepperoni
Grease for pan*

Let dough thaw out, grease pan or Dutch Oven. Spread dough in pan, put on sauce, layer with whatever else you like. Cover and cook until dough is cooked.

If everything is cut up at home, it is easier.

PIZZA SANDWICHES

3/4 C canned pizza sauce

8 slices of bread

4 large or 8 small slices of salami

4 slices sharp American cheese

garlic salt or salt

Soft butter or margarine

Spread pizza sauce on one side of each bread slice. Top 4 with salami slices, then with cheese; sprinkle with garlic salt. Add remaining bread slices, sauce side down. Generously butter top and bottom of sandwiches. Grill both sides on griddle, sandwich grill, or in a skillet until sandwiches are toasted and cheese melts.

PACKET STEW

2 LBS Lean chuck, cut in 1" cubes

6 medium potatoes, peeled and diced

6 TBSP Chopped onions

6 Carrots, cut into 1/4" slices

2 CN [10 1/2 OZ] Condensed golden Mushroom Soup

Salt and Pepper

Tabasco Sauce

Water

1/2 C chopped parsley

At Home: divide ingredients into 6 equal portions. Place each portion on 18" square heavy duty aluminum foil. Add a couple dashes of Tabasco and a tablespoon of water to each portion. Season with salt and pepper. Bring up corners of foil and twist at top to close bundles. Keep in cool place until ready to cook. Grill about 45 minutes. Serves 6.

PORK AND KRAUT

*Pork
Sauerkraut*

*Caraway seeds
Bar-B-Q sauce*

Take a pork chop of 6 or 8 ounces of any cut of pork, with or without bone. Lightly drain 1 cup sauerkraut and place on meat. Sprinkle on a few caraway seeds and some bar-b-q sauce. Wrap in foil and place on bed of charcoal. Cook 30 to 45 minutes. Serves 1.

PORK-N-KRAUT WITH POTATOES

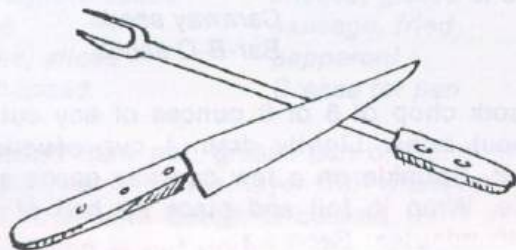
3 LBS Pork Roast [lean] 2 CNS [1 LB] small whole potatoes
1 Jar [1 QT] Sauerkraut

Preheat dutch oven (moderate to hot). Keep a good supply of hot coals handy. Slice Roast so it is open to center. Place in large pan from cook kit that has been lined with aluminum foil. Do not place pan directly onto oven bottom. Bake for 2 hours with moderate to hot oven. (If roast is browning too fast, lid may be too hot or too close.) Check after 2 hours, and if roast is well done, add sauerkraut (drain liquid off first) over roast, and potatoes along side of roast. Bake for another ½ hour, or until roast is done. Serve from Pan. NOTE: Make sure pork is done before serving.

POTLUCK BEANS

1 [16 or 18 OZ] CN baked beans 2 TSP instant minced onion
1 CN [16 OZ] cut green beans, drained 1 12 OZ package smoked sausage links, bias-cut in pieces
1 CN [8½ OZ] lima beans

In large saucepan, combine baked beans, green beans, undrained lima beans and instant minced onion. Stir in smoked sausage pieces. Cook over medium heat for 10 to 15 minutes stirring occasionally till mixture is heated through. Serves 4.



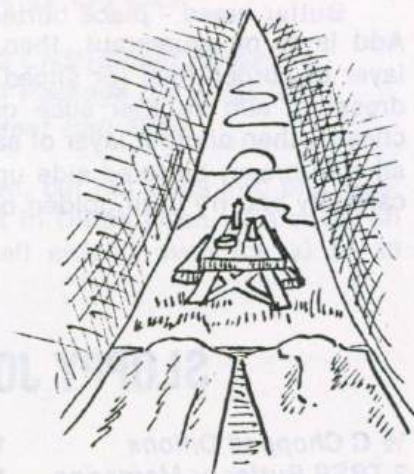
PUPS IN BLANKETS

12 frankfurters 12 slices bacon
1 LB American cheese 12 buns

Split part way through each frankfurter, lengthwise. Place in each one a long strip of cheese. Press together and wrap with a slice of bacon, fastening the end with a little-twist-toothpick. Roast on a stick over hot coals until bacon is crisp and frankfurters are heated through. Serve in bun. Makes 12.

QUICHE ALA PRESIDENTE'

1 Pie Crust Mix
2 TBSP Finely chopped onions
1 CN Spam, Diced
4 eggs, beat slightly
½ TSP Salt
¼ TSP Pepper
1 C Pream - Mixed as heavy cream or 1 C unsweetened condensed milk [small can diluted to 1 Cup volume]
Charcoal
Dutch Oven
10" Aluminum foil Pie Pan



Prepare Charcoal Bed - ready for dutch oven cooking. Mix Pie Crust and form in pie pan (NOTE: Remember to use a few pebbles to support pie pan off the bottom of the Dutch oven.) Pre-bake pie crust in Dutch oven (firm but not any browning). Mix all other ingredients and pour into pre-baked crust. Bake the Quiche for about 30 minutes (until firm and slightly brown) in covered oven - moderate Temperature, but not too hot. Serves 6.

QUICK SPAGHETTI

1 pkg spaghetti tomato soup
4 to 5 slices bacon

Dice bacon strips and fry in pan. Heat tomato soup (not thinned by water or milk). Combine bacon and soup and simmer. Cook spaghetti and drain. Place spaghetti on plate, ladle soup/bacon combination on top and serve.

REUBEN SANDWICH

2 slices Rye bread
Margarine
1 Cn [medium] Sauerkraut
slices Swiss cheese
slices Corned beef
1000 Island dressing

Butter bread - place buttered side down on hot griddle. Add layer of sauerkraut, then layer of Swiss cheese, then layer of corned beef (or sliced ham), cover with 1000 Island dressing, add another slice of beef, then another slice of cheese, then another layer of sauerkraut, and top with second slice of bread, buttered side up. Fry until golden brown, flip carefully and fry until golden brown. Serve with a dill pickle.

SLOPPY JOE FRANKS

1/2 C Chopped Onions	1 TSP Prepared Mustard
2 TBSP Butter or Margarine	1 TBSP Steak Sauce
1 LB [8 to 10] Franks cut in thirds	4 drop Bottled hot sauce
1 CN Condensed Tomato - Rice soup	8 to 10 Coney Buns, toasted, buttered
	1/3 C Water

Melt butter in skillet over coals. Add onion, cook till soft. Add remaining ingredients, let bubble slowly without covering, about 15 minutes or till sauce is nice and thick. Stir once in a while near end of cooking. Ladle into buns. (Toast buttered buns on grill.)

RICE WITH BEEF

2 LBS ground beef	3 C water
1 C chopped green pepper	3 C quick cooking rice
1 C chopped onion	[uncooked]
1 large clove garlic, minced	2 TBSP Worcestershire sauce
2 CNS Tomato soup	1 TSP salt
1 generous dash pepper	

In skillet, cook beef, pepper, onion and garlic until vegetables are tender. Add remaining ingredients. Bring to boil, cover, simmer 10 minutes or until liquid is absorbed. Stir occasionally. Serves 10 to 12.

SCOUTER'S STEW

4 CNS [2 LBS] Dinty Moore Beef Stew
2 CNS [2 LBS] Dinty Moore Meat Ball Stew

Mix contents in Dutch Oven, cut hot dogs into bite size. Season to taste. Let stew cook in Dutch Oven with cover on and coals on the cover and all around oven for 20 to 30 minutes, then serve.



SLOPPY JOES

2 LBS ground beef 1 large onion
1 CN chicken gumbo soup 1 Sm bottle Heinz chili sauce
16 hamburger buns

Slice onion and brown with ground beef in a 2 lb. coffee can over wood fire. Add soup and chili sauce, simmer 10 minutes. Makes 16 sandwiches. Serve with carrot and celery sticks, if desired.

SPAGHETTI

1 LB spaghetti 1 onion, chopped
3 CNS tomatoes 2 TBSP Salt
2 LBS hamburger 1 TBSP Oregano
1/3 C catsup

Bring water to boil; add spaghetti and cook until tender, stirring frequently; drain and rinse. Brown meat and onions, drain grease. Add tomatoes, catsup and seasonings. Simmer. Spaghetti may be added to sauce or sauce may be poured over top. Serves 8.

SPAGHETTI AND HAMBURGER

Franco-American [cooked] 1 LB hamburger
spaghetti in tomato sauce, 1 medium to large onion
large CN

Chop onion into small pieces. Brown slightly with a small amount of cooking oil, in frying pan. Add hamburger. Cook until hamburger has lost its red color. Remove from heat and drain off all grease and/or water. Add spaghetti and warm (do not cook) to desired eating temperature. This will serve 3 hungry Scouts or 4 normal people. For larger group, frying pan probably will not hold. In this case, place the spaghetti in a large pot and start to warm (do not cook) while hamburger and onions are cooking. After draining cooked hamburger, add it to the pot containing spaghetti and keep warm until ready to serve.

SPAGHETTI SAUCE

1/4 C Salad Oil [Mazola] 1 CN [regular size] Hunts
1/2 TSP Garlic Salt Tomato Sauce
1 TBSP Minced Onion 1 CN [small] Tomato Paste
1/4 TSP Basil 1 1/2 TSP Salt
1/4 TSP Oregano 2 TSP Worcestershire Sauce
3 C Tomato Juice 1 LB Hamburger

Mix all the ingredients, except the hamburger, and simmer in dutch oven for one to three hours, stirring often. Brown the hamburger and add to mixture and simmer for another one-half hour. Serves 4.

SPAGHETTI SAUCE

Saute two large onions diced, with two cloves garlic. Add 1 1/2 LBS ground beef. Add one can mushrooms, one can (6 oz) tomato paste, one large can tomatoes and one (8 oz) can tomato sauce, 1 1/2 TSP salt, 1/4 TSP pepper, 1/2 TSP oregano, 1/2 TSP sweet basil, 2 TBSP sugar and two cups burgundy. (Water may be used instead of wine). Simmer 1 to 2 hours.

SPANISH RICE

4 TBSP butter 2 C [#2 can] canned tomatoes
1 onion diced fine 2 TBSP salt
1 green pepper minced 1/8 TSP pepper
1/4 C celery diced 1 C quick cooking rice

Brown the onion, pepper and celery in butter. Add tomatoes, salt and pepper. Cook slowly for 15 minutes. Cook rice and gently stir into mixture. Cook 5 minutes.

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A Scout is Clean

SPANISH RICE

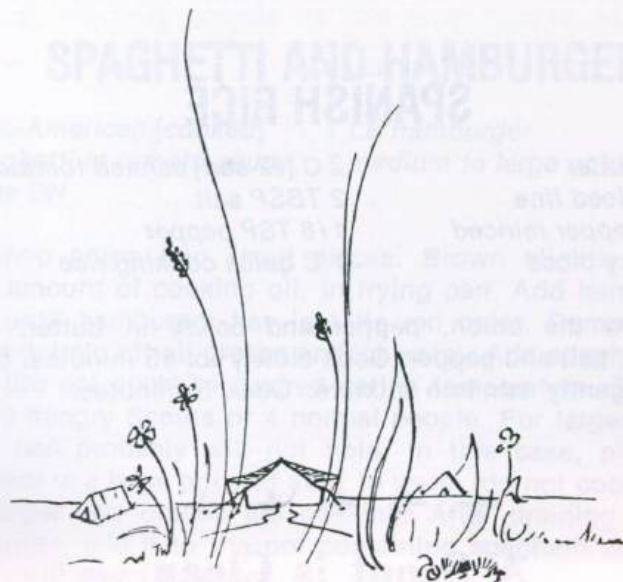
4 TBSP Butter
1 finely cut onion
1 minced green pepper
1/4 C diced celery
2 C [#2 Can] canned tomatoes
2 TSP salt
1/8 Tsp pepper
1 C quick-cooking Rice

Brown onion, green pepper, and celery in butter. Add tomatoes, salt, and pepper and cook slowly for 15 minutes. Cook the rice according to directions on package. Gently stir the cooked rice into the mixture and cook together 5 minutes. Serves 8.

SPANISH RICE

1 LB ground beef
1 1/2 TSP salt
1/8 TSP pepper
1 medium onion
1/2 green pepper
1 1/3 C Minute Rice
1 CN tomatoes [1 LB]
1/2 TSP prepared mustard

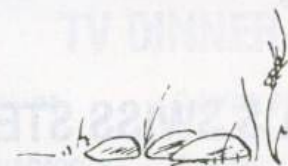
Brown meat, season, add onion chopped up and green pepper, chopped. Add rice, saute till browned. Add tomatoes and mustard.



STEAK AND VEGETABLES BAKE

6 LBS beef round steak
1/2" thick
3/4 C all-purpose flour
1/2 C salad oil
8 LBS potatoes, sliced,
salt and pepper
3 LBS carrots cut in 1" chunks
2 [3.75 OZ] packages onion
soup mix
chopped parsley for garnish

Trim fat and remove bones from steak. Coat steaks on one side with flour; with meat mallet, pound steaks well; turn and repeat on other side; cut into 24 pieces. In 12" heavy skillet over medium-high heat, in 1/4 cup hot salad oil, cook meat, a few pieces at a time, until well browned on both sides, adding more oil as needed and remove pieces as they are browned. In one of two 15 1/2" by 11 1/2" roasting pans arrange half of potatoes; sprinkle with 1 1/2 teaspoons salt; top with half of meat. Sprinkle meat with 1 1/2 teaspoons salt and 3/4 teaspoons pepper. Top meat with half of carrots, sprinkle with 1 envelope onion soup mix and pour in 2 cups water. Repeat, using second pan. Preheat oven to 350°. Cover pans with foil; bake 2 hours or until meat is tender. Remove foil from pans and garnish with chopped parsley. Can be made with hamburger - similar to a foil dinner. Serves 24.



SUPER SIMPLE SKILLET SUPPER

1 [5 1/2 OZ] package of Dry
Hash Brown Potatoes
1 CN [16 OZ] Green Beans
1 CN [12 OZ] Luncheon Meat
1 1/2 C Water
1 CN [6 OZ] Evaporated Milk
1 Jar [5 OZ] Processed cheese
Spread [Cheese Whiz]
Dash Pepper

Cut luncheon meat in strips. In skillet, combine hash brown potatoes, undrained green beans, meat strips, water, evaporated milk, cheese spread and pepper. Cover, cook over medium heat, stirring occasionally. Heat till mixture is bubbly and potatoes are tender, about 10 minutes. Serves 4.

SQUAW CORN

5 CNS [12 OZ] corn salt and pepper to taste
5 CNS [#303] tomato soup 1 lg. onion, chopped fine
[3 CNS condensed] 2 to 3 LBS hamburger

Brown onions and hamburger in a big kettle. Add corn and soup. Heat thoroughly together. Note: Drain corn if you want a dryer serving. Serves 10 to 12.

SUPPER IN FOIL

Hamburger Bar-B-Q Sauce
onions garlic powder
carrots onion powder
potatoes milk

Add a little milk to hamburger, make into patties. Place on sheets of foil. Place on top, slice of onion, a few slices of carrots, and potatoes. Top with spices and Bar-B-Q Sauce. Put over hot coals until vegetables are done, about 20 minutes on each side.

TINA'S SWISS STEAK

12 LBS Round Steak [cut 3 salt
pieces per LB] pepper
1½ large onions, diced flour [1 to 2 LBS]
6 CNS [1 LB] stewed Bacon grease or shortening
tomatoes 4 CNS water

Combine stewed tomatoes and water in a 5 gallon pan and put on heat. Pound as much flour into both sides of meat pieces as they will hold. Salt and pepper lightly. Fry meat until nearly done, sauteing onions right in with the meat. Transfer fried meat into pan holding stewed tomatoes and water mixture. Simmer as long as necessary to get good flavor through the meat but not less than 45 minutes to 1 hour. Stewed tomato mixture can be used as gravy. Feeds 36.

TOAST-TITE TREATS

2 slices bread
Butter or margarine

Filling for sandwich/dessert
lunchmeat, pickles, cheese,
catsup or bar-b-q sauce,
mushroom slices, tomato
etc. or canned apple or
cherry pie filling.



You must have toast tite equipment. Butter the bread on both sides. Put one slice of bread onto 1 section of toast-tite maker. Add desired fillings for hot sandwich or dessert. Cover with second slice of bread. Lock cover of toast tite iron in place. Trim edge of bread. Hold over coals until bread is toasted and sandwich filling is warm. Do not scrub toast-tite iron with soap, water or steel wool. Just wipe it dry with a clean rag or paper towel. The description is for one serving.

TV DINNER

2 LBS Round Steak or 2 large carrots, quartered
cutlets longway
1 CN Cream of Mushroom 1 green pepper, [if desired],
Soup sliced
½ Soup Can of water 1 TSP fresh parsley [if desired]
1 large onion quartered 1 LB fresh mushrooms

Cut meat into pieces or cubes. Remove mushroom stems and cut up; combine with mushroom soup and water. Set aside. May be prepared ahead and refrigerated. For each serving; cut a 40" length of aluminum foil and fold in half. Arrange meat, potato, onion, carrots, green pepper slices, and mushroom caps in the center of the foil. Spoon mushroom mixture over all; top with tablespoon of butter, sprinkle with parsley. Double fold top and edges to seal securely. Place in center of cooking grill and cook for 1¼ hours or until meat is tender. Serve in foil. Serves 4.

TROOP 140 BEEF STEW

8 lbs. stew meat
3 packages carrots
1 package parsnips
1 package turnips
2 large rutabagas
5 LBS potatoes

4 medium onions
6 tomatoes
salt [to taste]
pepper [to taste]
water as needed
1 LB flour

Brown meat in a little water over low fire. While meat is browning, begin cleaning and cutting vegetables. Do "hard" vegetables (turnips and rutabagas) first. Hard vegetables can be combined in separate pot, covered with water and boiled for an hour, or until tender, before combining with meat and other vegetables. When meat is browned, take off fire and hold. Do softer vegetables, combining all of them except onions in separate pot. Cover with water and boil about ½ hour or until tender. When ALL vegetables are tender, add them to meat along with some of the water they were boiled in. Bring stew to a boil for a few minutes, then put on simmer. Salt, pepper and water can be added at any time during cooking process. About ½ hour before serving, dice onions and add to stew. Just before serving, if thickening is needed, combine flour with water and slowly add mixture to stew, stirring briskly while doing so. At all times during cooking, stir meat, vegetables, or combined mixture frequently. Serves 18 people.

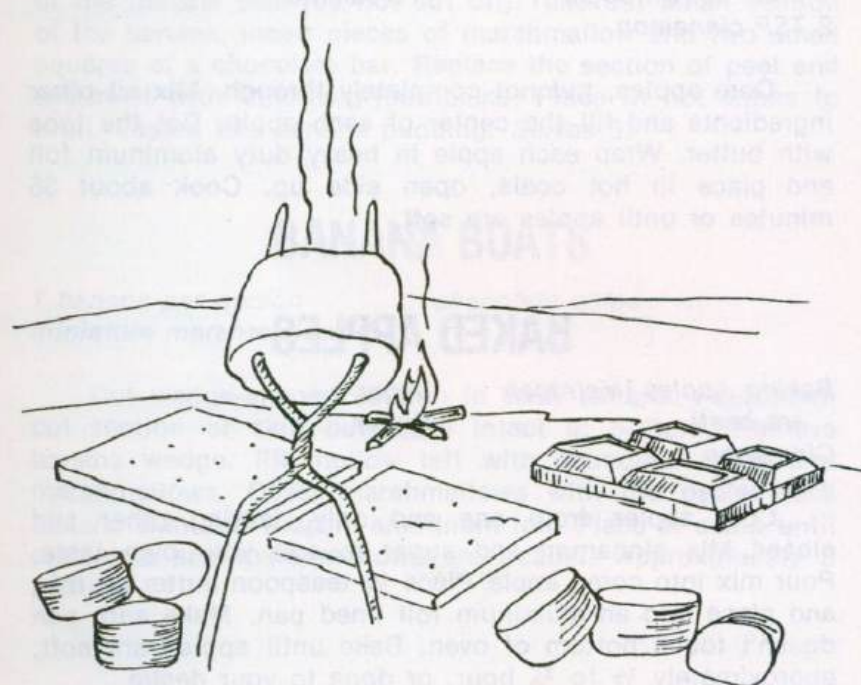
TUNA RAGOUT

4 TBSP margarine
2 CNS [7 OZ] tuna, drained
2 TBSP chopped onion
dash of pepper
2½ C instant rice
1 TSP salt

4 TSP lemon juice
2 C cream of mushroom soup
3 C water
1 C peas [if desired]*
*reduce water to 2 C if peas used

Cook tuna and onions in margarine about 3 minutes. Add remaining ingredients and mix well. Cover and cook over low heat about 10 minutes or until rice has absorbed liquid. Fluff with fork. Serves 8.

DESSERTS



APPLES-BAKED-IN-SAND

Apples, cored

Sausages [optional]

Scrub apples and wrap well in paper towels or leaves (avoid leaves with unpleasant flavor). Put layer of sand or soil on bottom of a #10 tin can and then add apples with additional sand or soil placed so that apples do not touch each other or sides of can. Place cans (one for each 3 or 4 apples) in hot coals, piling coals up around sides. Bake for 25 minutes. For a variation little sausages may be inserted in apples.

APPLES COOKED IN COALS

(SERVES 8)

8 apples
2 C chopped nuts
4 TBSP brown sugar
2 TSP cinnamon
2 TSP nutmeg
2 TBSP white sugar
2 C raisins

Core apples, but not completely through. Mix all other ingredients and fill the center of each apple. Dot the tops with butter. Wrap each apple in heavy duty aluminum foil and place in hot coals, open side up. Cook about 35 minutes or until apples are soft.

BAKED APPLES

Baking Apples [McIntosh
are best]
Cinnamon
Sugar
Butter

Core apples from one end only, leaving other end closed. Mix cinnamon and sugar to suit your own taste. Pour mix into cored apple. Place ½ teaspoon butter on mix and place into an aluminum foil lined pan. Make sure pan doesn't touch bottom of oven. Bake until apples are soft, approximately ½ to ¾ hour, or done to your desire.

BAKED APPLES

4 baking apples
4 TSP brown sugar
½ TSP ground cinnamon
4 TSP margarine
4 marshmallows

Core apples. Slash each apple partway down to form wedges, but do not cut apart at base. (This will help them to cook faster). Mix cinnamon and brown sugar. Place 1 teaspoon margarine, 1 teaspoon cinnamon and brown sugar mixture and 1 marshmallow in each apple. Seal in foil. Bake about 25 minutes in hot coals. Serves 4.

BANANA BOATS

5 bananas
10 marshmallows

1 plain chocolate bar

With sharp knife cut and lay back a lengthwise section of the banana peel (do not cut off). Take out small section of the banana. Insert pieces of marshmallow and two small squares of a chocolate bar. Replace the section of peel and secure it with little-twig-toothpicks. Place in hot ashes to broil. Tastes like banana pudding. Serves 5.

BANANA BOATS

1 banana per person
miniature marshmallows
chocolate chips

Cut wedge-shaped section in each banana. Peel down cut section of skin but leave intact at bottom. Remove banana wedge. Fill hollow left with chocolate chips and marshmallows. Cover marshmallows with the peeled-back banana skin and wrap in aluminum foil. Place in coals until chocolate and marshmallows are heated. Approximately 5 minutes.

BANANA BOAT

For each serving, cut a V-shaped wedge lengthwise in a peeled firm banana. Place on a double thickness of heavy-duty aluminum foil, about 6" x 18". Fill groove with cut-up or miniature marshmallows and chocolate pieces. Wrap securely in foil. Cook directly on medium coals about 10 minutes.

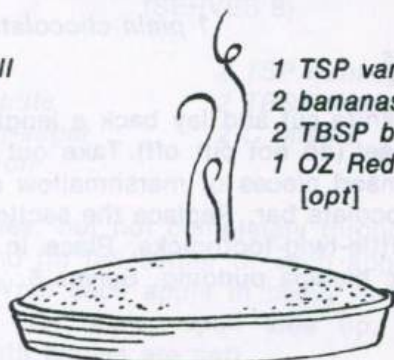
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A Scout is Reverant

BANANA PIE

Baked pie shell
6 TBSP flour
1 C sugar
2 C milk

1 TSP vanilla
2 bananas
2 TBSP butter
1 OZ Red Blend chocolate
[opt]



Mix flour and sugar. Slowly add milk, stirring well. No lumps. Cook in double boiler, stirring constantly until mix coats spoon. Remove from heat. Add vanilla and butter and chocolate. Cool 5 minutes. Pour over 2 bananas sliced into pie crust.

BLUEBERRY CAKE

2 C biscuit mix
1 CN [1 LB] Blueberries or
fruit as desired

Butter
Sugar
 $\frac{2}{3}$ C Milk

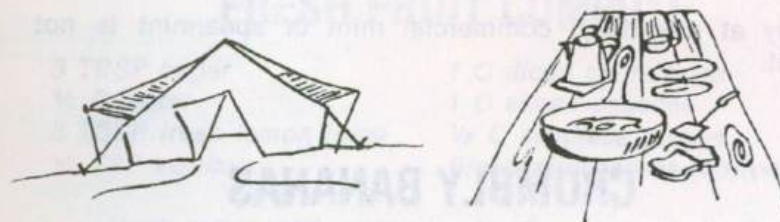
Preheat Dutch oven 15 minutes. Use the 2 cups of biscuit mix for this cake by adding extra sugar. Combine $\frac{2}{3}$ cup of milk with 2 cups of biscuit mix, mixing thoroughly with fork. Sprinkle some dry mix on a suitable surface and place dough on it. Divide into two halves, pat out the dough into $\frac{1}{4}$ " sheets to fit the oven. Sprinkle 3 tablespoons of sugar over the dough. Open a can of fruit and pour off the liquid into another container (save). Pour the fruit on top of the dough in the oven and lay 2nd layer of dough on top of fruit. Sprinkle 3 tablespoons of sugar on top of dough, then, after tucking in sides, pour the liquid from the fruit on top. Dot with butter. Bake 20 to 30 minutes.

CHERRY COBBLER

Butter
4 large cans cherry pie
filling or any other fruit

16 cinnamon rolls
white sugar

Butter the sides and bottom of 12" dutch oven. Put cherry pie filling in. Set dutch oven on hot charcoal heat to bubbling stage, stir often. Remove oven off coals, put 16 cinnamon rolls on cherry. Put oven on only 6 coals, put rest of coals on top of lid of oven, check often. Rolls will raise and brown. Take lid off, sprinkle cinnamon and white sugar on rolls. Put cover back for only about 10 seconds or it will burn. Serves 16.



CHERRY COBBLER IN DUTCH OVEN

3  Bisquick
1 C sugar
1 C milk or water
2 eggs

4 TBSP Shortening
3 or 4 drops vanilla [pure]
1 PT canned or fresh cherries

Mix first six items. Grease large BSA frying pan. Spread batter into pan. Drain juice from cherries (a trace left is OK). Spread cherries onto batter. Place pan on 3 small stones in Dutch Oven. Put cover on Dutch Oven. Light 23 to 30 briquets (Place 8 or 10 under and 15 to 20 on top of oven). NOTE: Using 8 to 15 briquets will take longer (1½ hours) but will use up the briquets more. Using 10 to 20 briquets will speed up baking (1 hour) but will leave un-used briquets. Wood coals could also be used. Serves 4 to 8.

CHOCOLATE PEPPERMINT PIE

- | | |
|--|---|
| <i>1 1/3 stick butter or margarine</i> | <i>2 OZ semi-sweet chocolate or 1/3 C chocolate chips</i> |
| <i>1 C sugar</i> | <i>1/4 TSP peppermint extract*</i> |
| <i>3 eggs beaten light</i> | <i>1 graham cracker crust</i> |
| <i>2 sq. baking chocolate melted</i> | |

Cream butter till light and fluffy. Add sugar and beat well. Add beaten eggs and mix mixture well. Add melted and cooled chocolates and blend well. Add extract. Put into 9" graham cracker crust. Chill 3 to 4 hours. Top with whip cream if desired.

*Buy at pharmacy, commercial mint or spearmint is not right.

CRUMBLY BANANAS

- | | |
|------------------------------------|-------------------------|
| <i>3 to 4 large firm bananas</i> | <i>1 TSP cinnamon</i> |
| <i>evaporated milk</i> | <i>3 TBSP margarine</i> |
| <i>1/4 C graham cracker crumbs</i> | |

Peel 3 to 4 large firm bananas. Cut each in half, then slice each half lengthwise. Dip in evaporated milk, and roll in a mixture of 1/4 cup fine graham cracker crumbs and 1 teaspoon cinnamon. Heat 3 tablespoons margarine in a frying pan over medium heat. Add banana slices (do not crowd) and fry until lightly browned and crispy. Turn carefully with wide tongs. Serves 3 to 4.



DESSERT FONDUE

- | | |
|---|-------------------------------------|
| <i>1 package [1 LB] of marshmallows</i> | <i>Green apples, cut in eighths</i> |
| | <i>3 OZ grated nuts</i> |

Melt marshmallows in a heavy kettle over fire. A little water can be added so it doesn't burn. Stir often; when melted add nuts. Mix well. In the meantime, give each person a green apple (or apples) to cut into quarter or eighths. Remove core with a wedge cut. Put on fork or green stick and dip in fondue. The marshmallow mixture sticks well and cools quickly.

FRESH FRUIT COMPOTE

- | | |
|---------------------------------|-------------------------------------|
| <i>3 TBSP sugar</i> | <i>1 C diced cantaloupe</i> |
| <i>1/2 C water</i> | <i>1 C sliced peaches</i> |
| <i>3 TBSP fresh lemon juice</i> | <i>1/2 C seedless grapes</i> |
| <i>1/2 TSP vanilla</i> | <i>Fresh mint leaves [optional]</i> |

Heat sugar and water in small saucepan to boiling. Boil 1/2 minute. Remove from heat; stir in lemon juice and vanilla and cool. Combine fruits in bowl. Pour sugar syrup on fruit and chill. Serve in sherbert dishes and garnish with mint leaves, if desired. Delicious for picnics and campouts too. Serves 6.

FUDGE SUNDAE PIE

Put 1 cup Pet evaporated milk, 6 oz. pkg. semi-sweet chocolate pieces (1 cup) and 1/4 teaspoon salt into a heavy 1 quart saucepan. Stir over low heat until chocolate melts completely and mixture thickens. Take off heat. Add 1 cup miniature marshmallows, stir until marshmallows melt and mixture is smooth. Cool to room temperature. Line bottom and sides of 9" pie pan with vanilla wafers. Spoon half of 1 quart vanilla ice cream over wafers. Cover with half of chocolate mixture.

HAWAIIAN DOUGHNUT

- 1 plain cake doughnut per person 1 TBSP brown sugar per person
1 slice pineapple per person butter or margarine

Slice doughnut in half; butter each side as you would for sandwich. Place pineapple slice and brown sugar between doughnut sandwich. Wrap in foil and bake in coals for about 3 minutes. (Tastes like pineapple upside-down cake)

IMPOSSIBLE PUMPKIN PIE

- $\frac{3}{4}$ C brown sugar 2 eggs
 $\frac{1}{2}$ C Bisquick Baking Mix 1 CN [16 OZ] pumpkin
2 TBSP margarine or butter $2\frac{1}{2}$ TSP pumpkin pie spice
1 CN [13 OZ] evaporated milk 2 TSP vanilla

Start 20 pieces of charcoal using sticks and paper. When coals are hot, put three stones in dutch oven; Set 9" or 10" pie plate on stones. Pre-heat oven. Beat all ingredients until smooth, 2 minutes. Pour into plate. Cover. Put 14 coals on top of lid and spread 6 bottom coals under dutch oven. Bake 45 to 50 minutes or until knife inserted in center comes out clean. When cool, top with whip cream and serve. Serves 6.

PAPOOSES

- 1 pkg. instant choc. pudding mix 1 egg, unbeaten
2 TBSP Sugar $\frac{1}{4}$ C canned milk
1 C Biscuit mix 1 TBSP Vanilla
 $\frac{1}{2}$ C softened margarine $\frac{1}{2}$ C Chopped Nuts [if desired]

Combine pudding mix, sugar and biscuit mix. Cut in margarine; add remaining ingredients and mix. Drop by tablespoon in center of foil. Fold two sides loosely across top. Fold up ends and seal. Bake in reflector oven or coals. Serves 8.

RAISIN SPICE SNAK CAKE



- $1\frac{2}{3}$ C flour $\frac{1}{2}$ TSP nutmeg
1 C brown sugar $\frac{1}{2}$ TSP ginger
1 TSP baking soda $\frac{1}{4}$ TSP allspice
1 TSP cinnamon $\frac{1}{2}$ TSP salt
- mix all together then add
1 C water 1 TSP vinegar
 $\frac{1}{3}$ C vegetable oil $\frac{1}{2}$ C raisins

sticks
paper

20 charcoal briquets

Mix above ingredients in 8" x 8" ungreased cake pan. Add one cup water, $\frac{1}{3}$ cup vegetable oil, one teaspoon vinegar and $\frac{1}{2}$ cup raisins. Set pan on rocks in dutch oven. (3 rocks in bottom of oven). Cover. Put 13 hot charcoal briquets on cover and spread 7 hot briquets on bottom of dutch oven. Bake 35 to 40 minutes or until inserted toothpick comes out clean. Serves 9.

MEMPHIS MOLLY

- | | |
|--|--|
| 1 [#2] CN tart cherries | 1/2 stick margarine |
| 1 [#2] CN unsweetened
crushed pineapple | all the pecans/walnuts you
can afford |
| 1 small box white Jiffy cake
mix | |

Pour tart cherries and crushed pineapple into a 6k.2 x 9" dutch oven and stir. Sprinkle cake mix over the mixture. Spread flakes of margarine over the top. Spread pecans over the butter or margarine. Bake 20 to 30 minutes by placing 6 pieces of prestarted charcoal under and 8 pieces on top of the oven. Serves 8.

POPCORN CAKE

- | | |
|---|---------------------------|
| 4 QT popped corn | 1/2 C Butter or margarine |
| 1 LB small gum drops
[omit black ones] | 1/2 C salad oil |
| 1/2 LB peanuts | 1 LB small marshmallows |

Grease tube pan with extra butter. Mix popcorn, candy, peanuts together. Melt butter, oil and marshmallows in saucepan. When melted, pour over corn mixture. Mix Well and pour into pans. When cool, turn onto a plate and slice as you would cake. Keep covered to keep moist.

POUND CAKE

- | | |
|---------------------|--------------------------|
| 1 LB Flour | 1 LB margarine or butter |
| 1 LB powdered sugar | 6 eggs |

Mix ingredients. Margarine should be melted for easy mixing. Pour into cake pan or dutch oven. Bake 45 minutes at 325°. Serve hot. Serves 8 to 10.

ROASTED APPLES

- | | |
|---------------------|------------------|
| 4 apples, cored | 1/2 TSP cinnamon |
| 1/4 cup raisins | 2 TBSP butter |
| 1/4 cup brown sugar | |

Fill apples with raisins. Mix other ingredients. Pour into apples. Wrap in foil. Grill about 45 minutes or till soft. Serves 4.



SNACKS

CANDIED APPLES

- | | |
|------------------|---------------------------|
| 1 1/2 LBS Sugar | 1 bottle light corn syrup |
| 6 TBSP margarine | 8 apples |

Cook sugar, margarine, and syrup together over low fire, stirring constantly. Cook until a small amount forms a hard ball when tested in cold water. Remove from fire. Put each apple on a stick. Dip apple in mixture until it is entirely coated with syrup. Twirl in air until cooled. Serves 8.

CABBAGE AND PEANUT BUTTER

Cabbage leaves

Peanut butter

Wash cabbage leaves. Spread with a layer of peanut butter. Roll leaves and fasten with little-twigg-toothpicks.

CHEESE FONDUE

*1 pkg Stouffers Welsh
Rarebit*

*1 TBSP onion soup mix
½ C sour cream*

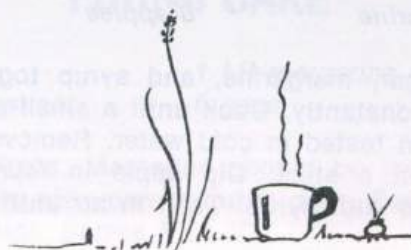
Mix ingredients and heat slowly. Do not overcook.

CHEESY BITS

*¼ C butter [½ stick]
Dash of garlic salt
Dash of paprika
Dash of onion salt*

*2 C Biscuit baking mix
Block - Cheddar cheese 2½"
x 1" x ½"*

Melt ¼ cup butter in skillet on the fire (stove). Remove and sprinkle the melted butter with the onion, garlic salts, and the paprika. In bowl mix the cups of baking mix and ½ cup of water with fork. Knead on flowered board or pan. Pat the dough to a ½" thickness and cut out 10 biscuits. Arrange the biscuits in the skillet and turn with the fork to coat with the seasoned butter. Cut the cheese into ½" cubes - Press 1 cheese cube lightly into each biscuit. Cover skillet and place on fire - Cook 5 minutes. Lift cover. Check to see if they are not burning. Cover and cook 5 more minutes until the tops of the biscuits are dry. Serves 10.



CHEX PARTY MIX

*6 TBSP butter or margarine 2 C Rice Chex
4 TSP Worcestershire sauce 2 C Wheat Chex
1 TSP Seasoned salt ¾ C Salted nuts
2 C Corn Chex*

Heat oven to very slow (250°). Melt butter in shallow pan over low heat. Stir in Worcestershire sauce and add seasoned salt. Add Chex and nuts. Mix over low heat until all pieces are coated. Heat in oven 45 minutes. Stir every 15 minutes. Spread out on absorbent paper to cool. Makes 6¾ cups.

COCKTAIL MEATBALLS

*2 LBS lean ground beef 1 bottle chili sauce
2 CNS Cranberry sauce*

Make ground beef into small cocktail meatballs. Brown meatballs in skillet until done. Mix 2 cans of cranberry sauce and ½ to 1 bottle chili sauce, according to taste, in sauce pan. Warm over medium heat stirring constantly. Add meatballs to sauce. Keep warm in a slowcooker or dutch oven. Serve with toothpicks.

COCOA MIX

*1½ C dry milk 5 TBSP sugar
5 TBSP Cocoa*

Have you wished you had a drink mix so separate ingredients need not be carried to the woods? Mix the items listed above at home then when you are ready to use the mixture to heat cocoa, add the following 1 quart of water and 1 small can of evaporated milk. Heat and serve. Serves 5.

CORN FLAKES CHEWS

- 2 C corn flakes 2 TBSP corn syrup (light or dark)
 ¾ C brown sugar
 1 TBSP butter or margarine

Put corn flakes in bowl. Cook sugar and syrup, stirring constantly, until sugar is dissolved. Pour over corn flakes and mix well. Drop by spoonfuls, or spread in a buttered pan and cut in squares. Serves 16.

CRUNCHY NIBBLES

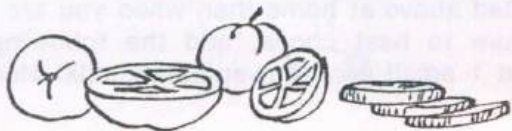
- 2 C cheese snack crackers ½ TSP Steak sauce
 2 C salted spanish peanuts ½ TSP Onion salt
 2 C pretzel sticks ½ Garlic Salt
 3 QT Popped Corn ½ TSP Curry powder
 ½ C melted butter ½ TSP Salt

Mix together crackers, peanuts, pretzel sticks and popped corn in a large baking pan -- a roaster is best. Combine remaining ingredients and pour over the first mixture. Mix gently but well. Bake in a very slow oven (250°) about 1 hour. Stir every 15 minutes. Cool. If there is any left, store in airtight containers.

HEAVENLY CHOCOLATE BARS

- 1 LB powder sugar 2½ C graham crackers
 1 C butter 6 OZ chocolate chips
 12 OZ peanut butter

Mix all ingredients except chocolate chips. Pat into pan. Melt chocolate chips. Pour over top. Let set for 15 minutes to ½ hour. Cut into squares. Serves 6.



HOBOPOPCORN

- Foil squares [approx 18" square] 1 TBSP popcorn on each square
 1 TSP oil on each square

Seal foil - - allow room for corn to pop. Hang foil from stick with string. Hold over hot coals, shake. Salt when done.

HONEY BARS

- ¼ LB seeded raisins ¼ LB roasted peanuts or almonds, chopped
 ¼ LB figs
 ¼ LB dried apricots 1 TSP Lemon Juice
 Honey to give proper consistency.

Put fruits thru a grinder, mix chopped nuts and lemon juice. Add honey to form stiff dough. Form into bars and wrap in aluminum foil.

HOP-A-LONG CASSADY'S

- 1 package instant pudding
 ⅓ C. dry milk and 7/8 C water to make 1 C milk
 ice cream cones

Prepare pudding mix according to directions on package. Serves 6 to 8.

KRISI COOKIES

- 1 egg beaten well ½ C miniature chocolate chips
 ½ C peanut butter
 1 TBSP butter 1 C powdered sugar

Mix above ingredients well and roll into balls. Roll balls in finely ground walnuts (or other nuts as desired). Do not cook.

LEFSE

2 C cooked mashed
potatoes
½ TSP salt

1 TBSP Shortening [butter
or margarine]
1½ C flour

Use ½ of the flour while mashing the potatoes, the other half while rolling out. Be sure the potatoes are completely cooled when making into dough. Roll dough paper-thin and bake at very high temperature. Finished product can be frozen for future use. Eat with butter, jams, honey, etc.

SOME MORES

24 marshmallows
24 peppermint patties

48 saltine crackers

Using a green stick, toast marshmallows over fire. Place on saltine cracker with a peppermint pattie. Cover with a second cracker. Graham crackers may be substituted for saltines and plain chocolate bars or peanut butter may be used instead of peppermint patties. Serves 12 with 2 each.

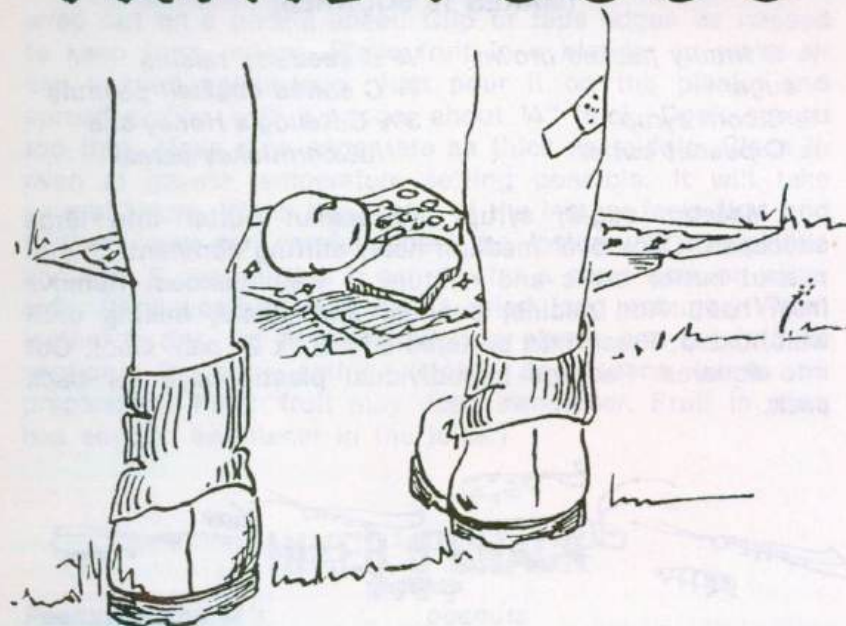
SWEETIE PIE SPECIAL

Raisin bread
margarine

bananas and/or apples
cinnamon and sugar mixture

Use raisin bread for this one. Butter bread evenly (with margarine), place buttered-side down. Fill with sliced bananas and/or apples. Sprinkle with cinnamon and sugar. Butter another slice of bread and place unbuttered side next to bananas/and or apples. Close tonka toaster and bake over fire a couple of minutes, turning once or twice. Serves 1.

TRAIL FOODS



TRAIL FOOD

Fruit Loops
Raisins

Salted Nuts
M and M Candy Coated
Chocolates

Mix in any quantity or proportion desired. Package in individual plastic bags for munching while hiking or riding.

GORP

1 Box [20 OZ] Cheerios
1 Box [15 OZ] Frootloops
1 Box [15 OZ] Raisins

1 Pkg [1 LB] M & M [plain]
1 CN [12 OZ] Spanish
peanuts

Mix all ingredients together and serve as snack. Any cereal may be used that appeals to the groups being served.

BACKPACKING ENERGY SNACKS

(MAKES 16 SQUARES)

- | | |
|--|--|
| <i>1/4 C firmly packed brown sugar</i> | <i>1/4 C seedless raisins</i> |
| <i>1/2 C corn syrup</i> | <i>1/4 C salted cocktail peanuts</i> |
| <i>1/2 C peanut butter</i> | <i>3 1/2 C Kellogg's Honey and Nut cornflakes cereal</i> |

Measure sugar, syrup and peanut butter into large saucepan. Cook over medium heat, stirring constantly, until peanut butter melts and mixture is well blended. Remove from heat. Add raisins, peanuts and cereal, mixing until well coated. Press into buttered 8" x 8" x 2" pan. Cool. Cut into squares. Package in individual plastic bags for back pack.



DRIED UP STEW

(FOR BACKPACKERS)

- | | |
|--|---|
| <i>1 package noodles [any kind]</i> | <i>4 OZ soy protein [more if you like]</i> |
| <i>1 package Lipton vegetable soup [dried]</i> | <i>any combination of dried vegetables</i> |
| <i>water</i> | <i>plenty of spices: salt, pepper, garlic, onion powder</i> |

(Note: Quantities may vary depending upon supplies and what's heaviest to carry). Bring water to boil (a pot full). Add noodles and Lipton soup, and spices. Sample occasionally as it is difficult to accurately time because heat varies over a fire or backpack stove. When noodles are done, add freeze-dried ingredients. Wait several minutes and fill up your mess kits. Make sure you stir the stew frequently. As in any good stew, variations are possible. Freeze dried meat could be used rather than protein.

FRUIT LEATHER

Fruit Leather is an easy-to-pack treat. Spread plastic wrap out on a cookie sheet. Clip or tape edges as needed to keep from rolling. Place fruit in a blender to puree or use canned applesauce. Just pour it on the plastic and spread evenly, with a spoon, about 1/4" thick. Don't spread too thin. Make sure edges are as thick as middle. Place in oven at lowest temperature setting possible. It will take several hours. When the center of the leather feels firm and leathery, you can carefully peel the leather off the plastic and turn it over so that it can dry for a short time on other side. (If it won't peel, it hasn't dried long enough.) When leather is dry, yet flexible, roll it in plastic and cut into 1" sections for easy eating. (Note: Applesauce needs no preparation. Fresh fruit may need sweetener. Fruit in cans has enough sweetener in the juice.)

HIKER'S SNACK

- | | |
|-------------------------|------------------------|
| <i>Peanut M and M's</i> | <i>peanuts</i> |
| <i>golden raisins</i> | <i>plain M and M's</i> |
| <i>sunflower seeds</i> | <i>regular raisins</i> |

Mix. Fills a large Zip-lock plastic bag.

HOT CHOCOLATE MIX

- 1 pkg [8 OZ] non-fat dry milk*
- 1 box [16 OZ] instant cocoa mix*
- 1 jar [6 OZ] non-dairy creamer*
- 1 C confectioner's sugar*



Mix all the above ingredients together and store in a covered plastic or glass container. To serve, combine 1/3 cup chocolate mix and 1 cup boiling water. Serves 32.

HOT COCOA MIX

2 LB Quik cocoa mix 6 OZ Cream powder [coffee
1 8 QT powdered milk creamer]
½ C powdered sugar

Just mix all in ice cream bucket and take along. Combine ⅓ cup of mix with 1 cup of boiling water. Throw in marshmallow. Nice just before bed.

PEMMICAN

5 LBS lean beef ½ LB raisins
4 LBS suet ½ LB granulated sugar

Dry meat thoroughly by cutting into strips and baking in an open oven. Pulverize the meat by grinding. Melt the suet and add the meat, raisins and sugar. Stir well and cool. Cut solidified pemmican into meal size squares and wrap in aluminum foil for carrying. Eat raw, boiled or fried.



APPROXIMATE AMOUNTS TO SERVE 50 PEOPLE

Navy beans for baking 3 quarts or 6 pounds
Canned string beans 2 No. 10 cans
Canned beets 2 No. 10 cans
Roast beef 20 pounds
Roast beef for Swiss steak ¾" thick 10 pounds
Ground meat for loaf 10 pounds
Butter 1½ pounds
Chicken (roasted) 30 pounds
Chicken pie 20 pounds
Coffee 1 pound
Baked ham 2 hams 10 to 12 pounds each
Ice cream - dessert 2 gallons
Ice cream - for pie 1 gallon
Lettuce 1 ounce per salad
Head lettuce salad 7 pounds
Salted nuts 1½ pounds
Olives 2 quarts
Oysters (escaloped) 1 gallon
Peas 2 No. 10 cans
Peas and carrots 1 No. 10 can and 5 pounds carrots
Roast pork or fresh ham 20 pounds
Pork chops 18 pounds
Potatoes (mashed) 1¼ pecks
Sweet potatoes 13½ pounds
Rice 3 pounds
Rolls 100 rolls
Soup 3 gallons
Turkey 22 to 25 pounds
Vegetables (fresh): Beans, beets, carrots, cabbage .. 10 lbs.
Whipped cream 2 pint½

HANDY MEASUREMENTS

- 1 egg equals 4 tablespoons liquid
- 1 pound all purpose flour equals 4 cups
- 1 pound cake flour equals 4½ cups
- 1 medium lemon or orange equals 3 to 4 tablespoons juice
- 1 pound brown sugar equals 2½ cups
- 1 pound granulated sugar equals 2 cups
- 1 pound powdered sugar equals 3½ cups
- 1 pound shortening equals 2 cups

ITEM	AFTER COOKING
1 pound beans	6½ cups
1 pound macaroni	7 cups
1 pound spaghetti	7 cups
1 lb. noodles	7½ cups
15 oz. box instant rice	9 cups
1 cup uncooked rice	3 cups

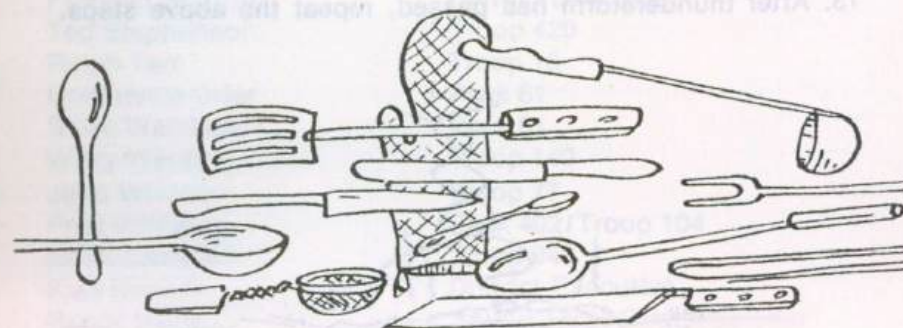


OVEN TEMPERATURES

250° to 275° F	Very Slow
300° to 325° F	Slow
350° to 375° F	Moderate
400° to 425° F	Hot
450° to 475° F	Very Hot
500° to 525° F	Extremely Hot

TABLE OF EQUIVALENTS

- 1 pound Almonds unshelled = 1¾ cups
- 1 pound Apples = 3½ cups pared
- 1 pound Bananas = 2 to 2½ cups sliced
- 1 slice Bread = ¼ to ⅓ cups dry
- 1 slice Bread = 1 cup soft crumbs
- ¼ pound stick butter = 8 tablespoons
- 1 square unsweetened Chocolate = 1 tablespoon melted
- 1 cup uncooked Cornmeal = 4 cups cooked
- ½ pint cream = 2 cups whipped
- 1 pound Dates = 2 cups pitted
- 1 cup egg whites = 8 to 11 eggs
- 1 cup egg yolks = 12 to 16 eggs
- 1 pound flour = 4 cups sifted
- 1 medium lemon = 3 to 4 tablespoon juice
- 1 medium lime = 3 to 4 tablespoon juice
- 1 medium lemon or lime rind = 2 tablespoons grated
- 14½ ounce can Evaporated milk = 1¾ cups
- 1 medium orange = ⅓ cup juice
- 1 medium orange rind = 2 tablespoons grated
- 1 pound brown sugar = 2¼ cups packed
- 1 pound Confectioner's sugar = 4 cups sifted
- 1 pound Walnuts shelled = 4 cups meat



Thirteen Steps to Build a Campfire

1. Split dead limb into fragments and shave one fragment into slivers.
2. Bandage left thumb.
3. Chop other fragment into smaller fragments.
4. Bandage left foot.
5. Make structure of slivers (including those embedded in hand).
6. Light a match.
7. Light another match.
8. Repeat "A Scout is Cheerful," and light another match.
9. Apply match to slivers, add wood fragments, and blow gently into base of flames.
10. Apply burn ointment to nose.
11. When fire is burning, collect more wood.
12. When fire is burning well, add all remaining firewood.
13. After thunderstorm has passed, repeat the above steps.



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Joe Corbin	Unit Commissioner
Jack Dawson	Unit Commissioner
Alma Dewey	Troop 140
Bruce Dewey	Troop 140
Merle Gjertson	Troop 167
Ken Hammond	Troop 47
Andrew Harbort	Pack 61
John Hicks	District Commissioner
Licia Ilkka	Pack 38
Ted Iltis	Council President
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Roger Miller	Round Table Commissioner
Nancy Nitka	Pack 327
Dave Richart	Assistant Council Executive

MY FAVORITE RECIPES

TITLE

PAGE

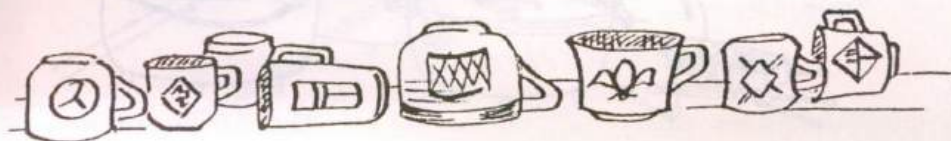


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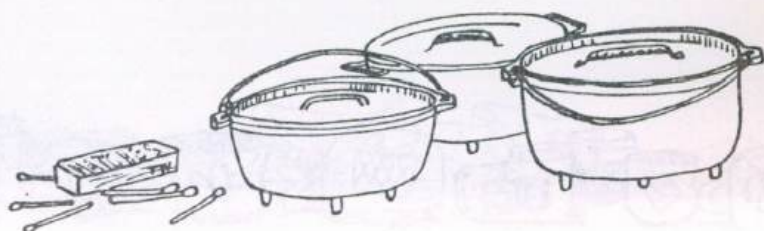
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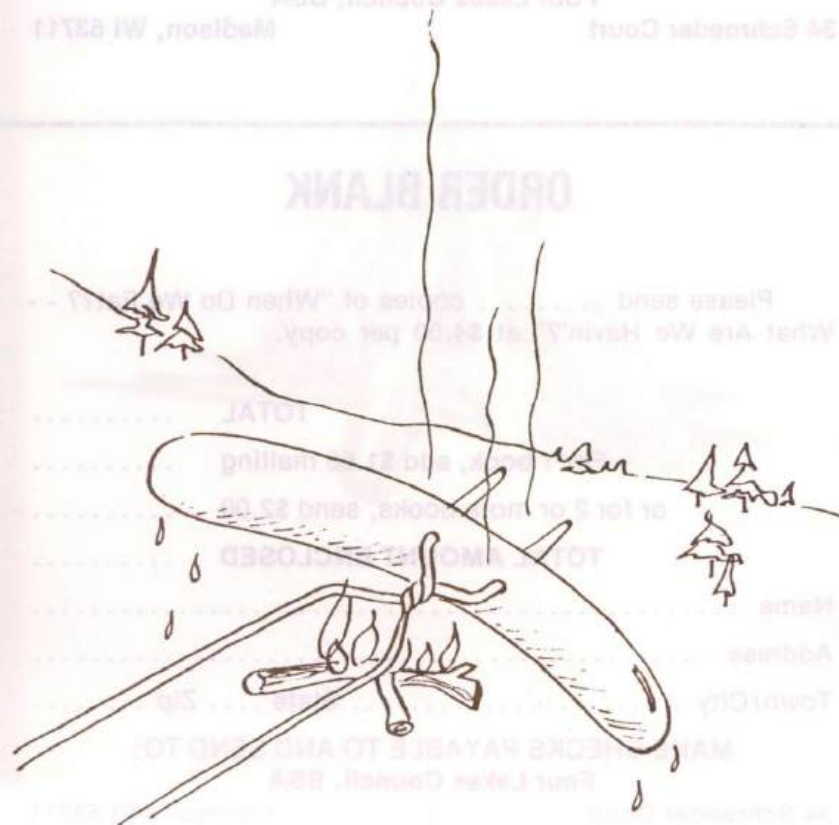


SPACE FOR YOUR FAVORITE RECIPES



A SCOUTMASTERS BENEDICTION

And now, may the Great Master
of all good Scouts be with us
until we meet again.
Good night, Scouts.



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Please send copies of "When Do We Eat?? - -
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