



PATROL COOKBOOK

BREAKFAST

Scrambled Eggs with Ham

6 large <u>eggs</u> 2 tablespoons water or fat-free milk 1 green onion with green top, finely chopped 1/2 teaspoon salt pinch of pepper 1 teaspoon margarine 1/2 cup (about 2 ounces) diced cooked ham 1/4 cup chopped green bell pepper

Makes 4 Servings

Beat the eggs in a bowl. Add the water or milk, green onion, salt and pepper.

Melt the margarine in a nonstick skillet. Sauté the ham and green pepper 1 to 2 minutes. Add the egg mixture. Cook, stirring gently, until the eggs are cooked through but still moist. Serve hot.

Western Breakfast Burritos

10 minutes

Serves 1

Skillet

Top of Stove

Medium Heat

2 <u>eggs</u> , lightly beaten with fork 1 tablespoon margarine spoonful grated cheddar cheese 1/2 onion, finely chopped spoonful of barbecue sauce 1 large flour tortilla

- 1.** In skillet, on medium heat, melt margarine. Cook and stir eggs till almost done to your liking. Add cheese and onion. Gently stir and cook 1 minute. Remove to plate.
- 2.** Quickly heat tortilla on dry hot skillet. (Watch, don't burn.)
- 3.** Spread egg mixture on tortilla. Spoon barbecue sauce over and fold up, burrito style.

Buttermilk Pancakes

To Make Pancakes with Mix

Mix all ingredients until blended together and let the mixture stand for about five minutes.

Lightly oil a large griddle or skillet (preferably non-stick). Heat skillet over medium heat. You can tell if your skillet or griddle is hot enough by flicking a drop or two of water on its surface. The water should skitter around and quickly evaporate if the pan is hot enough.

Spoon batter into hot oiled skillet, allowing about 3 tablespoons per pancake. Cook pancakes for about 1 1/2 - 2 minutes. You will know your pancakes are ready to be turned over when large bubbles form on the uncooked surface (see photo). Flip pancakes and cook for about 1 1/2 minutes on the other side. Serve immediately or keep warm on a baking sheet in a 200°F oven until all pancakes are cooked.

Chocolate Chip Pancakes

1 1/4 C flour
1 T sugar
1/4 tsp. <u>cinnamon</u>
1 T <u>baking powder</u>
1/4 tsp. salt
2 <u>eggs</u>
1 C milk
4 T melted <u>butter</u>
3/4 tsp. <u>vanilla</u>
3/4 C <u>chocolate chips</u>

Serves 4

Preheat griddle or skillet. Combine flour, sugar, cinnamon, baking powder and salt in a large bowl. Mix together liquid ingredients and beat into dry mixture until smooth. Fold in the chocolate chips. Pour 1/4 cup batter for each pancake onto hot griddle. Cook until the bubbles that form on top begin to pop, before flipping, then cook a minute or so more. Serve immediately topped with your favorite syrup.

Camping Skillet Biscuits

1/4 C <u>butter</u> 1/4 tsp. <u>onion salt</u> 1/4 tsp. <u>garlic salt</u> 1/4 tsp. <u>paprika</u> 2 C pre-mixed baking mix, such as Bisquick 1/2 C water

Melt butter in 9" or 10" skillet on grill. Sprinkle butter with onion salt, garlic salt and paprika. Mix baking mix and water with fork to soft dough. Knead 5 times on lightly floured surface. Roll or pat dough 1/2" thick. Cut 10 biscuits. Arrange biscuits in skillet, turning to coat both sides with seasoned butter. Cover skillet with heavy duty aluminum foil. Place on grill 4" from hot coals Cook 10 minutes. Lift foil to be sure biscuits are not burning. Cook 5 minutes longer or until biscuits are golden brown.

Sausage on a Stick

1 package (12 oz.) fully cooked
smoked sausage links

1 package refrigerated breadsticks

Spear sausage on stick or hotdog fork. Coil one breadstick dough around each sausage link, pinching ends. Rotate slowly over campfire until bread is browned.

Bag Omelets

You will need tongs to get the bags out of the boiling water. Easy clean up.

INGREDIENTS:

- 1 quart-size Ziploc Freezer bag
- 2 eggs
- 1/2 handful of grated cheese
- salt and pepper
- chopped ham, optional
- chopped onion, optional
- chopped green pepper, optional
- or anything else you want in your omelet

PREPARATION:

Write your name on a quart size Ziploc bag with a permanent marker. Open the Ziploc bag, and break 2 eggs in it. Mash them together a little. Add the cheese, ham, or whatever you want in it. Squeeze all the air out that you can, and then zip it shut. Boil some water in your pot and throw your bag in. Let it cook for about 5 minutes or check it when you think it's done. Add your toppings, if you want.

Servings: individual

Preparation time: 5 minutes

Campfire Eggs

INGREDIENTS:

- 1 dozen eggs
- 1 pound bacon
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- small can chopped mushrooms
- shredded cheddar cheese

PREPARATION:

Cut bacon into thirds and put into large cast-iron skillet on camp fire (or stove), stirring to separate pieces. Cook until about 1/2 done, then add chopped veggies, and stir until bacon is crisp and veggies are tender. Meanwhile beat eggs in large bowl, adding a little milk if available, and stir into bacon mixture in skillet. Cook stirring constantly until eggs are set. Remove from fire and sprinkle with cheese.

Servings: 4-5

Preparation time: 20 minutes

Everything Breakfast

INGREDIENTS:

- 8 eggs
- 1 pound sausage
- 3 ounces shredded cheese
- 15 tatertots

PREPARATION:

Brown sausage, add tatertots, and cook until potatoes fall apart. Then add eggs and cheese. Scramble them to your preference and serve.

Servings: 4-6

Preparation time: 10-20 minutes

Mountain Man Breakfast

Serves 6

Buy:

½ pound raw breakfast sausage
2 lb. Bag of hash brown potatoes
½ pound grated cheddar cheese
1 dozen eggs
Small jar of salsa (optional)

6-9 bottom coals, 12-15 top coals

Pre-heat a 12" Dutch Oven. Brown sausage in bottom until cooked and crumbled. Stir in hash browns and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes). Crack eggs into a bowl and mix with a fork or whisk. Pour over hash browns. Cover and cook until eggs start to set (10-15 minutes). Sprinkle grated cheese over the top, cover and continue heating until eggs are completely set and cheese is melted. Remove from coals and serve in pie shaped wedges.

Salsa may be served over the top.

Breakfast Pizza

Buy:

Tube of biscuit dough

Eggs

Ham, Bacon, or Sausage

1 package grated cheddar cheese

Cook ham, bacon, or sausage and chop.

Scramble eggs.

Cover bottom of Dutch Oven with foil and spray with PAM. Stretch biscuit dough thin and spread it over the bottom of the Dutch Oven to cover it. Add meat, then eggs to cover dough. Spread on cheese and cook for 10-15 minutes.

EASY FRENCH TOAST

Vanilla extract and cinnamon bring a richness of flavor to French toast. Pick your favorite bread - white, Italian, French or whole wheat. Serve with Maple-Flavored Syrup.

Makes 4 servings

Prep Time: 5 minutes

Cook Time: 5 minutes

1/4 cup milk

1 teaspoon Vanilla Extract

1/2 teaspoon Cinnamon, Ground

4 slices bread

1 egg

1. Beat egg, vanilla and cinnamon in shallow dish. Stir in milk.
2. Dip bread in egg mixture, turning to coat both sides evenly.
3. Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides. Serve with maple syrup, or fruit topping.

Per serving:

Calories: 99

Fat: 3 g

Carbohydrates: 14 g

Cholesterol: 55 mg

Sodium: 158 mg

Fiber: 1 g

Protein: 4 g

Cold Breakfast Ideas

Cold Cereal – Either multi-pack or one or two boxes of something everyone will like, milk, fruit (bananas, strawberries or blueberries on cereal)

Bagels & Cream Cheese – or bagels & jelly

Cereal bars and fruit cups

Muffins, fruit

Donuts/pastries & fruit

Fruit – Fruit cups, apple sauce, bananas, apples, grapes, oranges, etc

MAIN DISHES

Foil Dinners:

Foil dinners are simple to make meals of meat and vegetables wrapped in aluminum foil and cooked in the coals of a campfire. The traditional contents of hamburger, a few slices of potato, some carrots and salt and pepper are bland at best, tasteless at worst. A little ingenuity and creative use of flavors can turn foil meals into gourmet meals.

Keys to Success:

- Use two layers of heavy foil, and use good folds to trap the moisture inside.
- Cook on charcoal or the hot coals of a wood fire, never on flames.
- Turn occasionally, over and end-to-end, to cook evenly and prevent burning the food.
- Don't be too concerned that some ingredients like onions may char easily.
- Every foil dinner needs a source of moisture, like onion slices, soups or salad dressings, seasoning sauces, butter, or even a spoonful of water.
- Cooking time depends upon the amount of heat in the coals, but a good average is fifteen to twenty minutes for hamburger, at least twenty for chicken, and longer for solid meats like steak. Use caution here. Cooking too long creates charred food, but too short means undercooked food which is both unappetizing and potentially a health hazard. Check one meal before pulling all off the fire. Hard veggies take longer, too.
- Remind Scouts to put the foil in the trash, not the fire, when they are finished.

Menu Combinations:

- Traditional: hamburger, sliced potatoes, carrots, salt and pepper, a slice of onion and a dab of butter. Thinner slices cook faster.

Other ideas:

- Boneless chicken breast with a slice of pineapple and a little barbeque sauce
- Stew meat chunks
- Medium thick pork chops, a bit of sauerkraut
- Ham slices with a slice of pineapple
- Venison steaks
- Ground turkey instead of hamburger
- Add Cream of Mushroom soup. It adds taste as well as additional moisture. A couple of tablespoons make a nice gravy with red meats.
- Try barbeque sauce, Italian dressing, or Heinz 57 sauce, soy sauce, teriyaki sauce, Tabasco, salsa for variations in flavor.
- Mushrooms can be used but they cook quickly so use with a sauce.
- Instead of carrots, try canned green beans, corn, peas or lima beans.
- Various seasoned salts give more flavor than ordinary salt and pepper. Also a bit of bouillon granules can add lots of flavor.
- Try a steamed veggies pack with onions, broccoli, beans, green or red peppers, etc., separately or mixed, with a big dollop of butter. Cook less time.
- Make au gratin potatoes by adding shredded cheese and some butter. Careful or this will burn.
- Slice beef and cook with onions, peppers, and serve in tortillas with lettuce and tomatoes

QUARTERMASTER'S STEW

(A time honored Scouting recipe that is easy to make, serves 6 to 8 boys)

Ingredients:

- 2 lbs of hamburger
- 2 cans of mixed vegetables (save liquid)
- 2 cans of potatoes (drain off liquid and discard)
- 1 packet of stew seasoning mix
- If desired:
- 1 can of stewed tomatoes
- Sliced fresh mushrooms
- Additional vegetables, such as beans, corns.

Preheat Dutch oven on fire, add small amount of cooking oil, and brown hamburger. Drain off grease.

Stir in stew seasoning mix, add a bit of water, and cook for 5 to 10 minutes.

Add vegetables with liquid. Chop up potatoes into small chunks and add to stew. Add small quantity of water if need to cover contents.

Place oven on bed of charcoal - 8 to 10 briquettes (more in winter) on aluminum foil, shiny side up. Cover with lid and put 2 to 3 times as many coals on top. Cook about 15 minutes.

Add tomatoes and mushrooms. Cook until potatoes are tender and stew is bubbly and hot through- 15 to 20 minutes depending upon heat level.

Stir occasionally.

FREETO PIE

(serves 6 to 8 boys)

Ingredients:

- 2 lbs of hamburger or ground turkey
- Large bag of Freeto's corn chips or other Mexican style corn chips
- 4-6 ounce bag of shredded cheddar cheese
- Package of taco seasoning
- Medium size jar of salsa or picante sauce

If desired:

- Head of lettuce or bag of pre-cut salad
- Fresh tomato, chopped
- Onion, chopped
- Fresh mushrooms
- Red/green peppers
- Sour cream

Directions:

Preheat Dutch oven on fire, (add small amount of cooking oil if using turkey), and brown meat. Drain off grease. Stir in taco seasoning mix, cover and simmer according to directions, 5 to 10 minutes, stirring as needed.

Remove from heat. Add chips to Dutch oven, mix in with meat, spread layer of shredded cheese over top, cover and let stand for a few minutes to warm chips and melt cheese. In cold weather, place Dutch oven on a few coals and put a few on top of lid to maintain heat.

Serve when warm and cheese melted. Add salsa to taste.

Option: sauté onions, peppers, mushrooms with ground meat before adding taco seasoning.

Option: serve over bed of lettuce and fresh chopped tomatoes. Top with a dollop of sour cream.

Beef Taco Mac

1 lb beef cubed steaks 1 T vegetable oil 1 medium <u>onion</u> , chopped 1 pkg. (1 1/4 oz) taco seasoning mix 2 cans (14-1/2 to 16 oz each) tomatoes, <u>diced</u> , undrained 1-1/2 C uncooked rotini (spiral) pasta 1/2 C shredded cheddar cheese

Serves 4

Cut Beef steaks lengthwise into 1"-wide strips and then crosswise into 1" pieces.

Heat oil in Dutch oven over medium-high heat until hot. Add Beef and onion; cook and stir 3 minutes. Season with 1/4 teaspoon salt. Stir in taco seasoning, tomatoes, pasta and 1/2 cup water; bring to a boil. Reduce heat to low, cover tightly and simmer 20 minutes or until pasta is tender. Sprinkle with cheese before serving.

Chili

45 minutes to 3 hours

Serves 2-3

Large Saucepan With Lid

Top of Stove

High to Low Heat

1 tablespoon vegetable oil
1/2 pound ground beef
1 onion, chopped
1 clove garlic, minced
1/4 green bell pepper, chopped
1 can (15-oz) chili
1 can (15-oz) kidney beans
1 can (15-oz) crushed tomatoes (don't use stewed tomatoes)
1 jar (10 oz.) salsa (mild or hot, as you like it)
salt and pepper to taste

1. Heat oil in large saucepan on high heat. Add ground beef, onion and garlic. Stir and cook until meat is crumbly and browned. (Drain off excess grease into an old can to discard later.)

2. Add rest of ingredients and stir well. When chili starts to boil turn heat to lowest setting. Cover pan and cook slowly for at least 1/2 hour. Be sure to stir a couple of times during cooking.

If you have the time, cooking for 2 to 3 hours allows flavors to blend for an even better taste.

Sloppy Joes

1 lb ground beef 1 small onion, chopped 3/4 C prepared barbecue sauce 4 hamburger buns, split American cheese slices (optional) green bell pepper rings (optional)

Serves 4

In large nonstick skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4" crumbles. Pour off drippings. Stir in barbecue sauce, salt and pepper and heat through.

Spoon Beef mixture on bottoms of buns; top with cheese and bell pepper if desired. Close sandwiches and serve.

Chicken Pot Pie

INGREDIENTS:

- 2 large chicken breasts, cooked and cubed
- 2 large cans mixed vegetables
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 10-pack refrigerated biscuits

PREPARATION:

Mix chicken, vegetables including liquid, and both cans of soup. Put in a Dutch oven and warm over coals. Do not boil. When warm, place biscuits on top of chicken mixture and cover with lid. Place coals on lid. Check after 15 minutes. Cook until biscuits are done. Usually takes about 30 minutes.

Servings: 4

Preparation time: 30 minutes

Spaghetti and Meatballs

Buy:

1 pound box of spaghetti or fun shaped macaroni

1 large can or glass jar of spaghetti sauce

1 bag of frozen meatballs (optional)

Boil noodles according to package directions. Drain water out carefully. Add sauce and heat on medium. Add meatballs.

Serve with bread or breadsticks and a bag of salad mix.

Hearty Taco Soup

Yield: 4-6 servings

This is hardly 'cooking' it is more like 'combining'.

Ingredients:

- 1 large container chicken broth (32 oz.)
- 1 can black beans (15 oz.)
- 1 jar thick and chunky salsa (11 1/2 oz.)
- 1 can Mexican-style corn (11 oz.)
- 8 oz. Monterey jack cheese, cut into small cubes
- 1 bag Frito chips

In a large saucepan or soup pot, combine chicken broth, beans, corn, and salsa. Simmer for 5 minutes to blend flavors.

Divide cheese and chips among the serving bowls. Ladle the hot soup over them.

Serve with additional chips.

Note: You may need to double this recipe if you have a big patrol.

Coca-Cola BBQ Pork Ribs

(Use 12 " seasoned Dutch Oven w/ legs)

Recipe Feeds 6 to 8

Shopping list:

5-6 pounds of pork spare ribs
(1) 2-liter bottle of Coca-Cola
3 sweet yellow onions – thick sliced
1 bottle favorite BBQ sauce
1 can concentrated orange juice *
Salt, pepper and garlic powder
30-35 charcoal briquettes

* optional

How To:

Before you go to camp -

Place ribs in large container, and pour the Coca Cola over them. Cover with plastic wrap and let sit at least 12 hours – 24 hours is even better.

Drain liquid, and put ribs in Ziploc bags for transporting to camp. Keep cool.

When ready to cook -

Light briquettes, and wait until they begin to turn "white".

At the same time, grease Dutch oven or line with heavy aluminum foil (sprayed with PAM).

Layer ribs until surface is covered in Dutch oven. Sprinkle salt, pepper and garlic over ribs, and then add a layer of onions ..., and repeat this until all ribs are used.

Pour orange juice concentrate (optional) over last layer of ribs, followed by entire bottle of BBQ sauce.

Bake in covered Dutch oven at 225° F for about at least 2 hours or until done and tender. Put 14 briquettes on the lid, and 18 under oven. Add briquettes as needed.

Let cool for 15 minutes, then serve.

Ms. QUARTERMASTER'S STEW

(A new, improved, Scouting recipe that is easy to make)

Serves 6 to 8 boys

Time for preparing and cooking: 45 minutes

Ingredients:

- **2 lbs of stew meat (have butcher cut into bite size pieces – optional)**
- **1 T. vegetable oil for browning meat**
- **2 bags of frozen stew or soup vegetables**
- **1 packet of stew seasoning mix or 2 t. seasoned salt, ½ t. thyme, ¼ t. pepper**
- **2 cans of stewed tomatoes (extra seasoning or plain type)**
- **3 cups of water or beef broth**
- **Additional vegetables, such as beans, corn - optional**

Have one scout brown the meat, stirring frequently, in a large skillet. Transfer meat and drippings to a large pot.

Meanwhile, in pot, a second scout can add in the rest of the ingredients. Add additional water as needed to cover contents.

Bring to a boil on high heat, then lower to medium heat, cover, and cook for 25-30 minutes. Stir occasionally.

Dutch oven method:

Preheat Dutch oven on fire, add cooking oil, and brown meat. Add in the rest of the ingredients. Add additional water as needed to cover contents.

Place oven on bed of charcoal - 8 to 10 briquettes on aluminum foil, shiny side up. Cover with lid and put 2 to 3 times as many coals on top. Cook about 25 minutes.

Stir occasionally.

Coca-Cola Chicken

- 8 boneless, skinless chicken breast halves
- 1 can Coca-Cola
- 1½ cups catsup
- 3 cloves garlic; minced (Buy 1 clove of garlic or jar of minced garlic found in the produce section)
- 1 Tablespoons onion powder
- 2 Tablespoons chili powder

Arrange chicken breasts in an oiled 12" **Dutch oven**. In a large bowl add remaining ingredients and stir to mix well. Spoon sauce over chicken. Cover oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 60-75 minutes or until chicken is cooked through basting with pan juices every 15 minutes.

Serves: 8

Serve over Minute Rice or Success Rice.

Bag of Salad with dressing and toppings included.

Quick & Easy

Tortellini

This is a great meal for a night when you don't have a lot of time to fix dinner, or you are tired from a day of adventuring.

(Serves: Check the Tortellini package to see if you need 1 or 2 packages to feed your whole patrol.)

Ingredients:

- 1 or 2 bags of dried Tortellini pasta
- 1 or 2 jars of pre-made white (Alfredo) or red spaghetti sauce (Ragu, Hunts, etc.)
- Grated Parmesan cheese for top (optional)

Directions:

Boil a large pot of water. Add the tortellini and cook according to package directions.

Meanwhile, heat sauce on medium to low heat in a saucepan.

Prepare bread and/or salad/side dish to go with the meal.

When the pasta is done, drain it and add the sauce. Serve immediately and top with cheese if desired.

Side dish ideas:

Bag of salad that comes with the croutons and dressing.

A loaf of long soft bread from the grocery store bakery – with butter.

Can of bean salad, tastes kind of like pickles.

Canned vegetable of choice.

Don't forget to plan dessert!

VEGGIES

Easy & Quick Vegetable Ideas

Scouts need to make healthy and nutritional camping meals. That doesn't mean you have to steam broccoli or something your Patrol will not eat. Use these scout friendly ideas to create a meal that has all of the food groups. Raw vegetable sticks are quick and easy.

- **Bag of Salad** - more expensive than just lettuce, but you can get the kind that has dressing, croutons, and other ingredients in the bag.
- **CORN ON THE COB** – Directions follow
- **Baby Carrots**, raw, with or w/o dip
- **Celery Sticks**
- **Green Pepper** sliced into sticks, raw
- **Grape tomatoes**
- **Frozen or Instant Mashed Potatoes**

FRUIT is as Nutritional as Vegetables

Try fruit instead of vegetables for some meals.

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E and fiber. Its vitamin C content is twice that of an orange! Give each Scout their own kiwi, cut in half and scoop out and eat with a spoon.

AN APPLE a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants and flavonoids which enhances the activity of vitamin C, thereby helping to lower the risk of colon cancer, heart attack and stroke. Great hand-fruit for on the go.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits and protect the body from cancer-causing, blood vessel-clogging free radicals. Rinse right before using and serve whole.

EATING 2 - 4 ORANGES a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, and reduce the risk of colon cancer. Oranges can be hard to peel. Give each scout their own, precut into 6 slices.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. Also a key source of lycopene, the cancer-fighting oxidant and Vitamin C and Potassium. Cut and eat.

Campfire Baked Potato

INGREDIENTS:

- 1 potato
- 1/2 medium onion, sliced
- 1 teaspoon butter

PREPARATION:

Slice potato and add un-cooked onion slices between the potato slices. Lay butter on top so that it may melt over the potato. Wrap in aluminum foil and lay in a good bed of coals or around the edge of the campfire, but not too far away. Rotate every so often. Cook for about 7-10 minutes or longer, if needed.

Servings: as needed

Preparation time: 20 minutes

Baked Beans

INGREDIENTS:

- 2 cans of baked beans
- 1 small onion, chopped
- 2 slices bacon, cut in small pieces
- 1 tablespoon catsup
- 1 tablespoon mustard

PREPARATION:

Add the beans to a pot and stir in the catsup and mustard, begin heating. Meanwhile, brown the bacon and onion in a skillet, drain the grease, and then add to the beans. Heat through and serve.

Servings: 8

Preparation time: 20 minutes

Corn on the Cob

INGREDIENTS:

- corn on the cob with the husks left on

PREPARATION:

Soak the corn, with the husks still on, in water making sure they are fully submersed. You can even soak them in a lake, stream, etc. Remove the corn from the water and place directly over or on hot coals. Allow to cook for about 5-10 minutes, rotating a couple of times, and then remove from the fire and remove the husks. The corn will be roasted and it's delicious with some butter and/or salt.

Servings: as needed

Preparation time: 1 hour

DUTCH
OVEN
COOKING

Dutch Oven Cooking Basics

By Robin Shortt and Val Shortt via Google

Dutch ovens can be used for roasting, baking, boiling, and steaming as well. Lining the oven with foil will make clean-up much easier, although usually the foil will tear or leak leaving some amount of cleaning to be done.

Heating Fundamentals

If you are planning on baking, you need more heat on the top than on the bottom.

Put one briquette on the bottom for every 3 on the top of the lid.

For preparing stews, use one on the top for every 4 on the bottom. When roasting, put briquettes on the top and bottom evenly.

Best Temperature

To understand the temperature and number of briquettes needed takes a little math.

Each briquette adds about 25 degrees of heat.

A good starting temperature is 350 degrees F.

To figure out how many briquettes to use, take the size of the oven in inches, and subtract three to get the number of briquettes for under it, and add three to get the number of briquettes for the top.

Cleaning

NEVER use soap on a Dutch oven! You can wash it with a scraper and running water, or

To clean your oven after use, scrape it out, add warm water, without soap, and heat it in the oven until the water is almost boiling.

Rinse the outside of the oven and lid to get the ashes off. Dry.

For any food that sticks a little, use a non-abrasive scrubber. Dry completely!

Protect your Dutch oven again by warming it over the stove/fire, applying a thin coating of oil and letting it cool. It's now ready for storage.

Directions for Completing this Cookbook

Make 5 copies of each recipe for each sheet protector.

Scouts can then decide on their menu and take the recipe out of the book for each campout. When it gets down to the last sheet, have them notify you to print more.

You can make a copy of this book for each Patrol, or have several other camping cookbooks and have them choose a different one to work from for each campout.

You can also require that they use a recipe out of this book. If they want something that isn't there, have them submit it to enter into the master copy (this can be done in real time for the current campout). This will give them the flexibility to try new things, but they will have to take the initiative to have an actual recipe and submit it to expand the range of the cookbook.

Dutch Oven Cooking Tips

University of Scouting

2008

Plus 2, Minus 2 Rule:

Take the dimension of the Dutch oven and add that number to 2 for the number of coals on the top, subtract that number by 2 for the bottom. If you have a 10" oven, put 12 coals on top, and 8 on the bottom. This will give you 350 degrees in the oven.

After 15-20 minutes, rotate the oven 180 degrees on the coals and the lid 180 degrees from the oven.

Dutch Oven cooking teaches the scouts physics, chemistry, art, portion sizes, self sufficiency, empowerment and self esteem.

Try one standard recipe in several ovens, but use different spices to give the scouts a chance to identify different herbs and spices.

Dump Cake Tip – add 2 teaspoons of Tapioca on top of the fruit to make it gel more. You can use 1 can of Sprite instead of butter on top.

Buy tall aluminum pans at Wal-Mart or Publix to line the ovens.

Instructor: Tom Rogers trogers249@aol.com

Fruit Cocktail Dump Cake

Serves 10-15

Buy:

1 28 oz. Yellow cake mix

2 cans of fruit cocktail

1 stick of butter cut into small slices

Line the Dutch Oven with foil. Open and drain the fruit cocktail. Dump both cans into the Dutch Oven and spread to fill the bottom. Sprinkle the cake mix over the top. Place small slices of butter evenly on top of the cake mix. Use 9 coals on the bottom in a circle pattern around the edge of the oven and 12-15 coals on top. Cook approximately 20 to 25 minutes. Remove from heat.

Campfire Baked Apples

25 min | 15 min prep

SERVES 1

1 large cooking apple – Granny Smiths work well

1 tablespoon butter

1 teaspoon brown sugar

½ teaspoon cinnamon

1. You'll need 12 sheets of aluminum foil, each about 10 inches long. If using a campfire, move back large burning embers to expose hot coals -- oak coals are best.
2. Prepare each apple by first cutting a top-shaped "plug" out of the stem-end with a sharp paring knife. Keep the plugs to re-insert later. Leave the stems on if you wish.
3. Use a butter knife or the paring knife to carve out all of the core and seeds. This is the trickiest part. Do not go through the bottom of the apple but if you do, it's no big deal.
4. Into each apple insert 1 tablespoon of the butter, 1 teaspoon of sugar and 1/2 teaspoon of cinnamon. That should pretty much fill the void. Then, re-insert the top plug and double-wrap each apple in aluminum foil. Lay the apples on the coals and, after 5 minutes, roll them over so that the second side can bake. Roll them out of the coals after 10 minutes, let them cool for a bit and serve.
5. You can make sort of a primitive bowl out of the aluminum foil wrappers and eat the apples with a spoon.
6. TIP: Don't puncture the aluminum foil with a fork to turn the apples because all your butter will leak out! Use a pair of tongs if you have a big pair.

Optional: Add raisins, caramels, marshmallows, or red hot candies to center.

Dutch Oven Coals						
Oven	Temperature Required					
	325	350	375	400	425	450
8"	15 10/5	16 11/5	17 11/6	18 12/6	19 13/6	20 14/6
10"	19 13/6	21 14/7	23 16/7	25 17/8	27 18/9	29 19/10
12"	23 16/7	25 17/8	27 18/9	29 19/10	31 21/10	33 22/11
14"	30 20/10	32 21/11	34 22/12	36 24/12	38 25/13	40 26/14
16"	34 22/12	36 24/12	38 25/13	40 27/13	42 28/14	44 30/14

How Many Coals to Use on Dutch Ovens

One of the most often asked questions about Dutch oven cooking is how many coals to use. Well here it is. Please keep in mind the larger the oven, the greater number of coals.

Cast Iron Dutch Oven — Baking Temperature Chart — Dutch Oven Sizes

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Chart 2 is from Lodge

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425°	(hot)	19	13/6	27	18/9	31	21/10	38	25/13
450°	(very hot)	20	14/6	29	19/10	33	22/11	40	26/14

-Article courtesy of CampChef.com

DESSERT

SMEEPS

(Can be modified to SMORES)

SMEEPS are made with PEEPS instead of regular marshmallows. Ask your local store if they will donate any leftover after holidays. This recipe works with Easter, Halloween, Valentine, and Christmas PEEPS!

Figure out the ingredients by doing the math of how many patrol members you have and how many SMEEPS each will eat (between 2 and 10 each). Then see how many packages of ingredients you will need.

Ingredients:

- Box of Graham Crackers – 26 SMEEPS per Box
- Chocolate Bars – 2 Squares of Hershey Bar or 1 Miniature Bar per SMEEP
- PEEPS – 1 per SMEEP

or

- Marshmallows – 60/bag

Toast PEEPS over campfire. Immediately smush between two squares of graham cracker and chocolate. Enjoy!

© **SMEEPS** are an invention of Wendy McCleskey

S'mores Variations

Campfire S'More

PREP: 10 MINUTES GRILL: 1 MINUTE

1 large marshmallow
1/3 of a 1.54-ounce milk chocolate bar
2 regular graham cracker squares

ONE Place the marshmallow on the end of a long skewer. Hold the marshmallow 3 to 4 inches over a campfire or hot charcoals for 1 minute or until golden, turning frequently.

TWO Place chocolate on one of the graham cracker squares. Place the marshmallow, still on the skewer, on top of the chocolate. Place remaining graham cracker square on top of marshmallow and remove the skewer. Let stand 1 to 2 minutes so the chocolate melts. Makes 1 serving.

Banana

Top the chocolate with four thin banana slices before adding the marshmallow. Slice the banana lengthwise, then crosswise.

Chocolate-Cherry

Top the chocolate with 1 tablespoon chopped maraschino cherries before adding the marshmallow.

Almond Butter
1/2 cup almond butter
1/4 cup milk chocolate
2 regular graham cracker squares
1 large marshmallow

Vanilla
1/2 cup vanilla ice cream
1/4 cup milk chocolate
2 regular graham cracker squares
1 large marshmallow



Bisquick Cobbler

(A variant of the traditional Scout Dutch oven cobblers developed in the kitchen at Wood River)

Ingredients:

- Can of cherry pie filling
- Bisquick
- Vanilla
- 1 Egg
- Sugar
- Milk
- Cinnamon
- 4-6 small baking or custard dishes or Dutch oven

Coat baking dishes with thin coat of oil.

Divide cherry pie filling into dishes, one layer of cherries across bottom.

Mix in bowl until smooth: 1 cup of Bisquick, 1/3 cup of milk, 1 tablespoon of sugar, 1 egg, 1/8 teaspoon of vanilla, large dash of cinnamon.

Pour batter equally over top of cherries in baking dishes. Bake at 350 degrees about 12 to 15 minutes until crust is golden brown and cherries are bubbly. Be careful not to overcook if batter layer is too thin.

For Dutch oven, double the recipe or the cobbler will be too thin and probably burn. Preheat both Dutch oven and lid on fire while preparing Bisquick mix. Prepare a small bed of coals (6 to 8, a few more in winter) on a piece of foil, shiny side up. When Dutch oven is hot, move to bed of coals. Wipe bottom of Dutch oven to remove oil residue. Pour pie filling into hot Dutch oven - should sizzle. Cover and let fruit heat while you mix batter. Pour batter directly on top of heated filling. Cover and put twice as many coals on lid as underneath. Bake as above.

FRUIT and CAKE COBBLER

Ingredients:

- 2 cans of fruit pie filling, or three cans of fruit in syrup (peaches)
- Two layer cake mix
- Eggs and oil and water as needed according to cake mix instructions.
- Aluminum foil.

**** If using fruit in syrup, drain off and retain syrup to use instead of water in the cake mix. Do not pour the syrup into the Dutch oven or cobbler will be runny.**

Preheat both Dutch oven and lid on fire while preparing cake mix. Prepare a small bed of coals (6 to 8, a few more in winter) on a piece of foil, shiny side up. When Dutch oven is hot, move to bed of coals. Wipe bottom of Dutch oven to remove oil residue.

Pour pie filling or fruit slices into hot oven - should sizzle. Cover and let fruit heat while you mix cake.

Mix cake according to instructions on box. Substitute syrup if you have it for water. When fruit is bubbling, pour cake mix evenly over the top of the fruit.

Cover Dutch oven and add 2 to 3 times as many coals on top as on the bottom. Spread coals evenly over top with a few extra in the middle. Allow to cook about 15 minutes, then check. Move heat around as needed-if edges cooking too fast, slow down bottom heat by removing coals. Do not over heat bottom to avoid scorching and burning fruit. When cake is done by usual testing methods and lightly browned, remove all heat. Oven will keep the cobbler warm until ready to eat.

Good Combinations:

Cherry filling with chocolate cake mix

Sliced peaches with yellow cake (variation, add a can of crush pineapple, drained well)

Blueberries with yellow cake

Apple filling with spice cake

More Goodies:

Before closing lid, sprinkle top of cake mix with

- | | |
|-------------------------|-------------------------------|
| • chopped nuts | • Toll House chocolate pieces |
| • chocolate shavings | • butterscotch pieces |
| • cinnamon | • red hots |
| • butter brickle pieces | • etc. |

Be creative!

Powdered sugar sprinkled on top while warm and ready to serve is a nice touch on the chocolate cakes.

Clean up is easy. Scrape oven well, then add a little hot water to break down sugary residue. Scrub with aluminum foil to loosen food particles. Avoid soap that will damage seasoning of oven. Rinse well. Heat on fire and wipe interior lightly with cooking oil to prevent rust.

Cherry Cobbler Dessert

Serves 10-15

Buy:

1 28 oz. Yellow cake mix

2 cans of cherry pie filling (or other flavor)

1 can of Sprite or 7-Up

Line the Dutch Oven with foil. Dump both cans into the Dutch Oven and spread to fill the bottom. Sprinkle the cake mix over the top. Pour the can of Sprite on top of the cake mix. Use a spoon and mix the Sprite and cake mix a little. Use 9 coals on the bottom in a circle pattern around the edge of the oven and 12-15 coals on top. Cook approximately 25 minutes. Remove from heat.



**a few ideas, and recipes,
to get you started**



CAMP COOKING



**Compiled by Chris Cancilla
SCOUTER@cancilla.net**



Venturing



Boy Scouts



Volunteer

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-Article courtesy of CampChef.com

Basic Chocolate-Cherry Cobbler

- 1 box of Cake Mix (your choice)
- 1 cup of mini-chocolate chips (because I consider chocolate a food group)
- 1 stick of butter (spelled butter not margarine)
- 1 can of tasty pie filling (your choice)
- 1 can of 7-Up - or any other flavorful liquid

1. In a #10 or #12 Dutch Oven, line the DO with a single layer of heavy duty tin foil.
2. Pour the cherry filling in the bottom; spread it out to coat the bottom.
 - a. I sometimes use 2 cans because I really like cherry!
3. Pour the cake mix on top of it
4. Pour the 7-Up into the cake mix and mix it a little just make it all wet, without disturbing the cherry stuff
5. Cut the stick of butter into patties and dot the top of the cake mix. Do not mix the butter in.
6. Sprinkle the chips on top of the mix
7. Put the lid on and cook until done

Island Dream

- 1 box of French Vanilla Cake mix
- 1 large can of Pineapple tidbits
- 1 small jar of maraschino cherries
- 1 stick of butter

1. In a #10 or #12 Dutch Oven, line the DO with a single layer of heavy duty tin foil.
2. pour in the pineapple and cherries, juice and all
3. add the cake mix on top and lightly...LIGHTLY, mix together (so as not to tear the foil)
4. dice up the butter and sprinkle it on top. I sometimes add coconut (sue me, I like coconut....I could put it on anything...but it does taste good!!)
5. Put the lid on and cook until done

Broccoli Appetizer

- 3 cups Frozen Chopped Broccoli -- Thawed
- 1 cup Bisquick® baking mix
- ¼ cup Onion - Chopped small
- ½ cup Parmesan cheese -- Grated
- 3 tbl Fresh Parsley -- Finely chopped
- ½ tsp Oregano
- 2 clvs Garlic -- Finely chopped
- ½ cup Vegetable oil
- 4 *** Eggs -- Slightly beaten

1. Mix all ingredients in a large bowl.
2. Pour into a well-greased (not floured) 9x9 inch-baking pan that will fit in the dutch oven.
3. In the dutch oven, make foil spacers or use a few flat cookie cutters, to keep the baking pan off the bottom of the DO.
4. Bake at 350 degrees for 25 minutes, or until center is springy (like a cake).
6. EAT!

Chicken Camp-serole

Ingredients:

- 4 -----chicken breasts (precooked & diced)
- 2 cups cooked white rice
- 4 -----hard-boiled eggs (chopped)
- $\frac{3}{4}$ cup finely diced Vidalia onions
- $\frac{1}{4}$ tsp Kosher salt
- 1 can cream of mushroom soup (unmade)
- $\frac{3}{4}$ cup mayonnaise

Directions:

1. Combine chicken, rice, eggs, onions, and salt.
2. Fold in the mushroom soup and the mayonnaise. Mix thoroughly.
3. Spread mixture evenly into a dutch oven lined with a double or triple layer of foil that is lightly coated with Extra Virgin Olive oil.
4. Bake at 350 degrees for about an hour.

Spinach Camp-serole

- 2 (10oz.) packages of chopped frozen spinach
- 1 (8oz.) package cream cheese
- 1 stick of butter
- 1 cup bread crumbs

1. Cook spinach, but not to death. Drain well.
2. Melt the cream cheese with 3/4 of the stick of butter, add to the spinach.
3. Pour it all into a baking pan.
4. Melt the rest of the butter and add it to the bread crumbs, mashing and mixing until it is all crumbly and absorbed. Spread the bread crumbs on top of the spinach.
5. Place the baking pan in a DO that has spacers
6. Bake at 325 degrees for 30 minutes.

Sunny Side Up Breakfast Casserole

1 Lb. Bob Evans Roll Sausage
1 C. Cheese Flavored Croutons
2 C. Shredded Cheddar Cheese
 $\frac{3}{4}$ C. Sour Cream
1 Tbs. Dijon-Style Mustard
8 Eggs
Paprika for Garnish

1. Preheat oven to 325.
2. Over medium heat, brown sausage. Drain drippings; set aside.
3. Grease bottom of 7"x11" glass baking dish.
4. Cover bottom of dish with coarsely crumbled croutons & sprinkle with 1 C. shredded cheese.
5. In small bowl, combine sour cream and mustard; place half of sour cream mixture over cheese and croutons in evenly spaced spoonfuls.
6. Spread sausage over top.
7. Make 8 evenly spaced shallow indentations into the sausage (about 2" in diameter).
8. Break each egg separately into a small dish and gently slide one egg into each of the indentations.
9. Spoon on remaining sour cream mixture between the eggs.
10. Sprinkle casserole with 1C. cheddar and paprika.
11. Bake 20-25 mins. or until eggs are lightly set.
12. Serve with salsa if desired.

White Chili

Ingredients -- rough estimates

1/2 lb. dried navy beans, picked over and rinsed
1 stick (1/2 cup) unsalted butter
1/4 cup all-purpose flour
3/4 cup chicken broth
2 cups half and half
1 teaspoon Tabasco, or to taste
1 1/2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon salt, or to taste
1/2 teaspoon white pepper, or to taste
2 4 oz. cans whole mild green chilies, drained and chopped
5 boneless skinless chicken breast halves (about 2 lbs.) cooked and cut into pieces
1 1/2 cups grated Monterey Jack (about 6 ounces)
1/2 cup sour cream
Garnish: fresh coriander sprigs
Accompaniment: tomato salsa

1. Soak the beans overnight then drain them and cover with 2 inches of cold water. Cook at a bare simmer until tender, about 1 hour, and drain. You can also use a couple cans of ready-to-use beans.....any type will work or mix it up.
2. In a skillet, cook onion in 2 tablespoons butter over moderate heat until softened.
3. In a heavy kettle, melt remaining butter over low heat and whisk in flour. Cook roux, whisking continuously, 3 minutes. Stir in onion and gradually add broth and half and half, whisking constantly. Bring mixture to a boil and simmer, stirring occasionally, 5 minutes, or until thickened. Stir in Tabasco, chili powder, cumin, salt, and white pepper. Add beans, chilies, chicken, and Monterey Jack and cook mixture over moderately low heat, stirring, 20 min. Stir sour cream into the chili.

Blueberry Tart

2 pints blueberries
1 cup sugar
1/2 cup orange juice
3 Tbs corn starch
2 Tbs lemon juice
9" baked pie shell in a tin already
Whipped cream (optional)

1. Mash enough blueberries to make one cup (takes less than one pint of blueberries) of this mixture.
2. In a small saucepan, mix mashed blueberries, sugar, OJ, and cornstarch.
3. Heat mixture over medium heat - do not boil - for 7 minutes, or till sauce is thick. Remove from heat.
4. Stir lemon juice into mixture.
5. Pour half of mixture into pie shell, spread evenly. Add whole blueberries into pie shell. Top with remaining mixture. Refrigerate in cooler for a couple hours. It sets up really nice....
6. Serve with whipped cream

Cinnamon Sticky Buns

12 tablespoons (1 1/2 sticks) unsalted butter, at room temperature
1/3 cup light brown sugar, lightly packed
1/2 cup pecans, chopped in very large pieces
1 package (17.3-ounces/ 2-sheets) frozen puff pastry, defrosted

For the filling:

2 tablespoons unsalted butter, melted and cooled
2/3 cup light brown sugar, lightly packed
3 teaspoons ground cinnamon
1 cup raisins (optional)

1. Place a 12-cup standard muffin tin on a sheet pan lined with parchment paper.
2. In the bowl, combine the 12 tablespoons butter and 1/3 cup brown sugar.
3. Place 1 tablespoon of the mixture (#2) in each of the 12 muffin cups.
4. Distribute the pecans evenly among the 12 muffin cups on top of the butter and sugar mixture.
5. Lightly flour a work surface. Unfold a sheet of puff pastry with the folds going left to right. Brush the whole sheet with the melted butter.
6. Leaving a one-inch border on the puff pastry, sprinkle each sheet with 1/3 cup of the brown sugar, 1 1/2 teaspoons of the cinnamon, and 1/2 cup of the raisins (optional).
7. Starting with the end nearest you, roll the pastry up snugly like a jelly roll around the filling, finishing the roll with the seam side down.
8. Trim the ends of the roll about 1/2-inch and discard - or mush them together and cook separately for yourself.
9. Slice the roll in 6 equal pieces, each about 1 1/2 inches wide. Place each piece, spiral side up, in 6 of the muffin cups. Repeat with the second sheet of puff pastry to make 12 sticky buns.
10. Bake for 30 minutes at 400 degrees, until the sticky buns are golden to dark brown on top and firm to the touch. Allow to cool in the tin for 5 minutes only, invert the buns onto the parchment paper (ease the filling and pecans out onto the buns with a spoon) and cool completely.

"THEE" Camp-serrole

5 tablespoons butter
4 cup diced (little squares), uncooked potatoes or a bag
1 large onion, finely chopped
2 cup diced bacon or ham or sausage
1/4 cup parsley optional
12 eggs
1 teaspoon salt
Pepper to taste (black, red, cayenne, chili, jalapeno, or whatever!!)
4 tablespoon milk
1 cup shredded Colby, or cheddar or brick cheese

1. Melt butter in a #12 Dutch oven. (about a dozen coals on the bottom)
2. Add potatoes and onion, cover and cook about 20 minutes, stirring to brown evenly OR until potatoes are tender and golden brown.
3. Add ham or bacon; cook it through.
4. Add parsley (or cilantro is good too!)
5. Beat eggs, milk, salt and pepper together in a bowl.
6. Pour over the potato mess in the DO.
7. Cover DO and put about 10 coals on top. Cook 10 - 15 minutes OR until eggs are almost set.
8. Uncover DO and check often with spatula, lift around edge of eggs and allow egg mixture to run under omelet during cooking.
9. Sprinkle with cheese.
10. Cover and cook until cheese melts.
11. Lift out of the DO and onto a plate (cardboard covered with tinfoil make for a great serving platter)
12. Cut into pizza type slices and serve.

Backwoods Swamp Mess

- 1 Box of Dark Chocolate Cake mix
- 2 Cans of Cherry pie filling
- 1-¼ stick of butter
- 2 eggs
- 2 cups of mini-chocolate morsels (one cup dark and one cup white)
- 1 cup of shredded coconut
- ½ cup of slivered almonds (or pistachio's work too)
- 1 can of Dr. Pepper (never use diet, it's bad for you....BAD!!!!)
- 1 Hershey bar

1. In a #10 or #12 Dutch Oven, line the DO with a double layer of heavy duty tin foil or use spacers and a HIGH sided tin foil pan.
2. Melt the ¼ stick of butter and pour it on the bottom of the DO
3. Pour the cherry filling in the bottom; spread it out to coat the bottom.
4. Pour the cake mix in a bowl and add the Dr. Pepper, almonds, and mini-chips and eggs. Mix well.
5. Pour this over the cherries and spread it out flat
6. Cut the stick of butter into patties and dot the top of the cake mix. Do not mix the butter in.
7. Sprinkle the coconut on top of the mix
8. Put the lid on and cook until done
9. Once done, open the lid and grate the Hershey bar on top and let it "get happy" for a minute.
10. Eat and enjoy

ONE — Guaranteed ... if you make this, you **WILL NOT** be disappointed

1 Tube of LARGE biscuits, "flaky" possible and the Grande one's work best
1 Pint of Heavy Whipping Cream
1 Cup of Brown Sugar

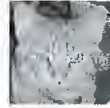
1. Line a dutch several times over with the wide, heavy duty tin foil.
This makes clean-up soooooo much easier.
2. Open the biscuit tube and arrange them in the bottom of the dutch oven, touching...but not air-tight.
3. Pour the pint of whipping cream on top of the biscuits
4. Sprinkle the entire cup of brown sugar on top of the biscuits/cream.
a. **MAKE SURE YOU ADD INGREDIENTS IN THE ABOVE ORDER**
5. Put the lid on the dutch oven and cook between 375° and 400° degrees for 20 to 30-minutes and check. If the biscuits are medium to dark brown, it is done. **DO NOT LET IT BURN!**
a. If not, check every 5 minutes or so, **but make sure they do not burn.** (this sounds familiar, did I say that already)

I always put more coals on top instead of the bottom so the bottom does burn. (de ja vu)

Eat in a bowl and use a spoon.

GET EVERY DROP OF CARMELIZED BROWN SUGAR!!

Who is Chris Cancilla?



← Not Chris Cancilla, his cat...SNIP

Chris Cancilla is originally from Cleveland, Ohio and a Browns and Indian fan by birth; regardless of how they are in the standings. Also an OSU (that's Ohio State University) fan mainly because I lived in Columbus for several years. Graduated from St. Joseph High in Cleveland and immediately joined the US Air Force where he spent 14 years traveling and exploring. Chris has lived in Ohio, Texas, Colorado, Virginia, Iceland, Florida, Alabama, Mississippi and North Carolina. His profession is EDI Analyst, if you have no idea what that is; don't feel bad; most people don't. Click here ([What is EDI?](#)) to learn more.

His Scouting activities include being a part of a troop where ever he is working (as a consultant) and getting involved with the local Scouting District / Council. His home area is the Occoneechee Council, Neuse River District (www.neuseriverdistrict.org) and he is an Assistant Scoutmaster in Troop 5 in Wake Forest (www.wftroop5.org). He was the webmaster for the troop, but has since HAPPILY passed on that position to another sucke...er...ah...accomplished individual. At home, he has been a member of the District Committee for several years, and held the positions of Activities Chair, and Program Chair. He likes Activities Chair the best, but wants to try his hand at the Camping Chair position.

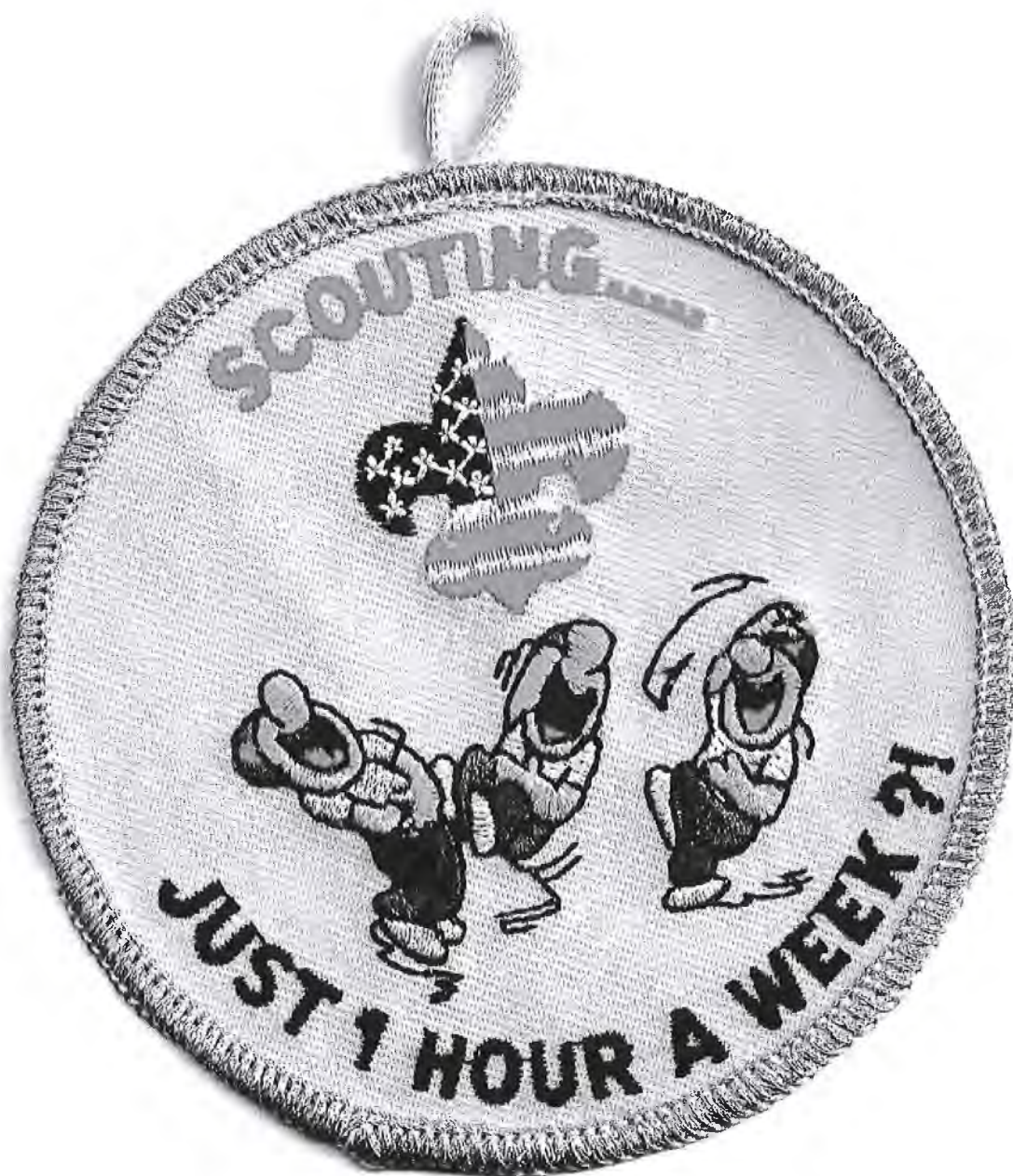
Chris is a Merit Badge Councilor for several merit badges, and has completed Wood Badge for the 21st Century. (Outrageous Owl from SR-755)

If you have not taken Wood Badge yet, you need to. It is a very good course and you will get a lot out of it. It does not matter if you are a Cub Leader, Scout Leader, or Venture Leader; the course is for you. Sign up now and be a part of the fun and excitement; this course will help you perform your Scouting position now, and in the future.



Chris has also compiled two cookbooks. The first was in 1986, called "Recipes Through Time and Space". Developed from recipes by people in the club he was in at the time. The second was "Recipes Through Time and Space Two: The Wrath of Food". His third cookbook is due out in the spring of 2011. The working title is "Take a Stick Of Butter...A guide to indoor and outdoor cooking."

The two favorite courses in Scouting to teach are BALOO (Basic Adult Leader Outdoor Orientation) and IOLS (Introduction to Outdoor Leader Skills). Both are a value to those who attend. Chris also feels that Webelos Den Leaders will benefit from taking the IOLS course, as this will enhance their ability to guide their Webelos Den through to the Arrow of Light much easier. It provides them to opportunity to see what is needed by a Scout to be the rank of First Class.



HELP!

We are out of copies of:

Thank you,

Patrol Name: