

MARCH 2000 - CUB GRUB

DEN MEETING IDEAS

Local Resources

INTERNET COOKBOOKS!

<http://www.macscouter.com/Cooking/>

The last five or so pages of this section are copied from just *one* link from the above internet site. And there are dozens of links and downloadable files of recipes and ideas for lots of outdoor cooking. And the macscouter site is only one of many on the internet, so if you cannot find the recipe of your dreams, I don't know what else to tell you.

Gathering Activities

SAMOSAS!

Have your Den Chief and an adult prepare a table of ingredients and have the charcoal grill fired up. It would probably be a good idea to have the sticks already cut or use the metal skewers.

The ingredients include:

Graham crackers

Milk chocolate bars (around here we use Hershey's!)

Marshmallows

The boys roast the mallows over the grill to a golden brown (or a deep, dark, burnt brown!). Slide the mallows onto graham crackers, a chunk of chocolate bar, and top with another graham cracker. I've never heard a boy complain about samosas!

MAKE GORP

Why not plan on a Den Hike and have the boys make up some GORP at the meeting before the hike. The following recipes are copied from the web page http://www.gorp.com/gorp/food/foo_gorp.htm

Good Old Raisins and Peanuts

(And So Much More!)

Contributed to GORP's Recipes Forum by
Dennis Schmitt

Granola, Oats, Raisins and Peanuts

1 cup salted peanuts or dried roasted peanuts

1 cup raisins

Mix in a Zip lock bag and eat on the trail.

Trail Peak Trail Mix

Pilmont Training Center

1 cup Chex's cereal, rice, corn, wheat or mixed

1 cup M&M's

1 cup salted peanuts (or dried roasted peanuts)

1 cup raisins

Mix in a Zip lock bag and eat on the trail.

Mixed GORP

1 cup mixed nuts (or dried roasted mixed nuts)

1 cup dried Fruit Bits

1 cup M&M's

1 cup roasted sunflower kernels

Mix in a large Zip lock bag and eat on the trail.

GORPMM

Backpacker Magazine

1 cup salted peanuts (or dried roasted peanuts)

1 cup raisins

1 cup M&M's

Mix in a Zip lock bag and eat on the trail.

Good-for-you-GORP

Backpacker Magazine

2 1/2 cups low-fat granola

1 cup dried pears

1/2 cup M&M's

Mix in a Zip lock bag and eat on the trail.

Sunny GORP

Backpacker Magazine

1 cup salted peanuts (or dried roasted peanuts)

1 cup raisins

1 cup roasted sunflower kernels

1 cup M&M's

Mix in a large Zip lock bag and eat on the trail.

Mac GORP

Backpacker Magazine

1/2 cup mixed nuts

1/2 cup Macadamia nuts