

## POW WOW OUTDOOR COOKING

Make it simple, make it fun, safe and make it taste good.

Cooking out of doors is often the first place many boys are exposed to cooking. A lot of young men learned that cooking could be fun and they learned it in Scouting. Cooking should not be just one more of those chores that has to be done. Make it fun, the boys and the parents will enjoy it more and some may even learn to cook at home.

Remember, that no matter what it looks like—burned, raw or somewhere in between—if the boys cooked it, they will love it. It is OK to make mistakes, as long as safety is not an issue, let them, that is how they learn. This is another one of those unique things about Scouting: we let the boys learn from their mistakes and we can, too.

Below you will find some of the things we will be showing those who attend the session, plus a few more. Those who attend will get to sample the goodies.

### **Cub Scout Donuts**

This one involves hot oil so be sure it is only done under careful adult supervision. Once they start eating them you will have to do the cooking anyway because the cubs will be too busy eating them as fast as you can cook them.

You will need a heavy fry pan (cast Iron or similar) about 1-2" of vegetable oil Heat the oil carefully until a drop water splatters. Using small refrigerator biscuits use your thumbs to work a donut hole in the middle and form a small donut. Carefully drop them into the hot oil and fry until they float and turn golden brown, then carefully turn them over and cook the other side. (I like to use chop sticks for this) Remove them from the pan place them on a paper towel to drain. Then dredge in cinnamon sugar, powdered sugar or whatever you like serve warm.

### **Banana Boat**

Firm Bananas, chocolate chips, mini marshmallows,? Foil.  
Cut a wedge about ½" wide at the top and ¾ of the way into the Banana. Remove the wedge and fill the void with the chocolate chips, Marshmallows and whatever you like. Replace the wedge. Take a 12+/-" piece of foil and wrap the banana and twist the ends shut tight. Place the Banana on hot coals. Remove in about 10-12 minutes unwrap and eat with a spoon. ( it will be HOT, sweet gooey and good) Great dessert and each person can make their own.

### **Baked Apples**

Green apples, Raisins, brown sugar, cinnamon, butter, foil  
Carefully core the apple without removing the bottom, fill the core with cinnamon, raisins, brown sugar and a little butter or margarine. Place the apple in the middle of a square of foil. Fold the foil up around the apple and twist at the top making a handle. Place on hot coals 20-30 minutes until the apple is soft to the touch. Open the foil and you will have a Hot delicious dessert. ( a good way to get the kids to eat fruit)

### **Foil Dinner**

Heavy duty foil, meat (hamburger, chicken, whatever you like) cut up carrots, potatoes, onion, salt pepper, garlic powder, seasoning you like, ketchup etc. Hint: You can cut up everything at home and then make an assembly line and let each person make their own to taste. Be sure all items are about the same size so that they cook at the same speed.

Take a large piece of heavy duty foil and fold it in half so that you get about a 18" square. Place all ingredients in the center of the foil and add seasoning. Carefully bring opposite edges together and carefully fold down in 1/2" fold creasing carefully until you at the top of the meal. Then carefully fold each end in the same manner. Folding and sealing the foil is very important. Use a felt pen to write the name on the foil and carefully place it on hot coals for about 10-12 minutes on one side then turn over and cook on the other side for 10-12 minutes. Remove from the coals and allow to cool and carefully un wrap the dinner. Use heavy leather gloves to help prevent burns. The kids love it because they made it. ( there are no pots & Pans to clean up only a fork)

### **Eggs in a bag**

Large pot of boiling water, heavy duty zip lock bags ( pint size) Eggs, cheese, cooked bacon crumbled, cooked sausage cut up, spam cut up, onions, peppers, salt pepper, what ever you like in your eggs. Flour tortillas.

Break eggs into the bag add your favorite ingredients. Seal the bag with most of the air removed, mush up everything. Drop into boiling water and cook till done about 5 minutes. Try not to allow the plastic bag to contact the side of the pan above the water line. Serve on the tortillas as a breakfast burrito add salsa and cheese if desired.

### **Eggs in an Orange**

1/2 an orange, egg

Hollow out a half of an orange, place in hot coals, break an egg into orange, let it cook until done. The eggs will have a slight orange taste most kids and big kids like.

### **Eggs in an onion**

Same as above except it is cooked in an onion instead. Some kids do not like the onion taste.

### **Pizza**

Pita Bread, Pizza sauce, cheese, pepperoni

Spread sauce on the pita add the cheese and pepperoni. Bake in a box oven or dutch oven until cheese melts.

### **Chicken on a String**

Whole chicken, string, seasoning, foil, charcoal. Tripod

Start about 12-14 charcoal briquettes. Lash or have the boys lash a tripod. Wash and pat dry a whole chicken, season the chicken and lightly oil, Tie up the wings to the body, tie the legs together and run the string up through the center of the chicken, tie a half hitch around the chicken and hang from the tripod about 4-6" off the ground. Place a piece of foil or small drip pan under the chicken. Place the briquettes around the drip pan. Make a tent out of foil and place it around the string and over the chicken. Keep hot charcoal

around the chicken, depending on the wind and how well you keep the charcoal going a 3-5# chicken will take about 2 hrs to slow cook. You will be able to smell it all days and will insure a hearty appetite

### **Hobo Stoves**

Take a #10 tin can or empty 2-3# coffee can, remove one end, on the end that was removed carefully cut an opening about 3"x3" +/- With a church key type can opener punch hole about every inch around the top. The holes should be in the SIDE not the top of the can. Take an empty tuna can cut strips of cardboard the same width as the height as the tuna can. Pack the can with coils of cardboard and then fill it with melted paraffin and let it cool. The tuna can becomes the fuel for the stove. Light the tuna can fuel and then place the stove over the lit can. The stove will heat very quickly. Use caution! If you cook directly on the can top be careful, things will burn and stick. The kids will love to cook on something they made. You may omit the tuna cans and simply use charcoal started in a chimney Use careful Adult supervision the cans are hot and with several boys cooking at the same time *Safety is a MUST!*

### **Box Oven?**

Yes you can bake in a cardboard box. The boys will love it and it is fun and easy to do. You will need a good sized cardboard box with a lid. I use the boxes that copy paper comes in because they are the right size and I have access to them and they have a nice removable lid. But any box will do. Use heavy duty foil Take one piece and wrap it down one side across the bottom and back up the other side (inside the box), Take another piece and wrap down one end, across the bottom and back up the other side. You now have the entire inside of the box lined with foil and two layers on the bottom. Line the inside of the lid with the foil also. Take coat hangers (unpainted) or similar stiff wire and place cross bars about 3-4" apart about 1/3 of the way up from the bottom of the box. This forms your oven rack. Place about 8 hot charcoal briquettes either directly on the bottom of the box or on a foil pie pan. Place lid on box and allow to warm up 10-15 minutes. You can now bake cookies, biscuits, pizzas or anything that cooks quickly. You will need to keep fresh charcoal going and keep the box open for a few minutes so that they get air to burn. Have fun.

Want more information here are a few web sites I found in a few minutes of searching Please check them out. You will find several of them have the same things but they all have something different also.

<http://www.macscouter.com/macscouter/cubscouts/powwow98/sccc/cook98.pdf>

<http://www.macscouter.com/macscouter/cooking/foilcook.pdf>

<http://www.macscouter.com/macscouter/cubscouts/powwow00/cooking.pdf>

<http://www.macscouter.com/macscouter/cooking/geezercookbook.html>

<http://www.macscouter.com/macscouter/cooking/boxoven.html>

[http://www.macscouter.com/macscouter/cooking/geezercb\\_hints.html](http://www.macscouter.com/macscouter/cooking/geezercb_hints.html)

[http://www.geocities.com/Heartland/Village/1187/z\\_cooking.htm](http://www.geocities.com/Heartland/Village/1187/z_cooking.htm)

[http://www.usscouts.org/cooking/cook\\_04.html](http://www.usscouts.org/cooking/cook_04.html)

**Now for those of you who do not do a lot of cooking outdoors**

**PLAN Plan plan.** Here are some helpful hints. I have been doing Scouting for 30+ years and I still use some of these tools every time I am responsible for the food.

- 1- First make your menu
- 2- List all the ingredients you will need. I said ALL when you are out camping you cannot just go to the cupboard and grab that one missing ingredient.

Banana Boat	Bananas	Foil	Chocolate Chips			
Baked Apple	Apple	Foil	Raisins	Brown sugar	Cinnamon	
Foil Meal	Hamburger	Foil	Carrot	Potatoes	Salt	Pepper Garlic Onion Ketsup
Cub Scout Donuts	Bread dough	Oil	Sugar	Cinnamon	Powdered sugar	

Sample spread sheet

- 3- Now list everything you will need to cook and serve that item. For my example we will have a menu that is simple hot dogs, chips, drinks, watermelon.

Hot Dogs	Buns	Mustard	Ketsup	Relish
Chips				
Drink mix	Water	Sugar		
Watermellon				

Hot dogs	Pot	Water	Tongs	Stove
Drinks	Pitcher	Cups		
Watermellon	Knife	Cutting board		
Misc	Utentiles	Plates	Napkins	

A few minutes of planning back home will insure that you do not forget something you needed. Do not forget the potholders, the charcoal chimney, pliers, heavy gloves, and something to use to put out the fires, a first aid kit, oh yeah who brought the matches? What about the charcoal? Just like Santa make your lists and check them twice.

Remember that the boys will eat twice as much as you think when they are in the outdoors. **HAVE FUN, BE SAFE, EAT WELL**