

Troop 188

Planning – Quantities and Yields

FOOD

Steak: 1/2 per person
Chicken: 3 pieces or 1/4 chicken per person
Pork Chops: 2/ person
Ham: 1/4 lb per person
Hamburger: 1/4 lb per person
Tuna: 1 can/3 people
Chicken: 1 can/ 2 people
Bacon: 2 slices per person
Sausage: 2 / person
Bread: 1 loaf = 8 sandwiches
Eggs: 2 / person
Potatoes: (small/med) 2/person dinner, 1/person breakfast
Juice: 1 large can/10 people
Water: 1 gallon/person/day (including cooking)

GROOVER

Generation rate: 0.12 gallons (~ 2 cups) of fecal matter and TP/ person /day (USFS)
TP: 1 roll/day/10 people (large 1000 sheet rolls)

COOKING

Propane:

.06 gallons/person/day Average (.028 gallons/person/day minimum*)

*Based on rate of 15 people on a six day trip when the stove is used for 1/2 of the cooking jobs and there's no heating water for dishwashing or camp lantern use. Summer time only)

Charcoal:

5 gallon bucket holds ~ 20# bag of Kingsford size charcoal, or about 334 briquettes

10# bag = ~ 150-180 briquettes and will provide cooking heat for 5 to 6 12" Dutch ovens.

Dutch Ovens

DO	10"	12"	14"	16"
Capacity	4 qt	6 qt	8qt	12qt
Briquettes, Baking	20	29	35	40
Briquettes, Roasting/stewing	25-30	35-40	40-45	40-45

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Desired

Temperature Range

250-300 - Low
 300-350 - Medium
 350-400 - Hot
 400-450 - Very Hot

Ten-Inch Oven

8 on top/6 under
 10 on top/7 under
 12 on top/8 under
 14 on top/9 under

Twelve-Inch Oven

10 on top/8 under
 12 on top/9 under
 14 on top/10 under
 16 on top/12 under

When cooking stews, the number of coals underneath equals the number on top. When baking, about two-thirds of the coals should be on top and one third underneath.

ROASTING: The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

BAKING: Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

FRYING, BOILING ETC: All of the heat should come from the bottom. Coals will be placed under the oven only.

STEWING, SIMMERING: Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

BAKING TEMPERATURE CHART

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

Servings Per Dutch Oven – These are approximate as some people can eat more than others but it does serve as an aid:

Oven Size	People Served
8 inch	1 – 2
10 inch	4 – 7
12 inch	12 – 14
12 inch deep	16 – 20
14 inch	16 – 20
14 inch deep	22 -28

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Sweet and Sour Chicken

3 cans chicken
1 can pineapple chunks
1 can sweet and sour sauce

Simmer together for 15 to 20 minutes. Serve over hot biscuits

Yield – 6 servings

Tuna or Chicken Salad

2 6 oz cans tuna or chicken
3 3 oz shredded cheddar cheese
4 tablespoons mayonnaise
½ cup chopped onion and celery

Mix together and stuff in pita bread. Yield – 4 servings

Cowboy Stew

15 oz can of turkey chili with beans
1 lbs hamburger
14 oz can original or bbq baked beans
1 onion chopped
¼ cup shredded cheddar cheese

Brown hamburger and onions in a frying pan. Drain grease and dump in chili and beans
Simmer 30 minutes. Serve with Fritos and top with cheese.

SpaghettiO's Recipes

Pot luck Pasta

2 15 oz cans spaghettiO's
½ lb hamburger
8 oz can peas
1/3 cup sour cream
1 tsp onion powder

Brown hamburger in a skillet and drain. Add all remaining ingredients and heat until hot. Yield 4 servings

Western SpaghettiO's

2 15 oz cans spaghettiO's
16 oz can black beans, drained and rinsed
2 tablespoons cheddar cheese
2 green onions, chopped
1 tbsp chili powder

Dump all ingredients except cheese into a large skillet. Cook uncovered over medium heat, stirring occasionally.
When heated throughout, add cheese and cook till it melts. Yield 4 servings

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SpaghettiO Stir Fry

2 15 oz cans SpaghettiO's
¾ lbs hamburger
10 oz package frozen broccoli
¼ cup each of chopped green onion and red bell pepper

Brown hamburger. Dump in spaghettiO's broccoli, onion and pepper. Cook about 10 minutes. Yield – 4 servings

Sloppy Joes

1 pound hamburger
15 oz can Manwich sloppy Joe sauce
1 packet hamburger buns

Brown hamburger in skillet and drain off grease. Add sloppy Joe sauce and heat through. Serve on hamburger buns. Yield 7 servings

Roast Beef Roll Ups

2, 2 ¼ oz cans sliced ripe olives
¼ cup chopped red pepper
8 oz cream cheese
1 clove garlic minced
16 slices deli roast beef
8 6-7" flour tortillas

Chop olives. Combine cream cheese, olives, peppers and garlic in a small bowl and mix well. Spread about 2 tablespoons of mixture on each tortilla. Top with 2 beef slices and roll up. Yield 8 servings

Sausage Rancheros

1 link sausage
2 eggs
1 tsp cilantro
1 flour tortilla
¼ cup cheddar cheese, shredded
½ cup salsa

Cut sausage lengthwise and grill until heated through. Scramble eggs with cilantro. Place tortilla on grill for a few seconds until warm. and place eggs in tortilla. Top with cheese and cooked sausage. Fold up tortilla and top with salsa. Yield – 1 serving

One Pot Chicken Surprise

My favorite is the one pot Chicken surprise. I start with a Sweet Sue whole chicken in a can. I put the entire contents (broth too) into a pot and start fishing for bones... the boys love to help here. Towards the end I always announce that there are four bones left... if some one finds a fifth I marvel at what a unique specimen we have. I then set the pot to cooking over a medium flame, and mix in a fairly thick slurry of Bisquick and water. You may add veggies at this point and just let it simmer until the broth thickens. No refrigeration needed here, and it was a favorite in my canoeing post....

-- Thanks to Pete

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A Novel Way to Cook a Haut Dawg

A hot dog cooking idea that I'd never heard of before: Have each camper bring an empty carton of milk, 1-quart or 1/2 gallon. Place hot dog in bun. Wrap in tin foil. Put in milk carton, and place carton in fire circle or other safe burn spot. Light top of carton. By the time the carton is burnt to ground, THE HOT DOG IS COOKED!!

I have not tried this, but the Ranger said it worked and the dawg was nicely cooked, and the bun was lightly toasted. Sounds like a perfect 'just before leaving' meal -- NO CLEAN-UP!!

-- Thanks to Molly Orchardo

DESSERTS

Fruit cup shortcake

15 oz can of fruit cocktail
16 oz can of chocolate syrup
2/3 cup reddy whip
11 oz pound cake

Hack off a slice of cake and put on a plate. Drizzle on some chocolate syrup and plop on some fruit cocktail. Top with squirt of whipped cream.

BANANA WRAPS

1 flour tortilla
2 table spoons peanut butter
1 tablespoon honey
1 banana
2 tablespoons raisins

Lay tortilla flat. Spread peanut butter and honey on tortilla. Place banana in the middle and sprinkle with the raisins. Wrap and serve.

Yield – 1 serving.

BAKED APPLES

5 medium granny smith or Rome beauty apples
4 sheets aluminum foil 18x12
1/3 cup brown sugar, packed
¼ cup dried cranberries
½ teaspoon ground cinnamon
2 tablespoons butter

Using a small knife carefully core out the apple. Place an apple in the center of a piece of aluminum foil. Mix brown sugar, cranberries and cinnamon in a small bowl. Fill apples with mixture, sprinkling any excess around the top. Place 1 piece of butter on sugar mixture and press gently.

Fold up sides and ends to seal foil, but leave some space on top inside for heat circulation. Place in the coals of the fire.

Bake about 15 minutes. Serve with Ice Cream if you have it!

DUTCH OVEN RECIPIES

CHOCOLATE CAKE

2 chocolate cake mixes,
Eggs etc as called for on the box.

Mix the cake as directed and place in a 14 in Dutch Oven

Place 7 briquettes under the Dutch Oven. Place the lid on the Dutch Oven and line the rim with briquettes, and place two briquettes in the middle of the lid.

Bake until you can smell the cake, turning the Dutch oven every 15 minutes WITHOUT opening. After you smell the cake, open and stick the cake with a straw or piece of dry grass. If it comes out clean, it's done. If batter is stuck to the straw, bake a little longer.

Let the cake cool for several minutes and then frost.

RASPBERRY DELIGHT

2 21 ounce cans of raspberry filling
1 white cake mix
1 12 ounce can of 7-up

Grease the bottom of a 12 inch Dutch Oven. Put the raspberry filling in the bottom of the Dutch Oven and spread evenly. Dump in the dry cake mix over the filling evenly. Pour 7-up over the cake mix. Mix up the cake mix just a little, but don't disturb the filling. Bake with 6-8 briquettes under the Dutch Oven and line the rim of the lid with briquettes, with two briquettes in the middle. Bake for about 45 minutes.

Top with cool whip.

Yield - 8-10 servings

MOUNTAIN MAN BREAKFAST

2 12 oz packages of sausage, browned
1 loaf of bread, torn into one inch pieces
18 eggs
½ lb of cheddar cheese, shredded

Place bread in bottom of Dutch Oven. Beat eggs with 1/3 cup of water and then pour over the bread in the Dutch Oven. Sprinkle cheese over bread and egg mixture. Place ground browned sausage over cheese. Place 10 coals under the Dutch Oven and 14 on top. Bake for 30 to 40 minutes, rotating every 15 minutes to even heat.

Yield - 15 - 17 servings.

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Camper's Stew

Brown 1 lb. ground beef in a pan; pour off grease. Add 2 cans of vegetable soup and 1-2 cans of water (depending on how much gravy you want). Cook until the liquid boils. Serve with bread and butter. (Serves 3 - 4 Scouts or 2 Scouters)

VARIATIONS:

Dice an onion and brown with the ground beef.

Add a package of beef gravy mix to make thicker gravy.

If made in a DUTCH OVEN, take a can of refrigerator biscuits and place over the top of the stew while it simmers; cover and add hot coals to the lid; continue to cook until the biscuits are golden brown. ENJOY!!!

-- Thanks to Mike Lardie, Barbarossa District Committee Member, Transatlantic Council

Corny Corn Bread Casserole

1 can cream corn

1 can regular corn

8 oz sour cream

1 stick margarine, melted

onion flakes

1 egg

1 package Jiffy corn bread muffin mix

Mix all together and pour into greased pan. Bake 350 to 375 degree oven until done. depending on size of pan determine length of baking time.

Notes:

Mom makes this in a deep casserole dish and bakes for an hour or so.

When I did this in the Dutch oven, I skipped the onion flakes and didn't melt the butter first. It baked for about 40 minutes with 6 coals on the bottom and 20 on top.

A favorite with the boys, won 2nd place in the 1996 Wabuha District camporee cookoff. The boys judged adult division cooking, how did I win feeding them vegetables?

-- Thanks to Bill Randall, ASM Troop 7, Cedar Falls, IA

Foil Dinner Meatballs

Needed:

Heavy duty foil

Frozen meatballs

Canned potatoes

Cream of chicken soup

Place several meatballs on foil, add some potatoes (you may want to slice them first), and a spoon ful of soup. Fold packet to seal well and place on coals (never on flames). Turn after about 10 minutes. NOTE: if possible get someone to donate welding gloves to the troop for the turning. Using tongs to flip the packets can often cause the foil to tear.