



NO FUSS COOKING



By Drucie and Gary Yerkes

INTRODUCTION

So you are getting ready to do your first camp out with your Cub Scouts. You want to give your young scouts a chance to cook but all your resources are for older boys. Besides, you don't want to lug around heavy Dutch ovens. Not yet anyway. So what do you do?

Cooking can be more fun than a barrel of monkeys if you plan properly.

This material was put together with the Cub Scout in mind. Ideas and recipes found in the following pages have been retrieved from many scouting resources. Each is Cub Scout proven (or so the sources say), which means that your Cub Scouts should be able to do and have fun doing each of the following recipes and methods of cooking.



SIMPLE COOKING IDEAS

Apple Delight -- Core an apple just over half-way. Fill the hollow with cinnamon and marshmallows. Skewer it on a forked stick and hold over the coals until the marshmallow melts and the apple is easy to puncture.

Banana Hot Boat -- Cut a v-shaped wedge from the top of an unpeeled banana. Fill wedge with pieces of chocolate and marshmallow. Wrap in foil and place on coals for 8-10 minutes.



Chili Bag -- Cook up a pot of chili (homemade or canned). Buy individual size bags of Doritos or something similar. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunch time nachos/tacos.

Corn -- Remove silk and soak ears in water. Lay on hot coals for about 8 minutes per side.

Dog in a blanket--Wrap a wiener in biscuit dough, skewer on a stick and bake over hot coals. Or slit the wiener and insert a piece of cheese before you wrap and cook it.

Egg in orange peel -- Scoop out the orange pulp and eat it, then grease the inside of the peel, crack an egg  into it, and set on coals to cook.

Egg on skewer -- Prick a tiny hole in both ends of an egg  and skewer it, but be careful not to go through the yolk. Place on a forked stick and hold over coals. Or, coat the egg with a stiff mud paste and cook covered in coals for 20 minutes.

Eggs in Paper Cup -- Fill a cup with water and drop in an egg , with or without the shell. Set the cup into the coals.

Eggs and Bacon in a Paper Bag -- Put strips of bacon on the bottom of the bag, crack an egg  or two on top of the bacon, fold over the top of the bag and hang it on a stick over hot coals.

Hang-um High Chicken -- Hang a whole chicken on a string from a tripod over a bed of hot coals. Fashion an aluminum foil umbrella over the chicken to reflect the heat.



Hot Rock Cooking -- Lay a flat, hot rock on coals and use it as a griddle to cook hamburger, eggs, steak, fish, bacon, or bread.

Kabob -- Skewer meat (or fish), potatoes and another vegetable (tomato, zucchini, mushrooms) on a stick. Cook over hot coals.

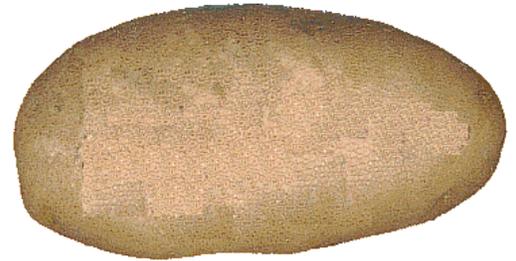
No Cook Fudge -- Try this one at a campfire while you tell a story, sing songs, etc. Have the boys pass it around to kneed so everyone gets a chance.

½ gallon	ziplock bag
½ cups	cocoa
3 ounces	cream cheese
1 pound	powdered sugar
3 tablespoons	butter
1 teaspoon	vanilla

Place all ingredients in the ziplock bag. Work out the air. Knead 25-30 min. Nuts or peanut butter may be added at the end.

Onion Oven-- Cut an onion in half and scoop out all but the two outside layers. Crack an egg into each half, or fill with chopped, seasoned meat, cap, and place directly on hot coals.

Potato1 -- Cut out the center of a potato. Fill with hamburger and diced onion, or with butter and cheese. Plug the hole with some of the pieces you removed. Coat potato with 2 inches of thick mud and place in coals. Cook for about an hour.



Potato2 -- Slice off the top of a spud, hollow out a tunnel, and crack an egg into the hollow. Rub a bit of the egg white around the cut top, then put the "lid" back on the potato. Wrap in foil and bake in coals.

Stick Bread -- Press a wad of dough onto the end of a stick and bake over hot coals. Try cinnamon twists. Pat dough into a rectangle, spread with butter, cinnamon and brown sugar, and cut into 2" strips. Wrap strip around a green stick and toast over the coals.

Baggie Omelets -- Crack two eggs (no more) into a sandwich sized baggie (use a top brand). You can also add cheese, ham, mushrooms, pepper, and whatever else you use in your omelets. Close baggie and mix up the omelet by squeezing the baggie. Drop baggie into boiling water and boil about 4 minutes. Using a hot pad, lift baggie from water. Squeeze the omelet through the baggie. If no raw egg comes out of the middle the omelet is done. If it does, put back in water and boil until done.

FOIL COOKING

There are many ways to make a foil dinner. The short paragraph tells you how to make the foil package with cooking times. This is followed by many ideas on what to put into the foil packages.

Use two layers of light-weight, or one layer of heavy duty aluminum foil. Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. A good place to find heavy duty foil is a restaurant supply service. This wrap is know as the "drugstore" wrap.

Drugstore Wrap

Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steam-proof seal. Dinners can be mark with a sharpie marker with the person's name or have them fold edges in a certain way to help identify dinners.

You will need a shallow bed of glowing coals that will last the length of cooking time. A good brand of charcoal works well. Make sure the bed of coals is big enough so **all** the boys and adults can put their dinners on at the same time. You may want to have two beds based on the number of people. This will help prevent a few headaches.

Cooking Times:

Hamburger: 8-12 minutes,
Carrots: 15-20 minutes
Chicken pieces: 20-30 minutes
Whole Apples: 20-30 minutes
Hot dogs: 5-10 minutes
Sliced potatoes 10-15 minutes

Helpful Hints:

Here are a few hints that may help with younger scouts.

1. Use already cooked meats (like packaged meatballs). This will cut down on cooking time and insure of no uncooked meat.
2. Frozen veggies work great as there cooking time is less.
3. Canned potatoes cook fast and are easy for the scouts to cut up. And there is no peeling.
4. Foil dinners should be marked with scouts name (a permanent marker can be used) before going on the coals. Mark both sides.
5. Make sure you have pot holders for handling the foil dinners once removed from the fire. They will be hot. Burnt fingers are no fun.
6. Foil dinners should be turned about 10 minutes into cooking (depends on what you are cooking). Be careful not to break foil pouch when turning.
7. Let the scouts be creative. The worse that could happen is you throw out one dinner and redo it again.

FOIL RECIPES

ALUMINUM EGGS (FOIL BREAKFAST)

Sausage
Egg
Hash brown potatoes
Salt, pepper and spices to taste

Place potatoes, scrambled egg (doesn't need to be cooked) sausage patty and spices in foil. Wrap securely. Place on coals for 15 minutes.

CAMPFIRE SANDWICH

Chipped Beef
Cheese, sliced
Hamburger Buns

Place chipped beef and cheese on a bun. Wrap in aluminum foil. Place on coals about 5 minutes per side. Variations: a. You may use any type of meat. b. Add a slice of cheese, onions, relish or other favorite topping.

STANDARD FOIL DINNER

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

VARIATIONS ON THE HAMBURGER FOIL DINNER

This a collection of ideas to make foil dinners more interesting. They can from the Internet. None are mine but they all sound great.

Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.

Use cabbage leaves to wrap it all in before wrapping in foil. A little catsup helps for some boys. So can a few slices of onion.

Add Cream of Mushroom soup to our "hobos." It adds taste as well as additional moisture. A couple of tablespoons will do just fine. Yum-yum.

How about adding BBQ sauce, Worcestershire sauce, or even Italian dressing?

A measuring teaspoon of Italian seasoning or of curry powder or of chili powder wouldn't hurt. Try combining BBQ and chili powder; or Italian dressing and Italian seasoning; Don't mix Worcestershire and curry powder though.

Spiced up your "hunters pack" aluminum foil dinners by adding Heinz 57 sauce. It really makes a big difference.

Instead of hamburger, try Pork Loin, or Boneless Chicken Breast!

Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers.

If you use chicken, try pineapple slices with mild BBQ sauce.

Ground turkey can be used instead of ground beef, and is "more healthy".

Substitute Mrs. Dash, garlic pepper, Montreal seasoning, or any other favorite general- purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner.

Consider replacing the hamburger with stew meat, cubed steak, or chicken or turkey breasts cut into stew meat sized cubes.

As to spices, consider adding a part of a clove of fresh garlic. Smash it first.

You might also consider adding soy sauce, teriyaki, or plain old steak sauce.

Try adding small dough balls of biscuit mix for dumplings.

Try a dash (maybe a big dash) of Wyler's bouillon granules. These add significantly to the flavor.

At home, parboil (3 minutes) a Cornish hen. oil it up, salt and pepper and wrap in foil. Cook as you would a foil pack (15 minutes per side). Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit of olive oil. Makes an OUTSTANDING meal.

Try a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The Dough Boy). Take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil. 'BAKE' 10 minutes on each side, and you might have a pizza pocket.

Use chunks of ham, sweet potatoes (par boiled), pineapple. As soon as it comes out of fire, add a few mini marshmallows on top.

Ham pieces or steak, Pineapple slices (or tidbits) dash of teriyaki sauce (or marinade) and mixed vegetables to taste.

Cubed Ham, chopped potato, onions, grated cheese of your choice.

Take a whole chicken. Brush with melted butter. Take a whole lemon, slice, squeeze juice over chicken. Sprinkle generously with Lemon & Herb spice. Put leftover lemon peel & pulp inside chicken with slices of onion. Wrap in foil. Cook until done. 40-60 minutes.

You can also cook potatoes & onions in other foil packs.

Chicken with instant rice and cream of celery soup (undiluted).

Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, etc.

Core small to medium potato, insert a small pre-cooked sausage or wiener. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixing of your choice.

How about some Pop Corn. In center of 18" x 18" square of heavy or doubled foil, place one teaspoon of oil and one tablespoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt and margarine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.

HELPFUL HINTS

DO NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking. The cheese will warm and separate and the oil will catch fire or cook the food faster than expected. We had a few very unhappy Cubs expecting Cheeseburgers, but receiving, well something else if you can imagine.

It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.

Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire), and a few boys who will not be to happy with the final product.

Don't forget extra utensils as you'll be moving a lot of packages around.

MAKING A BOX OVEN

(Simple Model)

I have heard of many ways to make a box oven. This one is a simple, easy method which gives you a good basic oven for starters. As you become more confident with your box oven skills, you can then build your own, custom oven.

First, select a good sturdy box. A good starting box is about the size of a printing paper box or lid to a banana box. Heavy moving boxes about the same size work great. Do not start with a large box. If your box has holes in it, I like to plug with pieces of cardboard cut from another box. Tape the cardboard cutout in place with duct tape. **DO NOT USE PLASTIC PACKING TAPE.** Plastic tapes will melt. Plugging holes will help prevent you from putting your finger through the aluminum foil once the box is wrapped.

Using a heavy duty role of foil (I like the wide stuff) start covering the box, shiny side out. I usually start from the middle of the top of the box with foil about ½ inch over the edge and work width wise first (see Figure 1) and hold foil down with tape. Work down the side and into box. Make sure that your foil lays flat and you do not puncture the foil. Mold the foil into the side and corner seams as you go. Continue wrapping until you have reached the edge of the foil. Overlap foil edge by about ½ inch and tape.

(NOTE: Some people only foil the inside of the box with a small overlap on the outside. This will work but covering the entire box makes it less likely to get burnt by hot ashes or coals).

Start your next piece of foil by overlapping the first piece by 2 inches or more based on the size foil being used. Repeat until the width of the box is completely covered.. Repeat this step running the foil the length of the box, making sure every exposed piece of cardboard is covered. If there is any cardboard exposed on the inside of the oven, it will burn. Do not use any tape on the inside of the box. Tape can be used to hold foil in place on the outside only.

Your box oven is now ready. You may want to add handles or a rack to your next box oven. But that's for another day.

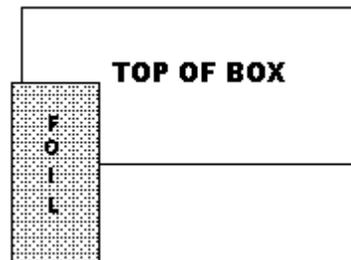


Figure 1

BOX OVEN OPERATION

So, you want to work a box oven and you don't know how. Well, sit back and read on cause by the time I'm done, you'll be cooking up a storm.

Once you have your box oven made, you will also need the following items.

1. four empty soda cans
2. stainless steel cookie sheet (you can use Teflon or non stick but it could get scratched because of outdoor handling).
3. charcoal (get a good brand as it burns better)
4. brick or foil wrapped block of wood about the same size
5. tongs to lift and place coals
6. hot pad mittens to lift box
7. ingredients and utensils to make whatever it is you are making

There is a good picture on the next page.

Now that you have all your stuff, let's get cooking.

Step 1 Determine how many coals are going to be needed. The average rule of thumb is that each coal will give off about 15 degrees F of heat each. Having taken higher math in college, this tells me that if I need to bake at 350 degrees F, I need to divide 360 by 15. The answer, 24 is the number of coals that will be needed (nice how that worked out even). On really hot days and cooking in the sunlight, you may want to use one or two less, on cold days, use one or two more. It also makes sense that the larger the box, the more coals are needed. I bought one of those sit in the oven temperature gages and put it in the oven to check the temperature. This gave a good idea on number of coals needed.

Step 2 Get coals going. Remember, BSA regulations say that **NO** liquid starters may be used. I like to use a charcoal chimney. Count out the number of coals needed and add a few extra. Coals need to be completely white for proper cooking. This will take about 20 minutes to happen using a charcoal chimney. While coals are starting, fill the four empty soda cans $\frac{3}{4}$ full with water, sand or pebbles. These will be used as legs for your cookie sheet.

Step 3 Before the coals are ready, you should prepare whatever it is you are going to bake. So get busy.

Step 4 In the fire ring, place the four filled soda cans so that they fully support the cookie sheet at the four corners. If you want, you can add two cans on each side in the middle for more support. (NOTE: If you are baking in a casserole dish, place the casserole dish on the cans. Coals can be spread out. Coals do not have to be under the dish for the oven to bake properly).

Step 5 Once coals are ready, place coals, using tongs, in the middle of the cans. Spread the coals out so they are just touching each other.

Step 6 Place cookie sheet with whatever on top of cans. Place box oven over cookie sheet. Place brick (or foil covered block) under the front lip of the box oven. This allows air to get it for the coals.

Hint 1 When you lift the box to check to see how things are cooking, use your glove mittens. The box will be hot.

Hint 2 Don't lift your box too often. This allows the heat to escape.

Hint 3 If you are going to be cooking over an extended period of time, you may need to add coals. Coals are usually good for about 1 to 1½ hours of cooking depending on the quality of the charcoal. If your dish will take longer or you are doing several dishes, you should start another set of coals prior to running out so they will be ready about 45 minutes into your cook cycle. Add new coals as required. (**NOTE:** This is a trial and error process so the more you cook with your box oven, the better you will get at judging.)

Hint 4 If it is windy, be careful when installing and removing your box oven. Ashes may fly when hit by high winds which can be a fire hazard. The ashes may also get on your food. Try to set up your cooking area in a non windy place or try to set up a wind block so the wind does not hit the coals.

Hint 4 When selecting a cookie sheet to use, make sure that there is at least 2" between each side of the cookie sheet and the box. This will allow for proper air flow.

Congratulations, you are now ready to bake in your box oven. Wasn't that easy. Here are some helpful hints.

Good Cooking

