

# COOKING

# 6



- ✓ When Do We Eat?
- ✓ Menu Planning
- ✓ Cooking Methods
- ✓ Dutch Oven Cooking
- ✓ Trail Snacks
- ✓ Cooking Devices
- ✓ Cooking Tips

## - Notes -

*"I am the bread of life,' Jesus told them. 'No one who comes to Me will ever be hungry, and no one who believes in Me will ever be thirsty again.'" (John 6:35)*

*"Then the LORD said to Moses, 'I am going to rain bread from heaven for you. The people are to go out each day and gather enough for that day. This way I will test them to see whether or not they will follow My instructions. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.'" (Exodus 16:4-5)*

*The children of Israel were told to gather enough manna for one day. But on the sixth day they were to gather enough for two days. God would provide none on the Sabbath. God provided the children of Israel's need by supplying manna and quail. We come to a closer relationship with God when we realize He can and does supply our needs.*

## When Do We Eat?

Why does it seem that outdoor activities not only improve the taste of the food prepared outdoors, but also increase the appetite of the camper? Outdoor cooking is not only a pleasant and fun activity, but it can also be an important skill to have in times of necessity such as power outages and outdoor adventures. Cooking takes skills from several different areas of campcraft training and puts them to use. Since information will be covered in different areas, this section will focus primarily on outdoor cooking.

## Menu Planning

Meal planning may not seem very important, but it most certainly is a vital part of any outdoor cooking experience! As our society has changed, so have the eating habits of our campers. A generation ago, breakfast would probably have included some type of breakfast meat with eggs, accompanied with biscuits or toast. Today's breakfast, (if eaten at all), may be a bowl of cold cereal, a doughnut or a toaster pastry. Lunch may be a sandwich or fast food and dinner may be carry-out or something out of the freezer that is cooked in the microwave oven. Menu planning is important not only to provide something to eat, but also to expose campers to some new food items that they may have never eaten before. At the end of this section, you will find a chart that will help you to plan your menus.

Also, most food items are now labeled with the serving size and number of servings per package. You should check these serving sizes to see how they match-up with the age of campers that you have in your group.

Now let us look at some possibilities for our meals. You will find suggestions and recipes included in some of these sections. Although there is an abundance of ideas that can be easily used in outdoor cooking, these are just some simple ones to get you started. With the availability of the Internet, there are many recipes and tips about cooking that can be downloaded.



## Breakfast

The morning meal is very important for campers since it prepares them for the day's scheduled activities.

Here are some ideas for breakfast: Bacon, sausage, or ham and eggs, breakfast burritos, cereal (hot or cold), biscuits or toast, sausage gravy, French toast, pancakes, cinnamon rolls or doughnuts.



## - Notes -

*Just as we need to start each day with food for our bodies, we should also start the day with spiritual food - prayer, Bible study, singing and praising God.*



## Lunch

Lunch in camp may be different from lunch on the trail. In camp this may be a larger meal that requires more preparation. While on the trail it may be more of an expanded snack and rest time.

Here are some lunch ideas for in camp: One pot meals such as stews, chili, chicken and dumplings, pizza, beans, vegetables, tacos, fajitas, sloppy joes, and sandwiches. Dessert could include cobblers, cakes, cookies, or puddings.

Some suggestions for lunch on the trail could include dried meats, canned meats, cheeses, peanut butter, crackers, sandwiches, dried fruit, nuts and chocolate.

## Dinner

Dinner usually provides an opportunity to expand the menu. For the camper on the trail, this may be the big meal of the day. Dinner meals provide an opportunity to try some different methods of cooking that may not be practical for other times during the day.



Some popular ideas for dinner include foil burgers, one pot meals, chicken and rice, barbecue, spaghetti, lasagna and meat pies. Desserts could include cobblers, cakes, pies, cookies or puddings. Some of these dishes will be discussed later in this section.



## - Notes -

*"Therefore, when Jesus looked up and noticed a huge crowd coming toward Him, He asked Philip, 'Where will we buy bread so these people can eat?' He asked this to test him, for He Himself knew what He was going to do. Philip answered, 'Two hundred denarii worth of bread wouldn't be enough for each of them to have a little.' One of His disciples, Andrew, Simon Peter's brother, said to Him, 'There's a boy here who has five barley loaves and two fish—but what are they for so many?' Then Jesus said, 'Have the people sit down.' There was plenty of grass in that place, so they sat down. The men numbered about 5,000. Then Jesus took the loaves, and after giving thanks He distributed them to those who were seated; so also with the fish, as much as they wanted. When they were full, He told His disciples, 'Collect the leftovers so that nothing is wasted.' So they collected them and filled 12 baskets with the pieces from the five barley loaves that were left over by those who had eaten." (John 6:5-13)*

## Special Items

Many times the most vivid cooking memory from a camping experience is not a meal that was prepared, but some special item that was cooked. This could be a cobbler that was cooked on the evening campfire, the traditional s'mores (roasted marshmallow with a chocolate bar square and two graham crackers), biscuit dough wrapped around a green limb and cooked over the campfire and eaten with jelly or honey, banana boats, ice cream made in two coffee cans, pineapple upside-down cake cooked in a Dutch oven, or some other special treat.



## Cooking Methods



There are many methods of cooking that can be used while camping. Most are best suited for specific types of menu items. As you gain experience with your cooking, try some of the more challenging methods of preparing food!

### Boiling

Boiling is one of the simplest methods of cooking. As you have learned in Firecraft, cooking is usually done best over coals instead of a flame. When cooking over a

fire, it is good to have some type of device to hold the pan up off of the coals. This may be some type of metal frame that will support your pan. Rocks should be avoided as they may become hot and fracture, sending out hot rock fragments. Many campers use a bar or rod over the fire which is supported by two uprights. Hooks are normally used to suspend the cooking pots over the fire. *Hint! If bar soap is rubbed on the bottom of your pan before you use it for cooking, it will be easier to cleanup after you are finished.*

Boiling is used for heating water, making coffee and preparing a wide variety of foods such as rice, pasta, potatoes, corn-on-the-cob, beans and one-pot meals.

One item that is easy to prepare is hot chocolate. With the availability of instant hot cocoa mix, it is simply a task of heating water and mixing it according to the package directions. There are recipes available for making your own mix if you desire.

Camp stew is a one pot meal that is very easy to prepare. There are many recipes available, but here is one that is quick and simple. Break up one pound of ground beef and brown it in at least a 2 qt. saucepan. After draining any grease, empty two 16 oz. cans of mixed vegetables, one 16 oz. can of diced tomatoes, one small diced onion and one 16 oz. can of water. Season to taste with salt and pepper and any other seasonings that you want to use. Cook over medium heat for 30 minutes. This should feed four to six campers.



Another one pot meal is chicken and dumplings. Empty a small can of cream of chicken soup into a saucepan. Add a soup can of water or milk and a small can of boned chicken. Heat to a boil, open a tube of canned biscuits and pinch each biscuit into about six pieces and drop into the boiling liquid. Stir occasionally. After all biscuits have been put into the liquid, continue to cook until the dough is done (approximately five to ten minutes). This meal should feed about three campers.



## - Notes -

*"When Elisha returned to Gilgal, there was a famine in the land. The sons of the prophets were sitting at his feet. He said to his attendant, 'Put on the large pot and make stew for the sons of the prophets.' One went out to the field to gather herbs and found a wild vine from which he gathered as many wild gourds as his garment would hold. Then he came back and cut them up into the pot of stew, but they were unaware of what they were. They served some for the men to eat, but when they ate the stew they cried out, 'There's death in the pot, man of God!' And they were unable to eat it. Then Elisha said, 'Get some meal.' He threw it into the pot and said, 'Serve it for the people to eat.' And there was nothing bad in the pot."*

*(2 Kings 4:38-41)*



## Frying

Frying is often used in outdoor cooking. The traditional cast-iron skillet has long been a staple around the campfire. With the trend away from fried foods, this method is probably not as popular as it once was. There is also a issue of safety when dealing with hot grease, especially around younger campers.

Some of the more common menu items that are still prepared by frying include fried chicken, chicken fried steak, fried fish, fried potatoes, bacon and sausage.

Here is a simple recipe for fried chicken or steak. Place about one inch of vegetable oil or shortening in your skillet. Heat to medium high heat. While the oil is heating, prepare your meat. Season to taste with salt and pepper, dredge in all-purpose flour, dip into a mixture of one beaten egg and one-half cup of milk, dredge again in the flour, and then carefully place in the hot oil. When the first side is brown, turn over and brown on the other side. The thicker the meat, the longer it will take to cook. Always make sure that the meat is cooked thoroughly.

To cook fish, a common recipe is to season the fish with salt, dredge in yellow or white corn meal (or a mixture of both), and place in hot oil. Turn over once and cook on the other side. The thickness of the fish will determine how long it will need to cook.



## Grilling / Toasting

The sight, sound, and taste of grilled foods has made it a very popular method of cooking. A variety of food items can be grilled over an open fire, charcoal, or a gas grill.

Grilling is not just limited to cooking meats over a fire, but can include preparing toast or grilling vegetables. For grilling, it is better to cook over coals than an open flame. For really primitive camping, try placing a cut of meat, such as a steak, directly on the coals. After cooking on both sides, brush off the small amount of ash and enjoy. However, for most grilling it would be better to have some type of metal grate that can be placed over the fire. It is simple to place a cut of meat such as a steak, pork chop, piece of chicken, hamburger patty or even a wiener on this grate and cook until it is done. There is a variety of seasonings on the market that can be used to enhance the flavor.

Another option is to slice small squash or zucchini in half, brush with olive oil or vegetable oil, season with some type of mixture of salts and seasonings, and then place them on the grill with a medium heat range. Before they start to burn, turn them over and cook on the other side. Other types of vegetables like tomatoes, onions, or peppers can be used.



Toasting of food over a fire has been around for a long time. One of the most popular and simplest method of cooking is to toast marshmallows or roast wieners over a fire. However, marshmallows can become very hot and easily catch on fire. Wieners should be roasted using some type of device that will not get hot. Metal coat hangers can get hot and may have hazardous coatings. Use caution and be sure to remove any coatings prior to using.

## - Notes -

*Jesus cooked breakfast for the disciples on the seashore.*

*"When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. 'Bring some of the fish you've just caught,' Jesus told them. So Simon Peter got up and hauled the net ashore, full of large fish—153 of them. Even though there were so many, the net was not torn. 'Come and have breakfast,' Jesus told them. None of the disciples dared ask Him, 'Who are You?' because they knew it was the Lord. Jesus came, took the bread, and gave it to them. He did the same with the fish." (John 21:9-13)*



## - Notes -

*It is difficult to cook food properly on open flames. You need a good bed of coals to ensure consistent heat so your food is cooked properly. Preparing our lives to serve God is the same way. We need to be steady and consistent - not flaring up and cooling off.*

A slice of bread can be held on the end of a stick and toasted. Also canned biscuits or biscuit dough can be formed into a long pencil shape, wrapped around a green limb, and held over the fire and rotated until done and brown. It then can be pulled off of the end of the stick and eaten with butter, jelly, or honey.



### Spit Cooking

No, this is not what you might think! Probably the very first tool for cooking that someone used was a green limb held over a fire with a piece of meat on it. This allows for cooking without getting so close to the fire. A variety of foods can be cooked with this simple method. Small pieces of meat alternated with pieces of vegetables such as onion, tomato, pepper, squash, zucchini, or snap peas can be skewered on rods, bamboo sticks, or green limbs. Season these however you like and place them over the fire, rotate frequently, and cook until done.





## Griddle

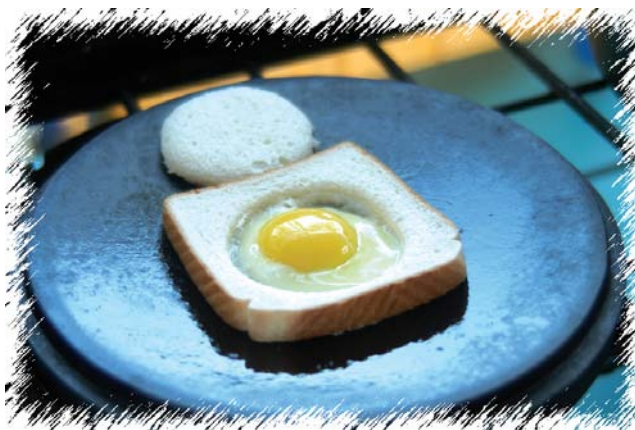
A griddle is basically a solid piece of heavy metal (aluminum, steel, stainless steel, or cast iron) that can be placed across a fire, allowed to get hot, and then used for cooking. This process has been used for years in restaurants and cafes.

These griddles range from manufactured griddles with gas burners

underneath, to plow discs, to just a piece of metal thrown down on a fire. A skillet without grease or even a camp Dutch oven lid turned upside down will give the same effect as a griddle. There is a wide range of items that can be cooked with this type of cooking equipment. One good suggestion to remember when using a griddle is to use a light coating of oil or margarine to help prevent sticking and to aid in browning.

This method is most often used for breakfast. Bacon, sausage, ham, eggs, hash browns, toast, pancakes and French toast are just a few of the items that can be cooked on a griddle for breakfast.

For lunch or dinner you might cook grilled cheese sandwiches, hamburgers, pork chops, steaks, chicken, garlic toast, or Texas toast, just to name a few. Have you ever had a grilled peanut butter and jelly sandwich? How about a "fluff-n-nutter" sandwich? Toast two slices of bread, coat one piece with peanut butter, coat the other piece with a layer of marshmallow cream, then put the two coated sides together, cut into halves, share with a friend and enjoy.



## - Notes -

*Be willing to try new foods and different ways of preparing foods. As we "carry the message around the world" we might find ourselves encountering different menu items that we may not be accustomed to eating. Being willing to try different foods may open the door to sharing the message of Christ with other cultures.*



## - Notes -

*"Again He said, 'What can I compare the kingdom of God to? It's like yeast that a woman took and mixed into 50 pounds of flour until it spread through the entire mixture.'"*  
(Luke 13:20-21)

*Baking powder is what makes biscuits rise and taste so good. God's word is the baking powder in our lives. It makes our hearts and souls rise up and give thanks, so that we will be ready to serve Him as the risen Saviour.*

## Baking

Probably one of the most challenging ways to cook outdoors is baking. Since baking usually involves surrounding what you are cooking with heat, the challenge is to get the proper heat all of the way around the pot or pan. More outdoor baking is probably done in a Dutch Oven than any other way. Dutch Oven cooking will be discussed in a later section.

Generally the most popular baked items are breads or cakes. Most of the time these items will contain flour or corn meal and some type of ingredient, such as baking powder, baking soda, or yeast, to make them rise. Most baking will require indirect heat. This is usually accomplished by having the item being baked placed to the side of the fire.



One of the methods that has been used successfully is a reflector oven. A reflector oven utilizes metal to direct the heat back toward the item being cooked. This can be accomplished by using one piece to hold the pan, one angled up from the bottom and one angled down from the top. This will create a wedge shape that will maximize the heating and baking effect of the fire. Sometimes large rocks or green logs can also be used to direct the heat to the side of the fire where you are baking.

Baking is also done with aluminum foil. To bake an apple, core the apple, fill the core with a teaspoon or two of sugar and a little cinnamon, wrap the apple loosely in heavy duty aluminum foil, and place in coals. Cook for 20-25 minutes and check for doneness. When it is done, unwrap and enjoy. Onions can also be baked in much the same way. Peel and core the top and bottom of the onion, salt (Cajun seasoning works really well), and place a teaspoon or two of butter on the top of the onion. Wrap loosely in foil and place in the coals. Start checking for doneness after about 25 minutes.

Another foil baking item is a cupcake baked in an orange half. Cut the top off an orange, carefully scoop out the orange and eat. Fill the empty orange about one-half full of prepared cake or muffin mix, replace the top, loosely wrap the orange with foil and place on a level spot in the coals. Check after 15-18 minutes for doneness. If not done, continue for a few more minutes.





## Aluminum Foil Cooking

Aluminum Foil Cooking has become a very popular method of cooking. It not only requires less equipment and setup, but also the cleanup is much simpler and quicker. Foil can also be used to form small bowls, pans and other utensils as well as for storage and protection of food items. It is often used in connection with other cooking styles such as lining of Dutch Ovens or covering a grate over a campfire. There is a type of aluminum foil presently on the market that is a super heavy-duty strength. It is more costly, but will probably work more satisfactorily for outdoor cooking.



## - Notes -

*"Suddenly, an angel touched him. The angel told him, 'Get up and eat.' Then he looked, and there at his head was a loaf of bread baked over hot stones and a jug of water. So he ate and drank and lay down again. Then the angel of the LORD returned a second time and touched him. He said, 'Get up and eat, or the journey will be too much for you.' So he got up, ate, and drank. Then on the strength from that food, he walked 40 days and 40 nights to Horeb, the mountain of God." (1 Kings 19:5-8)*



A baked potato is simple to prepare in the campfire. First, wash and scrub the potato, then pierce it several times with a fork, rub the outside of the potato with a small amount of butter and then wrap in aluminum foil. The potato can also be placed inside a clean, empty can and then wrapped with foil. Place in the fire and cook for about 45-50 minutes, rotating occasionally. If the potato is not soft when it is mashed, leave it on the fire for a few more minutes. After determining that the potato is done, let it cool for a few minutes before serving. Serve with butter, salt and pepper, and any other topping that you want. Sweet potatoes can also be prepared in the same way.

## Foilburgers

"Foilburgers," "trailburgers," "hobo dinners," "silver turtles" and other names are given to the same basic meal that can be prepared and cooked in the campfire. For our purposes we are going to refer to them as "foilburgers." The basic concept is a combination of meat, vegetables, and seasonings all sealed up in aluminum foil and then cooked directly in the campfire. The number of packets that you will be cooking at one time will determine the size of fire that you will need. A good hot bed of coals is much better for cooking than a fire that has a lot of flame and not many coals. It may be necessary to start your fire one to two hours earlier than when you plan to cook in order to produce an adequate amount of coals.

## RECIPE

### Here is what you will need to prepare each meal:

- 1 piece of heavy weight aluminum foil approximately 18" x 18"
- 1/4 pound of raw hamburger meat flattened out to 4 inches in diameter
- 4 slices of raw potato approximately 1/4 inch thick
- 1 slice of raw onion approximately 1/4 inch thick
- 1/2 raw carrot cut long ways into quarters
- 1 teaspoon of margarine
- 1 Tablespoon of water
- Salt and pepper to taste

It is easier to assemble this dinner if you can work on a flat surface like a table top. Lay out the foil with the shiny side to the inside. Next place the carrot strips in the center of the sheet. Salt and pepper each layer as you put this together. Now lay the hamburger patty on top of the carrots. The onion slice is next followed by the potato slices. Top with the margarine. Bring two opposite sides of the foil up and together. Make a good seal by folding the foil seam over several times. Don't fold the foil down tight against the packet, but instead, leave a little room for expansion.



Now fold in the corners on one of the remaining ends and then start folding the small section toward the center of the packet. After pouring the tablespoon of water into the packet, seal the other end in the same manner as the first end. The water will generate steam which will help to cook your meal. Be sure that all of the folds create a tight seal all of the way around your foilburger.





Now to cook our meal. Locate an area that has a good bed of coals and place your dinner directly onto the coals. If you have a large fire it is sometime best to move some of the coals to the outside of the fire and place your foilburger on them. A long handled shovel works well for moving coals and placing foil burgers. If desired, coals can also be heaped on top of the dinner to speed up the cooking process.

Cooking time is somewhat flexible depending upon conditions. As a general rule, check the dinner after about fifteen minutes. If it is not done, return it to the fire for another five to ten minutes or until it is done. When the dinner is ready to eat, try to dust off as much ash as possible (a whiskbroom works well for this) and support it with some type of plate.



*"Every living creature will be food for you; as I gave the green plants, I have given you everything."  
(Genesis 9:3)*



Be very careful when opening the foil because there will be a lot of steam released. The food can be removed to a plate or open back the foil and eat it directly from the packet. A word of caution: the food will be very hot!

The variations of this meal are only limited by your imagination! A variety of foods can be cooked in this manner. There are all types of variations to this meal. Here are a few things that can be added or substituted:

Beef steak  
Chicken  
Pork chop  
Fish

Venison  
Mushrooms  
Bell pepper  
Jalapenos

Picante sauce  
Cajun seasoning  
Lemon pepper  
Italian dressing

*In Dutch Oven cooking it is important to have coals all around the Dutch Oven. In our Christian lives we are stronger when we surround ourselves with other Christians.*

## Dutch Oven Cooking

Dutch Oven Cooking is often used as a way to prepare food in an outdoor setting. The Dutch Oven can be used not only as a skillet, griddle, stewpot, saute pan, or warmer but also as the traditional oven. The Dutch Oven lid can also be turned over and used as a griddle, wok, or skillet. Please understand that these are sometimes referred to as Camp Ovens since they have three stubby legs on the bottom side which allow them to be used on an outdoor campfire. These legs raise the oven off of the coals so that it does not smother out the fire. It also should have a somewhat flat lid with a lip around the edge to hold coals. Do not confuse the Camp Oven with Dutch Ovens that have a flat bottom, rounded lid, and are designed for use in an indoor kitchen oven.



This manual will not try to cover all aspects of Dutch Oven cooking. There are basic Dutch Oven cooking books available which will be beneficial to the beginning Dutch Oven cook. This information will usually explain about “seasoning” Dutch Ovens as well as care. As far as the size is concerned, Dutch Ovens are commonly found from an eight inch diameter up to a sixteen inch or larger diameter. Most beginning cooks find that the twelve inch is the most easily secured and many recipes are sized to fit this oven.

Generally when baking, a good rule to remember is to have 1/3 of the heat on the bottom and 2/3 of the heat on top. If using charcoal briquettes on a 12” Dutch Oven you would use 9 underneath and 15 on top. *(The formula for determining the number of briquettes needed: size of the oven times two equals the total number of briquettes needed. For the bottom, use the size of the oven minus three briquettes. For the top use size of the oven plus three briquettes.)*

### Cobblers

Now that we have covered some of the basics of Dutch Oven cooking, let’s prepare a cobbler. One of the first dishes that many people prepare is a simple fruit cobbler. They are relatively easy to prepare, nearly foolproof to cook, and always delicious to eat!

### Getting Started

It is suggested that you try this in a twelve inch Dutch Oven, but if you have a different size available, use what you have. This recipe should provide enough for at least ten to twelve people to have a good sample. If more people are present, you might consider preparing a second dish or provide smaller samples.



The cook on a chuckwagon might not have used aluminum foil to line his oven, but it will make your cleanup much easier. Use about eighteen inches of wide, heavy duty aluminum foil to line the bottom and sides of your Dutch Oven before you start to prepare your cobbler. It is suggested to go ahead and cover the lid as well. Make sure the foil fits all the way into the bottom corners and does not have any tears that might leak. Be sure to flatten the foil along the sealing portions of the lid and that the lid fits down firmly onto the bottom part of the oven.

## RECIPE

### Ingredients for Cobbler

Make sure that you have these on hand before you start.

- 2 cans (29 oz. each) of sliced peaches or other fruit
- 1 yellow cake mix
- 1 stick of butter or margarine
- 1 cup of light brown sugar
- 1 teaspoon total of spice (cinnamon, ground clove, pumpkin pie spice or whatever you like)

### Preparing the Cobbler

We are now ready to put it together! Although it is better to preheat your Dutch Oven, doing so can create something of a hazard for people trying to work around a hot pot! A good recommendation is not to worry about preheating the bottom, but you could preheat the lid since you would not be handling it. Start with your foil-lined oven and cube about one-third of the butter and scatter it around the bottom. Empty one of the cans of peaches, along with the juice, into the oven. Sprinkle a little of the spice and about one third cup of the brown sugar on top of the peaches.



Next sprinkle about one half of the dry cake mix over this mixture. Dot with another one third stick of butter, some spice, and another one third cup of brown sugar. Now pour the other can of peaches and juice over the cake mix. Top the peaches with the rest of the dry cake mix, butter, spice, and brown sugar.

## - Notes -

*One key to becoming a good Dutch Oven cook is to use your nose as well as your eyes to tell how something is cooking. In our Christian walk we should serve God with all that we have, not just one part.*



### Cooking the Cobbler

Place the lid on top of the oven making sure that it is seated well. Remember that the heat will damage the grass or ground. If possible, use something to keep the heat off of the ground. You can cook in a barbecue pit, metal tub with sand in it, a metal barrel lid supported on bricks, or whatever you can come up with. Place a shovel full of coals under the Dutch oven and another good shovel full of coals on top. Check the time when you start cooking. About every fifteen minutes lift the entire oven slightly and rotate it a quarter of a turn counterclockwise and

then lift the lid slightly and rotate it a quarter of a turn clockwise. This helps to eliminate hot spots. If it appears that it is not cooking hot enough, add a few more coals. If it appears to be too hot, remove a few coals or set it off of the bottom coals.

After thirty minutes, check for doneness. If it needs a little more cooking, let it continue, but check about every ten minutes or so. When it looks brown and appears to be done, remove the lid, dump off any remaining coals, and brush off any ash (a whisk broom works well for this). Be careful to brush downwind or you might wind up with a pot full of ashes! Most times, the cobbler will be better if it can sit for just a few minutes before eating. Please be aware that this cobbler will be **very hot** and can easily burn your mouth. A dip of vanilla ice cream is a tasty addition.





## Pineapple Upside Down Cake

Here is another Dutch oven recipe that you can try. The following ingredients are needed for this recipe:

### RECIPE

- 1 Twelve (or fourteen) inch Dutch Oven lined with a single piece of heavyweight aluminum foil.
- 1 Large (about 16-20 oz.) can of pineapple. This can be sliced, crushed or even chunks.
- 1/2 Cup light brown sugar
- 1 Stick margarine
- 1 Yellow cake mix
- 3 Eggs (per cake mix recipe)
- 1 1/3 Cups water (per cake mix recipe)
- 1/3 Cup vegetable oil (per cake mix recipe)  
(may substitute 1 stick margarine)
- 1/2 Cup chopped pecans (optional)
- 1/4 Cup maraschino cherries (optional)

### Preparing the Cake

To prepare a pineapple upside-down cake, line your Dutch Oven with a single piece of heavyweight aluminum foil just as we did for the cobbler. Unlike the cobbler, the lid will be lined with foil, after cooking, in order to flip this cake over and serve it with the pineapple on top. We will talk more about this later.

Start by cutting the stick of margarine into several small pieces and scattering them around in the bottom of the oven. (It is good to melt the margarine in the bottom of the oven, however, working around a hot pot creates problems.) Place the pecans in the oven if you are using them. Sprinkle the brown sugar on top of the nuts and margarine. Next drain the pineapple and place the fruit in the bottom of the Dutch Oven. If using pineapple slices, place a cherry in the center of each slice.

In a large mixing bowl, combine the cake mix with the eggs, water and oil according to the directions on the cake mix box. Mix thoroughly and stir vigorously for two minutes then gently pour the batter over the fruit, nuts, brown sugar and margarine. Try to spread it as evenly as possible without disturbing the bottom layer.



### - Notes -

*Our spiritual food includes the Bible, our Christian fellowship, witnessing, Bible study, worship, etc. All the blessings we receive from these help us grow spiritually.*

## - Notes -

*"For His divine power has given us everything required for life and godliness, through the knowledge of Him who called us by His own glory and goodness. By these He has given us very great and precious promises, so that through them you may share in the divine nature, escaping the corruption that is in the world because of evil desires. For this very reason, make every effort to supplement your faith with goodness, goodness with knowledge, knowledge with self-control, self-control with endurance, endurance with godliness, godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they will keep you from being useless or unfruitful in the knowledge of our Lord Jesus Christ."  
(2 Peter 1:3-8)*

*Cooking involves taking the right ingredients, mixing them together, and applying heat to produce a finished product. We become more Christ-like when we allow Christ to work in our lives.*

### Cooking the Cake

After putting the lid in place and making sure that it is fitted snugly onto the bottom, place a shovel full of coals under the oven and place shovels full on top of the oven. After fifteen minutes, lift the lid slightly and rotate it one quarter turn clockwise. After seating the lid back onto the oven, lift the entire oven slightly and rotate it one quarter turn

counterclockwise. Continue to check and rotate about every ten minutes. If more heat is needed add a few more coals. If it is too hot, remove some coals. When the cake springs back when touched, or a toothpick comes out clean, it is done. Remove from the heat and dump the coals and ash off of the lid (use a whisk broom).



### Turning Out the Cake

Allow the lid to cool slightly and then cover the underneath side of the lid with heavyweight foil. A cardboard disc the same size as the oven can be placed between the foil and the lid to serve as a cake plate. After the cake has cooled for about fifteen minutes, replace the lid and carefully (but quickly), turn the Dutch Oven upside down to allow the cake to fall onto the lid. After removing the oven and carefully removing the foil that lined the bottom, your cake is ready to behold! If you used the cardboard disc under the foil, you can now remove the cake from the Dutch Oven lid and continue your cleanup. Although it rarely happens, the longer this cake sets, the better it gets! Please give this cake a try. It is not difficult to make and will surely be as impressive as it is delicious!





## Trail Snacks

Trail snacks are a quick source of energy when you have little time to prepare meals. There are many types of trail snacks that can be purchased at the supermarket. Listed below is a simple recipe for a trail snack.

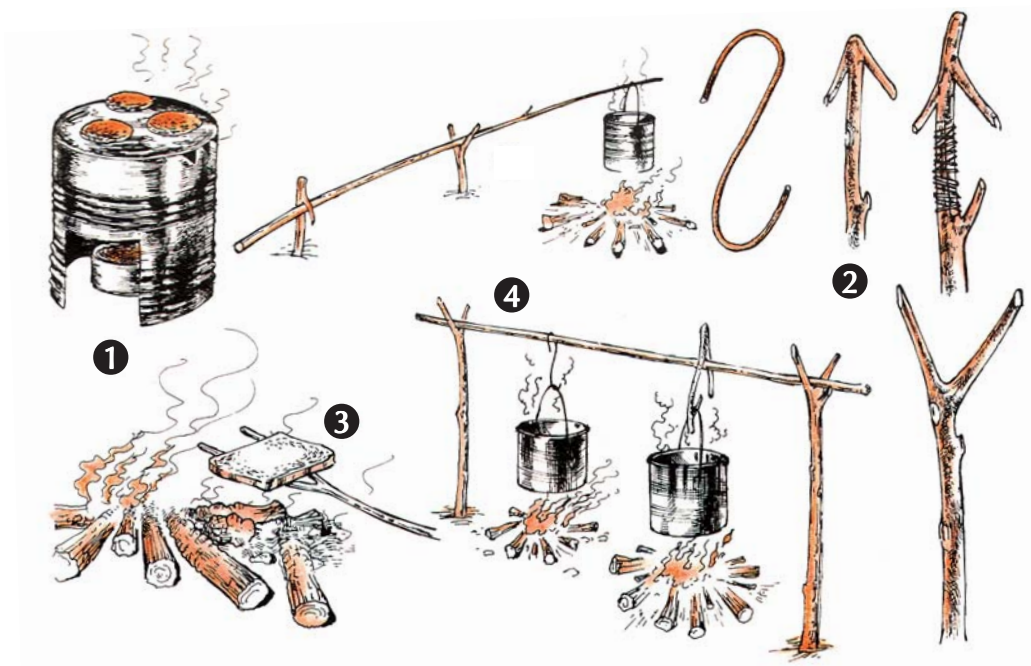
### GORP (Good Old Raisins and Peanuts)

Combine two cups of M & M<sup>®</sup> candies, two cups (salted or dry roasted) nuts, and two cups of raisins. Other ingredients may be added, if desired. This makes a nutritious trail snack.



## Cooking Devices

- 1 Cook pancakes, bacon, toast, or eggs on a tin can stove. Use a buddy burner as the fuel. (See Firecraft section.)
- 2 Use hooks to hang utensils close to fire.
- 3 Toast bread or roast wieners or marshmallows over coals with a forked stick.
- 4 Several utensils may be suspended from one pole. Sticks and pole must be green. Sticks should be sturdy enough to stand pounding and the pole strong enough to hold several pots. With an axe, sharpen the ends of sticks so they can be easily driven into ground. To prevent splitting of the forked sticks, do not pound them. Instead, lay a stick in the fork and pound it.



## - Notes -

*"Now, salt is good, but if salt should lose its taste, how will it be made salty? It isn't fit for the soil or for the manure pile; they throw it out. Anyone who has ears to hear should listen!" (Luke 14:34-35)*

*Salt is made to season your food and to bring out the flavor. If it doesn't, it is useless. We are the salt of the Earth to season the hearts of people and share with them the flavor of life who is Jesus. If we don't, what kind of Christian are we? Useful or useless?*

## Cooking Tips

- Sugar substitutes are not good for quick energy in camp. Take along extra candies, cakes, or cookies for sugar replacement.
- Look for lightweight foods at your supermarkets. Much weight, expense and camp cooking may be avoided by wisely choosing some nourishing simple meals. Many of these are dehydrated or freeze-dried and need only water added to make tasty camp meals.
- Powdered whole or skim milk and dehydrated soup are easily prepared. Dried fruit may be eaten cooked or raw, and jams and jellies will add to your sugar supply.
- There are many types of MRE's "Meals Ready to Eat" that can be purchased. The advantage of these is that little preparation and clean up time is required. The disadvantage is the cost and taste of the meals.
- Use plastic bags for transporting food. They are lighter than cans. Food wrapped in foil will stay fresh and may be easily handled.
- Shells of walnuts and hickory nuts added to your fire will improve the flavor of broiled steaks and fish. Be sure to remove the oily nut meats and use only enough shells to add to the smoke flavor.
- The outdoors has a variety of foodstuff for the camper who knows how to look for wild berries and who knows different ways to prepare wildlife species for the table. Consult a knowledgeable source before consuming any wild plants.
- Leather work gloves, pot holders, Channel-lock® pliers and lid lifters will help prevent burns. Hot pots and pans may be more safely handled with these tools.
- Allow adequate ventilation when using any stove. Don't cook inside a tent.





# Three Day Meal Planner

First Day  
Breakfast

Second Day  
Breakfast

Third Day  
Breakfast

Protein Food

Cereal and/or  
bread

Fruit or juice

Beverage

Utensils

Lunch

Lunch

Lunch

Main dish

Vegetable and/or  
fruit

Salad

Bread

Dessert

Beverage

Utensils

Dinner

Dinner

Dinner

Main dish

Vegetable

Salad

Bread

Dessert

Beverage

Utensils

## Number of Campers

Lads\_\_\_\_\_

Crusaders\_\_\_\_\_

Challengers\_\_\_\_\_

Adults\_\_\_\_\_

**TOTAL** \_\_\_\_\_

How many days?\_\_\_\_\_

How many meals?\_\_\_\_\_

Breakfast?\_\_\_\_\_

Lunch?\_\_\_\_\_

Dinner?\_\_\_\_\_

Snacks?\_\_\_\_\_

# Checklist For Cooking

## Beverage

\_\_\_\_\_dairy drink  
\_\_\_\_\_cocoa  
\_\_\_\_\_fruit juice  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_tomato juice  
\_\_\_\_\_  
\_\_\_\_\_

## Bread and Cereal

\_\_\_\_\_bread  
\_\_\_\_\_cold cereal  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_cooked cereal  
\_\_\_\_\_  
\_\_\_\_\_

## Canned Foods

\_\_\_\_\_fruits  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_meats  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_soup  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_vegetables  
\_\_\_\_\_  
\_\_\_\_\_

## Dehydrated &

## Dried Foods

\_\_\_\_\_eggs  
\_\_\_\_\_fruit  
\_\_\_\_\_meat  
\_\_\_\_\_onions  
\_\_\_\_\_potatoes  
\_\_\_\_\_soup  
\_\_\_\_\_vegetables  
\_\_\_\_\_

## Produce

\_\_\_\_\_apples  
\_\_\_\_\_bananas  
\_\_\_\_\_celery  
\_\_\_\_\_carrots  
\_\_\_\_\_cucumbers  
\_\_\_\_\_grapefruit  
\_\_\_\_\_green peppers  
\_\_\_\_\_lemons  
\_\_\_\_\_lettuce  
\_\_\_\_\_melons  
\_\_\_\_\_onions  
\_\_\_\_\_oranges  
\_\_\_\_\_potatoes  
\_\_\_\_\_tomatoes  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Cleaning Products

\_\_\_\_\_soap for dishes  
\_\_\_\_\_soap for hands  
\_\_\_\_\_soap pads  
\_\_\_\_\_cleansers  
\_\_\_\_\_

## Condiments/Dressings

\_\_\_\_\_catsup  
\_\_\_\_\_honey  
\_\_\_\_\_jam  
\_\_\_\_\_jelly  
\_\_\_\_\_mustard  
\_\_\_\_\_olives  
\_\_\_\_\_peanut butter  
\_\_\_\_\_pickles  
\_\_\_\_\_salad dressing  
\_\_\_\_\_vinegar  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Dairy Products

\_\_\_\_\_butter  
\_\_\_\_\_buttermilk  
\_\_\_\_\_cheese  
\_\_\_\_\_cottage cheese  
\_\_\_\_\_eggs  
\_\_\_\_\_margarine  
\_\_\_\_\_milk  
\_\_\_\_\_sour cream  
\_\_\_\_\_

## Meat

\_\_\_\_\_bacon  
\_\_\_\_\_beef  
\_\_\_\_\_chicken  
\_\_\_\_\_ground beef  
\_\_\_\_\_ham  
\_\_\_\_\_sausage  
\_\_\_\_\_steaks  
\_\_\_\_\_wieners  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Paper Products

\_\_\_\_\_aluminum foil  
\_\_\_\_\_toilet paper  
\_\_\_\_\_garbage bags  
\_\_\_\_\_facial tissue  
\_\_\_\_\_paper cups  
\_\_\_\_\_paper plates  
\_\_\_\_\_paper sacks  
\_\_\_\_\_paper towels  
\_\_\_\_\_plastic bags  
\_\_\_\_\_plastic wrap  
\_\_\_\_\_wax paper  
\_\_\_\_\_cutlery  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Miscellaneous