
Boy Scouts of America

Troop Cookbook

Troop 154 Goldens Bridge



BOY SCOUTS OF AMERICA

2010 Version 2.3



Troop 154 Goldens Bridge Cookbook

Purpose of this document

The purpose of this document is to provide the members of the Troop a collection of approved recipes that can be used in Patrol Cooking for campouts. This is a work in progress and new recipes are always welcome to continue to challenge everyone's cooking skills and entice their taste buds.

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OUTDOOR COOKING

Cooking and eating are an adventure. Eating is fun and so is fixing food to eat. There are so many activities that offer an opportunity to cook and eat. There is just something about camp cooking that is special. Cooking outdoors requires a different set of rules and equipment. Take time to plan some activities that will include food preparation, whether it is brought in a paper sack or food that will be prepared by the boys. Even cooking a hot dog or marshmallow can be a real challenge - having it cook just right and not burnt. Cooking is a skill and cooking outdoors with charcoal, wood or a buddy burner will take some skill. Take time to talk about what you plan to cook, discuss safety and practice fire building.

It is fun to beat eggs, mix pancakes, make a milkshake or peach cobbler. It can be lots of fun as long as you know what you are doing. Don't be too ambitious to start with. Do simple recipes and progress as your skills develop. Outdoor food does not have to be cooked. A good lunch can be part of the day without having to take time out to cook.

SAFETY AND GOOD COOKING HABITS

Start out by getting yourself ready to cook.

- **WASH YOUR HANDS!**
- Read the entire recipe carefully.
- Organize the bowls, spoons, pans and other equipment that you will need.
- Read and know about making fires and fire safety.
- Have all the ingredients for the recipe. Measure the ingredients accurately.
- Follow the recipe mixing the ingredients.
- While the product is cooking, put things away and clean up your work area.
- Stay near your food. If you forget them, they will cook too long and burn.
- Turn pot handles away from the edge so that no one will bump the handle and cause the pot to spill.
- Always use potholders, or pot pliers, when handling hot pans.
- Keep all towels, pot holders, clothes and hair away from the flames.
- Learn how to use a kitchen knife properly.

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CAMPER'S MEASUREMENTS WITHOUT UTENSILS

1 Open Fistful	= 1/2 cup
Five-Finger Pinch	= 1 Tablespoon
Four-Finger Pinch	= 1 Teaspoon
One-Finger Pinch(with thumb)	= 1/8 Teaspoon
One-Finger Gob of shortening	= 1 Tablespoon
Palm of hand (center)	= 1 Tablespoon

FLUID STANDARD MEASURES

3 Teaspoons	= 1 Tablespoon	= 1/2 oz	= 29.57 milliliters
16 Tablespoons	= 1 Cup	= 8 oz	= 0.236 liters
2 Cups	= 1 Pint	= 16 oz	= 0.473 liters
2 Pints	= 1 Quart	= 32 oz	= 0.946 liters
4 Quarts	= 1 Gallon	= 128 oz	= 3.785 liters
1 Gallon		= 8 lbs.	

SUBSTITUTIONS & EQUIVALENTS

1 lb. butter / shortening	= 2 cup
4 oz. cheddar cheese	= 1 cup grated
1/2 pt. whipping cream	= 1 cup (2 c. whipped)
8 oz. sour cream	= 1 cup = 1 cup plain low-fat yogurt
1 lb. flour	= app. 3 1/2 cup
1 cup marshmallows	= 11 large or 110 miniature
1 lb. brown sugar	= 2 1/4 cup (packed)
1 lb. granulated sugar	= 2 1/4 cup
1 cup milk	= 1/2 cup evaporated milk + 1/2 cup water
	= 1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	= 1 cup milk + 1 tbs. vinegar
	= 3/4 cup milk + 1/4 cup butter
	+ 1 1/2 tsp. corn starch
1 cup sour milk	= 1 cup sweet milk + 1 Tbs. vinegar / lemon juice
1 stick butter	= 1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	= about 17 slices
1 cup of fine crumbs	= 22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers
1 Tbs. instant minced onion	= 1 small fresh onion
1 Tbs. prepared mustard	= 1 tsp. dry mustard
1 cup sugar	= 2/3 to 3/4 cup honey
1 cup honey	= 1 cup molasses
1 whole egg	= 2 egg whites = 1/4 cup egg substitute
	= 1 egg white + 1 tsp. oil
1 oz baking chocolate	= 3 Tbs. cocoa powder + 1 Tbs. oil
1 Tbs. cornstarch (for thickening)	= 2 Tbs. flour

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RECIPES

BREAKFAST

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.

EGG ON A RAFT (VAGABOND STOVE, or FRY PAN)

Bread

Egg

Salt and pepper

Grease the cooking surface of the stove. Cut two inch hole in a slice of bread. Place bread on burner and break egg into the hole. Season and turn over once while cooking

AZTEC TOOTHPICKS

Heat a white flour tortilla in skillet or top of vagabond stove. Spread cream cheese on tortilla; sprinkle on brown sugar and cinnamon. Roll up tortilla and pig out. Great breakfast, sweet roll or night time snack.

FRENCH TOAST (VAGABOND STOVE, or FRY PAN)

3 eggs

1/2 cup milk

1 tablespoon sugar

4 slices bread

Butter, syrup, jam or powdered sugar

Beat eggs, milk and sugar together with a fork. Grease the top of a hot vagabond stove with margarine. Dip both sides of a piece of bread in egg mixture, and lay it on the stove. Be careful that the fire is not too hot. When bottom browns, turn the toast over with a fork or turner. You may need more margarine. When the second side is brown, remove the toast to a plate.

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VIENNA TOAST

Make a jelly sandwich. Beat two eggs per person(4 pieces of toast). Add a little sugar, cinnamon and milk or water. Dip sandwich in egg mixture, fry the sandwich like French toast. Dip fried sandwich in (or sprinkle on) powdered sugar instead of syrup. Tastes like a giant jelly donut.

PUNCH DONUTS

Canned biscuits

Cooking oil

Cocoa

Jello

Sugar (white, brown, powdered, w/wo cinnamon)

Take a biscuit, punch hole through it with finger. Shape into donut shape. Drop into hot oil. Flip over when brown. Remove from oil, dip into sugar, cocoa or jello. Eat slowly, they are really hot.

SAUSAGE BALLS

1 lb sausage

3 cups Bisquick baking mix

1 8 oz jar Cheese Whiz or shredded cheese

Combine sausage (cooked), Bisquick baking mix and cheese; shape into balls. Bake in preheated Dutch Oven 300 degree for 25 minutes or until lightly browned.

ORZO CHICKEN SOUP

Chicken - fully cooked

3 qts water

5 bouillon cubes

1 bay leaf

1 c chopped onion, can be frozen

4 stalks celery, sliced

2 c carrots, sliced

1/4 c parsley

1 cup Orzo pasta 1/2 c = 4 servings

1/4 tsp pepper to taste

Add 3 qts water to pot, bring to gently boil. Dissolve bouillon cubes in water, add bay leaf, reduce to simmer. Cut up chicken, add to pot. Add onions, celery, carrots and parsley. Simmer about 20 minutes. Add Orzo pasta, continue cooking 10 minutes. Add pepper to taste, remove bay leaf and serve.

Makes 6-8 servings.

Hint - 2 prepackaged packs of fully cooked chicken work well; pre-measure all dry ingredients and bring in ziploc bag.

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LUNCH

GRILLED CHEESE SANDWICH

24 slices of process American Cheese

24 slices of White or Whole Wheat Bread

Margarine, or Butter, softened

Place 2 slices of the Cheese on each slice of half of the Bread. Top this with the remaining Bread. Spread the top slices of Bread with Margarine. Place the sandwiches, Margarine sides down, on the Griddle or in the Skillet. Spread the tops of the Bread with Margarine. Cook uncovered over medium heat about 5 minutes or until golden brown. Turn the Sandwiches over and cook for 2 to 3 more minutes or until golden brown and the Cheese is melted.

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DINNER

ALEX'S CHILI

- 1 pound ground beef
- 2 Tablespoons butter
- 2 sliced onion
- 1 can crushed tomato
- 1 6 oz can tomato paste
- 1 teaspoon Tabasco sauce
- 2 tablespoons chili powder
- 1 20 oz can kidney beans (undrained)

In Dutch Oven melt butter and sauté onions. Cook meat until brown. Add all other ingredients except beans. Cover & simmer 45 minutes. Add beans, cook additional 15 minutes covered.

Equipment: Dutch Oven, spatula, ladle, spoon

CAMP STROGANOFF

- 1-1/2 to 2 pounds ground beef
- Onion soup mix
- 2-3 tablespoons of ketchup
- 1 cup sour cream
- 1 can cream of mushroom soup

Noodles

Bring pot of water to a rolling boil and cook noodles until done. Brown meat and drain off grease.

Add remaining ingredients and simmer until meat is tender. If necessary, thin sauce with a little milk.

Serve over cooked noodles.

TACO CASSEROLE

- 2 pounds hamburger
- 6 tortillas
- cheese grated
- 2 cloves garlic, minced
- 2 cans enchilada sauce
- 1 small can tomato sauce

Brown meat and garlic. Add enchilada sauce and tomato sauce. Simmer for 30 minutes. Tear tortillas and layer pan with tortillas, meat, cheese. Repeat with cheese on top. Bake at 350 degrees for 45 minutes.

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HAWAIIAN DELIGHT

In a square piece of heavy duty aluminum foil place enough of each of the following to make one serving:

Sliced ham

Sweet potatoes

Carrots

Pineapple

Surround the ham slices with the other ingredients on the foil then add 1 tablespoon of syrup or honey. Fold using "drugstore" wrap to hold in the juice. Cook package on hot coals for approximately 15 minutes on each side

PASTA ITALIANO BAKE

1 lb ground beef

1/4 cup chopped onion

1/4 cup chopped green pepper

1 garlic clove, minced

1 6 oz can tomato paste

1/2 cup water

1 teaspoon salt

1/2 teaspoon oregano leaves

2 cups (4 oz) noodles, cooked, drained

1/4 cup chopped parsley

1/2 cup Miracle Whip salad dressing

3/4 cup Kraft grated parmesan cheese

2 eggs, beaten

Brown meat, drain. Add onion, green pepper and garlic; cook until tender. Stir in tomato paste, water and seasonings. Cover; simmer 15 minutes. Combine noodles and parsley; toss lightly. Combine salad dressing, 1/2 cup cheese and eggs; mix well. Layer noodles and meat mixture in Dutch Oven; top with remaining cheese. Bake for approximately 40 minutes. 6 servings.

CORN CASSEROLE

1 can whole corn with juice

1 can cream style corn

1/2 cup melted butter

1 package Jiffy corn bread mix

1 cup sour cream

2 eggs

1 cup cheddar cheese

Mix all ingredients together, except cheese. Bake at 350 degrees for 25-30 minutes. Add cheese on top and bake for 8-10 minutes more.

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CHICKEN BREASTS

8 chicken breasts
1 jar or package dried beef slices
8 slices bacon
Salt and pepper to taste
1 can Cream of Mushroom soup
1 small carton sour cream

Bone the chicken breasts and roll one slice of bacon around each piece. Place dried beef slices in bottom of Dutch oven and lay bacon-wrapped chicken breasts on top. Salt and pepper to taste. Pour mushroom soup and sour cream over breasts. Bake for approximately 50-65 minutes until chicken is tender

SAUSAGE-RICE OVEN DISH

2 1/2 lbs. ground sausage
1 medium green pepper, chopped
1 medium onion, chopped
1 cup celery, chopped
2 cups rice, cooked as to directions on box
3 packages dry chicken noodle soup mix
1 small can pimentos, chopped
1 can cream of chicken soup
1 package almonds, slivered

Brown sausage and drain. Add green pepper, onion and celery and simmer in open Dutch Oven for 15 minutes. Add cooked rice and dry soup mix. Add pimentos, cream of chicken soup and almonds and bake. (You can also use Wild Rice)

PORK CHOP BAKE

6 Pork chops (You can also use chicken)
1 tablespoon cooking oil
Salt and pepper to taste
3/4 cup catsup
1 8 oz can Pepsi

Brown meat with cooking oil in Dutch Oven. Mix catsup and Pepsi with salt and pepper and pour into oven over meat. Bake until done. (Should be gooey)

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EASY MEAT LOAF

2 pounds ground beef

1 small can evaporated milk or 1/2 cup milk

2 packages dried onion soup mix

Mix all ingredients together and form loaf in Dutch oven. Bake approximately 50 to 60 minutes.

TASTY BEEF ROAST

1 3 lb to 5 lb beef roast

1 can cream of mushroom soup

1 package dry onion soup mix

Brown roast. Pour 1/2 can mushroom soup around meat. Pour onion soup mix over meat, then the remaining mushroom soup over all. Let bake to desired doneness. Approximately 30 to 45 minutes per pound.

DUTCH OVEN ENCHILADA CASSEROLE

2 lbs ground beef

1 teaspoon salt

1 large onion, chopped

1 can tomato soup (10 3/4 oz)

2 cans enchilada mild sauce (10 oz.)

1 can water (10 oz.)

1 package of corn tortillas

1/2 lb grated or sliced cheese

Brown together beef, salt and onion. Add tomato soup, enchilada sauce and water to beef mixture and simmer together. Place 3 or 4 corn tortillas on bottom of Dutch Oven. Remove 3/4's of the meat mixture from pan, and place over top of tortillas. Add another layer of tortillas. Add a 1/4 lb of cheese on top. Add another layer of meat mixture. Place another layer of meat mixture. Place another layer of tortillas. Sprinkle with remaining cheese. Place like over Dutch Oven and let simmer until it appears to be done. Approximately 30-40 minutes.

FRESH TOMATO SAUCE PICANTE

1 medium size tomato, finely chopped

1 small onion, finely chopped (1/4 cup)

6 springs cilantro or Italian parsley (leaves only), finely chopped (1 tablespoon)

3 serrano chilies, seeded and finely chopped; or 1 can green chili, finely chopped

1/2 teaspoon salt

1/2 cup water

Combine tomato, onion, cilantro, chilies, salt and water in a bowl. Cover; let stand about 30 minutes before serving. This sauce is best eaten the same day, as it soon loses its crispness and flavor.

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CIMARRONCITO CARBONARA PHILMONT ONEPOT

2 1/4 cups elbow macaroni
1 pkg. white sauce mix
1/4 cup powder milk
1/4 cup dried vegetable mix
salt & pepper to taste
5 cups water
1/4 cup bacon bits

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

TAMALE PIE

1 1/2 lbs. ground beef
1 clove garlic, minced
1 onion, coarsely chopped
1 green pepper, cut in 1 inch squares
1 can (1 pound) tomatoes, cut up
1/2 cup stuffed green olives (or black olives), coarsely chopped
1 to 2 teaspoons chili powder
1 teaspoon salt
Freshly ground pepper to taste
1 package (11 ounces) corn muffin mix
1 can (8 oz) cream corn
1/3 cup milk
1/2 cup shredded cheddar cheese

Brown ground beef in Dutch Oven, drain excess fat off. Add garlic, onion and green pepper and sauté 5 minutes or until tender. Add tomatoes, olives, chili powder, salt and pepper and simmer 10 minutes. In a bowl stir together muffin mix, corn and milk until evenly moistened. Spoon over ground beef mixture and sprinkle with cheese. Bake at 400 degrees for approximately 20 minutes, or until browned.

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EASY SAUSAGE PIZZA BAKE

- 1 lb pork sausage
- 3/4 cup chopped onion
- 3 cups Bisquick baking mix
- 1 1/2 cups water
- 1 jar (15 1/2 oz) thick spaghetti sauce
- 1 can (4 oz) mushroom stems and pieces, drained (if desired)
- 1 can (2 1/4 oz) sliced ripe olives, drained
- 1 green pepper, cut into thin rings
- 2 cups shredded cheddar cheese

Grease the inside of the Dutch Oven. Cook and stir sausage and onion in skillet until sausage is brown; drain. Mix baking mix and water until thoroughly moistened; spread batter in oven. Spread spaghetti sauce carefully over batter; top with sausage mixture and the remaining ingredients. Bake until crust is golden brown. Approximately 25-30 minutes.

BAKED SPAGHETTI

- 1 large onion, chopped
- 1 clove garlic, minced
- 4 tablespoons shortening
- 1/2 lb ground beef
- 2 cups water
- 2 cans tomato soup
- 2 teaspoons chili powder
- 1/2 lb uncooked spaghetti
- 1 cup sharp cheese (grated)

Cook onion and garlic in shortening in Dutch Oven. Add beef and cook, stirring occasionally, to keep meat particles separated. Drain excess grease off. Mix in the soup, water and chili powder and cook a few minutes longer. Break spaghetti into inch pieces and stir into sauce until all covered. Bake for about 1 hour, but stir approximately every 15 minutes. Then add cheese to top. Bake another 15 minutes.

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HANOVER BRISKET

4 or 5 lb brisket
1 can of consommé
1 (10 oz) bottle (lite) soy sauce
1/4 cup lemon juice
Garlic to taste
1 tablespoon liquid smoke

Combine last 5 ingredients, pour over meat and marinate overnight. Place meat and marinade in a covered pan and bake at 300 degrees for 3 hours for 3 & 4 lbs and 4 hours for 5 lbs. Baste occasionally during baking. Take out and slice. Then replace it in the pan and pour some of the marinade over brisket. Increase the temperature to 350 degrees and continue baking for another hour.

KIT CARSON PIE PHILMONT DUTCH OVEN

2 lb. lean ground beef
1 onion
2 pkg. sloppy Joe seasoning mix
2 6 oz. cans tomato paste
2 cups water
1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown. Serves 4-6 or one Scoutmaster

BOY SCOUT POTATOES FOIL

Potato
Carrot
Small onion
Salt & Pepper
margarine

Slice the Potato into 1/4 inch slices. Peel and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 tbs. water. Seal the Wrap and place on coals for 45 minutes to a hour.

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HERB BUBBLE RING

1/2 cup grated Parmesan cheese
1 tablespoon parsley flakes
1/2 cup dried basil leaves
1/2 teaspoon garlic powder
1/2 teaspoon paprika
3 cups Bisquick baking mix
3/4 cup dairy sour cream
1/4 cup milk
1/4 cup margarine, melted

Spray Dutch Oven with Pam, or line with aluminum foil. Mix cheese, parsley, basil, garlic powder and paprika; reserve. Mix baking mix, sour cream and milk until soft dough forms; beat vigorously 30 seconds. Gently smooth dough in ball on floured aluminum foil or wax paper. Knead 10 times. Shape into 1 inch balls. Dip each ball into melted margarine, then roll in cheese mixture to coat. Arrange balls about 1/4 inch apart in layers in oven. Sprinkle any remaining cheese mixture over top. Bake until golden brown, about 20 minutes.

SOUR CREAM ONION SQUARES

1 large onion, sliced
2 tablespoons margarine
1 egg
3/4 cup dairy sour cream
1/4 teaspoon seasoned salt
1 cup milk
3 cups Bisquick baking mix

Sauté' onion in margarine until soft. Beat egg in a small bowl; stir in sour cream until blended; add onions and seasoned salt. Stir milk into baking mix to form a soft dough; turn into a lightly sprayed (with Pam) or aluminum lined Dutch Oven. Bake for approximately 20 minutes or until top is set

BISCUITS

4 cups flour
2 tablespoons baking powder
1 teaspoon salt
1/2 cup shortening
1 1/2 cups milk or water

Combine dry ingredients. Work in shortening with a knife or fingers until evenly distributed. Add milk gradually, mixing lightly and quickly until there is no dry flour in dish. Pinch off desired amount for each biscuit and bake

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DESSERT

BAKED APPLE FOIL

1 apple per person,

1 tablespoon brown or white sugar per apple

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow.

Wrap in foil. Cook in hot ashes about 1 hour.

CINNAMON-RAISIN ROLL-UPS

2 cups Bisquick baking mix

1/2 cup raisins (can omit)

1/2 cup dairy sour cream

3 tablespoons milk

2 tablespoons margarine, softened

1/4 cup packed brown sugar

1/4 cup finely chopped nuts

1/2 teaspoon ground cinnamon

2 tablespoons margarine, melted

Granulated sugar

Spray Pam on the inside of Dutch Oven. Mix baking mix, raisins, sour cream and milk; beat 20 strokes. Smooth into ball on floured aluminum foil or wax paper. Knead 10 times. Roll into rectangle, approximately 12 x 10 inches. Spread with softened margarine (can use squeeze margarine also). Mix brown sugar, nuts and cinnamon; sprinkle over dough. Roll up tightly, beginning at 12" side. Pinch edge into roll. Cut into 12 slices. Place slices, cut sides down, in the bottom of Dutch Oven. Brush melted margarine over the tops, sprinkle with granulated sugar. Bake until golden, about 13 minutes. Top with margarine if desired.

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SOPAPILLAS

4 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
2 tablespoons vegetable shortening
1 cup milk
Vegetable oil for frying

Mix flour, baking powder, salt and sugar into a large bowl. Cut in shortening until mixture resembles cornmeal. Stir in milk until mixture forms a firm dough. Knead dough on lightly floured aluminum foil or waxed paper just until smooth. Cover; let rest 20 minutes. Roll out to 1/4 inch thickness; cut into squares or diamonds. Heat oil in a Dutch Oven until hot. Fry sopapillas, a few at a time, turning often so they fry evenly until golden brown. Remove from oil with slotted spoon to paper towels to drain. Serve hot with butter & honey or sprinkled with cinnamon sugar.

IMPOSSIBLE PECAN PIE

1 1/2 cups chopped pecans
3/4 cup packed brown sugar
3/4 cup milk
3/4 cup light or dark corn syrup
1/2 cup Bisquick baking mix
1/4 cup margarine or butter, softened
4 eggs
1 1/2 teaspoon vanilla

Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife, when inserted into center, comes out clean. Approximately 50-60 minutes.

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PINEAPPLE UPSIDE DOWN CAKE

1 can pineapple (6 oz)
1/2 cup pecans
1/2 cup brown sugar
1 square margarine
2 yellow cake mixes, or 3 golden pound cake mixes
Mix cake mixes according to directions.

Line the Dutch Oven with aluminum foil, place oven onto the heat, level it and melt the margarine in the oven. When melted, add the brown sugar, then the pineapple slices, then the pecans. This will be the glaze.

Pour cake on top of glaze. This dessert doesn't require much heat on the bottom, just enough to brown the glaze -about 8 briquettes should be plenty. Bake for approximately 25 minutes. Check it every 15 minutes and when golden brown, test it to see if it is done. If it is, take off the heat and lift the cake out of the oven by the aluminum foil. Put a pan or board on it and then turn it over quickly so that the glaze is on top. Remove the foil.

WHEN BAKING IN A DUTCH OVEN WITH A CAKE PAN OR PIE PAN, PUT 1 INCH DIAMETER FOIL BALLS IN THE BOTTOM OF THE OVEN TO LIFT THE PAN OFF THE BOTTOM TO KEEP THE FOOD FROM BURNING AND DISTRIBUTE THE HEAT MORE EVENLY.

IMPOSSIBLE PUMPKIN PIE

3/4 cup sugar
1/2 cup Bisquick baking mix
2 tablespoons margarine
1 can (13 oz) evaporated milk
2 eggs
1 can (16 oz) pumpkin
2 1/2 teaspoons pumpkin pie spice
1 teaspoon vanilla

Grease pie plate. Beat all ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife inserted in center comes out clean. Approximately 50-60 minutes.

EASY ICE CREAM

1 (14 oz) can Eagle Brand Sweetened Condensed Milk
2/3 cup chocolate flavored syrup
2 cups (1 pint) whipping cream

Put into small cleaned coffee can, put lid on. Put down inside a 3 lb coffee can. Put ice and rock salt around it. Put lid on large can. Roll can, stop and drain water out, and put more ice and rock salt in. Continue until firm.

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CHOCOLATE TORTILLAS

2 flour tortillas chocolate bar or chips

mini Marshmallows vegetable. oil

Heat skillet with oil, Add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cook with cover until chocolate melts.

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ONE POT DINNER

Take one from each column:

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Spaghetti	Fresh	ground beef	cheese	oregano	nuts
Thin Spaghetti	Carrots	can beef	sour-cream	herbs	toasted
Vermicelli	potatoes	can chicken	stroganoff	sage	Sunflower
Capellini	summer squash	can turkey	spaghetti	basil	pumpkin
Fettuccini	onions	stew meat	dry soup	salt, pepper	coconut
Macaroni	cucumbers	hard salami		poultry	sesame seeds
Egg Noodles	frozen			seasoning	
Linguine	for short trips			garlic salt	margarine
Elbow	& cold weath			onion salt	se
Macaroni	freeze dried			chili	tap
Rotini	peas		teriyaki		zests
Small Shells	gr. beans		bouillon		acon bits
Pasta Nuggets	corn		thi		croutons
Cous Cous					dumplings
chow mein					dried fruit bits
noodles					
Quick Rice					
Rice-A-Roni					

Under Construction

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SAMPLE MENUS

FD = freeze dried

BREAKFAST #1

Scrambled Eggs with Bacon Bits
Raisin Crunch Bar
Hash Browns O'Brien
P.A. Orange Juice
Instant Cocoa

BREAKFAST #2

Hi Energy cereal
Banana chips
Orange Juice
Beef Sticks
Instant Cocoa

BREAKFAST #3

Oatmeal w/ Peaches & Creme
Apricot Nut Chews
Instant Milk
Apple Juice
Instant Cocoa

BREAKFAST #4

Food Bar (CA)
Dry Cereal
Grape Juice
Instant Milk
Instant Cocoa

BREAKFAST #5

Buttermilk Pancakes
Sliced Bacon
Maple Syrup
orange Juice
Instant Cocoa

BREAKFAST #6

Cereal Cream
Granola Cream
Instant Milk
Beef Jerky
Instant Cocoa

BREAKFAST #7

Hi Energy Cereal
Orange Juice
Chunky Pineapple
Beef Jerky
Instant Cocoa

BREAKFAST #8

Oatmeal / Raisins
Apple Slices
Instant Milk
Beef Sticks
Grape Juice
Instant Cocoa

LUNCH #1

Peanut Butter
Graham Crackers
Beef Jerky
Chunky Pineapple
Grape Beverage

LUNCH #2

Tuna Salad Spreadables
Saltine Crackers
Granola Cookies
Trail Candy
Gatorade Beverage.

LUNCH #3

Cheese Spreadables
Wheat Crackers
Chocolate Candy
Cookies (Peanut Butter)
Orange Juice

LUNCH #4

Cheese Spreadables
Wheat Crackers
Chocolate Candy
Cookies (Peanut Butter)
Orange Juice

LUNCH #5

Cheese Spreadables
Wheat Crackers
Chocolate Candy
Cookies (Peanut Butter)
Orange Juice

LUNCH #6

Peanut Butter
Ritz Crackers
Beef Sticks
Walnut Bar
Gatorade Beverage.

LUNCH #7

Turkey Spreadables
Wheat Crackers
Chocolate Candy
Fruit Punch

LUNCH #8

Cheese Spread (SM)
Beef Jerky
Rye Crackers
Fig Bar Cookies
Lemonade Beverage.

SUPPER #1

Cheese Enchilada
Peas F.D.
Beef Bouillon
Chocolate Pudding
Lemon Lime Beverage

SUPPER #2

Spaghetti with Meat Sauce
Beef Noodle Soup
Applesauce
Bread Sticks
Lemonade Beverage

SUPPER #3

Chicken Teriyaki
Chicken Soup
Cheese Cake
Fruit Punch

SUPPER #4

Chicken Teriyaki
Chicken Soup
Cheese Cake
Fruit Punch

SUPPER #5

Chicken Noodle Dinner
With F.D. Peas
Chicken Bouillon
Cobbler, Apple
Cherry Beverage

SUPPER #6

Beef Stroganoff
with wild Rice
Vegetable Soup
Corn F. D.
Mixed Fruit
Lemonade Beverage

SUPPER #7

Chicken Rice Dinner
with Peas & Carrots
Chicken Cup-A-Soup
Apple Dessert
Orange Beverage

SUPPER #8

Mashed Potatoes
with F.D. Beef
Pinto Beans
Vegetable Soup
Lemon Pie w/ Gram Cr.
Fruit Punch



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OUTDOOR COOKING HINTS

- Pack charcoal in a paper egg carton and tie shut. When ready to use, just light the carton.
- For a wood fire, use candle pieces wrapped (like candy) in wax paper. Light the paper and the wax will keep it going long enough to ignite your kindling.
- Handy fire starters (never-fail) can be made by placing one charcoal briquette in each section of an egg carton (paper kind). Cover with melted wax. Tear apart and use.
- Handy fire starter. Save lint out of lint filter in clothes dryer. Place lint under kindling and use as tinder.
- Put a burger fresh from the grill into the bun and place in a plastic bag for about a minute. The bun will be steamed warm.
- Let a pan or bucket of water heat on the fire while you eat and your dish water will be ready when you are.
- Melted paraffin, applied inside and outside a cooler leak will seal it.
- A bar of soap will stay clean on a cookout if kept in the end of an old stocking and hung in a tree.
- For safety, always keep a bucket of water nearby when cooking outside.
- When camping, choose foods that keep well with little or no refrigeration. Check out instant and dehydrated foods.
- Cool the ice chest before you fill it. The ice will last much longer.
- Cans of frozen juice can help keep other foods cold when packing your ice chest.
- Freeze fresh meat before putting in cooler. It will last longer and also help keep other foods cold. Even make hamburger patties and freeze with double paper between each.
- Give yourself plenty of time to start a fire and wait for wood or briquettes to be ready.
- Brush grates of a grill with oil to prevent meat from sticking.
- Don't forget to rub the outside of metal pans with liquid detergent - it sure helps when it comes time to clean up.

COOKING TRICKS

One of the most important tricks in camp cookery is to have exactly the right kind of fire ready for the job on hand when you start cooking- quick flames if you have boiling to do, low flames for stewing, a bed of glowing coals for frying and broiling.

In the kitchen at home, your oven can be set for the exact temperature called for in a recipe. When camping, you can come close to determining correct temperature by learning the trick of counting seconds while holding your palm in the place where food will go. Be careful not to burn yourself.

A cookbook will call for specific measurements by the teaspoon, tablespoon, or cup. In camp, your fingers and palm will do. The measurements on the next page are for the average hand. Find out how they fit your hand by testing them at home against a measuring spoon and cup.

As you pick up other cooking tricks, make a note of them. You will find that they will come in handy sooner or later.

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COOKING WITH CHARCOAL

To start charcoal fires make and use fire starters or a starter can. Charcoal starts slowly. Allow at least 30 minutes before fire is ready to use. To start charcoal use one of the following methods:

- Place small twigs or fire starters close together as a base. Leave an air space beneath starters. Place charcoal on top of this. Light the fire starters, and gradually add a few more briquettes, one at a time.
- Use a starter can.

Charcoal will be gray-white in the daylight and red at night when ready.

DUTCH OVEN BRIQUETTE USAGE CHART

Briquettes must be applied to both the top and the bottom. Use only quality charcoal briquettes for consistent temperature control. (We recommend Kingsford even though we get no commission for the reference.) The chart below tells how many briquettes to use for a desired temperature. As a rule of thumb to achieve 325 degrees use the following method. Take the size of the oven and take that number of briquettes less three for the bottom and that number plus three for the top. For example with 12" oven you would place 9 briquettes on the bottom (12-3) and 15 briquettes on the top (12+3).

Temperature	8" Oven		10" Oven		12" Oven		14" Oven		16" Oven	
	Top	Bottom	Top	Bottom	Top	Bottom	Top	Bottom	Top	Bottom
300	10	4	12	6	14	8	16	10	18	12
325	11	5	13	7	15	9	17	11	19	13
350	12	6	14	8	16	10	18	12	20	14
375	13	7	15	9	17	11	19	13	21	15

Note: Adding one set of briquettes (one on top and one on bottom) will raise the temperature of the Dutch Oven approximately 25 degrees. Or conversely removing one set of briquettes will lower the temperature by 25 degrees.

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VAGABOND STOVE

You need:

- tin can
- Pair of tin snips
- Gloves
- Roll-type can opener
- Punch opener
- Hammer

1. Remove lid from tin can using roll-type can opener. This open end will be the bottom of your stove.
2. Cut door in stove. Wearing gloves, take the tin snips and cut from the open end two slits three inches apart and three inches long. Bend this piece of tin back into can and hammer it flat.
3. Punch with the punch opener two or three small holes at the top of the can on the side opposite the door. These are your air holes and serve as a chimney.

TO USE VAGABOND STOVE:

Find a level spot for the stove so food will not run over the side. If stove is not level, put a twig under the low edge.

Press the stove in the dirt so that it makes a ring. Then put it aside. Make a small fire of twigs in the ring.

Keep fire small but steady. You can also use a Buddy Burner. (See directions for making.)

Put the stove over the twig fire or Buddy Burner. The stove will get very hot so do not touch it. The first time you use your stove you will have to wipe the finish off the tin can after the stove has heated up. Hold stove with a pot holder and wipe off with a paper towel.

BUDDY BURNER

A Buddy burner is fuel and can be used with a vagabond stove. It is also good emergency fuel to have on hand if your stove at home should not work. You can use it in a driveway or an inside fireplace or when you cannot have an open fire. The smoke is very black so do not use it in a room.

You need:

- A shallow tin can (tuna or cat/dog food)
 - Corrugated cardboard, cut in strips just a little narrower than depth of can
 - Paraffin, in a tin can
 - Lid from a larger can
 - Pot of water on stove
1. Roll cardboard into a coil that fits loosely into the can.

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2. Melt the paraffin. Paraffin should always be melted in a tin can set in a pot of water on the stove. Use low heat. Melt small amounts at a time. The vapor given off by the melting paraffin might start to burn, so have a lid from a larger tin can handy to smother any fire.
3. Fill shallow can almost to the top with melted paraffin.
4. Let the paraffin harden. Now you have made a Buddy burner.
5. You can make a Buddy burner using sawdust instead of cardboard. Fill the tin can with sawdust and pour in the paraffin. You may have to use "wicks" in this to start the burning easier.

TO USE A BUDDY BURNER:

Light the top of the Buddy burner with a match. Now you can cook on your vagabond stove. Never cook directly on the Buddy burner because the smoke is black and sooty.

Place the vagabond stove over the Buddy burner.

Put the fire out by lifting the stove off and smothering the flame with a No. 10 tin can lid or any flat surface larger than the Buddy burner. Use a pot holder to lift the stove, or knock the stove over with a stick. The paraffin will be hot and liquid, so wait until it hardens and cools before you pick it up.

FOIL COOKERY

Foil Cooking Hints

1. Use two layers of light weight, or one layer of heavy duty aluminum foil.
2. 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. This wrap is known as the "drugstore" wrap.

Drugstore Wrap

1. 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.
2. A shallow bed of glowing coals that will last the length of cooking time is necessary.

Cooking Times:

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

Foil Dinner

1. 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.
2. Cook 20-30 minutes over hot coals, turning twice during cooking.

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CARDBOARD BOX OVEN

1. A cardboard box will make an oven. Cut off the flaps so that the box has four straight sides and bottom. The bottom of the box will be the top of the oven. Cover the box inside and out **COMPLETELY** with foil, placing shiny side out.
2. To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquettes. The grill should be raised about ten inches above the charcoal. Set the cardboard oven over the food and charcoal. Prop up one end of the oven with a pebble to provide the air charcoal needs to burn - or cut air vents along the lower edge of the oven. Control the baking temperature of the oven by the number of charcoal briquettes used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquettes).
3. Experiment! Build an oven to fit your pans - or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake. Construct a removable oven top or oven door. Punch holes on opposite sides of the oven and run coat hanger wire through to make a grill to hold baking pans. Try the oven over the coals of a campfire.