

TROOP 975 CAMP COOKING RECIPES

BREAK“FEAST”

French Toast (campfire/propane stove) – 2 eggs, salt, ½ cup milk, 6 slices bread, butter, pancake syrup. In a bowl, beat together 2 eggs, a pinch of salt, and ½ cup milk. Dip both sides of a slice of bread in the egg mix and fry the bread in a pan as if it were a pancake. Serve with butter and syrup. Serves 2.

Quick Sausage & Eggs (campfire/propane stove) – 1 pound sausage, 12 eggs, 1 cup milk, ½ cup shredded cheese. Brown crumbled sausage in a large pan and drain. Break eggs into pan, add milk and cheese, cook over campfire grill or propane stove. Serves 6.

Mountain Man Breakfast (Dutch oven) – 1 pound sausage, 1 bag hash browns, 12 eggs, 2 cups milk, 1 red bell pepper chopped (optional), 1 green bell pepper chopped (optional), 1 onion chopped (optional), 1 pound shredded cheese. Brown sausage in Dutch oven. Drain fat. Leave sausage in bottom of oven. Layer hash browns on top of sausage. Break eggs in a bowl and add milk. Whip until fluffy. Layer on top of hash browns. Layer remaining ingredients, leaving cheese for last. Place 15 charcoal briquettes on top and 9 on bottom of 12” Dutch oven. Cook approximately 30 to 40 minutes. Let cool 5 minutes. Serves 6-8.

LUNCH & DINNER

Hamburger (foil pouch) – Shape 4 ounces of hamburger into a patty. Cut a medium sized potato and carrot into thin strips. Onions are optional. Arrange the ingredients on a square of aluminum foil and sprinkle lightly with salt and pepper. Close the foil, lay the package on campfire coals, and cook for about 15 minutes. Serves 1.

Beef Stew (foil pouch) – 1 pound stew beef cut in 1-inch chunks, 4 bacon slices, 1 tomato, 1 sliced onion. Place ¼ pound beef, 1 slice of bacon cut in pieces, a quarter of the onion, and quarter of tomato in aluminum foil packet and seal tightly. Bury packet in campfire coals and cook 30 to 40 minutes. Serves 4.

Corn On The Cob (foil pouch) – 1 ear of corn, 1 teaspoon butter, salt. Shuck an ear of corn by pulling the husks and strings off. Top with butter and sprinkle lightly with salt. Wrap corn in aluminum foil. Cook covered in campfire coals for about 15 minutes. Serves 1.

Grilled Chicken (campfire) – Place chicken on a wire grill over campfire coals for about 10 minutes on each side. Keep the chicken moist by brushing it with butter, margarine or barbecue sauce. For a great taste, marinate chicken in Italian salad dressing for several hours or longer.

Chicken Burritos (propane stove) – 1 package flour tortillas, 2 6-ounce cans of cooked chicken, 2 packages instant Spanish rice, 1 tomato, grated cheese. Cook rice according to instructions. Chop the tomato, and add it and chicken to cooked rice. Fill tortilla and sprinkle with cheese. Serves 4.

Sloppy Joes (campfire/propane stove) – 2 pounds ground beef, 2 16-ounce cans Sloppy Joe mix, 8 hamburger buns. Cook beef in large pan. Carefully drain off grease. Stir Sloppy Joe mix into cooked beef. Stir until heated through. Serve on hamburger buns. Serves 6-8.

Man Kabobs (campfire) – Start with 1-inch cubes of beef or chicken. Add chunks of tomato, onion, pineapple, green bell pepper, mushrooms, or zucchini. Slide the pieces onto a long skewer, and place them on a wire grill over campfire coals for about 10 to 15 minutes. Marinate the meat in Italian dressing in a large Ziploc bag at home, or marinate at camp for several hours before cooking. This will tenderize the meat and add flavor. 1 or 2 kabobs serves 1 person.

Beef & Potato Bake (Dutch oven) – Arrange 4 cups of peeled, thinly sliced potatoes, 1 cup chopped yellow onion, 1 teaspoon salt, 1/8 teaspoon pepper, and 1 teaspoon parsley flakes in Dutch oven. In a separate bowl, mix 1 pound ground beef, 3/4 cup milk, 1/2 cup rolled oats, and 1/4 cup tomato sauce. Pour over potato mixture in Dutch oven. Bake for about 25 to 30 minutes. Serves 4.

Ranch Potatoes (Dutch oven) – 30 golf ball size new potatoes (red), 1 medium onion chopped, 1/2 stick butter cut into chunks, 1 package dry ranch dip mix. Spray Dutch oven with non-stick cooking spray. Wash potatoes (do not peel), cut in half, and place in bottom of Dutch oven. Place chopped onion on top of potatoes. Place chunks of butter on top of potatoes and onions. Sprinkle ranch dip mix over all. Bake for 30 to 45 minutes. Serves 6.

DESSERTS

Nutty Apples (foil pouch) – 1 apple cut in small pieces, 1/4 cup raisins, 1/8 cup chopped pecans or walnuts, 3 marshmallows, 1 teaspoon butter, 1 tablespoon honey or syrup. Put everything except honey/syrup on a piece of aluminum foil 12 inches square – shiny side up. Drizzle honey/syrup on top. Fold foil into a pouch and place in hot coals. Cook 10 minutes. Serves 1.

Fried Bananas (propane stove) – 1 teaspoon butter, 1 banana (sliced lengthwise), 2 teaspoons sugar, 1 teaspoon cinnamon. Melt butter in pan. When butter is melted, put in banana. Add sugar and cinnamon when banana begins to brown after about 5 minutes Serves 1.

Philmont Ranger Cobbler (Dutch oven) – 2 16-ounce cans of sliced peaches in heavy syrup, 2 cups biscuit mix, 1/2 cup sugar, 1/2 teaspoon cinnamon. Preheat Dutch oven over a bed of coals. Pour in 1 can of peaches and syrup. Drain the syrup from the second can into the first can and save it. Place the peaches from the second can into the Dutch oven. Sprinkle 1/4 teaspoon of cinnamon over the fruit. Combine the biscuit mix with the sugar, 1/4 teaspoon of cinnamon, and enough of the reserved syrup to make a soft dough. Layer the dough mixture over the fruit in the oven. Cover the lid with coals, and bake until the dough is golden brown. Serves 1 patrol.

NOTES ON DUTCH OVEN COOKING

Use the “3 up, 3 down = 325 degrees” formula. The diameter of the Dutch oven plus 3 equals the number of charcoal briquettes required for top heat. The diameter minus 3 equals the number of briquettes needed for bottom heat. For example, a 12” oven uses 15 top briquettes and 9 bottom briquettes to reach a cooking temperature of 325 degrees. If the Dutch oven is deep, use “6 up, 3 down = 325 degrees.”

To clean the Dutch oven, use hot water and a plastic scraper. No soap. Wash, rinse and dry completely. Use a paper towel to apply a thin coat of vegetable oil to the inside of the Dutch oven, including the bottom of the lid. Store with the lid off or ajar to allow ventilation. *Never use cold water on a hot Dutch oven.*