

TROOP 518 PATROL COOKBOOK

Revision 26 Nov 2000

Introduction

This cookbook was prepared with several objectives in mind. First we wanted to emphasize foods that are easy to cook with a minimum of cleanup. Meals that are easy to prepare leave more time for relaxed eating. Meals that don't require much cleanup keep Scouts happy and on schedule.

It is also essential that each meal focus on a healthy diet that provides all the nutrients required for the weather and activities at hand. Even when weather and agenda reduce the preparation time.

We also recognized that with a little forethought no coolers would be needed and the amount of trash generated could be reduced. This reduces the cost and complexity of camping considerably and better prepares us for backpacking.

Finally, we wanted a way to plan meals that offered variety. When meals focus on a single food item (hot dogs for instance) invariably there's a Scout who dislikes that item. Meals that include numerous food groups have a higher likelihood of keeping everyone happy.

Basic Shopper Information

Bug Juice

Each daily plan should include a water-based drink called "Bug Juice". The mixture is made of one (1) two-gallon packet of fruit flavored Cool Aide along with one (1) two-gallon canister of like-flavored Gatorade. These are mixed together in a 5-gallon drink dispenser. This will generally last a patrol one full day, or three meals. It is cheap, satisfies thirst, and any unused powders can be kept for later. Absolutely NO canned colas or boxed fruit drinks are allowed on campouts.

Paper Towels

Scouting stresses low impact camping to preserve our national natural heritage. However, when boys are involved there are always the invariable spills and accidents. This necessitates the use of one (1) roll of paper towels per patrol per campout.

Tableware

Our Troop stresses conservation of resources and low waste generation. It is the responsibility of campers to bring their own reusable cup, plate, bowl, fork, spoon and knife. Personal utensils are washed after every meal. Do not bring any disposable utensils, cups or plates.

Food Container Size

Try to buy containers that will generate as little trash as possible. Individually packaged items are best when a selection is needed (i.e. flavored oatmeal). Unused portions are easily kept for another day. Stews and soups, on the other hand, are best purchased in the largest possible container size.

Not all allowable items or menus are contained in this cookbook. This is only a guide to stimulate the Scouts thinking and hopefully help them come up with their own ideas.

BREAKFAST

Breakfast is the most important meal of the day, and it's the hardest to execute well. The time pressures to get the day's events underway usually collide head-on with a young boy's abilities to get up and get going. The best Scout breakfasts are eaten, one course after another, using a single drinking mug and spoon. If the meal is ended with the drink, then cleanup is minimal.

Another factor that makes this meal so important is that the meal must be seen as a method to revive campers who may be cold. For that reason, breakfasts that consist of large amounts of hot liquids (instant oatmeal, grits, cream of wheat, hot cocoa) are always required.

No.	FG	Food Idea	Dishes to Clean
1	P D V	Individual scrambled eggs cooked in small, freezer bags dunked into boiling water. Grated cheese, diced onions, or chunk meats can be added to individual servings.	Personal utensil, kitchen knife and cutting board
2	G	Selection of hot cereals (Cream of Wheat, instant grits and flavored instant oatmeal) served hot.	Cup & spoon
3	G	Hard-boiled eggs. (Can be cooked the night before.)	None
4	F	Apple sauce or other fruit compote (In cups or jars)	Personal utensil only
5	G	Breakfast fruit bars or granola bars	None
6	F	Apples, bananas, oranges or other hand-held fresh fruits	None
7	B	Store-bought muffins wrapped in aluminum foil and toasted beside the campfire. (Morning after a camp fire)	None
8		Hot drinks: cocoa, Jell-O, apple cider, Russian tea mix, etc	Cup only

Warning: Traditionally fun breakfast foods for the home fail miserably in the outdoors. Meals like bacon, scrambled eggs, and pancakes certainly sound exciting, but generally take about 2 hours to execute for a patrol of 8 boys with adults. This is due to the limited cooking area and extensive clean up which is always required. Pancakes are a particular disaster because they are so hard to mass produce, and cool so fast to taste good.

If a breakfast meat is wanted, there are several pre-cooked link sausages that only need warming.

Extremely cold or windy mornings can make boiling large amounts of water nearly impossible. Plan one or two ready-to-eat items that require no cooking at all. Granola bars and fruit left over from breakfast can be taken on the morning's activities for a mid-morning snack.

Key to symbols

B - breads, D - dairy, F - fruits, G - grains, P - poultry, V - vegetable

LUNCH

There is a dual requirement for the mid-day meal: speed and energy. Lunch usually falls between two activities. The first activity has left the boys very hungry. An initial food item is required that can be served immediately upon returning to camp that contains low amounts of sugar to keep from spoiling the rest of the meal. The meal should include plenty of energy foods high in carbohydrates like fruit and pasta. Unlike breakfast, there may be little time to start boiling water in advance, therefore prepared foods (soups & stews) which only require warming are good choices.

No.	FG	Food Idea	Dishes to Clean
1	G V	Individual instant cups of soups or noodles. Buy a variety for picky eaters. Boil hot water in coffeepot and pour.	Personal utensil only
2	All	Canned soups or stews. These can be served with large chunks of unsliced bread available from the deli section.	Bowl & spoon
3	F	Dried fruit assortment from bulk containers at store.	None
4	F	Apples, bananas, oranges or other hand-held fresh fruits	None
5	F	Fruit wraps, all-fruit gummy bits, dried bulk fruit	None
6		Sandwiches	None
7	D	Large cookie assortment bag	None
8	D	Instant pudding dumped into a baggy with a pre-measured amount of instant milk from home. Add cold water, stir by massaging the bag, cut corner from bag when ready, squirt into drinking cups to serve.	Drinking cup and spoon
9		Hot drinks from breakfast list if weather is cold or wet	

Sandwiches, including peanut butter and jelly, work well, but only as a smaller piece of a larger noontime menu. These can be made assembly line style, with the "cook" moving down the row to slap on the ingredients. Make sure the ingredients do not require refrigeration. Pre-mixed peanut butter and jelly works best.

SUPPER

Supper affords a generally longer time for food preparation and therefore a greater variety in the foods prepared. The meal can be more relaxed and less regimented. Given the extra time, every effort should be made to include at least one thing cooked on the campfire. This will heighten the camping experience for the Scouts.

No.	FG	Food Idea	Dishes to Clean
1	All	Camp pizza made with pizza sauce, cheese, sliced pepperoni, etc. and fried between two flour tortillas.	Frying pan only
2	All	Mahatma, Vigo, Uncle Ben's, or Knorr brand rice and bean or noodle dinners. Stir in summer sausage to add meat.	Pot, plate & utensil
3	All	Hobo Stew: Have every camper bring a can of soup or stew, and a can of vegetables. Mix and cook it ALL in one pot.	Pot, plate & utensil
4	All	Canned soups or stews extended with canned vegetables. If cooked in the Dutch oven, can be covered with biscuits to form a Shepherds Pie	Bowl & spoon
5	B	Large chunks of unsliced Italian or Sourdough bread.	None
6	V	Potatoes or corn on the cob can be wrapped in foil and cooked in the coals of the campfire.	None
7	B	Instant corn bread works well in Dutch ovens.	Dutch oven
8	D	Large bag of cookies. A cheap assortment will do nicely.	None
9	D	Fruit cobblers in a Dutch oven or over the campfire.	Dutch oven
10	D	Marshmallows (one bag only) or Sommoas	None
11		Hot drinks from breakfast list if weather is cold or wet	Cup

The evening meal can also be the most expensive to prepare because of the higher meat content. This is also the meal to introduce more vegetable content into the diet. Stretch the budget and nutritional value of the meal by adding canned vegetables to instant pasta dinners, soups and stews.

If Sommoas are planned they should be eaten right after supper. Never bring an unlimited supply of chocolate or marshmallows. One regular bag of marshmallows per patrol per campout.

Ripping off large hunks of unsliced bread makes boys feel like they are really "roughing it". Large loaves of bread can be found in any grocery deli section. Sourdough bread works especially well with stews, and keeps for extended periods without special storage. Pita bread is hard to damage and therefore useful for backpacking. It is also fun to use as a stew bowl.

Summer Sausage requires no refrigeration and adds spice to soups, rice and vegetable dishes. Any leftovers can be cooked with eggs, or fried like breakfast sausage the next morning.