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September 2005  
Capital District Roundtable

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# Cooking

Chris D Garvin      Roundtable Commissioner

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## OUTLINE

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- Introduction
- Merit Badges
- Types of Cooking
- Heat
- Food
- Dutch Ovens
- Special
- Equipment
- Menus & Recipes
- Questions

Intro: Chris Garvin, Boy Scout RT Commissioner

We will be talking about Scout Cooking tonight and a number of the aspects associated with it.

Merit Badge – Cooking

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**Featured Link:**  
<http://www.webofroses.com/scouting/index.phtml>


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**Rosegarden's**  
**Scouting Resources**  
Open Forum for sharing  
Scouting Resources  
with Fellow Scouters

- [Animated Knots](#)
- [Pioneering Projects](#)
- [Cooking](#)
- [Ceremonies](#)
- [Games](#)
- [Troop Meetings](#)
- [Junior Leader Training](#)
- [Woodbadge](#)
- [Powderhorn](#)
- [Hike Itineraries](#)
- [Roundtable Schedule](#)
- [BSA Links](#)
- [Troop Links](#)


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**Introduction**

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***Scoutmaster Rule #47:  
"No Boy Scout ever starved  
to death on a weekend  
campout."  
-- Roger Morris, Scouter***




## Introduction: Overview


- Types of Cooking
- Dutch Ovens
- Foods
- Heat Sources
- Equipment
- Special
- Menus & Recipes

Brief discussion as to what is in each area

- Types – 7 techniques
- Heat – Fire sources
- Food – Types, cost, sources
- Dutch Ovens – Types and Rules
- Special – Awesome Recipes
- Equipment – Cooking Items and Cleanliness
- Menus - Menus




## Merit Badges




## Merit Badges

- Cooking Merit Badge
  - Hobbies Merit Badge Group
- Source
  - [www.meritbadge.com/home.htm](http://www.meritbadge.com/home.htm)
  - Learning Worksheet
  - Test Your Knowledge



## Types of Cooking



## Types of Cooking

- Dutch Oven
- Foil Dinners
- One Pot
- Baking
- Grilling (Charcoal)
- Without Utensils
- Pressure Cookers (Altitude)

- **Dutch Ovens**
  - probably the most associated with Scouting.
  - Will have whole section on this
- **Foil Dinners**
  - Butchers Fold and turn into Plate. (dbl fold top and ends)
  - Shiny side in
  - Layering of foods to insulate
  - Coals
  - Leave cooking space (expand)
  - Search on Foil Dinners
- **One Pot**
  - Stews, chili's and soups
  - Beans
  - Includes meats and vegetables
  - Great for Patrols just starting to learn how to cook
- **Baking**
  - Dutch
  - Reflector
  - Radiant (roasting, bannock in a pan)
  - Special Equipment (later)
- **Grilling**
  - Just like at home w/ a Weber
- **W/O Utensils**
  - Handouts
  - Primitive
- **Altitude**
  - Water boils at a lower temp (coffee will be warm only)
  - Baking big changes
  - Pressure Cookers assist in raising temp. Time doesn't change for cooking, just coming to pressure



## Dutch Ovens

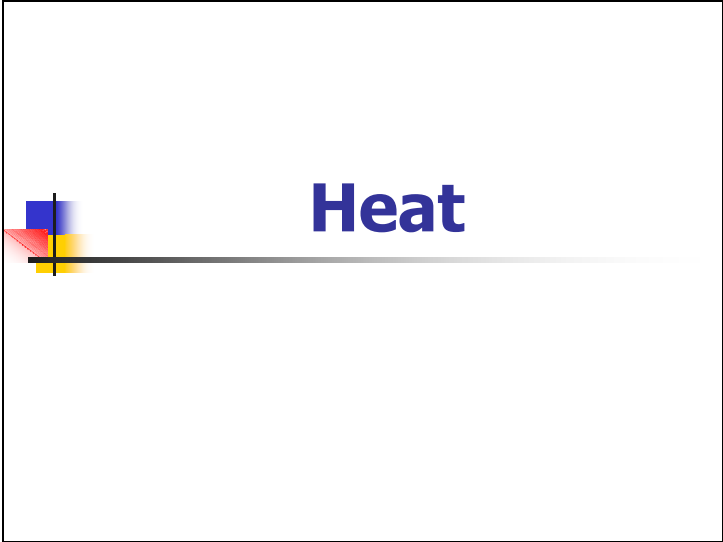
- Dutch's can do it all!
- 100's of options and sizes
- Types
- 10" and 12" normal size (18 lbs)
- Seasoning and Cleaning
- Other Equipment
- No-No's


- Show types of Dutch's
- Can be used in backpacking. Weight vs group equipment
- Look for good lift handle, lid handle. Second pot handle not required. 3 legs
- Aluminum
  - Weight 6 1/2 – 7 pounds vs 18 – 20
  - Soap and water clean-up
  - Will melt
- 1 charcoal = 25 degrees
- Need:
  - Gloves
  - Shovel
  - Hot pot pliers
  - Tongs
- Seasoning
  - Clean with water, boil clean
  - Initial, steel wool and water; air dry; pre-heat to 350 for a few minutes; apply salt free oil; bake 1 hours; cool; repeat 3 times.
- No-No's
  - No standing water
  - No soap
  - Don't place empty pot on hot fire (will crack)
  - Don't be in a hurry to preheat your DO
  - No cold liquids in hot DO



- **Types**
  - Alpine Aire, Backpackers Pantry, Cache Lakes, Natural High, Mtn House, Campmore
- **Dehydrated**
  - Can make at home
  - Lower cost
  - Books available
  - Changes texture, must rehydrate
- **Freeze Dried**
  - Usually bought commercially
  - Expensive

- Lighter weight
- Better texture
- **Stock**
  - Grocery store
  - Specialty Stores
  - Low cost
  - Fresher
  - Wide variety
  - Heavier weight
- **Calories**
  - 3000 - 3500 per day normal
  - It is important to remember that these foods need to be packable, lightweight, a good source of carbohydrates, protein, and most importantly TASTY.
  - A common formula for determining if food is “worth its weight” is to draw the line at 100 calories/ounce.
    - **(# of calories per serving x servings per container) / ounces per container**
  - Here is a hypothetical example, if your fruit snacks offer 150 calories per serving and there are 10 servings in a container and the whole container weights 8 ounces:
    - $(150 \times 10) / 8 = 187.5$  calories per ounce
    - Important to research this for long hikes
- **Event (see types)**
- **Cost**
- **Discussion**
- **Sources (see lists)**





Heat

- Stoves
- Fires
- Solar Cookers
- Charcoal
- Hot Rocks

➤ **Stoves**

- Camp Chef (2 – 3 burners 10,000 BTU) (propane)
- Coleman style (Camp Stoves) (propane and white gas)
- Coleman style (Single burner) (liquid fuel)
- Alcohol ( CAT Stoves) and canister stoves. (propane and Butane)

➤ **Fuels**

- Alcohol (denatured)
- Coleman fuel
- Leaded and unleaded gas
- Kerosene (paraffin)
- Diesel
- Propane / Butane mix
- Jet fuels

➤ **Fires**

- Cooking fire with grill
- Keyhole (wind tunnel)
- Star fire
- Prairie fire hole
- Use coals for cooking
- 2" - 3" sticks make good coals
- Hardwood vs. softwoods
- Large USFS grills need HUGE fire. Hard to use

➤ **Solar Cookers**

- Easy to build
- Fun to use
- Convection and direct heat

- Long time to cook
- Good for pot meals (grains and legumes)
- Used in many 3<sup>rd</sup> world countries (study in culture)
- **Charcoal**
  - 25° / 2 charcoals
  - Use a chimney to light
  - Heat test
  - Match Light is handy, type matters (test brands)
  - Best used with Dutch Oven cooking
  - Can be used as a cooking source, especially with woks!
- **Hot Rocks**
  - Boil without fire
  - Non-river rocks
  - Small (egg size)
  - Put inside chicken (will show you)

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## Equipment

- Kitchen Sets
- Individual Sets
- Stoves
- Baking Equipment
- Cutting Boards
- Utensils
- Wok
- Cleanup / Cleanliness
- Pressure Cookers

➤ **Kitchen Sets**

- Patrol Boxes
- Aluminum
- Handout incl. all Pots, Pans and Utensils
- Individual
- Should contain all cooking and cleaning supplies

➤ **Individual**

- As simple as 2 pie tins and a spoon to nested titanium cook sets in mesh bag.
- Insulated cup
- Spoon or Spork

➤ **Stoves Already covered**

➤ **Baking Equipment**

- Dutch
- Reflector Oven
- Pie Tins
- Bake Packer
- Pie Irons and Tubes

➤ **Cutting Boards**

- Hard plastic sized for pots, Flexible or heavy for Patrol Box
- Heavy mil plastic
- Fire Shelter

➤ **Utensils**

- Look at BSA grouping
- Lg / sm knives, lg spoon, slotted spoon, spatula, can opener, peeler, fork, in a roll-up bag

➤ **Wok**

- Can cook directly on fire or on grill
- Works well with charcoal
- Special utensils help
- Very fast, good use of fuel
- Season & treat like a Dutch Oven

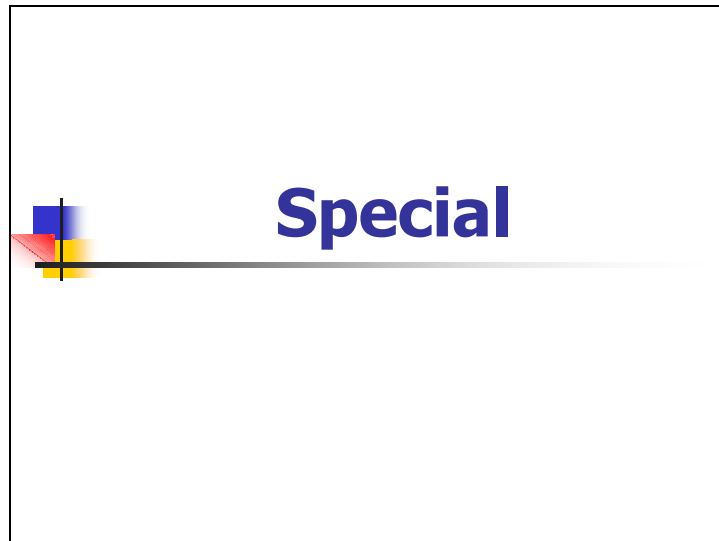
➤ **Cleanliness**

- Plan for it
- Plastic scrapers and scratchies
- Woven nylon pads
- Diluted bleach solution or sanitizer (Brewmasters)
- Castile soap (hard / cold water)
- Three pot system is BSA standard

➤ **Pressure Cookers**

- Needed at altitude (above 6,000')
- Works well with tough meats.

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## Special

- Fried Turkey
- Turkey In A Can
- BBQ Pig / Chicken / Turkey
- Boil-in-the-Bag
- Pie Irons
- Chicken-in-a-Bag

- **Fried Turkey**
  - Special Equipment
  - Hot oils
  - Never any leftovers
- **Turkey In A Can**
  - See handouts
  - Can do chickens this way too
- **BBQ Pig / Chicken / Turkey**
  - 4 pillars of charcoal
  - See notes on one of the turkey cookers
- **Boil-in-the-Bag**
  - Omelets in the morning
  - Heavy freezer bags
  - 2 - 4 T water only
- **Pie Irons**
  - Fast
  - Easy to use
  - Fun to use
- **Chicken-in-a-Bag**
  - Chicken and spices
  - Hot rocks
  - Put in a cooking bag
  - Insulate and leave all day






## Menus & Recipes

- Lists & Sources
- Breads and Biscuits
- Coffee / Tea / Water

- **Lists & Sources**
  - See web sites
- **Breads and Biscuits**
  - Many different kinds
  - Easy to do
  - Dutch's best
  - Dinner and desserts
- **Coffee / Tea / Water**
  - Coffee is brewed not boiled
  - See recipes
  - Water for drinks and cleaning



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# QUESTIONS?



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- Roundtable Archive and Info
  - [www.hillviewscouting.org/~Capital\\_RndTbl/index.htm](http://www.hillviewscouting.org/~Capital_RndTbl/index.htm)