



# 9<sup>th</sup> Barking & Dagenham

Compiled by Darren Dowling

Camping Resources

# Backwoods Cooking



## Backwoods cooking

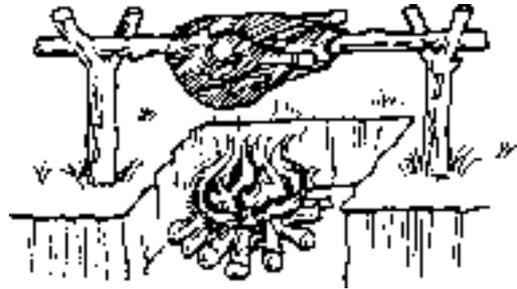
The secret to successful backwoods cooking is to build a good fire that will provide hot embers, for it is on embers that we cook - not flames. One of the problems with embers is that they tend to become cool after a short while. The keyhole fire solves this problem. Build the fire in a large circle area and pull the hot ashes through into the smaller circle where the cooking takes place, as they are needed. A two inch bed of ashes is required for successful backwoods cooking, use beech or oak logs, as these will give longer lasting embers. Charcoal can also be used and it will hold the heat longer than wood embers.

***Aluminium foil can be used if you want to take the easy way out. With it it is possible to construct pots and pans for cooking food or you can place your food in an aluminium foil envelope.***

The pioneers and backwoodsman of the past used only those materials that could be found locally for creating cooking utensils. They often used leaves and clay as well as ingenious cooking spits and holders made from green twigs and branches (green twigs and branches are less likely to go on fire and are pliable so they can be worked).

### Hygiene

Although backwoods cooking is considered to be primitive in approach your food hygiene methods should not be. Wash all food before use and keep covered until you intend to use it. Clean up the area used after you are finished and dispose of all food scraps carefully. Don't forget to clean your hands also after you have finished eating as it is likely that it will be your hands that you use to hold and eat the food with.



### Cooking methods

#### Roasting

For this method you will require a good bed of embers. For large animals and birds you will need a spit construction over the fire. For smaller animals and fish, the best way, is to peg them out on a board or a flat piece of wood and stand this next to the fire to form a kind of reflector.



#### Baking

This method is useful if you want to cook a meal while you are away - a bit like a hay box oven. Dig a pit around 60cm (2 feet) deep and 60cm (2 feet) across. Now light a fire in the bottom of the pit. Place a thin layer of soil on top of the embers then place a number of leaves (cabbage leaves are best) on top of the soil. Now place your food on top of the leaves covering it with more leaves. Cover this with more soil and then light a fire on top of it. It will take an hour or more to cook this food depending on how big the food is you are cooking. Another way of baking food is to wrap your food in leaves or grass and then in mud. Then bury it in, or surround it with, a fire, and leave it for an hour or more. When you break open the cast of clay, you will find that the grass has kept the food moist.



#### Grilling

For this method, you will need some kind of grill which can be made from green sticks, and a hot bed of embers. The disadvantage of grilling food is that it tends to dry out.

#### Erving



You will need some form of pan or grill base, usually a flat stone which is placed in the fire to heat it up . The stone is then cleaned off and food fried on it. It may be necessary to place small pieces of twig around such things as eggs to stop them rolling off the stone.

**Boiling**

You will need some form of container. It is possible to use a paper bag to boil up water the trick is to ensure that the heat only touches that part of the bag that has liquid behind it to absorb the heat. In stone age times a water hole was created. Into this hole were placed hot stones, heated on a fire nearby. This resulted in heating the water and thus boiling the food.

**Orange eggs**

Cut an orange in half and eat out the contents without breaking the skin. Break an egg into the orange shell and place on embers and allow to cook. When done, eat from container.

**Onion eggs**

Cut the onion in half after removing the outer skin. Remove internal contents except for the remaining three outer layers. Break egg into shell and place on embers. When cooked eat the onion container as well as its contents after removing the outer scorched layer.

**Spud egg**

Halve a large potato. Hollow one half. Break egg into hollow. Pin two halves of potato together with small sticks and roast in hot embers.

**Twists**

Mix flour, water and a pinch of salt together to form a thick dough, adding raisins and sultanas if you like. Make a snake like roll of the dough and twist this snake like fashion on a thick green stick ( with bark removed). Support it over glowing embers turning occasionally until the outside turns golden brown.

**Instant hot dogs**

Lay sliced onion on a cabbage leave add a sausage or two and place more onions on top. Wrap up the cabbage leaf tightly and secure with a number of small green sticks. Place in embers for about 7 - 10 mins turning occasionally .

**Baked potato**

**Simple recipes**

**Container cooking**

It is possible to use food as containers for other foodstuffs, such as, orange skins in which eggs can be cooked. Onion 'shell' created by cutting an onion in half and scooping out the core of the onion and leaving three or four shins in place to form a container. You can also use potatoes or pineapples in the same manner.



**Baked Potato**

Perhaps the easiest to cook backwoods . Take a potato and place it in the embers of the fire. When it is cooked , after about 25 - 30 mins slice open the skin and place a piece of cheese or butter on top.





### Simple Kebab

Remove the bark from a green stick and onto it spear slices of bacon, mushrooms, sausage, carrot, tomato, peppers, pieces of pork. Support the skewer over glowing embers turning occasionally. Eat when the meat is crisp and golden brown.



### Fish

It will be necessary for you to clean and gut any fish before you cook it. The fish should be cleaned thus:-

- Wash the fish thoroughly in clean water
- Remove the scales by scraping with the back of a knife (that is not the sharp edge), working from the tail towards the head.
- Cut the spine at a point just behind the gills and tear the head off with a steady, slow.

forward motion. If you are careful, the fish innards will come out with it.

- Slice the belly open from tail to gills and thoroughly clean the inside.

Finally, cut off the fins and tail and cook as desired.

### Cooking methods for fish

**Wrap method** - wrap fish in grass and cover in mud and place on fire. Or wrap fish in cabbage leaf and pin together with small twigs and place on fire.

**Planked method** - Pin the fish flesh side forward on a plank or piece of flat board and cook by reflected heat, place a knob of butter on the fish when it is cooking and later a splash of lemon - delicious.

**Broiling method** - Construct a broiler as shown and place your fish in it cook over hot embers turning regularly.

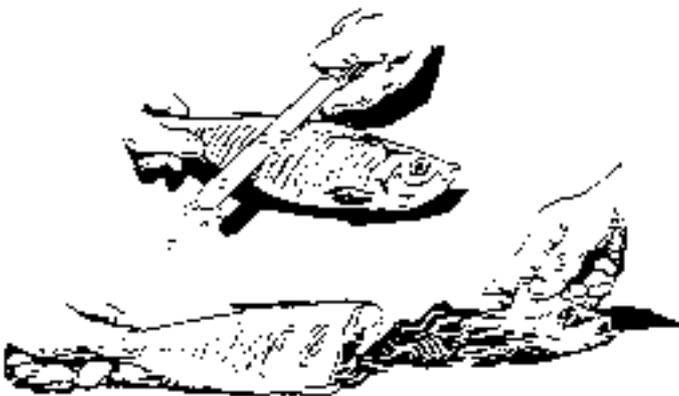
Fish cook very quickly so be careful you do not burn them.

### Meat and burgers

Meat and burgers can be cooked by a number of methods some of which are described above such as the Kebab method or the wrap method whereby the meat is wrapped in cabbage leaves. Meat may also be cooked using a broiler or by frying on a hot stone.

### Burgers in leaves

Place three layers of cabbage leaves directly onto the hot embers and put the burgers or mince patties on top of them. After approx. 10 minutes, turn the meat over, putting it onto three new cabbage leaves. Repeat this process until the meat is cooked.



**Note:** Cabbage leaves can replace foil in most instances when using backwoods cooking recipes. It is important that at no time should rhubarb leaves be used, as they contain a highly poisonous resin.

## **Twists / Green Stick Cooking / Kebabs**

The simplest form of this is to simply 'twist' some doe around a green sapling branch. And roast the doe over the fire. You could try some variations on a twist mixture ... e.g. sugar and cinnamon in the dough should be quite tasty. I've never tried it myself (just thought of the idea ) but I will next camp.

Kebabs are good - I buy the bamboo skewers. You can put all sorts of stuff on them. Steak, onions, peach, potato and kiwi fruit is not bad and it will get the kids' attention.

## **Tin Can Cooking**

Another technique is to get a large tin can, cut air holes in the botton and put it in the embers. Then you can fry eggs on the " hot plate " using slices of grapefruit skins as egg rings.

## **An Egg in an Orange**

Cooking an egg in an orange. This one is easy. Give everyone an egg and an orange. Cut of the top of the orange. Empty the orange with a spoon so that the egg can be placed in the empty shell. Put back the part of the orange you cut off and place it in a (small) fire. The egg will be boiled in the juice off the orange!

Cut an orange in half. Scoop out the flesh which is inside and eat this, be careful not to cut through the skin! Now crack an egg into the skin and place on the embers of the fire. This should now be baked until the egg in cooked to preferred liking.

Another option is to cut the top of a potato of and scoop some of the middle of a potato out and crack the egg into here. This can then have the top put back on and secured with small wooden pegs. Bake until the potato is cooked.

## **Silver Turtles**

Take a double piece of aluminum foil, put a hamburger pattie on it, a little bit of butter or margerine, and any or all of the following ingreadients which the scouts all make and cut up together: carrots, potatoes (thinly sliced so they will cook fast), onions, and anything else you can think of. The boys all cut up the vegatables and we line everything up on foil and they go down the line and put anything on that they want. When they are done, the foils are wrapped and sealed and then placed on the fire. The boys need to watch just where theirs was placed. The fire should not be a high flaming fire, but more like coals - in fact bar-b-que coals work nicely too. Within 10-15 minutes, you can start pulling them off the fire (don't forget something to pull them off with) and the scouts can eat it right out of the foil. Works well with us. Let me know how it goes with you! cheers!

## **Smores (aka chocolate biscuit sandwiches)**

Roast a marshmallow on a green stick (or long clothes hanger). When done, make a sandwich of the marshmallow, two graham crackers and a piece of a chocolate bar.

## **Bananas in Foil**

Split the banana down the middle and pack the middle with chocolate buttons before wrapping in foil and putting into the embers. Everything goes nice and chocolatey and goey.

## **How about some spiders?**

Cut hot dogs in quarters, length wise 1/3 of the way from each end. This leaves a solid center to put on a stick or hot dog fork. Cook over open fire (the spider's legs will curl), serve on a \_hamburg bun\_!

## **Ants on a log**

Celery covered with peanut butter and topped with raisens.... Great appetizer.

**The Fijian Oven:-** Dig a hole about 2 foot deep and 2 foot square, line it with rocks that will not explode. Then build a very hot fire in the hole for at least one hour then place cabbage leaves round the sides, place your food to be cooked (and this can be sweet or savoury) in layers of one of food one of leaves bearing in mind that things that will take most cooking should be nearest the rocks; and then a layer of hot coals and so on.

You can have several layers like this if you wish. Cover the top with at least 4 inches of earth. This can take quite a time to cook (about 5 to 6 hours) For more advice on this see Eddie Greenhaugh's excellent book titled Backwoods Cooking.

**Sausage On Stick:-** Peel the bark off a green stick and slide your sausage along it. if you want you can wrap a slice of streaky bacon round it and if you wish you can cook the sausage first then wrap the twist dough round it to create a sausage roll !

**Hot Rock Cooking:-** Find a flat rock (not slate or sandstone as these types of rock can exploded when heated) heat in the fire then when hot clean off the ash coat with a little oil then cook your bacon rashers in a circle and crack your egg into the Centre of the circle.

**Paper Bag Cooking:-** With the aid of a stout paper bag lay your bacon in the bottom crack your egg on top of the bacon, fold over the bag and push a long stick through the folded over portion of the bag. Now suspend over the hot embers and it will cook away when you ready to eat simply peel away the bag eat the meal then you do the washing up by throwing the paper bag on the fire.

**Chicken In Clay:-** Gut your chicken but don't bother to pluck it, now plaster it with clay or thick mud to a depth of about 1" now bury the chicken in the embers for about 30 minutes (this really depends on the state of the fire) when the chicken is ready peel away the clay and the feathers will come away as well thus exposing the chicken ready to eat.

**Self Basting Chicken:-** Gut and pluck a chicken then suspend it over a bed of hot embers by a fairly stout rope. The trick to get it to self baste is a "Dingle" a dingle is basically a wind driven flat surface that you tie into the rope so that the wind will move the dingle and of course the chicken around, this action allows the heat to cook the bird more evenly after about 30 minutes turn the chicken so both ends get cooked (note it is very important that children do not eat the chicken half cooked as they could get quite ill from this) A chicken is cooked when no blood ouse's from its flesh when pressed ... if in doubt give it another 15 minutes worth of cooking. The fact that the juices will run down the outside of the bird provides the self basting action require.

**Boiling Water In A Paper Cup:-** This is quite easy really just ensure the cup is completely full.

**Boiling Water In A Plastic Bag:-** Put water into your plastic bag then drop hot rocks into the water. You can also use leather or birch bark for this trick.

**A Hay Box:-** You can cook a meal in a hay box overnight using the principle of a slow cooker to do this put the billy (pot) with say a boiling stew placed in it into a box firmly pack straw around about the billy to the depth of about 2 inches, close down the lid of the box and weight it. Let the straw's ability to generate heat cook the meal for you. It normally takes about 8 hours to cook through. This is particularly good for cooking porridge for breakfast. You can substitute newspaper or indeed flow pack for the straw if you wish.

**Cooking A Chicken In A Rucksack:-** Place your gutted and plucked chicken in newspapers, fill the chicken with hot pebbles from your fire. Place the chicken in your rucksack and pace round the

chicken dry leaves or straw or newspapers. Now go for a three hour hike when you are finished, the chicken will be cooked.

**Eggs In An Orange:-** Cut the top of an orange, eat the centre out of the orange, the crack the egg into the available space, pop the lid back on and secure with small sticks, place on the hot embers for about 10 - 15 minutes till cooked

**Eggs In An Potato:-** Cut the top of an potato, scoop out the centre out of the potato, the crack the egg into the available space, pop the lid back on and secure with small sharp sticks, place on the hot embers for about 15 - 20 minutes till cooked

**Eggs In An Onion:-** Cut the top of an onion, scoop out the centre out of the onion, the crack the egg into the available space, pop the lid back on and secure with small sharp sticks, place on the hot embers for about 10 - 15 minutes till cooked.

**Planking A Fish:-** For this you need a fair sized fish gut it and remove the head and tail then split along the back bone of the fish so it lays flat then nail it to a plank of wood and place it near a bed of hot embers. The fish will cook slowly and you will get the flavour of the wood smoke. When ready peel off the strips of fish be careful the odd fish bone may come with the meat you are peeling away.

**Fish In Newspaper:-** Place your gutted fish in newspapers (about 5 layers) really wet the paper through at this point then place on the hot embers. Turn the package every 2 - 3 minutes and continue to wet down the newspaper through out. The fish will take about 15 minutes to do using this method. For an even more natural method you can use cabbage leaves instead of the newspaper.

**Fish In A “Y” Stick:-** Get a long flexible “Y” green stick then either tie or weave the two ends together to form a circle, lay it on a flat surface then place your gutted fish inside the circle and with further green peeled sticks weave a lattice work around the fish and the “Y” slick. When you have finished your fish will look like a fish trapped in a tennis racquet ! .... simply cook over the hot embers.

**Fish On A Stick (A Fishy Lollipop !!!!):-** Peel the bark off a green stick and push it through a gutted fish. Place your sick into two “Y” shaped stick which you should place either side of the hot embers. (This way you can do several fish at once and you don't burn your hand) cook for about 15 minutes then eat of the stick ... magic !

**Cooking Biscuit Tin:-** Find a biscuit tin place three pebbles in the bottom of the tin place a metal plate on the pebbles then place the item you want to cook on the plate. Place in the fire so that you have twice as many embers on the top of the metal box as on the bottom. Cooking like this is very quick so be warned check you food regularly, (it has been known to cremate a chicken to its carbon base in 15 minutes !)

**Dutch Oven Cooking:-** A Dutch oven is a heavy cast iron or these days they do use aluminium pots, on the bottom of the pot are usually three short legs. You can even use the lid for a frying pan.

You can cook nearly anything in a Dutch oven from stews to cakes and biscuits. Numerous books exist on Dutch oven cooking which cover the subject in far greater detail that I can here, suffice to say every Scout Troop should have one of these super pots to prepare wonderful camp food in. .... A Peach Cobbler Where Are You !!!!!

(A book to read on this subject is Dutch Oven Cooking by John G Ragsdale)

**Cooking In A Cardboard Oven:-** Find a stout cardboard box remove the top and bottom of the box. Then line the inside of the box with tinfoil fold it up the outside of the box to the depth of about 3".

Place a series of cross wires about one third from each end of the box.

On the bottom set of cross wires place a heat deflector made again of foil this should cover the bottom of the box leaving a gap of about one inch to allow the heat past.

Top set of wires are to support your tray or pot.

Place your cardboard oven on four bricks over a bed of hot ash or charcoal (Note one charcoal nugget give out about 25 degrees centigrade as a rough guide)

Place what you want to cook in a dish and place it on the top set of wires, now cover the top of the box with a clear over roasta bag so you can see how your food is coming along. A refinement of this is to place a thermometer inside the oven for an accurate temperature reading.

When ready simply peel away the rosta bag and fish out your food.

**Corn on the Cob:-** Do not remove the sheaves, simple dip in a bucket of water then fling onto the ash, turn occasionally... eat with butter, a meal fit for a King !

**Bonfire Toffee:-** Melt 2 oz of butter, add 2 tablespoons of syrup a pound of brown sugar, boil quickly for 15 minutes, stirring occasionally,. See if it's ready by dropping a few drops in cold water. When crisp pour out into a heavily buttered tin break when firm.

**Garlic Bread:-** Get your loaf slice thickly, butter with garlic butter thickly, wrap in foil, place on the ash to heat through. (Best to do an extra loaf as its bound to be popular !)

**Camp Fire Sandwich:-** Butter the bread place the buttered side of the bread to the outside add a filling of your choice, wrap in foil place on ash turn once after about a minute.

**Some ' ores:-** Melt a marshmallow, place between two digestive biscuits add a square of chocolate .... truly decadent.

**Choc - o - Mint Oranges:-** Cook an orange in its skin on the ash, remove it from the heat slice it half way through place 3 wafer mints insides place back on the heat for 5 min then eat.

**Shish Kebab:-** Cut any type of meat into cubes, place onto a long peeled green stick add onion, mushrooms, pepper, pineapple etc. to taste, cook till ready turning frequently

**Fruit Shish Kebab:-** The same method as above using fruits add a syrup sauce before eating

**Cheese Fondue:-** Make a rich sauce out of any kind of cheese ( processed cheese works well !) add a white wine or cider to thin the sauce, cut small squares of bread dip into the sauce and eat. {Interesting this, if you loose your bread in the sauce you must pay a forfeit !!!}

**Drop Scones:-** Prepare a batter of 1 pint of milk 1 egg, 2 oz of castor sugar and 4 oz of self raising flour mix well and allow to stand for an hour, grease lightly a heavy frying pan drop enough batter to make a 3 inch scone turn when the underside is brown, butter add jam to taste. (This is enough for about 20 scones but be advised they go like "Hot Cakes")

**Pancakes:-** The same method as above but use plain flour, once made flavour with syrup, dessert dressings, fruit, cream etc.

**Hunters Steak:-** Clear an area on the fire so you can cook on hot ash, place steak direct onto the fire, when ready remove dust off ash which may have stuck to the meat and eat. (The fire will sterilise any germs so don't worry about it)

**Baked Apples:-** Core the apple, fillings can be added, marshmallow, sugar, fruit, cherries, smarties (M & M's), syrup to name a few. Seal in foil place on the ash for about 10 -15 minutes.

**Twists:-** Make a dough of self raising flour and water until it is putty like cut into strips. Wrap round a green stick and bake eat with jam or honey. Variations to this is wrap around a half cooked sausage then bake to give a sausage roll.

**Stuffed Sausages:-** Mix up a packet of sage and onion stuffing add some Worcester sauce and a dash of tomato sauce, slice the sausage lengthways stuff the sausage wrap in foil place on the fire for about 10 minutes.

**Stuffed Fruit Loaf:-** Take a plain loaf cut off the top lengthways scoop out soft inner's crumble and add to this two apples finely diced and one cup of sultanas. Fix the top back on using cocktail sticks. Spread margarine thickly on the outside of the loaf wrap tightly in a double layer of foil place on the ash for about 15 minutes turning regularly

**Tattie (Potato) Soup:-** (For Eight) Peel and grate 1 Lb. of potatoes, peel and chop one large onion fry this in 2 oz of butter then add this to 2 pints of stock (which is made from two chicken or ham stock cubes) boil then allow to simmer for 15 minutes serve with a grated cheese topping.

Drinks Various:-

**Fruit Punch:-** Orange juice, cider, 1 large can of tangerine oranges, fruit to taste.

**Pine Tea:-** Boil water then place in your cup a fresh young pine leaf wait about 5 minutes, remove the leaf and strain add sugar to taste

**Nettle Tea:-** Boil water then place in your cup a fresh young nettle leaves wait about 5 minutes, remove the leaves and strain add sugar to taste.

**Russian Tea :-** Lots of sugar, black tea, 2 large tins of mixed fruit, 1 bottle of cheap red wine add to taste. Simmer for 30 minutes until fruit is soft.

**Gluhwine (Mulled Red Wine):-** Red wine and gluhwine spices (can be bought locally) simmer for 30 minutes.

**Kye:-** Cocoa, sugar, milk, spirits of some description to just flavour the drink.

Snacks:-

**Cracker Surprise:-** Ritz crackers, with cheese spread and a square of pineapple on top.

**Brandy Bananas:-** Cook the banana in its skin until soft then slip add a teaspoonful of brandy or a square of chocolate or marshmallow and re-heat until ready.

**Ash Toast:-** Simply place a piece of bread directly onto the hot ashes, (Don't worry the heat will sterilise any germs) then using tongs turn over as soon as it's done .... It has a unique flavour. You may want to add cinnamon to taste.

**Toffee Apples:-** Place the apple onto a green stick hold over glowing ash until the apple is soft this takes about 15 minutes, peel off the skin then roll in a mixture of syrup and sugar, re-heat until the sugar forms a candy coating.

**Angels on Horseback:-** Cook a slice of bacon then wrap it round a square of cheese return to the heat until cheese is soft.

**Bac - o - Cheese Dog:-** Cut a sausage long ways, but not all the way through add cheese to the split then wrap in a slice of bacon hold together using tooth picks then cook for about 10 minutes.

### **Steamed Fish**

Make a fire that is long enough for the length of the fish and more than wide enough. Let this burn down to a good bed of embers. Meanwhile butcher the fish and clean it thoroughly.

Cut a lot of grass to use for the steaming.(This way it grows back.) Place a good layer on top of the fire. Put the fish on top of the grass and place more grass on top. Then cover the fire and grass with earth and pack it down. Wait for 30 mins and uncover.

You really need to ensure you have a good bed of embers to be successful.

If you are by the sea shore, then the same method can be used but use seaweed instead of grass.

### **Pit Oven/Figi Oven**

Dig a pit, or use a natural depression in the ground. Light a fire in this and build it up, including as many rocks as you can find. DO NOT use flint or rocks from a river bed, they have been know to explode from the water evapourating inside them.

When you have a good bed of embers, wrap your food up in leaves, or on a bed of grass (see above) and cover the top of the hole over with sticks. Over this lay sacking or mats and then cover this over with earth. Make sure you seal in around the edges. Leave for 2 hours and then enjoy. One tip though, if you are cooking for a larger number of people, then put more embers over the top of the food to ensure it cooks.

### **Damper Breads**

Rather than just the usual dough twist, why not try making your own breads such as Chapatis, or mix in some Baking powder or Bicarbonate of Soda to make a Soda bread. Or you could add some dried fruit to make a fruit loaf. There are plenty of similar recipes on the Web, try the Outdoors Online Website.

In the case of Scouting activities you could provide the flour, or if you are a purist you could make you own from ground acorns, bull rush heads etc.

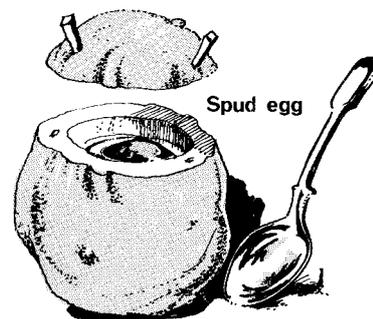
### **Stewed Fruit Puddings**

Autumn provides a lot of fruits available for use, in the UK for example there are Apples, Blackberries, and many others. Crab apples are more predominant in the wild, but make the most of what you can find. Get the all together, peel the apples and stew them up. This can then be used in tarts, pies or just eaten on its own.

# Backwoods Cooking

## Egg in an Orange

Cut an orange in half. Scoop out the flesh inside and eat it – be careful not to cut through the skin! Now crack an egg into the skin and place on the embers of the fire until the egg is cooked.



## Spud Egg / Egg in a potato

Cut the top off a potato and scoop a hole in the middle. Crack the egg into the hole, put the top back in place and secure with small wooden pegs. Bake until the potato is cooked.

## Backwoods Mince

You can cook mince meat inside all sorts of vegetable containers: orange peels, hollowed-out potatoes, onions, gem squash, butternut, or even cabbage leaves.

## Kebab

Use a green stick to spear slices of bacon, mushrooms, sausage, carrot, tomato, peppers, and pieces of pork. Support the skewer over glowing embers turning occasionally. Eat when the meat is crisp and golden brown.

## Cabbage hot dogs

Lay sliced onion on a cabbage leaf, add a sausage or two and place more onions on top. Wrap up the cabbage leaf tightly and secure with a number of small green sticks. Place in embers for about 7 to 10 minutes, turning occasionally.



## Banana hot dogs

Take a banana and cut a slit in the peel down the inside of the curve, and open it outwards. Remove the banana and feed it to a passing baboon or a nearby Scout. Now put a sausage inside the banana peel and cook it directly on the coals.

## Preparing fish

You will need to clean and gut any fish before you cook it. The fish should be cleaned as follows:

- Wash the fish thoroughly in clean water
- Remove the scales by scraping with the back of a knife (not the sharp edge), working from the tail towards the head.
- Cut the spine at a point just behind the gills and tear the head off with a steady, slow, forward motion. If you are careful, the fish innards will come out with it.
- Slice the belly open from tail to gills and thoroughly clean the inside.
- Finally, cut off the fins and tail and cook as desired.

## Steamed Fish

Make a fire that is long enough for the length of the fish and more than wide enough. Let this burn down to a good bed of embers. Meanwhile prepare the fish and clean it thoroughly.

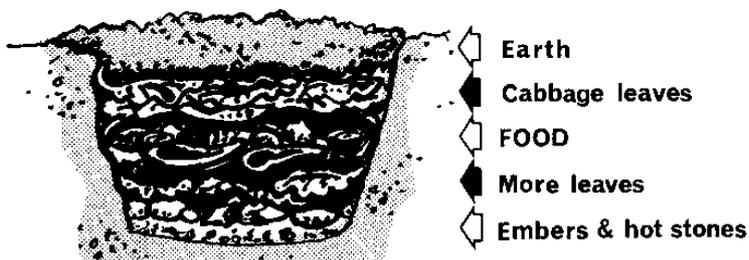
Cut a lot of grass to use for the steaming. (If you cut it instead of pulling it up, the grass can grow back.) Place a good layer on top of the coals. Put the fish on top of the grass and place more grass on top. Then cover the fire and grass with earth and pack it down. Wait for 30 minutes and uncover.

You really need to ensure you have a good bed of embers to be successful. If you are by the sea shore, then the same method can be used with seaweed instead of grass.

## Other methods for fish

Wrapped in a cabbage leaf, or grilled on a grid make from twigs.

Or pin the fish flesh side forward on a plank or piece of flat board and cook by reflected heat from the fire. For real style, place a knob of butter on the fish when it is cooking and later a splash of lemon – delicious.



## Pit Oven / Fiji Oven

Dig a pit, or use a natural depression in the ground. Light a fire in this and build it up, including as many rocks as you can find. DO NOT use flint or rocks from a river bed, as the heat can cause them to explode from the water expanding inside them.

When you have a good bed of embers, wrap your food up in leaves, or on a bed of grass (see above) and cover the top of the hole over with sticks. Over this lay sacking or mats and then cover this over with earth. Make sure you seal in around the edges. Leave for 2 hours and then uncover and enjoy. One tip though, if you are cooking for a larger number of people, then put more embers over the top of the food to ensure it cooks.

## Boiling in a paper bag

It is possible to use a paper bag to boil water. The water inside will prevent the bag from burning. The trick is to ensure that the heat only touches that part of the bag that the liquid is in contact with so it can absorb the heat.

## Frying

You will need some form of pan or grill base, usually a flat stone which is placed in the fire to heat it up. The stone is then cleaned off and food fried on it. It may be necessary to place small pieces of twig around such things as eggs to stop them rolling off the stone.

## Grilling

For this method, you will need to make a grid or mesh out of green sticks, and grill your food over a hot bed of embers. Remember that some types of wood are poisonous and should not be used.

## Twists

Mix flour, water and a pinch of salt together to form a thick dough, adding raisins and sultanas if you like. Make a snake-like roll of the dough and twist this snake like fashion on a thick green stick. Support it over glowing embers turning occasionally until the outside turns golden brown.



## Damper Breads

Dough can be cooked on a flat rock in the fire. With some imagination you can make chapatis, or mix in some baking powder or bicarbonate of soda to make a soda bread.

## Chocolate banana

Cut a slit lengthways in the banana and insert some pieces of chocolate. Wrap the whole lot in foil and place in the embers. Eat once the chocolate melts.

# The Cardboard Box Oven

**A cardboard box will make an oven -- and it works just as well as your oven at home! There are different ways to make a cardboard box oven.**

## 1. The open top Box 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 COMPLETELY with foil, placing the shiny side out.

To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquets. 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.

## 2. The copy paper Box Oven

The cardboard boxes that hold reems of paper, 10 reems of 8 1/2 by 11 inch paper, or 10 reems of 8 1/2 by 14 inch paper, will make very nice box ovens. Line the inside of the box and lid with aluminum foil. Use a sponge to dab some Elmer's glue around the inside and cover to hold the foil in place. Make a couple holes in the cover to let the combustion gases out, and make a few holes around the sides near the bottom, to let oxygen in.

Make a tray to hold the charcoal using one or two metal pie plates. You can either make feet for a single pie plate using nuts and bolts, or bolt two pie plates together bottom to bottom. Cut a couple coat hangers to make a rack to hold up the cooking pan. Poke the straight pieces of coat hanger through once side, and into the other. Two pieces will usually do fine..

Put several lit briquets on the pie pan, put your cooking pan on the rack, and place the cover on top. The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in, and enough gases are escaping, to keep the charcoal burning.

## 3. Box oven without the box!

David T. Berg says, "I saw a demo last week at our round table of the box oven minus the box! Procedure:

1. Pound four one inch + diameter by about 1.5 ft length sticks into the ground in the shape of a square about 1.5 ft per side and wrap them with heavy duty foil.
2. Arrange aluminum foil around stakes and drape over top and crimp to hold in place. Also line floor with foil.
3. Drive three or four stakes into the ground through the foil floor to hold up the baking dish.

It looked kind of ugly but worked pretty well for baking the bisquits. If you make it this way, you don't have to take up room with a bulky box. Anyway, that's what the person doing the demo said."

## 5. Yet another description of a Box Oven

From Dori Byron, Fair Winds Girl Scout Council Trainer, Brownie leader, and Computer nut, "You need:

1. One large box (wiskey or any double corrugated box that will fit a cake pan or cookie sheet with about 1" all around will do.) Note: this does not have to have a lid or top.
2. Lots of large high quality, heavy duty, tin foil (commercial time, use Renyolds wrap)
3. Four small TIN juice cans
4. A 9x13 cake pan or small cookie sheet

5. One #10 can, open at both ends and vented at bottom for charcoal chimney.
6. One small friendly stone to vent bottom

First cover the inside of box with two layers of foil. Be sure you have no box showing anywhere. You can tape it down on OUTSIDE. Place a large sheet of foil on a level, not burnable, piece of ground. Place the charcoal chimney on the foil and place a fire starter and whole charcoals (one for every 40 degrees of temperature plus one or two for cold, wet, or wind) Light the chimney and wait about 20 min for charcoal to be ready. Pull off chimney and spread out charcoal to fit under pan used. Place four small juice cans to support cake pan and lower box oven over all. Vent on leaward (thats away from the wind for non mariners) side with small stone. Cook for amount of time called for in recipe. If cooking for much more than 30 minutes replenish charcoal.

Note: Be sure and lift box straight up or you will "dump"the heat. No peeking allowed!! Anything you can cook in an oven at home can be done in a box though I prefer things that can be done in 30 min or so. Good Eating!"

## **For all box ovens:**

Control the baking temperature of the oven by the number of charcoal briquets used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquets).

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.

More information about Box Ovens, from the US Scouting Service Project

# **Recipes**

There aren't many recipes here, because you can use this box oven to cook anything from any other cookbook that can be cooked in an oven!

## **Peachy Yums**

Canned peach halves  
Large marshmallows  
Cinnamon

Place a well drained peach half, cut side up, on a piece of foil large enough to wrap it. Put one large marshmallow in the peach and sprinkle with a little cinnamon. Wrap the peachy yum. Warm in the box oven until the marshmallow is melty, 5-10 minutes.

Mmm, Mmm, Good! I want one now!

-- Thanks to Laura Humphrey, Lone Star Girl Scout Council

## **SAUSAGE BALLS**

1 lb sausage  
3 cups bisquick  
1 8 oz jar Cheese Whiz or shredded cheese

Combine sausage (cooked), bisquick and cheese; shape into balls. Bake in preheated 300 degree oven for 25 minutes or until lightly browned.

## **How to Make a Cardboard Box Oven**

Take a sturdy large box. Not too big. A box that was used to ship a 14-15" Computer Monitor is an excellent size. Completely line the inside of the box with aluminum foil (reflective side out). Seal the top of the box closed with duct tape. Cut a hole in the front (door to pass baking trays in and out of). Put steal rods or hangers through the middle of the box (forming a rack to place your baking trays). Place an inverted pie tin in the bottom and then another pie tin (right side up) on top. This is where your charcoal goes. It is important to have the inverted pie tin in order to insulate the bottom of the box from the charcoal. Place 1-2 pieces of charcoal in box per 100 (Fahrenheit) degrees of cooking temp. It is easy and simple. The only key here is make sure that there is absolutely NO exposed card board inside your box. This all must be covered with aluminum foil, otherwise your box will ignite.

Happy Cooking!

by Rich Goldman [rgoldman@peddie.k12.nj.us](mailto:rgoldman@peddie.k12.nj.us)

We used two ovens, because we were making 2 cakes. Here is our material list:

Standard photocopier paper box (Xerox), with a slip-on lid.

6 pieces of coat hanger wire, about 13-14" long

Aluminum foil to line.

9" X 12" foil cake pan.

9 charcoal briquettes.

The box was completely lined with aluminum foil. We used 18" heavy duty foil for this. Before the boxes were lined, we punctured the sides for the grill wires, at about a third of the way down from the top. Leave about 2-3" between wires. The 18" foil allowed us to run one piece of foil down one side, across the bottom, and up the other, with a little overlap on each side. We did the same, end to end. Then, we placed a piece of foil about twice the size of the box doubled over in the bottom.

The wires were then inserted through the pre-punched holes, then bent over at each end. Then we lined the lid. That takes an end to end pass, then a side to side pass also. At this point, you cut a ventilation hole at the bottom-middle of each of the four sides. Our holes were cut triangular, and about 1.5" high and across the base.

Pour the prepared cake mix into the cake pans. Using tongs, place 9 charcoal briquettes, spaced, in the bottom of the box-oven. Put the pan on the grill rack, and level the box if necessary. Now cover the box and wait 40-50 minutes for the cake to bake.

We did not make any special provisions to keep the coal from the bottom of the box, as there was already 4 layers of foil on the bottom.

BTW, the cakes couldn't have been better! Yum ;).

One final note: The amount of heat generated by a charcoal briquette has been quoted as 30° F. My understanding, for Dutch Oven work, is 25° F. For the box oven, we figured 50° F. The difference is that for a Dutch Oven, the coals are out in the air, which takes some of the heat. When the coals are enclosed in an oven, not as much heat is lost.

By Chuck Bramlet, ASM Troop 323, Thunderbird District, Grand Canyon Council  
bramlet@ecc4.ateng.az.honeywell.com

Here's another method -- for use on a plain old wood fire.

You take a box, line it with several layers of foil, like you've heard from other people.

You make a fire, and burn it down to lots of coals -- like you're going to toast marshmallows, or cook in the coals.

You put something *\*safe\** into the fire -- rocks or bricks, just make sure it can be in the fire -- to hold up a cookie sheet. You put the cookie sheet on top of your props over the fire. Make sure that the fire is not too hot/the pan is far enough above the fire so that food will not burn. Place food on cookie sheet, and place box over cookie sheet.

I've also used the box oven as a makeshift reflector oven -- set it with the open side toward the fire and tilt it slightly forward -- this works well for something like mini pizzas, so that they don't get burned on the bottom if your fire is just too hot.

By Kathleen Burton burton@lclark.edu

If you have never tried a box oven, let me describe how we've done it. First, you need: a cardboard box, newspaper, aluminum foil, heavy cloth tape (we use duct tape), a grill that will fit under the box, coffee cans to support the grill (optional if the grill is free standing), and a pie tin to hold the charcoal briquettes if you use a free standing grill.

You wrap the cardboard box in newspapers for insulation and foil to keep the newspaper from burning. The object is to wrap so not much tape is exposed to the inside of the box (because the adhesive will melt). I have used both free standing grills (which can tilt and give your brownies a lovely slant) and grills supported by coffee cans. The briquettes in coffee cans or under the grill in a pie tin are your fuel source. Somewhere I think I read that each briquette is worth about 30 degrees(F) of heat. Combine this figure with the heat loss from a lot of lifting of the box (grin) and heat loss from insulation, and you will get a rough idea of what you need. This is a fun project but not really applicable to backpacking!

Enjoy!

By Lynn Baird, Head, Access Services, University of Idaho Library, Moscow, ID 83844  
bairdl@osprey.csr.uidaho.edu

# Foil Dinner Recipes

Compiled by Kim J. Kowalewski  
Cubmaster, Pack 1009, Bowie, MD

These recipes were sent to me in response to my plea for help with an upcoming Fall Camporee. I needed some suggestions for variations on the "classic" hamburger foil dinner. Enjoy!

## VARIATIONS ON THE HAMBURGER FOIL DINNER

From: Jim Sleezer

Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.

I like to use cabbage leaves to wrap it all in before I wrap in foil. A little catsup helps for some boys. I also add a few slices of onion. Around here, we never seem to have enough. The kids all go for seconds!

From: Don E. Robinson, M.D.

We add Cream of Mushroom soup to our "hobos." It adds taste as well as additional moisture. A couple of tablespoons will do just fine. Yum-yum.

From: George N. Leiter II

Just skip the butter and add some soup. Cream of mushroom or something like that. When cooked slow it is wonderful.

From: Cheryl Singhal

How about BBQ sauce, Worchester sauce, or even Italian dressing?

Spices ... a measuring teaspoon of Italian seasoning or of curry powder or of chili powder wouldn't hurt it either. You might be able to combine BBQ and chili powder; or Italian dressing and Italian seasoning; I don't recommend mixing Worcestershire and curry powder though.

From: Ben Alford

We have spiced up our "hunters pack" aluminum foil dinners by adding Heinz 57 sauce. It is the boys's secret ingredient. It really makes a big difference. We've had boys finish one dinner and return to make seconds and thirds until all the ingredients are gone. I remember some were just cooking the left-over onions or potatoes as long as they had the Heinz 57 left to spice them up.

From: Jeff L. Glaze

Instead of hamburger, try Pork Loin, or Boneless Chicken Breast! Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers. BBQ sauces may be included also. If you use chicken, try pineapple slices with mild BBQ sauce. Ground turkey can be used instead of ground beef, and is "more healthy".

From: Alan Wolfson

I have had good luck asking the kids what they would like in their foil dinners. You'd be amazed at the great ideas they come up with. If, however, your den is gastronomically challenged :-), there

are some things you can do to liven up those meals: I've substituted Mrs. Dash, garlic pepper, Montreal seasoning, or any other favorite general- purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner. We've added celery, green beans, and onions into our dinners for some additional variety. I've also had some good experiences substituting chicken for the beef, and making a pseudo stir-fry dinner using stir-fry oil instead of butter and spices.

From: Mark Wilson

Also, consider replacing the hamburger with stew meat, cubed steak, or chicken or turkey breasts cut into stew meat sized cubes. As to spices, consider adding a part of a clove of fresh garlic. Smash it first. You might also consider adding soy sauce, teriyaki, or plain old steak sauce. Try adding small dough balls of biscuit mix for dumplings.

From: James H. McCullars

In addition to the ingredients you mentioned, I always use onion, bell pepper, radishes, Lowry's Seasoned Salt (and/or Lowry's Seasoned Pepper), and Worcestershire sauce. In addition, I sometimes will use barbecue sauce and if someone thinks to bring some along, sweet potatoes (try it!). I have also seen other people use soy sauce, Tabasco, etc.

From: Juel A. Fitzgerald

Instead of salt and pepper, use seasonING salt and pepper. This makes it a whole lot less bland. Of course you could add worchester sauce AFTER you are done cooking for those who like that.

From: Jeff Agle

One of my favorite additional ingredients in a foil dinner is a dash (maybe a big dash) of Wyler's boullion granules. These add significantly to the flavor. I typically use Seasoned Salt instead of just plain salt. You also left out one of the main flavor ingredients, Onions. Anything in the onion family can add lots of flavor, try scallions or green onions if the boys are a little squemish about yellow onions. Garlic (salt, powder, crushed) can add a nice flavor.

## **CORNISH HEN**

From: Michael C. Horowitz

At home, parboil (3 mins) a cornish hen. oil it up, salt and pepper and wrap in foil. Cook as you would a foil pack (15 min/side). Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit of olive oil. Makes an OUTSTANDING meal. BTW, differentiate your foil pack by wrapping a length of foil in with the folded seam; never an argument over who's pack it is.

## **PIZZA POCKET**

From: Don Izard

I have seen a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The Dough Boy). You take the flat dough, and fill the center with pizza sauce, peperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil.

'BAKE' 10 minutes on each side, and you might have a pizza pocket.

## **SEAFOOD DINNERS**

From: Jim Sleezer

For variety, try peeled shrimp or scallops, snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root. This cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops. Kids seldom like it . . . it's too different.

Shark chunks cook up well with a thin slice of lemon.

## **HAM DINNERS**

From: Jim Sleezer

I have done chunks of ham, sweet potatoes (par boiled), pineapple. As soon as it comes out of fire, I add a few mini marshmallows on top.

### **Upside Down Ham, from Mark Michalski**

Ham pieces or steak, Pineapple slices (or tidbits) dash of teriyaki sauce (or marinade) and mixed vegetables to taste.

### **Ham & Potatoes Au Gratin:**

Cubed Ham, chopped Potato, Onions, Grated cheese of your choice.

## **CHICKEN DINNERS**

From: Scott Miller

Try using boned chicken instead of hamburger. Cooking time is the same, add a small amount of water or soy sauce to replace the water found in hamburger.

From: Peter Van Houten

One of the best foil meals I had included a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. The meat was placed on the bottom (by the way, the chicken had been slightly cooked prior to going), with the veggie's on top. I had a couple of dashes of Teriyaki sauce, some spices (tarragon and others from a pre-mix spice jar).

Only exception was that I didn't turn it over, I let the veggie's cook in the heat from the meat. They were still slightly crunchy, almost steamed.

### **Lemon Chicken, from Clif Golden**

Take a whole chicken.

Brush with melted butter.

Take a whole lemon, slice, squeeze juice over chicken.

Sprinkle generously with Lemon & Herb spice.

Put leftover lemon peel & pulp inside chicken with slices of onion.

Wrap in foil. Cook until done. 40-60 minutes.

We also cook potatoes & onions in other foil packs.

For dessert. Take a banana, slice in lengthwise in the peel. Insert butter and brown sugar into the slit. Wrap & bake.

From: R. Edward Fickel

Try boneless chicken breasts, green peppers, onion, carrots, potatoes (I think), mushrooms, in a cream of mushroom sauce. They are cooked the same way as your foil packs, but are gourmet quality!!

From: Wayne Hill

One that we tried is the chicken with instant rice and cream of celery soup (undiluted). I thought it was good and it cooks up quick. You can also try baked Apples with sugar, butter, and cinnamon. Bisquick mix is good for individual biscuits just coat the foil with butter or oil before you plop the biscuit dough on the foil keeps it from sticking. Baked potatoes are good and you can put cheese, butter, etc on after they are cooked.

One other point in case you are not aware, use hard wood for making your charcoal resinous wood like pine or cedar doesn't make long lasting charcoal.

### **FOIL FAJITAS**

From: Mark Michalski

>Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, etc....

### **STUFFED POTATOES**

From: Mark Michalski

Core small to medium potato, insert a small pre-cooked sausage or weiner. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixins of your choice.

### **HOBO POPCORN**

From: Mark Michalski

In center of 18" x 18" square of heavy or doubled foil, place one tspoon of oil and one tbspoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt and margerine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.

### **PORTABLE CHILI**

From: Carol Eichinger

Cook up a pot of chili (homemade or canned). Buy individual size bags of Doritos or something similar. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunchtime nachos/tacos. This was in my Crafting Traditions Magazine.

## **HELPFUL HINTS**

From: Jess Olonoff

Do NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking.

The cheese will warm and separate and the oil will catch fire or cook the food faster than expected. We had a few very unhappy Cubs expecting Cheeseburgers, but receiving, well something else if you can imagine.

It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.

Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire), and a few boys who will not be to happy with the final product.

Don't forget extra utensils as you'll be moving alot of packages around.

## **DINNERS WITHOUT FOIL**

How about baking muffins in half an orange with the pulp removed (and we hope eaten). Eggs in onion half with all but outer few layers removed. Meat loaf (I use recipe on Quaker Oats oatmeal box) cooked in onion half (mound it up as it shrinks while cooking). Twist on a peeled green stick. Potatoes wrapped in "clean" mud and baked in fire. Skin comes off with mud.

How about chicken and dumplings. Envelope of chicken & vegetable soup, about half the regular water, a small (6 oz) can of chicken. Bring to a boil. Drop spoonfuls of biscuit dough on top (use drop biscuit recipe). Cover tightly and cook over low heat for about 10 minutes or until dumplings are done.

I also like to make stone soup. Everyone brings their favorite vegetable to toss in the pot with a few seasonings. Add some bullion for extra flavor. (Bullion can also be added to foil dinners to add a bit more flavor--go gently until you find the right amount.)

## **FOIL COOKERY HANDBOOK**

From: Jess Olonoff

With Thanks to The Indian Nations Council Pow-Wow Book

### **Foil Cooking Hints**

Use two layers of light-weight, or one layer of heavy duty aluminum foil. 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 know as the "drugstore" wrap.

### **Drugstore Wrap**

Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steamproof seal.

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**

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

**RECIPES**

**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.

**DON'S 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.

## Primitive Cooking Techniques

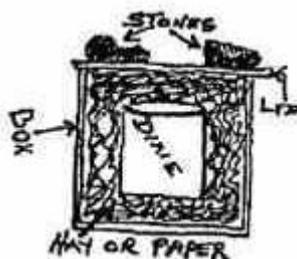
**Grilling:** Sear meat by thrusting it into flame to seal in the juices, then cook slowly over bright coals of hardwoods. If a pan is used it should be very hot before meat is put in. Turn frequently. Add salt later to make blood **tun**.

**Frying:** Tendency to fry everything is bad for digestion. Deep frying is best. Fat should be smoking hot before meat is immersed. This seals in juices and is less greasy.

**Pot Roast:** Put bones or scrubbed stones in bottom of dixie (a large cooking pot with a volume of 2-5 gallons [10 to 20 liters] and usually made of cast iron. Typically one could cook a chicken in a dixie) for roast to rest on with good supply of fat. As soon as fat boils put in roast. When it browns on one side, turn it to seal in the juices. After this, boiling water must be added to depth of 2 inches. Cook steadily, turning and basting, allowing 20 minutes for each pound plus 20 minutes. Two small roasts will cook more quickly than one large one.

**Greens:** Remove coarse leaves, wash thoroughly, cut up and put into boiling water (not too much) to which salt has been added. Boil for about 20 minutes. (The alternative method of cooking in very small quantities of water with lid on pot is perhaps better, but necessitates constant attention to prevent drying up and consequent damage to dixie.

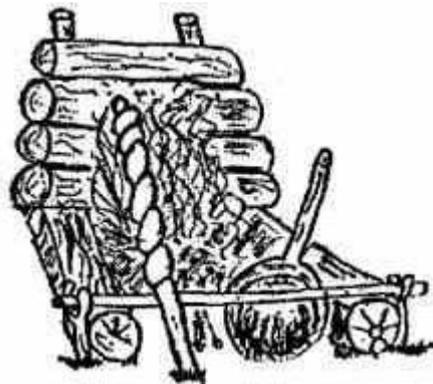
**To avoid burning:** Stand cooking pot inside larger pot containing small quantity of water, especially useful for porridge, custard, cocoa, etc.



**Haybox Cooking:** To make a haybox, line tea chest with newspaper to insulate and cover the bottom with tightly packed hay to a depth of 6 inches. Place in cooking pot and pack around tightly with hay, then withdraw pot. Have extra hay and newspaper available. The haybox is now ready for use. Bring cooking pot to the boil and place in the box while still boiling, pack hay over it tightly, cover with newspaper and replace lid of box with a weight to compress it. Specially useful for foods which require slow cooking, porridge, stew, etc.

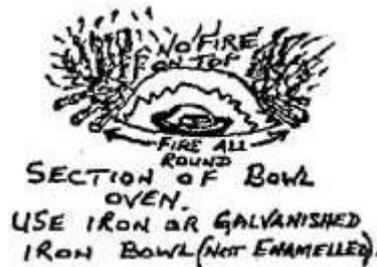
**Stewing:** Dust meat with flour and fry first to sear with a little fat, then add cold water a little at a time. Stir meat and bring to boil, then add ingredients. Replace lid and simmer gently for as long as possible. "A stew boiled is a stew spoiled".



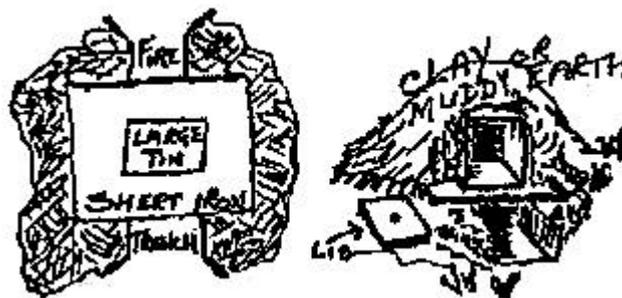


Baking Twist and damper,  
using reflector fire made from logs.

**Roasting:** By direct heat using spit and reflector. Hardwood fire against back logs with meat suspended on cord in front, fat bacon on top helps baste; catch fat in pan.



Alternatively, roast under bowl or oil drum oven. When using bowl, build hot fire to heat ground first, scrape away hot coals and place meat on plate with bowl inverted over it, then rebuild the fire around the bowl. Oil drum oven should have false bottom to keep meat from contact with wall.



Biscuit Tin Oven:  
Use lid for door.

**Baking:** Use bowl, Dutch oven, biscuit tin or oil drum oven. To use Dutch oven, prepare fire-bed of mixed quick and slow burning woods, build shell of clay over it, leaving front open, and set fire to fire-bed.

## Measuring Quantities

At home it's an easy matter to measure; in camp you won't have elaborate equipment, so here are a few tips:

1 oz. flour, cocoa, custard powder; = a well heaped tablespoon.

1 oz. sugar, rice, butter, fat = a flat tablespoon.

1/2 pint liquid = a normal camp mug full.

1 pint camp mug, when lightly filled, holds approximately:

- 5 oz Flour
- 8 oz Granulated sugar
- 2 1/2 oz Breadcrumbs
- 4 oz Grated cheese
- 7 oz Rice
- 6 oz Sultanas



Circular--Good; D Shape--Bad

A circular can with rounded comers is best: no corners for food to stick and burn -- easier to stir and clean.

The real stumbling block at camp is: Hot Water. Always have a billy (a small cooking pot about 1.5 to 4 quarts, and made of a jam tin. Traditionally a billy would be used for boiling water for soup, tea or coffee) or dixie of water on the fire for hot water, whenever you use the water out of the billy, remember to fill it up. Plenty of hot water in camp means half your battle is over

## LIQUIDS

Hot drinks are necessary in camp, especially at the beginning and end of day. Left to themselves, Scouts will often neglect these as they do not realize their importance.

Drinks often badly prepared - regarded as simple, so little care taken. Scouts have a habit of preparing rest of meal before thought to drink, with result that meal is over before water has come to boil. They should be taught to put water on fire in early stages of preparation

**Tea:** Keep special billy for tea stage. Water must be boiling briskly when tea is added, after which the billy must removed immediately from the fire. Tea leaves must be allowed to stew. Tea bags are useful but must be kept clean; (not hung on a rail of camp kitchen throughout the day). A teapot is an invaluable article of Patrol equipment.

**Coffee:** Useful change, but more expensive. Must not be too strong. Nescafe or similar preparations most useful in camp.

**Cocoa:** Mix a paste with cold water, then boil up for short time. Keep stirred.

**Soup:** Very valuable, especially on cold days. Encourage Patrols to keep their own stock pot with bones and to experiment with wild herbs, nettle shoots, etc.

**Lemonade:** Made from real lemons, better than commercial variety.

**Cold Milk:** Should be sipped, not gulped.

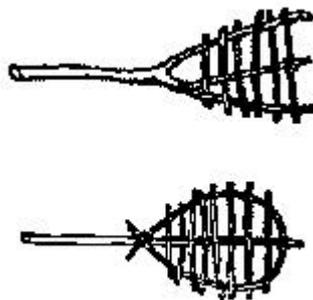
## BACKWOODS AND INDIVIDUAL COOKING

Backwoods cooking has strong appeal and is an excellent Patrol activity, working in pairs. Need not be wasteful if done properly, but is generally a slow process--more time needed to prepare meal than by orthodox methods. Not more than one meal should be attempted by this method in any one day.

Firing is of **vented** importance. Scouts should be trained to differentiate between hard and soft wood fires (this ties up with woodcraft and tree recognition).

**Breadmaking:** Mix flour, salt, and water to thick dough without handling too much. To make twist, peel green stick not less than 1" diameter, bake in fire, then twist spiral of dough about **1/2" diameter?** round it and bake slowly over red embers. Greenstick should not be of bitter or poisonous wood (avoid poplar, elder, etc.).

To make **Australian Damper**, wrap in green leaves, scrape away red embers and place on ground, then build fire over it. Dampers in aluminum foil are made in the same way and are excellent!



Greenstick Broiler

**Greenstick Broiler:** Green twigs are woven across a three pronged stick to make a grill. Meat is seared in the flame, then placed on the grill and broiled slowly over red coals. Add salt to bring out the juices.

**Oat Cakes:** Mix oats with flour and make into a dry paste with milk. Bake as for Australian Damper.

**Potatoes:** Bake in wet leaves or paper, or very thin shell of clay or in aluminum foil.

**Kabobs:** Alternate thin slices of apple, bacon, potato, spiked on a thin green stick and roasted slowly over hardwoods. (Potato generally takes longest to cook).

**Flab:** Wash and pin out on a flat board. Bake slowly on reflector principle.

**Eggs:** Crack egg and put in shell of clay about 1/2 inch thick, bake in red embers. To make spud-eggs, cut potato across short axis, hollow out both halves, break egg into it, replace top and spike in place with sharpened match stick, bake in embers for about 15 minutes.

**Foil Cooking:** Excellent results can be obtained. American Explorer Scouts prepare their "pressure packs" before leaving for hike and after cooking open the foil and use as dinner plate.

*Method:* Make envelope of foil sealed with a double fold down three edges, cut meat, vegetables, etc., into cubes, and put in envelope with seasoning and teaspoon of water or fat (this is essential). Seal top of envelope and place in fire, clear of flames (which will cause foil to granulate). Potatoes, apples, and bread can also be cooked by the same method.

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