

The Troop 21 Cookbook

"Eating Comfortably in the Outdoors"

Dedicated to the memory of
Dr. Ossie Spellman
"My Scoutmaster and Teacher"

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Hot Breakfast

Scrambled Eggs:

2 large eggs
1/2 cup milk
dash salt

Serves 1

Break 2 eggs into a bowl and whip with a fork until homogenized. Add 1/2 cup milk, dash of salt, and mix thoroughly. Heat cooking pan until hot enough to sizzle water droplets. Pour eggs into pan and stir occasionally. Cooking time for the eggs will vary between 3 and 5 minutes. Remove from heat and serve hot.

Omelettes:

3 eggs
1/2 cup milk
dash salt

Serves 1

Break 3 eggs into a bowl, add 1/2 cup milk, dash salt, and whip with a fork until homogenized. Heat cooking pan until hot enough to sizzle water droplets. Pour eggs into pan and shake pan vigorously in a side-to-side motion. Let cook for 3 to 5 minutes (this will insure eggs are fully cooked). To one half of the egg section add any of the following:

Ham	Bacon	Sausage
Chives	Hot Peppers	Sweet Peppers
Green Peppers	Yellow Peppers	Red Peppers
Mushrooms	Onions	Grated Cheese

Flip the uncovered side onto the covered side and serve hot. Also, once the omelette has been removed from heat it can be covered with different sauces, cheeses, or other flavor enhancers.

Egg Muffins:

1 english muffin
2 eggs
1/2 cup milk
dash salt
2 pieces of ham, thinly sliced
1 piece of cheese, thinly sliced

Serves 1

Toast an english muffin. Break 2 eggs into a bowl and whip with a fork until homogenized. Add 1/2 cup milk, dash of salt, and mix thoroughly. Heat cooking pan until hot enough to sizzle water droplets. Pour eggs into pan and stir occasionally. Cooking time for the eggs will vary between 3 and 5 minutes. Heat thin slices of ham and cheese on the cooking surface.

Open the english muffin, placing the inside surfaces facing up. Place a ham slice on the "bottom" section of the muffin. Next, place the scrambled eggs on top of the ham. Cover the eggs with the heated slice of cheese. Finally, cap the sandwich with the remaining section of english muffin.

Oatmeal/Grits:

Measure out proper amount of hot cereal, according to label on container, and add it to boiling water. Stir occasionally while letting heat for approximately 10 minutes. Serve hot.

Hash Browns:

4 large potatoes
dash salt
1 green pepper, diced

Serves 3

Prepare hash browns by grating several large, peeled potatoes. Heat cooking surface until hot enough to sizzle water droplets. Place potatoes onto cooking surface, add pinch of salt, diced onions, diced peppers, and stir occasionally. After several minutes (5-7), flip potatoes over and allow the other side to cook. Remove from heat after second side has cooked for 5-10 minutes. The potatoes should have a "brown" color to them. Serve hot. Condiments: ketchup, salt, pepper

Cold Breakfast

Donuts
Breakfast Bars
Cereal
Fruit
Pop Tarts
Breakfast Rolls

Breakfast Meats

Bacon:

1/2 lb bacon

Serves 1

Heat cooking surface until hot enough to sizzle water droplets. Lay strips of bacon on surface and let cook for approximately 4 minutes. Flip bacon over and let cook for another 3-4 minutes. Remove from surface and place on a plate with paper towels. (The paper towels will remove any excess grease from the bacon). Let cool and serve.

Sausage:

3 patties/links

Serves 1

Heat cooking surface until hot enough to sizzle water droplets. Lay sausage pieces onto surface and allow to cook for 4 minutes. Flip or roll sausage and let cook until done, approximately 5-7 minutes. Remove from surface and place on a plate with paper towels. (The paper towels will remove any excess grease from the sausage). Let cool and serve.

Ham:

1/3 lb ham, thinly sliced

Serves 1

Heat cooking surface until hot enough to sizzle water droplets. Place thinly sliced ham onto surface and let cook for approximately 2 minutes. Flip and let cook for another 2 minutes. Remove ham from cooking surface and serve hot.

Canadian Bacon:

1/3 lb canadian bacon, thinly sliced

Serves 1

Heat cooking surface until hot enough to sizzle water droplets. Place thinly sliced Canadian bacon onto surface and let cook for approximately 2 minutes. Flip and let cook for another 2 minutes. Remove ham from cooking surface and serve hot.

Breakfast Drinks

Milk

Orange Juice [can be fresh or instant]

Apple Juice

Grape Juice

Hot Tea

Coffee

Lunch

Cold Sandwiches:

Peanut Butter and Jelly
Tuna Fish
Ham Salad
Chicken Salad
Hoagies
Ham and Swiss
Turkey and Cheese
Chicken and Cheese
Roast Beef
Squeeze Cheese
etc.

All of the above sandwich ideas can be served on a variety of breads- white, wheat, rye, rolls, - or even crackers.

Hot Lunch:

Grilled Cheese:

2 slices of bread
2 pieces of cheese, thinly sliced
butter

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Butter one side of two slices of bread. Place one piece of bread, with the buttered side down, onto the cooking surface. Place two slices of cheese on the bread and cover with the unbuttered side of the second slice of bread. Cover the sandwich with an aluminum pie pan and let cook for several minutes. The cooking time will vary depending on how well done each person likes their grilled cheese. Uncover the sandwich, flip over to toast the other side, and cover with the aluminum pie pan. Let cook for approximately 2-4 minutes. Uncover and serve hot.

Hot Dogs: (Boiled)

2 hot dogs
2 hot dog rolls
condiments

Serves 1

Bring a small pot of water to boil. Place the hot dogs into the water and let them cook for approximately 5 minutes. Remove from water, place on hot dog roll and serve. Condiments include: ketchup, mustard, relish, salt, pepper, onions.

Hot Dogs: (Grilled)

2 hot dogs
2 hot dog rolls
condiments

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Split hot dogs in half, but leave them connected. Place hot dogs on cooking surface, with the middle surface down on surface (the "inside of the dog"). Let cook for approximately 5 minutes, flip over so the "outside" of the hot dog can cook. Let outside cook for approximately 2 minutes, remove from cooking surface, place in bun and serve. Condiments include: ketchup, mustard, relish, salt, pepper, onions.

Steak Sandwiches:

3 pieces steak, thinly sliced (Steak-ums)
1 steak roll
condiments

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Place thinly sliced steaks(Steak-ums, etc.) onto the cooking surface and let cook for 3-4 minutes. Flip steaks over and let cook for an additional 3-5 minutes. Remove from heat and place on a paper towel, to absorb the excess grease, and then place on a steak roll. Condiments include cheese, cooked onions, ketchup, mustard, relish.

Meatball Sandwiches:

4 meatballs - precooked
6 oz spaghetti sauce
1 steak roll

Serves 1

Heat a small pot of spaghetti sauce to just below boil. Add pre-cooked meatballs and allow to simmer in the sauce for 20-30 minutes. Remove 3-4 meatballs per sandwich, place on steak roll and serve hot.

Hamburgers:

1- 1/4 lb patty
hamburger roll
condiments

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Place patties onto surface and let them cook for approximately 10 minutes. (Cooking time will depend on how well-done a person wants their hamburger) Flip hamburger over and allow to cook for approximately 5-9 minutes. Remove from heat and serve on a hamburger roll. Condiments include: ketchup, mustard, relish, salt, pepper, mayo, onions, pickles.

Ham and Cheese Melts:

2 slices of bread
2 pieces of cheese, thinly sliced
2 pieces of ham, thinly sliced
butter

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Butter one side of two slices of bread. Place one piece of bread, with the buttered side down, onto the cooking surface. Place two slices of cheese on the bread, 2 slices of thinly sliced ham, and cover with the unbuttered side of the second slice of bread. Cover the sandwich with an aluminum pie pan and let cook for several minutes. The cooking time will vary depending on how well done each person likes their grilled ham and cheese. Uncover the sandwich, flip over to toast the other side, and cover with the aluminum pie pan. Let cook for approximately 2-4 minutes. Uncover and serve hot.

Pizza Muffins:

2 english muffins
pizza sauce
grated cheese

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Split and english muffin and toast both of the inside halves on the cooking surface. The cooking time is approximately 5-8 minutes. Flip muffins over so the toasted, inside portion is now facing up. Add pre-heated pizza sauce, sprinkle with cheese, pepperoni, and any other desired toppings, and cover with an aluminum pie pan. Let cook for approximately 5 minutes. Remove pie pan. Sprinkle grated cheese over the muffins and let heat until cheese melts. Take pizza muffins off the cooking surface, and serve hot.

Armored Cows:

1 lb steak, cubed
2 carrots, diced
1 potato, diced
1 pearl onion, diced

Serves 1

Cut beef into 1/2" square pieces and place them onto heavy gauge aluminum foil. Add cut carrots, potatoes, and onions, to the foil package. Fold foil over to seal in the meat and vegetables and place packet beside the coals of a fireplace. Allow to cook for 30 minutes, turning every 5-7 minutes. When done, open foil carefully (contents will be very hot) and serve.

Armored Chickens:

1 lb chicken, cubed
2 carrots, diced
1 potato, diced
1 pearl onion, diced

Serves 1

Cut chicken into 1/2" square pieces and place them onto heavy gauge aluminum foil. Add cut carrots, potatoes, and onions, to the foil package. Fold foil over to seal in the meat and vegetables and place packet beside the coals of a fireplace. Allow to cook for 30 minutes, turning every 5-7 minutes. When done, open foil carefully (contents will be very hot) and serve.

BLTs:

3 slices of bacon
2 slices of bread
1 small tomato, sliced thin
2 large pieces of lettuce
dash mayo

Serves 1

Heat cooking surface until hot enough to sizzle water droplets. Lay strips of bacon on surface and let cook for approximately 4 minutes. Flip bacon over and let cook for another 3-4 minutes. Remove from surface and place on a plate with paper towels. (The paper towels will remove any excess grease from the bacon). Toast 2 slices of bread on the cooking surface; cooking time will be 3-7 minutes. Place bacon onto toast, followed by sliced tomatoes, and lettuce. Put mayo onto the 2nd piece of toast, cover the sandwich and serve.

Nachos:

1 lb ground beef
1 packet of chili sauce
1 green pepper, diced
2 onions, diced
1/2 lb shredded cheese
1 large tomato, diced
1 bag taco chips
dash sour cream

Serves 1

Heat cooking surface until hot enough to sizzle water droplets. Brown ground beef on cooking surface and drain grease. Mix in chili seasoning, available from most grocery stores (example - Old El Paso), and let the beef simmer for another 5 minutes. Remove beef from cooking surface and place in an aluminum pie pan. Add peppers and onions to the beef and mix. Place shredded cheese (Monteray Jack, Cheddar) on top of the beef mixture, along with diced tomatoes, shredded lettuce, and sour cream. Serve hot with taco chips for dipping.

Dinner

Hamburger and Bean Mix:

1 lb ground beef
1 can pork and beans
1 onion, diced
1 pepper, diced
pinch salt
pinch black pepper

Serves 2

Heat cooking surface until hot enough to sizzle water droplets. Place 1 lb of ground beef onto surface and cook until meat has been browned.

In a bowl, place 1 can of pork and beans, along with brown sugar and 1 tablespoon of vinegar, and place bowl near coals to warm. Bring beans to a simmer, just below a boil.

When meat has been browned, drain the grease from it and mix the meat in with the beans. Add diced onions, peppers, pinch of salt, and black pepper, stir and let simmer for 15 minutes. Serve hot.

Stuffed Chicken:

1 - 3-5 lb chicken
2 bouillon cubes, chicken flavor
1 box of stuffing

Serves 3-4

Mix enough stuffing to use for the chicken. (Check directions on the side of the stuffing box.) Fill the inside cavity of the chicken with stuffing. Place the chicken (3-5 lbs) inside a dutch oven and place near the fire. (Note: The chicken can be placed directly on the bottom of the dutch oven or it can be placed in an aluminum pie pan suspended above the bottom of the dutch oven.) Add chicken broth to the dutch oven to help keep the chicken moist while cooking. [For the beginner, I recommend a Perdue Chicken with the pop-up indicator already on the bird. This eliminates any guess work in determining if the chicken is cooked] Cooking time is approximately 2 hours. The cooking time will depend on the weight of the chicken and the heat of the coals.

When cooking is complete, remove the dutch oven from the coals; remove the chicken from the oven, carve, and serve hot.

Hamburgers:

1- 1/4 lb patty
hamburger roll
condiments

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Place patties onto surface and let them cook for approximately 10 minutes. (Cooking time will depend on how well-done a person wants their hamburger) Flip hamburger over and allow to cook for approximately 5-9 minutes. Remove from heat and serve on a hamburger roll. Condiments include: ketchup, mustard, relish, salt, pepper, mayo, onions, pickles.

Hamburger and Rice:

1lb ground beef
hamburger roll
condiments
1 boil-in-bag rice

Serves 2

Heat a cooking surface until hot enough to sizzle water droplets. Place meat onto surface and let cook for approximately 10 minutes. (Cooking time will depend on how well-done a person wants their hamburger)

In a separate bowl, bring water to a rolling boil. Add 1 bag of boil-in-bag rice and let cook in boiling water until done. Cooking time is approximately 5 minutes. Flip hamburger over and allow to cook for approximately 5-9 minutes.

When rice is done, remove it from the bag. Serve the hamburger over the rice. Add a small amount of pepper and tabasco sauce to help flavor the mix.

Stuffed Peppers:

1 lb ground beef
2 large peppers
spaghetti sauce
dash chili powder
2 pearl onions, diced
dash black pepper

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Place meat onto surface and let cook for approximately 10 minutes. Add diced onion, black pepper, and a small amount of chili powder. Once meat has been browned, remove it from the cooking surface and drain off the grease.

Cut the top off a large green pepper and add the cooked ground beef to it. Fill the entire pepper with the meat. Place the pepper in an aluminum pie pan and place the pan inside a dutch oven. Ladle spaghetti sauce over the stuffed peppers, cover the dutch oven with the lid and allow the peppers to simmer for 30 minutes. Remove the dutch oven from the coals. Take out the pepper and serve hot.

Texas Chili:

2 lbs ground beef
1 tablespoon black pepper
3 jalapeno peppers, diced
1 bottle tabasco sauce
2 onions, diced
1 tablespoon chili powder
1 boil-in-bag rice

Serves 3

Heat a cooking surface until hot enough to sizzle water droplets. Place meat onto surface and let cook for approximately 10 minutes. Add black pepper, diced jalapeno peppers, tabasco sauce, diced onions, and chili powder. Mix hamburger with other ingredients and allow to cook for approximately 5-9 minutes. Place mixture in a dutch oven and allow it to cook for 20-30 minutes. This allows the flavors to mix.

In a separate bowl, bring water to a rolling boil. Add 1 bag of boil-in-bag rice and let cook in boiling water until done. Cooking time is approximately 5 minutes. When rice is done, remove it from the bag. Serve the chili over the rice. Add a small amount of pepper and tabasco sauce to help flavor the mix.

Chicken and Rice:

1 lb chicken, cubed
dash pepper
1 tablespoon butter
1 boil-in-bag rice

Serves 2

Heat cooking surface until hot enough to sizzle water droplets. Cut a 1 lb chicken breast into 3/4" pieces and place them on the cooking surface. Add a dash of pepper and butter to the chicken. Saute until done.

In a bowl, bring water to a boil. Add boil-in-bag rice to the boiling water and let cook for 5 minutes. Remove rice from the bag and place in a large mixing bowl. Add cooked chicken chunks to the rice, along with a small amount of black pepper. Mix the rice and chicken together and serve hot.

Cornish Game Hens:

1 game hen
1 box stuffing
1 bouillon cube, chicken flavor

Serves 1

Mix enough stuffing to use for the game hen. (Check directions on the side of the stuffing box.) Fill the inside cavity of the game hen with stuffing. Place the game hen (1-3 lbs) inside a dutch oven and place near the fire. (Note: The game hen can be placed directly on the bottom of the dutch oven or it can be place in an aluminum pie pan suspended above the bottom of the dutch oven.) Add chicken broth the dutch oven

to help keep the game hen moist while cooking. Cooking time is approximately 1 to 1.5 hours. The cooking time will depend on the weight of the game hen and the heat of the coals.

When cooking is complete, remove the dutch oven from the coals; remove the game hen from the oven, carve, and serve hot.

Beef Stew:

1 lb steak, cubed
2 pearl onions, diced
2 carrots, diced
1 potato, diced
1 bouillon cube, beef flavor

Serves 1-2

Heat a cooking surface until hot enough to sizzle water droplets. Cut a 1/2" to 3/4", 1 lb steak into 1/2" to 3/4" cubes. Brown the cubes on the cooking surface. Add the meat, diced onions, sliced carrots, and sliced potatoes, to a cooking bowl. Also add 2 cups of water and some beef bouillon cubes. Place cooking bowl near the coals of a fire and bring the mixture to a low boil for 5 minutes. Remove from direct heat, and allow to simmer for approximately 1.5 to 2 hours. Serve hot.

Chicken Stew:

1 lb chicken, cubed
2 pearl onions, diced
2 carrots, diced
1 potato, diced
1 bouillon cube, chicken flavor

Serves 1-2

Heat a cooking surface until hot enough to sizzle water droplets. Cut a 1/2" to 3/4", 1 lb chicken breast into 1/2" to 3/4" cubes. Brown the cubes on the cooking surface. Add the chicken, diced onions, sliced carrots, corn, peas, and sliced potatoes, to a cooking bowl. Also add 1 cup of water and 1 cup of chicken broth. Place cooking bowl near the coals of a fire and bring the mixture to a low boil for 5 minutes. Remove from direct heat, and allow to simmer for approximately 1.5 to 2 hours. Serve hot.

Spaghetti:

1 box spaghetti noodles
dash salt
2 tablespoons oil
small jar spaghetti sauce

Serves 1-2

Add spaghetti sauce to a bowl and place it near the coals of a fire to warm it. Bring the sauce to a slight boil, and then remove it from direct heat. Allow to simmer until noodles are done.

Bring a pot of water to a rolling boil. Add a dash of salt and two tablespoons of oil to boiling water. Add noodles to boiling water and let cook for 5 minutes. Remove pot from heat, drain water from the noodles and serve.

Ham Slice:

1 large ham slice
dash mustard

Serves 2

Place a large slice of ham, 1/2 to 3/4" thick, diameter 8" to 12", into an aluminum pie plate. Place the pie plate into a warm dutch oven. Place the dutch oven into the coals of a fire. Put a thin layer of mustard over the ham, cover with the lid from the dutch oven and allow to cook for 20 minutes. Remove lid, turn ham over and let cook for another 10 minutes. Remove dutch oven from the fire, take out ham, slice and serve hot.

Pizza Muffins:

2 english muffins
pizza sauce
grated cheese

Serves 1

Heat a cooking surface until hot enough to sizzle water droplets. Split an english muffin and toast both of the inside halves on the cooking surface. The cooking time is approximately 5-8 minutes. Flip muffins over so the toasted, inside portion is now

facing up. Add pre-heated pizza sauce, sprinkle with cheese, pepperoni, and any other desired toppings, and cover with an aluminum pie pan. Let cook for approximately 5 minutes. Remove pie pan, take pizza muffins off the cooking surface, and serve hot.

Armored Cows:

1 lb steak, cubed
2 carrots, diced
1 potato, diced
1 pearl onion, diced

Serves 1

Cut beef into 1/2" square pieces and place them onto heavy gauge aluminum foil. Add cut carrots, potatoes, and onions, to the foil package. Fold foil over to seal in the meat and vegetables and place packet beside the coals of a fireplace. Allow to cook for 30 minutes, turning every 5-7 minutes. When done, open foil carefully (contents will be very hot) and serve.

Armored Chickens:

1 lb chicken, cubed
2 carrots, diced
1 potato, diced
1 pearl onion, diced

Serves 1

Cut chicken into 1/2" square pieces and place them onto heavy gauge aluminum foil. Add cut carrots, potatoes, and onions, to the foil package. Fold foil over to seal in the meat and vegetables and place packet beside the coals of a fireplace. Allow to cook for 30 minutes, turning every 5-7 minutes. When done, open foil carefully (contents will be very hot) and serve.

Tacos:

1 lb ground beef
1 packet taco seasoning
2 large tomatoes, diced
1/2 head lettuce, shredded
10 taco shells
1 bag shredded cheese
1 bottle taco sauce

Serves 2-3

Heat a cooking surface until hot enough to sizzle water droplets. Place meat onto surface and let cook for approximately 10 minutes. Add taco seasonings and let cook for another 10 minutes, drain off grease. Heat taco shells in a dutch oven. Put browned beef into a dish, serve hot with diced tomatoes, shredded lettuce, shredded cheese, and taco sauce.

Chicken Stir Fry:

1 lb chicken breast
dash pepper
1 tablespoon butter
1 bag, boil-in-bag rice
1 can chow mein vegetables

Serves 2-3

Heat cooking surface until hot enough to sizzle water droplets. Cut a 1 lb chicken breast into 3/4" pieces and place them on the cooking surface. Add a dash of pepper and butter to the chicken. Saute until done.

In a separate bowl, bring water to a rolling boil. Add 1 bag of boil-in-bag rice and let cook in boiling water until done. Cooking time is approximately 5 minutes. When rice is done, remove it from the bag.

Drain 1 can of chow mein vegetables and add to the chicken. Stir occasionally while cooking. Let cook for approximately 5 minutes. Serve chicken stir fry over rice.

Beef Stir Fry:

1 lb steak, cubed
dash pepper
1 tablespoon butter
1 bag, boil-in-bag rice
1 can chow mein vegetables

Serves 2-3

Heat cooking surface until hot enough to sizzle water droplets. Cut a 1 lb steak into 3/4" pieces and place them on the cooking surface. Add a dash of pepper and butter to the beef. Saute until done.

In a separate bowl, bring water to a rolling boil. Add 1 bag of boil-in-bag rice and let cook in boiling water until done. Cooking time is approximately 5 minutes. When rice is done, remove it from the bag.

Drain 1 can of chow mein vegetables and add to the beef. Stir occasionally while cooking. Let cook for approximately 5 minutes. Serve beef stir fry over rice.

Desserts

Pies:

1 small graham cracker crust cup
2 oz fruit filling
dash of chocolate shavings

Serves 1

Fill a small graham cracker crust shell with fruit filling (can be cherry, apple, etc.). Add chocolate shavings to the top of the fruit and serve. (Can also use whip topping to add flavor and appearance to this dessert.)

Smores:

8 graham crackers
20-30 small marshmallows
4 pieces chocolate

Serves 2

Heat marshmallows until they begin to melt. Place "marshmallow goo" onto a graham cracker, followed by a small, thin piece of chocolate. Cover with a second graham cracker and serve.

Cakes, Breads:

1 boxed cake mix

Serves 4-6

The easiest way to make cakes is to use a box oven. This type of oven will hold the temperature relatively constant throughout the baking process. (typically, several hours)

Buy a cake mix from the store, and mix according to the directions on the side of the box. Place mix into a cake pan and place pan into the box oven. Let cook for the recommended time, remove from heat, let cool, and serve.

You can add different items to the cake for a more interesting dessert. These items include blueberries, blackberries, raspberries, chocolate chips, etc.

Fruit Cocktail:

1 can fruit cocktail

Serves 3-6

The easiest of all desserts; simply open the can, pour out and serve.

Dump Cake:

2 cans fruit cocktail
1 yellow cake mix

Serves 5-6

Add 2 cans of fruit cocktail to a dutch oven. Add i box of yellow cake mix on top of the fruit cocktail. DO NOT MIX the cake mix and the fruit cocktail, cover the oven and place it near the coals of a fire. Allow cake to bake for approximately 20-30 minutes.

To see if the cake is ready to serve, use a small toothpick to stick into the cake. If any of the cake mix stays on the toothpick when it is removed from the cake, the cake is not ready yet. Cover the dutch oven and place it near the fire again. Check every 15 minutes. Do not allow cake to burn. Serve Hot.