

Campfire Cookbook

2

compiled by Sharon Martin



Forward

I realised quite a long time ago that when it came to camping and cooking – you were on your own! Any food that you cooked or recipes that you came across were often gained by ‘word of mouth’, no pun intended. Occasionally, if you went to camp with another group, you would pick up another idea, another method of cooking or another recipe that you would subsequently take to your next camp and use yourself.

Food or menus can get boring year after year if you don’t try something different!

This book would not have been completed without the efforts from all of the leaders who contributed to it. I would like to thank all those who sent in their contributions and all of those who have asked for copies of the original book, because without them, this one would never have been completed.

Finally, I must say a huge thank you to a particular lady, who shall remain anonymous as requested. She has been a marvellous contributor and the majority of the unmarked recipes are from her. Thank you very much.

I hope that you have a go at cooking as many of the recipes as possible that are in this book, and if you gain a couple of pounds because of them, please don’t blame me.

Bon appetit!

Contents

	Page No
<h2>Breakfasts</h2>	
Breakfast Hash	5
Tuna Tin Brekkie Eggs (V)	5
Savoury Potato Cakes (V)	6
Kedgerree (V)	6
Eggs in a Nest	7
Pumpkin Pancakes (V)	8
<h2>Lunch</h2>	
Pitta Pizzas	9
Make Chapattis (V)	9
Eggs in a Hat (V)	9
Omelettes in a Bag (V)	10
<h2>Main Meals</h2>	
Baked Bean and Sausage Casserole	11
Veggie Lovers Camp Stew (V)	11
Chicken in a Hole	12
Vegetable Potjie (V)	13
Campers' Dumplings	13
Hash Mess with Eggs	14
Italian Chicken	14
Salisbury Steak	14
Campfire Stew	15
Hobo Meal	13
Erwtensoep	16
Dutch Oven Nachos	16
Sunrise Spuds	17
Ham and Sweet Potato Foil Pack	17
Pocket Stew	17
Dinner Bread (V)	18
Charcoal Chicken stuffed with Charcoal	18
Number Salad (V)	19
Troop Brownie Smiles (V)	19
Robinson Crusoes (V)	19
Western Skillet Rice	19
Sweet 'n' Salty Corn (V)	20
Pizza Chicken Packets	20
Cheesy Chilli Packets	20
Steak on a Stick	21
Summer Veggie Packet (V)	21
Premium Packet Potatoes (V)	22

Desserts

Camping Dessert Recipe (V)	23
Chocolate Chip & Bran Muffins (V)	23
Apple Crisp (V)	23
Chocolate Crunch (V)	24
Butterchoc Surprise (V)	24
Sponge Puddings (V)	24
Buttermilk Pancake Mix (V)	25
Apple Pancakes (V)	26
Peanut Butter and Jelly Pancakes (V)	26
Lemon Ricotta Pancakes (V)	27
Chocolate Chip Pancakes (V)	27
Easy Dutch Oven Cobbler (V)	28
Gingerbread Oranges (V)	28
Ball-Toss Ice-cream (V)	28
Faux Gateaux (V)	29
Campfire Éclairs (V)	29
Mini Pineapple Upside Down Cakes (V)	30
Dandy Candy (V)	30
Cookie Recipe (V)	30
DIRT! (V)	30
Banana Boats (V)	31
GORP! (V)	31
Ants on a Log (V)	31
Mosquitoes on a Stick (V)	31
Mock Angel Food Cake (V)	31
Smiles (V)	31
DIRT! (V)	32
Éclairs (V)	32
Texas Trash (V)	32
Poached Eggs (V)	32
Cold Fried Eggs (V)	32
Walking Apples (V)	32
Tics on a Latrine Seat (V)	33
Baked Apple (V)	33
Wormy Apples (V)	33
Indoor S'mores (V)	33
Pudding Cones (V)	33
Banana Supreme (V)	33
Bags-of-Gold (V)	33
Puppy Chow (V)	33
Spiced Apples (V)	33
Dipping Apple Wedges (V)	33
Original Home baked Girl Scout Cookies (Circa 1912) (V)	34
Original Girl Scout Cookie Recipe (V)	34
Baked Apples – Snack (V)	34
Campfire Dump Cake (V)	35
Pineapple Upside-down-wiches (V)	35
Indoor S'mores (V)	35

Grilled Peaches (V)	36
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Bits and Pieces

How To Make Butter (1) (V)	37
How To Make Butter (2) (V)	37
How To Make Butter (3) (V)	38
Butter Tips	38
Hints for jam making	38
Tamarillo Jam (V)	39
Raspberry Jam (V)	39
Dampers (V)	39
A Thanksgiving Dinner	40
Conversions	42
Weights and Measures	43
Liquid Measures	43
Handy Measures	44
Spoon Measures	44
Oven Temperatures	44
Healthy & Hygiene	45

Breakfasts

Breakfast Hash

This is a traditional recipe when camping and is always a huge hit! This can be done over the fire with a bed of medium-hot coals or on the stove.

Ingredients

3-4 medium potatoes, diced into bite size pieces
1 package smoked sausage, diced into bite size pieces
1 medium onion, chopped (optional)
1 cup sliced mushrooms (optional)
1 cup diced red, green, yellow pepper (optional)
8 eggs, beaten
1 1/2 - 2 cups shredded cheddar cheese

Instructions

Cook potatoes for about 10-15 minutes, add the smoked sausage and any of the optional ingredients you choose, and cook until the potatoes are cooked through.

Pour in the beaten eggs and cook until eggs are done.

Top with shredded cheese and let melt (or mix in).

Serves 4-6

Tuna Tin Brekkie Eggs

1 empty, washed, tuna tin
Vegetable oil
1 egg
Foil

Using a clean and empty tuna tin, spray or wipe some oil around the inside of it.

Crack an egg into it.

Cover with foil.

Carefully put it into the ashes of a fire or above a buddy burner.

Once cooked, placed between a muffin, sliced in half (like a well known fast food chain Egg Muffin).

Savoury Potato Cakes

Ingredients

1 Packet of Smash or 2 ½ lb cold potatoes
1 tablespoon chopped parsley
1 tablespoon chopped onion
Salt and pepper
Chopped ham or bacon for extra flavour

Method

Mix the Smash according to the instructions on the packet. OR mash the cold potatoes.

Mix in the other ingredients, adding the ham or bacon if wanted.

Form into cakes with clean, well-floured hands and fry in a shallow frying pan with a little oil.

Kedgerree

This needs some planning and you will need to start the day before!

This recipe will need to be practised first as the quantities are based on trial and error.

Ingredients

Rice
White fish, filleted (cod, rock salmon etc.)
2-3 Hard boiled eggs
Salt and pepper
Butter/Margarine

Method

1. Boil enough rice for the number of people sitting down for the meal.
2. Once boiled, let it get cold and store safely in a cool box or fridge until the next morning.
3. Gently boil or poach an equal amount of white fish. Be careful you don't overcook.
4. Once cooked, drain, flake the fish and allow to cool and put in a safe place - in a cool box or fridge.
5. THE FOLLOWING MORNING: Mix the rice and fish together.
6. Add two or three hard boiled eggs.
7. Heat the whole lot in a deep pan/Dixie with ¼ lb butter/margarine added. Keep stirring all the time.
8. Add a little salt and pepper to taste.
9. Serve with toast or brown bread and butter.

Eggs In A Nest

Wonderful, easy, camp breakfast. These can be done at home in the frying pan as well, but the girls particularly love cooking on their camp stoves.

Method of Cooking

Camp stove in frying pan or on tin can stoves (my guides preference)

Non-Food items

Tin Can Stoves

Charcoal Briquettes or Buddy Burners

Tin Foil

Fire Starters

Matches

Spatula (Flipper)

Oven Mitts

Water (to douse fire)

Ingredients -

Bread

Butter/Margarine

Eggs

Instructions

Light buddy burners or charcoal in proper clearing.

Once heat source is going well, cover with tin can stove.

Lay 1 piece of heavy duty foil on top of stove.

Butter outside of 1 slice of bread.

With knife or Circular cookie cutter cut a 3" circle out of the centre of the bread.

Lay bread, butter side down on piece of foil on stove.

Crack 1 egg into the middle of the hole.

Cook until egg is done to desired consistency.

You may cover loosely with another piece of foil to cook the egg faster.

Serve with bacon, sausage or fresh fruit.

Warning - most Guides (9 - 12 years old) will want 2 or maybe even 3 (not allowed in my unit).

Tracey Hogg - Guide & Spark Guider, District Commissioner & Provincial Archivist for New Brunswick Council - Girl Guides of Canada-Guide du Canada

Pumpkin Pancakes

Here's the perfect thing for nippy autumn breakfasts.

Ingredients

2 cups flour	2 tablespoons sugar
4 teaspoons baking powder	1 teaspoon salt
1 teaspoon cinnamon	¼ teaspoon nutmeg
1½ cups milk	1 cup pumpkin purée
4 eggs, separated	¼ cup melted butter

Method

In a large bowl, sift together the dry ingredients.

Combine the milk, egg yolks, butter and pumpkin purée and stir into the dry ingredients until just blended.

Beat the egg whites until stiff.

Stir ¼ of the beaten egg whites into the batter to lighten it.

Gently fold remaining egg whites into the batter.

Heat the skillet over a medium heat. You can tell if your skillet or griddle is hot enough by flicking a drop or two of water on its surface. The water should skitter around and quickly evaporate if the pan is hot enough.

Spoon the batter into hot oiled skillet, allowing about 3 tablespoons per pancake.

Cook pancakes for about 1½-2 minutes. You will know your pancakes are ready to be turned over when large bubbles form on the uncooked surface.

Flip the pancakes and cook for about 1½ minutes on the other side.

Serve immediately or keep warm on a baking sheet in a 200° F oven until all pancakes are cooked.

Serves 4

Lunches

Pitta Pizzas

You get a pitta bread, and split it open, then inside you put some tomato puree, cheese, and then whatever toppings the guides want ham chunks, pineapple pepperoni, (we cut up pepperami snacks for this), tomatoes and peppers. Then wrap it all up in silver foil and put round base of fire, or generally heat over cookers and then they eat it straight from the foil. No mess! And very tasty too!

Kate

Make Chapattis

8oz or 250 gram plain flour (white or wholemeal)

3 fl oz or 80 ml water (warm if possible)

- 1) Put the flour in a bowl and gradually add the water, stirring with a knife, until enough water is added and a ball of dough is formed. Add more flour if it gets sticky. Knead the dough on a floured board/plate with your hands for 5 -10 minutes. It should feel elastic. Cover the dough and leave for an hour.
- 2) During this hour gather enough punk and wood and light a cooking fire. Try lighting the fire without matches (using a magnifying glass or even "rubbing 2 sticks together").
- 3) Knead the dough again for 5 mins. Divide the dough into balls, no bigger than a golf ball, there should be enough for all your patrol, and one for the leaders to taste!
- 4) Flatten each ball, roll it in some flour and roll, or press, into a thin round about 6ins (15cm) in diameter.
- 5) Put a small frying pan over the fire. Add a little oil and when hot cook a chapatti for about 30 sec on each side, moving it so it does not stick. When done press the chapatti with a clean cloth and it will swell up, or lift out of the pan and put on griddle over the fire.
- 6) Spread with butter and eat hot.

Eileen Mortimer

3rd East Dereham (St Nicholas) Guides

Norfolk, England

Eggs in a Hat

Ingredients

4 slices of your favourite bread

4 eggs

4 slices of ham

4 slices of cheese

Method

- 1) Warm the skillet or griddle over a low heat.
- 2) Grease the skillet well.
- 3) Using either a round cookie cutter or a drinking glass, cut out a hole in the centre of the bread, being careful not to break the crust. (It will still work if the crust breaks, just not as well.)

- 4) Place the bread in the skillet and lightly toast it on both sides.
- 5) Crack an egg into the hole in the bread and cook until the egg white is almost solid.
- 6) Flip the bread and egg over and place a slice of cheese and a slice of ham on top.
- 7) Serve when the cheese is melted.

To use the leftover bread:

Dip leftover bread and make French Toast from it.

Omelettes In A Bag

This recipe is especially fun for kids.

Ingredients

2 eggs
Diced ham
Diced onion
Diced capsicum

Method

Place all the ingredients in a large Ziploc freezer bag.

Each person will 'scramble' their omelette by squishing the bag with their hands until it is all nicely mixed.

In a large pot of boiling water, place the bags (one or two at a time) and move them around with a large spoon for 4-5 minutes until the eggs are done.

Pour the omelette onto a paper plate and you have breakfast!

No mess, no fuss and lots of fun for kids.

Main Meals

Baked Bean and Sausage Casserole

1 ½ kg	Thin sausages
2 tablespoons	Oil
2	Onions, sliced
2 teaspoons	Curry powder
440g can	Baked beans
445g can	Italian Cooking Sauce
1 tablespoon	Soy sauce
1 teaspoon	Worcestershire sauce

Method

Prick sausages well with skewer, place in large pan, cover with water, bring to boil, cover, reduce heat simmer 10 minutes, drain. Remove skins from sausages, cut sausages in half.

Heat oil in pan, cook onions and curry powder until onions are tender. Add baked beans, Italian Cooking Sauce, soy sauce, and Worcestershire sauce, bring to boil, simmer 15 minutes.

Diane Haigh

Veggie Lovers Camp Stew

(Great when you take a vegetarian to camp!)

This stew recipe is versatile - you can add potatoes if you cut them small, or you can add any kind of sausage.

Ingredients

3 yellow squash
2 large sweet onions
1 large green pepper
2 cloves garlic
Butter
Salt and pepper, to taste
1 tablespoon water

Instructions

Cut vegetables into chunks and add some butter, garlic (minced or chopped), salt and pepper. Wrap in foil and sprinkle with about 1 tablespoon of water (this will help to steam the veggies).

Set over fire for about 30 minutes or longer depending on how well you like your vegetables cooked.

Serves 4

Chicken in a Hole

(from Botswana, Africa)

Ingredients

Whole chicken, cleaned and gutted
Chicken spices - your favourite
Garlic, onion - as you like
Cabbage leaves (optional)
Cheesecloth (optional)
Heavy duty aluminium foil

Instructions

Wipe the chicken. Push cloves of garlic (we've used up to 20 per chicken) between the skin and the flesh of the chicken. Stuff an onion into the cavity of the chicken. (We don't like stuffing, so we use an onion - but stuffing is quite acceptable.) Sprinkle your favourite chicken spices inside and outside the chicken.

Wrap cabbage leaves around the chicken. This is optional - they help prevent burning of the chicken skin, if we forget about the meal. If you want the chicken skin to remove easily after cooking, cheesecloth wrapped around the chicken will do that. It also will help prevent the burning to a crisp of a forgotten chicken.

Wrap two or three layers of aluminium foil around the chicken and freeze it for later use at the campsite.

At the Campsite

Take out the chicken to thaw. Meanwhile, prepare the cooking hole. Dig a hole about a meter deep and about a half meter square for one chicken. If you are cooking more than one chicken at a time, then make a proportionally bigger hole. Line the walls of the hole with wood. Put hot coals in the bottom of the hole, or make a fire in the bottom of the hole. The wood along the walls should burn down to coals, leaving hot walls and a pile of hot coals at the bottom of the hole. Sprinkle dry sand lightly over the coals at the bottom of the hole.

Put in the chicken(s). Sprinkle dry sand and hot coals around the chicken. These may come from the pile of coals at the bottom of the hole or from a fire built adjacent to the hole. Cover the chicken with a light layer of dry sand. Put hot coals on top of the chicken. Put dry sand on top of these hot coals. Fill in the hole. Put a marker to indicate where the hole is (sometimes it gets lost). Go away for a game drive or other activity for about 3-4 hours. When you come back, find the hole, dig up the chicken, and eat it.

Vegetable Potjie

(from Botswana, Africa)

This recipe is a favourite for the second or third night out in the bush. The root vegetables keep well so that they can make a very filling meal after several days camping. The best part - you can kick around the coals and tell stories while waiting for the food to cook.

Ingredients

5-6 medium potatoes	1 medium butternut squash
5 large carrots	2 ears of corn
1 small turnip or rutabaga	1 stalk celery
1/2 cup oil	2-3 onions
4-6 cloves garlic	1 teaspoon salt
Black pepper to taste	2 teaspoons dried oregano
2 teaspoon dried basil	1 cup vegetable stock

Instructions

Wash the vegetables and cut into chunks. (You can use any other hard winter vegetables that you like.)

Heat a cast-iron pot over coals until a little bit warm, then add oil.

When the oil is hot, lightly cook onions and garlic.

Arrange vegetables in layers on top of onion and garlic mixture. The ones with the longest cooking times go on the bottom of the pot.

Sprinkle on the seasonings and herbs.

Pour stock over the final layer.

Cover the pot with its lid and simmer over campfire coals for 1 1/2 to 2 hours.

Leave the lid on until the cooking time is finished.

Serves 6 - 8

Campers' Dumplings

This is a great recipe on a cold day when you get back to camp. The leftovers are great too!

Ingredients

2 cups diced chicken or leftover turkey	1/2 stick butter
1 can cream of chicken soup	1 teaspoon salt
1/2 teaspoon pepper	2 large cans chicken broth or 2 quarts
water with 8 bouillon cubes	8 flour tortillas

Instructions

Bring broth and seasonings to boil.

Meanwhile, slice tortillas into thin strips.

Place in the boiling broth and cook for about 15 minutes.

Add chicken pieces and cook for 15 more minutes uncovered.

Serves: 4 - 6

Hash Mess with Eggs

This doesn't look too appetizing, but kids love it.

Ingredients

1 pound ground beef	1 bag frozen, cubed hash browns
2 sticks butter	Salt and pepper, to taste
6 large eggs	½ cup milk
1 green pepper, chopped	½ onion, chopped
5-8 mushrooms, sliced thin	1 cup shredded cheddar

Instructions

Make this at home a day ahead and bring it with you. Fry hamburger until done. Add vegetables and mix together with seasonings. Put in 9x13 cake pan. Top with cheese. Cover with foil. At the campsite, mix eggs and milk and pour over top of *hash mess* and cook until eggs are done. Very good and filling. The kids eat it with Ketchup; adults use salsa and sour cream.

Take a metal wire grill so you can use it with a camping pan set. You can also cover the pan with foil and set it on rocks in the embers. Just butter the pan really well if you do the embers thing!

Servings: 4 - 6

Italian Chicken

This is a great first dinner after a long day of backpacking.

Ingredients

1 small coffee can	1 sheet of foil
1 chicken breast	1 bottle of Italian Dressing
1 green pepper	1 potato, sliced
1 carrot, sliced	Any seasonings you like

Instructions

At home, put everything together in the coffee can and cover with foil.

Put this in your backpack and let it marinate all day while you hike. This lets the juices go into the chicken and veggies. I like to add a little salt and pepper.

At camp, cook on hot coals for 45 minutes or until done.

Serves 1

Salisbury Steak

Ingredients

2 pounds hamburger	1 onion, chopped
2 cans cream of mushroom soup	Mushrooms

Instructions

Make eight patties with the meat and grill until no longer pink.

Mix the remaining ingredients with one can of water in a Dutch oven.

Warm over the fire, grill or stove.

As the patties are done, drop them into the soup mixture.

Cover and simmer for 10 minutes.

Serve over rice.

Serves 8

Campfire Stew

Ingredients

1 pound hamburger	1 medium onion [optional]
2 cans mixed vegetables [don't drain]	1 bottle ketchup

Instructions

In Dutch oven, brown hamburger with onions and then drain the fat.

Return to fire/burner and add the remaining ingredients.

Also, rinse your ketchup bottle with about 1/2 cup water and add.

Let simmer for at least 30 minutes; but it is best to simmer for about an hour.

If stew starts to become dry, just add a little water or more ketchup diluted with a little water for you ketchup lovers!

Serve hot with warm bread or crackers.

For added flavour, pour into your serving a little ketchup, steak sauce, Worcestershire sauce, etc.

Hobo Meal and tips

- 1) One great, easy recipe that's always a wonderful meal is the hobo meal. All you need is heavy-duty foil, potatoes, onions, corn, meat, peppers or celery if desired and salt and pepper. If using ground beef, you should make small meatballs. Just put everything in the centre of a piece of foil, pull up the corners like a sack and twist closed. Place on the coals and wait for your meal to cook! No clean up either! Just eat out of the sack - eat with your fingers if it's cool enough.
- 2) Using a few corn chips as fire-starters is economical and efficient. Simply light them with a match and toss a few on the campfire or barbecue.
- 3) Placing an egg into a plastic bag and then back into the egg carton makes transporting eggs safer. If the shell breaks, the mess stays in the bag. Remove the shell and scramble the egg later.
- 3) To make devilled eggs with no mess, put egg yolks from hard-boiled eggs in plastic sandwich bag. Add remaining ingredients, close bag and mix. When finished cut small tip off corner of bag and squeeze into hollowed egg white, then simply throw away the bag. No mess, no fuss!
- 4) Add a few ice cubes to aluminium foil packet dinners or vegetables to prevent them from burning and keep them moist.
- 5) Control the flames on a barbecue grill by using a spray bottle of water mixed with 1 teaspoon baking soda.
- 6) To cook hamburgers more evenly and avoid the syndrome of well done edges and rare centres, make a tiny hole (about the size of your index finger) in the middle of the

burgers. During grilling, the hole in the middle will disappear but the centre will be cooked the same as the edges.

Erwtensoep

(Thick Pea Soup)

This is a recipe that no Dutch cookery book would be complete without. Pea soup is the national soup of the Netherlands. Throughout the winter, nearly every restaurant, bar or cafe has a sign advertising their own special pea soup, but take care - Dutch pea soup is a meal in itself, full of fresh winter vegetables and chunks of bacon and sausage. If the winter is particularly hard a few hardy souls will set up stalls on the frozen canals and inland lakes and sell bowls of hot pea soup to hungry skaters.

As with many national recipes, every housewife has her own recipe - very often the soup is made the day before and then reheated the following day. This improves the flavour. Any leftover soup can be diluted with chicken stock and eaten as a first course a day or two later.

Ingredients

1 lb split peas	2½ litres water
3 cloves	1 bayleaf
1 whole onion	2 pigs trotters or bacon hock
1½ level teaspoons salt	Freshly ground black pepper
1 level teaspoon dried thyme	4 leeks
½ celeriac or 2 sticks celery	3 medium potatoes
½ lb smoked boiling sausage	2 level tbs. chopped parsley

Method

Rinse the peas and soak them overnight in the water (some brands are specially treated and do not need to be soaked - follow the manufacturer's instructions). Bring the peas to the boil in the water in which they have been soaked. Stick the cloves and bayleaf into the peeled onion and add it to the peas, together with the pigs trotters or bacon, salt, pepper and thyme. Cover the pan and simmer the soup for about 2 hours, until the peas are tender. Remove the onion, cloves and bayleaf and rub the soup through a sieve. Clean and slice the leeks and celeriac or celery, peel and chop the potatoes and add them to the soup together with the sausage. Bring the soup back to the boil and simmer for a further 45 minutes. Slice the sausage, remove the meat from the pigs trotters and return sausage and meat to the pan. Adjust the seasoning, sprinkle the soup with chopped parsley and serve with chunks of rye bread or pumpernickel

Diane Haigh

Dutch Oven Nachos

Brown the meat in a Dutch oven over hot coals, drained off the grease and set the hamburger aside.

Lightly wipe out some of the extra grease from oven but not too much, then layer chips in the bottom, then some meat with green peppers and onions and top with cheese, then layer two more times so that there are three layers of chips, meat, veggies and cheese and let it bake until bubbly.

The nachos will stay warm on the table in the Dutch oven for over an hour!

Sunrise Spuds

This high energy recipe is great for backpacking - and no clean up!

Ingredients

Instant mashed potato flakes	Grated or powdered cheese
Dehydrated onion	Pre-cooked bacon bits
Ziploc bag	

Method

Prior to camp -

Measure out $\frac{3}{4}$ -1 cup of the potato flakes into a Ziploc bag.

Add the cheese, onion and bacon.

Seal the bag airtight.

At camp -

Slowly add hot water and stir until a consistency of mashed potatoes is achieved.

Enjoy it right out of the bag!

Ham and Sweet Potato Foil Pack

Ingredients

Cubed ham	Sweet potatoes, cubed
Pineapple pieces	2 tablespoons butter
1 tablespoon brown sugar	Heavy duty aluminium foil
Charcoal fire	Grate for fire (optional)

Method

Place the ham, sweet potatoes and pineapple pieces on a large piece of aluminium foil.

Place the on top and sprinkle with the brown sugar.

Gather the two opposite sides and fold down like a lunch bag.

Fold in the other two sides trying to leave some air in the pack.

Cook on a grate over a coal fire, turning after 10 minutes.

This should take about 20 minutes to cook.

Serves 1 pack per person

Pocket Stew

This recipe is easy, minimal cleanup and very good.

Ingredients

Stewing meat	Carrots
Onions	Potatoes
Any other vegetable you would cook in a stew	

Method

In the middle of a piece of heavy duty foil approximately 18 inches long, place the pieces of the ingredients.

Season with salt and pepper.

Fold the foil into a pocket and place directly on the coals.

The cooking time will vary, depending on the size of the pocket and the heat of the coals.

The vegetables will cook in the juice of the meat but, if you wish, you may add a tablespoon or two of cooking oil.

Dinner Bread

4 Tablespoons yeast
2 1/2 cups warm water
1/4 cup honey
2 eggs, slightly beaten
1/2 cup butter, melted
1 3/4 teaspoons salt
1 cup dry milk powder
8 cups all-purpose flour (if using wheat flour, increase water to 3 cups)

1. Dissolve yeast in water with honey.
2. Add eggs, butter, salt, milk powder. Mix
3. Add flour. Moisten well and let rest 5 minutes
4. Knead 5 minutes, adding more flour if necessary.
5. Divide into 3 loaf pans (greased), 8" x 4"
6. Let rise in warm oven 20 minutes
7. Cover with foil and heat oven to 350 degrees F
8. When oven reaches 350 degrees, remove foil and bake 30 minutes.

Debbie Freund

Dept. of Public Health Education

University of North Carolina at Greensboro

Charcoal Chicken Stuffed With Charcoal

whole chicken - rinse out cavity
butter
heavy-duty aluminium foil

Start charcoal fire and allow briquettes to become grey. Using oven mitts and tongs, place approximately 4-5 hot briquettes on a piece of heavy duty foil and wrap securely using a drug-store wrap. Wrap the coals in a second piece of foil, putting the folds on the opposite side. Place coals into the cavity of the chicken. (This works best with two people, one to hold the chicken open by the legs; one to insert the foil wrapped coals.) Place the chicken on a large piece of foil and place pats of butter on the skin. This adds flavour and helps to keep the chicken from sticking to the foil.) Wrap chicken securely in foil then wrap securely in a second piece of foil, being sure to place seam on opposite side of chicken. It's important to seal in all the juices. Place chicken directly on the embers. Pile more embers around and on top of the chicken. Allow to cook for approximately 1 1/2 hours, turning chicken over half way through and adding more briquettes as needed.

This is sure to surprise everybody the first time they see you doing it. They are sure the chicken will be burnt or raw - instead it is so tender it falls right off the bones.

We usually wrap potatoes in foil and put them in the embers too. We also cut up fresh carrots, or green beans, or zucchini and add a little butter before wrapping them in foil too. These go on a rack over the fire and get turned when we think about it.

Donna Haggerty - Cadette & Senior Group 3033

Genesee Valley Council - Western New York State

Number Salad

While working out the number and shapes try-it we made a number salad. We happened to use fruits but, dry foods would work too such as peanuts raisins, M&M's, small pretzels. We used: 1 - orange slice, 2 - apple chunks, 3 - raisins, 4 - banana slices and 5 - grapes.

Troop Brownie Smiles

Prepare a box mix of Brownies and cut into squares. These are decorated into "Smiley Faces" using frosting circle, M&M eyes and mouth and a marshmallow nose. We asked the girls to vote on several decorating mediums; nuts, raisins, M&M's, marshmallows, frosting (which flavour) and even mini kisses or chocolate bits. The three top vote winners were used: M&M's, marshmallows and frosting (white).

Robinson Crusoes

Spread 1 tablespoon of peanut butter onto 2 graham crackers, then sandwich 1 toasted marshmallow between them. Add 4 thin squares of chocolate.

This is one of several recipes for camping I found in the August 1994 Family Fun. Speaking of Family Fun magazine, I just received the March 1997 issue & it has several pages on Edible Art (several cute ideas especially the Banana Bug - pretzel sticks are used for legs & antennas, raisins are glued on the back with peanut butter & also are used for eyes.

Western Skillet Rice

1 pound ground beef
1 1/2 cups water
1 (16 ounce) can tomatoes
1 cup sharp cheese, shredded
1 envelope dry onion soup mix
3/4 cup uncooked rice
1 cup green peas

Brown meat and drain well.

Add soup mix, water, rice, tomatoes and peas.

Cover and simmer 25 minutes until rice is tender

Top with shredded cheese before serving.

We lash a tri-pod and suspend a Dutch Oven over an open fire to cook this.

This is a recipe that we use during our Advanced Outdoor Living Training formerly known as Level III & IV Camp Training. So far, we have left the peas out when we've made this.

At the last training, participants suggested the following variations:

Add chopped celery while browning the hamburger.

Add chilli seasonings.

Add canned kidney or chilli beans.

<http://www.geocities.com/EnchantedForest/9092/>

Sweet 'n' Salty Corn

Sweet and salty corn on the cob cooked on campfire coals.

16 small ears corn
1/2 cup honey
2 1/2 tsp. salt
1/4 cup water

Gently pull the husks down from the corn but do not tear them off. Remove the corn silk. Bring honey, salt and water to a boil in a small saucepan. Boil syrup gently for 3 minutes. Brush corn with syrup, cover with husks and wrap ears in foil. Cook corn on hot coals for 20 minutes until tender, turning often.

Taken from www.lazygourmets.com/

Pizza Chicken Packets

These pizza packets are fun to make and even more fun to eat!

4 boneless chicken breast halves
1 cup pizza sauce
1 cup shredded Mozzarella cheese
20 slices pepperoni
1/2 cup chopped bell pepper
1/2 cup chopped onion

Preheat oven 450F or grill medium-high. Spray one side of a 12x18" sheet of heavy duty aluminium foil with non-stick cooking spray. Centre one chicken breast on the sprayed side of foil. Spoon 1/4 of the pizza sauce over chicken. Top with 1/4 pepperoni, vegetables and cheese. *Fold foil into packet. Repeat with remaining chicken breasts. Bake 18-23 minutes on a cookie sheet in the oven or grill 10-12 minutes, covered.

Note: Substitute or add your favourite pizza toppings.

How to fold Foil Packets:

For each foil packet, bring up the two sides of the foil and double fold with about 1" wide folds. Leave room for heat circulation inside the packet as the food cooks. Double fold each end form the foil packet.

Taken from www.lazygourmets.com/

Cheesy Chilli Packets

Serve this recipe as a main dish or use it to top baked potatoes.

15 1/2 oz can chilli or kidney beans; rinsed, drained
14 1/2 oz can diced tomatoes with onions and garlic; drained
1 lb. ground beef; cooked, drained
1 Tbsp chilli powder
1 cup shredded Cheddar cheese

Combine beans and tomatoes in a small bowl. Centre 1/4 of the bean mixture on a 12x18" sheet of heavy duty aluminium foil. Mix ground beef with chilli powder and salt to taste. Spoon 1/4 of ground beef over beans and tomatoes. *Wrap foil into packets. Bake at 450F for 15-18

minutes on a cookie sheet in the oven or grill, covered, over medium/high heat for 10-12 minutes. Sprinkle with cheese just before serving.

Serves 4

How to fold Foil Packets:

For each foil packet, bring up the two sides of the foil and double fold with about 1" wide folds. Leave room for heat circulation inside the packet as the food cooks. Double fold each end form the foil packet.

Taken from www.lazygourmets.com/

Steak on a Stick

2 lb. eye of round steak (beef)
21 oz can crushed pineapple; in its own juice
Kabob sticks (soaked in water for 30 mins)
Garlic salt

Cut steak into 1 1/2 inch pieces, removing all visible fat. In Ziploc gallon-sized bag marinate steak pieces in crushed pineapple and juice for at least 8 hours. (The longer it marinates, the better it tastes.) Arrange about 6 pieces of steak on kebob sticks. Sprinkle lightly with garlic salt. Cook on grill, turning once, until the desired doneness is achieved.

Makes 8 servings

Taken from www.lazygourmets.com/

Summer Veggie Packet

A delicious, nutritious and easy way cook summer vegetables.

1 medium onion; chopped
2 medium yellow squash; cut in 1/4" slices
4 large Roma tomatoes; quartered
1/4 cup chopped fresh basil
1/3 cup shredded Parmesan cheese

Sprinkle chopped onions down the centre of an 18x24" sheet of heavy duty aluminium foil. Top with squash and tomatoes. Season with basil, salt and pepper to taste. *Wrap foil into a packet. Bake at 450F on a cookie sheet in the oven or grill, covered, over medium/high heat for 13-15 minutes. Open foil packets; sprinkle with cheese. Let stand until cheese melts; serve immediately.

Serves 6

How to fold Foil Packets:

For each foil packet, bring up the two sides of the foil and double fold with about 1" wide folds. Leave room for heat circulation inside the packet as the food cooks. Double fold each end form the foil packet.

Taken from www.lazygourmets.com/

Premium Packet Potatoes

A family pleasing side-dish is all wrapped up in one foil packet.

- 1 small onion; thinly sliced
- 4 medium red potatoes; cut into bite-size pieces
- 1 medium bell pepper; diced
- 1/2 cup Italian or Ranch salad dressing

Spray an 18x24" sheet of heavy duty aluminium foil with non-stick cooking spray. Sprinkle onion slices down the centre of the sprayed side of foil. Combine remaining ingredients, except dressing, in a small bowl add salt and pepper to taste. Toss with dressing to coat. Layer mixture evenly over onion slices. *Wrap foil into a packet. Bake at 450F for 30-35 minutes or grill, covered, over medium/high heat.

How to fold Foil Packets:

For each foil packet, bring up the two sides of the foil and double fold with about 1" wide folds. Leave room for heat circulation inside the packet as the food cooks. Double fold each end form the foil packet.

Taken from www.lazygourmets.com/

Desserts

Camping Dessert Recipe

Needed

8" tin foil pie plate or cake tin

Thinly sliced apples

Mini marshmallows

Any other favourite fruit

Favourite cookie

Cinnamon (optional)

Favourite chocolate bar

Method

Use an 8" tin foil pie plate or cake tin (no clean up!).

Use your favourite cookie (chocolate chip, peanut butter, gingersnap, etc) and coarsely break up cookie to fill bottom of pie plate.

Put a layer or two of thinly sliced apples over the cookies - you can add cinnamon if you like.

Next, put in a layer of mini marshmallows (or marshmallows cut in half) and break in pieces of your favourite chocolate bar (the ones with a creamy filling such as caramel - like Mars Bars - work best).

Then slice whatever fruit you have handy (bananas, peaches or more apples if you like).

Top with additional marshmallows and chocolate bar pieces.

Take a large piece of tin foil and place pie on top.

Gather the edges to come above the top of your pie and pinch.

Cook on the grill of an open fire for about 15 minutes.

Cooking over the coals, rather than the flame, reduces chances of burning.

Chocolate Chip and Bran Muffins

1 ¾ cups all-purpose flour

¾ teaspoon salt

1/3 cup chocolate chips

2 eggs, well beaten

1 teaspoon vanilla

5 teaspoons baking powder

1 cup white sugar

1 ¼ cups natural bran

1 cup Milk

½ cup vegetable oil

Method

Sift together first four ingredients.

Stir in chips and bran.

Mix together last four ingredients.

Add to flour mixture. Stir to blend.

Fill muffin cases and bake at 375° F, 20 minutes.

Apple Crisp

Quantities for - 20 persons

12 oz rolled oats

Catering tin solid pack apples or apple pie filling

4oz demerara sugar

2 oz melted marg

Method

Mix all ingredients together.

Bake in 350° oven for 10 mins or until golden brown.

Chocolate Crunch

8oz butter
12oz plain flour
2 drops of vanilla essence (optional)

8oz caster sugar
2oz cocoa powder

Simply mix all of the above together and place in a greased tin. Place under a running cold tap and then sprinkle with sugar place in 200C oven for about 15 minutes

Screech Owl, 1st Minchinhampton Brownies

Butterchoc Surprise

serves 12 - 16

4 packets Butterscotch Angel Delight
Topping: 2 oz margarine
 2 tbsp cocoa
 2 tbsp icing sugar
 2 tbsp golden syrup
 14 tbsp cornflakes

Milk

Make up Angel Delight with milk according to packet instructions and put into a container. Put all topping ingredients except for cornflakes in to a large billy and melt gently - stirring all the time. When melted take billy off the fire and add the cornflakes - mix until all covered. Dot mixture evenly over the Angel Delight.

Sponge Puddings

Serves 16 - 20

500g margarine
700g self raising flour
8 tbsp milk

500g caster sugar
8 beaten eggs
400g chocolate chips or sultanas

Grease 8 x 14oz baked bean tins. Place a circle of greaseproof paper in the bottom of each tin.

Beat margarine until soft and creamy, then beat in the sugar.

Add flour and beaten egg a little at a time and mix.

Add milk.

Fold in chocolate chips.

Spoon evenly into greased tins.

Cover tins with greased greaseproof paper and foil and tie securely with string.

Place in a dixie of boiling water, which should reach halfway up the tins.

Boil for at least 1.5 hrs, keeping water level topped up and boiling at all times.

Serve with custard or chocolate custard.

Deb Bettsworth

4th Lamorbey (Holy Trinity) Guides

Pineapple Upside Cake

Individual pineapple upside down cakes can be made using the tuna tin and foil method. Put a little margarine and brown sugar in the bottom, a slice of pineapple with a maraschino cherry in the centre and yellow cake mix on top. Cover with foil and cook on the grill.

Kathy Perry

Junior Leader of Troop #104

Owasso, Oklahoma, USA-Magic Empire Council

Buttermilk Pancake Mix

You can save money by preparing a big batch of this dry pancake mix to use whenever the mood for a special breakfast strikes. Instructions are included below for making the basic pancakes, but the mix can be used for other recipes as well.

For Mix:

2 cups dry buttermilk powder

2/3 cups sugar

4 teaspoons baking soda

8 cups flour

8 teaspoons baking powder

2 teaspoons salt

To Make Pancakes:

1 egg

1½ cups pancake mix (see above)

2 tablespoons vegetable oil

1 cups water (more as needed)

To Make Mix:

Sift all the ingredients together.

Store in an airtight container and use within six months of making.

To Make Pancakes with Mix:

Mix all the ingredients until blended together and let the mixture stand for 5 minutes.

Lightly oil a large griddle or skillet (preferably non-stick).

Heat the skillet over a medium heat. You can tell if your skillet or griddle is hot enough by flicking a drop or two of water on its surface. The water should skitter around and quickly evaporate if the pan is hot enough.

Spoon the batter into the hot oiled skillet, allowing about 3 tablespoons per pancake.

Cook the pancakes for about 1½-2 minutes. You will know your pancakes are ready to be turned over when large bubbles form on the uncooked surface.

Flip the pancakes and cook for about 1½ minutes on the other side.

Serve immediately or keep warm on a baking sheet in a 200°F oven until all pancakes are cooked.

Apple Pancakes

It's amazing how some simple can fruit can turn an ordinary pancake into something special. This makes a thinner, more crepe-like pancake.

Ingredients

1 cup flour	2 tablespoons sugar
1 teaspoon cinnamon	1/8 teaspoon nutmeg
½ teaspoon salt	1 egg
1 cup milk	1 tablespoon vegetable oil
4 large apples, peeled and thinly sliced	

Method

In a large bowl, combine the dry ingredients.

In another bowl, combine the wet ingredients except the apple.

Add the wet ingredients to the dry ingredients and mix until smooth.

Gently fold in the sliced apples.

Heat the skillet over a medium heat. You can tell if your skillet or griddle is hot enough by flicking a drop or two of water on its surface. The water should skitter around and quickly evaporate if the pan is hot enough.

Spoon the batter into hot oiled skillet, allowing about 3 tablespoons per pancake.

Cook pancakes for about 1½-2 minutes. You will know your pancakes are ready to be turned over when large bubbles form on the uncooked surface.

Flip the pancakes and cook for about 1½ minutes on the other side.

Serve immediately or keep warm on a baking sheet in a 200° F oven until all pancakes are cooked.

Makes about 12 pancakes

Peanut Butter and Jelly Pancakes

This recipe is a big hit with the kids. Use the buttermilk pancake mix to make this.

Ingredients

1 egg	1 tablespoon vegetable oil
1½ cups buttermilk pancake mix	1 cup water (more as needed)
½ cup peanut butter	Jam/jelly for topping

Method

Mix all the ingredients until blended together and let the mixture stand for about five minutes.

Lightly oil a large griddle or skillet (preferably non-stick).

Heat the skillet over a medium heat. You can tell if your skillet or griddle is hot enough by flicking a drop or two of water on its surface. The water should skitter around and quickly evaporate if the pan is hot enough.

Spoon the batter into hot oiled skillet, allowing about 3 tablespoons per pancake.

Cook pancakes for about 1½-2 minutes. You will know your pancakes are ready to be turned over when large bubbles form on the uncooked surface.

Flip the pancakes and cook for about 1½ minutes on the other side.

Serve immediately topped with jelly or keep warm on a baking sheet in a 200°F oven until all pancakes are cooked.

Makes about 10 pancakes

Lemon Ricotta Pancakes

These pancakes are sophisticated, yet accessible. Nearly everyone loves their creamy, light lemon flavour. It's hard to find a more perfect start to breakfast or brunch. Serve with jam or maple syrup.

Ingredients

1 cup flour	½ teaspoon nutmeg
1¼ cups ricotta cheese	4 teaspoons sugar
1¼ teaspoons baking powder	2 eggs
3/5 cup C milk	juice of 1 lemon
zest of 1 lemon, minced	

Method

Combine the dry ingredients.

In another bowl, mix the wet ingredients until combine.

Fold the wet ingredients into the dry ingredients.

Lightly oil a large griddle or skillet (preferably non-stick).

Heat the skillet over a medium heat. You can tell if your skillet or griddle is hot enough by flicking a drop or two of water on its surface. The water should skitter around and quickly evaporate if the pan is hot enough.

Spoon the batter into hot oiled skillet, allowing about 3 tablespoons per pancake.

Cook pancakes for about 1½-2 minutes. You will know your pancakes are ready to be turned over when large bubbles form on the uncooked surface.

Flip the pancakes and cook for about 1½ minutes on the other side.

Serve immediately or keep warm on a baking sheet in a 200° F oven until all pancakes are cooked. Dust with icing sugar, if desired.

Makes about 10 pancakes

Chocolate Chip Pancakes

Ingredients

1 ¼ cups flour	1 tablespoon sugar
¼ teaspoon cinnamon	1 tablespoon baking powder
¼ teaspoon salt	2 eggs
1 cup milk	4 tablespoons melted butter
¾ teaspoon vanilla essence	¾ cup chocolate chips

Method

Pre-heat the griddle or skillet.

Combine the flour, sugar, cinnamon, baking powder and salt in a large bowl. In another bowl, mix together the wet ingredients. Add the wet ingredients to the dry ingredients and beat until smooth. Fold in the chocolate chips. Lightly oil a large griddle or skillet (preferably non-stick). Heat the skillet over a high heat. You can tell if your skillet or griddle is hot enough by flicking a drop or two of water on its surface. The water should skitter around and quickly evaporate if the pan is hot enough. Spoon the batter into hot oiled skillet, allowing about ¼ cup of the batter per pancake. Cook the pancakes for about 1½-2 minutes. You will know your pancakes are ready to be turned over when large bubbles form and begin to pop on the uncooked surface. Flip the pancakes and cook for about 1½ minutes on the other side.

Serve immediately or keep warm on a baking sheet in a 200° F oven until all pancakes are cooked. Dust with icing sugar, if desired.

Serve immediately topped with your favourite syrup.

Serves 4

Easy Dutch Oven Cobbler

This quick and easy recipe will satisfy any sweet tooth. My favourite is apples, white cake mix, and 7-UP. Want something really different? Try apples, spice cake mix and one can of Root Beer.

Ingredients

1 18-ounce box cake mix (any flavour)	2 16-ounce cans of pie filling or other fruit
1 12-ounce can of 7-UP	2 tablespoons butter

Method

Spread the butter evenly on the bottom of a 12-quart Dutch oven.

Drain the fruit, place it into the Dutch oven and sprinkle the cake mix evenly over the top.

With your finger, make a swirl in the mix.

Pour in the 7-UP.

Cover with the lid.

Put 8-10 charcoal briquettes on the bottom and 16-18 on top of the Dutch oven.

Cook for 50 minutes to 1 hour until golden brown

Gingerbread Oranges

This recipe also works very well with chocolate cake mix or anything which would benefit by a little orange flavouring.

Ingredients

1 orange per person

1 packet gingerbread cake mix (the kind you just need to add water)

Method

Slice the top off an orange about $\frac{1}{4}$ of the way down and eat the pulp.

Prepare the gingerbread cake mix according to the packet and spoon a little into each orange shell. Each orange should be about $\frac{2}{3}$ of the way full.

Place the top of the orange back on the shell.

Wrap the orange in foil and place in the coals of a fire for about 15 minutes.

Ball-Toss Ice Cream

Equipment

2 (1-quart) zip-top bags

2 (1-gallon) zip-top bags

1 (8-pound) bag of ice, crushed or in cubes
newspaper

heavy-duty strapping or packaging tape

Ingredients

$\frac{3}{4}$ cup whole milk or flavoured milk

1 cup whipping cream

$\frac{1}{3}$ cup sugar

$\frac{1}{2}$ cup rock salt

$\frac{1}{2}$ teaspoon vanilla extract

Cooking Instructions

Place all ingredients in a 1-quart bag. Squeeze out all the air and seal the bag. Place this bag inside the other quart bag and seal. Place the double-bagged ice cream mix inside a gallon zip-top bag. Fill the gallon-size bag with ice, sprinkle the ice with the rock salt and seal the bag. Place this bag inside the other gallon bag and seal. Wrap the filled bags in several layers of

newspaper. Secure the newspaper by wrapping it with heavy-duty tape. Tape the "ball" on all sides so that it will hold its shape. Now, toss the "ice cream ball" back and forth for 15 to 20 minutes. Unwrap the ball, remove the ice and enjoy the ice cream! Makes about 3 cups.

Lessons I've learned

* Check every girls' bags to make sure they are closed properly (Rock salt and Ice cream tastes terrible!)

* Using "freezer" ziplockbags works better

Robyn

Faux Gateaux

Ingredients

1 large chocolate swiss roll (chocolate cake works just as well), sliced and divided into two

1 tin black cherry fruit pie filling

1 tin squirty cream

1 chocolate flake, crumbled

Method

Line a bowl with the first half of the sliced cake.

Pour over half the tin of cherry fruit pie filling.

Put the second half of the sliced cake over the top of the pie filling.

Pour the last of the cherry fruit pie filling over this final layer.

Squirt the cream over the top of the pie filling.

Decorate with the crumbled chocolate flakes. If you don't have Cadbury's chocolate flake sold in your country, using a cheese grater, simply grate a chocolate bar over the top instead.

Another flavour gateau - using the same method as above

1 large plain sponge cake or jam swiss roll

1 tin apple pie fruit filling

1 tin squirty cream and white chocolate to grate over the top.

Campfire Éclairs

Use your favourite pudding flavour to fill this easy, yet messy, fire-baked éclairs.

8 oz. can refrigerator crescent rolls

2 vanilla pudding snack packs

1 tub whipped chocolate frosting

Cover tip of stick with aluminium foil and spray with non-stick cooking spray. Stretch one crescent roll over foil and squeeze tip to close and tighten. Cook over campfire until golden brown, turning frequently. Crescent roll is done when it slides off the foil easily. Fill centre of crescent roll with vanilla pudding and spread chocolate frosting on top.

Serves 8

Taken from www.lazygourmets.com/

Mini pineapple upside down cakes

Take a cake doughnut and slice it in half.

Put a slice of pineapple between the two doughnut slices and sprinkle with

brown sugar. Place a maraschino cherry in the centre. DOUBLE wrap in foil and place in the

coals or on a grill in the fire pit. It takes about 10-15 minutes to heat through and melt the sugar. (Some people brush melted butter/margarine on the donut slices before baking). It's yummy!

Kris Maier BKMAIER@WEBTV.NET

Dandy Candy

Equipment

A bowl
A spoon
Measuring cups
Measuring spoon
A knife
Wax paper

Ingredients

1 cup of peanut butter
1/2 cup of honey
1/2 cup dry milk powder
1 teaspoon vanilla extract
1 cup of rolled oats

Measure the peanut butter, honey, milk powder, oats and vanilla. Put them all in the bowl and mix with the spoon. When it is mixed together, put it on waxed paper and make a rectangle shape from the dough.

Cut the dough in half. Keep cutting each piece in half, until you have 32 little pieces. Wrap each piece in wax paper, then share with your friends.

Cookie recipe

(Recipe may be halved)

2 cups butter	4 cups flour
2 tsp. Soda	2 cups sugar
5 cups blended oatmeal**	24 oz. chocolate chips
2 cups brown sugar	1 tsp. salt
1 8 oz. Hershey bar (grated)	4 eggs
2 tsp. baking powder	3 cups chopped nuts (your choice)
2 tsp. Vanilla	

**Measure oatmeal and blend in a blender to a fine powder.

Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar, and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees. Makes 112 cookies.

I found a recipe in the American Girl Cook Book for - DIRT!

We crushed up 1 box of thin mints,
then we mixed 1/4 cup butter,
1/4 cup powdered sugar,
8 oz cream cheese blended until smooth,
then in a separate bowl mixed 3 cups 2% milk and
1 lg. package of vanilla pudding until thick.
We mixed both those bowls together into a fluffy mixture and layered it with
the thin mint crumbs...

We poured it into 6" plastic flower pots...
first 1/2 inch layer of DIRT (cookie Crumbs) on the bottom of the pot,
then one layer of pudding mixture
one thin layer of DIRT
one more layer of pudding mixture
and one last layer of DIRT

We topped it off with gummi worms crawling all over the DIRT.
We made fun foam flowers w/ green pipe cleaner stems and green leaves to stick into the
centre of it all, turning it into a potted plant garden.

SPRING IS IN THE AIR!!

(Oh and we served it up to the judges with a (new) garden trowel!! I was later told the Trowel
really "DID IT" for one of the judges!!)

One 9x 13" pan was turned into a veggie garden, using green coconut as rows of grass, (On top
of the "dirt") with carrots growing up thru the grass (orange foam w/ green tops).

Not only did we win a big blue rosette ribbon for our creativity (it was based on taste,
creativity, presentation and originality) but we were the youngest troop to compete and we
even beat the Cadettes!!

Oh, and this can be made at camp too, using a plastic ziplock bag to knead the pudding and
pour it into ice cream cones! It's a real hit!!

Banana Boats

Slice open a banana and put inside it marshmallows, choc. chips, peanut butter chips, coconut, bottled cherries, whatever toppings you want, wrap it in foil and put on the fire coals for a short time to let everything melt.

Orange sticks

Take an orange and roll it around in your hand to smooch the insides up. Then insert a peppermint stick (the old fashioned kind that are semi-porous and have a slight hole in the middle, experiment with some and you'll find the right ones.) into the orange (make a small X first with a knife or something) and you can sip the oranges juice through the peppermint "straw".

GORP

The traditional mix is always M&M's, raisins and peanuts but others suggested adding tiny crackers, pretzels, dried fruit, Salted nuts, banana chips, freeze-dried pineapple bits, dried apples, coconut, sunflower seeds, unsweetened dry cereal, cheez-its, bugles, potato sticks. skittles, chocolate chips, cheerios, chex mix, pretzels, peanut butter morsels, etc.

Ants on a log

3-4" Celery sticks with peanut butter and topped with raisins.

Mosquitoes on a stick

Celery stick with peanut butter, sunflower seeds.

Mock angel food cake

Day old bread cubes dunked in sweetened condensed milk, rolled in coconut and roasted on a stick over the fire.

Smiles

Core apple. Slice into circles, spread peanut butter, then small marshmallows (teeth). Top with another slice & Smile!

DIRT!!!

Crush up one box of thin mints.

In bowl 1, mix 8 oz cream cheese

1/4 TBS butter and 1/4 Cup powdered sugar.

Blend until smooth (let stand at room temp 2 hours before mixing).

In separate bowl, mix 3 cup 2% milk and 1 large box of vanilla pudding,

Mix till thickened. (You can also mix this in a ziplock bag and knead until thick (5 minutes) Mix both these bowls together until smooth. Then layer as follows either in a 6 inch flowerpot (using a trowel to serve) or in a 9X 13" pan.

cookie crumbs on bottom

1/2 pudding mixture

1/3 cookie crumbs

1/2 pudding

remaining cookie crumbs on top, add flowers made from fun foam on green pipe cleaners to create a "spring tulip garden" add gummi worms, we made the 9x13" pan into a garden.... adding green coconut into long rows of seeds, complete with 1" tall orange carrot tops (w/ green tops) we glued seed packets to popsicle sticks and stuck them at the end of the pan to look like seed rows (like a newly planted garden!).

This recipe is easy to do at camp too... just squish the pudding w/ milk in a plastic bag, and add to already crushed thin mint cookies into an ice cream cone, and VOI LA!! Instant dessert!! you can use either vanilla or chocolate pudding, they both taste are good!!

Lori in Vancouver WA

Éclairs:

Biscuit/scone dough about a finger in diameter and 5" long. Coil around a clean green stick, toast over coals of a campfire until golden. Twist slightly to remove from stick. Fill hole with instant vanilla pudding (premixed in a ziploc bag according to instructions on the box). May smear canned chocolate frosting on the outside.

Texas Trash

The snack made from Chex cereals with butter and Worcestershire sauce. Also a place to toss in some chocolate chips. Choco and salt taste great together.

Poached eggs

A slice of swiss roll, covered in cream and topped with half a peach (canned). If you make them carefully, they do look pretty realistic!!!!

Cold fried eggs

A variation on the Poached eggs...this is a slice of pound cake with whipped cream and a peach half.

Walking apples

Hollow out one apple per person, leaving the bottom intact and 1" walls. Chop up the apple innards, stir in a handful of raisins and enough peanut butter to hold it together. Pack the filling into the apple shell. Good for hiking.

Tics on a latrine seat

spread cream cheese on an apple ring, add raisins.

Baked apple

Core apple. Fill hole with cinnamon candies, wrap in foil, and cook over coals until tender.

Wormy apples

Apple wedges spread with peanut butter, wrap gummi worms around each.

Indoor S'mores

Spread marshmallow ice cream topping on a graham cracker, sprinkle with chocolate chips, top with another cracker.

Pudding cones

Mix instant pudding according to package directions in a ziploc bag. Spoon into ice cream cones, eat immediately.

Bananas Supreme

Take unpeeled banana and carefully slit part of one. Push in chocolate buttons (not sure of the US equivalent - maybe you could use chocolate drops for cookies) or thin slices of Snickers or Mars Bar.

Bags-of-Gold

Make biscuit recipe. Form biscuits with a chunk of cheese in the middle. Cook over open fire on a cookie sheet or, better yet, in a box oven! Optional: cover with spaghetti sauce (works well if biscuits burned!)

Puppy chow

Combine chex or cheerio cereal with peanut butter, melted chocolate, and powdered sugar.

Spiced apples

Core apple leaving the bottom intact (forming a cup). Into the core put a chunk of butter, some cinnamon, and sugar. Wrap in foil. Cook on fire until apple is soft.

Karen Stansbery

Senior Leader, Trainer

Wagon Wheel Council, CO USA

Dipping Apple Wedges

This is a recipe we use for dipping apple wedges. It's also good on ice cream, other fruits, or on the tip of a spoon. It's supposed to stay fresh in the refrigerator for four weeks, but I'll never know!

Combine 2 egg yolks, 1/2 cup packed brown sugar, 1/2 cup sugar, 1/4 cup butter, 1/2 cup water, 2 teaspoons vanilla extract. Beat and bring to a boil over medium heat for one minute. Serve warm or cold.

Deb

Original Homebaked Girl Scout Cookies (circa 1922)

1 cup of butter (or substitute)	1 cup of sugar
2 tablespoons of milk	2 eggs
1 teaspoon of vanilla	2 cups of flour
2 teaspoons of baking powder	sugar crystals

Cream butter and sugar, add well-beaten eggs, then milk, flavouring, flour and baking powder. Roll thin, make trefoil cut-outs, sprinkle sugar crystals on top and bake at 350 degrees for about 8 minutes, or until just golden-brown.

These were very easy to roll out in February but when I went to make them in July, the house was too warm and the dough was very sticky.

If you are going to decorate them using frosting, don't sprinkle with the sugar crystals.

YiGS&GG, Brenda V. (voqs@swcp.com)

Leader of GSUSA Junior Troop 3046

Chaparral Council, NM

Original Girl Scout Cookie Recipe

1 cup Butter	3 cups flour
1 cup sugar	2 tsp. baking powder
2 eggs, well beaten	1/4 tsp. salt
2 TBS milk (powdered sugar, optional)	2 tsp. Vanilla

Combine butter and sugar. Blend well.

Add eggs, milk and vanilla. Mix well.

Stir in flour, baking powder and salt. Mix well.

Chill dough 1 hour for best results.

Roll out thin and cut out cookie shapes.

Bake on greased cookie sheet at 350 until lightly browned 11-14 minutes.

Makes 3-1/2 dozen.

You really should have it chilled to work the best and also make sure it is rolled thin since the cookie really puffs up.

Barbara Williams

Baked Apples - Snack

hot coals (fire or charcoals)

Items needed:

foil

tongs to remove from coals

knife

Serves: Make what you need, easily added to or subtracted from

Ingredients (per person):

apple

Slice of butter

Brown sugar

Cinnamon sugar

Raisins

Or can use marshmallows and chocolate

Core apple (may need help doing this for younger girls). Place on 2 layers of foil. Fill apples with brown sugar, slice of butter (girl decided on how big) cinnamon sugar or fill with marshmallows and pieces of chocolate. Wrap foil around the apple. Bake on coals for around 15 minutes (medium size apple).

Campfire Dump Cake

Grab your cast iron Dutch oven to prepare an easy dump cake - ready in time for dessert.

42 oz. fruit pie filling
18 oz. white or yellow cake mix
1/2 cup butter

Pour pie filling into Dutch oven. Evenly sprinkle cake mix over filling. Place pats of butter on top of the cake mix about 2 inches apart. Place 1" of coals under the Dutch oven and 2-3" on top. Bake for 20-25 minutes until done. Serve with milk or cream.

Taken from www.lazygourmets.com/

Pineapple - Upside - Down - Wiches

Juicy pineapple baked inside cake doughnuts.

8 plain cake doughnuts; sliced in half width-wise
8 pineapple slices

Sandwich 1 pineapple slice between doughnut halves. Wrap each sandwich in foil. Place in hot campfire coals for 5 minutes, turning once.

Serves 8

Taken from www.lazygourmets.com/

Indoor S'mores

You don't have to build a bon fire to enjoy this camping favourite.

2/3 cup light corn syrup
2 Tbsp. butter
11 1/2 oz. milk chocolate chips
1 tsp. vanilla
8 cups Golden Grahams cereal
3 cup mini marshmallows

Grease a 9x13" pan. Heat corn syrup, butter and chocolate chips to boiling in saucepan, stirring constantly. Remove from heat. Add vanilla. Pour over cereal in large mixing bowl; toss quickly until well coated. Fold in marshmallows, 1 cup at a time. Press mixture evenly in pan with piece of waxed paper. Let stand 1 hour until firm. Cut into 1-1/2" squares.

Makes 48 squares

Taken from www.lazygourmets.com/

Grilled Peaches

Summer is a great time to make fruit on the grill like this recipes, which is great on its own or even better served over vanilla ice cream or frozen yoghurt.

1 1/2 Tbsp. butter
3 Tbsp. brown sugar
1/3 cup dark rum (or orange juice)
8 ripe peaches; peeled, pitted, halved

Melt butter, then stir in brown sugar and rum. Stir until sugar dissolves. Place peach halves in a large bowl. Pour butter/rum mixture over peaches and stir gently to coat. Grill peaches over a medium fire, about 5 minutes per side, brushing with leftover butter mixture as they grill.

Serves 4

Taken from www.lazygourmets.com/

Bits and Pieces

BUTTER

We used baby food jars and 1/4 cup of heavy whipping (thickened) cream and then shook the living daylights out of it, then for good measure shook some more!!! It took between 15 and 30 minutes to be done, depending on the energy of the girl. I think everyone got a small ball of butter by the end, although the younger girls need some leader help as their arms got too tired. At one camp we had a group doing a conga-line dance around the cabin and grassed area where we were holding the Day Camp! It was a big hit with the girls!!! But we didn't use salt at all!

Robyn

HOW TO MAKE BUTTER (1)

I believe we used heavy cream and baby food jars. Just fill about 2/3 full, then "Shake, shake, shake! Shake, shake, shake! Shake your butter, shake your *butter*!! (For those old enough to remember the reference. My girls thought it was hilarious and started singing along with me, shaking their booty *and* their butter). It took about 10 minutes or so of vigorous shaking then all of a sudden, there is a big glob in the middle of your jar, sloshing around in the liquid. We poured off the remaining liquid and used craft sticks to spread the butter onto crackers (saltines - no need to add more salt). There was salt (normal table salt) available if anyone wanted to add some, but mostly the girls thought it was just fine without. And oh, boy did they like the butter!

WAGGGS-L List

HOW TO MAKE BUTTER (2)

We used a pint size canning jar, an old-fashioned wooden clothespin (with out the metal spring) and heavy cream (you can also use a quart jar for a larger amount.)

Fill the jar about 2/3 full of cream. Drop in the clothespin and seal the jar tightly. (The clothespin acts as the "butter churn")

The girls would then sit in a circle. Each one would give the jar 15-20 good hard shakes and then pass to the next girl. They would usually sing songs while doing this. After about 20-30 minutes we would have a fabulous good size lump of butter which would have the texture of a whipped butter.

Then remove the butter from the jar also removing the clothespin from the butter. Add a pinch or so of salt. And wa-la you're ready to eat!

My girls would beg for pancakes, box-oven biscuits or whatever just to be able to make butter on each trip.

WAGGGS-L List

Butter (3)

It took 20 minutes to make soggy butter, and that was using baby food jars rolled back & forth between 2 girls sitting on the carpeted floor. We made them make barriers with their legs, so the jars wouldn't get away or break. It made about 2 tablespoons of butter, and they girls got to drink the "buttermilk" that remained in the jars. The more you shake, harder and faster, the better the butter clumps together. We used half & half or heavy whipping cream, and added a small pinch of salt. Or something similar, I think the recipe came from their junior book.

Evonne in Tx.

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Butter - Tips

Whenever the instructions for making butter come up, someone usually posts and says it did not work for them, or that it takes a long time. But they only put cream into the jar.

We ALWAYS include a hard object (a marble) in the jar with the cream. Of course, wash it well first. The explanation I have read several times is that the marble striking against the fat helps physically break it down, and it then re-forms into the butter. Be sure to remove the marble before eating the butter.

Also, regarding what type of cream to use, keep in mind that you are using the butterfat:

whole milk - 3-1/2% fat

half & half - 11% fat

light cream - 18% fat

whipping (heavy) cream - 30% fat

So you are going to get far better results with whipping cream.

Kim Elmore

Hints for Jam Making

1. Always gather fruit on a fine day. It should not be over-ripe.
2. Wipe fruit with a damp cloth.
3. Fruit should be partly cooked before sugar is added.
4. Bring fruit to boil point slowly to avoid burning.
5. Always use a wooden spoon for stirring.
6. When sugar is added, boil as rapidly as possible. Rapid boiling improves colour and flavour of jam.
7. Instead of skimming jam, stir in a piece of butter the size of a walnut when jam is cooked.
8. To test jam, put a little on a saucer. When cool a skin should form on top.
9. Jam jars must be sterilized and thoroughly dry. 10. Put jam into warm jars and cover while hot.

Tamarillo Jam

1.3 kg tamarillos
2 c water
500g green apples (peeled and minced or chopped finely)
2 kg
sugar
Juice of 1 lemon

Scald tamarillos, peel and cut up; put with apples into preserving pan with 2 cups of water. Bring to boil and add sugar and boil until it sets, about 1 hour. Test. Add lemon juice and put into sterilized jars.

Raspberry Jam

To every 500g of raspberries allow 500g of sugar. Put fruit into preserving pan and bring to boil. Add sugar and boil quickly for 5 minutes. Remove from heat and stir for 20 minutes. Put into sterilized jars.

Ref: The New Zealand Girl Guide Handbook
1st edition 1993

I haven't tried either of these - (we don't have cooking facilities at our meeting place) but they do look fairly straight forward compared to some jams I've made and they will have been "girl-tested" before inclusion in the book :)

Arohanui

Anne

Anne Elzenaar

Guide Leader and certificated trainer

Wellington, New Zealand

Dampers

The basic recipe is:

3 parts water (by volume) to 10 parts self raising flour with a sprinkle or pinch of salt.

To make small 'loaves' take a handful of dough the size of a clenched fist, make into a flat pattie about 2cm thick. When all the patties are ready, place on heavy duty foil on oven tray and bake in a hot oven for 10-15 mins or until golden brown. They will rise to about 5 cm and sound hollow when tapped with a stick. Slice and serve well buttered (with jam or honey or golden syrup is nice - (I know golden syrup is available in some specialist shops in the US - the stuff my friend found was imported from Canada. Golden Syrup is a bit like treacle - but has a diff taste and a slightly thinner consistency)

Twists are where we take a lump of the dough and wrap it around a stick in a snake like spiral and the girls cook it over a fire like they would a sausage. It should slide off easily when cooked and honey etc can be dribbled down the middle. Thick 'snakes take longer to cook and the outside is more likely to burn before the inside is cooked. One other important thing for any cooking using sticks is to make sure that the sticks are safe ones - not from poisonous plants.

Anne Wellington, New Zealand

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A Thanksgiving Dinner

Menu

Free Heat Roast Turkey with Stuffing
A Medley of Fresh Garden Vegetables
Buttermilk Biscuits
Fruit Delight
Hot Mulled Cider

Turkey

1. Buy some hardware cloth. Cut 4 pieces about 12" wide. Weave the raw edges together so you have 4 long, narrow cylinders.
2. Pound 4 metal stakes about 2' high into the ground so the stakes form a square. Space the stakes so the square is roughly the right size "oven" for your turkey. Place aluminium foil around the bottom of each stake, then place the hardware cloth cylinder over the stake.
3. Place charcoal briquettes in each cylinder to approximately knee height.
4. Wrap aluminium foil around the outside of the cylinders until it is a little more than knee height on you. Make sure the shiny side is in.
5. Find 3 large branches about 6-8' long and 3-4" in diameter. Tie them together into a teepee shape. Place the teepee so it is centered around/over your oven.
6. Make stuffing according to your regular recipe.
7. Clean and stuff your turkey.
8. Using a thin wire, make a cage for the turkey and suspend the turkey from the teepee so it is only a few inches off the ground. Place a roasting pan under the turkey to catch the juices as it cooks.
9. Light your charcoal and go do something else for a few hours! Seriously, someone should keep an eye on the fire and make sure that the fire is safe and the bird isn't cooking too quickly. If it is, tent it. The charcoal should be enough to cook the turkey, but if not, add more as needed.
10. When done, cut down the bird. Let sit for about 15 minutes before carving and eating.

The hardest part of this recipe is making the hardware cloth cylinders. But once you've done the work of preparing the materials, you can re-use them any number of times. The rest of the process is time-consuming, but fun.

Vegetables

1. Slice up a selection of fresh vegetables: for example, red potatoes, zucchini, yellow squash, onion, red and green peppers .
2. Put a couple of inches of water in the dutch oven. Then insert a vegetable steamer and add the cut-up vegetables.
3. Season with fresh herbs.
4. Cover and put on the fire with coals on top.
5. Cook until done.

Buttermilk Biscuits

We cheated and used the refrigerator rolls! They still come out great. Simply follow the directions and bake in a box oven.

Fruit Delight

1. Empty 2(?) cans of fruit pie filling into a baking pan. We made one half apple and one half cherry.
 2. Sprinkle with about 1 tablespoon of lemon juice.
 3. Sprinkle over the fruit the contents of a small box of cake mix (Jiffy cake) and cinnamon.
 4. Bake in the box oven (while eating the turkey and biscuits) until warm and bubbly.
- This was good and the kids would probably love it as is. Personally I think I would try to use fresh fruit. Also if you cut butter into the cake mix before sprinkling it on you will get a nicer consistency.

Cider

Just heat cider with cinnamon sticks and whole cloves for some wonderful warmth while outdoors in nippy New England!

Serve with an assortment of butters or jams, cranberry sauce, etc. It's the little touches like nice condiments, centrepieces on the table, etc. that really finish off the meal!

Beth

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Conversions

ENGLISH	US/CANADIAN
Biscuits	Cookies
Double cream	Heavy cream
Single Cream	Light cream
Prawns	Shrimp
Vegetable fat	Shortening
Bicarbonate of soda	Baking soda
Plain flour	All purpose flour
Pastry flour	Cake flour
Cornflour	Cornstarch
Demerara sugar	Brown sugar
Black treacle	Dark molasses
Golden syrup	Corn syrup
Icing sugar	Confectioners sugar
Glace cherries	Candied cherries
Gelatine	Gelatin
Digestive biscuits	Graham crackers
Fresh yeast	Compressed yeast
Sponge fingers	Lady fingers
Crisps	Chips
Chips	Fries
Brisket	Chuck steak
Mince	Ground meat
Streaky bacon	Strips of bacon
Topside beef	Top round
Stewing steak	Beef chuck
Dumpling mix	Package biscuit mix
Spring onions	Scallions
Iceberg lettuce	Head Bibb lettuce
Cos lettuce	Romaine
Aubergines	Eggplants
Courgettes	Zucchini
Cooked Beetroot	Cooked Beets
Spanish Onion	Bermuda Onion
Jam	Jelly
Jelly	Jell-O

I have no doubt that I have left lots of other ingredients from this list. If you know of any others, please let me know and I will add it to the above list.

WEIGHTS AND MEASURES

<i>ENGLISH</i>		US/CANADIAN	
Imperial	Metric	Dry Ingredients	Fats/Liquids
½oz	10g		
1oz	25g		
2oz	50g	½cup flour / ¼cup sugar	
3oz	75g	¾cup flour	
4oz (1/4lb)	100g	½cup sugar / 1 cup flour	½cup butter/water/milk
5oz	125g		2/3 cup shortening
6oz	150g	1 ½cups flour / ¾cup sugar	¾cup butter/
7oz	175g	1 2/3 cups flour	
8oz (1/2lb)	200g	1 cup rice/ 2 cups flour/1 cup sugar	1 cup molasses/honey/ butter/milk/water/jam(jelly)
9oz	225g		
10oz	250g	2 ½cups currants/raisins	
11oz	275g		
12oz (3/4lb)	300g	1 ½cups cream cheese	
13oz	325g		
14oz	350g		
15oz	375g		
16oz (1lb)	400g	4 cups flour	2 cups butter/margarine
24oz (1½lb)	750g		
32oz (2lb)	1kg		

LIQUID MEASURES

Imperial	Metric
1 fluid oz	30ml
2 fluid oz	60ml
3 fluid oz	100ml
4 fluid oz	125ml
5 fluid oz (1/4 pint/1 gill)	150ml
6 fluid oz	190ml
8 fluid oz	250ml
10 fluid oz (1/2 pint)	300ml
16 fluid oz	500ml
20 fluid oz (1 pint)	600ml
1 ¾pints	1000ml (1 litre)

Handy Measures

The following ingredients measured in **level tablespoons** give approximately 25g/1oz weight.

- 3 Semolina, flour, custard powder, cornflour and other powdery starches
- 4 Porridge Oats
- 2 Rice
- 6 Breadcrumbs (fresh)
- 3 Breadcrumbs (dry)
- 5 Grated Cheese
- 2 Granulated and caster sugar
- 3 Demerara Sugar, icing sugar (sifted)
- 5 Desiccated coconut
- 1 Syrup, honey, treacle and jam (jelly)
- 4 Ground almonds, hazelnuts and walnuts
- 2 Dried fruits
- 4 Cocoa Powder
- 1 Salt

Spoon Measures

- 1 tablespoon = 3 teaspoons
- 1 level tablespoon = 15 ml
- 1 level teaspoon = 5 ml

if great accuracy is not required:

- 1 rounded teaspoon = 2 level teaspoons
- 1 heaped teaspoon = 3 level teaspoons or 1 tablespoon

OVEN TEMPERATURES

	°C (Celsius)	°F (Fahrenheit)	Gas Mark
Very Slow	110	225	¼
Slow	130	250	½
	140	275	1
	150	300	2
Moderately Slow	160	325	3
Moderate	180	350	4
Moderately Hot	190	375	5
Hot	200	400	6
	220	425	7
	230	450	8
Very Hot	250	500	9

HEALTH AND HYGIENE

The following are basic tips for health and hygiene at camp.

Anti-Bacterial

Anti-bacterial cleaners are types of disinfectant and can kill germs. They often come in spray form.

Anti-bacterial cleaners won't work if you don't use them properly, so always follow the instructions.

Always clean surfaces first with detergent to remove any grease or dirt, then apply disinfectant to kill any remaining germs.

Use separate cloths or sponges for separate tasks; where practicable use disposable cloths. If using them more than once, wash in hot water and soap then place in a suitable disinfectant, rinse thoroughly and allow to dry. Do not soak overnight as disinfectant solutions weaken and may allow bacteria to grow.

Keep serving bowls covered to protect them from dust, insects and pets.

Bugs

'Bugs' and 'germs' are the common name for the harmful organisms - such as bacteria and viruses - that cause food poisoning. Because we can only see them through a microscope they are also called microbes or micro-organisms.

They can get into our food at any point in the food chain - from the time when an animal or food is in the field to the moment food is put on to the table to eat. If they are allowed to survive and multiply they can cause illness when that food is eaten.

Food poisoning bacteria multiply fast but to do so need moisture, food, warmth and time. They multiply best between 5 and 63°C. One germ can multiply to more than 4 million in just 8 hours in the right conditions. Food poisoning microbes can be dangerous and can kill - though this is rare. They are very hard to detect since they do not usually affect the taste, appearance or smell of food.

Cans

Before opening cans wipe over the tops to remove any dust - and don't forget to clean the can opener.

Never put open cans in the fridge - transfer contents into a storage container or covered bowl and remember to use within two days.

Don't use food from rusty or damaged cans.

Chopping Boards

Wash and dry knives and chopping boards thoroughly after every use and especially between chopping raw meat, fish and poultry and chopping cooked and ready-to-eat foods. I deally use separate chopping boards for raw and cooked foods.

Cling Film

Cover dishes and other open containers with foil or film before storing them in the fridge. Don't re-use foil or film to wrap other foods

Cool Bags

Use an insulated bag or cool box to keep chilled and frozen foods cool when shopping and buy these foods last.

Use enough ice packs to keep cool bags really cool.

When having a barbecue or picnic keep meats, salads and other perishable foods cool in the fridge or in a cool bag until just before you are ready to cook/eat them. I deally use separate cool bags for raw meats and cooked/ready-to-eat foods. Cool bags can only keep food cool for a limited period so cook sooner rather than later.

WASHING HANDS

Don't forget to wash hands:

- a) before handling food – any food
- b) before handling meat after veg
- c) before handling veg after meat
- d) before eating or sampling food during cooking
- e) after eating or sampling food during cooking
- f) before cooking
- g) after cooking

Finally, EVERYONE to wash their hands before they sit down to eat.

ACKNOWLEDGEMENTS

To all those who contributed may I say a very big thank you for without you this book would not have been possible.

If you know of any information, recipes or material in this book that does not have the correct acknowledgement or should not be used please contact me.

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