

Weekend campout

Sample menus



On your patrol's next campout,
try these menu ideas!

Breakfast

Caramel Sticky Buns

Lunch

Pigs in a blanket
Fruit

Dinner

Kabobs
Cheese please salad
Chocolate cake in an orange

Breakfast

Hard boiled egg in an orange
Bacon in a bag

Lunch

Hobo sandwich

Dinner

Macaroni & beef one-potter
Baked apples with cinnamon

Cooking tips

Here are some ideas to make camp cooking easy, delicious, and a snap to clean up:

Prepare ingredients at home, before leaving for the campout. This reduces cooking time at the campsite, and greatly reduces cleanup. Here are some of the things you can do in your kitchen before you go to the campsite:

- Chop vegetables
- Cook meat
- Mix dry ingredients
- Crack eggs
- Slice or grate cheese

Reduce the amount of trash at the campsite by taking ingredients out of their packages at home, and putting them into plastic bags or Tupperware containers. Here are things you can put into plastic bags:

- Sliced vegetables
- Dry ingredients such as rice
- Dry ingredients mixed together, such as sugar and cinnamon
- Fruit slices or chunks
- Pre-cooked meats such as browned hamburger
- Sauces such as spaghetti sauce
- Cooked macaroni
- Cheese chunks, or grated cheese

Here are examples of some things you can put into Tupperware:

- Chili
- Eggs that have been cracked open and emptied
- Sauces

If you're going to cook bacon or sausage at the campsite, bring a large empty soup can or an empty cardboard milk carton, to hold the hot grease. When the grease cools and solidifies, you can throw it away. Or, cook the bacon in a paper bag over coals.

If cleanup will be necessary after a meal, start to heat up a big pot of water when you begin to prepare the meal. That way, when everyone is done eating, there will be hot water ready for washing and rinsing mess kits and other items.

Make a duty roster before you leave for camping. A duty roster contains the name and camp duties of each patrol member. It lists which patrol members are responsible for cooking each meal. All patrol members are responsible for cleanup.

RECIPES

Caramel Sticky Buns

You will need:

- Frozen dinner rolls (24-count package. Find it in the frozen dough section of the supermarket).
- 1 box butterscotch pudding – the kind you have to cook!
- 1 cup chopped walnuts or pecans (optional)
- 1 cup butter or margarine (1 stick)
- 1 cup brown sugar
- ½ cup sugar
- 1 teaspoon ground cinnamon
- Aluminum foil
- Ziploc bag

You can do these steps at home, before you go camping:

1. Mix the sugar and cinnamon together, put in the Ziploc bag.

Make this the night before, and it will be ready to bake when you get up!

1. Start the charcoal fire. You'll need 5 or 6 coals to put under the Dutch oven, and 7 or 8 to place on top.
2. Grease the bottom and sides of a Dutch oven with butter or margarine. Don't use all of the butter!
3. Place frozen dough balls in the bottom of the Dutch oven, spacing them so they just don't touch.
4. Sprinkle dry pudding mix evenly over the rolls.
5. Sprinkle the already-mixed sugar and cinnamon evenly over the top.
6. If you want nuts, sprinkle them over the top now.
7. Melt the rest of the butter with the brown sugar, and pour it over the top.
8. Place the cover on the Dutch oven, and let it rise overnight. The dough will rise, filling the bottom of the Dutch oven by morning.
9. Arrange coals under and over the Dutch oven; bake for 25-35 minutes.
10. When done, cut around the edges with a knife to “free” them from the sides.
11. Spread out some aluminum foil to use as a serving tray.
12. Use hot mitts and a knife or spatula to place the buns on the foil. Remember: *The oven is hot!*

Cleanup:

- Dutch oven
- Knife

Hard-boiled egg in an orange

You will need:

- One orange per person
- One egg per person

1. Start the charcoal fire. You will need a nice bed of coals.
2. Cut the top third off the orange. Scoop out the fruit from the bottom section, and eat it. Keep the orange peel, which will look like a bowl, intact.
3. Break the egg into the orange and place in among hot coals until you can see the egg is cooked.

Cleanup:

1. Spoon

Bacon in a bag

Everybody likes bacon for breakfast. Nobody likes the cleanup. The cool thing about *bacon in a bag* is that cleanup is easy!

You will need:

- Bacon
- 1 paper grocery sack per person
- 1 “Y” stick per person, suitable for holding the bag over the fire

1. Start the charcoal or wood fire. You need a nice bed of hot embers to cook the bacon.
2. Fold or roll the edges of the paper sack down, so that the bag becomes very short – sort of like a paper skillet. Keep the bottom of the bag flat.
3. Sharpen the two points of the “Y” stick
4. Poke one of the “Y” points through the folded-down collar on one side of the bag; poke the other “Y” points through the folded-down collar on the other side of the bag. The stick should be like a handle, and the bag should be like the skillet.
5. Place the bacon in the bag
6. Use the stick to hold the bag over the charcoal or wood embers. Make sure there are no flames! Keep the bag high enough over the coals so that the paper doesn't burn. The height of the bag over the coals will depend on the heat of the coals.
7. The bacon grease will gradually spread through the paper, and will keep the paper from burning.
8. When the bacon is done, remove the bag from over the fire, remove the bacon, and eat!

Cleanup:

1. After everyone is done eating, toss the bags into the coals. Make sure each burns completely.

Pigs in a blanket

This one is easy and really good.

You will need:

- 1 or 2 hot dogs per person
- Frozen crescent rolls. Get enough so there is one roll for each hot dog. You can find the rolls in the frozen dough section of the supermarket.
- Aluminum foil

1. Start the charcoal fire. You will need a bed of coals, not too hot, to cook the hot dogs.
2. Pop open the crescent rolls.
3. Wrap one crescent roll around each hot dog
4. Loosely wrap each hot dog in foil, sealing the ends by twisting. Leave room inside the foil for the dough to expand.
5. Place the foil-wrapped hot dogs near the coals. Cook for about 15 minutes.

As an alternative, you can wrap the hot dogs with bacon instead of crescent rolls.

Cleanup

1. Throw away the foil.

Hobo Sandwich

These are hot, filling and delicious. Plus, if you do the preparation at home before camping, there is very little preparation time needed at the campsite, and just about zero cleanup. This makes Hobo Sandwiches an especially good idea for cold-weather camping.

You will need:

- About 1 pound of ground beef for every 4-6 Scouts.
- One medium potato, sliced thin, for every 2 or 3 Scouts.
- One good-sized carrot, sliced, for every 1 or 2 Scouts
- One medium onion, sliced into rings, for every 3 or 4 Scouts
- A few green beans for each Scout
- Maybe some cabbage leaves if you like
- Maybe some canned corn, or mushrooms, or green peppers
- Maybe some bacon
- Some salt and pepper, or seasoned salt, or Worcestershire sauce, according to each Scout's preference
- Heavy-duty aluminum foil

You can do these steps at home, before the campout:

1. Have the entire patrol meet at one Scout's home. Have all the ingredients on hand.
2. Wash, chop and slice the vegetables
3. For each Scout, lay out a sheet of aluminum foil, big enough to wrap up the ingredients, sort of like a tortilla. If you don't have heavy-duty foil, use two sheets of foil.
4. Place the ingredients, spread out evenly, in the center of the foil.
5. Wrap and seal the food in the foil. Take care to avoid creating holes, and be sure to make a good tight seal. A tight seal will preserve moisture, and will help cook the food under pressure, reducing cooking time.
6. Use a marker to put your initials on your foil packet.
7. Put the foil-wrapped meals in the freezer. When you leave for the campsite, move them into a cooler packed with ice.

At the campsite:

1. A couple of hours before mealtime, take the foil-wrapped sandwiches out of the ice and let them thaw out a bit. Keep them sealed in a bag or a cooler (without ice) so that critters don't get into them.
2. Start the charcoal fire. You need a large bed of hot coals to cook a whole patrol's Hobo Sandwiches.
3. When the coals have reached cooking temperature, spread them out into an even bed.
4. Place the foil sandwiches directly on the coals. Cook for 10-15 minutes. Using oven mitts, turn the sandwich over, and cook for another 10 minutes or so.
5. Let cool slightly, then carefully open the foil (keep hands to the side, to avoid steam). Check to make sure the meat is cooked completely. If not, re-seal the foil and return the sandwich to the coals.
6. When the meal is ready to eat, use the foil packet as the plate.

Cleanup:

- If you prepared the sandwiches at home, the only cleanup is your mess kit.
- If you prepared the sandwiches at the campsite, you'll also need to clean up the cutting board and the chopping knives.

Kababs

Great for dinner. Do all pre-cooking preparation at home, before leaving for the campsite, and there will be almost nothing to clean up!

You will need:

- Three or four 1-inch cubes of beef or lamb for each Scout
- Several chunks of vegetables and fruit, such as:
- tomato
- onion
- green pepper
- pineapple
- cucumber
- celery
- apple
- Heavy-duty aluminum foil

You can do these steps at home, before the campout:

1. Cut the meat into 1-inch cubes
2. Cut the fruit and vegetables into bite-size chunks
3. Put the meat into a Ziploc bag
4. Put each fruit and vegetable into its own Ziploc bag
5. Put all the bags into the refrigerator until it's time to leave for the campout. When you leave, put the bags in a cooler with ice.

At the campsite:

1. Start a wood or coal fire. Either way, you want a nice bed of hot embers.
2. Build a support on each side of the fire, to support the kebabs during cooking.
3. Find a long, thin stick of green wood. Whittle it clean.
4. Onto each stick, skewer pieces of meat and chunks of vegetables and fruit.
5. You can wrap the kebab in foil and place it directly on the coals. Cook for about 14 minutes, turning once.
6. Or you can lay the kebab on the supports above the glowing embers. Turn the skewer occasionally.

Cleanup:

- When everyone is done cooking, toss the skewers into the coals.

One-Potters

Dinnertime! This is a great way to keep meal planning simple, yet also provide some hearty variety. First, you cook a "base" mixture of ingredients. To the base you add different ingredients, so that you can make a number of different dishes. You can cook one-potters on a patrol stove, or in a Dutch oven over coals or a fire.

To make a base that serves 8 Scouts, you will need:

- 3 pounds of hamburger
- 2 to 4 chopped onions
- 1 or 2 chopped green peppers
- 2 cans of tomato soup
- Some salt and pepper

For the variations, you will need:

For Yum-yums:

- 1 teaspoon of chili powder
- Hamburger buns

For Spanish rice:

- 2 small packages of instant rice

For macaroni beef:

- 4 cups of elbow macaroni

For hunter's stew:

- 4 cans of vegetable soup

For Chili:

- 4 No. 2 cans of red beans
- 1 teaspoon of chili powder

For Squaw corn:

- 2 cans of corn
- ½ pound of diced cheese

For Hungarian hot pot:

- 4 cans of baked beans

You can do these steps at home, before the campout:

Make the base:

1. Chop the onions and the green peppers
2. Put the hamburger in a large skillet on medium or medium-low heat.
3. As the meat begins to brown, add the chopped onions and green peppers. Continue browning the meat. Scoop off the grease.
4. When the meat is browned, add the tomato soup. Stir and mix it up.
5. Add salt and pepper to taste.
6. When the base is cooked, remove it from the heat, and let it cool in the skillet.
7. Put the base into large Ziploc bags or Tupperware containers. Seal well. Refrigerate until it's time to leave for the campout. When you leave, put the base in a cooler with ice.

Also at home, you can make some of the variations:

Macaroni beef:

1. Cook about 1 pound of elbow macaroni on the stove.
2. When it is cooked, drain it well and store it in a big Ziploc bag. Refrigerate.

Hunter's stew:

1. Open the 4 cans of vegetable soup, and pour them into a Ziploc or into a Tupperware container. Seal well. Refrigerate.

Chili:

1. Open the 4 cans of red beans and pour them into a Ziploc or into a Tupperware container.
2. Add the 1 teaspoon of chili powder to the beans. Mix.
3. Refrigerate.

Squaw Corn:

1. Open the 2 cans of corn. Drain the corn.
2. Pour the corn into a Ziploc bag or into a Tupperware container.
3. Cut the ½ pound of cheese into small cubes. Put the cheese into a Ziploc or Tupperware container.
4. Refrigerate everything.

Hungarian hot pot:

1. Open the 4 cans of baked beans, and pour them into a Ziploc bag or into a Tupperware container. Refrigerate.

At the campsite:

1. When you're ready to cook for your patrol, you will put the base into a large skillet (a big cast-iron skillet would be great) and heat it up.
2. As the base is heating up, add the ingredients for your variation.
3. Stir occasionally, keeping the entire mixture warm.
4. When the mixture is hot, reduce the heat and serve!

Cleanup:

- Cast-iron skillet
- Serving spoon
- If you prepared your variation at the campsite and not at home, you may need to clean up the bowls, pots and knives you used.

Cheese Please salad

Salad? At a campout? You bet! A salad is a terrific partner for a main dish such as a one-potter or hamburgers. And it's easy. Try it!

You will need:

- 1 large head of iceberg lettuce
- 7 hard-boiled eggs
- $\frac{3}{4}$ pound Swiss cheese, shredded or sliced into thin strips
- 1 cup sour cream or plain yogurt
- 2 $\frac{1}{2}$ teaspoons dry mustard
- 1 $\frac{1}{4}$ teaspoons lemon juice
- 1 $\frac{1}{4}$ teaspoons of either poppy seeds, caraway seeds, or dill seeds
- 1 $\frac{1}{4}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- Maybe some crackers to serve with the salad

You do these steps at home, before the campout:

1. Pour cold water into a pot. Place the eggs in the water; make sure the water covers the eggs. Place the pot on the stove, on high heat. Bring the water to a boil. Make sure the eggs remain covered in water.
2. When the water begins to boil, leave it boiling for 12 minutes.
3. After 12 minutes, turn off the heat, pour most of the hot water into the sink, and let the rest cool somewhat.
4. Fish out the eggs using a soup ladle. Let the eggs cool.
5. When the eggs are cool, peel off the shells.
6. Slice the eggs into quarters, then cut each quarter in half. Place the eggs in a Ziploc bag or Tupperware container. Refrigerate.
7. Slice or shred the Swiss cheese. Place in a Ziploc or Tupperware container. Refrigerate.
8. In a small plastic bag, mix together the seeds, salt and pepper. Seal the bag.
9. Rinse off the head of lettuce; shake out as much water as possible. Tear off the leaves; if necessary, tear the leaves into smaller sizes that will be easier to eat. Put the leaves in a Ziploc bag. Refrigerate.
10. When you leave on the campout, put all the ingredients into a cooler with ice.

At the campsite:

1. In a bowl, mix together the sour cream, mustard, lemon juice and the seeds, salt and pepper.
2. To the mixture, add the eggs. Stir it up.
3. Line the sides of a big bowl with layers of washed and dried lettuce leaves.
4. Put the salad mixture into the middle of the bowl, in the lettuce leaves.
5. Sprinkle the Swiss cheese on top.
6. Serve with crackers.

Cleanup:

- Mixing bowl
- Serving spoon

Baked apple

Easy to make, great for dessert or a special occasion such as a birthday. Plus, there's almost no cleanup!

You will need:

- 1 apple for each Scout. Rome or Macintosh apples are good for this recipe, because they are good apples for baking
- 1 teaspoon of sugar for each Scout
- ½ teaspoon cinnamon for each Scout
- Heavy-duty aluminum foil

You can do these steps at home, before the campout:

1. Put the sugar and cinnamon into a Ziploc bag. Seal the bag and shake up the mixture.

At the campsite:

1. You will need a bed of glowing wood or charcoal coals
2. Slice off the top of the apple
3. Use a thin knife to cut out the core of the apple, creating a hollow cylinder in the middle. Don't cut all the way through the bottom of the core! In other words, you want to create a "well" in the apple, not a "tunnel!"
4. Fill the "well" with the cinnamon-sugar mixture.
5. Place the top back on the apple, wrap the whole apple in foil.
6. Place foil-wrapped apple on coals for 30 minutes.
7. When apple is baked, use oven mitts or tongs to remove from coals.
8. When the apple is sufficiently cooled, unwrap it and use a spoon to eat the sweetened insides of the apple.

Cleanup:

- Throw away foil

CLEANUP

Cleaning up after a meal is very important. It kills bacteria, which is necessary to prevent food poisoning. It makes mess kits and cooking utensils ready for the next meal. It eliminates food odor, which is necessary to prevent attracting animals and insects.

Cleanup is everyone's job. It is not the job of the cook alone. If you eat, then you must help clean up. Everything used to prepare the meal must be cleaned: mess kits, pots and pans, stirring/mixing spoons, knives, cutting boards, the stove if used, and tables.

Cleanup doesn't have to be a big chore. You can dramatically reduce the amount of cleanup at the campsite if you:

- Choose a menu low in fried foods. Avoid cooking bacon and sausage in skillets, for example. Cook as many meals as possible over a fire or coals, instead of in skillets or pots.
- Prepare as much of each meal as you can in your kitchen at home, before leaving for the campout (but you will need to clean the kitchen!)
- At home before the campout, remove packaged food from cans and from paper and plastic packages and place them in Ziploc bags or Tupperware containers. At the campsite, just return emptied Ziplocs and containers to the cooler. This reduces the amount of trash at the campsite.
- Bring and make only as much food as you will eat, and then eat it all. Fewer leftovers means less to clean up. If you clean your plate, it will be easier to clean and won't leave as much food in the dishwashing basin.

Time to clean up!

You will need:

- A pot of hot water
- One plastic basin of hot water with a few drops of dishwashing soap whipped into suds
- Another plastic basin of clear hot water, with one drop of bleach added, for rinsing dishes
- A clean table

To get your table clean, pour a small amount of soapy water onto the table, and scrub it down with the scrubbing pad. Pour a small amount of the rinse water onto the table, and wipe down the table with the scrubber. Let the air dry the table. Rinse the scrubber in fresh water.

Wash dishes in the basin of soap water, using the scrub pad. Start with mess kits, and finish with pots and pans. If the water gets too dirty, pour the water into a hole, using a towel to filter out chunks. Throw away the chunks.

After washing, dip each dish in the hot rinse water. Remove, sling off the excess water, and set on the clean table to dry in the air. Another good technique is to hang up your rinsed mess kit in a small mesh laundry bag. The air will circulate through the bag, and your mess kit will be dry in time for the next meal.

Use soap water and the scrub pad to scour the patrol stove. Rinse and leave the stove open to the air so it can dry. Rinse the scrubber, and leave it on the table so the air can dry it.

Hang up any wet towels on a line, to let the air dry them.

