

Recipes for the Outdoors

BY CHRISTINE AND TIM CONNERS

One of the pleasures of camping is the meals. Food always tastes better outdoors; wouldn't you agree? But when preparing food for youth outdoors, cooking takes on additional challenges. You want recipes that are easy to cook, that use delicious ingredients, and are quick to clean up. Whether

you are doing a ten day paddling trip, or camping for the weekend with Beavers, we believe you will find the following recipes delicious and tasty. So roll up your shirtsleeves and get ready to make memories as you share the whole experience of cooking and eating food together in the great outdoors.

Getting Started

- If you are new to camp cooking, the best advice is to keep it simple. As your youth grow in skill and confidence, increase the number of recipes and raise the difficulty level.
- Wind, rain, snow, bugs and wild animals. Keep these in mind as you plan your outdoor meals. Be realistic as to what you can handle under the expected circumstances.
- When preparing meals outdoors, allow for extra time cooking and cleaning up, especially if youth members are participating.

Safe Cooking Habits

- An adult leader, or experienced senior youth, should always direct and supervise the cooking activities of younger members.
- When cooking in the backcountry, ensure that all water used for cooking has been properly treated or purified before using.
- To help prevent food related illness, take proper care when transporting, storing or handling raw meat. Ensure that cross-contamination doesn't occur between meat and vegetables, by washing all surfaces with hot, soapy water or using dedicated cooking surfaces.
- Carefully monitor cooking activities involving skewers or cooking over a fire. Discuss safe cooking habits before lighting the fire.
- Use caution when pouring hot water into ziplock bags to reconstitute foods. To help prevent against rupture, use thick walled freezer-type bags. Brace the bag inside a cook pot to keep the bag upright while pouring and to contain any spills.
- Be sure to avoid using foods that could trigger an allergic reaction.

Today's Menu is...

Breakfast - Corn Bread in an Orange

Servings: 4 • Challenge Level: Easy

Ingredients:

- 4 medium oranges
- 250 gram (8 ½ ounce) box corn muffin mix
- 1 egg
- 5 mL (1 tsp) sugar
- 125 mL (½ cup) milk

Required Equipment: medium-sized mixing bowl, heavy-duty aluminum foil



Photo: J.T. Pickering

Preparation at Camp:

1. Cut oranges in half and remove pulp, being careful not to tear the skin. The pulp isn't required for this recipe, so pass the orange pieces around to enjoy before breakfast.
2. In a medium-size bowl, combine corn muffin mix with the egg, sugar, and milk. Fill each of the orange halves with the corn muffin mixture, dividing it equally among the eight pieces.
3. Realign orange halves into four spheres; wrap each sphere in heavy-duty aluminum foil.
4. Place foil spheres directly on hot coals. Heat for 8-10 minutes or until corn muffin mix has fully cooked.

Serve. The skins provide natural bowls for the baked muffins and impart an orange flavor to the corn muffins!

Options: Hollowed orange halves can be used in this manner to cook any of your favorite cake, muffin or bread mixes.

Lunch - Lazy Dogs in Canoes

Servings: 8 • Challenge Level: Easy

Ingredients:

- 2 (8-ounce, 8 count) containers of refrigerated crescent rolls
- 8 hot dogs
- Southwest-style chili and shredded cheese (optional)

Required Equipment: heavy-duty aluminum foil, toothpicks

Preparation at Camp:

1. Press pairs of triangular crescent rolls to make eight rectangular dough shapes.
2. Place 1 hot dog in the center of each rectangle. Pinch up the edges of dough around the hot dog to form a canoe shape. Repeat for each.
3. Top with chili and cheese, if desired
4. Wrap each dog in heavy-duty aluminum foil. Lay on a grate over campfire or grill for a few minutes until hot dog is heated throughout.
5. Unwrap and add toothpicks, one on each side, for oars.

Option: hot dog buns can be used instead of crescent rolls.

Supper – Paddler’s Pot Roast

Servings 6-8 • Challenge Level: Easy

Ingredients:

- 1 pot roast, about 3 pounds
- 4 potatoes
- 2 onions
- 2 pounds baby carrots
- Salt and ground black pepper to taste

Required Equipment: 12-inch Dutch oven

Preparation at Camp:

1. Place roast in Dutch oven.
2. Peel and slice potatoes and onions into large pieces. Arrange these, along with baby carrots, around the sides of the roast in the oven.
3. Sprinkle on salt and black pepper to taste.
4. Cook roast for 1 - 1 ½ hours using 8 briquettes under the oven and 17 on the lid. Refresh briquettes as required. Roast is ready to serve once internal meat temperature reaches at least 145 degrees F.

Tip: Ensure that neither the roast nor vegetables touch the sides or top of the Dutch oven while the roast is cooking or they will burn. No water needs to be added because the roast and vegetables cook in their own juices.

Dessert

- Camp Lachenwald Banana-Nut Kabobs

Servings: 4 • Challenge Level: Easy

Ingredients:

- 4 bananas, each peeled and cut into 4 pieces
- 50 mL (½ cup) butter, melted
- 12 maraschino cherries
- 50 mL (½ cup) chopped nuts (almonds, walnuts, or pecans)

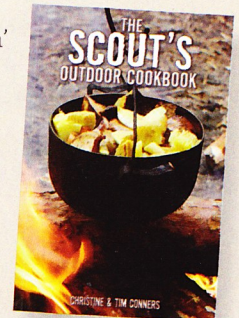
Required Equipment: four camping forks

Preparation at Camp:

1. Dip four banana quarters in melted butter.
2. Thread one banana piece onto a camping fork, followed by a cherry. Repeat the sequence two more times, and follow up with the final banana piece. Repeat for each of the remaining three forks.
3. Roast over coals until warmed through.
4. Roll in chopped nuts and serve.

Options: “Fruit Kabobs” can be made using a similar method. Thread chunks of banana, pineapple, and cherries between marshmallows. Toast over coals until marshmallows are golden brown, then eat right off the skewer. The ingredients in this recipe can also be combined and cooked in aluminum foil over coals. X

– Experienced backpackers, Christine and Tim Conners are the authors of Lipsmackin’ Backpackin’ and Lipsmackin’ Vegetarian Backpackin’. The above recipes were used with permission from their latest book, The Scouts Outdoor Cookbook, featuring recipes from Scout camps across the USA. Dutch oven, campfire, camp stove and box oven recipes are just some of the many that can be found in this cookbook. Pick up a copy of any of the Conners’ books in your local Scout Shop. Bon appétit!





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