

**FROM OUR CAMPSITE**



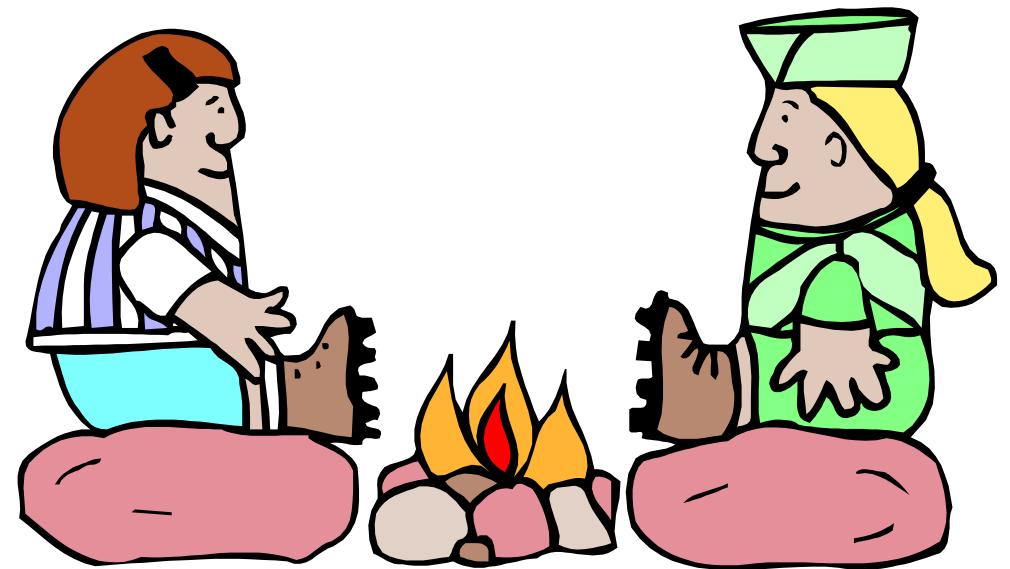
# Outdoor Cooking

**Outdoor Cooking Guidelines For Campers**

**Outdoor Cooking Recipes**

**Add Your Own Recipes**

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# Outdoor Cooking Guidelines For Campers and Other Recreational Groups

## SAFE WATER

If possible, carry water from an approved source on your outing. Sanitize clean containers prior to use by filling with 1/4 teaspoon bleach per quart of water. Slosh thoroughly, seal and let stand 5 minutes. Drain. Do not rinse.

If you must use lake water, stream water, or rain barrels, follow these guidelines or:

1. Obtain water from the clearest source possible. Avoid the tributaries and the area near the shore. Rain barrels should be clean and screened. Keep barrels covered when not collecting water.

2. Treat the water in one of the following ways:

- Boil the water for 1 minute. Allow to cool. This is the preferred treatment. If the water tastes flat, pour back and forth between two clean containers two or three times.
- Filter the water through a filter that is rated for giardia removal (1 micron or less). If filters are fragile, then carry a spare filter element.
- Chlorinate the water using household bleach (1 drop per quart or ½ teaspoon for 5 gallons) or halazone tablets (follow manufacturer's directions). Mix thoroughly and allow to stand for 30 minutes. Cloudy (turbid) or very cold water should be allowed to stand several hours or overnight.
- Tincture of iodine (2% or 12 drops per quart) or iodine tablets (follow manufacturer's directions) may also be used. As with chlorine, you need extra contact time, over and above 30 minutes, if water is cold or turbid.

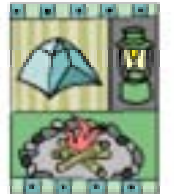
*\* note: Chlorine and iodine may not be effective against giardia unless you allow the water to sit the recommended length of time.*

3. Keep lids on drinking water containers.

4. Plan ahead so you don't run out on a hot day. Keep filtered/treated water in reserve.



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### HANDWASHING

Safe food handling is the key to preventing food borne illness. Because we all carry bacteria on our hands, it is critical to wash hands thoroughly and frequently to protect food from contamination.

Wash with soap and warm water before starting to work, after using the toilet, smoking, eating, sneezing, coughing, rubbing the face, and between handling raw or cooked food, tending animals or handling garbage.

Cover bandages or open cuts/sores with disposable plastic gloves.

### HANDWASHING INSTRUCTIONS

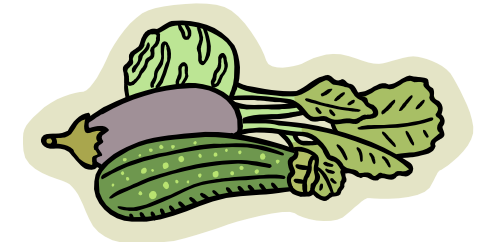
1. Use safe drinking water, lather with soap.
2. Turn off water flow.
3. Continue to lather and count to 20.
4. Rinse thoroughly.
5. Dry with clean paper or cloth towel.

### PACK FOODS CAREFULLY

Use larger cuts of meat toward the end of the trip, since they take longer to thaw. Pack on the bottom of the cooler.

Wash and wrap produce prior to packing. Keep produce separate from meat to prevent cross-contamination. Store vegetables above meat with a plastic sheet in between to prevent cross-contamination.

Pack food in reverse order. Last meat served is first item in



## KEEP POTENTIALLY HAZARDOUS FOODS COLD

Potentially hazardous foods can cause food poisoning, because bacteria that cause illness can grow in them. However, if you keep these foods very cold (below 41 degrees F.), you will keep these bacteria from growing.



- Some of the foods you might have with you that are potentially hazardous include the following: meat, fish/seafood, poultry, cooked vegetables, including cooked potatoes, cut melons, dairy products.
- Most dried foods are non-hazardous when they are dry but become potentially hazardous when they are reconstituted or cooked (e.g. Powdered milk, dried beans, rice, pasta).
- Use ice from an approved source. Blue ice or dry ice can also be used to keep foods cold. Never re-use ice in drinks that has previously been used to keep potentially hazardous foods chilled.
- Open coolers, panniers etc. as briefly as possible. Keep them in the shade.
- If using rivers, streams etc. to cool foods or beverages, keep in mind the water may be contaminated with Giardia.

## PREVENT CROSS CONTAMINATION

Cross contamination happens when bacteria on raw meat, fish, or poultry are transferred to another food by unclean utensils, cutting surfaces, and hands.

### To prevent cross contamination:

- Thoroughly clean and sanitize all cutting surfaces and utensils after cutting meats. Clean wiping cloths can be immersed in a sanitizing solution of ½ tsp bleach to 1 qt of water (100 ppm) and used to sanitize surfaces of equipment that cannot be immersed in the sink.
- Wash hands thoroughly after and between handling different foods.
- Cook food without interruption. Never partially cook food with the intent of completing the cooking later. Cook foods to these minimum internal temperatures:
  - ⇒ Game and poultry - 165° F. until the juices are clear, not pink when poked with a fork.
  - ⇒ Game and poultry - 165° F. until all the way through.
  - ⇒ Ground meat - 155° F. until brown all the way through, not pink.
  - ⇒ Beef, lamb, seafood, and other potentially hazardous foods - 145° F.
  - ⇒ Rare beef (not hamburger) - 130° F.
- All food should be cooked and served, no held for extended periods. Unless you have a good way to quickly chill leftovers, throw them out.

A dial, metal stemmed thermometer is strongly recommended to check food temperatures.

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**RUSSIAN TEA**

- 2 cups sugar
- 1 cup Tang orange powder
- ½ C Instant Tea
- ½ tsp cinnamon
- ½ tsp Cloves
- 1 pkg lemonade mix, 1 qt size

Directions:  
 Mix ingredients together and store in air tight container  
 Mix 2-3 tbs with a cup of water – mix to taste

**TRAIL SHAKE**

- 2 Cups Dry Milk
- ½ cup Malted Milk Powder
- ½ cup[ flavoring – cocoa, instant coffee, berry syrup mix, jam

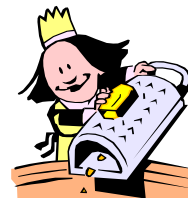
Directions:  
 Package each individual serving in a ziplock plastic bag, ½ Cup of mixture  
 To use add 1 cup water to the plastic bag, seal, shake, drink!

**DONNY’S MIX**

- 1 C Pretzels
- 1C Chex Mix
- 1C Nuts
- 1C M&M’s
- Mix all

**PEOPLE CHOW**

- 1 pkg semi sweet morsels
- 1C Peanut Butter
- 1 stick margarine
- 1 box Chex Cereal
- 1 lb. Pwd sugar
- Melt chocolate, margarine, & peanut butter. Stir in cereal until well coated. Place powdered sugar in a grocery sack and then add mixture into the bag. Shake until well coated. Eat !!



**PICK A TRAIL MIX – pick from each column- mix in a bag –eat!**

Cereal	Nuts	Fruit	Candy
Cheerio’s	Peanuts	Raisins	M&M’
Chex’s	Mixed Nuts	Fruit Bits	Chocolate Chips
Grape Nuts	Macadamia Nuts	Apple Chips	Reese’s Pieces
Granola	Sunflower Kernels	Banana Chips	Peanut butter Chips
Wheat Thins	Almond Slices	Pineapple	Butterscotch Chips
Snack Crackers	Corn Nuts	Coconut	Carob Chips
Fish Crackers			
Pretzels			

**DISHWASHING**

1. Thoroughly scrape dishes to remove food particles.
2. Wash in hot soapy water (120 degrees F. minimum).
3. Rinse in clear hot water (120 degrees F. minimum).
4. Sanitize: 2 Tablespoons bleach to 5 gallons water (50 ppm chlorine). Immerse dishes for at least 1 minute.
5. Air dry.
6. Discard used water at least 100 feet away from rivers, lakes, streams, etc.

**SOLID WASTE DISPOSAL**

- Burn paper/combustibles, but not while cooking over the fire. Don’t let the fire smolder or create black smoke.
- Carry trash out, including any debris from the fire pit and dispose of it at an approved facility.
- Store trash in a safe way, in a container that is leak proof and covered, so that it will not attract flies and wildlife.

**HUMAN WASTE DISPOSAL**

- Dig a hole at least 100 feet from rivers, lakes, streams, etc.
- Bury waste and burn or bury toilet paper.
- Wash hands thoroughly. (see section on hand washing).

These are intended as good public health guidelines only; they may or may not be regulatory requirements. If you have any questions or need additional information, contact your nearest DEC Environmental Health Officer.



## CAMP STROGANOFF

- 1-1/2 to 2 pounds ground beef
- Onion soup mix
- 2-3 tablespoons of ketchup
- 1 cup sour cream
- 1 can cream of mushroom soup
- Noodles

Bring pot of water to a rolling boil and cook noodles until done. Brown meat and drain off grease. Add remaining ingredients and simmer until meat is tender. If necessary, thin sauce with a little milk. Serve over cooked noodles.

## BBQ PORK CHOPS DUTCH OVEN

- 6 Pork chops (You can also use chicken)
- 1 tablespoon cooking oil
- Salt and pepper to taste
- 3/4 cup catsup
- 1 8 oz cola drink

Brown meat with cooking oil in Dutch Oven. Mix catsup and cola with salt and pepper and pour into oven over meat.

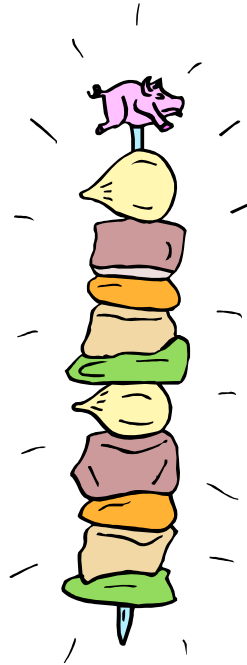
Bake until done. (Should be gooey)



## EASY MEAT LOAF

- 2 pounds ground beef
- 1 small can evaporated milk or 1/2 cup milk

2 packages dried onion soup mix  
Mix all ingredients together and form loaf in Dutch oven. Bake approximately 50 to 60 minutes.



## TASTY BEEF ROAST

- 1 3 lb to 5 lb beef roast
- 1 can cream of mushroom soup
- 1 package dry onion soup mix

Brown roast. Pour 1/2 can mushroom soup around meat. Pour onion soup mix over meat, then the remaining mushroom soup over all. Let bake to desired doneness. Approximately 30 to 45 minutes to pound.

## WALKING SALAD

- One apple
- Peanut Butter-chunky
- Raisins
- Peanuts or sunflower seeds
- Coconut

Remove the core from the apple. Stuff with peanut butter and any of the ingredients listed above. Wrap in plastic wrap or ziploc bag. Makes a great hiking snack.



## BANANA BOATS

- 4 Bananas
- 1/2 cup milk chocolate chips
- 1/2 cup miniature marshmallows
- Optional - 1 teaspoon Peanut Butter

Cut a slit in the top of the banana from one end to the other being careful not to cut through the bottom skin. Spread the banana sections apart slightly and fill with chocolate chips, marshmallows and peanut butter. Wrap tightly in heavy duty foil. Heat 5 minutes over hot coals until the chocolate and marshmallows are melted.

## BAKED APPLES

Apples

- Filling 1 - 1 package of cinnamon red hots
- Filling 2 - Brown sugar, marshmallows
- Filling 3 - Brown sugar, cinnamon, butter, nuts or raisins
- Filling 4 - 3 Carmel Cubes, sprinkle with Cinnamon/sugar

Core the center of the apples. Peel each apple about 1/3 down. Place one of the fillings of your choice in the center. Place each apple on a square of foil. Bring the foil up around the sides of the apple and twist the top. Cook slowly for 45 - 60 minutes (until tender).



## DOUGH BOYS

- Crescent Rolls 1-2 rolls per scout
- Cooking Spray
- Jam, Jelly, honey or pie filling

Using a stick approx. 1/2 to 1" in diameter - wrap one end with foil - spray with cooking spray - wrap Crescent Roll around the end of the stick - squeeze firmly to hold to stick during cooking - Hold stick over coals for approx. 15 min until brown. Remove from stick fill with your choice of fillings.

## BREAKFAST BURRITOS

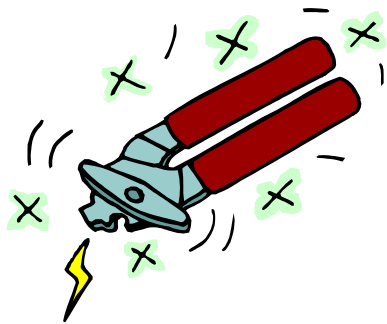
- 1 pound sausage browned over open fire
- 8 - 10 eggs beaten
- 1 pkg. Grated cheddar cheese
- salt and pepper to taste
- Flour tortillas
- Margarine

Brown tortillas in margarine in skillet. Remove. Add seasonings to eggs. Pour into skillet, cook one side, turn over, sprinkle with grated cheese. When cheese melts, place on tortillas and roll up into burrito.

## PEACH MALLOWS

- Canned peach halves
- Large marshmallows
- Cinnamon

Drain the peach halves. Place peach half cut side up on a piece of foil large enough to wrap around the peach. Put one large marshmallow in the peach and sprinkle with cinnamon. Wrap the foil around the peach. Warm over coals until marshmallow is melted approximately 5 – 10



## S'MORES

- 2 Graham Crackers
- 1 Chocolate Bar
- 4 Large Marshmallows
- Optional - Peanut Butter

Toast the marshmallow over the campfire until lightly toasted. Place half of the chocolate bar on one half of the graham cracker. Top with melted marshmallow and other graham cracker half. For variation, spread peanut butter on the cracker before adding other ingredients. If less chocolate is desired, stuff marshmallow before cooking with milk chocolate bits in place of the chocolate bar. *Makes 2.*

## PUDDING IN A BAG

Into a plastic bag pour

- 2 cups water
- add:
- 2/3 cup pwd. Milk

Mix until dissolved  
Untie bag and carefully add 1 pkg. Instant pudding mix

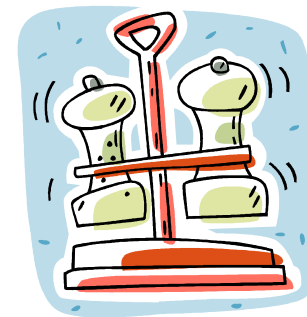
Mix bag –using fingertips to gently massage the contents against the table top – mix thoroughly.

You can cut open a corner of the bag and squeeze into cups filled with fresh fruit or eat directly out of the bag.

## DUTCH OVEN ENCHILADA CASSEROLE

- 2 lbs ground beef
- 1 teaspoon salt
- 1 large onion, chopped
- 1 can tomato soup (10 3/4 ozs)
- 2 cans enchilada mild sauce (10 ozs)
- 1 can water (10 ozs)
- 1 package of corn tortillas
- 1/2 lb grated or sliced cheese

Brown together beef, salt and onion. Add tomato soup, enchilada sauce and water to beef mixture and simmer together. Place 3 or 4 corn tortillas on bottom of Dutch Oven. Remove 3/4's of the meat mixture from pan, and place over top of tortillas. Add another layer of tortillas. Add a 1/4 lb of cheese on top. Add another layer of meat mixture. Place another layer of tortillas. Sprinkle with remaining cheese. Place like over Dutch Oven and let simmer until it appears to be done. Approximately 30-40 minutes.



## BAKED SPAGHETTI

- 1 large onion, chopped
- 1 clove garlic, minced
- 4 tablespoons shortening
- 1/2 lb ground beef
- 2 cups water
- 2 cans tomato soup
- 2 teaspoons chili powder
- 1/2 lb uncooked spaghetti
- 1 cup sharp cheese (grated)

Cook onion and garlic in shortening in Dutch Oven. Add beef and cook, stirring occasionally, to keep meat particles separated. Drain excess grease off. Mix in the soup, water and chili powder and cook a few minutes longer. Break spaghetti into inch pieces and stir into sauce until all covered. Bake for about 1 hour, but stir approximately every 15 minutes. Then add cheese to top. Bake another 15 minutes.



## STUFFED POTATOES

Core small to medium potato, insert a small pre-cooked sausage or wiener. Wrap in foil, set in hot ashes to bake. Takes 40 minutes to cook. Remove and slice top and add cheese, chili or fixings of your choice.

## TIN CAN BREAD

*This recipe is from the Great Camp Woolsey Cookbook, courtesy of the Ottawa Area Girl Guides.*

Combine 1 1/2 cups biscuit mix, 1/2 cup cornmeal, 1/4 tsp. salt, and 2 tbsp. sugar. Stir in 3/4 cup milk and 2 tbsp. vegetable oil. Spoon into greased cans to 2/3 full. Cover tightly with foil and stand in a pot of boiling water. Cover pot and steam about 30-40 minutes. Cool slightly and shake out of can. Serve with soups, stews, etc.

## EGG IN THE NEST

- Bread
- Egg
- Salt and pepper

Grease the cooking surface of the stove. Cut two inch hole in a slice of bread. Place bread on burner and break egg into the hole. Season and turn over once while cooking.



## CINNAMON-RAISIN ROLL-UPS

- 2 cups Bisquick baking mix
- 1/2 cup raisins (can omit)
- 1/2 cup dairy sour cream
- 3 tablespoons milk
- 2 tablespoons margarine, softened
- 1/4 cup packed brown sugar
- 1/4 cup finely chopped nuts
- 1/2 teaspoon ground cinnamon
- 2 tablespoons margarine, melted
- Granulated sugar

Spray Pam on the inside of Dutch Oven. Mix baking mix, raisins, sour cream and milk; beat 20 strokes. Smooth into ball on floured aluminum foil or wax paper. Knead 10 times. Roll into rectangle, approximately 12 x 10 inches. Spread with softened margarine (can use squeeze margarine also). Mix brown sugar, nuts and cinnamon; sprinkle over dough. Roll up tightly, beginning at 12" side. Pinch edge into roll. Cut into 12 slices. Place slices, cut sides down, in the bottom of Dutch Oven. Brush melted margarine over the tops, sprinkle with granulated sugar. Bake until golden, about 13 minutes. Top with margarine if desired.



## BISCUITS

- 4 cups flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1/2 cup shortening
- 1 1/2 cups milk or water

Combine dry ingredients. Work in shortening with a knife or fingers until evenly distributed. Add milk gradually, mixing lightly and quickly until there is no dry flour in dish. Pinch off desired amount for each biscuit and bake.



## AZTEC TOOTHPICKS

Heat a white flour tortilla in skillet or top of vagabond stove. Spread cream cheese on tortilla; sprinkle on brown sugar and cinnamon. Roll up tortilla and pig out. Great breakfast, sweet roll or night time snack

## VIENNA TOAST

Make a jelly sandwich. Beat two eggs per person (4 pieces of toast). Add a little sugar, cinnamon and milk or water. Dip sandwich in egg mixture, fry the sandwich like french toast. Dip fried sandwich in (or sprinkle on) powdered sugar instead of syrup. Tastes like a giant jelly donut.

## SCRAMBLE EGG'S

- Mix in a Ziplock plastic baggie
- 4 eggs
  - 2 tbsl.. Dry Milk
  - 4 tbsl. water
  - 1/2 tsp. salt and a dash pepper

Add one of the following:

- Shredded Cheddar Cheese or Jack Cheese
- Rehydrated mushrooms
- Crushed parsley or clery leaves
- Baco's
- Dried tomato slices - crushed



## ALUMINUM EGGS (FOIL BREAKFAST)

- Sausage
  - Egg
  - Hash brown potatoes
- Salt, pepper and spices to taste

Place potatoes, scrambled egg (doesn't need to be cooked) sausage patty and spices in foil. Wrap securely. Place on coals for 15 minutes.