

# Camp Cooking

## Roger Ehrich

### Planning:

#### Menus

- Foods

- Herbs and spices

- Other ingredients

#### Shopping list

- Cooking utensils, measuring devices

- Heat sources

- Water availability

- Home preparation

- Cleanup

- Time schedule

- Food transport and refrigeration

- Materials for fire and stoves

- Don't forget the recipes

### Balanced Menu for a Weekend Outing:

#### Meat Group:

- 2+ servings meat, fish, eggs

#### Vegetable-Fruit Group:

- 4+ servings citrus, dark green, dark yellow vegetable

#### Milk Group:

- Children 3-4 cups, Teenagers 4+ cups

#### Plus:

- Desert, energy foods, pre-dinner hors d'oeuvres

### Cooking Unit (1 cook, 1 assistant):

- 8 persons

- Cooking for more than 8 is difficult for a single unit

- Need table space

## The Shopping List:

<u>Items to buy</u>	<u>Quantity</u>	<u>Lunch</u>	<u>Supper</u>	<u>Snack</u>	<u>Breakfast</u>
Bologna	16 Slices	16 Slices			
Bread	3-1/2 Loaves	32 Slices	16 Slices		16 Slices
Eggs	1 Dozen		1		8
Milk	1 Qt.				1 Qt.
Paper Towels	x				
Salt	x				
Sugar	x				

## Cooking Utensils (maximum in use at the same time):

<u>Item</u>	<u>Number</u>	<u>Cook</u>
12" Skillet	2	Colin, Matthew
4 quart kettle	1	Matthew
Spatula	2	Colin, Matthew
2 quart pot with lid	2	Colin, Matthew
Large cooking spoons	3	Colin, Matthew
Large cooking fork	1	Colin
Spaghetti fork	1	Matthew
Colander	1	Matthew
Paring knives	2	Colin, Matthew
Cutting board	1	Colin
Can opener	1	Colin, Matthew
Stove, small	1	Colin
Stove, large	1	Matthew
Fire grille	1	Colin

## Doing the Cooking:

Start clean and stay clean – only the cook makes the mess  
 Done with utensil... wash it immediately  
 Paper, trash in the kitchen... discard it  
 Table dirty... clean it  
 Use as few dishes as possible  
 Put used cooking utensils on a plate and reuse them

Only the head cook seasons the food  
 Salt, pepper, garlic, oregano, sugar

Read the instructions twice if you're unfamiliar with the food

## Menus:

### Breakfast:

Bagels, assorted, with jams, jellies, butter, or peanut butter

Scrambled eggs with cheese, peppers, and sausage

Bisquits with bacon or eggs

French toast

### Lunch:

Soup and sandwiches (meats, pickles, cucumbers, cheese, lettuce, tomatoes)

### Dinner:

Beef stew (beef, onions, carrots, potatoes)

Sloppy Joes (hamburger, green pepper, onion, spices)

Hamburgers

Chili (hamburger, onions, kidney beans, tomato soup)

Spaghetti (many recipes to choose from)

Ernie's goulash (hamburger, onion soup, vegetables)

Maynard's goulash (baked beans, onions, Vienna sausage, pineapple)

Pulaski torpedos (onions, green peppers, hamburger, tomato sauce)

Cubed steak (potatoes, onions, peas, cubed steaks)

Ham dinner (peas, pineapple, ham, spices)

Creamed tuna (mushroom soup, peas, tuna)

### Deserts:

Packaged puddings

Strawberry shortcake

Cakes

Packaged pies