

## Planning

Planing is the secret of a successful cooking adventure.

### HINT:

Seasonings. Caraway, dill, celery and mustard seeds to male interesting substitutes for salt. There are also several commercial vegetable seasoning mixtures available. These seasonings offer a viable way to cut down on salt without losing flavor and are especially beneficial to people on low salt diet.

There is a great variety of pre-packaged mixes, sauces, dehydrated and pre-cooked food available. Here are a few to simulate you thinking:

Biscuit Mix	Pancake Mix
Gravy Mix	Cake Mix
Muffin Mix	Cookie Mix
Pudding	Jello mix
Chilli Sauce	Taco Sauce
Sloppy Joe's	Spaghetti Sauce
Stuffing Mix	Hot Cereal
Instant Rice	Macaroni & Cheese
White Sauce	Sweet and Sour sauce

There are also backpacking specialty stores where you can buy packages with entire meals that are lightweight and easy to store. These are great for backpacking, but weight the cost against the benefits for regular camp use.

## SPECIALTY COOKING

### Dutch Oven Cooking

The camp Dutch oven resembles those used in the home, but it has a different lid, and three short legs. The lid is flat and has a lip around the top to contain coals, which heat the interior top down. The legs make it possible to set the oven on a layer of charcoal without cutting off the air supply. The oven has a small metal ring in the center of the top. You use this ring to lift the hot lid with a hook or tongs.

One trick to using a Dutch oven is getting the heat just right for the job you want to do. How do you know if the pre-heated temperature on the Dutch oven conforms to recipe instructions such as "Bake in a slow oven," or "Pre-heat to 375 degrees"?

Put a teaspoon of flour on a pan or plate that will fit in the oven. The color of the flour after baking with the lid in place will give you a pretty accurate measurement.

Light Tan	in 5 minutes	Slow oven	250 degrees
Med Tan	in 5 minutes	Moderate	350 degrees
Drk Brown	in 5 minutes	Hot	450 degrees
Drk Brown	in 3 minutes	Very Hot	550 degrees

You regulate the great by adding coals or taking some away. The tendency usually is to get the oven to hot, especially on the bottom. Remember, most cooking in a Dutch oven is from heat gained from the coals on the lid.

### HINT:

A quality 2-inch paint brush is handy for spreading sauces and for buttering pans and toast.

You can check progress during cooking by sneaking a peek now and then. Lift the lid quickly with a hook or tongs, but don't look very long or you'll lose valuable heat.

Your Dutch oven needs to be seasoned before cooking with it. This involves putting a generous amount of vegetable oil in the oven and heating it until it smokes. Use a brush to spread the oil up inside the oven from time to time. After a thorough heating, allow it to cool and the wipe out surplus oil with a paper towel.

Once your Dutch oven is broken in, never wash it with soap or detergents. Just wipe it out after use with a paper towel. The breaking in process puts oil into the pores of the metal., allowing you to use the oven without the oil unless it's called for by the recipe.

## ALUMINUM FOIL COOKING

Use heavy-duty foil in your cooking. It doesn't pay to try to get by with two layers of the lightweight foil. The rough handling it might get in your fire in apt to puncture it then you lose the juices in the packet and the meal burns.

### Foil Wraps

There are three common ways to wrap a foil package: the drugstore, the bundle, and the Two-Handed wrap.

## The Drugstore Wrap

Put the food in the center of a square oblong piece of heavy-duty foil large enough to allow for folding at the top and sides. Bring the two long edges together above the food. Fold down loosely in a series of locked folds allowing for heat expansion and circulation. Fold the short ends up and over. Crimp to seal.

## The Bundle Wrap

Put the food in the center of a square piece of heavy-duty foil, large enough to permit adequate wrapping. Bring the four corners up together in a pyramid shape. Twist the ends together to seal, but allow room for heat expansion and circulation.

## The Two-Handed Wrap

Follow directions for the Drugstore Wrap to fasten the two long edges together. Then twist each of the ends together to seal. This wrap is especially handy when a recipe calls for burying the package in the coals. You can leave the ends above the coals to make it easy to find and remove when it is done cooking.

## Forked Stick Skillet

Mold a length of double thickness heavy-duty foil from one side of a forked stick to the other. Roll up the outer edge to make an enclosed flat center.

## Griddle

Cover grill or wire rack with a double thickness of heavy-duty foil.

## Saucepan

Mold a length of double heavy-duty foil over the end of a stump or log to for desired shape and size. Leave extra foil on one side for a handle. Fold down edge to make a rim. Twist the foil on the side around a stick to make a handle.

## Serving Bowl

Mold a length of double thickness heavy-duty foil as with the sauce pan, but don't leave extra foil. Remove foil and crimp down edges to make a rim.

## Baking Pan

Use double thickness of heavy-duty foil large enough to make the size of the pan you need. Fold up the sides about 1 ½ to 2 inches. Miter the corners for strength.

## Cup

Mold a short length of double thickness heavy-duty foil around your fist. Remove and turn under the raw edges to form a smooth lip.

## Strainer

Follow directions for the cup. Punch holes in the bottom of it.

## Other Ideas

- Use a paper bag to cook bacon and eggs.
- Half of an orange (empty) to cook hamburger.
- Use coffee cans as pots.
- Boil water in a paper cup.
- Cook hamburger on a hot rock.
- Cook items of stick over fire.

## Boiling Point of Water

Altitude (feet)	Degrees (F°)
Sea Level	212
5,000	203
10,000	193
15,000	184

- Cooking time doubles each 5,000 feet, and decreases 2 degrees for every 1,000 feet.

## 5 Steps to Dishwashing

1. Rough Clean. Wipe out dishes.
2. Wash. Hot water and soap.

### HINT:

Liquid soap is great for soaping outside of pots before using on fires. Put a little soap on your hand and rub over entire outside of pan. Makes cleanup a cinch.

3. Rinse. Very Hot Water.
4. Sanitize. Rinse in bleach.
5. Dry. Spread out and let air dry.