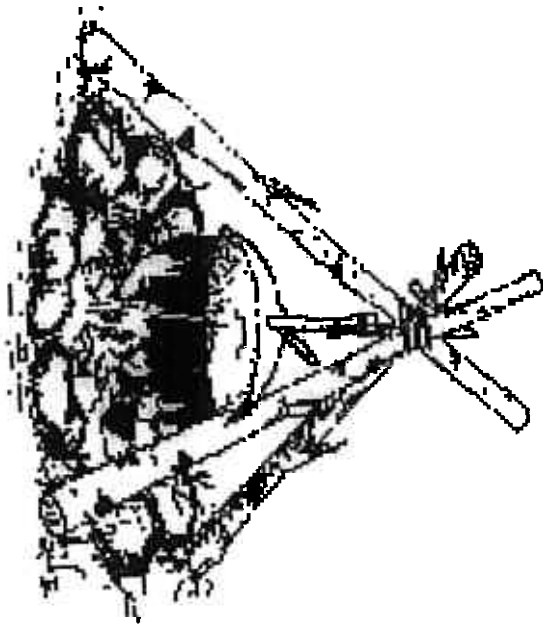


Recourses:
Backpacker Magazine
Camp Cookery for Small Groups
The Nols Cookery
www.reynoldskitchen.com
Scoutmasters

Introduction to Outdoor Leader Skills Cookbook



Breakfast

Sunrise Spuds

- ½ Cup instant potatoes
- 1 T instant dry milk
- 1t butter buds
- ½ t dehydrated onions
- salt and pepper
- shredded cheddar cheese
- salsa
- bacon bits

Put first six ingredients in a zip lock bag and mix.

Place 1 cup of dry mixture in bowl. Add hot water and stir. Add other ingredients to taste. Makes 1 hefty serving.

Omelet in a bag

- 1 name brand ½t. size ziplock bag
- 2 eggs
- salt and pepper
- extras (cheese, ham onions, mushrooms. Etc)

Put eggs in bag and squeeze

Add extras and squeeze to mix.

Push air from bag and close.

Hang 1-4 bags from a green stick with pinch clothespins

Suspend in pot of rolling boiling water

Cook 3 minutes and squeeze bags again.

Cook 3 more minutes

Banana Boats

- 4 sheets (12x18) inches heavy-duty foil
- 4 firm ripe bananas, peeled and sliced in half lengthwise
- ¼ Cup brown sugar
- 4 t. margarine or butter
- ½ t. ground cinnamon
- Toppings: milk chocolate morsels, mini marshmallows, nuts
- Frozen whipped topping, thawed
- Cherries

Pre-heat oven to 450 F

Center one banana on each sheet of foil. Top with brown sugar And margarine. Sprinkle with cinnamon. Top with chocolate Morsels, marshmallows and nuts.

Double fold top ends and seal leaving room for heat circulation.

Bake 10 to 12 minutes. Serves 4

This can also be cooked in a fire pit on coals.

Dutch Oven Dump Cake

Classic dessert done dutch oven style

- 1 Duncan Hines Deluxe Cake mix
- 1 1/3 cups water
- 2 tablespoons vegetable oil
- 3 large eggs
- 1 21 oz. Can of pie filling (peach works best, but cherry and strawberry work also).

"DUMP" ingredients into a well-seasoned dutch oven and mix together for 3 minutes until well blended. Gently place canned fruit into cake batter. Peach with stay suspended in the mix while cherry and strawberry tend to settle to the bottom. Be sure to only use the fruit and disregard the sugar syrup that is in the can. The syrup will prevent the cake from firming up. Place the dutch oven into coals with about 60-65% of the heat on the TOP of the dutch oven. Bake for 30 mins. Or until a toothpick comes cleanly out. ENJOY!!!!

Dessert

Chewy Fudge No Bake Cookies

- 1 C brown sugar 1 ½ C oatmeal
- 5 T butter ¼ c nuts
- ¼ C cocoa mix ½ t. vanilla
- 3 T water 3 T. powdered milk

Mix sugar, butter, powdered milk, and water in pan. Bring to a boil. Reduce heat and boil 3 minutes. Stir constantly to prevent scorching. Remove from heat and stir in remaining ingredients. Drop by spoonfuls onto a flat surface such as pan lids. Let sit for 10 minutes to set up.

Crockpot Cherry Cobbler

- 1 can cherry pie filling (21 ounces)
- 1 cup all purpose flour
- ¼ cup sugar
- ¼ cup butter or margarine, melted
- ½ cup milk
- 1 ¼ teaspoon baking powder
- ½ teaspoon almond extract
- ½ teaspoon salt

Spray inside of 2 to 3 ½ quart slow cooker with cooking spray. Pour pie filling into cooker. Beat remaining ingredients with spoon until smooth. Spread batter over pie filling. Cover and cook on high heat setting 1 ½ to 2 hours or until toothpick inserted in center comes out clean.

Main Dishes

Barbecue Smoked Sausage Sandwiches

- 1 Reynolds hot bags foil bag, large size
- 2 packages (14 to 16 oz each) smoked sausage
- ½ cup barbecue sauce
- 2 Tablespoons flour
- 2 medium green bell peppers, cut in half and thinly sliced
- 1 medium onion, cut in half and thinly sliced
- Sandwich rolls

Oven should be preheated to 450 F.

In large bowl, combine the BBQ sauce and flour. Add sausage, Green peppers, and onion to BBQ mixture. Spoon into foil bag. Double fold open end of foil bag. Bake 35-40 mins.
Serves 8-10

Garlic and Parmesan Potatoes

- 1 sheet (12x36 inches) Reynolds Wrap release non-stick foil
- 4 medium red potatoes, cut in bite size pieces
- 2 Tablespoons olive oil or vegetable oil
- 4 cloves garlic, finely chopped
- ½ teaspoon dried rosemary
- salt and pepper
- ½ cup shredded Parmesan cheese

Pre-heat oven to 450F.
Center potatoes on sheet of foil with non-stick side towards food (dull side). Drizzle with oil. Sprinkle with garlic, rosemary, salt and pepper. Bring up foil sides. Double fold top and ends to seal making one large foil packet.
Bake 30-35 min. Sprinkle with Parmesan cheese before serving.

Baked Pork Chops

- Large Dutch oven
- 12 pork chops
- 2 Tablespoons cooking oil
- 1 teaspoon salt
- 1 can Campbell's golden mushroom soup
- 1 small can tomato sauce

Preheat dutch oven. Brown pork chops in oven with salt and oil. When browned add soup and tomato sauce. Cover and bake for ½ hour.

Catfish Stew

- 3 Tablespoons butter
- 1 cup rice
- 1 can cream of mushroom soup
- 1 can water
- 2 cups more water
- 1 or 2 tubes of biscuits
- catfish (or any kind of fish)

Mix everything but the biscuits in a dutch oven. Put on 350 degree coals for 30-40 minutes until the fish and rice are cooked. After that, put the biscuits on top of the stew. Put the lid back on and cook until the biscuits are golden brown. Serves 6 to 8

Hawaiian Chicken

- Family size package skinless chicken breasts, 8
- One can sliced pineapple
- Twelve oz. Jar of your favorite BBQ sauce
- Mari chino cherries

Place four chicken breasts in bottom of the 12" Dutch oven. Use half of the sliced pineapple to place on top of the breasts, pouring the entire juice over the chicken. Then pour half of the BBQ sauce on top of this. Place another layer (the remaining four breasts) on top of the previous chicken/pineapple layer. Layer again with the remaining pineapple slices, placing a cherry in the center of each pineapple slice. Pour the remaining BBQ sauce on top. Place the lid on the oven.

Place the oven on the coals and cover the top of the oven with coals. Cooking time is 30-40 minutes. Remove and check at about twenty minutes. When finished, make sure that the chicken is thoroughly cooked before serving. Place the empty oven back on the coals to "Clean" (burn) it out.

Calzone Trail Lunch

- 2 ready pizza crusts
- 1 lb. Shredded mozzarella cheese
- 1 sm jar pizza/spaghetti sauce
- 1 lb. ham
- butter
- aluminum foil

Spread pizza sauce on the ready pizza crusts. Add ham and mozzarella cheese. Wrap each in Aluminum foil that has been buttered. Place in Coals until hot and bubbly.