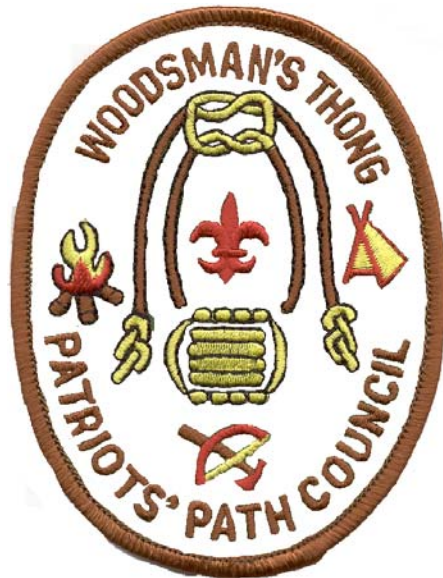


Woodsman's Thong Manual

Patriots' Path Council, B.S.A.



Jack Knife Cookery

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Jack Knife Cookery

What is it?

It is how to cook for yourself using only a Jack knife. The trend to use freeze dried food on hikes and long campouts is close to Jack knife cookery but you don't have to cook just boil the water. We will cook! Jack knife cookery also implies few or no pots and utensils. A Jack knife is a Scout pocket knife, Swiss Army knife, etc...

Why Jack Knife Cookery?

Cooking this way emphasizes the simplicity and efficiency of a menu while still providing a quick nutritious meal without a lot of mess or clean up. These skills, well practiced, could make the difference in survival. The Jack knife will not make you survive but with skilled use, it can make survival more comfortable. It is the skill that will ensure another day.

How to start

From the ground, up! Small controlled fire to cook on Why small? Small is easier to build, small is easier to control and small is easier to supply. You don't need anything more. You are cooking, not signaling! Specific size ~ 1 ft. diameter. No flames - coals, low except for reflector fires which are required to be taller and should also have wall reflector opposite the oven. The size of the wood should be the thickness of your thumb and 6-10 inches long. If the wood needs a saw or an axe, it is too big. Remember, all you should need for cooking and fire is a Jack knife!

Ideas behind the food

Remember, just because it is quick and simple, there is no reason why it cannot be from a well balanced menu and be a taste sensation.

1. Plan
2. Prepare
3. Enjoy

Plan

This should be done as you would for any other trip or campout. Consider the time of year and the length of stay. Remember, if you pack it in, eat it or pack it out. Here are some basic components you can use to make a great meal.

Tools are things which can easily be made with a knife.

- -chopsticks -tongs
- -fork -spoon
- -see diagram at end of this article for others.

How to Cook...

Meat

- Roast over fire suspended or directly on coals.
- Fry on a large thin rock
- Burgers can be done in leaves, Grape is best.

Vegetables

- Boiling using foil or bark as a container
- Steaming users less water and has to be covered
- Roasting in or on top of coals. Potatoes and corn do well this way.
- Fry

Quick drinks

- Coffee*
- Hot chocolate*
- Soup*
- Water

* Just heat water

All hard sausages such as kielbasa and hard salami are precooked and will stay unrefrigerated for long campouts.

Recipes

Breakfast

Egg in an orange: Cut orange in half and remove inside pieces. Crack an egg into each side and place both in fire. Eat the orange pieces and put toast on the coals. Eat eggs and toast when done. (About 5 minutes for eggs).

Egg in a sierra cup: Soap the outside of the cup and fill the cup about half full with water. Let boil, put in one egg, poach. Toast bread on the coals.

Hot cereal in a grapefruit: Cut grapefruit in half as with the orange, and eat fruit. Put water in one half until steaming and add instant cereal mix.

Drink

Water Coffee Hot Chocolate Soup

Lunch

Grilled cheese sandwich: Toast 2 pieces of bread on the coals. Spread margarine or butter and cheese slice. Place on coals until done.

Cannonballs: This is a hollowed out onion filled with hamburger meat. Leave the outer skin on and roast like a potato in the coals.

Mini Pizzas: Use an English muffin. Put on tomato paste and cheese. Add other toppings for flavor.

Quick Meats

- Ground beef just brown it
- Minute steaks
- Sausages brown and serve type
- Fish

Breads

- Bake on a stick
- Toasted on coals
- Toast
- Bisquick very versatile
- Pasta keeps well if kept dry

Flavorings

- Packaged soups
- Salt and Pepper

Others

- Potatoes in foil or jackets
- Rice (Instant)

Dinner

Stuffed Peppers: This is a great one pot meal. Brown 4 oz. of meat and drain off the fat; Hollow out a green pepper and put in meat. Put half a cup of water in the pot with the pepper. Cover and boil. This will steam the pepper. Add half a cup of instant rice and a cup-of-soup package for flavor. Bring to boil, then pull out of the fire and let stand for 5 minutes to let the rice set. Put rice into the pepper with meat, mix and eat. The exact amount will vary depending on the size of the pepper.

Tarzan Steak: Start with a good bed of coals, not briquettes. Put steak on the coal. Cubes of steak work best about 1" x 2" .Turn when one side is done. Eat when ready.

Stir Fry: Using a frying pan or flat rock, brown meat, then fry your vegetables. The key to stir frying is to cut the vegetables very thinly about the size of matches and should only take about 5 minutes to cook.

Corn on a Cob: Open up the corn and remove the silks. Add water. Then, replace the husk and tie closed. Place on the coals; rotate often, needs about 20 minutes.

Salad: Cut, clean, and serve.

Fish: These can be done several ways. First clean the fish, but leave the skin on. The Old Green Fieldbook, page 167, shows the fish staked a few inches above the coals. Very simple.

Potatoes: These can be done baked in the coals as is or with foil. They can also be prepared as a stuffed potato with your choice of insides such as cheese or meat.

Onion Rings: Dip onions in a batter made of Bisquick, fry on an oiled flat rock next to fire.

Breads

Bisquick Bread: Just adding water to Bisquick will give you a workable mix for trail bread if cooked on a reflector oven or on a rock or a twist stick over the coals.

Short Bread: By adding sugar or honey you can easily make a sweet bread for dessert.

Cinnamon Rolls: Using the Bisquick sweet bread and adding a swirl of cinnamon sugar just before baking will give you an excellent dessert or breakfast dish.

Clean Up

Pot - Soap outside of pots with soap prior to use. Put water on the inside and boil. Rinse the outside.

Foil - Crunch up and throw away in **YOUR** garbage bag.

Biodegradable - Bury in the woods. Do not leave for animals!

Sources and Additional Information

"Boy Scout Handbook" 1979, p. 102-133

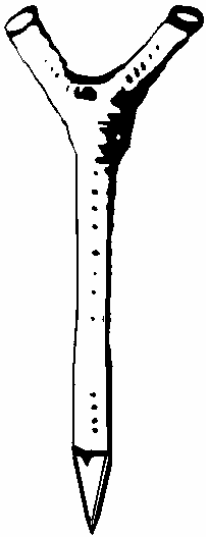
"Patrol Leader Handbook" 1980, p. 170-177

"Fieldbook" 1967 (Green) p. 125-189

"Roughing It Easy" by Dian Thomas

"Roughing It Easy 2" by Dian Thomas

"Food for Knapsackers" by Hasse Bunnelle, (Sierra Club Totebook)



FORKED-STICK

Used in Pairs as uprights to hold Shiska-stick, egg-stick, or meat loaf stick.



TEMP-STICK

Used. for heat control. The lower the fork you use, the hotter the temperature.



MEAT LOAF STICK

Select a stick with barbs or branches on it to keep meat loaf from turning. About 1/2" in diameter and 12" long.



EGG-STICK

About 1/4 in diameter and about 12" long. Whittle stick so that it has 3 sides. Place across forked or temp-stick.



SWIZZLE-STICK

Used for stirring or mixing dough for twist or biscuits.



SPEAR-STICK

About 1/4" diameter and 12" long. Used for spearing meat or vegetables from fire.



TWIST-STICK

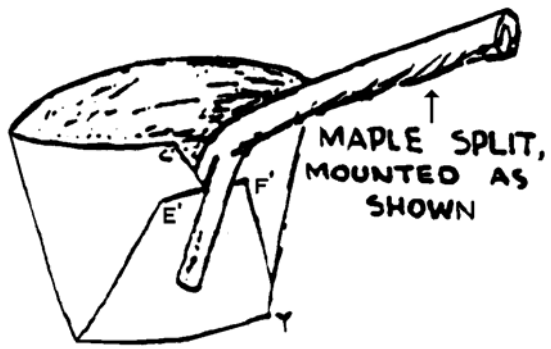
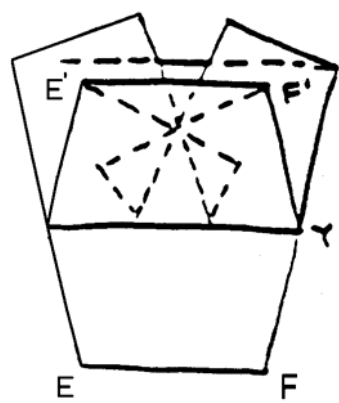
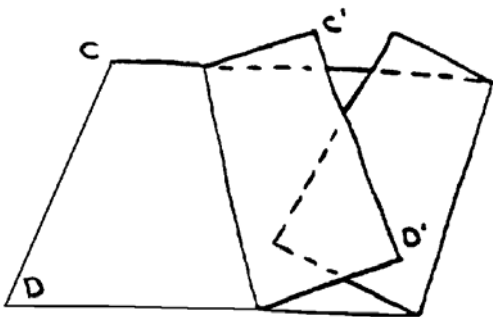
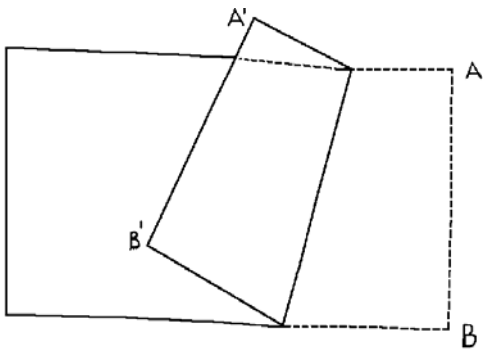
About 2 1/2" to 3" in diameter and about 18" long. Used for wrapping biscuit dough around on a spiral in making a twist. It is desirable to cut notches lengthwise in the stick with an axe, and pressing the ends of the twist into notches.



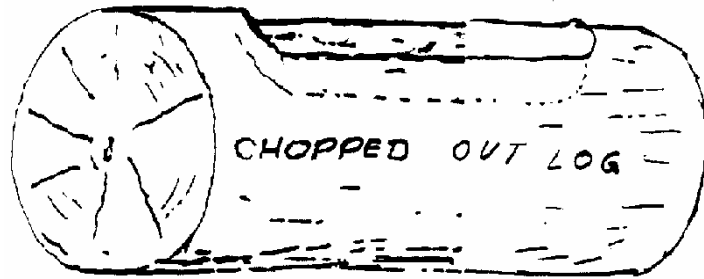
SHISKA -STICK

About 1/2" in diameter and about 12" long, pointed at one end; suspend over fire on either forked or temp-stick.

BIRCH BARK
or
FOIL



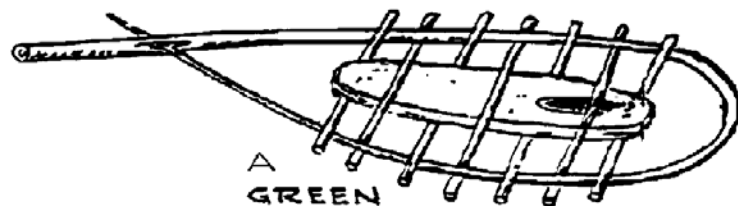
A SOUP KETTLE



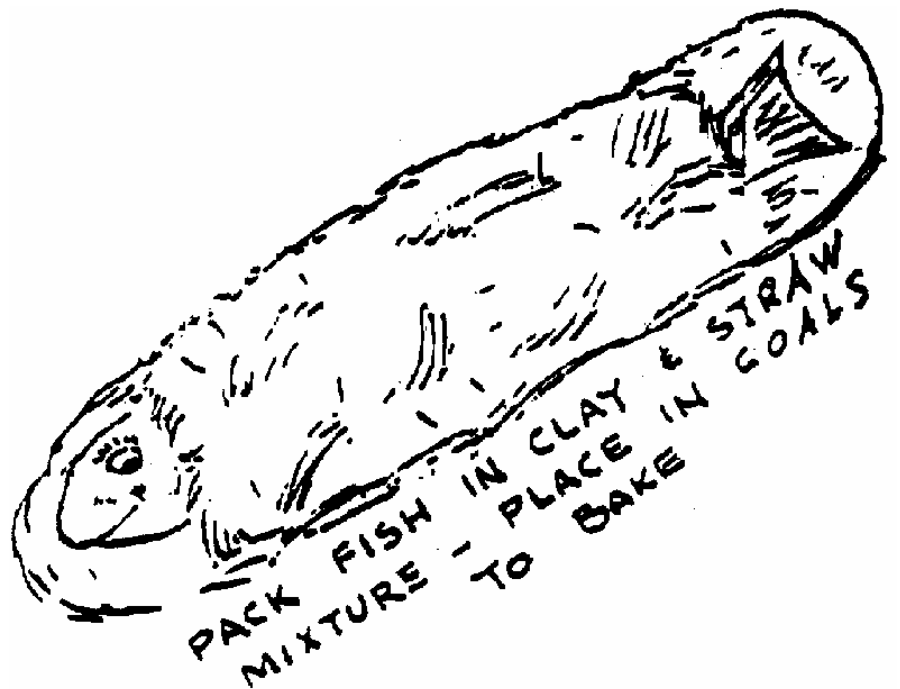
HEAT SOUP BY DROPPING IN HOT
PEBBLES.



A FLAT ROCK FRYING PAN.



A GREEN
STICK FRYING PAN



PACK FISH IN CLAY & STRAW
MIXTURE - PLACE IN GOALS
TO BAKE