

“Putting the Outing Back in Scouting”

# Cookbook



by  
*Marti Bennett*

Marti Bennett, a resident of Wallaceville, Pennsylvania, has been involved in Girl Scouting since her Brownie days. As an adult, she has been active in a variety of outdoor capacities. From resident camp and day camp staff to outdoor specialty trainer, she has spent much of her free time “Putting the **Outing** Back into Scouting.” A health and physical education teacher in a junior/senior high school, Marti is a graduate of Slippery Rock State College. In 1989 she took a sabbatical for “educational travel” and completed 830 miles of the Appalachian Trail. Since that time, much of her free months of June have been spent backpacking the AT in sections. At the present time she has completed 1700 miles, with only New Hampshire and Maine left to trek. After witnessing the environmental destruction in several high altitude areas of the AT, she decided to return to Slippery Rock in pursuit of a Master’s Degree in Environmental Education. With the degree nearly completed, Marti has decided to focus on “Putting the Outing Back into Scouting” as the theme for her thesis project of integrating environmental education into outdoor recreational activities in Keystone Tall tree Girl Scout Council. The environmental aspect concentrates on water quality monitoring and the effects of acid deposition, along with the need for resource protection. The main purpose of this cookbook is to give leaders and persons working with today’s youth the knowledge and inspiration to try something new when it comes to outdoor cooking.

Dedication: This cookbook is dedicated in part to my many Girl Scout leaders including my Brownie leader-mother Betty Bennett, Senior leader Doris Marrazzo, and Camp Director/Administrator Joyce Lawrence, who taught and gave me the opportunity to love, appreciate, and feel comfortable in the outdoors. Many thanks also to the campers in my twenty-five summers of “working” at camp who created and prepared many of these meals, although I didn’t include the recipe for my most memorable camp meal. The “surprise breakfast-in-bed” menu of chocolate chip pancakes remains imbedded in my mind (and molars) as the all-time outdoor cooking fiasco—even more that the several 11 PM suppers. I was truly proud of the fact the girls knew enough to douse a grease fire with dirt, but I wasn’t overly happy they forgot to scrape the sand and dirt off the griddle before cooking the next batch of pancakes, which happened to be the ones they served me! To my many friends at Camp Addisone Boyce and Rockland/Keystone Tall Tree GSC: thanks for the inspiration, opportunities, recipes and encouragement! A special thanks to CSS, G & AW, GB, and PM, for making this all possible.

Marti  
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## OUTDOOR COOKING

Cooking in the out-of-doors should begin as a troop activity in a nearby park, backyard or Scout House **long before** considering a campout. Leaders need to recognize that many girls have little or no kitchen skills. (They may be quite familiar with a microwave while never having struck a match or peeled a carrot!)

Young troops don't cook at all, but begin with "No Cook" snacks, salads and desserts. Progression will lead into the simplest "Heat and Eat" dishes. Only when fire building has become a familiar activity, should more sophisticated meals be attempted.

Leaders need to remember that planning a menu is an excellent "girl planning" activity, but that many girls are extremely conservative in their food likes. Long and heated discussion is likely before a menu is agreed upon. (It must also be understood by everyone, that once that agreement has been reached, "YUK" is not acceptable!) Girls should be encouraged to try new and different foods and cooking methods, not repeating the same menu over and over. "One-new-dish-at-each-campout" is a good practice to follow.

### Pointers toward success:

- Quality cooking takes time. Remember to allow enough time for the wood to burn down to coals. Charcoal – 45 minutes. Wood – 1 hour.
- Provide recipes in step-by-step form.
- Be aware of the number of utensils it takes to prepare a dish. *They will all have to be washed!*
- Heat enough dishwater
- Food cooks faster and water boils faster if the pan has a lid.
- Plan menus to fit the location and weather (if it is cold, foods cool very rapidly, so "stew" type food is preferable). How much stove and preparation space will you have?
- Be aware of transportation space – canned drinks (sodas, Hi-C, etc.) are heavy and bulky to transport.
- Plan menus according to the refrigeration space you have.
- NOTE – spaghetti from scratch over a fire is almost always a disaster. Try American chop suey instead.
- *Don't spend your entire campout cooking.* Until girls become skilled, keep menus simple. Use partially prepared foods and as many shortcuts as you can manage.
- *Girl Scouts never use liquid charcoal fire starters!*

## No Cook Ideas

Start Here. . . refreshments and snacks for meetings, for short hikes, to supplement a sandwich on an outing to the park. Preparing these snacks and salads will begin to acquaint the girls with cooking equipment, tools, and food preparation hygiene. (See Daisy Girls Scout Supplement for additional ideas.)

**Ants on a Log**.....spread celery logs with peanut butter & top with the ants (raisins)

**Applewitches**.....spread apple slices with peanut butter or cheese spread

**Brownie Smiles** ...slice & core apple into thin slices. Spread peanut butter on one side of slice. Place mini marshmallows on top of peanut butter & top with another apple slice.

**Roll-m-Ups**.....cream cheese or peanut butter and raisins rolled in a cabbage leaf.

A stick of cheese and piece of pickle rolled in lettuce or cabbage leaf.

**Pudding Cones**....make any flavor instant pudding. Use to fill ice cream cones *just before serving*.

**Carrot Wheels** ....dip slices of large carrots in peanut butter or cream cheese thinned with a little honey, or use a dip.

**Quick Banana Boats**. Dice bananas and mix with Cool Whip. Add chocolate chips and miniature marshmallows.

**Super Cones**.....dice a mixture of fresh fruit. Use to fill ice cream cones. Drizzle with a little honey and serve immediately.

**Toothpick Kabobs** .use any combination of small cubes of cheese, cold meats, Vienna sausage, pickle, fruit. String on toothpicks.

**Mini-burritos** .....use round corn chips to assemble bite-sized burritos with grated cheese, sauce, chopped lettuce, etc.

**Vegetable Patch** ..makes a flavorful dip. Serve with assorted raw vegetables (try cauliflower, small broccoli florets, jicama, zucchini slices as well as carrots and celery).

**Beetles in a Bush** spread small pieces of curly napa cabbage with peanut butter or cheese spread. Dot with raisins and fold over.

**Apple Surprise**....core small apples (or use ½ dipped in lemon juice and water). Stuff with Miracle Whip, cream cheese or raisins, chopped dates.

## Nose Bag Lunches

A Girl Scout term for a lunch you can carry. (When a horse is to be away from his home quarters, a thoughtful owner provides a bag of feed to hang conveniently on his bridle!) You can carry your own personal “nose bag” in a bandana, plastic bag, etc. If your camp has a compost bin, the brown lunch bag is fully compostable.

Try to provide a balanced meal. . . protein sandwich, vegetable munchies, a thirst quencher (fruit) and dessert.

Pack heavy things on the bottom, light ones on top. Avoid “squishy” things that will ooze and/or leak. If the lunch will travel a long bumpy distance, fragile fruits such as peaches and pears will not survive. Be aware of the weather and things that will melt. Potato chips tend to have a low survival rate!

# MASTER PLAN FOR SALADS

(Serves 12+)

**NOTE:** Miracle Whip is recommended instead of mayonnaise, which spoils easily.

<p><b>Combine:</b></p> <p>1 lg or 2 sm torn lettuce Miracle Whip to moisten Season to taste</p>	<p><b>Combine:</b></p> <p>6 cups diced apples 3 cups chopped celery Miracle Whip to moisten</p>	<p><b>Combine:</b></p> <p>1 cabbage (shredded) Miracle whip to moisten Sugar &amp; salt to taste</p>
<p><b>Then for:</b></p> <p><b>MALLOW FRUIT,</b> Add: 1 30-oz fruit cocktail 2 cups mini marshmallows</p>	<p><b>Then for:</b></p> <p><b>WALDORF SALAD,</b> Add: 1 cup raisins 1 cup chopped nuts</p>	<p><b>Then for:</b></p> <p><b>HAWAIIAN SLAW,</b> Add: 1 20 oz crushed pineapple shredded carrots (optional)</p>
<p><b>TOSSED SALAD,</b> Add: Celery Green onions Radishes Tomatoes</p>	<p><b>ISLAND WALDORF,</b> Substitute: Pineapple chunks or Mandarin oranges for half the apples</p>	<p><b>PEANUT SLAW,</b> Add: 2 tsp salt 2 tsp sugar 2 tsp vinegar Just before serving, add: ½ cup roasted chopped peanuts</p>
<p><b>TUNA SALAD,</b> Add: 2 7-oz cans tuna 2 cups chopped celery ½ cup chopped onion</p>	<p><b>TROPICAL WALDORF</b> Substitute: Sliced bananas or Sliced pears for half the apples</p>	<p><b>CARROT SLAW,</b> Add: 3 cups grated carrots 1 cup raisins ¼ cup lemon juice</p>

For additional salad ideas, see No-Cook Section.

## SALAD COMBOS

If the salad ingredients are . . .

the dressing should be . . .

1. peas, onion, cheese, crushed potato chips	tart
2. corn, dill pickle, radish, crisp crumbled bacon	tart
3. pork and beans, green pepper, onion,	tart
4. green beans, kidney beans, onion, shoestring potatoes	tart
5. peas and carrots, celery, radishes	tart
6. carrots, raisins, peanuts	sweet
7. cucumber, onion	tart
8. tomato, onion, green pepper, crushed cheese crackers	tart
9. fresh or mandarin oranges, celery, peanuts	sweet
10. pears, peaches, grapes, pecans	sweet
11. fruit cocktail, pineapple, celery	sweet
12. apple, cheese, celery	sweet
13. apple, pineapple, marshmallows	sweet
14. dried apricots, dates, apples	sweet

### SALAD ON A STICK

String vegetables on a toothpick or skewer (older girls). Use any vegetables that will “string”-thick radish slices; thick carrot slices (raw, partially cooked or canned); small chunks raw zucchini, cherry tomatoes; celery pieces; black olives, etc. Dunk salad stick in salad dressing.

### COTTAGE CHEESE CRUNCH

Chop “crunchy vegetables”, mix with cottage cheese.

### GOLDEN SALAD (serves 16)

13-oz can pineapple tidbits	1 or 2 bananas, sliced
1 or 2 cups grapes or #2 can fruit cocktail	11-oz can mandarin oranges 1 can peach or apricot pie filling

Drain pineapple, oranges, fruit cocktail. Mix with pie filling and chill.  
Keeps well. Add bananas before serving.

### CANDLES

Place a pineapple ring on a lettuce leaf. Stand  $\frac{1}{2}$  banana in center or ring (spoon on Miracle Whip if desired). Top with maraschino cherry on a toothpick.

### FRIENDSHIP SALAD

Each person brings a piece of fruit. Dice fruit and mix with a little honey and a dash of lemon. Mini marshmallows/chopped nuts may be added.

### JELL-O SALAD

Mix 1 3-oz strawberry-banana Jell-o with 8-oz Cool Whip and 1 pint cottage cheese. Add fresh strawberries and bananas or a can of fruit cocktail.



#### COLE SLAW

Use pre-cut packaged mix. Girls add raisins, pineapple chunks, and mayonnaise thinned with pineapple juice.

#### CABBAGE ROLL

Spread cabbage leaves with peanut butter and roll up.

#### BASIC FRUIT SALAD (serves 8)

4 apples  
4 oranges  
2 bananas

Other fruit can be added depending on the season. No dressing is required but can be added if desired.

#### FRUIT SALADS

Each girl brings a fruit from home.

- I. Chop each fruit; add tiny marshmallows and 1 can fruit cocktail
- II. Chop each fruit; mix with cherry pie filling and tiny marshmallows.
- III. Chop each fruit; sprinkle with salt and sugar. If desired mix with mayo.
- IV. Each girl brings a small can of fruit; mix all.

These are random recipes that I cleaned up to re-do Marti's book for summer camp.

CHICKEN MARENGO (Serves 12) pg 21

3 cans soup Cream of Mushroom, 2 cut up chickens or 12 pieces  
Tomato, or Golden 1 large onion, chopped  
Mushroom 10 potatoes, sliced  
3 Tbs. Oil (for browning chicken) 8 carrots, sliced (or 1 can)  
1 - 2 cans green beans (or other vegetables)

Preheat Dutch oven with oil in coals; add chicken and brown lightly. Add onion and soups (only add half of the water called for on the can). Add any raw vegetables. Cover and cook 45 minutes or until tender. About 10 minutes before serving, add any canned vegetables. If stew needs liquid, add vegetable liquid. Note: If the Dutch oven is full, it will take much longer than 45 minutes to cook. My experience has been it takes 1-1 ½ hours to cook without pre-cooking the chicken.

ICE CREAM RECIPE (makes 1 gallon) pg 34

4 eggs 2-3 tsp vanilla  
½ tsp salt 2 cans sweetened condensed milk  
5 cups milk 2 ½ cups sugar

Mix together, then add the whipped cream mixture listed below separately.

WHIPPED CREAM MIXTURE pg 34

1 packet Dream Whip ½ cup milk  
½ tsp vanilla

This recipe was used to make "Homemade" Ice Cream to sell at a school function.

# BEVERAGES

## HOT CHOCOLATE RECIPES

8 cups

1 cup sugar     $\frac{3}{4}$  cup cocoa powder

3 cups milk

30 cups

$\frac{3}{4}$  cup sugar    2 cups Nestles Quick

7  $\frac{1}{2}$  cup powdered milk

50 cups

8 qts. Dried milk    1  $\frac{1}{2}$  lbs. Quick

6 oz. Creamer (about 1  $\frac{1}{2}$  C.)

EASY LARGE QUANTITY - stores in container for a long time

1 lb. Quick    16 oz. Cremora

1 pkg powdered sugar

8 qt. package dried milk

$\frac{1}{2}$  cup cocoa

USE  $\frac{1}{3}$  CUP TO 1 CUP BOILING WATER. Make the mix at home and bring along in plastic bag.

5 cups dry milk    2 cups sugar     $\frac{1}{2}$  cup cocoa

## RUSSIAN TEA

2 cups Tang 1 pkg. Wylers lemonade mix

1 cup sugar

$\frac{1}{2}$  cup instant tea     $\frac{1}{2}$  tsp. Cloves ground

$\frac{1}{2}$  tsp. Cinnamon

Couple of spoonfuls to a cup of hot water.

At a little shopping center in Sitka, Alaska, I saw a table set up in the center displaying this same mixture as a gourmet product with secret ingredients. The woman was giving away samples of this and selling bags which contained about  $\frac{1}{2}$  cup for \$6.00 a bag. She ran out after only 10 minutes. The tourists thought they were getting some Russian product from a town that was first settled by Russian fishermen. If they only knew!

## SOLAR TEA

Glass jar with lid    Tea bags    Cold water

For each quart of cold water you will need 2-3 tea bags. Set the jar in full sun in the morning. About an hour before eating, set the jar in a cool stream.

Serve with ice if possible.

## MULLED CIDER

1 quart water    stick cinnamon    2 tsps. Allspice    1 pinch cloves

Put into a large pot and boil gently for  $\frac{1}{2}$  hour while in another pot you mix:

1 gal. Apple cider    1 tea bag    1 quart can frozen lemonade mix

juice of 2 oranges     $\frac{3}{4}$  cup sugar

Add the second mixture to the first and allow the mixture to simmer until the entire batch is hot. Sweeten to taste.

## FROTHY FRUIT DRINK

1 pkg (or  $\frac{1}{2}$  cup) powdered pre-sweetened fruit flavored Kool-Aide.

Enough powdered milk to make one quart liquid

Into a 1 quart plastic bottle, pour about  $\frac{1}{2}$  cup water, then add the dry ingredients. Slosh around a bit and fill the bottle about  $\frac{2}{3}$  full with water. Shake vigorously, fill the bottle to the top and shake a few more times.

# BREADS

## BANNOCK

1 cup flour  
¼ tsp. salt  
2 Tbsp. Liquid powdered milk  
1 tsp. baking powder  
3 Tbsp. Oleo or oil  
sugar, raisins if desired

Mix all ingredients and press into the top of a nested pot set. Or you can use a frying pan. Tip up in front of the fire and rotate so bread cooks evenly. Another method of cooking is to grease the fry pan; dust the bread with flour so it can be handled easier. Fry the bread on one side on top of the fire and then flip the bread over & cook the other side.

## CORNBREAD

1 cup cornmeal  
¼ cup sugar  
½ tsp. salt  
1 egg  
1 cup flour  
4 tsp. baking powder  
1 cup milk  
¼ cup vegetable oil

Combine corn meal, flour, sugar, baking powder, and salt. Add milk, egg, and shortening. Beat until fairly smooth. Bake. This will make several pie tin oven cakes or use a reflector oven pan. An easier recipe is to buy the Jiffy packages that just add milk or water.

## DOUGHBOYS

Bisquick mix or make your own using flour, baking powder, sugar, salt.  
Water.

Mix enough water with the Bisquick to make a sticky dough. Wrap dough on a green stick and toast over the coals until golden brown. Fill the hole with jelly and enjoy. Spreading the dough thinly around the stick allows for better cooking. For a sweeter snack, use Kool-Aide in place of the water. Cinnamon-sugar may be mixed in with the Bisquick.

## GARLIC BREAD

1 loaf French bread  
Margarine  
Garlic Powder

Slice loaf & butter each piece. Sprinkle with garlic powder. Reassemble loaf and wrap in foil. It may be easier to handle, if you make into two packages instead of one. This tends to burn easy, so keep an eye on it.

## RAISIN BRAN MUFFINS

1 cup oil or melted margarine  
4 eggs, beaten  
5 cups flour  
1-2 tsp. salt  
2-3 cups sugar  
1 quart buttermilk  
2-5 tsp. baking soda  
1 (15 oz) box Raisin Bran

Mix everything together and bake in muffin tins or in a reflector oven pan. This recipe makes a ton, but batter will keep 6 weeks in the refrigerator.

## BASIC MUFFINS

2 cups flour  
1 egg  
¼- ½ cup sugar  
1 cup milk  
3 ½ tsps. Baking powder  
¼ cup oil  
½ tsp. salt

Mix dry ingredients together and add liquids. Mix until blended.

# BACKPACK & CANOE RECIPES

## HUDSON BAY BREAD

2 cups margarine  
2 cups sugar  
1/2 cup brown sugar  
1/4 cup honey  
1/4 cup white lard  
1/4 tsp. almond extract  
1/4 tsp. mapeline  
7 cups oatmeal  
3 1/2 cups flour  
1/2 cup water optional 1/2-1 cup nuts

Bake 350 25-30 minutes. Best baked in a regular oven instead of a reflector oven. Good idea is to pack in quart or half gallon milk cartons.

When done, should be pliable. Keeps well & is very filling.

## BIRDSEED OR GORP - combination of goodies

Salted peanuts  
Raisins  
M&M's  
Sugared cereal (i.e. Frosted Flakes)

Anything else you can think of to include

Mix everything together and divide among persons in group. Pack in sandwich or wax paper bags for individual carrying. A good idea is to carry a juicy piece of fruit to serve as liquid with the birdseed.

## CITADEL SPREAD

18 oz. jar creamy peanut butter  
1/2 cup honey  
2-4 cups powdered milk  
2-4 oz. bacon grease(substitute veg. oil)

Mix all ingredients until mix gets crunchy. Put in plastic pint containers. It will keep indefinitely in the refrigerator; it keeps at least three weeks unrefrigerated. Can add mixed nuts, dates, raisins, etc. Can also add more powdered milk to mixing process to achieve the consistency of soft fudge.

## CHICKEN MONTANA

3 cups water  
3 cups instant white rice  
3 cans boned chicken  
2 pkgs. Lipton's Cream of Chicken Cup of Soup  
2 pkgs. Lipton's Cream of Mushroom Soup

Bring water to a boil and add soup mixes. Boil 1 minute. Stir in rice and remove from heat. Let stand, covered, for 7 minutes. Stir in chicken and serve.

## APPALACHIAN TRAIL MIX

1 1/2 cups A. Trail mix (mix 2 parts short grain rice to 1 part lentil and 1 part barley. Mix 2 cups water to 1 part mix. Cook 1 hour in a covered container)  
1 pkg. dehydrated diced potatoes  
1 Tbs. buttery flavored oil  
1 can tuna or may substitute canned ham or spam  
1 pkg dehydrated green beans  
4 cups water  
Simmer until potatoes and beans are done

## COWBOY PUNCH

1 orange/person  
1 peppermint stick/person  
Roll the orange around in hands to soften. Insert peppermint stick and suck on it like a straw.