

Troop 2 – Recruit Patrol Campout Cooking

Saturday Lunch

Bring a bag lunch for the first day (Saturday) of the campout

Dinner

Do not precook this meal

Members of the Recruit Patrol are required to do their cooking using Aluminum foil cookery when camping with the Recruit Patrol. We do this because it is simple, easy, and fun. It illustrates a simple way to make a camp meal. Please adhere to these instructions unless the Scout has some specialized dietary needs that require you to change the menu. There is a brief discussion of aluminum foil cooking on pages 278-279 in the most recent Scout handbook

Please bear in mind that as Scout progress through the troop they will be responsible for planning and preparing many meals for themselves and their entire patrol. Now is the time for them to start leaning how to cook and to take care of themselves while camping. PLEASE let (encourage) the boys to prepare this meal on their own! Sometimes the best way to learn is to make mistakes, so if this is not the best dinner they've ever had -- they will survive. I will make sure no one starves.

Here are a few points to consider when preparing the foil cooking meal:

- Items should be thinly sliced
- Use heavy-duty foil
- Wrap the food with several layers of foil
- Write your name or mark the meal is some way that you will recognize. There will be many meals on the same cooking pit.
- DO NOT precook anything. Both the meat and vegetables should be raw.
- Freeze the meal overnight, but do not forget to take them out of the freezer and bring them to the camp.

Sunday Breakfast

The Troop will supply instant hot cereal, hot chocolate, and possibly other cereals for breakfast. The boys can bring granola, dried fruit, power bars, or whatever else they may want to eat during the weekend. We will generally supply dried soups for breakfast or extra dinner if needed.

The troop will also supply:

Condiments	Paper towels
Charcoal	Propane

Saturday Dinner Menu

Beef Stew
Baked Apple
Milk or Juice

Ingredients and Directions

Beef Stew

- 1/3 pound tender stew meat or steak.
- One medium potato (peeled)
- One medium onion (could be omitted)
- Two (or more) carrots
- Celery or other vegetables as desired
- Several tablespoons of water
- Salt, pepper, butter or margarine, A-1 Sauce, Worcestershire Sauce, or stew seasoning, as you prefer.

Slice everything thinly or into small cubes. Put everything (including spices) onto a foil sheet and fold the foil in half. Seal the three edges by making several small folds along the edge. Make sure the package is well sealed. Add a second (maybe a third) layer of foil trying to make the seams along different edges. You could substitute other meats if necessary but we like to have all the scouts eat the same meal on the first campout. Also, remember that while camping with a patrol, all patrol members will eat the same meal. Now is a good time to “get over” being picky about food. (Teenage boys have a unique way of dealing with picky patrol members.)

Baked Apple

- One Rome Beauty, or other apple as you prefer
- Resins, cinnamon, brown sugar, or honey

Core the apple but do not peel. Place the apple in the middle of a sheet of foil. Add sugar and spices to the core hole and outside of the apple then wrap the foil around the apple. Use a second (or third) layer of foil. That's it. This makes a great desert and tastes much like an apple pie.

Notes:

Both the stew and apple will be placed directly onto hot charcoal. The stew will take about 30 minutes to cook and the apple will take a bit less. We will cook the stew first then start the apples while the Scouts are eating the stew.

You can bring other food items but remember you will have to carry everything you eat (see backpacking sheet). Try not to bring large cans or canned drinks and try not to bring glass items.