

Troop 820 Cookbook



Compiled and edited by
Ed Bedford
Scoutmaster
2004

Introduction

Troop 820 was founded in Chapel Hill, North Carolina in 1969. The idea of a Troop cookbook started with Ben Mosteller's Hamburger Stroganoff recipe (included herein). The cookbook went on-line shortly thereafter, and Will Patrick helped build and develop it during his term as Troop Historian.

The recipes herein are not all suitable for campout cooking, and quantities may need to be adjusted for home cooking. However, they are all good! Many Bedford Family recipes are included as well as contributions from other Scout families. Credit is given where known.

One of the valuable everyday skills that boys learn in Scouting is how to cook. I hope that these recipes will be used by the Scouts and their families for years.

The pictures and quotes are thrown in to spice things up, just like a dash of Tony's.

Thanks to all those that submitted recipes, took pictures, and provided the memories that are contained herein.

Enjoy!

Books are like a gigantic treasure chest stuffed full of gold and precious stones and pieces of eight - and a bit of nonsense too. It is tremendous fun exploring the chest and deciding for yourself what is valuable and what isn't, what you want to keep and what you don't like.

Lord Robert Baden-Powell

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Main Dishes

Backpacking

Eagle Cap Rice and Riches

1 medium onion
2 tablespoons margarine
2 cups quick rice
1 package Knorr's Beef/Tomato Soup Mix (originally oxtail, but no longer available)
1 cup salami chunks (no refrigeration needed)

Peel and chop onion, saute until transparent.
Add rice and 5 cups hot water.
Partially cover and cook until rice is nearly tender.
Add soup mix and more water if too thick
Cook for 5 minutes
Add salami and heat through.

Serves 4 (double if needed)

From The Well-Fed Backpacker by June Fleming

Jim Bedford
Barracuda Patrol

Backpacker's Chicken & Dumplings

Shopping List (adjust amounts for number to be served)

1. Knorr's Instant Cream of Potato Soup (1 packet serves 2)
2. Knorr's Instant Vegetable Soup (1 packet serves 2)
3. Canned chicken (6 oz can serves 2)
4. Bisquick (use biscuit recipe on box: 2 biscuits per person)
5. Coarsely ground black pepper (to taste)
6. Pint- and Quart-size zipper-lock freezer bags

Preparation (at home before the trip)

1. Combine all the soup mix and the pepper in a single zipper-lock bag
2. Measure out the amount of Bisquick and powdered milk for the number of people to be served and combine them in a single zip-lock bag (Add a pinch of black pepper per serving to give the dumplings a little zing). Write on the bag the amount of water required.

On the trail

1. Combine soup mix and 3/4 cup water per person in an appropriate size pot and bring to a boil over high heat
2. While waiting for the soup mix to boil, open the can(s) of chicken (don't drain the liquid) and add the appropriate amount of water to the Bisquick and powdered milk bag. Be sure the bag is completely sealed, with as much of the air as possible squeezed out, then squish the bag in your hands to combine the ingredients into dough.
3. Let the soup mix boil uncovered for 10 minutes, then reduce to simmer.
4. Add the chicken, then cut one corner off the Bisquick bag (about 1 inch) and squeeze the dough into the pot to form the dumplings.
5. Cover and simmer another 10 minutes or until dumplings are cooked through. Serve.

Alfred Reid
Assistant Scoutmaster

Beef

Skillet Beef & Hash Browns (One Pot)

Ingredients

2 lbs. ground beef
2 cans Campbell's® Cream of Celery or Cream of Onion Soup
(or one of each, or substitute Cheddar Cheese soup if you like cheese)
1 cup water
 $\frac{1}{2}$ cup ketchup
2 tbsp. Worcestershire sauce
4 cups frozen diced potatoes (hash browns)
6 slices processed American cheese

Directions

Cook beef in large pot until browned. Pour off fat.

Add soup, water, ketchup and Worcestershire. Heat to a boil. Stir in potatoes. Cover and cook over low heat 10-15 min. or until done.
Top with cheese.

Serves 8.

Red meat is not bad for you. Now blue-green meat, that's bad for you!

~Tommy Smothers

Hamburger Stroganoff

[This is the recipe that started the Troop 820 Cookbook. It has currently won the Troop cooking award more often than any other recipe.]

Ingredients:

2 pounds ground beef
2 medium onions, diced (about 1 cup)
 $\frac{1}{2}$ cup butter or margarine
4 tablespoons flour
2 teaspoons salt
2 teaspoons garlic salt or 2 cloves garlic, minced
 $\frac{1}{2}$ teaspoon pepper
1 can (8 ounces) mushroom stems and pieces, drained (optional)
2 cans (10 $\frac{1}{2}$ ounces) condensed cream of chicken soup
2 cups dairy sour cream
4 cups hot cooked noodles (or more)
Snipped parsley (optional)

Directions:

Start to boil water for noodles.

In large skillet, cook and stir ground beef and onion in butter until beef is cooked through and onion is tender. Stir in flour, salt, garlic salt, pepper, and mushrooms; cook 5 minutes, stirring constantly. Remove from heat. Stir in soup; simmer uncovered 10 minutes. Add noodles to boiling water when time is right. Stir in sour cream; heat through.

Serve over noodles. Sprinkle with snipped parsley.

Makes 8 to 10 servings.

Ben Mosteller
Barracuda Patrol

Beef Stroganoff

2 lb. boneless chuck steak
4 Tbs butter

Slice steak into small slivers. Start water for cooking noodles. Melt butter over medium high heat, add steak and stir 2-3 minutes until all pink disappears. Set meat aside.

2 medium onions, diced
4 Tbs butter
2 Tbs flour
1 tsp salt
2 dashes pepper
4 tsp lemon juice
2 cups ($\frac{1}{2}$ pint each) sour cream
2 packages wide egg noodles
Gravy Master (optional)

Melt butter, add onion and cook 2-3 minutes. Sprinkle in flour, stir 1 minute until brown. Start noodles. Add salt, pepper and lemon juice. Stir 1 minute. Spoon in sour cream, cook 2-3 minutes. Add beef and juice, turn to low and simmer 4 minutes. Add Gravy Master if desired for color.

Serve over cooked (according to package) egg noodles.

Serves 6-8.

Hungarian Goulash (Serves 6)

Ingredients:

1/4 cup shortening
1 cup diced onion
3/4 cup catsup
1 Tbsp brown sugar
2 tsp paprika
1 dash cayenne red pepper
2 lbs. beef chuck or round in 1" cubes
1 clove garlic, minced
2 Tbsp Worcestershire Sauce
2 tsp salt
1/2 tsp dry mustard
1 1/2 cups water

2 Tbsp flour
1/4 cup water
Hot cooked egg noodles

Directions:

Melt shortening in large skillet.
Add beef, onion and garlic.
Cook and stir until meat is brown and onion is tender.
Stir in remaining ingredients above the line.
Cover and simmer 2 to 2.5 hours.
After approximately 2 hours prepare egg noodles according to directions on package.
Blend flour and water from below the line.
Add to meat mixture, stir and heat to boiling.
Serve over cooked noodles.

Note: this recipe takes too long for most campouts, but try it at home, it is delicious.

Ed Bedford, Scoutmaster

Tater Tot Casserole

Work Time: 15 minutes

Total Time: 1 hour

2 pounds ground beef

salt, as needed

1 large onion, diced

2 cans of cream of chicken soup

large bag of Tater Tots

1 can water

1 can of chicken-vegetable soup

Preheat oven to 350 degrees F.

Line bottom of dutch oven with uncooked meat. Sprinkle with salt to your liking. Sprinkle diced onion on top. Spread cream of chicken soup over this. Layer the Tater Tots over the cream of chicken soup to form one solid layer, covering the soup.

Mix the water with the chicken-vegetable soup. Pour over the top of the tater tots. Bake uncovered for a 35 to 40 minutes, until hot and bubbly.

Serves: 8



Special Sloppy Joes

1 lb. ground beef
1 cup bread crumbs
 $\frac{1}{2}$ cup sweet milk
1 medium onion, diced
1 tsp salt
dash pepper
1 beaten egg

Mix all above ingredients well and form into patties. Quick fry until brown on both sides.

Make sauce.

1 $\frac{1}{2}$ cups catsup
1 Tbs Worcestershire sauce
1/4 cup brown sugar
2 Tbs vinegar

Transfer patties from skillet to pan with lid, pour sauce over patties, cover and simmer several hours.

From Mrs. Ruble
(Ed's college roommate's mom)

Chicken & Poultry

Chicken and Sausage Jambalaya

Ingredients:

cooking oil

2 lbs. boneless chicken (breasts or thighs depending on preference and budget)

2 lbs. Fully cooked sausage (such as Polish Kielbasa)

3 cans Campbell's soup (your choice, Cream of Chicken, Cream of Mushroom, Cream of Asparagus or any combination)

water

1 bag frozen sliced carrots

Minute Rice

Serves 8-10 for 10 use 4 cans of soup.

Directions:

1. Cut chicken and sausage into bite size pieces.
 2. Brown chicken (until fully cooked) in cooking oil in a large pot or dutch oven.
 3. Add sausage and brown slightly.
 4. Add soup and add one can of water for each can of soup added. Add 1/4 can additional water. Save a soup can to use for measuring rice later.
 5. Stir.
 6. Add carrots if desired and bring to a boil. Stir frequently.
 7. Once it comes to a boil add 1 soup can of minute rice for each can of soup added (for example, 3 cans of rice for 3 cans of soup).
- Stir. Cover and remove from heat.
8. Wait 5 minutes, stir and serve.
 9. Offer Tony's* to guests (if available) for genuine creole taste.

* Tony Chachere's Original Seasoning available at Southern Season, see
<http://www.tonychachere.com>

Stephen Hoyle, Flaming Eagle Patrol

Pineapple Chicken Stir Fry

1/2 cup soy sauce
4 Tablespoons sugar
2 tablespoons cider vinegar
2 tablespoons ketchup
1 teaspoon ground ginger
4 cloves garlic minced
2 lbs. boneless skinless chicken breasts, cut into strips
4 tablespoons vegetable oil
1 package (16 oz.) frozen stir fry vegetables
2 cans (16 oz.) unsweetened pineapple chunks, drained

Hot cooked rice (instant) make 12 servings or more to serve 10 scouts.

Start boiling water for rice. Follow package directions.

In a bowl combine the soy sauce, sugar, cider vinegar, ketchup, ginger and garlic. Set aside.

In a large frying pan (wok or medium pot) stir fry the chicken in the oil for 6 minutes or until the juices are clear.

Add the frozen vegetables, stir fry an additional 3-4 minutes.

Add pineapple and soy sauce mixture. Heat through. Serve over rice.

Serves 10.



Chicken Paprikash

1 chicken, cut into standard pieces

2 Tbs olive oil

1 clove crushed garlic

1 cup diced onion

1 ½ Tbs paprika

½ tsp salt

½ tsp ground cumin

2 Tbs tomato paste

2 cups chicken broth

Heat oil in a large deep pan. Add garlic and onion and cook over low heat until light golden in color. Add paprika and cumin and cook 1 more minute. Add chicken, skin down, broth and salt. Cover tightly and simmer 25 minutes. Add tomato paste and turn chicken. Cover again and simmer 25-30 minutes or until tender.

This recipe (which Mr. Bedford prepared as a Scout YEARS ago) won the entree award a few years back.

Mark Cusick

Barracuda Patrol



Chicken Goulash

Ingredients

1 tablespoon cooking oil
8 Chicken thighs
1 ½ teaspoons salt
1 onion, chopped
2 carrots, cut into 1/4-inch slices
2 ribs celery, cut into 1/4-inch slices
2 garlic cloves, minced
2 tablespoons paprika
1 tablespoon all purpose flour
1/8 teaspoon cayenne pepper
1 ½ cups canned chicken broth
1 ½ cups canned crushed tomatoes in thick puree
1/4 teaspoon dried thyme
1 bay leaf
2 tablespoons fresh parsley, chopped
1/4 teaspoon fresh ground black pepper

Directions

In a large, heavy pot, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon of the salt and add it to the pan. Cook the chicken until browned, turning, about 8 minutes in all. Remove. Pour off all but 1 tablespoon fat from the pan. Add the onion, carrots, celery, and garlic to the pan. Reduce the heat to moderate and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Reduce the heat to moderately low and add the paprika, flour, and cayenne to the pan. Cook, stirring, for 30 seconds. Stir in the broth, tomatoes, the remaining 1 1/4 teaspoons salt, the thyme, and the bay leaf. Add the chicken and bring to a simmer. Reduce the heat and simmer, partially covered, until the chicken is done, about 20 minutes. Remove the bay leaf and add the parsley and black pepper.

Serves 8

Chicken Creole with Tony's Cream Sauce

Ingredients:

- 8 boneless chicken breasts, halves
- 3 tsp. Tony's Cajun seasoning
- 2 tbsp. olive oil
- 2 cans (10 3/4 oz.) Campbell s. Cream of Chicken Soup
- 1 cup water
- 1 can (4 oz.) chopped green chiles
- 2 tsp. lime juice
- 1/2 cup sour cream
- Hot cooked Minute Rice (10 servings)

Serves 8.



Mock Veal Parmesan (gr. turkey)

2 lbs. ground turkey
1 cup blended Stove Top stuffing herb flavor
 $\frac{1}{2}$ cup diced onion
2 jars pasta sauce (Prego suggested)
Spaghetti or other pasta
Parmesan cheese

Blend Stove Top Stuffing w/herbs, set aside. Put ground turkey in bowl, add $\frac{1}{2}$ cup of blended stuffing and onions. Mix well and form into 10 patties. Put enough blended stuffing into a bowl and cover patties (patties are to be surrounded by stuffing). Put into fry pan and cook till done. Cook pasta till done. Heat pasta sauce. Arrange on platter, then pour hot sauce over pasta and patties. Sprinkle with Parmesan cheese, then serve.

Makes 8 servings.

This will please your taste buds if you like veal and it doesn't taste like turkey.



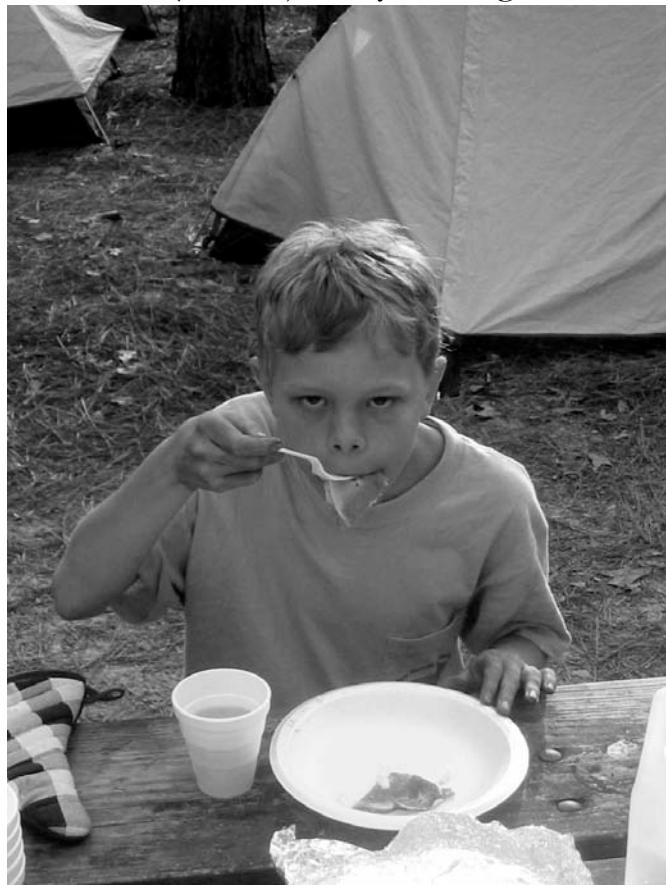
Honey-Lime Grilled Chicken

1 cup honey
2/3 cup soy sauce
1/2 cup lime juice
8 boneless skinless chicken breast halves

In a resealable plastic bag or shallow container, combine the honey, soy sauce and lime juice. Mix well. Add chicken breast halves and turn to coat well. Seal bag or cover container. Marinate 30-45 minutes. Drain and discard marinade. Grill chicken uncovered, over medium heat for 6-7 minutes on each side or until juices run clear. Can be fried in a pan instead of grilled.

Serve with Rice-a-roni or similar side dish.

Serves 8 (can adjust by adding or subtracting a chicken breast half)



Festive Chicken

1/4 cups flour
1 tsp paprika
1 tsp onion powder
1 tsp garlic powder
1 tsp each salt and pepper
3 lbs chicken, cut up
2 tbs olive oil
1 can sliced pineapple
2/3 cups light molasses
1 tbs mustard
1 tbs cider vinegar
1 large can potatoes, drained

Combine flour, paprika, onion powder, garlic powder, salt and pepper in gallon zip-lock bag and shake well to mix. Add chicken pieces and shake well to coat. Brown in large skillet with olive oil. Drain pineapple, saving juice.

Combine juice, molasses, mustard, and vinegar in small pot and mix well. Place chicken in Dutch oven, and arrange potatoes around chicken. Brush with 1/2 of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, and cook 30 minutes more.

Chicken Caribbean

Ingredients

6 quarters of frying Chicken
lemon, or lime juice
Salt and pepper
flour
1/4 cup butter
2 tablespoons cooking oil
1 onion, minced
3 tablespoons currants (can substitute raisons)
1 teaspoon finely grated lemon peel
1 teaspoon brown sugar
2 tomatoes, peeled and mashed
1 ripe pineapple or 1 can (12 ounces) pineapple tidbits

Directions

Brush chicken quarters with lemon or lime juice; sprinkle with salt and pepper, and dust with flour. Heat butter and oil; add chicken and brown. Reduce heat and cover. Cook slowly until chicken is tender. Add onion, currants, lemon peel, brown sugar and tomatoes. Season with additional salt and pepper. Mix thoroughly and cook gently for another 10 minutes. Make sauce by crushing pineapple to a pulp with all its juice in blender. Simmer pureed pineapple until reduced to a thick sauce. Pour over chicken and serve.

Serves 6

Zesty Orange Barbecued Chicken

1 6 oz. can of frozen orange juice concentrate, thawed
1/4 cup teriyaki sauce
1 Tbs. dried minced onion
1. tsp. parsley flakes
1/2 tsp. garlic powder
1/4 tsp. black pepper
8 - 10 pieces of frying chicken

Rice or Kraft Macaroni & Cheese for side dish.

Combine all ingredients except chicken, let stand 10 minutes. Place chicken and sauce in large plastic bag, press air out and seal securely. Refrigerate 8 hours or overnight, turn bag occasionally.

Remove chicken, save marinade.

Grill chicken about 20 minutes on each side. Baste with reserved marinade during last 15 minutes of cooking. Make side dish.

Living out in God's open air, among the hills and the trees, and the birds and the beasts, and the sea and the rivers - that is, living with Nature, having your own little canvas home, its gadgets, doing your own cooking and exploration - all this brings health, and happiness such as you can never get among the bricks and smoke of the town.

Lord Robert Baden-Powell

Crockpot

Orange Chicken Crockpot

4 boneless, skinless chicken breasts
½ teaspoon salt
½ teaspoon chili powder
½ teaspoon ground cayenne pepper
½ teaspoon paprika
1 cup chopped onion (1 medium to large)
½ cup chopped bell pepper
½ cup chopped celery
2 cloves garlic, minced
6 oz. orange juice
1 teaspoon grated orange peel
2 tablespoon honey
1 tablespoon Worcestershire sauce
½ teaspoon ground ginger

Combine salt, cayenne pepper, chili powder and paprika.

Sprinkle over chicken. Set aside. Place onion, celery and garlic in bottom of crockpot. Place chicken on top. Mix orange juice, peel, honey, worcestershire sauce and ginger. Pour over chicken.

Cook for 6 to 8 hours on low.

Barbecue Ribs

3 lbs spareribs
salt
pepper
1 onion
1 16 oz. bottle of smoky barbecue sauce

Directions:

Sprinkle ribs with salt & pepper.

Place ribs in broiler pan and broil for 30 minutes to brown and remove excess fat. Turn as needed.

Slice onion and put in bottom of crock pot.

Slice ribs into serving size pieces and put in to crock pot.

Pour barbecue sauce over ribs.

Cover and cook on low for 6-8 hours (preferred) or 4-5 hours on high.



Senegalese Cream Soup

2 medium onions, finely chopped
2 stalks celery, finely chopped
2 apples, peeled, cored and finely chopped
2 cans (14 oz. each) chicken broth
2 cups finely chopped cooked chicken
dash of cayenne red pepper
1 tsp. salt
2 Tbs. curry powder
1/4 cup flour
1/4 cup water
2 cups of half and half cream

Combine onions, celery, apples, chicken broth, chicken, red pepper, and salt in crock pot. Mix curry powder with flour and water, stir in to crock pot.

Cover and cook on low for 6-7 hours.

One hour before serving stir in half and half cream. Add additional thickening (1/4 cup flour mixed with 1/4 cup water) if needed. May be served hot or cold.

4 to 6 servings.

Dutch Oven

Dutch Oven Meatloaf

3 lbs lean ground beef
1 lb pork sausage
1 onion, diced finely
1 egg
1 cup ketchup
1/4 cup oatmeal or flour
1 tsp salt
1/2 tsp black pepper
Other spices (in moderation) as desired

Combine ingredients to make a smooth consistency and place in a Dutch oven. Cook with top and bottom heat for 1 to 1-1/2 hours, until done. With sausage do not serve "rare".

Variation: Top with sourdough biscuits or bread dough for the last 20 minutes of cooking time.

Serves 10.



German Noodles & Cheese

16 oz. elbow macaroni
24 oz. kielbasa sausage
8 tablespoons margarine or butter
4 onions, diced
 $\frac{1}{2}$ cup all-purpose flour
4 cups milk
4 teaspoons prepared mustard
1 teaspoon caraway seeds
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
6 cups Swiss cheese, shredded

Start fire for Dutch Oven.

Cook the noodles as directed on the package. Drain and set aside. Thinly slice the sausage. Add one tablespoon margarine to the frying pan and brown the sausage over medium heat. Remove the sausage from the pan and set aside. Chop the onions. Put 3 tablespoons of butter into the frying pan, then add the diced onions. Cook, stirring constantly, until onions are soft. Stir in the flour. Cook until bubbly.

Remove the pan from the heat and gradually stir in the milk. Return to the heat and continue stirring. Cook until the sauce is smooth and thickened. Remove the pan from the heat. Stir in mustard, caraway seeds, salt, pepper and noodles. Stir to coat well. Line dutch oven with aluminum foil. Melt remaining butter in dutch oven. Place $\frac{1}{2}$ of noodle mixture into the dutch oven. Layer $\frac{1}{2}$ the sausage, then $\frac{1}{2}$ the cheese on top. Layer on the remaining noodles, then the sausage, then the cheese. Bake for 25 to 35 minutes, until the cheese is bubbly and center of the casserole is hot. Serve warm.

Serves 8.

Tortilla Lasagna

INGREDIENTS:

2 tablespoons vegetable oil
2 large onions, diced
2 large cloves garlic, minced
2 pounds ground beef
2 teaspoons dried oregano leaves
2 cans (16 oz.) tomatoes, drained, chopped
2 cans (8 oz.) tomato sauce
2 cups sour cream
1 teaspoon Tabasco sauce
20 corn tortillas, 5 inches in diameter
2 cans (16 oz.) pinto beans, drained and rinsed
4 cups (16 oz.) shredded cheddar cheese

DIRECTIONS:

Preheat dutch oven to 350 degrees. In large skillet heat oil; cook onion and garlic 3 minutes or until tender. Add ground beef and oregano, breaking up meat with fork as it cooks; cook until browned. Drain off fat; remove from heat.

In medium bowl combine tomatoes, tomato sauce, sour cream and Tabasco sauce; mix well. Cut each tortilla in half. Arrange halves in shallow dutch oven. Spread 1/3 of the meat mixture over tortillas.

Top with 1/3 the pinto beans, 1/3 the tomato mixture, and 2/3 cup shredded cheese. Repeat twice with remaining ingredients. Bake 30 minutes or until heated through.

Let stand 10 minutes before serving. Serve with additional sour cream and salsa, if desired.

Yield: 8 servings.

Chicken-Potato Stew (Moroccan)

2 Tbsp vegetable oil
8 skinless chicken breast halves (with or without bone)
2 medium onions, diced
10 garlic cloves finely chopped
2 tsp salt
2 tsp ground cinnamon
2 tsp ground cumin
2 tsp curry powder
2 tsp ground ginger
1 tsp crushed red pepper flakes (or to taste)
2 (14-1/2 oz) cans stewed tomatoes, undrained
2-2/3 lbs (about 8 medium) potatoes, cut into 1 inch cubes
1 cup baby-cut carrots
1 cup raisins
4 Tbsps lemon juice

In a Dutch oven heat oil. Add chicken; brown all sides. (about 8 minutes)

Remove chicken from pot, set aside. In same pot cook and stir onions and garlic until onions are translucent. Stir in salt, cinnamon, cumin, curry powder, ginger and red pepper. Cook and stir about 30 seconds till fragrant. Add tomatoes, potatoes, carrots and raisins and heat until tomatoes just come to a boil. (Mixture will look dry.)

Return chicken to pot. Cover tightly, reduce heat and simmer 35 to 45 minutes or until vegetables and chicken are tender. Stir in lemon juice before serving.

Serves 8.

Sausage Rice Casserole

2 lbs. sausage
16 oz. sour cream
2 can cream of celery (or chicken) soup
1 can of corn(drained)

4 cups minute rice
4 cups water

Brown sausage and drain well. Make Minute rice. Mix all ingredients into dutch oven and cover. Cook at 350 degrees for 15 minutes or until done.

Makes 8 servings.



Chicken Cordon Bleu

Aluminum Foil and Dutch Oven Needed

8 chicken breasts, deboned

6 tbs peanut oil

2 tbs lemon juice

2 tbs thyme

salt

pepper

8 slices of boiled ham or other ham cold cut

8 slices of cheese (sharp cheddar recommended)

8 slices of tomato

Start charcoal, Kingsford Matchlight recommended.

Cut foil into 12" squares, place chicken in center.

Combine oil, lemon juice, thyme, salt and pepper and mix well. Spoon over breasts.

Seal foil well and place in 350 dutch oven (12 coals on top and 12 on bottom). Bake 30 min.

Open foil and place one slice ham, cheese and tomato over each breast.

Bake open for 3 to 5 more minutes until cheese melts.

Remove from foil and serve.

Rice side dish recommended.

From Troop 88

Elroy, Wisconsin

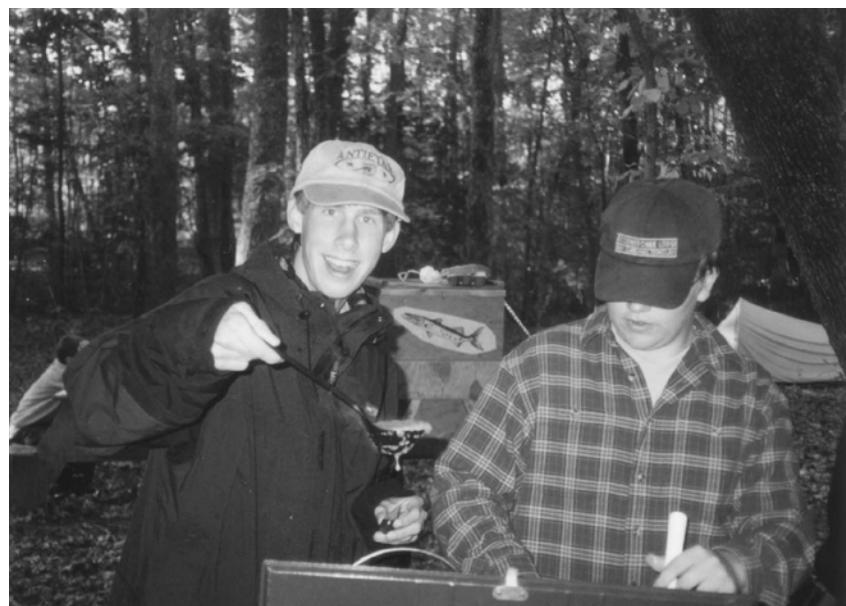
Pork Chops with Apples and Stuffing

6 thick boneless pork loin chops
1 tablespoon vegetable oil
1 box or package of stuffing mix
1 can (21 oz.) apple pie filling with cinnamon

Start Match light charcoal (Kingsford recommended) for dutch oven cooking.

In skillet fry pork chops in oil over medium heat until brown.
Meanwhile prepare stuffing according to package directions.
Line dutch oven with aluminum foil.
Spread pie filling into dutch oven.
Place the pork chops on top of pie filling.
Spoon stuffing mix on top of pork chops.
Cover and bake (approx. 350 degrees, 12 coals below dutch oven, 12 on top) for 35 minutes.
Check and bake an additional 10 minutes. Rotate dutch oven and lid about every 10 minutes for even baking.

Serves 6. May need a second dutch oven to double recipe.



Easy One-Dish Ham Bake

Yield: 6 servings

- 1 pk frozen string beans, rinsed
-and drained
- 1 can condensed cream of celery
-soup (10 3/4 oz)
- 1 can condensed Cheddar cheese
-soup (10 3/4 oz)
- 1 cup milk
- 4 cups Cut-up cooked ham, chicken,
-turkey or beef
- 1/2 tsp onion powder
- 2 cups Bisquick Original baking mix
- 1 1/2 cups milk

Heat dutch oven to 450°F.

Mix string beans, soups, 1 cup milk, the ham and the onion powder in ungreased dutch oven.

Mix baking mix and milk. Pour evenly over soup mixture.

Bake 27-30 minutes or until light golden brown.

Let stand at
minutes. 6

least 5
servings.



Lamb

Curried Lamb

Ingredients

2 pounds boneless lamb, cut into 1-inch cubes
½ cup flour
1 cup butter or margarine
3 large onions, diced
4 large tart apples (Winesap or Granny Smith), peeled, cored and cubed
4 tablespoons curry powder
2 teaspoons ground ginger
1 teaspoon ground cardamom
1 teaspoon salt
4 tablespoons lime juice
1 cup sour cream
Minute Rice

In a sturdy bag, combine lamb and flour. Shake to coat well. In Skillet, melt butter over medium heat. Add lamb and brown on all sides, about 5 to 8 minutes. Add onion and apple to skillet. Cook about 10 minutes more, stirring occasionally. Add next 5 ingredients.

Turn heat down, simmer 45 minutes until lamb is tender. Make desired amount of minute rice after about 30 minutes. Add sour cream to lamb. Mix gently. Heat 1 minute more. Serve over rice.

Serves 8.

Lamb Biryani

1 cup plain yogurt
4 garlic cloves, minced
1/4 teaspoon cayenne pepper
1 teaspoon ground cumin
1/2 teaspoon fresh ground black pepper
3 1/2 teaspoons salt
2 pounds boneless lamb, cut into 1/2-inch cubes
6 tablespoons butter
2 onions, diced
1/2 teaspoon ground coriander, or ground cardamom
1/2 teaspoon ground turmeric
8 whole cloves
2 cinnamon sticks, broken in half
3 cups long grain rice, preferably basmati (NOT MINUTE RICE)
5 1/2 cups water
2/3 cup raisins
2/3 cup cashews

Directions

1. In a bowl, combine the yogurt with the garlic, cayenne, cumin, black pepper, and 1 teaspoon of the salt. Stir in the lamb.
2. In a large saucepan, melt the butter over moderate heat. Add the onion and cook until starting to soften, about 3 minutes. Stir in the cardamom, turmeric, cloves, cinnamon, rice, and the remaining 2 1/2 teaspoons of salt. Cook, stirring, for 1 minute.
3. Add the lamb mixture to the pan. Stir in the water and raisins. Bring to a simmer. Cover and simmer until the rice and lamb are almost done, about 20-25 minutes. Remove from the heat. Let stand, covered, until the rice and lamb are just done, about 5 minutes. Stir in the cashews.

Serves 8.

Pasta

Cheeseburger Pasta

Ingredients

2 lbs. ground beef
2 cans (10 3/4 oz.) Cheddar Cheese Soup
2 cans (10 3/4 oz.) Tomato Soup
3 cups water
4 cups uncooked medium shell pasta

Directions

COOK beef in pot until browned. Pour off fat.

ADD soups, water and pasta. Heat to a boil. Cook over medium heat 10 minutes or until done, stirring often.

Make pasta according to package directions. Add sauce.

Serves 6-8.

Lo Mein

Ingredients:

8 Tbs. Peanut (or other) oil
1 lb.. Flank Steak Strips or chicken strips
1 tsp. Dried Ginger or 2 Slices fresh Ginger Root; Minced
1 cup Green Onion; Chopped
4 tsp. Cornstarch
1 tsp. Granulated Sugar
2 Tbs. Soy Sauce
1 cup fresh Cabbage; Shredded
2 sticks Celery; Finely Chopped
16 oz. Chinese Noodles or Spaghetti
1 tsp. Salt

1. Slice flank steak very thin, making sure to cut across the grain. Trim to about 2-inch long strips. Or prepare chicken, if desired.
2. In a small mixing bowl combine ginger, green onions, cornstarch, sugar and soy sauce. Add steak (or chicken) and set aside to marinate at room temperature for at least 30-minutes.
3. Meanwhile, cook and drain Chinese Noodles or Spaghetti as directed on package. If you add a few drops of vegetable oil to the boiling water while cooking, you will keep the noodles from sticking and clumping together. Set aside drained noodles and reserve.



4. Place half the peanut oil in a wok or heavy skillet and heat over medium-high setting to smoking. Stir fry meat mixture for about 3-minutes, do not overcook. Reserve.
5. Place the remaining peanut oil in the same wok or heavy skillet and warm to nearly smoking, again. Add celery and cabbage and stir fry for about 2-minutes, to lightly wilt the vegetables. Add Chinese noodles or spaghetti, stir constantly and cook for a few minutes more.
6. Add reserved meat mixture and salt. Stir fry for a minute or two to thoroughly heat through. Serve straight from the skillet or wok.

Serves 8.

Italiano Chicken Pasta (1 pot)

Ingredients

2 lbs. boneless chicken breasts, cut up
4 cans (14 1/2 oz. each) Seasoned Chicken Broth with Italian Herbs
1 tsp. garlic powder
6 cups uncooked corkscrew pasta
1 pkg. (16 oz.) any frozen vegetable combination
4 Tbsp. grated Parmesan cheese

Directions

COOK chicken in big pot until browned, stirring often. Remove chicken.

ADD broth and garlic. Heat to a boil. Stir in pasta. Cook over medium heat 10 min.

ADD vegetables and cheese. Heat to a boil. Return chicken to pan. Cook 5 min. more or until pasta is done. Serve with additional cheese.

Serves 8-10

Those who forget the pasta are condemned to reheat it.

~Author Unknown

Pasta Bolognese

Ingredients

4 tablespoons butter
½ pound sliced bacon, cut crosswise into 1/4-inch strips
2 onions, minced
1 pound ground beef, or even better a mixture of pork, veal and beef (meatloaf mix)
2 cups canned chicken broth or beef broth
4 tablespoons tomato paste
1 teaspoon dried oregano
1 ½ teaspoons salt
½ teaspoon fresh ground black pepper
1 cup heavy cream
1 ½ pounds spaghetti
4 tablespoons fresh parsley, chopped (optional)

Directions

Start boiling water for spaghetti. Try to time spaghetti and sauce to be done at the same time.

In a large frying pan, heat the butter and bacon over moderately low heat. Cook until the bacon renders some of its fat, about 3 minutes. Add the onion and cook, stirring occasionally, until starting to soften, about 3 minutes longer. Stir in the ground beef and cook until the meat is no longer pink. Add the broth, tomato paste, oregano, salt, and pepper. Simmer, stirring occasionally, until the sauce thickens, about 25 minutes. Stir in the cream and remove from the heat.

In a large pot of boiling, salted water, cook the spaghetti until just done, follow package directions. Drain and toss with the sauce and top with the parsley.

Serves 8.

Patrol Spaghetti Pie

2 pounds ground beef
1 cup picante Sauce
3 cups Spaghetti Sauce
6 cups hot cooked spaghetti
2/3 cup grated Parmesan cheese
2 eggs, beaten
2 Tablespoons margarine or butter, melted
2 cups ricotta cheese
2 cups shredded mozzarella cheese

1. Preheat dutch oven to 350° F. In skillet over medium-high heat, cook ground beef until browned, stirring to separate meat. Drain. Stir in picante sauce and spaghetti sauce. Heat through.
2. Mix spaghetti, Parmesan cheese, egg and margarine in separate bowl. Spread on bottom and sides of greased dutch oven. Spread ricotta cheese in spaghetti shell. Top with beef mixture.
3. Bake 30 minutes or until hot. Sprinkle with mozzarella cheese. Let stand 5 minutes. Cut into wedges.

Serves: 8-10

Serving size: 1 wedge



Rigatoni with Sausage and Tomato Cream Sauce

Ingredients

2 tablespoons olive oil
3 pounds mild or hot Italian sausage, casings removed
2 onions, minced
6 garlic cloves, minced
3 cups canned crushed tomatoes in thick puree
1 teaspoon salt
1 teaspoon fresh ground black pepper
 $\frac{1}{2}$ cup fresh parsley, chopped
2 cups light cream
2 pounds rigatoni
grated Parmesan cheese, for serving

Directions

Start pasta water.

In a large frying pan, heat the oil over moderate heat. Add the sausage and cook, breaking up the meat with a fork, until it is no longer pink, about 5 minutes. With a slotted spoon, remove the sausage from the pan. Discard all but 1 tablespoon fat.

Reduce the heat to moderately low. Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 8 minutes. Stir in the sausage, tomatoes, and salt. Simmer, covered, for 10 minutes. Add the pepper, parsley, and cream.

In a large pot of boiling, salted water, cook the rigatoni until just done, following directions on package. Drain the pasta and toss with the sauce. Serve with grated Parmesan.

Serves 8.

Ziti with Pepperoni

Ingredients

8 ounces pepperoni sausage, thinly sliced, slices cut in half
4 tablespoons olive oil
2 onions, diced
4 garlic cloves, minced
1 can (16 oz.) tomatoes, with juice
1 jar (16 oz.) spaghetti sauce
1 ½ teaspoons salt
2 pounds (2 16 oz. boxes) ziti or another tubular pasta

Directions

In a large frying pan, saute the pepperoni over moderate heat until lightly browned, about 3 minutes. Transfer to paper towels to drain. Pour off the fat from the pan and wipe the pan clean.

In the same pan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until soft, about 10 minutes. Add the garlic and cook, stirring, for 30 seconds. Stir in the tomatoes with their juice, breaking them up. Add the sauce, salt, cover and simmer over low heat for 10 minutes.

In a large pot of boiling, salted water, cook the ziti until just done, follow package directions.

Drain and toss with the sauce and the pepperoni.

Serves 8.

Scouting aims to teach the boys how to live, not merely how to make a living.

Lord Robert Baden-Powell

Chickette

2 1/2 cups broken spaghetti
2 cans condensed cream of chicken soup
1 cup chicken broth
1 tsp salt
1 tsp pepper
4 cups diced cooked chicken (leftovers work great)
1/2 cup diced onion
2 1/4 cups grated sharp cheddar cheese

Cook spaghetti according to box instructions and drain. Add soup, broth, salt and pepper. Add remaining ingredients. Bake in a greased casserole, uncovered, at 350 for 45 minutes.



Mexican Manicotti

1 lb lean ground beef
1 can (16 oz.) refried beans
2 1/2 teaspoons chili powder
1 1/2 teaspoons dried oregano
1 package (8 oz.) Manicotti shells
2 1/2 cups water
1 (16 oz.) jar picante sauce
2 cups (16 oz.) sour cream
1 cup (4 oz.) Shredded Monterey Jack or Mexican Blend cheese
1/4 cup sliced green onions (optional)

In a bowl combine the uncooked beef, beans, chili powder, and oregano. Spoon into uncooked manicotti shells. Arrange shells in a greased 13"x9"x2" baking dish. Combine water and picante sauce and pour over shells. Cover and refrigerate over night.

Remove from refrigerator 30 minutes before baking.

Cover with aluminum foil and bake at 350 for 1 hour. Uncover and spread sour cream over the top. Sprinkle on the cheese and sliced green onions. Bake 5-10 minutes longer until cheese melts.

Yield - 4 servings

Pesto Chicken Penne

16 oz. penne or ziti type pasta
2 envelopes of pesto sauce mix
1 ½ cups milk
½ cup olive or vegetable oil
4 cups cubed cooked chicken or turkey
Parmesan cheese (shredded preferred)

Cook the pasta according to package directions.
Meanwhile, in a large pot, whisk together the pesto mix, milk and oil.
Bring just to a boil. Reduce heat and simmer uncovered for 5 minutes.
Add chicken and heat through. Drain pasta and add to the sauce (or add
sauce to the drained pasta depending on which pot is bigger). Stir to coat
and serve with cheese.



Bacon Cheeseburger Pasta

16 ounces uncooked pasta - Ziti or Penne pasta recommended

2 lbs. ground beef

12 slices of bacon, diced

2 cans (10 3/4 oz) condensed tomato soup, undiluted

2 cups (8 ounces) shredded cheddar cheese

Barbecue sauce and Tony's, optional condiments to be added by individuals if desired.

Cook pasta according to package directions.

Meanwhile, cook ground beef in skillet until all pink disappears. Set aside.

In the same skillet cook diced bacon until crisp. Remove bacon to paper towel, discard drippings.

When Pasta is done drain water.

Add soup, beef and bacon to pasta in big pot. Stir over heat until hot throughout.

Stir in cheese until melted.

Serves 8-10.

Pork

1-2-3 Jambalaya

1 large onion, diced
1 large green bell pepper, diced
1 lb. smoked sausage, cut into $\frac{1}{2}$ inc slices
1 Tbsp. olive oil
4 cups chopped cooked chicken
3 cups uncooked long grain rice
2 10 $\frac{1}{2}$ oz cans French onion soup, undiluted
1 14 $\frac{1}{2}$ oz. can chicken broth
1 14 $\frac{1}{2}$ oz. can beef broth
2 to 3 tsp. Creole seasoning
2 to 3 tsp. hot sauce
Garnish: fresh cilantro sprigs

1. Saute first 3 ingredients in hot oil in a Dutch oven 4 to 5 minutes or until sausage is browned. Stir in chicken and next 6 ingredients.
2. Bake, covered, at 350 degrees for 40 minutes, stirring after 30 minutes. Garnish, if desired.

Yield: 8 to 10 servings

Sausage and Stuffing

Ingredients

2-3 lbs. sweet or hot (or 1 of each) Italian pork sausage, cut into 1" pieces
2 1/2 cups water*
1 large onion, diced
8 cups Herb Seasoned Stuffing (made from a box)

Directions

COOK sausage in skillet until well browned. Transfer sausage to large pot.

ADD water and onion. Heat to a boil. Cover and cook over low heat 5 min. or until sausage is done.

ADD stuffing. Mix lightly. Cover and let stand 5 min.

*For moister stuffing, increase water to 3 cups.

Serves 8.



Shiskabob

1 lb. Pork
1 bottle Worcestershire sauce
1 bottle teriyaki sauce
2 onions
2 peppers (red and green)
2 tomatoes
1 pineapple

1. cut up one pound of pork into squares $\frac{1}{2}$ " by $\frac{1}{2}$ "
2. marinade pork for a couple of hours in 1 bottle of Worcestershire sauce + 1 bottle of teriyaki sauce
3. pre-roast pork
4. cut up the following in squares the size of the pork: onion, pepper(green+red), tomato and pineapple
5. put on sticks
6. roast over fire

Scouting is the best thing in the world to make a boy self-reliant and fit him for the battle of life.

Lord Robert Baden-Powell

Sweet & Sour Sausage

Ingredients

2 lbs of kielbasa or polish sausage cut into chunks
2 onions, peeled and minced
2 cans pineapple chunks, drained, save juice
1 bottle bar-b-que sauce (your favorite brand)
Minute Rice

Layer sausage chunks, onion, & pineapple in pot. When finished pour BBQ sauce over top. Pour pineapple juice into BBQ sauce bottle and shake well, pour over stuff in pot, stir. Turn heat on high just until things start to boil, then cook on low until ready to serve. Make rice according to directions on box.

Serve over rice.

Serves 8.



Dublin Coddle (potatoes & sausage)

3 lbs. potatoes, peeled & cubed
4 tablespoons fresh parsley
1 chopped onion
1 12-16 oz. package (Maple) breakfast sausage links
4 slices bacon, coarsely chopped
1 14 ½ oz. can beef broth
pepper to taste

Arrange potatoes in bottom of heavy large saucepan; sprinkle with 1 tablespoon parsley. Top with onions; sprinkle with 1 tablespoon parsley. Top with sausage and bacon. Pour broth over. Season with pepper. Bring to boil over high heat. Cover pan. Reduce heat to medium-low; simmer until potatoes are tender and sausage is cooked through, about 40 minutes.

Uncover pan. Boil until liquids are slightly reduced, about 5 minutes.
Sprinkle with 2 tablespoons parsley.



Aunt Ann's Barbecue Pork

Freshly cooked or leftover pork cut into small pieces.

Combine:

2 stalks diced celery
4 medium onions, diced
1 Tbs chili powder
1/4 cup Worcestershire sauce
1 cup ketchup
1 tsp vinegar
2 cups water

Cook for 2 hours, stirring occasionally. Add pork and heat through.

Recipe by Anna Dawson



Veal

Veal Parmigiana

1 lb. veal cutlets

4 eggs beaten

bread crumbs (flavored if available or add some Italian spices to plain bread crumbs)

1/4 cup olive oil

1 jar spaghetti sauce

slices of Mozzarella cheese

pasta (your favorite or spaghetti or ziti)

Dip cutlets into egg then bread crumbs. Repeat then fry in olive oil until golden brown on both sides.

Place cutlets in a baking pan, pour sauce over each, and top each with Mozzarella cheese. Bake in 375 oven for 15 to 20 minutes while making pasta according to directions on box to serve as side dish.

Side Dishes

Camp Fries

6 cups thinly sliced potatoes
3 diced onions
1 ½ cup bacon, cooked and crumbled
1 ½ tsp salt
1 tsp pepper
½ tsp red pepper
½ cup bacon grease or margarine

Toss potatoes, onions, bacon, and seasonings together. Heat bacon grease or margarine in Dutch oven.

Cover and cook over low heat for 55 minutes.
Turn potatoes, cover and cook for 20 minutes more.



Dr. Extreme Beans

2 28 oz cans pork and beans
2 small (or 1 large) onion, diced
1 cup brown sugar
1 tsp ground cloves
1 16 oz. can crushed pineapple
1 lb summer sausage (or other fully cooked sausage) thinly sliced
1 12 oz. can Dr. Extreme (Dr. Pepper could be substituted)

Combine beans, onions, sausage, and pineapple in a 12" Dutch oven. In a bowl, combine remaining ingredients. Stir until brown sugar dissolves. Pour over the beans. Cover and cook 30 to 45 minutes. Can be made in a pot if desired.



Egg rolls filled w/ Chicken

Recipe listed by "THE IRON WOK"

Materials list:

1 Tbl. peanut oil

½ tsp. salt

1 clove of garlic (finely minced)

A few quarts of oil (to deep fry - I used 1 gallon)

Plate 1:

8oz. Boned chicken breast cut into small pieces

4 oz. mushrooms (stems + pieces)

Plate 2:

6 oz. Shredded cabbage

4 oz. Bamboo shoots, rinsed + shredded

2 oz. Water chestnuts, shredded

6 oz. Bean sprouts

Cup 1:

1 tsp. soy sauce

1 tsp. sugar

Instructions:

1. Place garlic, salt, and tsp. of oil into your wok or frying pan.
2. Once the garlic turns golden, add plate 1 and stir.
3. Once Chicken is cooked (turns white) add plate 2 and stir for 3 min.
4. Add cup 1 and heat for 2 min.
5. Turn the stove off and place the mixture in a colander drain (sieve) to drain off the juice.
6. Take egg roll wrappers and wrap the stuffing into egg rolls. Seal the egg rolls with egg whites (instructions on how to wrap the egg rolls are on the egg roll package).
7. Take egg rolls and place in hot oil until crisp and golden.
8. Serve with sweet + sour sauce (duck sauce).

-Stephen Hoyle, Leadership patrol

Sausage Stuffing

1 stick of butter
4 stalks of celery
3 medium yellow onions
2 lbs. ground sausage (sage if available, otherwise regular)
poultry seasoning
2 loafs of white bread
3 eggs
water
turkey gravy

Directions:

1. Melt butter in electric skillet or large frying pan.
2. Cut tops and bottoms off celery. Slice celery up length of stalk and then dice. Add to butter and saute while dicing onion.
3. Dice onions and add to frying pan with celery. Add lots of poultry seasoning, about 2 tablespoons.
4. Cook until onion is translucent. Set aside for later use.
5. Toast both loaves of bread. Tear bread into small pieces (about 8 per slice).
6. Cook sausage thoroughly.
7. Beat eggs.
8. Mix bread, sausage, eggs, and celery/onion mix together. Add water as necessary to make stuffing stick together. Add some more poultry seasoning.
9. Stuff stuffing into turkey. Can bake separately if desired.
10. Serve with turkey gravy.

Shirley Bedford

Hash Brown Casserole

1 large 30 oz pkg frozen hash browns
2 cans cream of potato condensed soup
1 pint sour cream
4 oz grated cheddar cheese
1 small onion diced
Parmesan cheese

Mix together in large bowl - soup, sour cream, cheddar cheese and onion.
Stir in hash browns - place in a greased casserole (loaf cake pan works well)
top with grated cheese - At this point casserole may be baked or
refrigerated until later - top with grated Parmesan - bake
at 350 for 30 minutes or until top is lightly browned.

- Serves 6



Hash Brown Casserole #2

4 lb. frozen hash brown potatoes
2 cans cream of chicken soup
1 cup sour cream
1 cup diced onion
2 sticks butter
16 oz. shredded cheddar cheese
Crumbled Ritz Crackers

Thaw potatoes and combine with all ingredients except crackers, butter & cheese.

Pour into greased dutch oven and top with butter and cheese and crackers.

Bake for 45 minutes at 350.



Banana Bread

2 cups flour
30 Vanilla Wafers, finely rolled (about 1-1/4 cups crumbs)
2-1/4 tsp. baking powder
1 tsp. salt
½ cup (1 stick) margarine or butter, softened
3/4 cup sugar
2 eggs
2 medium ripe bananas, mashed (about 1 cup)
½ cup milk
3/4 cup walnuts, chopped, divided

Mix flour, wafer crumbs, baking powder and salt in medium bowl; set aside.

Beat margarine and sugar in medium bowl with electric mixer on high speed until creamy. Beat in eggs until light and fluffy. Stir in bananas. Alternately add flour mixture and milk, beating well after each addition. Stir in ½ cup walnuts. Spread into greased 9 x 5-inch loaf pan. Sprinkle with remaining walnuts.

Bake at 350°F for 1 hour, 10 minutes or until toothpick inserted comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan; cool completely on wire rack. Sprinkle with powdered sugar before serving, if desired.

By Gregory Richmond, Panther Patrol

Navajo Fry Bread

mix together...

4 ½ cups of flour
½ tsp. of salt
2 tsp. of baking powder
1 ½ cups of water
½ cup of milk

Knead with your hands until well mixed. Pat or roll dough (bring rolling pin) into small, FLAT circles. Place into pot of hot oil and fry until golden brown (will have to turn over). Drain the oil from the bread. Serve fresh with honey or use for tacos, etc.

-Stephen Hoyle
Flaming Eagle Patrol



Breakfast Items

Breakfast Fruit Chimichangas

2 pkg (8oz) cream cheese, softened
1 cup ricotta cheese
 $\frac{1}{2}$ cup sugar
2 tsp grated orange peel
16 flour tortillas
1 large jar apricot preserves
1 can sliced apricots, drained
2 eggs beaten
4 tbs margarine, softened

1. Pre-heat Dutch oven with large pot lid on bottom and line with foil.
2. Thoroughly mix together cream cheese, ricotta cheese, sugar, and orange peel. Spoon about 1/4 cups mixture onto center of each tortilla.
3. Top with 1/4 cups mixture of apricot preserves and sliced apricots.
4. Roll tortilla. Brush both ends with eggs and fold to seal. Brush each with melted margarine.
5. Place layer in Dutch oven and sprinkle with sugar. Continue layering until all are in oven.
6. Bake 8-10 minutes. Strawberry preserves and 2 pkgs. defrosted frozen strawberries can be substituted for the apricots.

Never work before breakfast; if you have to work before breakfast, eat your breakfast first.

~Josh Billings

Breakfast Smoothies

Need:

- 1 Banana (or any fruit)
- 1 (6-8 oz.) container of yogurt (plain, vanilla, or fruit)
- Fruit juice or milk (we used apple juice)

Directions:

Put all of the ingredients into a hand cranked blender and blend them together. Serve straight from the blender.

-Stephen Hoyle
Leadership Patrol



Grits & Sausage Bake

3 c water
3/4 c quick grits
2 cups (8 oz) shredded sharp cheddar cheese, divided
2/3 c evaporated milk
1/4 tsp garlic powder
1/4 tsp ground black pepper
1/8 tsp hot pepper sauce (optional)
1 pkg (16 oz) fresh breakfast sausage, cooked, drained and crumbled
2 large eggs, lightly beaten

Bring water to boil in medium saucepan; slowly stir in grits. Cover; reduce heat to low. Cook stirring occasionally, for 5 to 6 minutes.

Add 1 1/2 cups cheese, milk, garlic powder, pepper & hot pepper sauce to grits, stir until cheese is melted.

Add sausage and eggs; stir well.

Pour into greased 8-inch square baking dish.

Bake in preheated 350 degree F oven for 1 hour.

Top with remaining cheese.

Bake for additional 5 to 10 minutes or until cheese is melted and golden brown. Let cool for 10 minutes before serving.

What do snowmen eat for breakfast? Snowflakes.

--Unknown

Southern Fried Cheese Grits

2 cups yellow grits, cooked per instructions

3/4 cups cheddar cheese

1/2 cup milk

2 eggs

salt & pepper

Mix cooked grits with cheese. Put in 9"x12" pan and chill overnight. mix eggs, milk, salt & pepper. Cut 3" strips, batter in mix and fry in butter until golden brown.

Optional added flavor, roll in corn flour after dipping, then fry.



Desserts

Cakes

Raw Apple Cake

1 ½ cups Wesson oil
1 cup sugar
1 cup brown sugar
3 eggs
1 tsp vanilla

Beat until thoroughly mixed.

Separately mix the following:

3 cups flour
1 tsp baking soda
1 tsp salt
1 tsp cinnamon

and then add to moist ingredients.

add 4 cups sliced apples (small slices)

This makes a stiff batter. Put in bundt pan or 2 loaf pans, greased and floured. Bake at 350 for 75 - 90 minutes.

From Mrs. Borman
(Jamezetta's roommate's mom)

Peach Upside-Down Cake

1 stick of butter or margarine
½ cup packed brown sugar
1 ½ cups fresh peach slices or 1 16 oz. can of peach slices, drained.
2/3 cup granulated sugar
1 egg
½ tsp. vanilla
1 ½ cups flour
1 ½ tsp. baking powder
½ tsp. salt
½ cup milk

Melt 2 Tbsp. butter or margarine and coat bottom of 8 or 9 inch cake pan. Sprinkle with brown sugar. Arrange peaches on top. Cream 1/3 cup butter or margarine and granulated sugar until light and fluffy. Blend in egg and vanilla. Add combined dry ingredients alternately with milk, mixing well after each addition. Carefully pour batter over fruit. Bake at 350 for 40-45 minutes or until wooden tooth pick inserted in center comes out clean. Immediately invert onto serving platter



Cookies

Molasses Sugar Cookies

3/4 cups shortening

1 cup sugar

1/4 cup molasses

1 egg

2 cups flour

2 tsp baking soda

1 tsp cinnamon

1/2 tsp powdered ginger

1/2 tsp cloves

1/2 tsp salt

Cream shortening and sugar, then add all other ingredients in the order given. Chill dough 2-3 hours. Form into small balls and roll in granulated sugar. Bake on ungreased cookie tin approximately 10 minutes at 350. Store in air tight containers.

From Cindy Karickhoff

No Bake Oatmeal Cookies

2 cups sugar

1/2 cup milk

4 Tbs. margarine

2 Tbs. cocoa

3 cups oatmeal

1/2 cup nuts (optional)

Mix everything except oatmeal & nuts in pot. Bring to boil, then boil for 2-3 minutes, stirring often. Add rest of ingredients & stir well. Drop from a spoon onto wax paper. Let cool (about 30 minutes).

Steven Acker

Dragon Patrol



Dutch Oven

Rhubarb Crunch

Makes 6-8 Servings

Batter Ingredients:

1 quart rhubarb, cut in 1"-pieces
 $\frac{3}{4}$ cup granulated sugar
2 Tbsp. Flour
1 tsp. Cinnamon
1/8 tsp. Salt

Topping Ingredients:

$\frac{3}{4}$ cup oatmeal
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{4}$ cup butter, melted

1. Combine all batter ingredients. Spoon into bottom of a greased dutch oven. (greased 9"-square baking dish)
2. Combine oatmeal, brown sugar and butter. Sprinkle over rhubarb and pat down evenly
3. Bake with 12 coals on the bottom and 8 on the top. (375° about 40 minutes)
4. Serve warm with milk or whipped cream.

This recipe won the Dessert Award on the first X-Cap camp out.

()= if made at home

Mark Cusick
Barracuda Patrol



Lazy or "Dump" Cobbler

Dutch oven (approx. 12")

25 charcoal briquettes (15 on bottom, 10 on top) Kingsford works best, remember Scouts must used Matchlight charcoal, not lighter fluid. You can also use a campfire, but temperature control is more difficult.

2 large cans fruit, your choice, peaches, apples, blueberries, cherries, etc. with syrup (29-30 oz. cans)

1 package Cake mix (white, yellow or spice, try chocolate cake with cherries for Black Forest Cobbler)

1/3 Stick margarine

Ground cinnamon to taste

Place oven over hot bottom briquette. Pour contents of fruit cans into oven. Spread dry cake mix evenly over fruit (eggs or shortening not needed!) Sprinkle cinnamon over all to taste. Cut margarine into equal slices and place in checkerboard pattern on top. Put lid on top of oven. Add hot briquettes and bake for about 45 minutes or until done. This recipe will have a layer of fruit with a cake covering that the boiling syrup self mixes. If mixing the cake in with the fruit is preferred, about $\frac{1}{2}$ way through baking, mix everything together and continue baking until done. Spoon out cobbler into bowls, add milk or ice cream, if you wish, and enjoy!

Just Recipes: <http://www.melborponsti.com/index.htm>

Apple Crisp

Dutch oven

25 charcoal briquettes (15 on bottom, 10 on top)

6 apples (Granny Smith or other tart variety) thinly sliced and peeled

1 cup brown sugar

3/4 cup Quaker Oats

3/4 cup flour

1 tsp. cinnamon

1 tsp. nutmeg

1 stick butter, softened

1/4 cup apple juice (or water)

Place oven over hot bottom briquette. Put ½ of the apples in greased dutch oven, blend together remaining ingredients (except juice), and crumble half the flour/oat mixture over the apples. Add remaining apples, and then remaining flour/oat mixture. Pour juice (or water) over the top. Put lid on top of oven. Add hot briquettes and bake for about 35 minutes or until done.

Modified from Apple Recipes, Jeanne Amero, 1983.

This recipe won the dessert award even though we forgot to peel the apples.

Jim Bedford

Barracuda Patrol

Pineapple Upside Down Cake

Dutch oven

Heavy Duty Aluminum Foil

1 tall can Pineapple rings(w/ heavy syrup)

yellow cake mix

3 beaten eggs

1/2 cup butter/marg

1/4 cup brown sugar

1 cup 7-Up

Line oven with foil, put pineapple rings and syrup on the bottom of Dutch oven. Dump cake mix in and mix in eggs. Cut up butter and sprinkle on top. Sprinkle with brown sugar. Cook with 7 coals under and 14 coals on top. After 15 min. check often.

May take up to 30 minutes to cook.

Mark Cusick

Barracuda Patrol



Pies

Lemonade Pies

"Makes two pies"

2 baked pie shells
1 lg coolwhip
1 6 oz concentrated lemonade (pink lemonade optional)
1 can eagle brand milk

Mix Cool Whip, frozen lemonade and Eagle brand milk. Spoon into pie shells and chill. Serve.

Knowledge without character is mere pie-crust.

Lord Robert Baden-Powell

Chocolate Puddin' Pie

Make instant jello chocolate pudding in pot.
Pour into ready-made graham cracker crust.
Chill in cooler about 15 minutes.
Add Cool-Whip on top of the chocolate filling, which should have set by now.
Consume.

After being made by the Venture Patrol on almost every camp out since their creation, this recipe finally won the Dessert Award on the September 2001 camp out, when no one else really tried to win.

The proof of the pudding is in the eating of it.

Lord Robert Baden-Powell

Other Desserts

Glorified Rice

Prep Time: 5 mins

Total Time: 20 mins

Serves: 12

Ingredients

2 cups MINUTE White Rice, uncooked

2 cans (16 oz.) fruit cocktail, drained

2 cans (8-1/4 oz.) crushed pineapple, drained

2 cups Miniature Marshmallows

2 cups COOL WHIP Whipped Topping

Preparation

Prepare rice as directed on package. Cool.

Add fruit and marshmallows; mix lightly. Gently stir in whipped topping; cover.

Refrigerate until ready

to serve.



Honey Fudge

1 pound granulated sugar
1/2 cup condensed milk
1/4 cup butter
1/4 cup water
2 Tablespoons honey

Put all ingredients into heavy pan. Stir mixture over low heat until sugar has dissolved. Bring to boiling point. Boil for about 10 minutes until temperature reaches 238F/114C on a candy thermometer. The mixture is ready when a little of the mixture is dropped into cold water and it forms a soft ball when rolled between thumb and finger. Leave the candy mixture to cool until just warm. Beat the candy mixture well until the candy mixture becomes thick and creamy. Pour candy mixture at once into a buttered, flat pan or tin. Cut into squares when set.

From: Favorite Sweets And Toffee Recipes cookbook

COOKING NOTE: The taste can be subtly altered by using different types of honeys: I.E. Clover honey, Orange honey, Acacia honey and etc.



Orange Frost

2 small packages (or 1 large) of orange jello.
1 ½ cups boiling water
1 cup miniature marshmallows
1 pint orange sherbet
1 can mandarin oranges, drained
1 package of Dream Whip, whipped

Dissolve jello in boiling water, let cool 10 minutes. Add marshmallows, sherbet and oranges. Fold in prepared Dream Whip. Pour into mold and chill until



firm.

There is no pleasure that comes near to that of preparing your own meal over your little fire of wood embers at the end of the day, and no scent like the smell of that fire.

Lord Robert Baden-Powell

Apple Fritters

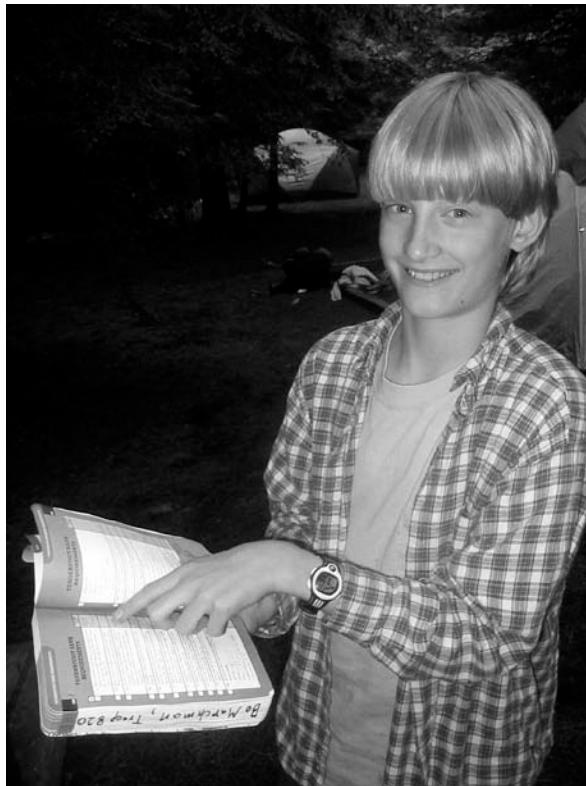
1 Egg
1/4 tsp Salt
1 tsp Baking Powder
1/2 c Milk
3/4 c Flour
1 c Powdered Sugar
6 Apples, sliced

1. Combine the egg, salt, baking powder, milk and flour to make a batter.
2. Put at least 1" of vegetable oil in a deep pan and heat until hot.
3. Dip slices of apple into the batter and deep fry in the oil.
4. Roll in powdered sugar.

Variations

- a. Use bananas or oranges instead of apples.

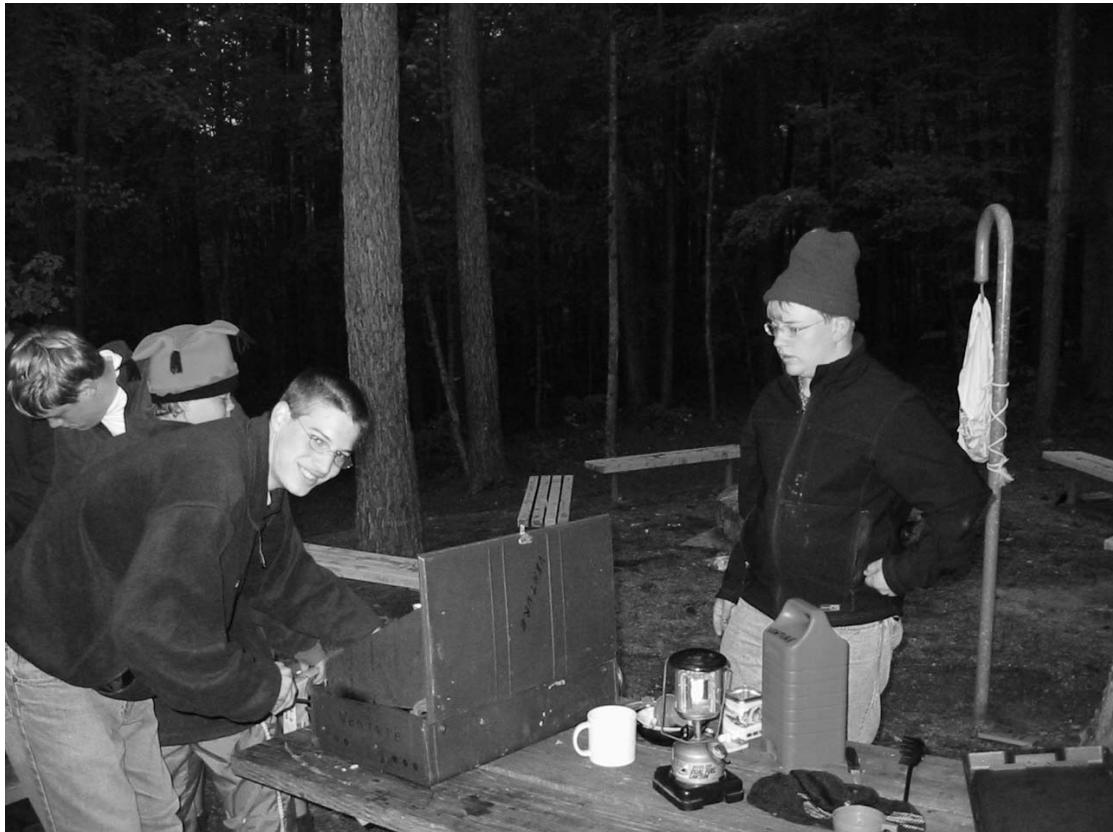
Serves 6



Banana Boats

1 banana per person
mini marshmallows
chocolate chips

Peel each banana down one side (don't pull it all the way off) and cut a wedge into it. Place marshmallows and chocolate chips into the wedge, and cover with peel and aluminum foil. Put into coals for about 5 minutes.



BBQ Spiced Bananas

Ingredients:

1 firm banana per person, peeled
1 tbsps. brown sugar per banana
pinch of cinnamon per banana
1 teaspoon Butter per banana
lemon juice

Cooking Instructions:

Place the bananas on a double thickness of aluminum foil and brush with lemon juice

Sprinkle the brown sugar over the bananas and dust with cinnamon

Dot with butter and wrap the edges of the foil tightly

Barbecue on the grill for about 8 minutes over a medium heat

Beverages

Mint Elixir

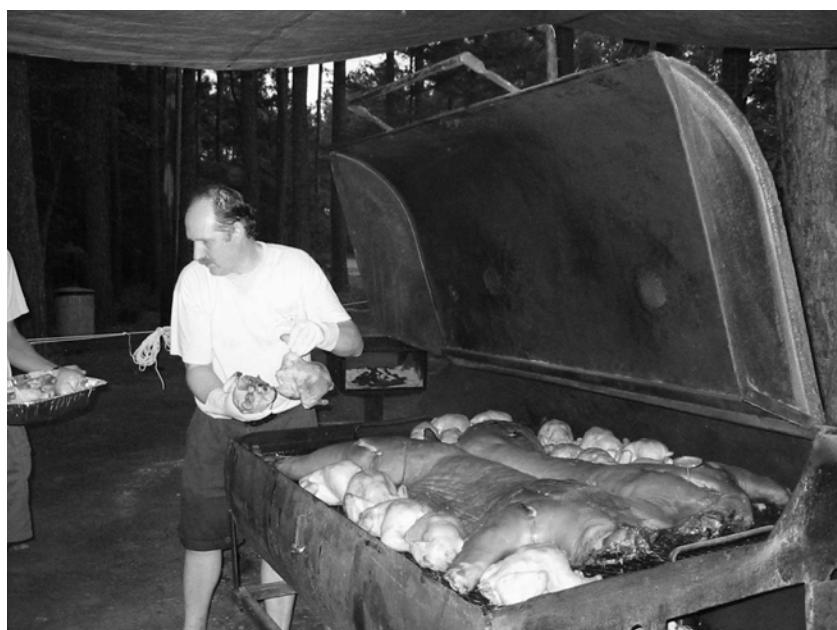
2 cups sugar
2 cups water
2 oranges
6 lemons
2-3 handfuls of fresh mint leaves

Grate rinds of 1 orange and 1 lemon (save juice). Mix water, sugar and rinds. Bring to a boil and pour over crushed mint leaves. Let stand for two hours. Strain out leaves and rinds. Add juice of all fruit. Chill.

Serve with ginger ale (Canada Dry is best) to taste. Approximately 3 Tbs per glass.

From Marge Coulson.

Note: This is a lot of work, but well worth the effort.



Sherbet Punch

3 cans Hawaiian Punch (you pick the flavor)
1 can frozen orange/pineapple juice
2 quarts ginger ale (Canada Dry recommended)
½ gallon sherbet (orange, raspberry or pineapple)

In punch bowl combine punch and juice. Add sherbet by spoonfuls. Pour ginger ale over sherbet.

From Barbara Delfino



The Art League Punch

1 can cream of coconut
½ gallon of orange juice
1 large can of pineapple juice
1 large can of frozen lemonade concentrate
1 bottle of lime juice
3 Tbs grenadine syrup
5 lbs. ice cubes

Mix in blender for 30 seconds the cream of coconut with some orange juice. The coconut can be lumpy and this is advisable but not essential. Place all ingredients in punch bowl and stir well. Then add ice cubes. Stir for 3 to 4 minutes to begin to chill and dilute the concentrates. Be sure to use the grenadine as that gives the punch its beautiful peachy color.

A camp is a roomy place, but there is no room in it for one chap, and that is the fellow who does not want to take his share in the many little odd jobs that have to be done. There is no room for the shirker or the grumbler.

Lord Robert Baden-Powell

Other

Sweet and Sour Sauce

Recipe listed by "THE IRON WOK"

Instructions:

Combine 1 1/12 cup of sugar (3/4 + 1/3)

1/3 cup of water

1/3 cup of vinegar

1 1/2 TBL of cornstarch and heat and stir until the mixture thickens. Make sure that you mix the cornstarch well (it will be lumpy if you don't). Then add a few TBL of catsup and serve (on egg rolls, sweet and sour chicken, rice, etc.).

Stephen Hoyle
Leadership Patrol



Photographs

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