

Front and Back Country Camp Cooking



Presented by

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Introductions

- What is your most memorable camp meal?
- What do you hope to get out of this course?

Frontcountry



Main Principles

- 1) Flexible Options
- 2) Ease of Preparation/Cleanup
- 3) Nutrition
- 4) Taste and Fun



Flexible Options - Predominately Car Camping

Determine Campground Amenities

Cooking Options

- ★ Dutch Ovens
- ★ Flat Top Cooktop
- ★ 1 - 4 burner stoves
- ★ Grills
- ★ Camp Fire

Food Storage - Coolers and Dry goods

Cook Kits: Flexible pan option, cooking tools and SPICES | Don't forget the foil and leftover storage [ziplocks]



Ease of Preparation and Clean Up

Meal Planning:

- ★ Timeline
- ★ Number, Age and Experience of Campers
- ★ Activities Planned

Lunch options that can be made at breakfast and packed for day activities

Spread the workload - many hands make light work, alternate work assignments, everyone has a job!





Patrol: _____ # of Scouts: 7

Outing: Advanced Skills Hike Date: 8/16 - 8/20 2009

Date/M meal	Menu	Duty Roster
Sunday 8/16 Lunch Everyone	Bring your own bag lunch	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Sunday 8/16 Dinner lbs. Bought by: Carried by:	Teriyaki Chicken Couscous Sugar snap peas No bake cheesecake	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Monday 8/17 Breakfast lbs. Bought by: Carried by:	Frozen scrambled eggs Cheddar cheese Bacon bits Grilled onions/peppers Hot apple cider	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Monday 8/17 Lunch lbs. Bought by: Carried by:	Pita bread pockets Hummus Cucumbers Lemon	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Monday 8/17 Dinner lbs. Bought by: Carried by:	Macaroni and Cheese and hot dogs Dried apple slices Baby carrots Instant vanilla pudding Butter	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Tuesday 8/18 Breakfast lb. Bought by: Carried by:	Granola Milk Dried prunes Tang	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____

Per Scout \$ _____

Stoves 2+1

Gas 4 cans oz.

Dutch ovens _____

Charcoal _____ lbs.

Chimneys _____

PAGE _____
LINE _____
DATE _____

These

Flowers

Spoons 2

Flippers _____

Tongs _____

Date/M meal	Menu	Duty Roster
Tuesday 8/18 Lunch lbs. Bought by: Carried by:	Bagels Pizza squeeze Cheese Pepperoni	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Tuesday 8/18 Dinner lbs. Bought by: Carried by:	Spaghetti noodles Pwdrd Alfredo sauce mix Canned or pkged chicken Parmesan cheese, Butter Zucchini Dried mango slices Instant pudding	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Wednesday 8/19 Breakfast lbs. Bought by: Carried by:	Oatmeal Dried blueberries/cherries Cocoa	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Wednesday 8/19 Lunch lbs. Bought by: Carried by:	Rye Krisp Salami Cheese Dried apricots	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Wednesday 8/19 Dinner lbs. Bought by: Carried by:	Mashed potatoes Gravy Turkey Banana chips Tang Biscotti	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____
Thursday 8/20 Breakfast lbs. Bought by: Carried by:	Breakfast cookies (2x) Flattened banana Cocoa	Cooks: _____ Cleanup: _____ Water: _____ Grace: _____

Per Scout \$ _____

Stoves _____

Gas _____ CO_2

Dutch ovens _____

Charcoal _____ lbs.

Chimneys _____

Figure 1

Results

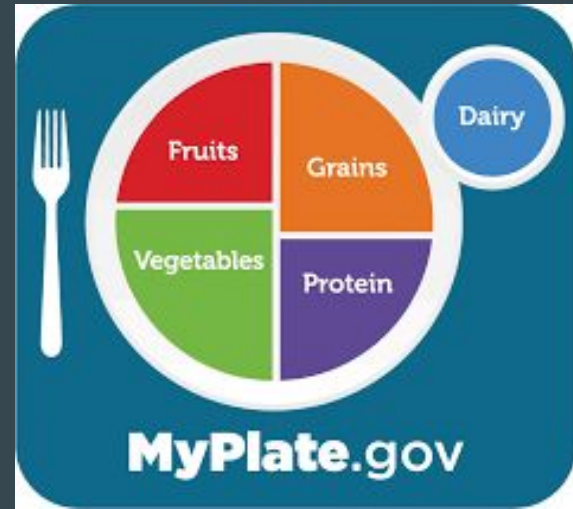
Spoons _____

Flippers _____

Tongs _____

Nutrition

- This type of camping allows for more fresh food - including fruit and veggies, meats and cheeses
- Activities - the more active the day is, the more you need to eat.
- Replace calories that are being burned
- Leave room for a fun treat at night around campfire
- Plan for snacks
- Avoid the Hangreys
- Limit empty calories



Taste and Fun

- Potentially limitless possibilities
- Make the food fun and flavorful - they will always talk about the food
- Include meal items that anyone can make
- Try something new each trip
- Try different cooking techniques
 - Dutch Oven
 - Cardboard Oven
 - Open Fire
 - Grilling
 - Flat top cooking



Sample Menu

	Day 1	Day 2	Day 3
Number	8 Adults, 28 Youth	8 Adults, 28 Youth	8 Adults, 28 Youth
Breakfast Coffee and tea at all times	French Toast/syrup Sausage Oranges Milk	DO Egg Bake with Hashbrowns,veggies Orange Juice	Oatmeal Peaches English Muffins Milk & OJ
Lunch	Sub Sandwiches Potato Salad Apple Juice Cookies	Sloppy Joes Chips & Veggie Tray Juice Watermelon	Nachos Carrot sticks Juice Leftover cupcakes
Snacks	Gorp	Gummy Bears	Granola Bars
Dinner	Chicken Alfredo Salad,French Bread Juice, Brownies	DO Beef Stew Potato Roll Juice, CupCakes Fruit	Grilled Burgers/Buns Fried Potatoes, Corn DO Apple Crisp & Ice Cream Juice,
Cracker Barrel	Popcorn & Juice	S'mores	Biscuits on a Stick

Den Leader Food Options - Generally used during a Den Meeting

Savory Options

Warm:

- Hot Dogs with Biscuits on a Stick
- Foil Lunch
- English Muffin Pizza

Cold:

- Sliced Turkey/Cream Cheese Swirls
- Mozzarella sticks wrapped in salami


Sweet Options

Warm:

- Banana Boats
- Orange Cupcakes
- Baked Apples

Cold:

- Pudding or Juice Pops
- Kick the can ice cream or pudding



Make it fun and tasty!!!

Resources

- Check out Pinterest for some great ideas on camp food
- 20 Camping Recipes you learned in Boy Scouts
<https://www.tasteofhome.com/collection/boy-scout-recipes/>
- Free Boy Scout Recipes
<https://www.boyscouttrail.com/boy-scouts/boy-scout-recipes.asp>
- BSA Camping Recipes and Cooking Strategies
https://247scouting.com/web/BSA160/attachment/document_14710185080_2939.pdf
- Easy and Delicious Camping Meals
<https://camping.lovetoknow.com/camping-food-ideas/boy-scout-camping-meals>
- Dutch Oven Camping recipes
<https://www.freshoffthegrid.com/camping-dutch-oven-recipes/>

Backcountry



Main Principles

- 1) Portability
- 2) Ease of Preparation/Cleanup
- 3) Nutrition
- 4) Taste and Morale



1) Portability

Keep in mind! You're carrying food for multiple people for potentially multiple days. Food should be easy to carry (lightweight and packable).

Dry goods are light in small quantities, heavy in large quantities.

Avoid cans and wet packaged goods except for short trips. Foil Tuna/Chicken packs are great.

Tortillas are your friend

Mountain House Meals/Freeze Dried Soups

MREs and any number of options today.

Commercial packaging is intentionally bulky, avoid it when possible.

Look for ways to repackage things into ziplocks, vacuum sealed, or split up.

Make sure to carry snacks and lunch outside bear cans while hiking during the day.

Adjust weight in bear cans each day to spread everything out evenly.



2) Ease of Preparation/Clean Up

Understand your limitations!

- Minimal equipment
- Cooking for potentially lots of people
- One pot meals are your best friend.
- Conserve water.



Not everyone is a good cook, plan meals that a reasonable person could do.

2) Ease of Preparation/ Clean Up

- Leave No Trace presents some interesting challenges
- Self-Sumping
- One pot meals = One pot dishes
- Clean is relative!



3) Nutrition

- Replace the calories you burn.
- But avoid empty calories (excessive fats and added sugars)
- Protein and Carbohydrates are your friend in the backcountry.
- Fight the scurvy, eat vegetables! Dried fruits and vegetables are lightweight and nutritious
- You may be far from help, a malnourished body is no good.

4) Taste and Morale

- Life's too short, things should taste good.
- Advanced food technology makes tasty backpacking easier than ever.
- Food is essential to positive mental attitude. If you're cold and wet, a hot meal can literally be a life saver.



Weekend Menu

Day 1	Day 2
Home	Oatmeal w/dried fruit
Road/Trail Lunch	Crackers w/ Salami
Mountain House Meal	Home

3 Night Menu

Day 1	Day 2	Day 3	Out
Home	Grits w/pesto and parmesan	Oatmeal w/dried Cranberries	Protein Bar Dried Fruit
Road/Trail Lunch	Crackers w/ Salami	Tuna Wraps	Road/Trail Lunch
Pesto Shells w/chicken	Dried tortilla Soup W/Tortillas	Ramen w/ Chicken	Home

Resources

Good reviews of gear and suggestions for what to bring.

<https://www.freshoffthegrid.com/backpacking-cooking-gear/>

Helpful tips for meal planning.

<https://www.rei.com/learn/expert-advice/planning-menu.html>

General tips for backpacking, including ultralight backpacking ideas.

<https://www.adventurealan.com/food-cooking/>

Elevate Your Trail Cooking

<https://montyboca.com/recipe-type/dinner/>

OVERVIEW

The following is adapted from "Outdoor Cooking with Dutch Ovens" by Duane & Sandy Dinwiddie, Texas State Grand Champions in 1995 & 1996.

The most important thing to understand is that cooking with Dutch ovens and charcoal is truly an art, not a science. The same art applies to any cooking with respect to nuances about the recipes and their preparations. The biggest difference between cooking in your kitchen and cooking out of doors is temperature control. In your kitchen, when you set your stove or oven, you can be reasonably sure that the temperatures are going to stay the same. Cooking outdoors with charcoal as your source of heat is very different. The charcoal only burns on the surface, where it can get air. A freshly lit briquette has maybe 4 square inches of surface area, but 30 minutes later might have only 2 square inches. This cuts down the heat produced by a factor of 2. In addition, weather conditions change, with the biggest factor (not counting rain) being wind. Wind affects cooking two ways. First, wind causes the charcoal to burn faster, releasing more heat, but the charcoal doesn't last as long. Second, wind blows heat away from the ovens. The oven will be cooler on the upwind side than on the downwind side, requiring periodic turning of the pot to maintain even heat. In the face of all this, it is still really easy for beginners to learn to cook with a Dutch oven, and is certainly a lot of fun, especially when camping. Except for waffles there is nothing that can't be cooked in one of these ovens.

BUYING AND BREAKING IN AN OVEN

A lot of sporting goods stores now carry Dutch ovens in a range of sizes. A 10 inch oven is a perfect size for two people. A family of four or five should start with a 12-inch oven and Boy Scout leaders should consider buying a 14-inch oven (or two!). The size is the pot diameter in inches and the number is cast into the lid. You will need a charcoal starter also, or you can make one from a 3-pound coffee can with both ends cut out and some holes punched in the sides. You will need something to set the lid on to keep it off the ground (a lid stand) and a tool to pick up the lid when it is loaded with charcoal (lid tool). These items can be purchased or you can make them.

Lone Star Dutch Oven Society Cookbook

The most commonly used ovens are made in Tennessee by a company called Lodge (they also sell accessories). They come with break-in instructions and some recipes. To break in a new oven do the following: The ovens come with a protective material sprayed on them to keep them from rusting during shipment. To get rid of the protective coating, wash the oven with hot water and dishwashing soap. It won't be obvious that

you washed anything off, but you did. Thoroughly rinse all the soap out and towel dry. Now the oven must be seasoned. Cast iron is very porous, like a fine sponge. The idea of seasoning is to fill all the fine holes with cooking oil and then convert the oil to carbon with heat. The carbon will eventually fill up all the fine holes and produce a non-stick surface (when oiled just before cooking). The following procedure can be done in your kitchen oven at home, but it will stink up the house due to burning oil. Instead do it outside by setting the oven over about 8 - 10 charcoal briquets and the lid (separately) over the same number, on a lid stand. When they are just too hot to touch with the bare hand, remove from the heat, and thoroughly coat the inside and outside (even the bottom) with solid Crisco® type shortening on a paper towel. It is messy so do it on some newspapers. Then let them cool, and finally wipe the excess shortening out with a paper towel. Heating them up completely dries them and drives out air from the small pores. When coated hot and then allowed to cool, the shortening gets sucked into the pores. Lightly coat the pot inside and out with a good brand of vegetable cooking oil, and bring it up to cooking temperature (about 350°F) for about an hour. Let it cool and wipe out any excess oil with a paper towel and you're ready to cook.

build up a thickened oil coating that feels waxy and is brown to black in color. This is the good stuff. It is unthickened oil that goes rancid. To clean out a pot to remove rancid oil smells, warm the pot up and pour in a liberal amount of cooking oil. Then scrub for about 5 minutes and the rancid layer should dissolve off. Discard the scrubbing oil and wipe the pot clean with a paper towel. If the pot still smells rancid, then you must burn it out. Simply put a full layer of charcoal under the pot and a full layer of charcoal on the lid, with the charcoal briquets laying flat and just touching each other. After about 5 minutes, quickly wipe out the inside of the pot with a wad of paper towels to remove as much of the oil as you can. Try to do this with the pot very hot. After that, lift the lid every 10 to 20 minutes to let the smoke out. Burn it until only a small amount of smoke comes out of the pot when you lift the lid (for large pots, about an hour). You are converting the waxy oils to carbon deposits in addition to removing rancid oils. If you don't wipe out the excess oil at first when the pot first gets hot, loose carbon will be formed like scale in the pot, and it must be removed (use a soft brass brush). The pot is still seasoned after properly burning it out so just oil it before cooking and you are in business. With a new pot, try to avoid cooking things with a lot of water or acids (tomatoes) in the pot at first, as they will tend to get into the unfilled pores and try to rust the pot. Stick with frying or baking for the first few tries and then you'll be okay. Pinto beans are also very damaging to a pot's seasoning.

TIDBITS

Once the oven has been seasoned, NEVER put soap in it again, or you will un-season it and have to repeat the process. Hot water and a plastic or natural scrub pad will remove anything, even burned material. Never use hard metal utensils as they will scratch the layer of carbon that you are trying to build up inside the oven (soft brass brushes can be used, see later). Store your ovens in a place where they will not be exposed to high humidity or they might rust. Do not oil them for storage, as the oil can get rancid over time in a hot garage). Oil your Dutch oven with a light vegetable cooking oil just before use, inside and out, and the protective carbon coating on the pot will build up over time. If you can smell rancid oil in a pot after prolonged storage you must clean it out. Normal use will gradually

Beginners frequently over-start their charcoal. By that I mean, they leave it in the starter too long before they use it. It should take only 10 to 15 minutes to start charcoal in a chimney starter and anything longer than that is a waste. It may not look lit in the starter but if it has flames coming out the top and no smoke, it is ready. Charcoal that has been started for 30 minutes before it is put on the pot will be half burned away and will not produce as much heat per briquet. It will also not provide heat long enough to finish some recipes. Always start more charcoal than you need so you can add the extra later to maintain heat if necessary, especially if it is windy.

Lone Star Dutch Oven Society Cookbook

CHARCOAL

Temperature Control

"THE DINWIDDIE METHOD OF CHARCOAL BRIQUET USE"

Throughout this book there is reference to 'The Dinwiddie Method of Charcoal Briquet Use'. It is as follows:

Counting the number of charcoal briquets used under and on top of an oven can be misleading, since the temperature will vary based on the size of the lit charcoal. Charcoal that has been lit for a while is smaller and won't put out as much heat. The following geometric patterns correct this, as you have to use more small briquets to make a complete ring than larger ones, which automatically adjusts the number you put on the pot.

It is possible to cook almost everything there is to cook with just four temperatures.....slow, medium, hot and very hot. Using 'The Dinwiddie Method of Charcoal Briquet Use' for a 10 inch oven, slow will have 1 ring on top, and 1 loose ring under the pot and be 300°F +/- 25 degrees. Medium is 1-ring under and 17 rings on top

and is 350°F +/- 25 degrees. A hot oven is 1 ring under and 2 rings on top and is 400°F +/- 25 degrees, and very hot is 1-ring under and 27 rings on top and is 450°F or so. For larger pots, you will need more charcoal on top for each temperature. For example, two rings on top of a 10 inch pot covers half the lid surface but only 1/4 of the lid surface area on a 14 inch pot. You will quickly learn to adjust the absolute amount of charcoal for different size pots. For frying, start with a full spread under the pot and fry with the lid on to keep the heat in. Whatever you are cooking, look inside the pot periodically to see if your food is simmering properly, or browning properly, etc., and add or take away charcoal as needed. Start a personal cookbook or jot notes in the spaces provided thorough out this cookbook including how much charcoal you used, how long you cooked it and whether it was done correctly. It is best to err on the hot side as it is really hard to burn something in these pots. The final answer is to practice and keep records. You will rapidly learn how much charcoal it takes to make your pot do what you want it to.

1 ring: If you make a circle of hot charcoal with all of the briquets lying flat and touching each other (with spaces left out for the legs on the bottom rings), that is "one ring".

1/2-ring: A "half-ring" is the same size circle, but with every other briquet missing.

2 rings: Add a second ring inside the "1 ring", touching each other.

MORE INFORMATION ABOUT COOKING IN THE DUTCH OVEN

full spread: means to put all the briquets you can (one layer deep laying flat) either under, very rare, (except in frying) or on top of the pot. The following information was adapted from the Lodge Manufacturing Company's pamphlet called 'Lodge Dutch Ovens... "100 years & Still Cooking" written by Bill Brummel, an LSDOS founding member. We wanted to include this information since many Dutch oven cookbooks are silent on the subject.

All rings start with the outside edge of the briquets lined up with the outside edge of the oven. top or bottom. You will rapidly learn about how many charcoal briquets it takes to make rings for different size ovens and what the corresponding cooking temperatures are.

After seasoning your oven, the first step to get cooking is to start up some hot coals or briquets to cook with! If using wood, get the fire going 30 - 45 minutes before needing coals. If using briquets, ignite them about 15-20 minutes before you need them. As the coals are getting hot, prepare your ingredients and ovens for cooking, use a good brand of charcoal briquets as you can better control the amount of heat inside your oven.

Arrange the number of briquets needed by

Lone Star Dutch Oven Society Cookbook

Through this book, individual recipes call for widely varying amounts of charcoal to get the same cooking temperatures. This just **shows how much room there is for true temperature differences** without ruining the food in a Dutch oven.

placing them under the oven's bottom in a circular pattern so they are at least 1/2" inside the oven's edge. Arrange the briquets on top of the lid in a checkerboard pattern. Top or bottom, do not bunch the briquets as that can cause "hot spot" problems in cooking, lift and rotate the oven 1/4 turn every 10 - 15 minutes and then rotate the lid 1/4 turn in the opposite direction. Check your foods occasionally to make sure they're not burning, cooking too fast, or not cooking fast enough. Be careful in removing the lids so as not to flavor your dish with ashes! If necessary to add or remove briquets, do so in the same proportions top and bottom. Keep food warm after cooking by removing all briquets except for a few both under and over the oven, With practice, you'll become better at controlling your cooking temperatures. This is part of the fun and challenge of cooking with Dutch ovens! However, you can use the following chart as an aid in getting started. The figure to the right of the oven sizes is the total number of briquets required, and the figures directly below those are the number of top/bottom briquets required to attain the temperature stated at the top of the chart.

Notes

BAKING TEMPERATURE CHART

OVEN	TEMPERATURE REQUIRED					
	325°F	350°F	375°F	400°F	425°F	450°F
8"	15	16	17	18	19	20
	10/5	11/5	11/6	12/6	13/6	14/6
10"	19	21	23	25	27	29
	13/6	14/7	16/7	17/8	18/9	19/10
12"	23	25	27	29	31	33
	16/7	17/8	18/9	19/10	21/10	22/11
14"	30	32	34	36	38	40
	22/12	24/12	22/12	24/12	25/13	26/14
16"	34	36	38	40	42	44
	22/12	24/12	25/13	27/13	28/14	30/14

Baking temperatures taken from regular cookbooks, sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect the average following F degrees.

Slow - 250°F - 350°F, Moderate - 350°F - 400°F, Hot - 400°F - 450°F, Very Hot - 450°F - 500°F.