Recipes for IOLS Cooking Demonstration

Banana nut bread, blueberry muffin, lasagna freeze dried, and no bake cheesecake can all be purchased prepackaged and simply follow the directions on the package. Apple Pies can be purchased already prepared and unbaked.

Simple Hearth Bread

Ingredients:

2 cups water

1 tbsp sugar

1 tbsp yeast

6 cups King Arthur flour

1 tbsp salt

Directions:

Proof yeast and sugar in warm water. Add remaining ingredients. Adjust flour and water until dough is tacky. Make into one ball, then kneed until bread is soft and pliable. Let rise until double in size at room temperature. Punch down and let rest 10 minutes. Shape into one hearth loaf and place in Dutch oven which will allow bread to rise double in size. When bread has raised, place coals under and on top of Dutch oven. Cook at about 350 degrees for 25 to 30 minutes. To tell if the bread is done, insert a thermometer into the loaf and get a reading of 190 degrees at the center. Take loaf out of Dutch oven and let cool on a rack before cutting. Use a bread knife to slice in ½ “ slices. Serve with butter.

NOTE: To make a softer and tastier bread, add 2 eggs, 2 tbsp butter and 1 oz powder milk.

Shrimp and Pea Pods

Ingredients:

1 pkg Noodles in sauce (Knorr Pasta Sides)

½ lb Pea Pods

2 cans small shrimp.

Instructions:

Cook noodles as directed on package. When noodles are mostly done, put pea pods in to pot and stir. Very important, rinse shrimp twice with fresh water. Put shrimp into mix just as noodles and pea pods are finished cooking to heat through. Serve.

Pineapple Pud

Ingredients:

I whole fresh pineapple

2 oz nuts, chopped

2 oz chocolate chips, sweet, chopped

1 Small Apple, chopped

1 small bag mini-marshmallows

Instructions:

Cut top off pineapple about 1 inch below leaves. Scoop out as much pineapple as you can from the pineapple, leaving about ¾ to 1 inch fruit on inside of peel. Cut up pineapple fine, add some of other ingredients. Stuff pineapple with as much of the mix as it will hold.

Here is the tricky part. Reattach the top with small twigs or nails. It will be difficult to get them in around the top of the pineapple and hold into the lower section.

Place the pineapple directly on a bed of hot coals. Roast on a side for 10 minutes. turn pineapple about 1/3 distance around to insure all areas of the pineapple has been roasted. I like to joke “When the leaves catches on fire, the pineapple is done”. Hopefully, you will get it off the fire before this happens.

Take off the coals, cut open an serve slices of the water melon on its peel, insuring that eac h slice has some of the stuffing on top.

Wagon Wheel

Ingredients:

I pk cooked sausage links

I box corn bread mix.

1 can (or 2) apple fruit topping.

Instructions:

Mix the corn bread per the instructions on the box.

Place link sausage in bottom of greased Dutch oven in the form of spooks of a wheel. Pour corn bread patter on top. Place apple fruit topping on top. It can be partly mixed with the corn bread batter. Cook over coals for 30 minutes. Check to see if corn bread has cooked. Serve up and enjoy.

Hamburger in Onion

Ingredients:

1 Large onion

½ lb hamburger

Spices or sauce you like on hamburger

Instructions:

Slice onion in half around the middle. Do not peel the onion. Hollow out the onion, leaving 3 or 4 layers of onion and peel around the onion. Add spices to the hamburger to suit your taste. Place a ball of hamburger in the hollowed out onion. Coat top with a sauce (Worcestershire) that you like. Place in a bed of hot coals. Cook until the hamburger is how you like your meat. Take out of coals. Peel off the onion peel. You have hamburger with onions to enjoy.

Twist Bread

Ingredients:

I tube premade biscuits

I - 2” diameter, 15 inch long green stick.

Instructions:

Peel bark from stick. Sharpen one end so it can be driven in the ground. Open tube of premade biscuits. Take 2 or 3 biscuits and for into one long piece. Twist this around the stick on the top part. Place stick over a hot fire (with little flame) by driving the sharpened stick in the ground at a 45 degree angle sp the biscuit is suspended over fire. Rotate stick as biscuit cooks.

Vegetable Soup

The great thing about soup is it can be made as the first course to a meal. If you tell a youth he has to hydrate by drinking water, he will resist. If you serve him soup which has lots of nutritious food particles, he will want more. And will still eat their meal. Making a scratch pot of vegetable soup also teaches him how to cook.

Ingredients:

1 container of concentrate chicken or vegetable stock.

I large potato

2 medium carrots

1 medium onion

Other vegetables you desire (peas, green beans, pea pods, cabbage, etc.)

Spices you desire (Salt, Pepper, garlic, cilantro, Italian, etc.)

Instructions:

Slice vegetables up into small pieces. Put 2 quarts of water into a 4 quart pot. Add Stock to dissolve. Add vegetables in sequence depending on how long they take to cook (Carrots will take the longest, etc.). Add spices to taste.

Fish and corn foil dinner

Ingredients:

Fillet of a good fresh fish (Flounder) – enough to feed your patrol

Ear of corn - enough to feed your patrol

1 large onion, diced

Can also include other vegetables you like (potato, carrot, etc.)

1 lb butter

1 roll aluminum foil

Instructions:

Make a foil dinner as you would with hamburger and vegetables, but use fish and ear of corn and at least slices of onion. The fish does not have grease like hamburger, so add 2 – 3 tablespoons of butter. Make sure the foil pouch is sufficiently wrapped around the ingredients and sealed so it will not come open. Place on a bed of hot coals and cook, turning over after 10 -15 minutes. Now you have a great fish meal. It is even better if you have just caught the fish.

Precooked Bacon

Precooked bacon is very easy to prepare. It only takes 10 – 15 seconds in a heated frying pan to reheat. Any longer and you will burn it. You can also put a load of bacon in a pot and heat it up over your fire. Just make sure you stir it as it reheats. It will take a little longer, but watch it to insure you do not burn it.

You can now buy precooked bacon that does not need refrigeration until it is opened. This allows you to take meat on back packing or canoeing trips. It is light and carries easily.