



Patrol Cooking Method

Cooking Guide and Instructions

Patrol Cooking allows your troop to prepare all meals in your troop campsite. Raw food products are picked up at the commissary prior to every meal. The commissary will supply food based on the numbers of each patrol in your unit. **Please give patrol names and numbers to the designated person upon arrival to camp.** Include adults in the patrol numbers. Include vegetarian count in patrol numbers. Include information on scouts with food allergies.

Camp Staff will be eating with the troops periodically during the week. Your Camp Director will inform you of when the staff will be visiting. The commissary will be informed of staff eating with the Scouts. The commissary will automatically include more food to accommodate staff.

Food will be portioned for each meal by the commissary staff. There will also be a bag of “staples” for the week given out with the first meal of the week. This will include things like oil, soap, paper towels, and foil. With every meal a trash bag will be included.

If quantities of food or “staples” are insufficient, or you run out, the commissary will be glad to issue more – PLEASE bring this up with the commissary staff.

Propane stoves and L.P. Gas along with dutch ovens are available from the camp Quartermaster. Please go by and pick up a stove for each patrol before the first meal.

Food Pick Up Times are:

Breakfast: 7:00am

Lunch: 12:00pm

Dinner: 5:00pm (Thursday 4:30pm)

Two scouts should report to commissary to pick up food. They need to know their troop number and patrol name for pick up. Please do not send entire patrol to pick up food.

FOR ALL COLD LUNCHES

Most lunches will be cold sandwiches (excluding Wednesday's meatball subs). The only preparation will be slicing tomatoes and cleaning lettuce.

Water will still need to be heated for cleaning purposes.

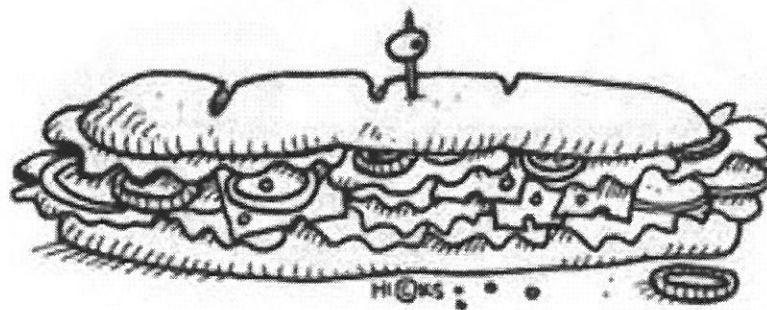
Rinse lettuce and tomatoes with cold water.

Separate lettuce into leaves and place on a plate or in a pan.

Cutting tomatoes: place tomato on a cutting board. Cut $\frac{1}{4}$ inch off the bottom of the tomato. Slice tomato into $\frac{1}{4}$ inch slices. Throw away the top slice with the tomato core in it. Each tomato will yield 6 to 8 slices. Place on a plate.

All lunch meats will be pre-sliced by commissary staff. They will come in a bag. Open bag and place meat on a plate for serving or serve out of the bag.

After all meals wash utensils, plates, and pans used.



Sunday Breakfast – Bacon and Eggs

Food List:

Eggs, Bacon, bread, butter, milk, juice, cereal, fruit

READ INSTRUCTIONS TWICE BEFORE STARTING

Eggs – 2 eggs per person – Cook eggs any way you like. Here are 2 ways!

Scrambled eggs – crack eggs and mix with $\frac{1}{4}$ cup of water or milk for every 2 eggs. Use a paper towel and coat frying pan with oil. Cook at medium-high heat stirring frequently. Remove eggs when they are fluffy and not watery. Place on serving plate and cover.

Fried eggs – Use a paper towel and generously coat frying pan. Place pan on stove and turn on to medium-high heat. For every egg you cook pour a spoon of oil into pan. Gently crack an egg and pour into pan where you placed the oil. Try not to break the yoke. Cook until egg white has turned white. Use a spatula and gently flip egg. Cook egg for another minute or two. Remove and place on serving plate and cover.

Bacon – Lay strips in pan without oil. Cook on medium heat. Raise heat if needed. Flip bacon a few times during cooking process. After bacon is thoroughly cooked, and to desired crisp, remove with tongs and lay on a plate and cover. Continue process until all bacon is cooked. After breakfast pour cooled grease in trash.

Toast – Toast does not take long! Keep an eye on it!

Scoop out a couple of butter packs and place butter in frying pan. Cook on high heat. Place bread in pan and toast to desire. Flip toast to cook both sides. OR butter bread and wrap in foil then cook over a fire.

Remember to heat some water to wash dishes!



Monday Breakfast – Ham and Eggs

Food list:

Eggs, Sliced Ham, Hash Browns, milk, juice, cereal, yogurt, fruit (by request)

READ INSTRUCTIONS TWICE BEFORE STARTING

Ham – Use a napkin to spread oil on frying pan. Place pan on stove and turn on to medium-high heat. Place a few pieces of ham in pan. Cook for a couple of minutes and then flip. Cook for another couple of minutes. Place ham on a plate and cover. When cooking is complete place pan in water to soak.

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Hash browns – Use a paper towel and coat bottom of frying pan. Place pan on stove and heat to medium-high heat. Dump hash browns into pan and season with salt and pepper. Mix in and additional $\frac{1}{4}$ cup of oil. Stir around every minute or two until potatoes brown. Remove from heat and place on a plate to serve.

Remember to heat water for clean-up!

Tuesday Breakfast – French toast w/Bacon

Food List:

Eggs, Bacon, Texas toast, Cinnamon, milk, butter, syrup, fruit (by request), milk, juice

READ INSTRUCTIONS TWICE BEFORE STARTING

French Toast – Make egg mix – mix 2 eggs per person in a bowl. Add $\frac{1}{4}$ cup of water or milk per person and mix with eggs. Set bowl near stove. Use a paper towel and coat frying pan. Place pan on stove and set to medium-high heat. Gently dip a slice of bread in egg mix. Every time you cook more toast pour a small amount of oil in pan. When cooked sprinkle some cinnamon over toast.

Bacon – Lay strips in pan without oil. Cook on medium heat. Raise heat if needed. Flip bacon a few times during cooking process. After bacon is thoroughly cooked, and to desired crisp, remove with tongs and lay on a plate and cover. Continue process until all bacon is cooked. After breakfast pour cooled grease in trash.

Remember to heat some water for clean-up!



Tuesday Dinner – Ham Steaks w/Mac and Cheese

Food list:

Macaroni and cheese, Ham steaks, Bread, Lettuce, Tomatoes, Cucumbers
Butter, salad dressing, Chocolate Pudding, Milk for cooking

READ DIRECTIONS TWICE BEFORE STARTING

Ham – Use a napkin to spread oil on frying pan. Place pan on stove and turn on to medium-high heat. Place a few pieces of ham in pan. Cook for a couple of minutes and then flip. Cook for another couple of minutes. Place ham on a plate and cover. When cooking is complete place pan in water to soak.

Mac & Cheese – Use a medium pot. Follow directions on box.

Salad – Refer to salad prepping sheet for instructions.

Remember to heat water for clean-up!



Wednesday Dinner – Spaghetti and Meatballs

Food list:

Spaghetti, beef meatballs, bread, garlic, butter, pasta sauce, lettuce, tomatoes, cucumbers, salad dressing, bug juice, cookies

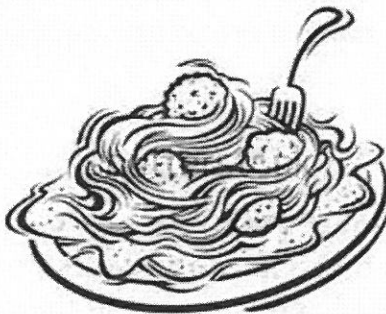
READ INSTRUCTIONS TWICE BEFORE STARTING

Pasta – Fill a large pot about half way with water. Place on stove and set to high heat. Pour a ¼ cup of oil and shake some salt in water. When water is boiling add pasta. Cook for 10-12 minutes. Strain out water. Put noodles back in pot. Mix in sauce and meatballs and warm on medium-low heat. Stir frequently. Heat to temperature of 150f.

Garlic Bread – Use a frying pan or wrap in foil and cook over fire. If using frying pan- cook on medium-high heat. Cook for 1 minute and flip. If using foil-wrap toast in foil and place over fire. Rotate occasionally and cook for about 6 minutes.

Salad – Refer to salad preparation sheet for instructions.

Remember to heat water for clean-up!



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Thursday Dinner – Roast Beef

This meal requires a dutch oven!



Food List:

Roast beef, red potatoes, carrots, lettuce, tomato, cucumber, bread, butter, salad dressing, cake

READ INSTRUCTIONS TWICE BEFORE STARTING

START fire for cooking EARLY!

Beef and potato preparation – Cut potatoes into chunks no bigger than a ping pong ball. Cut beef so you have 1 piece per person. Set dutch oven on table. Place roast into dutch oven. Put potatoes and carrots in dutch oven. Add 2 cups of water. Place lid on Dutch oven.

Cooking Beef – Place dutch oven on a bed of coals. Cook for 20-25 minutes. Cook to 150f. Check temperature by removing oven from coals. Open lid and check temp of beef. If beef is not hot enough place oven back on coals. When beef is done remove from heat.

Salad – Refer to salad preparation sheet for instructions.

Remember to heat water for clean-up!

Friday Dinner – Foil Dinner Night

Food List:

Kielbasa, onion, green peppers, red potatoes, rolls, butter, chocolate pudding

READ DIRECTIONS TWICE BEFORE STARTING

Please refer to the Boy Scout Handbook for instructions on how to prepare and cook foil dinners.

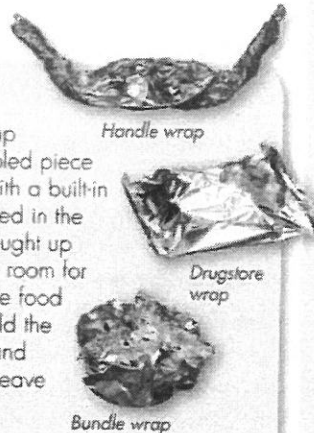
Excerpts from Boy Scout Handbook (p. 322 – 323):

COOKING IN ALUMINUM FOIL

Want to leave the pots and pans at home? Then give aluminum-foil cooking a try. Wrap food in a piece of heavy-duty foil and fold over the edges to make a packet from which liquids and steam can't escape. Place the foil packet on a bed of coals and turn it at least once while it cooks. When you unwrap your dinner, you can eat it right out of the foil.

Foil Packet Cooking

Three variations of foil packets are good for camp cooking. The **handle wrap** is made from a doubled piece of foil that is crimped and folded into a shape with a built-in handle. A **bundle wrap** starts with the food placed in the center of a piece of foil, then the corners are brought up in the center and twisted at the top to seal (leave room for expansion). For the **drugstore wrap**, start with the food in the center of the foil as in the bundle wrap. Fold the sides up, fold and crimp the tops several times, and fold and crimp the open edges to finish. Again, leave room for expanding gases as the food cooks.



Foil cooking is possible because aluminum doesn't burn. (If you use foil to cook, remember to carry used foil home to discard it.) Because most ingredients needed for foil cooking are fresh, foil meals are best for Scout cookouts or the first meal of a campout.

Stew. Cut 4 ounces of beef into cubes. Thinly slice a potato, carrot, and small onion. Place all the ingredients on a heavy-duty piece of foil and sprinkle with salt and pepper. Add several tablespoons of water and fold the foil to form a packet. Cook the packet on the coals for about 20 minutes, turning it at least once.

HAVE A GREAT SUMMER!