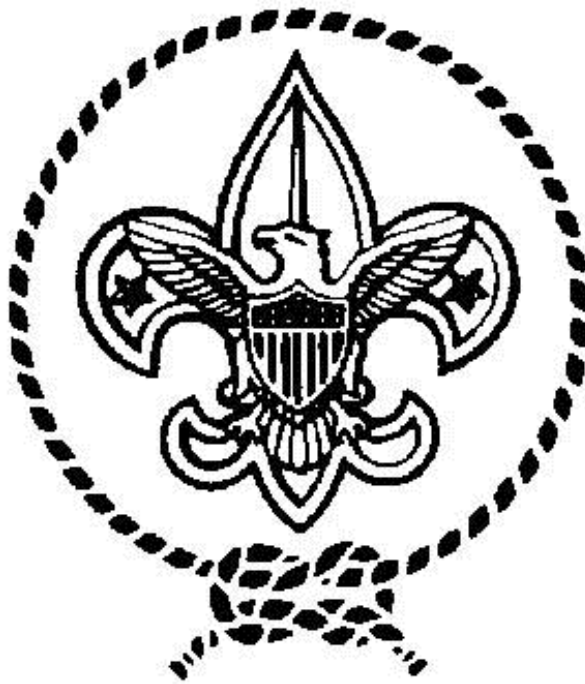


THE CAMP BELL COOKBOOK



Your troop may take this cookbook with you when you leave and you may use any portion of it for any reasonable Scouting purpose. We thank the many who contributed to this and earlier efforts. Join us in making the next edition even better by filling out a feedback sheet and giving it to a Commissioner. You can get an electronic copy in PDF form by sending an e-mail to campbellcookbook@yahoo.com

First Edition
Summer, 2009

Hello and welcome to Camp Bell!! At this camp you and your patrol will be preparing most of your own meals. You have organized yourself into a patrol, taken a stab at assigning cooking duties, and grabbed your food cooler from the Commissioners. But now what? You have been given food but what should you do with it? All the food that Camp Bell provides has great potential ... but how to best utilize this potential? This cookbook is meant to help you find a solution to that problem and answer many of your questions.

What you will find in these pages are not the only solutions of course. These are just suggestions about cooking based on the standard menu. They are not the only ways to cook what you will find in the cooler each day. Moreover, you may find things that are not in this cookbook depending on the menu you chose and the substitutions made by the Commissary.

Here are some quick notes before you get started:

- If in doubt, **ASK A COMMISSIONER!** They are there to help you.
- **At least 85% of the food in your cooler which is on the standard menu can be cooked with the griddle, the oven, or the grill.** At least think about using those tools before you reach for a pot or pan because they can save you tons of cleanup time.
- Cooking goes much more smoothly if you go by your duty roster and have assigned cooks, clean-up, and prep people. Don't have a duty roster? Make it a priority!
- If you have any questions about the cooking equipment or utensils, ask a staff member. The Commissioners are always circulating to help you get used to it. Feel free to ask for help.
- If you are cooking OR eating, make sure to wash your hands before every meal. Cooks, if you don't wash your hands, your whole patrol might get sick! Then nobody will be healthy enough to help you clean up!
- Pay attention to what utensils, plates, cutting boards, etc you use for each food. For example, don't cut raw meat on the cutting board and then slice your salad vegetables on it right away until it's been washed. Better yet, cut the vegetables first, then cut the meat to save yourself a wash. Raw meat can be bad for your health and if you eat food that isn't prepared correctly, then you are at risk for food poisoning. Ask your Commissioner or a staff member about this. Be prepared!
- Before you sit down to eat, make sure you have water for washing on the stove in your galvanized pan or bucket so it will be boiling by the end of the meal. This will really help out your cleaning crew.
- Spices have been left out of many of the recipes. Don't be afraid to use pepper, garlic powder, and all the rest. Worcestershire sauce in beef stew is an excellent idea. Don't salt meat before grilling because it tends to cause it to dry out. In fact, use salt sparingly in all recipes. Use other spices, though, and use them generously.
- A Scout is reverent. Grace or a moment of silence before eating is highly encouraged and expected. There are some sample graces in this book. Better yet, write your own.

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THE STANDARD MENU

This cookbook has been written with the standard menu in mind, but it also contains some excursions outside that menu. The standard menu as posted online is included for reference.

In most cases we will give you several ways to cook each entrée. We are still experimenting with organization so use the table of contents on the previous two pages (**WHERE TO FIND THINGS IN THE COOKBOOK**) to find what you want.



CAMP BELL 2009 STANDARD MENU

Instructions:

If the patrol chooses the standard Camp Bell menu all they need to do is submit this form and ignore all other patrol menu order forms. If the patrol would like to change just one or two meals they must fill out all the patrol menu order forms.

Week _____
Troop _____
Patrol _____
of Scouts _____
+ Guests _____
+ Leader Meals _____

	Breakfast	Lunch	Dinner
SUNDAY			<i>Hotdog, hamburger, rolls, cheese, salad, dressing, milk, cookies</i>
MONDAY	<i>Cereal, toast, muffin mix, butter, fruit, milk</i>		Ham Steaks, scalloped potatoes, green beans, salad, dressing, milk, butter, bread and brownie mix
TUESDAY	<i>Bagel Sandwich: bagels, eggs, sausage, cheese, butter, cereal, milk, juice, milk</i>		<i>Spaghetti, sauce, hamburger, sub rolls, garlic, butter, salad, dressing, milk and cake mix</i>
WEDNESDAY	<i>Scrambled eggs, ham and cheese, muffin mix, cereal, milk, juice</i>		<i>Turkey Dinner: gravy, potatoes, carrots, biscuit mix, milk, butter, salad, dressing, apple cobbler</i>
THURSDAY	<i>French toast: eggs, Texas toast, bacon, milk, juice, cereal, fruit, cinnamon</i>		<i>Roast Beef, pea pods, potato, sliced bread, butter, salad, dressing, milk, strawberries, pound cake.</i>
FRIDAY	<i>Pancakes, fresh fruit, syrup, milk, juice, cereal</i>		<i>CAMP PROVIDED BBQ: hamburgers, hot dogs, italian sausage, potato salad, potato chips, juice, watermelon</i>
SATURDAY	<i>CAMP PROVIDED: Continental Breakfast donuts, danish, juice, fruit, milk, bagels</i>		

THINGS YOU MIGHT WANT TO BRING TO CAMP WITH YOU IN YOUR TROOP QUARTERMASTER BOX

Chicken bouillon cubes

Beef bouillon cubes

Gravy mixes

Beef

Chicken

Spice Bucket

Cinnamon

Sugar

Cumin

Oregano

Parsley flakes

Garlic salt

Garlic powder

Salt

Pepper

Worcestershire sauce

Mustard powder

Tinfoil

ZipLoc bags — Gallon, Quart, Sandwich

Cooking oil

Powdered milk

Standard charcoal

Match-Light charcoal

Charcoal chimney

Paper towels (very limited supply—don't overuse this item and don't use to dry dishes!)

Hand sanitizer

Bio-soap

Brillo pads or steel wool

Meat thermometer

Strainer of some sort

THE EQUIPMENT AT CAMP BELL

Basic Stuff

The basic tools provided by the camp include:

- Two two-burner stoves
- Griddle for stove
- Grill for stove
- Oven for stove
- Patrol cook kit
- Patrol chef kit



Stove at left
Grill/oven above
Griddle below



There are notes on how to use the stoves on the next page. Read it!!!

In addition, you can check out a Dutch oven from the Commissioner. You may have to bring your own charcoal and you will find it easier to light that charcoal if you have a charcoal chimney. You can also use coals to cook in your Dutch oven.



Charcoal Chimney

85% of the food which will come in your cooler can be cooked using either the griddle, grill, or oven. Those are a lot easier to clean than pots and pans so concentrate on using them. You don't have to use them, but at least consider them.

The first thing you will do in camp is to inventory the patrol cook box. Make sure the patrol cook kit is complete. At a minimum they should contain:

- 1 Large pot with large fry pan which doubles as the cover
- 1 Medium pot with cover
- 1 Small pot with cover
- 1 Coffee pot with cover
- 1 Small fry pan
- 4 Aluminum plates
- 4 Plastic cups
- 1 Handle for frying pans



Patrol Cook Kit above
Patrol Chef Kit left

Don't worry if the count for the small items like aluminum plates and plastic cups isn't right. You only need a couple of each. Just make sure the Commissioner notes the missing items on his sheet so you don't have to pay for them later. Make sure all the cooking pots and the two frying pans are there, however.

STOVE HINTS

General Notes

- Be sure to level your stoves before using. They will work a lot better that way. Use large, flat, rocks, or pieces of board under the legs. Don't use little rocks—there is danger of the stove slipping off them. Short pieces of board are the best.
- **MAKE SURE ALL THE GAS CONNECTIONS ARE TIGHT.** As a precaution, test the joints with a little soapy water. If you see bubbles when you crack the valves, then tighten things up. Note that the tank connection is a left-handed thread which means you turn it counter-clockwise to tighten it.
- Turn off your stoves and then shut off the tanks when you are through cooking. That prevents leakage of gas.
- Don't put the griddle or grill on the burners and then attempt to light the stoves. Light the burners first, turn them on low, then put the grill or griddle in place.
- Note that there are two types of burners—compact intense flame, and wider flame. One stove will probably have one of each burner. The other will probably have two burners with the wider flame. Use the wider flames for the griddle and oven. Use the compact flame for pots full of liquid.
- The stoves can be tricky to light and tricky to regulate. The ones with the simple valve with a straight lever for a handle are the easiest to figure out. If the handle is turned so it is at right angles to the gas line, then the stove is off. The ones with the round knobs are a little harder to figure out.
- Escaping gas tends to attract flies. Trust me on this one. Escaping gas smells like carrion (dead animals) and you know how flies like carrion.

Using Your Oven

The oven will probably cook the bottom of things too fast. One way to prevent that is to elevate the baking pan with three small rocks. Keep the burner on low. Don't keep peeking--all the heat escapes. Use the burner with the wide flame if you have such a burner.

Using Your Grill

The bottom part of the oven can be used as a grill to do steaks cut from turkey and beef. You will want to exercise some caution here because the meat juices will drip onto the burner and onto the ground. If you use this method to cook something, at least put a piece of tinfoil on the ground to catch the drips.

The Griddle

How Can You Tell If It Is Hot Enough?

- Don't get it too hot because it will drive out the oil and then foods will stick.
- When a small amount of water dropped on the griddle beads up and dances across the griddle, then it is hot enough.

Cleaning

- While it is still hot, drop on a generous amount of water—the griddle should be hot enough that the water steams and boils.
- Using your pancake flipper, remove the excess grease and crusted matter.
- Repeat if necessary.
- Wipe it down with a paper towel or rag.
- Add a little oil to restore what has been lost during cooking and cleaning.
- Don't overclean—a shiny griddle does not cook very well.

WASHING DISHES

In the patrol box you will find one galvanized steel wash tub or bucket and two plastic tubs.

Heat wash water in the galvanized tub. Fill the tub full when heating water—you will need plenty of hot water.

One of the plastic tubs will be for washing, the other for rinsing. The galvanized tub will be the sterilizer tub.

We like warm water for washing and rinsing and really hot water for sterilizing. Put some hot water in each of the plastic tubs, then mix in cold water. Add a few drops of soap to the wash tub. Don't go nuts with the soap—just use a few drops. Put a sterilizer tablet in the galvanized tub.

Scrape all your dishes before washing. Once a dish is washed, make sure the wash water is drained off it before rinsing to keep the rinse water as non-soapy as possible.

Wash personal dishes first, then patrol gear, then any dirty cook pots. Let everything air dry—it is better than wiping them dry.

Use some of the sterilizer water to clean the two plastic dishpans. Use the last of the sterilizer water to clean the patrol box and table. Remove food scraps from the wash pan before disposing of water in the sump.

DIRTY DISHES ⇒ **#1 WASH** ⇒ **#2 RINSE** ⇒ **#3 STERILIZE** ⇒ **AIR DRY**



Put some of the hot water from the galvanized tub in this pan, then put in some cold water so that the resulting mix is very warm, but not scalding. Add a few drops of liquid soap. This is your WASH tub.



Put some of the hot water from the galvanized tub in this pan, then put in some cold water so that the resulting mix is very warm, but not scalding. This is your RINSE tub.



Heat water in this tub, then use it for the STERILIZER tub.

AFTER you have filled the other two tubs, put a sterilizer tablet in it. The water should be HOT.

When you are through washing dishes use some of the sterilizer water to rinse out the two plastic tubs and then use the last bit to wash down the table and patrol box surfaces.

PLANNING YOUR MEAL

Before you even think about starting to cook, do the following:

- Assign your cooks—no more than three with one person in charge.
- Assign your cleanup crew—no more than three with one person in charge.

Now the cooks should sit down and plan the meal:

- Inventory the cooler. **PLAN TO USE IT ALL!!**
- Decide how you will cook each item and figure out which utensils you will use.
- Decide when you will cook each item (slow items first, fast items last—don't cook something just because you can. You want it all to arrive, hot, on the table at the same time)
- Draw any extras from the troop Quartermaster stores.
- **Wash your hands.**

Use your consultant resources if you are stuck. This cookbook, your adult leaders, and the Commissioners are all there to help you. They won't do the work for you and they aren't there to do everything for you. They are there to answer questions and give you hints about how to handle situations with which you are unfamiliar. You have to take the first step, however.

Once the meal is almost ready to serve:

- Clean off the table.
- Alert the patrol that they have five minutes.
- Notify your guest.
- **Put on wash water to heat while you are eating.** Use the galvanized pan to heat the water.
- **Wash your hands.**

Remember—Class A uniform for the evening meal and grace before the meal are never out of place.

When the meal is through:

- Everybody scrapes their plates.
- The cleanup crew prepares the wash, rinse, and sterilize pans.
- Wash personal gear first, followed by cooking gear.
- Use the sterilizer water to wash out the Wash and Rinse tubs and to clean up the patrol box and table.
- Let everything air dry and then put it away.

QUICK TIPS

Safe Food Handling

- Be careful not to mix meat and vegetables, especially where poultry and hamburger are concerned.
- Prepare the vegetables first, then the meat to avoid using dirty knives on food which will not be cooked or which will be cooked very lightly.
- Separate the different foods before cooking to avoid cross-contamination.
- WASH YOUR HANDS after handling meat or eggs.

Dishwashing

- Scrape dishes clean before washing and dispose of garbage separately—keep it out of the wash water.
- Wash personal dishes first.
- Wash food preparation dishes next.
- Wash cooking pots and utensils last.
- Remove food scraps from dishwashing pans before disposing of the water in the sump.
- Use some of the sterilizer water to wash out the other two dishwashing pans and then use the remaining sterilizer water to wash down food prep surfaces and the table.
- Use just a few drops of soap in the washing pan.

Minimizing Cleanup

Be sure to lightly oil the inside of pans before using them to bake. The most often used baking pan is the small frying pan. You can also line the pan with tinfoil although this can lead to melted pans if there are air pockets between the foil and the food you are baking.

Use ZipLoc bags for mixing. I am not a big fan of using them to mix biscuit dough nor do I use them for pancake mix, but when making cakes, I use them a lot to mix the batter. Other cooks use ZipLoc bags for just about any mixing. Go with what you are comfortable with.

Minimizing Fuel

Keep in mind that some very good camp meals won't make good trail meals because they require too many pots, too much water, too much cleanup, or too much fuel. Fuel weighs around 8 pounds per gallon. You don't want to have to carry too much of it. For trail meals, concentrate on one-burner, one-pot, meals that cook in 10 minutes or fewer. At Bell fuel is not a problem, but keep this in mind for trips with your troop.

Don't Be Afraid to Use Your Hands

If you are handling food that will not be cooked, then be very careful where you put your hands. If you are handling food that will be cooked, then use those hands. Bacon is hard to separate with a tongs, but is very easy if you use your hands. Need to measure something? A teaspoon fills the hollow of my hand if I don't block the edge with my thumb. A tablespoon fills the hollow of my hand to the base of my fingers. For smaller hands, increase it a bit. Get used to working with a towel stuffed in your belt so you can wipe your hands off from time to time.

DAY-TO-DAY GUIDE TO PREPARING THE STANDARD MENU

Sunday Supper

From the cooler: Hotdogs & Hamburgers with rolls
 Salad fixings with dressing
 Milk
 Cookies

This is an easy meal to make, but also easy to mess up.

Don't nibble on the cookies before supper. They are your dessert.

This is mostly a griddle meal. For hotdogs and hamburgers, look on Page 35. Remember to warm or toast the buns. It is that kind of attention which turns a meal into a feast. For toasting pointers, look at Page 24.

Make a good salad from the fixings. Page 39 will give you some pointers.

Just before the hotdogs and hamburgers start coming off the griddle, notify the patrol that suppertime is close. Send somebody to invite your guest. Clear off the table of extraneous gear.

Once the patrol is assembled, observe a moment of silence or say a grace and then eat your meal as a complete meal and as a patrol.

Congratulations! You are on your way to your first meal at Camp Bell!

Monday Breakfast

From the cooler: Cereal
 Toast
 Muffin mix
 Cereal
 Butter
 Milk

The muffins are the hardest thing so start on that first. You can use your small frying pan as a baking pan. You will be cooking in the oven. Go to Page 8 and to learn about the oven. Go to Page 27 and Page 40 to learn about making muffins. Remember not to peek because you will lose the heat and the muffins will never bake.

When the muffins are close to done, fire up the griddle so you can make toast. When it is hot, put some butter on it, then brown the toast on both sides. Pages 8 and 9 will tell you about the griddle. Page 24 will tell you more about making toast.

Monday Supper

From the cooler: Precooked ham steaks
 Scalloped potatoes
 Green beans
 Salad with dressing
 Milk
 Butter
 Bread
 Brownie mix

Just like breakfast, the brownies will be the hardest thing to do so start on them first. You will use your small frying pan as a baking dish. Page 8 will tell you about the oven. Page 27 will give you some hints on making brownies. Remember you can check doneness with a wood sliver. When it comes out clean, the brownies are done.

The green beans will need hot water so start a pot boiling. See Page 37 for hints about cooking vegetables.

Make a good salad from the fixings. Page 39 will give you some pointers.

There are several ways to do ham steaks. Look on Page 32 for some pointers. No matter what you do, the ham will cook quickly since it is precooked. All you are doing is warming it up.

The scalloped potatoes are reconstituted. Look at Page 36 for one way to cook them.

Tuesday Breakfast

From the cooler: Bagel Sandwich
 Eggs
 Sausage
 Cheese, Butter
 Cereal
 Milk, Juice

Again, this is pretty much a griddle meal.

The sausages should be browned on the griddle, then pushed off to the edge to stay warm.

The bagels can be toasted on the griddle. You probably remember how, but look on Page 24 if you don't.

Now fry the eggs. This is tougher than it looks. Use a little oil on the griddle, then crack each egg and fry it, doing your best to keep it the shape of a bagel. Like everything else, turn the egg just once and don't pat it with the pancake flipper. Hint—a tuna fish can with the top and bottom cut out and then placed on the griddle makes an excellent fence to keep the eggs round. You can also scramble your eggs. See Page 38 for hints about how to prepare eggs.

Now everybody can sit down and assemble sandwiches with two bagel halves, a fried egg, a piece of cheese, and sausage.

Tuesday Supper

From the cooler: Spaghetti and sauce
 Hamburger
 Sub rolls
 Salad and dressing
 Garlic
 Butter
 Cake mix
 Milk

You don't have to be Italian to recognize this meal.

The cake for dessert will be the toughest thing and take the longest time. Start on it first. See Page 40 for help with this.

Make up a good looking salad. See Page 39.

Dump the spaghetti sauce into a pot and warm it. Don't overheat. You might have to thin it with just a touch of water. See Page 30.

Crumble the hamburger and brown it on the griddle. Then add it to the spaghetti sauce. Cut up some of the garlic very fine and add it to the spaghetti sauce.

Start boiling some water. When it reaches a boil, put in the spaghetti and simmer for 9 minutes. Then drain off the water, something which can be difficult without a strainer. Many patrol boxes contain a sort of pan with holes in it. Make sure it is clean, then use that as a strainer.

To make garlic bread, cut up the rest of the garlic. Then put some butter on the griddle, spread the finely chopped garlic around, then toast the sub rolls face down on the griddle. It is just like making toast. See Page 24.

Wednesday Breakfast

From the cooler: Eggs
 Ham
 Cheese
 Muffin mix
 Cereal
 Milk, Juice

As always, concentrate on getting the muffins in the oven first because they will take longer. Look at Page 26 for help.

The menu says scrambled eggs, but you can do omelets as well. These are a bit harder, but once again, this is the kind of thing which turns a meal into a feast. Everything is explained on Page 38.

In this case the ham and cheese should be cooked with the eggs. Cut it up fairly fine and then either add it to the scrambled eggs early on or a bit to each omelet just as it is starting to firm up. Don't cook the eggs, then wonder what to do with the ham and cheese. Check out Page 38 for complete instructions.

Wednesday Supper

From the cooler: Big hunk of turkey with gravy
 Potatoes
 Carrots
 Biscuit mix
 Milk, Butter
 Salad , dressing
 Apple cobbler

Your apple cobbler will be the most complex part of this meal. Start it first. Follow the instructions on Page 41 if there are no other instructions. There are many ways to make a cobbler, by the way. This is just one of them.

The easiest way to cook the turkey is to do a stew. There is a whole section in the cookbook on Page 31 about this Big Hunk o' Turkey which will refer you to Page 29 because turkey and beef stews are almost identical. Note that the biscuits can be added on top of the stew and they will cook beautifully. The biscuits can either be added in one big piece to form sort of a crust or individually to form dumplings. Read Page 26 about making biscuits before you do them incorrectly.

The potatoes and carrots can be peeled, cut up, and used in the stew. If you choose not to do a stew, then look on Page 37 for ways to do other things with vegetables and on Page 36 for ways to cook potatoes.

Thursday Breakfast

From the cooler: Bread for French toast
 Eggs
 Bacon
 Milk, juice
 Cereal
 Fruit
 Cinnamon

This is another griddle meal. The eggs and some of the milk are for the French toast dip.

Cook the bacon first. Don't be afraid to use your hands to separate the strips. Cook until nicely brown. Run off the excess grease to a clean can, but save it.

Now make your French toast dip. Look at Page 38. Read and remember the part about not saturating the bread—you just want it coated lightly. Now brown the bread on each side. When you finish one batch, add a small amount of bacon grease from the can and do another.

If there is no syrup, use the fresh fruit to make a warm compote which may be spooned over the toast. See Page 40 for how to make a compote.

Thursday Supper

From the cooler: Big hunk of beef
 Peas in the pod or maybe pea pods
 Potatoes
 Sliced bread
 Butter
 Salad, dressing
 Milk
 Strawberries, pound cake

If you have to mix and bake the pound cake, concentrate on that first. You know that is going to take a minimum of 30 minutes and that is if you don't peek in the oven every couple of minutes. Look at Page 26 for baking tips.

Have somebody take the stems off the strawberries and then cut them into halves. Late in the game you can mix in a very small amount of water, put everything in a small pot, and warm it over a very low flame so you can pour it over the pound cake. Look at Compotes on Page 40.

Peas can be a toughie. You can shell them and use the peas in the stew or cook them separately. You can use the pods to make a soup, but that is a long, fuel-intensive, process and you need a blender to finish the job. It is probably too much for a camp cook. It is tempting to try to stir fry the pea pods, but most of them are tough and fibrous so no amount of cooking will make them

truly edible. But some pea pods are meant to be eaten. You can treat them like any other green vegetable and cook them in hot water or use them in stews.

Remember—you can always toast the bread for that extra touch. Page 24 will remind you how to do it.

This is Cast Iron Chef Night so be sure to read the entire section on things you can do with the meat. Look at Page 28. Stews are always a great thing to try. Keep in mind that a Dutch oven is an excellent pot to use for stews. You can put it on one of the burners.

Friday Breakfast

From the cooler: Pancake mix and syrup
 Fresh fruit
 Milk, juice
 Cereal

Pancakes are a little tougher to make. The things to remember are you want a level grill, only turn the pancakes once, and don't mix the batter too thick. And don't pat the pancakes. Touch them with the flipper only if you have to and that should be once to flip them and once to take them off the griddle.

You will have to decide what kind of mix you have. Some mixes are all-in-one and require only water. Most require eggs and milk.

Turn to Page 26 to get the scoop on making pancakes.

Friday Supper

Good news. Tonight you are going to a barbecue prepared by the staff. You don't have to bring anything except yourself.

There is a price of admission and that is a completed checkout of your patrol box by your Commissioner. That means everything has to be clean. I hope you packed a few Brillo pads or some steel wool, but if you forgot, you can probably talk the Commissioners out of some.

Your cooking equipment will have to be free of all soot and scorch marks and your patrol box will have to be clean.

RECIPES FOR ALL SORTS OF THINGS
Standard Menu
Non-Standard Menu
Alternatives

FOOD ODDS AND ENDS

Corn on the Cob

- Husk the corn and clear off the strands which are left
- Break in half for easier handling
- Bring a pot of water to a boil
- Drop the corn into the boiling water and cook no longer than 5 minutes. Four minutes is probably more than enough—you want it crisp, not mushy.
- Drain the liquid

Don't cook the corn first just because it is easy. It only takes five minutes. Cook it last and serve it hot!!!!

Stir Frying Onions and Peppers for Use In Other Recipes

- Cut up onions and peppers into strips about an inch or so long
- Heat up the griddle
- Add oil to coat the surface of the griddle
- Throw the onions and peppers into the hot oil
- Move them around with your pancake flipper until they are soft

Pasta (spaghetti, penne, just about anything)

- Bring a pot of water to a boil
- Add the pasta
- Cook for 9 minutes or until as soft as you like it
- Stir gently from time to time to keep pasta from sticking together—half a teaspoon of oil in the cooking water will help prevent sticking as well. Don't overdo the oil, though.
- Drain liquid

Quick Toast

- Heat up your griddle
- Melt some butter on it
- Drop bread into the butter and lightly brown on both sides
- For garlic bread, add garlic powder to the butter before dropping the toast into the butter
- Bagels can be toasted the same way after slicing and biscuits can be reheated this way, too

Bacon

- Heat up your griddle
- Don't be afraid to use your hands to separate the strips and lay the strips in an orderly fashion flat on the griddle
- Cook until brown and crisp
- Drain the fat off the griddle and reserve for other cooking if needed

Sausages

Most sausage is the brown-and-serve variety

- If you cook it in a pan, start off with a little water in the pan which will cook off, leaving you with plump and juicy sausages. You will probably use a griddle, however.
- Heat up your griddle
- Put the sausages on the griddle and roll them 45 degrees now and then so that they brown evenly around the entire sausage
- Keep them warm in a separate pan or on a warm, but not hot, corner of the griddle

If the sausage is not brown-and-serve, then boiling it for 15 minutes in water will cook it after which it can be browned on the griddle just as described above.

If the sausage is one big clump of meat, then form it into small patties and cook it as you would a hamburger. Since this is pork, you do not want a pink center. Make the patties smaller than a hamburger and fairly thin.

THINGS TO DO WITH FLOUR and THINGS THAT LOOK LIKE FLOUR

Baking Powder Biscuits

If you are dealing with Bisquick or similar, biscuits are easy

- Dump two or three cups of Bisquick into a medium pot
- Add milk a tablespoon at a time and use a fork to mix it into the Bisquick. Don't add too much milk—you want a very stiff batter. If you get it too liquid, you can't recover by adding more Bisquick because what is already in the pot will be super-saturated and will not roll out well. **DON'T USE TOO MUCH MILK!**
- When all the batter is damp and sticking together, use a little of the remaining Bisquick to powder your hands, pull the dough out of the pot and work it with your hands
- Now pat it out on a flour-covered board or plate until it is a circle about ½" thick
- Cut out biscuits using the edge of a plastic cup
- Lay the biscuits close together on a greased aluminum plate
- Bake in the oven or in a Dutch oven for at least 15 minutes until golden brown on top

For stews, you can wait until the stew is cooked almost all the way and then float the uncooked biscuits on the liquid. They will cook up nicely. To top brown the biscuits, just cover the Dutch oven in which you are cooking the stew and add a few pieces of burning charcoal. You can either make the biscuits in flat rounds or drop them into the stew as balls of dough as big as very large meatballs.

Pancakes

- Add pancake mix to a medium pot or a ZipLoc bag
- Pour in some milk, stir, then add more milk and stir until the mixture is quite liquid—
- Thick, gloppy pancakes do not cook well.
- Add a couple of eggs and stir them in
- Let the mixture stand for five minutes. If it thickens too much, add more milk and stir.
- Heat up your griddle
- Add a little oil, then drop silver dollar sized pancakes onto the griddle
- Flip when bubbles develop in the pancakes and then the bubbles begin to open
- Finish cooking and serve

Don't turn them more than once! They get rubbery and don't cook well if you do. Use the ladle to drop the pancakes onto the griddle. Each ladle-full makes 3-4 pancakes. Don't let the batter harden in the pot—minimize drips down the outside of the pot and when you are through making pancakes, fill the pot with cold water to ease cleanup.

Package of Yellow or White Mix of Some Sort

Sometimes you get a ZipLoc bag full of yellow or white flour-like material with no instructions on the outside.

Is It Bisquick?

If it is white and somewhat lumpy and there are no eggs with it, it is probably Bisquick. You know how to deal with that. Just mix it with milk to the correct consistency. You won't need eggs and if you don't have enough milk, use a little water.

Biscuits from Bisquick

Described on the preceding page.

Pancakes from Bisquick

Described in general terms on the preceding page—here you want the batter fairly thin. The only difference between pancake mix and Bisquick is that you don't need eggs for Bisquick.

Is It Pancake Mix?

Just treat it like Bisquick, but remember to add eggs. Bisquick makes good biscuits and good pancakes, but pancake mix does not make good biscuits. For some reason they don't taste right. However, if you are dropping the biscuits into a stew, then they will be fine since a lot of the flavor will come from the stew.

There are instructions for how to mix and make pancakes on the preceding page.

Is It Cornmeal Muffin Mix?

Cornmeal muffin mix is sort of coarse and granular. It will be yellow. You are probably looking at 16 oz. of the stuff which will stuff a quart ZipLoc bag pretty full.

- Mix in 1/3 cup of water.
- If the batter is too stiff, mix in 1/3 more and then a little more at a time until it is thin enough to just barely pour
- Crack the eggs, add them, and mix them in.
- Let it stand for 10 minutes—if you do this it will rise higher when baking.
- Oil your small frying pan and pour in the batter.
- Bake in your oven for at least 20 minutes.
- To test for doneness, insert a toothpick or wood sliver into the center of the cake. If nothing adheres, the cake is done.

Is It a Cake Mix?

Follow the directions if there are any. Otherwise, just take a guess. Mix in water until it just flows into the baking pan. Mix in two eggs. Mix in about ¼ cup oil. Put in a greased pan and bake until the center springs back and a toothpick or wood sliver inserted at the center comes out clean.

ENTREES IN THE COOLER

Big Hunk of Beef

You probably also have the makings for salad (onion, tomato, green pepper, lettuce) plus a vegetable. Don't forget about these things!

You are probably looking at roughly 3 pounds of meat. For roasts allow 20-25 minutes per pound to cook and that assumes you aren't peeking in the oven every few minutes.

There are several things you can make:

Steak Tips

- Cut the big hunk of beef into 1" cubes
- Put some oil in a frying pan or a Dutch oven
- Cook over medium heat until the meat is done
- Rice or potatoes would be good with this
- You can also add gravy from a mix
- Stir fry some onion and green pepper to go with it—instructions elsewhere

Steaks

- Cut slices from the big hunk of beef—a little thicker than ½"
- Grill them until done
- Alternatively, cook them on the griddle with a little oil
- Rice would be good with this
- You can also add gravy from a mix
- Stir fry some onion and green pepper to go with it—instructions elsewhere

Roast

- Roll the roast in flour if you have any.
- Fire up the griddle, add a little oil, and brown the big hunk of meat on all sides—it won't take long.
- Put a small amount of oil into a Dutch oven
- Put the big hunk of meat into that Dutch oven
- Cover and cook with charcoal top and bottom for about 45 minutes
- After 45 minutes
- Add a small amount of water—about ¼"
- Add chunks of potato around the roast
- Cut up some onion and green pepper and add those around the roast.
- Cover again and cook until the vegetables are done—at least another 45 minutes. If the liquid evaporates (very little chance of this happening), then add a little more water.
- The liquid left at the end can be used to make gravy or make it with a mix.
- You can also use your oven for this. Use a pan instead of the Dutch oven.

Beef Stew

- Cut the big hunk of meat into small cubes as you did with the steak tips
- Put some flour in a ZipLoc bag, toss in the meat cubes, and shake until coated with flour
- Put some oil on the griddle, in a frying pan, or in a Dutch oven, then use it to brown the meat on all sides.
- Cut up some onion and green pepper. Slice any carrots into rounds.
- Cube potatoes
- Throw everything into a Dutch oven with a small amount of oil lubricating the bottom and sides.
- Add three or four cups of water. If you have vegetable juice, use that instead. Tomatoes add body as well. You can use tomato sauce here.
- Bring to a boil and then simmer uncovered until the vegetables and meat are well cooked—at least an hour and probably more.
- You may wish to add some body to the stew. Hold back about a cup of that cold water you added earlier and put it in a ZipLoc bag. To the bag add 3 or 4 tablespoons of flour. Seal and shake well. Then pour the water-and-flour mix into the pot. Flour added directly to hot water will clump up and not mix well.

Toward the end of the process, you can drop in biscuits.

- Make up a batch of baking powder biscuit dough as described elsewhere.
- Make up into biscuits and float them on the surface of the liquid
- The biscuits will cook up in about 15 minutes.
- Put the top on and top brown with charcoal heat if you like golden brown biscuits

You can also bake the biscuits separately using your oven as described elsewhere.

Roll-Ups

Look in the Big Hunk of Turkey section under Get Inventive for how to cook meat, onions, and peppers for tortillas. Easy to do and it makes for a really easy cleanup.

Pasta Supper

- If there is meat with it, brown it on your griddle with a little oil. If it is big hunks of meat, then make them smaller before browning. If it is sausage, brown it if uncooked or use it as is if precooked.
- Stir fry some onion and green pepper—instructions elsewhere
- Decide what kind of sauce you have.
- If it is in a can, it is probably tomato sauce which is pretty thick. Dump it in a pot or, even better, in a Dutch oven. Add water until it is thinner—it will take at least three cups
- If it is in a bottle, it is probably pre-made sauce. Dump it in the pot, then wash out the bottle with about a cup of water and add that to the pot.
- Add the stir-fried onions and green peppers
- Toss in some minced (cut up finely) garlic or add a handful of garlic powder
- Put in the meat
- Simmer on low heat, stirring now and then to prevent sticking. The longer you cook it, the better it will taste, but allow at least 20 minutes.

- With around 10 minutes to go, prepare your pasta—instructions elsewhere.

- Heat up your griddle and make some garlic bread—instructions elsewhere.

Big Hunk of Turkey

Grill It Whole

- This is a tough thing to do if you don't know the secret. The secret? Boil the turkey breast for 15 minutes in your large pot to pre-cook it all the way through.
- Now use your grill to finish the process.

Roast It or Bake It Whole

- Now put it in the oven in a pan—not a pot, a pan
- If stuffing mix came with it, mix the stuffing with a little water, and pack it around the turkey so it absorbs some of the juices and remains moist as it cooks. Add some diced onion to the dressing for flavor.
- An oven thermometer would help a lot here—get one from the QM box.

Grill Steaks

- Cut slices from it—around half an inch thick
- Now use your grill to finish the process
- You don't want to undercook, but you also don't want to overcook and dry out the meat

Stew It

- Follow the recipe for Beef Stew. Stews are pretty much alike. Use chicken bouillon cubes instead of beef and leave out the Worcestershire sauce.

Get Inventive

- Cut the turkey up into strips and stir fry them on the griddle
- Stir fry onion and green pepper
- Shred some cheese
- Lay some turkey, some onion, and some pepper on tortillas or on plain bread. Add a little sour cream if you have it.
- Top with cheese.
- Presto! A no-plate, easy cleanup, meal.

Hint: You can steam the tortillas to warm them. Put the tortillas on one of the aluminum plates. Drop three small stones into the bottom of your large pot and then pour in about ¼" of water. Put the plate in the pot, suspended above the water by the stones. Cover the pot and put on low heat. The steam will warm the tortillas. No tortillas? Use bread instead. No sour cream? Ranch dressing is not a bad substitute.

Another Hint: You can do this recipe with beef, too.

Big, Flat, Hunk o' Ham

Ham Steak

This is better known as a ham steak. This is so easy that it hardly deserves an entry. Ham is usually pre-cooked so all you are doing is thoroughly warming it.

- Heat up your griddle, lightly oil it, then slap the steaks on the griddle.
- Heat on each side (remember—you just have to turn them once).
- Put on a platter and serve.

This is one of those foods that should be cooked late in the game because it will only take 10 minutes.

Sometimes you will get macaroni and cheese with the ham steaks. Now there is a whole world of possibilities open to you.

Camp Bell Ham and Cheese Sandwich

- Grill the ham steaks and make the Mac-and-Cheese as outlined above and elsewhere
- Make a sandwich of: Bread, then ham slice, then a large helping of Mac-and Cheese, then the final slice of bread.

All-In-One

- Grill the ham steaks, then cut up into smaller pieces---the size of a quarter or smaller
- Cook the vegetable, typically green beans, with boiling water
- Cut the beans into smaller pieces
- Re-use the water to cook the macaroni and then make your macaroni-and-cheese according to instructions
- Add the ham pieces and the green bean pieces to the macaroni-and-cheese and cook a little more in your oven

Macaroni and Cheese

There are a couple of ways to make this dish—the standard recipe and something a little more inventive. Many Scouts are baffled by this dish because Camp Bell does not issue microwaves to campsites.

First, you have to figure out if this is the easy stuff or the real stuff. The easy stuff comes with macaroni, milk, and cheese powder of some sort. The real stuff comes with macaroni, milk, and a block of cheese. It would be nice to have some pepper, onion, and flour as well if you are making the real stuff. You don't have to have it, but it would be nice ...

No matter which one you make, you have to cook the macaroni first. There is a section on how to cook pasta. Check it out. Basically, boil water. Put in a teaspoon of oil to keep things from sticking, then toss in the macaroni. Turn the pot to simmer and cook the macaroni for 9 minutes or until as soft as you like it. Then drain the water off leaving you with a pot of hot cooked macaroni.

The Easy Stuff

If it came with directions, follow them. If it didn't, the first thing to do is to measure the macaroni to see how much there is. 1¼ cups of dry macaroni makes enough for 3 or 4 servings.

- Bring water to a boil in a pot, toss in the macaroni reduce the heat to a simmer and cook for 9 minutes or until soft.
- Drain the water, but do not rinse the macaroni.
- Add ¼ cup margarine or butter (½ a stick) for every 1¼ cups of macaroni.
- Add ¼ cup milk for every 1¼ cups of macaroni.
- Add the contents of any cheese packets.
- Mix thoroughly and serve

Note there is a lot of butter in this version. That's why the real thing is better for you.

The Real Stuff Made Like The Easy Stuff

- Measure the macaroni. 2 cups of dry macaroni makes enough for 3 or 4 servings.
- Bring water to a boil in a pot, toss in the macaroni reduce the heat to a simmer and cook for 9 minutes or until soft.
- Drain the water, but do not rinse the macaroni
- While waiting for the macaroni to cook, make the sauce.
 - For every two cups of macaroni you will need:
 - 2 tablespoons of butter (½ stick = 8 tablespoons)
 - Generous pinch of black pepper
 - ½ cup of chopped onion (1 medium onion)
 - 2 cups milk
 - 1½ cups (6 ounces) shredded cheddar cheese
 - 1½ cups (6 ounces) shredded American cheese (for mild use only American cheese. For sharper, use only cheddar cheese. Using at least some American cheese makes it smoother.)
 - 2 tablespoons flour
 - Cook onion in hot butter until tender, but not brown
 - Stir in flour and pepper
 - Add milk all at once
 - Cook and stir over medium heat until slightly thickened and bubbly
 - Add cheese, stirring until melted
- Pour sauce over macaroni and stir until thoroughly mixed
- Heat over low heat, stirring gently to avoid burning and sticking
- Let stand for 10 minutes before serving

The Real Stuff Baked

- Do exactly the same thing except use 2¼ cups milk for every 2 cups of macaroni.
- Pour the mac-and-cheese mix into your large frying pan (I hope it fits)
- Bake uncovered in a 350 degree oven for 25 minutes or until bubbly and heated all the way through.
- Before baking you can stir in some tuna for a really filling casserole.

Hotdogs and Hamburgers

This is such an easy meal that it is very easy to mess it up. Let's do it right!

- This is a griddle meal. Cook the hamburgers thoroughly. **Don't overflip.**
- Split the hotdogs, leaving the two halves attached, score them lightly on the back, and grill. Think about adding cheese to both hamburgers and hotdogs.
- Warm the buns—see the section on making toast.
- Slice some tomato and onion rounds—without them you haven't made a meal
- Make a salad
- Make a dessert. Don't be slackers and just serve meat on a cold bun with no dessert.

POTATOES

You can cook them with or without the skin. In a camp environment, leave the skins on—it will be a lot easier than peeling them.

Boiled

- Wash the potatoes
- Cube them
- Drop them into hot water and cook until soft—it will take at least 20 minutes
- Drain off the liquid
- Serve with a little butter or gravy

Mashed

- Do exactly the same thing you did for boiled potatoes
- Add just a few teaspoons of milk and use a masher or the spoon with holes in it to mash them until they are smooth
- Don't add too much milk

Hash Browns or Brown Rounds

- Slice potatoes thinly or cut them into thin strips
- Heat up the griddle and add some oil
- Stir fry the potatoes until brown

Soaking potatoes in cold water overnight will make the potatoes softer and they will cook up better.

Baked Potatoes

- Wrap each potato tightly in aluminum foil
- Bake them in the oven or in the coals
- They are done when a fork can be stuck through them easily

Scalloped Potatoes

These are almost always made from dried ingredients which consist of potato slices and a cream sauce. Just follow the instructions on the package. If there are no instructions, then for every five ounces of the mix:

- Put 2 cups of hot water and $\frac{2}{3}$ cup of milk in a pot
- Put in 1 Tbsp of butter or margarine
- Put in the potato slices and the cream sauce mix and stir everything together

Now do one of two things:

- Cook in the pot until the mixture boils, then simmer for 8-10 minutes
- Remove from burner and let it cool. It should thicken.
- or -
- Pour into the small frying pan and then bake in the oven for 20-25 minutes. It should be a fairly hot oven.

VEGETABLES

- First, think about cooking your vegetables with the entrée—in a stew or with a roast.
- Next, you can always boil them. Real cooks steam vegetables, but that is hard to do at Camp Bell so boiling works almost as well. Just be sure not to boil them to death. This is another quickly made food so prepare it late in the game so it gets to the table HOT. Just cut the carrots, beans, whatever into smaller chunks, then boil until tender. Don't turn them into mush—you want them at least a little crisp.
- For all vegetables, anything over five minutes in boiling water will turn out to be too much. Vegetables should be crisp!!!!

EGGS FOR BREAKFAST

Egg-Based Breakfasts (French Toast, Scrambled Eggs, Omelets)

They all start out the same:

- Crack the eggs into a medium pot
- Fold them over and over with a fork—a whisk works, but a fork works better—you have to see the technique to really understand it.
- Heat up the griddle and put some oil on it.

Scrambled Eggs

- Add a small amount of water—a couple of tablespoons—and fold it in
- Pour the mixture onto a hot, greased griddle. Pour very slowly, using your pancake flipper to keep the mixture from running away
- Once you have it all poured onto the griddle, work it a bit. When it firms up, divide it into lines and then flip them over to brown and cook through completely.
- Chop up the whole thing, but not too finely.
- Even better would be to stir fry some diced onion and green pepper, then add it to the eggs just after they hit griddle. You can also add sausage, ham, or bacon in the same way. Cook it first.

Omelets

- First, stir fry some diced onion, green pepper, and tomato.
- Cook some sausage or bacon if you have it and cut it up very fine.
- Shred some cheese.
- Add a tablespoon or two of water to the eggs. Not milk, water, and fold it in.
- Pour enough of the egg mix on the griddle to form something the size of a large pancake. Use your pancake flipper to size it appropriately.
- As the eggs firm up, add the stir fried vegetables, the meat, and some cheese on top. Let the cheese melt just a bit.
- Then fold in one side, then the other until you have a long, narrow, sort of egg burrito.
- Cook until done.

French Toast

- Add enough milk so that the eggs will stretch to cook all the bread you need to cook to feed your patrol. With a little experience, you will figure out how much. Better too much milk than too little.
- Toss in a little cinnamon or pumpkin pie spice and a pinch of sugar to make the toast brown nicely.
- Put a piece of bread into the mix, flip it over to coat the other side, then lay it on the griddle. You don't need to soak the bread. Just drop it in, flip it over, and lay it on the griddle.
- Turn when brown and cook the other side. Like pancakes, you should flip only once.

SALADS AND FRUIT

Green Salad

This is an easy one.

- Wash everything—be careful about using knives that have been used elsewhere
- Shred the lettuce
- Peel the cucumber and cut it in ¼” slices
- Cut the tomatoes into 6 or 8 sections
- Dice some onion
- Put it all together in a pot and toss lightly
- Add some garlic powder for a little zest

Melon

- Slice the melon in half from end to end (Look for the depressions on either end and slice through them. Don't slice around the equator of the melon.)
- Scoop out the seeds.
- Slice each half into four sections or as many as you need to feed your patrol.

If you are feeling adventurous, add hunks of melon to your salad or make a fruit salad.

BE SURE TO READ THE SECTION ON DESSERTS AND COMPOTES. This will give you some more hints on some neat things to do with fruit.

DESSERTS & COMPOTES

General Notes

For some, desserts are the only reason to come to camp! This is why, despite being included in the standard menu and offered in the customized menus, desserts get their own section in this cookbook.

Luckily, most desserts at Camp Bell are baked, so the preparation and method of cooking is pretty much the same throughout. First, grease whatever your cooking pan will be with butter (preferably lined with aluminum foil as well, but watch out for air pockets which can lead to melted pans). Next, pour in whatever batter or dough you are going to cook (brownie, cake, muffin, biscuit, etc) and cook it inside your grill box (the oven). Place the pan on your grill box's grill, but here's a trick...put three rocks on it first, and THEN put the pan/container on the rocks. This will help circulate the heat evenly to all parts of the concoction and reduce the chance of burning. Next, put the lid on the grill box and let it cook under medium heat. Towards the end, check the food with a toothpick or knife to see if it is cooked yet. Basically, you stick the toothpick into the middle of the dessert and if it comes out wet, it needs to be cooked longer. If it comes out dry, break out the mess kits because it's time to chow down on your much anticipated dessert.

Camp Bell Staff suggestions for selected baking items (desserts and other)

Cake-Because there is no frosting, you have to get creative with a topping of some type. Brown sugar and cinnamon, or even small pieces of fruit really help make a delicious cake. If you have leftover maple syrup, this can be an interesting take on frosting. Just don't go overboard!

Brownies-If there is one piece of advice any Camp Bell Staff member can give regarding the process of cooking brownies it is this...put Reese's Pieces in them! Before you pour the brownie batter into your cooking pan, add the Reese's Pieces to the mix, stir, and then pour. No, the Camp Bell Staff is not being paid by Hershey's, we just honestly agree that brownies with Reese's Pieces in them are superior.

Strawberry Shortcake-Sometimes the strawberries are best when they are crushed and some are made into syrup to pour over the shortcake. Any spices you have go great with the shortcake (cinnamon!). Also, don't go overboard with the whipped cream. If you saturate your shortcake with whipped cream, you won't be able to taste the strawberries very well.

Muffins-Unless you have a muffin pan for the muffins, you will be making muffin cake instead of muffins. Muffin cake (whether it is corn muffin or blueberry muffin) is always better when you can add more tasty things to it. Raisins, spices, and some maple syrup can be good additives. If you have any green pepper left, you can dice them very finely and add them to your corn muffin batter, and make "jalapeño" muffins. This will definitely impress the judges for Cast Iron Chef.

Apple Cobbler (You can do this with just about any fruit)

This works with a bunch of different fruits. There are some exact recipes to follow. This won't be one of them.

- Peel the apples, core them, and then slice them relatively thin—about ¼” at the thickest part. This will probably be around five apples, but more is fine. Just increase the ingredients a bit including the flour/biscuit mix.
- Now mix ¾ cup sugar, 2 tbsp flour, ½ tsp cinnamon, and ¼ tsp salt and then mix that with the apples.
- Put the apples in your small frying pan, sprinkle ¼ cup of water over everything, then dot with chunks of butter adding up to 1 tbsp.
- Bake 15 minutes in a 350 degree oven.
- While the apples are baking, mix up some biscuit dough. You will need about a cup of mix to start, more if there are more apples. You can always make more if the first batch is not enough. If you start with flour, add 1 tbsp of sugar, 1.5 tsp of baking powder, and a pinch of salt to the flour. Mix in 3 tbsp of shortening.
- Pat the dough out and then press it into the pan full of apples so that it covers the apples and fills the pan. Not enough dough? Quickly make up some more. Not enough biscuit mix to make more? Don't worry about it. It will still taste just fine.
- Bake 25-35 minutes or until the crust is just a bit brown.

Fruit Compote

A compote is just a fancy name for a kind of warm, syrupy, fruit mixture you can eat as a dessert all by itself, you can drizzle over cake, or you can use as a topping on pancakes and French toast in place of syrup. You can do this with just about any fruit.

Cut up fruit in fairly small pieces. Put a small amount of water along with some sugar (less for already sweet fruits like strawberries and peaches, more for less sweet fruits like pears and apples) into a small pot. Hint—you can use a little maple syrup for sweetener and as a thickening agent.

Put the cut up fruit into the pot and warm gently, stirring now and then. Add more water if needed.

What you should end up with is a warm, thick, syrup with pieces of fruit in it.

RECIPE HALL OF FAME

Contributed by troops just like yours

**Use the feedback form to submit a favorite recipe
and you, too, could be part of this section**

CONTRIBUTED RECIPES (Let's try to grow this section)

Enough of us telling you what to cook and how to cook it! Here are some ideas from troops who come to Camp Bell with their own game plans for mouth-watering delicacies! Prepare for a dive into the Camp Bell Food Hall of Fame...

Two Crew Stew : Serves 8-10

What you'll need: 2 lb. Ground Beef
 2 Potatoes
 2 Onions
 2 Bell Peppers
 2 cans of Green Peas or other vegetables
 2 cans of Cream of Mushroom soup or other creamed soup
 2 soup cans Water, not from the ditch

Directions: First, slice up your potatoes, onions, peppers and any other vegetables. Next, brown the ground beef in a Dutch oven. For this meal, go ahead and keep the drippings in the oven. Now, add the vegetables, a layer of the cream soup, and the water. Cook over a fire or a stove for 30-45 minutes. (Courtesy of Troop 426, Londonderry, NH)

Hamburger Stew a la 13

What you'll need: Ground Beef
 Green Beans
 Onions
 Green Peppers
 Mushrooms
 Tomatoes
 Hamburger Helper
 Parmesan Cheese

Directions: First, process your vegetables. Take the onion(s), skin them, and dice them into half inch cubes. For the beans, rinse them and remove the stems or tough parts. Rinse and cut the mushrooms into bite-sized pieces. Rinse the tomatoes and cut them into half inch chunks. Next, put your hamburger meat into a Dutch oven and brown. When it is browned, add the onions and let the two cook, stirring often. Once this mixture is well-browned, drain all the liquids and fats. next, follow the hamburger helper directions to determine how much water to add plus a little more. Add the water and throw in the hamburger helper mix, vegetables, and any seasonings you wish. Pay attention to the directions for hamburger helper to make sure you cook the noodles long enough. Stir often. (Courtesy of Troop 205, Newton, MA)

Beef Stew

What you'll need: Roast Beef
 Onions
 Peppers
 Potatoes
 Flour
 Optional-Tomatoes, Biscuit Mix for dumplings

Directions: First, cut the hunk of Roast Beef into one inch cubes. Put each beef cube into a ziploc bag of flour and shake until they are well coated with the flour. Now, put some oil in your Dutch oven and put the cubes in to brown them. Meanwhile, cut up your vegetables and cube your potatoes. When you are ready to put these in the Dutch oven with the meat, make sure to add some more cooking oil for the bottom and sides of the oven. At this point, add three or four cups of water. If you wish, you may now add tomato chunks or even tomato sauce in place of the water. Bring this mixture to a boil and then simmer until everything is cooked. This will probably take an hour or more. At the end, with about 15 minutes left before serving, add chunks of biscuit dough to the top of the stew. Don't forget to put coals on top of the Dutch oven too for golden brown biscuits. (Courtesy of Troop 160, Lexington, MA)

Onion Rings

What you'll need: A couple of big onions
 Biscuit mix or flour
 Oil
 Something to dip with—a small strainer works well

Directions: Peel the onions, then slice them into rounds. Dip them in water and then roll them in the biscuit mix or flour. You should already have a small pot of oil on the stove and it should be bubbling. Dump in a bunch of floured onion rounds and cook until they are brown. Dip them out and lay them on a bed of paper towels. Now do another batch. Add oil as needed. The only downside is that you will have to beat the Commissioners off with a stick if you want to have any left for yourself. (Courtesy of Troop 160, Lexington, MA)

French Fries

What you'll need: Some potatoes
 Oil
 Something to dip with—a small strainer works well

Directions: These are done just like onion rings except you won't need any flour. Peel the potatoes, then slice them lengthwise to make sticks which are roughly 3/8" on a side. You should already have a small pot of oil on the stove and it should be bubbling. Dump in a bunch of potatoes and cook until they are brown. Dip them out, lay them on a bed of paper towels, and salt to taste. Now do another batch. Add oil as needed. Hint: Soaking potatoes in water overnight softens them up and they will cook better. (Courtesy of Troop 160, Lexington, MA)

SAMPLE GRACES

Philmont Grace

For food, for raiment
For life, for opportunity
For friendship and fellowship
We thank thee

Scout's Grace

Let us be thankful for the food and drink before us.
Let us be thankful for the shelter that will protect us tonight.
Let us be thankful for the water that rejuvenates our mind, body and soul.
Let us be thankful for the earth we walk on and the air we breathe.
Let us be thankful for the fire that keeps us warm and gives us light.
Let us be thankful for natural surroundings that give the earth beauty and life.
Let us be thankful for the family and friends who are there when we need them the most.
Let us be thankful for the staff and leaders who guide us.

Simple Grace

We gather at the end of another day
Surrounded by beauty
Supported by each other
Scouts together--friends to all and brothers to every other Scout

Now, why not try writing one or two of your own? Write it down below so you won't forget it.

PERSONAL NOTES

FEEDBACK

If you have any additions or corrections, if you think some of the recipes need improvement, if you have a great idea for something that ought to be in this cookbook, or if you just want to tell us something, rip out one of these pages and give it to a Commissioner at checkout. The authors will guarantee that we will listen to anything you have to say. We appreciate any feedback you can give us.

If you forget about turning in the feedback sheet or if you think of something else after leaving camp, send an e-mail to campbellcookbook@yahoo.com.

For the second edition, we are planning on adding more pictures. A picture often is worth a thousand words.

First, was this cookbook helpful? Yes No Sort Of (check one)

Second, do you want to give us your contact information? It will help us and we will not share it.

Name: _____ Scout Adult

Troop: _____ Town: _____

E-mail: _____ @ _____

Now give us some feedback. Continue on the reverse if you need more space.

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THE LAST WORD

The Camp Bell Staff is thrilled to have you here and we hope that you will enjoy your week and the memorable meals you will have here. We look forward to sampling your culinary creations when we come up the hill to dine with you. Also, remember that recipes and meal ideas like these wouldn't be possible without the people who go out, camp, and actually perfect them. So feel free to share your ideas for awesome camp food with the Staff and you just might see your favorite patrol meal in print next summer!

Remember ... when in doubt, ASK A COMMISSIONER!

Based on earlier cookbooks written and edited by Chris Soulé and Hank Manz with help on the recipes from many Scouts, Scouters, and other outdoor cooks.

The printing has been donated by Troop 160, Lexington, MA as a thank you to the Daniel Webster Council for the many summers they have been able to spend at Camp Bell and Hidden Valley.

You can request an electronic copy of this cookbook, submit recipes, and send feedback to the editors via *campbellcookbook@yahoo.com*.