

OAL Training 2011 - Recipe Collection

Breakfast

BREAKFAST- Egg McGirl Guides

For each person

English muffin

1 or 2 eggs, scrambled, fried or poached

Slice of cheese

Slice of ham

Cook eggs as desired. Warm buttered English muffins in a frying pan or griddle.

Assemble with cheese and ham.

Breakfast Tacos/Burritos

- 5 eggs
- 1/4 c. milk
- shredded cheese(desired amt.)
- 1/2 roll sausage (or ham or chicken, etc)
- chunky picante sauce (salsa)
- flour tortillas

Crumble & brown meat in skillet. Mix eggs & milk in bowl. Pour into skillet.

Add cheese. Cook: Put on a lid for omelet-style cooking or mix around - scramble-style. Spoon into tortilla: your choice of hard or soft shell -add picante sauce/salsa.

Great for a utensil-less breaky!

Breakfast Burritos

2 eggs cracked into a Ziploc bag

add a bit of milk if desired.

shake and break the eggs up

If you want each girl to do her own then put her name on a wooden clothes peg and attach it to the top of the bag before it gets added to the pot.

Drop bag into a pot of boiling water, cook until done. The more bags in the pot the longer it takes.

Have some grated cheese, Pre-cooked bacon bits & Chopped green onions in serving bowls

When the eggs are done empty the Ziploc on to a tortilla. Customize with your toppings of choice. wrap the tortilla up and enjoy

You could also have salsa and ketchup

Baggy omelets

2 eggs per person

Cheese

Ham

Veggies cut into small pieces (tomato, pepper, onion, zucchini, etc.)

Freezer-strength Ziploc bags

Pot of boiling water

Crack eggs into bag, add cheese, ham, veggies. Close and seal bag. Throw bag in water and leave to cook 10 mins. Use tongs to retrieve. Unzip or cut open bag and enjoy.

Brown rice pudding

Into large pot put $\frac{3}{4}$ c instant brown rice, $\frac{1}{2}$ c dry milk powder, $\frac{1}{2}$ c brown sugar, 1 $\frac{1}{2}$ cups dried fruit and 2 $\frac{1}{2}$ cups water. Sprinkle with $\frac{1}{2}$ tsp each nutmeg and cinnamon.

Bring to a boil and simmer 8-10 minutes. Serve with ice cream, cream or French vanilla yogurt. Serves 6-8.

Chase River Pathfinders favorite camp recipes

These are recipes we use when we have our "camp on a stick" camp. All our meals are cooked over an open fire or fireplace on a stick or in tin foil

*no pots/pans allowed!

Breakfast-Snakes on a stick:

- Use roll of refrigerated biscuit or croissant dough
- Wrap one piece of dough around a campfire stick like a snake and pinch to make sure it doesn't fall off
- Cook over open fire/coals until brown on outside and cooked on inside (about 8 minutes with careful turning so that the inside gets cooked without burning the outside)
- Carefully take off stick and serve with jam

Lunch

LUNCH- Pocket Pizzas

Pita pocket bread- cut in half

Pizza sauce in a squeeze bottle

Grated cheese

Selection of pizza toppings- sliced meat, onions, peppers, pineapple, olives etc suited to the tastes of the group

To assemble- squeeze pizza sauce inside each half of pita pocket. Insert toppings of choice with grated cheese spread over all.

Wrap the pocket in tinfoil and heat over griddle, frying pan, buddy burner, charcoal stove until warmed through and cheese melts.

Lunch-pizza

- Use premade pizza shells
- Assemble assorted toppings onto shell
- Wrap lightly in foil
- Place on grill or on top of stove until cheese is melted

Cheesy Jalapeno Cornbread

Ingredients:

1 pkg cornbread mix or corn muffin mix
1 cup (250 ml) milk
2 eggs
½ cup (125 mL) oil
canned jalapeno peppers
1 cup shredded cheese – cheddar or Monteray jack

Equipment:

Box oven
Charcoal briquettes (10 to 15)
2, 8 inch baking pans
measuring cup – liquid
large mixing bowl
whisk
rubber spatula
cheese grater
can opener
colander
paring knife
cutting board
toothpick

Prepare 1 or 2 baking pans (spray with cooking spray), depending on the size of your box oven and pan size. In a large bowl, prepare the cornbread mix according to package instructions by adding in the milk, eggs and oil. Fold in shredded cheese. Drain canned jalapenos and chop into small pieces. Add jalapenos to mix depending on your taste. *Option – add 1 cup of corn niblets to the mixture for extra flavor and texture.*

Bake in box oven for 25-30 minutes, until golden brown around the edges and a wooden pick inserted into the centre comes out clean. To get the temperature of the box oven to 350°F, use about 10 briquettes. The briquettes must be hot (i.e. white in color) before putting them into the oven. (See box oven cooking tips for more helpful info on using your box oven).

Chili Pepper fact – Chili peppers range in heat from mild to very hot. Generally, the smaller the chili, the hotter it is! The heat is concentrated in the seeds and veins, so if you want a milder flavor, remove these parts before adding the chili to your recipe. Canned chilis, such as jalapenos, tend to be milder than fresh.

Bannock Dogs

I make individual baggies of dry ingredient. Girls add the wet ingredients (a tbs of butter and then add water a little at a time - you want a thick dough) , mix and wrap a thin layer (so it cooks faster and more even) around a hot dog or sausage. Don't need to cover the whole dog. Make sure to wrap the end back onto itself - dough to dough as it will stick better and not fall off the dog when cooking. Place on stick and cook in campfire. Add condiments and enjoy. The simplest bannock recipes are great - and pack well on any trip.

Bannock Recipes

http://dragon.sleepdeprived.ca/camping/recipes/campfire_snacks/campfire_snacks_1.htm

Many thanks to Tiger (aka Dooreen) Rousseau for posting her fabulous recipe to the Guide Mailing List!

The History: Bannock is a truly Canadian food and all Canadians should have the experience of making it. Our country was settled by many different ethnic groups therefore there isn't a single traditional recipe. Flour was a luxury item in the early days of the fur trade. It was used to thicken pemmican style soup, rubbaboo or occasionally to make galettes. Galette is the name used by voyageurs of the North West Company for an unleavened flour-water biscuit made by baking in a frying pan, or in the ashes of the campfire. The Selkirk Settlers referred to their flour water biscuit as bannock. Eventually bannock became the name accepted and recorded in journals and diaries throughout the western interior of Canada. By the mid 1800's the original flour-water mixture became more elaborate with the addition of salt, suet, lard, butter, buttermilk, baking soda, or baking powder. Bannock acquired other names, too: bush bread, trail bread, or grease bread. The traditional way to prepare bannock was to mix the ingredients into a large round biscuit and bake in a frying pan or propped up against sticks by the campfire. The frying pan usually was tilted against a rock so that it slanted towards the fire for part of the baking.

Tiger's Bannock (tried and true)

Ingredients:

- 1 cup white flour
- 1/4 tsp. salt
- 1 tsp baking powder
- 1 tablespoon butter or margarine
- 1/3 cup or more cold water

Directions: Mix dry ingredients thoroughly then rub in butter until well incorporated. Add enough water to make a thick dough. Form into 1-inch thick cakes and place in the bottom of a greased cast iron frying pan. Cook on low heat until done on both sides, or prop the pan in the coals of the campfire. For a variety add dry fruits, raisins, blueberries, etc. Taste especially good with molasses and butter when done. For pancakes, simply add a couple of eggs, omit the butter and substitute water for milk. For native style use half white flour and half corn flour. To avoid the mess when clean up is a problem, measure out individual portions into a Ziploc and knead until done.

Campfire Bannock

Ingredients:

4 cups flour
8 tsp. baking powder
1 tsp salt
1 tsp sugar
about 3 cups cold water

- Directions: Mix dry ingredients thoroughly and stir in enough water to make a thick batter that will pour out level. Mix rapidly with spoon until smooth. Pour into large greased frying pan and set on hot coals. Turn when bottom is brown. Cook until no dough sticks to sliver of wood poked into the middle.

Dinner

Iron Chef Stir Fry

Serve with rice or egg/chow mein noodles.

Give all the girls different ingredients and sauces and see what they come up with.

e.g.

bok choy

firm tofu

water chestnuts

bamboo shoots

baby corn

bean sprouts

carrots

celery

peppers

Easy Hamburger Stroganoff - serves 5-6

1 lb ground lean hamburger (or veggie ground round?)

½ c coarse chopped onion

½ c coarse chopped red pepper

2-3 cloves garlic, chopped

½ can sliced mushrooms

1 can Campbell's cream of mushroom soup

½ c sour cream

Cooked noodles (wide egg noodles) - enough for 5-6 people

Brown meat and garlic together. Add onion, pepper, and mushrooms. When vegetables are soft, stir in soup and sour cream. Heat through and serve over hot noodles. Can add herbs and spices (basil, parsley, chives) as desired.

Tacos in a Bag

Put assorted taco ingredients in large bowls for the girls to choose from.

e.g.:

shredded cheese

nacho/tortilla chips or broken up taco shells

shredded lettuce

tomatoes

salsa

sour cream

peppers
avocadoes/ guacamole

Using Ziploc bags (sandwich or small/medium freezer strength bags), girls fill the bags with their choices. Mix it up. Eat out of the bags with a fork.

Wicked Veggie Chili - internet

Could make in a dutch oven or camp stove.

1 onion chopped
6 cloves garlic minced
1 tbsp honey
2 12oz cans kidney beans
2 12oz cans diced tomatoes
1 green pepper chopped
2 carrots finely chopped
1 bunch cilantro chopped

1 tsp salt
2 tsp chilli powder
2 tsp ground cumin
2 tsp ground cayenne pepper
¼ tsp cinnamon

1 container sour cream

1 lb ground beef or 1 pkg Yves veggie ground round substitute

Saute onion and garlic in oil. Add peppers and carrots. Add in beans, tomatoes, honey and cilantro. Cook around 40 minutes.

Cook beef/substitute.

Mix spices together, and put in a shaker or bowl. Let the girls add the meat of their choice with the amount of spices they want!

Serves 8?

Chicken Noodle Stir-fry

Feeds Approx 6 Pathfinders

Soy Sauce

1 bag of Farkay Steam fried noodles

1 bag of Manns stir fry veggies

1 (or 2) cans of baby Corn

1 can Water Chestnuts

1 or 2 pre cooked chicken breasts sliced into thin strips or small cubes

2 pkgs oxo chicken soup stock

Any other veggies the girls might like.

Put 1 pot of water on to boil for cooking noodles

Put 1 cup water and both OXO pkgs in a large frying pan. Add the bag of veggies cook for 5 minutes

Add the tins of corn and water chestnuts to heat them up approx 3 or 4 minutes.

Have the chicken added for the last minute just long enough to warm it up.

Add steam fried noodles to pot of water boil for 2 minutes, strain Serve

You can add sesame seeds, green onions, and nuts as a garnish.

Have soy sauce on the side for the girls that want it.

DINNER- Chicken skewers, stir fry vegetables and rice

Use chicken breast tenders or chicken breasts cut into strips. Use two skewers and thread the meat back and forth on both skewers. This way the meat won't spin around on the skewers so you can turn them over to cook both sides. BBQ over briquettes in milk cartons or tin can stoves. These can be cooked by individual girls

Cook the following for the company

1) Slice a selection of vegetables- onion, pepper, carrot, celery, mushrooms. Stir fry in frying pans.

2) Make a pot of minute rice. Allow $\frac{1}{2}$ cup of rice per person.

Have soya sauce and plum sauce as condiments.

Dinner-kabobs

- Use a campfire stick
- Each person gets to choose their own ingredients (assorted vegetables, precooked ham chunks, precooked beef cubes or chicken, slightly cooked new potatoes) and assembles it onto their own stick
- Cook over open fire

Mandarin Chicken

- 4 Boneless Chicken Breasts
- 1 Lg Onion
- 1 Lg Tomato
- 2 or 3 Mandarin Oranges
- Your Favorite Chicken Seasoning
- 1 Sml Bottle Italian Dressing
- 4 Zip Lock Bags
- Aluminium Foil

Pre-prep: Butterfly Chicken or place between two pieces of foil and pound thin to speed cooking. Place thin slice of Onion, slice of Tomato and four or five sections of mandarin orange in Zip Lock with Chicken. Pour in some Italian Dressing and squeeze some juice from remaining Orange. Let marinate as long as two days in cooler. How to prepare: Place contents of zip lock (not the zip lock!) into double thick foil packets. Sprinkle with Seasoning and Seal. Cook on coals or on grill for approx. 10 minutes then turn for an additional 5 (as long as your chicken is thin enough!).

Dessert

Pie in a Pot (or Fruit Dumplings) - Wilderness Cookbook

2-3 c berries
½ c and 1 tbsp sugar
1 ½ c Bisquick mix

Put fruit in large pot with 1 ½ c water and ½ cup sugar. When boiling, make bisquick mix adding 1 tbsp sugar and ½ c water. Knead to make batter/dough.

Drop by spoonful over the bubbling mixture. Put lid on pot. Cook for 12 minutes - no peeking!

Peach Cobbler

Tin of diced peaches (individual size)
Bisquick

Peel back lid about ½ way (try to keep flat)
Drain a little liquid off
Add about 2 tsp Bisquick
Stir well
Press lid back in place
Cook in coals of fire til done (rotate regularly) - pull out with tongs or oven mitts.

Tortilla Smores

Small tortillas
Mini marshmallows
Chocolate chips

Lay out tortilla on griddle or frying pan. Sprinkle half with marshmallows and chocolate chips. Fold in half, let melt 3-4 minutes, and flip. Cut in half and serve.

Brown rice pudding

Into large pot put ¾ c instant brown rice, ½ c dry milk powder, ½ c brown sugar, 1 ½ cups dried fruit and 2 ½ cups water. Sprinkle with ½ tsp each nutmeg and cinnamon.

Bring to a boil and simmer 8-10 minutes. Serve with ice cream, cream or French vanilla yogurt. Serves 6-8.

Dump Cake...can be baked in Box Oven

1 large can (20oz) crushed pineapple
1 20 oz can cherry pie filling
1 package (19oz) yellow cake mix
1/2cup chopped nuts (optional)
1/2-1 cup butter or margarine (depending on the richness you desire)
shredded coconut for topping , if desired

Grease a 9"x13" pan (aluminum foil if desired).
DUMP in undrained pineapple and spread evenly.
DUMP in cherry pie filling and push around until the layer of fruit is even.
DUMP in the cake mix and sprinkle around to cover fruit evenly.
Sprinkle the nuts over .
Dot with cut up butter or margarine.
Top with shredded coconut.
DO NOT MIX
Bake at 350 for 1 hour or until nicely browned.
The cake doesn't rise and looks gooey.
Excellent with ice cream or alone.

Campfire Orange Cakes

Ingredients:

- 10-12 oranges
- 1 box of yellow cake mix or chocolate

Directions:

1. Using a knife, slice off the tops of the oranges about half an inch from the top. Be sure to save the tops, as they will be used later on in the baking process.
2. Have each camper hollow out their orange by scooping out the orange pulp using a spoon. This process is just like scooping the guts out of a pumpkin.
3. Set the orange pulp aside in a bowl for snacking or for another use.
4. In a large bowl, prepare the cake batter according to package directions.

5. After the oranges are hollowed out, gently spoon the cake batter into them until they are approximately 3/4 full.
6. Place the top back on the orange, it should cover the cake batter like a lid and look just like an orange once again.
7. Wrap each orange carefully with heavy aluminum foil, and place directly into the campfire. Make sure you have some good coals built up and move the oranges around.
8. Let the campfire cakes cook for 15-20 minutes, turning once or twice to ensure even cooking.
9. Remove the cakes from the fire gently, using tongs.
10. Unwrap the foil, remove the lid and serve with a spoon.

The cake should be eaten while still warm, right out of the orange with a spoon. No plates are necessary.

Other versions of this warm, tasty dessert can be made with a little cooking creativity. Try substituting the yellow cake mix for chocolate cake mix to create chocolate orange cakes. Another idea is to use large lemons instead of oranges, along with yellow or lemon cake mix, to make lemon campfire cakes.

Whether orange, lemon, or chocolate, these campfire cakes are a surefire hit. Not only are they a delicious treat for campers, they are also pure campfire fun.

Read more at Suite101: [Campfire Orange Cakes: An Extraordinary Cookout Dessert](http://www.suite101.com/content/campfire-orange-cakes-a111924#ixzz1JcYBnCQZ) <http://www.suite101.com/content/campfire-orange-cakes-a111924#ixzz1JcYBnCQZ>

Snicker Salad

Ingredients:

1 large container of cool whip topping

3 snickers bars cut into small pieces

8 large apples cored and peeled and cut into bite size pieces

Directions: Mix together and serve. You can also use Crispy Crunch bars instead of Snickers, and seedless green grapes instead of apples.

Banana Boats

Ingredients per camper

- One Banana
- Mini Marshmallows
- Chocolate Chips
- Tin Foil

Method

1. Take your banana and cut a slit down the long way. Start just below the stem and stop just before the end of the banana. Don't take off the skin. Open it up.
2. Fill the banana with the marshmallows and chocolate chips (or other goodies).
3. Double wrap the banana in good thick tin foil.
4. Place in the campfire – ensure you have good bed of coals.
5. When it is done put it on a plate and use a spoon to eat it out of the skin.
Mmmmmm

Choco Raspberry Burritos

- 4 8-9" flour tortillas
- 1 cup semisweet chocolate chips
- 1 cup fresh raspberries
- 2 Tablespoons melted butter
- 2 teaspoons sugar
- 1/2 teaspoon ground cinnamon

At home, mix sugar and cinnamon and store in a zip-lock baggie. Don't forget to bring it with you camping.

At the campsite, stack the tortillas and wrap in a piece of foil; grill over indirect (med-low) heat, turning once, for about 5 minutes until they are warm and pliable.

Sprinkle 1/4 cup each of the chocolate chips and raspberries in the center of each tortilla; fold in the sides and roll up (like a typical burrito). Brush rolls with half of the melted butter. Grill burritos over indirect (med-low) heat, turning once, for about 3 minutes, until they start to show grill marks and the chocolate chips are melted.

Remove from heat and brush with remaining butter. Sprinkle with stored sugar and cinnamon mixture. Serve warm.

*These can be made at home on the grill too. They are great with a scoop of vanilla ice-cream. Kids love them!

Campfire éclairs

Ingredients:

2 cans of frozen crescent rolls (16 rolls)
1 pkg (6 individual cups) of vanilla pudding snacks
1 bag (225 g) milk chocolate chips
cooking spray

Equipment:

Cooking sticks (either gathered from the campsite or metal roasting forks)
Aluminum foil
Propane stove
Saucepan with water
resealable bag for chocolate chips
paring knife or scissors
Tongs
Oven mitts or potholders
Spoons for adding vanilla filling

Directions:

Prepare a cooking fire with hot embers. Wood fires are the best, but you can also add some charcoal if there is not enough wood available or you need more heat. Leave at least 20 minutes from the time you light the fire to end up with hot embers over which you can cook your food. You may need more time depending on the weather conditions.

Cover tip of stick with aluminum foil and spray with cooking spray. Stretch one crescent roll over foil and squeeze the tip to close and tighten. Cook over the campfire until golden brown, turning frequently. The crescent roll is done when it slides off the foil easily. Heat a saucepan of water over a propane stove (or campfire grill) and bring to a boil. Turn down heat and allow the water to simmer. Place chocolate chips in the resealable bag and place in the simmering water. Hold onto the bag with tongs and keep it away from sides of the pot so the bag does not melt. As the chocolate chips melt, move them around the bag so all of the chocolate melts evenly. When ready, remove from water and snip a small hole in the corner of the bag to make a "piping bag". Fill center of crescent roll with vanilla pudding and pipe chocolate on outside and enjoy!

No-bake Chocolate Oatmeal Cookies (aka Moose Poop) – scouts outdoor cookbook

2 c sugar
½ c cocoa
½ c milk
½ c butter
1 tsp vanilla
3 c quick cooking oatmeal
½ c peanut butter

Combine first 4 ingredients in a pot. Boil for 1 full minute. Remove from heat. Stir in last 3 ingredients. Drop by spoonful onto wax paper. Cool before eating.

Snacks

Veggie Biscuits

Bisquick
Cream cheese
Sour cream
Dry Ranch dip mix
Raw vegetables (chopped finely)

Spread biscuit mix in a thin layer across a cookie sheet. Bake until lightly brown on top. Mix 1 part cream cheese to 1 part sour cream with a dry dip mix. Spread over the biscuit. Sprinkle the finely chopped raw veggies on top. Cut into squares and serve.

Cranberry Camembert Pizza

1 tube refrigerated pizza crust
8 oz camembert or brie cheese, rind removed, cut into ½ inch cubes
¾ c whole berry cranberry sauce
½ c chopped pecans

Unroll crust onto lightly greased 12" pizza pan, flatten dough and build up edges slightly. Bake at 425 for 10-12 minutes or until light golden brown.

Sprinkle cheese over crust. Spoon cranberry sauce evenly over crust, sprinkle with pecans. Bake 8-10 minutes longer or until cheese is melted and crust is golden brown. Cool for 5 minutes before cutting.

Artichoke Veggie Pizza

1 tube refrigerated pizza crust
8oz cream cheese, softened
½ c sundried tomato spread
1 can water-packed artichoke hearts, rinsed, drained, finely chopped
½ c chopped sweet onion
1 can chopped ripe olives, drained
¾ c sliced carrots
¾ c chopped green pepper
1 ½ cups fresh broccoli florets, chopped
1 c shredded Italian cheese blend

Press pizza dough into greased cookie sheet or 15x10 baking pan. Prick dough thoroughly with a fork. Bake at 400 for 13-15 minutes or until golden brown. Cool.

In small mixing bowl, beat cream cheese and tomato spread until blended. Stir in artichokes. Spread over crust. Sprinkle with remaining vegetables and cheese. Press down lightly. Chill for 1 hour. Cut into squares. Refrigerate leftovers.

Other

Crepes - for the leaders!

1 egg
1 ½ c flour
¼ c sugar
¼ tsp vanilla
2 ¼ c - 2 ½ c water
Whip cream
Fresh fruit
Margarine/cooking spray
Teflon-nonstick pan

Beat egg, mix in flour and sugar. Add in water, while stirring. Batter should be runny/thin/soupy etc. Not thick like pancakes.

Use margarine or spray every time. Use a small amount of batter and spread as much as possible around pan to make a very thin crepe. Cook both sides to a golden colour.

Slice up fresh fruit, smother with whipped cream, rollup and eat before the girls wake up!

Make Ice Cream in a Plastic Bag or Can

The meeting/ camp possibilities for this one are nearly endless. You can explore the history of ice cream and dairy products, the chemistry of ice, salt and exothermic reactions, or use it an exercise in the scientific method: what if you make the following recipe without salt?

This recipe is enough for one so that each girl can make their own.

1/2 cup milk
1/2 teaspoon vanilla
1 tablespoon sugar
4 cups crushed ice
4 tablespoons salt
2 quart size Zip-loc bags
1 gallon size Zip-loc freezer bag
a hand towel or gloves to keep fingers from freezing as well!

Mix the milk, vanilla and sugar together in one of the quart size bags. Seal tightly, allowing as little air to remain in the bag as possible. Too much air left inside may force the bag open during shaking. Place this bag inside the other quart size bag, again leaving as little air inside as possible and sealing well. By double-bagging, the risk of salt and ice leaking into the ice cream is minimized. Put the two bags inside the gallon size bag and fill the bag with ice, then sprinkle salt on top. Again let all the air escape and seal the bag. Wrap the bag in the towel or put your gloves on, and shake and massage the bag, making sure the ice surrounds the cream mixture. Five to eight minutes is adequate time for the mixture to freeze into ice cream.

Tips

Freezer bags work best because they are thicker and less likely to develop small holes, allowing the bags to leak. You can get away with using regular Zip-loc bags for the smaller quart sizes, because you are double-bagging. Especially if you plan to do this indoors, we strongly recommend using gallon size freezer bags.

Coffee Can Ice Cream

An alternative to the baggie method is to use coffee cans. The recipe is the same, and may be doubled or tripled because the coffee can hold more liquid than the

baggies. Put the mixture in a standard size coffee can and seal with the plastic lid, then place that can inside a larger “buddy burner” sized can. I recommend duck taping the lids closed on both cans. Pack the large can with ice and salt, and seal with the lid. Now start kicking the can back and forth. You can also do this with 2 people holding the opposite ends of a towel and one lifting their end then the other person lifts their end back and forth like a see saw fairly fast. You can play different games like a variation of kick the can – just keep the can moving and shaking. Check in about 15 to 20 minutes depending on how hot it is outside where you are. The time required to set the mixture will vary depending on the number of servings in the can. If it is not frozen enough add more ice and salt, reseal and kick it for another 10 minutes or so. (outside – the condensation will drip) until the ice cream is set. It will not be solidly frozen no matter how long you try. It will be a firm soft serve.

What does the salt do?

Just like we use salt on icy roads in the winter, salt mixed with ice in this case also causes the ice to melt. When salt comes into contact with ice, the freezing point of the ice is lowered. Water will normally freeze at 32 degrees F. A 10% salt solution freezes at 20 degrees F, and a 20% solution freezes at 2 degrees F. By lowering the temperature at which ice is frozen, we are able to create an environment in which the milk mixture can freeze at a temperature below 32 degrees F into ice cream.

Who invented ice cream?

Legend has it that the Roman emperor, Nero, discovered ice cream. Runners brought snow from the mountains to make the first ice cream. In 1846, Nancy Johnson invented the hand-cranked ice cream churn and ice cream surged in popularity. Then, in 1904, ice cream cones were invented at the St. Louis World Exposition. An ice cream vendor ran out of dishes and improvised by rolling up some waffles to make cones.

Brain “Freezer”

A group of children went to Holman’s Dairy to buy ice cream cones. Each child bought a double scoop cone with two flavors of ice cream. None of the children chose the same combination of flavors. Holman’s Dairy has nine different flavors of ice cream: Vanilla, Maple, Chocolate, Toffee, Raspberry, Strawberry, Jamocha, Nutcracker, and Almond. How many children are there?

http://www.ehow.com/how_4846715_kick-can-ice-cream.html

<http://teachnet.com/lessonplans/science/plastic-bag-ice-cream-recipe/>

ARMPIT FUDGE for ONE

Ingredients: (single serve version)

2 oz. powdered sugar (1/2 cup)

1 Tbsp butter

2 tsp cream cheese

dash of vanilla

2 tsp cocoa

Place all ingredients in a sandwich-size plastic zipped bag.

Squeeze out all the air. Squish and smoosh (under the arm!) the bag until all the ingredients are well mixed with a creamy consistency.

Add any favorite flavors or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc). Take out a spoon and enjoy.

ARMPIT FUDGE (group servings)

Ingredients:

1 lb. powdered sugar

1 stick (1/4 cup) butter

1 - 3 oz pkg cream cheese

1/2 tsp vanilla

1/3 cup cocoa

Mix ingredients in a one-gallon zipper bag until it looks like fudge, then eat!

WARNING!! Make sure the bag is SEALED! I recommend putting it in two Ziploc bags. One sealed and placed seal side down into another baggie.)

<http://creativecooknson.blogspot.com/2009/09/armpit-fudge.html>