

FUN CAMP COOKING
SILVER & GOLD
CONFERENCE
Nov 1-3, 2013



OUTDOOR COOKING

There is no secret to having great food and international flavors at camp...anything you can make at home in the comfort of your kitchen, can be made in the outdoors, and usually tastes even better when made (and eaten) in the fresh air!

The key to good food at camp is good quality ingredients, fresh or dehydrated, and spices! There is little need to depend on pre-packaged or premade foods when camping, especially since your nutritional needs are high and you require a good balance of protein, carbohydrates and fat to keep you going throughout the day. Packaged foods are often high in sugar, salt and preservatives which tend to drain your energy and leave you feeling sluggish.

Using a nutritional food guide (e.g. Canada's Food Guide or the USDA Food Pyramid) plan your camp menu in advance. Getting input or recipes and food choices from the girls, trying new cooking methods and doing a little bit of prep work at home makes food an exciting part of your camp program.



BREAKFAST SPECIALS

Omelet in a Bag

Recipe Ingredients:

- 2 Large Eggs
- sausage, bacon or ham
- any of your favorite omelet veggies
- shredded cheddar cheese
- salt and pepper to taste

Cooking Instructions:

Crack eggs into a ziplock bag. Add shredded cheese, meat, veggies, salt and pepper to taste. Put baggy in a pot of boiling water for about 5 to 10 min. Then just cut bag off and enjoy!

Paper Bag Bacon and Eggs

Recipe Ingredients:

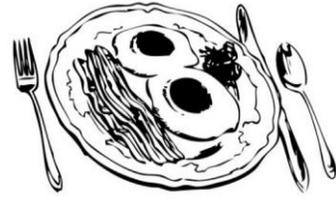
- 2 strips bacon (think)
- 1 paper lunch bag
- 1 egg
- 1 stick

Cooking Instructions:

Cut bacon strips in two, place at the bottom of the paper bag, covering the bottom. It is important that you have think strips of bacon as thin ones will stick and adhere to the paper bag when cooked.

Crack egg and put in paper bag on top of the bacon. Fold the bag's side down 4 times and poke stick through from one side to the other, and slide through. So that the bag is hanging on the end of the stick.

Hold over charcoal and watch the grease from the bacon protect the bag and cook the meal.



Eggs in a Basket

Recipe Ingredients:

- 1 slice of bacon
- slice of bread
- egg

Cooking Instructions:

Place bacon in “v” shape and fry. Take a 2” round of bread out of the centre of the slice of bread. Place the bread on top of bacon and break egg into the centre hole of the bread and cook. Turn to cook the other side.

This hot breakfast can be made in a pan or on a time can oven.

Pie Plate Omelet

Recipe Ingredients:

- Ham
- Eggs
- Fixings- mushrooms, green onions, cheese etc.

Cooking Instructions:

Grease a tinfoil meat pie plate and line with a slice of ham. Crack and egg into the pie plate and gently scramble with a fork. Add fixings as you prefer and cover with tin foil. Place 3 to 4 small rocks on top of a tin can oven. Place pie plate on the rocks and cook for approximately 15 to 20 minutes.

Boil an Egg in a Paper Cup

You will need un-waxed paper cups for this.

Recipe Ingredients:

- Egg
- Water

Cooking Instructions:

Take a coffee cup sized paper cup and put an unbroken egg into it and fill with water.

Place on a grill very close to hot coals. The water will begin to boil but will keep the cup from burning. As the water evaporates the top of the cup will gradually begin to burn away. By the time the water has all gone the egg will be boiled and the cup will be gone.



LUNCH SPECIALS

Tacos in a Bag

Recipe Ingredients:

- 1 pound lean ground beef
- 1 (1 ounce) package taco seasoning mix
- 4 (2.5 ounce) packages corn chips
- 2 cups shredded lettuce
- 1 chopped tomato
- 1 cup shredded cheddar cheese
- 1/3 cup salsa
- 1/2 cup sour cream

Cooking Instructions:

Place ground beef in large pan, cook and stir over medium heat until brown. Drain excess off oil and mix in the taco seasoning and prepare according to the directions on the package. With the bags unopened, gently crush the corn chips. Snip two corners off the bags using scissors and slit open bags along the side edge. Spoon equal amounts of the beef mixture, lettuce, tomato, cheddar cheese, salsa and sour cream into the bags on top of the corn chips. Serve in the bag and eat with a fork.

Cowboy Soup

Recipe Ingredients:

- Potato chunks
- 1 can of peas
- 1 lb ground beef
- 1 can of green beans
- 1 med onion
- 1 can of baked beans
- Chili powder
- 1 can of tomato soup
- 1 can of corn
- 1 can of tomatoes
- Bay leaf
- Nutmeg, salt, pepper

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min.

Hooter Sandwiches

Recipe Ingredients:

- 2 slices turkey lunch meat
- 8 slices cooked ham lunch meat
- 2 slices of Swiss cheese
- 16 slices of try bread
- 1 ½ cup flour
- 1 tbs baking powder
- 1 1/3 cup water
- 1 egg, beaten
- oil
- icing sugar

Cooking Instructions:

Place 1 slice of turkey on 8 of the slices of bread. Top with a slice of Swiss cheese and a slice of ham. Top with remaining bread. Cut each sandwich into quarters and use toothpicks to hold together. Mix well together the flour, baking powder, and salt. Add water to beaten egg and add to flour mixture. Mix well. Dip each sandwich quarter into batter. Heat the oil in large skillet and place in the sandwich quarters. Fry dipped sandwiches on both sides until golden brown. Remove toothpicks and sprinkle with powdered sugar. Serve warm. Makes 8 sandwiches.



Veggie Quesadillas

serves 5 as a main dish or 10 as an appetizer

Ingredients:

10 flour tortillas – 8 inch rounds

2 cans of black beans, drained

1 can corn niblets, drained or 1.5 cups frozen corn, thawed

1 Green pepper

2 Tomatoes

4 cups shredded cheese blend or blocks of cheddar, monetary jack

Sour cream -1 small container (225 g)

Directions:

Drain black beans and rinse thoroughly. Seed and dice the green pepper, and dice the tomatoes. The corn, black beans, tomatoes and green peppers can be combined in a large bowl or each can be put into separate bowls to allow people to create their own quesadilla using the fillings of their choice.

To prepare the quesadilla, place one flour tortilla on a plate and sprinkle with grated cheese, layer with the veggie filling and place more cheese on top. The cheese acts like a glue to hold together the veggies to the tortilla. Top with the second tortilla and press down lightly.

To heat on a griddle or skillet, spray with cooking spray and place the quesadilla on the hot skillet. Allow to brown on one side and for cheese to melt. Then carefully flip to brown the other side. The same method can be used on a tin can stove or in the box oven (no cooking spray is needed for the oven method). To cook over a fire, the quesadilla can be wrapped in foil and placed over a campfire grill, then flipped to brown both sides.

Cut the quesadilla into quarters using a sharp knife or pizza cutter.
Serve with sour cream, salsa and guacamole.

SUPPER SPECIALS

Foil Meals

How to wrap

- Place square of foil on table, dull side down
- Cover with two sheets of wet newspaper or wet paper towels.
- Cover with another square of foil shiny side up.
- Wrap food leaving room for expansion

How to cook

• Pile 10 briquettes over 2 fire starters and light fire starter. When coals are white they are ready, spread them out with tongs. Place grill on top if desired or foil dinners can go right on coals. Turn frequently. Ten briquettes cook a foil dinner nicely – four people you can use 36 or so. You could also use a camp fire instead of briquettes.

Foil Dinners for 1

1. Cooked Hamburger patty, chopped onion sliced potato, sliced turnip or carrot, salt and pepper. Dab of butter. You could add tomato slices and green pepper. H.P. sauce or chili sauce for flavor.
2. Ham steak, sliced potato, onion, carrot, pineapple, salt and pepper and a dab of butter on the foil.
3. Half a breast of chicken, sliced potato, onion and carrot, seasoned salt, pepper, garlic powder dab of butter. Cook 1-1 ½ hours.
4. A thin pork chop, approximately 3 oz (75 gm) applesauce or sliced apple. In separate foil pouch heat corn with a dab butter.



Rock Chicken

Recipe Ingredients:

- 1 small baking chicken
- BBQ sauce

Additional Needed Items:

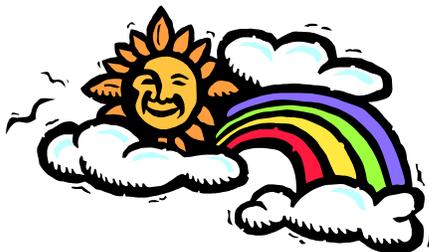
- Aluminum Foil – heavy duty 18 inch wide
- Newspaper – 5-6 thick sections
- Heavy gloves or oven mitts
- Tongs
- 3 Rocks * Rocks should be scrubbed clean and dry. DO NOT use river rocks; rocks that have been in water a long period of time may explode upon heating. Also do not use quartz rocks, as these may break into small shards when heated.

Cooking Instructions:

Heat Rocks in fire for at least an hour. Using tongs and wearing gloves, carefully remove the rocks and wrap in Aluminum foil. Open and stack newspapers about 1 inch high, place a 2 foot sheet of foil in center. Place chicken on foil. Using tongs, carefully place the large rock in the cavity of the chicken and a small rock under each wing. Pour on BBQ sauce and add any additional seasoning. Wrap the chicken in foil and then the newspaper. Chicken will be done in about 3 hours; unwrap and enjoy!

Rainbow Meals

Food coloring added to several items. Pink Mashed potatoes, blue vanilla pudding, orange oatmeal, purple eggs, etc. Try to have different colored items from nature, White radishes, blue potatoes, blood oranges, yellow tomatoes. I will warn you that no one will eat green colored potatoes. Natural dyes are best and can be made easily with some old tricks like adding onion skins to the water when you boil potatoes and they come out yellow.



BREAD

Cheesy Jalapeno Cornbread

Serves 8

Ingredients:

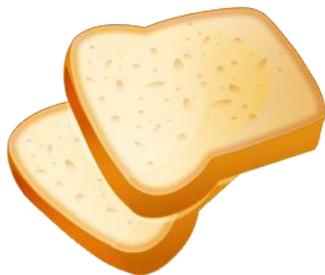
- 1 pkg cornbread mix or corn muffin mix
- 1 cup (250 ml) milk
- 2 eggs
- ½ cup (125 mL) oil
- Canned jalapeno peppers
- 1 cup shredded cheese – cheddar or Monterey jack

Directions:

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 chilies, such as jalapenos, tend to be milder than fresh.



BEVERAGES

Lime Margaritas (non-alcoholic)

Serves 4

Recipe Ingredients

- 1 can frozen limeade concentrate
- ¼ cup orange juice
- 2 tbsp kosher salt
- ½ Lime, cut into 4 wedges
- 4 Cups ice cubes

Directions:

Crush the ice cubes in a Ziplock bag using a rolling pin or mallet

In a pitcher, pour the orange juice and frozen limeade, “blend” using a potato masher or fork

Add in the crushed ice

Put the salt in a shallow dish and rub the rim of each glass with a lime wedge

Dip the rims into the salt and keep the lime wedges aside

Pour margarita mix into the glasses, garnish it with the lime wedges and serve

Non-alcoholic Sangria

Serves 16

Ingredients:

8 cups (2 L) red grape juice

2 cups (500 mL) pink grapefruit juice

2 tsp of lime juice concentrate

2 L club soda

2 cups of frozen grapes

1 orange, thinly sliced

2 peaches, diced

Directions:

Mix together juices (grape, grapefruit and lime) in a juice pitcher or punch bowl.

Add oranges and peaches. When ready to serve, add club soda and frozen grapes.

DESSERT

Armpit Fudge

Recipe Ingredients:

- 3 ounce pkg. cream cheese
- 1 lb powdered sugar
- ½ cup of cocoa
- 2 tbsp of butter
- 2 one-gallon zip-lock storage bags

Instructions:

Place all of the ingredients in one of the zip-lock bags. Seal the bag and place it inside the second bag. Squish the contents of the bags under your armpit to warm and mix. Mix until smooth, and enjoy!

Orange Cakes

Recipe Ingredients:

- Oranges
- Cake Mix

Instructions:

Cut the orange in ½. Take the orange out of the peel leaving the peel intact. Prepare cake mix as per instructions on package and pour into the ½'s of the orange, wrap them well in tin foil and back in the coils of the fire.

Banana Boats

Recipe Ingredients:

- Bananas
- Mini marshmallows
- Chocolate chips

Instructions:

Take your banana and cut a slit down the long way, not removing the skin cutting it all the way down. Fill the banana with marshmallows and chocolate chips. Wrap the bananas with tin foil and cook on the grill or on a hot dog stick over a fire. Cook until the chocolate chips are melted. You will have to check often. Eat with a spoon, be careful the marshmallow can be hot.

Mini Pineapple Upside-down Cake

Recipe ingredients:

- Cake Mix
- Pineapple rings
- Brown Sugar
- Empty tuna tins (clean)

Instructions:

Place a pineapple ring in the bottom of a tuna tin. Prepare the cake mix as per instructions on the box. Pour cake batter over the pineapple and fill the tin $\frac{3}{4}$ full. Bake in a box oven.

Campfire Gingerbread Oranges

At breakfast, each camper should cut off the top of a large, thick skinned orange, and scoop out and eat the fruit, being careful not to break the skin. Put the top back on and wrap in tinfoil.

Make up a gingerbread cake batter. Unwrap the oranges and remove the lids, putting an ice-cream scoop of gingerbread batter into the cavity. Replace the lids and rewrap in the foil.

Place the oranges on a rack, approximately two inches above glowing coils, or move the coals around to make a space to place oranges. Bake for approximately half an hour. Remove from fire and unwrap. Take off the lid, add a scoop of whipped cream or ice cream and enjoy!

Snowy Mountains

Melt milk chocolate bars in a tin set in a pot of boiling water. Dip marshmallows in the chocolate and roll in coconut.

Hot Jello

Recipe Ingredients:

- 3tbsp. jello powder
- 8 oz. hot water.

Instructions:

Blend jello powder with hot water and serve.

This is delicious hot drink is appreciated at night after campfire or with breakfast on a chilly morning.

Dutch Oven Peach Cobbler

Serves 8 to 10

Ingredients:

3 medium, ripe peaches, diced
18 oz can of peaches with juice
1 pkg. white or yellow cake mix
½ cup (1 stick) butter
¼ cup cooking oil or cooking spray
2-3 teaspoons ground cinnamon

Directions:

Prepare charcoal (24 to 30 pieces) for Dutch oven baking. Rub the inside of the Dutch oven with cooking oil (you can also line the Dutch oven with foil for easier clean up). Place 8 pieces of charcoal under the oven and 16 pieces on top, using a checkerboard pattern (see Dutch oven cooking methods for more info).

When the oven is hot, pour canned peaches and juice into the oven. Add the dry cake mix and pieces of fresh peaches on top of the canned peaches. Cut the butter into pats (small chunks) and place on top of the cake mix. Dust everything with cinnamon.

Put the lid back on the oven and bake for 40 minutes. Rotate the oven every 15 minutes or so and add more briquettes on top if the cobbler is not cooking well. Check the cobbler with a clean straw or knife. If the straw comes out clean, the cake is done. If not, add charcoal to the oven and bake 10 more minutes.



Chocolate Fondue

For a buddy burner

Ingredients:

- ½ cup Chocolate Chips
- 2 tablespoons of condensed or evaporated milk.
- cut fruit

Directions:

Put chocolate chips and milk into a tuna can.

Put on top can of buddy burner until it melts.

Dip pre cut pieces of fruit into this and eat.

Use firm fruit, apple wedges, orange wedges, grapes, banana pieces, strawberries, anything firm enough to stay on a fork.

FYI: many tins have pop tops, this creates a sharp ring around the inside of the can. DO NOT use this type of can for this as you can be assured one of the girls will run her finger around the can to get the last of the chocolate.



Honey Buns

Will work in a foil oven or dutch oven

Ingredients:

- Ready to bake cinnamon buns
- Brown Sugar

Directions:

Cut each bun into 4 pieces, and roll in brown sugar.

Place all pieces into a loaf pan (sprayed very well) and bake until it tests done.

Tap out the loaf upside down and the pieces will pull apart and will be running with sticky syrup. Best if there is a loaf to be shared by a small patrol.

Raisins or dried fruit can be sprinkled between the pieces, but chocolate chips will prevent it from cooking properly unless done in a regular oven.

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

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 chocolate and enjoy!

COOKING METHODS

Cardboard Box Oven

A cardboard box oven is a great cooking tool for the outdoors. It brings the ability to bake your favorite foods at camp, including fresh breads and desserts.

Materials:

Cardboard box with all flaps intact (an egg box is a good size)

Heavy duty, wide aluminum foil

Aluminum tape (for fixing tears in the foil)

Masking tape

Screw eye hooks and cotton cord for securing the oven door

4 cans of equal height

Cake rack or grill

Aluminum pie plate

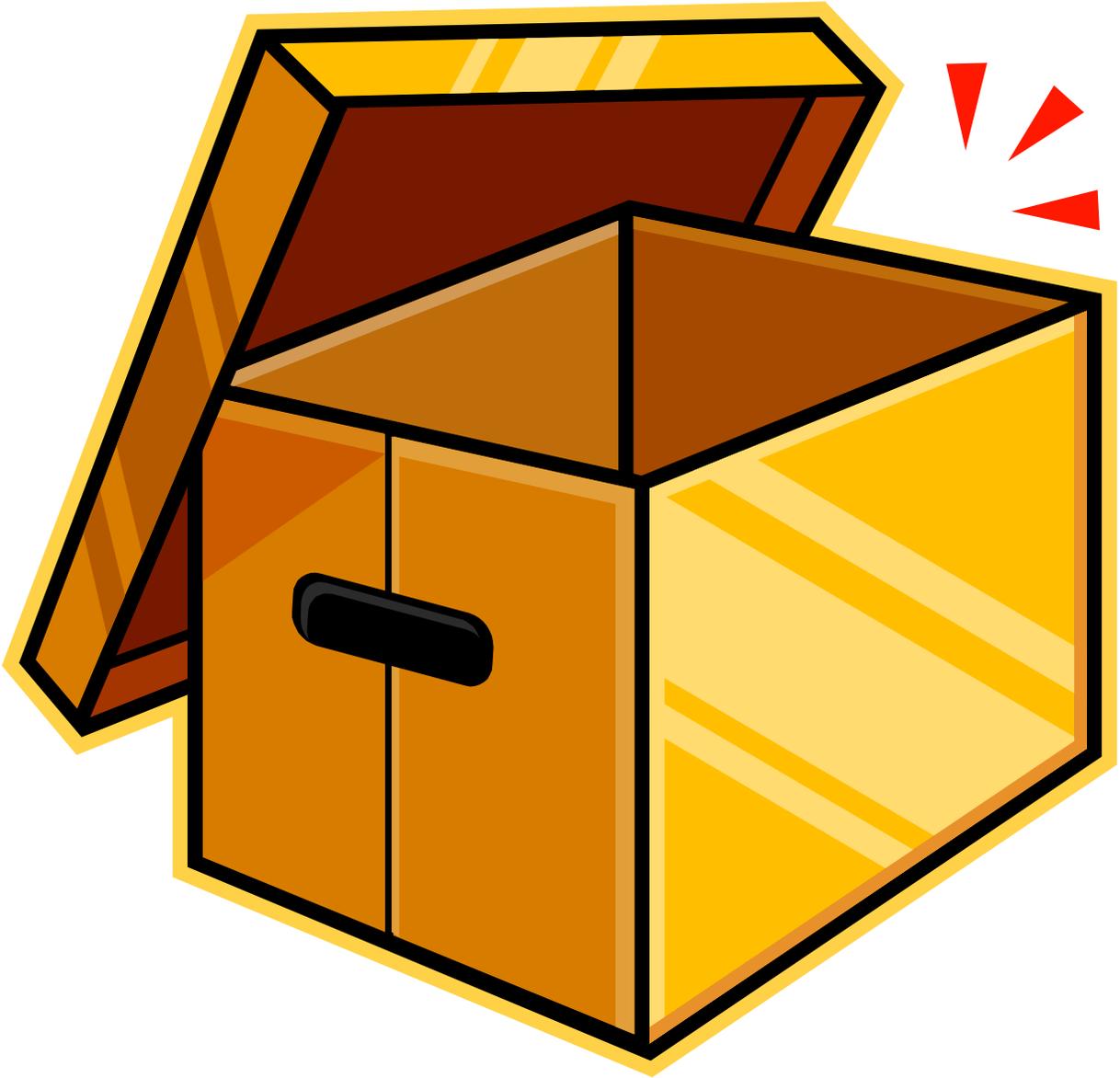
High quality charcoal briquettes (1 briquette gives approximately 35°F of heat in the oven)

Directions:

1. Seal the flaps of the cardboard box closed with masking tape.
2. Cut a "door" on one of the sides of the box. The door needs to be big enough so you can place your baking pan and cake rack into the oven. You can cut the door almost the entire width of the box so it will "hinge" near a corner of the box and will "latch" on about 1-3 inches of the remaining box side. The length of the door should leave about 3-4 inches from the top and bottom of the box.
3. Cover the entire inside (and outside) of the box with aluminum foil, leaving no exposed cardboard. Small tears in foil can be covered with aluminum tape. Some people leave the outside of the box uncovered but make sure at least the entire door, inside and outside is covered with foil.
4. Insert one screw eye on the door and one on the box to act as a door latch. The cotton cord is used to tie the two eyes together during baking.
5. Place the box oven on the ground, on an even surface.
6. Place the cans and cake rack inside (see picture of the inside view of the box oven)

7. Prepare the charcoal in an aluminum pie pan, which can be slid into the oven. The briquettes need to be white hot before being placed into the oven.

8. Prepare your recipe as you would at home. Remember, each briquette gives about 35°F of heat, so for a recipe that is usually baked at 350°F, use 10 hot briquettes.

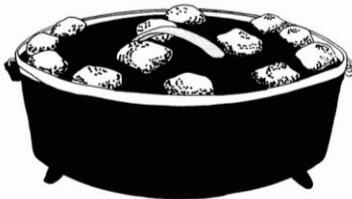


Dutch Oven Cooking

A Dutch oven is a great way to make delicious soups, stews and desserts at camp. Dutch oven cooking can be done over an open fire or using charcoal briquettes. Charcoal gives more control over the heat.

Number and Placement of Briquettes

The number of briquettes to use will depend on the size of the Dutch oven. As a general rule, take the size (diameter) of the Dutch oven and use twice the number of briquettes (i.e. for a 12" oven, use 24 briquettes).



Checkerboard arrangement of briquettes

Heat placement around the Dutch oven is crucial to yield the best cooking results. Briquettes placed under the oven should be arranged in a circular pattern about 1/2" from the outside edge of the oven. Briquettes placed on the lid should be spread out in a checkerboard pattern. Avoid bunching the briquettes as this causes hot spots.

For food you wish to simmer such as soups, stews, and chili; place 1/3 of the total briquettes on the lid and 2/3 under the oven.

For food you wish to bake such as breads and rolls, biscuits, cakes, pies and cobblers (rising); place 2/3 of the total briquettes on the lid and 1/3 underneath the oven.

For food you wish to roast such as meats, casseroles and vegetables, use an even distribution of briquettes on the lid and underneath the oven.

The golden rule of Dutch oven cooking is "go easy with the heat". If the oven isn't hot enough you can always add more briquettes, but once food is burned, it's burned.

How to manage heat during cooking:

To keep from generating hot spots which cause uneven browning and burned spots, rotate your Dutch ovens by 90 degrees about every 15 minutes. The easiest way to manage this is to lift the lid, rotate the oven 90° clockwise, then put the lid back on so it is facing the same way it was when you lifted it. You can use the numbers or letters.

Buddy Burners

15 DIFFERENT THINGS TO DO WITH A BUDDY BURNER!

We all make buddy burners and use a tin can stove for grilled cheese, but after all the work of making the buddy burner how about using it for:

1. Bannock
2. Pancakes
3. Fried egg
4. Hot Cereal
5. Bacon or sausages
6. Hot Soup
7. Canned stew, spaghetti's, ravioli, etc.
8. Boil or roast a hot dog
9. Mac and Cheese
10. Seasoned rice: rice-a-roni, spanish rice
11. Steak or burger
12. Chocolate Fondue
13. Instant Tapioca or pudding containing no milk
14. Hot Chocolate



Timing is Everything

Nothing makes for a worse meal than to have the food under or over cooked. Having said that, over cooked is the better of the two options, unless it is burnt. Potatoes at camp are best if you have a real stove, otherwise opt for baked in the coals potatoes. They take too long on a propane stove and tie up a burner for the entire time. Plan your menu around the heat source available. If you are Residential then it is like cooking at home for 30 people, manageable but still a juggling act. If you are campground with propane stoves then it will change your menu entirely so all the cooking is one or at most two items to heat. If you are wilderness and only have a campfire then it is time to bring out the cartoon cooking ideas. it isn't going to be Haute Cuisine so it may as well be fun.

Expect everything to take longer than usual

Take a good look at what you are planning to cook and start the one that will take the longest first.

Also take a good look at who will be the kitchen patrol.

You know your girls. Don't plan a foil dinner with the Brownies doing the cooks patrol. Let them get the veggie tray ready and let an adult or ranger slice the veggies for the foil dinner.

Brownies peel and chop

Guides peel and slice

Pathfinders peel, slice and dice and arrange

Rangers are adults with limited experience, great with a little direction.

NEVER ASSUME ANYONE DOES THINGS YOUR WAY; ALWAYS GIVE DIRECTIONS.

Altitude can also affect your meal in a great way even Hollyburn is a different way of cooking. Water does not boil fully at high altitude so if you are planning a pasta dish for dinner it is best taken up partially cooked or you will be waiting a long time. When looking at a campsite without refrigeration plan to use the items that will spoil fastest on the first day. This includes bananas, or your site will be swarmed by bugs, burn the peels. Bring meats precooked and/or deep frozen. If it takes 2 days to thaw it will also help keep other things in the cooler cold.

Double bag frozen raw meat too prevent cross contamination. But be aware that it will not thaw as quickly as at home being on the bottom of the cooler so check it is thawed enough to use, at the meal before you intend to use it.

One dish dinners are invented for camps.

Think Less is More

Less prep, less cooking, less cleanup, less garbage, less waste. And really look at pre-planning your meals. Camp cooking starts around the table at the planning meeting.

Balancing Act

Clear the Decks:

Always start by making enough room to work, if there is a picnic table to work on then it should be only used for cooking, when it is time to do prep. Any other projects need to come off and the area cleaned. Get out of the patrol box what you will need: Think this thru, make a list if need be, a good way is to use this as a teaching tool to run thru what should be at hand. Prep should be finished before the cooking starts. First thing to do for any cooking is to boil water. Have a pail or basin off to the side to clean and put aside the tools as you are finished with them. They can be "dipped" after the meal and stored away then.

Have Everything Needed for Cooking

You don't want to have to turn away from the stove to dig something out of the patrol box. Always set up first, then cook. Serve after the stove is turned off. Put the hot item on the plate last as they leave the area. If they need to eat at the same table as the prep then clear one side entirely before serving and have the first ones sit to avoid banging into each other's plates. This should be the mess patrol so they can be up and working as soon as their meal is finished. The cooks patrol eats last so they can pack up the serving area and then sit to eat.

When everyone needs to assemble something try to set it up as a line. And really enforce the following of the line. A good example is a foil dinner, don't give the girl what she will be wrapping her food in to carry down the line, have it put onto a plate that will be cleaned between assembly and eating, there will be time. Have the bundles done away from the main cooking area, have an adult help, and have an adult monitor what is going into each dinner, too much and it will not cook, too little and it will burn. (Have seen the "picky" eater with only a carrot slice) This gives the cooks patrol time to clear the area and then assemble their dinner.

Cooking in a confined space is just a matter of thinking things thru beforehand. And being aware of what we are using. At home you put the pan in the sink to soak, at camp the sink is plastic and needed for dishes first, so put the pan on the ground and put water in it to soak. Yes there will be some mishaps but that is part of camp.

Clarifying the Vegetarian Request:

A list of the different levels of vegetarian and what they require:

NO BEEF: (usually a religious restriction) Will eat all other meats

NO PORK: (usually a religious restriction) Will eat all other meats.

NO RED MEAT: Will not eat Beef, Pork, Lamb, Goat, Turkey.

POLO-VEGETARIAN: Will not eat any red meat but will eat chicken usually will also eat fish.

PESCO-VEGETARIAN: Will not eat any meat including chicken but will eat fish.

OVO-LACTO VEGETARIAN: Will not eat any meat or fish but will eat eggs and dairy.

NOTE: this is the level most commonly used if no further clarification is available. another term for this is "freely-given"

OVO ONLY VEGETARIAN: Will eat eggs but no dairy.

LACTO ONLY VEGETARIAN: Will eat dairy but no eggs.

STRICT VEGETARIAN: No animal products or by-products as food.

VEGAN: No animal products at all, usually avoid honey

VEGAN-FRUITARIAN: Eats fruits and seeds in raw form only.

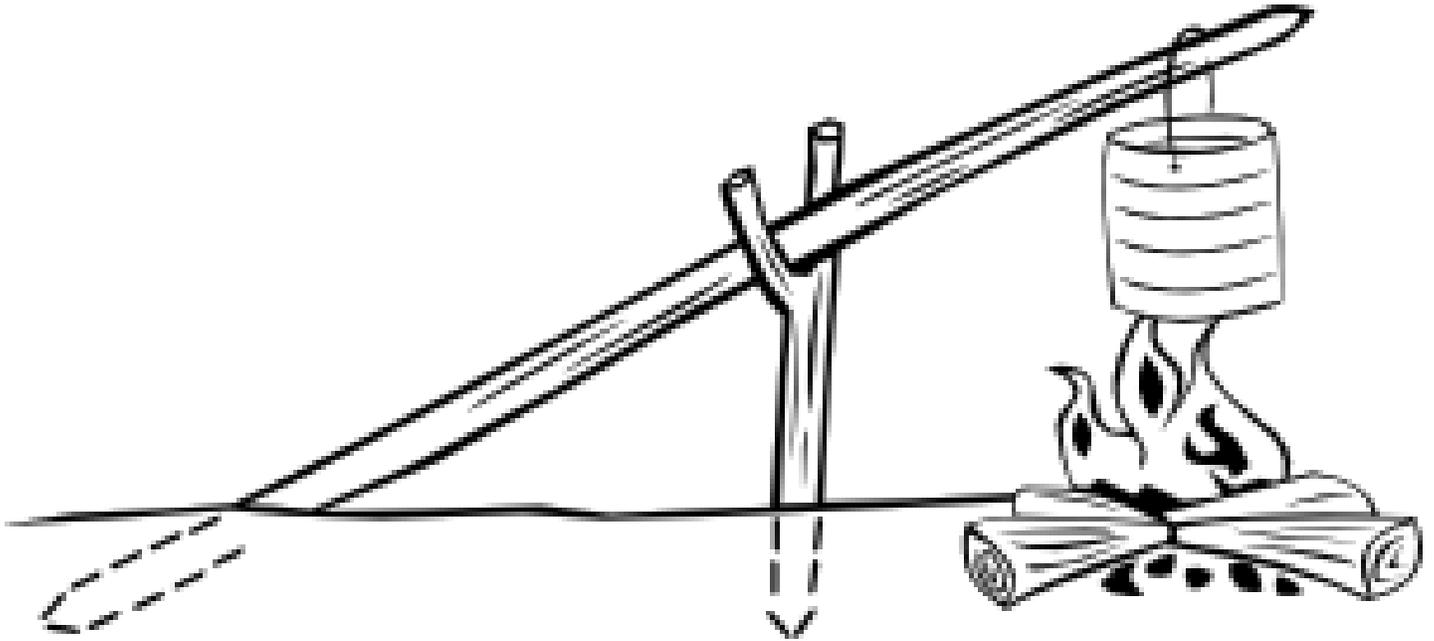
VEGAN- RAW/LIVING FOODISTS: Eat at least 75% uncooked, unprocessed, organic fruit and veg.

A term used but not really a vegetarian

FLEXITARIAN or SEMI VEGETARIAN: they eat "Less Meat" but the term is vague. Less than Who?

These are all Personal Choice Restrictions.

While some do fall under allergy restrictions (ie: pork) this list is only to clarify the most common terms people use. There are many others.



Information Compiled by: Patrice Schoepfner and Maureen Mackay