

Camp Fire Recipes

Nostalgic Outdoor Cooking



There are always a few tricks and tips of the trade. Hopefully the following will help.

WHY HAVE COOKOUTS?

Cookouts are educational. They teach us skills for enjoying the outdoors. They teach us manners for keeping the outdoors fit to enjoy. They teach us the importance of balanced diets and well prepared foods.

Cookouts are not fun if the fire won't start; if bugs eat you up; if the group last week left a pile of garbage and tin cans to greet you; if the food is burned or aw; if you burn the woods down; if somebody gets cut with an axe or knife or burned.

LET'S HAVE A SUCCESSFUL COOKOUT:

1. Plan a menu in keeping with available time, food and utensils. Simply prepared foods are the best bets for success.
2. Select a cookout site for easy access, available wood, freedom from mosquitoes, deer flies and other biters, fire safety, and an area of convenient size and slope.
3. Know how to use an axe, and knife, how to sharpen them, how to cut and chop, rules of safety to user and bystanders.
4. Know how to build and tend fire. Clear the fireplace. Look in the air for dry wood, wood on ground is damp. Start with tinder, build with wood size of matchstick and pencils. Add larger pieces to form tepee for quick fire, log cabin for bed of coals.

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5. Organize group for jobs, wood gatherers, fire builders and tenders, chief cooks, dishwashers, clean up crew.

6. Prepare food with allowance for cooking time, get slow dishes on fire. Have food ready to pop on when fire has burned to right stage; pot cookery requires a medium fire, foil cookery and boiling a bed of coals.

7. After eating, clean up. Have dishwater hot for silver and other utensils. Burn paper. Return garbage, tin cans and foil to camp. Fire is built up to hot blaze.

8. Douse fire with water or mix with damp mineral soil. Do not mix live coals with leaf litter. Discard pot hangers and cranes.

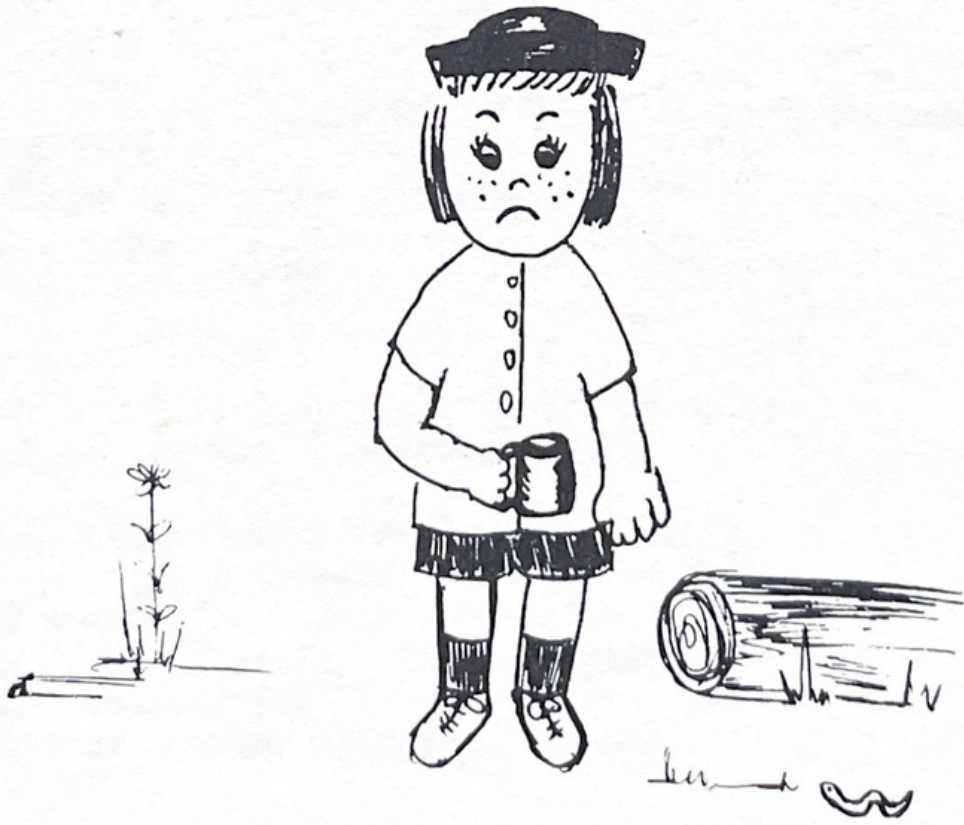


1993

Refreshments



Don't laugh at my coffee!
You, too, may be old and
weak some day!



FROSTED HONEY CUP

2 cups fruit nectar (apricot, peach or pear)
1 tbsp. honey
juice from 1/2 lime

Mix juices and honey in a plastic bowl and freeze until thick but not solid. Stir occasionally during freezing. Makes 2 generous servings.

PINEAPPLE CRESS

2 cups pineapple juice
3 or 4 sprigs watercress or curly cress

Combine ingredients and blend at high speed. Chill. Makes 2 servings.

HOT MOCHA MILK

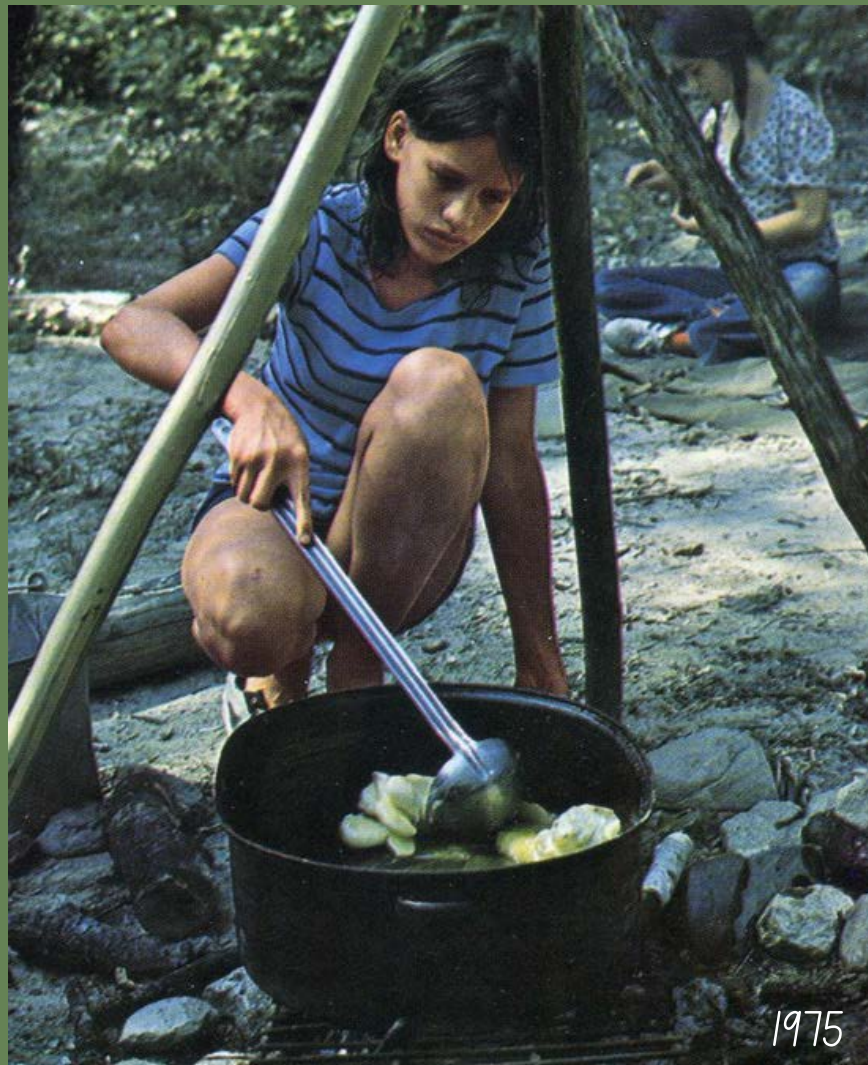
1/2 cup instant coffee powder
1 1/2 cups instant chocolate drink powder
3 quarts milk

Place instant coffee powder and chocolate powder in 4 quart pan. Add 1 qt. of milk gradually and stir over heat until dissolved. Add remaining milk and stir to combine. Heat to temperature desired.

HOT SCOTCH (Bluebird)

Heat milk (to scald).
Place 10-15 butterscotch chips in cup and pour milk over the chips.
Add miniature marshmallows and stir with a spoon.
(Choc. chips may be substituted but are not as good.)

Main Meals



BLUEBERRY UPSIDE-DOWN COFFEECAKE
(Reflector Oven)

1/4 cup butter	1 cup sugar
1 cup brown sugar	1/4 cup milk
1 to 2 cups fresh blueberries	1 cup flour
3 eggs	1 tsp. baking powder
	1/4 tsp. salt

Melt the butter in one 9" cake pan. Sprinkle the brown sugar over the butter, covering the bottom.

Top with blueberries. Beat the eggs with the sugar until light and fluffy; add the milk.

Combine dry ingredients and add to the egg-sugar mixture. Pour over blueberries, making sure the surface is completely covered. Bake in reflector oven.

Immediately loosen cake from sides of pan and cover the pan with a serving plate. Quickly invert pan and serving plate so that cake slides onto plate and berries are on top.

Serve warm with whipped butter or cream.

Serves 6 to 8.

BUCKAROO BREAKFAST - Pie Iron Cookery

12 slices sandwich bread	6 hard-cooked eggs-sliced
soft butter or oleo	salt and pepper
prepared mustard	12 slices bacon, cut in half

Spread 6 slices of bread with butter, the remaining 6 with prepared mustard. Arrange egg slices over mustard topped bread; sprinkle with salt and pepper. Top with remaining bread, buttered side down. Arrange 2 pieces bacon, side by side, on top of each sandwich. Place in long-handled wire broil basket or individual broil type wires and invert and place 2 pieces of bacon on other side of each sandwich. Toast over hot coals turning once about 15 min. or until sandwiches are toasted and the bacon is crisp. Serve hot. Serves 6.

SMORGASBORD SANDWICHES - Pie Iron Cookery

Those too hungry to be creative may settle for a variety of cheese, a can of potted meat or the old stand-by peanut butter and jelly.

For the more creative chef:

CONEYS - Sliced hot dogs
Canned chili without beans

HOT SUB - Thin-sliced ham
Salami
Swiss Cheese
Tomato

TUNA TARTS - Tuna fish mixed with mayonnaise
and chopped ripe olives

ECONOMY SLOPPY JOES - Prepared spaghetti
sauce with meat (on garlic bread)

DELICATESSEN DELIGHT - Corned beef and horse-
radish mustard on rye

SANDWICH IDEAS

Whole Wheat Date Nut Bread and Cream Cheese

Peanut Butter and Honey on Whole Wheat Bread

Cottage Cheese or Pot Cheese with Curley Cress
or Chives on Rye Bread

Thinly Sliced Radishes or Cucumbers on Whole
Wheat Bread

NOTE: Curly cress is a leafy green plant that looks something like parsley. Why not grow your own cress on a sunny window sill? Plant seeds in shallow containers filled with ordinary garden soil. Ten days later cress is ready to eat! Seeds can be purchased from hardware or garden supply stores.

QUICK PIZZAS - Reflector Oven

- 1 pkg. refrigerated biscuits
- 1 cup canned pizza sauce (or use recipe below)
- 1 lb. ground beef, browned, or
 - 2 cups diced cooked bacon, diced ham,
 - shredded cheese, cooked shrimp or
 - sliced frankfurters
- 1/2 cup grated Parmesan or Romano cheese

Remove biscuits from pkg. and flatten each on greased cookie sheet to about a $3\frac{1}{2}$ to 5" circle making a slight rim on each. Spread with about 1 tbsp. pizza sauce. Add filling, about 2 tbsp. per pizza. Top with additional sauce, then sprinkle with Parmesan cheese. Bake in 425° oven about 10-12 min. or until pizzas are golden brown and filling is hot. Remove with spatula and serve. Makes 10 individual pizzas.

QUICK PIZZA SAUCE

- 1 (8-oz) can tomato sauce
- 2 tsp. oregano
- 1/4 tsp. basil
- 1/4 tsp. marjoram
- 1/2 tsp. sugar
- 1/8 tsp. garlic salt

Mix all ingredients and bring to a simmer.
Simmer 5 min.

ALUMINUM FOIL DINNERS (serves 12)
(Foil Cookery)

3 lb. hamburger	3 large onions
12 small potatoes	salt and pepper
8 medium carrots	few drops water

Wrap in aluminum foil (heavy duty double).
Bake hamburger pattie and cut up vegetables
about 20 min. on coals. Turn several times.
Suggestion: Instead of foil, use 1 lb. coffee
can covered or individual foil pie pan covered
with foil.

FIG-IN-A-BLANKET (stick or foil)

1½ cups biscuit mix (or refrig. rolls, stretched
out and wrapped around hot dog)
8 hot dogs
1/2 cup milk
mustard

Prepare dough as directed on box. Roll into
thin strips. Slit franks, put mustard inside;
wrap dough around in spiral fashion. Bake over
coals on sticks or wrapped in foil. Turn.

CHICKEN (Foil cookery)

Cut fryer into pieces. Rub with shortening
and sprinkle with salt and pepper. Wrap in
double foil. Lay in coals and turn often.
Takes 1/2 to 3/4 hour.

RANGER BOLOGNA ROLL

1 ring Bologna Barbecue Sauce

Put on spit over coals, turn often.
Cook 20 to 30 min. or until done.

Can you start
our fire with
two sticks?

Absolutely,
if one of the
sticks is a
match!



Sides & Snacks



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HUSH PUPPIES
(Reflector Oven)

Mix together:

- 1 cup corn meal
- 1 cup Bisquick
- 1 tsp. salt
- 1 egg (can be omitted)
- 1 cup milk
- 1/4 onion (diced fine)

Drop by spoonful into hot fat (about $\frac{1}{2}$ inch deep in frying pan) and fry until golden brown. Makes 15 to 20.

BAKING POWDER BISCUITS IN DUTCH OVEN

Use a ready-made biscuit mix or make up your own. Roll out on floured board $\frac{1}{2}$ inch thick. Cut with biscuit cutter or small cup. Preheat oven and lid. Place cut-out biscuits directly in greased dutch oven. Put on lid. Place oven on coals. Scoop coals on lid. Bake till straw comes out clean.

CINNAMON BISCUITS - Reflector Oven

- 2 cups Bisquick mix
- 2/3 cup milk or water

Mix together with fork. Mold in well-floured hands. Roll in mixture of cinnamon and sugar. Bake 10-15 mins. in reflector oven.

SEASONED VEGETABLES - Skillet Cookery

Cooking time: 10-15 min. Yield: 4-6 servings

1 tbsp. cooking oil
3 cups drained vegetables (green beans, carrots,
green peas, corn, etc. or a combination of two)
3 tsp. celery salt
1/4 cup onion flakes
1 tsp. Tabasco sauce
1/4 cup sweet pepper flakes
1 tsp. salt

Heat oil in skillet; add vegetables and seasonings;
stir well. Cover; steam 5 to 10 min., stirring
occasionally. Serve immediately.

BAKED SHOESTRING POTATOES - Foil Cookery (Serves 6)

4 medium baking potatoes
3 tbsp. butter
2 cups grated sharp American cheese
1/2 tsp. salt and dash of pepper
2 tbsp. chopped parsley
1/3 cup cream

Cut like french fries. Place on heavy double
thickness of foil. Add dry ingredients. Pour
cream over potatoes, wrap tightly. Cook 1 hr.
Variations: eliminate cheese, parsley and cream
and add 1 tbsp. vegetable shortening.

BAKED POTATOES - Foil Cookery

Wash and scrub large baking potatoes, 1 to a serving.
Puncture the skin with a fork. Smear the outside
with grease. Wrap each potato separately in
aluminum foil and place in preheated oven on top
of coals. Put lid on and cover it with coals.
Bake for about 1 hour or until done. Before serving
make crosswise gash in each potato.

CABBAGE SALAD

- 1 large head cabbage
- 2 carrots
- 1 can concentrated orange juice (frozen)

Grate cabbage and carrots. Stir orange juice and pour over as dressing.

CABBAGE PATCH SALAD (9-10 servings)

- 3/4 cup mayonnaise
- 2 tbsp. sugar
- 2 tbsp. vinegar
- 1/2 tsp. salt
- 1 medium firm head cabbage--shred fine
- 2 oranges, peel and section
- 1/2 cup seedless raisins

Blend mayonnaise, sugar, vinegar, and salt. Combine with cabbage, oranges, and raisins, toss. Serve in paper cup.

BUGS ON LOGS

- 1 bunch celery
- peanut butter
- 1 small box raisins

Fill celery stalks with peanut butter and place raisins in row along top.

CELERY STICKS

- 2 stalks celery
- 2 or 3 pkg. soft cheese

Clean celery and stuff each stalk with cheese. This may be varied by stuffing with peanut butter.

APRICOT SURPRISE - Kettle Cookery

1/2 lb. sun-dried apricots
1/2 cup miniature marshmallows

Unless apricots are very fresh and sticky, soak them in warm water about 1 hr. Dry thoroughly. Put 1 marshmallow on the inner side of one apricot half and top with another. Press edges to seal. Makes about 30.

CACTUS PRUNES - No cooking

1/2 lb. sun-dried prunes
1/2 cup nut meats, any kind
Honey
Shredded cocoanut

Carefully remove pit from prunes and stuff with nuts. Dip in honey and roll in cocoanut. Very sticky but good. Makes about 25.

G O R P - No cooking

Good for trail or backpack.

Pretzel sticks
Salted peanuts
Raisins
Corn Chex
M & M's chocolate covered candy

Use your imagination remembering to have protein, vitamins, chocolate, and salt.

Desserts



BAKED APPLE WITH CARAMEL - Foil & Coals Cookery

12 apples
1 pkg. Kraft caramels

Core apples almost through. Put 2 or 3 caramels in hole, wrap in foil and place on coals.

BANANA CREAM PIE - Kettle Cookery

36 graham crackers (crushed)
2/3 cup melted butter
2 pkg. instant vanilla pudding (or other flavor)
4 to 5 bananas

Form crust from graham crackers and butter, mix in pie tin. Add pudding and bananas.
Serves 12.

DELIGHTFUL BROWNIES - Reflector Oven

Mix package of brownie mix per instructions. Put in foil pan and then in reflector oven. Bake about 30 min. Remove and immediately place 1 cup miniature marshmallows and sections of Hershey bars over it to melt. Swirl together as they melt. Cool and cut in squares.

ORANGE TEMPTERS - Reflector Oven

3 oranges 6 marshmallows 1 tbsp. brown sugar

Cut oranges in half, then cut a thin slice of rind from bottom of each orange half so it will remain firmly upright. Top each half with marshmallow. Sprinkle each with 1/2 tsp. brown sugar. Heat until marshmallows are soft.
Serves 6.

DESSERT SPECIALS - PIE IRON COOKERY

APPLE PIE - Apple pie filling
Top with grated cheddar cheese
Sprinkle with nutmeg

GRANDMA'S CREAM PIE -
Spread butter on both sides of bread
Sprinkle with brown sugar and cinnamon
Drizzle cream over the top
(especially good on cinnamon or raisin bread)

CHERRY PIE SUPREME -
Cherry Pie Filling
A slice of cream cheese
Sprinkle of cinnamon

PINEAPPLE OUTSIDE-IN-PIE -
Pineapple pie filling
Brown sugar
Maraschino cherry (in center)

