

## Outdoor Cooking



Nothing tastes better than food you cook yourself, especially when you're outdoors. Ask one of your leaders or your sixer if the pack or your six can go on a cook out so that you can try your hand at being a great chef!

The easiest way to cook outdoors is to heat up some tinned food in your cooking pot over a teepee fire. Do you like baked beans? Stew? Just empty the can into your cooking pot and hang it over the fire until it's hot. Keep stirring the food or you may find that it is burned on the bottom and cold on top. Wear a pair of old gloves or use pot pliers to remove the pot so you don't burn yourself.

If you like wieners and beans, you can cut up a wiener and stir it into the pot with the beans. Or you can stick it onto the end of a strong green stick (one that isn't dead and dry) and hold it over the fire. You know the wiener is done when the skin starts popping and crackling.



How about a baked potato or baked apple? Get these foods ready at home before you go on the cook out. Here's what you do.

### Baked Potato

1. Wash the potato thoroughly. Leave on the skin. Poke holes in the skin to let any steam out.
2. Wrap the potato in a layer of heavy duty aluminum foil with the dull side out. Fold together the edges carefully so that there are no gaps or bulges.
3. Wrap the potato in a second layer of heavy duty aluminum foil as carefully as you did with the first layer.

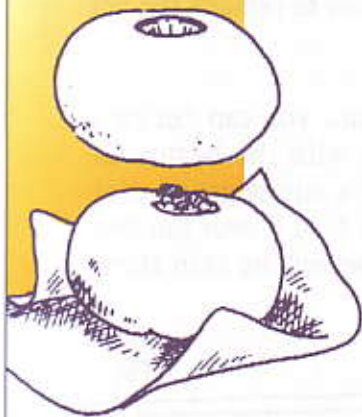
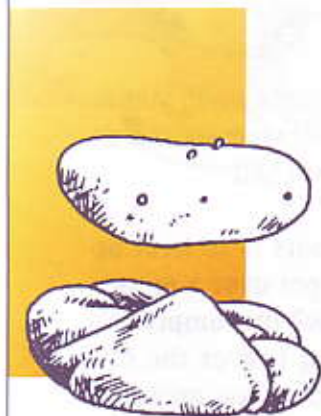
### Baked Apple

1. Take the core out of the apple with a kitchen corer.
2. Fill the hole with something sweet. Try raisins, marshmallows, cinnamon, a bit of sugar, even some pieces of chocolate.
3. Wrap the apple in two layers of aluminum foil in the same way you did the potato.

When you pack the potato and apple to take on your cook out, protect them so that you don't put a hole in the aluminum foil.

To bake a potato or an apple, you need a fire with good hot coals. Ask Akela to show you how to make one and be patient. It takes a while for the coals to get hot.

When the coals are ready, carefully put the potato in the middle of them and let it bake for one hour.





When the potato is half done, put your apple in the coals. It takes half an hour to bake and, if you time it right, your apple and potato will be ready at the same time. Pull your packages out of the fire with a stick and let them sit for a minute while the aluminum foil cools a bit. Then, if you open it carefully, you can use the foil for your dish. Add butter or margarine and salt and pepper to your potato if you like, and you have a meal fit for royalty - or even a Cub! Remember to dispose of the used foil or other garbage properly. If animals eat garbage it can make them sick. Garbage also attracts animals to campsites, where they can bother or hurt those campers who use the campsite next.

If you really want to try something challenging and fun, ask one of your leaders to help you cook a foil dinner.

*This was my first fire cook out menu:* \_\_\_\_\_  
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 \_\_\_\_\_



*It tasted (circle ONE):*

YUCK

HMM

OK

YUMM

FANTASTIC !!