



# OUTDOOR **CAMPING** AWARD



## PROJECT: **COOKING MEALS**

### GOALS

**A. CAMPING MEALS:** Choose of the following recipes to make over a cooking fire.

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### **A. CAMPING MEALS**

Complete **Camping: Building a Campfire** before this lesson to learn how to make a cooking fire. Together with your parents or guardians, choose one of the following recipes to cook. Any meal is best enjoyed when outside around the fire!

#### **Option 1—Breakfast “Egg In a Hole”** (recipe per person)

- |   |   |
|---|---|
| <input type="checkbox"/> slice of bread | <input type="checkbox"/> rim of a cup or a round lid            |
| <input type="checkbox"/> 1 T of butter  | <input type="checkbox"/> cast iron skillet pan to put over fire |
| <input type="checkbox"/> 1 egg          | <input type="checkbox"/> salt and pepper to taste               |

1. Use the rim of a glass or cup and press a hole in the center of the slice of bread.
2. Heat a cast iron skillet or frying pan over the fire (medium heat) and melt butter in the pan.
3. Once the butter is spread out in the pan, put the slice of bread in the pan and crack the egg in the pan, making sure the yolk lands in the center of the hole.
4. Cook for about one minute before trying to flip the egg over. Let it cook until the yolk is soft but not runny.

#### **Option 2—Dinner “Campfire Foil Packets”**

- |   |  |
|---|--|
| <input type="checkbox"/> aluminum foil                      | <input type="checkbox"/> 1 medium onion                |
| <input type="checkbox"/> 1 lb meat (sausage, beef, chicken) | <input type="checkbox"/> 1 T vegetable oil             |
| <input type="checkbox"/> 1-2 zucchini or yellow squash      | <input type="checkbox"/> 1 T butter                    |
| <input type="checkbox"/> 1 container cherry tomatoes        | <input type="checkbox"/> salt/Pepper                   |
| <input type="checkbox"/> 5-6 red potatoes                   | <input type="checkbox"/> Optional: BBQ sauce or cheese |

1. Cut a large square of tin foil and sprinkle with oil.
2. Chop up meat, potatoes, and squash (zucchini or yellow squash) into small pieces. Chop onion.
3. Place the ingredients on top of the foil and put the butter and salt and pepper to taste on top. Reinforce packet with extra foil if needed.
4. Place the packet on the grate over the fire, or in the fire next to the coals (not in open flame). You can also place the foil packet on an iron skillet over the fire.
5. Cook the packets for 20-30 minutes, making sure to turn over once. Make sure the foil stays closed as you flip the packet. Then open up packets and serve. Add BBQ sauce or cheese if desired.

**Option 3—Dessert “Banana Boats”** (recipe per person)

- 1 square of foil
- 1 t chocolate chips
- 1 unpeeled ripe banana
- 10 small marshmallows

1. Cut the banana peel on the top of the banana lengthwise about ½ an inch deep. Widen the cut to make room for toppings.
2. Fill pocket with chocolate chips and top with marshmallows.
3. Place the banana in the middle of the foil packet, closing at the top so the marshmallows are not touching the foil, so they do not stick.
4. Place by the hot coals in the fire. Cook for 5-10 minutes or until the marshmallows are brown.

**TIPS—Cooking over a Fire**

1. Wait until the fire has burned down enough that there are coals.
2. Use caution when adding or removing items from the fire. Parent assistance needed.
3. If using a grate over the fire, you can raise or lower the grate to change the temperature.
4. Do not leave your dish unattended when it is in the coals, keep an eye on the dish to make sure the fire has not crept into the foil packet.
5. Don't forget your oven mit, tongs, or dish cloth to safely remove the pan or items from the fire.

**RESEARCH MORE**

- *The Scout's Outdoor Cookbook* by Christine Connors
- *Camping Recipes: Foil Packet Cooking* or *100 Easy Camping Recipes* by Bonnie Scott
- *Camping And Cooking: Everything You Need To Know About Camping And Cooking In One Place* by Micheal Hall
- Search AllRecipes.com with the keyword “Camping” for more recipe ideas.

*My child has successfully completed the Project Goals for the topic—Cooking Meals.*

Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Complete SIX projects to earn your CAMPING award)*