

# **Camp Cherokee Patrol Menu Booklet and Food Preparation Guide**

Updated: May 21, 2017

**Camp Cherokee  
Kia Kima Scout Reservation  
Chickasaw Council, Boy Scouts of America  
Hardy, Arkansas**

*This booklet contains detailed food preparation for all week.*

## The Cook's Job

In cooking for a small group, two people should be responsible. One is the head cook and the other is the assistant cook. Their sole job should be to prepare and serve the meal on time. This involves teamwork, not only for these two but also for others in that group.

In the first place, the two cooks must work together as a team. The head cook is in charge, but it will be teamwork that will make it possible for the two cooks to have the meal ready on time.

Others in the group should also have responsibilities. Some must prepare a fire and supply coals for the cooks. Failure to do this automatically means that the cooks will be delayed three-quarters of an hour or more in getting the meal ready. Someone must keep the cooks supplied with water. Others in the group can cooperate by keeping out of the kitchen area, which should be considered a restricted area during meal preparation.

For the cooks there are certain basic rules that must be followed. In time these rules will be accepted without too much question.

1. Keep Clean. Start and stay clean. It would be fine to have a small washbasin for the cooks to use in the cook area with some paper towels handy. This will give them an opportunity to clean up when they get through a messy job.
2. Keep the kitchen area clean. Messes are created, sometimes intentionally or sometimes accidentally; it is seldom that they cannot be avoided. For example, if the cooks are peeling potatoes, the peelings should not be scattered all over. Peel onto a paper towel, a plate, or even the table, and clean up right after the last potato has been peeled. Or when water is disposed of, spread it on the ground in an out-of-the-way place; don't do as it has been done many times and throw the waste water on a frequently-used path in your camp area. You won't have a mess unless you make a mess.
3. Only the head cook seasons the food. That responsibility rests solely with the head cook. This rule should greatly reduce the chances that the food will receive a double dose of seasoning.
4. Read instructions and follow instructions. This rule is, by far, the most important rule for those with little or no cooking experience. Instructions should be read twice before starting to cook and then a third time as the cooks follow the steps one by one. The steps should be followed in order, but with two cooks working as a team it should be possible for one cook to be working on one step while the other cook moves ahead, to another step. In many cases this can be done unless the next step is dependent upon completion of the previous step. In most cases both cooks will be busy during the preparation period, and at various times during the actual cooking. If one cook is standing around doing nothing during the preparation period, the meal will be late. After a little experience it is possible to predict with some accuracy how late that meal will be!
5. The head cook is in charge. The head cook is responsible for instructing the assistant cook on what to do, but remember success depends to a large extent on how well the two work together as a team. The adult leader who is working with the group can provide guidance that will facilitate this teamwork.
6. Cooks can help with the clean-up job. Using as few dishes as possible, soaping the outside of the cooking utensils, lining the inside of utensils with aluminum foil, putting water in cooking pots when emptied, scraping the inside of cooking pots as clean as possible, and not making a mess in the kitchen area can greatly reduce the time required to clean up after a meal. Also, if the cooks always keep water for washing dishes either on the fire when there is room or alongside the fire, there should be plenty of hot water for the clean-up job.
7. Leave a clean camp. This rule is one that the entire group needs to adopt. *Everything that a group brings into an area should be taken out with them except for items that can be burned completely.* The only exception would be in those areas where specific provisions are made for garbage or rubbish removal. In all other areas burnable garbage should be burned. Cans, any unburnable garbage, and other rubbish should be placed in a garbage bag and removed to the central camp collection areas.

## Grace at Meals

It is important that grace at meals be conducted in a reverent manner. You may wish to use the following prayers at mealtime.

### Protestant

Dear God, we thank You for the beauty and wonders of Your creation, and for all the good gifts we receive from You. Amen.

Almighty God, help us to be worthy of our heritage as citizens of the United States and to be thankful for all our blessings as free people. Amen.

Heavenly father, we thank Thee for the privilege of taking part in summer camp, where we can learn so much about our outdoors and life long skills. Help us to be grateful for all blessings. Amen.

### Roman Catholic

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty through Christ our Lord. Amen.

We give You thanks, Almighty God, who livest and reignest forever, for all thy benefits. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

### Jewish

Ba-ruch at a Adonoi melech hal-olan hamotsi Lehem min ha-aretz. Blessed are You, oh lord our God, King of the Universe who brings forth bread from the earth.

### The Kia Kima Grace

As we soar on eagles' wings, we thank the Lord for these great things: for nourishing food, for our physical strength; for our cheerful trails, and the South Ford banks.

## Basic Staples

Available to units from the commissary are staples, such as tea, salt, pepper, mustard, ketchup, cooking oil, aluminum foil, sugar, dishwashing detergent, brillo-scrub pads, sanitizer tablets, paper towels, toilet paper, trash bags, and charcoal. Coffee will be issued to unit leaders upon request.

## Food Pickup

Each day the commissary staff will issue food to your troop for the three meals of the day from the camp commissary in the Trading Post building. Troops should send at least four scouts to carry the food back to the site. *The Scouts and leaders picking up the food should check to ensure that the proper amount of food has been allotted.* Food will be distributed in camp coolers and plastic bins with easy-to-haul handles, **which should be returned to the commissary as soon as possible**—please do not use them for storage. Please clean them before returning. The commissary staff will sanitize them daily. Food will be available at the following times:

<b>Breakfast/Lunch</b>	<b>6:00 AM</b>
<b>Dinner</b>	<b>4:00 PM</b>

## Menu

Every attempt has been made to have the food supplied match the menu, but supplier changes, donated items and availability may cause some items to be substituted. Troops do not have to follow the guidelines in this packet, and instead they can make up their own dishes with the given ingredients. Do note that the commissary may not have items not listed in this packet.

## Perishable Food

Since there is no refrigeration in the campsites, perishable leftovers must be thrown out. Therefore, urge everyone to eat all food supplied for each meal. All returned perishable items will be thrown away in the commissary. If you find that you have consistent extras of perishable items, please let the commissary staff know so that we can cut down on waste.

## Water and Ice

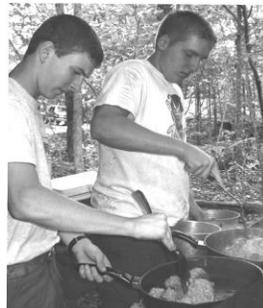
Each troop site has its own water supply for cooking, drinking and clean up. It is important that each Scout drink plenty of water (not soft drinks alone) throughout the day. Two ice bags will be distributed to troops for each meal pick up. Extra ice will be provided upon request at the commissary for food storage and water jugs. Please do not request too much ice at once as the ice machine must supply all campsites and program areas.

## Washing the Dishes and Cleaning Up

Proper facilities for effective washing and disinfecting of eating utensils and food-preparation equipment must be provided in the kitchen. Unless items are thoroughly cleaned after they are used, food particles, surface films, or deposits will accumulate. These will support the growth of many types of germs, including those that can cause food-borne disease. An effective dishwashing procedure, competently supervised, is essential for health protection.

Efficient dishwashing is necessary. Actually, the task should not take longer than 20-25 minutes if it is a teamwork job. The two “clean-up people” set up and supervise the operation, but each patrol member takes care of wiping out, washing and rinsing personal eating gear. Here are the steps to follow:

1. The first thing the cooks should do to start the meal is to put a large pot of water on the stove or fire. This is used for hot drinks, soups, cooking, etc. during meal preparation. This pot is refilled with water and placed on the stove or fire to heat before everyone sits down to eat.
2. Right after the meal, cleanup people prepare dishwashing water in a second pot by adding soap to a mixture of hot and cold water. Set up a third pot of hot water for the rinse. Leave the sanitizing water on the stove as long as possible to keep it boiling.
3. Spread out a plastic sheet for air-drying dishes. For handling dishes in hot water, use hot pot tongs. Dissolve one sanitizing tablet in the hot water on the stove. The sanitizing water should be kept on the stove and hot as possible to aid air-drying of utensils, but it no longer needs to be kept at a rolling boil if a sanitizing agent has been added.
4. Each person wipes all food particles and grease from all personal eating gear with a paper towel. Two people volunteer to do the personal dishes of the cleanup people; they should be first in line. Cleanup people start cleaning out cook pots.
5. Everyone washes his own dishes, including the cup, each evening. After they are washed in the warm soapy water, the dishes are dunked in the hot rinse water. Next, they are dunked for several seconds in the sanitized boiling water on the stove, and then placed on the plastic sheet to air-dry. Towels should not be used for drying. All of the personal dishwashing should not take longer than 5-10 minutes at the most. At this point, the others may leave and the cleanup people finish the job.
6. Using a minimum of water, with a metal scouring pad or abrasive cloth, cleanup people wash out the inside of all pots. They wash and rinse cook pots, and then place them on the plastic sheet to air-dry.
7. Dishwater is dumped in the wastewater disposal.
8. Cleanup people crush all cans, and then place all disposables in the trash disposal bag.
9. Store dishes and cook pots in a dry, fly-proof place, such as a food box or in plastic bags.
10. Clean up stoves or fire area and police the area. Clean, hang up or put away all dishwashing equipment in a place where it will dry out thoroughly. Check the stoves before leaving to be sure that they are completely off. Remember, this whole process is easily completed by a *well-organized* patrol in 30 minutes or less.



### **Rotation of Responsibilities**

To ensure an efficient food service operation, patrol members should be assigned food preparation responsibilities on a rotational basis as soon as possible.

The HEAD COOK and assistant are responsible for organizing the food issue, following food cooking instructions carefully, preparing and serving the meals on time, and for saying Grace.

The FIRE & WATER/SET-UP MAN has water available for cooks and places drinking water or fruit drink on the table for meals. As well, if needed, he builds the fire in plenty of time for cooking and sets the table for the meal.

The KITCHEN CLEANER and assistant begin boiling water for dishwashing immediately after cooking is completed, are responsible for cleaning the kitchen and dining area and for having all cooking and eating equipment ready for the next meal.

The CAMPSITE CLEANER and assistant check to see that tents are in good order, and keep the campsite clean.

The Rotation of Responsibilities chart is intended to serve as a general guideline. At times, it will be necessary for everyone to pitch in and get the job done. A good leader will encourage the team to be aware of this fact and be ready for any emergency.

### **Daily Inspection**

As a part of the daily campsite inspection, the kitchen and dining area will be inspected for adherence to the above cleanup, disposal and storage specifications. It is important for the sake of your troop and patrol to follow these guidelines and the suggestions of the inspectors carefully.

### **Stoves and Fires**

Kia Kima allows the use of either stoves or cooking fires in the preparation of Camp Cherokee meals. However, the staff does ask that stove lighting be done by an adult leader and that cooking fires be confined to established fire circles. Stove and lantern fuel must be kept under lock while in the camp. Please see your unit counselor or the Program Director for assistance. (For more information on building good cooking fires or on the use of stoves, consult the Boy Scout Handbook or Field Book).

### **Cooking Equipment**

Each troop should bring cooking equipment, dutch ovens, silverware, cups, plates, eating utensils and water coolers.

### **Staff Guests**

Each day at breakfast and dinner, your troop will have additional food for staff guests. The staff has been asked to arrive on time for these meals.

### **Waste Disposal**

Paper items and other burnable trash should be burned in the campsite. All garbage should be placed in trash bags. A sufficient number of trash bags will be available to each troop from the quartermaster at the Trading Post. Trash should be hauled after each meal to the camp garbage trailer located near the main parking lot. Please be careful not to over-fill bags since they tend to break in transport. Ideally, dump one small trash bag after each meal for your campsite's and garbage man's health, safety and smell

## **SUNDAY**

### **Supper**

*Burgers/cheese*

*French Fries*

*Baked Beans*

*Dessert*

*Drink*

### FOOD LIST:

1 & 1/2 beef patties per person	lettuce	mustard
1 1/2 buns per person	tomato	1 dessert per person
1 slice cheese per person	ketchup	baked beans
onion	mayonnaise	drink mix

UTENSILS: grill, spatula, 2 pots, pitcher, knife

### PREPARATION:

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Place patties on grill and flip when brown around the edges. Cook thoroughly (no pink area).
4. Heat cooking oil until hot. Place potatoes carefully into oil. Cook until done. Drain fries with paper towel.
5. Prepare drink mix and set on table.
6. Slice tomato and onion, and set on table with lettuce, cheese, buns, mayonnaise, mustard, ketchup, salt/pepper.

## **MONDAY**

### **Breakfast**

*Pancakes*

*Sausage Links*

*Cereal*

*Fruit*

*Milk/Juice*

### FOOD LIST:

fruit	pancake mix	3 Sausage Links per person
juice	1 pat butter per person	1 cereal per person
milk	syrup	

UTENSILS: griddle, 2 frying pans, mixing bowl, measuring cup, fork, large spoon, spatula, coffee pot

### PREPARATION:

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Put coffee pot on.
4. Brown sausage in frying pan and drain grease.
5. Put a small amount of oil or butter on griddle and place on heat.
6. Follow instructions for pancake mix. Using a wire whisk, mix batter until smooth.
7. Test the heat of the griddle by dropping a small amount of batter and seeing whether this drop sizzles when it hits the surface.
8. When hot, drop one spoonful of batter onto griddle near one side. Continue dropping pancakes onto the griddle until it is full.
9. When bubbles have broken out all over the uncooked side, the pancake should be turned over. Test to make sure it is ready to be turned over by first lifting one side, then flip the whole pancake.
10. Check in the same manner to see whether the second side is done. When it is, take the pancake off the griddle. Keep the done pancakes warm in a dutch oven.
11. Continue cooking pancakes until all the batter has been used.
12. Set out fruit, cereal milk, juice, butter, and syrup.
- 13.

**Lunch**

*Peanut Butter and Jelly Sandwiches*

*Chips*

*Fruit*

*Cookies*

*Drink*

**FOOD LIST:**

3 pcs. bread per person

chips

drink mix

peanut butter

jelly

2 cookies per person

**UTENSILS:** pitcher, knife

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Prepare drink mix and set on table.
4. Set out bread, peanut butter, chips, jelly, fruit, cookies and drink

**Supper**

*Pork Chops*

*Mashed Potatoes*

*Green Peas*

*Cornbread*

*Dessert*

*Drink*

**FOOD LIST:**

1 & 1/2 pork chops per person

cornbread

green peas

2 pats butter per person

milk

drink mix

mashed potatoes

eggs

1 dessert per person

**UTENSILS:** 1 grill, 3 pots, pitcher, Dutch oven

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Sprinkle a small amount of salt and pepper or other seasoning of your choice on each side of pork chops. Place pork chops on grill. If available, baste with BBQ sauce or other spices after each side is browned. Cook until lightly charred around the edges and done inside.
4. Open cans of green peas and place into small pot. Add salt and pepper to taste and heat until warm.
5. Heat water until steams for potatoes. Follow instruction for mashed potatoes. Let stand for one minute.
6. Follow cornbread instructions using milk and eggs. Cook in Dutch oven until golden brown.
7. Prepare drink mix and place on table.
8. Set out dessert, butter, salt and pepper.
- 9.

**Tuesday**

**Breakfast**

*Eggs*

*Sausage*

*Fruit*

*Cereal*

*Milk/Juice*

**FOOD LIST:**

fruit	2 eggs per person	1 cereal per person
milk	2 pats butter	
juice	2 sausage patties per person	

**UTENSILS:** 1 pot, 2 frying pans, coffee pot, fork

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Put coffee pot on.
4. Cook sausage, drain and set aside
5. Break eggs into a pot or bowl. Add milk or water as desired. Beat well with fork or whisk.
6. Heat both frying pans and melt 1 tablespoon butter in each. Pour half the egg mixture in each pan. Cook gently over low fire. As the eggs set around the edges, scrape them toward the center. Keep doing this until the whole mixture is set but not to dry. Keep eggs near the fire to keep warm.
7. Set out fruit, butter, juice, cereal, salt/pepper and milk.

**Lunch**

*Hot Dogs with Chili*

*Chips*

*Fruit*

*Cookies*

*Drink*

**FOOD LIST:**

2 hot dogs (turkey) per person	2 cookies per person	drink mix
2 buns per person	relish	chips
Chili	mustard	

**UTENSILS:** 1 pot, pitcher

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Put water on to boil. Add hot dogs. Heat thoroughly.
4. Prepare drink mix and set on table.
5. Set out buns, fruit, chips, cookies, relish and mustard.
- 6.

**Supper**  
*Soft Tacos*  
*Spanish Rice*  
*Refried Beans*  
*Dessert*  
*Drink*

**FOOD LIST:**

2 tortillas per person	lettuce	Spanish rice
¼ lb. taco meat per person	tomato	1 dessert per person
butter for rice	salsa	drink mix
cheese	refried beans	

**UTENSILS:** frying pan, knife, pot, pitcher

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Brown taco meat in skillet.
4. Follow instructions for Spanish rice using butter.
5. Wash and dice lettuce and tomato.
6. Set out tortillas (warm if desired), salsa, lettuce, tomato, cheese and dessert.
7. Prepare drink mix and set on table.
8. Have each Scout prepare their own tacos.

**Wednesday**  
**Breakfast**  
*French Toast*  
*Bacon*  
*Fruit*  
*Cereal*  
*Milk/Juice*

**FOOD LIST:**

fruit	1 & ½ eggs per person	1 cereal per person
milk (with extra for French toast)	3 slices Texas toast per person	syrup
juice	3 slices bacon per person	
sugar	2 pats butter	

**UTENSILS:** 1 pot, 2 frying pans, coffee pot, fork or spoon, spatula, knife

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Put coffee pot on.
4. Cut bacon in half and let heat separate slices. Cook bacon, drain and set aside.
5. Break eggs into a pot. Add desired amount of milk and sugar. Beat well with fork or whisk.
6. Put griddle on fire to heat with one tablespoon shortening or butter.
7. Cut bread in half (much easier to handle this way) and dip one piece of bread at a time into mixture. When thoroughly soaked, take it out and place on griddle.
8. When one side is brown (check by lifting corner with a spatula), turn over and brown the other side. When both sides are brown, put on plate and keep warm until served.
9. Set out fruit, syrup, cereal, juice and milk.
- 10.

**Lunch**

*Ham & Cheese Sandwiches*

*Chips*

*Fruit*

*Cookies*

*Drink*

**FOOD LIST:**

3 pcs. bread per person	mustard	chips
4 slices ham per person	mayonnaise	2 cookies per person
1 slice cheese per person	drink	

**UTENSILS:** pitcher

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Prepare drink mix set on table.
4. Set out bread, ham, cheese, carrots, mayonnaise, mustard, fruit, chips and cookies.

**Supper**

*Foil Dinner*

*Bread*

*Dessert*

*Drink*

**FOOD LIST:**

1 & 1/2 hamburger patties per person	¼ onion per person	ketchup
4 carrot sticks per person	½ potato per person	1 dessert per person
1 pat butter per person	2 slices bread per person	drink mix

**UTENSILS:** aluminum foil, knife, tongs, gloves

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Cut aluminum foil into 18 by 18 sheets.
4. Wash and peel potatoes
5. Remove outer layer and ends from the onions
6. Spread the aluminum foil on a flat surface.
  - a. Take hamburger and pat into a flat cake and place on the center of aluminum foil.
  - b. Place thin slices of potato right on top of the hamburger patty.
  - c. Do the same with the carrots and then the onion.
  - d. Place pat of butter on top.
  - e. Sprinkle with salt and pepper.
7. Seal the aluminum foil.
8. Put the aluminum foil package on hot coals. Turn package every 5 minutes.
9. Check one package in 15 to 20 minutes at the most. Vegetables should be soft, and meat should be brown, If not done, reseat. Check each package as you take it off the fire. Remember the contents of these packages are hot!
10. Prepare drink mix.
11. Set out bread, dessert, salt/pepper and ketchup.
12. Dinner items are also excellent for making a stew instead of foil dinners.

**Thursday**

**Breakfast**

*Breakfast Burrito*

*Eggs & Sausage*

*Fruit*

*Cereal*

*Milk/Juice*

**FOOD LIST:**

fruit	2 sausage links per person	onion
milk	2 tortillas per person	green pepper
juice	2 eggs per person	1 cereal per person
salsa	cheese	

**UTENSILS:** frying pan, knife, coffee pot

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Brown sausage links in frying pan and drain grease.
4. Scramble eggs. (see Tuesday's breakfast)
5. Dice up onions and green peppers and cook in frying pan.
6. Set out tortillas, salsa, onion, green pepper, fruit, cereal, milk, cheese, salt/pepper and juice.

**Lunch**

*Roast Beef Sandwiches*

*Chips*

*Fruit*

*Cookies*

*Drink*

**FOOD LIST:**

4 slices Roast Beef per person	mustard	chips
3 pcs. bread per person	mayonnaise	drink mix
1 slice cheese per person	Fruit	2 cookies per person

**UTENSILS:** pitcher

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Prepare drink mix set on table.
4. Set out Roast Beef, bread, chips, fruit, cookies, cheese, mayonnaise and mustard.

**Supper**  
*BBQ Chicken Thighs*  
*Green Beans*  
*Mashed Potatoes*  
*Corn Bread*  
*Dessert*  
*Drink*

FOOD LIST:

2 chicken thighs per person	green beans	cornbread
BBQ sauce	mashed potatoes	milk
2 pats butter per person	drink mix	eggs
1 dessert per person		

UTENSILS: grill, 3 pots, Dutch oven, pitcher, 3 large spoons, spatula

PREPARATION:

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Lightly salt and pepper chicken and prepare for cooking.
4. Grill chicken thighs, checking its doneness about every 5 minutes. Turn periodically and cook thoroughly. Do not let it burn.
5. Add BBQ sauce once chicken is cooked.
6. Prepare mashed potatoes according to instructions using butter.
7. Heat green beans.
8. Prepare cornbread according to instructions using milk and eggs.
9. Prepare drink mix and set on table.
10. Set out butter, dessert and salt/pepper.

**Friday**  
**Breakfast**  
*Pancakes*  
*Bacon*  
*Fruit*  
*Cereal*  
*Milk/Juice*

FOOD LIST:

Fruit	pancakes mix	1 cereal per person
Milk	3 slices bacon per person	syru
Juice	1 pat butter per person	

UTENSILS: griddle, 2 frying pans, mixing bowl, measuring cup, fork, large spoon, spatula, coffee pot

PREPARATION:

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Put coffee pot on.
4. Cut bacon in half and let heat separate bacon. Cook bacon, drain and set aside.
5. Put a small amount of oil on griddle and place on heat.
6. Prepare pancake mix according to instructions.
7. Test the heat of the griddle by dropping a small amount of butter and seeing whether this drop sizzles when it hits the surface.
8. When hot, drop one spoonful of batter onto griddle near one side. Continue dropping pancakes onto the griddle until it is full.
9. When bubbles have broken out all over the uncooked side, the pancake should be turned over. Test to make sure it is ready to be turned over by first lifting one side, then flip the whole pancake.
10. Check in the same manner to see whether the second side is done. When it is, take the pancake off the griddle. Keep the done pancakes warm.
11. Continue cooking pancakes until all the batter has been used.
12. Set out fruit, cereal, milk, juice, butter and syrup.

**Lunch**

*Turkey Sandwiches*  
*Chips*  
*Fruit*  
*Cookies*  
*Drink*

**FOOD LIST:**

4 slices turkey per person	mustard	2 cookies per person
3 pcs. bread per person	mayonnaise	drink
1 slice cheese per person	chips	

**UTENSILS:** pitcher

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Mix drink and set on table.
4. Set out turkey, bread, cheese, mayonnaise, mustard, cookies and fruit.

**Supper**

*Spaghetti w/Meat Sauce*  
*Salad Mix*  
*Corn*  
*Garlic Bread*  
*Dessert*  
*Drink*

**FOOD LIST:**

spaghetti noodles	corn	drink mix
spaghetti sauce	1 pc. garlic bread per person	parmesan cheese
ground beef	salad mix	tomatoes
1 dessert per person	salad dressing	

**UTENSILS:** frying pan, 2 pots, bowl, knife, spoon, pitcher

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Put corn in pot and heat.
4. Brown ground beef and drain excess grease.
5. Mix ground beef and spaghetti sauce, salt and pepper to taste.
6. While spaghetti sauce is being prepared, boil a large pot of lightly salted water. When water boils, add butter or oil. Add pasta and cook until tender. Be careful not to overcook or the pasta will become soggy. When cooked, drain water from pasta. Add spaghetti sauce and meat to cooked spaghetti.
7. Warm garlic bread in a dutch oven.
8. Prepare salad.
9. Prepare drink mix and set on table.
10. Set out bread, dessert, salad dressing, parmesan cheese and salt/pepper

**Saturday**  
**Breakfast**  
*Danish/Cereal*  
*Milk/Juice*

**FOOD LIST:**

1 danish per person  
juice

1 cereal per person  
milk

**UTENSILS:**      personal gear

**PREPARATION:**

1. Read all instructions twice before starting.
2. Wash your hands before starting.
3. Set out danish, cereal, milk and juice.

## Basic Measurements

Here are some measurements that might come in handy:

- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1 fluid ounce
- 4 tablespoons =  $\frac{1}{4}$  cup
- 8 tablespoons =  $\frac{1}{2}$  cup
- 16 tablespoons = 1 cup
- 1 cup = 8 fluid ounces
- 2 cups = 1 pint
- 2 pints = 1 quart

Here are some butter measurements that you can use many times:

- 4 sticks (1 pound) = 2 cups
- 1 stick ( $\frac{1}{4}$  pound) =  $\frac{1}{2}$  cup
- $\frac{1}{2}$  stick =  $\frac{1}{4}$  cup
- $\frac{1}{4}$  stick = 2 tablespoons

## A Few Definitions

- About** This indicates that the measurement need not be exact. For example, in browning something in the frying pan, we do not need an exact amount of shortening.
- Add shortening as needed** If the food is starting to stick on the bottom, this indicates that shortening is needed.
- Add water as needed** When the liquid is getting low or has evaporated and the food should be cooking in liquid, you have evidence that water should be added.
- Baste** To prevent poultry from drying out as it is being roasted or baked, butter, oleo or a barbeque sauce, is dripped over it frequently throughout the cooking period. This is called basting.
- Boil** Large bubbles will be breaking out over the surface of the liquid. You should be able to recognize when a liquid is boiling by the sound. See **Rolling Boil**.
- Brown** Here we want to obtain a golden brown color. The purpose of browning a meat or chicken is to seal the juices in. We want to be careful not to break the seal as we turn or move the food. In the case of a cake or bread, we want to obtain a golden brown because the food looks so much nicer.
- Rolling Boil** There is a rolling boil when large bubbles are constantly breaking out over the entire surface. You should be able to recognize a rolling boil from the sound that is made.
- Shortening** This might be canned shortening, cooking oil, butter or oleomargarine. Remember, however, that butter and oleomargarine burn at lower temperatures than other vegetable shortening or cooking oil. If the recipe requires a high temperature, canned shortening or cooking oil should be used.
- Simmer** When a liquid is simmering, small bubbles are constantly breaking out. Many will be coming up along the side of the pan. They should be at a slower tempo than when the liquid is boiling. Again, you should be able to recognize whether the liquid is simmering merely by the sound.
- Stir** The ingredients at the bottom of the pan need to be moved around to prevent burning. Stirring only the upper part of the food mixture will not do this.