




CAST IRON CHEF



RATIONALE FOR ADVENTURE

In this adventure, Webelos Scouts will learn about good nutrition, how to safely cook meals in the outdoors, and how to balance meal planning and finances.

TAKEAWAYS FOR CUB SCOUTS

- Making healthy food choices
- Food safety
- The proper way to lay and light a fire
- Planning and managing a budget
- A Scout is trustworthy, thrifty. 

Webelos Handbook, page 32

ADVENTURE REQUIREMENTS

Complete requirements 1 and 2. Requirement 3 is optional.

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Parts of Meetings 1 and 3 must take place in outdoor locations where a fire can be safely built and lit.

At Meeting 1, Scouts will practice building and lighting a fire, if allowed by the location and there are no current fire bans. Make sure not to violate local restrictions, and choose a place that is free of flammable materials—around, above, and below. All wood can catch fire, so steer clear of tree roots and limbs as well as any building overhangs.

Meeting 2 will be a den outing to a local grocery store where Scouts will shop and purchase the items for their meal. Work with families to plan transportation to and from the store. Make sure activity consent forms are distributed, signed, and collected.

The Scouts will cook the meal at Meeting 3. This involves lots of activity and everyone will want to enjoy their meal without feeling rushed, so for best results you may want to hold the meeting on a weekend afternoon.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Thank-you notes for anyone who helps with the outing
- The Outdoor Code, written in large print on a poster board
- Pencils or pens
- Items for building a practice fire:
 - Tinder, kindling, and fuel wood
 - Matches or a lighter
 - Fire extinguisher or bucket of sand, mud, or water
 - Non-burnable container for the fire, such as a metal or aluminum trash can lid placed on bricks or cinder blocks
- Establish a budget for the meal Scouts will cook at Meeting 3, so they can plan the menu. Check to see if anyone has food allergies.

GATHERING

- While waiting for everyone to arrive, have each Scout practice laying an individual cook fire. Hold on to the matches to prevent anyone from actually lighting their fire.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Optional: Lead Scouts in a roll call. As Scouts' names are called, have them respond with one item needed for cooking in the outdoors.

TALK TIME

- Introduce the Cast Iron Chef adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Remind everyone that “a Scout is trustworthy,” and one way to show this is by following the Outdoor Code when building, using, and extinguishing a fire. Emphasize that a fire should only be built in a safe environment and under the supervision of an adult.
- Ask each Webelos Scout to bring a small, agreed-upon amount of money to contribute to the cost of the food they will purchase next week. Staying within a budget is a skill they will use later as they plan, purchase, and prepare food as part of their patrol in a troop.

ACTIVITIES

◆ Activity 1: Menu Planning (Requirement 1)

- Have Scouts compile a menu of foods they will need to cook a meal at Meeting 3. (See Meeting 3 Resources for a few recipes and for tips on the various cooking methods.) Find out if there are any food allergies in the den, and lead a discussion about why this is important. At the top of the menu, write the total budget you decided on; then save the menu to make copies for the den outing.

◆ Activity 2: Outdoor Fire Safety (Requirement 3)

- Have the Scouts work together to build and light a fire, if possible, that would be appropriate for cooking. Follow the directions in the *Webelos Handbook*, and make sure all take part. When the activity is finished, make sure the fire is completely out, if you were able to light the fire, and the area is cleaned up.



◆ Activity 3: Food Safety Game (Requirement 2)

- Move the den inside to a kitchen, or arrange the meeting site to resemble a kitchen or cooking area.
- Without starting a fire or cooking and using mock-ups—so no one will be endangered—set up six potential safety concerns in the kitchen and have Scouts identify each one. They can play the game as individuals or a team.
- The “hazards” may include cleaning chemicals stored near food instead of under the sink; raw meat on a cutting board (or just a sign that says “raw meat”); food that is past its expiration date; an oven that hasn’t been cleaned; power cords too close to a water source; or a knife positioned with the sharp edge pointing toward instead of away from the user. In each instance, make safety the priority and create a mock-up that will not create a real risk for Scouts.
- During or after the game, have the Scouts explain the hazards they find and why those are considered food safety violations. Make sure to review any areas they missed.

CLOSING

- Gather the whole den together and have the Scouts recite the Outdoor Code: *As an American, I will do my best to—Be clean in my outdoor manners. Be careful with fire. Be considerate in the outdoors. Be conservation-minded.*
- Make sure all Scouts know who their buddy will be during the den outing.
- Review details for the upcoming outing in Meeting 2. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 3.
- Work together to clean up the meeting place.
- Have Scouts sign their thank-you notes.

MEETING 2 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Calculators, note pads, and pens
- Copies of menu prepared by den at the last meeting
- Make sure you carry a list of contact numbers for the Scouts and all adults going on the outing.
- Confirm that transportation to and from the store is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.

GATHERING

- As Scouts arrive at the store, assign buddies.

OPENING

- Recite the Scout Law and ask Scouts to name points of the law they will demonstrate during the outing.
- Remind everyone that it is important to stay together and be on their best behavior.

TALK TIME

- Carry out business items for the den.

ACTIVITIES

◆ Activity 1: Shopping for Good Nutrition (Requirement 1)

- Divide the den into small teams, making sure to keep the buddy pairs together.
- Give each team a copy of the menu and a calculator, note pad, and pen. Remind them that “a Scout is thrifty,” and ask them to demonstrate that by keeping their choices within the budget.
- Challenge the teams to find a good choice for each item on the menu, reminding them to also look for nutritional value. Say: *Sometimes paying a little bit more for a quality item is OK. For example, you might pay more for a pound of ground sirloin than regular ground beef, but the taste and the fact that the sirloin is healthier might make it worth the extra cost.*
- After about half an hour, bring the den together in a corner of the store to compare notes and vote on the items to purchase. Meanwhile, an adult or the den chief will calculate the final cost. Make sure the items you select can be properly stored or refrigerated until Meeting 3.
- Be sure to compliment the Scouts on being thrifty while also making healthy food choices!

CLOSING

- Once the groceries are purchased and packed, gather everyone in a friendship circle for a closing reflection.
- Have the den recite the Scout Law again, and review how well they did at demonstrating the points of the Law during the outing.
- Scouts will be cooking in Meeting 3. Confirm the plan with families, including transportation, all the necessary equipment and food, and any additional items they need to bring.



Do-at-Home Project Reminder:

If the food is being stored in separate places, make sure everyone remembers to bring it to Meeting 3.

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Record completion of requirement 1.
- Have Scouts give their thank-you notes to those who assisted with the outing, including the store manager and any employees who were especially helpful.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for the meal: food, beverages, plates, cups, silverware and cookware, cooking utensils, cooking thermometer, etc.
- Items for food hygiene and cleanup: water, soap, dish soap, bleach, dishcloths, towels, napkins or paper towels, trash bags, three buckets or basins for cleaning, etc.
- Depending on the cooking method the den chooses—open fire or charcoal, or a camp stove, Dutch oven, box oven, or solar oven—make sure all needed materials will be there. These may include wood or coals, liquid fuel or propane, aluminum foil, etc.
- No matter where the meal will be cooked, follow the same safety instructions as before.

GATHERING

- Set up a food safety game—similar to the one at the first meeting—for Scouts to play as they arrive.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance.
- Then have the Webelos stand in a circle. Moving around the circle have each Scout say one point of the Scout Law until all 12 points have been shared. You may wish to let the Law go around the circle two or three times so Scouts can increase their speed at reciting it.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Before preparing the meal, review the safety rules the den learned at Meeting 1.

ACTIVITIES

◆ Activity 1: Cooking and Eating the Meal

- As the Webelos are cooking their meal according to the safety rules, ask them why each rule is important to follow. Make sure each Scout has a chance to answer at least two questions before the cooking is finished. (See sample questions in the Meeting 3 Resources.)
- When the meal is prepared and ready to eat, have the Scouts say grace (see samples in Meeting 3 Resources).

◆ Activity 2: Cleanup

Scouts will then use the three basins or buckets to wash dishes (see Meeting 3 Resources for directions). Make sure everyone takes part in this.

CLOSING

- Gather the den in a circle and recite the Outdoor Code.

AFTER THE MEETING

- Record completion of requirement 2.

MEETING 3 RESOURCES

ACTIVITIES

◆ Activity 1: Cooking the Meal

Sample Safety Questions

1. Why is it important to wash your hands before preparing food? (*to keep from getting others sick*)
2. How long should you spend washing your hands? (*at least 20 seconds*)
3. How can you check the temperature of foods like meat or poultry? (*using a food thermometer*)
4. Where can you find the temperatures that foods should be cooked to in order to be safe to eat? (*cookbooks*)
5. What is the problem with putting cooked chicken on the same plate where raw chicken was prepared? (*cross-contamination*)
6. What should you do first before beginning to prepare food? (*wash hands*)
7. Explain one way to safely thaw food. (*refrigerator, cold water, microwave*)
8. How long is it safe to leave food out at room temperature? (*no more than two hours*)

Outdoor Cooking Tips

(from *BALOO: Basic Adult Leader Outdoor Orientation*, No. 510-033)

- Handy fire starters can be made by placing one charcoal briquette in each section of a paper egg carton. Cover with melted wax, and tear apart to use.
- Place a burger fresh from the grill into the bun and put it in a plastic bag for about a minute. The bun will be steamed warm.
- Put a kettle of water on the fire to heat while you are preparing your food and eating, and your dish water will be ready when you are.
- Freeze meat when putting in a cooler. It will last longer and help keep your other food cold. Make hamburger patties in advance and layer with waxed paper.
- Give yourself plenty of time to start a fire and wait for the briquettes or wood to be ready.
- Don't forget to rub the outside of pans with liquid soap before putting on the fire; they'll clean up much more easily.

Camp Stoves

- Only use camp stoves that are commercially manufactured. (Chemical-fueled equipment that is handcrafted, homemade, modified, or installed beyond the manufacturer's stated design limitations or use is prohibited by Boy Scouts of America.)
- An adult knowledgeable in the use of the camp stove should supervise the Scouts using the stove at all times.
- The stove should only be operated following the manufacturer's directions.
- All chemical fuel should be stored at a safe distance (a minimum of 20 feet) from the operating stove.
- Stoves should be allowed to cool before changing fuel cylinders.
- Do not operate a camp stove in a non-ventilated area. It is recommended to utilize the stove outdoors. If it is used indoors, make sure that you have both high and low ventilation.
- Place the stove on a level, secure surface before operating.
- Periodically check fittings on compressed-gas stoves and on pressurized liquid gas stoves for leakage, using soap solution before lighting.
- Do not hover over the stove when lighting it. Keep your head and body to one side. Open the stove valve quickly for two full turns and light carefully, with your head, fingers, and hands to the side of the burner. Then adjust down.
- Never leave a lighted stove unattended.
- Do not overload the stovetop with heavy pots and large frying pans. If pots over 2 quarts are necessary, set up a separate grill with legs to hold the pot, and place the stove under the grill.
- Take empty fuel containers home for disposal. Do NOT place in a fire as they will explode.



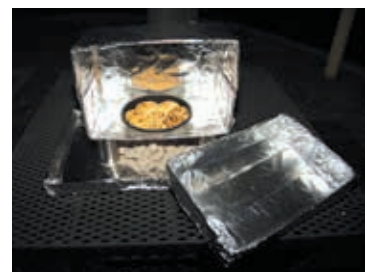
Dutch Ovens

- Be sure to season a Dutch oven or line it with aluminum foil for easy cleanup.
- As a rule, put in twice the number of charcoal briquettes as it would take to cover the diameter of the oven. If you are baking, put three-quarters of the coals on top of the lid and one-quarter under the oven, unless the recipe says otherwise. If you are stewing or simmering, do the reverse: one-quarter on top and three-quarters below. To roast, divide the coals evenly.
- A troop may be a good source for borrowing a Dutch oven, and they may have some great recipes to share.



Making and Cooking With a Box Oven

- Using heavy-duty aluminum foil, line the entire inside of a cardboard box (about the size that would hold 10 reams of paper). Fold the foil over the edges of the box and tape it down around the outside with masking or duct tape. Do NOT leave any cardboard exposed on the inside; if any foil is torn, staple a patch of foil over the tear. You may get better results if you use two layers of foil.
- Find or purchase a cooling rack that will fit easily into the box.
- Turn two cookie sheets upside down and place them side by side with the long edges touching. Remove the labels from four empty, rinsed-out vegetable cans. Then set the cans, inverted, on the four corners of the combined cookie sheets.
- **To cook:** Heat charcoal in the charcoal chimney—one briquette for every 40° of heat needed for cooking. Wearing oven gloves and using tongs, lift the heated coals from the chimney and arrange them evenly on the cookie sheets within the space bordered by the four cans. Then lay the cooling



rack on the cans and set the food you have prepared for baking on the rack. Finally, place the box oven over the rack, making sure that the foil-covered edges are resting on the cookie sheets. Cook for the time your recipe requires—then serve and enjoy!

Note: Be sure to position the box on the ground in such a way that it will remain level and out of the way of normal Scout horseplay.

Making and Cooking With a Solar Oven

- Glue aluminum foil, shiny side up, to the bottom and inner sides of a clean pizza box. This will reflect sunlight coming in and trap the heat.
- Draw a straight border around three sides of the box top, and have an adult cut through the border with a utility knife to create a new flap—leaving the hinged side uncut. Fold this flap open and glue foil to the bottom side of it, with the shiny side facing out. Tape black construction paper to the top of the pizza box to absorb and hold in the heat.
- Place the food to be cooked on a sheet of foil, and lay it inside the pizza box. Tape clear plastic wrap around the edges of the box to seal out air. Then use a piece of tape to hold the flap open so light will be reflected in.
- Place the solar oven outside on a flat surface. Adjust the position until sunlight is being reflected into the box and onto the food. Check often to make sure the light is still directly reaching the food. Use a thermometer to monitor the inner temperature of the box.
- For best results, keep the oven pointed toward the sun and out of shade. Don't be in a rush: Solar ovens require 30 minutes to preheat and about twice as much time for cooking.



Making and Cooking With a Charcoal Chimney

- Using a can opener, remove both ends of a large, rinsed-out coffee can or No. 10 can. Then use a “church key” can opener with a pointed triangular end to punch ventilation holes about 2 inches apart around the bottom edge of the can—this end will serve as the base.
- Roll two sheets of newspaper into tubes; then bend and attach them to form a circle. Set the chimney on a fire-safe surface and put the newspaper in the bottom of the base. Then place charcoal on top of the newspaper, and light the newspaper with a match.
- Put on a pair of heat-resistant oven gloves and, when the coals start to turn white, use pliers to lift the chimney straight up and set it on a grill or cookie sheet. Using tongs, arrange the lit coals for use.
- Keep in mind that a charcoal chimney will remain hot for a while, even after the charcoal has been poured out. So let the chimney cool off in a safe place—e.g., on fire-safe bricks or on a cookie sheet. Avoid surfaces near gas cylinders, grass, or wood.
- **Safety note:** Do NOT use charcoal lighter fluid or any other flammable liquid on your charcoal. See the “Chemical Fuels and Equipment” chapter in the *Guide to Safe Scouting*.

Foil Cooking

(from *BALOO: Basic Adult Leader Outdoor Orientation*, No. 510-033)

Foil cooking is a great way to introduce novices to the world of outdoor cooking. The meals are easy to prepare, great to eat, and simple to clean up after. Foil meals can be prepared in advance (e.g., at a den meeting), frozen, and then placed right on the campfire.

There are hundreds of great recipes around, but they all use the same basic concept. The foil pack needs to be sealed tightly using a “drugstore” fold to hold in the moisture, then turned several times during cooking. The actual recipe can be just about whatever a Cub Scout wants it to be. Here’s a basic recipe:

Use an 18-by-24-inch sheet of heavy-duty aluminum foil, or two sheets of regular foil. A square sheet the width of the roll will work just fine, shiny side up. Some Scouts smear a layer of butter or margarine on the foil to start.

Use a piece of meat about the size of your hand. It could be ground beef, steak, chicken, or fish. If you use a hamburger patty, flatten the ground beef. Add peas, beans, thinly sliced potatoes, carrots, onions, broccoli, or whatever else sounds good. Vegetables should all be cut to about the same thickness to help

them cook evenly. Starting with a cabbage leaf and then adding the meat will keep the meat from burning. If the Scouts are building their own meals, encourage them to add a little onion because it helps the flavor. A twist might be to add a handful of rice and just a few ice cubes. This will make a great addition!

Season with salt, pepper, garlic salt, and other spices as desired. Now fold the foil into a package. Fold the edges down once, crease gently, then fold them down again and crease. Join the edges and fold them over tightly so steam can't escape. The object is to seal the moisture in the package. Try not to rip the seams, but if you do, finish wrapping, then repeat with another layer of foil.

If you are bringing the meals from home, take the foil dinners to camp in a cooler so the food won't spoil. About a half hour before supper, lay the packages directly on the coals of the fire. Turn them over after 15 minutes, and cook them another 10 minutes. Dinner should then be ready. Eat it from the foil.

If Cub Scouts are building their own meals, their names or initials should be written on each one to identify them later. If no marker is available, you can use yellow mustard as it will blacken during the cooking but the name will still be visible. Cook the pack for 20–30 minutes.

When you are ready to cook the packs, spread the white-hot coals of the campfire shallowly and distribute the packs evenly on top. While the packs are cooking, watch for steam venting from a seam. If that happens, remove the pack from the campfire and seal the pack by folding the edge over or wrapping in another piece of foil, then placing the pack back in the campfire. Turn the packs twice during the recommended cooking time. When it is close to meal time, open a corner of a pack and check to see that the meat is done.

Foil Cooking Times

Hamburger	15–20 minutes
Chicken pieces	20–30 minutes
Hot dogs	5–10 minutes
Pork chops	30–40 minutes
Carrots	15–20 minutes
Ears of corn	6–10 minutes
Whole potatoes	45–60 minutes
Potato slices	10–15 minutes
Whole apples	20–30 minutes

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook. The recipes below may need to be adjusted depending on ingredients, etc. It is best to try them in advance to verify the ingredients and cooking time in a local outdoor setting.

Sample Recipes

Biscuits on a Stick

Ingredients: Canned biscuits; condiments (butter, jelly, cinnamon sugar, etc.). **Supplies:** One dowel (¼ to ½ inch in diameter) for each Scout; aluminum foil.

- Wrap the bottom 6 inches of a dowel with foil. Roll a biscuit into a “rope,” and twist it around the dowel, making sure it stays on the foil.
- Put the dough end of the dowel over a campfire and cook until the biscuit is golden brown on the outside. Then pull the biscuit off the dowel, add condiments, and enjoy.

Campfire Corn on the Cob

Ingredients: Ears of corn, butter, salt, and pepper. **Supplies:** Bucket of water, aluminum foil.

- Soak the ears of corn in a bucket of cold water for an hour. Then remove the corn and shake off the excess water. It's OK to leave a little moisture on the kernels, as this will aid in the steaming process.
- Pull back the husks to the handle on each ear of corn, and remove the silk. Slather the kernels with butter and shake on some salt and pepper. Pull the husks back up to cover the corn.

- Tightly wrap the buttered corn in two layers of aluminum foil and place on the hot coals of the fire. The roasting should be complete in 20 minutes. Check one ear after 10 minutes to gauge the remaining cook time. The corn should be steamed through and the heated butter will be caramelized.
- When roasting is finished, give the corn time to cool off before unwrapping the foil, as there may be pockets of steam that could cause burns.

Silver Turtles

Ingredients: Hamburger, chicken, or pork; a variety of vegetables (onions, potatoes, carrots, or others); seasonings (salt, pepper, onion soup mix, butter, Worcestershire sauce). **Supplies:** Cooking spray, heavy-duty aluminum foil, kitchen knife.

- Slice the vegetables to ½-inch thickness. Spray the foil with cooking spray, lay the meat on the foil, and cover it with vegetables. Then add seasonings.
- Fold the foil to enclose the food in a tightly sealed pouch, then place it over your fire and cook for 35–45 minutes. Turn the foil once when cooking is half done.
- Unwrap or cut open the foil. Allow time for cooling, and enjoy!

Dutch Oven Dump Cake

Ingredients: Yellow cake mix; two 30-ounce cans of sliced peaches, drained; one can of lemon-lime soft drink; cinnamon for seasoning; ice cream (optional). **Supplies:** 24 charcoal briquettes; 12-inch Dutch oven.

- Pour the peaches into the bottom of the Dutch oven and spread evenly in the pan. Spread the dry cake mix on top of the peaches, and sprinkle with cinnamon. Pour in the soft drink, and stir to mix completely. Then place the lid on the oven.
- Bake for 45 minutes to one hour with 12 briquettes spread evenly on the lid and the others spread evenly on the bottom. Every 15 minutes, rotate the oven 90 degrees in one direction and rotate the lid 90 degrees in the opposite direction. Serve warm with ice cream, if desired. Serves 8–10.

Interfaith Graces

Morning Grace

Gracious giver of all good,
Thee we thank for rest and food.
Grant that all we do or say,
In thy service be this day. Amen.

Noon Grace

Father, for this noontday meal,
We wish to speak the thanks we feel.
Health and strength we have from thee.
Help us, Lord, to faithful be. Amen.

Evening Grace

Tireless guardian on our way,
Thou has kept us well this day.
While we thank thee, we request,
Care continue, pardon rest. Amen.

Sea Base Grace

Bless the creatures of the sea.
Bless this person I call me.
Bless these keys, You made so grand.
Bless the sun that warms this land.
Bless the fellowship we feel
As we gather for this meal. Amen.

Philmont Grace

For food, for raiment,
For life, for opportunities,
For friendship and fellowship,
We thank thee, O Lord. Amen.

Northern Tier Grace

For food, for raiment,
For life and opportunity,
For sun and rain,
For water and portage trails,
For friendship and fellowship,
We thank thee, O Lord. Amen.

Summit Grace

For this time and this place,
For your goodness and grace,
For each friend we embrace,
We thank thee, O Lord. Amen.

Gilwell Grace

O Lord, the giver of all good.
We thank thee for our daily food.
May Scouting friends, and Scouting ways,
Help us to serve thee all our days. Amen.

Sid Richardson Camp Grace

For the food we eat, for the friends we meet,
For the lives we live each day.
For the challenges we find, for peace of mind,
We thank-you, Lord, today. Amen.

Johnny Appleseed Grace

The Lord is good to me
And so I thank the Lord
For giving me the things I need,
The sun and rain and the appleseed.
The Lord is good to me. Amen.

Upon completion of the Cast Iron Chef adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.



NOTES