



## Some Cooking Tips and Thoughts

Here are some cooking tips that can help new Scouts and even experienced ones as we begin another camping season.

Gear and more: The Troop has cook kits for each patrol that include one small frying pan, spatulas, and other key items. We also have a spice box. Each Scout should have their own cook or mess kit. They are readily available from stores like REI. I suggest not shopping for these items at the scout shop. A lot of what they sell is poor quality, etc. Cook kits should have a non-stick capability. We will have experienced scouts do a show and tell. You will see some examples in the photos. I cook and eat out of the same frying pan. I move cooked items to a non-stick plate or small pan while cooking. For instance, I will fry a salmon steak, then move it to another pan while I am cooking the pasta and veggies.



We don't allow paper plates or plastic utensils.

A key cooking ingredient is olive oil or other cooking oil, or butter. Most of the pans, including troop supplied, will require use of oil or butter. We have had some really spectacular displays of pans with burnt food sticking to them, requiring major league clean up. The stoves we use are good but can be tricky to regulate the gas up and down. It takes experience to work things out, but overall the Scouts do a really good job, and get better at it year to year.



Meals: we discourage things like Ramen which takes no imagination to cook. Hot dogs too. Hamburgers are good, even though they are not that different from hot dogs. It is almost a perception thing! Chicken, either pieces, or parts is a good choice, especially with some veggies. Pasta and a sauce is a favorite and can be tasty. Also, don't forget fish.

Pancakes are popular for breakfast. The trick is mixing the water and the pancake mix. Scrambled eggs and or fried eggs are easy enough—again cooking oil or butter are the key.



The Troop brings wash basins. We encourage Scouts to invest in camp suds which is a concentrated soap. We have that as well. We do bring dish towels, but Scouts should include a cloth and small sponge for clean up. We try to minimize use of paper towels.

Each Scout should be prepared to put his own trash, empty cans, etc., into his own trash bag and then into his backpack to pack it home. We have been working to eliminate a monster community trash bag. "Pack it in, pack it out", means do it on an individual basis. When someone asks where the trash bag is, the answer is, in your backpack. It's simple.

One way to get a little experience is to make a meal at home using the camping gear you will be using. The heat source is the primary difference. Camp-on!



