

# Troop 437 Cookbook

This collection of recipes is being put together to encourage our Scouts to discover the rewarding world of outdoor cooking, the importance of a balance meal, and how putting together good menus and learning cooking skills can add to the enjoyment of the camping experience.

Searching many cookbooks, pamphlets, handbooks, and handouts to select recipes most appropriate for camp use, without being too complicated or requiring an excess of ingredients. Some are good for beginners and others are for more experienced cooks. Certain recipes are suitable for short-term camping, while others require long-term stays or base camp kitchens.

Many Dutch oven recipes have been included, although virtually any baking recipe can be done in a Dutch oven. There is a separate chapter for Trail cooking, but many chapters contain recipes useful for backpacking. Each recipe is formatted into the actual series of steps and actions required to prepare the dish, with all ingredients that are needed to prepare the meal or beverage.

Thanks to Steve Tobin of Troop 39, Cannon Falls, MN who published "The Virtual Campsite Cookbook"

# Troop 437 Cookbook

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## Steps of Cooking

### Planning:

Determining number of people coming and how many meals to prepare.

*(Emphasis to patrol members that if there is a question bring more food)*

Create Menus based on numbers and activities planned.

*(Meal must meet the 437 meal requirements)*

Prepare checklist to double check that all items are being brought.

Pack food in the order of use.

*(ie Sunday's lunch bottom of ice chest, Saturday breakfast on top)*

### Preparation:

First thing make sure have adequate firewood.

Prepare proper fire for the meal planned.

Soap all pots (bottom and sides) before use.

Put on clean up water to boil while you are preparing food

### Process:

Timing is everything:

Start the fire before cook is preparing the food.

*(45 minutes to hour)*

Cook prepare a mental checklist of what to do before beginning

*(This helps to make sure everything is started and finished on time)*

Start whatever will take the longest first.

Assistant prepares:

Condiments (lettuce, tomatoes etc.) while the cook is preparing main dish

Serving utensils, dishes and silverware etc.

Cook all ingredients until done.

Say grace before eating

## Troop 437 Meal requirements

## Recipes

### Beverages

Hot Spiced Cider

Categories: Beverages, Fruits

Servings: 16

2 qt Apple Cider

12 Whole Cloves

4 3" Cinnamon Sticks

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1/4 c Sugar  
6 Whole Allspice

1. Combine the cider, sugar and spices in a large saucepan.
2. Heat slowly to simmering, continue for 3-5 minutes and remove spices.
3. Serve hot, garnished with orange slices, lemon slices, or rings of unpeeled red apple with whole cloves forced through peel.

## Mocha Mix

Categories: Beverages, Trail  
Servings: 6

1 c Cocoa Mix  
1/4 c Instant Coffee  
1/2 c Sugar  
1 1/4 ts Cinnamon

1. Mix all ingredients together and package.
2. Use 5 heaping teaspoons to 1 cup boiling water.

Variations - For true Mocha make hot chocolate adding brewed coffee instead of water to the hot chocolate mix.

## Coffee

Categories: Beverages  
Servings: 1

1 Tb Coffee, fine ground  
1 c Water

1. Bring water to boil and then remove from the heat.
2. Add 1 tablespoon of coffee per cup of water.
3. Stir, cover and let set for 3-5 minutes, or until desired strength is reached.

### Variations

a. Add 1/4 teaspoon cinnamon and/or a few drops of almond extract to 8 cups of coffee for a gourmet touch.

## Rich Trail Cocoa

Categories: Beverages, Trail  
Servings: 1

1 lb Instant Cocoa  
6 oz Nondairy Coffee Creamer  
1 pk Dry milk, 8 qt size  
2/3 c Powdered Sugar

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1. Mix ingredients together and store in a air-tight container.
2. Use 1/3 cup of mix in 1 cup hot water.

## Variations

- a. Try adding 2 teaspoons of cinnamon to mix.

## Russian Tea

Categories: Beverages, Trail

Servings: 1

- 2 c Sugar
- 1 c Tang orange powder
- 1/2 c Instant Tea
- 1/2 ts Cinnamon
- 1/2 ts Cloves
- 1 pk Leamonade mix, 1 qt size

## Directions:

1. Mix ingredients together and store in a air-tight container.
2. Mix 2-3 Tbs with a cup of hot water, to taste.

## Trail Shake

Categories: Beverages, Trail

Servings: 1

- 2 c Dry Milk
- 1/2 c Malted Milk Powder
- 1/2 c flavoring: cocoa, instant coffee, berry syrup mix, jam, etc.

## Directions:

1. Package each individual serving in a Ziplock plastic bag, 1/2 cup of mix.
2. To use add 1 cup of water to plastic bag, seal, and shake until mixed

## **Breads**

### Dumplings

Categories: Breads

Servings: 1

- 1 c All Purpose Flour
- 1 Tb Shortening
- 1 1/3 ts Baking Powder
- 1 Tb Sugar
- 1/4 ts Salt

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1/3 c Water or Milk

1. Prepare the dough as described in the Drop Biscuits recipe using vegetable oil. A half-recipe should be enough for 8 dumplings.
2. Use a tablespoon to drop dough onto the vigorously simmering stew or soup.
3. Cover and simmer for about 15 minutes.

## Drop Biscuits

Categories: Breads

Servings: 1

2 c Flour  
3 ts Baking Powder  
1/2 ts Salt  
1/4 c Vegetable Oil  
1 c Milk or Water  
2 Tb Dry Milk (if water is used)  
1 Tb Sugar

1. Mix dry ingredients into a bowl.
2. Make a well in the mixture, and add the Oil and Milk all at once.
3. Stir vigorously until well mixed. Should create a moist, thick dough.
4. Using a tablespoon, drop dough in mounds onto the greased baking surface.
5. Use baking methods listed in Baking Powder Biscuit recipe.

### Notes

- a. Drop biscuits use oil or melted shortening instead of solid shortening or butter. Use this recipe for dumplings, also. See Dumpling recipe.

## Baking Powder Biscuits

Categories: Breads

Servings: 6

2 c Flour  
1 Tb Sugar  
1/2 ts Salt  
2 Tb Dry Milk (if water is used)  
3 ts Baking powder  
1/2 c Shortening  
3/4 c Milk or Water

1. Thoroughly mix the dry ingredients together in a bowl.
2. Cut in the shortening with two knives or a fork, mixing until the shortening and mixture has a coarse, crumbly texture.
3. Make a depression in the mixture and add the milk or water all at once.

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4. Stir quickly with a fork for 1/2 minute, until the dough pulls away from the sides of the bowl and follows the fork around.
5. Place the dough onto a work surface lightly dusted with flour.
6. Gently knead the dough 10 or 12 times, or about 30 seconds. See directions below.
7. Roll out the dough 1/2" thick using a rolling pin, large can or bottle. Use a round cutter or open end of a small can to cut out the biscuits. Dip the cutter in flour and press straight down through the dough.
8. Bake using one of the following methods.

## Dutch oven:

The oven should be well seasoned and lightly oiled. Preheat and place the biscuits on the bottom. Cover and place a small quantity of coals on the bottom (8-12 briquettes) and a larger number on the lid (about 20-22 briquettes): 450 degrees F. Bake for about 15 minutes.

## Reflector oven:

Prepare a very hot bed of coals. Place biscuits directly on the oven shelf and place near the coals.

Bake for about 15 minutes.

## Frying pan:

Use a heavy pan. Oil the frying pan, bottom and sides, and coat with flour by shaking. Set biscuits in the pan and cover. Cook over a low flame or set the pan into some hot coals, covering the lid with coals also. Move the pan around to keep the bottoms of the biscuits from burning. Bake for 5 to 7 minutes, then turn and cook 5 minutes more.

## Deep Fry:

Pour about 1/2" of vegetable oil into a pan and heat until very hot. Fry biscuits in the oil until golden brown. Turn and repeat. May also use refrigerated biscuit or bread dough.

## Kneading directions:

Turn dough out onto a lightly floured surface. Place hands over dough, curve fingers and push down into dough with heels of the palms. Give the dough a quarter-turn, fold dough over and push down again. Repeat according to recipe directions.

## Variations

- a. Buttermilk Biscuits: Add 1/4 teaspoon of baking soda, increase shortening to 1/3 cup and use buttermilk for the liquid. If buttermilk isn't available, add 1 teaspoon of lemon juice or vinegar to each cup of milk, and let stand for 15 minutes.
- b. Whole Wheat Biscuits: Substitute 1 cup of whole wheat flour for 1 cup of the white flour. Increase salt to 3/4 teaspoon and baking powder to 4 teaspoons. Use 3/4 cup of milk.
- c. Biscuit Sticks: Roll out biscuit dough, and cut into 1/2 x 1/2 x 3 inch sticks. Brush with melted butter. Bake normally, but will take less time; about 8-10 minutes.
- d. Fry 1/4 lb of bacon crisp, crumble and add to biscuit mix.

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## Doughboys

Categories: Breads, Trail

Servings: 4

2 c Bisquick Mix

Water

Butter or Margarine

Jam or Honey

1. Add enough water to the mix to form a stiff dough. Do not add more water than this or the doughboy will fall of the stick.
2. Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by 1/2 in. thick.
3. Hold the doughboy over the fire to toast them slowly for about 10 min. or until the inside is done. Occasionally pat the dough to keep it evenly distributed. If it gets lopsided, it will tend to crack and fall.
4. Pull the doughboys off the sticks gently and fill their cavities with butter, jam, or honey; add other ingredients to taste.

### Variations

- a. Form dough into long sticks about 1/2" thick. Wrap in a coil around a green stick and cook over a campfire.
- b. Form dough-balls by making a well in the Bisquick and pouring about 2 tablespoons of water into it. Stir around with a stick until dough-ball forms on the stick. Bake over the campfire.

## Bannock Bread

Categories: Breads

Servings: 8

3 c Flour

1/2 ts Salt

1 Tb Baking Powder

3 Tb Powdered Milk

2 Tb Butter, melted

1 c Sugar

Water

1. Mix ingredients thoroughly and add water to make a medium dough, not watery.
2. Proceed with one of the following baking methods. Baking time will be approximately 20 to 30 minutes. Test by sticking sliver of wood into dough. If it is done the sliver will come out clean. If not, the sliver will be sticky.

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**Frying Pan:** Divide and drop the dough into 2 greased fry pans and set near the fire for about 20 minutes to rise. Slowly fry the loaves for about 10 minutes. Next prop the pans near the fire, so that it will bake by reflection, until golden brown.

**Reflector Oven:** Form dough into 2 round loaves. Let sit near the fire for about 20 minutes to rise. Then place in a reflector oven to bake until golden brown.

**Dutch Oven:** Place dough in a oiled Dutch oven. Cover and let rise near the fire for about 20 minutes. Place a small amount of coals under, and a moderate of coals over the Dutch oven. The dough can be baked as one large loaf or as several small ones.

## Variations

- a. Add 1 c Raisins to dough.
- b. Substitute 1/2 c Brown Sugar for 1/2 cup of the sugar.

## Soda Bread

Categories: Breads, Lunch

Servings: 8

4 c Flour  
1 ts Baking Soda  
1 Tb Baking Powder  
3/4 ts Salt  
2 Tb Sugar  
1 1/4 c Raisins  
1 Egg  
1 c Buttermilk  
1 c Sour Cream

1. Mix all ingredients thoroughly and knead dough slightly.
2. Bake at medium heat (350 degrees F.) for about 1 hour.

## Notes

- a. Sour milk may be replaced by adding 1 Tb vinegar or lemon juice per cup of milk.
- b. Dried sour cream or dry milk may be used.

## Brown Irish Soda Bread

Categories: Bread

Servings:

2 c Whole meal Flour, Self-raising  
2 c Unbleached Flour, Self-raising  
1 ts Bicarbonate of Soda  
3 c Buttermilk

1. Preheat oven (375 deg. F.) Grease a baking tray with melted butter or margarine.

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2. Sift flours and bicarbonate of soda into a large mixing bowl.
3. Use sufficient buttermilk to moisten the ingredients and form a soft dough. The amount of buttermilk required will depend on the strength of the flour. 2-3 cups.
4. Turn dough onto a floured surface and knead lightly until smooth.
5. Place round on a greased baking tray. With a floured knife score a deep cross, one third of the depth of the dough.
6. Brush with water and sprinkle with a little flour.
7. Bake for 20-30 minutes, or until bread sounds hollow when tapped with the fingers.

## Notes

- a. No yeast is used in this bread, Bicarbonate of soda and buttermilk give rise, texture and flavor.
- b. If buttermilk is unavailable use sour milk. Add one teaspoon of lemon juice or vinegar to each cup of milk. Allow to stand 15 minutes before using.

## Variations

- a. Up to 1 cup of Sugar may be added for improved sweetness.
- b. Add raisins, cinnamon, dried fruit for additional flavor.

## Home Made Bread

Categories: Breads

Servings: 8

2 c Milk  
2 Tb Sugar  
2 Tb Shortening  
2 ts Salt  
1 pk Yeast  
1/4 c Warm Water  
6 c Flour

1. Scald milk and cool. Add sugar, salt and melted shortening. Dissolve yeast in warm water. Add to milk mixture.
2. Gradually add flour, using about 5 1/2 c. Cover and set in warm place and let rise until double in bulk.
3. Punch down and let rise again.
4. Knead dough with remaining 1/2 c flour and place in greased bread pans. Grease dough lightly on top with melted shortening.
5. Let rise again until double in bulk. Bake at 400 degrees about 30 to 35 minutes.

## Hush Puppies

Categories: Breads

Servings: 8

1 c Cornmeal

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1/4 c Onion, finely diced  
1 Tb Flour  
1/2 c Green Pepper, chopped  
1 ts Baking Powder  
1 Egg  
1 ts Salt  
1/2 c Milk  
Cooking Oil

1. Mix the cornmeal, flour, baking powder, and salt together.
2. Add the onion and green pepper and mix again.
3. Stir in the egg and milk.
4. Put enough cooking oil into a tall pot to float the hush puppies; about 1 1/2 to 2".
5. Form little balls with this batter and drop them into hot oil. Keep turning them until they are brown. Remove the hush puppies and drain on paper towels.

## Spoon Bread

Categories: Breads

Servings: 6

1/4 lb Margarine/butter  
1 cn Kernel Corn, 8 oz  
1 cn Creamed Corn, 8 oz  
2 Eggs  
1 c Sour Cream  
1 pk Jiffy(tm) Cornbread mix

1. Melt the margarine in the bread pan that you will be using. Stir in both cans of corn.
2. Beat eggs and add to the pan, along with the sour cream. Mix well.
3. Add cornbread mix and mix well.
4. Bake in a 350 degree F oven for 40 minutes or until knife inserted comes out clean.

## Southern Corn Bread

Categories: Breads

Servings: 8

1 1/2 c Cornmeal  
1 c Milk  
4 ts Baking Powder  
2 Eggs  
1/4 c Sugar  
1 Tb Salt  
1/4 c Cooking Oil or Shortening  
1 c Flour

1. Mix the dry ingredients thoroughly.

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2. Combine eggs, oil and milk. Add to the dry ingredients and mix until just smooth.
3. Pour into greased 9" baking pan or into bottom of Dutch oven. Bake about 20-25 minutes in covered oven. (425 deg. F.)

## Cornbread and Johnnycakes

Categories: Breads, Trail

Servings: 4

- 3/4 c Cornmeal
- 1 Tb Powdered Egg (2 eggs)
- 3/4 c Flour
- 4 ts Baking Powder
- 1/4 c Sugar
- 3/4 ts Salt
- 2 Tb Dry Milk
- 1/4 c Shortening

Combine dry ingredients and store in a sealed container until ready to use.

1. Grease a frying pan and shake a little flour in it.
2. Add 3/4 c. water and shortening to the dry mix and stir until just moistened.
3. Cook in the covered pan in coals for 20 minutes or until done. (425 deg. F.)

## Bisquick Pizza Crust

Categories: Breads, Supper, Lunch

Servings: 2

- 1 pk Active Dry Yeast
- 3/4 c Water, warm
- 2 1/2 c Bisquick
- Oil

1. Add yeast to warm water and soften.
2. Add Bisquick and beat vigorously for 2 minutes.
3. Dust work surface with flour or Bisquick and place dough on it.
4. Knead dough until the texture is smooth, about 25 strokes. (See biscuit recipe for directions)
5. Divide dough in half and form into 2, 12" pizza crusts.
6. Place on greased baking sheets, or into the bottom of a Dutch oven, and fold edges up to hold toppings.
7. Brush dough with vegetable oil and let the dough sit for 10 minutes.
8. Place sauce and toppings on pizza. Bake for 15 minutes at 425 deg. F.

## Notes

- a. See Dutch oven pizza recipe for more details.

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## Flour Tortillas

Categories: Breads

Servings: 6

4 c Flour  
4 Tb Oil  
1 1/2 ts Salt  
1 Pk Dry Yeast,  
or  
1 1/2 ts Baking Powder  
1 1/4 c Water, warm  
1/2 ts Sugar

1. If you use yeast, mix the yeast with the sugar and 1/4 cup of warm water. Let stand for 15 to 30 minutes, or until foamy.
2. In a large bowl mix the flour, salt, oil, and baking powder or yeast mixture.
3. Work the flour mixture with your hands, adding water as needed to produce a dough that won't quite stick to your fingers or the bowl. Knead the dough until it is soft, smooth, and elastic.
4. Form the dough into a ball, cover and set in a warm place for about 10-15 minutes.
5. Divide into 12 equally-sized balls. On a floured surface, roll each ball out until it is about 1/8 - 1/4" thick. Shake off excess flour.
6. Using a hot, ungreased griddle or frying pan, cook until bubbles pop up and the tortilla just begins to smoke. Flip it over and cook the second side until it stops steaming, or begins to sag. About 2 minutes per side, until the tortilla is lightly speckled.

### Notes

- a. Try to flip only once. Excessive flipping causes the tortillas to become tough.
- b. After flipping, the tortilla should inflate; do not pop it or flatten it.

## Pita Bread

Categories: Breads

Servings: 1

1 pk active dry yeast  
1 1/4 c warm water  
3 c flour, white  
2 ts salt  
1 tb oil or melted shortening

1. In a large bowl, dissolve yeast in the warm water. Stir in flour, oil and salt. Knead on a floured surface until the dough is smooth and elastic, about 5-10 minutes.
2. Clean out the bowl and rub with additional oil. Put the dough in, turning to coat, and cover. Let rise in a warm place until doubled in volume, about 1 1/2 hours.

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3. Divide dough into 12 pieces and knead each a couple times until smooth and round. On a floured surface flatten each to 1/4" thick and 4-5" diameter. Use a rolling pin or a glass soda bottle.
4. Cover pita disks with a towel or lid. Put in a warm place and let rise for 20 minutes.
5. Place the disks into a lightly oiled baking pan or directly into the oiled Dutch oven. Turn upside down on baking surface and bake in a hot oven (500 deg F.) for 5-10 minutes, until very lightly browned.

## Notes

- a. Work quickly to retain the heat in the oven, cover the oven and don't peek. The rounds of dough will puff up like a balloon, and deflat as they cool.
- b. If they get too brown, they are still good, but they crack when you put stuff in them.
- c. A large, flat, clean and dry stone may be placed in the bottom of the Dutch oven to hold the heat better. The pita rounds may be baked directly on this preheated stone.
- d. 1 cup of the flour may be replace with whoe wheat flour.
- e. Pita bread can be eaten by breaking it open and buttering while still warm, or with a filling stuffed in the pocket.

## Buckwheat Cakes Nick Adams

Categories: Breakfast, Trail

Servings: 6

2 c Buckwheat Flour  
4 Tb Dry Milk  
1/2 ts Salt  
2 Tb Powdered Egg  
4 ts Baking Powder  
1 ts Butter or Oil

1. Combine all dry ingredients to make pancake mix. Store in zip-lock bag or tight container until ready to use.
2. To prepare pancakes add about 3/4 c. water to 1 cup of pancake mix. Add butter or oil and stir lightly.

## Pancakes, Basic

Categories: Breakfast, Breads

Servings: 1

Pancake Mix  
Water  
1 Tb Oil or bacon grease

1. Follow directions on the Pancake mix package for batter. Add the oil and stir only until the dry ingredients are moistened. There may be lumps left.

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2. Batter should be stiff enough to form the thickness of pancake desired when the batter is ladled onto the griddle. Batter is made thicker by adding more dry mix, or thinner by adding more water. Add in tablespoon amounts to avoid adding too much. Batter will thicken as it sits.
3. Lightly oil and preheat a heavy griddle or fry pan. The griddle should be just hot enough to make drops of water dance around the surface when sprinkled onto the griddle.
4. Pour about 1/3 cup of batter per pancake, depending on desired size.
5. Cook until bubbles rising to top of pancake do not close back up and the edges start to appear dry. Then turn with a quick flip with a wide spatula and cook until brown. Turn only once.
6. Top with syrup, powdered sugar, jam.

## Variations

- a. Sprinkle one or more of the following to the top of the pancake just before turning; chocolate chips, fresh or dried fruit.
- b. Add about 1/2 cup of cake mix to the batter to add body, flavor and sweetness.
- c. Add Hot Chocolate mix to batter for chocolate pancakes.
- d. A pancake can be used as a roll-up. Roll the pancake around hot dogs, sausage, eggs, hash browns, lunch meats; spread and roll up with peanut butter, jelly or just about anything you use with bread.

## Old-Fashioned Plain Pancakes

Categories: Breakfast, Breads

Servings: 4

- 1 Egg
- 1 Tb Sugar
- 5 Tb Butter
- 4 ts Baking Powder
- 1 1/2 c Milk
- 1/2 ts Salt
- 1 1/2 c All Purpose Flour

1. Beat the eggs until they are thoroughly blended.
2. Warm the butter and milk in a small saucepan over low heat until the butter has melted. Allow to cool a little, then stir into the eggs and mix well.
4. Put the flour, sugar, baking powder, and salt into a bowl and stir with a fork until well mixed.
5. Pour the egg mixture into the flour mixture and stir only until dry ingredients are well moistened. Don't overmix.
6. Cook following the directions in the Basic Pancake recipe.

## Variations

- a. Add 1 teaspoon of Vanilla for an interesting change.
- b. Use 2 eggs for richer flavored cakes.

# Troop 437 Cookbook

- c. Substitute 2/3 cup of powdered milk and water for the milk, if needed.
- d. For Buttermilk Pancakes substitute buttermilk or sour milk, reduce baking powder to 2 teaspoons, and add 1/2 teaspoon baking soda. To sour milk add 1 teaspoon of lemon juice or vinegar to each cup of milk and let sit for 15 minutes.

## Oatmeal Pancakes

Categories: Breakfast, Breads

Servings: 4

- 1 c Flour
- 1/2 c Rolled Oats
- 1 Tb Baking powder
- 1/2 ts Salt
- 1 c Milk
- 1 Egg
- 2 Tb Vegetable Oil

1. Heat griddle over medium-high heat and oil lightly.
2. Combine flour, rolled oats, baking powder and salt. Add milk, egg and oil.
3. Stir until dry ingredients are just moistened.
4. Cook following the directions in the Basic Pancake recipe.

Makes 12 pancakes.

## Quick Applesauce Muffins

Categories: Breads, Fruits, Breakfast

Servings: 12

- 2 c Bisquick
- 1/4 c Sugar
- 1 ts Cinnamon
- 1/2 c Applesauce
- 1/4 c Milk
- 1 Egg
- 2 Tb Cooking oil
- TOPPING-----
- 1/4 c Sugar
- 2 Tb Butter or margarine, melted
- 1/4 ts Cinnamon

Preheat oven (350 deg F.).

1. Combine Bisquick, 1/4 cup sugar, and 1 teaspoon cinnamon. Mix well.
2. Add applesauce, milk, egg and oil, and beat vigorously for 30 seconds.
3. Fill greased muffin pans 2/3 full and bake 12-15 minutes. For Dutch oven, set pan on a spacer. Place coals underneath and on top.

# Troop 437 Cookbook

4. Cool slightly and remove from pans. Mix remaining sugar and cinnamon.
5. Dip tops of muffins in melted butter, then in sugar-cinnamon mix. Makes 12.

## Apple Crunch Muffins

Categories: Breads, Breakfast, Fruits

Servings: 4

- 1 c Tart Apples
- 1 1/2 c Unbleached Flour, sifted
- 1/2 c Sugar
- 2 ts Baking Powder
- 1 1/2 ts Ground Cinnamon
- 1/2 ts Salt
- 1/4 c Vegetable Shortening
- 1 Lg Egg, slightly beaten
- 1/2 c Milk
- Nut Crunch Topping ---
- 1/4 c Brown Sugar (packed)
- 1/4 c Pecans, chopped
- 1/2 ts Ground Cinnamon

Preheat oven (375 deg. F.).

1. Wash, core and shred the apples.
2. Mix together in a bowl the flour, sugar, baking powder, salt and cinnamon.
3. Cut in shortening with pastry knife, fork or 2 knives until fine crumbs are formed.
4. Add egg and milk to dry ingredients all at once, stirring just enough to moisten.
5. Stir in apples. Spoon batter into 2 1/2-inch muffin-pan cups, filling 2/3rds full.
6. Sprinkle with nut crunch topping. Bake in oven 25 minutes or until golden brown.

Serve hot with butter and homemade jelly or jam.

## Nut Crunch Topping

1. Mix ingredients together in a small bowl.

## Fasnacts

Categories: Breakfast, Breads

Servings: 6

- 2 Eggs
- 1 c Sugar
- 2 1/2 Tb Soft Butter
- 3/4 c Milk
- 3 1/2 c Flour

# Troop 437 Cookbook

4 ts Baking Powder  
1/2 ts Salt

1. Beat eggs until light and foamy. Add sugar, 1/4 cup at a time, and beat until thick after each addition.
2. Add butter and blend in. Stir in milk.
3. Mix dry ingredients together well. Add to the egg mixture slowly as you stir.
4. Cover and chill 1-1/2 hours.
5. Roll out 1/4" thick. Cut with doughnut cutter and fry in 1/2" deep oil heated to 375 degrees. When brown on one side, turn and brown on the other. Drain.

## Sourdough Starter #1

Categories: Breads, Sourdough  
Servings: 1

2 c Unbleached Flour  
1 pk Active Dry Yeast  
Water

1. Mix Flour with yeast. Add enough water to make a thick batter.
2. Set in warm place for 24 hours.

### Notes

- a. This basic recipe requires a carefully scalded container to prevent contamination.
- b. This starter will give the fastest results.

## Sourdough Starter #2

Categories: Breads, Sourdough  
Servings: 1

2 c Unbleached Flour  
Water

1. Mix flour with enough water to make a thick batter.
2. Let stand uncovered for four or five days, or until it begins working.

### Notes

- a. This basic recipe requires a carefully scalded container to prevent contamination.

## Sourdough Starter #3

Categories: Breads, Sourdough  
Servings: 1

4 c Unbleached Flour  
2 Tb Salt  
2 Tb Sugar

# Troop 437 Cookbook

4 c Lukewarm Potato Water

1. Boil some potatoes and save the cooking (potato) water. Add it lukewarm to the unbleached flour to make a thick batter.
2. Let stand uncovered 1 or 2 days or so, or until it begins working actively.

Notes

- a.. This basic recipe requires a carefully scalded container to prevent contamination.
- b. This is a good way to make it when you have no yeast available and want fast results. Yeast may be added for faster results, and you will still get the flavor from the potato water.

## Sourdough Pancakes #1

Categories: Breads, Sourdough

Servings: 4

1/2 c Active Starter  
1/2 c Pancake Mix  
1 Lg Egg  
1 Tb Cooking Oil  
1/2 c Milk  
1/2 ts Soda

1. Mix all ingredients well. Be careful not to over mix. Small lumps are OK.
2. Lightly grease a hot cast iron griddle. Drop onto griddle with a large spoon while the batter is still rising.
3. Cook following the directions in the Basic Pancake recipe.

## Sourdough Pancakes #2

Categories: Breads, Sourdough

Servings: 6

2 c Active Starter  
2 c Unbleached Flour  
1 ts Baking Soda  
2 Lg Eggs, well beaten  
1 Tb Sugar  
1 ts Salt  
Bacon Fat (2 - 3 T)

1. Mix ingredients well and cook on hot griddle.
2. Cook following the directions in the Basic Pancake recipe.

Notes

- a. This is good recipe for camp. Instead of fresh eggs, you can use 1 Tbs Powdered eggs.

# Troop 437 Cookbook

## Sourdough Pancakes #3

Categories: Breads, Sourdough

Servings: 6

3 Lg Eggs, well beaten  
1 c Sweet Milk  
2 c Active Starter  
1 3/4 c Unbleached Flour  
1 ts Baking Soda  
2 ts Baking Powder  
1 1/2 ts Salt  
1/4 c Sugar

1. Beat eggs. Add milk and starter.
2. Sift together the flour, soda, baking powder, salt, and sugar. Mix together with first mixture.
3. Cook following the directions in the Basic Pancake recipe.

### Notes

a. If ungreased griddle is used add 1/4 c melted fat or oil to the above recipe. Bacon fat gives a great taste.

## Big Jim's Sourdough Pancakes

Categories: Breakfast, Sourdough

Servings: 10

3 c Flour  
1 pk Dry Yeast  
1 ts Salt  
1 ts Baking Soda  
1 Tb Brown Sugar  
4 Tb Powdered Egg, or 2 fresh Eggs  
1 Tb Oil  
Butter  
Syrup

### PREPARATION:

Put dry ingredients into 3 separate bags:

(1) flour (2) yeast (3) salt, baking powder, sugar, and dry egg, if used.

Carry in general provisions: oil, fresh eggs, if used, butter, and syrup.

### TRAIL DIRECTIONS:

# Troop 437 Cookbook

1. The night before, put the flour and yeast into a large pot and stir in 3 c. warm water. Cover and let sit all night.
2. In the morning, add 1 Tb oil, the salt, soda, sugar, and dry egg (or fresh) to the batter. Froth it up, as the woodsman says, and let it sit for 30 minutes.
3. Lightly oil a skillet. Fry the pancakes, serve with butter and syrup.

## Honeymoon Sourdoughs

Categories: Breads, Sourdough

Servings: 4

- 1 c Active Sourdough Starter
- 1 1/4 c Prepared Biscuit Mix
- 1/2 ts Baking Powder
- 1 Tb Cooking Oil

1. Mix all ingredients thoroughly and turn out onto a floured board, knead lightly and then roll out gently and cut into biscuits.
2. Brush lightly with melted butter or margarine. Place on greased cookie sheet and bake at 450 degrees for about 15 minutes.

Makes 9 Large biscuits.

## Sourdough French Bread

Categories: Breads, Sourdough

Servings: 18

- 1 pk Active Dry Yeast
- 1/4 c Warm Water (110 to 115 F)
- 4 1/2 c Unbleached Flour, unsifted
- 2 Tb Sugar
- 2 ts Salt
- 1 c Warm Water
- 1/2 c Milk
- 2 Tb Vegetable Oil
- 1/4 c Sourdough Starter

1. In a large bowl dissolve yeast in warm water. Add the rest of the ingredients. Mix well, then knead lightly on a floured surface. Return to the bowl to rise until double.
2. Turn out onto floured board and divide dough into two parts. Shape dough parts into oblongs and then roll them up tightly, beginning with one side. Seal the outside edge by pinching and shape into size wanted.
3. Place loaves on greased baking sheet and let rise until double again. Make diagonal cuts on top of loaves with very sharp knife and brush lightly water for crisp crust.

# Troop 437 Cookbook

4. Bake at 400 degrees F for about 25 minutes, or until brown and done. Makes 2 loaves at 18 slices each.

## The Doctor's Sourdough Bread

Categories: Breads, Sourdough

Servings: 4 loaves

1 c Sourdough Starter  
2 c Warm Water  
7 c Unbleached Flour  
2 c Warm Milk  
1 Tb Butter  
1 pk Active Dry Yeast  
1/4 c Honey  
1/4 c Wheat Germ  
2 Tb Sugar  
2 ts Salt  
2 ts Baking Soda

1. Mix the starter, 2 1/2 Cups of flour and all the water the night before you want to bake. Let stand in warm place overnight.
2. Next morning mix in the butter with warm milk and stir in yeast until dissolved. Add honey, and when thoroughly mixed add 2 more cups of flour. Stir in the wheat germ.
3. Sprinkle sugar, salt, and baking soda over the mixture. Gently press into dough and mix lightly. Allow to stand from 30 to 50 minutes until mixture is bubbly.
4. Add enough flour until the dough cleans the sides of the bowl. Then place the dough on a lightly floured board and knead 100 times, or until silky mixture is developed.
5. Form into 4 1-lb loaves, place in well-greased loaf pans 9 x 3 size. Let rise until double; about 2 to 3 hours in a warm room.
6. Bake in hot oven, 400 degrees F, for 20 minutes. Reduce oven temp. to 325 degrees F. and bake 20 minutes longer, or until thoroughly baked.
7. Remove from pans and place loaves on rack to cool. Butter tops of loaves to prevent hard crustiness. Makes 4 1-lb Loaves

## Mary's Sourdough Biscuits

Categories: Breads, Sourdough

Servings: 4

1/2 c Active Starter  
1 c Milk  
2 1/2 c Flour  
1/3 c Shortening  
1 Tb Sugar  
3/4 ts Salt  
2 ts Baking Powder  
1/2 ts Baking Soda

# Troop 437 Cookbook

1/4 ts Cream Of Tartar

1. 5-8 hours before it is needed, make a batter of the half cup of starter, cup of milk, and 1 cup of the flour. Let set in a warm place to rise. The time will depend on the temperature of the mix. It will get very light and bubbly. This is the sponge.
2. When ready to mix the biscuits, sift together the remaining cup and a half of flour and all other dry ingredients except the baking soda. Work in the shortening with your fingers or a fork. Add baking soda dissolved in a little warm water to the sponge and then add the flour mixture.
3. Mix into a soft dough. Knead lightly a few times to get in shape.
4. Roll out to about 1/2 inch thickness or a little thicker, and cut with a biscuit cutter. Place close together in a 9 x 13-inch pan, turning to grease tops.
5. Cover and set in a warm place to rise for about 45 minutes. Bake in a 375 degree oven for about 30 to 35 minutes.

## Shepherd Bread

Categories: Breads, Sourdough

Servings: 18

1 1/2 c Active Sourdough Starter  
4 c Unbleached Flour  
2 Tb Sugar  
2 Tb Shortening, melted  
1 ts Salt  
1/4 ts Baking Soda

1. Sift the dry ingredients into a large bowl. Dig a well in the center of the sourdough starter. Blend the dry mix into the starter from the edges. Knead until smooth and shiny, adding flour as needed.
2. Place in a greased bowl and let rise until almost double. Shape into 2 loaves and place in greased bread pans. Bake at 375 degrees F until done, about 30 minutes.

## Sourdough Sams

Categories: Breads, Sourdough

Servings: 4

1/2 c Active Sourdough Starter  
1/2 c Sugar  
2 Tb Shortening  
2 c Unbleached Flour  
1 ts Baking Powder  
1 lg Egg  
1/2 ts Nutmeg

# Troop 437 Cookbook

1/4 ts Cinnamon  
1/2 ts Baking Soda  
1/2 ts Salt  
1/3 c Buttermilk or Sour Milk

1. Sift dry ingredients together. Mix remaining ingredients and combine with dry ingredients. Roll out into a 1/2" thick layer, and cut with regular donut cutter.
2. Heat at least 1" deep oil in a deep fryer to 390 degrees F and fry. Makes about 17 Doughnuts with holes. Just before serving dust with powdered or cinnamon sugar.

## Notes

a. These doughnuts are virtually greaseless. And if you want you can make several batches at a time and freeze. They keep well.

## Sourdough Cornbread

Categories: Breads, Sourdough  
Servings: 4

1/2 c Active Sourdough Starter  
2 Tb Margarine, melted  
1/2 c Cornmeal  
1 ts Salt  
1 Tb Sugar  
1/2 c Sour Cream or Yogurt  
2 lg Eggs, stirred  
1 c Unbleached Flour  
1/2 ts Cream Of Tartar  
1/2 ts Baking Powder

1. Mix ingredients in the above order, stirring only enough to blend the mixture.
2. Pour into a buttered pan. Bake in a 375 to 400 degree oven for about 15 minutes.

## **Breakfast**

### French Toast

Categories: Breakfast  
Servings: 4

4 Eggs  
1/4 c Milk  
1/2 ts Salt  
1/4 ts Pepper

# Troop 437 Cookbook

8 sl Bread

1. Break eggs into a bowl and beat in milk, pepper and salt.
2. Dip bread slices into the egg mixture and fry in a greased pan, turning once.

## French Toast Special

Categories: Breakfast, eggs

Servings: 2

3 eggs  
1 c milk (whole, evaporated or dry)  
1/2 c pancake mix  
1 tb sugar  
3 tb margarine or oil  
4 sl bread

1. In a small bowl, mix the eggs and milk. Add the pancake mix and sugar and blend well.
2. Melt the margarine in a small frying pan.
3. Dip each slice of bread in the batter and place in the frying pan. Cook both sides over low heat until they are light brown.
4. Serve with honey, syrup or jam.

## Breakfast in a Pan

Categories: Breakfast, Eggs

Servings: 2

3 Potatoes, boiled or baked  
5 tb Margarine or oil  
1 c Ham pieces  
4 ea Eggs  
Salt  
Pepper

1. Slice the potatoes. Melt the margarine in the largest frying pan that you have. Brown the potato slices and ham pieces, stirring gently. Sprinkle the potato slices with salt and pepper.
2. In a small bowl or pot, beat the eggs until they are smooth and yellow. Pour the eggs into the frying pan with the rest of the ingredients and mix.
3. Stir until the eggs are set. Serve hot.

## Breakfast Casserole

Categories: Breakfast, Eggs

# Troop 437 Cookbook

Servings: 6

1 lb bulk or link sausage (slice up the links)  
5 sl fresh bread (any kind)  
1 c shredded cheese (such as cheddar or swiss)  
6 eggs  
2 c milk  
1 ts dry mustard  
1 ts salt  
1 ds pepper

1. In a large skillet, brown and drain the sausage.
2. Grease a 10- x 12- x2-inch baking pan, or a 12-inch Dutch oven. Tear the bread into 1-inch pieces and arrange them evenly in the pan. Spoon the sausage over the bread and sprinkle with the shredded cheese.
3. Beat together the eggs, milk, mustard, salt and pepper and pour it over the mixture in the baking dish. Cover and refrigerate several hours or overnight, if possible.
4. If a baking pan is used, place it into a preheated Dutch oven, setting it on several stones to keep it off of the bottom. Bake for 30 to 40 minutes, or until set. (350-degree F.)

If the recipe is increased allow a little longer baking time.

## Variations

- a. Substitute browned corned beef hash or diced ham for the browned sausage. Add raw or sauteed onions or mushrooms and/or chopped, cooked potatoes. For a meatless version, replace the sausage with chopped raw broccoli or spinach. The spinach version is particularly elegant if you use a combination of swiss and feta cheese and add chopped green onions and a touch of tarragon. Thawed, well-drained frozen spinach works fine.
- b. Different cheeses or breads will give the dish a different character.

## Dutch Oven Breakfast

Categories: Breakfast, Eggs

Servings: 12

24 Eggs  
1 Loaf of Bread  
2 lb Italian Sausage, hot & spicy  
2 lb Mozzarella Cheese  
1 Green Pepper  
1 Onion  
2 cn Mushrooms  
Water  
Shortening

# Troop 437 Cookbook

1. Grease a No. 14 Dutch oven. Grease the lid if the oven is full enough that the contents might hit the top while cooking.
2. Break the loaf of bread into pieces, and place in the bottom of the oven.
3. Beat the eggs with some water (to add some "fluff" to the dish). Pour the eggs over the bread.
4. Brown the sausage and spread it on top of the eggs/bread.
5. Slice the cheese and lay it on top of the sausage.
6. Dice the pepper and onion, and spread on top of the cheese. Slice the mushrooms, and spread on top of the pepper/onion.
7. Cover and cook for 45 minutes in the usual Dutch oven way. (A 12 coals underneath, and a 18 on top works fine.)

## Variations

- a. Try adding some bacon to the dish.

## Brighten-Up Hobo Breakfast

Categories: Breakfast

Servings: 4

1/2 lb Bacon  
3 c Potatoes, cooked and shredded  
6 Eggs  
1 md Onion, chopped  
1 Green Pepper, chopped  
1/2 c Milk  
3 c Cheese, shredded  
1 ts Salt  
Black Pepper

1. Fry the bacon in a skillet, drain off grease and crumble bacon.
2. Mix the potatoes, onion and green pepper. Pat into the skillet and cook over low heat until the bottom is crisp & brown.
3. Scramble the eggs with milk, pepper and salt. Pour over the potatoes.
4. Top with the cheese and the crumbled bacon.
- 5 Fry over low heat until the eggs are cooked, about 10 minutes.

## Notes

- a. A large can of canned potatoes may be used, or 4 large raw potatoes may be cut into large chunks, boiled for about 20 minutes, and then diced and used.
- b. This recipe requires a large skillet.

## Beef-n-eggs Hash

Categories: Breakfast

Servings: 4

# Troop 437 Cookbook

2 cn Corned Beef Hash, 15-oz  
8 Eggs

Dutch Oven:

1. Prepare a cupcake pan by oiling 8 mold positions, or placing 8 cupcake papers into the pan.
2. Divide the hash between the 8 molds. Press the hash in each mold on the sides and bottom of each cupcake molds, forming a well.
3. Break an egg into each hash-lined mold. Place the cupcake pan into the oven and bake for 25 minutes.

Skillet:

1. Place hash into a large, oiled skillet, break into chunks and heat thoroughly.
2. Make a hole in the hash for each egg. Break an egg into each opening and cook until eggs are the desired doneness.
3. Serve hash and eggs together.

Variations

- a. Plain ground beef may be used instead of the canned hash.
- b. Mix chili sauce with the hash for more flavor.
- c. An empty orange rind may be used for utensil-less cooking instead of the cupcake pan. Cut an orange in half, scoop out the orange pulp and eat it. Now press the hash or ground beef into the empty rind, break the egg into it, and place the rind directly onto the campfire coals.
- d. Use the outer 2 layers of an onion, cut in half, in place of the orange rind in #2.

## Swiss Potato

Categories: Breakfast, vegetables  
Servings: 4

8 sl Bacon  
1 ea Onion  
4 ea Potatoes, cooked

1. Cut up the bacon into pieces. Cook in a skillet until done.
2. Dice and add the onion. Cook until tender.
3. Grate the potatoes, or cut up fine, and add to the pan.
4. Cook until the potatoes are crisp.

## Potato Cakes

Categories: Breakfast  
Servings: 4

# Troop 437 Cookbook

3 c Mashed Potatoes  
1 Egg  
1 sm Onion  
1 Celery  
1 Parsley  
Salt  
Black Pepper

1. To about 3 cups of mashed potatoes beat in a large egg.
2. Chop fine and add to potatoes a small onion, a stalk of celery, and a few sprigs of parsley. Form potatoes into patties.
3. Brown on both sides in a frying pan in which several tablespoons of fat has been heated.

## Fried Potatoes with Yellow Stockings

Categories: Breakfast  
Servings: 4

6 Potatoes  
2 Eggs  
Salt  
Pepper  
Cooking Oil

1. Boil potatoes whole, without peeling.
2. Peel while still warm, or use with skins on, as you prefer.
3. Pour about 1/4" of cooking oil in a frying pan and preheat.
4. Slice potatoes into chunks. Fry in hot oil until a nice golden brown.
5. Beat eggs slightly with a fork and pour over the potatoes, stirring to distribute evenly.
6. Continue to fry until egg is cooked.

## Eggs

Categories: Breakfast  
Servings: 1

2 Eggs, fresh

Fried eggs:

Preheat a frying pan with a small amount of cooking oil. Break eggs into pan gently. If a hard yolk is desired, fry until top of egg white has started to set up and turn over at this point. If soft yolks, or "Sunny-side up," are desired, put about 3 Tb of water in pan after adding eggs. Put cover on pan and allow the steam to cook the tops of the eggs until the whites are firm, but the yolk will be soft.

# Troop 437 Cookbook

## Boiled Eggs:

Place eggs in enough water to cover, and bring to a boil. Remove pan from heat and cover. Cooking time is 5 to 8 minutes for soft boiled or 20 minutes for hard boiled eggs. When eggs have cooked remove from water and place in cold water to make removing the shell easier.

## Scrambled Eggs:

Warm the pan over medium heat. Add bacon grease or shortening to pan. Beat eggs slightly, add 2 Tb milk if desired, and pour into the pan. Cook to a firm consistency while stirring slightly.

## Poached Eggs:

Add water 2 inches deep in a pan. Heat to boiling, then reduce heat to a simmer. Break egg into a cup or dish, then hold close to the water and gently slip egg into the water. Simmer 3 to 5 minutes until cooked the desired amount. Remove from water with a slotted spoon and place on paper towel to drain. Tip: Place mason jar rings, bottom side up, on the bottom of the pot to keep the eggs separate. Use less water, about 1 inch. Break egg into the ring and let cook until done.

## Variations

a. Add any of the following: grated cheese, shredded dried beef, diced pieces of browned sausage, fried and crumbled strips of bacon, or diced ham.

## Kentucky Scramble

Categories: Breakfast, Eggs

Servings: 6

9 Eggs

2 c Whole Sweet Corn, drains

Butter or Bacon Drippings

Salt

Pepper

1. Melt butter in a skillet. Add corn, heat until warm.
2. Mix eggs in a bowl, adding salt and pepper.
3. Pour eggs over the corn in the skillet and scramble with a fork.

## Cereals, Hot

Categories: Breakfast

Servings: 4

2 c Oatmeal, or other hot cereals

1 c Dehydrated fruit

3 c Water

# Troop 437 Cookbook

\* These cooking methods will work with most hot cereals, such as oatmeal or rolled oats, Cream of Wheat and Rice, Malt-O-Meal, farina, etc. The cooking and setting time, and the amount of water needed, will vary depending on the cereal being used, but these methods are very forgiving of the details.

## Overnight Breakfast 1:

1. In the evening place the ingredients in a pot or Dutch oven and cover.
2. Place in a hot pit and cover with hot dirt.
3. Uncover in morning. Breakfast is ready.

## Overnight Breakfast 2:

1. Place ingredients and boiling hot water in a wide-mouth thermos bottle and close. Or Use any container with a tight lid and wrap it in blankets, clothing or something to insulate it well.
2. Breakfast will be ready in the morning.

## Quick Breakfast:

1. Bring water to a hard boil.
2. Put cereal into the water and boil for 1 to 5 minutes. Longer times cook faster, but the risk of over-cooking is greater.
3. Remove from the heat, wrap in an insulator and let set until done, about 20 minutes.

## Bacon and Egg in a Sack

Categories: Breakfast

Servings: 1

2 Eggs

2 Bacon strips

1. Cover the bottom of a lunch bag with two strips of bacon.
2. Break 1 or 2 eggs over the bacon.
3. Roll top of bag down in 1 inch folds and shove a sharp pointed stick through the folds. Place over coals.
4. Cooks in 5 to 10 minutes.

## Campfire Hash

Categories: Main dish, Supper, Breakfast, Beef

Servings: 6

3 lb Ground Meat or Sausage

10 md Potatoes, diced

3 md Onions, chopped

1 cn Tomato sauce, 8-oz.

1 Tb Salt

# Troop 437 Cookbook

1 ts Pepper

1. Cook the potatoes in a pot with enough water to cover. Bring to a boil. When the potatoes are soft drain the water.
2. Add onions and ground meat. Mix well.
3. Oil a large frying pan and put on the fire. When the oil is hot, add the hash mixture. Brown on one side, then turn and brown the other side.
4. When the hash is almost done, pour on the tomato sauce and heat for a minute or two.

## Bacon and Hominy Scramble

Categories: Breakfast, Cheese/eggs

Servings: 6

1/4 lb Bacon

20 oz Golden Hominy

6 Eggs

1/2 ts Salt

1 ds Pepper

1. Cook the bacon in a frying pan until crisp. Remove bacon and drain all but 2 Tb of bacon grease.
2. Drain the can of hominy and add to the bacon drippings. Fry over medium heat until hominy is lightly brown.
3. Beat together the eggs, salt and pepper. Add to hominy and cook, stirring frequently, until eggs are done.
4. Crumble bacon over the top and serve.

Variations

- a. Try shredded cheese melted over the top.

## **Desserts**

### Apple Fritters

Categories: Desserts, Fruits

Servings: 6

1 Egg

1/4 ts Salt

1 ts Baking Powder

1/2 c Milk

3/4 c Flour

1 c Powdered Sugar

6 Apples

# Troop 437 Cookbook

1. Combine the egg, salt, baking powder, milk and flour to make a batter.
2. Put at least 1" of vegetable oil in a deep pan and heat until hot.
3. Dip slices of apple into the batter and deep fry in the oil.
4. Roll in powdered sugar.

## Variations

- a. Use bananas or oranges instead of apples.

## Carnival Apples

Categories: Desserts

Servings: 1

- 1 Apple
- 1 Tb Raisins
- 1 ts Sugar
- 1/2 ts Cinnamon

1. Use tart apples such as Winesap, Jonathan or Rome Beauty, if available.
2. Cut cylindrical core from apples and place apples in a pan.
3. In the core hole of each apple, place sugar, raisins and cinnamon.
4. Place pan in oven, cover and bake about 30 minutes at about 350 deg. F..

## Variations

- a. Wrap tightly with aluminum foil, plug each end of the core with butter, and place on coals.
- b. Place red-hot candies in the center of the ring.

## Dessert Apples

Categories: Desserts, Fruits

Servings: 6

- 6 lg Unpared, Cored, Red Apple
- 3 Tb Butter
- 2 Tb Lemon Juice
- 1/2 ts Powdered Cloves
- 1 ts Cinnamon or 6" Cinnamon Stick
- 1 c Sugar
- 1 1/2 c Water

1. Slice apples into 1/2" thick rings. In a skillet, sauté apples in butter for 6-8 minutes.
2. Combine water, sugar, cinnamon, cloves, and lemon juice in a pan. Boil for 5 minutes. Pour over apples.
3. Cook, uncovered, until apples are tender.
4. Pour into serving dish. Serve warm or cold.

# Troop 437 Cookbook

## Brown Betty

Categories: Dessert

Servings: 8

3 c Apples  
1 1/2 c Fine dry bread crumbs or graham cracker crumbs  
1/2 c Butter, melted  
1 1/2 c Brown sugar  
1 1/2 Tb Cinnamon  
1 ts Powdered Cloves  
1/2 c Lemon Juice

1. Mix crumbs and butter, grease the sides and bottom of the Dutch oven, and press the buttered crumbs thickly on the bottom and sides to form a crust.
2. Mix the sugar and spices together.
3. Peel and core the apples. Slice them into about 1/4 to 1/2 inch thick slices.
4. Put a layer of apples on the bottom of the pan, and sprinkle with brown sugar mixture and a few drops of lemon juice.
5. Continue adding layers until the apples are used up. Spread a layer of buttered crumbs on the top, and dot with butter.
6. Cover the oven and bake in coals for 30 to 40 minutes. (uncovered in oven, 20 minutes at 300 degrees F.)

Traditionally served in bowls with cream.

Variations

- a. Use almost any fruit; peaches, pears, apricots, cherries or berries all work.
- b. Canned fruits may also be used. Drain them well, reduce the sugar by half, and mix 1/4 cup of the fruit's syrup with 1/4 cup lemon juice rather than using pure lemon juice.

## Dump Cake

Categories: Desserts, Cakes

Servings: 8

2 cn Peaches, sliced (Large can)  
1 pk White or Yellow Cake Mix  
1/4 lb Butter  
2 Tb Cinnamon

1. Preheat the Dutch oven. Line with aluminum foil to ease cleanup.
2. Pour the whole can of peaches and juice into oven.
3. Add the dry cake mix on top of the peaches and spread it out evenly.
4. Place several pieces of butter on top, and sprinkle cinnamon over top.

# Troop 437 Cookbook

5. Place lid on oven and bake about 45 minutes. Recipe will give a layer of peaches with a cake covering.

## Variations

- a. Stir the cake mix and peaches slightly when placed in oven to provide a more spongy layer of cake.
- b. Use canned apples instead of peaches, add 1 Tb. cinnamon and 1 teaspoon allspice to the apples.
- c. Use canned cherries instead of peaches, and add more sugar with the cherries.
- d. Try using 1 can of cherries and 1 can of Pineapple chunks, with a yellow cake mix.
- e. Top with nuts, coconut or other favorites.

## Dutch Oven Cobbler

Categories: Desserts, Cakes

Servings: 8

2 pk Cake Mix, white or yellow  
1 cn Apple or Cherry Pie Filling  
1 cn Crushed Pineapple, 6 oz  
1 cn Sliced Pineapple, 6 oz  
Cinnamon  
Brown Sugar  
Butter, Oil, or Margarine

1. Line a 12" Dutch oven completely with heavy duty aluminum foil. Wipe butter or oil all over the inside of the lined Dutch oven.
2. Pour 1 box of white cake mix into the bottom. Sprinkle about half a handful of brown sugar evenly on top. Pour in one can of crushed pineapple and spread it evenly over the cake mix.
3. Pour in one can of either apple or cherry pie filling (leave this in the middle). Then sprinkle about 1/4 of a box of white or yellow cake mix on top of this.
4. Now take a can of sliced pineapple and arrange over the top of the mix to cover the whole thing. Then pour about 2/3's of the juice into the oven. Fill each of the sliced pineapple holes with a chunk of brown sugar and sprinkle a few shakes of cinnamon over everything.
5. Dump the rest of the cake mix in and spread it evenly. Sprinkle a little more cinnamon on top for effect.
6. Put the lid on and place the oven on exactly 10 HOT coals in or near your fire and then place 12 coals on top. Make sure the oven isn't near hot logs or it will burn.
7. Cook for about 15 minutes and then turn the whole oven halfway around. Then cook for approximately another 15 minutes and check. If the top is a golden brown with the cherries or apples just starting to ooze through, it's ready. Let cool for a couple of minutes and serve.

# Troop 437 Cookbook

## Trail Cobbler

Categories: Desserts, Cakes

Servings: 8

2 cn Sliced Peaches, 1g  
2 c Biscuit Mix  
1 c Sugar  
Water or Milk

1. Preheat Dutch oven slightly. Place several pebbles or nails on bottom of the oven, and put a baking pan (9x13") in oven.
2. Pour peaches into the pan. Hold out some of the juice so the cobbler won't be mushy.
3. Mix biscuit mix with water or milk to make a medium thick batter.
4. Pour batter evenly over the top of the peaches. Sprinkle with sugar.
5. Put lid on the oven, place coals on top and bottom. Bake until crust is golden brown, about 45 - 60 minutes.

### Notes

- a. Any fruit may be used.
- b. Line bottom of Dutch oven with aluminum foil to catch spills.

## Folded Pies

Categories: Desserts, Pies

Servings: 8

1 pk Pie Crust Mix  
4 oz Margarine  
1 c Flour  
8 ts Sugar  
4 c Raisins

1. Mix pie crust as directed and divide into 8 equal portions.
2. Pat each portion into a round crust piece on a floured surface.
3. Place some raisins, and a small piece of butter and sugar in the middle of each piece.
4. Fold the dough piece in half, enveloping the ingredients. Wet the edges of the crust and pinch the semicircle edges together, or seal using a wet fork.
5. Place in a covered Dutch oven and bake about 20 to 30 minutes until crust is golden brown.

## Berry Pie

Categories: Desserts, Pies

Servings: 8

1 Pkg Pie Crust Mix

# Troop 437 Cookbook

2 Tb Flour  
1 pt Berries  
1/2 ts Cinnamon  
1/2 c Sugar

1. Mix the pie crust mix according to the directions. Place dough on a lightly floured surface and roll out to about 1/4-inch thickness.
2. Line baking pan with half or the pie crust dough.
3. Mix berries, flour, sugar and cinnamon. Pout into pie crust.
4. Add the top crust, making it an inch wider than the pan. Crimp the edges and use a fork to punch small holes in the crust to vent steam.
5. Put the pie on the reflector oven shelf in front of a bright fire.
6. Turn occasionally to bake evenly. Bake until crust is golden brown.

## Pineapple Upside-down Cake

Categories: Desserts, Cakes

Servings: 8

1/4 c Butter  
1 pk Yellow Cake Mix  
1/2 c Brown Sugar  
1 Egg  
1 cn Sliced Pineapple

1. Place butter and brown sugar in the warm Dutch oven and stir until well mixed.
2. Place the pineapple slices in the butter and sugar mixture on the bottom of the oven.
3. Mix the cake mix in a bowl as directed on the package, including the egg. Pour this batter over the pineapple in the oven.
4. Put the lid on the oven, place coals under and on the lid of the oven. Bake for 30 to 40 minutes.

Test cake for doneness with a wood sliver. Note: Be careful not to overhead the bottom and burn the bottom.

5. When the cake is done, remove the lid and let the oven cool for about 10 minutes. Using a large cutting board covered with wax paper, hold the board on top of the oven and invert the oven and board quickly. This will allow the cake to fall on the board and the pineapple will be on the top.

## Blueberry Biscuit Cake

Categories: Desserts, Cakes

Servings: 4

2 c Biscuit Mix  
2/3 c Milk  
4 ts Sugar

# Troop 437 Cookbook

1 cn #2, Blueberries

1. Preheat Dutch oven (15 minutes @ 400°).
2. Mix milk and biscuit mix together thoroughly with fork. Pat out half the dough to fit the bottom of a greased. 7 - 8" round baking pan.
3. Sprinkle 2 tsp. sugar over dough. Drain blueberries, saving liquid. Pour blueberries into oven.
4. Form remaining dough into a 1/2" sheet and cover berries. Sprinkle remaining 2 tsp. sugar on top of dough. Tucking in the sides, and pour the liquid from the berries on top.
5. Set in Dutch oven on a spacer to raise the baking pan off the bottom. Bake 20 to 30 minutes with 8 - 10 coals below and on 12 or so on top. Serves 4.

## Rice Pudding

Categories: Vegetables

Servings: 8

2 c Rice, Cooked  
4 c Milk  
1/2 c Brown Sugar  
1/2 ts Cinnamon  
1/2 c Raisins  
2 Eggs, beaten  
pn Salt  
1 ts Vanilla

1. Mix all ingredients and pour into a greased Dutch oven. Leave about 1 inch of air space under the Dutch oven lid so that the milk does not scorch.
2. Cover with lid. Place coals on top and around the bottom of the Dutch oven and bake for about 30 minutes. Gently stir rice up from the bottom of dish. Continue baking for about 20 minutes longer. (325 deg. F.)

## Bread Pudding

Categories: Desserts

Servings: 6

1/2 c Margarine  
1/2 ts Nutmeg  
2 1/4 c Milk  
1/4 ts Salt  
1 c Sugar  
3 Eggs  
4 c Bread cubes, day old  
3/4 c Raisins  
1/2 ts Cinnamon  
1 ts Vanilla

# Troop 437 Cookbook

1. Melt margarine in pan, add milk and heat until bubbles form at edge of pan. Add sugar and stir until sugar dissolves. Remove from heat.
2. Beat eggs slightly; mix remaining ingredients and add to bread cubes.
3. Place in an oiled baking pan, then sprinkle additional cinnamon on top.
4. Place baking pan in Dutch oven, raised off of the bottom. Bake 40 to 50 minutes with coals on top and bottom.
5. When done serve with dessert sauce, if desired.

## Monster Cookies

Categories: Lunch, Desserts, Cookies

Servings: 24

Makes about 2 dozen giant cookies

3 Eggs  
1 c Sugar, white  
1 1/2 c Sugar, brown  
1/4 Tb Karo Syrup  
2 ts Baking Soda  
3/4 ts Vanilla  
1/4 lb Margarine  
3/4 lb Peanut Butter  
Peanuts, as desired  
4 1/2 c Oatmeal  
1/2 lb M & M's

1. Mix all ingredients in a bowl.
2. Drop onto a greased cookie sheet. Flatten out the tops.
3. Bake at 350 degrees F. for 12 minutes.

## Hudson's Bay Bread

Categories: Desserts, Lunch, Cookies

Servings: 24

2 c Sugar, white  
2 c Margarine  
1/2 c Light Karo Syrup  
9 1/2 c Rolled Oats  
1 c Sliced Almonds  
1 c Coconut, optional  
1 c Chocolate Chips, or  
1 c Raisins

# Troop 437 Cookbook

1. Mix sugar, margarine, Karo syrup and rolled oats.
2. Add almonds, coconut and chocolate chips/raisins and stir in.
3. Spread 1/2 inch thick onto a greased cookie sheet.
4. Bake at 350 degrees F. for about 18 minutes, or until golden brown. Cut into bars.

## Dessert Sauce

Categories: Desserts, Sauces

Servings: 1

1/2 c Sugar  
3 Tb Margarine  
1 Tb Corn Starch  
2 Tb Lemon Juice  
1 c Water

1. Combine sugar, cornstarch and water in a pan.
2. Stir mixture over low heat until thickened, remove from heat.
3. Add margarine and lemon juice, stirring until sauce is smooth.
4. Pour on dessert item.

## Fruit Cocktail Mix

Categories: Fruits, Desserts

Servings: 1

4 c Sugar  
1 cn Frozen Orange Juice, 6 oz  
1 Watermelon, pieces  
2 Crenshaw Melons, Chunked  
3 lb Peaches, Chunked  
2 qt Water  
1 cn Frozen Lemonade, 6 oz  
2 Cantaloupes, Chunked  
3 lb Green Grapes  
1 lb Blueberries

1. In a large saucepan bring sugar and water to a boil, stirring constantly.
2. Stir in frozen Orange and Lemonade concentrates. In a large bowl combine all of the fruits. Mix until well distributed.
3. Put mixed fruit in twelve 1-pint containers leaving 1/2-inch space at top. Pour hot juice syrup over top. Seal and label as Freddi's Fruit Cocktail Mix. Freeze and use within 6 to 8 months. Makes about 12 pints of mix.

**FRUIT COCKTAIL:** Partially thaw 1 pint of Freddi's Fruit Cocktail mix. Spoon into fruit cups. Pour ginger ale over top, if desired. Makes 4 servings

# Troop 437 Cookbook

## Notes

- a. Take this along, frozen, in your food cooler. It will be just thawed by the time you want to use it.

## **Main Dishes**

### Dutch Oven Fried Chicken

Categories: Supper, Poultry, Main dish

Servings: 6

4 lb Chicken (6 portions)

4 Tb Oil

1 c Flour

1 ts Salt

1/2 ts Pepper

-- Variations --

1 Spaghetti Sauce, large jar

16 oz Stewed Tomatoes

16 oz Noodles

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).
3. Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.
5. Put lid on oven and add coals on top. Bake over medium heat, basting the chicken occasionally with the cooking oil, for 20 minutes.
6. Turn the pieces over and cook until tender, about 20 minutes. (about 1 hour total cooking time)

#### Variations

- a. Pour a large jar of spaghetti sauce and a 16 oz can of stewed tomatoes over the oven-fried chicken for the last 20 minutes cooking time. (Add an extra 10 minutes to the total cooking time.) Cook egg noodles and pour sauce from the oven over them.

### Dutch Oven Baked Chicken

Categories: Supper, Poultry, Main dish

Servings: 6

4 lb Chicken (6 portions)

4 Tb Oil

# Troop 437 Cookbook

1 c Flour  
1 ts Salt  
1/2 ts Pepper  
6 Potatoes  
6 Carrots  
1 Onion  
3 Celery stalks  
1 c Water

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).
3. Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.
5. Cut vegetables into large pieces and place in oven over the chicken.
6. Add salt and water. Cover the Dutch oven and place coals on top and underneath.
7. Bake for another 40 minutes, until tender.

## Chicken and Stewed Tomatoes over Rice

Categories: Supper, Poultry, Main dish

Servings: 6

6 Chicken portions  
1 cn Stewed Tomatoes, large  
1 1/2 c Rice  
1 c Water  
2 Tb Sugar  
1 ts Salt  
1/2 ts Pepper  
-- Seasoned Flour --  
1 c Flour  
2 ts Salt  
1 ts Pepper  
-- Variations --  
1 sm Onion, diced  
1 Green Pepper, chopped  
1 ts Chili Powder

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).
3. Preheat Dutch oven and cooking oil. When it is hot, add the chicken pieces.
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.

# Troop 437 Cookbook

5. Remove chicken and put rice in bottom of oven. Add tomatoes, water, chicken, salt and pepper.
6. Cook over medium heat for another 40 minutes until chicken is done. Check while cooking and add a little more water if the dish is getting too dry.

## Variations

- a. Cut up an onion and a green pepper and add to the rice and tomatoes.
- b. Add 1 teaspoon chili powder for added zest.

## Fish

Categories: Fish, Main dish, Supper, Lunch

Servings: 1

4 oz Fish  
2 Tb Flour  
Cooking Oil  
Salt  
Pepper

1. Wash the piece of fish to be cooked thoroughly and pat dry with a paper towel.

### Fried Fish:

1. Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.
  2. Preheat a skillet with cooking oil about 1/4" deep.
  3. Place fish in skillet and cook over medium to low heat until tender (about 10-15 minutes).
- \* Dip fish in a mixture of 1 egg, well beaten, and 1/2 c. of water or milk before coating with flour.

### Baked Fish:

1. Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.
2. Put fish into a preheated, oiled Dutch oven.
3. Add a small amount, about 1/4 cup, of water or tomato juice.
4. Cover and place with hot coals for about 20 minutes.

### Fish-in-foil:

1. Place the fish on a sheet of heavy aluminum foil with a slice of lemon, salt and pepper.
2. Close the foil tightly with the drug store wrap.
3. Bake foil packets in Dutch oven for about 20 minutes or until fish flakes well.

- \* May also be place directly on bed of coals for about 10 minutes, turning occasionally.
- \* Baste the fish with Italian salad dressing before wrapping with aluminum foil.
- \* To steam the fish add 1 Tb of water before wrapping.
- \* Add a few thin slices of carrot, onion or shallots, or other vegetable for additional flavor.

# Troop 437 Cookbook

## Roast Beef, French Style

Categories: Main dish, Beef, Supper

Servings: 8

2 1/2 lb Chuck Roast, boneless

1 ts Salt

1 ts Thyme

6 Whole Cloves

5 Peppercorns

1 Bay Leaf

2 Clove, Garlic

4 c Water

4 Carrots, quartered

2 Onions, quartered

2 Turnips, quartered

2 Stalks celery, 1" pieces

1. Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2 to 2-1/2 hours.
2. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min.
3. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables, or make into gravy.

Approx. Cook Time: 2 1/2 - 3 hours

## Roast Beef

Categories: Main dish, Beef, Supper

Servings: 8

2 1/2 lb Beef Roast

2 Tb Cooking Oil

Flour

Water

Salt

For high quality roasts: Roasting

Standing rib, rolled rib, sirloin tip, eye of round or rolled rump roasts.

1. Brown the roast on each side in hot oil in an open Dutch oven.
2. Sprinkle salt on all sides of roast.
3. Cook slowly over low heat for 1 1/2 - 2 1/2 hours in the covered oven.

# Troop 437 Cookbook

For tougher, lower fat roasts: Brazing  
Chuck, shoulder, round or brisket roasts.

1. Coat roast well with flour. Rub flour into the meat.
2. Brown the roast in hot oil on each side in open Dutch oven.
3. Add water to a depth of 1/2". Add salt and place cover on the oven.
4. Cook slowly over low heat for 2 - 3 hours in the covered oven. Add water as needed to maintain the proper depth.

For Really tough roasts, stewing meat, soup bones: Stewing

1. Coat roasts with flour and brown roast in hot oil.
2. Add salt and seasonings. Add enough water to just cover the roast.
3. Cook slowly over low heat for 4 - 8 hours in covered oven. Add additional water if necessary.

Variations

- a. Use a can of Consommé with the water for additional flavor.
- b. Add onions, garlic or herbs while cooking.
- c. See recipe for gravy if desired.

## Dutch Oven Pot Roast # 2

Categories: Beef, Main dish, Supper

Servings: 8

2 lb Chuck Roast, boneless  
2 Tb Oil or Shortening  
2 lg Onion, sliced  
8 lg Carrots, in 1" pieces  
4 lg Potatoes, quartered  
1/2 ts Garlic Powder  
Flour  
Salt  
Pepper  
Water

1. Coat the roast with flour and rub it into the meat.
2. Heat the oven and oil. When the oil is hot, brown the roast on both sides. Sprinkle it with pepper, salt and garlic powder. Add water to the oven to a depth of 1/2".
3. Cover the oven and put about 20 hot charcoal briquettes on the lid and 25 underneath. Let the meat cook slowly for about 1-1/2 hour, adding water if needed to maintain the 1/2" depth. Add additional briquettes as needed to replace those that burn down.
4. Add the vegetables. Cook for 30 minutes or until the carrots are tender.

# Troop 437 Cookbook

## Hungarian Goulash

Categories: Main dish, Supper, Beef

Servings: 6

2 lb Beef Tips, 2" cubes  
2 ts Paprika  
1 sm Onion  
1 1/2 ts Salt  
3 Tb Cooking Oil  
1/4 ts Pepper  
1 cn Whole Tomatoes  
1 c Sour Cream  
4 oz Whole Mushrooms  
2 Tb Flour

1. Brown beef tips and onion with oil in a Dutch oven or large fry pan.
2. Add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours.
3. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

## Beef Goulash

Categories: Main dish, Supper, Beef

Servings: 8

3 lb Beef, cubed  
1/4 c Shortening  
1 c Onion, chopped  
2 Garlic cloves  
1/4 c Flour, All-purpose  
2 ts Paprika  
28 oz Tomatoes, canned  
2 cn Mushroom Soup  
1 cn Water  
1/4 ts Pepper  
1 ts Salt  
1/4 ts Thyme  
2 Bay Leaves  
Buttered Noodles

1. Brown the beef thoroughly in melted shortening.
2. Add onion and crushed garlic, cook until tender.
3. Blend in flour, paprika, salt, pepper, thyme, and bay leaves.
4. Add tomatoes, cover and simmer about 1 hour, stirring occasionally.

# Troop 437 Cookbook

5. Add mushroom soup, and water if needed, and simmer for about 15 minutes, or until meat is tender.
6. Serve hot over noodles.

## Variations

- a. Use 1 cup sour cream instead of 1 can of mushroom soup.

## Swiss Steak

Categories: Main dish, Supper, Beef

Servings: 8

3 lb Round Steak  
3 Tb Cooking Oil  
16 oz Tomatoes, canned  
1 ts Salt  
1 Tb Chopped Parsley  
1 lg Onion, diced  
3 Celery stalks, chopped  
1 Green Pepper, chopped

1. Brown steak in oil or melted shortening.
2. Add remaining ingredients. Cover and simmer 1 1/2 to 2 hours until tender. Add water if mixture thickens too much.

## Steak & Mushrooms

Categories: Main dish, Supper, Beef

Servings: 6

2 lb Round Steak  
1 lb Mushrooms, sliced  
1/2 ts Salt  
2 c Onions, diced  
1/2 ts Pepper  
1/4 lb Butter  
1 cn Tomato Sauce, 8 oz  
Flour  
1 Tb Worcestershire Sauce

1. Cut meat into strips and coat with flour.
2. Sauté in melted butter for 5 minutes.
3. Add onion and mushrooms, cook another 5 minutes or until onion turns clear.
4. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours.
5. Serve over rice or noodles.

# Troop 437 Cookbook

## Poor Man's SPAM

Categories: Supper, Beef

Servings: 8

2 lb Ground Beef  
1 1/3 c Milk  
2 ts Salt  
1/4 ts Pepper  
2 cn Mushroom Soup  
2 c Cracker Crumbs  
1 c Water  
Margarine

1. Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Refrigerate overnight, or at least 6 hours.
2. Cut into slices and brown in margarine.
3. Mix soup with 1 c of water and pour over meat placed in Dutch oven. Bake at 350 for 1-1/2 hours.

## Skillet Spaghetti

Categories: Main dish, Supper

Servings: 8

2 lb Ground Beef  
8 oz Spaghetti  
2 cn Spaghetti Sauce  
3 1/2 c Water

1. Brown the ground meat in a skillet over medium fire. Drain the fat.
2. Add spaghetti sauce and water and bring to a boil. Add spaghetti, broken into pieces, stirring to separate the strands.
3. Cover and simmer about 30 minutes or until spaghetti is tender. Stir frequently.

### Variations

- a. Use fancy spaghetti sauces, as desired.

## Meat Loaf

Categories: Main dish, Supper, Beef

Servings: 8

2 lb Ground beef  
1 c Cracker or bread crumbs  
2 Eggs  
1 1/2 ts Salt

# Troop 437 Cookbook

- 1 Onion, chopped, optional
- 2 c Catsup
- 3 Tb Mustard
- 2 Tb Brown Sugar

1. Mix meat, crumbs, eggs, salt and onion. Make into a loaf and place in casserole dish or pan.
2. Mix catsup, mustard and brown sugar together and pour over meat mixture.
3. Place in a covered Dutch oven and bake for 1 hour .

## Beef Stroganoff

Categories: Supper  
Servings: 6

- 8 oz Egg Noodles, package
- 1 lb Ground Beef
- 1 cn Cream of Mushroom Soup
- 1/2 cn Milk (soup can)
- 1 Onion, diced
- 1 ts Salt

1. Cook the noodles in water according to package instructions.
2. Brown the ground beef and onion in a skillet.
3. Add the soup and milk, and simmer for 10 to 15 minutes.
4. Serve over the noodles.

### Variations

- a. Add sour cream, parsley, Worcestershire sauce or mushrooms to the meat mixture.

## Pizza Hot Dish

Categories: Supper, Beef, Lunch  
Servings: 6

- 2 pk Crescent Rolls
- 8 oz Shredded Cheddar Cheese
- 1 pk Pizza Sauce
- 8 oz Shredded Mozzarella Cheese
- 1 1/2 lb Ground Beef

1. Brown ground beef, drain.
2. Line Dutch oven with 1 pkg of crescent rolls.
3. Spread pizza sauce on dough. Add browned beef, the cheeses.
4. Use second pkg of rolls to form a top crust.
5. Bake 30 min. at 350 degrees.

# Troop 437 Cookbook

## Variations

- a. Add any favorite pizza topping to the sauce before adding the top layer.
- b. Use pepperoni or sausage instead of ground beef.

## Hobo Packs

Categories: Supper

Servings: 1

1/4 lb Ground beef

1/2 Onion, sliced

1 Carrot, sliced

1 Potato, sliced

Salt

Pepper

1. Slice potato and carrot into thin slices.
2. Form the meat into a patty and wrap with vegetables in a sheet of foil. Be sure that all of the seams in the foil are well folded and sealed.
3. Place on coals and cook 12 minutes per side.

## Variations

- a. Add green peppers, tomatoes, pineapples, etc. Steak, fish, chicken, or lamb may be substituted for ground beef.

## Moose Lip Chili

Categories: Supper

Servings: 4

1 lb Ground Moose Lips or Ground Beef

1 Onion, diced

1 Green Pepper, diced

1 cn Kidney Beans, drained

1 cn Cream of Tomato Soup

1 cn Tomato Paste, small

1 cn Tomato Sauce, small

2 ts Chili Powder

Salt

Pepper

1. Brown the ground meat, green pepper and onion in a pot. Drain off the excess fat.
2. Add the rest of the ingredients and simmer 20 to 30 minutes. Add water to get the desired thickness.

# Troop 437 Cookbook

## Variations

- a. Add hot peppers, tobasco or hot sauce while cooking.
- b. Serve topped with course grated cheese, sour cream, hot peppers, sliced black olives.

## Guadalupe Chili Pie

Categories: Main dish, Supper, Beef

Servings: 6

2 lb Ground Beef  
1 md Onion, chopped  
1 cn Chili Beans, 15 oz can  
1 pk Cornbread Mix, 6 oz.  
8 oz Tomato Sauce, can  
2 Tb Vegetable Oil  
1/2 ts Chili Powder  
1/2 ts Salt

1. Brown beef and onion in oil in open Dutch oven.
2. Add beans, chili powder, salt and sauce and cook for 15 minutes in covered oven.
3. Mix the corn bread as directed and add to top of meat and beans.
4. Place lid on oven. Cook for 20 - 30 minutes, until cornbread is done.

## Mexically Sally

Categories: Supper, Beef

Servings: 6

-MEAT MIX-----

1 lb Ground meat  
1 cn Chili bean, large  
1/2 Onion, diced

-TOPPINGS-----

3 Tomatoes, chopped  
8 oz Cheese, grated  
Tortilla chips  
1/2 pk Lettuce, shredded  
1 cn Taco sauce

1. Brown the ground meat and onions in a skillet. Drain the grease.
2. Drain the chili beans and add to the meat. Heat for about 10 minutes.
3. Place a handful of chips on a plate and add meat/bean mix, lettuce, tomato, cheese and taco sauce.

## Variations

- a. Put mixture on a taco shell or stuff pita bread with ingredients.

# Troop 437 Cookbook

## Slum Gullion

Categories: Main dish, Supper, Beef

Servings: 8

3 lb Ground beef  
1/2 lb Bacon  
4 Onions, medium, chopped  
10 Potatoes, medium, diced  
2 cn Tomato puree, 8-oz.  
1 lb Cheddar cheese, cubed  
1 Tb Salt

1. Bring the potatoes and salt to boiling in 3 cups water. Cook until done, about 20 minutes.
2. Dice the bacon into 1/2" squares and fry to a crisp in another pot.
3. When the bacon is done drain off the grease and add chopped onions.
4. Add crumbled ground meat a little at a time, stirring constantly until it browns.
5. Next add the tomato puree and the cheese, cut into 1/2 inch cubes. Keep over low fire and stir frequently until cheese is melted.
6. Drain water off potatoes and add to the meat mix. Season to taste.

(Serves 6 to 8)

## Dragon Hot Dish

Categories: Main dish, Beef, Supper, Lunch

Servings: 6

1 lb Hamburger  
1 cn Mixed Vegetables  
2 cn Cream of Mushroom Soup  
1 sm Onion, chopped fine  
1 1/4 c Milk  
1 c Water  
Salt  
Pepper  
1 c Rice, uncooked  
Chow Mien Noodles

1. Brown hamburger and onion in a frying pan, season with salt and pepper.
2. Drain the grease and add undrained, canned vegetables, rice, and 1 cup water. Bring to a boil, cover and simmer for 10 minutes.
3. Add 1 can of Cream of Mushroom soup and 1-1/4 cup of milk. If hot dish seems dry add the other can of soup.

# Troop 437 Cookbook

4. Cook until slightly thickened..

Serve over chow mien noodles

## Campfire Stew

Categories: Supper, Lunch

Servings: 4

1-1/2 lb hamburger  
1 cn vegetable soup mix (or dry mix)  
1 c water  
2 c macaroni (optional, requires an extra 2 cups water)

1. Brown the hamburger over medium heat.
2. Drain the fat, add the soup mix and one cup water. Continue to cook until smooth and bubbly.
3. Serve with bread, buns, pita bread, etc.

### Variations

a. For variety, you can cook two cups macaroni in two cups water, then add the hamburger and soup to the macaroni.

## Shish Kebab

Categories: Supper, Lunch, Beef

Servings: 4

1 lb Meat, cubed  
1 cn Pineapple Chunks  
1/2 lb Mushrooms, whole  
10 Cherry Tomatoes  
2 Onions, quartered  
1 Green Peppers, sliced  
Salt  
Pepper

1. Alternate pieces of vegetables and meat on a skewer.
2. Cook over hot coals until done, about 15 to 20 minutes depending on the type of meat used.

### Variations

- a. Use chunks of beef, pork or chicken for meat.
- b. Brush with BBQ sauce, Italian Salad dressing or flavored butter.

# Troop 437 Cookbook

c. Skewers can be made from green wood branches about 1/4 - 1/3" thick, wire from a clothes hanger (with paint removed), or a length of wire (form loops on the ends when food is in place for easy handling).

## Hookie House Special

Categories: Supper, Lunch, Main dish

Servings: 4

4 lg Potato, diced  
1 lg Onion, diced  
1 lb Smoked Sausage  
1 c Red Kidney Beans, undrained  
3 Tb Sugar

1. Cut sausage into small pieces and brown in frying pan.
2. Add potato, onion and sausage to pot and cover with water. Add salt and pepper to taste, cook until potatoes are done, about 30 minutes.
3. Add red kidney beans, undrained, and sugar. Heat to boiling point and thicken with flour and water (just thicken slightly).

## Pork Chops

Categories: Pork, Main dish, Supper

Servings: 8

8 Pork chops  
2 Tb Cooking oil  
1 cn Mushroom soup  
1 ts Salt

1. Brown pork chops in oil in open oven.
2. Add soup and salt and cook for 30 minutes in covered oven.

Approx. Cook Time: :45

### Variations

- a. Add 1 cn tomato sauce
- b. Add 1 Tb. dried parsley flakes

## Pork Chop Spanish Rice

Categories: Pork, Main dish, Supper

Servings: 4

4 Pork Chops, trimmed

# Troop 437 Cookbook

1 Tb Oil  
1 ts Salt  
1 Tb Chili Powder  
1 c Long-grained Rice  
1/2 c Onions, chopped  
1/2 c Green Peppers, chopped  
1 qt Tomato Juice  
1/2 c Cheddar Cheese, grated

1. In a large Dutch oven, slowly brown the pork chops in heated oil. When browned, drain off excess oil. Sprinkle chops with salt and black pepper.
2. Add the rice, onions, chili powder and green peppers. Pour in the tomato juice.
3. Cover and bring to boiling over high heat. Reduce heat and simmer about 40 minutes, stirring occasionally.
4. Cook until the rice and meat are tender. Sprinkle with the cheese.

Approx. Cook Time: :50

## Notes

- a. You may use 4 cups precooked rice if you wish, adding it during the last 10 min. of cooking. Use 1 -2 cups canned tomatoes instead of tomato juice.
- b. Use chicken instead of rice. Follow the directions for oven-fried chicken to brown the chicken for 20 minutes. Continue preparation with step 2.

## Pork Chops and Rice

Categories: Pork, Main dish, Supper

Servings: 10

20 Pork Chops (2 per person)  
2 1/2 lb Minute Rice  
5 cn Cream of Mushroom Soup  
5 cn Onion Soup in Beef Stock  
2 cn Mushrooms, small can

1. Brown pork chops in Dutch oven. Remove and place them on the side and keep warm.
2. Mix rice, soups, mushrooms and 3 cans of water in Dutch oven. Lay the browned pork chops on top of this mixture.
3. Bake in Dutch oven 45 minutes.

Approx. Cook Time: :45

## Variations

- a. May also use chicken or beef steak.

# Troop 437 Cookbook

## Barbecued Country-Style Pork Ribs

Categories: Pork, Main dish, Supper

Servings: 8

5 lb Country style Pork Ribs

1 ts Salt

1 Lemon, thinly sliced

1 Onion, thinly sliced

BBQ Sauce

1. Place ribs in a large Dutch oven or kettle with enough water to cover.
2. Add salt, lemon, and onion, and cook for 45 to 60 minutes.
3. Drain ribs thoroughly, discarding lemon and onion slices.
4. Brush ribs well with BBQ sauce and place over slow coals. Turn every 10 minutes, brushing frequently with BBQ sauce. Cook for 35 to 50 minutes, or until done and well coated with the sauce.
5. Serve with extra sauce.

Approx. Cook Time: 2:00

## Dutch Oven Deep Dish Pizza

Categories: Supper, Main dish

Servings: 6

2 pk Pizza Flour mix

1 cn Pizza Sauce

1 lb Pepperoni

8 oz Mozzarella Cheese

8 oz Cheddar Cheese

1 cn Olives

Water

1. Mix both packages of pizza flour according to the package directions.
2. Line the Dutch oven with aluminum foil and oil lightly.
3. Pat out dough into the bottom of the oven in an even layer. Bring edges of dough up the sides of the oven about 1/2". Brush dough with oil.
4. Spread a thin layer of pizza sauce over the dough. Put remaining toppings on the pizza, and then add remaining sauce over the top.
5. Put cover on oven. Place oven over a small amount of coals. Place an even layer of coals on the cover and bake for about 20 - 30 minutes.

### Variations

- a. Use any type of meat you wish.
- b. Add other toppings as you desire.

# Troop 437 Cookbook

## Notes

a. The key to success is to not overheat the bottom crust when baking. Use the equivalent of about 6 - 8 charcoal briquettes on the bottom.

## Dutch Oven Pizza

Categories: Lunch, Supper

Servings: 8

1 1/2 lb Ground Beef  
1 pk Pizza Mix  
1/2 lb Mozzarella Cheese, grated  
1 cn Olives, sliced

1. Brown beef in open skillet and set aside and keep warm.
2. Prepare pizza dough as directed and divide into 8 equal portions. Form these into crust pieces about the size of doughnuts, such that all 8 crusts will fit into two Dutch ovens.
3. Place the ground beef and cheese on the crusts; pour pizza sauce from pizza mix on each crust; then add sliced olives on top.
4. Place coals over and under over and bake for about 25-30 minutes. Use only a small amount of coals on the bottom.

Approx. Cook Time: :30

## Variations

- a. Use sausage or pepperoni instead of beef.
- b. Place chopped onion, green pepper, mushrooms or other pizza toppings on top of sauce.

## Skillet Hash Pie

Categories: Main dish, Supper

Servings: 6

2/3 c Onion, chopped  
2 cn Corned Beef Hash, 15-oz  
4 Tb Cooking Oil  
2 Eggs  
Mashed Potatoes, instant  
3 Tb Milk  
1 c Sharp Cheese, shredded

1. Cook onion in a large skillet and oil.
2. Combine hash and eggs, then stir into onion.
3. Pack the mixture down with spatula and heat through.
4. Prepare 4 servings of instant mashed potatoes according to package directions.

# Troop 437 Cookbook

5. Spread potatoes over the meat and sprinkle on cheese.
6. Cook uncovered over medium heat about 10 minutes. Loosen edges and cut into wedges.

## Beef Hash with Gravy

Categories: Supper, Main dish, Trail

Servings: 4

5 oz Cooked, Dried Beef  
1 Tb Dry Milk  
2 ts Butter Buds  
2 Tb Dried Minced Onion  
1/2 c Instant Mashed Potatoes \*  
4 Tb Butter or Margarine  
1 pk Instant Brown Gravy Mix  
3 c Water

1. Boil 2 c. water in a pot. Add the dried beef and onion , cover, and simmer for 2 to 3 min.
2. Remove from the heat, add the potatoes, butter buds and dried milk; stir; cover and let sit for a few minutes.
3. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side.
4. Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min.
5. Turn the hash. Pour the gravy over the top. Brown the side that is down.

### Variations

- a. \* or use 2 cups Potato Buds instead.
- b. Use 8 oz. of any ground meat or sausage instead of dried beef.

## Corned Beef Hash

Categories: Supper, Beef, Supper

Servings: 4

1 cn Corned Beef, 12 oz.  
1 cn Corned Beef Hash, 15 oz.  
1 sm Onion, chopped  
2 Tb Shortening  
1 Tb Worcestershire Sauce  
1/2 c Milk  
4 Eggs  
Parsley, chopped

# Troop 437 Cookbook

1. In a large skillet, cook the onion in the shortening until soft.
2. Put can of corned beef into the skillet and break into small chunks.
3. Add hash to skillet and break it up with a fork.
4. Add milk and Worcestershire sauce and mix together well.
5. Cook over medium heat for 30 minutes, stirring frequently.
6. Make 4 depressions in the hash, and break an egg into each.
7. Cover and cook until eggs are done. Sprinkle with parsley.

## Heavenly Hash

Categories: Supper, Main dish

Servings: 4

- 2 c rice
- 4+ c water
- 1 pk onion soup mix
- 1 cn kernel corn
- 1 cn Spam, or other canned meat

1. Put the rice, onion soup mix and the water in a pan (use a little more than 4 cups to make up for the soup mix). Do not add any salt to the water; there is enough in the soup mix.
2. When the rice starts to boil, cover and let simmer for 15 minutes.
3. While the rice is simmering, cut up the Spam.
4. After the rice is done, add the corn and Spam. Feel free to add any other leftovers from previous meals (e.g., bacon, sausage, peas, etc.).

## Skillet Spaghetti Pie

Categories: Main dish, Supper, Lunch

Servings: 4

- 1 cn Spaghetti in sauce, 16 oz.
- 1 cn Deviled Ham, 12 oz.
- 2 Eggs
- 1 c Cheddar Cheese, shredded

1. Put spaghetti into skillet.
2. Mix in the ham, eggs and cheese.
3. Cover and cook over medium heat.
4. Cook for about 20 minutes, until bubbling and no longer liquid.

## Sweet & Sour Spam w/Buttered Noodles

Categories: Supper, Lunch, Trail

Servings: 4

# Troop 437 Cookbook

2 Butter-flavored Noodles, 2-1/2 oz. foil packages  
4 c Water  
2 ts Dry butter Crystals  
1 c Spam, 12-oz. or other canned luncheon meat  
1 tb Margarine  
-- Sauce --  
1 c Water  
4 tb Freeze-Dried Pineapple Chunks  
4 tb Tomato Paste  
2 ts Sugar  
4 tb Sweet Pickle Relish (packets)

1. Bring the 4 cups of water to a boil. Add the dry butter crystals and the noodles from both packages. Cook the noodles for 7-8 minutes or until tender. Remove from the stove and set aside.
2. Slice the Spam into 8 equal slices. Melt half of the margarine in a frying pan and add the slices of Spam. Brown the meat on both sides, adding margarine as needed. Continue until all of the slices are browned. Set them aside, covered with a pot lid or a piece of aluminum foil.
3. Pour a single cup of water into the hot frying pan and add the chunks of pineapple. Add the sugar and boil for a minute or so, until the pineapple begins to soften. Add the tomato paste, stirring well to blend. Stir in the pickle relish.
4. Add the cooked Spam slices to the sweet and sour sauce. Serve the meat over the noodles.

This recipe will make four 1-cup servings of noodles and allows for 2 slices for each of 4 campers.

## ***Odds & Ends***

### Trail Mix

Categories: Trail, Snacks, Lunch

Servings: 6

2 lb M&M candy  
1 lb Sunflower seeds  
1 lb Peanuts  
1 lb Raisins/dried fruit  
1 c Cereal  
1/2 lb Sesame sticks  
1/2 lb Coconut, shredded  
1/2 lb Pumpkin seeds, roasted

# Troop 437 Cookbook

Combine ingredients and mix. Package in individual servings/days in ziplock bags. Use substitutes as desired, but balance the calories and proteins.

## Popcorn

Categories: Snacks

Servings: 4

4 oz Margarine, or

Cooking Oil

Salt

Popcorn

1. Pour enough oil into Dutch oven to cover the bottom about 1/16" deep, or melt 4 oz (1 stick) of margarine in oven.
2. When oven is hot, pour in enough popcorn to cover most of the bottom with a single layer of popcorn.
3. Place lid on the oven, and heat over high heat until the sounds indicates all the corn has popped. During popping, you should lift the oven by the bale and rotate the oven to better stir the whole batch of corn.
4. Pour popped corn into a paper grocery bag. Pour additional melted margarine and salt for desired taste. Shake bag to distribute salt. Serve while warm.

## Popcorn in Foil

Categories: Snacks

Servings: 1

Popcorn

Oil

Salt

Aluminum foil

1. Make an aluminum foil "popper" by shaping the foil around a soft drink can, then remove the can.
2. Pour a small amount of cooking oil-just enough to cover the bottom of the popper.
3. Add popcorn kernels to just cover the bottom.
4. Put a string in the top and fold the coil close around it, leave plenty of room inside for the popcorn to pop.
5. Hold the package about 1/2 inches above hot coals until popping stops.

## S'mores

Categories: Snacks

Servings: 1

# Troop 437 Cookbook

2 ea Marshmallows  
2 ea Graham Cracker square  
1 ea Chocolate Bar square

1. Toast marshmallows over campfire coals.
2. When done place on a graham cracker square.
3. Top with a square of chocolate and another graham cracker square.

## Shaggy Dogs

Categories: Snacks  
Servings: 1

1 cn Chocolate Syrup  
1 pk Marshmallows  
1 pk Shredded Coconut

1. Heat the chocolate syrup in a pot.
2. Toast the marshmallows until golden brown.
3. Dip the marshmallow in the hot chocolate syrup, and then roll in the coconut.

## Crawfish

Categories: Odds and Ends  
Servings: 1

Crawfish, fresh

1. Clean crawfish by grasping the center tail segment, twist and pull. This removes the intestinal vein.
2. Heat a pot water to boiling. Add 1 teaspoon of salt for each quart of water.
3. Simmer for 5 minutes. Peel off the thing shell, remove the head at the first segmented joint.

Variations

- a. Good with melted butter.

## Creamed Dried Beef

Categories: Beef, Breakfast, Lunch  
Servings: 6

2 lb Dried Beef  
4 Tb Flour  
1 c Milk

# Troop 437 Cookbook

## Bread

1. Sauté chipped dried beef in butter until it starts to brown and get a little crisp.
2. Add enough flour to lightly coat the pieces of dried beef. Cook several minutes.
3. Pour enough milk over meat to just cover it. Bring to boil and lower heat.
4. Cook gently until milk has thickened and formed a gravy.
5. Pour over toast to serve.

## Variations

- a. This may also be made using very thin sliced Lebanon bologna.

## Kasha (buckwheat groats)

Categories: Supper, Trail

Servings: 3

- 1/2 c Buckwheat Groats
- 1 Tb Dry Egg
- 2 Tb Dried Leeks or Onion (opt)
- 1 Tb Green Pepper, dried (opt)
- 2 Tb Butter or Margarine
- 1 c Water

Combine dry ingredients and store in a plastic bag.

## Trail Directions

1. Add 1 1/2 to 2 Tb cold water to the buckwheat mix in the bag you brought it in and mix it up.
2. Bring 1 cup of water to boiling in a pot. Add butter and melt in water. Add the buckwheat mix, stir until the grains are coated and separate. Simmer 15 min. or until the water is absorbed.

## **Rice**

### Rice

Categories: Main dish, Supper, Lunch

Servings: 4

- 1 c Rice
- 2 c Water
- 1 ts Salt

1. Put rice, water and salt in a pan. Cover and bring to a vigorous boil.
2. Reduce heat to simmer and cook for 15 minutes.

# Troop 437 Cookbook

3. Remove from the heat and let stand, covered, for 10 minutes more.

Note: Rule of thumb for water is to cover the rice 1/2" inch.

## Brown Rice:

1 cup rice with 2 1/2 cups water and 1 tbs. oil. Cook for 40 minutes, let sit.

## Fried Rice

Categories: Supper, Main dish, Trail

Servings: 4

1 1/2 c Rice, uncooked  
1/2 lb Ham or Bacon  
3 Tb Cooking Oil  
2 Tb Dried OR  
1/2 c Green onion, chopped  
2 Tb Oil, for ham if used  
3 Eggs, fresh or powdered  
1 pk Kikoman Fried Rice  
- Seasoning Mix  
4 Tb Soy Sauce for seasoning

1. Cook rice according to directions for rice.
2. While cooking rice, cube ham or bacon to 1/4" squares. Heat oil in pan and fry meat until slightly crisp. Drain grease and set aside to cool.
3. Scramble eggs in 1 Tb oil, breaking into small pieces. Set aside to cool.
4. When the rice is done, rinse with cold water twice and drain. Add the cold rice and oil to the hot frying pan. Fry rice until thoroughly heated.
5. Add cooked meat, eggs, onion and soy sauce to rice and heat through.
6. Gradually add the seasoning mix while continuously stirring over a HOT fire. Continue cooking until evenly fried.

## Spanish Rice

Categories: Main dish, Supper

Servings: 4

4 sl Bacon  
1 md Onion  
1 cl Garlic, chopped  
1 lb Ground Beef  
1 c Rice  
1 cn Tomatoes, 16 oz.  
2 c Water, boiling  
2 Beef Bouillon cubes

# Troop 437 Cookbook

2 ts Salt  
Black Pepper

1. Cut bacon into pieces and cook in Dutch oven.
2. Add onion, garlic and ground beef and cook until browned.
3. Add the rice, tomatoes, water, bouillon cubes, salt and pepper.
4. Cover oven and add coals to top. Place over a small quantity of coals.
5. Simmer for about 1 1/2 hours. Check after an hour to see if more liquid is needed.

## Mexican Rice

Categories: Main dish, Supper  
Servings: 4

1 c Rice  
1 1/2 Tb Oil, olive  
1/2 c Onion, diced small  
2 lg Garlic, minced  
1/2 c Tomato, chopped fine  
1/2 c Potatoes, diced fine  
1/4 c Peas  
1 Tb Carrot, minced  
1 c Chicken, cooked  
2 c Water  
1 ts Salt  
1 Tb Parsley, or cilantro  
Black Pepper

1. In a large skillet, sauté' the rice in the oil over medium high heat until it begins to turn a golden brown.
2. Add the onions and garlic and sauté' for 2 minutes, stirring constantly. Reduce heat to medium.
3. Add tomatoes and cook for 2 minutes, stirring continuously.
4. Add the potatoes, carrots and peas and cook for 2 minutes. Stir.
5. Add the chicken and cook for 3 to 4 minutes.
6. Add the water and salt, bring to a boil and reduce heat to a simmer. Simmer for 15 to 20 minutes, until the water is absorbed. Stir in parsley (cilantro) and pepper to taste.

## **Sandwiches**

### Basic Hamburgers

Categories: Beef, Sandwich, Supper, Lunch  
Servings: 6

1 1/2 lb Ground Beef

# Troop 437 Cookbook

1 sm Onion, finely chopped  
1 ts Salt  
1 Tb Worcestershire Sauce  
1/4 ts Pepper  
Water

-VARIATIONS-----

1 Tb Horseradish  
1 Tb Mustard  
1 Tb Chives, snipped  
2 Tb Sesame Seeds  
1/4 c Ripe Olives, chopped  
1/4 c Dill Pickle, chopped  
1/4 c Pickle Relish  
1 ts Lemon Juice  
Flavored Sauces  
1 ts Garlic Powder

1. Mix all ingredients together, including any of the variations that you choose. Divide into 6 portions.
2. Shape mixture into patties, each about 3/4-inch thick.
3. Broil, grill or fry patties over medium heat, turning once, to desired doneness, 10 to 15 minutes.

Or,

Wrap in aluminum foil and place on coals.

4. Serve on toasted buns with favorite toppings.

Variations

- a. Wrap in aluminum foil with slices of onion on both sides.
- b. Meat may be extended by adding dry bread or cracker crumbs. Add water to maintain moistness.

## Nifty Hamburgers On A Bun

Categories: Beef, Sandwich, Lunch, Supper

Servings: 4

8 Hamburger Buns  
1 lb Ground Beef  
1 sm Onion, chopped  
1 ts Salt  
1/4 ts Pepper  
Mustard, prepared  
Catsup

# Troop 437 Cookbook

1. Spread mustard on both halves of the hamburger buns.
2. Mix the meat, onion, salt and pepper.
3. Spread mixture over the mustard, being careful to bring it to the edges of the buns.
4. Place the buns, meat sides up, on an ungreased baking sheet. Bake at 450 degrees F. until desired doneness is reached, about 5 minutes.

## Variations

- a. Cook in a frying pan, meat side down, until done.
- b. Cook in a Dutch oven with coals on the top only.

## Pocket Burgers

Categories: Beef, Main dish, Supper, Lunch

Servings: 6

- 1 1/2 lb Ground Beef
- 1/4 c Bread Crumbs, dry
- 1 sm Onion, chopped
- 1 lg Egg
- 1 ts Salt
- 1 ts Worcestershire Sauce
- 1/4 ts Pepper

## -FILLINGS-----

- Dill Pickle or Pickle Relish
- Prepared Mustard
- Catsup
- Horseradish
- Onion, slices or chopped
- Tomato Slices
- Tomato Sauce
- Cheese
- Mushrooms

## -PEPPY CHEESE FILLING-----

- 1/4 c Cheese, processed or cheddar
- 2 Tb Mayonnaise or Salad Dressing
- 1 lb Worcestershire Sauce
- 1/2 ts Salt
- 1/2 ts Mustard, Prepared
- 1/4 ts Pepper
- Green Chilies, canned, opt'l
- Jalapenos, canned, optional

1. Choose one or more of the fillings for your hamburgers.

# Troop 437 Cookbook

2. Mix all ingredients except the fillings. Add a little water if mixture is too dry. Shape mixture into 12 patties, each about 4-inches in diameter and 1/4" thick. See technique below.
3. Top each of 6 patties with the chosen fillings, spreading to within 1/2-inch of the edge.
4. Cover each patty with another patty, and seal the edges firmly.
5. Broil, grill or fry patties over medium heat, turning once, to the desired doneness, about 15 to 20 minutes. Burgers may also be wrapped in aluminum foil and placed directly on the coals.

## Forming patties:

First divide the prepared meat into 6 portions. Form the prepared meat into an even loaf. Divide it into half. Now divide each half into thirds. You now have 6 portions of meat. Divide each portion in half for the top and bottom.

To make an even patty for a filled burger, place the hamburger on a sheet of waxed paper, with another piece over it. Use a rolling pin, bottle, or large can to roll out the meat into a thin, even layer. Repeat for each patty.

## Variations

- a. Cheese can be American Processed Cheese, cheddar, Swiss, mozzarella, or parmesan.
- b. If wrapped in foil, slice of onion may be placed on either side of the patty before wrapping.
- c. Peppy Cheese Filling: Mix all ingredients.

## Sloppy Joe's

Categories: Lunch, Sandwich, Beef

Servings: 6

1 1/2 lb Ground Beef  
1 Tb Catsup  
1 Onion, diced  
1 ts Mustard  
1 c Chicken Gumbo Soup  
Hamburger Buns

1. Brown the hamburger and onion in a pan.
2. Add the soup, catsup and mustard.
3. Heat until warm. Serve on hamburger buns.

## Hamburger Barbecue

Categories: Supper

Servings: 8

2 lb Hamburger

# Troop 437 Cookbook

2 lg Onions  
1 c Catsup  
1 Tb Mustard  
1 Tb Vinegar  
1 Tb Worcestershire Sauce

1. Break up the hamburger and fry it with the chopped onions together in a large fry pan.
2. Add the rest of the ingredients and simmer for 10 minutes. Serve on a hamburger bun.

## Variations

- a. Use any type of ground meat or combination.

## Campfire Sandwich

Categories: Lunch, Sandwich, Trail

Servings: 1

4 oz Chipped Beef  
1 sl Cheese  
1 Bun

1. Place chipped beef and cheese on a bun.
2. Wrap in aluminum foil.
3. Place on coals about 5 minutes per side.

## Variations

- a. You may use any type of meat.

## Submarine Sandwich

Categories: Sandwich, Lunch, Supper

Servings: 1

1 Sub Bread Rolls, 6-8"  
4 Cheese slices, American  
Lettuce  
3 Ham slices  
3 Salami slices  
3 Summer Sausage slices  
Onion, sliced  
Olives  
Dill Pickle  
Mayonnaise  
Mustard  
Italian Salad Dressing

# Troop 437 Cookbook

1. Cut bread rolls lengthwise. Scoop out some of the center to make room for fillings.
2. Spread top and bottom with mustard or mayonnaise.
3. Line bottom of roll with lettuce.
4. Place slices of meat on in even layers.
5. Add slices of cheese.
6. Add Onion, olives, and dill pickle.
7. Sprinkle with Italian Salad Dressing and put top on.

## Minute Pizza

Categories: Lunch, Sandwich, Trail

Servings: 6

12 English Muffins

1 cn Pizza Sauce

12 oz Pepperoni Sausage (sliced)

1 lb Mozzarella Cheese, grated

1. Place English muffin halves on foil in a Dutch oven.
2. Cover each muffin with sauce, pepperoni, and cheese.
3. Bake 10 to 15 minutes.

(10 to 12 pizzas)

Variations

- a. Add your favorite pizza toppings.
- b. Try wrapping sandwich in aluminum foil and cook over medium coals.

## Tortilla Pizza

Categories: Supper, Lunch, Appetizers

Servings: 4

1 Tb Margarine

1 Tb Worcestershire Sauce

4 Flour Tortillas, 10 inch

8 oz Mozzarella Cheese

1/4 c Green Onion

2 Tb Hot Pepper Sauce

1/4 c Tomatoes

1. Arrange tortillas on an ungreased baking sheet. Combine melted butter and Worcestershire sauce, brush on tortillas. Bake uncovered at 400 degrees for 5 minutes, or until tortillas are crispy.
2. Shred cheese and chop onion and tomatoes. In a small bowl, combine cheese, onion, tomatoes and pepper sauce. Sprinkle on each tortilla.
3. Bake an additional 5 minutes or until cheese is melted. May be cut into small wedges and used as an appetizer.

# Troop 437 Cookbook

## Pizza Pies

Categories: Lunch, Supper

Servings: 1

2 sl Bread  
2 tb Tomato Sauce  
3 oz Meat, as desired  
2 oz Pepperoni  
3 oz Cheese, mozzarella  
Butter

This meal uses a cast pie maker.

1. Lightly oil the insides of pie maker. Butter one side of both bread slices. Place the bread into both pans, with the buttered sides towards the pan.
2. On one side put the tomato sauce, meats, cheeses, pepperoni, etc. Make certain that you use enough filling so that both pans get full.
3. Clamp the sides together. Place over the fire and cook until the cheese starts to bubble and the meat is cooked. Rotate so that both sides are heated.
4. Remove from pans. The butter will help to slide it on out.

### Variations

- a. Use your favorite pizza toppings; pepper, olives, various meats, onions, mushrooms, etc.
- b. Use canned pizza sauce instead of tomato sauce.

## Reuben Sandwich

Categories: Sandwich, Lunch

Servings: 1

3 oz Corned Beef  
2 sl Swiss Cheese  
2 sl Rye Bread  
Sauerkraut  
Thousand Island Salad Dressing  
Butter

1. Spread salad dressing on the inside of both slices of bread.
2. Place corned beef, Swiss cheese, sauer kraut and salad dressing on one slice of bread.
3. Place other slice of bread on top. Butter the top and bottom of the sandwich.
4. Grill both sides until golden brown and the cheese has melted.

## Dog in a Blanket

Categories: Lunch, Trail

Servings: 5

# Troop 437 Cookbook

1 cn Biscuits  
10 Hot dogs

1. Roll dough to about 3/8 inch thickness. Cut into strips and wrap around hot dogs.
2. Place in Dutch oven and cook about 10 minutes or until golden brown.

## Variations

- a. Mix Bisquick dough, and use it to roll around hot dogs.
- b. Put hot dogs on a stick, wrap with biscuit dough, and cook over a campfire.

## Fried Egg Sandwich

Categories: Breakfast, Lunch

Servings: 1

2 ea Eggs  
2 Tb Butter  
2 sl Bread  
Salt

Pepper

-FILLINGS-----

Onion, sliced thin

Cheese, sliced or shredded

Mushrooms, sautéed

Ham, Bacon or Canadian Bacon

Tomato, slice

1. Heat butter in a fry pan until just hot enough to sizzle a drop of water.
2. Break eggs into pan and reduce heat immediately. Break yolks if desired.
3. Cook slowly to desired doneness. Add salt and pepper.
4. Place 1 egg on bread, add desired toppings, and place second egg over filling.

## Variations

- a. Use hamburger-type bun or rye bread.
- b. Add Mayonnaise, mustard, catsup, BBQ or chili sauce for added flavor.

## One-Eyed Jack Sandwich

Categories: Lunch

Servings: 1

1 Egg  
1 sl Cheese  
2 Tb Butter  
1 sl Bread

# Troop 437 Cookbook

Salt

Pepper

1. Remove a 2 inch circle from the center of the bread slice.
2. Melt butter in fry pan over medium heat. Place bread slice into the pan.
3. Break egg into the hole in the bread slice, reduce heat and season with salt and pepper.
4. Cook until bread is golden brown. Turn bread and egg over, top with cheese slice, and cook until egg is the desired doneness.

## Grilled Cheese Sandwiches

Categories: Lunch

Servings: 6

12 sl Cheese

Butter

24 sl Bread

1. Spread butter on one side of each slice of bread.
2. Put cheese in between 2 slices of bread with buttered side out.
3. Place in fry pan over medium-low heat, cook each side until golden brown.

## **Sauces**

### Batter Dip

Categories: Sauces, Lunch, Supper

Servings: 4

1 Egg

1/2 c Milk or Water

1/2 ts Salt

1/2 c Flour

1. Beat ingredients together in a mixing bowl.
2. Dip fish, chicken, or meat in this mixture and fry in at least 1" of cooking oil.

### Variations

- a. Use or add corn meal to mixture with a little extra water. Let sit for several minutes for the corn meal to absorb liquid before using.

### BBQ Sauce

Categories: Sauces

Servings: 1

# Troop 437 Cookbook

1 c Ketchup  
1/2 c Water  
4 Tb Vinegar, white  
4 Tb Brown Sugar  
2 Tb Onion flakes  
3 Tb Worcestershire sauce  
3 Tb Mustard  
1 1/2 ts Salt  
1/2 ts Pepper

1. Simmer for approximately 10 minutes, until sugar is dissolved.

## Meat Marinade

Categories: Sauces

Servings: 1

1 1/2 c Salad Oil  
1/2 c Soy Sauce  
3/4 c Cider Vinegar  
1 Tb Ground Pepper  
1/3 c Lemon Juice  
1/4 c Worcestershire Sauce  
2 Garlic Cloves, crushed  
1 Tb Dry Mustard  
2 1/2 ts Salt

1. Combine all ingredients and mix well.
2. Store in tightly covered jar in refrigerator or freeze if not used immediately.

Makes about 3 1/2 c.

Note:

- a. Marinading (soaking) meat and poultry will help tenderize it as well as flavor it.

## Gravy

Categories: Sauces

Servings: 1

1/4 c Flour  
Milk or Water  
1 ts Salt  
1/2 ts Pepper

1. Remove meat from pan. If needed, add water to pan to make about 2 cups of total liquids.
2. Put flour and 1 cup of milk or water in a shaker and mix well.

# Troop 437 Cookbook

3. Bring liquid in the pan to a rapid simmer. Slowly stir flour/liquid mixture into the simmering liquid, scraping the pan bottom to free any crispy bits.
4. Add salt and pepper. Stir until mixture return to a rapid simmer. Continue to simmer until the desired thickness is reached.

## White Sauce

Categories: Sauces

Servings: 1

Milk

Flour

Butter

Salt

Pepper, to taste

1. Use the following chart for desired consistency of sauce.

Thin Medium Thick

cups milk	1	1	1
tablespoons flour	1	2	3
tablespoons butter	1	2	2 1/2
teaspoons salt	1/4	1/4	1/4

2. Melt the butter in a pan over low heat.
3. Add the flour and salt then stir for a couple minutes.
4. Add the milk and stir rapidly until smooth.

## Variations

- a. Add any of the following: 3/4 cups diced celery, 1/2 cup grated cheese, 1/4 pound of shredded dried beef, 8 diced links of browned sausage, 8 fried and crumbled strips of bacon, or 1/2 cup diced ham.

## Camp Syrup

Categories: Sauces

Servings: 4

1/2 c Water

1 c Brown Sugar

1/4 ts Cinnamon, optional

1 Tb Butter

1. Combine ingredients and simmer for 15 to 20 minutes.
2. Cool to thicken.

## Caesar Salad Dressing Mix

Categories: Trail, Salads

# Troop 437 Cookbook

Servings: 1

1 1/2 ts Grated Lemon Peel  
1/8 ts Instant Minced Garlic  
1/2 ts Pepper  
1 ts Oregano  
2 Tb Grated Parmesan Cheese

1. Combine all ingredients in a small bowl; stir until well blended.
2. Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool dry place and use within 3 to 4 months.

Makes One 3/4 cup serving (3 Tablespoons)

## CAESAR SALAD DRESSING:

Combine 1 pkg of mix, 1/2 cup vegetable oil, and 1/4 cup lemon juice in a glass jar. Shake until well blended. Chill before serving. Makes about 3/4 cup of Salad Dressing.

## French Dressing Mix

Categories: Trail, Salads

Servings: 6

1/4 c Sugar  
1 ts Dry Mustard  
1/8 ts Onion Powder  
1 1/2 ts Paprika  
1 1/2 ts Salt

1. Combine all ingredients in a small bowl; stir until well blended.
2. Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool, dry place and use within 6 months.

Makes enough mix (5 Tablespoons) for 1 1/4 cups of French Dressing.

## Variations

a. Sweet Italian Dressing:

Increase sugar to 1/2 cup. Substitute 1 T celery seed for paprika.

b. French Dressing:

Combine 1 pkg of mix, 3/4 cup vegetable oil, and 1/4 cup vinegar in a glass jar. Shake until well blended. Makes about 1 1/4 cups of French Dressing.

# Troop 437 Cookbook

## Super Salad Seasoning Mix

Categories: Trail, Salads

Servings: 1

2 c Grated Parmesan Cheese  
1/2 c Sesame Seed  
1 Tb Instant Minced Onion  
1/2 ts Dried Dill Seed  
3 Tb Celery Seeds  
1/2 ts Freshly Ground Pepper  
2 ts Salt  
1/2 ts Garlic Salt  
2 Tb Parsley Flakes  
2 Tb Poppy Seeds  
2 ts Paprika

1. Combine all ingredients in a small bowl and blend well.
2. Put in a 1-quart airtight container and label. Store in a cool, dry place and use within 3 to 4 months.

Makes about 3 cups of mix.

Use Super Salad Seasoning Mix on the following:

Sprinkled topping over tossed green salads, baked potatoes and buttered French bread or rolls before toasting, as a garnish for potato salads, macaroni or egg salads.

Use as a sour cream dip made with 2 Tb of mix to 1 cup of sour cream.

## **Soups**

### Pennsylvania Corn Chowder

Categories: Soups, Lunch, Supper

Servings: 4

-- STEP 1 -----

1 c Water  
1 cn Chicken Stock  
1 Onion, diced  
1 Celery stalk, sliced  
2 Potato, diced  
1 ts Salt

1 ts Pepper

-- STEP 2 -----

2 c Milk  
1 ts Butter

# Troop 437 Cookbook

2 c Canned Corn

-- STEP 3 -----

4 Tb Flour

1/2 c Milk

1. Prepare and cook the ingredients listed in step 1 until potatoes are tender, about 15 minutes.
2. Add the ingredients listed in step 2 and bring to a simmer.
3. Make a paste of 1/2 cup water or milk and 4 tablespoons flour. Add this to pot and simmer gently until thickened, stirring occasionally.

## Variations

- a. You can use 2 chicken bouillon cubes and 1 cup of water instead of the can of chicken stock.

## Incredible Lentil Soup

Categories: Soup

Servings: 4

3/4 c Lentils (red or green)

1 c Barley

1/2 Onion

2 Garlic cloves

1 md Potato, unpeeled

2 cn Tomato Paste (6 oz.)

2 Carrots

2 Celery stalks

1/8 ts Tabasco Sauce

1 Bay Leaf

1 Bouillon packet

Spices to taste:

Oregano

Basil

Celery seed

Thyme

Freshly-ground Pepper

Salt

1/2-1 c Mushrooms, sliced (optional)

1 c Shell Macaroni, cooked (optional)

About 45 minutes to make.

1. Dice the onions and garlic, and saute them in the bottom of a spaghetti pot.
2. When they are done, reduce heat and mix in the tomato paste and 5-6 cups water until it reaches the consistency of tomato soup.

# Troop 437 Cookbook

3. Cut the potato into spoon-sized chunks, and chop the celery and carrot. Add the potato, lentils, barley, bay leaf, spices, tabasco, and bouillon, and stir until the bouillon is dissolved. Cover and simmer over medium heat for 30 minutes (or until the grains are soft), stirring every so often to keep the barley from sticking to the bottom of the pot.
4. After the soup is done simmering, add the celery and carrot (and mushroom and macaroni) and let the soup cook uncovered for another 10 minutes.

## Variations

- a. Use dried instead of fresh ingredients for a trail meal.

## Wisconsin Potato Cheese Soup

Categories: Lunch, Soups, Cheese/eggs

Servings: 8

2 Tb Butter or Margarine  
1/3 c Celery, chopped  
1/3 c Onions, chopped  
4 c Potatoes, peeled & diced  
3 c Chicken Broth  
2 c Milk  
1 1/2 ts Salt  
1/4 ts Pepper  
1 ds Paprika  
8 oz Cheddar Cheese, shredded  
Croutons  
Fresh Parsley, chopped

1. In a large saucepan, melt butter over medium-high heat. Sauté celery and onion until tender.
2. Add potatoes and broth. Cover and simmer until potatoes are tender, about 12 minutes. Beat and chop potato mixture finely. (blender)
3. Stir in milk and seasonings.
4. Add the cheese, heat only until melted.
5. Top with croutons and garnish with parsley if desired.

## Stews

### Camp Stew

Categories: Main dish, Supper, Beef

Servings: 8

2 lb Beef, cubed  
1 c Lentils  
4 lg Potatoes, diced  
4 lg Carrots, sliced

# Troop 437 Cookbook

1 lg Onion, diced  
2 Celery stalks, sliced  
1 cn Corn  
1 cn Green Beans  
1 Tb Salt  
1 ts Pepper  
1 ts Summer Savory  
Flour  
Water

1. Cut the beef into 3/4" cubes. Brown in a pot over high heat.
2. Add the lentils and enough water to cover everything. Simmer over low heat for 2-3 hours until meat is tender. Add water if needed during cooking.
3. Add the raw vegetables, salt, pepper, summer savory and enough water to cover. Simmer for about 30-45 minutes, until tender.
4. Add the canned vegetables, with water, and heat for about 15 minutes.
5. Put 4 Tb flour and 1 cup cold water in a shaker and mix well. Add to stew and simmer to thicken.

## Variations

- a. Other fresh and canned vegetables may be add as desired. Use whatever is at hand. Consider turnips, cabbage, peas, lima beans, etc.
- b. Make dumplings from the Dumpling recipe and add at step 5.
- c. Make Baking Powder Biscuits, or use frozen biscuits, and place a layer of biscuits on top of the stew, cook for 15 - 20 minutes.
- d Stir in 2 cans of Cream of Mushroom Soup and a can of milk at step 5 for a richer gravy.

## Red-Eye Stew

Categories: Beef, Main dish, Supper

Servings: 8

1 1/2 lb Beef Roast, cubed  
2 Tb Cooking Oil  
4 Potatoes, diced  
4 Carrots, diced  
1 Onion, diced  
1 cn Lima Beans  
1 cn Corn  
1 qt Canned Tomatoes  
1 cn Tomato Sauce, 16 oz.  
1 ts Salt  
1/2 ts Pepper  
1/2 ts Summer Savory

# Troop 437 Cookbook

1. Cut the beef into 1/2-3/4" cubes. Brown the beef thoroughly in hot oil.
2. Add water to cover meat and simmer over low heat for 30 minutes, or longer for more tender results.
3. Add the raw vegetables, seasonings, tomato sauce and tomatoes. Add additional water if needed to cover all ingredients.
4. Simmer over low heat until vegetables are tender, about 30 minutes.
5. Add the canned vegetables and simmer another 15 minutes.

## Notes

- a. If stew meat or a tough roast is used it should be simmered for 1 hour or more in step 2 for adequate tenderness.
- b. To speed up cooking time cut the meat and raw vegetables into smaller pieces. Be careful not to overcook vegetables in step 3.
- c. Dumplings may be added at the end. See Dumplings recipe.

## Green Bar Stew

Categories: Main dish, Supper, Beef

Servings: 8

2 lb Beef, cubed  
2 ts Cooking oil  
1 ts Salt  
Water  
4 Carrots, diced  
2 Onions, chopped  
4 Potatoes, cubed  
1 Tb Parsley Flakes

1. Brown beef in the cooking oil in the open oven.
2. Add salt and water, cover and cook 30 minutes.
3. Add carrots and onions and cook 30 minutes.
4. Add potatoes and parsley and cook 30-40 minutes more. Cook over low to medium heat fire.

Add water to maintain liquid in oven.

Approx. Cook Time: 1:30

## Sausage Stew

Categories: Supper, Main dish

Servings: 8

3 lb Sausage, smoked  
6 Potatoes, cubed  
2 Onions, chopped  
1 Tb Parsley, dried  
1/2 ts Summer Savory

# Troop 437 Cookbook

Salt

Pepper

1. Cut sausage into 2" pieces. Place in a skillet with the other ingredients and cover with water and place cover on skillet.
2. Bring to a boil for 5 minutes, then reduce to a simmer. Cook for about 30 minutes.

## Variations

- a. Thicken the liquid with 2 Tb flour and 1 cup water. Mix well in a shaker and stir into simmering stew at the end. Cook for 5 minutes, or until thickened.
- b. Noodles can be added, with a little additional water, when the stew is half done. Cook for an additional 15 minutes. Make sure the water level doesn't get too low.
- c. Add a can of sweet corn or navy beans for added heft.

## Special Stew

Categories: Lunch, Supper, Soups

Servings: 8

1/2 c Wheat

1/2 c Rice

3 c Water

5 Carrots

4 Potatoes

1 ts Salt

1/4 ts Pepper

1 Onion (diced)

4 Beef Bouillon cubes

1. Combine wheat, rice and water in a pot and simmer until the wheat and rice are soft.
2. Slice and add carrot, potato, salt, and pepper. Dice and add the onion.
3. Simmer until the vegetables are tender.
4. Add bouillon about 15 minutes before serving.

## Elephant Stew

Categories: Supper

Servings: 3800

1 Elephant, medium size

Salt

Pepper

2 Rabbits, optional

1. Cut the elephant into small bite-size pieces. This should take about two months.

# Troop 437 Cookbook

2. Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees.
3. This will serve thirty-eight hundred people. If more are expected, two rabbits may be added, but do this only if necessary as some people do not like to find hare in their stew.

## **Trail Foods**

### Chicken-Flavored Rice Mix

Categories: Trail, Supper, Lunch

Servings: 12

- 4 c Uncooked Long Grain Rice
- 1 ts Salt
- 2 ts Dried Parsley Flakes
- 4 Tb Instant Chicken Bouillon
- 2 ts Dried Tarragon
- 1/4 ts White Pepper

1. Combine all ingredients in a large bowl. Stir until evenly distributed.
2. Put about 1 1/3 cups into three 1-pint containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix.

### CHICKEN-FLAVORED RICE:

Mix 1 1/3 cups rice mix with 2 cups cold water and 1 Tb butter or margarine in a medium saucepan. Bring water to a boil over high heat. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed. Add canned chicken chunks as desired. Makes 4 to 6 servings.

### Dill-Lemon Rice Mix

Categories: Trail, Supper, Lunch

Servings: 12

- 4 c Long Grain Rice, Uncooked
- 4 ts Dill Weed Or Dill Seed
- 8 ts Instant Chicken Bouillon
- 5 ts Dried Grated Lemon Peel
- 2 ts Salt

1. Combine all ingredients in a large bowl and blend well.

# Troop 437 Cookbook

2. Put 1-1/2 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4-1/2 cups of mix.

## DILL-LEMON RICE:

Combine 1-1/2 cups of mix, 2 cups cold water, and 1 Tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings.

## Onion-Flavored Rice Mix

Categories: Trail, Supper, Lunch

Servings: 12

4 c Uncooked Long Grain Rice  
1 Tb Parsley Flakes  
2 pk Onion Soup Mix (1 1/4 oz)  
1 ts Salt

1. Combine ingredients in a large bowl; stir until well blended.
2. Put 1-1/3 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix

## ONION-FLAVORED RICE:

Combine 1-1/3 cups rice Mix, 2 cups cold water, and 1 Tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings

## Mexican Rice Mix

Categories: Trail, Supper, Lunch

Servings: 12

4 c Raw Long Grain Rice  
4 ts Salt  
1 ts Dried Basil  
1/2 c Dried Tomato Flakes  
1/2 c Green Pepper Flakes  
5 ts Parsley Flakes

1. Combine all ingredients in a large bowl; stir until well blended.

# Troop 437 Cookbook

2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4-1/2 cups of mix.

## MEXICAN RICE:

Combine 1-1/2 cups of mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings.

## Vegetarian Rice Mix

Categories: Trail, Supper, Lunch

Servings: 12

4 c Raw Long-grained Rice  
2 ts Salt  
4 ts Onion Flakes  
4 ts Red Pepper Flakes  
3 Tb Instant Vegetarian Bouillon  
4 ts Celery Flakes  
4 ts Green Pepper Flakes

1. Combine all ingredients in a large bowl; stir until well blended.  
2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

## VEGETARIAN RICE:

Combine 1 1/2 cups mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; reduce heat and cover. Cook for 15 to 25 minutes, until all liquid is absorbed. Makes 4 to 6 servings.

## Chicken Stew with Dumplings

Categories: Supper, Soups, Trail, Poultry

Servings: 6

3 pk Chicken Noodle Soup envelopes  
3 cn Chicken, boned 12/14 oz  
4 Tb Flour  
9 c Water

## Dumplings

# Troop 437 Cookbook

1. Put the soup mix and flour into a large kettle.
2. Stir in water and add the boned chicken.
3. Place on the fire and bring to a boil, stirring occasionally.
4. Make dumplings. See the Dumpling recipe for directions.

## Brown Rice and Shrimp

Categories: Trail, Main Dish, One Pot

Servings: 2

2 c Brown Rice

1 cn Shrimp, 6 1/2-oz

or

1/2 c Freeze-dried Shrimp

1 c Freeze-dried String Beans

1 Tb Onion Flakes

1/2 ts Salt

1/8 ts Oregano

1/8 ts Thyme

1 Tb Oil

5 c Water

1. To boiling water and oil add rice, salt, and onion. High simmer for 30 to 45 minutes.
2. During the last few minutes add string beans and shrimp.

### Variations

- a. Dried shrimp and dehydrated string beans may be used instead--add them halfway through cooking.

## Alpine Spaghetti

Categories: Trail, Main Dish, One Pot

Servings: 2

8 oz Spaghetti or Noodles

1 Tb Olive Oil

1 c Parmesan Cheese

3 ts Ground Sweet Basil

1 Tb Parsley Flakes

1 Garlic clove, minced

Water

1. Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain.
2. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

# Troop 437 Cookbook

## Chili

Categories: Trail, Main Dish, One Pot  
Servings: 2

1 c Lentils  
3 Tb Tomato Powder (optional)  
2 Tb Masa or Corn Flour (optional)  
1 Tb Chili Powder  
1 Tb Onion Flakes  
1 ts Cumin  
1 ts Oregano  
1 ts Salt  
1 Clove Garlic  
4 c Water

1. Combine all ingredients and simmer 30 to 45 minutes depending on altitude.
2. Put some cheese in your bowl and pour on some chili. Good with cornbread cakes on a cold night.

## Pinto Beans

Categories: Trail, Main Dish, One Pot  
Servings: 2

1 c Pinto Beans, cracked in a loose-set grain grinder  
1 ts Cumin  
1/2 ts Salt  
1 Garlic Clove, minced  
1 pn Cayenne Pepper  
1 Tb Oil  
4 c Water

1. Beans should be cracked about the size of split peas.
2. Add all ingredients to boiling water and oil and simmer 30 minutes.
3. Serve with Corn Pancakes and cheese.

### Variations

- a. Add 1 teaspoon chili powder.

## Spinach Cheese Casserole

Categories: Trail, Main Dish, One Pot  
Servings: 2

1 1/4 c Brown Rice  
1/2 c Dehydrated Spinach Flakes  
1/4 c Dried Mushrooms, sliced thin, chopped fine

# Troop 437 Cookbook

1 Garlic Clove, minced  
1/2 ts Salt  
1 cn Shrimp, 6 1/2-ounce can,  
or  
1 c Dried Shrimp,  
or  
1/2 c Freeze-dried Shrimp  
1/2 lb Cheddar Cheese, grated or chopped in small chunks  
1 ts Oil  
3 c Water

1. Combine all ingredients except cheese and shrimp, if you use canned or freeze-dried.
2. Bring to boil and simmer 45 to 60 minutes. Stir in cheese and canned or freeze-dried shrimp (unless you used dried).
3. Cover for 2 to 3 minutes, then serve hot.

## Asian Rice and Lentils

Categories: Trail, Main Dish, One Pot  
Servings: 2

1/2 c Brown Rice  
1/2 c Lentils  
2 Tb Butter  
1 Onion, chopped, or 1 Tb Onion Flakes  
1/2 ts Salt  
1/2 ts Cinnamon  
1/2 ts Ginger  
1/2 ts Cardamon  
2 Whole Cloves  
1 Bay Leaf  
1 pn Cayenne Pepper (optional)  
2 1/2 c Water

Rice and lentils, when eaten together, make a richer balance of protein than if they are eaten separately.

1. Melt butter in cook-pot and add all dry ingredients. Saute a few minutes and then cover with water.
2. Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder at home.

## Corn Chowder

Categories: Trail, Main Dish, One Pot  
Servings: 2

# Troop 437 Cookbook

1/2 c Dehydrated Corn  
1/2 c freeze-dried Potatoes  
or  
1 Potato, raw, unpeeled, cut in small pieces  
2 Tb Corn Meal  
2 Tb Whole Wheat Flour  
2 Tb Soy Milk Powder  
1 ts Parsley Flakes  
1 ts Onion Flakes  
1 ts Celery Flakes  
1/2 ts Salt  
1/8 ts Paprika  
ds Pepper  
1 Tb Butter  
1 cn Cracked Crab w/juice, 6 1/2-oz (optional)  
4 1/4 c Water

A thick, creamy chowder, high in protein and a special treat with added crab.

1. Combine all dry ingredients in one bag before you go.
2. In camp combine all ingredients, except crab, in cold water and stir well.
3. Bring to boil, stirring occasionally. Simmer for 10 to 15 minutes.
4. Add can of crab and its juice, if desired, and heat through. Serve hot.

## Lentil Soup

Categories: Trail, Supper

Servings: 2

1/2 c Lentils  
1 ts Dried Carrot Flakes  
1 ts Dried Minced Onion  
1/2 ts Salt  
1/4 c Potato Buds  
1 ts Butter or Margarine  
3 c Water  
2 Tb Parmesan Cheese (opt.)

Dumplings, optional

1. Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.
2. Boil again, simmer for 15 min. Add potato buds and cook a few more minutes. Add 1 tsp. Butter or margarine or cut some parmesan cheese into the soup.
3. Add dumplings if desired. See Dumplings recipe.

# Troop 437 Cookbook

## Polenta Cheese Soup

Categories: Trail, Main Dish, One Pot

Servings: 2

1/2 c Dehydrated Corn  
1/4 c Polenta  
1 Tb Dehydrated Bell Pepper  
1 Bay Leaf  
1 ts Parsley Flakes  
1 ts Onion Flakes  
1 ts Celery Flakes  
1/2 ts Salt  
1/8 ts Savory  
ds Cayenne Pepper  
1 ts Oil  
4 c Water  
1/2 c Milk Powder  
1/4 lb Cheddar Cheese  
1/4 c Sunflower Seeds (optional)

1. Combine all ingredients, except cheese, milk powder, and seeds, with oil and 3 cups of water. Bring to boil and simmer for 15 minutes.
2. Mix milk powder and remaining 1 cup water. Combine with polenta when it is cooked.
3. Grate in cheddar cheese or cut in small chunks and stir in. Sprinkle with sunflower seeds if desired.

## Lentil Tomato Soup

Categories: Trail, Main Dish, One Pot

Servings: 2

2/3 c Lentils  
1/2 c Noodles, whole wheat, soy-rice, or sesame  
1/4 c Freeze-dried Tomato Powder  
1 Tb Vegetable-seasoned Broth Powder  
2 ts Parsley Flakes  
1 ts Salt  
1/4 ts Garlic Granules  
ds Pepper  
1 Tb Oil  
5 c Water

1. Add all ingredients to boiling water and oil and cook at a low boil for 30 to 40 minutes.

# Troop 437 Cookbook

## Barley Split Pea Soup

Categories: Trail, Main Dish, One Pot

Servings: 2

3/4 c Green Split Peas  
1/2 c Barley  
2 Tb Dehydrated Carrots  
1 Tb Celery Flakes  
2 ts Vegetable-seasoned Broth Powder  
2 ts Onion Flakes  
1 ts Salt  
1 ts Parsley Flakes  
1/8 ts Garlic Granules  
1 Bay Leaf  
1 Tb Oil  
5 c Water

1. Bring water and oil to a boil. Slowly sprinkle in dry ingredients. Stir; cover.
2. Bring to boil again, and keep at high simmer for 45 to 60 minutes or until peas have softened.

## Lentil Noodle Soup

Categories: Trail, Main Dish, One Pot

Servings: 2

3/4 c Lentils  
2 c Noodles, whole wheat, soy, or sesame  
2 Tb Whole Wheat Flour  
2 ts Onion Flakes  
3/4 ts Salt  
1 Bay Leaf  
1/8 ts Cloves, ground  
ds Pepper  
1 Tb Apple Cider Vinegar or Lemon Juice  
2 Tb Oil  
4 c Water

1. Add all ingredients to cold water, stir well, and bring to a boil.
2. Simmer 30 to 40 minutes.

## Corn Meal Split Pea Soup

Categories: Trail, Main Dish, One Pot

Servings: 2

# Troop 437 Cookbook

- 1/2 c Split Peas
  - 1/2 c Corn Meal
  - 1 Onion, chopped, or 1 Tb Onion Flakes
  - 1 Tb Celery Flakes
  - 1 Tb Parsley Flakes
  - 1 Garlic Clove
  - 1 Bay Leaf
  - 1 ts Cumin
  - 1/2 ts Savory
  - 1/2 ts Salt
  - 1/8 ts Cayenne Pepper
  - 2 Tb Olive Oil
  - 1 Tb Tamari Soy Sauce
  - 4 c Water
1. Bring ingredients to simmer over low heat, stirring occasionally.
  2. Cook 45 to 60 minutes.

## **Vegetables**

### Potluck Beans

Categories: Supper  
Servings: 8

- 2 cn Baked Beans, 16-oz.
- 2 cn Green Beans, 16-oz
- 2 cn Lima Beans, 8 1/2-oz.
- 4 ts Onion, minced
- 2 pk Sausage Links, 12-oz

1. Chop sausage into pieces, and cook according to package directions.
2. Combine baked beans, drained green beans, Lima beans, and minced onion in large pan. Stir in sausage pieces.
3. Cook over medium heat about 15 minutes, stirring occasionally, until it is heated through.

### Dutch Oven Beans, Boston Style

Categories: Vegetables  
Servings: 8

- 2 c Navy Beans, large, dry
- 1/4 lb Salt Pork, sliced
- 1 ts Mustard, Dry
- 1/2 c Tomato Ketchup
- 1/3 c Brown Sugar

# Troop 437 Cookbook

1/2 c Molasses  
1 md Onion  
1 ts Salt

1. Cover beans with 6 c of water and soak overnight.

Or,

Rinse beans, add to 2 quarts cold water. Bring to boiling, simmer 2 minutes, and remove from heat. Cover and let stand for 1 hour.

2. Add 1/2 tsp salt to soaking beans, cover, and simmer 1 hour, or until tender.

3. Drain and save the liquid. Add water to make 2 cups if necessary. Add sugar, mustard and molasses.

4. Add beans, onion and pork to a pot or Dutch oven. Pour liquid over top.

5. Cover, bake for 4-6 hours, adding more water if needed. (300 deg F.)

Notes

a. Cut the pork into 1/2" squares. Bacon may also be used. Dry Pinto beans may be used. Cooking time may vary with different bean types.

## Dutch Oven Beans, Southwestern Style

Categories: Vegetables, Main Dish

Servings: 8

1 1/2 lb Pinto Beans, dry  
2 Ham Shanks or ham bone  
4 lg Tomatoes, ripe, or  
1 cn Tomatoes, #2 solid-pack  
2 Hot Chili Peppers  
2 Onions, cut into chunks  
1 1/2 Tb Salt

1. Cover beans with 6 c of water and soak overnight.

Or,

Rinse beans, add to 2 quarts cold water. Bring to boiling, simmer 2 minutes, and remove from heat. Cover and let stand for 1 hour.

2. Drain the beans. Add the other ingredients to the pot, mixing with the beans. Add a little water until bean mixture is moist.

3. Cover, bake in the coals for 4-6 hours, adding more water if needed. (300 deg F.)

Variations

a. Add a 6" square of ham skin, with a layer of fat on it for additional flavor.

b. Add 1/2 lb of minced-up pieces of beef.

c. Add additional seasoning with garlic cloves, oregano, or various kinds of hot peppers.

# Troop 437 Cookbook

## Baked Potato

Categories: Vegetables

Servings: 1

1 Potato

1. Wash the outside of the potatoes, and puncture a small hole on two sides of each potato.
2. Place the potatoes in a Dutch oven, cover and cook for about 1 hour. The time will vary depending on the size of the potato. (350 degrees F.)

### Variations

- a. Prepared potato may be wrapped in heavy duty aluminum foil and placed directly on a bed of coals. Turn periodically to prevent burning.
- b. Cut the potato crosswise into 1/2" slices. Peel and cut an onion into thin slices. Place a slice of onion between each potato slice. Wrap in foil and bake.

## Cottage-Fried Potatoes

Categories: Vegetables, Supper, Breakfast

Servings: 6

6 lg Potatoes

1 sm Onion

Salt

Pepper

Oil

1. Boil the potatoes, with skins on, in enough water to cover. Potatoes may be cut into quarters to speed cooking. Cook until soft; about 30-40 minutes if whole, 20-25 minutes if quartered.
2. Slice potatoes into bite-sized chunks.
3. Slice onions into thin slices.
4. Put about 1/2" oil in frying pan. Heat until oil is hot and add potatoes and onions to pan.
5. Fry in hot fat until brown and crispy, turning frequently. Salt and pepper to taste.

## Mashed Potatoes

Categories: Vegetables, Supper,

Servings: 6

6 lg Potatoes, peeled

1 c Milk or Water

1/8 lb Butter

# Troop 437 Cookbook

Salt

Pepper

1. Boil the potatoes in enough water to cover. Potatoes may be cut into quarters to speed cooking. Cook until soft; about 30-40 minutes if whole, 20-25 minutes if quartered.
2. Using a potato masher, mash potatoes just enough to break into coarse chunks.
3. Add the butter, salt and pepper, along with 1/2 cup of milk.
4. Continue mashing potatoes, adding milk as necessary, until the consistency is smooth. Do not add too much liquid or the potatoes will be soupy. A few lumps may remain.

Variations

- a. If you use water, 2 - 4 Tb of powdered milk may be added for additional flavor.

## Corn on the Cob

Categories: Vegetables

Servings: 1

1 Ear of Corn

Boiling water

1. Remove husks and silk from ears.
2. Place corn in a pot with enough boiling water to cover corn.
3. Boil 8 - 10 minutes in covered oven. Puncture corn grains with knife top for tenderness test.

## Corn Fritters

Categories: Vegetables

Servings: 4

2 Eggs, separated

1/2 c Flour

2 Tb Cornmeal

2 c Cream-style Corn

1/2 ts Salt

1/4 ts Pepper

1 ts Sugar

1. Combine all ingredients and mix well.
2. Drop by teaspoons onto hot greased skillet. Brown about 2 minutes on one side. Turn and brown on other side.
3. Serve with syrup.

# Troop 437 Cookbook

## Baked Corn

Categories: Vegetables, Supper

Servings: 8

1 cn Creamed-style Corn, 16 oz.

1 cn Kernel Corn, 16 oz.

1/2 c Corn Meal

1 ts Garlic Salt

2 c Cheese, grated

1 ts Baking Powder

1/4 c Oil

2 Eggs

1. Add both cans of corn, corn meal, salt, cheese, baking powder and oil to a pan.
2. Beat eggs and mix into pan.
3. Bake 45 minutes (350 deg. F.)

Variations

- a. Add 2 lb of cooked sausage or hamburger for a complete one-pot meal.

## Fried Corn

Categories: Vegetables

Servings: 4

2 c Corn, fresh or canned

1/8 c Butter

Salt

Pepper

1. Cut corn kernels off cob.
2. Melt 1/8 cup of butter in a frying pan and add corn.
3. Cook over a fairly high flame, so corn browns instead of cooking in its own juice. Don't use a lid.
4. Salt and pepper to taste.

Notes

- a. Raw or leftover boiled corn on the cob may be used. Each tastes different.

## Roasted Corn

Categories: Vegetables

Servings: 1

1 ea Corn, fresh ears

1. Carefully pull back the husk part way and clean the silk off the ear of corn.
2. Rinse the ear and salt lightly.

# Troop 437 Cookbook

3. Replace the husk so no corn is exposed and place on a hot bed of coals, turning it one fourth the way around every 3 to five minutes.

## Variations

- a. Spread corn with butter and salt, wrap tightly in aluminum foil, and roast over hot coals for 15-20 minutes, turning frequently.
- b. If the corn tends to burn, soak the ear of corn in water for 10-15 minutes before placing on the coals.

## Pickled Cabbage Salad

Categories: Vegetables, Salads

Servings: 6

- 1 Cabbage, shredded
- 1 c Sugar
- 1/4 c Water
- 1/2 c Vinegar
- 1 ts Salt

Mix all ingredients together. Let stand at least 2 hours before serving.

## Pepper Cabbage Salad

Categories: Vegetables, Salads

Servings: 6

- 1 Cabbage
- 1 Green Pepper
- 1 sm Celery

- DRESSING -----

- 4 Tb Cider Vinegar
- 3 Tb Sugar
- Salt
- Pepper

1. Grate cabbage on fine grater or cut in thin slices.
2. Chop pepper and celery and add to cabbage.
3. Mix remaining ingredients and dilute with enough water to make a sweet-sour dressing.

## Fried Cabbage

Categories: Vegetables

Servings: 4

# Troop 437 Cookbook

1 Cabbage  
2 Tb Butter  
Salt  
Pepper

1. Cut up cabbage into squares (about 1 1/2").
2. Melt a couple of Tb of butter in a heavy frying pan. Add cabbage and salt and pepper to taste.
3. Cover and cook over low heat for about 8 - 10 minutes or until cabbage is limp and starting to become tender. Remove lid, turn up heat a bit and let cabbage continue to fry. Stir occasionally and add more butter if necessary.
4. When cabbage has nicely browned and is tender, serve.

## Fried Tomatoes

Categories: Vegetables, Lunch, Supper  
Servings: 4

1/2 c Flour  
1 ts Sugar  
1/2 ts Salt  
Pepper  
4 Tomatoes, ripe  
2 Tb Butter

1. Mix flour, sugar, salt, and pepper.
2. Slice tomatoes into 1/2 inch slices. Cut out any hard core.
3. Heat butter in a frying pan.
4. Dip the tomato slices in the flour mixture, coating both sides.
5. Put the slices into the hot butter. Cook on one side long enough to get a nice brown crust. Turn and cook on other side.

Variations

- a. Mix corn meal with the flour, up to half the total amount, for a different flavor.

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