

# Advanced Outdoor Cooking



## Program Age Level Requirements:

**Cadette, Senior, Ambassador:** 11 activities

## Skill Builders

1. Find out the best way to cook for a large group. Practice making recipes larger... in other words, double or triple the original recipes. Figure out how cooking utensils will change with larger amounts. Also calculate the amount of fuel needed to cook for larger groups.
2. Adapt an item you make at home to be baked in a foil oven, and make it.
3. Plan a menu and make it nutritional as well as filling. Think about the weather and food needs (warm/hot items for cool or cold weather and cool items for hot weather). Food needs to be visually appealing, so decide how to accomplish this when cooking outside.
4. Review what M.I.C.E. stands for and how you should follow it when cooking and cleaning up.
5. Set up an outdoor washing station for a large group. Make posters or label each part of the station. Figure out how to keep it off the ground (ex: lashing tripods, using tables etc) Provide a place to scrape the waste items/trash. Hang a line for dips bags to be placed for drying.
6. Make fire starters. Learn how to use a "flume" can or charcoal chimney. Use starters to start charcoal and/or wood fires. Learn how to determine the correct heat needed for cooking outdoors.
7. Learn how to cook using these methods: plastic bag, Dutch oven, reflector or box oven, orange shell or onion shell on coals, coffee can cooking, hay hole or planking, pie iron, tin can and/or vagabond stove, and solar. Use methods you have not used before and cook a meal.

## Technology

1. Use the internet to find recipes that might be adapted for outdoor cooking.
2. Find out about organizations to further outdoor cooking. (Examples include: Dutch Oven Cooking Society, Bar-B-Que U, etc.)

## Service Projects

1. Cook for a large group. Plan the meal; decide the amounts needed to feed the group you have. Decide on who will do what job (you can make a KAPER chart). How long will the food take to cook? Who will do the serving? Who will clean up?

## Career Exploration

1. Learn about job requirements needed to be a cook at a restaurant or a camp. What training is needed? Is there any place locally where you can train to be a cook?