GOURMET COOKOUT

Ingredients + IMAGINATION = Gourmet

IMAGINATION

Try the familiar foods, add different flavors, and prepare a different way and VOILA!

Different Flavors

- Blended flavors. Ingredient mix or spices.
- Marinades. Liquid that has been seasoned and is used to flavor and tenderize meat, fish and vegetables. The liquid may be wine (boil off the alcohol), fruit juice, or vinegar combined with flavored oils and spices or herbs. The acid tenderizes the meat and extends shelf life. Marinades do not include salt, which will draw juices from the meat.
- Rubs. A mixture of spices that combine with the juices to enhance flavor. Rubs always include salt and are used on meats to be dry cooked. Rubs are ineffective on skin-on products.
- Aromatic woods. Cooking over woods such as cedar, grape wood and mesquite transfer flavors to the meat and vegetables.

Different Ways of Preparing

- Open fire. Broil, bake (in foil), sauté, fry or braise.
- Camp stove. Sauté, boil, fry or braise.
- Pit. Bake or roast.

Presentation

- Prepare multiple items together.
- Mix colors and textures.

The Scout Experience

- Use comfort foods.
- The Outdoor Code, “Be Clean, Be Careful, Be Considerate, Be Conservation-minded.
- Limited equipment.
- Ease of transport.
- Ease of cleanup.

Three Camp Kitchens

IT S A WRAP

Tortillas and crepes are versatile, lightweight, nutritious, and easy to prepare.

Breakfast wrap-up	Egg, ham and American cheese on a tortilla
Quesadillas	Chicken, beef and vegetable grilled tortillas
Burritos	Mexican rice, chicken and pepper jack cheese on a rolled tortilla.
Dessert wraps	Smacos and cinnamon roll-ups.
Blueberry Blintz	Crepes filled with sweet cheese and topped with blueberries.
Chicken Crepes	Crepes filled with chicken fricassee.

ON A STICK
No pots, no pans, no cleanup

Beef and chicken kabobs	Marinated meats skewered with vegetables and fruit.
Speidies	Marinated pork loin on Italian bread.
Chicken on Cedar	Skinless chicken breast cooked on a cedar plank.

HOW TO TELL DINNER FROM A HOLE IN THE GROUND

No watching, no stirring, fill it in when your through.

Roast Pork	Pork loin with a barbecue rub.
Turkey Breast	Roasted with a citrus rub.
Baked Tomato	Roasted open an open fire.
Garlic Red Bliss Potatoes	Red bliss with roasted garlic mashed with cheese.
Dirty Rice	Red and black beans with rice.

Equipment needs:

4 tables	3 sauce pans
2 camp stoves	Dutch oven
Shovel	Foil
Fire grate	Propane cylinder
2 chafers	Half pans
Sterno	Bain Marie
Utensils	Charcoal
Air voids with hot water	Aprons
Washbasins	Latex gloves
River rocks	Zip lock bags

Additional Information:

Recipes on menued items.

Spice and herb list for camp boxes.